

NAIT NUGGET

Thursday, January 23 2020
Volume 57, Issue 9

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AUTOMATIC DOORS FAILING pg. 3

Photo by Scott Hayward

On the go?

We've got you covered.

Visit one of three convenient
eat AT NAIT Tim Hortons
locations on campus.

Tim Hortons

bytes (Express) W103A in HP Centre

M - Th: 6:45am - 8:30pm, **F:** 6:45am - 6pm, **Sat & Sun:** 7am - 2:30pm

shop AT NAIT (Express) X114B in South Learning Centre

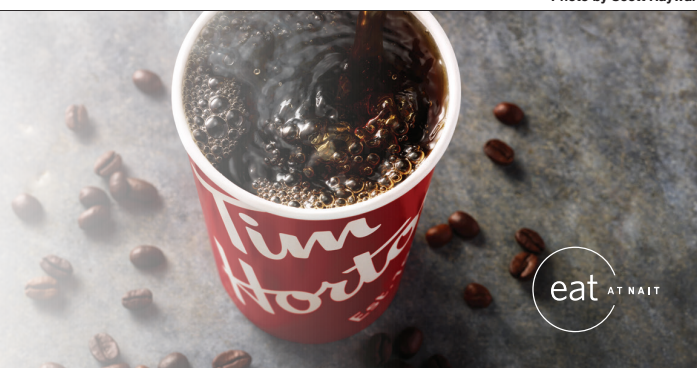
M - Th: 6:30am - 6:30pm, **F:** 6:30am - 6pm



CAT (Full Menu & Mobile Pick-Up)

CAT201 in the Centre for Applied Technology

M - Th: 6:30am - 6:30pm, **F:** 6:30am - 4:30pm



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NAITSA seeks staff and student feedback

By NICOLE MURPHY

The NAIT Students’ Association (NAITSA) has launched an online form that lets anyone on campus give anonymous feedback on how budget cuts are being put into effect.

The form is called Sourcing Our Solutions (S.O.S) and has three sections. Green is for people who have ideas on how to make or save money and yellow is to voice worries or concerns. The red section is for individuals who’ve have personal experiences they believe are not acceptable in relation to how budget cuts have been carried out. The online form can be

found at naitsa.ca/feedback.

“We want to hear what students’ actual concerns are because we are only four students from the business program and it is really tough to know what is happening with students in trades, health sciences or digital media [about] what their concerns are in their building or within their programs,” said Aleksandra Jaruga, VP External.

The Student Executive Council came up with this form to help gather information to better advocate for students at NAIT. In roughly a week they have had around 35 responses from students and staff in all three comment areas.

“If something is super specific we might not take the specifics of the comment, but we are looking for larger general themes to look into,” said Jaruga.

So far the majority of comments have been voicing concerns over tuition increases and paying more mandatory fees. NAITSA is using S.O.S as a tool so they can put together all recurring concerns and ideas to present to NAIT and the Minister of Education.

“We can’t advocate for students or fight for students if they don’t tell us what their issues or problems are because we’re not there,” said Jaruga.

S.O.S.

SOURCING OUR SOLUTIONS

CROWDSOURCING OUR SOLUTIONS

EVERYONE IN OUR COMMUNITY IS IMPACTED BY THE BUDGET AND SHOULD HAVE THE OPPORTUNITY TO CONTRIBUTE TO POSSIBLE SOLUTIONS. IF YOU HAVE ANY IDEAS, WORRIES, CONCERNS, OR WOULD JUST SIMPLY LIKE TO TELL US YOUR STORY, NAITSA WOULD LOVE TO HEAR ABOUT IT. HEAD ON OVER TO OUR WEBSITE TO TELL US YOUR STORY. EVERY SUBMISSION IS ANONYMOUS.

NAITSA.CA/FEEDBACK

The NAIT Nugget

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

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

Delay in automated doors on campus

By **MADISON GUMMOW**

Some automated doors on NAIT's campus have a delay in opening – sometimes they do not work at all.

Michelle Patterson-Nipp is a first year Baking & Pastry Arts student who uses the doors by Ernest's when coming and going to school. In her program they have to carry heavy loads of breads and other projects back and forth.

"When we're working on projects and we have fragile sugar pieces that we want to take home and work on it's nice to be able to push the button and have the door open because any movement you might break your project then you're completely screwed!" said Patterson-Nipp.

Patterson-Nipp loves her program but has noticed the doors can be inconvenient on campus.

"It seems like it takes forever to

open, sometimes I don't stick around long enough to find out if it actually opens, but it's not working as it should," said Patterson-Nipp.

Robert Akkerman, the director of maintenance and facilities, says his office has received complaints regarding automated doors on campus.

"We get work requests all the time from all over the NAIT community," said Akkerman. "In winter there's much more because rocks and stuff get into the doorway and they don't close properly so that creates operational issues."

The newer buildings, such as the CAT building, have new handicap doors which are motion activated and open instantly but the older buildings have had the same doors since they were built.

"Some [doors] would have been installed when the buildings were built. As the handicap operators fail,

we upgrade them. The move to motion sensors has only been in the last three years or so, so anything built before that time has the push button," said Akkerman.

In the U building the buttons to activate the automated door exiting onto 118th St. have a label reading, "PUSH AND HOLD. WAIT 5 SECONDS." The doors begin to open after about six seconds and are fully open at the 11 second mark. These doors are often broken and unresponsive when the button is pressed.

"I'm not sure. I'd have to look into that," said Akkerman when asked about the delay.

Maintenance and operation checks of the automated doors are done once a year. If you come across a door on NAIT's campus with a broken or insufficient automated door system you can email maintenance@nait.ca.



Photo by Shawna Bannerman

Benefit from affordable pet care

By NATALIE SARZYNSKI

Your cat's been making weird yelping noises in the middle of the night. You quickly realize that unless you want to fill your neighbour's house with miniature versions of the plant-gobbling mouse murderer, you're going to need to check him into a clinic to get some of his bits removed. Great news! The Animal Health Program right here at the NAIT main campus has a clinic that offers exceptional pet services for your favourite snuggle buddies that won't turn your pockets inside out.

The clinic offers services such as spays, neuters, vaccines, wellness exams, dental procedures and nail trims. Presently, they're accepting cats that need to be neutered; all other operations are booked up for this semester. Pricing is based on administration fees: \$30 for cat neuters and vaccinations, \$40 for dog neuters and cat spays, and \$50 for dog spays.

"Vaccines are crucial to disease prevention such as parvo, rabies and kennel cough," said Elly Paslawsky, a Registered Veterinary Technician overlooking the students in the Animal Health and Veterinary Medical Assistant Programs at NAIT. She brought up that rabies is a deadly disease that occurs in Alberta more than most realize, "Your pet, if exposed, will be quaran-

lined if they haven't been vaccinated."

In addition to the clinic, Lisa Selvey (Department Head of the Animal Clinic Services) informed me that the students volunteer at the Edmonton Humane Society and Animal Care and Control. Both programs, Animal Health Technology and Veterinary Medical Assistant, offer commendable involvement with a variety of large and small animals. Worry not, all the students are thoroughly supervised by highly skilled licenced Veterinarians or Animal Health Technologists. Your babies will always have an extra set of eyes looking over them to make sure that they're properly taken care of!

Our student counselling super pup, Flynn, gives the program two paws up. He gets his regular check-ups done at the clinic. The service is offered to the pets of all NAIT students and staff members. Appointments must be booked in person. Have your NAIT ID on hand and be prepared to prepay for all your services. For most services, the pet's weight is limited to 20kg. Lastly, don't cut ties with your hedgehog's veterinarian quite yet; the Animal Health program only takes appointments for cats and dogs.

Pop by the clinic in X-100, right by the bookstore. They are open to taking appoint-

ments between 2 p.m. and 5 p.m. from Monday to Friday. A typical appointment will entail you dropping off your fur baby between 7:15 a.m. and 8 a.m. They'll be ready for you to pick up at the end of the school day between 3 p.m. and 4:45 p.m.

Thanks to the wonderful staff and students at the Animal Health program and the Veterinary Medical Assistant program NAIT's little treasures can keep wagging their tails without having to scratch away at student loans.



By Aidan O'Toole

NOW HIRING

WHAT'S YOUR INSPIRATION?

INSPIRED BY:
A Challenging Career

INSPIRED TO:
Improve my Community

INSPIRED TO:
Help People

You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, many of them graduates from NAIT. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

WHAT'S YOUR INSPIRATION?

EDMONTON
POLICE
SERVICE

Join **EPS.ca**

Alberta's
TOP
75
EMPLOYERS
2019

NAIT

NAITSA

Know if you are interacting with the college or the students' association on campus. Both have events and provide excellent services but they are TWO different parts of the school!

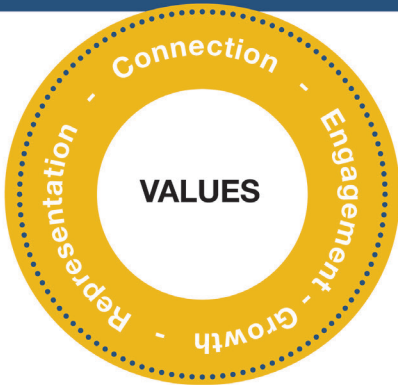
Leading polytechnic post secondary institution.

Student association that acts for & on behalf of NAIT students.

Vision: We aspire to be the most relevant and responsive post-secondary institution in Canada and one of the world's leading polytechnics.

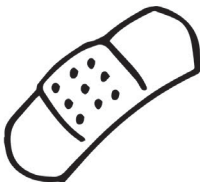


Mission: To enhance the NAIT student experience by advocating for their rights, representing their voice, creating a culture of engagement and leadership, while providing student-driven services. We offer a wide variety to choose from including events and activities for your entertainment; academic questions and aid; facilities to study and party; and living and health support.



FREE STUFF!

FREE STUFF!



Health Services



Counselling Services



Food Pop-Ups



Events at The NEST



Ook Games



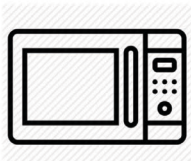
PAWS with Flynn



Techlife Today



Student Food Centre



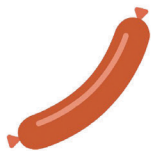
Microwaves
On Campus



The NAIT Nugget

SERVICES

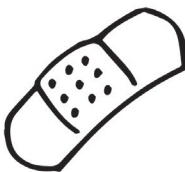
SERVICES



Retail Meat Store



Shop AT NAIT Bookstore



Health & Dental Plan



U-Pass



Ernest's Restaurant



Scholarships



Peer Support



The NEST

Government launches public survey for the 2020 budget

By ERYN PINKSEN

A new online survey is now open for the public to provide their opinions on the Alberta government's budget. The consultation period began on Jan. 14.

The survey will close on Feb. 7. There will be two telephone town halls with the Minister of Finance. The Northern Alberta town hall is scheduled for Jan. 27 from 6:30 p.m. to 8 p.m. Details on how to participate are yet to come.

The survey can be found at the Alberta government's website under budget consultation.

The survey allows people to type in text boxes their opinions on the following questions:

- What spending priorities do you think government should focus on?

- Where do you think government could find savings?
- How should government support job creation and economic growth?

Travis Toews, President of Treasury Board and Minister of Finance, says he wants to hear the input of Albertans.

"Leading up to Budget 2019 we heard from more than 4,000 people online and almost 35,000 people during our telephone town halls. Albertans demonstrated that they have incredible insight into the choices we must make together to create jobs, get out of debt and grow our economy... We made a good start in Budget 2019 and we need to keep that momentum going," said Toews at the survey press release.

Students saw many cuts to funding and services in

the budget released in October. This includes a drop in the operating budget, a lift on the tuition freeze and the removal of the student tax credit.

The student tax credit allowed students to claim tuition and cost of books and material on their taxes to be reimbursed. Anyone who has not yet claimed their student tax credits from previous years and has allowed them to accrue will still be able to claim them.

The federal government has increased upfront grants for post-secondary students and lowered the repayment interest rate to prime. The Alberta government has raised the repayment interest rate to prime plus one.

The Government of Alberta's 2020 budget is set to release this spring.



Hundreds of students protested the budget cuts on Monday Nov. 18.

Photo by Noah Ference



Photo via Freepik

Group counselling available

By **ERICA CAWAGAS**

Students can take part in group counselling workshops to help them with social anxiety.

In the last three years demand for one-on-one student counselling sessions has increased by roughly 60 per cent each year. Due to this increase, Health and Wellness Student Counselling has introduced educational group workshops.

The interpersonal skills workshop began Jan. 21 and is running for 4 weeks with a one-and-a-half-hour session per week.

The workshops will discuss the foundational pieces: stop-think-do, relationships, group work and how to deal with instructors and employers.

Registered psychologist at NAIT student counselling Loreta Della Mora said originally the workshop

was intended to help students on the autism spectrum to develop their social skills. The curriculum addressed two aspects: the very socially anxious who can't speak and the very impulsive person who won't stop talking.

"What we are finding now is that a lot of socially anxious students are coming and benefiting from it as well, because the same principles apply," said Mora.

Clinical psychologist Dr. Tanya Spencer, who leads counselling services at NAIT said that there are many students on the autism spectrum and many students who are anxious for a variety of reasons. While their cause for anxiety may differ, the solution and support they require are the same.

"There's something special that happens in a group setting that just won't happen in a one to one session. [The] students see for themselves that [they are] not the

only one struggling with these things," said Spencer.

With research on psychotherapy shifting in the last 20 years, these workshops will not promote specific solutions for all. Instead the workshops will help people get excited about their goals, know what their values are and learn how to tolerate distress. They will also learn how to label and identify their feelings and to develop a strong sense of opinion.

Both Mora and Spencer already have ideas for more topics to cover if student interests for the workshop format increases. They're hoping to include topics like strategies for mood regulation for those who struggle with depression, trauma and how to live day-to-day while dealing with chronic difficulties, whether they be physical or mental.

If interested contact counselling@nait.ca to register and arrange a pre-screening.

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



NAITSA EXECUTIVE COUNCIL ELECTION 2020/2021

ONLINE VOTING USING YOUR NAIT STUDENT PORTAL
FEBRUARY 7 - FEBRUARY 13 AT 4PM

INFORMATION STATIONS
FEBRUARY 12 FROM 4PM - 7PM

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre (1st Floor) | CAT Building

INFORMATION STATIONS
FEBRUARY 13 FROM 10AM - 2PM

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | North Cafeteria/Fresh Express (Main Campus)
CAT Building | South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)

Adjusting to life at NAIT



Ekaterina Mekshenkova, from Moscow, is enrolled in NAIT's Digital Media and IT program.

Supplied photo.

By SARA GOUDA

There are 1,900 international students at NAIT from 88 different countries. There are some challenges such as socializing, dealing with homesickness, language proficiency and finding residence.

Russian student Ekaterina Mekshenkova transferred from Moscow and is enrolled in NAIT's Digital Media and IT program.

Mekshenkova is impressed by the number of services available to students, especially to international ones.

"I have been here for just one week, but I already feel that there are many opportunities to make my studies not only useful, but also fun. I look forward to attending fitness classes, enjoying the pool, meeting Flynn and visiting career fairs. I also hope to make many friends here," said Mekshenkova.

She said she struggles with courses that require a lot of oral and written communication assignments.

"I feel that I need to work harder than English-speaking students. And another issue is the tuition fees, which is much higher for international students," said Mekshenkova.

Jobien Panggat, from the Philippines, is expected to graduate this semester from NAIT's DMIT program. An issue lots of people struggle with is making friends and creating community.

"I think one of the best experiences that I have is volunteering at NAIT because from those events, I felt not alone and was happy to mingle with different people," said Panggat.

Panggat said he easily adapted to the culture because he has an open mind and positive attitude towards everything, including the weather.

"The weather, I really love cold weather. I didn't have an adjustment issue with the cold weather. Cold weather is the best for me," he said.

He deals with homesickness by diverting his attention to different activities that NAIT offers, such as "being active in the international centre so I save myself from feeling homesick".

Yuti Shastri, from Zambia, is now on her second semester of Mechanical Engineering.

"Last winter break I was at home here and I was just wondering what the hell am I even doing here! What am I even doing with this program at all? I don't have any-

one here; I don't have any family here," said Shastri.

Shastri reminds herself that she had a valid reason for uplifting her life and moving here.

"There weren't many good universities back home in Zambia, and it wasn't easy to come to Canada to study. This is a privilege I've been given. I must utilize it," said Shastri.

Shastri continued by saying that she had difficulty finding accommodation and that she wasted 4 hours on the bus everyday for three months when she first arrived.

"I was living in a hotel for a week, and I wasn't familiar with the streets or area so I paid for a house that was too far, and took me 2 hours to arrive to campus," said Shastri.

She also said during the winter break, the weather also took a toll on her health, as she was not used to this kind of dryness, in comparison to the tropical weather in Zambia.

Shastri said she really struggled at first as she didn't know anyone and felt homesick.

"Just ask for help whenever you need it, do not keep anything to yourself. Reach out to people, you are not alone."

Alum returns as opposition

By ZACHARY FLYNN

After five years of playing for the NAIT Oaks, Leah Vandenkoogard returned to the NAIT gymnasium - this time, on the opposing bench.

Following her final season with the Oaks, Vandenkoogard was selected by the CCAA to be a part of the Canadian Collegiate Athletic Association's Female Apprentice Coach Program. As a part of this program, she is an assistant coach for the Olds College Broncos, the defending Women's basketball national champions coached by Avery Harrison.

Vandenkoogard returned to the NAIT Gymnasium where her Broncos defeated the Oaks 73-38.

"It's tough being back here, they're my family," said Vandenkoogard.

"It's nice to get the win but it's also bittersweet because I want them to do really well too."

Vandenkoogard's transition to coaching has been an enjoyable one.

"It's been really interesting. It's a different dynamic. You go from being one of the girls, being a part of that group, to now they're asking you questions and they want to know what to do - not that you don't do that as a player in a leadership role," she said.

After playing for Todd Warnick and the Oaks for five years, there are certain things that she now carries with her to Olds. At the same time, Avery Harrison's team, averaging 90 points per game at the end of 2019, brings a new offensive perspective for Vandenkoogard.

"I definitely focus more on the defensive side of the game like how Todd [Warnick] does, so that's definitely where I get that from. They're very different coaches so it's good to learn

from someone else with a totally new perspective," she said.

Following their game at the North vs South tournament while their players shook hands, Vandenkoogard gave hugs to her former teammates and coaches.

"It's great to see young women in this who played this game and contribute as leaders [and] as players to step into the leadership roles of the game," said her former coach, Todd Warnick.



Leah Vandenkoogard when she played on the women's basketball team.

Photo by Rallene Hooper

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 **STUDENT ELECTIONS**
your voice, your vote



NAITSA
EXECUTIVE COUNCIL
ELECTION 2020/2021

THE NAITSA EXECUTIVE COUNCIL IS COMPRISED OF 4 STUDENT REPRESENTATIVES AT NAIT:

• The President	• Vice President External
• Vice President Academic	• Vice President Student Services

INTERESTED IN BECOMING AN EXECUTIVE?

Nominations close at 4pm, January 27.

NOMINATIONS OPEN
JANUARY 3 - JANUARY 27

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)

BASKETBALL

Get to know your coach:

SLAV KORNIK

By **ADRIAN ST. ONGE**

The NAIT Oaks men's basketball team is coming back from the winter break with an 8-6 record. Pushing to keep their playoff hopes alive, rookie head coach Slav Kornik looks to get the team trending towards winning ways.

"We have a good atmosphere. Obviously we haven't performed to our full potential, but we have a great group of guys dedicated to the team's success. They've taken it upon themselves to meet their expectations," said Kornik.

Kornik, a NAIT Radio and Television program alumni, brings seven years of coaching experience to the team. Having coached for several years at the high school level, at Archbishop O'Leary High School and Strathcona High School, he then was brought on as an assistant coach for the University of Alberta Golden Bears. After finding success with the Golden Bears and in summer leagues, he jumped on the opportunity at a homecoming with NAIT.

"I'm a former NAIT Ook myself, [and] when the opportunity presented itself, I knew I had to jump on it. I thought long and hard about it, talked it over with my wife and decided that an opportunity like this doesn't present itself every day," said Kornik.

Kornik played starting point guard for the Oaks and was the team captain of the 2003 CCAA National Championship team, being named most valuable player of the tournament. Coach Kornik won two provincial championships as an Ook and retired as an All-Canadian Academic, and one of the most dominant backcourt players in recent ACAC history. He ranks second all-time in assists and third in overall scoring in the ACAC history books to this day.

"I was very eager to get started. I have a long history with NAIT and I feel like I can bring a lot to the table. There's a very talented group of young academic athletes in that room and I feel like we can accomplish something special here," said Kornik.

"Basketball is important, but we're students first. Class performance is always the priority."

Off the court, Kornik has since used his RTA skills in real world applications. His commitment to journalism and sports led him to stops in Lloydminster and Red Deer.

"I was a television sportscaster in Lloydminster and Red Deer for close to 15 years. I'm no stranger to being in front of the camera," Kornik said with a grin.

After his stints in Lloydminster and Red Deer, he made a pit stop at Global Edmonton doing online news and the morning show.

"Coaching is my passion and my priority," said Kornik. "But I still do freelance for Global on the side. Had this position not been offered to me, I would've been more than happy to do television until I retired."

Thankfully for the Oaks, Kornik has his focus on bringing the men's basketball team back to the heights he experienced in his playing days. His career in journalism may just have to wait on the backburner until he has the story of how he brought the Oaks back to the top of CCAA basketball.



Captain's corner: Ryan Saville

By **DAWSON PETRYSHEN**

In the vast world of sports, there are quite a few that get overlooked outside the big 4 of hockey, baseball, basketball and soccer, curling being one of them.

Although there are only four people per team curling is a sport centered on teamwork where each member has a responsibility.

"You look at the game of curling, it's not just one person. Everybody's involved. One person will miss a rock, another person will pick up for it, and that person could miss a shot. It's 100% a team effort," said the Oaks curling captain Ryan Saville.

Unlike most sports, curling has a shortened season — only 4 major tournaments (3 for the mixed competition) so there's no time for games in between to hone certain skills; that must come in practice.

Late in November of 2019, the team participated in the first of two regional tournaments, which was held in Lloydminster. Finishing with a 3-2 record, Ryan and his team are feeling confident.

"It was definitely a little different this year...it was good to get everybody together and see where we were at and come out with a winning record," said the captain.

Due to the very tight-knit roster, keeping a stable connection between everyone is crucial. Whether it be spending time with each other or making the most out of every practice, every conversation matters.

"We do a really good job with [staying close], we get along quite well," said the captain. "We hang out outside of the rink, and we're at the rink at least twice a week, so it works out for getting that connection as a team," said Saville.

Having like-minded people on the roster culminates in having common goals to work for, along with individual progress.

"For myself, I've added the self-pressure of wanting to do well from last year, with everybody else, we go out there with the attitude of making our shots, and it's just worked out for us," said Saville.

Momentum is one of the largest factors of success in any sport, and with such limited time to shine, capitalizing on every victory, large or small, is key.

"The ultimate goal, right from the start of the season,

before we even touch the ice, is to make provincials. Having come out of the Fall Regionals with a winning record, you want to keep building off that and cement that spot to play in Red Deer (for Nationals)," said the captain.

With one more barrier in their path, Winter Regionals here at NAIT on Jan. 24 to 26, Ryan and his teammates must rely on each other more than ever to keep the rock sliding in a positive direction for the year.



Photo by Railene Hooper

Get ready, set, soar into 2020

By **ZACHARY FLYNN**

The Oaks found some midseason tournament success before the start of the winter semester in the annual North vs South basketball tournament hosted by NAIT.

The Oaks soared to victories both days, beating St. Mary's University 100-85 on day one and securing a win on day two over Olds College 98-75.

The Oaks also welcome American Markus Taylor-Knighten to the starting lineup. Taylor-Knighten has been with the team since the beginning of the semester but was waiting to gain eligibility to play in the ACAC. He comes into the team's rotation as Will Pittman's name leaves the Oaks' roster.

"They are two totally different players, [in the] positions they play and skills they bring," said head coach Slav Kornik.

"It changed things for us in terms of what we're looking to do offensively

and the dynamic of our team. Definitely, it changes things so it was good to have a couple of games this weekend," said Kornik.

Despite the Oaks' success, Kornik still says there are areas of improvement if the team wants to achieve its goals this year.

"We want to compete in provincials, that's our goal. We know we have a long way to go and a lot of room for improvement that's going to take a lot of work for us," said Kornik.

Kornik's coaching record with the Oaks is 8-6 after his first semester with the Oaks. Now months into his role, he is settling into the rhythm of being a full-time head coach.

"Like anything, it takes time, with time it becomes a little more natural and getting used to how things work around here, learning from my mistakes and not to make them twice," said Kornik.



Photo by Railene Hooper



Photo by Rallene Hooper

VOLLEYBALL

Ook sets new ACAC record

By **MADISON GUMMOW**

Records are made to be broken, and Mitch Lewington, setter for the men's Oaks volleyball team, has done just that. Lewington has broken the ACAC all-time record for most career assists and there is still over a month left in the season.

"Everytime I set the ball to a hitter and they kill it, meaning they spike the ball and it results in a point for our team, I get an assist. I now have 2552 assists in my career which is the new ACAC all-time record," said Lewington.

The Australian native played on the Australian Junior National Team before coming to Canada and joining the Oaks.

"I enjoy playing here, it's more my talent level. It's more competitive as all the teams in this league are at a

similar skill level," said Lewington.

With most NAIT programs lasting only two years, Lewington has had to deal with a lot of turnover when it comes to his team.

"It's been tough, luckily every year I've been here we've kept at least one of the core players, so even though we lose a few players every year there's always one or two key players that stay so it's easy to keep the team values carrying over each year," said Lewington.

Lewington doesn't take all the credit for his success, he says his coaches and teammates have been a huge part of his accomplishments.

"My teammate, Devon Klein, has been with me the whole time and he's been one of the best players. That's helped a lot in me breaking the record," said Lewington.

Devon Klein has been a middle on the team for the last four years and says he is proud to have contributed to Lewington's achievement.

"We started off together in our first years and we've been together for the four. It's great to have Mitch successful in the assists. That's a big accomplishment and I'm really happy that I could be a part of his growth," said longtime teammate Devon Klein.

As for next year, Lewington says he's not completely sure what he will be doing. However, it appears this may be his final season with the Oaks.

"I'm done my program next year so I might be working, the plan as of now is not to play next year," said Lewington, who may be looking for a new bar to set, or a new record to break.

Y2K: twenty years later

By **KARLIE MICKANUIK**

Two decades ago, computer programmers had a theory that when the 21st century began, the world would be in grave danger. However, 20 years later, the event appeared to barely be a problem at all.

There are countless theories surrounding Y2K, an acronym for the Year 2000, ranging from the biblical reference to errors in coding. To keep a lot of computer coding terms less confusing for the general population, Y2K was essentially a problem with how computers interpret years. For example, programmers believed January 1, 2000, might be interpreted as January 1, 1900. But, why could this be a problem for the world?

Minor issues occurred around the world, like cab fare in Sweden being processed incorrectly and credit card companies cards not working until a few days past New Years Day. Airplanes were also delayed slightly around the world as baggage claims took longer because the automated system did struggle with the new millennia.

In the United States, the US Naval Observatory, which runs the master clock that keeps the country’s official time, showed the date on its website as January 1, 1900.

There were some more extreme results of the Y2K bug. In the city of Sheffield in the United Kingdom 154 pregnant women were sent inaccurate risk calculations stating their child may be born with Down Syndrome. Furthermore, four women who were told their child was low risk for the disorder were in fact born with Down Syndrome . These wrong assessments happened because of a miscalculation of the mother’s age.

Nuclear power plants in Japan were also affected by computer malfunctions on January 1, 2000. An alarm was sounded in one power plant only two minutes after midnight; however, there was no possibility of harm to the public, and the alarm was fixed a few hours later. Another power plant stated that radiation monitoring equipment failed, but once again, the population was in no danger.

On the other end of the spectrum, many theorists believed the change of the millennia and the fear of malfunctioning technology was a sign of the rapture.

For those of you who do not know, the rapture is the second coming of Christ, which is essentially the end of the physical world and is talked about heavily in the Christian Bible. Some religious organizations, survivalists and cults used Y2K to scare the general population about the end of the world. These groups thrived off of using apocalyptic themes in their teaching and used Y2K to gain traction in their beliefs. There were reports of more people choosing to follow a survivalist path. At the same time, charismatic religious leaders claimed that now was the time to repent to escape eternal damnation as the world would soon end.

As much as the world feared the year 2000, the problems the turn of the century caused were mostly minor. The days passed as usual, and society has gone 20 whole years since then and probably will progress 20 more.

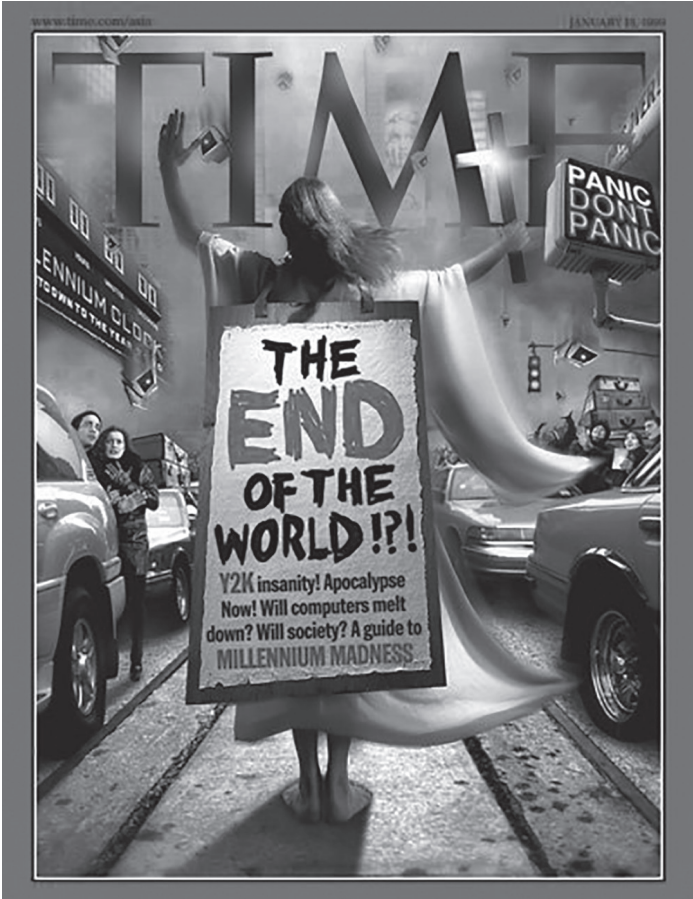


Photo via Time

WHAT’S GOING ON AROUND CAMPUS

WHAT	WHO	WHEN	WHERE
IT Connections 2020	Business Analysts	Thursday, January 30, 2020 9:00 am - 2:00 pm	HP Building, Third Floor
Clubs Winter Showcase Each semester Campus Clubs hosts a Showcase. Clubs are invited to participate to promote their club to students. It is an opportunity to recruit new members, promote club activities, and obtain valuable GIV’ER points. The top three clubs are also recognized on the prestigious Showcase Trophy. Campus Clubs will provide a professional booth with skirted tablecloth, and basic club name signage.	All clubs are welcome to sign up! All students welcome to visit and explore the many clubs at NAIT.	February 4-5, 2020 11:00 am - 1:00 pm	Main CAT Building

More details at orgsync.com/85725

To advertise your event in the Nugget, please see the Activities and Events section of your Clubs Handbook, or see the Campus Clubs staff at O108.

The Nest named best campus bar, 5th year



Supplied photo.

The Nest has been an accredited Best Bar None venue for 6 years and have been named Best Campus Bar for the 5th year in a row. The establishment has also won the People's Choice Award for 2 straight years. Michelle Dirksen, manager, and her staff (above) accepted the award at the ceremony held on Nov. 20, 2019.

The Alberta Gaming and Liquor Commission implemented the Best Bar None program to recognize licensed establishments that achieve the highest levels of safety and quality. Bars are voted for based on factors such as level of service, safety of the bar, and quality of management. The program runs across Alberta, in Calgary, Edmonton, Grande Prairie, Lethbridge and Banff.

Other winning bars include Blues on Whyte, Craft Beer Market, Kelly's Pub, O'Byrnes, On The Rocks, The Common and others.

BEST BAR NONE

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**MOST INFLUENTIAL
CELEBRITIES OF THE 2010s**



By PAIGE GORDON

As the decade has come to a close, it's time to take a look back on which celebrities have been the most influential in fashion over the past ten years.

The Kardashians

Let's start with reality TV's royal family. Each sister has her distinctive style, be it jaw-dropping, haute couture, seductive, sporty chic or alternative. It is common to see a Kardashian, or two, sitting front row at Fashion Week, walking the runway or turning heads at the Met Gala. They have been significant trend influencers with their lines of clothing such as Kim's body con and shapewear SKIMS, and Khloe's All American line of denim. Ath-leisure also became more stylish after the Kardashians started rocking the look. The Kardashians have also influenced makeup trends. Kylie Cosmetics anyone?

Justin Bieber

Love him or hate him, you can't deny the impact Justin's had in fashion. Having grown up in the spotlight, we've seen his style evolve. From having his own casual luxury brand "Drew House," to bringing back the 90's grunge style on his Purpose tour. Even his underwear is

trendy. His steamy Calvin Klein underwear ads with his wife Hailey have left everyone hot and bothered. But his most iconic look goes to his hair – who could forget the Bieber cut?

Gossip girl

TV changed forever when the CW first introduced this cast of Upper East Siders. It didn't take long before viewers became obsessed with each character's signature style. From Blair with her perfectly tailored designer picks, Serena and her Boho style and Chuck with new perfectly tailored suits. Every episode had a fashion moment.

Rihanna

She is arguably the most prominent fashion icon of the decade. This pop princess can wear absolutely anything and pull it off. Some of her more fashion-forward looks have included colourful furs, oversized outerwear, slip dresses and socks with heels. In the past couple of years she has also developed her own line of lingerie called Savage x Fenty. She won the Urban Luxe award for the line from the Council of Fashion Designers of America (CFDA). A few years earlier, she had won the Style Icon award from the CFDA.

ASAP Rocky

Rap music and fashion go hand-in-hand, and ASAP Rocky has a keen style both on and off stage. He is often seen in the front row of Fashion Week and has been featured in campaigns for Dior and DKNY. In spring 2019, Rocky joined a group of other young stars to show off reworked versions of Calvin Klein Jeans most iconic pieces.

Lady Gaga

No fashion influencers list would be complete without mentioning Lady Gaga. When she first broke out on the scene, her music may not have caught your attention, but her clothing certainly did. Since the infamous meat dress, her style has continued to evolve, becoming increasingly classic and glamorous. Gaga is also known to wear haute couture designs from Givenchy, Armani, Valentino, and Alexander McQueen.



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DAILY

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LOCAL SOUNDWAVE

Edmonton's psychedelic rock cephalopods



Supplied photo.

By **ORRIN FARRIES**

A face-melting drive en route to Tasty Jamsville, Edmonton's own psychedelic rock outfit "Squids" will take your ears for a cruise.

The Squids formed in 2016 as a project re-imagination by a group of longstanding friends formerly known as Campus Thieves. Ryan McGale, brothers Spencer Huddleston and Mac Huddleston, and Caleb Steinwandt, had a strong run with the Campus Thieves, highlighted by their opening performance on the bill with Canadian rock legends April Wine at a local festival in 2013.

When Campus Thieves hung it up in 2014, they went their separate ways in life and in music. Spencer and Mac had been sharpening their craft as musicians in MacEwan's fine arts program, Ryan went to school for sound engineering, so when they came back together in 2016, they were new men.

But you must be wondering why the name 'Squids'?

"Well look at us... we're a bunch of fucking squids," said guitarist Caleb Steinwandt to the laughter and unanimous approval of his bandmates.

"When we were first getting back to playing music together, it was kind of hard to hone in on our sound, but over the last few years, we've found our niche," said vocal-

ist and keyboardist Ryan McGale. That niche is ostensibly an eclectic musical fusion of funk, 70's acid rock, and jazz with modern production sensibilities at the foundation of it all.

"Honestly, [describing our genre] is the hardest thing in the world, you just tailor it to who you're talking to," said bassist Spencer Huddleston.

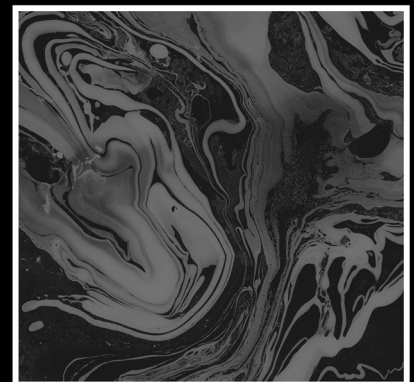
"If you're talking to one of your dad's friends, you tell them it's like Pink Floyd, but it doesn't really sound like Pink Floyd."

"There's so many different influences that we take in, and we put into consideration when we're writing that you just can't nail it down [to one genre]," said drummer Mac Huddleston.

The band name funk legends Weather Report and prog-rock pioneers King Crimson as artists influential of their sound. However, the practice of labelling the Squids with a genre is antithetical to the good-time atmosphere of a Squids' live performance. Silky conductive vocals, ramrod keyboard wizardry, punchy basslines, hot-blooded guitar riffage, and decisive drumming come together to make up the diffuse lively sound of Squids. The music, as a result, is a well thought out experiment in rhythmic ambience and genre fusion wherein the technical skill and natural cama-

raderie of the band shines.

The Squids are entering 2020 with fresh vision and energy for their music, anticipating a full-length album release and a tour to follow. You can stream their latest release, "Yeax11" on Apple Music and Spotify.



SQUIDS
YEAX11

TABOO TALKS: STORY

Surviving MDMA

By DAVID MADAWO

I rubbed my feet over the lump under my living room apartment, I knew that bottle cap was still under there but rubbing it grounded me before I took my next step. Ten dollars for this boring looking dirt stuffed into a capsule, promising me euphoria for the next 3 to 6 hours. I stopped eyeballing the damn thing. I sensed a common air of doubt amongst my comrades on whether I'd partake or not. So I downed it with a shot of vodka, doubt evaporated from the air. The shots continued for what felt like a few minutes, but the clock jumped ahead an hour when we decided to leave.

We were halfway to Black Dog when the drugs began to take hold.

The lights seemed to dance along with us as we bobbed up and down the rambunctious avenue. My chest ascending above my head with each breath I took. When we arrived at the bar the warm air hugged us as soon as we entered; it was time for a pint. The whole time the drug played games with my bewildered mind, I became so excited that breathing became a difficult task. I was melting, overheating, out of breath,

getting lighter and lighter. I could not speak, the effects were so overwhelming, every once in a while I would start munching on the gum that had suddenly entered my mouth, without me putting it there. I knew I didn't have gum, I felt grinding my jaw should suffice. My comrade noticed and shoved a frosty spearmint flavoured piece of the rubber that is 5 Gum.

"You'll thank me later," he said.

I'm starting to regain consciousness every few minutes, I was either in the bathroom, sucking in the sweet and satisfying air of a cigarette outside, or clinking another pint with random strangers. The music kept changing, and so did the bars as we made our way down the sinful strip.

The friends we already met up with disappeared and came back again, their rogue adventure hitting a dead end. Conversations were a hit and miss, the pious ones harshened the air with their sharp looks of judgment, deeply envious of our peculiar intoxication. The others melted into one, coke heads and drunkards alike, forming a colossal harem of pandemonium that constantly take over Whyte Avenue.

I stumbled, "wide awake" with my heart pounding,

forced myself to seem like the other drunk youth around us.

I figured they wouldn't be enthused if they knew the level of intoxication I had reached, plus I wanted another pint. Yet before I could get to the bartender, my comrade intercepted me.

"It's almost two o'clock!"

That's right, that time is important: the local liquor store a few blocks from our apartment closes at two. Without even a word, the original horde evacuated the premises, avoiding tag along stragglers that wanted a good time elsewhere when the bars had closed. Although it was below forty I walked to the liquor store with my jacket tied around my waist, my body overheating from the packed clubs. When we settled at the apartment we sucked back the cool beers, the liquor flowed down with an ease that I hadn't felt in years.

We yelled over each other about stories from adolescence, convoluted plans for the next drug escapade. I felt euphoric, reborn. Until my world turned black. The next morning was a hell I'll never forget.

The Nugget does not condone the use of
MDMA or any illicit drugs.



Photo via Unsplash

Are you an attached partner?



Photo via Unsplash

By **ALYCIA CHUNG**

Notice yourself engaging in the same unhealthy patterns in relationships and don't know why?

Maybe you fall hard and fast but then get terrified that your partner might leave. Or, you like the "thrill of the chase" but then feel smothered and trapped when the object of your affection likes you back or things get too serious. Maybe you have no interest in relationships at all.

If any of this sounds like you, attachment theory might be the key to breaking through your relationship rut.

What are attachment styles and why do I need to know about them?

An attachment style is the particular way you connect with other people and is strongly shaped by your early interactions with your parents or caregivers. Once formed, it stays with you and guides the way you think and behave in relationships. Learning more about your attachment style helps you pick healthier partners and provides direction on ways to strengthen existing relationships.

The 4 main attachment styles:

- **Secure:** What we aim for. Naturally warm and loving. Desires closeness and can trust fairly easily.
- **Anxious:** Gets attached quickly but fears getting rejected/abandoned. Very sensitive to changes in their partner and assume the worst.
- **Anxious-Avoidant:** Desires connection but feels smothered by too much closeness. Worries that they will lose their independence or that others want too much from them. Tends to be overly critical of their partners.
- **Avoidant/Dismissive:** Self-reliant, doesn't desire connection and is emotionally disconnected

If you are not securely attached, you can become more so by either choosing a partner who is secure, or working with your existing partner to explore and change unhelpful dynamics. It's possible to create a secure relationship even if the individuals within it are insecurely attached.

Resources:

- Take this attachment quiz to see how you score: <https://dianepooleheller.com/attachment-test/>
- Read the book *Attached: The New Science of Adult Attachment and How it Can Help You Find- And Keep- Love* by Amir Levine and Rachel Heller

ment and How it Can Help You Find- And Keep- Love by Amir Levine and Rachel Heller

- If you're in a relationship, talk to your partner about what you've learned about your attachment style so they can better understand your needs. If you're single but wanting to mingle, this information can help you pick a partner that's healthier for you.
- If you still need some guidance, speak to a counsellor for further support.



Supplied photo.

Hello!

My name is Alycia Chung and I am a Registered Psychologist and Certified Sex Addiction Therapist. You can find me over at W111-PB, where I work as a counsellor at NAIT Student Counselling.



10 THINGS FROM 10 YEARS AGO

By JONAH PETERSON



Haiti Earthquake

A natural disaster in the island country of Haiti happened in 2010. Countless lives were lost, and the world came together to provide relief and support to the small nation. The effects of the earthquake are still felt in the country today, however, they are looking forward to a prosperous future.



Walking Dead Premiere

One of the decade's biggest shows got its start in 2010. The Walking Dead is a post-apocalyptic horror show, that follows a large ensemble of survivors trying to stay alive during a zombie apocalypse. The crew soon finds out the most significant threat may not be from the infected, but possibly from other survivors.



Vancouver Olympics

The Winter Olympics were back in Canada, and the athletes came with one thing on their mind: gold. Canadian athletes won an astounding 14 gold medals in 2010, the most of any participating country. There were so many memorable moments. From Sidney Crosby's golden goal to Alexandre Bilodeau's fantastic ski performance (becoming the first Canadian to win gold on home soil.) It was an Olympics that no Canadian would soon forget.



Chilean Mining Accident

In August of 2010, the world became attached to the story of 33 miners trapped 700 meters underground after a cave-in at the San Jose copper-gold mine, north of the capital city in Chile. For 69 days, rescue personnel worked tirelessly to try and get the men to safety. On Oct. 13, all 33 men were rescued and returned to their families. With a few exceptions, all men were in good health and suffered no long-term effects.



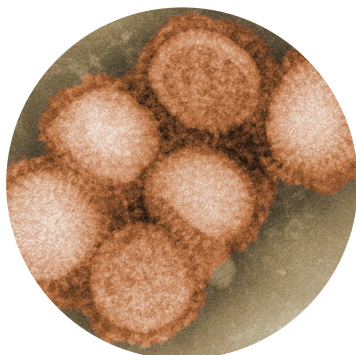
Changing of the Guard in Hip-Hop

The previous decade saw rappers like Eminem, Kanye West, Rick Ross and Lil Wayne take over the rap game. A new wave was coming. Hip hop was changing; a more melody-driven sound was pushing its way to the forefront. 2010 saw the arrival of the man who would go on to be the face of hip hop in the new decade, a young Canadian actor that went by the name Drake. His debut album, Thank Me Later, was met with widespread praise. He was only getting started.



The iPad

The introduction of Apple's iPad was massive for the world of technology. Thirty-thousand sold on their first day. By May 3 (one month after the release), one million had been purchased worldwide. To date, Apple has sold 360 million of the popular tablet computers.



Swine Flu Epidemic

One of the most concerning health outbreaks in recent memory, the H1N1 virus, rocked the nation in 2010. People all over the globe rushed to get the vaccine as millions of people began to get sick. The outbreak would eventually become contained, and it was declared controlled by the World Health Organization on Aug. 10. However, the fear it caused remains present in today's society ten years later.



Instagram Launched

The video and photo-sharing social network has become a staple in the social media world today. Created by Kevin Systrom and Mike Krieger in 2010, the now Facebook-owned (as of 2012) site soon became one of the biggest social media platforms with over a billion active users. The app may seem like safe fun, but a survey conducted by the UK's Royal Society for Public Health found that Instagram is the "worst social media app" when it comes to young people's mental health.



Jessica Watson: Youngest Solo Sail Around the World

At just 16-years-old, the Australian sailed around the world entirely by herself, starting and ending in Sydney, Australia. The journey took her 210 days, and she arrived home just three days shy of her 17th birthday. She was awarded the Order of Australia Medal, as well as named Young Australian of the Year in 2011.



Opening of the World's Tallest Building

Jan. 4 of 2010 saw the world's tallest man-made structure officially open. The Burj Khalifa in Dubai, United Arab Emirates stands 2,722 feet tall, and construction began in 2004. An incredible architectural accomplishment, the Burj Khalifa is one of the most impressive skyscrapers of the modern world and has helped Dubai gain a reputation of extravagance and luxury.

Why resolutions fail (and how to keep them)



Photo by Kineta Mathewise

By **SCOTT ZIELSDORF**

Why do all these New Year's resolutions end so prematurely? With Jan. 17 being "Ditch Your Resolutions" Day, most are left wondering why it's so difficult to keep up that overpriced gym membership.

Everyone starts the journey with such motivation and a drive to succeed. Much akin to an adventurous climber setting out to conquer a massive mountain for the first time, many New Year's resolutions wind up feeling like an insurmountable obstacle.

New Year's resolutions, in theory, are excellent practice. They represent a fresh slate of sorts, an opportunity to do something new or make an improvement to a particular aspect of one's life.

Many Canadians do still declare New Year's resolutions; a 2018 survey conducted by Tangerine showed that 69 per cent of Canadians had attempted

life-changing resolutions. Over half of respondents declared an emphasis on improving their physical health.

Many people will confidently declare goals such as losing 50 pounds, saving more money or mastering the guitar. It's a new year, and nothing will stop them! But then only mere weeks later they've declared the initiative a bust.

Could it be that people are setting themselves up to fail from the very beginning? Lauren Cleveland, a life coach, operating in the Camrose area, believes the issue is precisely that.

"[People] tend to go really broad, 'I want to lose weight or make more money.' They aren't thinking so much about how they'll do that," said Cleveland when asked about the number one obstacle for resolutions.

As it turns out, there are ways to make New Year's

resolutions work. The primary issue is that people aim far too broad in scope when it comes to their resolutions and thus only focus on the result. In contrast, the goal should be to focus on and enjoy the process of how to get there.

"It's about finding the fun in the process, not the result. For example, if you hate running, don't choose running for your resolution."

Cleveland added, "you should be asking yourself, 'what do I have to do today?' It's about little tiny steps, so you can say you did what you had to do today."

Some may find themselves asking 'what does a resolution like that look like?' The process of creating a successful resolution is mostly about focusing on the specifics. Taking it day-by-day and feeling good about the small victories is the key to staying devoted to a New Year's resolution.



The
NR92 Shuffle
MONDAY BLUES

To listen to this Shuffle,
head to [NR92.com!](https://www.nr92.com)

By JONAH PETERSON

The Monday blues. It's inevitable. The weekend comes to an end every Sunday night like a cruel slap in the face, and Monday morning comes much too fast. Jan. 20, Blue Monday, is said to be the saddest day of the year. The date is calculated using various factors like weather conditions, time since Christmas, time since failing our New Year's resolutions and low motivation levels. What better way to deal with your "blues" than by listening to some of the best blues music ever made? This playlist features classic blues hits to sing-along with, lesser-known deep cuts you're sure to love – even some new artists keeping the blues alive today.

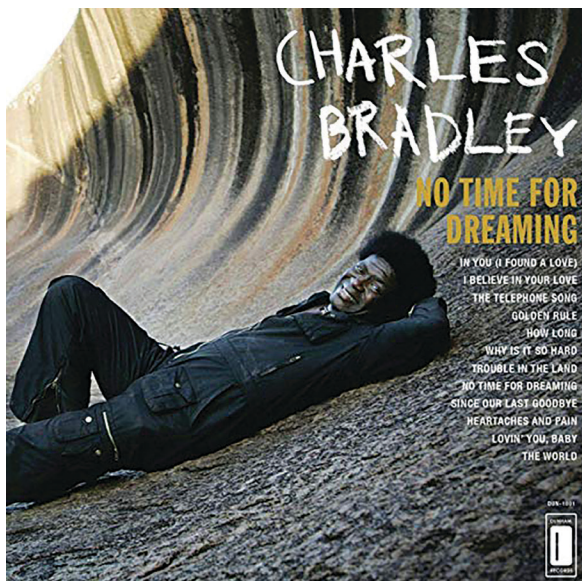


Muddy Waters – “Manish Boy”

First recorded in 1955, this blues standard would not start receiving widespread love until the mid to late ‘80s. Muddy Waters is often referred to as the “Father of modern Chicago blues” and for a good reason. Chicago is where you will find some of the greatest blues artists ever to pick up a microphone and this classic cut is a testament to that.

Charles Bradley – “The World (Is Going up in Flames)”

Charles Bradley grew up in troubled times in the ‘50s and ‘60s. Living in Brooklyn, he and his mother struggled with poverty and racism. Sleeping in subway cars and working odd jobs to make ends meet, Bradley would soon find a love for performing and music, gaining most of his inspiration from James Brown. It wouldn’t be until 1996 when he moved back to Brooklyn from California to be with his mother that he would finally catch his break. After recording for years, he finally released his first album, *No Time for Dreaming* in 2011. The lead track of the album, “The World (Is going up in flames),” is a story of struggle and not wanting the pity of people who haven’t had the same experiences.



Jimmy Reed – “I Ain’t Got You”

Even when you have everything – money, women, respect – none of it means anything when you can’t have the one that

got away. Jimmy Reed expresses this sorrow in his song, “I Ain’t Got You”, released in 1960. Reed uses a style called electric blues, a genre popular with both blues and non-blues audiences. The style is slightly different from the traditional acoustic blues, which allowed Reed to reach a wider audience and experience success.

The Robert Cray Band – “Smoking Gun”

A chart-topping success about infidelity, Robert Cray was nominated for an MTV Video Music Award for “Smoking Gun”. Released in 1986, the song reached number two on the Billboard Rock chart and 22 on the Billboard Hot 100. Robert Cray’s band features over 20 musicians, playing a variety of instruments, including the saxophone, the drums and even the harp.

Chuck Berry – “Johnny B. Goode”

This list features legends in blues and rock & roll, and it would not be complete without Chuck Berry. A pioneer of rock music, Berry put out “Johnny B. Goode” in 1958, and it was a smash hit. The song is about an illiterate “country boy” who plays the guitar and one day hopes to have his “name in lights.” Rolling Stone magazine named this track the seventh greatest of all time. It peaked at number eight on the Billboard Hot 100.



Buddy Guy – “Damn Right, I’ve Got the Blues”

“Damn Right, I’ve Got the Blues” was a comeback album for Buddy Guy after limited recording for the previous 10 years. This title track features heavy guitar-driven riffs and is a classic example of a traditional Chicago Blues song. Buddy has been named as an influence by guitar legends such as Jimi Hendrix, Keith Richards and newer acts like John Mayer.

Gary Clark Jr. – “Shake”

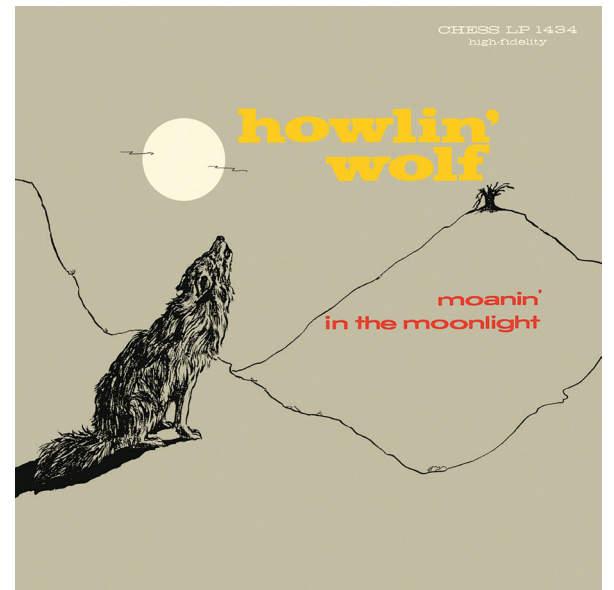
Speaking of people influenced by Buddy Guy, Gary Clark Jr. has been bringing a much-needed revamping to modern blues by mixing elements of blues, rock and soul music with hip hop. In *Shake*, Clark goes back to his Austin, Texas roots with a rhythm that’s sure to get you up and moving. A perfect example that blues music doesn’t always have to be sad.

Howlin’ Wolf – “Smokestack Lightnin’”

Ask anybody in Chicago about real blues music, and they are sure to tell you about a man they call Howlin’ Wolf. Born and raised in Mississippi, Chester Arthur Burnett moved to Chicago in his adulthood. It wouldn’t take long for him to get noticed, and in the ‘50s and ‘60s he started to become the face of Blues music in America. “Smokestack Lightnin’” was one of his better-known songs, released in 1959. With an unmistakable, booming voice, Howlin’ Wolf put his heart and soul into all of his music; this cut is no exception.

The Teskey Brothers – “Hold Me”

The land down under is no slouch when it comes to blues



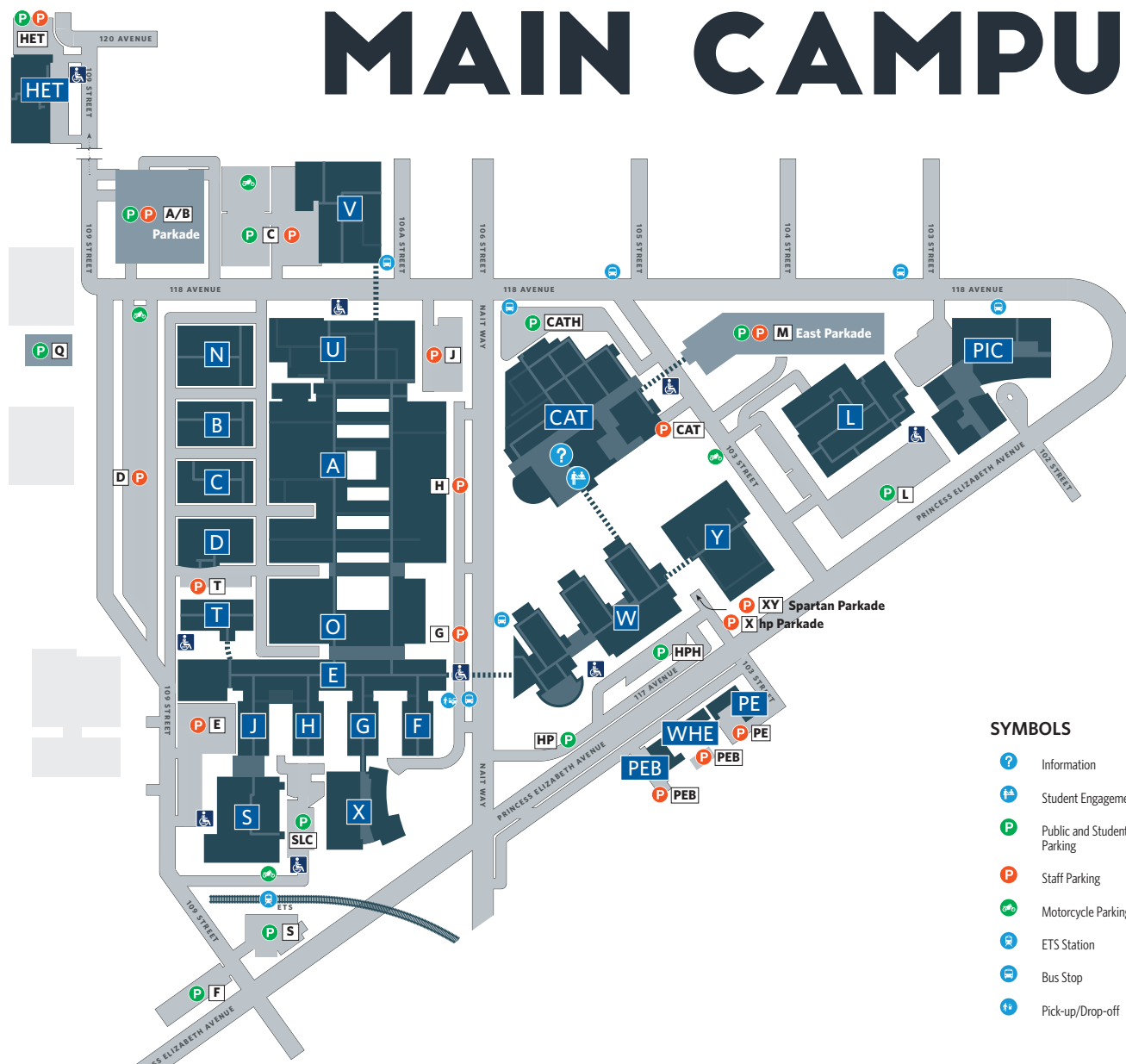
music, and one of the very best groups from the continent is no doubt the Teskey Brothers. Josh and Sam Teskey formed the group in Melbourne in 2008. They released their debut album in 2017 and their second one in 2019 entitled *Run Home Slow*. This features the song “Hold Me”, a classic foot-stomper that will have you singing out loud. The band said they recorded the stomps and claps heard in the song by hanging microphones on trees outside and stomping and clapping out on a porch.

Stevie Ray Vaughan & Double Trouble – “Pride and Joy”

Stevie Ray Vaughan is largely responsible for the revival of blues in the 1980s, along with his band Double Trouble. Double Trouble was formed in 1978 after many less than successful attempts to form a group with other musicians. Vaughan had found a group he really connected with and started to make his best music to date including “Pride & Joy” off the group’s debut album, *Texas Flood*. Some argued this album strayed too far away from mainstream rock, while others praised his songwriting and deep blues sound. Many times in music people don’t realize the talent in front of them until they are gone, and Stevie Ray Vaughan is an example of just that.



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- Staff Parking
- Motorcycle Parking
- ETS Station
- Bus Stop
- Pick-up/Drop-off

LOCATIONS

EDMONTON

Main Campus
11762 - 106 Street nw

Patricia Campus
12204 - 149 Street

South Campus
7110 Gateway Boulevard

NAIT Distribution Centre
11311 - 120 Street

CALGARY

NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

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

OFFICES AND SERVICES

- | | | | |
|----------------|----------------------------------|-----------------|---------------------------------------|
| S-114 | Accounting Cash Office | E-134 | NAIT International Administration |
| S-105 | Athletics | W-203 | NAITSA Computer Commons |
| O-117 | Campus Recreation Services | E-131 | NAITSA (NAIT Students' Association) |
| CAT-215 | CAT Computer Commons | O-115 | Office of the Registrar (South Lobby) |
| W-111 | Computer Training Centre | CAT-180N | Parking Office |
| W-111 | Continuing Education | D-104 | Protective Services |
| W-111PB | Counselling Centre | W-111PB | Learning Services |
| E-121 | Encana Aboriginal Student Centre | X-114 | Shop at NAIT |
| O-119 | Health Services (South Lobby) | O-101 | Student Awards |
| W-101 | International Centre, | O-117 | Student Engagement |
| U-310 | Library Services | | |

- | | |
|----------------|---|
| CAT-180 | Student Service Centre
Admissions and
Enrolment Support
Advising and Career
Development Service
Services
Funding and Financial Aid
Services
Pre-Admission
Immigration Advising
Student Payments |
| U-210 | Student Study Lounge, |
| O-117 | Student Well-being
and Community, |
| U-210A | Tutorial Services |

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

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



CAST YOUR VOTE FEBRUARY 7-13, 2020

NAITSA EXECUTIVE COUNCIL



JOIN US FOR THIS YEAR'S
CANDIDATE SPEECHES

PRESIDENT | VP ACADEMIC
VP EXTERNAL | VP STUDENT SERVICES

WEDNESDAY, FEBRUARY 5 AT 12:15PM
SHAW THEATRE 1ST FLOOR, X-WING

FREE SNACKS FOR ATTENDEES

FOR MORE INFORMATION, VISIT
[NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)



CINEPLEX® ADMIT ONE CERTIFICATE	\$10.00
WEST EDMONTON MALL CHOICE PASS (THE WEM MALL CHOICE PASS IS VALID AT THE WATERPARK OR GALAXYLAND)	\$40.00
MARMOT BASIN STUDENT LIFT PASS	\$78.00
MARMOT BASIN ESCAPE CARD	\$80.00
SUNSHINE VILLAGE STUDENT LIFT PASS	\$88.00
EDMONTON ESKIMOS TICKETS	TBD
PLUSH OOKLETS	\$5.00

For the most current prices, please visit us online at naitsa.ca/discount-tickets

Please note the following tickets are available seasonally: Edmonton Eskimos, Marmot Basin, and Sunshine Village. Tickets are not available online.

NAITSA Discount Tickets are available at the following locations in 2019/2020:
NAIT Main Campus NAITSA Office
Souch and Patricia Campuses Bookstore

TICKET PRICES INCLUDE GST.
PRICES ARE SUBJECT TO CHANGE.





Photo via Scream Queen B

TAROTSCOPES

with SCREAM QUEEN B

Download your free 2020 Tarotscopes year-in-view at www.screamqueenbtarot.com and follow me on instagram @screamqueenb_tarot for the Tarot Theme of the Month, love readings and mystical insights.

Welcome to the Roaring 20's! Although this new decade is packed with promise, we've been through uncomfortable territory, getting very clear on what - or who - is no longer welcome in our future. This reading will bring you clarity on your personal transition, what you've left behind and who you are destined to become now.

CAPRICORN (December 22 - January 19)

"Walking Away" - HAIM

The truth will set you free... but first, it makes you miserable. The Ace of Swords cut you deeply in 2019, severing ties and illusions. It's a wake-up call. You're on a powerful journey of self-transformation that comes through the end of the road: a death, a rupture, the loss of your identity. Smoother roads are ahead, with a greater sense of inner strength. Hold your head high as you move on and don't look back.

AQUARIUS (January 20 - February 18)

"Hunger" - Florence + the Machine

Love and passion comes through strong in 2019, an Ace of Cups signals the entrance of a new emotional connection or awakening for you. You'll develop a new understanding of what love is and why it's necessary to come back to Earth and experience something tangible. This brings a greater healing and harmony, as you will be shown the beauty of letting go of stress, pain and every excuse to not be madly, wildly, here.

PISCES (February 19 - March 20)

"All is Not Lost" - OK Go

Fear has held you back in 2019. The Eight of Swords can speak to a self-created prison, a stalemate. Not listening to your heart, staying single for a fear of being hurt, or a crushing anxiety that you can't have what you want. This year calls you to embrace romance and lightness at every turn. Fall in love with life again and unleash your intuition. When you integrate the lessons from the pain you've endured - without using them as an excuse to be shady yourself - you will heal your heart by dropping those defences that have kept you stuck.

ARIES (March 21 - April 19)

"It Makes My Heart Break" - Your Vegas

You're leaving behind a lot of overwhelm and confusion in 2019. Some of you have made major life changes and the "right thing to do" still comes with a cost or compromise. The future holds a nostalgic return: a reunion, returning home or reclaiming childhood memories brings

a juxtaposition between the Three of Cups and Three of Swords. This means heartache endured and healed with good company. A relocation may occur as you make choices based on where your support and home-base is.

TAURUS (April 20 - May 20)

"Out of My League" - Fitz and The Tantrums

The pain of not having enough (love, money, support) is being cast aside - as long as you're willing to let that go. You have inspiring women coming forward in 2020 with the Queen of Swords + Page of Cups. They will help create new horizons for you and inspire you to take on creative pathways, adventures or projects. A feeling of reciprocity is what to revel in: being paid for what you love to do, giving/receiving in equal measure, and soul-mate connections in love. Go forth and create beautiful things together!

GEMINI (May 21 - June 20)

"Wasted Hours" - Arcade Fire

You were tested in 2019 to find your inner strength and find it you have. With the Six of Cups, I see a pull to a time that no longer exists - or hasn't quite been envisioned yet. Your feeling of restlessness and a desire to create or travel is matched with a need for self-reflection, quiet and rest. What far-away lands are calling to you? Where can you tap into your child-like wonder while also giving yourself the healing time that you need?

CANCER (June 21 - July 22)

"Something Good Can Work" - Two Door Cinema Club

Some of you have left a significant relationship or let go of an identity of being the Jack-of-All-Trades in 2019. Something deeper is calling you and there is static between dream and execution. Let yourself dream it into being as when working from your heart, beautiful things are created. The Two of Cups signals a deeply satisfying connection is on the horizon.

LEO (July 23 - August 22)

"Don't Say Oh Well" - Grouplove

Serenity, understanding and acceptance capped off 2019 as you likely had to chew on some stuff that was hard to swallow. Now you push through the disappointment and sorrow to get back out there and try again. The King of Cups is on the horizon, which can signal a romantic partnership, but also a warning of the Devil: be sure to see through the illusions of others, pay attention to their gen-

erosity of spirit and not their mask. You may not be able to decipher the true King from the Fool just yet. Pay attention.

VIRGO (August 23 - September 22)

"Home" - Edward Sharpe & The Magnetic Zeros

You're leaving behind a tendency to not express how you feel or ask for what you need. This year brings you a deep spiritual awakening and deep emotional fulfillment with the Ten of Cups, known as the "happy family" card. This is a beautiful affirmation of aligning with what is meant for you, showing up for what is real and answering the call of your heart. Finances will be tight, so be sure to be frugal and turn your home into your social hub. Open your heart to all the love coming to you now.

LIBRA (September 23 - October 22)

"Black to Gold" - Dear Rouge

Like Gemini, you've been put through the wringer, tested and fortified through challenges and obstacles. This year brings complete magic and celestial blessings - seemingly out of nowhere. I see themes of healing (self-compassion, slowing down) landing your dream job with the Three of Pentacles or bringing that spirit-led project to life. Travel, adventure, answering the higher call of your soul will also be significant.

SCORPIO (October 23 - November 21)

"New Constellations" - Ryn Weaver

Justice was served in 2019 and you've walked away from a situation victorious. Now you have the Ace of Wands and the Ace of Cups up your sleeve, bringing you new energy and passion and tons of abundance! New projects or creative ideas must be pursued as the spirit of the universe will be right behind you every step of the way. There may be some instability and change, but massive spiritual awakenings. Doing what you love is the aim.

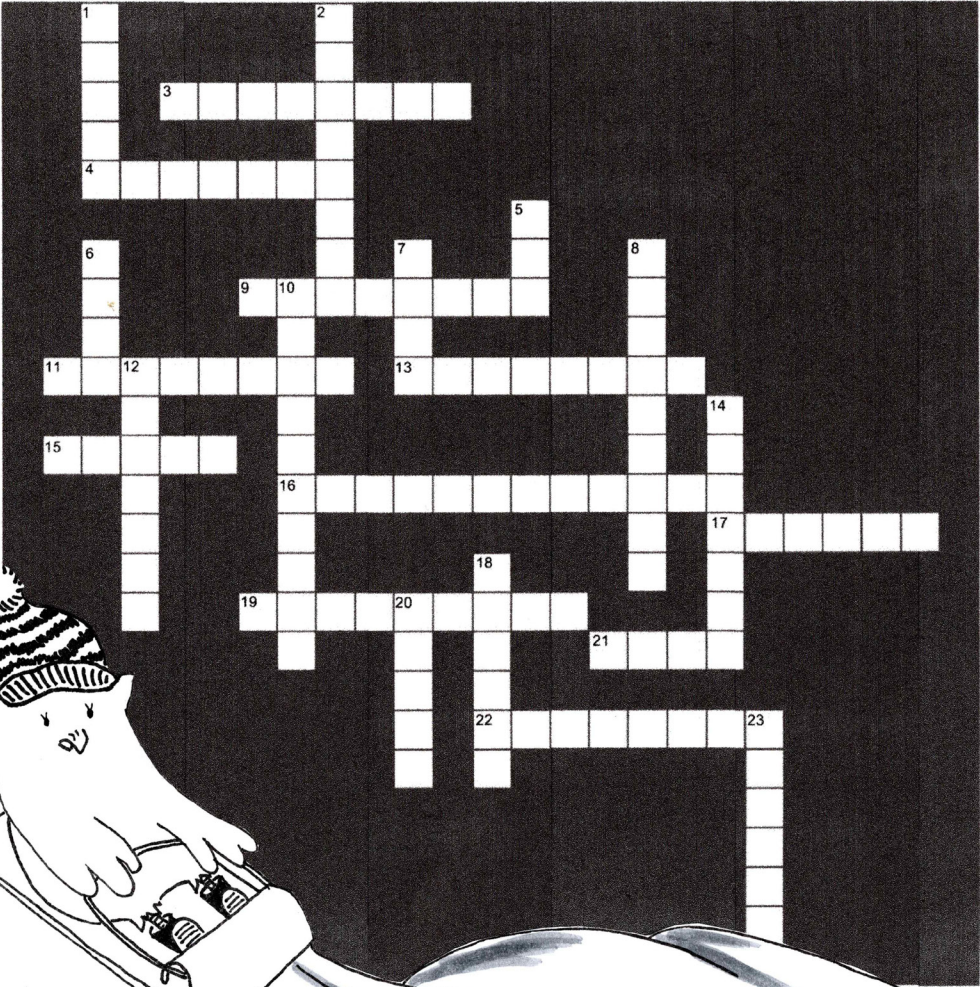
SAGITTARIUS (November 22 - December 21)

"Ride" - Lana Del Rey

Looks like 2019 left you in limbo, weighing an option - should I stay or go? This year brings a major shift to get honest with yourself and live life on life's terms. Whatever truth or healing you've been avoiding, it's time to look in the mirror and make some changes. Temperance calls for balance, moderation and abstinence, building up your boundaries and protecting yourself and your mission on this planet. It's time to rise to the occasion and let the past eat your dust.

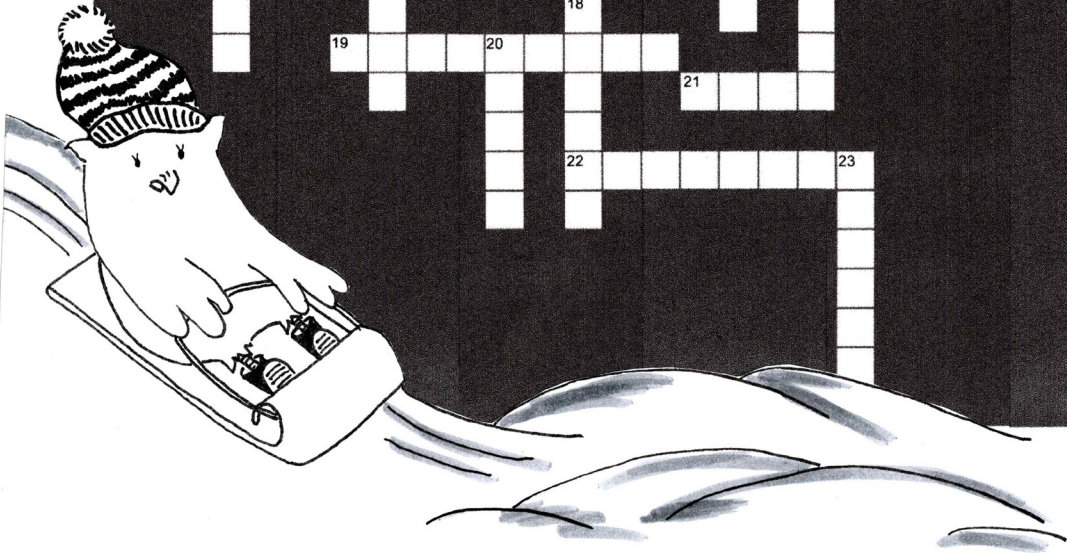
CREATIVE CORNER

Winter Sports Crossword



CLUES:

Across	Down
3 Where snowmen go to dance	1 Winter footwear
4 Do it at the rink	2 Downhill vehicle
9 Fastest game on ice	5 Out-of-doors or in-your-drink
11 The twelfth month	6 Feet first sledding
13 How many horses in 'Jingle Bells'?	7 Turning point temp.
15 A coat for the cold	8 Wrap up warm to avoid this
16 Sub zero surfing	10 Grab a frozen bite
17 What you need for snowy mornings	12 What they play at the bonspiel
19 A seasonal use for racquets	14 What you need to bring to the Iditarod
21 Rosebud is one	18 Canada's game
22 Ear covers	20 Tintin's seasonal dog
	23 Downhill or crosscountry



By Celia Nicholls

SUDOKU

Easy

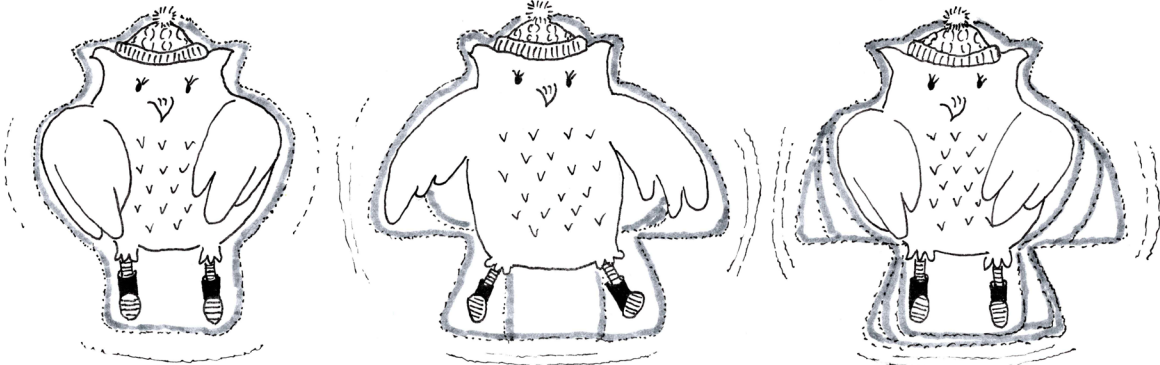
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			3					
1						9		
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	5	2						

Medium



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	2							
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	4				8			7

Hard

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	2					7	4	
		3	7					




By Celia Nicholls



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