

# NAIT NUGGET

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Cover photo by Aaron Wilmot & typography by Shawna Bannerman

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**FEBRUARY 8-14**  
**USING YOUR NAIT STUDENT PORTAL**

# Peer support program open

By ELI O'DONNELL

The Peer Support Center is now open. After nearly two years of planning and training, the peers at the centre are ready to help and listen as of January 30.

The service hub manager at NAITSA, Megan Brodeur, explains that the major draw of peer support programs is the fact that you will be speaking to another student – one who has been trained to help those in need.

“Peer support is student to student supportive listening,” said Brodeur.

The service is anonymous, which means no names, no IDs and no student numbers.

Not only is it anonymous, but it is for everybody. The peer supporters are there to listen, whether a student is nervous about a test or if they are experiencing more severe concerns.

“We do not give any advice,” says Brodeur, after being asked about the difference between a peer supporter and a counsellor. “You bring in your problem, spread it out on the table, talk about your feelings, and then the peer supporter will help you package it back up.”

They also give resources and referrals if someone needs or asks to take their healing to the next level. Supporters are not licenced and will not give advice.

“We are not going to come in and say ‘Oh, break up with your boyfriend, he sounds like a jerk.’ It is very impartial and unbiased with no judgement,” said Brodeur.

NAITSA currently employs ten students, but Brodeur hopes to expand the Peer Support Centre in the future.

The program is currently open on a walk-in basis three hours a day on Monday to Friday. One hour in the mornings, one at lunch and one before evening classes.

“We’d love to see the hours be the same as our office hours, we’d love to see this expand to the satellite campuses as well,” said Brodeur.

Other institutions, such as Grant MacEwan and the University of Alberta, have had some form of peer support since the ‘60s. They have almost 40 students employed as supporters and they see between 60 and 70

applications every year.

Brodeur hopes to receive applications for more peer counsellors. Postings for positions are usually posted on the NAITSA website in March and April. To become a peer supporter, one must first be enrolled at NAIT. They also screen for empathy and unbiasedness.

“The interviews are really tough,

and they can get really emotional. But we want to make sure that whatever issues [the interviewee has] are worked through, [they] are going to be ok and not be triggered by somebody else’s problems,” said Brodeur.

Students are encouraged to seek help if they need it and the Peer Support Centre is now open to serve students.



Aaron Wilmot

## STUDENT SENATE

# New procedures will effect grading

By JOE LIPOVSKI

Last term ended with the approval of NAITSA’s Peer Support operating budget. At the first meeting of this term, Jennifer Glenday, from the registrar’s office presented the changes NAIT is currently reviewing, regarding academic procedures. This includes how grades are determined and NAIT’s appeal procedures.

The senate had many questions for Glenday regarding transcripts. Senator Grace Chan-Lowe asked if this review would bring any changes to NAIT’s current transcript system. Senator Rick Guillaume asked if a new system would be able to recognize the 33 level high courses and transcripts, compared to today’s 30-1 and 2 level courses.

Glenday said this review includes NAIT’s current, Peoplesoft transcript system. However, Peoplesoft only goes back as far as 1999. As a result students may end

up with two separate transcripts. Glenday said NAIT is working on transferability within a new system, but doesn’t know how that will work.

Glenday said when there are manual intervention and curriculum changes, there can be room for error. NAIT is continually working to automate their transcript and transferability within their services in order to remove more of the ‘human error’ factor.

Michael Essex, the senator for trades and apprenticeships, explained that he is unable to run for an executive position, because some apprenticeship programs are as short as two months. Essex mentioned that apprentices are also not eligible for several services, such as the U-Pass, which he would like to change.

Senator Seo asked the Executives what they found most challenging during their term. VP Student Services, Willow Shelley, said that being a senator last year,

she had underestimated the workload of an executive position. However, after adapting quickly to the new role as VP Student Services, the role has been very rewarding.

Karen Velasco, VP External, who came from the peer mentor owl program at NAIT, said her biggest challenge was adapting to her new role. Velasco also found going through the decision making process, when advocating for student funding from government was equally as challenging.

President Naomi Pela said the most challenging thing for her was how quickly her time books up. As a result she would have to choose which meetings or events to attend. Brenda Needham, VP Academic, said the most difficult part will be leaving at the end of the term. Needham and Pela are both nearing the end of their second and final term as executives.



# U of A prof. poses changes to current prison system

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

By **MICHAEL STREAM**

An associate professor at the University of Alberta published a critique of the corrections system and on prison feminism.

Dr. Chloe Taylor's new book *Foucault, Feminism and Sex-Crimes: an Anti-Carceral Analysis* is her response to Michel Foucault's controversial idea that sex-crimes ought to be treated as crimes of violence only.

Michel Foucault is a French philosopher and sociologist. Some of his works include: *Discipline and Punish* (1975), *The History of Sexuality* (1976) and *Madness and Civilization* (1961). Much of Foucault's work hinges on a critique of labelling or categorizing people based on things like sexuality or mental illness.

"He recognizes the ways that these categories can be both pathologizing, and oppressive and limiting. But also ways that they can be empowering," said Taylor.

Dr. Taylor gives the example of identifying as homosexual. This identity may mean suffering oppression, but she explains that there would not have been a gay rights movement if there was no adoption of the identity of being gay.

Responding to Foucault, she believes that his writing lacks a feminist analysis that she provides in her book.

So what does anti-carceral mean exactly?

"Sometimes de-carceral is used a less polarizing term," said Taylor. "I liked 'carceral' rather than something like prison abolitionist."

Dr. Taylor uses the term anti-carceral because it takes into account that there are many types of incarceration. The traditional jail that we all think of is not the only place where people get locked up.

"We have many institutions of confinement and incarceration in our society, not just prisons. A danger of prison-abolitionism is that people will sometimes say 'okay, yes. We're not going to put these people in prison but we might put them into drug-rehabilitation programs against their will, and we're going to put others in hospitals and psychiatric wards against their will, and just find other kinds institutions of confinement.' It remains a carceral society."

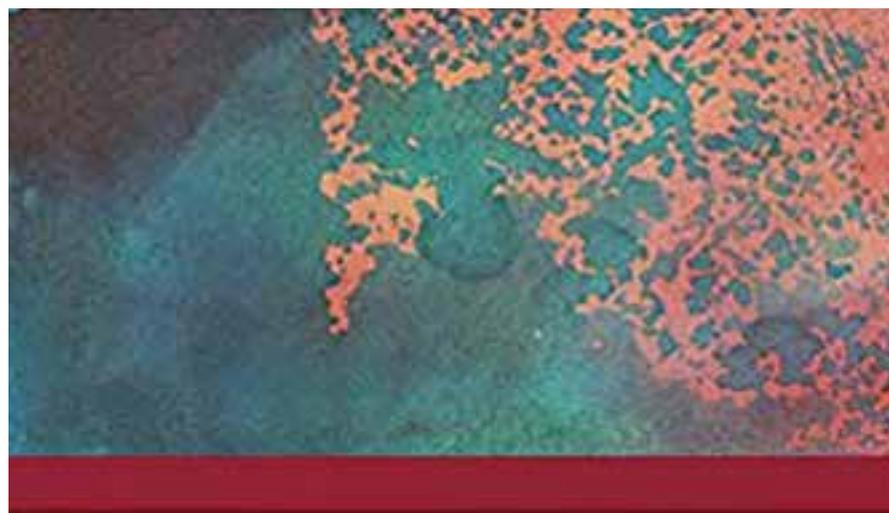
Dr. Taylor reminds us that the vast majority of rape cases are unreported. "Even when it is reported, the police don't believe it, judges don't believe it. Even in the tiny minority of rape cases that get reported to the police and go to trial, the person doesn't end up in prison anyway," said Taylor. "We need to debunk the myth that rapists are in prison."

When it comes to actual response to crime, however, the direct solution Dr. Taylor would offer is something called 'trans-

formative justice'. A more familiar term might be 'restorative justice', which means having a deeper community response to crime.

The focus of transformative justice is to make the necessary changes in the community that created the crime. Part of this change is to rehabilitate and re-incorporate offenders into this community.

"Maybe what we need to do is transform society so that these things don't happen anymore," said Taylor.



## FOUCAULT, FEMINISM AND SEX CRIMES

AN ANTI-CARCERAL ANALYSIS

Chloë Taylor



# Info clerks needed for student elections

**Duration:** Feb. 13, 4 p.m.-7 p.m.  
 Feb. 14, 10 a.m.- 2 p.m.

**Compensation:** \$16/hour

- Information clerks are needed Feb. 13 and 14 for the NAITSA Executive Council election.
- Information clerks must have a strong command of English and have a complete and clear understanding of the democratic election process.
- Info clerks must have a complete understanding of the on-line voting process and must be comfortable in providing guidance to students.
- Apply in person at the NAIT Students' Association office, Room E-131 from 8 a.m.-3 p.m.

## PROGRAM FEATURE

# DIAGNOSTIC MEDICAL SONOGRAPHY

By CALLEN LEHMAN

With over 700 applicants every year and only 42 accepted, diagnostic medical sonography is a competitive program. It allows students to learn the proper functions to avoid injuries with specific scanning techniques. The program gives students an understanding of the technical procedures and visualization through ultrasound.

Sonographers are an integral part of the ultrasound study, working closely with patients as it relies on user dependent scanning. This teaches students exactly what images to find and the best ways to optimize them. Once familiar with the images, they can then know what they are looking for in patients to diagnose.

This is taught through practice scanning, giving a clear understanding of the anatomy and knowing what a healthy body looks like in order to spot a flaw.

The competitive standards of the program includes an average of marks and a multiple mini-interview format the applicants must complete to be reviewed and accepted.

As there are only 42 spots available, there is a competitive average that applicants must meet through upgrading courses or high school marks. Once evaluated, candidates are expected to send in their video interview or complete it at NAIT to be accepted and enrolled.



LEE  
DERKSEN

Chair of Diagnostic Medical Sonography

Sharing her knowledge to future Sonographers, Lee Derksen, chair of the DMS program has been in the healthcare industry for 35 years. Starting as an x-ray technologist wanting more patient contact, she re-trained in ultrasound and has now been involved with ultrasound for almost 30 years, working at NAIT for 10.

Derksen explains that not many people see ultrasound to its entirety, as there is a narrow perspective on it's abilities. People may usually only hear about abdominal sonography and obstetrics (which focuses on the internal organs and fetal growth). The practice also explores breast, artery, heart, brain and joint imaging. While learning scanning techniques, students

are also taught and expected to be able to assist in the diagnosis of conditions found.

Every graduate is placed in position for a career once completing their program as they will then be highly trained for the workplace. They may not end up starting specifically where they wanted, but it does not restrict graduates from starting at a community care clinic then moving up into a hospital environment if that is their goal.

"We're trying to sustain the number of sonographers within the profession, so we're constantly trying to provide enough graduates to meet the needs of patients and health care situations," said Derksen.

TENEILLE  
LESMEISTER



Teneille Lesmeister is in her second semester of medical diagnostic sonography. She has a strong passion and interest towards science and its discoveries. She plans to explore the possibilities from the techniques and abilities that she is learning as the mobility in the industry varies.

"I'm able to go back to a small town if I choose to, or if I wanted to work in the city, I could. It's a broad program when it comes to location," said Lesmeister.

Teneille entered the program allowing herself to develop a stronger knowledge

base and focus on a skill to serve others.

It's important to know your every move as a sonographer, since injuries can occur through repetitive motion during the ultrasound process. A complete understanding of anatomy and science is a supporting factor for the competitive entry in this program. According to Teneille this also allows people to pursue their passions.

DAVID  
CAMPOS



David Campos, also in his second semester, wanted to involve himself in biology and take on this program since he was in grade nine. Wanting to work or involve himself in pediatrics, David is looking forward to pursuing his passion within his career with the help of this program.

He looks forward to completing this course as he will have the opportunity to meet new patients everyday within his workplace.

"I wanted something that would change everyday, so I could continue learning

inside of it," said Campos.

Since technology is developing all the time, there are new scanning techniques that sonographers in practice are eventually required to learn. As graduates coming out of the program, the skill to continually learn new practices is mandatory within their careers but it's one thing both of these students look forward to.



Joning Yu is one of the International Centres Peer Mentors for the 2018/2019 school year.

NAIT International Centre

## INTERNATIONAL FEATURE

# International student finds success at NAIT

By **ALTHEA ALABAT**

Joning Yu is an international student in the business administration program, majoring in Finance, and when she first moved to Edmonton she wanted to try and see if she could adapt to her new school and environment in her first semester.

She started her academic career at NAIT in January of 2018, shortly after moving to Canada in October of 2017.

“I wanted to enrich my student life and started to seek different opportunities,” said Yu.

She later knew that she wanted to pursue extracurriculars and eventually sought out new opportunities to be involved in student life on campus.

One of the first things she did to divers-

ify her student involvement was volunteering at the International Centre where she got to know some of the peer mentors who’ve helped other international students like her.

“I started to follow all of NAIT’s and NAITSA’s social media accounts and subscribed to several newsletters to update myself on potential opportunities,” said Yu.

She also volunteered for NAIT events, such as the Mosaic event (formally known as Global Village), Welcome Week and NAIT’s Program Review.

The peer mentors who worked for the International Centre were also involved in the International Student Club (or ISC), where she was eventually appointed as a financial coordinator. Little did she know

that the very same club members were prepping her to become the VP Finance of ISC.

“They were asking me if I was willing to step up to the position and I did,” said Yu.

She was officially appointed VP Finance in the summer of 2018 and still holds that position to this day.

Other than being an executive for the ISC, Yu is also one of two senators that represent the business administration program and one of 17 senators that represent the entire student body. Prior to running as a representative, she got to learn more about the senate during the club retreat. She submitted her application the day after.

“I was concerned whether or not I was well-equipped to even run for the position, but I knew I wanted to try,” said Yu. “As I was submitting my application for the election, I was thinking of how I could add value and purpose to the students being a part of the senate.”

Yu is expected to finish her business administration diploma with an emphasis in finance at the end of 2019. After reflecting on her involvement with NAIT and the students, she admits that it can be a learning curve when stepping up to new challenges.

“I learned to be open-minded and embrace challenges. It can be difficult to learn how to balance everything at once, but it’s all part of the learning process,” said Yu.



# WEEKLY SPECIALS

## FOOD

### MONDAY

\$8.25 I Wish it Were Fry-Day Bowls  
*(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)*

### TUESDAY

\$8.25 8" Signature Pizza

### WEDNESDAY

\$8.25 Nest of Wings  
*Add dipping sauce \$1.50*

### THURSDAY

\$7.25 Potato and Cheddar Perogie Poutine

### FRIDAY

\$8.25 Daily Soup and 1/2 Wrap

## DRINK

### MONDAY

\$5.00 OFF Bottle Wine

### TUESDAY

\$2.00 OFF Beer Cocktails

### WEDNESDAY

\$5.00 Lamb's Rum Highballs

### THURSDAY

\$6.00 Flavoured Absolut Vodka

### FRIDAY

\$1.00 OFF Domestic Bottles

### DAILY

\$5.00 BRO-tini  
*Ask your server for details*

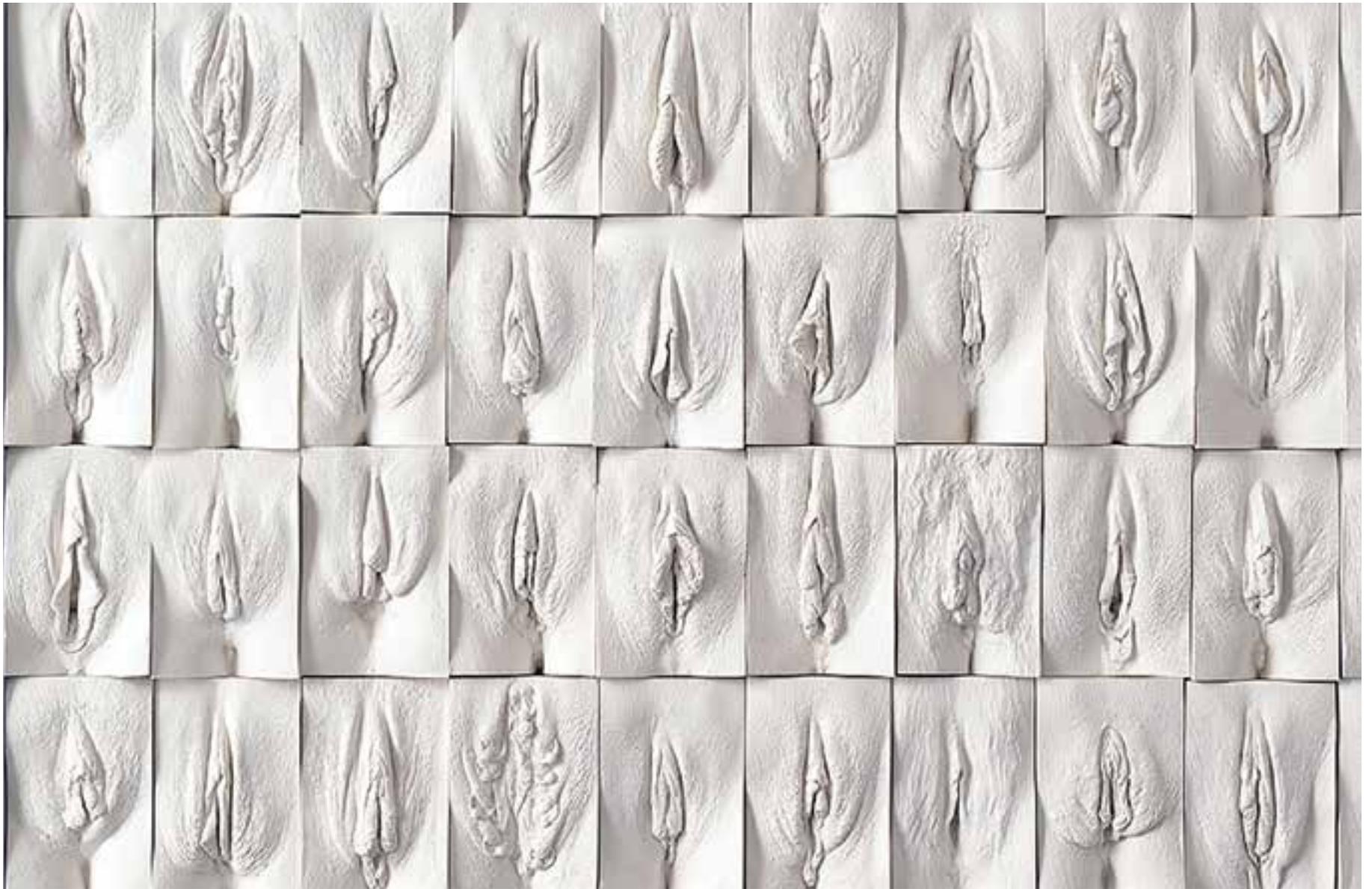


All specials available while quantities last. All liquor served is 1oz. Must be of legal drinking age to purchase alcohol. Valid ID required, please drink responsibly.

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For current hours, please visit us online at [nesttaphousegrill.com](http://nesttaphousegrill.com)

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The Great Wall of Vagina

# Your vagina isn't weird



By **NICOLE MURPHY**  
**MEDIA OPERATIONS MANAGER**

Labiaplasty is a procedure that offers women the opportunity for “better” genitals. My question is: what is this new level of privilege we live in that we have time to criticize our fucking private parts this intensely?

I can't imagine our ancestors while hunting for food, taking care of their tribe and surviving harsh weather environments looked down and thought “I should probably have smaller labia lips and a whiter vagina.”

In recent years, vagina rejuvenation surgery has become increasingly popular in North America and the UK. With women asking for “The Barbie,” a look that takes off most of the labia minora giving a clean, tight “clamshell” type look. To clarify, people are asking to look like a fake doll that doesn't even have a real vagina.

It has been suggested that the increased exposure to porn has fueled this insecurity. Many men and women do not realize that they are looking at surgically altered vaginas while watching porn. Adult women may see these vaginas and judge their own as different. As well, men may develop an inaccurate expectation of how a vagina should look.

On the flip side, a study found that women in the U.S reported being influenced by their doctor more than any other source to get the surgery. From 2014 to 2015 the amount of these surgeries performed on minors increased from 222 to 400, almost doubling. There are minors that need parental signatures. What kind of generational neuroses are we dealing with here? And who really benefits?

Do not get me wrong, there are circumstances when this surgery is needed. In some cases the labia minora can cause pain and irritation, which means this procedure will increase your quality of life. As well, there are other reasons why people may want to change their genitals, which is more than not liking how they look.

For years, men have been trying out different ways to increase their penis size that include supplements, pumping, jelqing, traction and most recently in 2013 a bunch of men were sent to the hospital in Korea for silicone injections gone wrong. This issue of genital insecurity is not just a feminine one. Arguably, this is a case where men have it worse.

I want to bring light to the absurdity that is the “perfect” pussy or “big” cock. Despite what comedians say, size doesn't matter. Whether you're circumcised or not

doesn't matter. Whether you have long, medium or short labia minora doesn't matter.

Of course there are extreme circumstances that can affect sex life, however, I have never heard of this kind of thing being a deal breaker, especially if you like one another.

This being said, I do have a perfect vagina so I suppose me writing this article is kind of like when a supermodel tells girls they don't need to wear make-up.

Kidding! To tell you the truth I have felt insecure about how my vagina looks and measures up, along with most other things about myself.

In 2017, the beauty industry brought in 532 billion dollars and the cosmetic plastic surgery 16 billion dollars. I am not against taking part in either of these markets, I would be a hypocrite if I was, but let us step back and perhaps reevaluate what is important.

Not being “good enough” is a common thought that a lot of people have experienced. It could be feeling you're not smart enough for a job, or you're not attractive enough for your “crush” or the debilitating feeling you just do not have what it takes to emotionally get through an adversity.

Most of us have been there, all I am saying is give yourself a break. Do not compare your vagina or penis to the ones in porn.

Find a person that you love so much that you do not care how their genitals look, because we all get old and saggy anyway.

# Ooks hockey gala

By JORDAN TOUGAS

The Ooks Men's and Women's Hockey teams are looking to bring in some extra money near the end of the season.

The NAIT Ooks Hockey Gala is hosted by Ernest's and aims to raise money for both hockey teams.

The Ooks are working through the last few weeks of the season with their eyes set on the provincial tournament. With a busy season between practices and games, it can be tough to squeeze in time to fundraise.

"It's very chaotic and hectic. It's hard for a student-athlete. We have to be careful when planning events during our seasons," said Shawn Belle, the Associate Head Coach for the Men's Hockey team.

"The athletic board and I feel this is the perfect spot to put the fundraiser, as we are at the end of both our seasons."

The Ooks Hockey Gala will allow investors, family

members, and the general public to meet the players, get autographs and help support the team financially but also mentally.

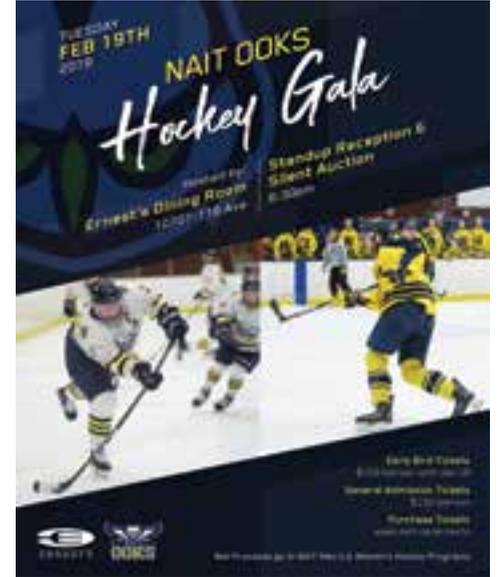
"It's a good segway into the playoffs," said Belle. "You only have a certain number of bye weekends a season so it gives the guys a chance to restart and to be refreshed going into playoffs."

One major difference this year is the introduction of a silent auction at the event. The money raised from ticket sales and the silent auction will go to both hockey teams.

"The money is going towards our program enhancement," said Belle. "It gives us money for tournaments, travel fees, but also team meals and other bits that help the guys."

It can be quite expensive to play hockey, especially when teams take trips to play in tournaments elsewhere in Canada or in the United States.

Tickets for the event can be found at [nait.ca/ernests](http://nait.ca/ernests).



# Fit date night ideas

By SIMARJOT KAUR

Dinner and a movie is a classic Valentine's Day date (or Netflix and chill because it's 2019). For those couples that like to stay active or try something different on February 14, there are plenty of options.



### Couples Yoga at Aurora Yoga and Spa

Located right on Jasper Ave and 112 St., spend your evening connecting with your partner through yoga. Student drop-in rates are \$12 per person and you can sign up for the session on their website at [AuroraYogaSpa.com](http://AuroraYogaSpa.com).



### The Surf Studio

Stay indoors and dream about that next Hawaii trip at the Surf Studio. They have a variety of workouts you can sign up for, and the first session is free. You can book sessions on their website at [TheSurfStudio.ca](http://TheSurfStudio.ca).

### Skiing and Snowboarding

Between Snow Valley, Rabbit Hill, Sunridge and the Edmonton Ski Club, there are plenty of opportunities to take part in some winter sports. Prices vary depending on where you go and what equipment you need, but this is generally not a cheaper option. But if you and your Valentine want to get to know each other on the t-bar or chair lift, check out one of Edmonton's ski hills.



### Sweetheart Snowshoe

Weather permitting, there are a few opportunities to go out on a snowshoe adventure with your partner. For \$33 each, you get snowshoes, a guided hike through the river valley around Whitemud Park, as well as hot chocolate and bannock afterwards. Bookings are done through the City of vEdmonton's website.



### Rock climbing at Vertically Inclined

Drop in before 8:30 p.m. and for \$35 per person, you get a day pass, orientation, and equipment. It's an opportunity to fall for each other (and catch each other, too) while getting in a workout. Vertically Inclined is located on 8523 Argyll Road and is open until 11 p.m. Thursday night.

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# Sex before a game

By MOIRA BRYAN

Whether they're taking part in a drop-in game of basketball, playing for the NAIT Oaks or representing your country at the Olympics, the topic of whether or not you should be getting in some pre-game action can come up.

One study published in *Biological Psychology* found that penile-vaginal sex led to lower blood pressure during times of stress, with this affecting men more than women. This suggests that people who have sex are better able to manage themselves during times of stress.

While sex can be a way for people to release stress and lift their spirits before a game, some athletes prefer to keep it in their pants on game day.

"No sex on game day," said one men's hockey player. "It tires me out and I can't focus very well."

When men orgasm, one of the chemicals released in the brain is prolactin. This hormone can decrease levels of testosterone in men and counteract the effects of dopamine, which helps regulate attention and satisfaction.

This can explain the loss of focus and energy if athletes get it on before the game. For some athletes, giving yourself a bit of recovery time between sex and game-time is key.

"If I have sex in the morning before an evening game, I'm good, but if I do it too close to the game then I won't play well," said a men's basketball player. "It's not even that I'm tired, I'm just unfocused a bit and I can't really get in the groove of the game."

For women, the effects can be the complete opposite. Some athletes say that sex can get them in the perfect mood before the game.

"I had sex before a game once and it may have been the

best game I ever played," said a women's hockey player.

Even Ronda Rousey says that sex can give her the extra boost she needs.

"I try to have as much sex as possible before a fight," Rousey said to Jim Rome back in 2015.

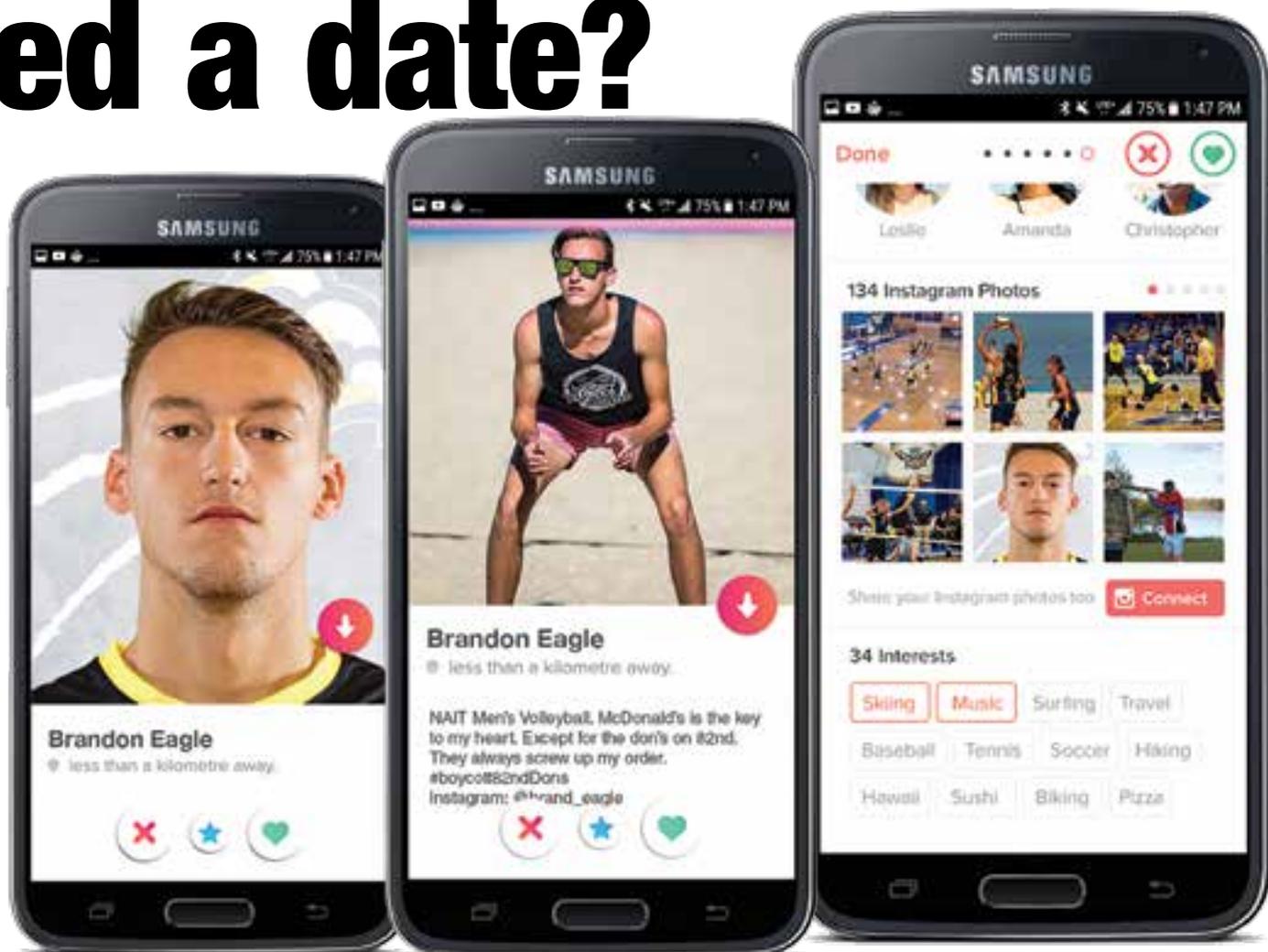
Whether or not sex before a game will boost your performance or not is dependant on the person. Multiple studies have shown that it's more beneficial for women compared to men. Regardless, you may want to give yourself a bit of recovery time and not go at it immediately before the whistle blows.



Unsplash

HOT 'N' SINGLE

## Need a date?



# Noises from the bench

By ZACHARY FLYNN

## TODD WARNICK Women's Basketball Head Coach

If you've ever seen the Oaks women's basketball team play, you've undoubtedly seen head coach Todd Warnick squatting on the sideline and you've definitely heard his voice over the noise of the game.

When you're putting your vocal cords to the test day in and day out, it's surprising that coach Warnick doesn't lose his voice on a regular basis. Warnick said the keys to keeping your vocal cords in top shape are water and balance. "You try not to be dialled to 11 all of the time," he said.

Warnick picks and chooses his times to be vocal. He says that he's vocal in practices and games, but he claims he's relatively quiet outside of basketball.

"Some people probably picture me at home with my family yelling at my kids," said Warnick. "I'm actually very quiet and calm and reserved at home. My work-voice and my dad-voice are two different things."

During the regular season, he has time during the week to let his vocal cords recover and get some rest, but during provincials and nationals, he doesn't have that luxury.

"Your intensity level's high, [...] the team has to hear you, you're screaming your guts out. As a coach, you're up all night watching film till like four or five in the morning so you're not getting any sleep so... It's a combination of pretty much everything," said Warnick.

Warnick says that his voice usually gets scratchy and rough near the end of the year around tournament time. He says that the team's 6 a.m. practices can be especially tough on his voice and every so often it will crack.

"Reliving that moment of puberty in your mid 40's is always a little embarrassing," he said.

When he starts to lose his voice, Warnick says that he is extra selective of when he speaks.

Even at home, he stays fairly quiet.

"When I'm at home my wife is excited because she gets to be heard because she talks and I just listen mostly because I just won't say anything," he said.

When the game's going and the gym gets loud, Warnick doesn't have many options when it comes to communicating with his players. If they want to be heard on the court, they need to be vocal.

Only time will tell whether or not Todd Warnick's voice will survive till the end of the season.

## MIKE CONNOLLY Women's Basketball Head Coach

When you watch Mike Connolly coach, yelling from the sidelines, he can come across as an intimidating fellow.

"They don't realize that when people yell, they're very caring and very understanding and they're just trying to communicate," said Connolly.

The loud nature of a basketball game forces the coaches and players to be loud just so they can be heard.

"When you play in front of people it's always louder so you always have to yell," said Connolly. "Energy spreads, so it comes from the bench and it comes from our guys on the bench and it spreads to the floor."

Connolly's volume is meant to coach his players as the game goes on so they can fix their mistakes without needing to come off the floor.

"If you really want to be coached, you'll take any coaching you can at the time to let you keep playing," he said. "There's two options, you either get subbed or we can talk about it while you're playing."

Connolly picks and chooses the times he's loud - not because his vocals chords need a rest, but because there's a time and a place to be vocal.

"I don't try to rant and rave in the timeout or in the halftimes, because the guys already know so it's time to talk and work it through," said Connolly.

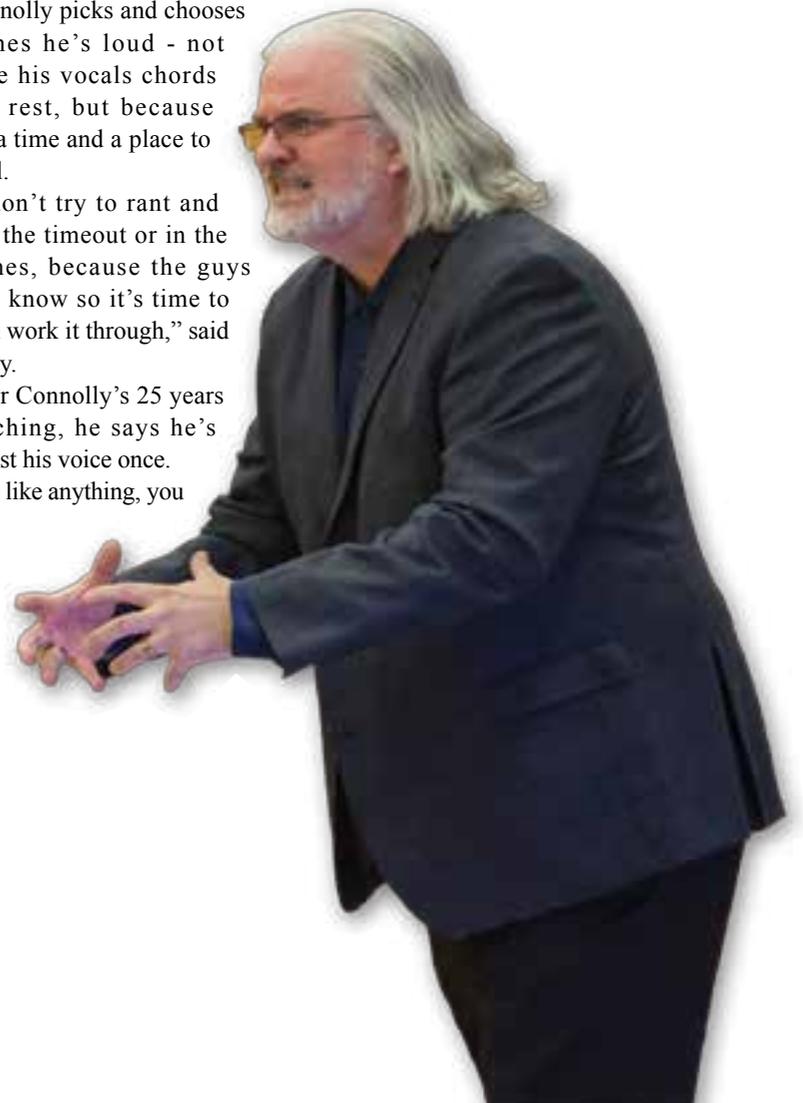
Over Connolly's 25 years of coaching, he says he's never lost his voice once.

"It's like anything, you

can condition to it," he said. "Obviously as you get older, you make sure you drink a little bit more water and keep hydrated."

Mike Connolly's voice should remain strong and loud for the rest of the season and for seasons to come. It's one of those things that just comes naturally to some people.

**"It would be interesting to run side by side video of Coach Connolly and I to see who's louder at different times."  
- Todd Warnick**



**naitsa**  
NAIT STUDENTS' ASSOCIATION

**EXECUTIVE  
COUNCIL**  
ELECTION 2019/2020

CANDIDATE FOR PRESIDENT



**WILLOW SHELLEY**  
CANDIDATE FOR PRESIDENT

Hello friends (and soon to be friends?)

My name is Willow and I absolutely love NAIT. I am in my last year of my BBA and know first hand the pain and struggle of being a student while juggling the rest of life. But, I also know what makes it awesome.

Being a successful student and keeping your sanity takes balance and lots of support. This year, as your Vice President Student Services, I have worked around the clock to make your NAIT experience more enjoyable and supportive. I was successful because I had a strong leader to support me in my goals and to keep the team on track. I have much gratitude for our President, Naomi Pela, for guiding our executive team. The leadership lessons I have learned from her I applied to the following teams, projects and relationships I fostered this year:

**CAB & Events Team**

Back in May I set the direction and vision for this year: to increase student engagement, save money and have more events.

- I made Nest Fest free this year and increased turnout from 300 to over 3000 students.
- By reviewing the events budget, NAITSAs saved over \$35 000 on Nest Fest alone, enabling an additional 10 events throughout the year.

**Peer Support**

In the Student Survey, you said that one of your top priorities was to have Peer Counselling.

- With the support of staff, I developed and launched NAIT's first Peer Support Program.
- Now a self-sustaining department, it's provided self care support and encouragement to over 500 students since November.

- This peer to peer service is confidential and cozy. Check it out yourself in J209B.

**NAIT/NAITSA Collaboration**

By fostering a strong relationship with NAIT leadership, I have positioned NAITSAs to effectively collaborate.

- Through negotiations with NAIT, I have secured over \$80,000 in grant funding for 2018/2019 and a two-year contract for space on campus for Peer Support.

This year has been incredibly rewarding and fruitful for us all. Now, you are voting in three new Vice Presidents. They will also be passionate about their goals and will want to make NAIT a better place for you. The new team will need to have a leader who knows how tough these positions are, one who can navigate the pitfalls and side-step them. One who will know how to support a team to realize their individual and collective potential. With my combined knowledge of the NAITSAs, NAIT and Organizational Development I will guide and support the new Executive Team you vote for.

President Pela has also started a new Strategic Plan. This is essential for our associations long-term success. As President, I will complete this project and find ways to leverage NAITSAs's incredible staff talent to generate alternative sources of income and more student opportunities.

Thank you for your support last year in voting me in to represent you. I would be honored to do it again as your President.

Tell me how I can better support you and your NAIT experience: willowshelley.nait@gmail.com

CANDIDATE FOR PRESIDENT



**KAREN VELASCO**  
CANDIDATE FOR PRESIDENT

Hello fellow students!

My name is Karen Velasco and I'm running for the position of President of the NAIT Students' Association. I was previously an OWL, a Peer Mentor and a Campus Ambassador. I am currently your VP External, and I would like to thank you all for giving me the opportunity to serve you for the past year. It has indeed been a pleasure serving you and working alongside all of you.

It has always been my passion to ensure the welfare of all students. And as your VP External, I am happy to share with you some of the top accomplishments that me and my team have achieved so far:

1. Proper allocation and better spending of the mental health fund (Peer Support, MyWellness)
2. Lesser waiting time by 90 seconds for the crosswalk in 106 Street
3. Improved students' security and safety by getting approval from the City of the installment of flashing lights in the crosswalk in 118 Ave
4. Advocated for cheaper textbooks thru the launch of the Open Educational Resources Campaign
5. Advocated students' right by speaking with the MLAs during the Fall Advocacy Week
6. Collaborated in this year's NAIT Career Fair and achieved a stronger and more formidable relations with NAIT and our external stakeholders
7. Most importantly, created better leaders and a stronger team and community thru various projects and activities

I am confident of the value and impact that these achievements made in all of us. That is why I will ensure continuance of all these and take on bigger and bolder goals as your President:

1. Fall Break - our current VP Academic has been advocating to have our fall break in her two-year term. I would like to continue on this advocacy to NAIT to ensure we have a proper break from our studies.
2. Open Educational Resources - we have started a petition to advocate to the government for cheaper textbooks and other alternative resources we can use instead of having to buy costly textbooks. Our team has engaged leaders within NAIT who are in support of the conversation around OER. I want to continue making progress in this initiative.
3. Collaborative / Quiet Study Spaces - our current President has been engaging with NAIT in adding more furniture to areas and convert existing spaces into more collaborative / quiet study spaces. They are currently on research phase and I would like to take this on and identify actionable items and move this into implementation phase as soon as possible.

With all of these, we will create a better NAIT community.

Thank you very much everyone. I am counting on your votes to make these happen.

I am Karen, with and for all of you.



CANDIDATE FOR VP ACADEMIC



**SHEENA DUKEWICH**  
CANDIDATE FOR VP ACADEMIC

I'm Sheena Dukewich, and I'm running for VP academic for your student executive council. As a student here at NAIT I understand how vital your educational environment is in order to grow as a student. As VP Academics it will be my responsibility to focus on student academic issues and advocacy. I am also your resource for issues involving academic rights, regulations and policies. I am here to help resolve any issues you might have, in classrooms, with teachers, other students or with your program.

A little about me, before coming back to school I was a full time security guard, my job was to support and protect people, places and things. After a traumatic altercation that changed my life I chose to come back to school. This was a challenging choice for me as I am also a person with learning disabilities. I know first hand how important it is to get the best and most out of your academic experience. I am proud to be a current student of the Bachelor of Business Administration Degree with a focus on Management and a recent honours graduate of the Hospitality Management program here at NAIT. You may have seen me around campus giving tours as I have been a Campus Ambassador for the last two years. I feel running for VP Academics is another step for me to be more involved with the school and help to give back what I have been able to receive.

I believe in a supportive and comfortable place for you to learn, prosper and achieve your academic dreams. I am a compassionate listener and if elected, promise to always make time to hear from you. I believe in our school, and I believe in each of you.

Please vote Sheena Dukewich as VP Academic for your NAITSA executive council 2019-2020 year.

CANDIDATE FOR VP ACADEMIC



**EMI OKE**  
CANDIDATE FOR VP ACADEMIC

Hello my fellow NAIT student,

My name is Emi Oke, I would love to be the Vice President Academic of NAITSA Executive Council. I am currently in the year three of Bachelor of Business Administration (BBA) Major in Finance. Prior to gaining admission to NAIT last year, I hold a Bachelor's degree in Accounting and also a Certified Project Management Professional (PMP) with years of work experience in Treasury Management of a bank. I am currently a member of Investment Club of NAIT (ICON).

As someone that has been in academics environment for a while and having passed through different challenges in my academics pursuit. The role will enable me to bring the valuable experiences I have already gained in my previous studies and time at NAIT to overall benefit of all students.

The primary goal of every student is to excel in their academic's pursuit, my objective is to ensure students achieve this goal and equally get the best experience out of their education. I will adequately represent your interest in all matters as it pertains to your academic related grievances and be a resource for students on issues involving academic rights, regulations and policies.

One of my biggest goal would be to advocate for more cordial relationship between students and instructors and ensure that course deliverables with allocated grades are well spelt out at the beginning of the semester. Also ensure students get feedback in a constructive manner so as to improve students learning.

In the situation of conflict, I would act as an advocate by mediating and directing students to resources within the NAIT community and help student understand NAIT's policies and procedures as it applies to them, by providing guidance and advice.

I will use academics projects and events to bond the students across departments to establish cordial relations and friendships.

I will give myself to speaking and representing your view politely and constructively to the NAIT Academic council and provide a useful feedback to you.

I will operate an open door policy where students will be free to make their opinions known. However, we sometimes need advice, support and enabling environment where personal problems and issues could be handled in the most discreet and confidential manner. My support in these regards is guaranteed to all students.

I am passionate about NAIT and it would be great honour and privilege to serve as your Vice President Academics in the year ahead.

Vote Emi for your Voice, Vote Emi for VP Academic.



# EXECUTIVE COUNCIL

ELECTION 2019/2020

CANDIDATE FOR VP STUDENT SERVICES



**CHRISTINA FISHER**  
CANDIDATE FOR  
VP STUDENT SERVICES

Hello,

My name is Christina Fisher. Originally, I had come to NAIT to upgrade in order to change careers.

Like many others who can relate to this as well, the economy proved to be at the root of my decision; everyone seemed to be aiming for the same job my occupation. I decided to aim for something that aligned closer to my interests for once. My plan was to upgrade. And with my upgraded prerequisites, transfer and apply them within the field of horticulture at Old's Collage. But as you know things can change and as they did for me, I found myself now aiming for Landscaping Architect; to my surprise and delight, a program offered here at NAIT. To help with my own and others who were looking for other students to study together, I started the Pi Club, The Pi Academic Support Study Club.

Everyone has a perspective, meaning they already has a piece of the puzzle. All we have to do is put it together to see the entire picture. I think is certainly true, as well, to learning new topics.

No matter for our reason for being here, we are all students. And even a little bit of help or improvement can go a long way in our student life.

Vending machines, supplied with erasers, pencils, engineering paper and the like; for those last minute assignments and the stores are already closed.

These and other changes would help improve our student life on campus. As such, in the position of VP Student Services, exploration of such possibilities would just be part of my duties to you, the student.

You can vote online (a button will pop up in your NAIT portal) and at voting booths around campus. Starting February 8, @ 12:00 AM and Ending at February 14, @ 4:00 PM.

Thank you!

CANDIDATE FOR VP STUDENT SERVICES



**ALEXIS FLINKERT**  
CANDIDATE FOR  
VP STUDENT SERVICES

Hello! My name is Alexis Flinkert and I am running to be your next Vice President Student Services of the NAIT Student Association. After High School, I spent a couple of years unsure what my future held until I found myself here at NAIT feeling excited about my future. As an older student, I found myself struggling to find my tribe here on campus before taking the leap and applying to be an Event Coordinator with the Campus Activities Board (C.A.B). Joining this tribe was exactly what I needed to make sure my time here on campus counted. I plan on leaving NAIT with more than just book smarts but memories that I will cherish for years to come after graduation. This position has already graced me with experiences that are immeasurable but have also exposed me to everything I would have missed had I not taken that leap out of my comfort zone. The knowledge has motivated me to run for VP Student Services as I want to show students on campus all the amazing opportunities there are to be a part of.

If I get elected, my priority is to make your time here on campus memorable for you to look back on your years here and smile; to educate you on everything NAITSA offers and motivate you to go out of your comfort zone and find your tribe here. Our team works to craft experiences and opportunities for you to meet new people and expand your skill set - from social events such as dirty bingo, de-stressing events such as inflatables, and educational classes such as learning calligraphy or how-to classes.

As a student association, it is important for us to cover and concern ourselves with what types of things that would be important to you as students. At NAITSA, they focus on fun such as clubs and events but also providing benefits - a food center, temporary financial aid, and have implemented many mental health support systems. Most importantly, free food! It is my goal to ensure we offer something for every student on campus. Nothing would make me happier than to lead the team that creates, executes, and improves the services that are offered by NAITSA.

I am excited to meet all of you while campaigning around campus and really listen to what would make your time here more memorable, more exciting and more experiential. If I don't have the chance to meet you, feel free to send me an email at [jexflinkert@gmail.com](mailto:jexflinkert@gmail.com) detailing what would increase your experience here at NAIT.

Vote for Me and award me the honour of making your time here on campus the best it can be.

- Alexis Flinkert

*The submissions included in this information piece were written by each candidate and are published as submitted. The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.*



CANDIDATE FOR VP EXTERNAL



**AJ JARUGA**  
CANDIDATE FOR VP EXTERNAL

Hello NAIT Students,

My name is AJ Jaruga and I am running to be your VP External for the 2019/2020 academic year.

I am a fourth year BBA student with a focus in human resource management. As a soon to be HR professional I believe that people should always come first. As VP External I would always ensure that student interests are heard and come first.

After being at NAIT for four years and experiencing many different classes and instructors, participating in events, and competing in case competitions, I have obtained a good understanding of the needs of a NAIT student. It is with this knowledge that I will be able to advocate properly on your behalf. During my time at NAIT, I have worked on many consulting projects which has given me the opportunity to learn how to effectively network, create lasting relationships, and communicate. These are all skills that I intend to use to ensure that NAIT students are properly advocated for.

As VP External it would be my role and my pleasure to make sure that the student voice is heard. To do this I will ensure that I am easily accessible to students by creating an open line of communication, which then will allow me to gain a better insight of what students want. As a result, I will then be able to better advocate for the best interest of you, the students.

This past year I have had the privilege of working for NAITSA. During this time, I was able to interact with many different students, gaining a strong understanding of what students want and need to have a successful wholistic experience at NAIT. As VP External, I will ensure that these needs are heard throughout campus and by the appropriate external parties.

As VP External, it will be my goal to continue to advocate for open educational resources (OER's) which would mean a cheaper alternative for students opposed to textbooks. Another issue that I would continue to advocate for throughout the year is funding for mental health initiatives on campus. Student mental health must be a priority for governments to ensure the success and well-being of students. Other issues that I would like to advocate for include: on campus student housing options, fall reading week, enhancing U-pass, and creating equality of services between daytime, online, evening, and satellite campus students.

Vote YES to AJ for VP External, have your voice heard and projected.

# VOTE FOR YOUR EXECUTIVE COUNCIL

ONLINE VOTING USING YOUR NAIT STUDENT PORTAL  
**FEBRUARY 8 - 14 AT 4PM**

INFORMATION STATIONS  
**FEBRUARY 13 FROM 4PM - 7PM**

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

INFORMATION STATIONS  
**FEBRUARY 14 FROM 10AM - 2PM**

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

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](http://NAITSA.CA/ELECTIONS)



# COMEDY NIGHT at the Nest

**THURSDAY, FEBRUARY 28, 2019**  
**4:00 - 6:00 PM | FREE**

Take a break from studying for a night full of laughter! Grab a group of friends and bring them down to the Nest to enjoy some cheap beers and free entertainment. The show will feature Canadian comedian Alex Fortin opening for Lars Callieou. Lars has toured across Canada and the United States and competed in many comedy festivals, including Just for Laughs International Comedy Festival. Show starts at 4:00pm. Get there early to grab a seat.

**\$100 NEST GIFT CARD GIVEAWAY**



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NAITSA PRESENTS  
**HOW TO ROCK CLIMB**  
A SERIES

**Wednesday, February 13, 2019**  
4:30 PM - 7:30 PM | Meet at the NAITSA office | \$10

Scale the walls and race your friends during our rock climbing event! We'll be bussing out to Vertically Inclined where you'll learn how to rock climb. \$10 secures your spot and gets you transportation, a belaying lesson, climbing instructions, and 2 hours on the wall! Registration is required. Sign up at [naitsa.ca/events](http://naitsa.ca/events)

# Point Counter Point

## V-Day: Single or taken?

Valentine's Day has been the trademark 'love' holiday for hundreds of years, but does the holiday actually hurt or help couples? Is it better to be single or bound in a relationship? Our contributors share their thoughts.

By **JOE LIPOVSKI**

Valentine's Day is harder on single people.

It is hard to see the constant reminder of what you don't have, or what you've never had. Valentine's Day is supposed to be about love and relationships. Therefore, it is more difficult for a single person on Valentine's Day than it is for someone in a relationship.

A single person may be in that position not necessarily by choice. This would make Valentine's Day a painful reminder of what was lost or what the person never had. As a result the single person may be more prone to pushing people away on Valentine's Day, whether they just got out of a relationship and the wound is still fresh or they simply still harbor feelings of what could have been.

In addition to this, there are the constant reminders about the relationship you've left behind, from seeing other couples celebrating Valentine's Day. This would be magnified and made infinitely worse if the ex had already moved on with someone else, or had the relationship ended due to a wandering eye.

For someone who has never been in a relationship, Valentine's Day can be just as difficult only for different reasons. If the person has never been in a relationship, Valentine's Day may seem like a part of life that might never be. Even though there are many venues that offer singles parties on Valentine's Day, it could be just another party to the single person who can't seem to find a relationship.

Someone who was dumped or forced to break up might also find Valentine's Day more difficult than those in a relationship.

Whether we like to admit it or not, feelings are a tough thing to

manage and often linger long after the person has moved on and the relationship has ended. Valentine's Day could result in a bombardment of imagery that takes them back to the relationship, mentally reflecting, on what it was and what it could have been.

Singles parties are common, and they can be a nice easement to remind you that you're not alone, but they just don't appeal to everyone. Those with social anxiety struggle in social situations, making it much harder for them to meet people or potential romantic partners.

No matter how the relationship ends, Valentine's Day is more difficult for a single person than someone in a relationship. It is a day intended to celebrate relationships, and makes people without a partner feel singled out.

By **BEN BUNDA**

Valentine's Day is always harder for couples. Hollywood has built up these ridiculous expectations that are near impossible to meet. Is it the 5-star meal that you had to book months in advance, the expensive rose bouquet or the "perfect" cute small date?

The expectations are so high and can easily lead to disappointment. It sets up two people who love each other unconditionally the other 364 days of the year to expect the world from each other, when that's not the reason they got together in the first place. It's a consumer holiday just marketed to cost couples unnecessary money.

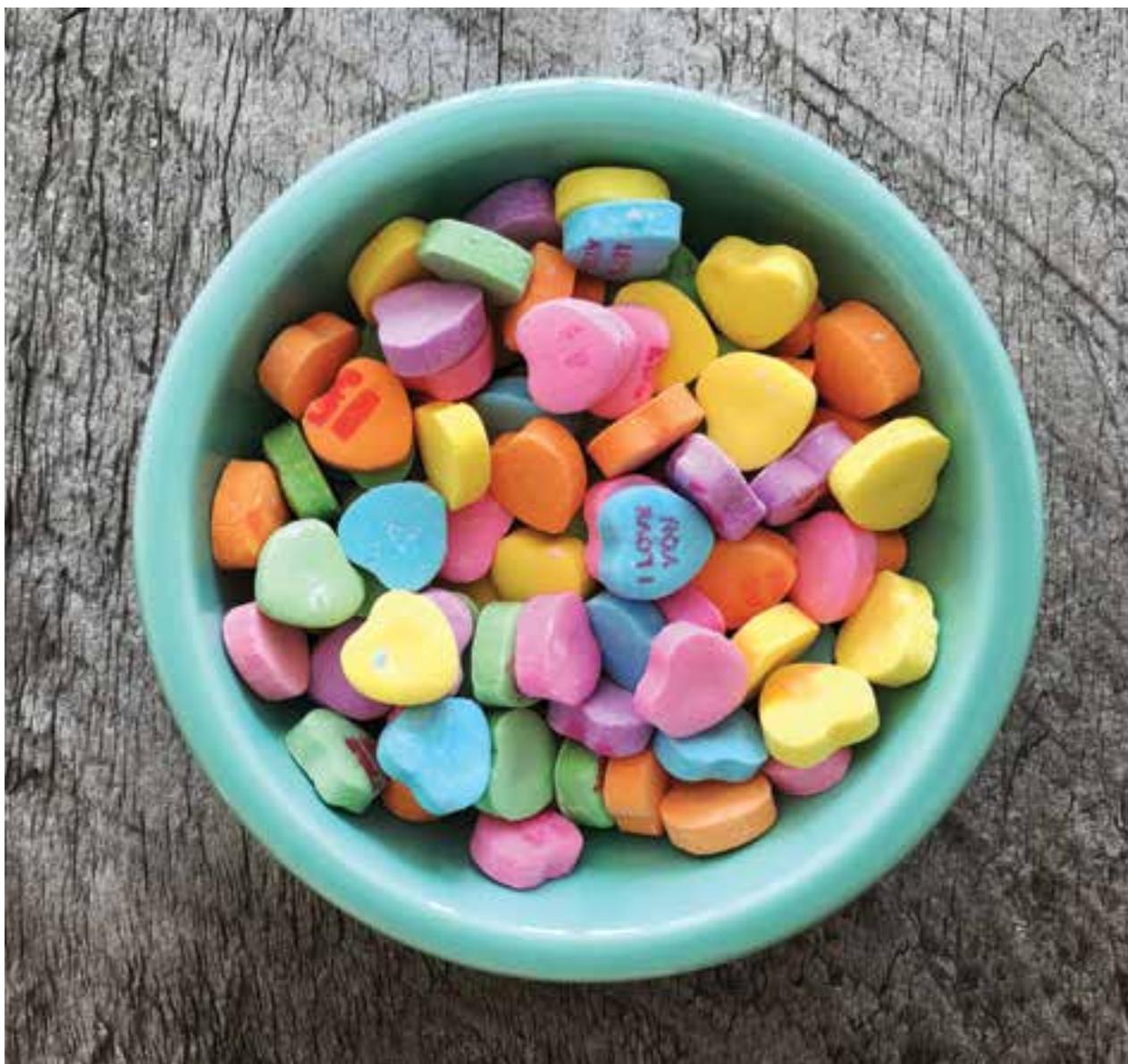
Single people get to enjoy those heart chocolates at half off the day after Valentine's Day, while couples are expected to pay more than full price because they happen to be dating at a

certain time of the year. You should be able to show your love to your significant other without a Hallmark card and a big red box of (insert brand name) chocolates. If however you do indulge in these traditions, depending on how long you are together, you have to one up yourself each year. What an interesting contest trying to prove you out love each other every year.

Single people have it way easier in February, they don't have to worry about some grand night that has to be perfect. You don't have to leave your house that weekend and deal with the absurd amount of people who also feel obligated to do something that weekend. You just get to stay at home and take care of yourself, even if you may be sad that you're not spending the holiday with anyone.

There is also an abundance of singles events going on, or better yet just hang out with a couple of friends. You can go people watching and make fun of all those couples which you so despise on that day.

In all honesty, a single person complaining about Valentine's day is like a lot like me complaining about dunking... it's not something I can do and it doesn't really affect me. Valentine's Day is meant for couples and thus creates more problems for couples. Be it the drama from forgetting, continually trying to one up each other or the corporations pushing you to spend more than you can afford. Single people, on the other hand, stand to the side reaping the rewards of parties, cheap candies the day after and potential hook up with potential partners that could lead to you being on the otherside of the issue next year.



# Albums of the week

ALBUM FEATURES BY BEN BUNDA

NEW LOVE



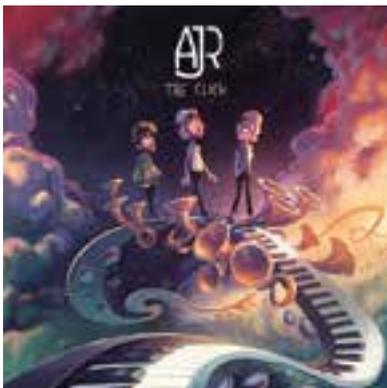
**Bazzi**  
*Cosmic*

Bazzi's 2018 album *COSMIC* has a lot to say about love. It covers the full spectrum from being so unbelievably infatuated with tracks like "Dreams" or "Soarin". It conveys wanting your significant other to know how they make you feel with aggressively catchy tunes like "Star", "Beautiful" and a lead track that brought Bazzi fame: Mine. Young love isn't all sunshine and rainbows either, Bazzi captures feelings of doubt and uncertainty on tracks like "Why", "Mirror" and "Changed".

Not all new romances work out, a reality Bazzi shows as he reminisces about exes he wishes had worked out and others he's glad ended on tracks like "Myself", "Honest", "Gone", "Fantasy" and "Somebody".

Dash in a few tracks about sex and late night conversations with "BRB", "Cartier" and "3:15" and you've covered about all you can about young love. Whether it works out, or doesn't there's a large uncertainty and mountains of raw emotion, and that's why Bazzi's *COSMIC* perfectly conveys young love to me.

JUST FRIENDS



**AJR**  
*The Click*

Sometimes you aren't looking for a relationship with someone, and that's fine. Friends are just as important, if not more so. AJR's *The Click* conveys these feelings. "Drama" and "Turning Out" convey the bad side of relationships that maybe you are trying to avoid. The "Good Part" wants to skip to the good parts of a friendship. Parts like a "Netflix Trip", "Come Hang Out" and "Bud Like You" are about friendship: the experiences, and good times you have with each other. Friends are also there for you in times of hardship which "Sober Up", "Weak" and "I'm Not Famous" convey.

"No Grass Today" says to focus on other things that make you happy, friendship is a great alternative to relationship woes. To round it off; "Call My Dad" reminds us that sometimes our best friends are our parents, because they know us best. AJR's *The Click* conveys a lot of positivity towards just being friends. So keep that in mind before you rush into things because sometimes a friend is more important and what you need in your life.

BREAK UP



**Joji**  
*BALLADS1*

Joji's *BALLADS1* conveys the whole story after the breakup with his sad but sweet album. From truly missing that person in tracks like "WANTED U", "CAN'T GET OVER YOU" and "R.I.P." to just wanting to be recognized and validated in his feeling with tracks like "ATTENTION" and "I'LL SEE YOU IN 40".

Then to the challenge of moving on, but maybe not truly ready to move on, in "TEST DRIVE" and "YEAH RIGHT". Feelings of not feeling good enough after a breakup come through on "SLOW DANCING IN THE DARK" and "NO FUN". Finally losing meaning in what you're doing on "WHY AM I STILL IN L.A." If you need to go through the full range of emotions to truly cleanse yourself from that relationship listen to Joji's *BALLADS1* and hopefully by the end you'll come out the other side a new person.

FOR YOUR LISTENING PLEASURE ...

## The Shuffle

### The Shaggin' Playlist

By TY FERGUSON

Don't let your mood setting playlist be as predictable as your sex this Valentine's Day. Pause the Marvin Gaye and missionary and put on something modern for your lovemaking.

**"We" by Mac Miller (ft. Cee Lo Green)**

Smooth, jazz fusion-esque instrumentals mixed with Miller's lyrics of romance and Cee Lo's soft-yet-powerful voice. It's like a sundae, or sex itself.

**"Call Out My Name" by The Weeknd**

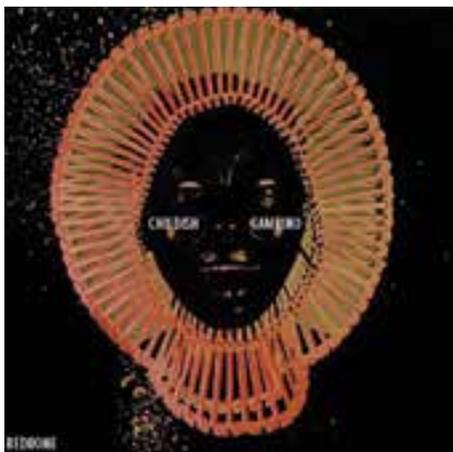
Perfect pacing that isn't too slow or too fast, let the lady feel like she's in 50 Shades of Grey.

**"SZA" by Doves In The Wind**

"You can never trivialize p\*\*sy" - an important reminder from an even more essential song.

**"Redbone" by Childish Gambino**

Childish Gambino is the modern Marvin Gaye with this super smooth, soulful funk hit.



**"Work Out" by J. Cole**

Pre-game pickup, this hip-hop hit will get you really feeling yourself.

**"Get You" by Daniel Caesar (ft. Kali Uchis)**

Daniel Caesar's lulling voice acts as lyrical lube in this modern R&B instant-classic.



**"PCH" by Jaden Smith (ft. Willow Smith)**

It's just a quality sex song, don't tell the Fresh Prince. (Editors note: Never include Jaden Smith on any play list).

**"Stay" by Mac Miller**

"I swear that [female body part] Grammy-nominated"... Stay with me on this one.

Honourable Mentions: "On The Way" by Twenty88 (Big Sean and Jhene Aiko), "LOVE" by Kendrick Lamar (ft. Zacari), "Heart Don't Stand A Chance" by Anderson .Paak, "Into You [Alex Ghe-nea Remix]" by Ariana Grande (ft. Mac Miller).

# Simple student suppers

By TORA MATYS

*The plus side about cooking for one is it's cheaper and creates way fewer dishes (which are the worst). It doesn't have to be hard either. Go hard and experiment with your flavours. Besides...you're the only one eating it!*

## Almost Instant Mug Cake

No one wants to go to the store and buy a whole cake for themselves, but sometimes you just need some cake. This cake is made just for you and takes less than 3 minutes, start to finish!

### Ingredients:

- ¼ cup of flour
- ¼ cup sugar
- 2 Tbs cocoa powder
- A pinch of baking soda
- ¼ milk
- 2 Tbs oil
- A splash of vanilla

### Instructions:

1. Grab a coffee mug and add all the liquids. Give it a good mix, then add all the dry and give it an even better mix. Be extra and add some chocolate chips, nuts or peanut butter.
2. Zap it in the microwave for 90 seconds, and voila! A whole cake all to yourself in less time then it takes to decide on something to watch on Netflix.



## The Extra Tuna Melt

The best thing about sandwiches is there are no rules when making them. GO HAM (literally). I feel like some bacon might even elevate this one, so add it in, do what you want, make it extra

### What you'll need:

- 1 can of tuna
- 2 Tbs mayo
- 1 pickle (diced)
- 1 tsp pickle juice
- A pinch of dill (fresh or dried)
- Salt and pepper to taste
- 1 Tbs butter
- ¼ red onion (sliced)
- Cheese (I'm not going to tell you how much cheese to use)
- Your bread of choice (I like marble rye or even a bagel)

### Instructions:

1. Start by melting your butter in a medium frying pan. Add your onions and cook on low heat until soft and golden, stirring occasionally. \*Pro Tip: the lower and slower you cook the onions the sweeter they will be.
2. Preheat your oven to 420F.
3. Drain your tuna and put it in a bowl with the mayo, pickles and spices. Now, remember that the spices are just a suggestion so get creative! Mix all that goodness together until thoroughly combined.
4. Now the fun part, put your bread on a tinfoil lined cookie sheet (this makes cleaning way easier). Next, scoop half your tuna mixture on it and place some of the sauteed onions. Top with your cheese of choice, however much you desire (no judgment here). Do this again if you want a second open face sandwich. Bake until bubbly, for about 6 minutes.

## JUST THE TIP

# Set the bedroom atmosphere

By VICKY CHANG

In having good sex and making it count for both partners, there are three variables that are essential and which should be closely observed. This includes intensity, intimacy and the cognitive connection. Sex is both a physical and emotional experience, meaning it is important to consider elements that affect one physically and emotionally during the act. This makes knowing what your partner likes and doesn't like critical to enhancing the experience for you both.

Having good sex is about preparation, about creating the moment. How do we achieve this edge of preparation? Kissing is a tool for initiating sex, making your mouth a major player in the pre game warm up. It is essential to cuddle, have small talk and kiss as you prepare. Kissing should be gentle and kissing the neck works in marvelous ways.

Improving the experience should not be a complicated issue and should be simplified based on what is available. Don't exaggerate it, but make it diverse and creative. Partners should think about it in their routine and take notes on how to improve the experience. Having good sex means even changing the environment. Many couples restrict themselves on their bedroom and this has the tendency of slaying the sweet part of sex. It is essential to vary both the location and style of approach. There are multiple styles that a couple can exploit to make sex more edgy and it also goes with the preference of the couple, the cognitive connection and the level of urge between the couple.



Unsplash

## THROWBACK THURSDAY

# The mall that has it all

By JOE LIPOVSKI

In the late '80s West Edmonton Mall looked and felt vastly different from today.

The mall was impressive, a true sight to be seen with fountains all through the mall and brass fixtures. One of the fountains looked like the school band left their brass instruments sitting in the water.

The noise of Peacocks and the ball machines could be heard through the mall. The ball machines were fun to watch as a kid, and one still catches the eye as it sits at the Telus World of Science.

The mall had lights covering the place, even the railings had a strip of lights going down them. As a kid I couldn't help but look up at the ceiling and be mesmerized by the twinkling lights. Bourbon Street almost looked and felt like the real thing with an atmosphere that made a kid feel like he had left a mall and was wandering down a New Orleans street.

On top of this though the mall always had something to do whether you were stuck shopping or just taking it all in. In just one trip I could be left at the ball pit while my parents shopped at IKEA, take

skating lessons at the Ice Palace, follow that up with a Cinnabon, and finish the day off with a big group performance by one of the fountains. They were probably buskers but to a kid they seemed like stars.

My uncle used to take me to Fantasy Land (known as Galaxy Land today). My favourite part was the tunnel in the kids play park. It was designed to be like a cave, they even made the floor uneven to really get the feeling right. Unfortunately, "safety" has taken control of things there, like everywhere else, and the tunnel is now boarded up.

The mall was such a big deal at the time that when I was in High School field trips to the mall were almost expected. I remember the first time we went, it was to this new theatre called Silver City. The movies weren't even the big selling feature back then, they installed a dragon that breathes real fire. We would also take a trip to see the mall's very own navy, taking a couple tours on the mall's subs. Unfortunately for both the dragon and the subs, time marches on. The dragon has been taken down, maybe someone realized shooting fire indoors wasn't a great

idea, and the subs have mostly been shut down.

Today IKEA, Canadian Tire and many other stores have gone, with The Bay being the only department store to remain as a link to the past. Gone are the

pay phones, dolphins and submarines. With the help of Youtube channel "Best Edmonton Mall" though we can relive everything the mall was to us while we were growing up, while still enjoying the modern conveniences it offers now.



WEM

# No love like pet love



By **TORA MATYS**  
Assistant Entertainment Editor

In the spirit of the Valentine's issue, I figured I should write about love of some sort. I'm not here to give any love advice, or tell any gushy story. What I am here to do is talk about the unconditional love you receive from pets. It's a love like no other, because once you have a pet in your life, you become their life. Your pets live for you to come home.

Now, anyone that knows me knows I'm a crazy pet lady. With enough animals to qualify as a zoo, I'm never alone or without something to do. A majority of my animals are reptiles, and that's a special bond within itself. But I have a couple of ferrets, and a pair of parrots (which I call chickens because they act like them) as well.

Even though I've always had a love for animals, my passion really took off for them when I started working at Petland after I graduated high school. At the time I had 7 fish tanks at home, so it just made sense that I'd work in the fish and reptile department. Prior to this I'd had very little contact with reptiles, maybe the odd

iguana in Mexico but other than that, they made me a little uncomfortable. Nowhere near as uncomfortable as my child nemesis...snakes. Overcoming that is another story for another day. But working five days a week, hands-on with all the different types of animals, not only lizards, was eye opening.

During my time at Petland, a little green cheek conure claimed me as his owner. I say he picked me and not the other way around because honestly I never thought I'd grow up to be a bird person...but here I am. This bird is about the size of my hand, but his attitude is big enough for a T-Rex. Because of this I gave him the name Rex. Rex was the meanest bird I'd ever met. I

mean he would literally lunge at people and bite them, everyone but me. He's definitely tamed down over the years, but he is still to sassy for his size.

We bonded over our general hate for people and when I left Petland I couldn't leave him behind. It's been 4 years now and I wouldn't change a thing. A few years ago I found him a girlfriend, Luna.B (bird), and she is the exact opposite of him, but they are the perfect pair.

I'm lucky enough to have birds who talk quite a bit, always giving me someone to talk to. He always says the right things like "gimmie kiss \*smooch\*" and "yeah, good chicken." You can really blow his mind to when you're talking to him, he

will start saying "really?" and gets more and more excited every time. They love to sing and dance with me at any time. As soon as you drop a beat they both start dancing as much as a little bird can and try their hardest to sing the tune.

It's those simple things that only pets can give you that make their love so special. It's the "goodnight chicken, love you" my bird says before bed every night. It's the little dance he does you get some veggies for him because that makes his day. It's the excitement they get when they hear me come through the door because to them, I am their world. And even though they are the size of my hands, they are my world too.



Rex and Luna B.

Tora Matys

# Managing procrastination

By **MARGARET MAREAN**  
NAIT Student Counselling

Most people struggle with procrastination to some degree. It is one of the main factors in determining overall success at school, in careers and in our personal lives. People who procrastinate often have lower self-esteem. Procrastination is a habit which is good news because, with persistence, habits can be changed. To change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

- Never label yourself as a procrastinator. Calling yourself a procrastinator just reinforces procrastination. A positive statement like 'I am self-motivated' or 'I am pro-active' helps reinforce your goal.
- Get into a routine of studying and doing homework at the same time each day.
- Make a daily to-do list and prioritize the items on the list. Always work on your most important tasks first.
- Define clear goals. Make sure your expectations are

reasonable.

- If you are feeling overwhelmed break tasks down into small chunks and work on one chunk at a time.
- If you feel really unmotivated use the 5 minute method. Commit to doing something on the project or studying for 5 minutes; when the 5 minutes are up decide if you are going to continue for another 5 minutes. (You almost always will because the hard part is getting started!)
- Recognize how you procrastinate (watching Netflix or T.V., videogames, talking, phone calls) and use these activities as rewards. Set a realistic study goal and don't let yourself do other activities until you have completed that goal.
- Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.
- Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal you are rewarding yourself for procrastinating.
- Get enough rest. Fatigue is one of the biggest con-

tributors to procrastination. A regular sleep/wake pattern can be very helpful.

- Identify and work on self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety which may be contributing to procrastination.
- Take action now!! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.
- See a counsellor. If you need help with this or any other personal concern book an appointment.

Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8 – 4:15 Monday and Friday with extended hours available Tuesday to Thursday.

Southern Campus: Counsellor available Wednesdays and Thursdays from 10 – 4. Book by calling 780-378-6133 or in person in Room Z153.

Patricia Campus: Counsellor available Mondays and Tuesdays from 10 – 4. Book by calling 780-378-6133.

# This french maid sucks

By CHRIS FIGLIUZZI

Back in my first run here as an Assistant Editor I was asked to come up with story ideas to pitch. Being the extremely lazy person I am, I figured I would do it once and do it so terribly that I'd never be asked again. This led to pitching the idea of porn reviews, where we talk about everything but the sex. Acting, script, set design and even lighting would be the focus of these reviews. Of course this idea was openly accepted and I spent the next year of my life watching copious amounts of porn and then writing about a feat that has definitely not affected my sex life at all.

**"I spent the next year of my life watching copious amounts of porn and then writing about a feat that has definitely not affected my sex life at all."**

With Valentines Day just around the corner though, you may be looking for that movie to cuddle up with that special someone, or to just watch alone for 15 seconds before shamefully closing the window blinds. With that in mind I'm opening up the archives and giving you the very best of the reviews, hopefully this helps you get closure with the special someone or a little to close with yourself. With the resume stain that this will cause in mind I selected *French Maid* by and starring Jesse Jane, which is viewable on redtube.com.

Let's start at the very beginning, a very good place to start (yes, quoting The Sound

of Music in an adult film review makes me feel incredibly dirty). The male character, whom we rarely see, aside from parts of him, is obviously in a hotel room when there is a knock at the door. This turns out to be a maid, in what I believe to be a very non-standard hotel uniform consisting of a short skirt, bikini top and, for some reason, arm scrunchies. This is the beginning of what can only be described as terrible dialogue.

E.g.:

Jesse Jane (JJ): "Anyone order room service?"

Male(M): "umm ... ya ... I think I did ... turn down..."

JJ: "oh ... cool".

How is he unsure of whether or not he ordered room service? Furthermore, every time I have gotten room service it's consisted of \$30 sandwiches and \$10 beverages.

I have no idea what kind of hotel this is. Truth be told, it seems pretty standard with nothing really standing out, other than the terrible maid service.

Not only is this guy probably wondering why there is a maid at his door and not the ridiculously overpriced food he ordered but then she invites herself in and starts randomly dusting as if she is a neat freak with ADHD. Perhaps the best signs that Jesse did no research into her role is the fact that she brought a duster to a turndown service, which is when the guest wants the bed remade, at one point even going so far as to dust the carpet ... that's right, she dusts the carpet. I would hope that all people, not

just maids, know that you don't clean the carpet with a duster.

Continuing on in her role as the single worst maid ever, Jesse decides that she doesn't want to actually do the job that she was called for so she begins flirting with the man by physically attacking his groin region with her duster. This, of course, gets her out of doing what she originally was called for, although she does still perform a job of a different nature. They continue doing what people do in films of this nature. What that is exactly I'm not sure, as I generally close my eyes and think of England at this point.

As I mentioned earlier, the guy was able to eventually remember that he had ordered room service for a turndown, though a simple five-second Google search would have shown that the turndown service is the role of the maid service. Yet, here we are at the end of the film and, while she has indeed done a majority of her work on the bed, it is now way more messed up than before leaving the entire audience, probably not a big crowd, on the edge of their seats wondering, is that it? Is there a sequel coming? Have we been inceptioned?

Personally, I just don't care. This movie was terrible. The acting and dialogue was rigid

and uninspired, leaving me struggling to connect with either character. In addition, a lot more, or even any, time could have been spent on researching the project. If you are going to make a themed movie, at least understand the theme and what it entails. All in all, I wouldn't watch this again and really wouldn't recommend it to anyone, especially those training for the hospitality industry. I would have to give *French Maid* by Jesse Jane two pillow mints out of five.



IGN

## Pets of NAIT

By MOIRA BRYAN

**Name:** Axel  
**Age:** 5  
**Breed:** Domestic Shorthair  
**Loves:** Attention and rides in the laundry hamper  
**Hates:** Having clothes on - can't walk with them on  
**Favourite 'bad boy' thing to do:** Knocking things off the counter in order to get attention  
**Favourite place to sleep:** On his human's pillow  
**Favourite food:** Cucumbers, watermelon, blueberries and wet food  
**Scale 1-10 of how much you love people:** 10  
**Which is better, people or food:** Food  
**Summer or winter:** Summer, so when he sneaks outside it's not freezing cold  
**Favourite toy:** Pink string toy  
**Dream job:** A food critic

Supplied photo

## CONCERT CORNER

# Arkells perform biggest show in Edmonton

By **CHANTAL DUNN**

Arkells played their first stop on the Rally Cry Tour on January 31st, 2019 at Rogers Place, the biggest venue they have ever played in Edmonton. The connection they made to the fans was just as intimate as smaller, past Arkells shows.

There were multiple moments where lead singer Max Kerman would interact with the crowd closely. For example, a couple times he went up into the stands high fiving people and shaking hands. He even asked people for their name then wrote pretend doctors notes for them to build the feeling of throwing stress away and partying like you wouldn't have to work the next day. A common theme of the show, being on a Thursday night, was to party like it's a Saturday night, as stated by the Arkells. The stage was set up very open and so most, if not all the band members had accessibility to move around and interact with the fans. The runway extension of the stage was very frequently used by not just the singer, but other members of the band as well.

The performance was very light hearted and fun. The



Photos by Chantal Dunn

new Rally Cry songs were proven to be a success as the crowd grew loud singing along. The band had a nice balanced combination of new jams and old hits. There were disco balls around their neon Arkells sign and the band also did a lively cover of ABBA's Dancing Queen. The show all together was very uplifting from the upbeat music to the message the Arkells carried with them. The band repeated three rules throughout their concert which were; sing, dance and take care of each other. In addition to their feel-good atmosphere, a dollar from every single ticket sale from Arkells' Rally Cry Tour goes to the Canadian Council of Refugees to support the rights of refugees and vulnerable migrants coming to Canada.

## The Trews rock the Starlite room

*The Trews played a packed Starlite Room January 30 & 31 and rocked the bar with tracks from their most recent release *Civilionaires*.*



Photos by Michael Gallo

# Dating on a dime

By **SIMARJOT KAUR**

In this world driven by extravagant and pompous displays of love on social media, I am here to remind you about a simple fact: Loving someone is not about taking them to fancy restaurants or buying each other expensive gifts. A love that is pure can find happiness in activities as simple as spending time together. I don't believe you have to spend a fortune on exaggerated dinners to have a worthwhile date night. In fact, in my opinion, some of the most meaningful dates are the ones that don't even cost a dime!

- If you and your partner admire art, you would love to go to the Art gallery of Alberta. They provide free access to the public on Thursdays from 5 PM to 8 PM.
- Experience the longest running winter festival in Edmonton, the Silver Skate Festival at the Hawrelak Park. It runs from February 8-18 and entrance is free. Events include live music.
- Turns out that on Thursdays, a lot of places have free access. Go to the U of A Observatory on Thursdays, between 7 PM to 8 PM, for a romantic stargazing night.
- It might sound crazy, but having

an entire meal of Costco samples is always a nice lunch date, with no meal prep required.

- Share your dreams and take a test drive in your dream car. They say once you start taking baby steps towards your dreams, they are fulfilled in no time.
- Go for a photoshoot at the Neon Sign Museum. It always ends up in a couple of insta worthy pics.
- Spend some time ice-skating together at one of Edmonton's skating trails: Victoria Park Iceway, Rundle Park skating trail, Kenillworth Community League Ice Trail.

If you and your partner are not in a mood to go out and experience the amazing winter chills; Don't worry, we've got you covered as well.

- Have an at-home movie night. Make some popcorn, enjoy your company and appreciate the warmth

of a cozy blanket.

- Build a blanket fort and have a pillow battle.
- Help each other relax after a long day at work/school by giving and receiving great massages.

I hope you don't feel the need to have extravagant date nights to make memories, show your affection and care for your loved ones. Always remember, life is simple, it is we who insist on making it complicated.



Aaron Wilmot

LOCAL SOUNDWAVE

# A sign of things to come

By **CHANTAL DUNN**

Local rock band, The Unfortunates, just released a new music video featuring the songs lyrics displayed in ASL (American Sign Language). This video; Love Was Right, was released January 18th of 2019. The song was released on their self titled fourth album.

This concept was originally brought up by director Scott Steele who asked lead singer Tanner Gordon if sign language had any meaning to him.

"I've known Scott for a while but he didn't know that I grew up with a hard of hearing mother and so sign language has always kind of been in my life," admitted Gordon. The lead singer explained when this was brought up to him he loved the idea of "love as a universal sign or love spoken through different ways in a physical theme". The Unfortunates have always felt that "music is a feeling, not a sound" and really wanted to ensure the new single accomplished that concept.

The video features ASL students using simpler signing instead of full professionals, in an effort to make the video more broad and understandable for a wider audience. The hope was that if any viewers wanted to learn ASL, or starting to learn it's

easier to follow and recognize. Hopefully encouraging people to further pursue ASL. It was important for the band to showcase this topic that isn't discussed or heard about on a day to day basis, but that some people have to use their whole lives. The video was filmed alongside an interpreter who provided clarity in ASL while making sure to keep the message behind each and every line of the song. Midway through, Tanner Gordon and the ASL students are painted to add variety to the scenes in the music video. There are characters painted, like the skull figure, who represents the past that we often struggle to overcome. The skull figure is followed by women painted as strong warriors representing taking back love and the fight of moving on. With the help of many volunteers, the signing, makeup and filming of the whole video was finished within a single day.

Gordon mentioned that the band was very grateful for the time contributed from the local community as well as the emotion that resulted from the video.

"It was the first song off the new record that people were singing at the shows and going crazy," he said.

The band's journey as The Unfortunates has gone from forming in 2009, being

a Sonic 102.9 band of the month, opening for other bands such as Mother Mother, and touring cities they'd never been to. Throughout ten years of progressing as a band, The Unfortunates have always felt the need to integrate their music with an important feeling or social issue. Brick By Brick, a past video that touched on bullying included mention of the kids help phone.

Now after four years they have released this self-titled album, specifically this single that focuses on love and rising up from the past.

"It's kind of a reboot as a band. That's why we went with the self-titled album, it's a full reboot of who we are."

To watch their videos, go to [www.theunfortunates.ca](http://www.theunfortunates.ca).



The Unfortunates

# “What is your number one relationship tip?”

By CHELSEA RICH



“My biggest tip for people in relationships would be to do the things you did in the first year of dating. Too often couples get lazy or way too comfortable that they forget everything they did in that first year. The effort you put into your honeymoon phase should never stop.”

**Ryan Phillips**  
Automotive Service Technician student at NAIT



“Communication and honesty. There’s no point in being with somebody if you can’t talk to them and they can’t understand you. It doesn’t matter how physically compatible you are, if you can’t talk to each other it’s not going to work.”

**John Nesbitt**  
Business student at NAIT



“You need to know how each person communicates. That will make it easier when continuing on with your relationship.”

**Naomi Kibrom**  
Dental Assisting technology student at NAIT



Photos by Chelsea Rich

“I’d say honesty, because if there’s no honesty, is there really anything you can build your relationship off of?”

**Brooke Bartolitus**  
NAIT student

**HEALTH FAIR**

Inform yourself, improve your health.

CAT CROSSING | 11AM - 1PM  
February 13, 2019



## TALK NERDY TO ME

# A super hero love affair

By HUNTER MURRAY

I got into comic books before I was even 10 years old and it created a huge impact on both me and my relationship. I grew up on superheroes. As a kid I would watch the Spider-Man and Batman The Animated Series cartoons. I saw Spider-Man 2 in theaters more than once and would get comic books for my birthday and Christmas. It was usually a mix of Sonic the Hedgehog and Spider-Man comics of no particular order. Sometimes I would get a comic and be so confused as to what was happening because I didn't know the backstory. Yet, I would read them so much.

Several years later, I've read over 20 ongoing comic series from both DC and Marvel. I cosplay as heroes such as Spider-Man to any pop culture convention I can. I see every superhero movie opening night and I have both a Batman and a Superman tattoo. My girlfriend, Chelsea, tends to join me on all of these. Before I started dating Chelsea she was a fan of the superhero genre. Not as much as me but definitely above average. She knew a lot more than the average person on things such as Batman members or the Teen Titans. Her passion for these superheroes are one of the reasons I fell for her.

Chelsea is a good example at how to get into heroes. She started as a casual fan and grew into a bigger one who spends some of her Wednesdays going to the comic book store to pick up the latest Green Lanterns issue with me. As we started dating, Chelsea was a big fan of Wonder Woman to the point where she got the Wonder Woman symbol tattooed on her ankle. Wonder Woman was a perfect role model for her and I.

As Chelsea and I got to know each other more, my "nerdy side" started to show more. It had Chelsea curious to the point that she started to show interest in it. So, I decided to get her into comic books. That's where some people struggle with getting into these heroes past the movies. Where do you start? There's hundreds of thousands of different comics out there, so what comics do I have to read first to understand? Well, it's a step by step formula that's not as hard as something.

The first step would be to find a character you like and want to read about. If you can't decide on a specific character like Iron Man or Captain America, then read a team comic like Avengers. They are both in those com-

ics most of the time. If you have no idea what character to pick, try looking up characters online that have issues that you might relate to. If I were to google a "superhero who is funny", I might get results like Spider-Man or The Flash. In Chelsea's case, she loved Wonder Woman, but I knew of a superhero who she might relate to a bit more: Green Lantern! Specifically, the first female Green Lantern of earth, Jessica Cruz. Jessica is a Green Lantern who struggles with anxiety, but keeps pushing forward no matter what. She can catch a falling submarine from the sky with ease by she struggles to get out of bed in the morning. She is relatable to several people and I had a feeling Chelsea would love her.

The next step to get into comics is to do a little research about the character. Both Marvel and DC have wikipedia pages with all the info on the backgrounds of heroes. Some information isn't just shown in the movies and comics tend to not expect you to not know anything. You gotta do your homework. My first time getting into modern superhero comics and taking them seriously was a confusing time because I didn't do much research. How was I supposed to know there were four different Robins, 4 different Flashes, and 2 Spider-Men? Its cause I didn't do my research. Chelsea's research into Green Lantern consisted of her knowledge from past cartoons she has seen such as Young Justice and Justice League united. I also helped her out by lending her comics that Jessica Cruz had previously been in and gave her a quick recap of side character origins.

Your last step would be to do a quick google search to look up the latest reboot or relaunch of the series you are reading. For example, DC had its last relaunch in 2016. That means its a perfect jumping on

point for new readers. Look for issues that start with #1. That means its the first issue of the run and you won't have to read much to understand the story. You'll just need to understand the characters you'll be reading about!



MY COMIC SHOP

## App of the week

By ELIJAH O'DONNELL

It's that season again, the season of love. It's the season of Tinder swiping, and looking for a last minute Valentine. You've got the chill, but what's on Netflix?

*Taste* is just the app for you. Simply put, it's Tinder for movies. Here's how it works.

You're shown a movie. You can rate it excellent, meh, awful or amazing and Taste will record your response. It will then start to build a profile on your movie watching habits and will recommend you movies or tv shows that others with similar tastes love!

With a massive selection of titles, taste can and will match you up with that particular film you didn't even know you were looking for. With an enormous list of genres, from action/adventure to arthouse, romance to horror, it's all out on the table.

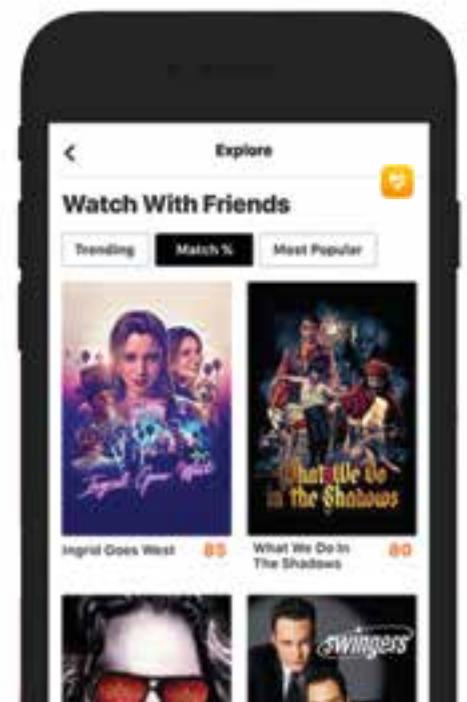
There is a premium option for those willing to pay

\$1.99 a month, which unlocks some extra features, such as being able to sort by streaming services like Netflix or Amazon prime, and gaining some more advanced filters.

That being said, the premium option is definitely not needed to enjoy the full functionality of Taste.

One of the best features is the fact that their catalogue is being continuously updated. Whenever a new movie or television series is released, you can expect to see it on your taste queue, waiting to be rated. With such an up to date list of media, you'll always find something to watch, both new and old.

With Valentine's day on the horizon, you need a movie for date night or something to drown out the loneliness. Taste is perfect for both. Find the ideal rom-com on Netflix while that popcorn is popping. Or, get ahold of the perfect comfort show, tailored just for you!



Graphic by Shawna Bannerman



# WEEKLY SPECIALS

## FOOD

### MONDAY

**\$8.25 I Wish it Were Fry-Day Bowls**  
*(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)*

### TUESDAY

**\$8.25 8" Signature Pizza**

### WEDNESDAY

**\$8.25 Nest of Wings**  
*Add dipping sauce \$1.50*

### THURSDAY

**\$7.25 Potato and Cheddar Perogie Poutine**

### FRIDAY

**\$8.25 Daily Soup and 1/2 Wrap**

## DRINK

### MONDAY

**\$5.00 OFF Bottle Wine**

### TUESDAY

**\$2.00 OFF Beer Cocktails**

### WEDNESDAY

**\$5.00 Lamb's Rum Highballs**

### THURSDAY

**\$6.00 Flavoured Absolut Vodka**

### FRIDAY

**\$1.00 OFF Domestic Bottles**

### DAILY

**\$5.00 BRO-tini**  
*Ask your server for details*



All specials available while quantities last. All liquor served is 1oz. Must be of legal drinking age to purchase alcohol. Valid ID required, please drink responsibly.

For more details about our menu, please visit us online. Specials are dine-in only.

For current hours, please visit us online at [nesttaphousegrill.com](http://nesttaphousegrill.com)

REVIEW US ON GOOGLE ★★★★★

# Speed dating

By NICHOLAS HOTTE

Speed dating is possibly one of the best places to meet new people. Now I know what you're thinking, aren't we meant to find partners at those events? Yes, and you totally can, but no one will click just by talking for a bit. Speed dating is there to help you build those connections to hang onto. Like Tinder: if you swipe, then they swipe, you continue the conversation and let the rest take its course! But unlike Tinder, you get a much better understanding of who they are. Now Tinder is great, don't get me wrong...but it can be misleading sometimes.

On February first, I went to a mix and mingle event at the Urban Tavern. While looking around, all I could see were smiles and welcoming people. At first, I had a mindset that I shouldn't intrude anyone's conversations. Everyone there was over the age of twenty-five or so and while I'm still pretty young, I felt that I might be judged for my age, while in fact it was the very opposite.

After I was invited to a table, I started to see how friendly and welcoming everyone was. It was as if no one cared if they'd leave this event with a date or not, they just wanted to have a good time. I talked with a few people about why they attend these

events. Daniel Renuald, a regular attendee, said friendships are born at events like these.

I had a talk with Connie O'Boyle, the organizer of this event. She facilitates these events because there is a need to meet other people. She said that Tinder doesn't compare to these events, as it misses a lot of the in-between stuff that sparks a connection. Having a real conversation and meeting someone in person, before you meet them online is just a more efficient and safe way of meeting new people. Texting and reading then going straight to a one on one meet up can be awkward or misleading. Connie also said that many people that have attended her events end up not showing up anymore because they met someone at one of her events, which says a lot about how creative and friendly these events are. She has done many other speed dating events and even other types of relationship building events. It's good to not just consider speed dating as there are many other games and events that are very similar.

Connie is having a dating game event on February 10th. If you're single and looking to meet new people, have a fun night, and possibly spark a future relationship, speed dating just might be for you!

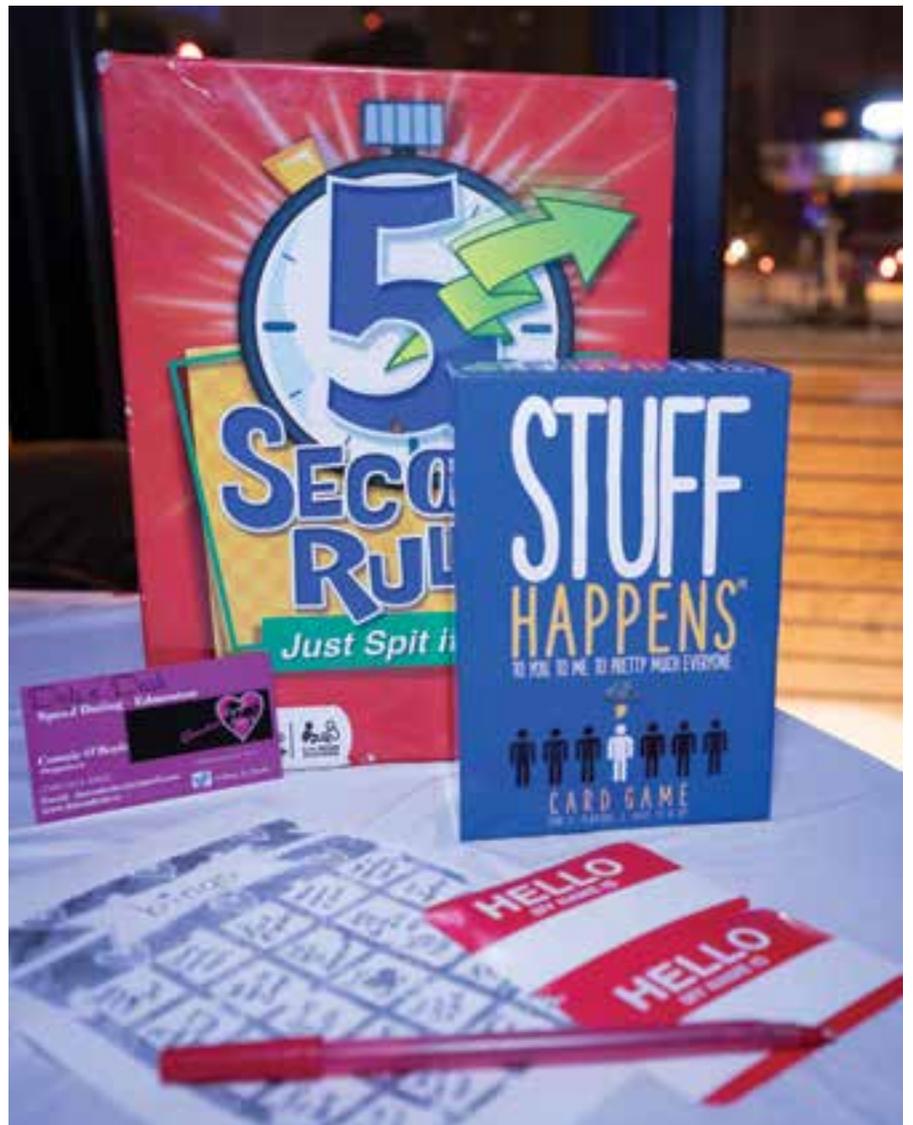


Photo by Katrina Amero

# Key to a healthy relationship



Unsplash

By LARISSA NOTHOF

Relationships, whether they are romantic, friendly or family, are all important to our overall well being and mental health.

Research suggests that having strong and supportive relationships in your life can help you live healthier and longer. People who have these relationships heal more quickly, are less anxious, sleep better, and have lower blood pressure.

There are three easy steps you can take to maintain a healthy relationship: be present, listen, and be listened to.

Devote your attention to your loved one by putting that phone away. Don't go on social media or answer work emails when you ask them about how their day was. Make sure you are listening to their needs and avoid passing judgement.

Sometimes we all just need to rant a little. Share your feelings with your partner and be honest. Let them know if something is bothering you because they most likely see you are upset and just want to support you.

It is also good to recognize when you may have an unhealthy or harmful relationship with someone. Look for physical, verbal or emotional abuse. It can be as simple as them dismissing your feelings or belittling your accomplishments.

We have all seen that couple yelling at each other on the street for no apparent reason. Do you think they have a healthy and rewarding relationship?

Remember counting to ten before you respond or react to a situation? This is a form of thinking before you act in order to solve a problem rather than just reacting to it. It combines self awareness and empathy, to address your emotions and react in a positive way rather than in a negative way.

There are also a few ways you can read your own body to see how you may react to someone. Are you tired, overwhelmed or sick? This may affect how you respond to people and can affect your relationships in a negative way. If you are feeling stressed, just simply take some slow rhythmic breaths and focus on those breaths. This can help you recenter yourself to react in a controlled way rather than in an irritated way.

Remember to keep your social life in your busy schedule because just a few hours a week of positive conversation can help your mental health. Don't feel like seeing a counsellor is a bad thing either. They can be very helpful in reducing stress—especially if you are from out of town and don't yet have anyone to confide in.

# UK artist finds passion in YEG

By **LARISSA NORTHOF**

A local artist captures live events on canvas, and you can view her work February 24 at River City Events.

Katie Cunningham is a full-time artist behind Intoxicated Art. She has been selling her paintings for over 10 years in various live events and art shows. She specializes in live paintings for any event you can think of. Her most common gig is live painting at weddings. Within about four hours, she will paint your first dance, portrait or a ceremony scene. She is a lovely spectacle for elegant live entertainment at any event.

If you just would like a funky piece for your home,

she will set up a consultation to match your home décor. One of her top requests, and personal favourites, are pet paintings.

Katie also paints landscapes, portraits and much more. She holds her art to very high standards and will only give a client her artwork when she is positive they will love it.

Katie hails from England and moved to Edmonton when she was twelve with her father.

She has always loved creating, but really found her passion for art in junior high school. Ever since then, Katie has grown and become a well-known artist sensation. Her work is also popular in England and Australia.

Katie finds her inspiration and focus by taking regular trips to galleries, along with listening to Beyoncé or audio books. Her preferred painting medium is usually acrylic or watercolour. Some of her first paintings were of wine bottles; hence the name “Intoxicated Art.”

“Art is art,” said Katie. “No one can tell you what art is supposed to look like. There is no right or wrong with art.”

She encourages young aspiring artists to do their best and love what they create.

You can see her work at [www.intoxicatedart.ca](http://www.intoxicatedart.ca), on her Facebook and Instagram pages @IntoxicatedArt or at Rogers Place casino.



Katie Cunningham

## *Literary Corner*

# Jump with me

By **ISAAC DYMOCK**

“How much control of that host do you have?” Creed crooks his head to one side to scratch an itch on his left wing with his beak while giving a sidelong look at his partner.

Zeqia shifts her many segments nervously around the body of an older Uldemide that she uses as a host for both transport and nutrients. Her insect like form coiled around its body several times. The centipede raises her head and clacks her mandibles in contemplation... “As much control as you have when you’re interfaced with Rising Tide.”

“Have you ever jumped from a Spire?” Creed asked.

“Once or twice, though not for many cycles.” Her hundred legs tighten and loosen their grip from the body of the host Uldemide while her antennae dance off its feathered skull. “...Are you asking me to jump with you?”

Creed finishes his itching with a start, how did Zeqia guess? His feathers turn from their usual deep maroon to a

lighter pink-tinged red showing that he’s been thrown off guard. “Am I that obvious?”

“We’ve been squad mates for fifteen cycles Creed, how could I not know that a Spire Jump is how you break the surface with other partners?” Zeqia laughs. “I’ve lived a long time, but none of it has been away from the dawn. You can’t hide much from me.”

Creed takes a step with one clawed foot and turns, his winged arms reaching up to grab rails. Holding the rail loosely Creed kicks off from the ground and floats freely towards an airlock covered in a thick membrane. “Since you already know that I was going to ask, let’s go. Jump with me.”

With an excited clicking of her mandibles Zeqia follows suite and enters the airlock. Together they enter the membrane letting its gooey film cover both their bodies and coat their orifices to protect and nourish them in the void of space. Once outside they both look over the land-

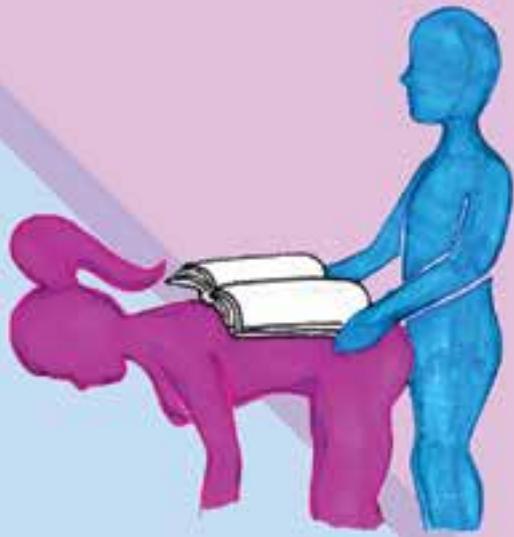
ing platforms of the Spire’s Apex. Below them is the planet Uldema, it’s surface stretching out in all directions before disappearing into the curvature of its shape. In the distance other Spires can be seen poking through the atmosphere in low planetary orbit.

Looking back only for a moment to give Zeqia a small salute Creed kicks off the side of the airlock and into open space. Noiselessly she follows matching everything he does to fall into the pull of Uldema’s gravity. Together they fall, eventually reaching terminal velocity and achieving re-entry until the protective membrane is burned away. Once in the atmosphere the two share Creed’s most intimate passions of flying through the upper atmospheric layers and skirting the Spire’s surface until they reach the mega city far below. If all goes well, Creed and Zeqia will become true partners and she will share a most intimate night with him.

For more stories visit, [libraryunderthestairs.wordpress.com](http://libraryunderthestairs.wordpress.com).

# STUDY SUTRA

WHEN THE GOING GETS TOUGH, GET GOING! STUDENT FRIENDLY WAYS TO GET IT ON.



THE TABLE.



THE 'EXAM CRAM

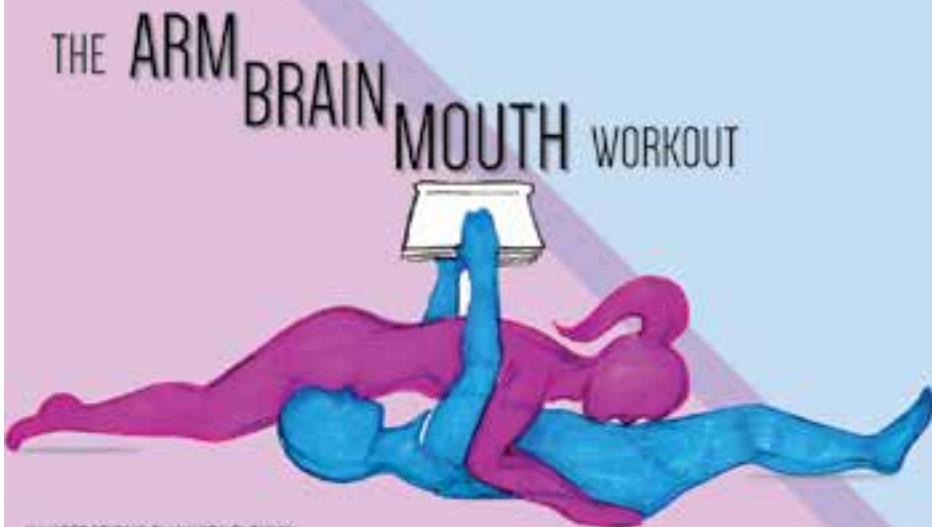
THE 'EXAM CRAM  
THE 'EXAM CRAM  
THE 'EXAM CRAM



THE 'YOUR APARTMENT LITERALLY HAS A MATRESS ON THE FLOOR AND ONE CHAIR.'



THE 'I HAD TO STUDY ALL DAY BUT STILL WANT TO GET BUSY.'



THE ARM BRAIN MOUTH WORKOUT



THE EDUCATED DOGGY

ILLUSTRATIONS BY NIKITA ELENIAK

LOOKING FOR A SWEET CAMPUS JOB?

# NAITSA IS HIRING SERVICE HUB ASSISTANTS!

We are looking for friendly, energetic and organized people to join our NAITSA Service Hub team!

Some responsibilities include:

- Answering student questions and giving directions
  - Providing Health and Dental plan information
  - Talking to students at promotional event booths

This part time seasonal position would be from August 2019 to April 2020.



# NAIT Main Campus Map





## SEXUAL CONSENT FORM

Whereas the Consenter (and any other parties that may be involved) is sexually attracted to an individual and would like to manifest that sexual attraction through participation in one or more sexual acts;

Therefore, the Consenter and the Proposer (and any other parties that may be involved) make their bodies available to each other for the aforesaid purpose from time \_\_:\_\_ on the date \_\_\_\_\_, 20\_\_ (today's date if left blank) for a period of \_\_ hours, during which period they consent to participate in the following activities.

Activity, and potential event it may occur (check all that apply):

	Typical Date Night	Unplanned Encounter (Ex. Met stranger at bar)	Blind Date	Dating App Date (Ex. Tinder, Grinder, etc.)
Holding Hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hug	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy Necking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manual Stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral Sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual Intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anal Sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Consenter (and any other parties that may be involved) is using the following methods of contraception on an ongoing basis:

- Oral Contraception
- Condoms
- Pull-out Method
- None
- Other: \_\_\_\_\_

Any additional activities that the Consenter does not consent to, unless verbally stated at time of event (list):

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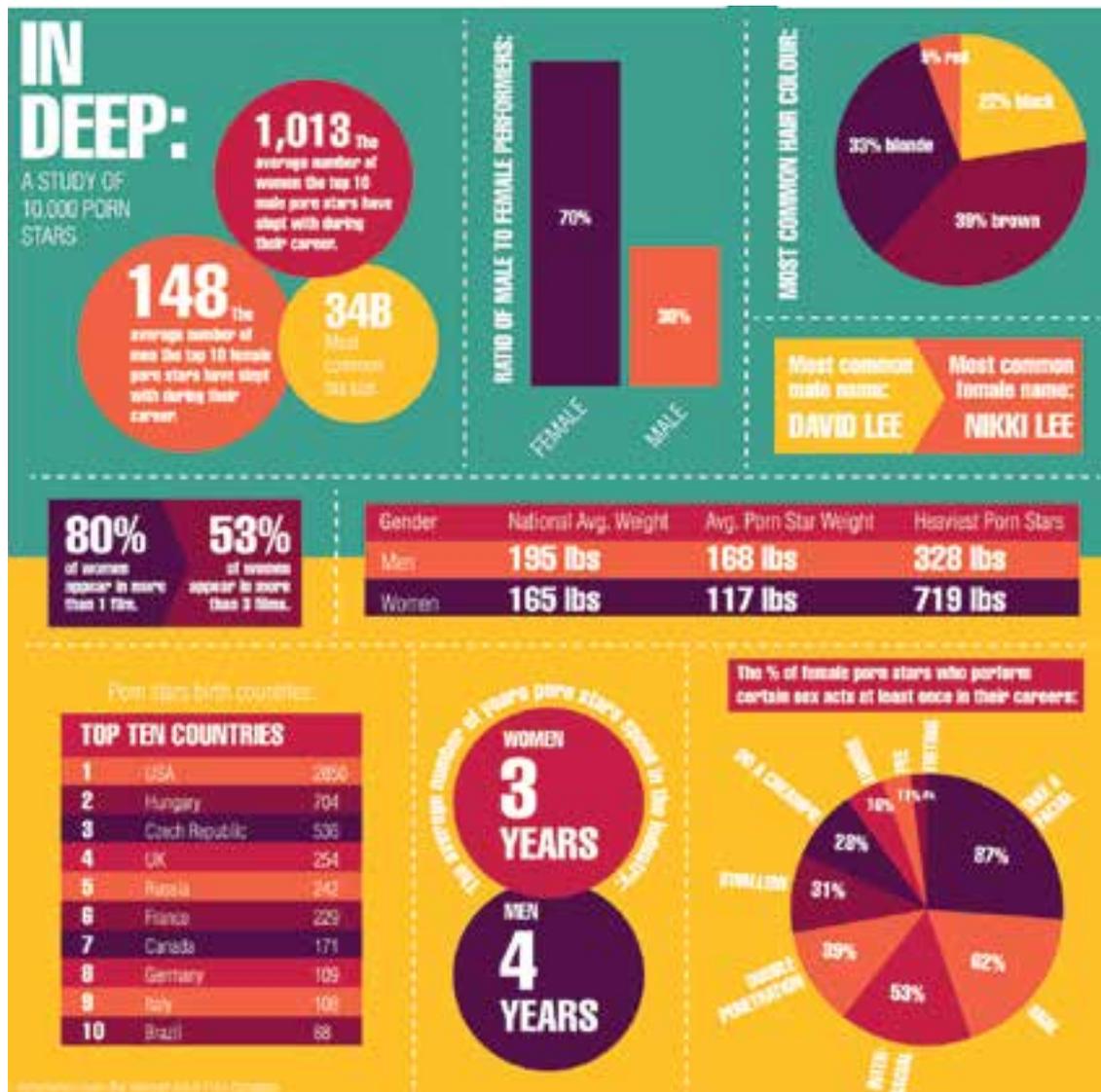
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Sexual activity of a kind other than that specified and consented to in this agreement must be consented to by mutual verbal agreement before the activities commence.

**The Consenter reserves the right to withdraw consent at any time.**

Consenter's Signature: \_\_\_\_\_ Partner's Signature: \_\_\_\_\_

Any additional participants: \_\_\_\_\_



## PINK SHIRT DAY

Wednesday February 27, 2019  
11:00am – 1:00pm  
CAT Crossing  
Refreshments | Games | Prizes

Wear pink to show your support against bullying in our schools, in our communities and online.  
Purchase your pink T-shirt at Shop at NAIT.  
**#NAITAntiBullying**

NAITSA PRESENTS

**HOW TO** MAKE BATH BOMBS

A SERIES

## MONDAY, FEBRUARY 11, 2019

4:30 PM - 6:30 PM | CAT 402 | \$10

Learn how to transform regular household ingredients in a luxurious bubble bath! We're partnering with Taryn from Tiny Treats, a local Edmonton skincare company, to learn how to make bath bombs. For \$10, you'll learn different bath bomb recipes and create five of your own bath bombs to take home.

This event is for NAIT students only. Registration is required. Visit [naitsa.ca/events](http://naitsa.ca/events) to register.



# COMIC RELIEF



OR

By Celia Nicholls



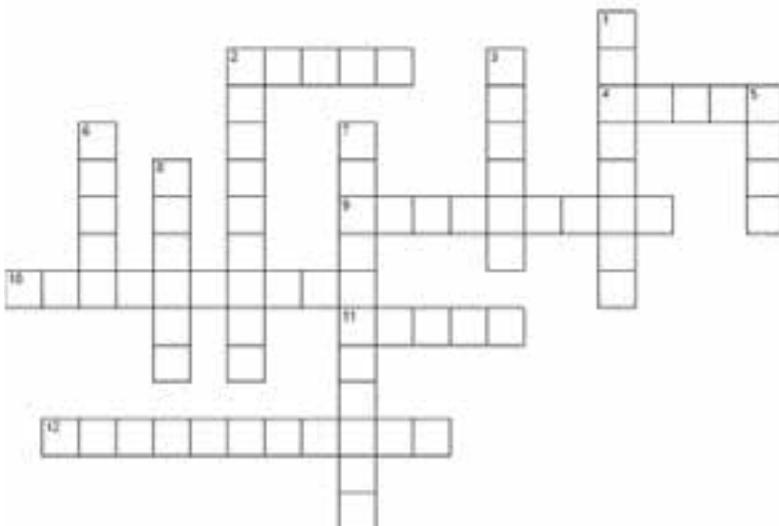
By Celia Nicholls



Sometimes the one who loves you most... Is the one right under your nose!

By Larissa Northof

# CROSSWORD



## WORDS TO FIND:

### ACROSS

- 2 Angel associated with Valentines Day
- 4 The French word for love
- 9 1969 love song by The Beatles
- 10 Award winning romance film circa 1942
- 11 Roman goddess of love and fertility
- 12 Foods that are known in increase libido when eaten

### DOWN

- 1 The most popular gemstone in engagement rings
- 2 Most purchased item on Valentines Day
- 3 The record for the longest marriage (in years)
- 5 A flower associated with love and romance
- 6 The city of love
- 7 Famous Austrian painter of 'The Kiss'
- 8 Most downloaded dating app

# HOROSCOPES

Your most compatible signs, ideal date, and love forecast this Valentine's Day.

## Pisces (Feb. 19-March 20)

**Compatible with:** Scorpio and Taurus

**Ideal date:** Get your dancing shoes on and go to a Jazz club.

Pisces, this month you may find it very difficult to find love. But don't worry, your valentine will show up when least expected.

## Aries (March 21-April 19)

**Compatible with:** Libra and Aquarius.

**Ideal date:** Take your date to the amusement park this Valentine's Day.

These coming weeks may have some big decisions you will have to deal with. It is important to always remember to think out your moves all the way through.

## Taurus (April 20-May 20)

**Compatible with:** Virgo and Pisces

**Ideal date:** Go out on a classic romantic date where you can enjoy the finer things in life.

There will be a new found treasure. Use this treasure to your advantage and let it help you find what you are looking for.

## Gemini (May 22-June 21)

**Compatible with:** Sagittarius and Aries

**Ideal date:** Hit up some nerdy joint where your inner brainiac and dork can shine.

Gemini, you are in a troubling situation as of late. Try and choose wisely and remember the truth may hurt, but it is always better than lying.

## Cancer (June 22-July 22)

**Compatible with:** Scorpio and Capricorn

**Ideal date:** You're a hopeless romantic! Go for a dinner and a show this V-Day, maybe somewhere that will bring a retro but romantic feel.

Pump some iron this week. It is always important to understand that you need physical activity, it can help reduce stress.



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

**Compatible with:** Gemini and Aries

**Ideal date:** Grab a blanket and telescope and enjoy stargazing this Valentine's season.

Aquarius, steer clear of any air signs in this time off love. Stay close to your fellow fire signs. They are more compatible with you and your chill style.

## Leo (July 23-Aug. 22)

**Compatible with:** Libra and other Leos

**Ideal date:** Go out and sing karaoke as your sign loves to be the center of attention. So show off in front of your date.

Leo, there is a new positivity aura around you this week. Use this to help make people smile and happy. You may also feel a weight lifted off your shoulders.

## Virgo (Aug. 23-Sept. 22)

**Compatible with:** Capricorn & Taurus

**Ideal date:** Virgo, with your big heart and love, your special date may involve you volunteering and going home to watching a movie.

You feel gutsy this week. Use this new found courage to try something new to help those in need.

## Libra (Sept. 23-Oct. 22)

**Compatible with:** Leo and Aries

**Ideal date:** The fittest of them all. Go swimming with your date or try out a new gym.

Libra, there is some negativity coming your way. Be warned if you fight this it may become worse. Use support to help you get through it.

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

**Compatible with:** Cancer and Pisces

**Ideal date:** You like a challenge? Try out one of those new escape rooms and hold your date tight.

Scorpio, try not to be so hot headed. Keeping a level head you can see many different points of view in the world.

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

**Compatible with:** Gemini and Aries

**Ideal date:** Go on a road trip. There's nothing you'll enjoy more than going on an adventure with someone you adore.

Breathe! There is clarity coming your way. All those mixed emotions you have felt will be sorted out within this month.

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

**Compatible with:** Virgo and Cancer

**Ideal date:** You'll love the vintage and retro. Take your date to a vintage/retro bar to listen to some vinyl or go vinyl hunting.

You need to understand your short-comings more. It is so important that you learn from your mistakes to improve your life.

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## POETRY

C O R N E R

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### POP

Some people say relationships are like matches.  
 Burning bright and out just as quick.  
 Others describe them as candles.  
 A long, slow, even burn.  
 Ours was like a bonfire.  
 I, a lonely camper.  
 And you my fire.  
 Lit in the summer, you kept me warm.  
 A fire, live with the colours of love and passion.  
 Ours was bright.  
 Just like a fire, you were playful and dangerously so.  
 Get too close, and you get burnt.  
 Stray too far away and be lost in the cold.  
 And we stayed that way for a long time.  
 a balance, perfect harmony.  
 That's why I didn't notice at first.

I didn't notice when you died down.  
 Just a bit.  
 Just enough that I was still caught up in the light,  
 your beauty, your radiance.  
 Slowly but surely.  
 You died.  
 By the time I realized, it was too late.  
 There was no turning back.  
 The smaller you got, the weaker the flame, the closer  
 I came.  
 It was all in vain.  
 And so you died.  
 Reduced to embers.  
 Still warm with a memory of what once was.  
 The ghost of love, the death of passion.  
 Stolen by the reaper named Cupid.  
 And no matter how many logs I add, how many

poems I use for kindling.  
 Nothing short of a lightning strike will bring this  
 monster to life.  
 So I sit here, in my liar's chair.  
 Wondering what went wrong?  
 Do not add enough, give enough?  
 And I start to think what if I smothered it out?  
 We may never know.  
 Maybe I should have never lit the fire in the first  
 place.  
 The light I so desperately wished would stay but I  
 knew deep down could only ever end.  
 I sit there wondering,  
 "Should I have just lit a candle?"

-By Eli O'Donnell

# What decade does your sex life belong to?

- C Done blow off someones tits or ass/Had blow done off your tits or ass.
- D Spent money in a naughty online webcam chat room.
- A I prefer Sex with my socks on.
- E I've only ever had sex in VR.
- B I've used the term "shag."
- D I can't fuck without blasting The Weeknd or Drake.
- C I practice "safe" sex.
- D I've hooked up with someone I met on a dating app/I currently use a dating app.
- A I wear a dress or suit most days.
- B I've had sex in the backseat of a car.
- C Had sex listening to "Pony" by Ginuwine.
- B I've been on a talk show to find out the results of a DNA test.
- D I was in a relationship with someone for more than 3 months but was never "official."
- A We had sex in the kitchen... where she belongs.
- B I've made love outside under the stars.
- C Plan B has been plan A.
- D I get into The Ranch for free
- A I have used goat skin condoms.
- E I have rented a sex doll for the night and it was the most connection I have felt.
- A I've cheated on man while he was in the war/cheated while away for war (sadly this is timeless).
- B Had sex listening to "The Beatles."
- A I am waiting or have waited till marriage to have sex.
- C I've had an STI scare.
- D I refer to a hookup as "Netflix n' chill."
- E I moonlight as a furry.
- A Went on a chaperoned date.
- D I've bought anal lube.
- B I rock a full grown bush down south.
- C I have an unplanned child.
- E I've used google glasses to find out about my crush.
- B I've had an orgy.
- A Had sex while a record was playing.
- B I've used whipped cream or chocolate drizzle during sex.
- C I've waxed my pubes. (Ouchie!)
- D I have a yearly subscription with "Tinder Gold" but nobody is swiping right. :(
- E I've blown vape into my girlfriend's butthole/my girlfriend has blown my vape into my butthole.
- A Missionary is my go-to.
- D I've sent nudes via more than one social media outlet.
- B I've had a heart shaped bed or a water bed.
- C I would fuck each and every one of the Backstreet Boys.
- D I've hooked up with 2 matches on Tinder in one day
- E I own bluetooth connected vibrating panties.
- A I've sent a physical love letter.
- B I have leopard-print underwear.
- C I've been in trouble for public nudity.
- D I met my BF/GF online.
- A Vanilla is my favourite ice cream flavour.
- B I call sex "boinking."
- C I've gotten my titties/junk signed by at least 1 wrestler.
- D I've regretted a one night stand.
- A I've only had one sexual partner.
- B I have read Cosmopolitan.
- C I have or want fake boobs.
- D I've read *Fifty Shades of Grey*.
- A I've had to live in a convent for 9 months.
- B I have read playboy.
- C I've taken Viagra for fun.
- A I've slept with someone that wears suspenders unironically.
- B I ALWAYS smoke after sex.
- C I own at least one sex toy.
- E I have 17 active sexual partners that are all best friends.
- A I have literally rolled in the hay...
- B I have had sex on psychedelic drugs.
- D I have paid for a premium snapchat/porn subscription/cam girl.
- A I have more than 3 kids.
- C I have watched Showcase on Friday nights to get off to *Red Shoe Diaries*.
- D I have sexted.
- B My boyfriend has longer hair then I do/my hair is longer than my girlfriends.
- C I have roleplayed with costumes.
- D I'm in an open relationship.
- A I have a child overseas.
- B I've had a threesome.
- C I've hooked up with my professor for extra credit.
- D I've gotten finger banged in a Tim Hortons parking lot.
- E I have a Gold Member subscription to Porn Hub.
- A I've had to ride a horse to a booty call.
- B I have been to a swingers party.
- C I have more drunk sex than sober sex.
- D I've had sex with more than three genders.
- A My relationship goal is to be married for 50 years or longer.
- B I've danced semi-nude at a music festival.



**Mostly A's**  
Doing-it do-whoop Square

You are the traditional type that likes to be seen as wholesome: brought up to believe sex is not something to fuck with. You prefer your partner to look you in the eye while you make love. You value God, family and the right to own guns, but you won't be shooting your load on a first date. Patience, planning and slow dances are how you start off your relationships. Here's to you finding your true love and taking it slow.



**Mostly E's**  
Future Artificial Lover

You have not seen your friends or family in person for years. In fact, you have had no need to leave your small apartment where you live with Ashley, your robot girlfriend/boyfriend, who is made to look just the way you like. Ashley never says anything to piss you off, they never fart and loves only you, because they can't leave. You have created the "perfect" life with no one to make you feel anything unwanted.



**Mostly B's**  
Free Lovin' Flower Child

You are a free spirit that goes with the flow. Whether it's streaking at midnight or going to your creepy neighbour Karen's swinger party. You are open to new experiences. You can't be tied down by anyone but sometimes like to be tied up. You are generous with your love but, like a bird, will fly away.



**Mostly C's**  
Rocking Retro Bang-er

Hardcore is your middle name and you let people know it. You are intense and tend to show up at a lover's door at two a.m. after a night of going out dancing, singing and drinking. Instant gratification is the name of the game and in the wise words of Wayne & Garth, "party on!"



**Mostly D's**  
Swiping Sad Sack

You delete and re-add Tinder a couple times a month, only to have the "great" person you've been talking to ghost you when it is time to actually meet. Lucky for you, there are 10 other apps to digitally talk with people about all the crazy sex stuff you would like to do... and never really end up doing. Finally when you do meet up, they are either 25 pounds heavier than their filtered picture, or want to wear your skin to their birthday.

Photos from Unsplash



# Music BINGO

## AT THE NEST

**FEBRUARY 14**  
**4:00PM – 7:00PM**

**Get your groove on.**  
Know your music? Music Bingo combines music trivia with the old school format of bingo. Grand prize is a Bose Bluetooth waterproof Speaker!

**\$6.00 Flavoured Absolut Vodka**  
**\$7.25 Potato and Cheddar Perogie Poutine**

**The 2019/2020 Executive Council Election results will be announced at 4:45pm.**