

The background image is a black and white photograph of a cafe interior. In the foreground, several wooden chairs with horizontal slats are stacked together. The floor is made of light-colored wood. Large windows in the background offer a view of the street outside, where a sign for 'WHEN PIGS FLY' is visible. The overall atmosphere is quiet and somewhat desolate, reflecting the 'closures' mentioned in the text.

THE NUGGET

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COVID-19 CAUSES CLOSURES

FEATURED: REMEDY CAFE, ALONG WITH HUNDREDS OF OTHER BUSINESSES, CLOSES DOORS INDEFINITELY TO DINE-IN CUSTOMERS



Photo by Erica Cawagas

Tuition to rise seven per cent

By **KARLIE MICKANUIK**

The long awaited tuition increase is officially coming to NAIT.

NAIT students received an email in early March directly stating that tuition rates will be increasing for the 2020-21 academic year.

All programs will see an increase in tuition of some kind. The majority of programs will see an increase of seven per cent except for academic upgrading and optical sciences. These programs will be increasing their fees by two per cent and ten per cent respectively.

NAIT had previously confirmed earlier this academic year that international students would be receiving a ten per cent increase to their tuition starting in September 2020.

Jeff Dumont, the Vice President Administration and Chief Financial Officer at NAIT says being honest with students about the increase of tuition is important so students can better plan for their future studies.

“Because the tuition increase decision impacts our students directly, I thought it was important to share more about why and how the decision was made,” said Dumont.

Dumont says one of the reasons NAIT is increasing its tuition rates is because of the tuition freeze that was in place for the past five years. The tuition freeze stopped public post-secondary schools from raising their tuition for students.

The current Alberta government, the United Conservative Party, made a statement last October stating they were removing the tuition freeze that past governments had put in place. Now schools are able to increase tuition by seven per cent every year for the next three years.

The Alberta government also stated in October that they will be cutting government grant funding to post-secondary schools by nearly eight per cent. Dumont says the operating costs of NAIT have increased due to inflation and are no longer sustainable with the tuition freeze

in place. Students tuition is now increasing.

“Increasing tuition is one measure NAIT is taking to respond to current budget pressures. These pressures are common to our fellow post-secondaries in the province and many are making similar tuition decisions,” said Dumont.

Dumont stated in the email to students that the success of NAIT students is important to the institute and the school aims to continue to uphold quality education amidst the tuition rise.

“Access and affordability of your education are important considerations for us when we make decisions related to tuition,” said Dumont.

NAIT has one of the lowest tuition costs for post-secondary schools within the province of Alberta. Dumont says even with the increase to NAIT’s tuition, the school’s fees will still remain relatively low in comparison to other colleges, universities and polytechnic schools around the province.

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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Taiwan acts early to contain COVID-19



Photo via The Star

By CHRIS AVERY

Leon Hsu, NAIT Alumni and Canadian Taiwanese citizen, believes Taiwan's proactive measures have kept the cases of COVID-19 in Taiwan low.

As of March 21, Taiwan reported only 153 confirmed cases, and 2 deaths.

Hsu says Taiwan stresses the importance of protective measures like face masks, travel restrictions, hand-washing, and social distancing.

"Two weeks before this outbreak [went] international, Taiwan already put measures for screening visitors with high fever at borders," said Hsu.

He says Taiwan has normalized the use of face masks among its people.

"You know Asians, especially Taiwanese, they have a tradition to wear facial masks on the street, it's normal. But this is a special time."

Hsu has lived in Canada since 2007. He completed his millwright apprenticeship at NAIT, and now commutes between Fort McMurray and Edmonton for work. He still has family members in Taiwan.

"There was a period of time where the masks were in shortage, [in Taiwan]. The government tried to encourage people

if you are healthy, don't wear the facial mask, save the mask for the people that need the masks—medical care personnel and vulnerable people."

He said the government's heavy-handed approach to regulating the masks has been very effective.

"For the mask shortage, they connect the system with their health card, so if your health card number ends in [an] odd number, you can go to the pharmacist to get masks on Monday, Wednesday, and Friday. Each person can only get two masks [per day]. Then if your health card number ends in [an even number] you can go Tuesday, Thursday, and Saturday to get masks. Kids can get their own mask as well. So, it's tied into the health-care system and the masks are supplied by the government to control the supply chain and keep prices low."

His niece, Renhua Hsu, who is a current resident of Taiwan and lives in Nantou County, explains her first-hand experience with the situation.

"According to our government, Taiwan is still in the phase one of dealing with coronavirus. We don't have a true outbreak. For the population, about 23

million Taiwan, now only has over 100 patients. So, the way we deal with the virus is to track those people who come back from other countries and ask them to do the self-isolation," said Renhua.

She reinforces the practice of self-isolation we are seeing in Canada. She also remains confident the strict border control and overall governmental control on the island is positive and will continue.

"Self-isolation if you come back from other countries, forbid those who don't have nationality entry, be sure to wear face masks and wash hands more often if you go to public areas," said Renhua.

These are all ways the Taiwanese government is tackling the issue.

Renhua said citizens are becoming worried as more people are returning to the country from places with high rates of infection, like the USA.

"People are a little bit worried about the rise of patient amounts. We used to only have 2-7 added patients per day but because now lots of people are coming back from the USA and Europe, yesterday the raise [was] 23 persons. But now the situation in Taiwan [is] still in control," said Renhua.

EDITORIAL

For God's sake, stay on your couch so I can get my kidney



By CHRIS FIGLIUZZI

I had planned to write about how I have spent the last 2 years fighting, fighting with doctors, administrators, and heads of hospitals.

I had planned on telling you how it was like a weight had been lifted when I was told I would receive a kidney transplant at the end of April.

I had planned on telling you how this virus had me locked in an apartment, with the exception of my 3 trips to the hospital for dialysis every week. I had planned to tell you that I was concerned about my safety following the transplant when, like so many others, my immune system would be heavily com-

promised to help fight rejection.

Unfortunately, as we all know too well right now, plans change.

Then I got a call and was told that the very real threat this virus poses has cancelled all elective surgeries, including living donor transplants. There is no set time table for when they will be rescheduled. It could be a few months, it could be longer - no one knows. We're all in uncharted water right now.

That being said I can say with complete certainty that self-isolation, social distancing, and whatever else has been implemented by the time this is published are of the utmost importance. You may think I'm biased, and I probably am since I'm pretty fond of living, but all these precautions are in place to protect those people that are vulnerable to the virus.

Yes, young people are more likely than not to get through this unscathed, but I'm willing to bet that each and every one of you has parents, grandparents, brothers, sisters, and friends that fall into the older age range. These people are far more likely to face serious consequences if they come into contact with the virus, and with a 5 day symptom free incubation period it's next to impossible to know if you're passing it on at any given time.

Personally, I fall into the immunocompromised category, though many would argue that I fall into the old age category as well now that I've crossed 35.

To say my immune system has taken a beating throughout my life would be an understatement. It was decimated for years during cancer treatments when I was a kid, then was further compromised following a kidney transplant in 2003 (which requires your immune system to be lowered so that the body doesn't fight off the perceived external invader... which would be the kidney).

Most people do not realize healthy kidney transplants last around 15 years. So here I am again over a decade later ready for another new kidney.

This has left me basically living like a bubble boy, hiding out in my condo watching Netflix and playing video games. Ordinarily this wouldn't be ideal, but once you're trapped it kind of changes things. It's like everyone likes lounging in bed, but nobody likes being stuck in bed with a couple of broken legs.

I understand that it's hard right now not to be in class working towards that degree, or at work getting that pay check. However, for thousands of others the consequences of a few people not following precautions can be far more devastating, life altering, or in some cases even life ending.

So relax, throw on some movies, park yourself in front of the computer, or settle down with a couple good books. For the first time in history sitting your ass on the couch actually has the ability to save a whole lot of people. Let's not screw it up, I would really love to get my new kidney.



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NAIT STUDENTS' ASSOCIATION





Photo by Erica Cawagas

Providing students a voice

By MIA HILDEBRANDT

The Nugget has been on campus for 56 years, yet some people are still unsure about what The Nugget actually is and what The Nugget can do for you as a student.

Nicole Murphy, the Media Operations Manager says that she can see how The Nugget can impact students by the way its impacted her life.

“It made a huge difference in my life because it created an opportunity for me to learn and to rewrite the storyline in my head around writing.”

Murphy says that her time spent at The

Nugget as a student has directly impacted her success out in the real world.

“Every job I’ve had since NAIT started with The Nugget and I can literally track it back,” said Murphy.

She added that The Nugget gives the ability for students to make mistakes and to learn in a safe environment.

“It’s a place that is fun to learn and where you can make mistakes and we will one hundred percent hold you to getting better.”

As a student the question of ‘what’s in it for me’ is often asked.

“The first reason to join The Nugget is to be a part of something bigger than yourself, to learn how to be a part of the media,” Murphy explained.

The Nugget pays per article and offers free pizza lunch at every Tuesday meeting in room E102. The newspaper also presents an opportunity for students to get real journalism experience.

“The next part is researching information, being a critical thinker and practicing your skills in order to get a job in the real world.”

Murphy is passionate about the difference that The Nugget can make in the lives

of students who get a job at The Nugget as an editor.

“I’ve seen the difference its made in the lives of our editors, they are of a higher quality of media,” said Murphy.

The Nugget is also making a difference in the community around campus.

“We definitely are getting more stories out about NAIT and NAITSA and other parts of the school being held accountable.”

The Nugget’s presence in both print and online forms is giving students a voice to hear and share real stories that impact the NAIT community.

COVID-19 decides the ACAC championships

By TY GOUR

On Wednesday March 11, the NBA rocked the sporting world with the announcement of the immediate suspension of their season following Utah Jazz center Rudy Gobert's positive COVID-19 diagnosis.

With this news came a domino effect across the sporting world with leagues thrown into a state of uncertainty.

The news of the major sports leagues suspending seasons also rippled to smaller leagues around Canada such as the ACAC.

The women's hockey team was looking to erase a 2-0 deficit in their best-of-five championship series against the MacEwan Griffins, and the men were set to take on their polytechnic rivals, SAIT, in the semifinal.

The men's and women's curling teams were compet-

ing in nationals out in Portage La Prairie, Manitoba while decisions were being made.

On March 13, the ACAC announced that they were suspending their seasons for the time being through a statement released by commissioner Mark Kosak.

Kosak said that they were adhering to the health policies put in place by the government as well as looking at what other leagues were doing.

"Like everyone else, we're taking it one day at a time, we want to make sure everyone is safe and healthy. This is bigger than ACAC Athletics," said Kosak in the release.

On March 16, the ACAC released a statement that delivered finality to the rest of the championship schedule.

"In light of recent announcements related to the COVID-

19 situation issued from Alberta Health, Alberta Advanced Education as well as Provincial and National Sport Organization partners, the Alberta Colleges Athletic Conference is declaring the cancellation of the remainder of the 2019-20 ACAC season. This impacts the ACAC sports of Futsal, Indoor Track and Women's and Men's Hockey."

On a positive note, the Canadian Collegiate Athletics Association (CCAA) decided to continue with curling nationals.

The Oaks men's team fell to the Fanshawe Falcons 12-5 in the bronze medal match to claim fourth place. Lead John Ritchie and second Nicholas Duivernood were named as second team all-stars as the women finished fifth and lead Nicole Sawiak was named second team all-star.



Photo by Railene Hooper



Photo by Rallene Hooper

Blue hearts club: the 2019-2020 Ooks men's hockey

By ORRIN FARRIES

"This is the way [it] ends, not with a bang, but a whimper."

These words by T.S. Eliot ring ever true for Tim Fragle's dominant 2019-2020 men's hockey team. The ACAC men's hockey season concluded without a champion due to the ACAC shutting down all competition in the wake of the COVID-19 pandemic.

"My first emotion is feeling bad for our graduating players. We have nine guys graduating the program, we were a team that was built to win this year. When you lose nine players going into next year it's going to be a big changeover. I just feel for them more than anything," said Fragle.

"They didn't know they played their last game when we played our last regular season game against MacEwan. A handful of them are going to try and play professionally, but for those guys that are graduating into the workforce, I feel for them."

While the team is hurting that they didn't get their chance to vindicate their hard work with a championship trophy, they should hang their heads high on what they accomplished this year.

"What we really liked this year in our game is that we saw some growth in our team game," Fragle added.

"Our goals-for might not have been where we wanted to be. But our goals-against was the best in the league, that's a good sign that you're playing good defence, good

structured team hockey," said Fragle, reverent of his team's work this year.

"We also felt like, okay we had two to three guys do a lot of scoring, don't get me wrong, but if you look down our depth chart we had a lot of guys contribute with a lot of offence, whether it's our forwards or defencemen. We try to stick to four lines and six defencemen and play our depth. But you know if people looked a little deeper too, there were a number of guys who averaged a point a game which is good in any league," said Fragle.

"We won three of four games against MacEwan this year, which is definitely a good feat when they're the defending champs and moving up to U-Sport," said Fragle.

"Even in a loss [1-0 vs. RDC] in January, I felt good after that loss, like we could play that game over 10 times and win 10 out of 10 [...] that game really showed our resilience and growth."

"You look at the league awards, which are voted on by the other coaches in the league, and we are well represented on the all-conference teams and all the other individual award categories. That should be a fond memory too," said Fragle.

"Another one of the things we never talk about enough, is that our team GPA was over 3.0. That's 26 men going to school our GPA was over 3.0 and that's the best it's ever been since I've been here. Those are some of the successes that we can't lose sight of even though we didn't get a chance to win the championship this year."

Tim Fragle was named ACAC men's hockey coach of the year, owing to their 24-4 record and the numerous statistical feats that are deserving of plaudits.

Forward Jake Mykitiuk was named ACAC men's hockey player of the year after receiving the ACAC top scorer award sponsored by CCM. Mykitiuk finished the season with 17 goals and 37 assists in 28 games, and finished his career at NAIT as it's all-time points leader.

Rookie Jared Legien torched the nets this year with 32 goals and 16 assists en route to being named the ACAC men's hockey rookie of the year. Legien also finished the year as an Academic All-Canadian with a 3.7 GPA in the millwork and carpentry program.

Captain and defenceman Colton Waltz was named the ACAC Men's Hockey top-scholastic achiever, recording a 3.9 GPA in the Landscape and Architectural technologies program, also being named an Academic All-Canadian.

As well, NAIT had four of the six all conference first team selections, evidence of the strength of this Ooks team.

A note from the sports editor: I want to take this time to thank Tim Fragle and the men's hockey team for their exceptional compliance of communication with The Nugget this year. They made my job as the sports editor easy as it pertained to covering the men's hockey. While this season's finality may not be easy to take, the NAIT Ooks men's hockey team is in good hands with Tim Fragle at the helm and the legion of players who will bear the Ooks jersey in the years to come.

EDITORIAL

Sports in the age of isolation



By **ORRIN FARRIES**
Sports Editor

You cannot spell catastrophe without 'sport'.

That is what these last two weeks have been for the sporting world. A catastrophic blow to the meta-ego of sports enthusiasts everywhere.

The question of whether sports will continue this year continues to be agitated by global updates on governmental rulings on mass gatherings.

The NBA will not continue their season until May at the earliest. The NHL is likely in a similar boat for future outlook. The 2020 Tokyo Olympic games are to be postponed. The UFC will likely postpone a fight that has been a half decade in the making in Tony Ferguson versus Khabib Nurmagomedov. The NFL season should go ahead as planned, but the off-season is likely to be hindered by the lack of in-person team gatherings or camps.

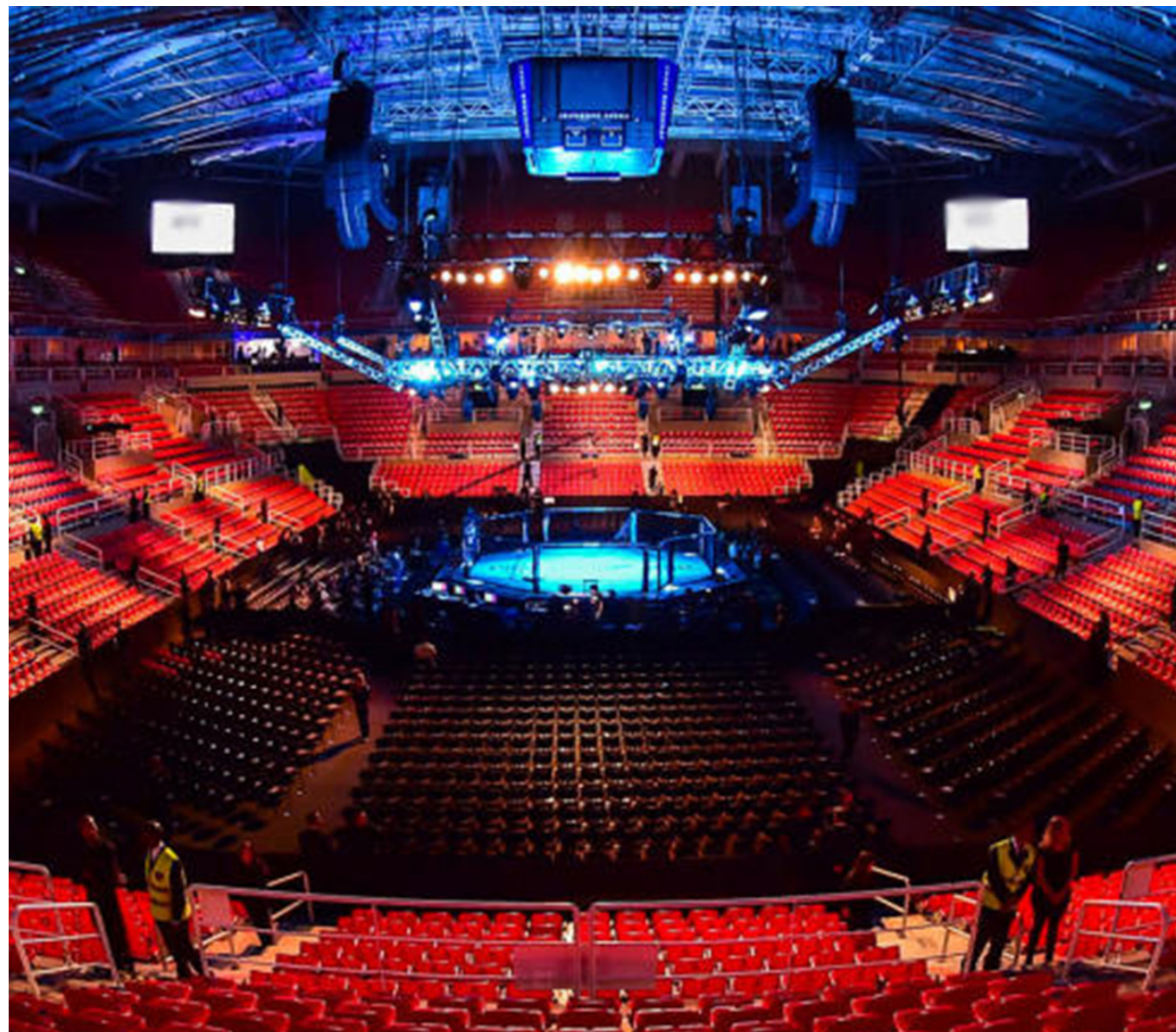
Even in the world of sports entertainment, WWE has announced that Wrestlemania, the showcase of the immortals, is going to take place in the WWE performance center in Florida with no fans in attendance. The sporting world had to take a backseat, but now the question lies, when will it achieve normalcy again?

While the world lies in various states of emergency in recoil to the COVID-19 pandemic, it seems trivial to even ponder on the eventuality of the return of spectator sports.

Nonetheless I have come to realize with greater perspective the symbolic nature of spectator sports in society.

While they may be trite distractions from the otherwise serious nature of the human experience, sports are likened to the keystone species indicative of the overall health of the ecosystem. They can also serve as important distractions when the overall health of the ecosystem is thrown into shock.

In 1995 as Nelson Mandela was hard at work helping South Africa recover from the fallout of Apartheid, the Springboks, South Africa's national rugby team, overcame the odds to defeat



On March 13, the UFC hosted fight night with no fans in attendance.

Photo via CBS Sports

the heavily favoured New Zealand All Blacks and win the Rugby World Cup.

When Donald Trump was first elected president in 2016, we got to see a different inauguration of sorts when LeBron James helped the Cleveland Cavaliers capture the NBA Championship for the first time.

Good times, bad times; everybody's had their share.

In revering the reality of the times in which we live, it is reasonable to say that sports, and normal post-isolation life as we know it, will not resume until May at the earliest, and that is if the billionaire owners can suck up the loss of ticket revenue.

Capitalism being a sociological virus of nefarious design, will likely pigeon-hole professional sports from commencing until July or later when local authorities permit larger gatherings, and thus the allowance for stadiums to partially fill and pad the pockets of sports ownership groups.

The 2020 Olympics being postponed is a harbinger of a delay far worse than what was originally expected. Many sporting bodies may take their guidance from the actions of the IOC, who admittedly operate a far larger gather-

ing of athletes and fans of sport. This could mean that the NBA and NHL move forward by cancelling their seasons, and awarding no champion, similar to what the ACAC were forced to do with men's and women's hockey provincial championships.

The UFC have already hosted one fight night with no fans in attendance, and may leverage their broadcast providers for extra money, and more expensive pay-per-views to continue doing just that.

While the future of spectator sports remains uncertain, it is at this time that many of the major sporting outlets have given free-access to their archives of footage.

NBA League Pass is free during the hiatus of their season. NFL Game pass has been made free to every country except for Canada, so if you want it, you're going to have to get sneaky with your VPN. WWE network just became free for the public, with archives of every Wrestlemania so you can make like Randy Savage and snap into a slim jim and sit this pandemic out at home on the couch. UFC Fight pass still wants you to show them the money, but is a

worthy outlet of endless sports entertainment for this trying time.

My suggestion for beating the post-sports blues is to find good literature on your spectator sport of passion, and fill in the missing details of your favourite sport's rich history. I have compiled a list for your reading inspirations.

Basketball

- *The Book of Basketball* (2nd Edition) by Bill Simmons
- *Basketball and Other Things* by Shea Serrano
- *The Breaks of the Game* by David Halberstam
- *When March Went Mad* by Seth Davis

Football

- *Winning Everyday* by Lou Holtz
- *A Thinking Man's Guide to Pro Football* by Paul Zimmerman
- *The Education of a Coach* by David Halberstam

Baseball

- *The Long Season* by Jim Brosnan
- *Big Data Baseball* by Trevor Sawchik
- *Moneyball* by Michael Lewis

Men's basketball team L(Ook) to the horizon

By **ORRIN FARRIES**

The NAIT Ooks 2019-2020 men's basketball team were an exciting bunch to watch.

Between the enigmatic play of Sean-Michael Clancey and Hugo Cluysen, and the emotional vibrancy with which the whole team played every game, this team was built to entertain. The men's team made waves in the

first round of the ACAC provincial tournament, upsetting the number two ranked team in the country, the Lethbridge Kodiaks.

Unfortunately in the second round of the tournament, the Ooks fell short against Ambrose University, which abruptly ended their season of resiliency.

"I felt we had a pretty good season. It didn't end how

we wanted it to. It didn't start how we wanted it to as well. Not having [forward Markus Taylor Knighten] for the full year felt like it kind of gave us a slow start," said team MVP Sean-Michael Clancey.

Clancey was an unstoppable force this year, compiling ludicrous stat lines on a nightly basis. He led the league in scoring at 26.6 points per game to go with 9.5 rebounds and 4 assists per game.

"We got the first round upset, and I'll look back at that game, just how everything transpired leading up to that game. They had the ACAC player of the year (Brock Dewsbery) who got it over me," said Clancey.

"I felt disrespected, but humbled at the same time going into the game. They had an incredible season, Brock Dewsbery had 21 and 7, shooting amazing, 50 per cent from the field, 46 per cent from the three point line, 80 per cent from the free throw line. Not disappointed that he got it, but I felt like the stats I put up, I should have got it, so going into that game against Lethbridge, I knew we had a chance to make a really good statement."

As far as the fallout of the season was concerned, Clancey was on brand with his genial stoicism.

"No regrets on the season, everything that came, happened for a reason and I'm proud of how the team and myself handled it," said Clancey.

"I hope the fans remember the excitement that we brought game in and game out. We took pride in not losing at home, we wanted the fans who came out to enjoy the games, and to put on a show for them."

First year head coach Slav Kornik took over the men's basketball program this year and brought NAIT back to provincial championship dance. In the hearts of his players, Kornik did well this year to prove himself.

"Coach Slav was able to take a group of passionate, and at times hot-headed individuals who all had our own goals that we were chasing, and take all of those goals and focuses and shift them all towards achieving a collective team goal," said Keilan Dobish, the fourth-year emotional leader of the team.

"I have no doubt in my mind that Coach Slav will be here at NAIT for many years to come and will become the first person in NAIT history to win a national championship as both a player and a coach," said Dobish.

Dobish has made his intention clear to return next year for one last run at a CCAA national championship, and it appears he won't be alone.

"Heading into my final year, my goal is to win a conference championship and have the opportunity to compete at Nationals," said Dobish.

"Returning the core of our team from this year, along with the return from injury of Point Guard Solon Ellis, and perhaps the addition of a few more players to the program and another summer and year for the rest of us to grow and mesh with one another, I feel we will be legitimate contenders."

The Ooks enter the off-season fired up from their close-call with the big dance of the National championships, and will look to make good on the big expectations they have for themselves to raise another National championship banner.



Photo by Railene Hooper

LOCAL SHOP

The Wright Automotive

By MORGAN NOSEWORTHY

With 25 years' experience, Ted Wright is no stranger to getting his hands dirty. After thirteen years working at a shop for someone else, Wright felt it was time to branch out on his own.

"I didn't buy the shop itself, but I bought the business. It was kind of a floundering one-man show at the time. It was just an older guy who was close to retirement who sold me the business," said Wright.

Wright purchased Wright Automotive in the summer of 2015.

Not only a mechanic, Wright is also a notable musician in the Edmonton rock 'n' roll scene, having been a guitar player for various Edmonton bands for more than 20 years.

"I had lots of clientele from the Edmonton entertainment scene and beyond that came to see me at my old job and lots and lots of people followed me over and kept supporting us and spreading the word, and

that's really how it took off and became viable again," Wright said.

In the back of his shop a 1955 Pontiac two-door sedan can be found.

"It's an extended-length project. I started quite some time ago, but it's a complete retrofit, front to back. Engine, driveline, braking system, suspension. It's got a modern, four-point, eight-litre small block LS series Chevy engine. It has the transmission out of our old tour van. It's got a rear differential from a Chevy Blazer. It was a really nice clean, rust-free car that I bought off a guy in Saskatchewan a couple years ago. It's on indefinite hiatus as I raise children, but it's going to be a really cool car once it's done," Wright said.

Owning a small business isn't all fun and frankencars, however. Wright said the biggest challenge has been finding a good balance between work and life.

"The biggest challenge is...trying to figure out when to say no to people and still accommodate every-

body. Everybody wants a piece of your time, and you want to be able to provide that for everybody, but you can't always," said Wright.

"You feel bad, because you're here to provide a service and if you're not providing that service then people are going to go somewhere else, and are they going to keep going to that place if I can't provide service?"

Wright went on to explain his business does very little in the way of advertising.

"I think it stands as a testimony that we don't do any advertising except [for] a Facebook page – which is sadly under maintained – but I think it speaks to our honesty and integrity in running our shop. We appreciate everybody's support and the fact that it's a successful word-of-mouth business is the strongest recommendation that anyone can have."

Wright Automotive is located at 9978 67 Ave and can be found online at facebook.com/wrightautomotive.



Ted Wright purchased his own automotive shop 5 years ago.

Photo by Morgan Noseworthy



Supplied photos.

NAIT staff releases practical mental health book

By **MADISON GUMMOW**

NAIT's student counselling assistant Stef Guilly has an interactive self-help book coming to shelves near you.

"This is my second book, Forest Talks, and I wrote it as a way to lead people into a conversation about connecting with themselves. The book is not like a technical textbook where it's like, 'This is stress, this is anxiety'," Guilly said.

There are several main concepts that the book focuses on, including understanding that feelings and thoughts are not to be pushed away or ignored, but should be heard and reflected on.

"In our busy world, it's very hard to just have a moment to attach. We hear the question, 'How are you?' and we respond to that with just, 'tired' or 'stressed' but we need to pause to really understand what our other alternatives are," Guilly said.

Guilly emphasizes the importance of truly figuring out what you are feeling and knowing how to accurately express it.

There's actually a list of emotions and needs in the book so you can look at them and it's like, 'Oh my god, I get all of these.' It's really kind of eye-opening. The book is supposed to be like a gentle conversation rather than, 'Here's the information, go do it yourself,'" said Guilly.

The book was created to expand people's understanding of themselves. Not everyone will be ready or open enough to make full use of Forest Talks; there is a certain type of person Guilly's book will likely help.

"People who are interested in personal development, people who may feel a bit of anxiety or depression and they're not really sure where to start. People who say sorry a lot or always feel a need to ask permission to do things or to make choices in life. And people who feel like maybe there's more to life and are looking for a place to start," Guilly said.

The first piece of advice Guilly has to offer any individual feeling those ways is to not blame yourself for negative emotions you may be having and appreciate every step towards a positive attitude.

"I think that it's really easy to feel alone and to feel that it's all your fault and you should be able to handle these things, [but] it's actually a lot more complicated than that. We don't have the skills, and our environmental factors are very heavy against us. So to even be able to have the courage to pick up a book like this and give yourself the time to look at a page is a huge act of compassion and love. There's a credit to doing that work even if it feels like, 'What's the point?' There is a point. Every positive action that you take into self-awareness is a huge milestone, even if it doesn't feel tangible at that time," Guilly said.

Using her specific micro-credentials in mental health and her knowledge from studying psychology, Guilly is able to give professional advice.

"When I do get into some subjects that are more strong on the mental health spectrum, I do refer to, 'Okay, if you're struggling with this thing, here's what a mental health therapist would do,'" Guilly said.

The idea for her book began to develop after Guilly discovered non-violent communication, the principle that the 'why' of 'why are we feeling like this' is because of all these needs that we don't know about are unmet.

"I realized I'm not checking in with myself, so I started checking in with myself on Instagram and writing some posts about my experiences and I got a lot of really good feedback. People were like, 'Yeah, me too. I really resonate with that, I get that,' and so I developed those posts and expanded them and I put them into a book," said Guilly.

"It's sort of like a year of exploration and it goes through how I felt at the beginning and how I felt near the end and I hope that it kind of brings people through that process also."

The book is available on amazon under Stef Guilly: Forest Talks and is currently available at Audrey's Books on Jasper Ave. Guilly also has plans to distribute her book to local bookshops this summer.

WOMAN WEEKLY

Local creates magazine to showcase best of YEG



Jessi Toms founded *The Edmonton Muse* to showcase the best events and attractions in Edmonton.

Supplied photo.

By MORGAN NOSEWORTHY

The Edmonton Muse is a magazine dedicated to showcasing local events and lifestyle. Founded by Jessi Toms in 2016, the publication is the definition of a do-it-yourself endeavour.

"I got a few people in my kitchen to sit around and was like 'I have this idea... what do you think?' Originally it was supposed to just be event listings because I was sick and tired of people saying there was nothing to do in Edmonton," said Toms.

In the past year, however, the magazine has expanded its focus.

"*The Edmonton Muse* was an entertainment-based magazine that kind of expanded into more of Edmonton lifestyle over the last year. We started with music and art, and we went into a broad range of things. So now we're in lifestyle, and we're going to be doing health and wellness, mental health and pets," Toms said.

Making the decision to keep the magazine online-

only was easy for Toms.

"Print is drowning people in costs. Just look at *The Vue*. *The Vue* was an excellent magazine, and I think print is what killed them," Toms said.

Media is shifting to online mediums to meet the demands of the consumer.

"My audience is concentrated in Edmonton and surrounding areas, but we reach people in Australia and Europe and I have a few in Japan that are constant readers. It's kinda cool that we're able to engage readers overseas so that people here also get that exposure over there," said Toms.

"There's a lot of hours that go into each magazine and keeping up the content. I have an amazing team, but I work from the time I drop my kid off at school and pick him up at 5:30. When he goes to bed at eight, I'm working until two in the morning."

It's hard work, but Toms isn't worried about competition.

"There's more than enough room for thirty entertainment-based magazines in this city alone."

She even offers to help with aspiring Edmonton writers.

"Come talk to me. If you're going to start your own thing, you are going to have to dedicate a lot of time to building it. The content is the most important thing. Make it your own. Don't follow what CBC is doing and CTV. They're established," said Toms.

"Offer something unique. If you are wanting to start something new – I believe in 'co-opetition,' not competition. I think that by building each other up we get so much further ahead."

Being online also has the advantage of being available anywhere, any time.

"People ask 'Well, where can I find you?' and I say 'Well, do you have a cell phone?'"

The Edmonton Muse can be viewed for free online at theedmontonmuse.ca.





Photo via Unsplash

The Shuffle

THE BALLAD OF BOOGIE MUGGINS

By ORRIN FARRIES (@boogiemuggins)

“New Lands” - Justice

Any good story starts with a triumphant rise to the fore of the journey to come. Like Frodo being propositioned by Gandalf, or Scott Pilgrim realizing his new girl has some uncomely baggage. This song slaps feelings into my soul. I hope it does the same for you.

“Leave a Trace” - CHVRCHES (Goldroom Remix)

A call to action for men everywhere to be soldiers of chivalry, this song is a source of great power. Lauren Mayberry’s voice is a beacon of hope for those whose light may shine a little less bright in the current sociological climate.

“Highest in the Room” - Travis Scott

The ballad of Boogie Muggins wouldn’t be complete without a song to get the listener up for some shenanigans and perhaps a tinkle of chicanery.

“Cars” - Gary Numan

I can’t hear this song and not think of the episode of the British comedy, *The Mighty Boosh*, where Noel Fielding’s character bounces gleefully to this iconic alt-pop tune by Gary Numan. Feels good to feel safe in my car.

“Bullets” - Wild Child

Kelsey Wilson’s voice is a soft smooth stencil of imagination atop this folksy pop melody that brings me calm.

“She Moves” - Alle Farben ft. Graham Candy

This song takes me back to my time in Germany, the love I felt, the experiences that opened up my senses, and the determination that allowed me to persevere through the greatest injury of my life (at the time, so far)

“Mama’s Gun” - Glass Animals

The chorus to this song echoes “in the summer silence, I was getting violent,” which in a very surreal way paralleled my summer of 2017 when the Universe had me on death’s list, but I said “fuck you” to the reaper.

“Don’t Lose Your Steam” - Gregory Porter (Fred Falke Extended Remix)

If you don’t get up to this song, then you need to have a serious re-evaluation of your relationship with music. Brash funk, smooth crooning voice, and a bopping rhythm, this song is lyrically and sonically complete with a message to keep your head up when the world tries to beat you down.

“Drift” - Tides of Man

The climactic piece de resistance of this playlist. This instrumental track from Tides of Man will build you up until you break out of your shell. Rage on my friends.

“Welcome Home, Son” - Radical Face

What a fitting way to end this playlist, with an up and down tune that echoes both the morose nature of homecoming with the exuberance that is felt when one does come home. Let this one sink in with eyes closed and a mind ready to wander.

Top 5 isolation movies

By MIA HILDEBRANDT

With all this free time that was suddenly dropped into our hands, it's tough to find things to keep yourself occupied. Here are some of the best movies to watch over the next few weeks of quarantine.

Knives Out

This flick released late last year and is a Clue-like murder mystery. A murder takes place at a family party and the only suspects are each other. With plot twists at every turn, it's a movie that will keep you entertained from start to finish.

Lion

This film is a heartfelt story about a boy from India. Saroo was separated from his mother at a young age and raised in Australia. Saroo finds himself captivated by the idea of finding his birth parents and sets



off for the journey of a lifetime. Make sure to keep the tissues close by; this one is a tear-jerker.

Mastermind

This comedy stars SNL favorites like

Kristen Wiig and Kate McKinnon. It's a funny, plot-twist-filled story based on a true story about the Loomis Fargo \$18 million robbery. This story follows the aftermath of one of the biggest robberies in US history.

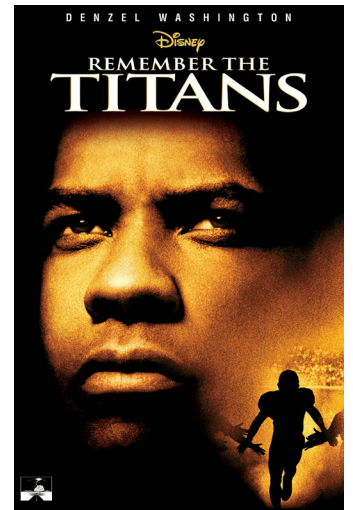
Ferris Bueller's Day Off

This is a classic that many have seen but rewatching it is just as funny. Follow Ferris as he attempts to skip school despite his sister and teachers pitted against him, trying to expose his antics to his parents.

Remember the Titans

Last but not least, for you sports fans out there, *Remember the Titans* is a heartfelt, feel-good movie. Taking place in the 70s, this film follows the first highschool football team to allow black players on their roster. Showing both the conflict

and comradery that occurs amongst the players, school and league, *Remember the Titans* aims to show how overcoming prejudice began in football.



TALK NERDY TO ME

Japanese paper and its effect on the coffee industry



Photo via Unsplash

By ERICA CAWAGAS

Coffee filters were once bought in packs of 100 for under two dollars at your nearest supermarket. The biggest decision you had to make was whether you would buy the brown or white coffee filters. Today, coffee filters come in multiple shapes, sizes and materials and are used in various styles of coffee brewing.

For a while, anyone who was environmentally conscious assumed white filters were bleached with chlorine, and that brown filters were more 'natural'. Chlorine can be harmful to the body and coffee companies know that. That's why nowadays all major filter brands use oxygen-bleaching instead. Brown coffee filters, as environmentally friendly as it may be, almost always produces a 'papery' taste when brewing coffee. One way to help reduce that paper flavour is to 'rinse' your filter first.

To rinse your paper filter you'll need to:

Place your filter in the brewing device.

Pre-wet the filter by pouring hot water over it (make sure not leave any dry parts).

Discard the water.

If necessary, rinse a second time.

Continue to brew your coffee.

To get rid of that 'papery' taste you may have to rinse your brown filter twice. While white filter leaves no discernible taste as long as it's rinsed once.

There are many different methods of brewing coffee that require a coffee filter. Coffee machines, pour over, Chemex carafes, and aeropress are just some of those methods.

For the pour-over coffee method, there are different styles of filter. There's the Melitta, the kalita wave and the cone-shaped filters. The cone-shaped filter has become interchangeable with Hario V60, a popular Japanese pour-over dripper.

In the mid 2010's with the popularization of quality

home-brewed coffee, the Hario V60 became a trendy pour-over dripper and filter. These filters became so popular amongst devoted coffee fans that Hario opened a second factory in Japan and a third factory in the Netherlands to help manage the world-wide demands.

The Netherlands-made filters were once easily identified as the filters that came in plastic wrap as opposed to a box and they had "V60" debossed into the paper filter. They also have convenience tabs to help open the filter, but Hario's second Japanese factory also manufactured their filters with tabs.

When the Netherlands filters first came into circulation, it wasn't long before coffee connoisseurs noticed a difference. Many people said that their coffee tasted different but there was no real consensus about what specifically changed flavour-wise. The common denominator was that the Hario filters made in the Netherlands took longer to drip. Some even said it took one to two minutes longer. Popular coffee YouTuber James Hoffman made a video comparing brew times of the different filters, and according to his experiment the Holland-made filters took an extra 50 seconds.

Prima Coffee Equipment, another popular coffee YouTuber, compared the two filters and described them as having different textures and thickness. The Japanese-made filters are softer and feel more coarse while the Netherlands-made filters feel more rigid and 'starchy'. Oddly enough even though the Netherlands filter feels thinner, it takes longer to brew and is more susceptible to coffee fines.

While the decision is left to the consumer which filter is best for their personal coffee recipes, there are certain ways to tell the two filters apart. The original Japanese filters are only sold in packs of 40 while the Netherlands filters are sold in packs of 100. You can also look for the Japanese FSC logo.

Scott's best isolation meals



By **SCOTT ZIELSDORF**
News & Features Editor

The COVID-19 pandemic has everyone staying at home, living off whatever groceries we were able to get before locking ourselves away. For us college students, that means our diets haven't really changed all that much, given the emphasis on easy to prepare non-perishable meals.

But who says you have to just dump a can of soup in a pot and be done with it? Just because you're living on a semi-apocalyptic diet doesn't mean you can't spice it up. Mix canned products, throw in some vegetables - get creative! Here are the top meals I've been enjoying during my self-isolation.

Tomato Mac n' Cheese

You can never go wrong with classic boxed mac n' cheese, but just having plain old macaroni is boring - not to mention not very good for you. Well... honestly most of the food on this list isn't going to be that good for you, but you were likely persisting off a sodium-rich diet anyway!

My favourite way to do mac n' cheese is to add some canned tomato soup to the dish. Additionally you can spice up this meal even more with some sliced weiners and mixed vegetables. Yay, nutrients!

In order to make this deliciously nutritious meal you will need:

- 1 box of mac n' cheese
- 1 can of tomato soup
- Milk
- Butter or margarine
- Wieners/sausage (optional)
- Vegetables, frozen or dried (optional)

Boil the macaroni in a pot like you normally would, while you simultaneously make your tomato soup. Make sure to use milk rather than water for a much creamier texture. When those are done, drain the macaroni and pour the soup over it. Next mix in the cheese powder and butter, add your extra bits and you're good to go! If using frozen vegetables make sure to boil them with your macaroni. It saves dishes and you're going to mix them all together in the end anyway.

Naan Bread Pizza

If you're like me you probably really miss having pizza. Well, if you have naan bread or any other type of flatbread you can easily make yourself a personal pizza! All without risking a poor delivery driver's health.

Naan bread pizzas quickly became a favourite meal for my girlfriend and I. Here's what you need to make them:



Photos via Cuisine Noir and Pinterest



- Naan bread or pita bread
- Tomato sauce/strained tomatoes
- Cheese
- Various spices
- Various toppings if you have them

Preheat your oven to 385 degrees. The rest is fairly straightforward- you spread some tomato sauce mixed with

spices of your choice on the bread, cover with shredded cheese and throw it in the oven for 10-15 minutes. That's basically it! If you have toppings to throw on, simply put them on like you would for any other pizza.

Tomatoes and Beans with Rice

This whole self isolation thing has made me realize that a lot of my go-to meals involve tomatoes...so here's another one that uses a canned tomato product! I used to make a dish like this all the time back in high school; my friends and I used to call it the "Bean Dish".

The recipe for this culinary masterpiece is as follows:

- Rice
- Canned diced tomatoes
- Canned brown beans
- Various spices
- Barbeque sauce (optional, but highly recommended)
- Ground meat or sliced sausage (if you have it)

Cook your rice using standard package directions. While doing that dump your canned tomatoes, brown beans and whatever spices your heart desires in a big pot and cook them until they're done. If you are using BBQ sauce (which believe me you should be) you're going to want to throw that in during this time as well. If using meat make sure you pan fry it to edible perfection then mix it into your sauce. Once the rice is done you can either throw that into the big pot of bean and tomato mixture, or use it as a base to pour your food slop all over.

There you have it, three of my top meals and everything you need to know about making them. Instant noodles get an honourable mention because I'm way over my word count already. Enjoy the food and happy self-isolating!



Photo via The Harvard Crimson

BOLD

beauty

GENDER FLUID FASHION

By PAIGE GORDON

There has never been a better time in fashion than right now to experiment and think outside the box.

One of the most apparent ways we've seen experimentation is with the gender-fluid fashion trend. Gone are the days of women and men having to stick to their section of the clothing store when shopping. Both men and women are now seen swapping clothes with one another more than ever before.

Gender-fluid fashion didn't just pop up out of nowhere. It has been around for as long as there have been gender norms to bend. It can sometimes be viewed as a political statement to create awareness and sensitivity towards the trans community where binary fashion is not merely style, but a way to explore identity.

Wren Sanders, a contributor for Vogue UK, said, "when queer-identifying youth see queer representation on the runway and in the media [they] become symbols of hope for them."

The gender-fluid fashion trend has also brought forward a large amount of support and opportunities for those in the trans community.

Gender-bending fashion has also been used as a way to break down toxic masculinity, and celebrities have had a part in that.

A trailblazer for breaking down the barrier, rapper Jaden Smith wore a skirt in a 2015 Louis Vuitton ad

campaign. While fashion campaigns are nothing new for Smith, seeing the rapper down what is perceived as a piece of women's clothing is what made it stand out.

Another male celebrity that's brought down barriers is singer Harry Styles. Whether it be his on-stage style with his silk blouses accompanied with a velvet suit, or his recent photo shoot for Saturday Night Live where he is seen in a ballet dress, nothing holds this trendsetter back. Along with Harry Styles, singer YungBlud, Paylaye Royal frontman Remington Leith, and 1975 frontman Matt Healy have all been known for wearing dresses on stage when performing.

And of course, who could forget the 2019 Met Gala? Harry Styles, Ezra Miller, Jared Leto, and Darren Criss all showed that toxic masculinity definitely didn't ruin the party. The theme was "Camp", and all of these men accepted the challenge unapologetically.

Gender-bending fashion isn't just for the boys. Girls, by all means, have engaged in it as well. In August 2017, Model Gigi Hadid dawned the cover of Vogue accompanied by her boyfriend Zayn Malik, where they were both dressed in clothes typically assigned to the other gender. Gigi shared during the interview that she shops in Zayn's closet all the time, and vice versa.

At the 2011 MTV VMA's after constantly being accused of being a man singer Lady Gaga showed up and performed her song "You and I" as a male persona she had come up with.



Photo via People

Whether it's men dressing like women, or women dressing like men, it's nice to see the fashion world going in a direction where fashion is something to be enjoyed by all, something with no barriers or limitations.

TECH TALK

App highlight: co-star

By **KARLIE MICKANUIK**

Horoscopes: maybe you read them in passing or maybe you check if Mercury is still in Retrograde every morning. Either way, everyone has checked out their star sign reading at some point.

Co-Star is a free daily horoscope app that describes in depth a person’s zodiac sign and compatibility with others. Co-Star is advertised as hyper-personalized horoscopes and how astrology will make its mark in the 21st century.

Co-Star uses a mix of NASA technology and artificial intelligence, all interpreted by human astrologers, to better understand each Zodiac sign.

Using the positions of the stars, planets and moons, Co-Star can better understand how a person loves, reacts to situations and thinks. This technology is also used to take a snapshot of the sky at the time a person was born and compares it to where the planets and stars currently are. Then Co-Star astrologists read these pictures and determine your horoscope for a specific day.

Upon first opening the app you are asked to type the town and exact time, to the minute if you can, that you were born. From there you will get daily updates of your horoscope with a “Day at a Glance” notification every day that offers a quote of wisdom or advice the app thinks you might need that day.

Co-Star offers a quick look at your astrological updates which includes giving insight into what a person has power, pressure or trouble in.

For example, the app can tell if you’re powerful

in your social life, sex, love and creativity, pressure in work and trouble with self. These statistics change every day, along with the position of the stars and planets.

For those that want a deeper analysis of their Zodiac sign, Co-Star also offers an in-depth view of what your astrology chart looks like. The app explains the parts of a star chart for those who want to learn more about astrology.

The app also explains in depth why you feel power, pressure or trouble in parts of your life. You can add friends on the app to see parts of their horoscope and how compatible you are.

All the information can be overwhelming but is a great tool for someone who wants to learn more about astrology and the zodiac signs. You can also add your friends through their phone number or Facebook account to check out what their star sign says about them.

The app also lets you know if your friends have a similar reading to you.

The app itself is laid out in a very clean and smooth manner. The app has no colour to it and even puts a black and white filter on your profile picture. There are artful images and pictures that clutter the screen adding a sense of personality to the app. The images range from spiders to interesting piles of rocks which catches a scroller’s eye.

Co-Star is available on all types of smartphones where horoscope lovers can take advantage of a free, daily horoscope reading.

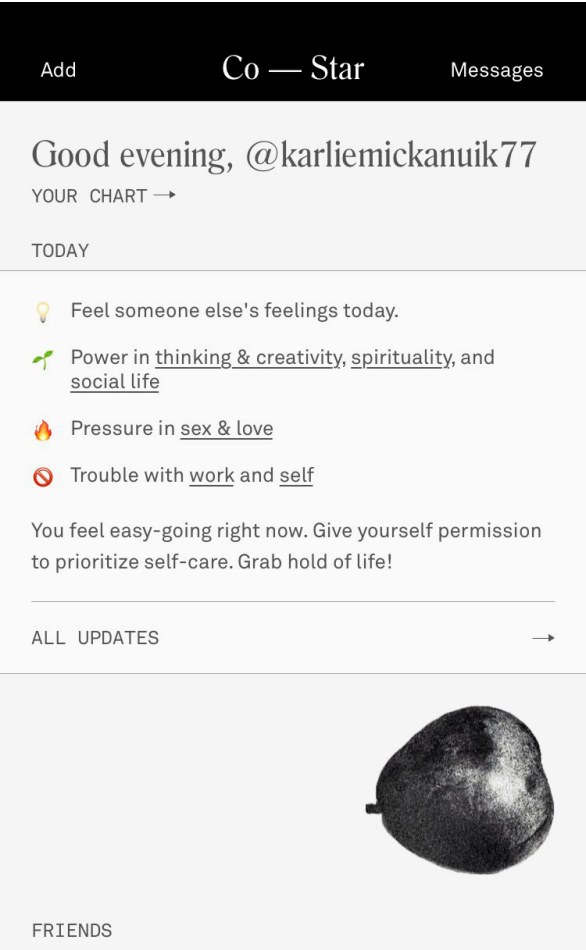


Photo by Karlie Mickanuik



Photo by Erica Cawagas

Trust Undone

By **Elijah O'Donnell**

I don't trust anymore.

I can't leave my floor without awkwardly jamming my elbow into the button,
I can't exit the bus without first pulling my sleeve over my hand,
I can't wear my sweater again after that until I disinfect the whole arm,

Because I don't trust it anymore.

I can't leave my apartment for fear me and my roommate get sick,
I can't tell my roommate about the sore throat I woke up with for fear of his sharp words in return,
I can't leave my room for fear of my roommate leaving home and me alone here,

Because I don't trust it anymore.

I have to wash my food and food prep area 6 times over,
I have to risk my health anytime I want a snack,
I have to lift my mug just as the last drop runs down the side towards the table,

Because I don't trust it anymore.



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.



Welcome to the #StayatHome club folks. It's time to practice radical acceptance as our world changes drastically from moment to moment. Although feelings can be stirred up, the cards show many doors are opening for our highest good and greatest joy. Read for your astrological sign below to see what energy is coming forth now.

ARIES (Mar. 21 - Apr. 19)

Straight up Aries, this is not a time to soothe yourself with material means or extravagant birthday presents. It may be uncomfortable, but this time is an opportunity for you to clearly decipher your needs from your wants. Where can you reduce your costs and find other ways to feel secure and entertained?

TAURUS (Apr. 20 - May 20)

An opportunity knocks. Remain con-

scious and creative in ways that money can flow to you now. This may be a shift in your career or an unexpected offer. It can also be that EI cheque making its way to you. Point is - how are you going to seize this moment and make the best of it for your future?

GEMINI (May 21 - Jun. 20)

This signifies a spiritual awakening and a new beginning for you. When a door closes, the right one for you opens. Guidance and protection are here for you as you undergo profound changes. Allow this to be and continue to seek the magic in the mundane.

CANCER (Jun. 21 - Jul. 22)

Love is your assignment this week. Whether this is within your family or your relationship, the challenge is to approach all situations with kindness, gentleness and compassion. You also deserve to receive this energy, so pay attention to the sources that nourish your soul and be grateful for those who give you that love unconditionally.

LEO (Jul. 23 - Aug. 22)

Be on the lookout for helpful assistance in the areas of money, health or your feelings of self-worth. A mentor shows you how to dig deep into these areas and mine your personal value. Take the time to go through this process so that you can in turn help others.

VIRGO (Aug. 23 - Sep. 22)

A desire to travel is cut short, but the World is still calling. Expanding your consciousness is paramount for your self development now. You have unlimited resources available to you. An emphasis on connecting to a global network or increasing your digital audience.

LIBRA (Sep. 23 - Oct. 22)

Confinement and isolation can be very difficult for you in particular, as your unhealed places and pains of a

broken heart rise to the surface. Whether from the distant past or the here and now, you must feel your feelings if you want to get through this. A deep healing is called for now.

SCORPIO (Oct. 23 - Nov. 21)

Love and romance are available for you now, a tender-hearted offering or more balance towards deepening your connection in relationships and family connections now. There is help and support where home life and personal issues are concerned.

SAGITTARIUS (Nov. 22 - Dec. 21)

It's time to use this limbo to create a plan for your life. This is the optimum moment to create an outline of goals and a very specific strategy for achieving what you want. Write about the direction you want to go in. Take control of your life and get things in order.

CAPRICORN (Dec. 22 - Jan. 19)

The oracle has a message of blossoming abundance in all areas of your life. The universe is blessing you with the fruits of labour that you seeded over the last few months or you are receiving an unexpected blessing. Be grateful and enjoy!

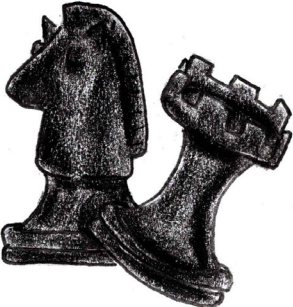
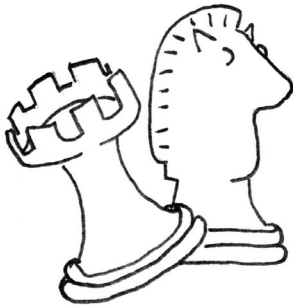
AQUARIUS (Jan. 20 - Feb. 18)

There is an emphasis on using this time to dive into education, either catching up on some books piling up around you or taking that online course you've been considering. It's the perfect time to strengthen your mind and expand your knowledge.

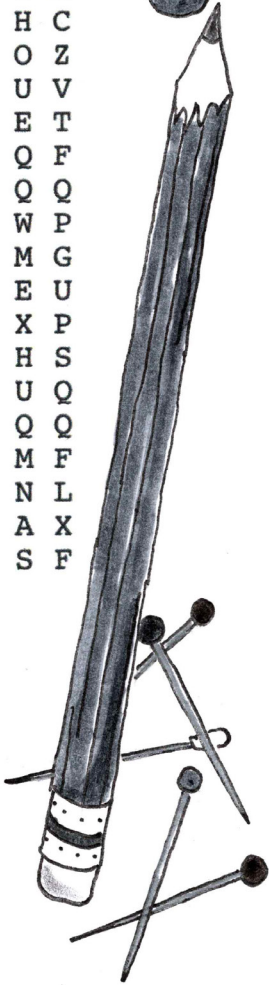
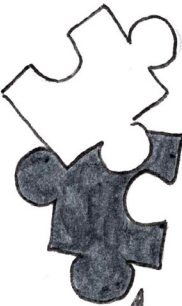
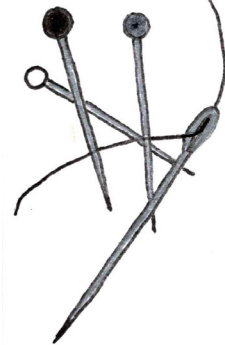
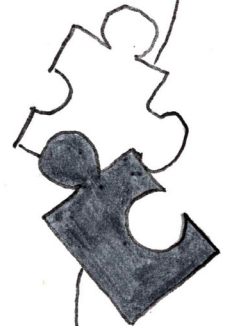
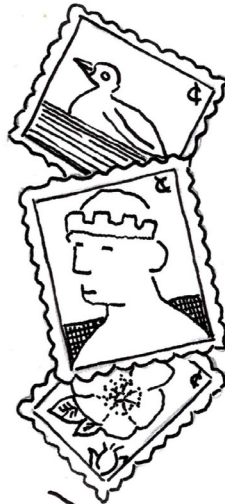
PISCES (Feb. 19 - Mar. 20)

You are being called to look at your unhealthy attachments, either addictive behaviour or emotional patterns or even old relationships. This is the perfect time to break free and live a more authentic, open and happy life. What or who do you need to let go of?

CREATIVE CORNER



Indoor Activities Word Search



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

- Birdwatching
- Bonsai
- Chess
- Collecting
- Comics
- Cooking
- Crafts
- Drawing
- Hobbies
- Jigsaw Puzzle

- Knitting
- Leisure
- Magazine
- Music
- Origami
- Painting
- Pastime
- Philately
- Photography
- Reading

- Recreation
- Scrapbooking
- Sewing
- Sleeping
- Taxidermy
- Television
- Tinkering
- Videogames
- Woodworking
- Writing

CREATIVE CORNER

SudOoku

Easy

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

Medium

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

Hard

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

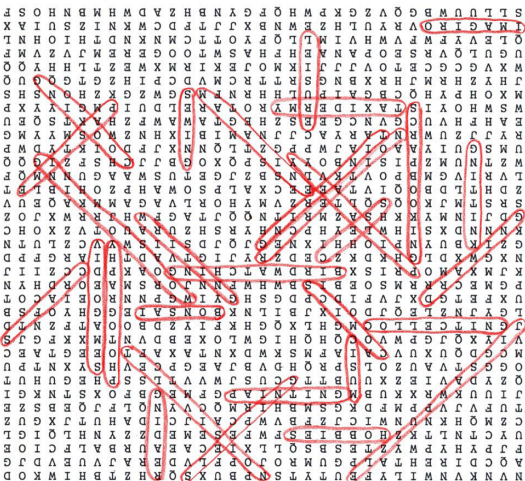


Art by Celia Nicholls



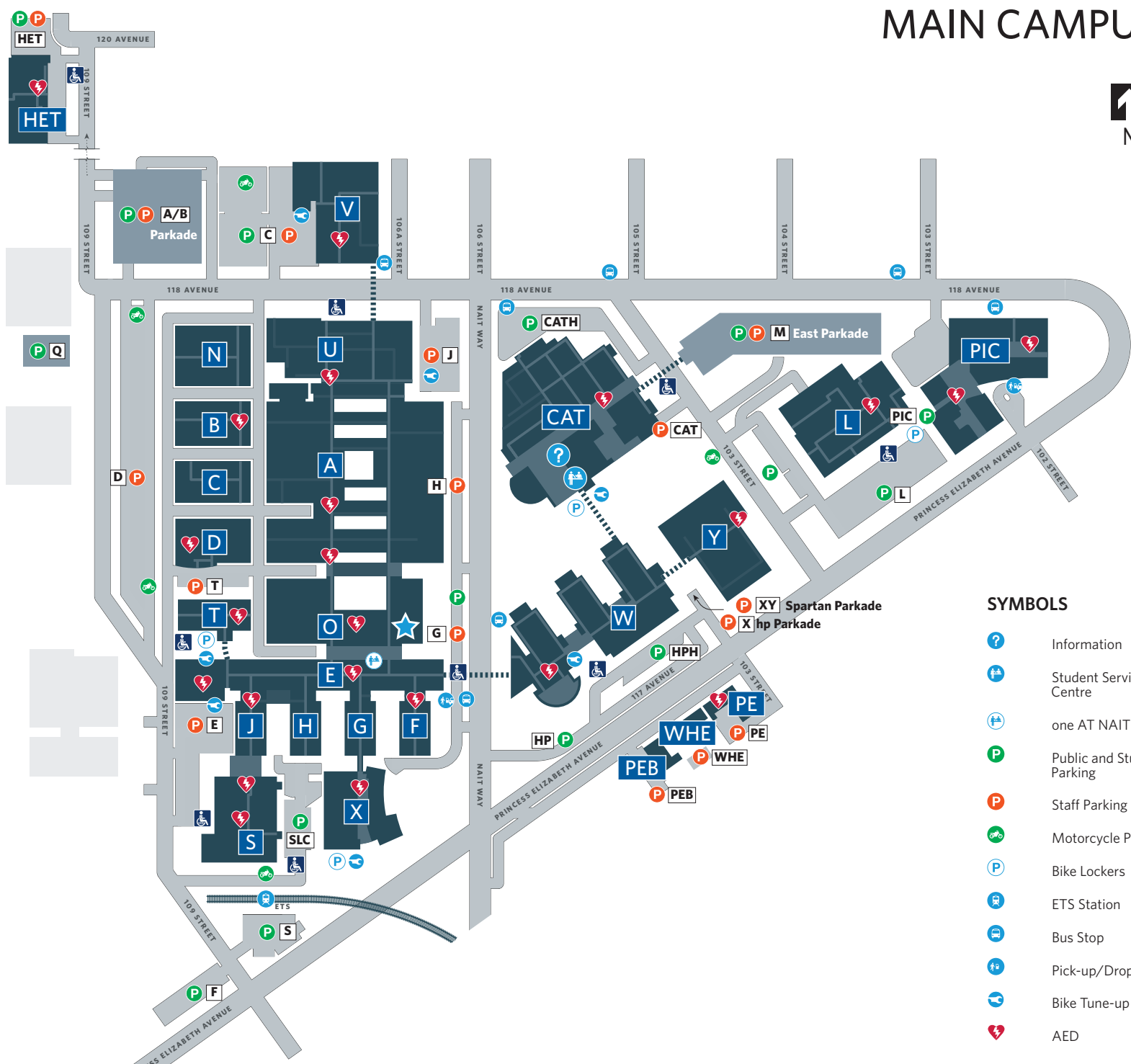
Art by Celia Nicholls

CM



Easy									Medium									Hard								
5	6	4	2	3	8	1	7	9	2	4	1	8	9	3	6	5	7	4	1	9	3	8	6	5	7	2
9									5	3	7	2	1	6	9	8	4	2	6	3	5	7	1	8	4	
8									6	9	8	4	5	7	3	2	1	7	5	8	4	1	2	3	6	
2									8	4	1	2	3	5	6	9	7	9	7	2	1	3	4	5	6	
6									4	8	6	7	3	2	1	9	5	5	8	4	2	6	7	9	1	
4									9	1	4	3	2	5	7	6	8	6	3	1	9	5	8	4	7	
1									9	7	2	1	6	4	5	3	8	8	4	5	6	9	1	2	3	
2	8	3	5	7	6	1	9	4	3	6	5	9	7	8	4	1	2	3	9	7	8	2	5	6	4	1

MAIN CAMPUS



- SYMBOLS**
- ? Information
 - Student Service Centre
 - one AT NAIT
 - P Public and Student Parking
 - P Staff Parking
 - Motorcycle Parking
 - P 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
Souh Campus
7110 Gateway Boulevard NW
NAIT Distribution Centre
11311 - 120 Street NW

BUILDINGS

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

OFFICES AND SERVICES

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

