

NAIT NUGGET

Thursday, March 8, 2018
Volume 55, Issue 11

thenuggetonline.com
@nuggetonline

NAIT biz students are stressed, study – 4

Editorial – 7

Badminton team wins national gold – 10

Sick of nostalgia yet? – 14



Photo by Jinan Elzein

NEXT YEAR'S STUDENT EXECUTIVES

Winners of the recent election for members of NAITSA's student Executive Council get together this week. They are, left, VP External-elect Karen Velasco, President-elect Naomi Pela, VP Student Services-elect Willow Shelley and VP Academic-elect Brenda Needham. Story, page 2.

Sobeys Liquor
Kingsway
11436 - 106 Street NW
780.477.3707
Mon - Thurs: 10am - 10pm
Fri - Sat: 10am - Midnight
Sun: 10am - 8pm
Prices effective:
March 8 - 14, 2018

1905
Lager or Pilsner,
8 x 355 mL.

MIX & MATCH
BUY 1
\$10⁹⁹
EACH

BUY 2
\$9⁹⁹
EACH

BUY 3
\$8⁹⁹
EACH

Belgian & Dutch
CANADA

NEWS & FEATURES

New student execs chosen

By SHAWNA BANNERMAN

NAITSA's Executive Council for the 2018-19 year has been elected. Naomi Pela and Brenda Needham will serve as president and VP of Academic, respectively, Willow Shelley has been elected VP of Student Services and Karen Velasco as VP External.

"I'm still waiting for it to sink in completely. It feels really good. I'm really appreciative and I'm very encouraged by all the support and all the feedback I've received from my fellow students," said Pela.

Pela is the current VP External and described the community at NAIT as her inspiration to run for president.

"I started off with the LEAD program (an extra-curricular program that works on leadership). I did that first and I really liked getting involved on campus and getting to know people and staff. It seemed like a really great opportunity to go deeper into that, so I decided to go for it," Pela said.

"Being able to represent the students ... just really gives you a better idea of the overall experience that students go through at NAIT, so it's definitely very informative and you feel more a part of the school as opposed to just getting lost in the crowd."

Needham was elected as VP Academic for the 2017-18 year and has been re-elected for the same role.

"I enjoy what I do and that's why I didn't even pick a different position



Photo by Kathleen Freeman

Returning VP Academic Brenda Needham left, hugs President-elect Naomi Pela while VP Student Services-elect Willow Shelley and VP External-elect Karen Velasco look on.

because I've enjoyed my position so much that I wanted to stay," Needham said.

"It [the election] was very stressful. It was good, though, because it made me realize that this is an important position and I shouldn't take it lightly."

Though the role of VP Student Services will be new ground, Shelley has spent the past year as a Senator, learning the behind the scenes of NAITSA.

"I was always kind of opposed to it,"

said Shelley when talking about ever running for council. "And I had no idea why. So being a part of Senate, I actually got to understand what NAITSA does and how much they do for students," Shelley said.

Velasco has also been involved on campus as a peer mentor with the International Centre and as an Outreach and Wellbeing Leader.

"That motivated me to run as VP external because we've been doing so much to

support students here on campus," said Velasco. "Being a student, I feel the struggle every day of studying and commuting, so as much as possible I want to help my fellow students get equipped with everything they can."

The 2017-18 Executive Council will remain active until the end of the spring semester. In May, the new executives will begin training to prepare for the 2018-19 school year.

Summer jobs a NAITSA priority

By BRYN LIPINSKI

If you're planning on getting a summer job in your field, it's going to get easier. NAITSA VP External and President-elect, Naomi Pela, is working hard with various departments at NAIT to bring summer job opportunities to students by next school year in what is being called the "Summer Experience Initiative."

"I know that income is a huge thing, mental health, having a good résumé for when you get out there, is huge," said Pela. "I've gone through having to cold-call 30 employers in two days to try to find a part-time job, so I understand the struggle. I'm trying to find the best way to help out my fellow students, and it's just a matter of figuring out what that exactly looks like."

Pela was inspired to focus the Summer Experience Initiative on students who are "still in school, where they can still build some skills and add to their résumés,

but maybe just for a few months at a time, before they come back and continue their schooling."

The goal is to accommodate as many students as possible with opportunities for paid work, volunteering and unpaid co-ops, so that students can decide what they are looking for.

"[We want to] meet the needs of students as a whole, so we're not just targeting one group," Pela said.

While trying to keep as many opportunities available to students as possible, Pela understands that a paying job is important for many post-secondary students.

"Ideally, as a student, I know that you need money and if you are working, you prefer to be paid, even in co-ops and internships. So my goal there is to help ensure that students are getting experience, but along with a wage and some funds to help them out," said Pela.

The Summer Experience Initiative is different than the Career Fair that happens annually at NAIT. Where the Career Fair is a long-term employment program, while this opportunity is meant in the short-term, for students still enrolled in school.

Pela says she has full support from the advising and career services department and

that the partnership is very collaborative. She envisions few obstacles in the future.

"The idea is that [we will] create more of a system as opposed to something that's just related to a course, which would give us the chance to connect with all the programs and not just funnel into one."

As it stands, the Summer Experience Initiative is slated to debut in 2019. NAITSA is currently hoping to get students' wants and needs regarding summer employment to help ensure the event becomes the best it can be.

When her time at NAIT is done in May of 2019, Pela will be passing on the event to her successor, Karen Velasco. Currently, there are meetings happening with the Advising and Career Services department, as well as the Advancement Department, to figure out the best way to get this employment opportunity to the students of NAIT.



Naomi Pela

Coffee cups a curse

By **SHELLY STEVENS**

One of the major issues today is concern for the environment. NAIT already has many initiatives in place to reduce its environmental footprint, but is there room for improvement? That's what four students in the Bachelor of Technology Management Program examined for their capstone project.

Ali Raza, Ron Dunn, Lance Draper and Shelly Stevens, collectively known as Team N8 (pronounced [N-eight]) performed a high-level environmental assessment to identify opportunities to reduce NAIT's environmental footprint.

NAIT has always been a leader in our community, and the time is right to make a bold move to change people's behaviours regarding waste reduction.

If someone walked up to you today and told you that you could change the world by doing one simple thing, would you do it? What if it was as easy as using a reusable coffee cup? If students brought their reusable coffee cups instead of relying on disposable ones, it would have a profound impact on NAIT's environmental footprint.

Disposable coffee cups are not recyclable, despite what you might read on the websites of some of our favourite coffee shops. Take a look at the City of Edmonton's and NAIT's recycling posters – both exclude coffee cups. Coffee cups are made of a combination of paper and a plastic/wax type material that allows them to contain liquid, but recycling the cups is tricky since their combination of materials produces low-grade paper that has no market.

The city confirmed in January that disposable coffee cups are presently going to the landfill.

In 2016, the French government committed to banning disposable coffee cups by 2020. Britain issued a parliamentary report in January proposing a hefty tax on every disposable coffee cup sold, coined the "latte levy." Vancouver is considering a legislative ban on disposable coffee cups.

NAIT's 2008 Corporate Social Responsibility (CSR) pamphlet listed "Elimination of disposable coffee cups through a gradual shift to widespread use of personal, reusable mugs" as one of its goals. That was 10 years ago. The team's research found a number of environmental initiatives that students can see already. Recycling/waste stations are set up around campus with easy directions to identify what goes where, plus NAIT also offers battery and cell phone recycling boxes.

Behind the scenes, NAIT's Facilities Management has undertaken several energy and environmental initiatives that include light conversions from T12 to T8/LEDs, occupancy sensors to turn

lights off when rooms are empty and a green cleaning program that uses environmentally friendly cleaning products.

A current plan from NAIT's Procurement Department is to reduce print material. They have asked all their suppliers to discontinue the practice of mailing paper catalogues to NAIT. Purchasers prefer online catalogues as they offer an easy to use search function and accessibility. The Procurement Department even asked suppliers to send electronic Christmas cards instead of paper ones.

NAIT's Culinary Department participates with the Oceanwise Sustainable Seafood Program to offer viable seafood choices in their outlets. Culinary already reduces NAIT's environmental footprint by sending unusable items (bones, fat, trim) to a processing plant which turns them into animal feed. They also donate to the Edmonton Food Bank, and are partners with NAIT's Food Services in purchasing imperfect vegetables from local suppliers.

NAIT's Board of Governors made a formal commitment to maintain "an environment that enhances human health and fosters a transition toward environmental sustainability," when they approved NAIT's Sustainability Policy in 2008.

Six years ago, NAIT began participating in the Sustainability Tracking, Assessment and Rating System (STARS), a self-reporting system for colleges and universities that measures sustainability performance. NAIT received silver in their most recent STARS rating in 2015, with a rating of 1.8 out of a possible 5.0 points. This beats their bronze in 2012. They hope to achieve gold by 2021.

Team N8 focused on NAIT's 2015 STARS report, which is available online, to see where NAIT could reach higher. NAIT reported 811.33 tons of solid waste

materials sent to landfills or incinerators, 663.82 tons of composted materials and 505.03 tons of recycled materials. NAIT was recycling and composting a significant portion of its waste at the time. In 2018, these numbers will change drastically, in a negative way.

The City of Edmonton, which takes NAIT's waste, has had some major setbacks with their waste management program. The composter stopped working in the fall of 2017 because of structural issues with the roof; its future is unclear at this time. The option of turning Edmonton's waste into biofuels is hopeful, but with no timeline.

China's waste import ban also came in effect in 2018, so they will not be accepting the world's garbage anymore. Edmonton has been sending 10,000 tons of recyclables per year to China, roughly 25 per cent of the city's recyclables. The City is currently exploring options to manage Edmonton's waste and an action plan will be presented to the Utility Commission this week.



Photo by Samantha Famulak

Get taxes done for free

By **TRUMANN TU**

NAIT is hosting a tax clinic to provide students with services to get their taxes done for free. These will take place on March 16, 23 and April 6. These tax clinics are all day, with each session being half an hour to an hour, so there's plenty of time for students to come and get their taxes done.

Students are required to bring a gov-

ernment issued photo ID, all tax slips (T4, scholarships, etc.), as well as last year's assessment notice. If they wish to have a pdf copy of the tax returns alongside the print copy, they must bring a USB flash drive.

There are some restrictions however. If the student is self employed, has capital gains or losses, bankrupt, any income that is greater than \$30,000, returns that result in a decrease, or adjustments from previous

returns, they will not be able to have their taxes done at the clinic.

Sign-ups are still open for accounting students who wish to volunteer and assist in the tax clinic sessions, where they will receive training from the Government of Alberta CPA Program.

These sign ups and additional information can be found on Orgsync, under the Accounting Club of NAIT's portal.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 780-471-8866
www.thenuggetonline.com

Senior Editor

Michael Menzies
studenteditor@nait.ca

Assistant Editor

Shawna Bannerman
studenteditor@nait.ca

Sports Editors

Tre Lopushinsky
Conner Toffan
sports@nait.ca

Entertainment Editors

Alan Holmes
Steven Smith
entertain@nait.ca

Photo Editor

Tim Potter
photo@nait.ca

Media Operations Manager

Nicole Murphy
nmurphy@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

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

Letters

We want your views

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

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

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

Pressure's building – study

By MICHAEL MENZIES

A new study on campus set to be published next week is reporting that students are experiencing declining levels of the overall student experience at NAIT and higher levels of stress and anxiety.

The Idea Marketing Club conducted a student survey in December with the focus on the mental health of business students as a result of losing their usual midterm week. The fall semester was the first since the change of JR Shaw School of Business to the same exam schedule as the rest of NAIT.

“Just based on the general vibe within the business program, we thought we needed some quantifiable research to show how students were feeling,” said Belle Shaw, VP Communications, of the Idea Marketing Club.

“So we took on the mission of conducting some primary research into the subject and it just exploded.”

The survey was structured as a series of multiple choice questions concerning the student experience with midterm week, scaled questions from 1-5 about well-being, and two written response questions.

Over 675 students completed the survey, distributed on social media and email, equating to roughly 25 per cent of the business school. However, Shaw added that since midterm week served as a makeshift reading break, its absence made the survey applicable to all the schools of NAIT, despite its original business focus.



JR SHAW
SCHOOL OF BUSINESS

Eighteen per cent of respondents were from different faculties of NAIT, and few, if any from another school.

Ninety per cent of students who replied to the survey wrote more than a one paragraph reply. Over 300 detailed in length how their “classroom experience was impacted” because of a lost midterm week, with 69 per cent saying their attendance was impacted without the exam week and 67 per cent having mentions of “stress.”

Seventy-three per cent of students said they were willing to adjust their schedule to accommodate a fall reading break. Sixty-seven per cent of those who answered said ‘yes’ to a fall reading break favoured beginning the fall semester a week earlier than ending it a week later.

Students also reported an overwhelming feeling of stress and anxiety, a decrease in their study skills and a negative impact on mental health. Nearly half of respondents said they were also worried about their instructors, noting longer turnaround times on their assignments. Shaw said they too were frustrated by the change.

“They [the teachers] were really upset by that. I think some faculty members wanted to help us out just to have something quantifiable to hand to NAIT to say ‘you should probably do something about this,’” said Shaw.

The quantity of longer responses has been eye-opening for the team, who pursued feedback because they say NAIT “lacked communication” about the removal of midterm week.

“There may have been a formal warning somewhere but I’m speaking for myself unequivocally, nobody heard about it. I didn’t know and I’m a pretty involved student in the business program, too. There may have been a warning but people didn’t hear about it,” said Shaw.

With lots of feedback reporting more mental health strain, the team’s call to action is “change at the administrative level of NAIT.”

“We really want people to talk to decision-makers about instilling another reading break and focus more on mental health – utilizing some of the resources NAIT has gotten in the last year.”

In Sept. 2017, the provincial government announced a three-year \$495,000 mental health grant. Since then, the *Nugget* has confirmed that the funding from the grant has gone towards free fitness classes from January to March and an expanded pet therapy program.

The full results of their report will be published next week when the club launches its website.

Eight culinary gold medals for NAIT

By TRUMANN TU

To some, facing off against many professional chefs in a cook-off would be an intimidating feat and almost impossible to achieve victory.

NAIT’s culinary team, however, went beyond their expectations and returned from the Emirates Salon Competition in Dubai with a total of 15 medals; eight gold, six silver and one bronze each.

This upset victory did not come without some difficulties, however. One of the biggest challenges, according to coach Harjeet Mehdwan was the availability of space to practise their craft.

“We were staying at a different hotel and we needed access to the kitchen to practise. We needed to wait till their operations were done,” Mehdwan says.

“The students would have to prep for the next day, practise for the next day and still manage to get some rest.”

Other challenges that were a part of the competi-

tion was the one hour time limit that they had to cook from start to finish. As detailed by one senior member of the team, Shae-lyn Phillips, there were a couple of different factors that would have affected their results.

“We only had three burners, when we practised with four, so that was a bit of a stump in the road. We also had to share an oven with another competitor, so that was kind of a fear of ‘what if they wanted to cook at a higher or lower temperature’.”

Both competitors feel that a true sense of camaraderie contributed to their victories and will leave a fond memory.

“When the medals were being handed out ... you knew ‘yes we’ve done our best’ and then when you wait for the results, and they keep announcing another one for NAIT, another gold

medal goes to NAIT ... it was good to hear NAIT being on the international stage,” says Mehdwan.

“You have to blend with everyone on the team ... I really enjoyed teaching my team members what to expect in the competition, how to overcome many obstacles we came about ... We got eight gold, that’s the most we’ve ever gotten. Seeing everyone else succeed is really awesome as well,” Phillips says.

The dishes that they made featured beef, chicken and fish. Phillips commented that the portion of her team that worked on the cold dishes was the favourite of their efforts. Mehdwan commented that his favourite dish was everything they worked on, due to everyone working so hard on them.



NAIT has an app for that

By JORY PROFT

NAIT has released a new mobile app to increase safety on campus.

The new NAIT Alert app is an emergency notification software that makes it easy to respond and take the required actions in the event of an emergency.

The program allows users to make an emergency call, send their location in real-time to friends, family members and NAIT Protective Services and access safety procedures and resources. Emergency noti-

fications can also be sent through email, NAIT’s Twitter and emergency website, desktop alerts on NAIT computers and digital signage on campus.

The app was released on Jan. 8 after many months of development.

After researching other post-secondary institutions in Canada and the United States, protective services saw the need for this type of service at NAIT.

“Always in an emergency, communication tends to be a problem. Based on that

trend, we decided we needed something effective. Safety is a big driving force at NAIT and that’s why we went that route [to create the app],” said Charmaine Gentles of NAIT Protective Services.

NAIT partnered with AppArmor in March 2017 to modify the tech company’s existing software to better suit the institute’s needs.

“We have a dynamic project management team that has worked really hard on this,” said Gentles.

“The goal is to make sure all stakehold-

ers receive the information [necessary] to take immediate action,” said Gentles. “So you can work with us to ensure you’re safe while at NAIT. This app is just one of the ways to do that,” she said.

The team has seen over 2,200 downloads of the app thus far and NAIT and NAITSA are encouraging students who haven’t to download it.

In September, NAIT launched a companion emergency website and their first Emergency Preparedness and Safety Week.

Legal pot and the campus

By JORY PROFT

Canadian post-secondary schools, including NAIT, are looking to blaze the trail in determining best practices for cannabis on campuses once it is legalized later this year. The process of crafting campus regulations in response to new legislation began last semester.

The federal government legalizing marijuana is forcing NAIT, and many other post-secondary institutions in Canada, to begin creating guidelines based on laws that have yet to be established. NAIT's Director of Student Well-Being and Community, Clint Galloway, says due to marijuana being legal in certain states, but not federally, the substance is not allowed on most university campuses in the United States. This leaves Canadian schools with little reference on how to deal with this new issue.

"We're looking at what other schools are [planning on] doing, seeing what best practices are out there ... we're currently involved with other institutions that are looking at the same thing, and then we have our own NAIT response group to review specific suggestions that will impact our campus," said Galloway. "Each school must look at what's best for them but we're all communicating well ... because best practices are best to be shared."

While rules must be in place by the legalization date, Galloway is confident that getting the specifics correct will not be difficult, but changes will need to be made as time passes.

"There will definitely be a learning curve and although we have certain lenses now ... that might change over time. Down the road, things might change because of new information or new science [on the effects of marijuana]," Galloway stated.

The main concern in drafting guidelines for cannabis use on campus will be based on NAIT's unique position as a trades-school. "As a polytechnic ... we have certain lab spaces and courses that have some definitely significant safety concerns," said Galloway.



Photo by Chase Patton

Tyson Chizma, a NAIT business student, believes a governing rule across all programs is not how the polytechnic should go about making regulations.

"I think there is a safety concern for the hands-on courses ... the head of each program should determine whether there is risk involved and set their guidelines based around that. Business, as an example, is for the most part lectures and workbook sessions. I believe this is a program where cannabis use will not put any risk on students," said Chizma.

"It [smoking marijuana] should be allowed on campus as long as it's in a designated smoking area ... we have alcohol and cigarettes and all other drugs like that ... no one's gonna stop you from having a few drinks before class, so how will it be any different from you smoking a joint and going to class," Chizma stated.

As the entire country works towards a mostly-unified approach to the issue, Galloway believes institutions like NAIT will be frontrunners in establishing best practices for recreational marijuana use.

"A lot of different areas [businesses, government] will be affected, so I think a lot of folks will be looking to post-secondary and what we're doing, before making changes or amendments to what they're doing," he said.

"Ultimately, we want to make sure our campus has a safe learning, and working environment for all students and staff ... but we haven't come to a decision on the recreational use of marijuana. Again, it's recreational use," Galloway remarked.

Galloway says that information on regulation will be shared with the NAIT community as it surfaces.

Students vie for top model

By ALAN HOLMES

There's nothing quite as fierce as a young, ambitious person strutting their stuff down the runway. NAITSA's Next Top Model gives students the opportunity to do just that. Now entering the second round of competition, the heat's turning up.

Top Model takes place over three rounds. The first round has come and gone, with one participant being eliminated. Thirteen aspiring models remain, with another person to be removed after voting ends in Round 2. Voting for this week is open until Friday, March 9. Next week, two of the models will be eliminated, leaving the Top 10 to stride into the finale on March 22 at the Nest Taphouse and Grill.

NAITSA's Event Co-ordinator Rechelle Eklund took the time to speak to us about how the aspiring top models can conquer the NAIT fashion world moving forward.

Nugget: NAITSA's Next Top Model is officially in Round 2. So for

the next three weeks, people get whittled down?

"Mhm. So there's three rounds total. Last week we eliminated one person, this week we eliminate one person, then next week we'll eliminate two people. So, then it gets to the Top 10 and those Top 10 are invited to the finale."

N: So far, have the models styled themselves, or has anyone been brought in to style them?

"We brought in a stylist for the photo-shoots. Value Village actually sponsors us. So, we went to Value Village and she pulled a bunch of outfits and then she styled them all on set, for the photos. Then for the finale they [the models] will get a chance to go and choose their own outfit, and makeup everything. Then, for the finale, they wear their outfits to show their style."

N: So it's a lot about their decision, what they want to portray, how to express themselves.

"Yeah, absolutely."

N: When they're going into the finale,

has the panel been decided?

"Yeah, they've all worked with Top Model for the last few years. There's a representative from a fashion magazine here in Edmonton, there's the stylist that chose the clothes for the photo shoots, there's a previous winner of Top Model and then there's an Edmonton local model."

N: How do people vote for who they want to be NAITSA's Next Top Model?

"Just online, you can go to nntm.naitsa.ca and vote online. You can vote one vote per day, per device, so vote as many times as you want and see who gets to the final round."

N: How diverse are the models? Do they come from across all of NAIT, from different programs, both men and women?

"Yeah, absolutely, so we have men and women from all different programs. It was just anyone who wanted to get involved and have fun, try something new. We really focus on building friendships and relationships there and less of

a competition. So, that's one of the things the judges look for as well. If you're nice to the other people, not staring them down like 'I'm gonna win.' It's more of a fun and positive experience rather than a crazy competition."

N: It's about building each other up, rather than breaking them down.

"Absolutely."

The models competing in Round 2 are:

Andriy Babij
Allyson Greene
Lebene Mawutor
Astrid Herrera
Maggie Russell
Ouiame Minouche
Shelby Salt
David Bernstein
Brandi Charette
Meggan Tough
Brittany Hogue
Harley Russell
Prabhjot Punnia

Go to nntm.naitsa.ca now to vote for your Top Model.

UPCOMING CAMPUS CLUB EVENTS MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	27	28 GDD GAME NIGHT 3:15pm-10:30pm, J010&J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Hortar's	1 BIOSCI SPRING SEED SALE 9:30am-2:30pm, HP Centre 2nd Floor SOCAFIT: CARIBBEAN FITNESS DANCE CLASS 12:00pm-1:00pm, S112	2 ON CAMPUS GAMING 5:00pm-10:00pm, CAT 191 BIOSCI SPRING SEED SALE 9:30am-2:30pm, HP Centre CHINESE BIBLE STUDY 5:30pm-8:30pm, E 221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010&J012	3
4	5 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	6	7 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Hortar's	8	9 MECSA INDUSTRY NIGHT 5:00pm-9:00pm, Boston Pizza, 1085-482 Ave NW CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010&J012	10
11	12 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	13 MARCH MADNESS 11:00am-1:00pm, CAT Crossing	14 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Hortar's	15	16 ON CAMPUS GAMING EVENT 5:00pm-10:00pm, CAT 191 CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010&J012	17
18	19 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	20	21 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Hortar's	22	23 CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010&J012	24
25	26 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	27	28 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211	29 EASTER BEER GARDEN BY MLT 2019 & MECSA 4:00pm-8:00pm, Common Market	30 <i>Good Friday</i>	31

NAITSA **CAMPUS CLUBS CENTRE**

FOR MORE DETAILS ON THESE EVENTS, CHECK OUT ORGSYNC.NAITSA.CA

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

OPINION

— Editorial —

Careful, they're listening



MICHAEL MENZIES
Senior Editor

"I've already said the words that will cost me my future job. I've already done the awful thing that will label me as a monster. I've already crossed the line and said something inappropriate at school or in public.

"I'm bound to have unintentionally hurt many people and maybe those feelings will fester inside them for years to come. I'm well-versed in the microaggression, blithely unaware. Maybe a discussion point in the office made someone feel unsafe. I've argued with people and by the nature of the topic they think I'm disrespectful, stupid, or even crazy for discussing it. I've already said something in anger that someone passing in the hallway could call despicable or gross.

It will haunt me

"That one innocuous Facebook status update: it'll haunt me. How could I possibly expound a personal opinion on my own time knowing that I'm always an extension of a company's image. I've tried to be funny on Twitter and it went over like a lead balloon. I've received Snapchats that could seem insensitive and inappropriate, even sent a couple, too. I've made a joke that seems more cruel over text than I ever meant it to be.

"I can hear the clock ticking on my social crimes. When the indictment will be served I can only guess.

"Will I know the person who calls me out? Or are they an acquaintance at a party and I'm having a few drinks, minding my business, having a good time and I say something stupid. Is that grounds for my dismissal?

An old co-worker?

"Could it be an old co-worker I didn't get along with? Maybe the opportunity to besmirch my character for their gain is too delicious to turn down. It doesn't matter if anything really happened in this case, I just had it coming.

"Will my future children in "social justice elementary school," like that in Ontario and even Alberta, catch me saying something at home I shouldn't have? Will they tell my wife and try to create unnatural conflict in our marriage? After all, I might say something that seems pejorative at any time, for any reason.

"What if I offend someone? Think about the ramifications. This world is an evil place made worse by insensitivity: my words are tantamount to violence in the offended one's ear. At least they could be. After all, politics is correct, right?

"I will feel awful when that day comes; the day when my world comes crashing down because of something I might not even be able to control. I'd done my best to avoid egregious wrongdoing, hurting others unnecessarily or acting unjustly, but maybe it's because I critiqued positions that needed more explanation that I fall on my sword. Other people control what happens to my words after I say them.

"So I speak frankly now that I've already lost that big job I'm hoping to receive. The scandal will be big, for at least a couple days anyway, and then the news will forget about me and move on to the next personal mishap.

"The new court has no fixed rules. My future job will

record every second of every day I was in the office, and will do so with every employee. Finally, they catch me saying something awful; something they could never endorse. They cut the cord and thank goodness, says the public.

"In the future I am but one of the many destroyed characters, all chopped down for various degrees of fault. Those with the hallmarks of virtue and the loudest voices will continue to single out until there is no more wrong. But the mindset that's been created to catch the wrongdoing and the vagueness of how it will change means only the perfect will succeed. At this rate anyway, that is true."

Hopefully, none of the above applies to you ...



MISS AN ISSUE?

find us online at *thenuggetonline.com*

FOLLOW & LIKE US!

@nuggetonline

facebook.com/thenaitnugget

N

SPORTS

Sports and music merge



TRE LOPUSHINSKY
Sports Co-Editor

Sports are important to a lot of people. So does music. I am sitting here writing an article about the effect music has on sports, as I listen to Metallica. Have you ever gone to the gym and ran or lifted weights without music? If you do, that's probably pretty boring or you're very self-motivated. Some of us need the music to match the energy we're exerting. Have you been to a sporting event without any music whatsoever? Music is an important piece of culture in general, but what does it mean to sports, and to any physical activity?

The advances in technology over the last two decades have made music so easily accessible. Anyone can now play music from their phone, which is usually glued to their hand. Lead researcher in the field of music in sport and exercise, Dr Costas Karageorghis, has primarily explored the psychological, psychophysical, psychophysiological and ergogenic effects of music in his book *Inside Sports Psychology*:

- The psychological effects refer to how music influences mood, affect, emotion, attitudes, cognition and behaviour.
- The psychophysical effects of music involve sensory responses to physiological processes. In music related research, this involves the perceptions of physical effort and is most often measured via the ratings of perceived exertion (RPE) scale.
- The psychophysiological effects of music relate to the influence of music on a range of physiological factors, such as

heart rate and respiration rate.

- Music exerts an ergogenic effect when it improves physical performance by either delaying fatigue or increasing work capacity. This often results in higher than expected levels of endurance, power, productivity, or strength.

Many athletes can be seen coming into the locker rooms with their fancy Beats by Dre headphones. They're either just trying to ignore the media, using the opportunity for product placement or they generally are listening to music to pump them up. I am going with the latter.

During the 2007 FINA World Championships, Olympic gold medallist Michael Phelps, reportedly listened to hip-hop music before his races in order to focus and get psyched up. He pinpointed his focus on Lil Wayne's lyrics "Yes, I'm the best and no, I ain't positive, I'm definite, I know game like I'm reffing it." Inspiring, right?

Research has training and workout music follow six criteria that help achieve benefits in performance:

- Strong rhythm
- Positive lyrics
- Rhythmic patterns that match movement
- Uplifting melodies
- Association with sports
- A musical style that matches athletes tastes and cultural upbringing

If you find yourself going super hard on an elliptical, it's most likely the music. If you're not listening to music, I don't know how you do it. You might even get more out of your workout if you did listen to music. Personally, I feel the Philadelphia Eagles wouldn't have won the Super Bowl this year if they didn't come out to *Dreams and Nightmares* by Meek Mill. Most athletes can probably name a handful of artists they listen to while training. That's because the relation between sports and music is real.

WOMEN'S VOLLEYBALL

Lesson learned

By PETER GO

The NAIT Ooks women's volleyball team had a season filled with highs and lows. Despite the early exit in the ACAC Championship playoffs, the Ooks have learned who they are going into next season.

The Ooks were the first team to beat the unbeaten. Reigning ACAC champions and No. 1 ranked team in the nation, the Lakeland Rustlers, were beaten by the Ooks three sets to one at home in front of a raucous crowd. This regular season was a high point for the Ooks going into the playoffs.

That win proved that NAIT has what it takes to contend for a championship. It gave the team confidence they needed to realize they were good enough to win.

Along with the team growth, the Ooks had some individual growth, too. Hannah Gorgichuk led the Ooks in sets played with 88, kills with 228 and total points with 273. Karly Kupka was second on the team in all of those categories with 87 sets played, 205 kills and 263 total points. The emergence of both these outside hitters has given the Ooks a one-two combo to rely on.

Some of the Ooks' low points this

season have come from careless mistakes. They were second in the ACAC in both service errors with 216 and in block errors with 38. These errors only magnify when the team wasn't able to close out sets and games.

That was made clear during this year's playoffs. Their first game was against Red Deer. The Ooks were up 20-13 at one point during the first set, but were not able to close it out, losing 23-25. They ended up losing three straight sets.

In their second playoff game against Ambrose University, the Ooks were up two sets to one but then lost the fourth set 25-15 and the fifth set 15-9.

Both those games have taught the Ooks something they need to improve on for next year – closing games.

Next season, the Ooks will have one more year of maturity under their belt. The players will have grown physically and mentally. The team more importantly has grown as a unit, a team.

This season had high and low points for the Ooks. Yet, this season was a learning curve so they can come back bigger and better next season.



NAIT Athletics

Ook Hannah Gorgichuk gets set to spike the ball.

Baseball needs creativity



CONNER TOFFAN
Sports Co-Editor

For the Major League Baseball, it's time to move on from the pace-of-play rule changes.

About three weeks ago, the MLB announced another new pace-of-play rule change that will be implemented in the upcoming season. The rule states that a player, or a coach, can only make six mound visits per game. While this is a dramatic change for some players, shaving another minute or two off the total time of a game won't shave the "boring" label that clouds the game of baseball and it certainly will not help increase ratings. In fact, this isn't even guaranteed to speed up the game, because despite the constant efforts of commissioner Rob Manfred, last year's average game length was higher than ever at three hours and five minutes.

Some players have found ways around old rules, and

some have just downright not cared. Back in 2015, Red Sox legend David Ortiz went on a heated rant about the MLB announcing that they would fine players who did not comply with the new pace-of-play rule change, that a batter must not leave the batter's box during an at-bat.

"Well, I might run out of money. Period. I'm not going to change my game. I don't care what they say," he said.

Chicago Cubs star catcher Wilson Contreras had a similar reaction to the newest rule change recently, stating that "[he doesn't] even care ... If I have to go [out there] again and pay the price for my team, I will."

It's clear the pace-of-play rule changes have done little to actually speed up the game. The games have gotten longer and the players could care less. So why not look for more creative ways to change the game?

Not long after the newest rule change was announced, rumours of a new potential rule have circulated, and this one has the ability to change the very roots of the game of baseball. According to sports television journalist Rich Eisen, one baseball executive recently told him that there is a rule being discussed that would let a trailing team in the ninth inning choose their hitters, rather than staying in their batting order. Most baseball fans hate the idea of this but these are the types of changes the MLB should strive for. There will be backlash from players and fans but try and tell me that you don't want to watch players like Giancarlo Stanton and Bryce Harper in clutch situations down late in

the game on a more consistent basis.

This rule change allows for more exposure for the game's brightest stars, something baseball needs. In football, tight games are decided in the hands of star quarterbacks like Tom Brady. In basketball, games are always decided by the team's best players as the clock winds down. You'd be hard-pressed to find a tight Cavaliers game where LeBron is playing off-ball. It's time for baseball to follow suit. The potential of having the closer, often a team's best pitcher, attempt to finish a game against the Mike Trouts and Josh Donaldsons of the world would force fans to stick around and watch a full game.

As much as baseball fans don't want to admit it, the game risks dying out if it can't make the game more exciting in this era defined by short attention spans. Plenty of ideas have floated around. Reasonable ones like shortening the ridiculous 162-game regular season schedule to restricting how many pitchers a team can use in a single game may improve the game slightly but aren't incredibly revolutionary. Some less reasonable but potentially more creative and interesting ideas include having a player stealing home result in erased outs and starting extra innings with runners already on base.

In order to keep the MLB prevalent in a sports world where the NBA and NFL dominate, the league needs to do more than "pick up the pace." It's time to look at creative groundbreaking changes.

HOCKEY

Men in the ACAC semifinals

By **CONNER TOFFAN**

After finishing the season with a league best 26-6-1 record, the Oaks men's hockey team has earned a birth straight into the playoff semifinals as they look to follow a strong season with a similar playoff push. This season, the Oaks have been looking to once again reach the championship dreams that they barely missed out on last year, after losing in a close, decisive final game against the MacEwan University Griffins.

The Oaks will end up playing the fifth seed U of A Augustana Vikings, whom the Oaks have bested in four games of five. Don't let the records fool you, though, these teams played tight games this year. Four out of five games were decided by only a goal, two in overtime. The Oaks will look to use a strong defence that only allowed 2.04 goals per game over the regular season to stop the Vikings' strong offence that scored 4.5 goals per game, led by top scoring forwards Travis Mayan and Mitch McMullin. Mayan finished fifth in the ACAC with 32 points in 28 games, while McMullin finished second in the ACAC, putting in 16 goals in 28 games.

The Oaks will be led by five-foot-seven forward, and leading scorer in the ACAC with 42 points, Jake Mykitiuk. Mykitiuk will be facing tough competition though, as Viking goaltender Curtis Skip boasts a league-high save-percentage at .925. The Oaks will also look to defenceman Ty Stanton to pitch in with scoring while fending off the Vikings high-powered offence. Former Toronto Marlie and first-year player Ty Stanton finished second in the ACAC among defenceman with 29 points.

The Vikings are coming into this series with the momentum, as the Oaks have lost three straight while the Vikings are coming in having won their past four. The Oaks and Vikings will begin play on Friday, March 9 at 7 p.m. at NAIT Arena, followed by an away game for the Oaks Saturday night. If a do-or-die third game is needed, it will go down Sunday night at NAIT Arena, with the winner advancing to the ACAC finals.



Leading scorer Jake Mykitiuk

CURLING

Hopes high for Nationals

By **ARIELLE TRISCHUK**

The NAIT Ooks curling teams booked their tickets to provincials winning two bronze medals from February 16-18 at ACAC Curling Championships. NAIT's curling coach and recent winner of the ACAC coach of the year, Jules Owchar, said the entire tournament was a toss-up.

"It was a very good championship, probably one of the most competitive ... We had three bronze games and we won two of them," said Owchar. "If we played [again] next weekend, we would get a different winner."

The NAIT women's team faced off against the Concordia University of Edmonton Thunder, the men played against the University of Alberta Augustana Vikings and the mixed team competed with Red Deer College Kings and Queens. The women's game was so close that it "came down to the last rock," Owchar said.

The men's team was the only one not to come home with hardware.

"They were just struggling a little, they couldn't get anything going ... I wanted them to win but there was no pressure on them. Doesn't matter where they finished they were going [to nationals]," added Owchar.

BADMINTON

2 gold medals

By **WYATT ZIEGER**

The Ooks badminton team wrapped up their season this past weekend in the Concordia gym after earning the chance to be the nation's best in mens doubles, women's doubles as well as mixed doubles. With three time men's singles nationals medal winner Owen Kurvits (Redeemer College) and three-time repeat champion in women's singles Olivia Lei (Humber College) having moved on from CCAA competition the chase for gold is wide open.

Wrapping up tournament action this weekend the NAIT Ooks did not leave disappointed. Starting strong, the mixed doubles team composed of Jeffrey Ko, fourth-year dental student and Eyota Kwan, first-year Chemical technology, captured gold at Concordia going 2-0 (21-13, 21-8) against Humber College. Ko adds to his trophy collection having already captured bronze in the tournament in 2016.

Not to be outdone were Ooks teammates Nick Roque and recently named ACAC men's badminton player of the year Imran Wadia in mens doubles. Having both won silver in last years version of the competition they came in excited but with a chip on their shoulder. After taking the first set of the men's doubles match 21-16,

A result like this sets the table nicely for Nationals.

"If we get back to form we'll be competitive. If we curl like we did this weekend, we won't. But that's in three weeks so everything can change."

The Canadian Collegiate Athletic Association (CCAA) Curling Canada Championships are two weeks away – March 24-28 in Leduc. All three NAIT teams will be competing for a medal.

"It's going to be a battle," Owchar said, adding that it's not just the "excellent teams from the East" that will be challenging but the location as well.

"It's kind of a nightmare because it's in Leduc and it's not a road trip. Now we've got to go every morning, drive to Leduc, come home; drive to Leduc, come home. We usually don't play until 9 at night, then finish at 11:30, then drive



NAIT Athletics

Women's team skip Emily Clark delivers a rock during recent competition.

home, then [start the] next morning at 7. So they're getting about four or five hours of sleep".

Despite the upcoming challenges at nationals, and the close competition at the ACAC championship, Owchar said he was pleased with the season. "I'm really happy with the year. You always

start off with your main goal. Ours was to get to nationals and yeah, I'd like to win a gold, or silver, but we won a bronze, and that was good enough to get us to the nationals. So I feel they have a real good chance; if they curl and they get some good breaks, we could do some damage."

Athletes of the week

February 26-March 4

Eyota Kwan
Badminton



The NAIT Ooks competed in the CCAA Badminton Championships at Concordia University on the weekend. Eyota Kwan came through in a big way, winning mixed doubles gold with her teammate Jeffrey Ko. "Eyota capped off her rookie season really strong for us. She had an amazing year and deserved the gold medal" says head coach Sinead Cheah. Eyota is a first-year Chemical Technology student from Edmonton.

Imran Wadia
Badminton



The NAIT Ooks competed in the CCAA Badminton Championships at Concordia University on the weekend. Imran Wadia once again dominated, going undefeated and winning men's doubles gold with his teammate Nick Roque. Imran was also named CCAA Male Player of the year and CCAA All-Canadian. "Imran was dominant this season," said head coach Sinead Cheah. "He started the season off strong and never missed a step". Imran is a third-year Wireless Engineering student from Calgary.

opponent Humber College put on their rally caps, tying NAIT at one set a piece with a 21-17 victory. With NAIT on the ropes, Humber College came out hard and fast but their effort was for naught as both Roque and Wadia buckled down to win 21-12, taking the match two sets to one and capturing yet another gold for NAIT.

Finishing just outside of a medal were men's and women's doubles teammates Cailyn New and Kaitlyn Wilbee plus Tyler Walsh and Luc-Ly Nguyen, who came close losing in the bronze medal match.

Bea Bernardo and Ryu Kuramochi started off their women's doubles weekend strong with a win in the first game before losing the next game, pushing them out of medal contention.

This is the last competition that NAIT Ooks badminton will see until the next school year.

In nationals, the Ooks were coming off their eighth straight win of the ACAC badminton championships where all 10 athletes from the NAIT Ooks men's and women's team qualified for nationals. The Ooks were ranked second best in the country, only behind the George Brown Huskies of the OCAA.

BASKETBALL

Opportunities for freshmen

By CONNER TOFFAN

The NAIT Ooks women's basketball team's season is now over, as provincials have wrapped up, with the Ooks finishing sixth in the tournament.

The Ooks began their weekend by losing against rival opponent SAIT.

"It was a great game, we came out to a slow start," said Ooks head coach Todd Warnick. "SAIT being in their own gym with their own fans, their own rims came out and shot the ball well early."

The Ooks battled to close the gap in the second and third quarter before falling just short in a close 68-65 loss. Sydney Hurlburt was a star in this loss for the Ooks, shooting 6-8 and hitting five three-pointers for 18 points while collecting nine rebounds in a near double-double effort.

In their second game, the Ooks were fighting to stay in the consolation bracket. Once again starting slowly, the Ooks picked up their play as the game moved along and, backed by a strong third quarter in which they outscored Concordia by 13, the Ooks pulled through for the win to earn them the chance to play one more game together before the season was over.

"A lot of the fourth and fifth year kids did not want [that] to be there last game," said Warnick.

The Ooks had a huge performance on the free-throw line, which was a key factor in the game, hitting 20-28 free throws compared to Concordia's 9-9. The Ooks also protected the ball well, turning the ball over nine times less than Concordia.

Going into the consolation game, War-



NAIT Athletics

Leah Vandenboogaard brings the ball up court.

nick believes that the team was "physically and emotionally spent" as the early loss had taken a lot out of them.

"Olds' interior presence with their post was just a little too much for us to handle and we were just never able to find a rhythm that entire game."

In this game, the fifth years played the

most minutes, led by a 30-minute outing by Katie Waring in her farewell game.

Other Ooks, including Malesha Petterson, Kika Greenlee and Megan Belcourt have now played their last games for the Ooks. Looking forward though, key player Leah Vandenboogaard will take on a large role as she is the only Oook going into her fifth year on the team.

Freshmen players like Allie Hunder and Kaelyn Bryks were two of many strong standout players last weekend, according to Warnick. With multiple key players leaving the team after these final games, look for these players to be in strong competition to step into the newly available roles left behind.

BASKETBALL

Fourth place in provincials

By PETER GO

The men's basketball team had a different looking team going into the second half of the 2017-2018 season. Despite the Ooks roster alterations throughout the year, they were able to come together to make a run at the ACAC Championship. Their run ended with them in fourth place coming out of provincials.

With NAIT's roster finally intact, they were ready to play their best basketball. They finished the second half of the season with the same record of 8-4. But it's how they finished the season that matters. They went 6-2 in their last eight games. Playing their best basketball at the end of year.

NAIT finished as the second seed in the North Division. In the playoffs, they won their first-round match against Red Deer College but then lost their second-round matchup in overtime to SAIT. This meant they would be playing for a bronze medal.

"The first term was about us growing," said Ooks head coach Mike Connolly. "But

our mission all year was to be playing our best basketball at the end of the year."

Kennedy George led the Ooks during the first half of the season. George was an effective scorer, averaging 17.1 ppg, ranking him as a Top 10 scorer in the ACAC. George had some growing of his own to do. He was pulled off the team due to academic reasons.

Along with losing their leading scorer, they had a couple of injuries. None was bigger than the one to guard Wyatt Beaver. This meant was the rest of the team had to step it up. The Ooks didn't have their leading scorer or leader on the court. If there was any time for someone

to shine, this was the time. Enter fifth year forward, Brady McKay. McKay is a pure shooter who drew respect from all ACAC teams. With this being his final year, he was able to show his maturity as a player and a leader.

"Brady has grown up and matured. He has become a really good leader," expressed Connolly. "Especially with his voice and how he talks [and] how he carries himself."

Brady and the ACAC's leader in field goal percentage, Samson Cleare, were able to help the Ooks hold on till

helped arrived. They finished the first half of the season with a 8-4 record.

At the start of the second season, the cavalry arrived. Wyatt Beaver and the other injured players returned, as did perennial all-star and scoring threat Jackson Jacobs, who returned after playing basketball for the Bahamian National team.

Other players have also made an impact, growing throughout the season. Notably the "Greek Landlord" Nikolaos Papavasileiou, a third-year forward. He is finally finding his game on the court.

"He has really become mentally tough," said Connolly when talking about Papavasileiou's game. "[He's] not making a lot of mental mistakes."

They lost to the Concordia Thunder 102-94 in the bronze medal game.

The Ooks will have a similar roster next year and with the growing process hopefully done they will be prepared for a championship run next season.



Wyatt Beaver

U-Pass

Universal Transit Pass

**WINTER TERM U-PASS
AVAILABLE AT THE
NAITSA OFFICE
(ROOM E-131)
UNTIL APRIL 30**



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



naitstudents



rm e-131

JOIN US AT OUR SEMI ANNUAL

CANDYLAND KIDS PARTY

March 24

11am - 3pm | CAT Crossing
Free for NAIT students with kids!

Fun activities, movies & snacks for kids ages 3-10
Sign up at naitsa.ca



naitstudents

naitsa

yourNAITSA

naitsa.ca

naitstudents

naitstudents

rm e-131

ENTERTAINMENT

Lower the nostalgia volume



By **STEVEN SMITH**
Entertainment Co-Editor

I am tired of nostalgia.

This does not mean that I am sick of the past. I will still hear the *Morrowind* theme, close my eyes and be transported to the snowy shore of Raven Rock. I still love “We Were Dead Before The Ship Even Sank” by Modest Mouse. The past defines what and who we are. But living in those moments forever is so repetitive and we gain nothing. Nostalgia should bring us comfort and not be passing references.

Media now, especially books, movies and television, embrace this nostalgia

wave. Netflix has *Fuller House*, *Everything Sucks*, *Stranger Things*, *Lethal Weapon* and more. *Star Wars* will have a new movie once or twice a year till the heat death of the universe. A number of stories now are “soft reboots” meaning that the story is the same but the people are different.

Sometimes nostalgia references make sense as they are part of the universe. *Stranger Things* is a great example of a show that has references that help ground the world. Yes, sometimes it is over the top. No child would have a *Dark Crystal* poster as the movie bombed in theatres but having the kids dress up a *Ghostbusters* the year *Ghostbusters* came out makes sense. *Ready Player One*, on the other hand, is a terrible example of awkwardly mentioning references for no reason except to have a brief cheer for nostalgia. DeLorean! Indiana Jones! Space Invaders! Remember the time when arcades were a thing? Hollywood makes sure you don’t forget.

I once read online that “The children of the ’90s are the nostalgia generation.” It was a short post that said that those who

grew up during that period were in a time when technology moved so fast that they can still remember what it was like before the turn of the century. Individuals who are just coming out of high school know computers as a staple of life. Those born in the ’90s, like myself, remember a time when we did not have everything at our fingertips. When we look back at a time before cell phones and things literally feel simpler. It feels comfortable to remember a time before the break-neck pace of the world. It is safer to tell the same stories and to reference older pop culture.

I think it is time to let go and embrace new things. We should stop looking at the past and how far we have come, but we should also look toward the

future and see how far we can go. Roddenberry did it from the ’60s into the ’80s and we now have endless seasons of *Star Trek* that made some pretty accurate guesses of the future.

We should stop watching things and “getting references.” We all get the reference. It is so hard wired into our culture not to get the damn reference. We get it. There is a time and place for nostalgia, turn it down.



smu.edu.sg

We are welcoming new patients!

MAKE YOUR APPOINTMENT FOR TEETH
CLEANING
today!



OliverSquare
AFFINITY DENTAL

11728 104th Avenue NW
OLIVER SQUARE WEST PLAZA
(between London Drugs and Staples)

Family & General Dentistry • Cosmetic Dentistry • Zoom Teeth Whitening
Dental Implants • Sedation Dentistry • Emergency Dental Care

DR. NATHANIEL A. WONG | 780-756-8080 | affinityoliversquare.ca

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtapes ...



By ISAAC DYMOCK

Reading week is often a time of relaxation and de-stress from the busy winter semester of school. But now that that has passed, it's onward to class and midterms. I certainly enjoyed not studying, sitting back and relaxing to some good tunes, a nice book and a little more gaming that I should have.

I think it is important to keep in mind that the relaxing music we listened to over the break can bring us comfort in our busy schedules. So without further ado, here is my list of songs that you can put on, take a step back, breathe and relax while the chaos of school surrounds you.

- Torture – Les Friction
- Knucklehugs (Arm Yourself With Love) – Diablo Swing Orchestra
- Cloud City – Trickaz
- Blind Heart feat. Terri B! – Cazzette
- St. Francis By Moonlight – Immediate Music
- Berlin – The Piano Guys
- Into the Labyrinth – Kraddy
- November Has Come – Gorillaz
- Dropped – Phantom Planet
- Evolution – I See MONSTAS



Bandcamp



YouTube



YouTube

WEEKLY SPECIALS

<h3 style="text-align: center;">FOOD SPECIALS</h3> <p>MONDAY \$7.00 Wish it Were Fry-Day Bowls <small>(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)</small></p> <p>TUESDAY \$1.00 off 8" Signature Pizza</p> <p>WEDNESDAY* \$7.00 Nest of Wings <small>(Add Ranch \$1.00)</small></p> <p>THURSDAY* \$7.00 Fusion Perogies</p> <p>FRIDAY \$7.00 Daily Soup & 1/2 Wrap</p>	<h3 style="text-align: center;">DRINK SPECIALS</h3> <p style="text-align: center;">DAILY \$4.50 BRO-tini</p> <p>MONDAY \$5.00 Off Bottle Wine</p> <p>TUESDAY \$5.00 1oz Crushed Ice Cocktails</p> <p>WEDNESDAY \$4.50 1oz Lamb's Rum Highballs</p> <p>THURSDAY \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails</p> <p>FRIDAY \$4.50 Domestic Bottles</p>
--	---

FOR CURRENT HOURS PLEASE VISIT US ONLINE AT NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. MUST BE OF LEGAL DRINKING AGE TO PURCHASE ALCOHOL. VALID ID REQUIRED. PLEASE DRINK RESPONSIBLY. *FOR MORE DETAIL ABOUT THIS ITEM PLEASE VISIT US ONLINE. SPECIALS ARE DINE IN ONLY.

BEST BAR NONE
REVIEW US ON:

Blurred lines bedevil equality



By **ALAN HOLMES**
Entertainment Co-Editor

Many Oscars have graced the stage of this world: Oscar the Grouch (he lived in a trash can), Oscar Leroy (he likes to say jack-ass), Oscar Mayer (weiners) and, of course, the Oscar. The one whom the Academy Awards – the Oscars – are named after. Who was this man, if he ever existed? No one really knows. There are rumours, theories but no concrete evidence as to why each of the golden trophies given out during “Hollywood’s biggest night” are named Oscar. What we do know, is that this is one of the most coveted awards on the planet. Every year, this ceremony almost unanimously wraps up awards season, in a grand finale of what’s what in the film industry.

Yet, controversy has plagued the show, stealing the spotlight away from the artistry it’s meant to be about. To be sure, many worthy causes have come to light. Fighting against

sexism or striving for diversity; it should go without saying that these are worth fighting for. I mean, really, it’s a no-brainer that these things shouldn’t be issues in 2018. At least I’d like to think. However, is it also possible that these issues are being skewed?

Before I go any further, let me say: yes, I am aware that I am a white man. Thus, I don’t know what it’s like to be a woman or a black man or anything else that I’m not. It can be hard to understand what other people go through when you haven’t experienced it yourself.

That said, there’ve been demands that more people of various ethnicities and genders must be nominated in the categories, as opposed to just white people, men, etc. Here’s where things get tricky. Now, let me be clear, purposefully ignoring or not acknowledging someone because of a “category” or a superficial difference is ridiculous. But whether or not that’s really happening is hard to say absolutely for sure.

Take the Best Director category. Five directors were nominated, only one of whom was a woman. Emma Stone introduced those nominated, by saying: “These four men and Greta Gerwig created their own masterpieces this year.”

There’s nothing necessarily wrong with that. What I’d be interested in knowing is: who? What other female directors would she have liked nominated in that category? If so, why would those directors deserve the nomination over one of the males? Any director worth their salt wouldn’t want to be nominated because they’re a woman. They should want to be nominated for making an amazing film.

Obviously, this is very general speaking. It’s a lot of hypotheticals and the only way to be sure what deserves what is to see every film made last year. If a female director deserves it, then she should absolutely be nominated. But how these issues seem to be sometimes addressed, is like: “Why aren’t there more women? This is sexist and horrible.” It’s not always that simple. Unless, of course, there are women who absolutely should have been nominated (and were snubbed). I believe a more worthy conversation is “why aren’t more women directing movies?” In order for there to be awards nominations, people need to be creating things in the first place. If barriers are present for people, it’s largely up to those people to tear them down. More women need to be directing and creating outstanding films



Again, let me reiterate that I am aware I am a white male. Generally speaking, certain experiences may be easier for me because of that. Privilege is a thing, I get that. More opportunities are (arguably) available to men over women. While I am a man, I’m also a gay man. I’ve faced my fair share of prejudice. Personally, I’d never want to be nominated for an award simply because I find (some) men attractive. Of course, I never want to be discriminated against for that, either.

My point is that it’s not as simple as, “nominate people for the sake of nominating them!” People need to get out there and create things. Good things. I’d love to see more diversity. When things get in the way of creating those things, that’s where the problem lies. The idea that someone is superior to another, because of sexuality or race or gender, whatever the reason may be, is stupid. It’s sad that as humans we still waste time on this; that we still have to waste time fighting for this.

Hopefully one day we won’t have to.

If one day I’m nominated in a category for film with someone else, whoever they may be and they made a better movie, then kick my ass. If you’re a woman and you make a better movie than me, kick my ass. Till then, let’s all make the best we can. Whoever gets to take Oscar home may get lucky but as long as we continue to create, we’re all winners at the end of the day.

MARCH EVENT LIST

19-23 | PRIDE WEEK
19 | NAIT PRIDE WALK

- 1 | CARDS AGAINST HUMANITY @ NEST
- 5-9 | NNTM VOTING ROUND 2
- 5 | HOW TO: BACKPACK
- 6 | FREE FOOD: INSULATOR CAMPUS
- 7 | WELLNESS WEDNESDAY
- 8 | PUPPY YOGA
- 8 | DIRTY BINGO @ NEST
- 12-16 | NNTM VOTING ROUND 3
- 12 | FREE FOOD: EVENING STUDENTS
- 13 | FREE FOOD: CRANE & HOIST
- 13 | HOW TO: BUILD A TERRARIUM
- 15 | TAKE THE STAGE @ NEST

16 | ST. PATRICKS DAY PARTY @ NEST

- 20 | FREE FOOD: PATRICIA
- 22 | HOMOCIDAL DRAG SHOW @ CAT CROSSING
- 22 | NNTM FINALE @ NEST
- 24 | KIDS PARTY
- 26 | ART AFTER DARK
- 27 | FREE FOOD: SOUCH
- 27 | HOW TO: ROCK CLIMB
- 29 | KARAOKE @ NEST

NAITSA & NEST CLOSURES
30 | GOOD FRIDAY

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



1,000 issues!

By HUNTER MURRAY

Superman made his debut in Action Comics #1 and 80 years later he will be getting a grand celebration. The hero first appeared in June 1938 and has countless stories told about his adventures from comics, books, movies and radio plays. This April 11, Action Comics will hit its 1,000 issue.

It will feature several different stories about the Man of Steel's past, present and future. The stories will consist of all star comic book writers and artists such as Tom King and Jim Lee. A standard comic is about 40 pages, this issue will be over five times as large.

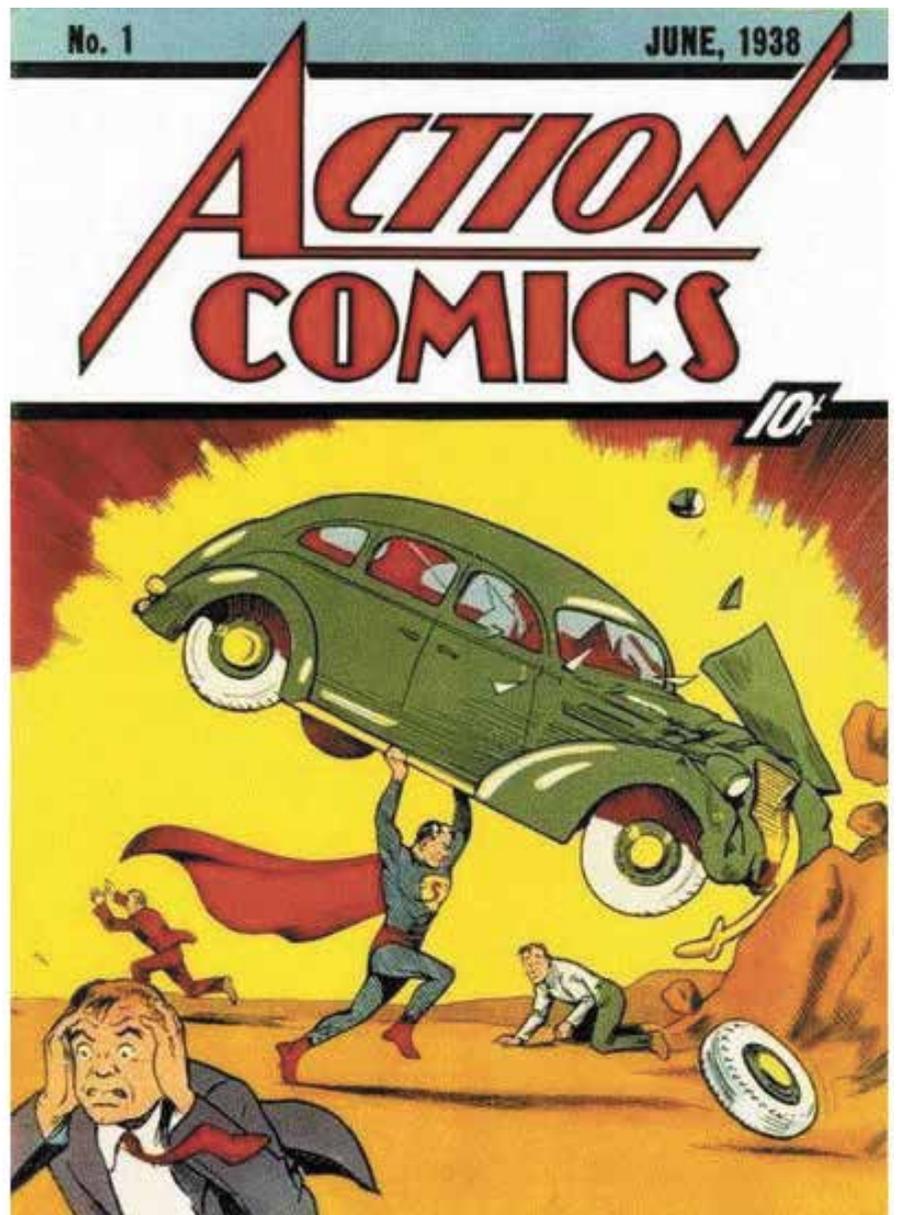
This collection is about one of the most iconic superheroes ever. It celebrates his

legacy in all forms of media and how he has inspired hope to many generations. You do not need to be a die hard comic book fan to enjoy this issue. It will showcase a number of small mini stories, written by present and past Superman writers. Each story will be separate from each other and action packed. The book will also have an interview with Jules Feiffer, a world renowned cartoonist, who remembers when the book first hit the shelf back in the '40s. It's going to be very unique to hear the start of one of the most prolific and longest running superheroes.

You can get this celebration of Action Comics #1000 digitally or physically when it hits book stands on April 18.



YouTube



LuxuryLaunches

VALENTINE'S DINNER

Ernest's calls

By ARIELLE TRISCHUK

Before you're even through the door, some wonderfully smooth jazz is piping into the corridor, bringing a sense of ease and class. As soon as you enter, the hostess welcomes you warmly and offers to take your coats. The décor is thoughtful and elegant; the arrangements are tasteful and seasonal. It's not long before you're sitting down and being pampered by the wait staff while enjoying the beautifully crafted menu. I had the opportunity to experience Valentine's Dinner at Ernest's and was profoundly impressed.

The meal started with a fresh basket of bread. While it may seem like standard fare, the miniature baguettes were exceptionally done. They were both soft and flaky. It was a wonderful lead-in to the apple parsnip soup; a perfect purée of parsnips complemented by a drizzle of balsamic syrup and calvados foam, then topped with a delicate apple chip. The mix of puréed soup with the apple brandy foam was tantalizing. I especially enjoyed eating the apple chip with a spoonful of soup. I didn't know what to expect and was more than pleasantly surprised by this delightful creation. Before they brought out the next

meal, they served coconut sorbet as a palate cleanser. An excellent detail for a fine restaurant.

My second choice for the evening was the oven roasted chicken supreme. The name alone brings salivation. The entrée notably featured a tender chicken breast with roasted parsnips, yam purée and bacon braised cabbage. Along the side of the plate was a blackberry gastrique, essentially an elevated form of sauce. The plating was thoughtful, and each item was tasty on its own or partnered together. I particularly enjoyed the bacon braised cabbage since it felt like a nice homage to Alberta's pioneer heritage.

Lastly, there was dessert. Because of my wonderful dining partner, I was lucky enough to try both. I had olive oil cake and sticky toffee pudding. I was thrown by the mere suggestion of an "olive oil cake" but I was also intrigued. The cake reminded me of dry cheesecake – a delicious and mysterious treat. I never knew olive oil and rosemary could work so well in a dessert. On top of that, I sampled the pudding and vanilla ice cream. The pudding was similar to a warm muffin dripping with delectable toffee. It reminded me of a warm kitchen in Newfoundland.

After the meal concluded, I was more

people back



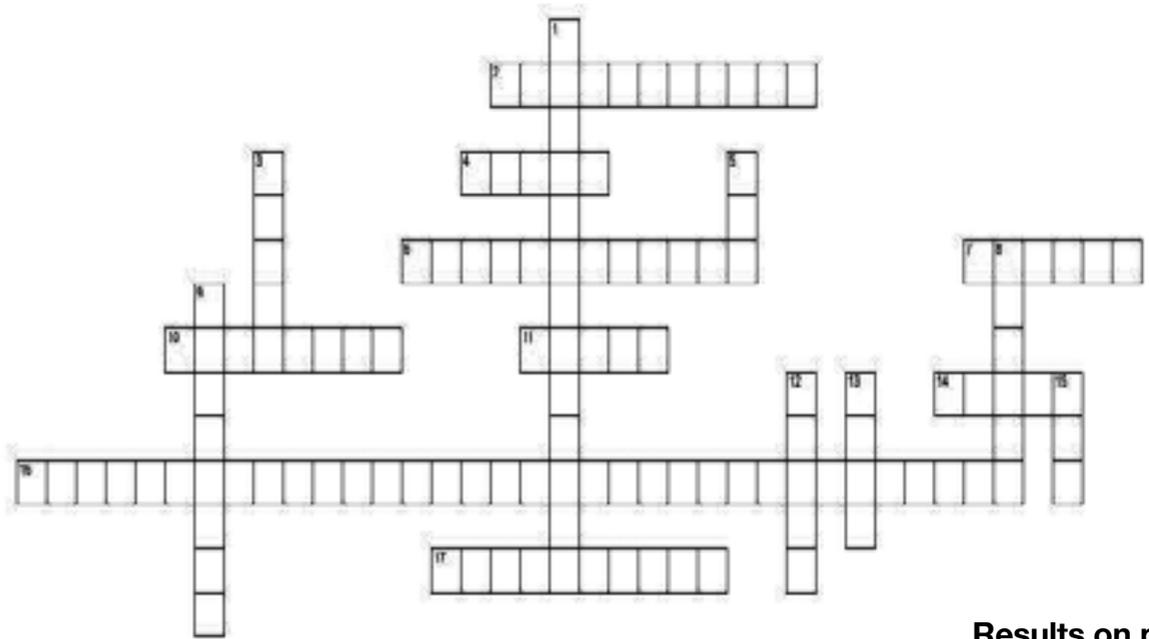
than satisfied by the selection of dishes. The Junior Chefs are to be commended for their level of sophistication and brevity. Each bite felt like the first time and inspired

me to take another. The restaurant is not only a fantastic venue for a romantic dinner but meals with friends, family and colleagues. I can't wait to eat there again!

CROSSWORD

ACROSS

- 2. A sequel to this animated, Disney superhero film to be released this June.
- 4. A boat that transports people and vehicles.
- 6. Central eating hub here at NAIT, two words.
- 7. A game of "skatey-punchey."
- 10. Applying wet colours to a canvas of some kind.
- 11. A person who professionally demonstrates or displays beauty and fashion.
- 14. The end result of life.
- 16. The sound of it is really quite atrocious.
- 17. The second single from No Doubt's album *Tragic Kingdom*. Also, arachnid entrapments.



Results on page 22

DOWN

- 1. This highly acclaimed video game will turn 20 in November. Three words.
- 3. The colour of beer on a certain holiday.
- 5. A building on NAIT Campus. Meow.
- 8. Hollywood's biggest night; an

- awards show.
- 9. A popular breakfast food, often stacked.
- 12. A week on campus this month,
- celebrating diversity and equality.
- 13. Small, man-made bodies of water, designed for swimming.
- 15. A long handled gardening tool.

Who are you gonna call?

Counselling Services – Personal concerns, crisis counselling, chaplaincy, 780-378-6133; Main Campus, Room W-111PB, Souch Campus Z-153.

Financial Concerns, Emergency Loans, Academic and Career Planning – Student Service Centre, CAT Building

Food Bank – NAITSA has a new food bank service available. Students can contact NAITSA directly at 780-471-8855 or go to Room E-131 for more information. Food Bank boxes are also located at both Patricia and Souch campuses.

Health Insurance – Student Health and Dental Plan, 780-471-7730; Room E-125.

Housing – On-line housing registry at www.rentingspaces.ca

Injury/Minor Medical Concerns – Health Services, 780-471-8733; Room O-119

Job Related Resources and Workshops – refer to BGS Enterprises Inc., 780-425-6655

Learning Services – Assistance with academic barriers, 780-378-6133, Metro Campus: Room W-111PB, HP Centre, Souch campus: Z-153 Souch, Patricia Campus, P-127M (access through front office).

NAIT Security – 780-471-7477

Ombudsperson – Conflict resolu-

tion, concerns about unfair treatment, 780-491-1305, Room O-117

Program Concerns – Program Chair or Program Adviser

Scholarships and Awards – Student Awards Office, 780-491-3056, Room O-101

My Wellness – Mental wellness resource provided for students by NAITSA. Can be accessed at <https://mystudentplan.ca/nait/en/mywellness>

Student Loan/Grant Assistance – Financial Aid Office; 780-491-3056; Room O-111

Tutoring

Main Campus, Room U-210A, Monday-Thursday: 8:30 a.m.-1 p.m. and 2-5 p.m. Friday, by appointment only. Book in Room U-210A or W-111PB or call 780-378-6135.

Souch Campus, Room Z-118 Monday-Thursday: 8 a.m.-1:15 p.m. and 2-4:30 p.m. Friday by appointment only. Book in Room Z-118 or Z-153 or call 780-378-1049.

Patricia Campus, Room P-165 Monday-Thursday: 8 a.m.-9 a.m., 10 a.m.-1 p.m. and 2:15-4:30 p.m. Friday by appointment only. Book in P-165 or call 780-378-1055.

Violent or potentially violent behaviour or extreme medical emergency – Security, 780-471-7477), 911 or the Police Complaint Line, 780-423-4567, if appropriate.





**DO YOU HAVE A BAND?
ARE YOU A MUSICIAN?**

*SHOWCASE YOUR TALENT FOR A CHANCE TO
WIN A SPOT AT A FUTURE NAITSA EVENT!*

THURSDAY, MARCH 15
THE NEST | 4PM-7PM | FREE

Excellent opportunity

By TRUMANN TU

If you're a student who has an affinity for music, then Take the Stage is the perfect opportunity for you. This second showcase of student talent is coming March 15, from 4-7 p.m. at the Nest.

There are nine performers this year, with the same rules and regulations as last year. All of them will be competing for a chance to perform at a future NAIT event, such as Nest Fest 2018.

CAB Event Co-ordinator Harley Russell explained why it's important to showcase talent and to give students a chance to perform at another campus event.

"Because we don't have a music program at NAIT, a lot of people who are talented don't have somewhere to express it, and this gives them that opportunity ... it's not that easy to get out there, especially if people love music but they don't really have a place to express it," said Russell.

Russell hopes that this show inspires other musicians among the NAIT crowd to sign up for next year.

"We only took nine but we have room for more. Hopefully this inspires people to kinda step out of their bubble and perform a little bit more."

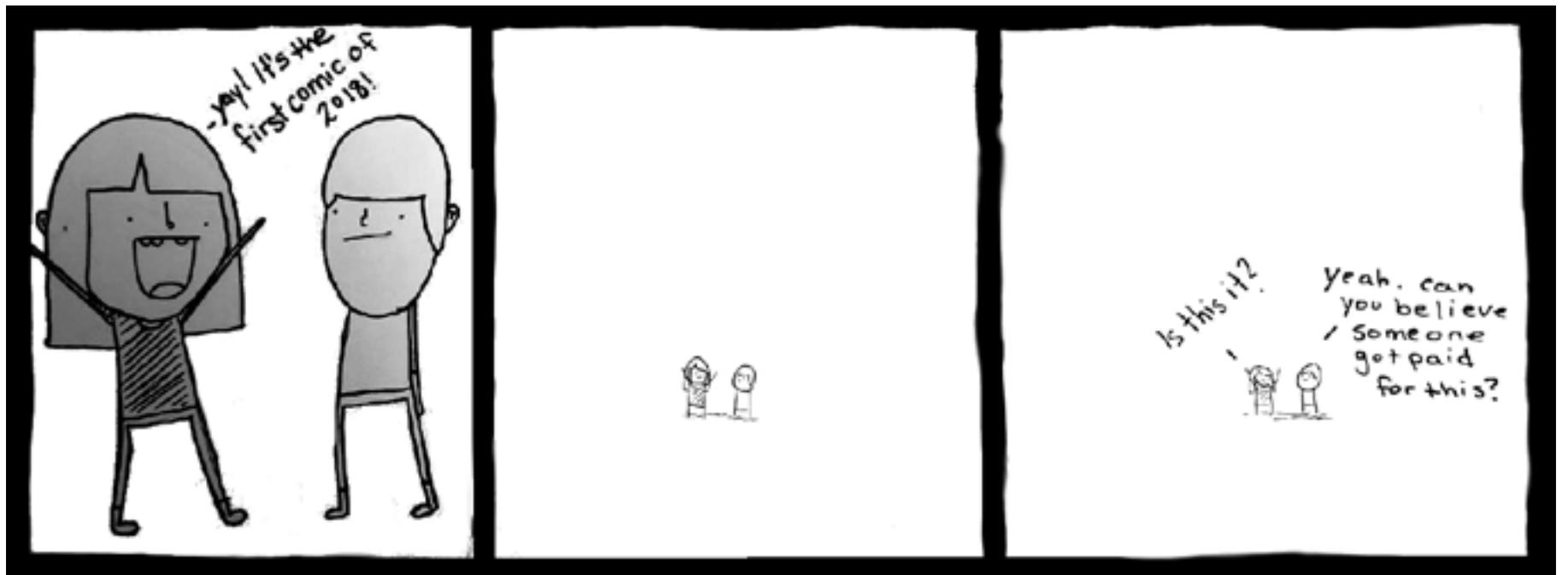
Last year, The Be Easy's, propelled from their success at Take the Stage, played Nest Fest.

For those with a musical talent, sign-ups are still available through NAITSA's website. Further information can be found by emailing Harley Russell at harleyr@nait.ca.



The Be Easy's

YouTube



Holy Roller hits a homer

By NIKITA ELENIAC

The Whyte Avenue area welcomes a new player to the restaurant scene with the Holy Roller. This cafe-restaurant-bar mashup is under the same ownership as the neighbouring Mexican restaurant and tequila bar, El Cortez and the Southern table and bar, Have Mercy Tavern.

Michael Maxxis is one of the founders of the hospitality group owning the three joints, Merchant Hospitality, and he has quite a resume following him. He is a director and producer and has worked with bands like Sum 41, City and Colour, Elle King and more, which leads to secret shows held at his venues. Most notably, a recent mini patio concert at El Cortez featured Hollerado.

The Holy Roller is Merchant Hospitality's latest venture and they've knocked it out of the park. The restaurant is divided into two main sections; a cafe with cosy chairs, a coffee bar, then a restaurant and bar with sit-down service. The cafe serves a variety of wraps and sandwiches, as well as desserts like cheesecake and a strawberry cinnamon roll and, of course, a variety of coffee – presented in a glass as opposed to the traditional mug. The baristas are also very friendly and helpful and the



thehollyroller.ca

price is manageable for a student budget.

The restaurant provides a more “dinner-style” atmosphere, with colourful murals on the walls. Their menu offers unique and delicious options, like a fig and melted brie appetizer which mixes the melted cheese with popcorn for a crunch (it sounds strange but actually is surprisingly good!).

The steak board is phenomenal and the blue crab risotto receives rave reviews.

Their pizza, as assumed by the name, offers a delectable variety – from classic pizzas to more “out-there” choices like a turkey avocado club pizza. They are all made with the restaurant's signature Detroit-style crust. They have a great selection on their wine menu, so you can be sure to find the perfect wine to pair with that brie popcorn, and craft beer, as well as the cocktails that can be expected from any alcohol-serving establishment.

The restaurant is definitely a bit more pricey, but the atmosphere makes it a great date spot.

Overall, the Holy Roller provides a variety of dishes to satisfy all customers, and an atmosphere that cannot be found at another establishment. The Merchant Hospitality group dabbles in so many different kinds of restaurants and food and knocks it out of the park time and time again.

THROWBACK THURSDAY

Still biting after all these years

By CONNER TOFFAN

In 2018, it's tough to imagine an internet without viral videos. Every day we see multiple videos in the news, across our social media feeds and even just in general conversations with other people. It wasn't that long ago however, that only a small amount of videos spread like wild-

fire, making it onto screens all across the world. Today, we're looking into some of the original viral videos that helped shape the internet into what it is today.

Charlie bit my finger ... again!

Potentially the most popular viral video ever, the 55-second, 2007 clip has nearly reached a billion views on You-

Tube. The video is simple; a cute interaction between two young brothers. You've likely seen it. The family has earned over \$1.5 million dollars (Cdn) for a video that was never even meant to be put on Youtube. So while you keep going to school every day, slaving away the hours, working hard to make a future for yourself, just remember, it took this family under a minute to accomplish more than you likely ever will ... Ouch.

Star Wars kid

All the way back in 2002, a 15-year-old by the name of Ghyslain Raza planted the seeds for another hit video. Similar to *Charlie bit me*, this was never intended for the public. Raza filmed the tape and left it in his own basement until his friends found it a while later. They spread the video around the whole school; what great friends. Raza can be seen waving around a golf ball retriever, acting like it's a lightsaber in a full out display of awesomeness. This one has an interesting story to it though, as Raza has faced

an abundance of cyber bullying, which caused his mother to sue the four friends who originally spread the video. Raza has also spoken out against bullying over the years.

Peanut butter-jelly time

Also released in 2002, this is an annoying, two-minute-long video of an animated dancing banana repeatedly screaming: “It's peanut butter-jelly time!” This spread around old Internet forums and caught the attention of the world. Now, one (of many of the same copy) of the video has 71 million views on Youtube but that doesn't even come close to the amount of total views because this video was actually released before Youtube. This has been used all over pop culture, including an appearance in the hit TV series *Family Guy*, where Brian dresses up as a banana and does his rendition of the song to Peter. This video is completely ridiculous, but it didn't stop it from being a mega-hit. It's good to see that the Internet hasn't changed a bit.



YouTube

7TH ANNUAL NAITSA'S NEXT top model FINALE

THURSDAY MARCH 22
THE NEST
4:30PM

It's Down
to the final 10

JOIN US FOR
THE LIVE FINALE!



Literary Corner

SHORT STORIES

Wendigo

By ISAAC DYMOCK

“What the hell is that!?” The deputy’s gun shakes, his forearms tremble visibly in the low light of the cellar. Shanks can tell, this guy’s a nubile with a gun. No proper training at all, never killed a man. A shame. But now isn’t the time to worry about his partner’s nervousness.

Right now Shanks needs to focus, they’ve got something in the cellar. A spinster called it in, apparently she heard voices and loud noises coming from the pantry below her house. Crazy old bat, has a million cats stinking up the place; she probably called it in thinking there were trespassing young whipper-snappers in her pantry. She couldn’t be closer and further from the truth right now. They’d found the door of the underground cellar ripped off its hinges and thrown outwards. Looked like something big came outta there in a real hurry. And now? Well now they’re stuck in this dark, dank, moldy cellar

where something smells like it’s rotting. To make things worse it seems his partner found something weird. Shanks half expects the Easter Bunny to pop out.

Holding his gun aloft and pointing his police baton/flashlight to the thing in question Shanks hesitates for a second. He doesn’t want to see it. His partner gives a similar response by turning around and evacuating the contents of his stomach in a messy showcase of this morning’s breakfast. Shanks turns away from his partner, unlike what’s sitting before him, he really doesn’t want to see mysterious orange chunks on the ground. Always had a problem with vomit ... never gore. Strange.

Shanks looks back to the thing, a pile about ... he can guess two feet deep spread around three feet across. Not the best stacking skills a killer could use. The pile’s composition is mostly crimson stained shreds of clothing, the occasional

bone covered in muscles. Whatever did this, it has some serious skinning skills, leaving clean muscle tissue and no skin. Plus all the bones he can see were picked clean, besides one. Then there is the matter of the heads, about a half dozen severed heads lie on top of the pile. They all seem to have a gaze of mute horror and surprise, like something they did didn’t exactly go as planned. Before Shanks can get a better look at the gore pile his partner, having staggered outside to empty more of himself, cries out.

Without a second thought, Shanks spins around with gun in hand and rushes up the stairs to the outside. With just enough caution to look in all directions before getting out of the cellar, he pokes his head out of the opening in the ground. No sign of his partner, only a pile of vomit on the ground and some ... blood. Now, finally, things are getting scary. First the clean bones in the basement and

then his partner is gone, leaving only barf and blood behind. What the hell is going on? Shanks looks away from the mess on the grass. Now his cold cool attitude is replaced by the cold sweat of stress and fear. Why him?

Before he can even turn around something hits Shanks with a sickening thunk. With the piss scared out of him now, Shanks tries to turn to see what hit him but he can’t. He’s stuck in place by something that’s holding his back. Fleeting thoughts of question and alarm are slowly interrupted by the feeling of a slow, warm trickle that starts to run down his stomach. What the ... ? Shanks looks down and sees the last thing he will ever see for the rest of his life: four long knife like claws that pierce through his stomach and ultimately hold his small intestine in its grip. The claws clench, severing the guts and pull back out. Ripping Shanks life away in the process ...

POETRY

(im)Perfection

I try to work
Towards something impossible.
I know it’s futile,
But if I’m not the best then that’s just not
good enough and nothing’s good enough.

I know I shouldn’t push myself
Towards something human beings cannot

obtain,
But feelings and logic don’t align
In a world that can never be perfect.

imperfect is perfectly fine
as someone who tries so hard to be the best
it’s hard to say and hard to hear but
trying your best is all you can do

no amount of tears can hide
the issues inside
but imperfect is perfectly fine

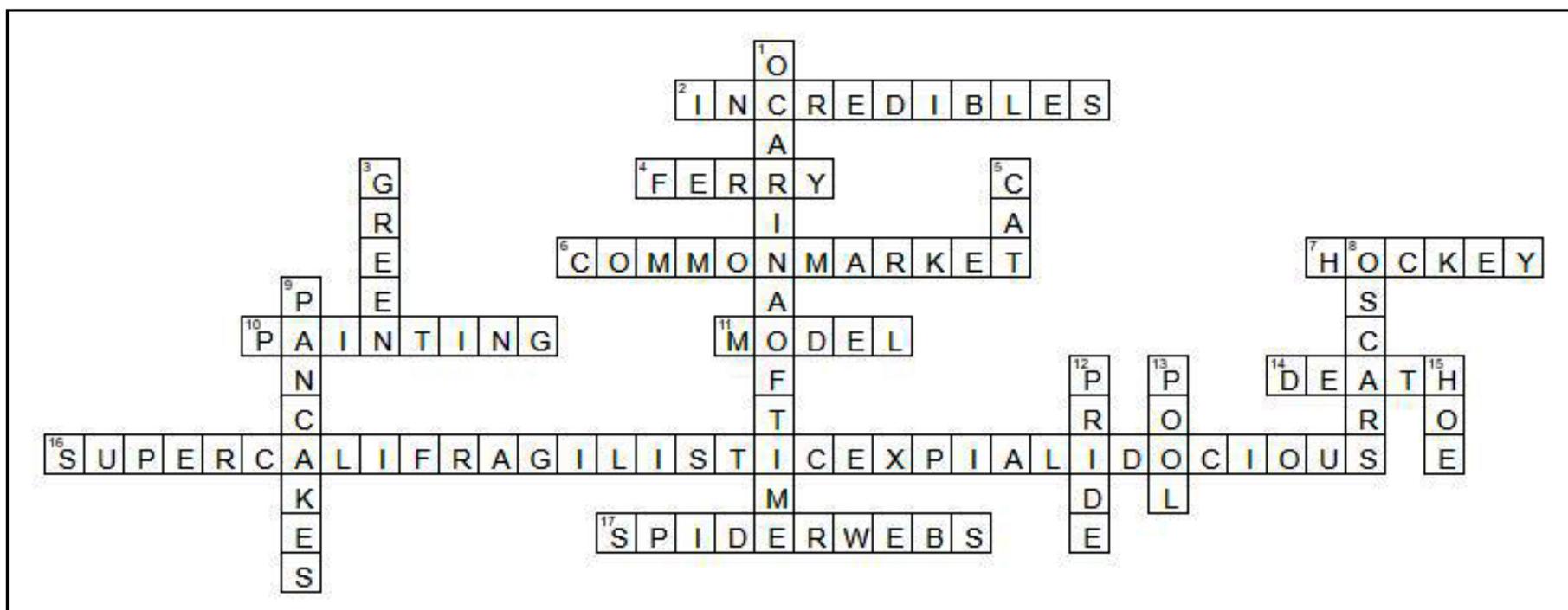
it’s okay to cry
it’s okay if you don’t win
it’s okay to be your
imperfectly perfect self

because perfect isn’t real

i am real
you are real
so it’s okay
imperfect is perfectly fine

By Candace Valentine

CROSSWORD RESULTS



WHAT DOES NAITSA DO FOR YOU?

ADVOCATE FOR STUDENTS

NAITSA REPRESENTS STUDENTS

NAITSA brings issues that matter to students to government & administration through lobbying, committees & an overall engagement strategy.

HEALTH & DENTAL

OPERATES THE STUDENT HEALTH & DENTAL PLAN

NAITSA Service Hub | Room E-131
studentplans@nait.ca
mystudentplan.ca/nait

U-PASS

ADMINISTERS THE U-PASS

NAITSA Service Hub | Room E-131
upass@nait.ca
nait.ca/upass

FOOD CENTRE

OFFERS FOOD HAMPERS TO STUDENTS

NAITSA Service Hub | Room E-131
foodcentre@nait.ca

STUDENT HANDBOOK

DEVELOPS & DISTRIBUTES THE ANNUAL STUDENT HANDBOOK

Pick up your copy at the NAITSA Office (E-131)

MICROWAVES

PROVIDES & MAINTAINS ALL THE MICROWAVES ON CAMPUS

nait.ca/microwaves-for-students

CLUBS

SUPPORTS & FUNDS OVER 100 CAMPUS CLUBS

NAITSA Club Centre | Room E-125
orgsync.nait.ca

DISCOUNT TICKETS

PROVIDES DISCOUNT TICKETS TO SPORTING EVENTS, MOVIES, & OTHER FUN EVENTS!

Available in the NAITSA office (E-131) on the Main Campus.

EVENTS

COORDINATES FUN STUDENT EVENTS ON CAMPUS!

Check the hallway poster boards & our social media for updates!

EXECUTIVE COUNCIL

4 FULL TIME STUDENT EXECUTIVES

President:
 Official spokesperson of NAITSA
VP Academic: Helps with questions or issues regarding your studies at NAIT
VP External: Represents student interests throughout the campus, city & province
VP Student Services:
 Helps foster student life on campus

SENATE

18 STUDENT REPRESENTATIVES

Representatives from all program areas, who provide input and vote on important NAITSA issues.

THE NUGGET

PUBLISHES THE NUGGET STUDENT NEWSPAPER

Room E-128
 780.471.8866
thenuggetonline.com

THE NEST

NAITSA OWNS & OPERATES THE NEST TAPHOUSE GRILL

Located by the pool
 780.471.8560
nesttaphousegrill.com



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



naitstudents



rm e-131

MOVIE REVIEW

May Wakanda live forever!

By **GERVAISE BRANCH-ALLEN**

Black Panther is a culturally empowering film about family, identity and the confidence to do what's right. Directed by Ryan Coogler, the latest Marvel Cinematic Universe film allows the director's vision to create a unique entry in the franchise with a heavy emphasis on a positive depiction of Africa and the people whose roots originate there.

Prince T'Challa (Chadwick Boseman) returns to his home of Wakanda in Africa to become king following the death of his father. While dealing with the challenges of being a just king, he is confronted by a team of villains including Ulysses Klaue and Erik Killmonger. Reprising his role from *Captain America: Civil War*, Chadwick Boseman brings a charming personality to the introspective and regal T'Challa, which adds depth to his character.

Andy Serkis' Ulysses Klaue represents colonialism and greed, being the perfect opponent for T'Challa. He is a joy to watch and brings an ironically humorous side to Black Panther's arch enemy in the comics. Every scene he was in put a smile on my face.

Michael B. Jordan brings a balance of anger and pain to his character Killmonger, who challenges T'Challa with the idea of liberating oppressed black people in Amer-

ica and around the world. The inclusion of this particular real world conflict improves the narrative of the film substantially. Killmonger is easily one of the best Marvel villains in a line of strong villains following last year's *Spider-Man: Homecoming* and *Thor: Ragnarok*.

The cinematography is riveting, showcasing a bustling and vibrant Wakanda. The action sequences are also strong, though some battles overly featured CG visuals.

One of the best action sequences in the film is a battle in South Korea. The costume design is amazing thanks to the heavy research and time costume designer Ruth Carter took to bring the multitude of tribes and civilians to life.

The score, excellently crafted by composer Ludwig Göransson, portrays Wakanda in a bold fashion that embraces its African roots. Göransson travelled to Africa to study real African music from local musicians. One of the best tracks in the film is Killmonger's theme, using the tambin, a diagonal flute, to excellent effect. Another highlight of the score is a fight scene featuring Okoye in a casino featuring a chilling



Forbes

whooping theme.

Black Panther has already become a cultural phenomenon for representing black people in a positive light when they are the main characters, not supporting or token characters. All the women in *Black Panther* are powerful, emboldened and self-motivated, including the deadly bodyguard Dora Milaje and the Wakandan spy Nakia. It would've been nice to see some characters a little more to fleshed out, like Queen Ramonda. But so many people have felt empowered by

this film and I am absolutely elated. I've loved this character for years.

Black Panther is a strong and entertaining film, with engaging characters and relatable themes. The success of this film is an amazing sight for people who have waited for a film of this magnitude. I hope future AAA films accurately and properly represent other cultures and ethnicities in the same way *Black Panther* has. This film is a dream come true and I'm so happy people around the world have engaged in its world.

Pop culture meets tech

By **ARIELLE TRISCHUK**

Right now you can see POPnology at the Telus World of Science until May. This feature exhibit is all about the interaction between pop culture and technology. It's a matter of life imitating art and vice versa. From Jules Verne, to H.G. Wells, to Ray Bradbury and Isaac Asimov, there are plenty of examples of fiction inspiring science. Jules Verne imagined moon rockets and lasers. H.G. Wells predicted atomic bombs and radioactive fallout. Ray Bradbury thought of earbuds, self-driving cars, and ATMs. Isaac Asimov saw a future with automatic coffee makers and flatscreen TVs. The power of imagination has had a powerful influence on science.

There are numerous interactive displays filled with fascinating tidbits. Meet Baxter the robot. Acquaint yourself with virtual reality. See a 3D printed car in person and marvel at a machine that only took four days to complete. Go Back to the Future and check out a DeLorean outfitted with a "flux capacitor". Take your picture (safely) with the HAL 9000. Start work with Ingen and practise handling dinosaur eggs for Jurassic Park. Or simply enjoy making infinite attempts on the Donkey Kong arcade cabinet.

Each wall features an interesting blurb about the interaction between science and pop culture. Just by walking around the room you'll learn about 3D printed prosthetics, handling the Mars rover, and interplanetary communication. Learn how gamers managed to solve a genetic puzzle in weeks after scientists tried for a decade. Get excited for a possible future with maglev trains, a space elevator and flying cars (target date 2035). Where we're going, we don't need roads.

My favourite display is a mock room from 1983. In



Yelp

The DeLorean

front of the display is a panel with buttons. Push one and watch a narrative unfold inside the room. A spotlight shines on each piece of outdated technology needed to produce the same result as a smartphone. It's informative and entertaining. The most remarkable differences between then and now are time and convenience. It's astonishing how much technology has improved.

The most important lesson I learned from POPnology? Make sure to visit during one of the adult access nights. The upcoming nights are March 8, April 12 and May 4 from 6 p.m. to 10 p.m. If you're really interested in adult events at the Telus World of Science, I recommend checking out *Dark Matters*. The next nights are March 8, May 17 and July 19 between 7 p.m. and 10 p.m.

LOCAL SOUND WAVE

Dan Davidson's reborn

By MICHAEL MENZIES

Local musician Dan Davidson is watching his profile rise in a new atmosphere. Formerly with rock band Tupelo Honey, Davidson has entered the country scene with a smash. He recently won the 2017 Edmonton Music Prize and four Alberta Country Music Awards is currently the supporting act on Brett Kissel's record breaking *We Were That Song* tour. The *Nugget* chatted with Davidson ahead of his show March 4 at the Jubilee Auditorium.

Q: "Congratulations on your recent accolades. Your latest record *Songs for Georgia* is doing very well – why do you think it's had such an impact?"

Davidson: "It's been awesome. The record was a collection of singles I had put out already. It was something that a lot of people who were fans of the project already knew, and if anyone had seen me live they would've seen the other two songs that weren't singles. So they're the songs that really launched the project. I'm definitely more of a singles type-of-guy. I'm not really too focused on records. But I think the reaction has come from the success of the singles."

Q: "How did the opportunity come about to tour with Brett Kissel?"

Davidson: "We played in his hometown of Bonnyville when he was just a kid. He

was the only kid in town with a PA so he'd show up, wait outside the show and then pick it up after it was done. Years later, he turns out to be a big country star. It's nice to have those in-roads. Then I started to hang around at a couple of his shows because I know his tour guys from Tupelo and then I ended up with the same management company as Brett. So with my new single out and Brett's record just coming out, he was looking for an opener on the tour so he picked me. And that's awesome. It's great to know you're becoming a part of a circle."

Q: "What's been unique about this tour for you?"

Davidson: "This tour has been cool because we're playing all sorts of different rooms from 1,200 person clubs, to 2,000 soft-seaters like the Conexus Arts Centre in Regina, and the Jubilee this weekend [in Edmonton]. Then we're playing tiny small town markets which is great because they love when something comes through, especially with someone with a bit of a name like Brett."

Q: "You have that background with Tupelo Honey: How has that helped you in this process as you're becoming more and more a part of a new scene?"

Davidson: "It's awesome. There's no learning curve for me in the touring process. I can jump right to what I've always



Dan Davidson

done. That gives me a leg up as far as knowing how to construct a live show and those situations. I came in as a new artist with the setup as an experienced artist. That's helped me cut the front of the line in some cases."

Q: "What excites you the most about the position you're in right now? You've got the tour, the awards, is there anything in particular that's made you think, 'This is why I'm doing this'?"

Davidson: "It's been great to see such an upward trajectory of momentum in the past two years. I've only been rolling for a short amount of time and already having

CCMA nominations and ACMAs is pretty insane. I'm coming off the longest tour in Canadian country music history. We're playing Europe for the first time in my life. Then in the fall, we're hoping to hop on another tour, hopefully, the rest of Brett's tour. It's going to be really exciting."

For me, it's just keeping the content up and ready to go, having something always firing so I can support these tours with lots of content and engagement. I'm getting to that point where I'm finding good problems, feeling a little spread thin and that's the way I like it."

Students Save Now!

Up to 2 months FREE rent OR move in to a fully renovated suite!



587.600.1922

TELUS Internet and Optik TV™ included

Offer only valid at select Communities on a 12 month lease. Some conditions apply.

boardwalk
communities

bwalk.com

The truth about mentalism

By NICOLE MURPHY

Mentalism: the theory that physical and psychological phenomena are ultimately explicable only in terms of a creative and interpretative mind.

“When it comes to mentalism, one of the biggest misconceptions is how real people think it is. There are three theories as to what mentalism is. You could think it is trickery, you could think it is psychology, or you could think it is real psychic ability, however it is mostly trickery,” said Spidey

On Feb 15, NAITSA brought in world renowned mentalist and hypnotist Spidey to perform and amaze students at the

Nest. He has been featured on *America's Got Talent*, *Entertainment Tonight* Discovery Channel and the list goes on.

Born and raised in Montreal, he originally went to school to get a social psychology degree. “More than the material I do on stage it has helped me understand people, how we connect, understand how the mind works, so it’s not so much applied to my work, as to why some of the things I do work,” said Spidey when asked how it influenced his current career.

Having done magic growing up, it wasn’t what he thought his career would be, however, he started doing it

professionally 12 years ago and has been performing in diverse venues since.

Amanda Thorn from the Med Lab Tech program headed to the Nest specifically to watch Spidey perform.

“His ability to know people’s names and his almost psychic ability,” said Amanda when asked what amazed her the most. “Oh, and the phantom chalk too, holy fuck!”

Throughout the hour long program the audience experienced chalk moving without anyone touching it to draw wine glasses, in a game of what seemed like ghost pictionary, with Spidey guessing random people’s names and birth dates while making balloon animals. Finally a twisted game of avoid stabbing a nail through your hand while crushing paper bags capped off the evening.

“Adding the mentalism aspect to the show was really cool. It was less I am making someone float, it’s being able to get in someone’s head, which seems harder to rig that, showing off his talent and the amount he has practised,” said Thorn.

However, Spidey admits that a part of putting on a great show is lying, something he doesn’t like to do in his everyday life.

“In my real life you won’t catch me lying. In fact I feel like I am lying if I omit information and don’t give full truths in my real life. On stage I feel like it is understood that I am allowed to lie to you. You came to the show to be lied to, so as long as the paradigm is there people understand that, I feel comfortable lying because I have to lie. If I didn’t lie the show would be shit, because it would lack entertainment, so I have your permission to lie and therefore I lie, but the struggle is so real.”

In the future he hopes to get more television opportunities to share the entertainment of mentalism.

Catch more events like this at the Nest put on by NAITSA on Thursdays.



By Kathleen Freeman

Spidey at work

The Service Hub also provides...



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible students facing unforeseen financial emergencies may qualify for a short term loan from the NAIT Students' Association. Our ESTL program is for unforeseen financial emergencies, therefore we cannot lend for planned expenses like rent or utilities. We are also not able to lend towards NAIT tuition, fees, textbooks or other foreseen school related expenses. For more information, come in to the NAITSA Service Hub or contact:

e: estl@nait.ca
p: 780.471.7730

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at nait.ca/food-centre.

Contact us for more information:

e: foodcentre@nait.ca

p: 780.491.3966

w: nait.ca/food-centre

NAIT Main Campus Map



GET SOCIAL WITH US.

NAIT STUDENTS' ASSOCIATION

NAIT STUDENTS ASSOCIATION | NAITSA | YOURNAITSA | NAITSTUDENTS | NAITSA | NAITPLAN

THE NEST TAPHOUSE & GRILL

THENESTTG | THENESTTG

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?

BUILDING	ROOM	QUANTITY
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAT 172	2
CAT - NAITSA Student Lounge	CAT 200	6
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAT 415	4
F-Wing - 2nd Floor Student Lounge	FOX 1	1
G-Wing - 2nd Floor Student Lounge	G 204	2
H-Wing - 2nd Floor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	5
J-Wing - 2nd Floor Student Lounge	J 204	2
Common Market - Seating Area	O 126	4
North Lobby	O 1X3	6
NAItrium Student Lounge	H 104/J 104	14
Learning Resources Centre/Fresh Express	U 116	4
Industrial Tech Building	V 121	1
HP Centre/Bytes	W 103	4
South Learning Centre	X 224	2
Spartan Centre - Embers	Y 1X5	7
Crane & Holst Campus	CH 103	2
Souch Campus	Z 155	6
Patricia Campus	P 126	5
Insulator Campus	RH 107	1
Parkwest Building 1	RP 1119	6

NAIT STUDENTS' ASSOCIATION
ESTABLISHED IN 1964

City of Edmonton
JOIN OUR DEDICATED TEAM.

Apply online between
March 1 and March 31, 2018

Learn about the qualifications and the recruitment process at edmonton.ca/firerecruitment

Please note that only complete applications will be accepted.

Edmonton

*Colouring is the newest trend that has some major positive impacts. It has been found to reduce stress and anxiety, it rests the fear centre of the mind, and teaches us how to focus in this sometimes over stimulating world!
Colour this picture, take a picture, share it with us online and be entered for a prize!*



Bullying is never acceptable



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Are you being bullied? Or are you, knowingly or inadvertently, a bully? Bullying is defined as repeated intimidation towards a less powerful person or persons, and always involves power or control. Bullying can include physical abuse (or threat of abuse), however in adult settings it typically involves psychological rather than physical harm and is harder to recognize. Cyberbullying has become more commonplace than face-to-face bullying. Some examples of bullying include:

- Spreading lies or rumours
- Offensive jokes
- Insults, put-downs, backstabbing
- Humiliation
- Sabotage, interference with completing assignments or group projects
- Excluding, isolating (e.g. not inviting a classmate to class activities; removing an individual from a class facebook or chat group; not informing a group member of a meeting)
- Silent treatment
- Constantly criticizing
- Stealing credit for someone else's work
- Yelling, swearing or having a patronizing attitude
- Spreading demeaning comments about a person through social media or emails
- Discriminatory comments based on race, origin, religion, sex, sexual orientation, body shape or disability

Sexual harassment and discrimination are classified separately but involve bullying behaviour.

Bullying affects emotional, mental, physical, and possibly financial health. Depression and anxiety are common side

effects and can result in not attending school, withdrawal from activities, low motivation and procrastination and/or dropping out.

Common reasons that people bully include:

- to mask their lack of confidence and low self-esteem
- to avoid being bullied; bullies have often been the target of bullying in the past
- to further their own agenda at the expense of others
- to sideline someone they feel is a threat
- to deny responsibility for their own behaviour.

There are different types of bullies: the mean, nasty, manipulative person who everyone is scared of; the competitive person who wants to do better than classmates and finds subtle ways to put them down, and the accidental bully who doesn't realize his or her behaviour is offensive and just needs to be educated about the impact he or she is having. Accidental bullies will likely feel badly and apologize about their unintentional behaviour. There is a fourth category of bullying that is related to the effects of substance abuse and can lead to threatening, dangerous or paranoid behavior due to distorted decision-making caused by the substance.

What to do if you are being bullied:

- Realize that it is your absolute right under the Human Rights Act to feel safe and comfortable in your environment.
- Remember that the bully gets his or her power from your reaction. If you do not react by showing anger, fear or sadness there is a good chance the bullying will stop.
- Walk away. Generally it is not a good idea to interact with a bully however if you can remain calm and tell the bully you want the behavior to stop, explaining why it is unacceptable, that may be a good option. However do not retaliate – that is just lowering yourself to the bully's level and letting them know he or she is getting a reaction.
- If things don't improve, or if you feel scared or threatened, don't keep it a secret. Talk to an instructor, a counsellor at Student Counselling, NAIT's Ombudsperson (780-491-1305), or

a trusted classmate, friend or family member.

• Remember that bullying and harassment will not be tolerated under NAIT's Student Code of Conduct. Bullies will be dealt with severely and may be withdrawn from their program if their behavior does not improve. It is a good idea to keep a detailed written record of bullying incidents.

“The reason that bullying takes place at any age is because it is allowed to happen. When bullying is going on it needs to be shut down so the bullies don't get the power that they are looking for.” (<http://nobullying.com/post-secondary-education>)

What you can do if you witness bullying:

- Let the targeted person know that you have witnessed the bullying and offer him or her support.
- Help the person come up with a plan of action that might include meeting with or writing to the bully, or seeking advice.
- Offer to go with him to meet with an instructor, counsellor or ombudsperson about the situation.
- Let him know his rights under the Student Code of Conduct
- If it is safe to do so, let the bully

know that you have witnessed the behaviour and do not approve.

“While bullying itself is hurtful to the target, it is even more painful when their colleagues refrain from defending them. Nobody wants to be the first to challenge a bully since they might then become the target of further bullying. Once the first person speaks up in their defence, however, others are more likely to join in.” (<http://www.frameworks4learning.com/workplace-bullying.html>)

Pink Shirt Day has passed this year but do your part to support the anti-bullying campaign throughout the year.

Counsellors are available through Student Counselling and Chaplaincy. Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus: Room W-111PB in the HP Centre: Counsellors are available from 8-4:30 with extended hours for apprentices. Book in person or by phoning 780-378-6133.

Southern Campus: Counsellor available Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z-153.

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

turn your diploma

into a degree

Athabasca University has thousands of agreements with other colleges and universities. We accept many college diplomas and other credentials as blocks of transfer credit towards AU programs.

You may be closer than you think!

Athabasca University
www.aug.ac.ca
go.athabascau.ca/online-degree

NAIT Student Counselling

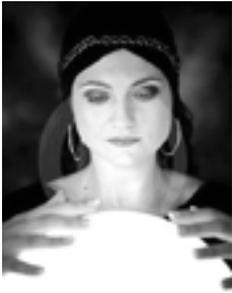
Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 8-14

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

Aquarius (Jan. 20-Feb. 18)

Your card for this week is Five of Autumn reversed. If you've been having trouble, this is a sign that those will soon be over. It is likely that you have asked for help and you are moving your way out of the issues that have been bothering you. Good times are incoming, so keep persevering.

Pisces (Feb. 19-March 20)

Princess of Summer is your card for this week. Perhaps you will meet someone who is very caring but quite shy. This Princess is gentle and romantic. If you are having trouble, she will happily listen to your problems with great compassion. This Princess tends to perceive things through their feelings so they tend not to think things

JUST THE TIP

BDSM – safe, consensual

By ARIELLE TRISCHUK

Let's have safe, consensual BDSM. That means bondage/discipline, dominance/submission and sadism/masochism. By now, everyone has at least heard about it, thanks to the notorious Twilight fanfiction, *Fifty Shades of Gray*, which is a great example of an unhealthy BDSM relationship. Unfortunately, the book and film industry is not concerned with representing healthy relationships in any regard, so it's hard to point out any positive examples. Luckily, we don't need them to discuss it!

A healthy relationship is a positive one. Both partners consider themselves equal and contribute equally. Both partners readily communicate on any subject, despite

through. If not, then perhaps you will receive an invitation to hang out with friends or a love letter.

Aries (March 21-April 19)

Your card for this week is Five of Spring. Perhaps you will meet someone who is very competitive or confrontational. If so, avoid causing trouble with them and focus on finding solutions that both of you can agree on. If not, perhaps there are a lot of little troubles that are adding stress on your shoulders. Focus on the things that advance your goals and give the tasks that don't to others.

Taurus (April 20-May 20)

Ten of Spring is your card for this week, Taurus. You might be working yourself too hard. Find things to do that help you relax and de-stress. Remove unnecessary tasks from your schedule to give yourself some more time for you and the things you like to do.

Gemini (May 22-June 21)

Your card is the Princess of Autumn. You might meet someone who is an upbeat intellectual. This person is optimistic and charming with a mischievous streak. This individual loves to learn and is fun to be around. If not, then perhaps this is a time to focus on your studies with renowned vigor. Take some time to learn about the things you love.

Cancer (June 22-July 22)

The Princess of Winter is your

card for this week, Cancer. You might meet someone who is of genius intellect but has a bit of a cold personality. This Princess is very logical and straightforward, at times, almost too much so. They can come off as insensitive but they don't have true malice in their heart. If they're too harsh for your liking, you don't have to hang out with them.

Leo (July 23-Aug. 22)

Your card for this week is Life Experience reversed. Change is going to happen, and it's going to happen fast. It's time to prepare for it. This change is not to be feared as this change is very much necessary. Perhaps you need to let go of beliefs that are no longer serving you or you might discover a harsh truth. Either way, a big wakeup call is coming, and you need to be ready.

Virgo (Aug. 23-Sept. 22)

Nine of Spring is your card for this week, Virgo. You have been working hard and you've got a lot to show for it, but now it's time to protect the successes that you have worked hard to obtain. Trouble might be coming to disturb the things you have worked hard to get. If not, this card suggests that it is time to stand up for the causes that are important to you.

Libra (Sept. 23-Oct. 22)

Your card for this week is Nine of Autumn reversed. Just when you think you're about to obtain suc-

cess, there comes trouble. Perhaps you have worked hard and have lost what you worked for. Don't despair. Though trouble may come, setbacks are a natural part of life. Try again on a different path and you will find better success there.

Scorpio (Oct. 23-Nov. 21)

Five of Summer reversed is your card for this week. This card suggests that you are missing little details that spell trouble. Things appear to be fine on the surface, but there are issues that you are missing or are perhaps unaware of. Now is the time to look beyond the surface level to find where trouble is hiding.

Sagittarius (Nov. 22-Dec. 21)

Your card for this week is The Moon reversed. Your perception of an issue might be distorted. If something is bothering you, then let it be known that the problem is not what it seems to be. Now would be a good time to get the opinion of someone that you can trust on the issue to see what they think.

Capricorn (Dec. 22-Jan. 19)

Prince of Summer reversed is your card for this week, Capricorn. You might meet someone who is putting on airs to make you think that they adore you. Be mindful of flirty or overly-charming individuals this week. This Prince is known for having a wandering eye, and wander they do.

potential awkwardness and both people are accepting without judgment. Unfortunately, popular fiction would have you believe that BDSM requires one person to be unequal and willing to subjugate themselves for the other's amusement. This is absolutely not true. That type of depiction is equivalent to abuse. While it may seem "sexy" when an incredibly wealthy man ties you down for his pleasure, it's definitely not healthy.

Not everyone is interested in having a fully involved BDSM relationship, which is more than fine. BDSM can be for everyone! Whether you enjoy dipping a toe in the water or jumping in, everyone can have a little fun. The most important rules of BDSM are: only do it with someone

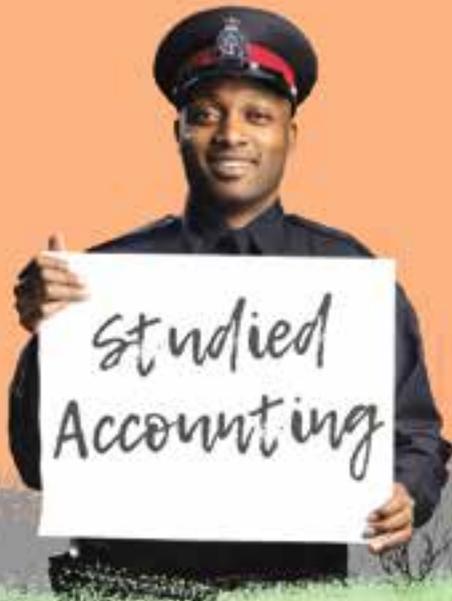
you trust, and always communicate everything. While trust is crucial, love is not. It doesn't have to be with someone you love, but often trust and love coincide. With this trusted person, you must discuss everything. There should always be a discussion before and after any "scene". A scene being the sexy, fun thing you're going to try.

Ask each other some important questions before starting, and set some boundaries and guidelines. What are your goals? How do you expect to achieve them? How will you track your progress? How will you signal when you want to stop? After a thorough discussion, follow through with your plan. When it's done, step out of your roles and take care of each other. Ask more ques-

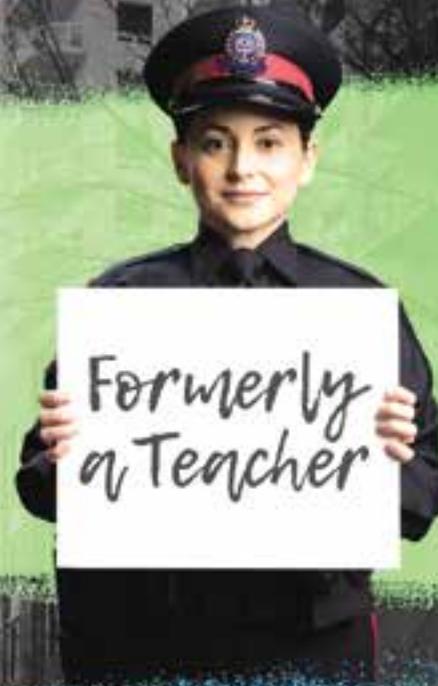
tions. What worked? What didn't work? You both need to be aware of how the other person is feeling and make sure to never leave anything up to guesswork. It should be crystal clear.

So if you love when your partner spanks you, tell them. If you're uncomfortable spanking, let them know! Don't bother pretending to enjoy something you hate – you're hurting both of you. The only real enjoyment is from knowing your partner likes it too. And don't assume just because you did something once before, means you get to do it again with impunity. Talk to your partner. As always, communication is key. Just remember: take chances, make mistakes and get messy!

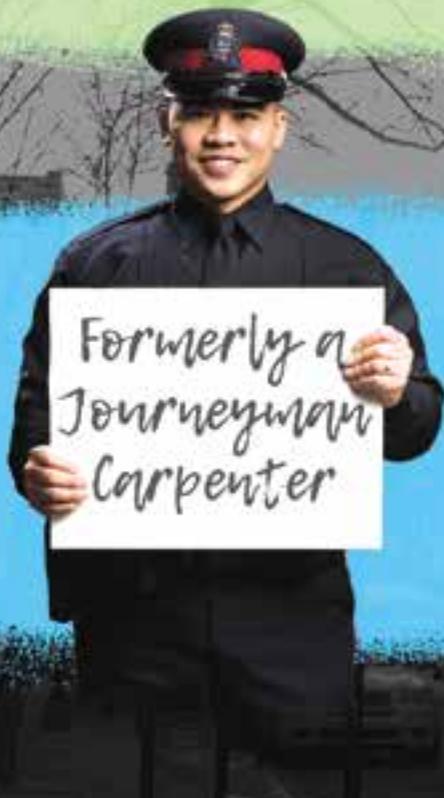
INSPIRED BY:
**SERVING MY
COMMUNITY**



INSPIRED BY:
**HELPING
PEOPLE**



INSPIRED BY:
**A CAREER
WITH VARIETY**



You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, many of them graduates of NAIT. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

WHAT'S YOUR INSPIRATION?

EDMONTON
POLICE Join **EPS.ca**
SERVICE