

# NAIT NUGGET

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Supplied photo.

NAIT delivers new  
graduate program

**By CHRIS AVERY**

A new graduate program at NAIT seeks to focus business ventures in promoting local economic development.

As part of the continuing education department, NAIT has recently partnered with Cape Breton University to deliver a unique Master’s in Business Administration (MBA) that targets Community Economic Development (CED).

The program “aims to deliver advanced business knowledge and skills in the context of both the community and the world,” said the continuing education department. The goal of the program is to train individuals to become leaders in providing innovative approaches to developing local economies.

Training includes “strong business management capabilities, well developed collaborative and interpersonal skills, and deep knowledge of accountability, social responsibility, and development issues and practices,” said the continuing education department.

Some of the major admission requirements include already having a degree, ref-

erence letters, completion of the GMAT (Graduate Management Admission Test) or a university level credit in statistics. Furthermore, the maintenance of a 3.0 Grade Point Average or higher throughout the program is necessary for completion.

The delivery of the program takes place during the weekends, allowing students to continue working at their respective full-time jobs. The normal schedule of the MBA follows instruction on Fridays from 5:30 p.m. to 9:00 p.m., Saturdays from 9:00 a.m. to 5 p.m., and Sundays from 9:00 a.m. to 12:30 p.m. The semester also follows the September to June format.

Graduates equipped with an MBA in CED “foster capacities of analysis, critical thinking, problem solving, and communication,” said the continuing education department. The program “embraces concepts of diversity and inter-dependency and equips students with the knowledge base and skills to function effectively and productively in an increasingly global community.”

One of the approaches of CED is to encourage individuals in the community to

“conceptualize and develop their economic activity to avoid being reduced to isolated players within the global market,” said Jennifer Sumner in her report about the connection between food, community and economic development.

Sumner goes on to discuss how “organizations associated with community economic development can understand and scale up their activity” by establishing connections with other businesses that demand or supply their products.

“For example, a backward connection measures how the demands of one sector can create economic benefit, and therefore strengthen, another sector,” said Sumner.

She stresses how “community economic development organizations need to realize their capacity to improve their impacts and role in transformative change by leveraging their potential power to influence public policy as a social movement.”

The MBA in CED teaches students how to leverage the power of the community to develop sustainable business practices.



Photo via NAIT



**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.



Photo by Singh Harprabhjot

# Performance-based funding comes to NAIT

By **KARLIE MICKANUIK**

The Alberta government is implementing performance-based funding to public post secondary schools in Alberta. NAIT is one of the many schools that will see changes to its funding in the coming months.

Demetrios Nicolaides, Alberta's Minister of Advanced Education, says that starting on April 1, the United Conservative Party (UCP) government will tie funding to universities and colleges based on a set of metrics. Nicolaides says up to 40 per cent of funding using a performance-based system will be initialized by 2022 or 2023.

Jason Roth, the advocacy director at the NAIT Students Association, says the metrics that the government is basing their funding off should be revealed in February, however Roth has said they have not received any new information as of yet.

"The metrics, we don't know as of right now, so it could be things like

graduation rates, whether or not the graduates get jobs in the first year, it could be even things like grades, it could be the number of students they recruit, we just don't know. We know we're gonna have to perform, we don't know how yet," said Roth.

Roth says that he believes NAIT will not see many negative effects to the institution when performance based funding is implemented as graduate rates, employment rates out of graduation, and the salaries of graduates out of NAIT are high. Roth says metrics such as an equal male to female graduation rate could negatively affect the school as NAIT has a 60 per cent majority of males graduating. These categories are all possible metrics the UCP could use to determine funding for schools.

The Alberta government has not yet commented what metrics off which they will be basing their funding. The government's budget plan was released in October of last year in the middle of

NAIT's operational year and there will be another statement about the budget regarding post-secondary schools in the coming months. Performance based funding is said to help relieve the provincial debt rates.

"We don't know what's going to be affected here at NAIT yet, they haven't told us. I can't imagine how there wouldn't be staffing reductions. I don't know if there will be reductions in programming yet, so I don't know if it's going to affect students in that way, but it is going to affect the amount that [students] are going to have to pay for school next year," Roth said.

No information about how the systems will work has been released but this system will be used across all of Alberta and will be constantly changing depending how well schools perform. Information regarding performance-based funding should be revealed before the end of February and is set to be implemented in April.



# Career fair a successful networking opportunity



Photo by Makenna Dorroch

## By CHRIS AVERY

On January 21, NAIT's annual Career Fair provided students with new networking opportunities. With 97 firms represented (and nearly double the recruiters) the fair offered NAIT students a chance to explore possible career paths.

Nicole Bloome, career and employment liaison at NAIT, explained "students [must] view the career fair as less of a job fair, and more of a networking opportunity."

She stressed the importance of being prepared to talk about yourself and your qualifications with recruiters at the fair.

The idea of creating a network over seeking a job placement may be new to some students. Bloome mentioned that part of the struggle with finding meaningful employment comes from expanding your network.

This year, some students understood the message. With over "50% [of] first-year students that filled out

surveys," said Bloome, the event represents a huge success. Bloome also added that the positive surveys from employers demonstrate the overall successful quality of student-employer interactions.

To prepare for the fair, NAIT students were provided daily workshops during lunch periods. A week and a half of workshops were available, such as "How To Do a Career Fair", which served as an explanation of how to approach recruiters during a career fair. There was also a resume and cover letter building workshop, as well as industry resume consultations, all of which helped to set up students for success.

Other workshops included "Linkedin or Left-out," a guide for using LinkedIn, and "Achieving and Exceeding your Goals," a presentation provided by an ex-military veteran turned team consultant. There was even a free haircut event that provided students with a fresh new look for the fair.

Some of the highlights from this year include a new

venue and more exhibitors. The fair was previously held in the main building on campus but was relocated to the CAT building to concentrate the firms present. Additionally, the firms were organized alphabetically, allowing students greater ease to navigate the busy hub of networking individuals.

Some of the struggles regarding the new venue included bottlenecking that occurred down CAT main street. To prevent this, Bloome mentioned creating more space between contributors. Furthermore, she said she "hopes to arrange the firms by industry" for next year's event to allow easier navigation around career booths.

Bloome's office at Advising and Career Development provides services for honing your resume and cover letter.

"Students are encouraged to contact our services," said Bloome, as they provide help with LinkedIn accounts, interview preparation, and all employment related inquiries.



# ETS slashes half of city's bus routes in new system

By **STEPHANIE SWENSRUDE**

Starting summer 2020, Edmonton Transit Service (ETS) is changing every bus route in the city to prioritize frequency.

These changes will see the number of routes reduced from around 200 to 100.

The new network has five types of bus routes. They are designed around providing:

- Frequent routes in central areas of the city for residents that rely on transit as their main way of transportation.
- Express routes for those in outer areas of the city that commute to downtown or to the university-area for work.
- Crosstown routes in outer areas of the city to connect the city's quadrants.
- Local routes that will connect neighbourhoods to a frequent, express and crosstown network.
- Community routes to connect residents with local destinations, including seniors hubs and recreation centres.

In summary, a student in Millwoods might walk around seven minutes to a local bus stop which will connect them to an express route that brings them to an LRT station. Then they can take the train the rest of the way to NAIT.

The complete overhaul of the transit system debuted in 2018. Edmontonians were invited to weigh in through a public engagement period.

The most common concern is long walking times. With the new system, walk times could potentially increase from an average of five minutes to up to 10 minutes. The city says that 93%

of the city's addresses will be within a seven minute walk of bus stops.

Mary-Anne Thurber, a representative for ETS, explained that there is a focus on getting riders to a major route or an LRT station. However, riders have expressed concerns about these transfers.

"Making transfers ... is a major concern among many citizens, particularly among the mobility challenged and seniors," reads a public finding report on the City of Edmonton website.

There is also a worry that busses are not staggered correctly, posing the risk of trip times doubling if a bus is only a few minutes off schedule. From the same report, a rider commented, "getting a transfer doubles the time it takes to get to my destination."

The changes go into effect on August 30, 2020, mere days before the fall semester begins. Thurber explained that before the changes go into effect, there will be an outreach initiative to all post-secondary institutions to help with the transition.

"Even if you're a returning student, all the bus numbers are changing," Thurber said.

Christian Kurchak, a NAIT business student, currently takes the bus to school. He lives a short drive away, yet he spends 40 minutes on the bus every day.

"And that's not including when the buses are 10 minutes late, which is quite often," he said.

The City of Edmonton's website says that "changes are final" and "public engagement for the Bus Network Redesign ended in December 2018," meaning that the city will not be accepting feedback on the redesign once it is in place.

The website does, however, read: "The new routes will be reviewed after one to two years."

You can view the new bus network and start planning your trips online at [edmonton.ca](http://edmonton.ca).



Photo by Singh Harprabjot





# HerStory!

## Women's Global Empowerment Conference



Photos courtesy of Donna-Leigh Perfect

**MARCH 28 & 29, 2020**  
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## EDITORIAL

# Facing personal doubt for the future of newsrooms



By **SCOTT ZIELSDORF**  
Issues Editor

Statistics show that news media jobs in both Canada and the United States have severely declined in the last 20 years. Even more noticeable changes have transpired in the last decade making the idea of a career in the field of journalism a scary, if not an unrealistic prospect.

With newsrooms like the Toronto Star canceling its printed issues of StarMetro newspapers across the country near the end of last year, it's apparent that news outlets are clearly struggling in a world of abundant online news. News that even I find myself turning to on a regular occasion.

So where does that leave an aspiring journalist student such as myself or others? If data trends in the U.S are to be believed, it doesn't leave us very well off. A report regarding newsroom employment in the United States shows that employment in those work spaces dropped heavily over the course of one decade.

Stats show that in 2008, nearly 114,000 people worked in newsrooms across the country, a number that dropped to 86,000 by 2018. It is important to note that those numbers include all employees across print and broadcast news media. Newspapers are stated to have suffered the worst but the statistics clearly show TV and radio industries are having to cut back as well.

Naturally, the situation doesn't fair well in Canada either. The Canadian Media Guild stated in 2014 that the Canadian journalistic sector lost 10,000 jobs over the course of just five years. Although, strangely enough, the number of journalists operating in Canada has actually risen. A study titled *Crisis or Transformation? Debates Over Journalistic Work in Canada* found that journalists operating in Canada rose to 11,700 in 2017 from just under 10,000 back in 1987.

I am uncertain as to whether the second fact is good or not, but it could mean that the journalist sector suffers from the same issues as many other industries in Canada today. More people are entering the industry, or rather are going to school for a degree, resulting in far more individuals available to work. Meanwhile, newsrooms are forced to cut jobs left and right resulting in a highly competitive, oversaturated job market.

With conditions like this it's hard for me to remain optimistic of what the future outside of NAIT will look like.

Will I and any of my other classmates seeking employment in journalism be able to find a job? Or will blue-collar shirts and retail aprons be the only things waiting for us? Or perhaps the onset of rapid online news will prove to be a source of new journalistic possibilities. I suppose only time will tell.







Photo by Railene Hooper

# Ook player new Nugget social media editor

By JONAH PETERSON

Ooks women's volleyball rookie Mia Hildebrandt joins the NAIT Nugget as the online sports editor.

Student life is stressful enough without the obligations of being on a sports team and working for the school newspaper at the same time; Hildebrandt is about that action.

"It's a lot. Some days I'm at school all day, with classes until four, sometimes a Nugget meeting until seven and then Volleyball practice right after that," said Hildebrandt.

With her full schedule, Hildebrandt says she tries to keep everything together by planning her diet, time for assignments and making sure she has everything she needs ready before the long days start.

Hildebrandt has been playing volleyball since grade 5. She said she started playing because of her parents love for sport and continued with it because of the friends she made.

"My friends were playing it, and they were having a lot of fun, so I decided to stay with it," said Hildebrandt.

The Ooks Women's Volleyball team is now glad she stuck with the sport. She has been a strong competitor for them this season, gaining NAIT's Athlete of the Week honours for the week of Feb. 11 - 18.

Hildebrandt's love of sports has translated over to the realm of broadcasting. She is currently in the second semester of the Radio and Television program with plans of working in the sports industry.

"I've always loved sports, whether it be playing them or talking about them. I'd love to be a sports reporter or work in the sports industry in any kind of way, and so I thought going into radio and television would give me a good opportunity to pursue that," Hildebrandt said.

Hildebrandt started off as a contributor for the Nugget, coming to pitch meetings and picking up articles. When the chance came for an official position at the paper Hildebrandt was excited, but wasn't sure she would be able to do the job she wanted.

"I originally applied for just the general online

editor, because typically the sports editor is going to games and posting about it," Hildebrandt said.

When Hildebrandt went to her interview, however, they asked if she wanted the sports position anyways, and they could change the responsibilities.

"It's finding people who can create content for me on the teams or running contests... It's been cool because it's been sort of making my own position within it, since I can't be at the games," said Hildebrandt.

With the volleyball season in full swing, homework piling up in class and Nugget work keeping her busy, Hildebrandt is a proponent of getting tasks done ahead of time. With so many other responsibilities in her life, finishing items on her do to list early helps keep herself organized, and leaves more free time to catch up or simply relax, which can be equally as important.

Procrastination has never been a problem for her and it has helped her be able to take part in lots of exciting opportunities, at school and in life.



## CAPTAIN'S CORNER

# Women head to playoffs

By COLIN GAUMONT

NAIT's women's hockey team is headed back to the playoffs. Ooks currently sit in third place with a 12-9-1 record. With 25 points on the season that puts them in a first round matchup with Red Deer College in the playoffs.

Captain Brittney Savard is very proud of what her team has accomplished so far.

"We are in a good position right now. We have clinched a playoff spot and these next few games are a toss up to see if we get home ice advantage right now," said the 4th year Ooks Savard.

"So far this season we have done pretty well. We have a pretty young team and it was a little bit of a struggle; obviously we didn't get first place but we did really well as a team."

The goal of winning a championship is always what any hockey player wants and Savard and her team are no different. After coming up short against MacEwan last year the team is hungry for more and ready to take that next step.

"We've had a couple bumps in the road and we didn't finish first place but all that really matters is getting into playoffs," said Savard.

"We have developed as a team throughout the season and I feel we are sitting

pretty right now."

There were many takeaways from the season that the team looks back on and can be proud of. However, there was one particular highlight that Captain Savard takes pride in.

"The biggest highlight as a team was sweeping MacEwan University," said Savard.

"That was an awesome weekend for us. We came together as a team and found a way to win."

Moving forward, Brittney Savard feels confident in her team and how the team has developed over the course of the year. She says staying focused will help them succeed in the playoffs.

"We have a very skilled and hardworking team and when we want to win, we can," said Savard.

"It just comes down to focus for us and putting the puck in the net."

With 8-3 record at home, having the support of the home crowd seems to be a factor in the teams success.

"It's awesome when we have people come out and support us. We need more of it. When we had our Ooks Support Ooks game, when the athletes came and watched us, it was huge for us and we pulled out the win against Olds College. Having the home support is big for us", said Savard.

An energy that Savard tries to reciprocate when the team is on the road.

"Again it comes down to focus, playing our game and it doesn't matter where we are playing or against who. It matters [that we're] focused on playing our own game," said Savard.

Savard's maturity and leadership shines through and she shows that no matter if you win or lose, there is always room for improvement.

"Focus is my main word for our team right now. Making sure we are dialed in," said Savard.

"We're taking every loss as a learning experience. See what we could do better in the game and practicing on those skills. When it comes to wins, just celebrate the little things and focus on what we did well and move forward from there."

The women's hockey team is getting ready for their first round playoff series against Red Deer. When asked if her team has what it takes to win it all, Captain Savard had only one word to say: "Absolutely."

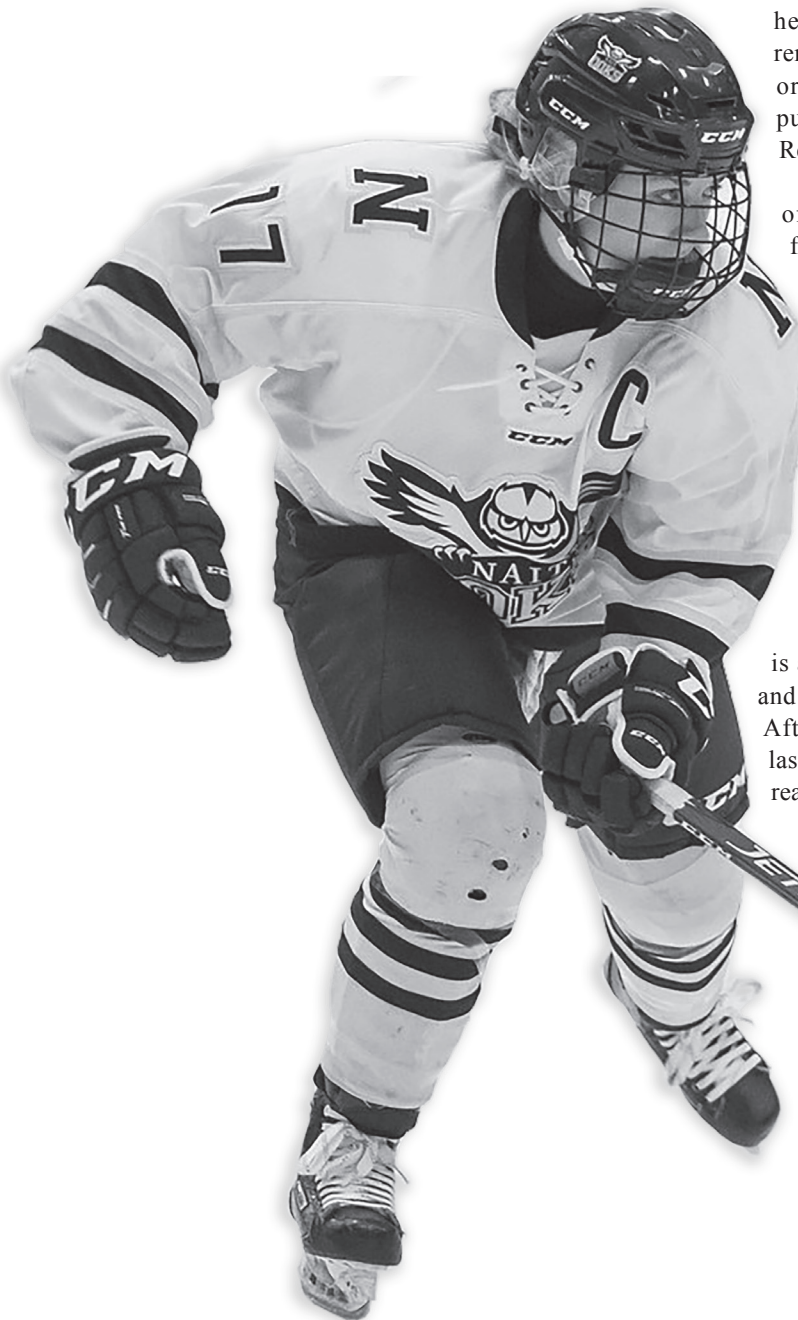


Photo by Railene Hooper

## Ooks home game schedule

### Friday Feb. 28:

Men's Hockey @ MacEwan 7 p.m.  
 Women's Basketball @ King's University 6 p.m.  
 Men's Basketball @ King's University 8 p.m.  
 MacEwan Rink Address: 10800 105 Ave  
 King's University Address: 9125 50 Street

### Saturday Feb. 29:

Men's Hockey vs MacEwan 6 p.m.  
 Women's Basketball vs King's University 6 p.m.  
 Men's Basketball vs King's University 8 p.m.



Photo by Railene Hooper



## MEN'S HOCKEY

# Ooks looking to March on



Men's hockey head coach Tim Fragle.

Photo by Railene Hooper

## By COLIN GAUMONT

Another record-breaking season for the Ooks men's hockey team sitting atop the ACAC standings with a 21-3 record and 42 points on the season.

Forward Jake Mykitiuk is leading the way with 50 points on the season and forward Jared Legien is leading the ACAC in goals with 28 in 24 GP. With these impressive numbers, head coach Tim Fragle feels that the team has met the goals set at the beginning of the season.

"We are where we wanted to be. Our goal was to finish in the top two and get that first round bye," said Coach Fragle.

"We are currently sitting in first so we are there but Red Deer College and MacEwan University are right behind us."

Last season, The Ooks finished first in the league with a 20-7 record but lost in the finals to Macewan University. Fragle sees the focus to playing better defensively as the main difference between last season to this season.

"This years team is more defensive than we have had in the past. It's a combination of our goaltending and defensive core," said Coach Fragle.

"A better buy-in by our team as a whole. We aren't allowing as many goals as we did last year," said Fragle.

With 120 goals for and only 45 goals against, the focus on defense has seemed to paid off for the Ooks. Goaltending has been a big part of the team's success. Jordan Pappin is leading the way with a 1.73 goals-against-average and .934 save percentage. Fragle feels having three solid goalies has contributed to their success.

"Our goaltending has been really strong this year. We have three really good goalies," Fragle said.

Another area that has been a focus for Coach Fragle was special teams and both have been strong areas of his teams game.

"Our power play and penalty kill are both stronger this year than they were last year," said Fragle.

"It's not even close. We are way better in both situations. We, as coaches, have spent more time on it and seem to have a better understanding of what we want for the power play and the penalty kill."

The last couple seasons have been ACAC record breaking numbers for the Ooks. However, Coach Fragle sees being successful in March as what is most important no matter what the numbers show.

"Numbers are important for metrics to see how your season is going," said Fragle.

"However, over the last three years, we've had good teams but didn't play our best in March and ultimately that's our goal. We've fallen short the last couple years because we weren't at our best. That's what I'm challenging our guys in right now. We want to be our best in March. That's when we want to peak."

Fragle, a NAIT Ooks Alumni who was team captain for two seasons, reflects on how much the program has changed and how he works to make the program stronger.

"The attention to detail from the athletics program and the hockey program itself has changed immensely. There is so much support provided. From strength and conditioning to academic support, there is so much opportunity to get better everyday," said Fragle.

"Back when I was playing, it was more on your shoul-

ders. Now, as coaches, we offer so much for student athletes to be successful."

Academics are much more important than they used to be. Coach Fragle believes that the numbers just show that academic success and athletic success go hand in hand.

"The proof is in the academic results. Men's hockey this last semester had a team GPA of 3.1," said Fragle.

"[We] are managing 26 guys, and to keep them on their grades is something we are really proud of. Back in the day, it was hockey first but now it's shifted to academics first and hockey second, which at the end of the day they are here to get an education," said Fragle.

At 21-3 and impressive 11-1 record at home, the team is proud of what they accomplished. However, Fragle says you can celebrate these achievements only once the season is over.

"I think you [celebrate] at the end of the year since we have had some setbacks the last couple years where we haven't won that final game. That's what we are more focused on," said Fragle.

"The last three years, where we finished first but lost in the finals. I look back and say those were really good years but we just lost on the wrong game. So overall, it's definitely the big picture and where are we going to be in March," said Fragle.

The team will be wrapping up its final games at the end of February and preparing themselves for the playoffs.

It's been another strong year for the Ooks men's hockey team but the main focus for them will be winning that last game of the year.



## EDITORIAL

# It's post-season season, folks



By **ORRIN FARRIES**  
Sports Editor

The ACAC regular season draws to a close for NAIT's team sports and the Oaks will look to have a vigorous foray into the post-season. May they screech into battle and crush their opponents for the pride of our nest-with all due respect.

The opening weekend of provincial sports was the ACAC badminton provincials that were hosted at NAIT Feb. 22-23. The Oaks captured the team title Saturday afternoon, unseating the incumbent team champions Concordia Thunder. This marks 9 team championships in 10 years for the NAIT Oaks wing of badminton. Whatever coach Sinead Cheah is doing is working.

NAIT's own Roymond Kim, 2019-2020 ACAC male player of the year, took home gold in men's singles. Oaks power duo of Smit Patel and Tyler Walsh captured gold in men's doubles. Oaks claimed gold and silver in the mixed doubles event, Alex Fung and Eyota Kwan the champs, and Luc Nguyen and Connie Juang the runners up. Samantha Hsu and Ivy Ung captured bronze in women's doubles. All together the weekend marked a decisive claim on Alberta's badminton supremacy for Cheah's badminton program.

Our other tournament sport team, Oaks curling, have finished off their regular season with a stripe of consistency, men's, women's and mixed teams finished with 8 wins each, securing their place in the provincial tournament held this year in Red Deer Feb. 28-Mar. 1.

Men's and women's volleyball have both punched their ticket into the playoffs. The men were a staggering force to behold this year, a record of 20-4 good for first in the ACAC North division. They will look to gratify head coach Greg Gulash's first year at the helm with their performance in Lethbridge at the ACAC men's volleyball provincials Feb. 27-29.

The women's volleyball team found their footing later in the season, clinching the fourth and final playoff spot in the ACAC North division. They will look to leap the standing into National contention at the ACAC women's volleyball provincials hosted in Medicine Hat Feb. 27-29.

On the other side of the ball, men's and women's basketball have their tickets to the big dance Mar. 5-7 hosted at Augustana and Medicine Hat, respectively. The

men will look to complete a season long sweep of The King's University Eagles to close out their season. Both teams have exhibited stretches of brilliant play on the court. They are going to have to lean into their identity as a team, and sustain through the trials that beset the intense playoff atmosphere.

Our ice hockey teams are also heating up as the post-season approaches. The men's hockey team boasts an ACAC best record of 23-3 heading into their final weekend of regular season play against their familiar foes MacEwan University Griffins. Our women's team has a record of 13-11 going into the playoffs, where they will likely meet with the RDC Queens who they drew their final weekend of play against, including a double overtime thriller the Oaks narrowly dropped.

As is generally the case with NAIT's lineal history of success in ACAC Hockey, the March playoffs should see the best come out of both of our hockey teams, and their mettle will be known.

To all of our Oak athletes, thank you for your dedication to your sport, your diligent abode to your coaches, and the integrity with which you represent our school. As a post-secondary institute, we are blessed to have strength across our many sporting disciplines. It is an exciting time to be a fan of the Oaks. Best of luck to all of our athletes in this time of ultimate competition. If you see an Oak in the hallways, be sure to give them well-wishes so we can send them off to playoffs with our recognition and support.



The women's volleyball team will be competing in provincials hosted in Medicine Hat on Feb. 27 - 29.

Photo by Railene Hooper



# Free dance classes at NAIT's Hip Hop Club



By **ERICA CAWAGAS**

At the NAIT hip hop dance club (HDCNAIT) you can learn how to pop, lock and waack every Friday at their free drop in class in room S112 located in the main building.

HDCNAIT was founded in 2016 by only a small group of dancers who wanted a free studio to practice their craft. Eventually, they grew into a bigger team with over thirty people. Today, HDCNAIT performs, battles, brings in studio instructors to teach and even makes dance videos.

They advertise on their Instagram (@hdcnait) who's going to be teaching, the time and location of classes as well as the level and style of the dance.

Their latest drop-in class was on February 14 where they taught their very first partner dance choreographed by HDCNAIT's president Paolo Garcia and VP of communication Ryen Venice Pasinos.

"We dedicated today's class [to] Valentine's Day, but we understand that some people are uncomfortable being partnered up so we tried to incorporate partners and sin-

gles choreography," Pasinos said.

HDCNAIT values the basics. They teach multiple styles like popping, locking, break dancing, urban, k-pop, waacking and much more. HDCNAIT's teaching style is starting from the foundation to cater to beginners who are interested to see what studio classes are like in a less intimidating environment.

"We love to invite beginners to come here, and then once they feel like they can step out they can spend their money on studios, because we're absolutely free," said Pasinos.

HDCNAIT also created a performance team called S112. They have a total of 25 members. Every April, MacEwan, UofA, NAIT and even some high school dance groups put together a showcase called UNITED. This is a place where Edmonton hip hop dancers can come together and communicate. The main purpose of the UNITED is to see their hard work from September to April and share how much they have learned.

Within S112, the group KandiBeatz will be having their first performance Friday Feb. 21 at a U of A hip hop showcase at the Myer Horowitz theatre.



Photo by Erica Cawagas



# Femme fest burning up all over Edmonton



Photos by April MacDonald Killins

## By STEPHANIE SWENSRUDE

Starting Feb. 27, art lovers will flock to venues all over the city to catch the eighth annual SkirtsAfire Festival, a collection of performing and visual art events with a focus on local woman artists.

“[The name comes] from this idea of women who are just on fire,” artistic director Annette Loisele said. She chose the word “complicated” for this year’s theme.

Playing into the theme, Loisele chose a local woman playwright’s “epic” to feature as the mainstage show. *The Blue Hour* by Michele Vance Hehir will be performed at the Westbury Theatre in Strathcona, just off Whyte Ave. It tells the story of a beloved local pastor entangled in a romantic relationship with a teen girl in a fictional Southern Alberta town in the ‘40s.

Before the show and during intermission, viewers are invited to contribute to an interactive art installation in the lobby while local singer-songwriters perform.

“People are going to want to unpack it,” Loisele said. “It’s going to make people uncomfortable.”

*The Blue Hour* is a microcosm of the festival at large; complicated stories designed to spark conversation.

Having expanded to three venues this year, 2020 is shaping up to be a year of growth for the festival. Art installations are hung in the Alberta Avenue area at the Nina Haggerty Gallery, and there will be performances downtown at The Station on Jasper.

The downtown venue, The Station on Jasper, is home to



more performances. Formerly known as Needle Vinyl Tavern, Loisele hopes that holding a women-centered festival there will help to change the image of the bar after sexual assault allegations were made against the co-owner.

“They’ve really been working hard to make it a safer place, change their image,” she said. “I feel like we’re going to be a big part of that.”

In celebration of International Women’s Day weekend, Derina Harvey Band will be headlining performances at The Station. The festival is also hosting brunches for the weekend, with funds and awareness on Sunday Mar. 8 being raised for human trafficking.

The Alberta Avenue area, the festival’s original home, features even more blending of the arts. Patrons will listen to *Suspension*, a radio play, on their personal devices as they wander through a gallery and a collaborative installation piece.

*She Moves* is a dance show, tying groups that specialize in Lebanese, Colombian and Haitian dance with classical ballet.

“They kinda turn the story on its head,” Loisele said.

Down the street, a drumming show is making its home in St. Faith’s church. In *The Beat of Her Drum*, groups with influence from West African, Korean and Indigenous music will shake the stained glass and vaulted ceilings.

With “complicated” as this year’s theme, Loisele has surely curated a festival with something for everyone. Find all the details online at [skirtsafire.com](http://skirtsafire.com).



## ARTIST SPOTLIGHT

# Moulding therapy and art

By MORGAN NOSEWORTHY

It's been a month and a half since the former social worker said good-bye to the nine-to-five world to keep up with the demand for her pottery.

Four and a half years ago, Brinn Steeves decided to try out pottery. Today, she's out of the frying pan and into the kiln, as she is now a full-time potter working out of her home studio in Old Strathcona.

The Edmonton native moved to Saskatoon in 2015 for a social work program, but had no connection to an art community, so she decided to give throwing clay a try.

"It escalated from there. I got pretty obsessed," said Steeves.

When she returned to Edmonton, she integrated pottery with her social work in the inner city. She spent the last few years running one of the visual art studios at iHuman Youth Society.

"I was kind of integrating therapy and art with a marginalized population," said Steeves.

She calls her work "strengths-based ceramics," because of the way it celebrates people's positive traits, such as empathy, kindness, and compassion. Every piece is handcrafted herself from start to finish.

Things have been going well for Steeves since taking pottery from a "full-time side-hustle" to a full-time job.

"Edmonton really supports the art community. I debuted in the springtime at the Royal Bison and sold out my first sale and since then I can't keep up with the demand. It's awesome," said Steeves.

"Figuring out a home studio has been pretty tough because there's a lot of working parts to pottery. I have a kiln to fire my stuff in, but there's a lot of regulations and specifics to having a piece of equipment like that," said Steeves.

"Now it's trying to figure out how much to work and what time work; how to keep myself motivated, but not work too much," she says.

Steeves suggests taking a class to anyone interested in pottery.

"Even if you don't want to do it for money, it's super therapeutic just being on the wheel and trying out a really tactile art form. It'll blow you away the different kind of eye-hand co-ordination you use for pottery."

Classes range from six to ten weeks and can be taken at Studio 72, Viva ClayWorks and the City Art Centre.

Steeves showcases her work at art shows like Royal Bison, The Old Strathcona Art Walk and The Coven Collective in Calgary and hopes to hit the punk-rock flea

markets in Toronto.

More permanent showcases can be found at Hideout Distro on 124 St and 108 Ave, Tix on the Square in Churchill Square, and Fox Runner Tattoo on 101 St. and 80 Ave.

Her work can be viewed at [oilandbirch.com](http://oilandbirch.com), on Instagram @oilandbirch, and at [facebook.com/oilandbirch](https://facebook.com/oilandbirch), where she also posts videos showing progress on current pieces and tips for aspiring potters.



Supplied photo.



Photos via Facebook.





Photos via allposters.com, The Makeup Thoery Studio and Cleo's Beauty Secrets

# BOLD

## beauty

ANCIENT EGYPTIAN TRENDS



Winged eyeliner is a popular fashion trend used by thousands of women today.

By **SARA GOUDA**

Egypt is remembered as the cradle of civilization and the place from which many arts and sciences spread across the world. It was also the place where cosmetics were first used.

Many popular and commonly used makeup looks from today, such as the dramatic cat-liner eye makeup, were present in drawings of both men and women in Egyptian art. Ancient Egyptians of both genders regularly wore makeup. They felt comfortable further enhancing their characteristics with makeup.

A person's looks and appearance were so important that some spells from the Egyptian Book of the Dead specify that one can not speak out of it if one is not clean and presentable.

Spell 125 from the book prohibits one from speaking it unless one is "clean, dressed in fresh clothes, shod in white sandals, painted with eye-paint, anointed with the finest oil of myrrh." The gods of ancient Egypt are regularly depicted wearing eye make-up, as are the souls in the afterlife, and cosmetics are among the most common items placed in tombs.

However, living in a desert with somewhat limited resources, the Egyptians had to work with what was available in their environment. And so they created cosmetics



Taylor Elizabeth in the role of Cleopatra.

from natural resources such as sands, coal and insects.

In addition to enhancing personal appearance, they also used cosmetics to improve their health. The natural ingredients used in these ointments, oils and creams helped soften their skin, protect them from sunburn and protect their eyes.





Photo via Unsplash

By JONAH PETERSON

**“Livin’ Right” – Ntwali, *Vintage Simba*, 2019**

Listining to Ntwali’s mixtape, *Vintage Simba*, you might feel like you have been transported back into the golden era of Hip-hop. The Edmonton rapper is a must listen for anyone trying to find new artists keeping the old school alive. The song “Livin’ Right” gives a classic boom-bap vibe that will have you grooving to a melody and flow that’s impossible not to sing along to. A song about living your life to the fullest, this one is certain to enter your playlist. Life: you only get one. Hope you’re livin’ it right.

**“Auntie” – WHY-G & Houdini, Single, 2019**

Moving to the east side of Canada, we find two rappers who are making big moves in the Toronto rap scene. This track is sure to get the party going, with a catchy hook and a trap beat that flows effortlessly. The two showcase their bars and classic Toronto accent in this club hit. WHY-G is back in the booth after his arrest in early 2018 and is coming into 2020 with a vengeance. As for Houdini, he has only been active for a few years but already has several songs that have resonated across the city. Hopefully these two have more collaborations planned for the future.

**“Canada Goose” – Pressa & Tory Lanez, *Press a Brick*, 2017**

Pressa is quickly becoming a big name in Canadian Hip-hop. Teaming up with an already solidified talent in Tory Lanez, the Blue Feather Records artist brags about his riches and expensive lifestyle, while also warning his enemies to keep their distance. Pressa has been a little quiet the past few years, while Tory Lanez has been on a huge run, becoming one of the premier Canadian artists out today with his blend of hip-hop and R&B.

**“Last Laugh (feat. Supawassi)” – Burna Bandz, *North Boy*, 2019**

A lot of the songs selected for this article feature artists from the underground rap scene in Toronto. That’s because there is so many amazing artists coming from that city right now, especially in Hip-Hop. With all that talent, it’s no surprise that Burna Bandz has remained one of Toronto’s most underrated rappers. His 2019 mixtape, *North Boy*, is filled with trap bangers featuring plenty of local artists, including up and comer Supawassi, who comes through on the song Last Laugh with possibly the best guest verse on the whole album. If you’re sleeping on Burna Bandz, it’s time to wake up.

**“Griselda Blanco (feat. TwoTwo)” – Pengz, Single, 2017**

His biggest hit to date, Toronto emcee Pengz comes together with TwoTwo for this underground classic. The track features a simple trap beat, produced by another Canadian, Brampton, Ontario’s own JP Soundz. The song is filled with aggressive bars detailing their lifestyle of selling and producing their own narcotics. One of the hottest tracks in the Toronto underground scene in 2017, the song’s music video alone currently has 7.1 million views.

**“Heard Things” – Derin Falana, *Don’t Save Me*, 2019**

Derin Falana has been making noise for a while, and his debut album, *Don’t Save Me*, proves that the Toronto native is ready to make a big jump with his music. The album is filled with relaxing, yet unpolished production, giving it a more old school feel mixed with hints of modern day R&B. In the song Heard Things, Falana lets the critics and doubters know that he hears what they’re saying, he just doesn’t care. One line that stands out in the chorus is “People hate the truth but I’m living mine.” People will hate when you be yourself, because that’s not what they want you to be.

**“TBA (feat. Smiley 61st)” – MksoLive, Single, 2018**

MksoLive gets together with Toronto legend Smiley for another underground classic. The song talks about the grimey upbringing the two experienced growing up in affordable housing projects, and the methods they used to make it through and secure a paycheque. Both artists are part of the rap crew OLN, which also includes fellow Toronto artists Ryda and Homie

**“Le but” – Loco Locass, *Le but* – EP, 2014**

For many rap purists, hip-hop music will always be about the power of words, and this Québec trio puts that emphasis front and centre. Many of their lyrics are devoted to the preservation of the French language, as well as the political independence of Québec. It doesn’t get more Canadian than an ode to the most famous hockey team in the country, the Montreal Canadiens, and that’s exactly what their 2014 track “Le but” is. The song name drops hockey legends like Jean Beliveau, Jacques Plante and Guy Lafleur, as well as takes some shots at their rivals, Boston, Philadelphia and of course, the Toronto Maple Leafs. No song on this list screams “Canada” more than this French-Canadian classic.

**“Cheesed” – Phone-EG, *The G Is Silent*, 2014**

It’s 2020 and people still seem to believe that Phone-EG does not have any burners. This is in fact not the case, and Phone-EG has been making this clear long before his 2014 mixtape, *The G Is Silent*. The comedian/artist had been making moves on YouTube, doing skits with his friends on their channel, 4YE Comedy, before dropping this classic tape. On the song Cheesed, Phone-EG talks about the people that doubted him, and the ones that have tried to take away from his success. He then says how he is going to respond, and it does not include anything friendly.

**“Set Trippin’ [Remix]” – Bizz Loc, Single, 2018**

Drill rap has made its way to Canada and Bizz Loc won’t let you forget anytime soon. The self-proclaimed “Err God” has grown a cult-like following due to his aggressive style and shocking lyrics. His 2018 remix of the Casanova hit “Set Trippin’” only made his name more known in the underground rap scene. He recently earned a spot on the collaborative mixtape *Northern-Sound*, that features a lot of Toronto talent, including other names mentioned on this list.



## TABOO TALK

# Reclaiming the word 'slut'

By **PAIGE GORDON**

The word 'slut' is at the center of one of the biggest debates among feminism.

The word is defined as "a woman who has many casual sexual partners" by Meriam-Websters dictionary.

Much like the words 'bitch' and 'cunt', 'slut' is a word that has caused a stir amongst feminists for years. Some feminists don't see the need to reclaim a word that they say brings more pain than justice. Others see it as a chance to reclaim the term and start an open dialogue on issues that are taboo.

There are many reasons why feminists are opposed to the word. The biggest argument against re-claiming the word is that it could lead to slut-shaming. Slut-shaming is the act of stigmatizing a woman for behaving promiscuously.

Slut-shaming can take many forms, whether through direct name-calling or online. Social media has made it easier for women to be victims of slut-shaming.

Billie Eilish revealed in her Calvin Klein ad the reason she wears baggy clothes.

"Nobody can have an opinion because they haven't seen what's underneath. Nobody can be like, 'she's slim-thick', 'she's not slim-thick', 'she's got no ass', 'she's got a fat ass', 'she's got a fat ass,'" Eilish said. "No one can say any of that because they don't know."

Actress Ariel Winter was slut-shamed for wearing short shorts which left little to the imagination, and actress Jenifer Lawrence was slut-shamed for staring in a movie with a married man.

On the other hand, some see the word 'slut' as an opportunity to reclaim power.

After female students from York University in Toronto were told by a police officer that "if women want to avoid rape, they shouldn't dress like sluts", a "slut walk" was organized. The walk was meant to take back the normally derogatory term and challenge the idea that a woman is responsible for sexual violence committed against them. Model Amber

Rose held the largest walk to date in Los Angeles after years of being publicly slut-shamed in the media.

There have been many books written on the empowerment of the word, notably the book *Slutver*. Karley Sciortino wrote the book from the perspective of a modern woman navigating hookups, casual sex and sexual identity. When writing the book, Sciortino's objective was to reclaim the word as "a person who seeks visceral experiences through sex and isn't ashamed about it" and continued to have statements of positive reinforcement such as "sluts are special" and "sluts are radical".

It seems the issue will not be coming to a resolution anytime soon. The negative side of 'slut' sets a sexual double standard, and many women feel the term has an impact on their identity that they must overcome.

The positive side of 'slut' can be used to encourage conversation about sexual identity, sexual violence, slut-shaming, and sexual positivity. The future for the word remains unclear.



Toronto's annual SlutWalk in the summer of 2017.

Photo via Facebook



## LOCAL SOUNDWAVE

# Ntwali releases third mixtape

By JONAH PETERSON

Edmonton hip-hop artist Ntwali uses the release of his third mixtape *Vintage Simba*, as his escape from the real world.

Ntwali came to Canada when he was 4 years old and quickly discovered the genre he would one day perform: rap.

Starting with artists like New York's 50 Cent, to shows on BET like Rap City: Tha Basement, hosted by Big Tigger, hip hop was a huge influence on Ntwali growing up. For him, rapping was not only a hobby, but a way to release stress and tension from his life struggles.

"I was probably like, 5'5" in high school. I wasn't really good at sports. I didn't have an outlet to dish out my energy," said Ntwali.

For many kids growing up, it can seem like the world is against you, and Ntwali has learned that making music was not only an escape, but a way to connect with other people. He remembers what first got him into rapping and freestyling.

"I was at this party one time, and I'll never forget. One of my friends was like 'Yo, you're black. I know you can rap.' Whatever, I gave it a try, I freestyled, and it was trash, you know? They were laughing at me, but I didn't view them as coaches or teachers, so I thought 'man, you guys probably have poor judgment,' so I kept doing it every day for a year," said Ntwali.

After a full year of practicing, he noticed that his friends were finally becoming receptive to his music, even encouraging him and reminding him to keep working to get better, so he continued with his passion.

Before he was Ntwali, at 17 years old he started off as Lil Simba, an ode to one of his favorite movies, *The Lion King*. He made music with his friends with whatever equipment they had available and started releasing it on Sound Cloud.

It wasn't long before he gained a following. He was able to get his music on streaming services like Spotify and Apple Music. His most recent release, *Vintage Simba*, is not only a reference to his old rap name but also the old school, vintage vibe that he tries to create.

"I'm not really a big fan of this new age of rap. I'd rather stick to the conscious side of things, cause there's still a demographic for that. So as long as that's still there, I feel like I can still make an impact," said Ntwali.

Ntwali is certainly making an impact, and other acts are starting to take notice. He had the opportunity to open up for a legend in the hip-hop game, Wu-Tang member GZA, in January of this year. He got the news he had been invited to perform the day after his release party for his third mixtape. For Ntwali, everything was coming together at once.

"I was already on cloud nine, and then to get that email the very next morning," Ntwali said it meant a lot to him.

After such a successful evening the night before, with people buying merchandise and even his parents showing up to see him perform for the first time, it would be easy for all the attention to go to his head. But Ntwali says he stays humble by remembering where he came from and knowing that he still has more to accomplish and more goals to reach. The road to success didn't come easy and he struggled just like any new artist to get his music out there.

"I heard a lot of no's. Like, 'just stick to school. You trying to be a rapper?' In their defence, I wasn't really at that level yet, but if that didn't happen, I don't think I would have [had] the fuel. I still use [the rejection] as fuel so many years later."

Ntwali is taking his talents across Canada, starting at the end of February with a show in Toronto.



Photo via Facebook



EDITORIAL

# Fugacis: define your reality



By ELI O'DONNELL  
Entertainment Editor

When was the last time you really felt like you?

I don't mean you the physical self, the mass of atoms that have so perfectly combined to create the mixture of oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus that equals the human body. I don't mean you, the psychological self that feels it lives about two centimetres behind your eyes. I mean, when was the last time you felt like being you. Wholeheartedly. Without compromise. "Me".

It's this question I found myself asking after seeing *Fugacis: A Psychedelic Odyssey*, directed by first time Edmonton

director Zach Proulx.

The film follows best friends and small-time acid dealers Rimón (Tom Tun-ski) and Darrien (David Madawo) as they search for Opus, the fictional acid that is said to reveal the meaning of life to its users. Few know of its existence and even less have seen its truths. Those who have don't come out the same.

*Fugacis* uses its hallucinatory subject matter to its advantage, taking the trip and running with it. Things like sound design, shot framing, focus and editing all come together to try and recreate what it's like to be on acid. People's faces will warp and trees take on an otherworldly sway.

Although trippy visuals are always a good time, where *Fugacis* really shines is in the themes and emotions it tackles. Touching on what it means to lose someone close to you, coping with trauma, finding meaning in what feels like an inherently meaningless universe and, most importantly, moving on. Even the name of the film, *Fugacis* (which I had to look up) is a Latin word for "inclined to escape," and that's what we are as people after all.

There's not one person who wouldn't wave a magic wand or take a legendary drug to change that one nagging thing about themselves: their smile, their voice, or their addictions. For Rimón and Dar-

rien that nag is feeling lost without purpose in their own reality. *Fugacis* isn't about waving that wand, it's about looking directly into the endless, untelling universe in front of yourself and defining

it for yourself. *Fugacis* is about coming to your own conclusions, about redefining your undefinable, about connecting dots in a slew of stars to form your own constellations. *Fugacis* is about you.



Photo via Kickstarter



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## WOMEN WEEKLY

# NAIT grad changes lives with computer skills

By **STEPHANIE SWENSRUDE**

Joanne Swensrude sits in her home office sipping chai tea. Her dog rests at her feet and there is a green screen hung behind her.

"Hi, Maria! Hey, Joseph," she chirps to her computer. Today, Swensrude is hosting an online webinar. Hundreds of people tune in every week to catch Microsoft Office lessons in real-time from the comfort of their cubicles.

Joanne Swensrude has run her own computer training business, Know it Sooner, since 2006. The name came from some of her first clients.

"People would always learn things and then say, 'wow, I wish I would have known that sooner,'" said Swensrude. "So that is where the name came from."

In 2006, Swensrude wasn't quite happy working for someone else. She had three young girls who she missed every day, and most of all, she wanted to be her own boss.

She took the leap and started her own business. This would allow her more flexible hours and more time with her "dollies" as she calls her daughters.

But not every step of the way was easy.

"We have slow periods," she said. "Sometimes I'll go almost a month without getting much work, and there's not much you can do."

"Being your own boss requires a whole different set of skills. I set my hours, so I have to have the self-

discipline to get out of bed and get to work and not get distracted."

However, Swensrude enjoys a more flexible schedule since expanding her team of teachers and her line of webinars. She hosts live one-hour seminars online. Attendees tune in from the United Kingdom, B.C., and Houston, Texas. And since all she needs is a laptop, she has broadcasted her webinars from Mexico, San Francisco and more.

"That's probably the best part of my job, that I can do parts of it while travelling," Swensrude said.

Though most of her clients are from the corporate world, she believes everyone, including NAIT students, could benefit from Microsoft Office training.

"You don't know what you don't know," said Swensrude. "Business students will absolutely need Excel in the future. And everyone needs to know how to use Word and PowerPoint, for papers and presentations."

Swensrude hopes she can be a role model for women looking to start their own business.

"I took my computer skills, my teaching skills and my networking skills and I built a business," said Swensrude. "It wasn't easy, but I'm so glad I did it."

"And if I can do it, anyone can," she laughed. "Find what you're good at and use it."

You can find out more information about Joanne Swensrude at [knowitsooner.com](http://knowitsooner.com).



Supplied photo.

# Defining relationships

By **KARLIE MICKANUIK**

Love and romance have seemingly become undefinable as society has moved away from placing labels on relationships.

Polyamory, open relationships, long distance, and online relationships have become more openly discussed compared to the past. The idea of a relationship has become very different and is constantly changing as society moves to a more accepting attitude.

Seeing how much the world has changed, it becomes harder to define a relationship. So how as a society do we define relationships that are constantly changing and evolving?

Caren Anderson, a social worker at NAIT, explains that there is no real definition to what a relationship is.

"People are looking for some kind of connection with someone whether it's physical or emotional, they're still looking for a connection in some way," said Anderson.

Decades ago online relationships were impossible as there simply was not enough technology. Cell phones and computers have come a long way, making connecting with people more accessible. It is easier to properly interact online on a regular basis.

Long distance relationships of the past are not how they are today with the freedom of social media and texting. It is easier to form a connection with someone on the other side of the world than ever before and although the relationship may not be physical, the people involved in the relationship can still feel love and it is considered a legitimate relationship.

Anderson's says that although relationships have changed, the core roots of attachment in a relationship still exist in today's time. Having a deep connection with someone is important for mental well-being and people's happiness.

"[The need for connection] is something that is hardwired into us from a very young age, and we need that, we are social beings

and we want that connection," said Anderson.

Attachment looks different for everyone. People who are asexual, which is a person without sexual feelings or association, or aromantic, a person who experiences little to no romantic feelings, find attachment in different ways. Feelings of companionship, friendship and bonds with family can all suffice the need for attachment.

With the increase of acceptance of LGBTQ+ people, relationships have never looked more different and unique.

Charlie Marsh is in a polyamorous relationship and explains that there is no clear definition of a polyamorous relationship.

"There are many variants of polyamorous relationships that can ultimately only be defined by the partners themselves and their personal guidelines," said Marsh.

Although romantic relationships look different than they have in the past, love, safety and companionship is important in all of them. As the famous quote from Lin Manuel Miranda reads, "love is love is love is love is love is love is love is love, cannot be killed or swept aside."

\*Some names have been changed to protect the person's identity.



Photo via Unsplash





Photo via Scream Queen B

# TAROTSCOPES

with SCREAM QUEEN B

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

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)

### 7 of Pentacles:

Frustration, waiting game, not seeing the fruits of the seeds you keep planting. You wonder, what's all this for? Ask yourself a new question: are you really forgotten and passed over or do you keep deciding to nourish yourself at the empty wells? Watch where you choose to put your energy. That is the key.

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

### 7 of Swords:

Deception, holding back the essential, not speaking your truth. When we have one foot in and one foot out we begin to suffer from not being part-of. When it comes to commitment, your thoughts/beliefs or straying eyes begin to do you more harm than anyone else.

## TAURUS (Apr. 20 - May 20)

### The Chariot:

You want to move forward in life, travel and expand your horizons, but finances are tight. This is a time to reflect on how delayed gratification can lead to more freedom. Use this retrograde reflection to create an image of a future you can value and save up for. Plant seeds, foster your goals.

## GEMINI (May 21 - Jun. 20)

### Mother of Pentacles:

This is an opportunity for healing the relationship between the feminine, the Mother or Matriarch in your family. Estrangement or abandonment issues resurface to bring you a deeper understanding of how you need to be nurtured and cared for. How can you be this loving energy for yourself this week?

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

### Hermit:

It's time to slow down, retreat and connect with your soul. If you've been chasing distractions or social engagements, taking a necessary time out is going to stir

up the FOMO, but trust... this week brings up feelings and triggers that need to be sorted out in private.

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

### Strength:

You are being shown what you're made of. You can feel deeply hurt, crave recognition and support and still move on. You can meet your own needs in the presence

juggling all your responsibilities. Strive for harmony and find your centre. When you're grounded, you make better choices for yourself. This challenge of transformation is calling you.

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

### 8 of Swords

Reflect on all the ways you've held yourself back, missed opportunities and failed to ask for what you wanted. What beliefs are coming up to the surface to haunt you? Isn't it time to let them go?

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

### Six of Pentacles:

A dilemma between what is here and what has happened. Sometimes the good things in our life cause us to reflect on how little we thought we deserved, what scraps we settled for. Let yourself notice this disparity and commit to what is offered and on the table now.

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

### 10 of Pentacles (in Reverse):

Something in your homelife, family or relationship is not what it seems. It may look nice from the outside, but when you get past the surface - you can feel that something is rotting underneath. Try as hard as you like, you can't escape or play pretend. When has this happened before and how did ignoring it work out for you? Don't repeat the pattern.

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

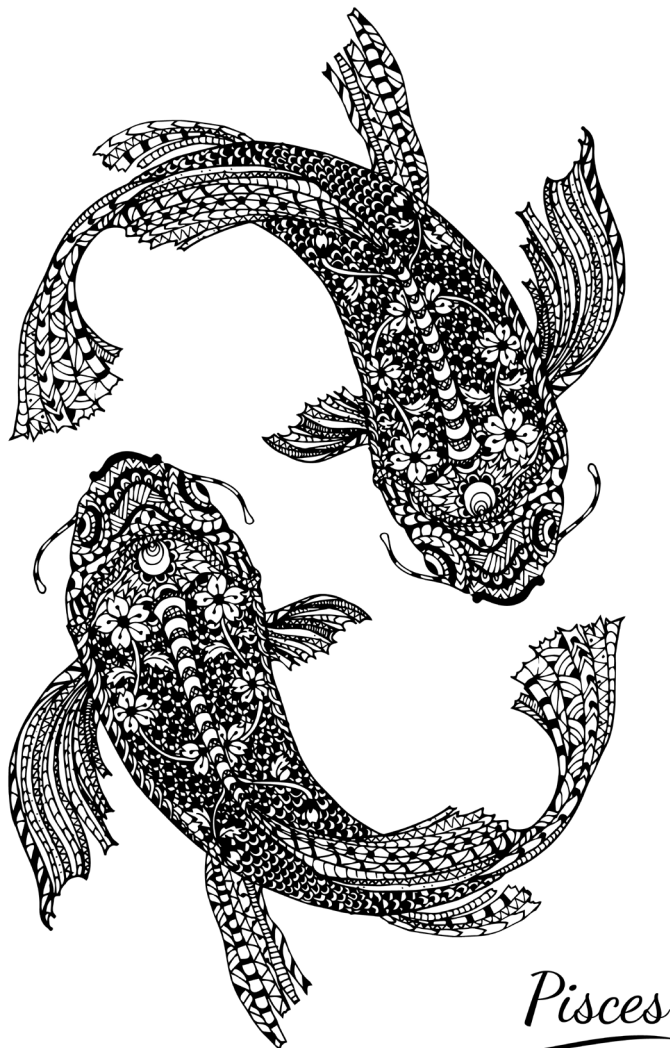
### Knight of Swords:

Who needs to hear from you Capricorn? There's a communication or message that needs to be delivered, a past hurt or misunderstanding that needs to be addressed and amended. Tread careful when seeking forgiveness.

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

### Mother of Wands:

Who have you walked through fire for and how does the sting of that stay with you? This energy speaks to holding on too tight and irreconcilable differences between two energies that just don't connect or blend well. If this is true, is it easier to let go?



of lack. You can believe good things will happen for you, even if you don't quite trust that it will. See how far you've come already?

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

### Two of Pentacles:

Feeling out of balance, depleted and worried about



CREATIVE CORNER

SudOoku

Easy

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

Medium

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

Hard

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



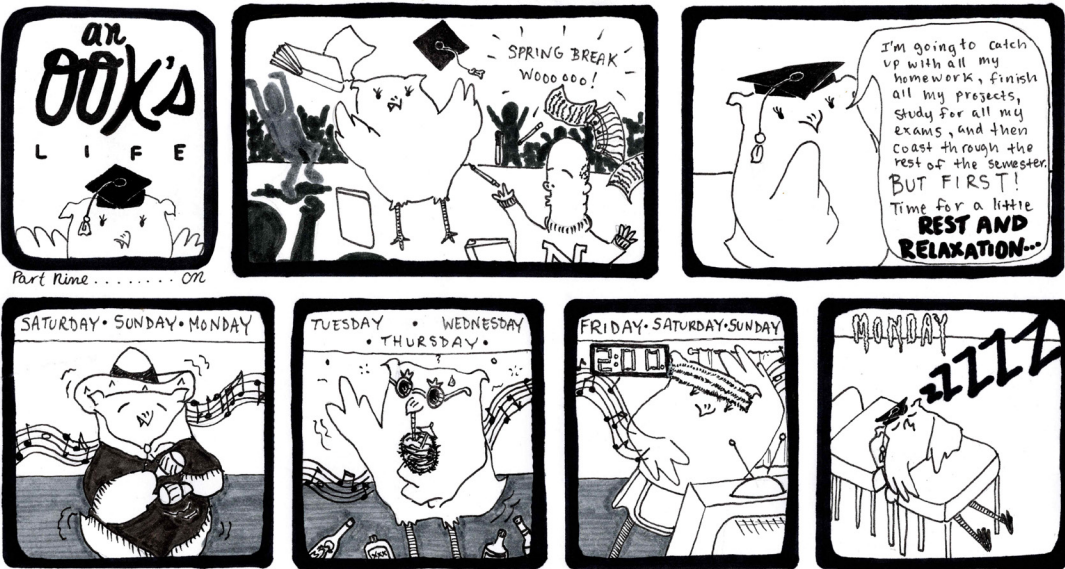
Art by Celia Nicholls

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CREATIVE CORNER



Comic by Celia Nicholls

February monologue  
By Karlie Mickanuk

I wish the world had a pause button. It's simply moving too fast. Or perhaps I should have a pause button. I seem to be rushing around in fast forward. This two times speed I've been living in has caught up with me.

In a few short days I will be a year older and that terrifies me. In the past year I've lived a lifetime. I've loved and been broken, I've laughed and I've cried, I've left my home and stood out on my own...and I am scared.

I'm in a new city that I'm trying to call home, but I struggle with finding my place in it. It's been eight months you'd think I would have figured out how to do this but I haven't. I have a whole life ahead of me to enjoy slowly, yet I still drive towards my future full speed with the breaks cut.

As the years come and go they seem to get shorter. Or am I just impatient for my future to come. I've lost the remote that controls the speed at which my life goes at. But did I misplace it or hide it somewhere I knew I would never find again.

Druid and the DJ  
Elijah O'Donnell

My father was a DJ,  
He had dreadlocks and danced,  
Drummed in drum circles,  
With other dead heads.

My mother was a Druid,  
She had crystals and love,  
She lay in grass fields,  
Crowns of flowers made of.

They had they had each other,  
Then,  
They had me.

Now my fathers a supervisor,  
At a big corporate plant.  
With hair cut too short,  
Music seldom to enchant.

Now my mothers a salesman,  
Of snake oils and shakes,  
No more time for strolls in the forest,  
Or walks by the lakes.

Still there are relics of time gone,  
Never to come back.  
Turntables never spun,  
Crystals stuck up on the rack.

He no longer has his parties,  
She no longer has her tree,  
They no longer have each other,  
They no longer have me.

Like sticks of incense,  
Now ashes in the ashtray,  
Whoever thought of a story so silly,  
As the druid and the DJ.



Art by Celia Nicholls

Solutions

Easy

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

Medium

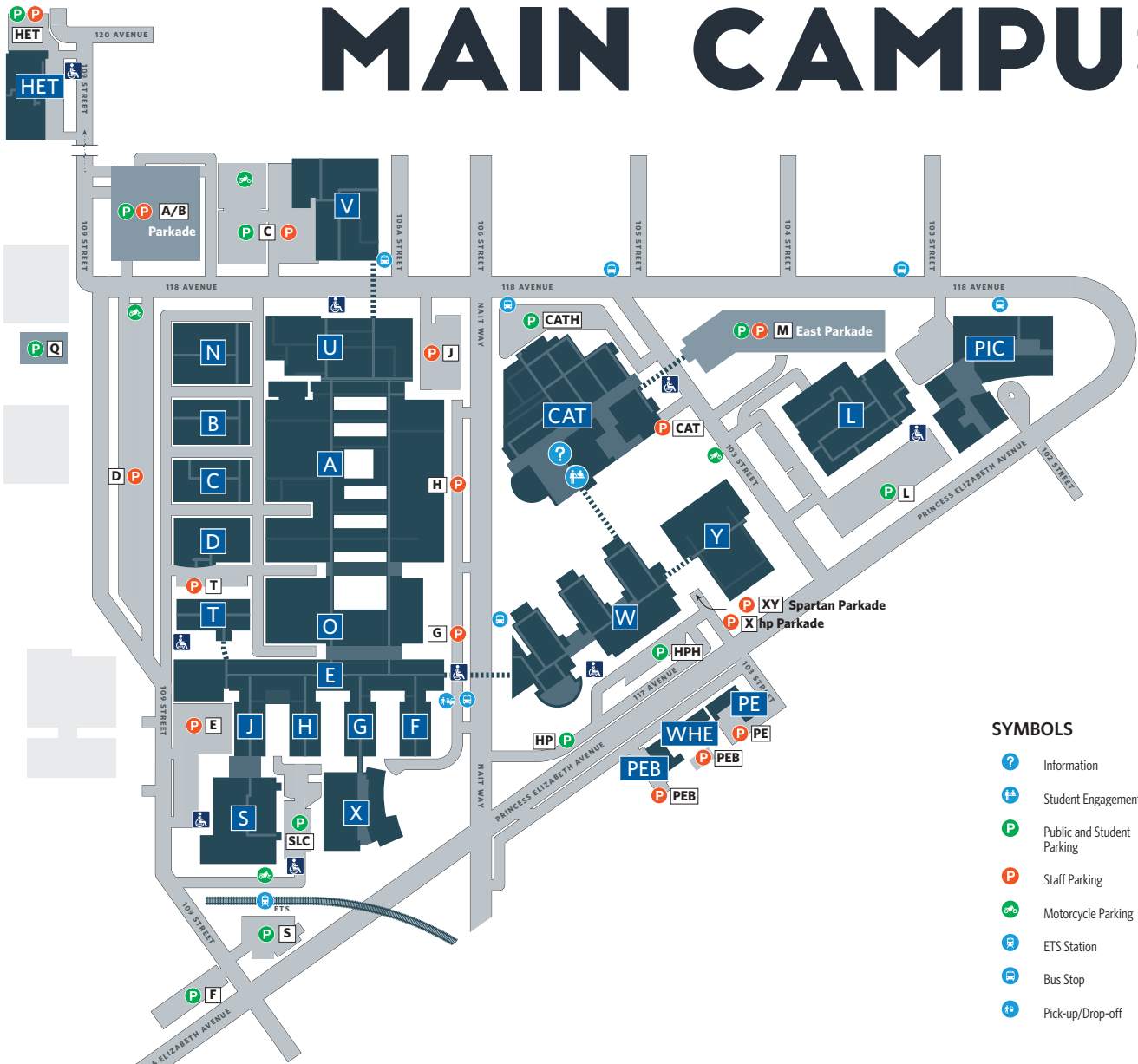
7	2	5	1	3	9	6	8	4
4	8	2	7	9	1	5	3	6
5	9	8	4	6	2	7	1	3
1	3	9	6	4	8	5	2	7
6	8	1	3	7	2	5	4	9
9	4	6	1	8	3	7	2	5
3	7	9	5	4	1	6	8	2
2	4	8	7	5	3	1	9	6
8	1	4	3	9	7	5	2	6

Hard

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



# MAIN CAMPUS



## SYMBOLS

- Information
- Student Engagement
- Public and Student Parking
- 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

**Souch Campus**  
7110 Gateway Boulevard

**NAIT Distribution Centre**  
11311 - 120 Street

**CALGARY**

NAIT Calgary  
816 - 55 Avenue ne

## BUILDINGS

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

## OFFICES AND SERVICES

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

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

Map locations are subject to change. Visit [nait.ca](http://nait.ca) for most current information.