



# THE SCANNER

*Student Newspaper of Saskatchewan Polytechnic*

## SPSA HIRES STUDENTS FOR PART-TIME POSITIONS

SEE PAGE 2 FOR DETAILS

MYWELLNESS

Pg 4

THE LOST ART OF PEOPLE WATCHING

Pg 5

DECEMBER RECREATION SURVEY RESULTS

Pg 7

## SPSA HIRES STUDENTS FOR PART-TIME POSITIONS

The SPSA employs students for part-time positions throughout the academic year on the Moose Jaw, Prince Albert and Saskatoon campuses. Meet some of our new student employees below!

**Name:** Dao Duong

**Campus:** Saskatoon

**Position:** Fitness Centre Attendant

**Program:** Recreation and Community Development

**What made you choose your program?** I

like working and playing sports with kids and youths so I picked the Recreation program with the belief that I can learn more things from this and make a positive change in my life. Plus, I am easy-going and I am interested in challenging myself with these activities.

**Where did you grow up?** Vietnam and Canada

**Interesting fact about yourself?** I see things positively and want to give people joyfulness and happiness in life.



**Name:** Britt Agrey

**Campus:** Prince Albert

**Position:** Fitness Centre Attendant

**Program:** Integrated Resource Management

**What made you choose your program?** Love for the outdoors.

**Where did you grow up?** Saskatoon

**Interesting fact about yourself?** Loves to sew and play soccer.



**Name:** Nickolas Mappin

**Campus:** Prince Albert

**Position:** Fitness Centre Attendant

**Program:** Resource and Environmental Law

**What made you choose your program?** Passion for the outdoors and never wanted a desk job.

**Where did you grow up?** Prince Albert

**Interesting fact about yourself?** Has a fascination for the Jurassic era.



**Name:** Aiden Haichert

**Campus:** Saskatoon

**Position:** Fitness Centre Attendant/Henri's Staff

**Program:** Business

**What made you choose your program?** Vested interest in entrepreneurial activity as well as a solid fallback plan for a 9-5 job should I choose to live more traditionally.

**Where did you grow up?** Blaine Lake, Beechie, Weyburn, Saskatoon

**Interesting fact about yourself?** I produce music, organize/promote live events, even though a job in Commerce is my fallback I would still like to achieve a Chartered Designation in Accounting!





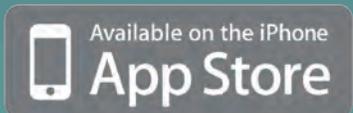
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## MYWELLNESS

Hopefully at this point in the school year students are familiar with the Health and Dental Plan provided by the Saskatchewan Polytechnic Students' Association Inc. (SPSA). One of the benefits of our plan that I would encourage all students to check out is called myWellness.

MyWellness is meant to be a "checkup from the neck up". It is not uncommon for students to feel stressed or anxious while in school, but if you believe that these feelings are overwhelming, or that there may be something more significant going on, this is a program that students can anonymously access. By creating an online profile (that does not include any personal information) students have access to a questionnaire that typically takes five to

ten minutes to complete. If anything is flagged while completing the questionnaire then students are given a report that they can then print off and bring to their family doctor in an attempt to jump-start the conversation.

It is important to note that this assessment, while created by health care professionals, is not a diagnosis. It is a valuable tool that we encourage students to utilize and share the results with their personal doctor, who will then help to create an appropriate, individualized action plan.

There are many other resources available to students who are looking for additional supports. Each campus has a Student Services

Office that employs counsellors with a variety of expertise. Other departments that may be helpful to students include the Learning Centres, the International Centres, the Indigenous Centre and the Students' Association. If at any point during your time at Saskatchewan Polytechnic you feel like you need some help or support – someone is always willing to help. Please do not hesitate to reach out!

The free, anonymous mental health assessment can be accessed at [mywellnessplan.ca](http://mywellnessplan.ca). For more information on the assessment, or any other health and dental inquiries, please see your local SPSA Office.

## SPSA HIRES STUDENTS FOR PART-TIME POSITIONS - CONTINUED

**Name:** Happy Patel

**Campus:** Moose Jaw

**Position:** Fitness Centre Attendant

**Program:** Engineering Design and Drafting

**What made you choose your program?** My passion for problem solving and design. I believe good design can change the world.

**Where did you grow up?** I grew up in Surat city which lies in the western part of India.

**Interesting fact about yourself?** I like to work out and learn about fitness and nutrition. My favorite activity is to play soccer and I am a diehard fan of Football Club Manchester United.



**Name:** Mohamadjuned Memon

**Campus:** Moose Jaw

**Position:** Fitness Centre Attendant

**Program:** Business

**What made you choose your program?** Wide range of selection of choices and co-op work term.

**Where did you grow up?** Vadodara, India

**Interesting fact about yourself?** Being part of the SPSA in the first year of school is special. When you just arrived in a different country, with different surroundings and especially the winter and cold, you need someone who can help you and be there for you when needed. The SPSA did that with me. They are there when I need them on and off the campus and provide a great work experience.



**Name:** Milos Bogdanovic

**Campus:** Moose Jaw

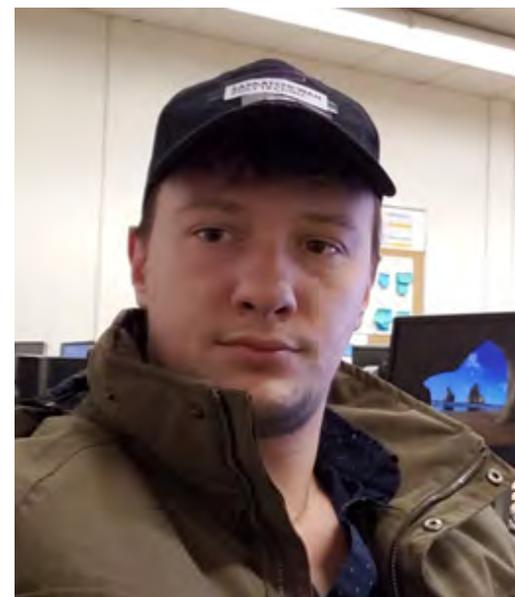
**Position:** Fitness Centre Attendant

**Program:** Business Information Systems

**What made you choose your program?** Business Information Systems is the logical continuation of my previous studies. I chose it to gain skills in programming and project management.

**Where did you grow up?** Bosnia and Herzegovina

**Interesting fact about yourself?** I like to code and play guitar. I spend my free time in the gym and trying out espresso flavors around Moose Jaw.



## THE LOST ART OF PEOPLE WATCHING: OUR PHONES ARE RUINING THE FUN

Jennifer Allford  
Regina Leader-Post

I don't know how long the woman on the bus was watching me when I noticed her gaze. I looked over at her, she turned away (busted!) and so I started pondering her. She was about my age, I'd say, and at least as tired. Her profile reminded me of someone I knew in high school and before you know it I was imagining what she was like as a teenager — conjuring up a few of her good choices and maybe a couple of the not-so-good. Before I could get too far into making up her life story, the bus stopped and we got off and went off in different directions. Heaven knows what story she was making up about me.

One day, after I win the lottery, I am going to fill expensive notepads with little vignettes about total strangers doing mundane things like riding the bus or crossing the street with their hands in their pockets. Maybe I'll turn the observations into a novel, or a short story, or maybe just a nice stack of expensive notebooks. Novelists infuse their characters with bits and pieces of real people they've encountered all the time. Truth is stranger than fiction, after all. And often funnier.

Kristin Wiig developed her head-bobbing, eye-rolling film critic on Saturday Night Live, Aunt Linda, after sitting near a woman on a plane who was watching the Matrix and loudly complaining about the movie's labyrinthine plot. "I was writing down everything she was saying," Wiig says. "I take little things people say or do and think 'What if I exploded it ...'" SNL skits lurk everywhere. A successful man I know tells a hilarious story about riding the elevator to his office in his grubby cycling clothes, helmet in hand. Junior colleagues got on, assumed he was a bike courier and ignored him. Oopsie. The senior guy just chuckled, enjoying his invisibility cloak.

We make automatic judgments based on appearance all the time. We may think that we know someone's income or status in the world based on what they're wearing, but we judge at our peril. You can glean a lot more accurate information through body language. It's said when we're talking to someone, 55 per cent of the communication is body language, 38 per cent is tone of voice and the rest is what we're actually saying. As we are learning more and more these days, words are really just so

much drivel. But our bodies tell the truth. Especially our feet. When you want to leave a conversation or you feel uncomfortable, your feet shift toward the door. "The feet are the most honest part of the body," says Joe Navarro, a 25-year veteran of the FBI who gave up catching spies to build a small empire writing books and giving presentations about the "science of non-verbal communications."

When we're stressed, our bodies try to calm down by bouncing feet or jiggling legs. We wrinkle our noses when we don't like something. We touch our necks when we're feeling a threat — a holdover from our back-in-the-day-prey-days. We purse our lips when we disagree with someone or hold an alternative view. "When the lips disappear, something is wrong," Navarro says, and Tucker Carlson and Brett Kavanaugh demonstrate ably. We show confidence by tenting our fingers in front of us in "the steeple." Everyone loves to see a side head tilt when they're talking because it means the other person is actually listening.

But our heads are mainly tilted down these days as we all stare at our phones. Sure, the smartphone has revolutionized modern communication and delivered the world to our fingertips, but it sure has taken the fun out of people watching. Look around that coffee shop and you'll see most people engrossed in their little screens. In fact, you'll see entire tables of people sitting together with heads bowed and thumbs scrolling. Maybe they're all chatting about their lattes on What's App? We can hope.

The bulk of people watching has gone online where it's often art-directed and always highly curated. But for those of us who prefer old-school gawking, all is not lost. For every table of people boringly glued to their device, there's always someone talking on their phone in public as if they're in private. And while some may say it's rude to listen in, I say when someone is blabbing away about their personal life at the hair salon — or critiquing a movie on a plane — you're not eavesdropping. They're being obnoxious. And that's fair game. Just ask Aunt Linda.

*This article was taken from the Regina Leader-Post website. See the article at: <https://leaderpost.com/health/women/allford-the-lost-art-of-people-watching-our-phones-are-ruining-the-fun/wcm/a55b9ad4-3364-4b13-8f83-5a534478cf37>.*

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## DECEMBER RECREATION SURVEY RESULTS

In December 2018, the SPSA distributed a survey to the students of Saskatchewan Polytechnic regarding the level of recreational opportunities on campus. One of the questions we posed was, "How would you rate the recreational opportunities on campus?"

As of December 20, the SPSA received 603 responses to the previously stated question. At that time 42% of respondents listed the recreational opportunities as adequate, while 58% answered the services as inadequate. Those who listed the services as inadequate were asked to provide additional information, regarding the level of service they see on campus or what they would like to see as improvements. Below are some of the responses.

*"I would like to see spin classes return as well as organized sports teams"*

*"More organized activities and clubs for students to be involved in. Advertise them well. I appreciate the work out room and the Harry Bailey center but I would like to see a greater variety of activities besides working out."*

*"The intramurals and sports teams return to the campuses."*

*"Very bad you don't provide enough opportunities to the student."*

*"All around there needs to be more of an emphasis on a healthy, active lifestyle on campus primarily among the tradespeople. I see and overhear a lot of very unhealthy habits ranging from heavy smoking to improper diet. The cafeteria needs to feature healthy options, not solely fried foods. The fitness centre needs to be expanded with more space and more equipment and placed so more people can see in and know where it is. There needs to be organized sporting events or tournaments for students as well. I realize that all of this costs money, but surely will cost less to the province in the long run than all of the people I see sucking back cigarettes, energy drinks, and greasy food all day on campus."*

*"Intramural sports teams would be a great thing to add to the program."*

*"Currently, all recreational/athletics groups have been canceled. It's hard to be involved or active when there are no organized/supported groups to join."*

*"People should have more than just one weight lifting gym as an option to go and work out. Perhaps, if we had yoga classes or something, I would be active."*

*"A more comprehensive fitness model"*

*"There are literally no physical recreational organized activities avail-*

*able. There were great recreational opportunities last year."*

*"Would like to see sports teams again such as curling. Sports teams would be a way to meet new people."*

*"There are no recreational activities available."*

*"My school gives no sh\*\*\* about my health and wellbeing. I wish I could change to going to the U of S because THEY have a recreation program. Bring back our sports teams, inter-murals, and alternative activities. On top of that, please introduce artistic recreational activities for those are not physically gifted or interested in sports. Fun art clubs, knitting, drawing, painting. Give us SOMETHING to keep us from going insane."*

*"Not the same since they made recreational cuts, physical activity is how a lot of students cope with the stress of a secondary program."*

*"Ave W students feel disconnected to the main campus, there are no recreational services offered at Ave W Campus."*

*"I would like to see organized recreation sports. I heard from previous students that there were all kinds and that is one of the main reasons I chose to come here only to be disappointed."*

*"More recreation activities for student please. We don't want to just study and study. We need to boost our physical health too."*

*"I'm at the Ave W Campus and it's garbage. There is no gym."*

*"There's no sports team that you can join or even cheer for. I feel that I am losing an important part of my post-secondary experience by not being able to play or cheer for my school. I was hoping to join the volleyball and the soccer teams but was not able to because they were taken away."*

*"As a practical nursing student our classes are held at the 4th Avenue campus so we really don't have many opportunities to be able to participate in any recreational activities."*

*"I probably wouldn't participate in them; however having intramurals brought lots of people into the gym. I think that would help people enjoy going to school more and meet new people. Also, with no one in the weight room there's been 2 sets of bumper plates that have disappeared, so more bumper plates would be nice."*

*"Would absolutely LOVE to have organized sports of any level, incredibly disappointed that there was nothing. I and others had to resort to sneaking onto U of S Campus Rec teams to play since our institution offers nothing."*



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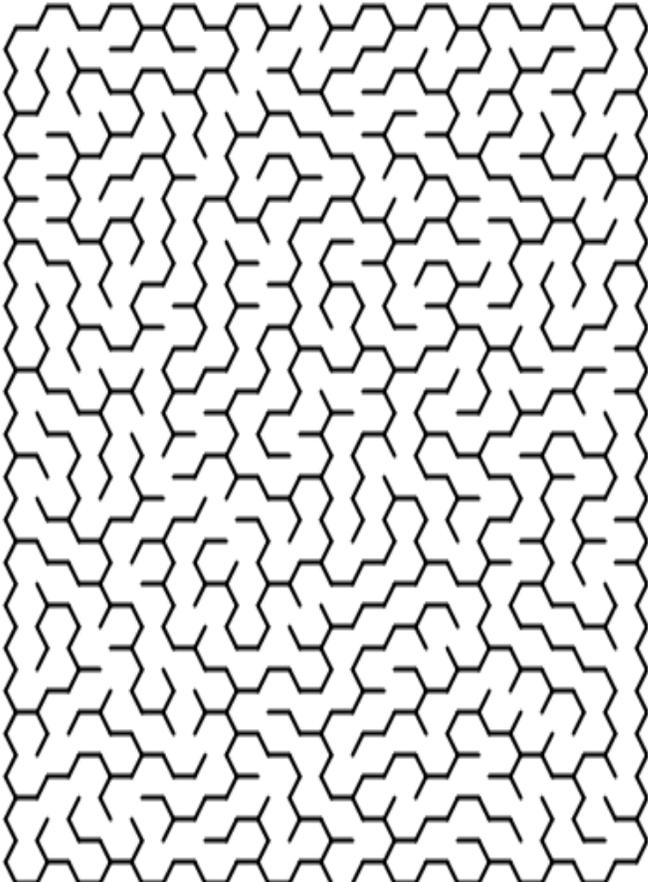


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