

THE NAIT NUGGET

Thursday, March 9, 2017
Volume 54, Issue 20

YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

A PROUD CROWD

NAIT celebrates diversity, story page 4



Photo by Autumn Beemer

NAIT President Dr. Glenn Feltham, left, and transgender rights activist Marni Panas lead students on a Pride parade Monday, March 6.

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NEWS & FEATURES

Beware a rebel's allure



A.J. SHEWAN
Issues Editor

While the ongoing spectacle that is the provincial Conservative leadership race continues to dominate headlines across much of this province, the federal Conservative race is chugging along at an equally feverish pace with its own headline grabbing blemishes.

Last week saw the 14 federal leadership candidates come to Edmonton to participate in this province's first federal leadership debate in many years. One notable absence from the debate, held at the Citadel Theatre, was bombastic TV personality Kevin O'Leary. For his part, O'Leary

hosted a "fireside chat" with supporters at a hotel near the main event. His explanation for pulling out of the debate was a dislike of the format that saw the remaining 13 speakers tackle questions posed by a moderator with an opportunity for comments from other candidates.

For the perceived front runner, flagrant violation of party rules and an open disregard for structured debate may be O'Leary's selling point. Many of his supporters strive for a reversal of the "steady-as-she-goes" decision making within the Conservative party, which they feel has left them on the opposition benches. For these supporters, the radical change stemming from a radical candidate from our southern neighbours has provided hope that a similar movement could take place in our country. It is not impossible to envision an electorate reaching a point where a complete 180-degree departure from the norm is strongly desired. That time may be upon us soon but, for now, the stunning reports, coming from the United States on a weekly basis, have

given people cause for concern.

For O'Leary, it is oddly coincidental that this is the second time he has been absent from a bilingual debate. O'Leary has remarked often that French Canadians hold little value in their federal leader speaking their language so long as that leader understands the language of jobs and the economy. Many of the leadership candidates do not have the slightest grasp of Canada's official second language. This has not stopped the majority of them from seeking to improve their skills and challenging themselves to learn on the fly. It appears as though they are keen to show potential supporters that with language, like policy, they may not be perfect but they are working hard to improve.

For a candidate who is trying to reach everyday Canadians, it seems unusual that O'Leary would hold his fireside chat at a hotel, conceivably not open to everyone. To truly tap into the voice of Canada, a more sound solution would be to find a Tim Hortons to strike up conversations with ordinary Canadians. The vicinity of the Citadel

to a number of established watering holes near Jasper Avenue makes one wonder who it really was that attended O'Leary's intimate chat. If the Citadel was packed with the voting class of Edmonton's Conservative supporters, those left out in the cold looking for a warm venue in which to sit and discuss politics might be the same special interests who have led so many political organizations astray.

A flashy, change-the-world candidate with a devil-may-care attitude can be extremely attractive when searching for a galvanizing movement. This type of candidate may appeal to a wide range of voters hopeful to once again see their interests represented at the national level. Caution must be used when climbing aboard that alluring bandwagon. Talk with little substance can leave voters with an overwhelming sense of buyer's remorse. When searching for a fresh face in a familiar crowd, the time taken to support the steady choice can have a much greater impact than those making the most noise right now.



Photo by Adam Borman

STAIRWAY GHOSTS

These students appear otherworldly as they navigate the stairs recently in the CAT Building.

Prez in waiting

By MICHAEL MENZIES
Sports Editor

A picture of Pierce Brosnan is tacked to a bulletin board behind NAIT Students' Association President-elect Doris Car's computer in her office. It isn't the first thing you'll notice in the room, but there it sits. Elected a few weeks ago, the implications have set in for Car. She'll be taking over the job soon. The second-year Business Administration student doesn't waste many words and when asked about the picture she says: "It's an office joke. Each room has a James Bond picture after last year's NAITSA banquet." With a couple of months of VP Academic duties under her belt, Car hopes she has all the gadgets to succeed.

In September, Car will become the first international President of NAITSA, a platform she didn't advertise in her campaign. She's happy about the honour but maintains the main part of her job is serving the student body.

"It's awesome to accomplish something as big as this is," she said earlier this week. "But being president of NAITSA means representing all the students, not just one section (in this case, international). I have the responsibility to advocate for the entire student body, domestic and international. That's why I don't want to advertise it too much. My purpose is to serve all and not one group."

Car has begun shadowing current President John Perozok, who decided not to run for re-election. Already she's noticing all the extra hours the job entails.

"A lot of students don't see how much goes on in the background. It's at least 40 hours a week, this job. And I've started shadowing John and I know my hours will increase soon," she says laughing.

When Car started at NAIT in the fall of 2015, she wasn't involved in any clubs and didn't participate in the community. Branching out of her comfort zone last spring is one of the reasons for her quick turnaround all the way to the presidency.

"In March, we had an event called Global Village. It's hosted by the International Centre and it's several booths represented by the different countries. Students can participate in a group or just

by themselves representing their countries. That was the first activity I participated in here and it was amazing. I really loved it. Then I got more involved in the International Centre in their peer mentor campaign. And then I saw the posters for [student] Senate and I thought 'let's try that!' Somehow, I've ended up here," Car said laughing.

Among the things she campaigned for was a fall reading week. Soon, a general meeting will be held with NAIT regarding the logistics and ramifications of a shift in a 15-week semester. Students, she says, can engage soon about the popular topic.

"We're having a NAITSA survey next week or the week after.

There's prizes they can win and also questions about fall reading week."

Car believes that if things run smoothly, that break could be a reality in two years time.

Also in the works are new student-led initiatives regarding mental health. NAITSA has tossed around the idea of a peer counselling program designed to connect students with each other. No ideas have been finalized. This is paired with water fountains in the CAT Building and instructional tutorial videos on the NAIT website.

Car's unique, quiet confidence is one of her most intriguing features as a student leader. Behind her accent and occasional laughter lies a thoughtful and confident individual. When asked if she has any anxiety about the job, her reply remained short.

"No. Absolutely not."

Car explained that her age, older than a typical student at NAIT, is one of the biggest factors why she isn't

so worried. Before moving to Canada, she also worked a time at an intensive and stressful job, which created a different mindset when handling large workloads, an experience she said was worth it.

"Before I came to Canada, I was in a position with lots of responsibility. So I learned there are always stressful periods and then there are more relaxed positions in the job and then more stressful periods. It's just like 'OK. Wake this day and tackle it.'"

That mentality has worked for Car. After all the elections and byelections in the 2016-17, Car hopes to provide stability to her position come September.



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Doris Car
NAITSA president-elect

Photo by Tris Irion

Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

Do you enjoy writing or photography?
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Join us on Tuesdays in E-128B from 11:15 - 1:15
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Photo by Brian Cheung

NAITSA Service Hub Co-ordinator Megan Brodeur, left, NAITSA vice-presidents Katie Spencer, (External) and Tamara Russell (Student Services) support the Pride parade, which was held on March 6.

Taking Pride in a cause

By A.J. SHEWAN
Issues Editor

What is Pride? The rainbow imagery across campus this week and the accompanying activities leave little doubt that a celebration is taking place.

For most, Pride is about celebrating self determination, equal rights and happiness for everybody but it means so much more to many people.

"We celebrate Pride here at NAIT because we believe that all students deserve an opportunity to feel safe and secure within their learning environment," said Tim Ira, an organizer of the Pride week on campus.

"On a more specific LGBTQ2 perspective, I think that Pride came about in the 1960s as a form of protest," Ira said.

It grew out of the Stonewall riots (a series of spontaneous demonstrations against police raids in June of 1969 of the Stonewall Inn, a gay club located in the Greenwich Village neighbourhood of Manhattan, New York City).

"Here within Canada it's very specific to the bathhouse raids within the Toronto community (in 1981). There were even

bathhouse raids here in Edmonton in the mid 20th century."

There are many activities students across campus can participate in this week, from colouring, a low impact aerobics class to a clothing swap. In addition to those, there are some excellent opportunities for NAIT students and staff to educate themselves about Pride.

"There is a Pride panel that will feature a number of leaders from our community here at NAIT and from within the LGBTQ2 community in the city," said Ira.

"NAIT has historically been seen as a trade school, a very masculine campus. Through some of the activities we do with Pride we want to affirm and show our students that anyone can come and learn here, anyone can be themselves here and that there are supports for students."

There are still many challenges facing LGBTQ2+ individuals on campus. While much progress has been made, "we want to acknowledge that there is a lot of work that still has to be done, especially on the social front," adds Ira.

"While we may have legal equality in

some aspects, socially some people still feel marginalized. I think, in general, the public is starting to understand issues of sexual orientation."

I think more work has to be done when it comes to things like transgender rights ... I think we can spend a lot of time actually talking about gender instead of just sexual orientation."

Ira wants the NAIT community to recognize that while there haven't been any documented cases of student to student discrimination, the adverse affect behind something as simple as a choice of words can have a lasting impact.

"When people call things 'so gay,' when people call someone a dyke or a fag, people who use that kind of language don't think of that behaviour as particularly harmful, but it is. It's like the idea of shrapnel, it's a bunch of little pieces that overall do a great deal of harm."

There are many teachable moments during Pride week, like encouraging instructors and staff who have voiced concerns about why diversity and diversity education are priorities, to consider who

they're teaching in order to teach them successfully. The continued discussion and drive to create more gender neutral washrooms across campus is another conversation gaining needed traction.

For his part, Ira wants to see NAIT move towards revised documentation much like MacEwan University and the University of Alberta committed to recently, which would provide students the ability to properly gender identify.

"A student should have the ability to easily change their name or change their gender on those kinds of records (attendance sheets, transcripts and enrollment documents)."

Ira sees a positive impact with this year's Pride and is encouraged by the support across the NAIT community.

"I think the NAIT administration is incredibly supportive of our LGBTQ2 population. While Pride's primary constituents are out to support the LGBTQ2 community, I think the underlying goal of Pride is something everyone can identify with. It's about self determination, it's about wanting to be happy, equal rights for everybody."

OPINION

— Editorial —

Protest still matters



DANIELLE S. FUECHTMANN

Editor-In-Chief

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Over the last few months, my group of friends has spent a lot of time talking about active citizenship and participating in protest activities. I met my friend Heather for breakfast this morning; we celebrated International Women's Day with eggs and bacon, too many cups of coffee and a discussion of protests and rallies.

My friend group has been finding ways to fit our activism into our lives; we all strongly believe that active citizenship requires taking a stand on the issues in which we believe. It's certainly not convenient and one of my saddest memories from the evening of the American election was the results coming in and my friend turning to me, pouring more wine into our glasses and saying how we were all going to have to renew our efforts to build a society we were proud of.

Part of daily life

I've written before about the importance of making activism part of your daily life, regardless of what side you're on. My activism, my feminism, my efforts as an ally, bleed into all of my conversations, each of my editorials and the way I design.

We're often discouraged from using our voices or speaking out; there are only limited socially acceptable and easily accessible ways to voice our ideas. They're also quite highly regulated; if you want to express yourself in other ways it's often a lot harder and you face a lot of opposition, even from your own self. What protests usually do incredibly well is bring a broad spectrum of voices together in creative and different ways.

Funny protest signs

One of the things I've adored over the few months is seeing the clever and funny protest signs people create; from pink knitted pussy hats to acerbic slogans, there has been no shortage of statements. The signs we carry and way we dress for protests is poignant and creative, regardless of what side we're on.

I find opposition to protest challenging – counter-protest or disagreement is great and I think we need to have a two-sided discourse – I am always struck by people responding negatively to protests or rallies, or events like Pride parades. Particularly when it's a complaint about it being disruptive! Of course, I understand that interruptions can be inconvenient but the moments or hour or disruption you experience is fairly minuscule compared to the issues that event is protesting or supporting.

If you're feeling resentful of these interruptions, I chal-

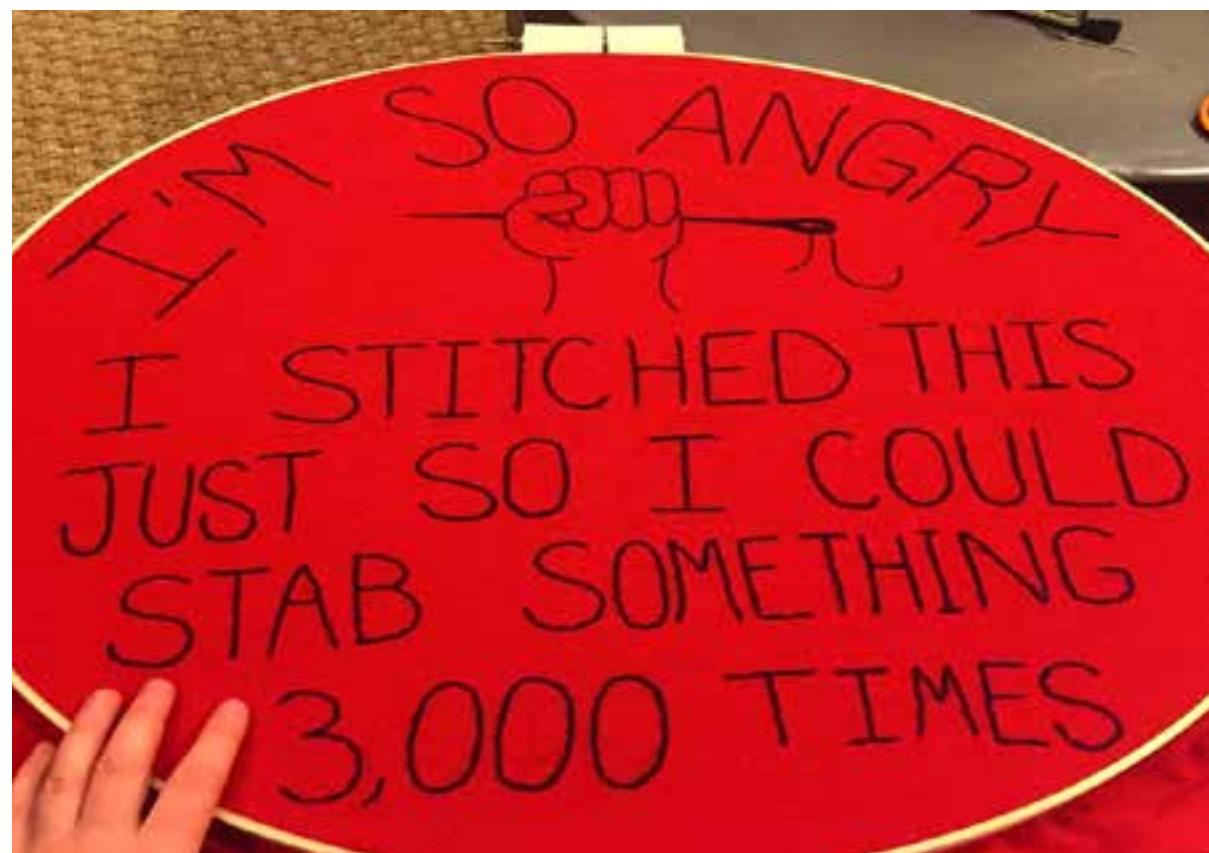
lenge you to imagine how disruptive fear, anxiety, and anger can be in someone's life. Perhaps the noise or travel rerouting inconvenienced you but the hateful things that they're trying to cry out against disrupts those people at all times.

Heather is one of the bravest women I know. And yet, she is still afraid when walking down the street at night, still hesitant to put her arm around her girlfriend in public.

We sipped our coffee and joked about being scared while walking down the street. Suddenly serious, she set down her cup and reflected more solemnly, "What do you think about when you're not afraid? I'd really like to know. When you're walking down the street late at night and – this applies to many categories and not just queers, not just women, not just people of colour – when you're walking down the street at night, on your way home from the train station, what are you

thinking about when you're not afraid about the long walk home? I have no idea because I'm making sure that all the street lamps are on, shoulder checking, making sure no one's in the parking lots. I'm keeping an eye on all the people who are ahead of me. Where are the breaks in the fence where people can come through? Am I going to be able to cross the street? It's not about 'is there pizza in the fridge, what's on television.' Even the songs that are stuck in my head are gone."

Protest and parades are an opportunity to come together and share energy and discussion. It's the opposite of walking down the street late at night and being scared. It's thinking about and doing whatever you want because there is absolutely no fear at that time. It's catharsis. It's what living without fear looks like – a beautiful celebration!



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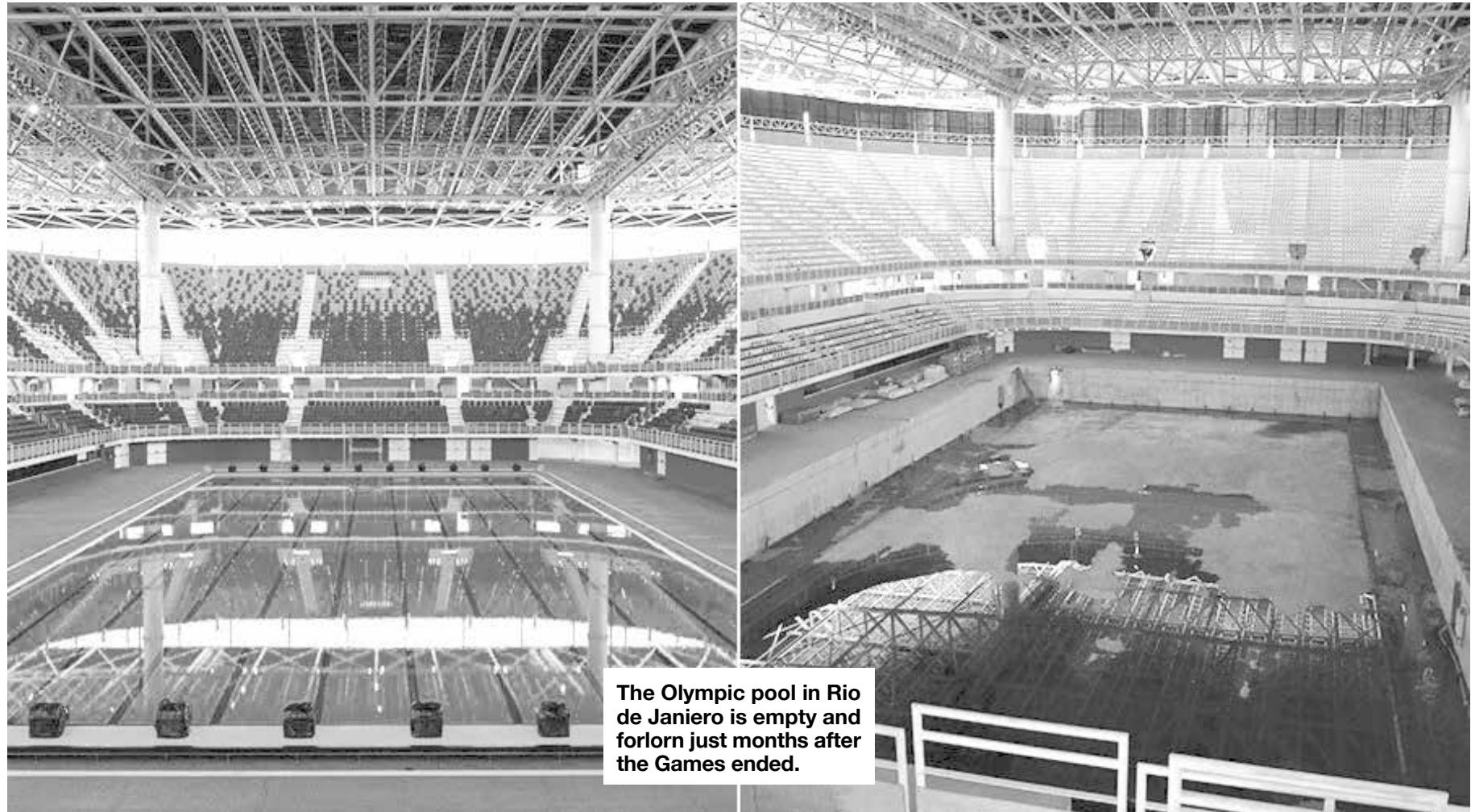
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SPORTS



Too expensive to hold?



MICHAEL MENZIES
Sports Editor

In the midst of heated playoff races and ACAC seasons finishing on campus, one thing completely out of mind is Rio de Janeiro's Olympic infrastructure rotting to ruins mere months after the Summer Games. Their Olympics last summer seemed to go off without any major hitches and the International Olympic Committee (IOC) made plenty more billions. Rio de Janeiro, however, is watching as those swimming pools deteriorate, their new soccer stadium is vandalized and their Olympic Park becomes an empty wasteland.

Google Rio Olympic Sites and the results show headlines using the words 'trashed', 'unkept promises' and the most

ominous of all 'financial ruin'. Several news outlets are lamenting that, in a few short months, Rio is in Olympic hangover with decades of future debt inevitable. It's a sad story but one most saw coming. Cities that don't have the infrastructure already in place spend billions so the Olympics will come to their party and launch them onto the global stage. Rio hoped to earn that money back in 'legacy' projects. Legacy for many of these cities is code for unkept promises.

Roger Sherman of *The Ringer* wrote an interesting piece last week discussing how the Olympics in the modern world can't survive if the location of the Games is constantly moved. The number of cities bidding for the hosting rights dwindles year after year in light of higher budgets and impossible deadlines.

Budapest, a comparable city to Rio economically, withdrew its 2024 Olympic bid days ago after a nationwide referendum spurred by a massive petition turned the issue into a national debate. Now, only two cities remain in 2024 contention: Paris and Los Angeles. Boston was briefly in the running but balked, as well as Rome, citing

current financial complications.

Can you blame Budapest for withdrawing? The IOC can't excite the citizenry in the same way it did for the Rio Olympics and the Montreal games over 40 years ago. In 1976, Montreal hosted the Summer Games but they weren't even finished construction by the time of the opening ceremonies. The original budget was \$130 million. When the sites finished construction, the bill cost 13 times that amount. It took Montrealers 30 years to pay off the debt of Olympic Stadium, simply dubbed by the locals the "Big Owe." Do you feel comfortable saddling your children with that debt? Especially when the mayor of your city at the time says, "The Olympics can no more run a deficit than a man can have a baby," like Montreal Mayor Jean Drapeau said six years before. Well, Mr. Drapeau, Adam gave birth and the Olympics go over budget more times than not.

The IOC is riddled with significant flaws. The athlete doping scandals persist. Cheaters get their moment in the spotlight and don't have their medals taken away until months and sometimes years after the

fact. Not to mention the significant coinage the IOC receives from the host cities as part of the bids. So what is the IOC to do now when attractive 'global' cities are turning down their product, especially in light of their new Agenda 2020 initiative designed to lessen costs for the host city? It is unreasonable for them to hold a two-week tournament every four years and expect a city to pay billions for it for decades to come.

When the modern Olympics rebooted in 1896, 14 nations participated in Athens. No one could've imagined the possibility that the host city's budget could topple billions and that TV networks would pay a fortune to broadcast them. The way things are moving, the IOC must act if they wish to continue the Olympic tradition into the 21st century.

Costs are only going up for everything. Cities can hardly get funding for the things they need, never mind Olympic infrastructure. The Olympics is fun to watch but it comes at such an immense price. The alternatives are drafting a rotation of host cities like Beijing, Los Angeles and London with the infrastructure already in place or have the IOC build their own darn Olympic City.



WOMEN'S BASKETBALL

Nationals are 2nd chance

By MICHAEL MENZIES

Sports Editor

It was not the weekend the Ooks were hoping for. With the upcoming Nationals being held at NAIT, the women, with a host's ticket, will have to rebound after their fifth-place finish last weekend, which saw them upset in the quarter-final round by the upstart Medicine Hat Rattlers 71-53.

The game surprised many onlookers as NAIT had only lost one game all regular season, compared to Medicine Hat's 10. In coach Todd Warnick's estimation, the game boiled down to various factors, all uncharacteristically going against their team.

'A perfect storm'

"It was a perfect storm of Medicine Hat having a couple of players who were not large contributors during the season, have career games in shooting and us, overall, struggling to score in a very uncharacteristic drought," said Warnick.

Usually, the Ooks can rely on their high turnover defence and shared contributions on offence. The Rattlers protected the ball better than most against NAIT and the Ooks' shooting was not up to their previous standard. Standouts Sydney Hurlburt and Leah Vandenboogaard both were held scoreless and no Ook besides Torey Hill reached double figures. Warnick says they left plenty of points out on the court.

"We missed 17 layup attempts and even shot below 50 per cent from the free throw line. Those were factors that contributed to us ultimately suffering a quarter-final loss that knocked us out medal contention."

The Ooks rebounded and picked up the pieces, rallying to win the last two games of the tournament against North Division foes Keyano College and Concordia en route to the fifth-place finish.

The weekend may have started with a jolt, but the Ooks, in preparation for the toughest teams in the country, now have focal points to work on in their full week of practice.

"While fifth was not the finish we wanted, we did discover a number of key elements to our team which I believe will be instrumental in our preparation for nationals," said Warnick.

Maybe the loss can be considered an aberration, as one team got hot and it wasn't the Ooks' day on the floor. Whatever the case, the Ooks will push onto a tougher test and can extinguish any doubts with an honest showing on their home floor.

"We have taken the approach that we are very fortunate to be afforded a second chance," said Warnick.

Showed character

"While we may have a more challenging road ahead, there is little doubt the things we learned and character we showed in our next two games [against Keyano and Concordia] will serve us well."

Health has remained consistent for NAIT and there aren't concerns in that respect. Warnick remained slightly guarded in his answer, saying, they are "as healthy as any team at this time of the season."

Lethbridge won provincial gold in the ACAC and are ranked highly in the Nationals seeding. Heading into the tournament, Lethbridge was second in the nation, according to the Canadian Collegiate Athletic Association (CCAA) and affirmed the ranking with the wins.

The Nationals, at the NAIT gym, begin March 15 and run until March 18.

NAIT's first opponent, on March 16, is the defending champion and No. 1 seed Humber Hawks. The Hawks finished their regular season undefeated at 18-0.



Photo by Rai Hooper

Ook forward Torey Hill, the only NAIT player to get into double figures against the Medicine Hat Tigers in provincial playoff action last weekend, blocks out a Keyano player earlier this year.

MEN'S BASKETBALL

Despite loss, future still bright

By MICHAEL MENZIES

Sports Editor

The year is over for the men's basketball team and, after weeks of illness and injury, the Ooks finished fifth at Provincials last weekend. Heading into the tournament, the Ooks were a two-seed but couldn't escape an upset at the hands of the Lethbridge Kodiaks.

In an exciting game, the Ooks trailed by as much as 19 points in the second half before slicing the deficit to one point with little time left on the clock. Despite a 21-point effort from Jackson Jacob and 16 from Wyatt Beaver and Sebastien Cava, the comeback didn't go as hoped and the Ooks lost 80-77.

The loss boiled down to a couple of factors for coach Mike Connolly, who explained they could have helped themselves in the simple areas of the game.

"We didn't shoot the ball well that game," said Connolly.

"We missed a lot of good looks in the first half. Our defence was solid in the

first half and it stepped up the second half, which allowed us to get back into the game. We had several opportunities to win still and we just didn't finish it off. The guys showed great toughness staying with it and coming back."

The close contests continued and in the battle for fifth place, NAIT faced a familiar foe in the Lakeland Rustlers. NAIT's largest lead of 10 points at 3:45 remaining in the third quarter became a target for the Rustlers, who narrowed it to one by the end of the frame. After a contentious fourth quarter, the Ooks were down two points with 20 seconds left. Jacob hit the game-tying jumper to send the contest into overtime. Led by Jacob's six OT points, Jamal Hinds' free-throws and Cava's calmness in his last ever game, the Ooks won 79-74. Connolly was hoping for a better finish, as was the team.

"I wouldn't say we are satisfied with the fifth-place finish," said Connolly.

The result is a far cry from how last season ended when the Ooks won Nationals. But with season-ending injuries to

Chris Mooney and Brady MacKay, plus lingering issues with Beaver's elbow, Connolly wasn't sure what to expect from his team. He feels the results from these Provincials will motivate the returning players for seasons in the future.

"We feel good about winning our last game of the year and going into the off-season on a winning note," he continued. "But we only feel satisfied if we had won a championship. I am so proud of these guys who worked hard all year through all the adversity to put ourselves in position to compete and win games. The first games at these tournaments are the hardest."

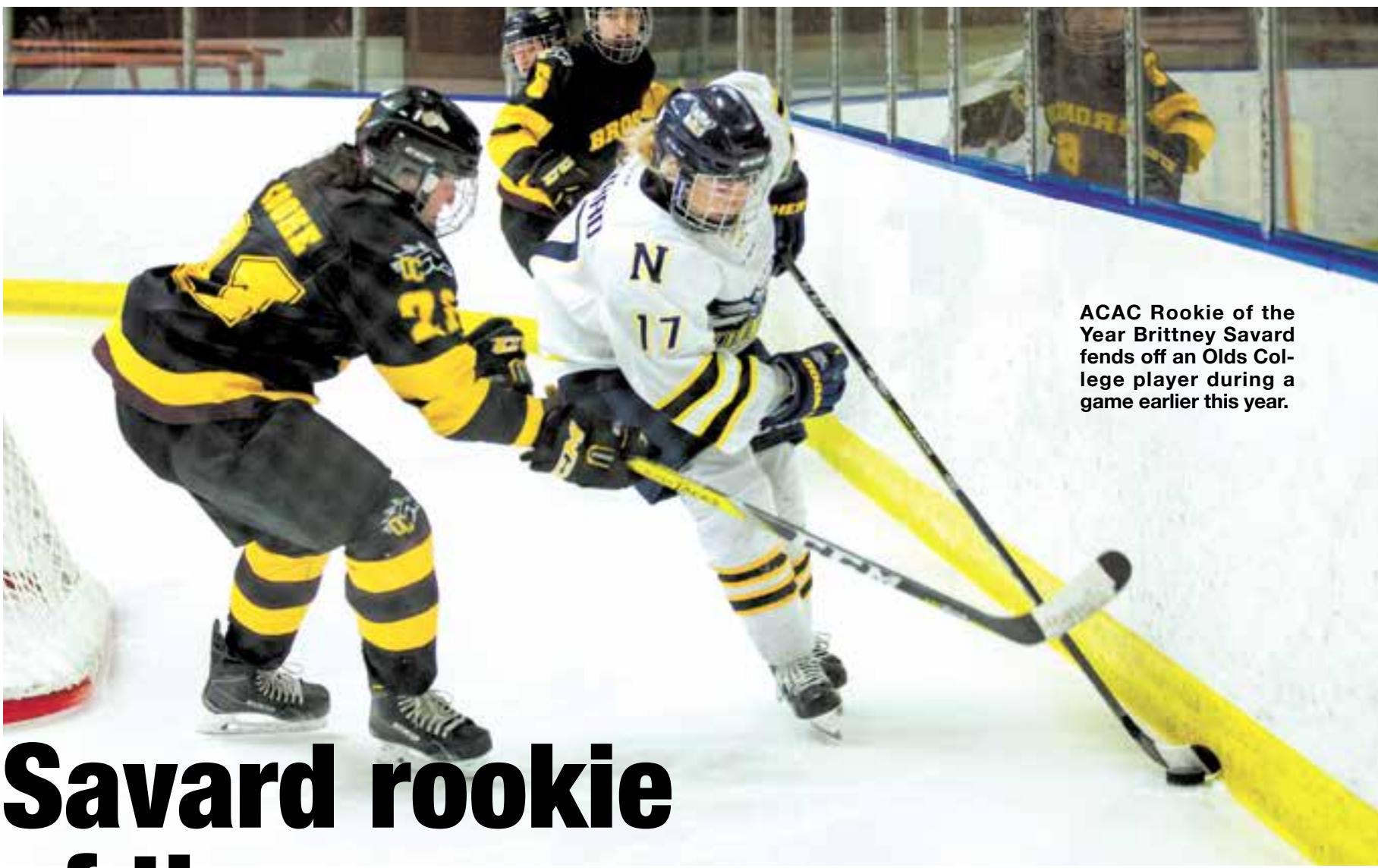
The future's still bright for one of the top basketball programs in the ACAC. Leading scorer Jacob, who averaged around 29 points a game in his second season, should return but two familiar faces will be gone. Fifth-years Cava and Jordan Brown will retire from competition. Connolly expects the floor captain, Cava, originally from Peru, to be especially hard to replace.

"Losing 'Seb' [Cava] will be a challenge as he is one of the best captains and leaders I have coached, he said.

"We will miss his leadership on and off the court. But 'Seb' did a good job in passing some of his leadership skills on to our future leaders and captains. We will [also] have to replace Jordan [Brown] with more size and post skills which we have done through our recruiting and building our own from within our program."

Connolly expects those two players to be his only losses and spoke about the culture the Ooks have created heading into recruitment season.

"I think we have set and built up a pretty good culture in this program over the past couple of years, guys know what it takes to be successful. Next year's captains and leaders will be able to take the reins but they will have their own leadership style, which will take for some adjustment. But I don't think it will be too much of an issue to fulfill our leadership responsibilities. It will be just a little different."



ACAC Rookie of the Year Brittney Savard fends off an Olds College player during a game earlier this year.

Photo by Rai Hooper

Savard rookie of the year

By CLAIRE STANHOPE

The NAIT women's hockey team is reeling in the hardware after a strong regular season. NAIT forward Brittney Savard was named the ACAC Rookie of the Year for the 2016-17 season while Carlin Boey and Kendra Hanson were both selected for the North Division all-conference-team.

Savard ended the season with 13 goals, second in the league behind teammate Carlin Boey. This impressive 16-point rookie season put her second in rookie points and is reason for the team to be excited in the future.

Born in Port Alberni on Vancouver Island, Savard is in her first year in the Personal Fitness Trainer program, which she "[has fallen] in love with in these few short months." She says it was a combination of NAIT's programs and opportunities in hockey that brought her to play for the Ooks.

"I'm extremely humbled by this award and, honestly, it caught me a little off guard," Savard said.

"I couldn't have achieved this without the help from my amazing coaching staff, teammates and, of course, my family's support from back home in B.C."

Coach Deanna Martin also praised her standout rookie.

"Savard is without a doubt deserving of this recognition," Martin said. "I see a bright future ahead for her with the Ooks. She is the top ranked fitness and practice

player on our team and is working hard towards developing her leadership skills for a future leadership role with our program," Martin said.

Savard says she was always going to be a hockey player.

"Hockey has always been a passion of mine and it definitely makes it easy when you look forward to going to the rink not only to improve my game but also to see all of my best friends/second family is a blessing," she said. "This award is very important to me and I think it's a huge motivator for me to continue to work hard and improve moving forward into next season."

MEN

While the men's hockey team relaxed last weekend, the third to sixth seeds in the playoffs fought through the quarter-finals. Third-seed SAIT was victorious over Concordia University (6), winning both Friday's and Saturday's game. Red Deer College (5) was eliminated by Augustana (4) after a tough weekend, losing Sunday's deciding game 4-0.

Top ranked NAIT faces off against Augustana in the best-of-three semifinals this weekend. The first game is at home on Friday, March 10 at 7 p.m. and Saturday's game will be in Camrose. A third game will be played at 6:30 p.m. at NAIT on Sunday, March 12 if needed.

Grant MacEwan (2) will be facing off against SAIT this weekend and the winner will move on to the finals next week.

Athletes of the week

February 27-March 6

Jordan Enns Women's Basketball



The NAIT Ooks women's basketball team did not have the ACAC championship they were hoping for as they dropped their opening game and finished fifth. Despite the result, Jordan had a great championship. In the Ooks' final game of the tournament against Concordia, Jordan had 11 rebounds, four assists, three steals and eight points, leading her team to a 70-61 victory. "Jordan was the anchor that helped us bounce back from a challenging quarterfinal loss to a pair of wins to secure fifth place," said head coach Todd Warnick. "She has been a key and consistent contributor for five years and her non-stop work ethic and tenacious energy on rebounding and defence will be key as we head into the national tournament". Jordan is a fifth-year Bachelor of Business Administration student from Ardrossan.

Jordan Brown Men's Basketball



The NAIT Ooks men's basketball team finished fifth at the ACAC men's basketball championships this past weekend hosted at Medicine Hat College. Jordan had 29 rebounds and 32 points in the Ooks' three games and was a defensive force all tournament long. "He averaged nine rebounds in the tourney and competed hard for us in all three games," said head coach Mike Connolly. "It was nice to see Jordan play his best basketball of the season in the championship tournament". Jordan is a fifth-year Open Studies student from Abbotsford, BC.

**ANOTHER KIND OF COURSE**

These students enjoy an inflatable obstacle course that was set up in the NAIT pool on March 1 to mark NAIT Recreation Day. There were a number of events staged by the Recreation Department to mark the day.

Photo by Lindsey Matwichuk

ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RW	OTLT	GF	GA	L10	STK	Pts
x-NAIT	28	22	6	21	2	0	138	70	8-2	L 1 46
x-MacEwan	28	21	7	17	1	0	123	69	8-2	W 6 43
x-SAIT	28	19	9	17	3	0	105	75	5-5	L 2 41
x-Augustana	28	18	10	15	1	0	100	70	7-3	W 2 37
x-Red Deer	28	13	14	13	3	1	82	83	5-5	W 3 30
x-Concordia	28	8	20	7	1	0	82	118	4-6	L 5 17
Briercrest	28	5	21	2	2	2	73	1443	6-1	W 114
Portage	28	4	23	4	1	1	75	1490	9-1	L 8 10

NOTE: Top six teams qualify for playoffs.

x - clinched playoff spot

Playoffs**Quarter-finals****March 3**

SAIT 5, Concordia 2

(SAIT leads best-of-three 1-0)

Augustana 3, Red Deer 1

(Augustana leads best-of-three 1-0)

March 4

SAIT 7, Concordia 3

(SAIT wins best-of-three 2-0)

Red Deer 2, Augustana 0

(Series tied at 1-1)

March 5

Augustana 4, Red Deer 0

(Augustana wins best-of-three 2-1)

WOMEN'S HOCKEY

Team	GP	W	L	RW	OTLT	GF	GA	L10	STK	Pts
x-NAIT	24	15	9	14	3	0	75	54	5-5	W 1 33
x-MacEwan	24	16	8	15	0	0	57	37	8-2	W 4 32
x-Red Deer	24	14	10	14	3	0	61	47	5-5	L 2 31
x-SAIT	24	11	13	7	0	0	57	60	7-3	L 1 22
Olds	24	4	20	3	1	0	39	91	0-10	L 11 9

NOTE: Top four teams qualify for playoffs.

x - clinched playoff spot

Playoffs**Semifinals****February 23**

SAIT 4, NAIT 3

(SAIT leads best-of-three semifinals 1-0)

February 24

NAIT 6, SAIT 4

(Series tied 1-0)

February 25

SAIT 5, NAIT 4 (2OT)

(SAIT wins best-of-three 2-1)

Finals**March 4**

MacEwan 4, SAIT 0

(MacEwan leads best-of-five 1-0)

March 5

MacEwan 2, SAIT 1

(MacEwan leads best-of-five 2-0)

MEN'S BASKETBALL**North Division**

Team	GP	W	L	Pts	PF	PA	L10	STRK
x-Concordia	24	20	4	40	1919	1684	8-2	Lost 1
x-NAIT	24	17	7	34	1895	1793	5-5	Lost 2
x-Lakeland	24	15	9	30	1747	1651	5-4	Lost 1
x-Augustana	24	13	11	26	1847	1908	6-4	Won 2
Keyano	24	8	16	16	1781	1846	4-6	Won 1
Gr. Prairie	24	7	17	14	1890	1917	3-7	Won 1
King's	24	4	20	8	1697	1977	2-8	Lost 1

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
h-Med. Hat	21	18	3	36	1682	1380	10-0	Won 10
x-SAIT	21	15	6	30	1820	1738	7-3	Lost 1
x-Lethbridge	21	15	6	30	1722	1479	7-3	Won 3
x-Red Deer	21	15	6	30	1897	1693	7-3	Won 6
Ambrose	21	7	14	14	1728	1758	4-6	Lost 4
Briercrest	21	7	14	14	1523	1694	2-8	Lost 2
Olds	21	4	17	8	1554	1812	1-9	Won 1
St. Mary's	21	3	18	6	1565	1937	1-9	Lost 1

NOTE: Top four teams in each division make playoffs
x - clinched playoff spot
h - championship host

Playoffs**March 4**

(5th-6th-place game)

NAIT 79, Lakeland 74 (OT)

(Bronze medal game)

Medicine Hat 96, Red Deer 82

(Gold medal game)

SAIT 85, Lethbridge 65

WOMEN'S BASKETBALL**North Division**

Team	GP	W	L	Pts	PF	PA	L10	STRK
x-NAIT	24	23	1	46	1755	1251	10-0	W 18
x-Concordia	24	18	6	36	1604	1339	8-2	W 4
x-Keyano	24	15	9	30	1565	1422	7-3	W 4
x-Lakeland	24	12	12	24	1461	1414	4-6	W 1
Augustana	24	10	14	20	1448	1496	3-7	L 4
King's	24	5	19	10	1203	1517	2-8	L 8
Gr. Prairie	24	1	23	2	1092	1689	1-9	L 3

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
h-Lethbridge	21	21	0	42	1781	1096	10-0	W 21
x-St Mary's	21	16	5	32	1696	1269	8-2	L 2
x-SAIT	21	14	7	28	1299	1227	7-3	W 2
x-Med Hat	21	11	10	22	1414	1423	5-5	W 3
Red deer	21	10	11	20	1402	1417	6-4	W 3
Olds	21	5	16	10	1289	1525	2-8	L 3
Briercrest	21	4	17	8	1201	1673	2-8	L 2
Ambrose	21	3	18	6	1196	1648	1-9	L 8

NOTE: Top four teams in each division make playoffs

x - clinched playoff spot

h - championship host

Playoffs**March 4**

(5th-6th-place game)

NAIT 70, Concordia 61

(Bronze medal game)

SAIT 57, Medicine Hat 39

(Gold medal game)

Lethbridge 85, St. Mary's 54

ENTERTAINMENT

The iPhone started it all



By BRENDAN CHALIFOUR
Entertainment Editor

"Ten years ago" really doesn't sound that long ago but it will as soon as I tell you that 10 years ago, I was in elementary school ... Grade 4, to be specific. Looking back, it already seems like it was a lifetime ago, as the daily goings-on of life forge new experiences and relationships, time truly does fly by, faster than we can watch.

Other than me being in Grade 4, something else took place 10 years ago. Steve Jobs stood on the stage at Macworld 2007 in San Francisco, California, and announced the company's latest invention. What some might now describe as clunky, was a luxurious gadget at the time. iPhone debuted as a "Revolutionary Mobile Phone" and "Break-

through Internet Communications Device." Incorporating all aspects of life on a digital platform that people didn't yet know they needed, iPhone hit the shelves of retailers around the world within a few months to create a new market for personal devices and, ultimately, transform the way we live. Less than a decade later, it was reported by the Canadian Radio-Television and Telecommunications Commission (CRTC) that in 2014, 66 per cent of Canadians owned a smartphone.

Before handheld technology existed, human beings ran errands, did chores and enjoyed pastimes with little assistance. However, lately it seems we rely on these devices for everything from shopping, cooking and exercising, all the way to keeping up with our friends and getting around the city. Now that we have been exposed to the luxury of having an assistant in our pocket, we have

become very carefree. We often lose track of time and don't pay attention to where we are going. This happens simply because we know our devices will pick up the slack and guide us through everyday life.

The subject of automation and how heavily we, as a society, rely on technology has been of recent interest to me. I am currently reading a book by Nicholas Carr called *The Glass Cage: How Our Computers Are Changing Us*. My favourite line in his book, which clearly and simply captures the reality that we live in, reads: "The computer is becoming our all-purpose tool for navigating, manipulating and understanding the world, in both its physical and its social manifestations."

While at times I could argue that we rely too much on technology, there is a pleasant flip side — carrying a supercomputer around in your pocket does have its advantages, as well.

In his book, *The Mobile Connection*,

Rich Ling states that "Mobile telephony has introduced the ability to call quickly or to "text" to others and change plans when new exigencies arise." Being "always on" or "always connected" allows us to get in touch with whomever we want, wherever we are, acting as a facilitator of on-the-go communication. We are embracing the conveniences it adds to our lives, especially when our lives are more complex now than ever before.

Where I am most concerned, however, is the over-use of these technologies. With the Internet, we are now able to stay up-to-date with our friends and family from afar. Browsing profiles and posts, we are no longer required to regularly engage with each other. The more time we spend online, the less time is spent being social, which can take a toll on relationships.

New technologies bring a long list of benefits but there is a lengthy list of drawbacks as well. Overall, society is embracing these technologies and the apparent simplicity that they bring to our lives. We perceive the positives outweigh the cons but time may change our perception, as we uncover unintended consequences in the future.



First iPhone

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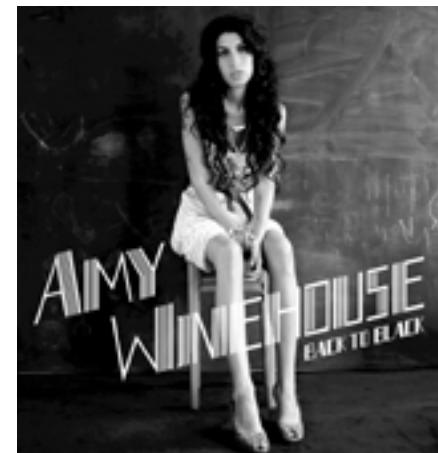
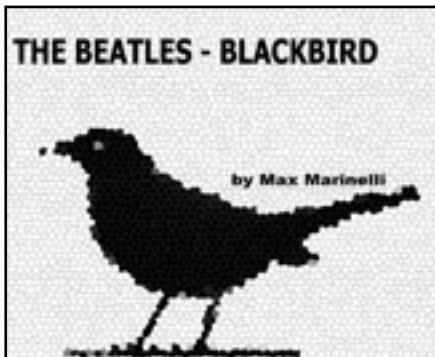


By KAT NYKOLAYCHUK

This week's playlist is inspired by colours. Songs paint grand portraits in your imagination, so why not translate that into a pleasing palette of melodies. Now, there are a ton of songs here that you probably already know, also a bit of a weird mix but they all have colours in the title or the name of the band. Now, I'd say the most popular colour referenced in songs is black, due to the angsty and symbolic nature of it, as well as the colours of a woman's eyes. So here are some songs inspired by muses and heartbreak and freedom, as most songs are.

Let your mind paint a picture with this playlist.

- La Vie En Rose – Louis Armstrong
- Blackbird – The Beatles
- Big Black Car
– Gregory Alan Isakov
- Pale Blue Eyes – Lou Reed
- Crimson and Clover
– Tommy James and The Shondells
- Brown Eyed Girl – Van Morrison
- Back to Black – Amy Winehouse
- Yellow – Coldplay
- House of Gold
– Twenty One Pilots
- Pink Lemonade – The Wombats
- Red Heart – Hey Rosetta!
- Damn Regret
– Red Jumpsuit Apparatus
- Evergreen – Knuckle Puck



MARCH EVENT LIST

6-10 | PRIDE WEEK

- 6 | NNTM VOTING ROUND 2 BEGINS
- 7 | HOW TO: ROCK CLIMB
- 9 | HOW TO: MIXOLOGY @ NEST
- 11 | KIDS PARTY
- 13 | NNTM VOTING ROUND 3 BEGINS
- 13 | HOW TO: LIVE SUSTAINABLY
- 15 | FREE FOOD: EVENING STUDENTS

16 | BEACH KARAOKE @ NEST

20 | ART AFTER DARK

23 | NNTM FINALE LIVE @ NEST

29 | WELLNESS WEDNESDAY

29 | BLOOD DONOR CLINIC

30 | ENTERTAINMENT NIGHT @ NEST

FOR MORE INFORMATION ABOUT ANY OF THE EVENTS LISTED, CHECK OUT NAITSA.CA

RESTAURANT REVIEW

A real downtown gem



By TRISTAN (TRIS) IRION

Although it's been serving Edmontonians from the downtown warehouse district since 2003, this writer would consider the Blue Plate Diner as a definite hidden gem and a shining one, at that.

Since opening, Blue Plate Diner has been dedicated to providing a unique dining experience through both extraordinary cuisine options and an engaging and artistic atmosphere. The impact that Blue Plate Diner has on patrons upon entering is both immediate and undeniable.

As soon as you step out of the rustic atmosphere of 104 Street and Jasper Avenue and into the dining area, you can't help but notice the bright colours, interesting patterns and intriguing tables, each with their own unique lamp (and possibly a candle if it is evening) as well as artwork from local artists displayed throughout.

The wait staff are prompt, very friendly and will no doubt have you on your way to one of their rustic tables within a minute, although from experience, it would be prudent to book a table if you plan on dining during one of their busier times of day, as more and more people are discovering this little diner.

Once you are seated and begin to look over the menu, you will see a good variety of dishes such as soup, sandwiches and burgers. Appetizers range from duck wings to vegan options like green onion cakes and cornbread. As with the appetizers, there is a good range of main courses, including vegetarian, vegan and celiac friendly options. While many of the dishes seem absolutely fantastic, the personal recommendation of this food lover would be the lamb shep-

herd's pie, made with ground lamb, grilled onion, corn and red pepper in a beer reduction, baked with signature Dijon mashed potatoes and served with a side of classic macaroni and cheese. If you prefer a vegetarian option they offer a celiac friendly, veggie shepherd's pie as well.

Once your meal is served, the wait staff remain very attentive to your needs. They make sure your glass is full and the meal is to your liking and are happy to grant any requests you may have. When you have finished your meal,

they will cheerfully sweep away your dishes and offer you a dessert menu with options such as chocolate peanut butter pie, vegan chocolate mousse and locally made ice cream, any of which go beautifully with a cup of coffee, hot chocolate or a pot of tea.

Whether you are looking for a Saturday morning brunch spot, a relaxed weekday afternoon meal or a friendly Friday night date spot, you won't go wrong by choosing the Blue Plate Diner.

Lamb shepherd's pie

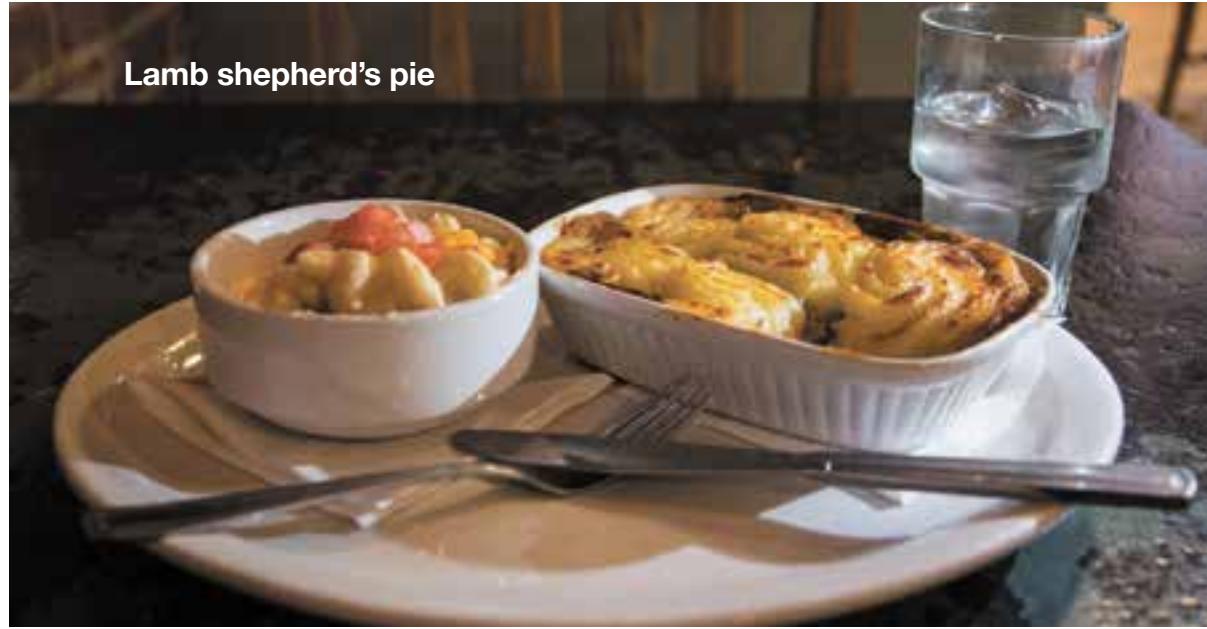
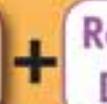


Photo by Tris Irion



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Heroic Hollywood

Archie's Riverdale grows up

By KAT NYKOLAYCHUK

In the grand tradition of this modern world, binge-watching Netflix is a regular occurrence for those of us who can possess the all-powerful streaming service. However, there won't be much binge-watching of this week's new show on the screen. Only one new 42-minute episode is added to Netflix every Friday. There's a lot of buzz surrounding this new show on The CW, the characters based off the one and only Archie Comics.

That's right, *Riverdale*. Your favourite comic you'd buy from the 7-Eleven paired with ring pops and bubble gum is now a TV show. Obviously the better part of North America knows the classic love triangle between sweet blonde girl-next-door Betty Cooper (played by Lili Reinhart) and

raven-haired heiress Veronica Lodge (Camila Mendes) both pining for Archie Andrews (AJ Apa), the redhead sweetheart of Riverdale. This adaptation has a little twist, though.

The show is more of a drama, as Riverdale is devastated to find out that the captain of the football team, Jason Blossom (Trevor Stines), has been found dead on the bank of the river. The Lodges move back into Riverdale after patriarch Hyrem Lodge was arrested for laundering money. Betty Cooper's parents have secrets of their own; something's not quite right with the Blossoms. And so the list goes on. Quite different from the always light and fluffy comics.

Reminiscent of a teen-murder-drama like *Pretty Little Liars* or *Gossip Girl*, the drama surrounding the ensemble cast is

definitely entertaining. Narrated by angsty, quiet Jughead (Cole Sprouse) an outsider objectively observing a town in dismay, adds an interesting angle to the story and keeps it from taking itself too seriously. The characters and writing strike a balance between witty and cheesy and I found *Riverdale* gets into the bulk of the story faster than *Pretty Little Liars*. The show is well paced, always moving the story along even if it's a small piece of the puzzle.

A notable character is the ever-scheming Cheryl Blossom (Madelaine Petsch), a stereotypical popular girl, Petsch brings a quality to the character that's an almost doll-like fictional facade and brings an interesting darkness to the character. Camila Mendes is great as a pragmatic

and strong-willed Veronica and Lili Reinhart brings an interesting intensity that is unexpected from a seemingly regular girl such as Betty Cooper.

The saturated colours in the show are also incredibly beautiful, most notable being the entrancing neon pinks and blues of the Chock-Lit Shoppe: Pop Tate's. The show is visually stunning, and costumes are perfectly suited to each character, whether that be colours or even accessories, it can be something as simple as a spider brooch. Filmed near Vancouver, the scenery and setting of the show is equally as intriguing.

If you can handle a bit of cheese mixed in with an oddly thrilling storyline, *Riverdale* is definitely a show you don't want to miss.

Edmonton's SONiC Boom silenced

By KAT NYKOLAYCHUK

Looks like Sonic Boom is resonating no more in Edmonton. Popular alternative rock radio station Sonic 102.9 announced last Tuesday that their music festival SONiC BOOM will be no more, the 2016 show being the last of its kind. The festival, which began in 2009, has hosted Jack White, The Lumineers, Blink 182, Twenty One Pilots, Arctic Monkeys and a ton of other great bands.

"X-Fest in Calgary and Sonic Boom in Edmonton will not be returning in 2017. We are currently in the process of building a fresh vision for future events in Alberta," said Ian Low, the president of Live Nation

Canada's Central Region.

The station itself seems to be a good representation of a community of people in Edmonton, regularly playing songs from local musicians, heavily featuring the music of Canadian bands. The first show featured primarily Canadian artists and as it garnered more attention, it attracted more internationally popular artists.

Fans of the alternative rock scene, young and old, would gather at the former Northland grounds, then at Borden Park for the 2015 and 2016 festivals. The weather would either be freezing cold or ridiculously hot and, for eight years, the crowd

toughed it out to see the artists they love. The festival felt like it had an allegiance to Edmonton and the community of SONiC boys and girls. It was a community unto itself that came together for a weekend of great tunes every year.

Many folks are sad to see BOOM go. There's always something special about watching your favourite artists outside, braving the elements. Standing in a field with about 10,000 other people singing your favourite songs at the same time was a great last hurrah for the summer.

What will this aforementioned "fresh vision" and "future events" be?

Another festival? Or will all the shows that would've been in Edmonton and Calgary just be spread out over the summer? Other area events like Folk Fest, Edmonton Labatt Music Festival and Big Valley Jamboree are all great for a different crowd but SONiC BOOM was special.

Sonic thanked all the supporters with a sentiment that "BOOM kept coming back because you kept coming back, blisters and all (remember the pavement at Northlands?)."

Many memories were made over the last eight years – the confetti and soaked shoes, pyrotechnics and overpriced water bottles. I'm sure Edmontonians won't let them be forgotten.

Anger – how to manage it



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

In addition to affecting relationships with friends, family and co-workers, angry outbursts also affect your self-esteem and your overall health. While anger is usually a reaction to stress, losing your temper has the impact, ironically, of increasing stress levels.

- **Know your triggers and your warning signs.** Look back and determine what types of things cause you to explode. Be aware of the physical, mental and emotional signs that let you know that you are getting out of control. Rapid breathing, increased heart rate or muscles tightening in the upper body, neck and jaw are common physical signs.

- **Recognize that how you respond to a situation is your choice.** There are many alternatives to losing your temper.

- **Take a physical and/or mental time out.** If possible leave the situation until you can calm down. If this is not possible count to 10 slowly or say the alphabet backwards.

- **Find ways to express your feelings in a calm way.** It is important not to hold anger in and stew on it. It is difficult to do in the moment, but stick to the current issues and do not bring up past problems. Keep your focus on finding a solution rather than placing blame. Practice empathy by trying to see things from the other person's perspective. If you cannot speak to the person that has triggered your anger try talking about it to a friend, family member or counsellor. For some people writing can help. However if you write something you want the person you are angry with to read it is best to wait a day, or at least a few hours, and to re-read it before you give it to them or hit the send button for an e-mail or text.

- **Regular exercise is a great method for defusing overall stress.** Physical activity such as a brisk walk, push-

ups, jumping jacks or jumping rope can quickly release up frustration.

- **Quick relaxation techniques include deep breathing, visualizing a relaxing place or thinking of something humorous.** Yoga, meditation, listening to music that relaxes you or doing a relaxing craft or hobby are other stress reducing techniques. And of course having a balance of school, personal time and social time is important, too.

- **Identify the negative thinking that leads up to angry outbursts.** Your inner self-talk has a major impact on how you respond to stressful people or situations in your life. It often helps to keep a journal of what triggers your anger and of what self-talk goes on when you are triggered. Examples are self-criticism, over generalizing, all-or-nothing thinking, defensiveness, a need to always be right or building things out of proportion. When you are aware of your usual pattern of inner messages you can work on changing your self-talk with the goal of creating positive resolutions.

- **Learn to talk yourself down.** You can defuse anger with simple questions such as "How much will this matter in five years?", "Is this a reaction to the situation right now or to something from the past?", "Are my expectations realistic?" or "Is this person trying to make me angry on purpose?" (e.g. if a stranger cuts you off while you are driving it is very unlikely that they are trying to annoy you personally). If your anger is justified then it is important to talk yourself down with messages such as "I need to wait until I can think about this rationally" or "I can stay calm and relaxed" before you respond with words or actions that you might regret.

- **Keep a 'what to do' list of techniques that work for you when you are angry.** Try out deep breathing, brisk walks, humor, visualization, positive self talk, having some calming music downloaded on your cellphone, phoning a supportive friend and/or other things which may be calming for you. Carrying an object such as a smooth stone in your pocket and rubbing it when you feel your stress rising works as a quick calming technique for many people. Different strategies may work best depending on the situation. Once you have figured out which techniques work best for you in most situations make a list that you can refer to when you feel yourself losing control. Having a list of options will also help you deal with a variety of stressful situations.

- **Believe that you can successfully manage anger.** While anger is a normal emotion that everyone experiences, it is not normal or healthy to fly off the handle when you are upset. Many people believe that their angry outbursts are out of their control however everyone can learn strategies to manage anger in a more productive way. The more positive experiences you have in dealing with anger successfully the easier anger management becomes.

- **Seek help.** Talking about stressful situations in your life can help you see them from a different perspective. Relationship counselling can help couples develop more effective communication techniques. Individual counselling is free through Student Counselling while you are a NAIT student

so take the opportunity to try it out while you are here.

Counsellors at Student Counselling are available to help you with any personal or academic concerns that may be interfering with your success at NAIT. All counselling is free and confidential.

Main Campus: Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W-111PB, HP Centre

Souch Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153

Patricia Campus: A counsellor is available Tuesdays. Book by calling 780.378.6133

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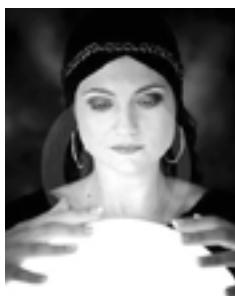


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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 9-15

(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Pisces (Feb. 19-March 20)

The planets are aligning in the career sector, so hang on tight if you are looking to make your mark or just catch the eye of that potential employer. The world may soon know your name.

Aries (March 21-April 19)

It is time to leave the past behind and focus on the future. Change can be scary but hang on, because the future looks bright and profitable. Listen to your heart and act on it. Now is not the time to second-guess yourself.

Taurus (April 20-May 20)

Life is a wonderful adventure. Get out of the rut and look for where the unicorns play. There is magic all around you, just waiting to be discovered.

Gemini (May 21-June 21)

Sit back and reflect on where this year is taking you. If events are proceeding along a smooth, well-travelled path, that is a bonus. If not, a few course adjustments may need to be made. Be in a silent place, the better to hear your own thoughts.

Cancer (June 22-July 22)

Much activity and action is in the works, so keep the pace up. When the signs change, you will find much has been accomplished, both romantically and creatively.

Leo (July 23-Aug. 22)

The planets indicate a forward looking perspective is a must right now. Those senseless disputes are wasting your time and energy, especially now that they no longer matter.

Virgo (Aug. 23-Sept. 22)

Opportunities are there, so be ready to drop your hesitation and stubborn attachment to the past and what appears to be solid ground. Step out of your comfort zone right now if you are to achieve long-term happiness.

Libra (Sept. 23-Oct. 22)

Flattery is used just as often to manipulate as to sincerely bolster your confidence. Stand up for yourself appropriately and with respect and you will sail beyond the hidden rocks others plant in your path.

Scorpio (Oct. 23-Nov. 21)

The sun's position relative to Saturn makes this an ideal time to seek out financial opportunities. There are plenty, so go and make the most of them before someone else does.

Sagittarius (Nov. 22-Dec. 21)

If you have been feeling challenged lately by what life is throwing at you, dig in because this is going to continue a while longer. Be mindful that facing these issues now will ensure a smoother path in the future.

Capricorn (Dec. 22-Jan. 19)

Beware people trying to influence your relationships. There are two sides to every story and if you just listen to the one side you may end up closing the door on a friend, a networking opportunity or even a promotion – all because you took the side of someone who is nursing a grudge that may or may not be justified.

Aquarius (Jan. 20-Feb. 18)

If you are feeling uncomfortable because you are involved in a situation that is not of your making, you may need to step back and free yourself quickly. If this means letting your friends deal with the situation on their own, then so be it. It is their life and you must get on with yours.

What's on ...

By NAVJEET KAILAY

NAIT Kids Party**March 11 at 11 a.m.-4 p.m.****Venue:** CAT Crossing**Ticket Info:** Free

NAIT students with kids can sign up for this fun afternoon event; there will be a variety of games, fun activities and delicious snacks for kids ages 3-10. They will also be showing two movies.

...

Maple Sugar Carnival**March 11 at 11:30 a.m.-4 p.m.****Venue:** Fort Edmonton Park

Ticket Info: \$5 for entrance, plus a \$10 per person food ticket charge. More information available at fortedmontonpark.ca

Learn about French Canadian culture and step back in time. Be sure to dress

according to the weather.

...

Pool Party**March 12, 11 a.m. start****Venue:** West Edmonton Mall World Water Park

Ticket Info: \$13/ticket. Limited spots available; purchase your tickets at BYTES and register at W-101.

Enjoy a day at the Waterpark in West Edmonton Mall with old and new friends.

...

Life After NAIT**March 15, 5:30 p.m.-8:30 p.m.****Venue:** NAITSA Student Lounge

Register for this free event and networking opportunity with NAIT alumni and industry contacts. There will be light snacks and refreshments.

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NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHO

International Club Film Series: From Books to Film
 Crafting Club Weekly Crafting
 NSC Super Smash Bros Meetups
 Civil Club Meeting
 Anime Club SNACTime – Weekly Hangout
 Women in Action Weekly Meetings

WHEN

Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm
 Thursdays, Dec 8, 2016-April 30, 2017 | 5:00pm-10:00pm
 Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm
 Tuesdays, Jan 3-April 18, 2017 | 4:00pm-6:00pm
 Fridays, Jan 13-April 14, 2017 | 4:30pm-8:45pm
 Every other Tuesday, Jan 24 - Mar 28, 2017 | 12:15pm-1:15pm

WHERE

Stanley A. Milner Library
 Room X-105
 CAT 191
 CAT 252
 CAT 276
 CAT 138

UPCOMING CLUB EVENTS

WHO

Forestry Tech
 MRT2018
 Crafting Club

WHAT

Rock, Paper, Scissors Tournament
 Pub Night
 Craft-A-Thon

WHEN

Fri, Mar 31, 2017 | 6:30pm-9:30pm
 Sat, Mar 11, 2017 | 7:00pm
 Fri, May 5-May 7, 2017 | All Day

WHERE

CAT 1st Floor
 The Pint on Whyte
 17421 94 Avenue NW



NAITSA CAMPUS CLUBS CENTRE

**VISIT THE
CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus
 780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates