

NAIT NUGGET

Thursday, March 12, 2020
Volume 57, Issue 12

thenuggetonline.com
@thenaitnugget



THE BRAIN ISSUE

ISSUE CONTENTS

4 READING BREAK INCREASING STRESS LEVELS?

Research has shown stress levels are actually higher after the student reading break.

8 MEN'S VOLLEYBALL FINISH YEAR STRONG

The team completes the year with the best record in the entire ACAC and best in the north.

13 THE EFFECTS OF STUDENT STRESS

An overwhelming 90% of post-secondary students feel bogged down by stress.

16 HOW TO OVERCOME IRRATIONAL FEARS

How do you tell the difference between legitimate and self-sabotaging fears?

WHAT ELSE?

The ugly side of mental illness – pg. 19
The Shuffle: songs that memes ruined – pg. 17
Tarotscopes with Scream Queen B – pg. 21



19 KNOW YOUR PROGRAM JARGON

Photo by Noah Ference

Break-ins, theft and vandalism at NAIT

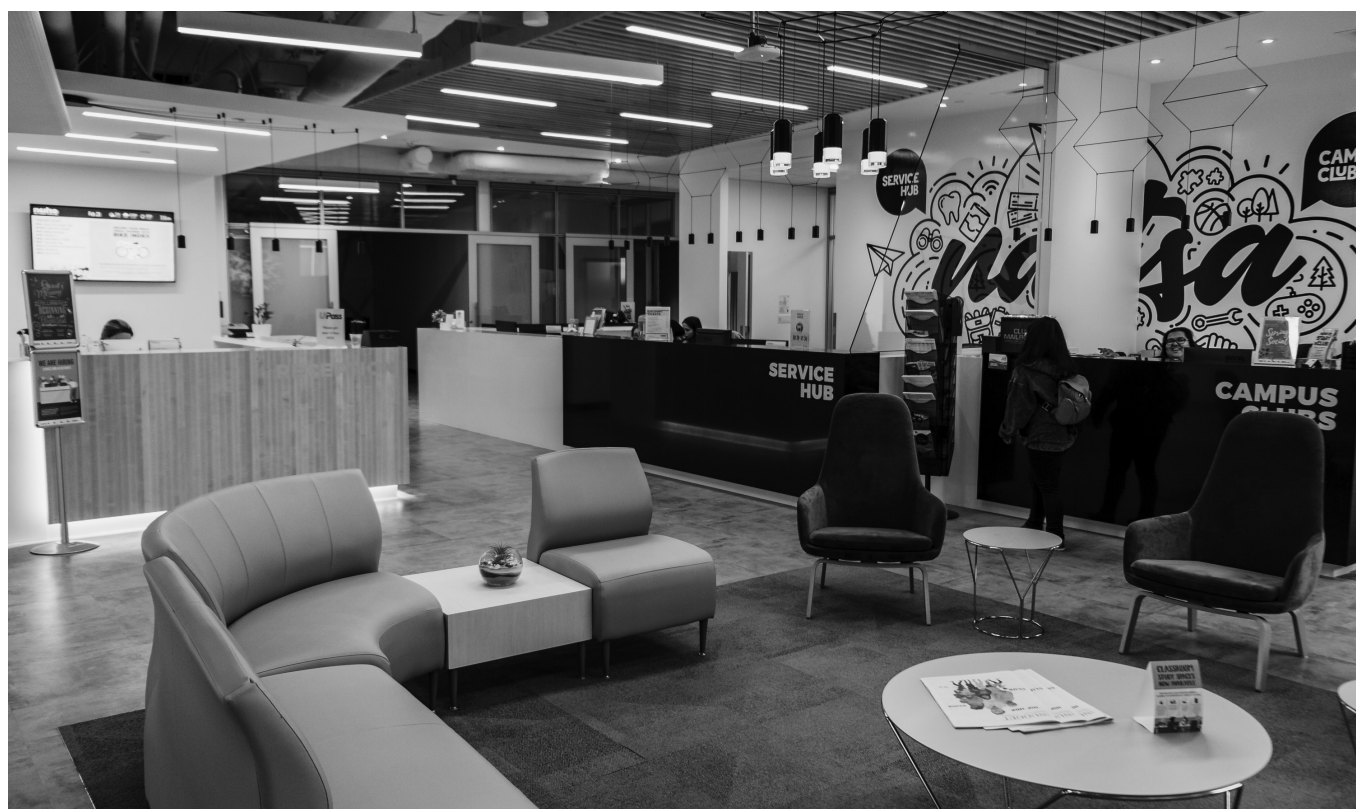


Photo by Abraham Arrieta

By MADISON GUMMOW

Crimes against property are on the rise on NAIT's campus. A break-in at NAITSA, vending machines being vandalised and property theft are among some of the crimes that have taken place this semester.

Jenny Lau, the Communications Director of NAITSA, witnessed a break-in at the NAITSA office.

"I really was expecting just a regular day, I was about to leave my office with a co-worker and as we were leaving we saw a random guy in the kitchen. My co-worker gave him a look, like the who are you tilt, and then when they made eye contact he immediately ran out. So we kind of followed him and yelled, 'Hey! Hey! Sir?' but he kept running," Lau said.

Lau and her co-worker tried to follow the man but when they turned the corner he seemed to be gone. That's when Lau saw a shadow inside the storage room.

"I opened the door and yelled, 'Hey, what are you doing?' and he came running out and left. So he would have actually hid in our storage room if I didn't look in there," said Lau.

After the man had fled, Lau and her co-worker immediately called security.

"Security came pretty fast, they know how to deal with these things and they have cameras everywhere. They caught the guy's face and everything but they didn't catch him. We don't know what he was doing there but he wasn't there long enough because nothing was missing afterwards," Lau said.

Lau mentioned that security wondered

if the man had just been a lost student who got spooked by the confrontation and ran however, Lau knew that was not the case.

"I heard that a lot of thieves and potential thieves wear backpacks to look like students to blend in and I did notice the back pack the man was wearing was really grubby looking and it was empty looking so it was obvious he did not go to school here," Lau said.

As for how the man got into the office, Lau believes it was likely that he was able to simply walk right in.

"I think the door was probably propped open because we just moved here so we constantly have workmen finishing up little jobs here and there, so probably a workman was going to grab tools or something and propped the door open and this guy just came in," said Lau.

According to James Wheeler, Peace Officer Sergeant with NAIT Protective Services, leaving doors open or unlocked is a quick way to become the victim of property crime.

"People that are here are looking to commit crimes against property. What they're looking for is a way to get in and get out quickly. They're not necessarily looking to break-in to locked spaces or anything else. It's very much a crime of opportunity to be able to take someone's personal belongings," said Wheeler.

The types of criminals that a college campus attracts are not methodical, lifetime criminals, it's people walking by who see an opportunity and take it.

"There is a big difference between coming by and finding a door open and

having that opportunity to commit a crime against property verses coming up to a locked door and intentionally breaking through it," Wheeler said.

Crimes of opportunity have been becoming more frequent as the weather warms and we enter Spring.

"We've seen an increase in crimes of opportunity, so that's why it's so important for staff and students to make sure that they're securing their items and not leaving them unattended," Wheeler said.

A crime taking place, on campus could look like a lot of different things however, it is crucial that you listen to your gut. If you see something that gives you an unsettling feeling, trust it.

"Often times people will decide that either they don't want to become involved or they'll convince themselves that everything is okay but if you have the belief that something suspicious is happening, it's important for you to trust yourself. If you do feel that something is wrong, please reach out," Wheeler said.

There is also no standard appearance for criminals.

"I think when I was younger, stranger dangers pictures always included a guy with a trench coat and a hat, when in reality is: that's not what criminals look like," Wheeler said.

NAIT Protective Services is open 24 hours a day, 365 days a year and can be reached for non-emergencies at 780 471 7477 or for issues that don't require an immediate response email at protectiveservices@nait.ca.

The NAIT Nugget

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

Room O-105
11762-106 Street
Edmonton, Alberta
T5G 2R1
Media Operations
780-952-3570
www.thenuggetonline.com

News & Features Editor

Scott Zielsdorf
studenteditor@nait.ca

Assistant News Editor

Chris Avery

Sports Editor

Orrin Farries
sports@nait.ca

Online Sports Editor

Mia Hildebrandt

Entertainment Editor

Elijah O'Donnell
entertain@nait.ca

Assist. Entertainment Editor

Stephanie Swensrude

Video Editor

Noah Ference

Photo Editor

Erica Cawagas
ericacawagas@gmail.com

Social Media Editors

Madison Gummow

Karlie Mickanuiik

Media Operations Mgr.

Nicole Murphy
nmurphy@nait.ca

Sales Manager

nuggetads@nait.ca

Production Manager

Shawna Bannerman
sbannerman@nait.ca

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



Photo by Brenda Melendez

Meditate with a monk

By MADISON GUMMOW

Improved mental health initiatives at NAIT are here to keep students on top of their mental health game. Many new programs have been launched this semester to improve mental well-being among students, including 'Quiet Your Mind,' the drop-in meditation hour. Dr. Tanya Spencer with NAIT Student Counseling says there are "a million" benefits to meditation.

"Some of the benefits come from the activity itself, some of the benefits come from the decision to make room in your life for a practice like relaxation, [which] really is good for what ails you," said Spencer.

Meditation has become the fastest growing health trend according to Mindful.org. The popularity has more than tripled over the past decade. However, meditation has been practiced long before the 21st century.

"Meditation is something that psych-

ology kind of stole from some of the ancient religions. There have been cultures that have been meditating for thousands of years and arguably more than that," continued Spencer.

NAIT is giving students the opportunity to give meditation a try with their 'Quiet Your Mind' initiative. Not only are they supplying a quiet space called 'The Reflection Room' but they also have a Buddhist monk come in every second Wednesday to guide the practice.

"Why not learn from the best? Even if you're not religiously committed, Buddhism is pretty-easy going in terms of those sorts of things," said Spencer. "So if you see a fellow walking around in a saffron robe, that's him."

Bhante Nanda has been a monk since 2004. Practicing meditation began to play a major role in his life when he was just nine years old. He now practices sitting meditation at least 30 minutes a day and

he tries to maintain awareness throughout the entire day.

"It's not an effort to clear your mind, that's not realistic but that is a common misconception. It's more about learning to direct your attention, learning to quiet your thoughts and not necessarily emptying your head but concentrating on things that bring you a sense of calm," said Nanda.

Nanda believes he can really see an immediate difference in student attitudes and mood from when they first come in to when they leave the session. However, the benefits increase as the practice becomes a repeated habit.

"If you meditate very often, it will help you to keep your mood up. Otherwise, if you only do it from time to time, it will take more time to change your attitude."

Quiet Your Mind is a drop-in opportunity open to all students and takes place from 11-12 p.m. every second Wednesday in CAT 406.

Reading break may actually increase student stress

By KARLIE MICKANUIK

NAIT’s spring reading break has come and gone and classes are back in full swing. Reading break is seen as a time to de-stress as a student, but does the week actually help stress levels?

Multiple NAIT students say the reading break is beneficial for them. Violet Zukowski, a Forest Technology student, says she personally needs a reading break as her program has a heavy course load.

“I don’t work often and can catch up on school work, but mostly I am trying to have that break and catch up on sleep,” said Zukowski.

Clinton Wutzke is a carpentry student at NAIT and although he does not have a week off from school he sees the break as a positive for students.

“I think anytime you get time off, whether you are using it for reading week or to sleep in, is a good thing,” said Wutzke.

Reading breaks are placed in February and November when student stress levels are usually the highest.

Tanya Spencer, the lead for Student Counselling and Chaplaincy says NAIT’s most high-stress time is in March. She believes there is some connection to NAIT’s week off and high stress levels of students. The peak for NAIT’s counselling services occurs right after the reading break.

“Everybody, staff and students alike, really look forward to reading week, and then the week after hits and it really is akin to a hangover,” said Spencer.

Spencer says the week after reading break causes students stress levels and mental health to be worse than before the break occurred.

She explains that students often have tests and assignments due the first few days back from break, which adds to stress levels. Spencer says students usually do one of two things: plan to work on homework or have an active social life.

Students will usually end up not doing either of these things, which leads to them getting discouraged as a result.

Spencer believes that reading breaks in the long run

are not helpful to students and explains how students should not depend on reading week as the only time to de-stress.

“If you don’t think you can make it through the term without a reading break that might be an indication that you need to build breaks into every school day and every school week. If you’re gonna wait for someone else to give them to you, you’re not gonna get enough,” said Spencer.

McMaster University performed a stress hormone test on participants where they tested the saliva of students before and after the break for their cortisol levels. Cortisol is a hormone linked to stress levels. The results revealed cortisol levels were higher after the break.

Although the hormonal levels says stress levels were higher after the reading break, nearly 70 per cent of people participating in the study said the reading break helped their stress levels. Showing once again that reading breaks remain a dividing issue for students and experts alike.

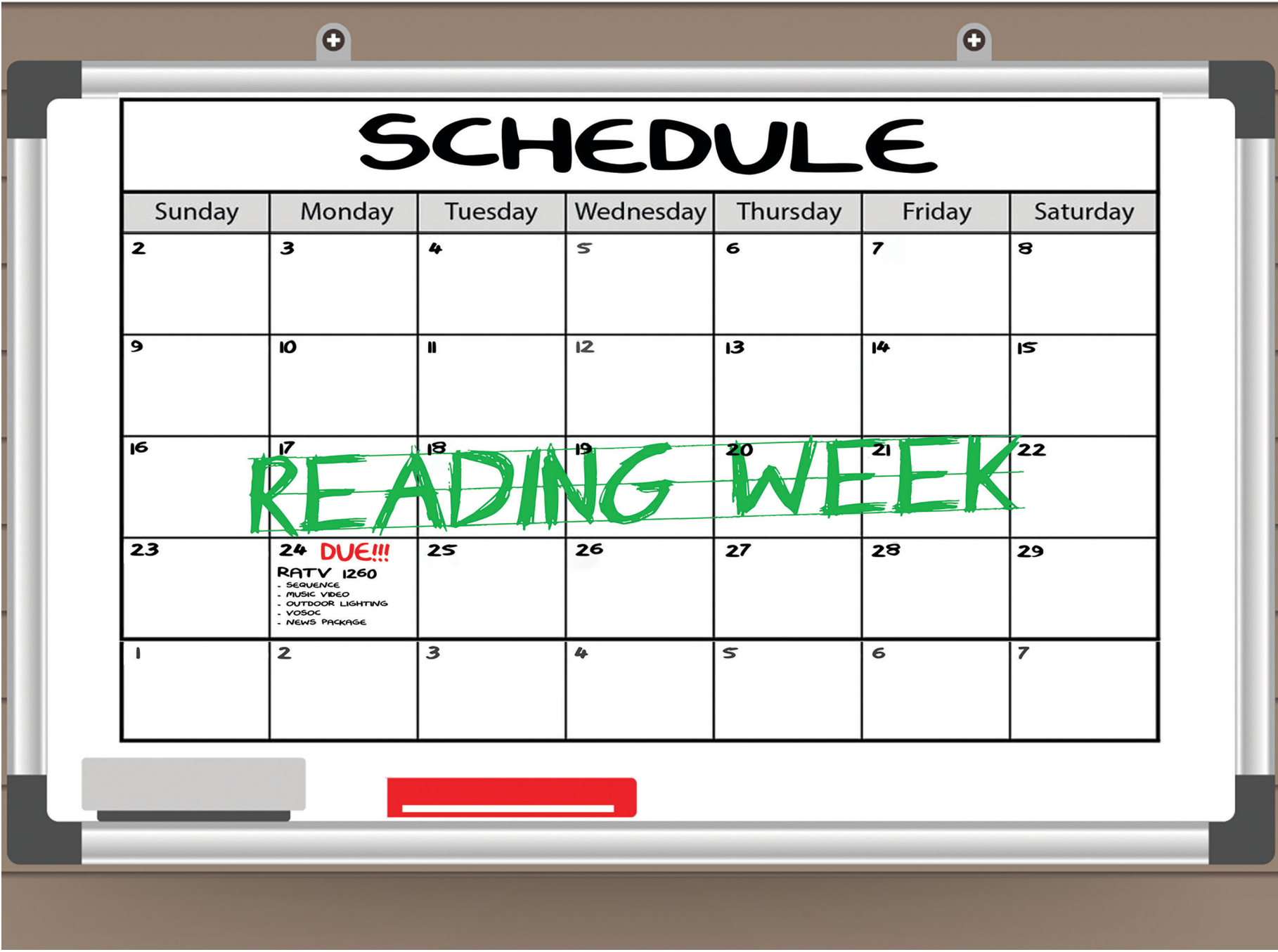




Photo via Unsplash

Why your negative thoughts can outweigh the positive

By **STEFANIE GUILLARD**

Do you ever think about thinking?

It's an odd question. Most of us don't think of the many thoughts we have every day until we face a bombardment of these thoughts during a stressful time. When we catch ourselves thinking, we are often embarrassed of our thoughts. When our thoughts cause us distress, we tend to self-stigmatize and think that it's our fault that we can't stop being anxious or depressed; it's not.

Cognitive Negativity Bias

Here's why: our thoughts are programmed not only by ourselves but also by environmental factors like the world around us, the media, and our families.

They are also influenced by something called a cognitive negativity bias. This means that we weigh things that are negative as more important than things that are positive. This comes from an old programming of the days we were cavemen and had to run away from bears or other threats.

We see this when we do a good job on an assignment or a presentation, but we diminish the positive feedback and hone in on the negative feedback. When our bodies are under stress, our brains naturally do this more.

Mental health therapists can help us understand that our negativity is a bias. Positive thinking isn't cheating or looking at the world with rose coloured glasses: it actually helps you become more productive because it decreases your stress response and reminds your body that you are safe.

When something negative happens, it's important to feel your feelings first and foremost. They are there for a reason and they tell you important information. The problem with platitudes like "just think positive" discounts reasons for feeling fear or sadness and that's not helpful.

Being stuck in a negative rut isn't helpful either because it inhibits your body's ability to manage stress.

What can we do?

1. Identify your feelings.

Saying the words, "this sucks" isn't the same as homing in and identifying a feeling, "I feel embarrassed." There is power in words!

At NAIT, we are fortunate to have trained Peer Supporters who listen non-judgmentally to feelings and thoughts which help get them out of your body so that you can move on with your life. Check them out at nait.ca/peer-support

2. Train your brain.

Seek out positivity on a 3:1 ratio of positivity to negativity. At first this might seem over the top but remember that you are working in an environment that is not balanced. At home and with intimate partners, the ratio moves up to 5:1 because there is more of an impact on us from our family.

3. Speak with a trained mental health counsellor.

Yes, we can work to control our minds ourselves and many of us are very good at staying on the positive side of mental health. We can help to mitigate these strong influences with different strategies and tools and support like

talking to a counsellor. They are on your side and will not judge your thinking.

Typical wait times at Student Counselling at NAIT are three weeks or less. This is well under the wait times of other post-secondaries (most who have a 6 week wait list). There is also space for urgent consults if needed during walk-in times. Email counselling@nait.ca for more information. www.mywellnessplan.ca is a video counselling service available for appointments in the evening, on weekends, and in many languages.



Supplied photo.

Hey!

I'm Stef G., the customer service specialist in the counselling centre. I'm trained in many mental health areas including responding to disclosures, mental health first aid, and conflict resolution.



GRAB A BITE AT THE NEST

NESTTAPHOUSEGRILL.COM

SPECIALS

MONDAY

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

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

DAILY

BRO-TINI | \$5.00

NEW

HAPPY HOUR

\$5

HIGHBALLS

\$7

CHICKEN
OR FISH TACOS

5:00 PM - 7:00 PM

WEDNESDAY - THURSDAY - FRIDAY

GAME DAY

\$5.00 16OZ SLEEVE

MOLSON CANADIAN OR COORS LIGHT

& ENTER TO WIN A WEEKLY PRIZE!



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



Veterinary pilot project heads to the Caribbean

By MIA HILDEBRANDT

Animal health technology students are headed out of the country to practically apply their skills. In June Dr. Elaine Degrandpre is taking 10 students to Grenada, an island in the Caribbean.

Dr. Degrandpre said she reached out to a colleague who regularly provides free veterinary service on the island and asked if she could bring her students to experience an opportunity of a lifetime.

“It’s an incredible opportunity for them to experience a different culture, to experience how people interact with their animals outside of Canada” said Dr. Degrandpre.

The students have the opportunity to apply the skills they learn in the classroom in real life and teach school children about animal care. Jordyn Hoszyuski, one of the vet students going to Grenada, says she’s not only excited to put her skills she’s learned in the classroom to use but also to leave the country for the first time.

“I’ve never actually left Canada so it will be my first trip outside [the country]. The fact that we were doing this, what I love and what I’m passionate about is just super exciting for me,” said Hoszyuski.

Gabrielle Namchuk is another student going on the trip. She says that students will normally get one day a week for the practical skills portion of their program, so she is excited to have an entire week’s worth of opportunity to practice in the real world.

“We’re going to be immunizing stray dogs, deworming them and also working on cows and their health,” said Namchuk.

Dogs and cats in Grenada have a fair amount of worms and ticks and cases of rabies due to a lack of easily accessible veterinary care. The students are going to be providing veterinary service for free to people who can’t normally afford it. Dr. Degrandpre says she believes the opportunity will be a rewarding experience.

“To provide veterinary services to people who don’t have a lot of money is a very fulfilling experience and I think they are going to see diseases that we don’t see very often in Canada,” said Dr. Degrandpre.

“We’re hoping that this being a pilot project, that in the future we can have students from different health sciences programs that are dealing with people’s health bring their expertise.”

A trip of this kind is a first for NAIT, and the animal health technology program is hoping this trip can become an annual event. To help raise funds for the trip the program is fundraising throughout the semester via bake sales and other events with more information to come.



Photo by Aidan O'Toole

MEN'S VOLLEYBALL

Men finish season with highest record in north

By TY GOUR

The men's volleyball team finished the 2019-20 season with a very strong 20-4 record, which tied for the best record in the entire ACAC and best in the north.

Heading into this season, the Oaks men's volleyball team came in with something to prove. Coming off a disappointing 0-2 showing when they hosted provincials last season, and bringing on long time assistant Greg Gulash as their new head coach, this team now had an awful lot of motivation to get them to new heights.

Their new record is something that, according to Gulash, the NAIT men's program has not accomplished in 28 years. A big part of this success was their incredible performance at home.

When they were at home in The Den, they performed spectacularly with an 11-1 record to show for.

"We just want to thank the fans for their support. It was a really good year in our home gym and a tough atmosphere for a lot of teams to play in," said 4th year outside Jonathan Shapka.

"Those 20 wins were as much a credit to them as it was the guys on and off the floor," Shapka said.

Thus, they were on their way to the windy city of Lethbridge with hopes to capture their provincial title since the 1976-77 season. Their first opponent in their way was Briercrest College, a team based out of Caronport, Saskatchewan who got into the tournament as the #4 seed in the ACAC South division.

Unfortunately, on that fateful Thursday afternoon, the Oaks championship run was over just as quickly as it started. Briercrest gave NAIT all they could handle and more as they dispatched them from the tournament in 4 sets.

While many of the Oaks will be returning next year looking to build onto the winning and fun-loving culture that has been created here, not all will have that luxury.

This loss did spell the end to the college careers of 5th year veterans Oliver McSwain and Spencer Fisher.

While McSwain's volleyball career may be taking a backseat, he certainly hopes he isn't finished with the game. Should the opportunity present itself, he has interest in giving back to the volleyball community in his home of the Northwest Territories.

According to McSwain, the season only lasts one month up north, significantly shorter than the year round programs available elsewhere, which presents a challenge for players trying to compete with players from the rest of the country. Because of this, he would like to create a year round program for the kids up there in order to provide equal opportunity.

As for Fisher, he plans on giving back to the community by coaching younger club teams and plans on continuing to play the game recreationally.

Despite the disappointing finish here in Lethbridge, these Oaks certainly haven't lost their mojo with 2nd year setter Karter Godin saying it best:

"We'll be back next year baby!"



Photo by Railene Hooper



Sarah Moorji (left) and Cassidy Shandro (right).



Photos by Railene Hooper

Student-athlete juggling act

By SARA GOUDA

College is a tough transition for anyone. With a new campus and different courses, meeting deadlines and managing a new atmosphere can be overwhelming. Add to that a heavy commitment to a varsity team and that's when the real challenge begins. These two hardworking women at NAIT have been recommended by their coaches for maintaining a strong academic standing while being great athletes. They speak about their stories and struggles on how they manage to stay committed.

SARAH MOORJI

Disaster and Emergency Managements' student Sarah Moorji seems to have her favorite sport soccer under control.

Moorji managed to juggle soccer and her studies by balancing sports, school, family and friends. She said having a routine and setting goals allowed her to be her best at all times.

Like many athletes, Moorji was drawn to sports at a very young age. Her older brother made a huge impact in her choices today. Having an older brother allowed her to explore the different types of sports he played.

"I played with him at recess, in the backyard and in the living room. Ultimately, I never knew that soccer would shape my future," said Moorji.

Scouted by nine top-level teams across the nation, Moorji attended soccer camps, academies and tryouts for elite teams. She said she had difficulties figuring out which post secondary school to attend.

"Academics [were] my ultimate decision factor and I couldn't be more proud to have joined the Northern Alberta Institute of Technology," she said.

"You must determine what works for you, everyone is different. For me, organizing, planning and scheduling was my key to success," said Moorji when asked on how she multitasks. Moorji added that having a positive mindset and setting goals throughout the year helped her in managing her schoolwork and sport.

"As a student-athlete, you're either travelling, studying or practicing. Time management helped me achieve my goal of being on the honor roll and striving on the soccer field during all my three years at NAIT," said Moorji.

CASSIDY SHANDRO

Another determined student athlete in a different sport is Cassidy Shandro. She has been playing hockey for 14 years and has a professional approach on the field and in the classroom. She has been juggling these two all her life.

Shandro is in NAIT's Television & Radio Program. She said she keeps all important dates for deadlines written on her calendar.

"Time management is a key factor in managing school and hockey. I do my homework in between classes or after practice," she said. Shandro also added that she does schoolwork on the bus when her team is on the road.

Like Moorji, Shandro also got into her preferred sport at a young age. She started skating lessons when she was only three years old. She was watching hockey with her father and immediately fell in love with the sport.

"When my mom asked me if I wanted to go back into skating lessons, I said no! I want to play hockey. 14 years later, here I am, playing the game I love with people I love," said Shandro.

Her advice for students who struggle to multitask is to stay organized. In addition to managing school and hockey, she stresses the importance of making time for family and friends.

"I don't let this control my life. I go out with my friends and family and give myself time to relax so I don't stress myself out," said Shandro.

Both women show us that although managing academics and varsity sports can be tough, it is not impossible. There are several positive aspects in joining a varsity school team. With hard work, determination, and consistency, these students are able to get the best of both worlds.

MEN'S HOCKEY

Ooks goalie fresh from WHL



Photo by Railene Hooper

By PAIGE GORDON

Goalie Jordan Papirny played in the Western Hockey League for four seasons—three with the Brandon Wheat Kings and one with the Swift Current Broncos, before joining the Ooks.

When junior hockey came to an end, Papirny had to decide what the next step was for his hockey career. Papirny, like many players, chose the route of transitioning from the WHL to the ACAC.

It begs the question: what is the transition from the NHL feeder league to our collegiate league like?

One of the biggest changes when transitioning from the WHL to ACAC is having to balance a hockey schedule and an academic schedule. While playing in the WHL there's constant pressure of NHL scouts coming to watch you play. While in the ACAC, the pressure is in trying to find a balance between performing well on the ice and in the classroom.

"From a hockey standpoint, the mentality was a lot different because there are guys who are really fully invested in school, and there's guys who are 50-50 kind of into school and hockey, and then some guys are just strictly

hockey. So there's a lot of different attitudes which make it kind of challenging from a team standpoint because you know guys have other things to do and worry about," said Papirny.

"So (for some guys), winning and losing isn't as serious. It is not the only thing going on. But overall hockey is relatively similar, everyone grows up and plays together."

Many players who play in the WHL have to move far from home with the sole purpose of playing hockey. This makes hockey the forefront of their mind and their main purpose. Being a student athlete makes it harder to focus on just hockey when there are midterms to worry about.

On game day Jordan is able to shift his focus from academics to hockey.

"You can put the school stuff aside that you worked hard on from Monday through Thursday and just relax and play," said Papirny.

"As well, the prioritization of a schedule is what leads to the success of being a student athlete."

There's the perception that student athletes could face more stress than non-student athletes.

"You can look at it from both sides. For myself, I kind

of see hockey as my time to take my mind off of school. Whereas someone else may not have something necessarily like [hockey]. They're doing school their whole time. And for us we get to go in the locker room and talk with all the guys and take our minds off of school, so you kind of have that open space to forget about school and take some stress off," said Papirny.

Papirny's advice for hockey players who are making the transition from junior to the next phase of their hockey career was to consider what they want their future to look like.

"Do your research on the school and the program. A lot of people can fall into the hockey side of things and don't really pay attention to the school side of things and what they really want to do after. I know at 20 it's not an easy decision to make but doing a little bit of research just by going on the school's website and the programs they offer and also talking to guys on the teams you're interested in," said Papirny.

"I don't think a lot of guys utilize that as much as they should, and I think that's something that helped me a little bit along the way. It can make the transition a little bit easier."

WOMEN'S VOLLEYBALL

Team falls short at provincials

By MIA HILDEBRANDT

After undergoing a 15-game losing streak, NAIT's women's volleyball team were faced with a do-or-die situation; they had to win out their season just to qualify for provincials and that is exactly what they did.

The Oaks headed to Medicine Hat to play their conference quarter final game against the Briercrest Clippers and unfortunately lost in tight sets, sending them to the consolation side where they played the Ambrose Lions and also lost in what was a close affair.

"It was a really great opportunity for teams across the province to come together and play each other, especially the north and south leagues who normally don't get to play each other until provincials," said Anna Atcheynum, a second year outside hitter.

Although the outcome wasn't exactly what NAIT was hoping for, they are excited about how the opportunity can help them going forward.

"I think getting back to conference championships will definitely be an incentive for the players next year to work hard," said Victoria Ringuette, the fourth-year captain of the Oaks.

Despite losing two close games the team was happy with their performance throughout the tournament.

"I think we put in a really good effort and played hard, it really shows how far we've come from the start of the season," said Atcheynum.

"I think for our team it went really well and a lot of the first and second years got really great experience," said Julia Donnelly, a fourth-year outside hitter.

Although scores may have said otherwise, the experience of provincials helped the team end their season on a high note.

"I think what made it special this year was the group of girls that we had on the team, it just felt like a family and we really wanted to win for each other and not just as individuals," said Donnelly.

"Unfortunately we didn't get any wins but I think we came together when it mattered and we took the top team to some hard points and almost gave them a run for their money," said Ringuette.

"We had so many memorable moments and big games, I really appreciate that we were so close as a team and I think it really made my last year more enjoyable...As a fourth-year it was a really great way to end my career at NAIT," said Donnelly.

The NAIT Oaks women's volleyball team are looking forward to building on their late-season surge and galvanizing their execution for the 2020-2021 season of ACAC competition.

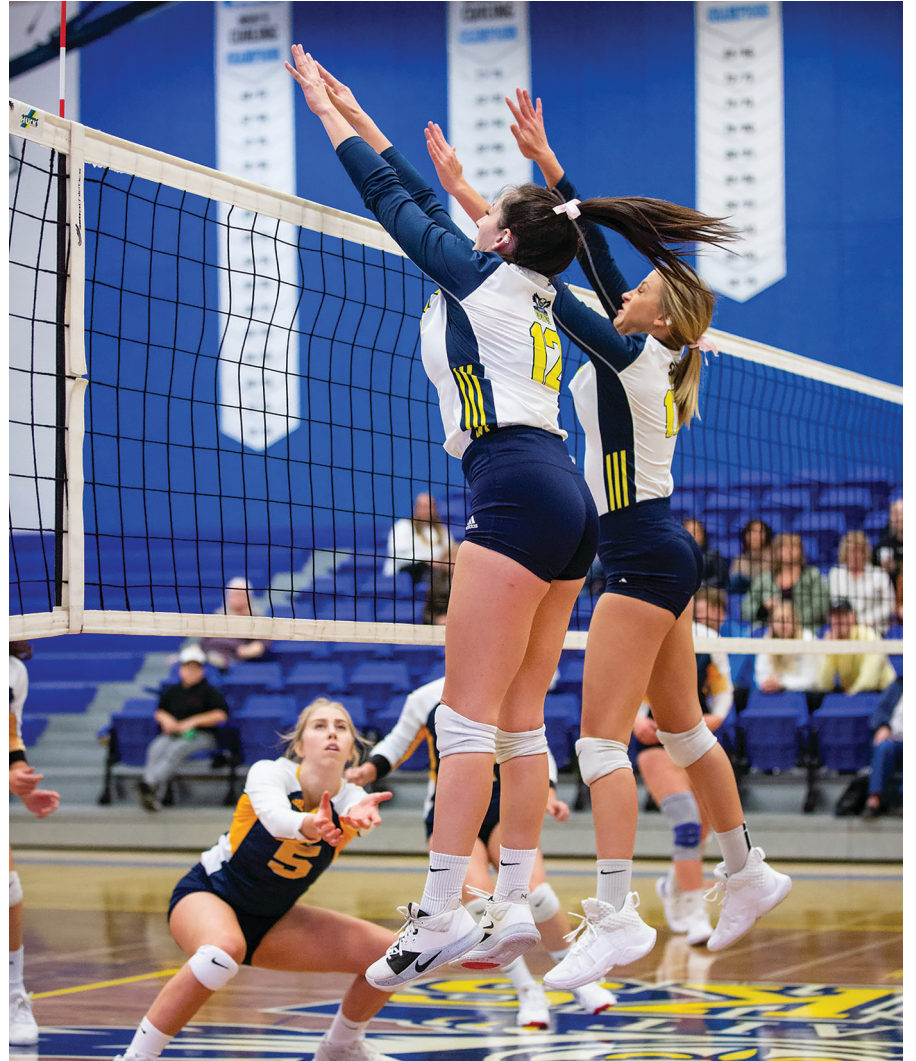


Photo by Railene Hooper

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

We provide confidential student-to-student supportive listening. No appointments necessary. For more info, visit nait.ca/peer-support. THIS PROJECT WAS MADE POSSIBLE BY PARTIAL FUNDING FROM THE GOVERNMENT OF ALBERTA.

EDITORIAL

College culture death: Mac Rez



By **KARLIE MICKANUIK**
Social Media Editor

MacEwan University Residence (Mac Rez), although convenient, is ultimately not an ideal living situation for NAIT students. NAIT students are not able to attend certain free events that are advertised in the residence building that MacEwan students can attend. There is also no sense of community or college culture within the building.

Amy Drysdale, a Radio and Television student at NAIT is currently living at Mac Rez. Drysdale says she was not able to attend a free concert that was advertised in the dorm building.

"It's not really fair, I went there and they said I cannot come in because you are not a Macewan University student," said Drysdale.

Layla Dart is a Journalism student at MacEwan University and is currently living at Mac Rez as well. Dart has also been living in the dorms for the last four years. She is now a Resident Assistant for one of the floors and explains that certain events that are advertised at Mac Rez are not tailored to NAIT students as MacEwan University hosts them.

"In terms of on-campus events, there's a little bit of a disconnect. It's unfortunate that we have things like Fall Fest and Winter Fest, which are super fun, but are not accessible to NAIT students," said Dart.

Drysdale explains the posters did not say the event was exclusive to Macewan students. There are events that occur at Macewan residence that she has attended before without problems and believes it should say on the poster if non-Macewan students can attend or not.

Drysdale says she moved into residence to get to know people and expected her floor at Macewan to be filled with friends.

"You can ask my roommate, I never have anyone over," said Drysdale.

Drysdale explains that because the dorms are set up more like apartments rather than typical dorm rooms it is easy for residents to keep to themselves and not reach out. Drysdale says it was unexpected that the students living on each floor of Mac Rez were not communicating or

hanging out.

"You see your roommate all the time and it's really great but, you don't see anyone else," said Drysdale.

Dorm life is an important part of college culture. This is where a student will spend most of their time outside of school. These are the people you study with, go to sporting events with, go to classes with - these people become your sense of family while you are away at school. For example, the University of Alberta has very small dorm rooms causing their entire floor to be an extension of the students room. This naturally creates options for students to talk to each other and build connections while Mac Rez has enough space in the dorms to easily keep to yourself.

Dart says she loves living at Mac Rez and the social life her floor has.

"I do see, on my floor at least, quite a few people in the lounges, quite a few groups going to events together, lots of friendships forming and lots of attendants to the events we put on," said Dart.

I personally decided to join a residency as I believed that is where I would make the majority of my friends and spend my free time. I am not originally from Edmonton and would be leaving a majority of my old friends behind. After living in Mac Rez for six months I do not consider anyone there, other than my roommate, to be a friend. In all honesty, I would not know anyone's name on my floor if the nametags on the doors were not there. The college culture a typical university has is non-existent within the dorms of MacEwan.

MacEwan does have a lot of social events that aim to create a sense of college culture within the building but ultimately fails. NAIT students have a harder time getting to these events as sometimes they are put on during the standard lunch break time. This works well for Macewan students who only need to come from their campus which is very close to the residence building but NAIT students do not have that luxury. NAIT students are able to attend events in the evenings but generally

there are not a large group of students that attend. Meeting new people can be scary and I too am guilty of sitting in my room to avoid awkward confrontation.

The size of the dorm rooms themselves is not a fair situation. In my room my roommate has a full foot more of space than mine. Our entire kitchen is also smaller than other rooms. I measured the size of my room and the size of another student's room and found that my entire room was almost two feet smaller than others.

I asked a few people at Mac Rez about this and heard that the rooms on one side of every floor are bigger than rooms on the other side. Having a smaller room is fine but, no matter the size of your room you still pay the same price per month for less space.

I regret my decision to live in MacEwan Rez. NAIT students do not have the same opportunities Macewan students living in dorms have. MacEwan may be close to NAIT, however the residence culture revolves around Mac students.



Photo by Karlie Mickanui



Photo by Daniel Gadowski

Effects of student stress

By SARA GOUDA

Studies show stress is a common feeling among 90% of university students. The National Union of Students states the main three sources of stress include: meeting school deadlines, balancing schoolwork with other commitments and studying for exams.

Joshua Hawrelak is a Radio and television student at NAIT. He says he will resort to various forms of consumption when dealing with his stress.

"Drinking and smoking weed is how I deal with stress. Occasionally, I also stress eat," said Hawrelak.

Another student, Michael Yurchak, believes that good entertainment and a pack of gum are all you need to help reduce stress.

"Before a test, if I'm stressed, I'll watch funny videos to clear my mind and chew gum," said Yurchak when asked to describe his stress coping methods.

"If students aren't stressed, they're not taking it seriously. They aren't worried about the outcome which is a bad characteristic to have," he added.

Yurchak also stated that he has the constant support of friends and family, which he finds to be a great help when

dealing with stress.

Alyssa Buzenus, another student at NAIT admits she is clinically diagnosed with obsessive-compulsive disorder. She disagrees with Yurchak's claims.

"The effects of stress are simply lower performance. The more you stress, the less positive your outcome. Sure, you might get a good grade. But in the long run stress can have many detrimental effects on your health," Buzenus said.

When the stress becomes more than she can handle, she says she can resort to prescriptions given to her by her doctor. Knowing that she can reach out to people also helps.

Caren Anderson has been a counselor for 18 years, and with NAIT now for two years. She says stress manifests itself different for each individual.

"Stress can impact us in different ways: it can motivate us to prepare, meet deadlines and be on top. Or it can result in students not sleeping well or feeling certain depression and anxiety," said Anderson.

She describes a coping mechanism for when students are dealing with stress, an exercise she refers to as the Container method.

"This test...separates negative thoughts so we can focus on the task at hand. [You] put anxiety in a container and visualize it safe in there and contained," said Anderson.

"There's no magic answer, no quick fix. Resiliency takes time," she added.

She describes three types of stress: good, bad, and ugly. She explained how good stress motivates us to prepare, to prioritize and not to procrastinate. It allows us to try things with excitement. The bad stress is day to day stressors that students struggle to control.

She mentioned ugly stress, which are the things that people have no control over. An example of this is if someone is sick, there is no control over the illness, but we can control how to respond.

A good way to find out if you are dealing with stress beyond your capacity is to check if the task at hand motivates or "depletes your emotional bank," added Anderson.

"When dealing with stress, I think students should ask for help. Instead of feeling we can handle it on our own, know the resources available to you, hence normalizing it," she said.

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



NOMINATIONS OPEN MARCH 12 - MARCH 16, 2020



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

- The President
- Vice President Academic
- Vice President External
- Vice President Student Services

INTERESTED IN BECOMING A CANDIDATE FOR THE NAITSA PRESIDENT POSITION?

NOMINATIONS CLOSE AT 4PM, MARCH 16

See Leeanne Mills at the NAITSA Office (O108).

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

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



ONLINE VOTING USING YOUR NAIT STUDENT PORTAL
MARCH 20 - MARCH 24 AT 4PM

INFORMATION STATIONS
MARCH 23 FROM 4PM - 7PM

NAITSA Office (O108) | South Lobby Kiosk (Main Campus)
HP Centre (1st Floor) | CAT Building

INFORMATION STATIONS
MARCH 24 FROM 10AM - 2PM

NAITSA Office (O108) | 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)

How to overcome fear

Know what fears you should listen to and what fears to push through.

By NICOLE MURPHY

It is important to listen to thoughts in your mind that keep you out of danger and to ignore the thoughts that are sabotaging your potential. But how do you know the difference between legitimate fears and anxieties, and fears and anxieties that are trying to get you to quit too soon.

Our mind is a powerful thing. It can value certainty above all else. If you are living a certain way, your parents live that way, your grandparents live that way, your friends live that way, you all have similar beliefs of “how things are” and something comes along to threaten this, your mind can put up a fight. Don’t be fooled, the mind will also fight against good opportunities too if it is used to living in comfort. It likes the familiar bad stuff more than the unknown—regardless of if that unknown may be positive.

This may sound grim, but it is not. Once you understand that your mind will fight back anytime you are making a big decision that may cause growth and discomfort, you can navigate it with compassion and understand you are not alone. Your feelings are not always right and you can master your mind, not be a victim to it.

So how do you do this when the anxiety is weighing heavily on you and you can not see the forest through the trees? This is where you really have to get out of your head and do some writing or talking to others.

Here are two checklists to look at when making a decision to do or not do something you’re feeling fear around:

GOOD FEARS CHECKLIST:

- ☐ I will learn something new.
- ☐ It is good for my physical health.
- ☐ Doing it will potentially bring me closer to my bigger goals.
- ☐ It is healthy.
- ☐ Even if I fail I will still learn a lot.
- ☐ This pushes me outside my comfort zone.
- ☐ It has me questioning things I once thought and reconsidering what I think is possible.

BAD FEARS CHECKLIST:

- ☐ It will be damaging to my physical body.
- ☐ I am doing it to fit in or be a part of a group.
- ☐ I am doing it because I care what others may think of me if I don’t.
- ☐ It brings me further away from my dreams and goals.
- ☐ There isn’t really a chance of me failing.
- ☐ It distracts me from feeling uncomfortable.
- ☐ There is no growth doing it.

If you clearly see and understand that the thing you are interested in checks off all the good fear boxes and you still have massive anxiety around it, or are avoiding it, this may mean you have some perfectionism and fear of failure thoughts in your mind.

Keep in mind, the people who are the most successful in life aren’t the most talented or smart. They are the people that keep trying, even after failure.

They are the people who can see the areas they need to improve in their life and know how they can grow.

They are people who have major fear and anxiety, but they constantly work on bettering their mental health.

The happiest and most successful people have learned to find joy in their flaws and mistakes, not to beat themselves up about them.

If you are stressed right now because you do not feel you have these qualities yet, understand awareness is the first step, and ANYONE can learn how to be like this with practice.

If you feel heavy with anxiety try these journaling questions, and just let your pen flow. Do not judge your answers.

What is the thing I am scared to do?

What happens if I fail at it?

Whose opinion do I care about if I fail at it?

Does their opinion of me matter? Why or why not?

What happens if I succeed at it?

What do I lose by not doing it?

What could I learn from this experience?



The Shuffle

MEME SONGS

Photo via Unsplash

By **CHRIS SATO**

My friends say I have bad taste.

This is a list of songs that I pretty much only listen to in secret. Do I think they're good? Not all of them. But I think that there is a threshold where something might not be objectively good but it is still VERY enjoyable.

On the other hand, maybe a song became a meme and stopped being taken seriously, while still being quite a good song. All the songs on this list fit either of those criteria.

“Photograph” - Nickleback

If this song comes up on shuffle I will always listen to it. I would never search it out, but I think it's a lot of fun and I'm a sucker for songs about nostalgia.



“Timber” - Pitbull feat. Ke\$ha

Who's idea was this song? The lyrics are heinous and the entire thing is accompanied by a fiddle with electronic drums. Terrible concept but amazing execution.

“Ignition Remix” - R. Kelly

The only reason this song is on this list is because it was

written by a predator. Otherwise, absolute banger.

“Thrift Shop” - Macklemore and Ryan Lewis

Do you think Macklemore knew the impact this song would have? He single-handedly gentrified thrift shopping forever. I also love the wacky saxophone going on in the background.



“I'm on a Boat” - The Lonely Island

Unironically, I love this song with my whole heart. It is insane to yell every lyric when you're in the car. The absurdity of this song gets me instantly hyped every time.

“Despacito Remix” - Luis Fonsi, Daddy Yankee, Justin Bieber

Why is this song so SEXY? I've never moved like this in my entire life but my body goes crazy when this one comes on. I wish I knew the words to the Spanish verses.

“Changes” - Butterfly Boucher, David Bowie (from *Shrek 2*)

This one might be controversial (as if these all aren't), but

this cover from *Shrek 2* just has so much more life to it. Sorry Bowie, but at least you got to reprise your role for a verse on this cover.

“Old Town Road Remix” - Lil Nas X, Billy Ray Cyrus

I still listen to this song daily. If there was an extended version with every remix all mashed together I would listen to that version daily instead, but I'll take what I can get with this one.

“Just a Friend” - Biz Markie

This song has one of the most fun choruses of all time in my opinion. It just feels so good to howl along with Biz as he laments over his love life.

“Africa” - Toto

This is probably the “best” song on this list. There's really no bad moments here and it's just so enjoyable from top to bottom. This song just became a meme and unfortunately people stopped respecting it.



WOMEN WEEKLY

A safe space for all pigment

By CHI BASHANGI

Megan Vernon is proud to be a Jamaican-born skin specialist as well as the founder of The Melanin Studio Ltd.

"I'm a woman of colour. I understand that we as black people all over the world coined the word melanin to glorify the melanin in our skin," said Vernon when asked about the inspiration behind her company's name.

"The word melanin reminds us to have pride in our skin tone, which historically was not something to be glorified," said Vernon.

The Melanin Studio Ltd. recently opened its doors in Edmonton and is recognized as a safe space for people with varying levels of melanin and their skin and body care needs.

One of their popular treatments is the Melanin Glow Facial which is a facial specifically formulated based on your individual skincare needs, combining up to three treatments selected by a Certified Medical Esthetician.

The Melanin Studio Ltd. is also one of the few spas in Edmonton to offer the vagacial, a vaginal facial that prepares the bikini line for summertime.

Vernon recognizes that as a student, regular facials aren't always in the budget and recommends trying to come for at least one deep clean or facial a year. She highlights the importance of students having their skin looked at professionally to start a healthy skincare routine.

"Edmonton is really dry, so your skin needs all the moisture and protection it can get," Vernon said.

For those who are tight on money, Vernon

suggests moisturizing and using sunscreen every day, even when staying indoors.

The Melanin Studio Ltd core values include self-love, integrity, honesty and a commitment to customers' experience. They encourage everyone to have realistic expectations for their skincare goals and love themselves during the process. Within the next year, they will be expanding and offering more treatments to suit their clients' needs. This includes exclusive, once-a-month eyebrow services from out of town specialists.

In addition to being a passionate powerhouse of a businesswoman, Vernon is also an autodidact, which means that on top of her educational background, she loves learning new things.

"I always try to continue doing more research and teach myself from my perspective". Studying newly gained skills on her own terms is what supports her growth in her craft.

Everyone has melanin in their skin. Finding the right skincare routine for those with darker skin can be complex, but it doesn't have to be anymore. The Melanin Studio Ltd answers the call for a trusted skincare spa for people with varying levels of pigment in their skin.

"I haven't seen anywhere here that caters to people that look like me," said Vernon. She cites this as why she continues to offer access to these amazing and necessary treatments.

No matter what colour in the rainbow, The Melanin Studio Ltd will help you glow.

You can find The Melanin Studio Ltd. on Instagram @the.melanin.studio, Facebook at



Supplied photo.

Shopping as a coping method

By CAROLINE SMITH

In a University of Michigan study, retail therapy was up to 40 times more effective at giving people a sense of control than people who just browse.

So why is retail therapy so effective?

A study from the Journal of Consumer Psychology noted that "shopping is a logical coping mechanism" for control. When you feel you're starting to lose grip, being able to choose what you do or do not buy can make a huge difference.

In a 2018 New Yorker article, Lauren Mechling explained how she went from the "corporate grind" to a life of being "grind adjacent."

After being told her position had been eliminated and the panic settled in, she came to the only sensible solution to usher herself into a new future: she bought a pair of clogs. To soften the blow of losing her job, she shopped her way into a new state of mind which she deemed "the clog life."

After a long reflection of my own therapeutic shopping experiences, it hit me. There was nothing a corporate marketer could do to sell me a pair of clogs but as soon as I strapped on a new pair of heels, I knew I

was unstoppable.

I realised that I myself did not use retail therapy to buy more things. I used it to reinvent myself. Whenever I was down in the dumps or not feeling myself, I bought a new piece and regained my lost confidence. In literal terms, retail therapy is shopping with the goal to improve one's mood.

Take a look at many of the women in your life. When we go through a big break up or a huge life change, we tend to change our hair colour, rearrange our rooms or get our "revenge bodies". We take hold of the changeable things in our lives.

This can also be said for men: they buy new cars and other "toys" and call it a midlife crisis. Well, sorry Brad, you're twenty-five and driving a Ram so step out of your pimped-out pick-up and call it what it really is.

No matter what age, gender, or shopping niche, a good majority of us can say we splurge when the going gets hard. In a "treat yo-self" generation, retail therapy is, in many ways, wellness. It's giving yourself what you feel you're worth. So the next time life seems to spiral, spend a little extra on you, and see how you feel.



Photo via Unsplash

EDITORIAL: TABOO TALK

The ugly side of mental illness



By **STEPHANIE SWENSRUDE**
Assistant Entertainment Editor

My mental illness is ugly. It’s sinister. It’s treating the people I love poorly because they can’t abandon me if I leave them first. It’s lying and fabricating and embellishing for attention. It’s the inability to handle basic tasks like laundry and bathing and booking doctor’s appointments. Please don’t think I’m saying, “oh, I’m a victim, I do all these horrible things and I shouldn’t be held accountable for them!” That’s not at all what this is about. I am trying to show that there is more to mental illness than a waifish beautiful anorexic girl crying while stepping on the scale, than a noble struggling police officer with PTSD,

than Hannah Baker, a beautiful white girl, slitting her wrists to prove a point to bullies. Mental illness is ugly. I was diagnosed with borderline personality disorder six months ago. In online circles, we laugh about how it’s one of the ugliest and least sympathetic mental illnesses. If you’ve never heard of it, the way I explain it to people is: “I’m basically just really crazy.” The main symptoms of BPD that I experience totally gives someone the right to hate me. I am literally more moody than a person with bipolar disorder. (No seriously, my therapist told me that my mood changes too fast to be bipolar. Oof.) Individuals with BPD struggle with black and white thinking. “Splitting” is when you have a “favourite person” who you obsess over and generally revere. However, one hint of negative attention from this person will cause me to flip out, and I end up hating that person. One positive action from the person will change everything and it’s back to obsession and love again. A hideous part of my mental illness is my impulsiveness. I’ve quit jobs after the tiniest rude comment, broke up relationships on a whim and spent hundreds of dollars that I didn’t have on clothes and makeup. I’ve had unsafe sex and done drugs and drank to excess. I have scars all over my body from self-harm. You don’t get much uglier than that. There is starting to be less stigma towards those who struggle with “pretty” and “noble” mental illnesses. PTSD, depression, eating disorders - they suffer quietly and tend to mostly harm themselves.

I hurt people with my actions. I am loud, bitter, angry, sarcastic. My impulsive actions hurt other people. I have gross scars. But we don’t talk about how people with ugly mental illness also need sympathy and help. Lots of people are quick to say, “Reach out! If you need someone to talk to, I’m always here.” Well, what about when someone with BPD has a rough day so they break up with their partner, drink 15 beers, have unsafe sex, and then mutilate their body? Would you have sympathy for someone who did that? People will tweet #BellLetsTalk, then turn around and gawk at a person talking to themselves on the train. If you are going to advocate for ending the stigma around mental health, you need to extend this to people who are scary and unhinged and inconvenient.



NAIT PROGRAM JARGON

By **STEPHANIE SWENSRUDE**

Have you ever been hanging out with your friends and realized that most of what you’re saying would go completely over someone’s head if they weren’t in the same program as you? NAIT tends to have very specialized programs, meaning a lot of the vocabulary is specific. Put your NAIT knowledge to the test and see if you can match up the definition to the jargon.

A. The Simulation

B. Social loafer

C. Nipples

D. FLHA (ie. ‘flaw-haw’)

E. Gack

F. Gay

G. Thou

H. Green

I. PEPs and PIPs (ie. ‘peeps and pips’)

1. On the NAIT NewsWatch set, television students communicate with earpieces. This term refers to the removable part that actually goes in the ear. Each person gets their own for sanitary reasons.

2. A term used by Industrial Mechanics students to describe a card that outlines the hazards of the job assigned.

3. In 1st year marketing classes, students often play this computer game in which they sell backpacks.

4. This refers to an area on the second floor of CAT used by many business students to study and eat lunch.

5. Used by Television students, this refers to the equipment that you have to haul around on a shoot: camera bags, lenses, clappers, etc. Make sure you don’t have any ____ in the shot!

6. New to the job. Used by Industrial Mechanics students.

7. A person who doesn’t pull their weight in a group.

8. Thousandths of an inch, used by Industrial Mechanics students.

9. In the respiratory therapy program, this describes the position of your lungs. One is all the way open, one is mostly closed.

A. 3, B. 7, C. 1, D. 2, E. 5, F. 4 (slang for George & Gay), G. 8, H. 6, I. 9

Blood drive snack tier

By STEPHANIE SWENSRUDE

From salty to sweet, there is something at your local blood drive for everyone. I took it upon myself to rate every prepackaged package of blood-sugar-jumpin' goodness. I arrived at the blood donation centre. As I filled out my life story on the questionnaire (no, I did not spend more than six months in Syria in 1996, seeing as I told you in the first question that I was born in 1998) and I munched on a full-size bag of Lay's chips! Next, I moved onto the other salty snack, some regular pretzels. The nice ladies took my hard-earned, now sugar filled, delicious blood away to another room. I was feeling incredibly woozy so I stumbled over to the snacks to get my blood sugar back to an acceptable level. I took my first helping of cookies. Not bad. As I went back for my fourth and fifth, I noticed the volunteers staring at me. (LET ME HAVE THE SNACKS!) It's for journalism, dammit! I finished off the afternoon with the worst coffee I've ever had. Remembering I hadn't registered my parking, I ran outside to see if my car was being towed. Phew! See you in 56 days!



Sesame snaps: I was very intrigued by the more savoury-sweet addition to the roster. Very interesting. Umami. Points for being unexpected. If the blood drive snacks were a family, sesame snaps would be the cool aunt who only flies in from Paris for Christmas each year.



Pretzels: Finished the whole bag. Classic, salty, fun, stimulating to eat!



A TIER

Fruit creme cookies: Went in with low expectations but thoroughly enjoyed them! Very sugary, interesting mix of textures.

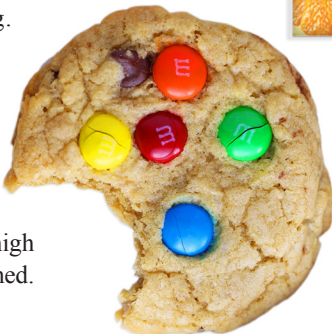
B TIER

Orange juice box: Doesn't get much better than this baby!

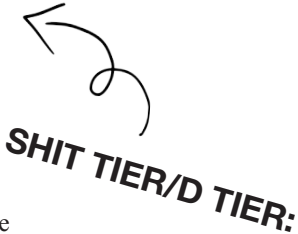


C TIER

Oreos: Classic. Can't go wrong. Not much to say here.



M&M Cookies: Awful. So soft and soggy. I went in with such high expectations and my dreams were ruined.



Lay's Original Chips: TRASH! Bland, oily, couldn't even finish the bag. Terrible.



Coffee: TERRIBLE. Weak. 1/10



Photo via Scream Queen B

TAROTSCOPES

with SCREAM QUEEN B

For more readings and revelations, follow me on Instagram @screamqueenb_tarot or find me at www.screamqueenbtarot.com.



Photo via Scream Queen B

This week may feel like a nostalgic playlist of your old emo jams as we enter the sign of Pisces in a mercury retrograde. If you find yourself revisiting some ghosts of the past and feeling like an open wound, well... welcome to the club. Read below to discover what the lesson is for you this week.

PISCES (Feb. 19 - Mar. 20)

10 of Swords: This is the heaviest of all burdens, the card of Ruin. It can speak to betrayals (being stabbed in the back), depression, exhaustion or wounds of the past catching up to you. You can no longer push and keep going. This is a message to see a therapist, join a support group and get the help you need.

ARIES (Mar. 21 - Apr. 19)

Queen of Swords: This is a character in your life of major influence, an intellectual female of wealth and status, or at least she likes to think so. Her mind is her most attractive quality, which brings respect and admiration from others. She is confident, yet can often be judgemental as she is very black and white in her thinking. This woman can influence you to be more discerning, make a plan and be ruthless with its execution.

TAURUS (Apr. 20 - May 20)

5 of Swords: This is the perfect card for a stubborn individual who always thinks that they're right. Even if you are, is it worth the battle? This is a warning of a hollow victory from putting too much energy into a cause that is not worth fighting for. In what areas of your life is this

showing up and where do you need to back down and compromise?

GEMINI (May 21 - Jun. 20)

Ace of Swords: The first impulse of the suit of Swords. It is exciting energy, a new idea or project involving communications, joining the cause, leading the pack with your brilliant concept. Pay attention to this surge of energy - be it an invitation, an unexpected message or exactly what you've been hoping to hear.

CANCER (Jun. 21 - Jul. 22)

3 of Swords: This is the card of heartache and sorrow. Try as you might to forget, you've lost someone and you just can't shake the replay in your mind. This could be a warning for those of you wanting to start a new relationship. You've got baggage and you need to let the story of being a victim go before you will fully move on. The pain happens once. Suffering is optional.

LEO (Jul. 23 - Aug. 22)

Knight of Swords: You are moving forward with great speed, perhaps a little too much. This is the most aggressive Knight in the deck, the man with the mission. This could be a warning to be careful of where you step or be mindful of "too much too soon." If you're not cashing in on impulse, then seize this momentum towards your inevitable success!

VIRGO (Aug. 23 - Sep. 22)

2 of Swords: This is the card of indecision, denial or whistling in the dark. Refusing to make a move or to see

what is really going on drains your energy. You're not taking time to weigh your options, you're stalling and refusing to see why. What is so scary about seeing the truth of your situation? Isn't being stuck worse?

LIBRA (Sep. 23 - Oct. 22)

7 of Swords: A thief robs you of your happiness and power in this present moment. You're holding back from moving forward, with one foot in the new world and looking back at the old. Be here now. This tension is all within yourself. Embrace where you are, even if it's not where you want to be. There is a lesson to be learned and plenty to be grateful for if you just pay attention.

SCORPIO (Oct. 23 - Nov. 21)

9 of Swords: This is the nightmare card, one of anxiety, worry and the disintegration of the mind from insomnia. Your thoughts are a heavy burden and your fear is making the situation so much worse. Meditation and prayer will work wonders in your life now. Talk to someone about what is going on in your head so you can get grounded and get a good night's sleep.

SAGITTARIUS (Nov. 22 - Dec. 21)

King of Swords: Who is this man in your life that is hyper-rational, determined and ambitious? Not the warmest character on the planet, but his ideas are inspiring and can influence you to get more grounded or clear about what is really important. In all honesty, he may find you too flakey to be taken seriously. Pay attention to why that is and you'll get the lesson of how you can adopt his approach and make your dreams come true. A teacher/mentor is emphasized.

CAPRICORN (Dec. 22 - Jan. 19)

6 of Swords: The message for you is the worst is over. Healing is taking place and you're moving - possibly actually travelling - to a better, brighter situation or location. There is wisdom in understanding why it had to be so difficult and challenging. You're stronger now as a result and can handle more than you imagined. This also speaks to sharing your experience. Who needs to be shown the way out?

AQUARIUS (Jan. 20 - Feb. 18)

8 of Swords: Like your Virgo friend, there is something you're in denial of and it's your fear and self-sabotage. You are the only thing holding you back from the life you want, so pay attention to your negative self-talk, anxiety and fears. These are not real obstacles. Seek professional help or a coach to help you take one step at a time out of this self-imposed prison.

CREATIVE CORNER

SudOoku

Easy

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

Medium

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

Hard

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



Art by Celia Nicholls

GET READY FOR A LOT OF GAY SINGING!

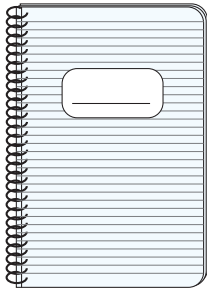
**JE T'AIME
A MUSICAL
CABARET**

STARRING EVAN WESTFAL
ACCOMPANIMENT BY DANIEL BELLAND
APRIL 2 | 9 PM
THE GRINDSTONE THEATRE

TIX \$19
WWW.GRINDSTONETHEATRE.CA



**WRITE
FOR
US?**



Visit
The Nugget
office to find
out how.
Room E-128B

CREATIVE CORNER



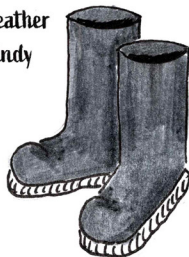
X W U D B K H S J S L W F L Z B Q J U E X X O Z K T B J D O Y W K W R
Z Z W L E D E S N R I C T D G Q H Y Q J Q X S K F F U Z S J E S Y G B A E W
F B B G S K W F V L Y V V Q S A Z H P M G X O L C B M T R U B A O S V O I T A P
U E F O C D C X B J P Z N Y E Q Q S N R R L H X N P J J H U T X K H Y
E O L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

Bloom
Blossom
Breeze
Brisk
Bud
Bulb
Butterfly
Cleaning
Daffodil

February
Flurries
Galoshes
Grass
Grow
Hatch
Hyacinth
March
Melt

Narcissus
Nest
Puddles
Rain
Robin
Showers
Snowdrop
Splash
Spring

Sprout
Sunshine
Thaw
Tulip
Umbrella
Weather
Windy



By Celia Nicholls

SOLUTIONS

Easy

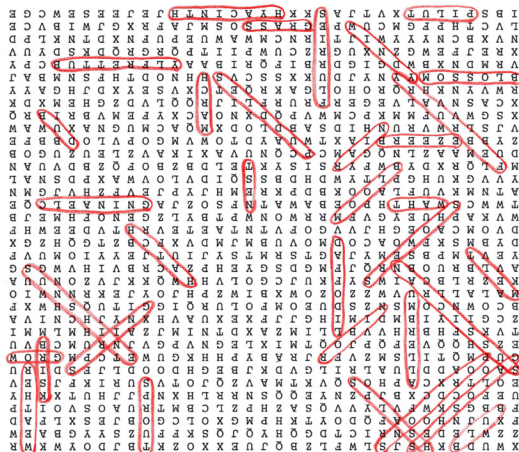
1	8	4	7	9	5	6	2	3
5	3	7	8	2	6	9	4	1
6	2	9	3	1	4	5	8	7
7	1	3	6	5	8	2	9	4
8	4	5	3	6	9	1	7	2
2	9	6	1	4	7	8	3	5
9	6	1	2	3	4	7	5	8
3	5	8	1	7	6	9	4	2
4	7	5	2	9	8	3	1	6

Medium

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

Hard

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



Split Mindset

By Karlie Mickanuk

I often wonder and question
Is this where I'm meant to be?
Did I make the right choice?
Choosing career over comradeship.

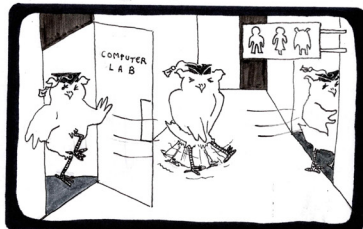
I'm split down the middle.
My mind is cut in half,
Stuck between what I should
And what I wanted to have.

The tear in my head grows
As each day passes on.
As each heart break beats.
And overthought hour passes.

"I'd be so much happier"
The one half says with joy
"But the skills you learn"
The other rebuttals with demand

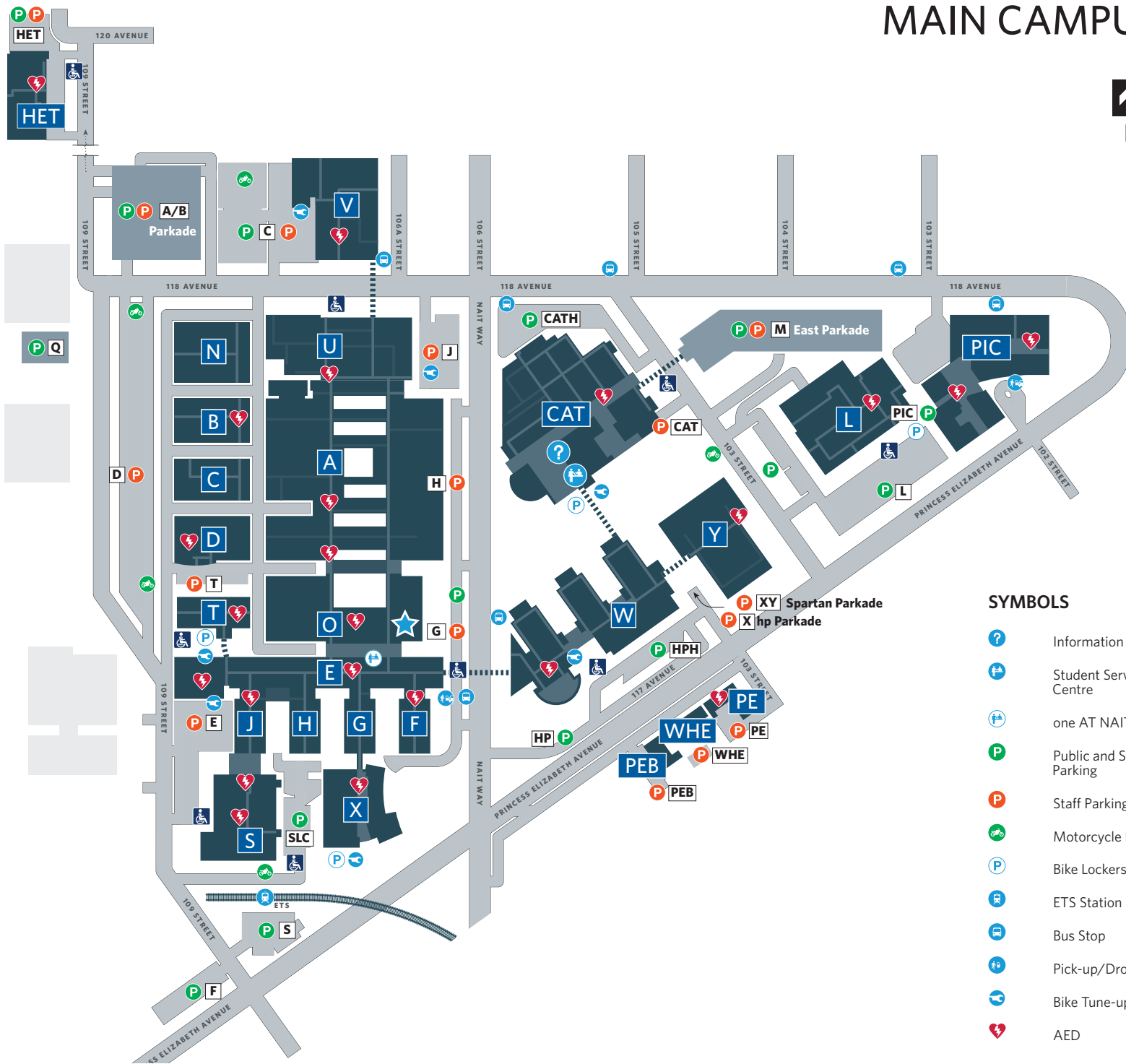
I don't fit into either group, I see
My peers see only half of me
The split is noticeable now
And hindering my thoughts

Perhaps I will become two minds
Stuck in this one single body
Fighting for control of
What could be of me















By Celia Nicholls

MAIN CAMPUS



SYMBOLS

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

LOCATIONS

EDMONTON

Main Campus
11762 - 106 Street NW

Patricia Campus
12204 - 149 Street NW


Souch Campus
7110 Gateway Boulevard NW

NAIT Distribution Centre
11311 - 120 Street NW

BUILDINGS

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

OFFICES AND SERVICES

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