

VOTING FOR STUDENT ELECTION OPENS FEBRUARY 10TH

NAIT NUGGET

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the
LOVE, SEX, ROMANCE
issue

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Free HPV vaccines offered at NAIT



NAITSA VP Academic talks to a nurse about receiving the HPV vaccine.

Photo by NAITSA

By Caleb Perreaux

A mobile HPV vaccine clinic was hosted at NAIT this February. From Feb. 6-9, students 26 and under could head to North Lobby to get their first shot completely free. Nurses and healthcare professionals were on location to answer questions and perform the vaccination.

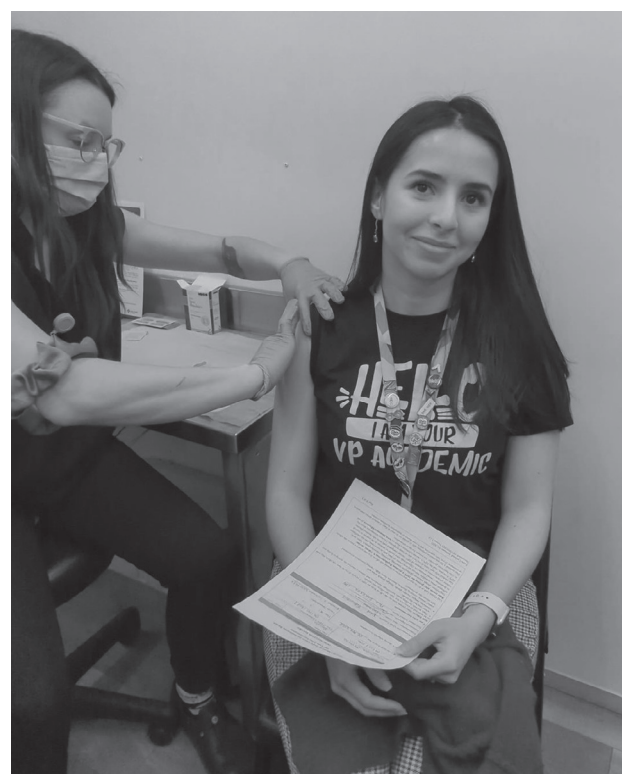
AHS approached NAIT and NAITSA, wanting to make the vaccine more accessible and remove barriers that might prevent students from getting it. The vaccine is a series of three shots that typically cost around \$250 each. However, NAIT and other schools like Mount Royal University, the University of Calgary and Bow Valley College offered students all three doses for free. After receiving the first dose on campus, students were instructed to go to a health clinic that would continue the free administration for them. There was no requirement to be a NAIT student to get the vaccine.

HPV, or human papillomavirus, is a virus causing genital warts and cancers. According to the Government of Canada, HPV is one of the most common sexually transmitted diseases in Canada. HPV can be spread by vaginal, anal or oral sex; it can also be spread with no symptoms. In most cases, HPV will go away on its own. However, HPV can cause cancer years, or even decades, after infection. These cancers include cervical, in the back of the throat, tonsils, penis, vaginal and anus. There is no test readily available to detect HPV; however, health professionals can screen for HPV in cervical cancer tests for women between 21-30. The HPV-9 vaccine fights nine different types of HPV, all which can cause over 50 per cent of all cancers found in the genital area. Any Albertan citizen can check for their HPV vaccination status with the MyHealth Records service.

Renata Medeiros, NAITSA VP Academic, received her shot at the clinic. "It was a smooth experience. It didn't hurt, not even a little. And the nurses and staff were very friendly and welcoming," said Medeiros.

For students over 26, the HPV vaccine is available at most

pharmacies. Students under NAITSA's benefits plan will have 80 per cent coverage. To confirm enrollment status, students can contact NAITSA via live chat, phone or visit in person at O105.



Renata Medeiros, NAITSA VP Academic, received her first HPV shot at a free clinic at NAIT on Feb. 6.

Photo by NAITSA

OPINIONS

Is something bugging you about life at NAIT or the world? Have some praise for the school or life in general? Need to voice your opinion on current events?

Send us your thoughts.

Keep it short and to the point. No more than 100 words. Submit your letters with your real name to info@thenuggetonline.com.

Yes, we need your real name. No, we won't post it! Getting something off your chest is downright therapeutic. **Write us.**

naitsa
NAIT STUDENTS' ASSOCIATION

NAIT NUGGET

Educating and entertaining the NAIT community since 1964.

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Love of the game: Board Game Club feature



The board game club has a wide variety of games for students to play at their weekly meet ups.

Photo by Fraser Sockett

By Fraser Sockett

Board games have been part of human history for millennia. One of the oldest is an ancient Mesopotamia two-player race strategy game known as “The Royal Game of Ur” which dates back to sometime around 2600-2400 BC. NAIT is no exception to the ancient tradition of board games—the Board Game Club is one of NAITSA’s most active clubs, with weekly meet ups in person and online.

Bao Nguyen, a Digital Media and IT student, became the club’s first president. “My whole thing was [that] I was really surprised there was not one that already existed at NAIT.”

The club took a short hiatus from in-person games during online classes, but Nguyen emphasized the importance of gathering in-person. “Getting back in, I did want to have a place for others to connect over a shared activity. I love board games so much. So it was an obvious thing for me to put in the effort and get it going for everyone. We got a really healthy group of people, so I am happy.”

For those who can’t make it in person, the club offers an online option on Saturday nights, as Nguyen wants to remain flexible. “Some of us still play online. We particularly play on a platform called tabletop simulator. We are reaching out to make that official and so people can gather and know that time is

spent for us to play.” Tabletop Simulator is a platform that can be bought on Steam. A single copy is \$22 or a four pack is \$66, with content add-ons ranging from \$5-\$15.

Nguyen also mentioned a website called Board Game Geek that he says is an important resource for gamers. “It’s one of the most amazing sites for anyone into the hobby. It’s a main forum, really, but a collection of reviews, ratings, and popularity contests. It’s kind of the main hub for people in the gaming space, if you have any rule questions or need help finding recommendations.” The site also gives a brief history of any board game, how many players can play, how long it takes to play a game and more.

The club has a wide variety of games with varying difficulties, including accessible games for less experienced players. The club currently has an ever-growing roster of 80+ games.

The Board Game Club meets every Friday in CAT142 from 4 p.m. to 8 p.m., or online on Saturdays from 6 p.m. to 9 p.m. More information is available on Ooks Life. They also have a link to an active and friendly Discord server on their Ooks Life page.

Safety on campus with NAIT Protective Services

By Michayla Kirsch

It's been two years since the pandemic, and everybody comes and goes too quickly here at NAIT. With some students on campus for the first time, or even for those returning, many see the uniformed officers or hear about NAIT Protective Services (NPS) but don't know the intricacies of the different roles.

The Protective Services page on NAIT's website explains that their goal is to "provide helpful, responsive services and to work with staff, students and visitors to strengthen our campus community." But as Sam Darlington, a NAIT peace officer explains, not everyone knows what NPS does on campus. "We have a lot of levels of law enforcement in Alberta, we're very unique in that way. We have peace officers, municipal police, the RCMP, the sheriffs as well. They're all out doing different things, so it does get a little confusing."

The Nugget sat down with Darlington to get some clarity on the many roles and duties NPS has at NAIT.

Peace Officers

Peace Officers are trained by the Province of Alberta, which gives them the authority to deal with provincial matters. "We can detain and investigate certain provincial offenses, not criminal [matters], that's strictly the purview of the police," Darlington explained.

Here at NAIT, the Peace Officers oversee safeguarding the members of the public and assist the Edmonton Police Service in collection of evidence and reporting any criminal activity on campus.

"High level, our job is to keep people safe. That's what we're here to do. It's not to write tickets, it's not to arrest people, we're here to keep people safe," said Darlington.

NPS Peace Officers also help students in need by directing them to various resources when they need assistance, aiming to focus on meaningful and supportive community interactions. Haven't seen a Peace Officer? You can tell who they are by their grey uniform shirts, blue protective vests and grey vertical stripes on dark blue pants. They are also marked "Peace Officer" on their vests and dark blue patrol jackets. NPS also has a fleet of several marked NAIT Peace Officer patrol vehicles.

Security Agents

NAIT's Security Agents are also important members of the NPS team and provide additional support and services to the NAIT community. NPS "takes care and pride in the training and development of all their staff." Darlington said that NPS' Security Agents go through a "rigorous [training] process" during which there is a heavy focus on legal studies, officer and public safety and is aimed at maintaining a safe environment for all people in the NAIT community.

Darlington asserts the are Security Agents "essential", saying "the security agents are here to support. They help us with calls, they're essential to us doing our job. I" Having Security Agents on campus allows the NAIT Peace Officers to focus on specific calls for service, conduct investigations, preserve evidence and handle other important tasks like NPS' Lost and Found services, the Safe Walk program and acting as the Chief Fire Wardens during fire alarms and other evacuations.

Like the Peace Officers, Security Agents focus on the safety and security of the NAIT campus and creating positive outcomes. "When we're dealing with the situation [we're] trying to choose the best option for all parties."

Parking Enforcement

NAIT's Parking Enforcement Officers work closely with NPS and oversee the compliance of NAIT's parking rules on campus. Parking Enforcement Officers are trained by the City of Edmonton to enforce the bylaws on NAIT property and within NAIT's parking lots and parkades. He added they maintain a system that focuses on education and warnings to gain compliance before issuing fines.

"The security agents and the peace officers all have the authority to write parking tickets at NAIT, but it is rare for them to enforce parking," said Darlington. "They act in a supplementary capacity to the parking enforcement officers."

Security Communications Officers

The "keystone of NPS" is the Security Communications Officers, or dispatchers. They answer phone calls, respond to emails and dispatch officers to call. When students call, they collect information to ensure that NPS has the information to properly assist the public.

NAIT Alert

NAIT Alert is another big part of NPS. Available on the app store and Google Play, NPS uses NAIT Alert to communicate important and urgent information to students. "NAIT Alert is essential to people's safety at NAIT in the sense that if there is an emergency or any important information that concerns [students'] day-to-day life here, that's where it's going to come from."

NAIT encourages all NAIT staff and students to download the app. "Every opportunity I get, I'm telling people to download the app because that is the most important thing I think a person can do when they come to NAIT as it relates to their safety," he explained.

Safety at NAIT

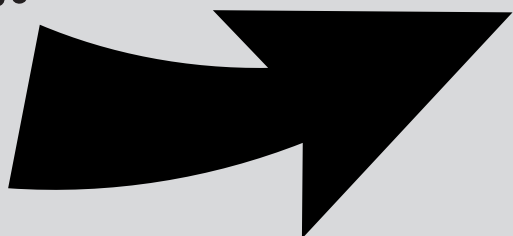
Darlington explained that "there's not a moment in the year where there aren't peace officers and security agents on the campus." Darlington also urges students to be aware of their surroundings and report suspicious behaviour. "We really count on people to call us ... If you see something, say something."

Last year, NPS dealt with over 10500 activities, 1300 of which were "incidents." Most of those activities included the general duties of NPS and its staff, but the incidents account for more noteworthy occurrences.

NPS affirms they are here to help students. "Our approach is really one with dedication and compassion and fairness. We try to be very public in our approach and transparent. The idea with NPS is that you can come up to us anytime and talk to us and we really want people to kinda see us that way."

NPS can be reached at 780-471-7477. Students can also connect to safety resources like a safety toolbox, a virtual safe walk, or NAIT's emergency procedures via the NAIT Alert app.

Download the
NAIT Alert app



Google Play (Android)



App Store (iOS)

Emcee to Ordained Minister: NAIT Instructor also marries Albertans



Dave Sawchuk (middle) is both a NAIT Instructor and Alberta Marriage Commissioner.

Photo via Instagram @getmarriedyeg

By Amy St. Amand

Instructors having part-time jobs outside of the classroom isn't unheard of, but one NAIT Radio and Television's Instructor has a unique side hustle that many wouldn't guess: he's an ordained minister. Dave Sawchuk got into the marriage game after being an emcee for numerous weddings.

"From 17 to mid 20s, all my friends got married ... I went to radio school at 18 and I ended up emceeing every wedding I went to for about a decade ... I don't know how many weddings I emceed, probably 40, and that's not an exaggeration," explained Sawchuk.

Sawchuk's desire to move from emcee to marriage commissioner was prompted by attending "the worst wedding ceremony [he'd] ever seen."

"The commissioner mispronounced the name of the bride like three different times in three different ways ... I remember being in the crowd of the ceremony, like cringing, absolutely cringing and feeling so terrible for my friend who was up there," explained Sawchuk.

"I remember being like, this can't be the best that can be done ... so it was kind of born out of curiosity more than anything."

Sawchuk then began the process to become a marriage commissioner. In Alberta, marriage commissioners are appointed by the Alberta Service Minister. Calls for applications will be announced depending on the need of the town. When Sawchuk initially applied, there was no need for Edmonton, so he was directed to essentially check back again later.

And he did.

Sawchuk checked every four months, for five years, until there was an open call for applications. The competition was tough—Sawchuk remembers being told that there were only 15 or 20 spots for all of Alberta, and about 10 of them would be for Edmonton. More intimidating though, was the number of applicants.

"I was told that 300 people or 400 people applied and they were going to whittle this down ... so I went about my business."

He made it through the first-round personality tests, then through the second round where he was graded on a ceremony, and eventually, the layers of testing became too much.

"I jumped through hoops for so long and at one point I turned to my wife, and I just said, 'I'm done. Like, this is too much. All I want to do is do a good job for Albertans.' And literally the day I said, 'I'm done,' they called and said, 'We're going to give you an appointment.'"

Sawchuk was awarded a five-year appointment and since then, he's created an Instagram account and website to market his services. He's even married NAIT students and staff.

"I've married at least two couples that have come out of Radio and Television, at least, and I've married at least two people that work here [at NAIT] and found out that I work here and I'm a Marriage Commissioner."

He considers being a marriage commissioner an honour and takes a personalized approach to marrying Albertans. "I don't do copy and paste ceremonies ... I meet with couples, I ask them questions, they tell me their life story, what was your first date like, what's that thing you do when you're away from friends and family ... and then you know, I tell those stories to their gathered friends and family," said Sawchuk.

"That is just a powerful, powerful thing to be entrusted to do."

Sawchuk's appointment was renewed for another five years, and he's excited to continue.

"I wanted to do it because I wanted people to have better ... I just truly believe Albertans deserve excellent service in the moment when they go from being in love to committing to a life in love forever for the rest of their life."

NAIT

NewsWatch

This February, on Youtube and naitnewswatch.ca

CANDIDATE FOR **PRESIDENT**



ALEX DOWNEY
CANDIDATE FOR PRESIDENT

My name is Alex Downey. I am a 27 year old Computer Engineering Technologist student. I am passionate about empowering my community and helping others to achieve their potential. Every student should be heard. And so, I promise to listen to you and advocate for the interests of NAIT students across all campuses.

In 2019 I graduated with a Bachelors degree in Music. During which I was the Co-Founder and President of the Live Music Club. Over the course of my Presidency we fed over 1600 unhoused individuals in Edmonton at live, self-hosted, music events. Through my Presidency I received an invitation to the European Innovation Academy in Turin, Italy. I spent a month there with mentors learning leadership, teambuilding, and advocating skills. I aim to use this skillset to empower, enrich, and enjoy our community to its maximum potential.

Thank you so much for taking the time to read this! Please consider choosing me as your President. It would be an absolute honor to serve the student body.

I hope our paths cross so we can high five!

CANDIDATE FOR **PRESIDENT**



TYLEEN SAISON
CANDIDATE FOR PRESIDENT

Hello folks!

My name is Tyleen Saison, and I am running for NAITSA President this year!

Currently, I have the honour of being Acting President and VP Internal at NAITSA as a part of the 2022/23 EC team. Over this past year, I have learned much and found a passion in our work on Executive Council. I would love to serve this wonderful community for another year, bringing my knowledge, passion and excitement into the new term.

I am currently a Visual Communications student in the DMIT program. Over the time I have been at NAIT, I have learned so much in and outside the classroom, met new people, and had fulfilling experiences. Outside of NAIT, I have had the opportunity to lead conferences, make keynote speeches, receive awards for my work, and volunteer extensively in my community for years. This work primarily related to students and mental health. I strive to find ways to give back to my community in meaningful ways, and the Executive Council has been a great way to bring my knowledge to the table and give you, the student, a voice.

I have had the opportunity to work at NAITSA over the past four years, three of those being on the Campus Activities Board team, both as Club Coordinator and Digital Media Coordinator. This experience has given me a well-rounded perspective of what is needed on campus by connecting with students and working within NAITSA. As VP Finance in the Womxn of DMIT Club, I have connected with peers

and heard about school experiences from many different points of view. I hope to bring more of these experiences and knowledge into the upcoming term to better advocate for student needs.

I aim to ensure that students have a fulfilling and memorable experience. Now having classes back on campus, blended and online, every student will have a different path through NAIT. With strong student representation, we can help to make that path easier.

If I am elected, I plan to advocate for the following:

- o Affordable and predictable tuition
- o Up-to-date and reliable technology on campus
- o Continued and improved mental health supports for students

And most importantly, advocating for the best interest of our community, you as a student, and your voice.

I would love to hear from you! If you have any concerns or thoughts on how I can best advocate for you, please email me at TyleenSaison@gmail.com.

Allow me to serve this wonderful community for another year, advocating for you and your student rights and needs at NAIT! **Vote for Tyleen for NAITSA President!**

CANDIDATE FOR VP EXTERNAL



JODY GYLANDER
CANDIDATE FOR VP EXTERNAL

Hi, I am Jody Gylander and I am seeking re-election as VP External.

Why do I want to continue to be your VP External representative on the NAITSA executive council?

Representing my fellow students as our VP external has been one of the proudest and most fulfilling roles in my professional career. My experience as VP External and the relationships that I have formed over the past year makes me the right candidate to continue serving our student body.

My first term as Vice President External was filled with incredible moments, many of which were from hosting events around campus and meeting and engaging with my fellow students. I am fortunate to serve as a board member for our provincial student advocacy organization, Alberta Students' Executive Council (ASEC). This position allows me to further represent our student body by influencing provincial advocacy efforts. Additionally, I have met with many elected officials, both locally and federally, to advance our student advocacy goals.

I am continuously impressed by NAITSA's high standard of service and dedication to students and I am grateful to be part of this organization. I believe wholeheartedly in our mission; to not only enhance the student experience, but also to advocate for student rights, be the students' voice, and provide student-driven services.

As a past apprenticeship graduate and current student, I know first-hand the real-life challenges that come with pursuing post-secondary education. As your peer and current VP External, I hear countless stories from classmates detailing the struggles of attending school and balancing everyday life. Life continues to get increasingly more expensive and we must fight to keep every dollar we can in our pockets. Student governance is an amazing opportunity to advocate for these issues that affect each and every one of us.

As your VP External, I will continue to advocate for:

- Affordable and transparent tuition
- An increase in financial aid programs and dollars
- Expanding both online and campus resources for students
- Providing greater access to mental health services both on campus and remote
- Boosting health and dental benefits

As your VP External, I will continue bringing your voice directly to NAIT, elected representatives in our local municipalities, our Legislature, and Parliament in Ottawa. Whether you are an apprentice working towards a Journeyman Certificate, a high school graduate exploring post-secondary for the first time, a mature student looking to re-train or anything in between, I am excited to listen to you and advocate for your needs.

CANDIDATE FOR VP EXTERNAL



JENNA WILLIAMS
CANDIDATE FOR VP EXTERNAL

My name is Jenna Williams, and I'm attending NAIT for the Business Administration program. I firmly believe in continuing education, as I've been a returning student since graduating from NAIT's Graphic Communications program in 2019.

NAIT brought many opportunities my way, as I have been able to work in the print industry for the past (almost) 4 years, applying what I learned in my previous program to real-life work. As much as I love the industry, I felt it was time to return to school and expand my horizons. Like many continuing students, I was intimidated by the thought of returning to school; still, I have been able to juggle work, school, and life successfully, and I know that if I were elected VP External, I would be able to handle the workload.

Elected as VP External would mean I could advocate for issues regarding transit, tuition, and many more topics that make students wonder if they are being heard. My focus as VP External is to advocate, collaborate, and create a safe public transportation system for NAIT students. Tuition increases each year, but I will do my best to ensure the student body's voice is prominent and heard during the deliberation. I advocate for mental health, directing many of my efforts toward ADHD, ADD, and learning disabilities that can hinder a student from having a positive post-secondary experience. I'm thankful for being the most voted-for candidate in the 2022 NAITSA Senate election, and I'm even more grateful for the individuals who approached me about how my senate campaign article resonated with them because I openly mentioned the stigmatism surrounding these disabilities.

As a member of the NAITSA Senate, I've already learned some of the topics that the VP External role deals with daily. As your new VP External, I will be the voice for the student body in municipal, provincial, and federal affairs. Whether you're a trades student, media student, science or business, I will hear you, and I will advocate for you.

CANDIDATE FOR VP INTERNAL



TRAVIS LUSCOMBE
CANDIDATE FOR VP INTERNAL

Fellow Ooks, my name is Travis Luscombe. I am currently in my third year of a business marketing degree. During my time at NAIT, I have gotten opportunities I could have never imagined and met many extraordinary people. These opportunities have shown me that making the most of your time in school is super important. That is why I have made it my mission to help as many people as possible have the best experience at school. And so, I ask for your help. Vote for me as the next Vice President Internal of the NAIT Students' Association. I will do everything I can to maximize the student experience for all.

As Vice President, Internal, I would support campus life departments and chair the Campus Activity Board meetings. I understand the importance of student engagement, and I am committed to ensuring that student's interests and needs are heard and addressed.

One of my top priorities is to increase student involvement in campus life. A vibrant and engaged campus community is essential for student success. I propose to create more opportunities for students to get involved in extracurricular activities, clubs, and organizations. Engaging in extracurriculars will allow students to make meaningful, long-lasting connections they can carry forward in their personal lives and careers. I also plan to work closely with the Campus Activity Board to ensure that the events and activities they organize align with student interests.

Another key focus area for me is improving communication between students and the Student Executive Council. Transparency and open communication are crucial for building trust and fostering a sense of community among students. To help this, I vow that I will be available to students and clubs to support them in any way possible by listening to and addressing their needs.

Lastly, I am committed to creating a welcoming and inclusive campus environment for all students. I plan to work closely with the clubs and groups at NAIT, such as the Pride @ NAIT club, The International Students Club, and more. To ensure we adhere to marginalized students' rights and needs. I also plan to advocate for policies and initiatives promoting campus equity and social justice.

In conclusion, we can make a real difference in the lives of our fellow students. As Vice President, Internal, I will work tirelessly to ensure that the interests and needs of students are heard and addressed. I ask for your support and your vote in the upcoming election. Together, we can advance student interests and create a dynamic and engaging campus experience. Thank you.

CANDIDATE FOR VP INTERNAL



SUHAIL SINGH
CANDIDATE FOR VP INTERNAL

Hi folks!

This is Suhail Singh, your fellow student at NAIT, running for the position of vice president internal this year in the student council. Currently, I'm in my second semester of the Business Administration-Accounting program. In my first semester, I volunteered for more than 30 hours on campus, and I was also a panelist at the kickstart event for international students. Being involved on campus, I understand the difficulties that students face, and I want to do more for the community.

If I'm elected for the position, I promise to hear about the difficulties of students and interact with them on a regular basis so that I'm well aware of what the students want and the issues faced by them. I will not only work on improving the day-to-day campus life by making quiet study spaces and more but also work on many major subjects that students want. Some of these are:

1. More cultural events:

As Canada is well-known for its multi-cultured community, I would love to introduce many more cultural events, where students from all cultures will be invited. It will not only help in learning more about different cultures but also help in making good networks. Once Tupac Shakur said, "We can never go nowhere unless we share with each other."

2. Advocate on lowering international tuition:

We all are well aware of the difference between domestic and international tuition...I know it's Huge!!! With such a difference, students many times have to work for longer hours which not only affects their studies but also leaves them with very less time to attend various events on campus, even if it is important, like any networking event or job fair.

3. Advocate for transparent scholarships:

Although there are so many scholarship programs and many students even get those but there are still so many domestic and international students who are in need but still don't get it. What I'm asked till now is that there should be more scholarships, and the process should be transparent so that the students who don't get the scholarship are aware of the reason for not getting the scholarship.

These will be a few major subjects that I will be working on, but still, if you need any help or guidance on campus, just connect with me, and we can together find a solution for you. If you want me to be your voice, make the right choice by voting for me on naitsa.simplyvoting.com before February 16, 2023, 4 pm. If you ever want to reach out to me, I'm always available on my Instagram (@suhailsingh_), or you can also email me at suhail2807@gmail.com.

Cheers!

Suhail Singh

CANDIDATE FOR VP ACADEMIC



MARINA BRUNO
CANDIDATE FOR VP ACADEMIC

Hi, I'm Marina Bruno and I am running for VP Academic.

My journey at NAIT started back in 2015 when I got accepted into the Personal Fitness Trainer program. After working in the field, I decided it was time to gather a new skillset, which to me meant coming back to NAIT for my Bachelor of Business Administration, majoring in Human Resources Management. NAIT felt like home, and I was excited to return.

After returning for my studies, I was given the opportunity to work for NAITSA within the service hub as a service hub assistant. This allowed me to gather a better understanding of the needs of students, and what is really important. Fast forward about a year or so and I came across an opportunity to join the peer support team, furthering my understanding of my fellow students.

I have cultivated ways to provide support to fellow students through active listening strategies, provide an environment where students feel safe and at ease, empower students, and make referrals to offer additional supports. It is my belief that this skillset will be extremely beneficial in the role of VP Academic, where confidential non-partisan support, and acting as an advocate by mediating and directing students to resources within the community is required.

I promise to put the best interest of the student body first when making decisions, and advocate on your behalf to the best of my abilities. I am passionate about creating a positive learning environment that leads to the safety and success of all students.

Through my time as a student at NAIT, I have developed my communication, leadership, problem solving, and organizational skills; all of which I will bring to the role of VP Academic.

If elected, I will proudly advocate for:

- o Additional private study spaces on campus
- o Priority on mental health supports like Peer Support
- o Affordable and predictable tuition
- o Open Educational Resources: learning and research materials should be accessible for all students

I promise to be a knowledgeable resource for you, navigating issues involving academic rights, regulations, and policies. When working closely with NAIT, I will ensure that your voice is heard; especially when writing policies and procedures.

Everyone has their own NAIT story, and I look forward to hearing yours. I am here to support you and listen to you. Please feel free to email me with questions, comments or concerns at marinab@nait.ca.

Thank you for your consideration, your support means a lot to me.

Vote Marina Bruno for VP Academic

VOTE FOR YOUR EXECUTIVE COUNCIL

VOTE ONLINE AT

NAITSA.SIMPLYVOTING.COM

FEBRUARY 10 - FEBRUARY 16 AT 4PM



SCAN TO VOTE!

INFORMATION STATIONS

FEBRUARY 15 FROM 4PM - 7PM

SOUTH LOBBY | HP CENTRE | CAT 1ST FLOOR

INFORMATION STATIONS

FEBRUARY 16 FROM 10AM - 2PM

SOUTH LOBBY | FRESH EXPRESS | X-WING | HP CENTRE

CAT 1ST FLOOR | CAT 2ND FLOOR | PATRICIA CAMPUS | SOUTH CAMPUS

JOIN US AT NEST EATERY FOR THE UNOFFICIAL VOTING RESULTS ON FEBRUARY 16 AT 4:45PM!

FOR MORE INFORMATION, VISIT ELECTIONS.NAITSA.CA

EDITORIAL

Coercion, consent, confusion: Changing to a culture of care

By Alleah Boisvert

Trigger Warning: this article discusses blurry consent, sexual assault and rape. Please read with caution.

“Can I touch you here?”

During an intimate experience with a partner, this statement quietly stunned me. There were so many different things I could be feeling at this moment, but I felt nothing but surprise for a few seconds. It was the first time a romantic partner had asked permission to touch my body during sex.

I felt seen.

When I graduated high school in 2013, I did not completely understand consent. Even in middle school, wearing tight pants meant risking a slap on the ass from the boys in my grade. My Facebook messages were full of boys expecting me to reciprocate their aggressive attempts at courtship. It wasn’t uncommon for naked photos of girls at school to be spread from flip phone to flip phone. Many of my peers were having sex, and everyone’s sex lives became subject to school gossip.

“Can I rape you?”

When I was 16, a boy I was dating said this to me jokingly. Earlier that day, my dog had died, and he was attempting to coerce me into having sex with him. He said it would “make me feel better.” By then, I was good at pretending to like this kind of behaviour. Unwilling participants of this culture were slapped with the label “frigid,” a term coined by the boys at school to determine which girls were worth pursuing. Looking back at my experience as a young person, I wonder if there was ever a time when I felt complete control over my body or how others perceived me sexually.

In 2015, only 33 per cent of Canadians fully understood consent, according to a study by the Canadian Women’s Foundation. Movements like #MeToo have helped improve today’s culture around consent and sexual autonomy, and I have hope that young people today experience less of the things I did growing up. Unfortunately, we still have a long way to go.

According to a 2022 study by The Canadian Women’s Foundation, 55 per cent of Canadians are confused about consent. Canadian law states that consent should be positive and ongoing – meaning that there should be actions of mutual initiation, clear indicators of “yes,” and enthusiasm when it comes to intimacy. All these actions should continue throughout the interaction. Only 45 per cent of Canadians agreed they would need both positive and ongoing indicators from their partner for intimacy to be considered consensual. Nearly half of Canadians not understanding consent indicates a more significant societal issue, proven by influencers and celebrities being called out for predatory behaviour far too often. But these instances of allegation can actually teach us something: where to start when it comes to understanding the meaning of consent.

Situations like Andrew Callaghan’s, a YouTuber and independent journalist, can reveal some of the misconceptions about consent that still need to be fixed. At the beginning of January 2023, Callaghan was accused of sexual harassment and coercion by multiple women. In an apology video posted on Instagram, he said, “I want to have a more nuanced and important

conversation about power dynamics, pressure, and coercion ... For a long time, I thought I was behaving in a way that I actually thought was normal. I thought that going home from the bar alone made you a loser. I thought that persistence was a form of flattery and I thought that at first if someone was reluctant, they’re playing hard to get – just try harder.”

Callaghan’s comments reflect our society’s muddled views on consent. To him, his actions felt commonplace in a world where chasing and badgering someone to date you is seen as a romantic pursuit. Callaghan brought up the men who defended his behaviour, recognizing that acting like a “sex pest” is normalized when it shouldn’t be. Many people have experienced unwanted sexual advances from another person. The actions of a high-profile figure, like Callaghan, will be publicized, but behaviour like this happens between ordinary people so often that it usually goes unreported and unchanged.

“This happens as a consequence of the ways that everyone is taught on how gender dynamics are supposed to work, even though it is literally wrong. It is a product of the patriarchy, it is social conditioning and also on top of that, you pile on the gray nature of interpersonal communication and dynamics ... [Callaghan’s behaviour] is not uncommon,” said Twitch streamer and political commentator Hasan Piker in response to the allegations. As Piker argues, Callaghan’s actions were wrong, but they are a symptom of a flawed formative education—the same one that taught my high school boyfriend that the normal reaction to my need for comfort was to make a rape joke.

According to a 2019 study by Action Canada, 57 per cent of young Canadians said they did not learn where to get tested for an STI, 52 per cent did not learn where to get emergency contraceptives, 38 per cent did not learn how to access free condoms and 47 per cent did not learn where they can get birth control. Some schools even fail to teach students about their own body parts, as stated by a participant in the State of Sex Ed in Canada study:

“My sex-ed was a failure. I didn’t learn about body parts and their proper names. I never learned about bad touches and that people I know can hurt me too. I never learned about what to do or who to tell if someone abused me. I never learned that I have a right to my own body and a right to say no. I never learned it was ok to have a different sexuality or gender identity. I never learned about how to communicate and respect boundaries. I never learned how to support my friends or family if they experienced sexual or domestic violence. I never learned how to respond to rejection. I never learned that sex shouldn’t or doesn’t have to hurt. I never heard about reproductive control, like birth control and abortion. I was left to my own devices, many of which were unreliable, biased, and inaccurate, in learning about these topics,” said a 24-year-old from Calgary who participated in the study.

If young people in Canada do not even learn about their own body parts in their school’s sex education programs, how can they be expected to know about healthy sexual relationships, boundaries and consent –on top of being constantly exposed to unhealthy societal expectations and gender norms in the media? If someone does not know how to recognize their own

personal boundaries, how can they empathize with others in intimate situations?

My formative school experiences were of many well-liked boys exhibiting “sex pest” behaviours. It was so normal that I didn’t know it was wrong, let alone how to speak up for myself. As an adult, I learned about coercion and consent through positive role models, friends and healthy relationships. I was lucky. Too many people look back at similar experiences and still think, “This is normal.”

Callaghan’s actions, and many others like his, exemplify how adults who didn’t learn about consent carry this behaviour to their personal, career or university life. NAIT’s Gender Based and Sexual Violence Prevention and Response Policy defines consent as: “A voluntary agreement to engage in a behaviour or activity. This is an active, direct, voluntary, unimpaired, ongoing, reversible, and conscious choice and agreement between individuals engaging in the behaviour or activity. Consent cannot be obtained through the abuse of a position of power, trust, or authority.”

It bears repeating: consent cannot be obtained through the abuse of a position of power, trust or authority.

For consent to be universally understood, we need to change to a culture of care. One that recognizes empathy and openness around sex and consent instead of fear and shame. It should start as early as childhood – whether it’s kisses from parents, hugs from family members or forced interactions with strangers, children need to be taught that their body is theirs and theirs only. Education is the starting point to avoid situations that happen too frequently in this world, where supposed blurred lines lead to violations of boundaries and body. Education will help future generations understand consent in all its different forms, leaving a little more room for empathy in a world that could really use some.

Resources for students

NAIT Student Counselling, W111PB

Email: counselling@nait.ca
Phone: (780) 378-6133

NAITSA Peer Support, J209B

naitsa.ca/student-services/peer-support/
Drop-in and LiveChat available

Kids Help Phone

kidshelpphone.ca
Phone: 1-800-668-6868
Text: 686868

Sexual Assault Centre of Edmonton

24-hour crisis line: (780) 423-4121

STUDENTS & SEX



Between 2009 to 2019, reported rates of chlamydia increased by 34% among young adult women and 49% among young adult men.

(Government of Canada)

In a 2019 study, of the respondents, 25% of men and 18% of women used Tinder to meet their last partner.

(Trojan/SEICANN, 2019)

In 2021, 13% of students reported decreased condom use due to COVID-19.

33% of students whose most recent sexual encounter was with a one-time partner, booty call, or hook-up did not use a condom.

(SEICANN, 2021)

Over 1/3 of Canadian youth report having their first sexual intercourse before the age of 17.

(SIECCAN, 2015)

21% of students at Canadian post-secondary schools witnessed or experienced unwanted sexualized behaviours in a postsecondary setting.

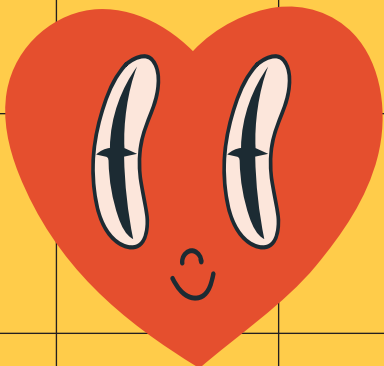
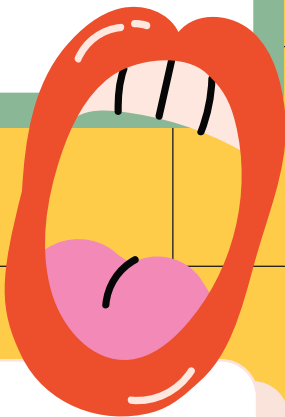
(Statistics Canada, 2019)

A 2017 study showed people aged 15-29 have the highest reported rates of sexually transmitted infections.

(Public Health Agency of Canada)

61% of sexual encounters in a 2019 survey of college students lasted 30 minutes or less.

(Trojan/SEICANN, 2019)



THE SHUFFLE:

LOVE IN EVERY FORM



1:00

19:64

By Amy St. Amand

It's the season of love, and whether you're happily dating or single as a Pringle, there are opportunities for love everywhere. This playlist is filled with upbeat bops about love in all its forms: friendship, family, romantic and even the sick satisfaction of loving to hate someone. No FOMO needed this Valentine's Day. Turn on this playlist by yourself or with your boo and get ready to groove.

"Know That I Know" by Lake Street Dive

If you like funky guitar and catchy lyrics, any of Lake Street Dive's songs are a good choice. But "Know That I Know" is the perfect song when you're in the beginning stages of a relationship. Listen to this one if you're spending your first V-day with your crush.

"Cheerleader" by OMI

This one's a bit of a throwback, but it's still amazing. The song's more geared towards a romantic partner, but the overarching theme is great for friends too. Play this one to remind you how much you love the support of your friends and loved ones.

"Come and Get Your Love" by Redbone

You may have heard this song in the "Guardians of the Galaxy" soundtrack, but whether you're hearing it for the first time or it's on repeat, it's a great tune. It's fun, it's funky and it celebrates the feeling of just being in love. Turn it on when you're cooking with your partner or having a midnight dance party.

"You'll Be Back" by Jonathan Groff (Hamilton)

One for the Broadway fans, this is a toxic love song about a guy who just can't let go. Groff's voice is enchanting and distracts from the twisted lyrics about sending armed battalions to remind them of his love. Even if show tunes aren't your thing, this jam is perfect for when you are angry and someone refuses to love you the way you want.

"Count on Me" by Bruno Mars

One for the friends, this laidback Bruno Mars tune is all about the friends you rely on when you're in trouble. It's great for heartfelt outbursts or jamming with your besties.

"You're My Best Friend" by Queen

The most classic of classic friend songs. Rivalled only by that one Toy Story song, Queen's hit is all about friendship. "Whenever this world is cruel to me, I got you to help me forgive." Play this one at max volume and scream the lyrics with your bestie.

"Graduation" by Vitamin C

Okay, don't judge me for this one. I know it became one of those meme songs, but it's actually a great song. It inspires all those nostalgic feelings you get when you have to part from your friends for a long period of time. Those of you graduating this year should add this one to your roster so you can wipe away a tear and remember the good times.

"I'm Taken" by the Sloppy Boys

If you want to shout "I'm taken!" from the rooftops, this song is for you. If you're possessive, overbearing or jealous, but like in a funny way, definitely add this song to your playlists. The lyrics are hilarious, and it's got a catchy rock vibe, so the Sloppy Boys will have you dancing. I recommend having this one playing on your phone speaker when someone's looking a little too long at your significant other.

"No Children" by The Mountain Goats

We're getting dark now. "No Children" is about the toxic type of love that you know you need to get rid of, but can't. A lot of people misinterpret this song as being romantic, and in a weird way, it probably is. But if you're using this as a wedding song, you might need to re-evaluate your relationship. Either way, listen to this one when you're feeling tortured about your current lover.

"On & On & On" by Caamp

If you cry easily like me, skip this one. Caamp's song is perfect for weddings because it captures that endless feeling of loving someone for a long time. The guitar is twangy and the vocals are raspy, giving it a country feel. But even if you're not a country person, I recommend a listen. Play this one when you are overwhelmed with your love for your person.

"It's Not Living (If It's Not With You)" by The 1975

Another dark one. The song is technically about drug addiction, but at first glance, the lyrics seem romantic. The music video is also fun to watch, as most 1975 videos are. This song should only be played when you can't stop thinking about someone...or if you need a catchy tune to distract you.

"Breathe" from In The Heights

This song will probably resonate with a lot of students. You go to school, think it will be easy and you'll excel, only to realize it's a lot harder than you thought. Your family thinks you're a rockstar and you feel overwhelmed with the pressure of meeting their expectations. This song unpacks the emotional process of coming to terms with coming home, owning up and finding support in the love of your family. If you're in need of a good cry, look this song up.

"10 Years" by Daði Freyr

From an Icelandic artist, this song is about long-term love. The song is about Freyr's wife, who he's been married to for, big surprise, 10 years. The song was featured in EuroVision 2020, and honestly, should have won. International singing competition politics aside, if you're one of those annoying couples that never fights and likes everything about each other, turn on this synth-heavy psych-pop song and dance.

Valentine's Day on a student budget

By Miroslava Silva

Love can't be bought, so why try? Here are some thoughtful and affordable date and gift ideas to try out with your Valentine this Feb. 14.

Handmade gifts from the heart

Great gifts don't necessarily have to be bought. Your friend or boo will definitely appreciate something that was made by you. It doesn't have to be perfect. Baked goods such as cookies, muffins, brownies or cakes paired with a handmade card is a great way to show how much you care about them.

Netflix and Chili

Instead of Netflix and chill, try Netflix and chili! Treat your sweetheart to a home cooked meal. Set the mood with some music and candles, and spend some quality time while eating your favourite dishes together. Afterwards, enjoy a movie, some board games or both!

Fly me to the moon with your swing dance moves

Dance to some catchy jazz tunes with your loved one. There are two perfect low-cost options for Valentine's Day. The Fringe Grounds Café is hosting a fun and free-entry swing dance. On Feb. 14, head to the Fringe Theatre Arts Barn to dance the night away. Entry is free and it starts at 6 p.m.

Sugar Swing hosts low cost swing dance social events every Friday and Saturday

night. These dance socials include a one-hour beginner friendly lesson that will teach you and your partner the basics of swing dancing. Admission costs \$14, and if you want a lesson, you'll have to pay an extra two dollars. But they also offer a two-dollar discount to students!



Skate under the moonlight

Bring some hot chocolate and skate under the night sky. Edmonton has many ice rinks to enjoy and all of them are free of charge. The Victoria IceWay and the City Hall ice rink have beautiful light displays at night that will make the night feel more special. And do not fret if you do not own a pair of skates. Hawrelak Park and Rundle Park have ice skate rentals for as low as ten dollars. So take your friends, family or significant other out for a special Valentine's Day ice skate!

The history behind the most beloved bar foods

By Fraser Sockett

Bars have not been around as long as some people might think. According to the Guinness Book of World Records, Sean's Bar in Ireland could be one of the oldest in history. Established in 900 A.D., it beats the Nest Eatery by just over 1000 years. But what is a bar without food? Here are the origins of some of your favourites at the Nest.

Nachos

Pati Jinich of the New York Times states nachos were created in Piedras Negras, Mexico, in the 1940s. A group of women walked into the Victory Club after business hours. The maitre d'hotel, Ignacio "Nacho" Ayaya, wanted to please them as the cooks had left for the night.

He walked into the kitchen and topped corn chips with jalapeños and cheese, then placed his creation in the oven for a few minutes. The ladies loved the new crunchy snack. One of them asked what he called them, and he said "Nacho's Special" on the spot. If his name was Richard, they would be eating a platter of Richards instead of nachos.

Mozzarella Sticks

Shockingly, mozzarella sticks are one of the oldest entries on the list. According to usdairy.com, a recipe for fried cheese appeared in 1932 in "Le Ménagier de Paris," which roughly translates to "The Parisian Household Book." The Cosmopolitan magazine of its time, it featured recipes, sex tips and focused on wifely obedience. The cheese was coated in batter and cooked in oil. Historians suggest these have little in common with what we enjoy today other than cheese being coated and fried in oil.

It wasn't until the 1980s, with the creation of string cheese a decade prior, that these heart-stopping snacks became popular in the United States and worldwide.

Sandwich

While humans have been putting cooked meat on or in between bread since before the invention of sliced bread and calling it anything from Nest Burger, clubhouse, steamed hams to hot dogs, it wasn't until the 18th century that meat and bread got colonized.

The food was named after John Montagu, the 4th Earl of Sandwich. He was a problematic gambler who had an affair with a mistress (who ended up cheating on



him and getting murdered by her new lover) while his own wife's health declined.

According to history.com, the origins of the first sandwich were captured in the book "A Tour to London; Or New Observations on England and its Habitants," by Pierre-Jean Grosley. Grosley wrote about his experiences living in England as a French wanderer in the late 1700s. One of his observations was an evening of Montagu sitting at a gambling table for over 24 hours and needing a snack. He wrote: "A minister of state passed four and twenty hours at a public gaming-table, so absorpt in play, that, during the whole time, he had no subsistence but a piece of beef, between two slices of toasted bread, which he eat without ever quitting the game. This new dish grew highly in vogue during my residence in London; it was called by the name of the minister who invented it."

A gamer who had an epic gaming session invented a legendary snack. At the same time, a blogger blogged about it, 1700s style.

Love makes the

VALENTINE'S DAY TRADIT

Friends Day (Estonia and Finland)

Instead of Valentine's Day, the Estonians and Finns have Friends Day. Like Valentine's Day in Canada, Friends Day focuses on community. Instead of romance, it celebrates all forms of love. The February 14 holiday is called Sõbrapäev in Estonia and Ystävänpäivä in Finland. In both countries, people spend the day with their friends and family. It's also the day with the most proposals out of the year, but single people in Estonia can catch a "Love Bus" in the hopes of finding a partner.

Estonian scholar Liisa Vesik wrote a paper on how the modern holiday evolved from Valentine's Day to Friends Day. Vesik's 19-page-long report, "The Evolution of Valentine's Day in Socialist and Post-Socialist Times," is the perfect Valentine-themed read for modern history buffs.

School Valentines (Canada)

Originally a day of feasting for St. Valentine, Valentine's Day celebrates love of all kinds. Common symbols associated with Valentine's Day, like the classic heart shape, originated with St. Valentine in the third century. According to legend, St. Valentine would cut a heart out of parchment and give it to people he would help elope.

Students who grew up in Canada may remember receiving heart-shaped cards and candy from classmates every year, but many countries view Valentine's Day as a day for adult couples. Including children in these traditions may seem weird to others, but in Canada, we've made it a community holiday.

Jack Valentine (Norwich, England)

Christmas has Santa Claus. Easter has the Easter Bunny. And for residents of Norwich, England, Valentine's Day has Jack Valentine. Jack Valentine is rarely talked about outside of the United Kingdom due to how localized he is. Norwich's travel site even has an entire page dedicated to him.

Like Santa, Jack leaves presents on the doorsteps of well-behaved children. Instead of leaving coal in their stockings, Jack is known for pulling pranks on poorly-behaved children. After leaving a gift, Jack will knock on the door and gleefully run away. In reality, neighbours often drop off these Valentine's Day presents instead of the parents. This makes the holiday a more communal affair than a private one like most of the world.

world go 'round

IONS AROUND THE WORLD

By G. Mara Killian

Black and White Day (Japan and South Korea)

Japan and South Korea have two days associated with Valentine's Day traditions. A travel guide from the Japan Rail Pass describes how Japanese women are expected to give chocolates to a man on February 14 as a show of affection. Then, on March 14, Japanese men return the favour with a gift two to three times more expensive. This event is known as White Day or "reply day."

According to the Asia Society, South Korea is similar, but men aren't required to give a more expensive gift. In the modern age, marketing tactics in South Korea target both men and women for these holidays. This has led to these events becoming a less gendered affair and more inclusive to the LGBT+ community. In Japan, the gendered tradition is losing popularity. Many people only give gifts to their significant others on these holidays. A third holiday in South Korea, called Black Day, encourages people who didn't receive gifts on Valentine's Day or White Day to go out and socialize together.

St. Valentin Festival (St. Valentin, France)

The St. Valentin Festival is one of the largest Valentine's celebrations in the world. This three-day event features a feast as well as mass marriages. The locals even decorate their homes with hearts and cards to welcome tourists. Nugget readers with a craving for more Valentine's Day history can find information on this celebration online through TripSavvy and Culture Trip.

St. Valentine celebrates the day of love with feasts, marriages, hearts and cards, but no matter how you want to celebrate this year, be sure to take time for some self-love during Reading Break.

National Chocolate Day (Ghana)

Feb. 14 is celebrated as National Chocolate Day by the Ghana Tourism Industry. The day aims to encourage Ghanians to eat more locally made cocoa-based products, boost domestic tourism and celebrate Valentine's Day a little differently.

In 2022, they celebrated with chocolate-making classes, live performances and even a rave at their event location, dubbed Chocolate City.



Former Ook signs first professional contract



Photo by NAIT Athletics

By Zach Kubusch

Former Ook men's hockey player, Nick Leyer, has signed his first professional contract for Kalix HC of HockeyEttan. Kalix is located in Sweden—it's the team located the closest to Finland. HockeyEttan is built into four geographically split groups and serves as the third tier of Swedish professional hockey.

Leyer is the only Canadian on his team and one of three players who aren't Swedes, but this isn't the first time Leyer took his talents outside his home country of Canada. During the COVID-ridden season of 2020-2021, he moved south to play for the Janesville Jets of the North American Hockey League in Wisconsin. He's adjusting to the difference in leagues well, saying "I believe anytime you change teams or leagues there's always an adjustment period ... my role hasn't changed much but you have to continue to prove yourself and play well every game."

Leyer is a St. Albert native, so he flew far away from his nest to play in this highly competitive Swedish league. "[Kalix] is smaller than what I'm used to, coming from a big city like St. Albert or Edmonton ... you only have 4 hours or so of sunlight in the winter time being so far up north," said Leyer.

Despite his success, Leyer had a rough start in the hockey business. He started playing hockey at a young age, and the memories aren't all positive. "I remember crying the entire time ... so I wouldn't say it was the greatest start for a young lad like me."

But as he's grown up, Leyer's feelings towards the sport have changed. "The reason I play the game of hockey is the friendships you make along the way," he explained.

"I have been fortunate to win some pretty big championships with some amazing teams and teammates that I will have relationships with for the rest of my life."

Some of those relationships have come from his lengthy career, playing for teams in both Edmonton and St. Albert. Leyer also laced up for the Spruce Grove Saints from 2016-2021 and played forward for the NAIT Oaks from 2021-2023, contributing to their 2022 ACAC championship run.

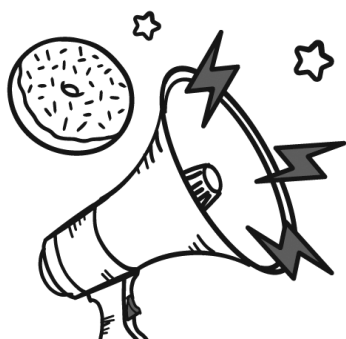
Leyer seems to have found a good fit on Kalix HC, starting off on the right foot with three assists in five games. He's used to being a powerhouse; during his time at NAIT, he racked up 11 goals and 15 assists for 26 points. But he was also willing to punch his ticket to the box to create momentum for the team. Leyer spent a total of 94 penalty minutes over 25 games with the Oaks.

Overall, Leyer's enjoying the transition. "I am valued here and that is what matters the most in my opinion."

For Oaks looking to follow in his footsteps, Leyer encourages players to ensure they are prepared before making an international move. "Make sure you have everything in place before you head to your destination ... it's not easy to make a choice and move to a different country halfway across the world," said Leyer.

"You'll have to do things on your own for the first time, so I would say being prepared is the biggest thing. Know in your heart that this is something you want to do!"

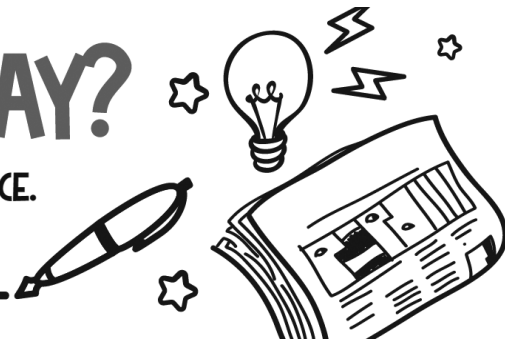
Despite his struggles, Leyer said hockey will always be a part of his life. "I believe that I will always be involved in hockey, some way, somehow."



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Peaks and valleys of the women's volleyball team

By Ben Low-On

The NAIT women's volleyball team has had a roller-coaster of a season. From untimely injuries and players having to adapt to new positions, the 4-18 Oaks have yet to reach their full potential. With January ringing in the second part of the conference season, the team is hungry to show that they are not to be underestimated in the ACAC.

Last Season

October was a rough opening month for the team as they played five exhibition games and six conference matches. Unfortunately, they could not pull out a win, going 0-11. Some players were rehabbing injuries, and their roster was taking untimely changes.

Head Coach Erminia Russo Thorpe was also trying to find a starting lineup that would get them some wins. But with all the extra distractions, the team could not find their groove.

The month of November was solid for the Oaks. Starting lineups were formed, setters connected better with hitters and fewer balls hit NAIT's side of the floor. Still, they could not get that elusive win as they went the month 0-6. Even without a win, the Oaks showed they were a much stronger team than before. Sets were much closer and they even pushed ACAC South number-two ranked Lethbridge College to five before losing 15-10 in the decisive set. Overall, the fall proved to be a tough stretch for the team, but they showed they could play more as a unit as the season went on. Hopes were high going into the much-needed December break.

This Season

The team's current track record of 4-18 doesn't inspire confidence. But that record does not represent the caliber of the players they have. From girls using their last year of eligibility to girls in their first year of play, the Oaks show that they have depth in every class.

The star fifth-year players for the team are setter Kate Krogen and middle/right-side Kayla Zazula. On the season, Zazula has 65 kills and is hitting 0.121 while also contributing ten solo blocks. She moved from the middle to the right side this year, and Russo Thorpe praised her for making a smooth transition, saying she hits the ball well on the right and brings a better block.

Kate Krogen is a setter averaging 6.67 assists per set; she is the team assist leader and ranks 11th in the ACAC standings. Krogen is the team's heartbeat, with Russo Thorpe calling her their effort player and saying she will fly into the bleachers and the wall for you. The coach wishes that Krogen had one more year of eligibility as she has fully embraced the role of quarterback and understands how to run the floor.

The Oaks also have some young players who have impacted the floor with their standout performances. Year-one outside hitter Charlotte Vandanelzen is second on the team in both digs and kills, with 92 and 71 respectively. Her powerful line shot sets her apart from other outsides, and she has adapted quickly to the style of ACAC play.

Year-two setter Hannah Zurakowski is the team's jack of all trades. She has played libero, right side and setter for the Oaks this year. Russo Thorpe says Zurakowski brings great energy and defense to the floor.

One player who has shown the most overall improvement is second-year middle, Chaljang Both. Russo Thorpe's 'project' has 23 kills and four blocks on the season. She played sparingly in the fall and has worked her way up to becoming starting-middle. Both can hit over opposing blockers and disrupt a hitter's game with her monster defensive skills.

Overall, these players have shown their worth on the court and are hungry to get some wins under their belt.

Team Strengths

One of the team's strong suits this year has been its defence. Even if their offence was not clicking consistently, their defense was something they could rely upon. On the year, the Oaks are averaging 12.44 digs per set and 1.31 blocks per set, ranking them third and sixth in the ACAC. The team prides itself on defense and has shown the ability to break down its opponent's offences multiple times this year. In one game, they held the visiting Olds College Broncos to a negative -0.037 hitting percentage, a season-low. Players like Karly Birkinshaw, Kayla Zazula, Kate Krogen and Charlotte Vandanelzen

can dominate the backcourt or at the net. However, one special defensive weapon is fourth-year outside hitter Anika Dyck. She leads the team with 132 digs and is fifth in solo blocks with four on the season.

Dyck says that "being able to read the players on the other side" has allowed her to become a good defender.

"You might not get every block or every dig, and that's okay. But the more effort you put in, the better the results will be." Dyck says she is "excited to see what happens with the rest of the season."

Her coach shares the same excitement as she said the team had three really good practices in the new year and played great in an exhibition tournament at Augustana.



Photo by NAIT Athletics

EDITORIAL

The many reasons to love sports



Photo supplied

By Zach Kubusch

You can't deny how insanely popular sports are throughout the world. Whether you're in Canada, Russia or Brazil, sports are a huge part of a country's culture and sometimes identity.

Hockey is a staple of Canadian culture and has been for many, many years. Lacrosse may be the national sport of Canada, but hockey is number one in our hearts. The single greatest hockey player in the existence of the game came right from our amazing country. It shouldn't be too difficult to pinpoint the particular person I'm talking about. The Great One, Wayne, fricking, Gretzky. How could we not claim that and toot our own horn? Anyways, as a true Canadian, I've played hockey for almost my entire life.

At the age of five, little Zach played for the TimBits and was destined to become an NHL hockey player. Spoiler alert—little Zach's dream never came true. Playing organized hockey for 12 years, I've learned a lot. Yes, I know how to skate, shoot a puck and make a good pass or two, but I've learnt much more than just the basics.

At a very young age, I understood that hockey is just a game. As obvious as it sounds, many skaters don't understand that it's just a game meant for fun.

I first discovered this when my coach asked me, "What's the most important thing about the game?" Some might say win, others will say score, but six-year-old Zach said, confidently, to not pee your pants. Although mini-me wasn't entirely wrong, my coach responded with the right answer: to have fun. From that point on, I realized that hockey was just a game.

Understanding that the goal of playing on a team wasn't to win or to score helped me enjoy the people on the team. We've all heard the saying there's no "I" in team, and that's completely true. As in any relationship, teammates learn to work together and build off each other's strengths to become better as a whole. Of course, learning cooperation helped me in other areas of my childhood life, especially in school.

Another lesson I learned from playing hockey was being patient with people. Playing on different teams each and every year forced me to get accustomed to people's quirks and habits. This was extremely helpful to my development. In hindsight, I quickly understood that everyone has different ways that they learn and separate timelines for growth.

You can use hockey as an allegory for life. Some people take longer to figure out their game, and others are good right off the bat. You might have a harder shot than your teammate, but your skating could be lacking. The mentality of organized sports

is a good base for character development in not only youth but fully grown adults as well.

As an 18-year-old, I started practicing martial arts in the form of Gracie Jiu-Jitsu (GJJ). GJJ is a grappling-based martial art that's an evolved version of the Japanese art of Jiu-Jitsu. Traditional Jiu-Jitsu started over 100 years ago. People who learned the art began traveling over the world and ended up teaching a group of Brazilians who took it and made it their own Brazilian Jiu-Jitsu. The "Gracie" in GJJ comes from an very impactful BJJ family of the same name. The Gracie Brazilians took the already evolved BJJ and adapted it once again. 2025 is the 100-year anniversary of the Gracie variation.

GJJ is taught by both the Canadian and American military. Even with a small sample size of the discipline, our forces attain knowledge vital to survival during possibly life-threatening situations. To master the art form, you must devote a large part of your life to learning the techniques.

Because of this, GJJ requires a large amount of discipline. Coming into GJJ, I had an ego about how good my defensive skills really were. I was quickly humbled after a few classes and realized I had overestimated my skill.

Underestimating the art form of GJJ made me realize that you aren't always as good as you think. There's always room for improvement in everything a person does in life.

For a while, my understanding of GJJ was limited, and I struggled to excel in comparison to my peers. In each class I'd see my peers do things I just couldn't do, and it was only worse when sparring. Sparring is where you take your knowledge and pit it against someone else. This is done in other sports like boxing, wrestling and Maui Thai. I've had many times in sparring where I felt like I didn't know what I was doing after losing every battle.

My slow growth helped me settle down and allowed me to start expecting less from myself. Baby steps are still progress. Even when your peers are lunging ahead of your minimal progress, you can't compare your development to theirs. The overall frustration of not being able to perform a technique or remembering something taught me that as humans, we all have limitations in what we can do.

For now, I continue to grow and learn at my own pace. I'm living each day one by one, trying to be a better person than I was the day before. But ultimately, sports will always be ingrained in my life with whatever I do or wherever I go.



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Creative Corner

What decade is your love life?

1. How many romantic partners are you interested in having?

- a. Lots! Love has no limits and you've got a lot of love to give.
- b. You date around a bit, but you're more concerned about finding the right connection.
- c. You've got many on the go, but none are serious. You're more concerned about having someone on your arm than someone to emotionally connect with.
- d. At this point you'll take what you can get.

2. How do you like to get it on?

- a. Frequently, and with lots of different types of people. Life is to be enjoyed!
- b. Lights off, but over the covers. Definitely no socks.
- c. Somewhere kind of public, kind of discreet.
- d. It's been so long you can't even remember.

3. What's your ideal partner like?

- a. There isn't one ideal for you. You want to experience new things and stay free.
- b. Mature, responsible, and has their shit together. You don't want to parent someone.
- c. They like to party with you and have a good time. You're not ready for the white-picket fence yet.
- d. Breathing. Interested. Emotionally available.

5. Do you use dating apps?

- a. Yes, but you don't take them too seriously. You prefer to meet people in person.
- b. Yes, all the time. It's the only way to meet people these days.
- c. No, you can't adequately describe yourself with so few words. You do better talking face-to-face.

- d. Yes, and you heavily edit your photos. You swear it's natural, but the expression on your dates' faces says otherwise.

6. What's your first date outfit?

- a. Something revealing, but flattering. You want to show a little skin.
- b. A nice dress or suit. Dress to impress!
- c. You like wearing whatever's trendy. You're confident in your appearance.
- d. Jeans and a hoodie. If they don't love you at your comfy, they don't deserve you at your fancy.

7. Be honest...do you ghost people?

- a. Never. You believe in the importance of owning your feelings and sharing your truth.
- b. You try not to. It's mean and hurtful and you don't want to do that to people.
- c. You have, but you don't make it a habit. Some people just don't get the hint so you have no choice.
- d. Never—you're the one getting ghosted.

8. Do you want to get married?

- a. It's not really for you. You might want to settle down one day, but right now you're just enjoying the ride.
- b. Absolutely. You're only really dating to find the one.
- c. Eventually, but not for a long while. You're still young and don't want that commitment yet.
- d. Yes. The sooner, the better. You just need someone to agree.

Mostly As: 1960s

You're a free-love sort of person. Relationships and monogamy can't tie you down. You're not interested in finding your one happily ever after because you believe there are many. Emotional connection is a priority. Sometimes your free-spirit gets you in trouble, so make sure you take care of yourself and think about the future every once in a while.

Mostly Bs: 2020s

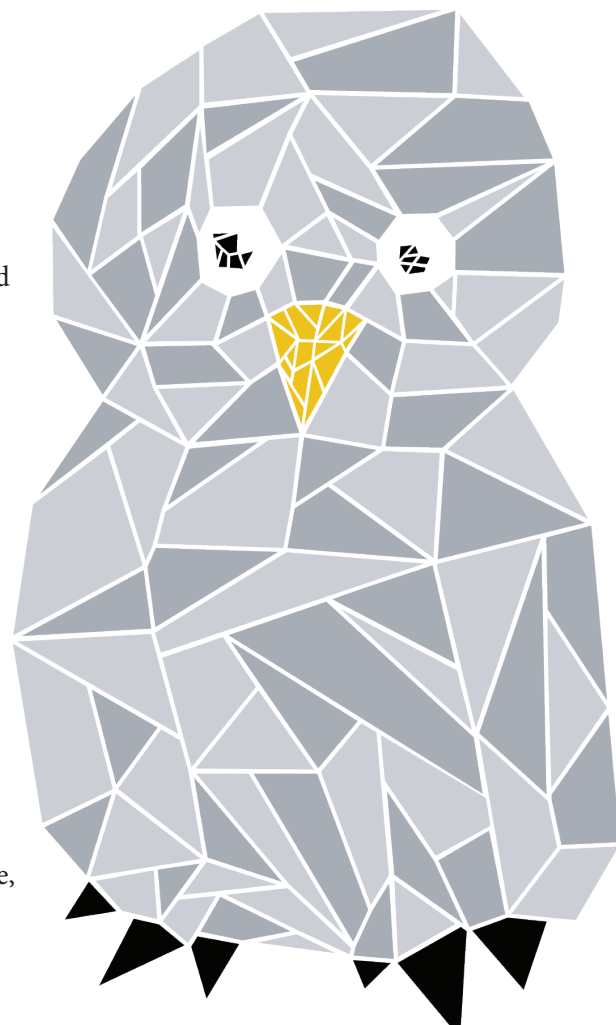
Responsible, steadfast, in charge of your destiny. You know what you want and you're not afraid to express your boundaries and desires to a potential partner. You've done the work and can communicate with the best of them, but don't be afraid to let loose every once in a while.

Mostly Cs: 2000s

Relationships are not your priority. Enjoyment is. You've had a few nights of debauchery and aren't ashamed of loving life. People are attracted to your energy, but be wary of those looking to dim your light.

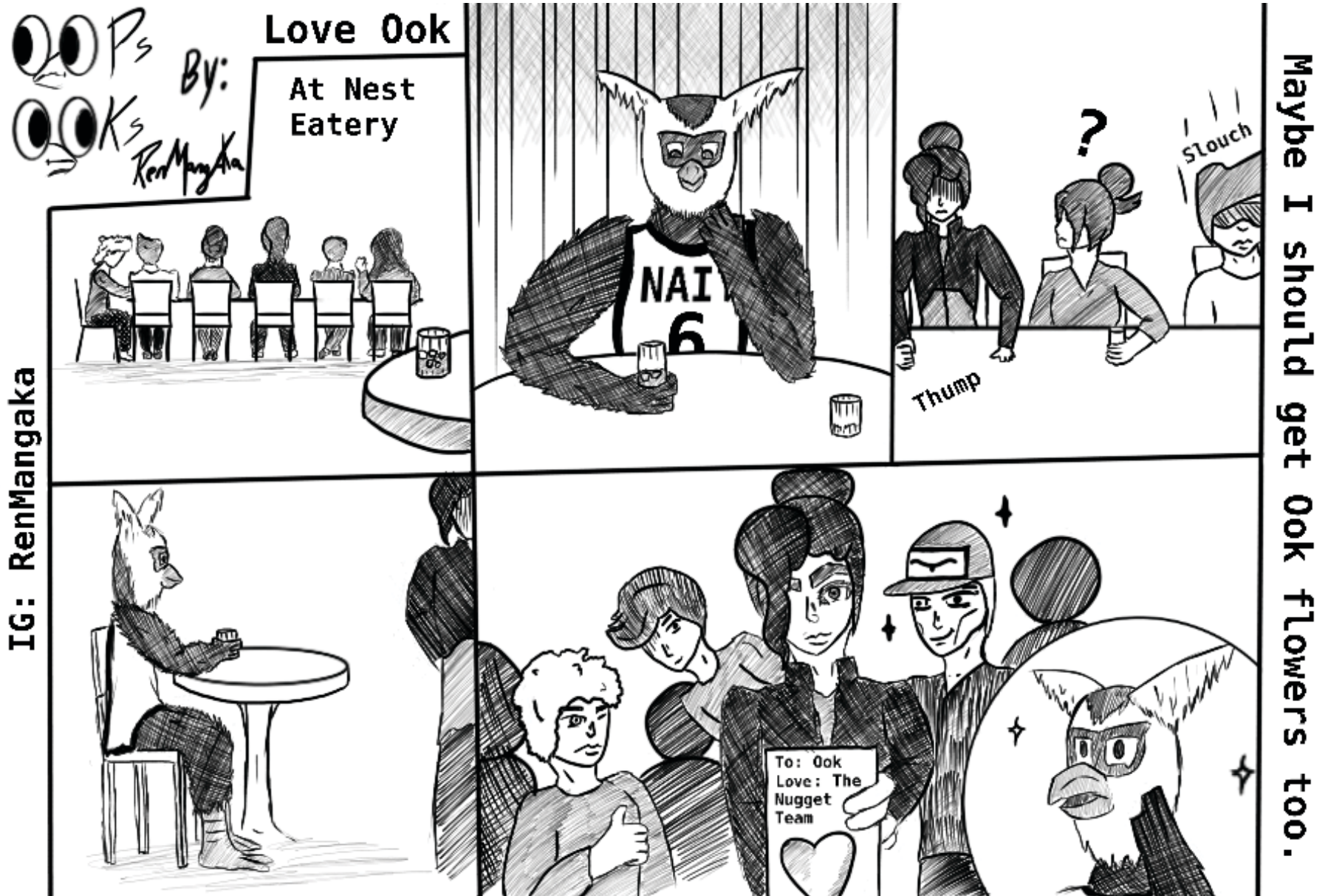
Mostly Ds: 1800s

There isn't much going on in your love life. In fact, there's nothing at all. Maybe the problem is you, or maybe it's them, but either way, you aren't getting much action these days. When you do meet someone, you tend to ignore red flags because you're so happy to be in a relationship. It might be time for some self-reflection to figure out why things keep fizzling out.



Art by Jocelyn Hetesi @obscurer.doodles

Creative Corner



Comic by Lorenzo Tamburrino @renmangaka

easy

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easy solution

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medium solution

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hard solution

HOROSCOPE

The lovers you need, not the ones you want

By Aten, Disc of the Sun

Aquarius (January 20 – February 18)

High Compatibility: Taurus, Libra, Sagittarius

Aquarians love to laugh and enjoy the randomness life can offer. You are a little too hardworking and feel burnt out more than you would like. A well-suited match would be someone who is attentive to your needs and be dependable to lean on.

Pisces (February 19 – March 20)

High Compatibility: Cancer, Virgo, Capricorn

You are the best friend of the best friends, Pisces. You are sensitive and thoughtful with a big heart for giving back to society. A great match would be someone forbearing and decisive to help guide your curiosities.

Aries (March 21 – April 19)

High Compatibility: Gemini, Libra, Sagittarius

You're a firecracker among your group of friends, Aries. You are very optimistic and will see the good in everyone, like the kind soul that you are. You are too trusting, but you are very likeable. Your balanced match would be someone who can diffuse your high energy while also funneling it towards achieving your goals.

Taurus (April 20 – May 20)

High Compatibility: Taurus, Cancer, Virgo

Taurus are decisive and a strong pillar of support for their loved ones. You act with good intentions and value the time you invest into relationships. A wonderful companion would be someone who shows up when the times get tough, someone who is dependable and would not dare betray your trust.

Gemini (May 21 – June 21)

High Compatibility: Leo, Libra, Aquarius

Geminis have strong passions and love to have fun. You are skillful and encouraging when introducing your interests to others. A match to jumpstart your great talents would be someone who can direct your attention into accomplishing the goals you set out for yourself.

Cancer (June 22 – July 22)

High Compatibility: Virgo, Scorpio, Pisces

Most of the time Cancers are known to have great demeanors, unless someone crosses your boundaries. You value respect highly and will fight for it— not just for yourself but for others. You are chivalrous and dutiful like a knight in shining armour. A person worthy of your time would listen to what you have to say and join you in arms when you have your heart set on something worth fighting for.

Leo (July 23 – August 22)

High Compatibility: Aries, Libra, Sagittarius

Leos are the most outgoing and charismatic of the signs. You are the most cultured out of your friends and enjoy social outings to share the wondrous experiences of your dynamic life. Your match should be someone who is not afraid of trying new things and is expressive of their desires.

Virgo (August 23 – September 22)

High Compatibility: Taurus, Cancer, Capricorn

You Virgos are a wealth of information. You know a lot but try to keep quiet to not overtake conversations. The missing puzzle piece to your already full life would be someone who is patient and understanding of your many talents while helping you build towards your dreams.

Libra (September 23 – October 22)

High Compatibility: Leo, Aquarius, Pisces

Libras are full of happiness and you want the most out of life. The overwhelming love you have hidden deep inside you makes you want to hug everyone, or at least make them smile. You need someone who can take the relationship seriously by being faithful and appreciating the amount of love you have to give.

Scorpio (October 23 – November 22)

High Compatibility: Cancer, Capricorn, Pisces

Scorpios are gentle and softhearted towards others. You are considerate of the people you hold dear in your life and display sensitivity to their feelings. To match the vibes you give off, you need someone who is devoted to fulfilling all your desires.

Sagittarius (November 23 – December 21)

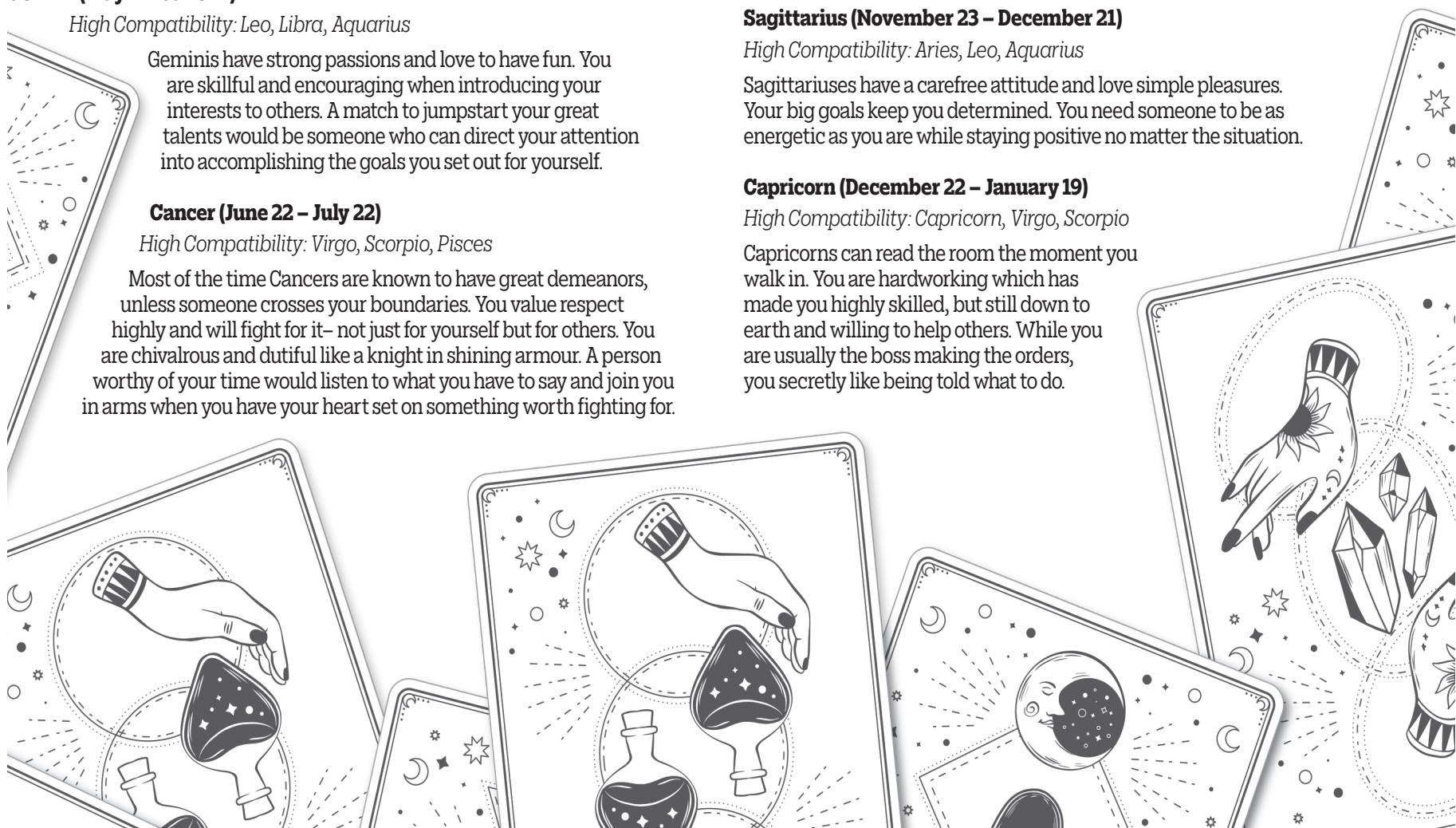
High Compatibility: Aries, Leo, Aquarius

Sagittarius have a carefree attitude and love simple pleasures. Your big goals keep you determined. You need someone to be as energetic as you are while staying positive no matter the situation.

Capricorn (December 22 – January 19)

High Compatibility: Capricorn, Virgo, Scorpio

Capricorns can read the room the moment you walk in. You are hardworking which has made you highly skilled, but still down to earth and willing to help others. While you are usually the boss making the orders, you secretly like being told what to do.

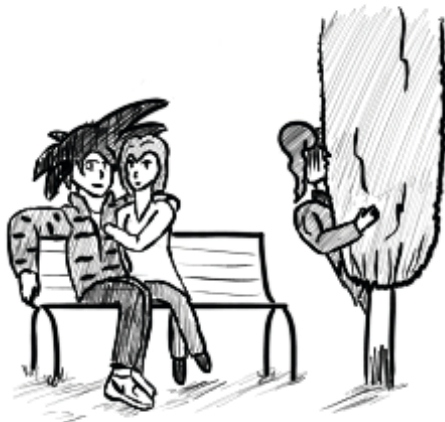


➤ Romantic Rendezvous

NOT SO

'Hot Spots'

- 1:** Nest Eatery – Nice to be with your significant other. Casual and cozy.
- 2:** Above Tim Hortons – A quiet spot with not too many people on the second floor.
- 3:** Second Floor Lounge – It may be more open, but there's booth seats for your double dates and third wheels. A much more casual space.
- 4:** Courtyard Benches – A place suited more so for warm weather, but a dazzling spot regardless. Enjoy the view of the transit station.



'Spicy Spot'

2.5: The Cow – I have no idea why there's a cow, but if you want to draw your future partner's focus away from how nervous and awkward you may be, then this is the place. I don't think it can possibly get stranger than this.



We should totally like, kiss next to the cow! It'll be so romantic!

North
→