

NAIT NUGGET

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Photo by Tim Potter

RINGING IN THE NEW YEAR!

The 2017-18 editorial staff of The Nugget are back for another semester. They are, left to right, Michael Menzies, Conner Toffan, Tre Lopushinsky, Shawna Bannerman, Tim Potter, Alan Holmes and Steven Smith.

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NEWS & FEATURES

New year, new me



SHAWNA BANNERMAN
Assistant Editor

The fruitless and clichéd phrase, “New Year, New Me,” is prevalent at the start of a new year, especially on social media, where follow through is often absent. Despite its over-use and tiresome connotations, there is some truth to the phrase that’s used as a declaration for change.

Throughout 2017, my life, my goals and I, as a whole, have evolved. I will retain, as I always have, the foundations that make me who I am. But 2017 was a lesson and a sometimes harsh reality check, about my priorities, my relationships, the person that I am and the person that I want to be.

2017 was the most terrifying, eventful and defining year of my life. But it didn’t start out that way.

Before the year began, I was living in a small city in Ontario and working a comfortable but underwhelming, job. I had a reliable nine-to-five schedule, received steady paycheques, had bought my own car and had finally become self-sufficient. I thought when I graduated from post-secondary the previous year that this was the ultimate goal. I thought that I had finally succeeded.

In reality, I was not happy. I felt

trapped by my quotidian rhythm, I had outgrown the city and had an overwhelming homesickness for my family, three provinces away.

I had tried for months to brush off these feelings. I attempted to distract myself with social gatherings, tedious hobbies and tasks that provided me with a temporary sense of purpose.

By January, I knew that something had to change. You might say I experienced a quarter-life crisis. I heard myself say the dreaded words: ‘New Year, New Me.’

Usually, I am the first person to warn others against using the phrase.

The new year, despite its hype, is simply the change of a calendar year; that doesn’t mean your life is suddenly going to change. The new year can be the catalyst but you are responsible for the change.

Don’t be fooled into believing that time alone will improve your life. Don’t buy into the belief that the change of a calendar will improve your life or that a hashtag will set you apart. The new year is as good a time as any to commit to improving your life but change comes from intentional actions, self awareness and realistic goals. Change does not come from a status, no matter how many likes it receives. Simply say-

ing or typing the words will not make them true. If you’re going to use those words, it’s expected that you follow through.

I was prepared to follow through but I knew that my beckoning for change would not be easy. However determined I was to become a “New Me,” my clichéd quest called for some serious self-reflection and tough decisions. I eventually realized that I had known all along why I was unhappy. I knew the cure for my discontent but for months I had been in denial because I was afraid of risk.

My brain urged me to remain at my

comfortable job, where life was predictable and reliable but my gut was the driving force for my decision. I quit my job, I sold my car and half of my belongings; I packed the rest and I moved across the country.

What began as a half-hearted ‘New Year, New Me’, has turned my life around. This isn’t the first time I’ve started anew, but this was the first time

it was truly my decision.

The phrase ‘New Year, New Me’ often implies a lack of control, as if the new year itself will change one’s life. The new year, despite its hype, is simply the change of a calendar year; that doesn’t mean your life is suddenly going to change. The new year can be the catalyst but you are responsible for the change.



Nest, Ernest's win

By **MICHAEL MENZIES**
Senior Editor

NAIT's own restaurants are receiving critical acclaim.

Ernest's has been named one of the 100 Best Restaurants in Canada for 2017 by OpenTable diners.

The winners are based on more than 500,000 restaurant reviews submitted by diners using OpenTable between Nov. 1, 2016 and Oct. 31, 2017.

"This is fantastic news," said Ernest's maitre d' Mitch McCaskill.

"It's a tribute to the work we do at NAIT and at Ernest's in trying to be leaders in the industry," McCaskill said. "At the end of the day, it's the students who put us in the Top 100, because it's the food they create and the hospitality they provide that puts us among the best restaurants in the country."

This is the second year Ernest's has been recognized by OpenTable. In 2016, it was named one of the 100 Best Restaurants for Foodies in Canada. OpenTable is an online reservation tool used by more than 2,000 restaurants across the country.

...

The Nest Taphouse Grill has won Edmonton's Best Campus Bar award for the third straight year, courtesy of Best Bar None. The NAIT Students' Association bar edged out MacEwan's Towers on Fourth Pub, the U of A's Room at the Top and Dewey's at the eighth annual Best Bar None Edmonton accreditation and awards night on Nov. 22.

"Congratulations to all the winners and



Photo by Kathleen Freeman

accredited establishments for their commitment to provide patrons a safer and enjoyable experience," said Alain Maisonneuve, acting president and chief executive officer, Alberta Gaming and Liquor Commission.

"Over the past eight years, the continued success of this program is a result of a collaboration between industry and our partners, the City of Edmonton and the Edmonton Police Service, who are helping to address alcohol-related harms and promote responsible consumption."

The awards celebrate venues' commitment to safety and responsible service.

Other winners are:

- Bar/Lounge: Central Social Hall
- Hotel Bar: The Lion's Head Pub – Radisson, Edmonton South
- Restaurant and Bar: Provincial Kitchen and Bar
- Restaurant and Bar, Separate Lounge: Boston Pizza Lounge (Mill Woods)
- Small Pub: Kelly's Pub
- Pub: Hudson Canada's Pub (Whyte Avenue)
- Large Pub: O'Byrne's Irish Pub
- Club: The Ranch Roadhouse
- Casino: Century Casino

Movember = money

By **SHAWNA BANNERMAN**

NAIT has raised over \$11,000 in its 2017 Movember campaign to support programs in Canada dedicated to preventing and spreading awareness about prostate cancer, testicular cancer as well as mental health and suicide awareness. A Movember wrap-up event was held in the CAT Building on Nov. 30 to celebrate the campaign.

David Sawchuk, a Radio and Television instructor, has been a major leader of the campus campaign for the past three years. Sawchuk said the dedication of staff and students at NAIT this year has significantly impacted the campaign.

"Things have really progressed in the past two or three years. This year specifically we had a really big commitment from both academic and non-academic staff to bring the movement to a number of different facets of NAIT," said Sawchuk.

As a result, four teams, which totalled over 30 staff and students, were able to raise \$8,000 more than last year.



Photo by Shawna Bannerman

Brandon Leentvaar and his 'stache

"The strides have been massive between this year and last year," said Sawchuk.

Movember began with a kick off week, and each preceding

week was spearheaded by departments on campus in an attempt to extend the campaign to more staff and students. Various programs, such as the Paramedic students, the Denturist Technology students and the Medical Lab Tech staff and students also got involved. In addition, Shop at NAIT sold Movember T-shirts and donated a portion of each sale to Movember Canada.

"The cherry on top, the absolute ribbon on this little package is being endorsed by our president, Glenn Feltham," Sawchuk said.

The campaign was extremely well received by staff and students and Sawchuk hopes to continue the legacy in future years.

"Hopefully there can be some heritage or we can build some culture that moves forward ... but I think we're in a better position now than we have ever been."



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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.

Cutbacks mean 40 layoffs

By SHAWNA BANNERMAN

Apprenticeship seats at NAIT will be cut back by approximately 2,000 for the 2018-19 academic year. As a result, it is estimated that 40 staff members will be laid off. This is after a reduction of 3,100 apprenticeship spots and almost 60 staff layoffs in the 2017-18 school year.

The programs that will be most affected are Electricians, Steamfitter/Pipefitter, Millwright, Plumbing, Heavy Equipment Technician and Machinist programs.

These cuts are dictated by the Apprenticeship and Industry Training (AIT) system, which monitors the economy, the number of students enrolled in apprenticeship programs and the rate of employers hiring, in order to determine the need for trades.

Malcolm Haines, dean of NAIT's School of Trades, said AIT mandates the cutbacks to ensure that NAIT does not provide more seats than what are available.

"AIT bases their ask to us on how many people are registered in the system and people don't get registered in the system until employers hire them," Haines said. "It's a vicious cycle and a large part of it has to do with how our economy operates here in Alberta."

Haines says that when the jobs begin to rise, the School of Trades will need a grace period of at least two years to get their system back up and running.

"Our system relies on that progression of people that will be going through it one year at a time. That's really what we're faced with right now ... reloading the system from the ground up again," he said.

Haines expects to see another reduction of seats in the 2019-2020 school year but he is optimistic that industry, and in turn, apprenticeship seats, will be on the rise within the next two years.

"The government doesn't expect an overall rise in numbers until about 20-21 ... I'm optimistic that things will turn around a little faster than that," Haines said. To mini-



Supplied photo

mize the loss of apprentices, the government has allocated funding dedicated to apprentices who are between jobs, to encourage them to continue their education and remain in the apprentice system until seats begin to rise.

All affected staff are being kept up to date about their

future at NAIT and the School of Trades is working to keep as many staff as possible.

Last year, two years of full time tuition was offered to any staff member that was affected by the redundancy and Haines expects the same will be offered to those affected this year.

Ontario university apologizes

By JOE FLETCHER

Laurier University in Ontario is reeling after its first attempt to enact a policy brought forward by Bill C-16 went poorly.

The policy in question was gendered and sexual violence and it was allegedly violated when Lindsay Shepherd, a graduate student and teaching assistant, showed a class a video explaining the use of pronouns in the singular.

The clip was from a segment on a public television network in Ontario. The video featured a university professor from Toronto, Dr. Jordan Peterson, explaining the criticism of "they" and "them" as singular pronouns.

The publicly aired discussion between panelists became a hot debate when ties between gender and sexual proclivity were put into question, one panelist went as far as accusing Peterson of abuse towards students.

Mrs. Shepherd was then summoned to a meeting with her supervisor Nathan Rambukkana, Adria Joel, manager of the "Gendered Violence Prevention and Support" as well as the program co-ordinator Herbert Pimlott.

They raised concerns with her actions, and said the video "... has created a toxic climate for some students ..."

Mrs. Shepherd asked at one point "Am I supposed to comfort them?"

Rambukkana stated that making such arguments is against the law under Bill C-16.

Adria Joel also was asked at one point to clarify which

part of the law under Bill C-16 Shepherd actually violated, Joel said that she violated the law under gendered and sexual violence, but the law was neither read out, nor made clear to Shepherd as to how the video actually overstepped lawful borders.

The conversation between Shepherd and the school representatives was recorded and sent to media outlets. Shepherd created a twitter account following the release of the recording to respond to public comments.

Vice Chancellor Deborah MacLatchy apologized on behalf of Laurier University, stating: "After listening to this recording, an apology is in order. The conversation I heard does not reflect the values and practices to which Laurier aspires. I am sorry it occurred in the way that it did and I regret the impact it had on Lindsay Shepherd. I will convey my apology to her directly. Professor Rambukkana has also chosen to apologize to Lindsay Shepherd about the way the meeting was conducted."

She continues in talking about the condemnation that the staff and students involved have received, and explained a third party investigation is being conducted to understand the situation better.

MacLatchy regrets the condemnation that the staff and students involved have received, and explained a third party investigation is being conducted to understand the situation better.

The entire bill-16 can be found at <http://www.parl.ca/DocumentViewer/en/42-1/bill/C-16/royal-assent>.



Toronto Star

Lindsay Shepherd

Looking back on our year

By **MICHAEL MENZIES**
Senior Editor

This past year was a huge year for news, both on and off campus. Here are some of the most memorable at NAIT this year:

February 6: A student falls from the fifth floor of the CAT Building.

February 10: A fire in the G-Wing causes \$6.3 million in damage, shutting



Mariam Djibril, left, is crowned NAITSA's Next Top Model.

down the area until the summer. Over 32 courses were affected.

February 10-16: Students went to the polls to vote in the U-Pass referendum, which students overwhelmingly voted to keep. Also, NAITSA's 2017-18 Executive Council was finalized, seeing Doris Car win as President, Brenda Needham as VP Academic, Calli-Rae Barker as VP Student Services, and Naomi Pela as VP External.

March: Amanda Cohen, owner of restaurant Dirt Candy in New York, and former competitor on Iron Chef America is NAIT's 2017 Chef-in-Residence.

March: NAIT announces its increasing international students tuition due to

the increasing cost of delivering the programs. For some students it included a 24 per cent increase.

March 6: NAIT celebrates Pride Week, including the Pride Walk throughout campus.

March 15-18: NAIT hosts the 2017 CCAA Women's Basketball Nationals. The women finished fourth, losing in the bronze medal match to the Humber Hawks 72-48, a reversal from Nationals the year before. Lethbridge won the tournament.

March 23: Mariam Djibril is crowned NAITSA's Next Top Model.

April: NAIT announces 3,100 apprenticeship seats will be cut for the 2017-18 school year, also terminating 60 positions across 13 different programs.

April 7: NAIT's third Long Night Against Procrastination sees around 140 students participating in the studying and assignment driven event at the library.

April 7: NAIT Athletics hosts their annual awards ceremony. Soccer star Kassy Jajczay wins female Athlete of

the Year and Californian netminder Brendan Jensen wins male Athlete of the Year. Also, a retirement presentation for Athletics Manager Gregg Meropoulos is held for the near 40 year member of Athletics.

April 28: Athletic Director Linda Henderson leaves NAIT for Olds College. In her 10-year reign, NAIT wins 18 national championships and over 80 provincial medals.

May 12: NAIT Alumnus Ashif Mawji makes a record donation of \$1-million to NAIT to help establish the Mawji Centre for New Venture and Student Entrepreneurship.

Aug 1: John Bower, newly hired Athletic Director, begins work at NAIT.

Bower worked previously at Concordia University in Montreal and also is the grandson of famous goaltender and hockey Hall-of-Famer Johnny Bower.

September: The provincial government announced that NAIT will be allocated \$495,000 over the next three years for mental health initiatives.

September 15: Country artist Tim Hicks headlines Nest Fest at the CAT quad. Other acts include Edmonton band Royal Tusk, The Boom Booms, and the Be Easy's. The late John Dunsworth performed as Jim Lahey hosting with his sidekick Randy.

September 27: The NATrium does an official re-opening with a fresh and minimalist new look.

October: NAIT announces a new drill rig operator program that will begin Jan. 22. The foundation drill rig operator's course is the first of its kind in North America.

October 6: International students enjoy a Canadian Thanksgiving at the Bytes Cafe.

October 11: Students senators are announced after elections with four vacant seats.

October 15-18: Three NAIT students compete in WorldSkills competition in Abu Dhabi. Ryley LaFrance, Aaron Taves, and Ryan Matsuba competed in Industrial Control, Auto Service, and Refrigeration and Air Conditioning.

November: The NAIT it Forward campaign, which raises money for student scholarships and student services, raised over \$100,000 and saw over 30% of staff participate in the function.

November 2: NAIT hosts its second annual Research Symposium at the Shaw Theatre, discussing future energy, digital



NAITSA Executive Council: Doris Car, front, president; Naomi Pela, left, VP External; Calli-Rae Barker, VP Student Services and Brenda Needham, VP Academic.

economies, and natural resources.

November 12: The women's soccer team finishes fourth in 2017 CCAA Nationals; the men finish sixth.

November 14: The Mawji Centre, dedicated to helping NAIT students in the New Venture and Student Entrepreneurship, officially opens in the CAT Building.

November 30: Electrical engineering students sound the alarm on scheduling controversy with NAIT.

December: An additional 2,000 apprenticeship seats are cut causing 40 full-time job losses.

December 9: The men's hockey team played the U of A Golden Bears at Northlands Coliseum in Faceoff 2017. The game was a charity event with 20 per cent of the ticket revenue going to the Stollery Children's Hospital.

Meeting on NAIT fees set

By **MICHAEL MENZIES**

NAIT's tuition steering committee is meeting today, Dec. 14, which could have an impact on student fees or surcharges next year.

On Nov. 30, the province announced a post-secondary tuition freeze for the fourth consecutive time into the 2018-19 school year.

Although the details for the meeting aren't yet known, there is some speculation that with the freeze could come additional costs for students in different areas.

The tuition freeze fixes tuition costs so

students won't have to pay the extra costs. However, tuition surcharges for international students are not covered.

In March, NAIT's international students saw a 24 per cent increase in surcharges for 2017-18 and are now paying 3.15 times as much as a domestic student, as opposed to 2.35 times.

For example, a domestic Digital Media and IT student would pay \$3,880 a year for the two-year program. An international student would pay \$16,102, a nearly \$3,000 increase.

Both U of A and MacEwan increased

international students' tuition for this year.

The year 2018-19 will be slightly different as the government is returning to a \$17 million backfill to post-secondaries to help maintain classes and facilities. A backfill means the government is picking up the cheque for increased costs, so instead of students having to compensate for lost tuition revenue and maintenance costs, the government is.

"By keeping costs frozen, our government has ensured affordable access to post-secondary education," said Marlin Schmidt, minister of Advanced Education on Nov. 30.

"We know that affordable post-secondary education is important to Albertans and is key to our growing economy. That is why we are freezing tuition for another year as we prepare to bring forward long-term tuition and funding policies in the new year."

The province says they are working on a sustainable tuition review to keep tuition affordable for students. With these tuition freezes the government claims they've saved students \$1,500 over the course of four years.

— With files from www.alberta.ca

On your mark, get set, bake!

By **KELSEY BAKER**

NAIT's Baking program chair, Alan Dumonceaux, is headed to Paris on Feb. 3 to represent Canada in the Masters de la Boulangerie. This is the Baking Masters – Dumonceaux describes it as the Olympics of the pastry world.

"The World Cup of Baking is like the World Cup of Soccer. Once every four years, it's national teams and you're representing your country and yourself. The pressure is really high."

In order to qualify for the Masters in 2018, Dumonceaux has had to put in years of hard work. As part of Baking Team Canada, he and his team competed in Argentina in 2015 for the Louis Lesaffre Cup. The team qualified for the World Cup of Baking in 2016. Out of 34 teams that competed in the World Cup, only the top six candidates from each category are chosen to move on to the Masters competition. This is where the baking elite compete for the title of World Master Baker.

A large difference between the World Cup and the Masters, is that Dumonceaux will be competing on his own. Baking croissants, brioche and a dish representing their home country, the bakers will have only 10 hours to complete all three categories: two hours in the evening and eight hours, beginning the following morning.

"The eight hours, you don't stop. You work as fast as you can, as hard as you can and you don't stop for eight hours."

Dumonceaux has already completed his third full run through, which mimics the competition.

"Simulating the competition is to get your timing right

because you can't be late." These simulations are only one day of training; Dumonceaux trains every day.

"Every day, seven days a week, for six months, you don't stop. All of my weekends I'm here [at NAIT]."

Dumonceaux has been baking for 33 years. He began as a journeyman cook at the Four Seasons in Edmonton and came across the competitive baking life unexpectedly. In 2008 he was part of Baking Team Canada but as the team manager. At a competition in Las Vegas, one of the candidates found themselves unwell and under-prepared for their category, so Dumonceaux stepped in. Since then, he has been active in the competitive world and will soon find himself as one of only two Canadians in Paris in February. This will be his only shot at the Masters, since candidates can only qualify and compete one time.

Another challenge that Dumonceaux will have to overcome at the Masters competition is his allergy to flour, which is an occupational workplace hazard in the baking world.

"You've probably heard of coal miners lung, farmer's get wheat lung, this really fine dust that gets into your lungs and it's not supposed to be there. I do my best to mitigate any airborne flour dust but those first two hours where I'm scaling and mixing lots of dough, I'll wear a respirator."

The competitive baking world is extremely competitive, with hours of training and injuries to overcome. Dumonceaux, who has been a teacher

at NAIT for 17 years, will represent Canada in the most prestigious baking competition in the world – the first time a Canadian has ever qualified for the event.



Photo by Kathleen Freeman

Alan Dumonceaux

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OPINION

— Editorial —

Irony: The new ideal



MICHAEL MENZIES
Senior Editor

It began with the television, a passive means of spending some time to relax, unwind, to escape the world after a long day of work. As the 20th Century closed, television became a natural way to spend several hours of free time, as normal and as frequent as a bowel movement.

Today, television is tame in comparison to the myriad of entertainment options. Heck, a scroll through Instagram can keep you as busy as a couple of *The Simpsons*' episodes would've 20 years ago.

In 2015-16 research showed Canadians spent just under 10 hours a day with mass media and over four hours a day on social media.

We are active members

With that shift comes the realization that we are active members of our entertainment through our social media caricatures and "news" feeds. We dictate the videos we watch and the people we follow and feel lethargic after not willing ourselves away as the hours pass by.

Social media culture has bred a heightened social awareness to the point of exhaustion. It didn't take days before videos and photos of Bosnian war criminal Slobodan Praljak's suicide at the UN a few weeks ago was "memed." The constantly updating, mindless and poor taste online is so prevalent in our lives, it's made us cynical and afraid to be genuine.

Lots of lying

Television sitcoms started as wholesome and family-friendly. Characters learned lessons each episode. While they were ham-fisted and not real, it was the cultural ideal — they didn't seek to purely entertain at the cost of a mean-spirited joke.

Today, the most ironic and allegedly "edgy" wins over our time.

We know already how untruthful the Internet is. Published in *Computers in Human Behaviour* last November, researchers found only 16-32 per cent of people reported self-honesty when online and only 0-2 per cent expected others to be honest.

It's a self-sustaining cycle. Since we know the score online it affects what we do and say. Spending too much time in that space looking for just the right type of meme and that "hip", ironic undertone seeps into your life.

Doing things ironically is an accepted "role" to play. Whether it's wearing a Nickelback shirt despite hating the band or blurting out a shock-value joke just to receive a reaction, how we choose to portray ourselves is becoming less and less a reflection of who we are. We are ironic so we don't have to face our real feelings.

One of my goals for 2017 was to be more genuine — not for the purpose of people liking me more or thinking I'm clever or funny — quite the opposite. I'm using it as a way to figure out who I am. It's difficult.

Many people don't know who they are, social media or not. But if we know most of the Internet is lying and we know we stretch the truth in what we reveal online, then what do we know about ourselves? What do we know about our friends, our boyfriend? Our girlfriend?

I'm not saying I'm very good at this. It's something I'm working on. But noticing these empty pleasures and how they change you, if they do, is important.

For the first time, I think we are seeing the cynical effects of sustained immediate, vapid pleasure. It did for

me. It stunted my personal growth in finding out who I am.

I don't think the answer lies in social media diatribes either. This was an issue before social media and will be after. But the social media vehicle is so seductive, the memes so spot on, it's ruining many people's chance for real human connection. This isn't some get-off-my-lawn sort of old-man tirade. It's a call to retreat within and through your communication online. Be who you are.

We've created an environment where we can shirk our inner feelings and thoughts and replace them with convenient, easy, palatable lies, selling out to an invisible barometer of success or self-worth, missing out on the sappy, intimate and meaningful moments that honest and genuine connection provides.

It's no coincidence that after hours of watching mindless YouTube videos and vine compilations there's an emptiness.

Or as author David Foster Wallace put it: "There's some great essay somewhere that has a line about irony being the song of the prisoner who's come to love his cage."

Verbal Irony

- Words are used to suggest the opposite of what is meant.
- In other words, the speaker says something totally different from what he or she means.
 - This is done intentionally by the speaker
 - It is meant to create an effect

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SPORTS

Parents: Knock it off!



CONNER TOFFAN
Co-Sports Editor

His eyes glowed as the fire roared within him. He'd been prepping for months and finally this was his moment. The crazed father sits up in the stands, more excited than he was for his wedding, as his house league peewee kid begins another year and steps on the ice. After thousands of dollars and months of training, his kid is one step closer to living out his father's dream of being a star in the NHL.

To all hockey parents across the world, your kids are not making the NHL. There are only 48 active NHL players who were born in Alberta, 17 in Edmonton. Studies have shown that the likelihood of a youth hockey player making the NHL are under 0.001 per cent. Other studies have shown

that raising a kid who plays AAA hockey will cost a parent over \$100,000 over the years. Parents devote their kids' lives to hockey. Ice hockey, ball hockey, spring hockey, three-on-three hockey and more fill up kids' lives year round.

Hockey parents take the sport too far. Throughout my playing days as a crappy house league goalie, the chaos in the stands always equalled or exceeded the chaos on the ice. In the sacred rinks of Edmonton, you can get away with things that would put you in jail elsewhere.

In order to try and stop any fights, the parents sit behind their own teams' benches, creating an imaginary wall between the two parent groups.

If you cross the wall, you will pay for it.

A few years ago, a parent on the team was stuck in a wheelchair. The only way she could watch her son play was to sit in the handicapped zone. It was on the opponents side. The opposing parents berated her with insults all game, going so far as to tell her that her kid would end up in a wheelchair by the end of the game as well.

Those insults pale in comparison to the ones directed at my assistant coach. An

opposing parent threatened to rape his wife. Parents aren't above insulting the kids, either.

When I was about nine, I played with a kid who was slightly overweight, not fat by any means. In the midst of the season, we were playing a game in St. Albert. The game on the ice was clean, the game in the stands was not. After my teammate made a small hit, one opposing parent took offence. "get off the ice you fat fuck! Go eat another fuckin' cheeseburger!"

After insulting opposing parents and kids, you can't imagine what they do to refs.

Every single youth game features a parent's favourite pastime of abusing the innocent refs. I've heard refs being called racist names, as parents diss more than their eyesight. "Two teams!" and "That goal's on you, ref!" Are some of the common insults I've heard at my 14-year-old brother's games lately. But this is encouraged, as I'm also witnessing parents telling others that they are being too easy on the ref, applauding and laughing when the yelling starts. The lobby can turn into a jungle after games, when opposing parents fight until they unite to abuse the refs on their way out.

In my first year of midget hockey after an aggressive game, my team was sitting in our dressing room but before our coaches could make it in, a mother from the other team decided it was a smart idea to lock herself into our room surrounded by 16 adrenaline filled teenagers to give them a piece of her mind. Another time a parent followed my coach to the room and choked him against a wall, which was the last of many times the cops had to be called at one of my games.

I've seen people move houses to play in different organizations. A goalie I knew admitted that his mom slept with the coach to help her kid make the team. I have even heard of a parent who hacked the evaluation system to upgrade his kid's numbers. Failure is not accepted. I will always remember being scared for my teammates after poor performances, knowing what lay ahead for them at home. Sometimes we housed teammates for days with the fear of giving them up to their crazed parents.

The most vile, predatory, disgraceful life form known to mankind are hockey parents. If we want hockey to truly become a great youth sport, something needs to change.

CURLING

Curlers staying optimistic

By **PETER GO**

After the first regional tournament for the 2017-2018 season, the NAIT Oaks' curling teams have high hopes to return to the nationals. The men's team is the only team with a losing record so far. Jules Owchar is an Olympic experienced coach as well as the NAIT Oaks head coach.

After winning a silver medal in the ACAC championship last season, the men are not where they wanted to be after the 2017 fall regional. They finished 2-3, in a three-way tie for third place. The team gained insight from this experience and they now know what they have to do to make it back to nationals.

The winter regionals are slated for Jan. 26-28.

Jonah Tobinski is in his third year as the skip for the team.

"We have to play our strategy and play to our strengths," said Tobinski. "We are a draw heavy team. If we can put a lot of guards in play, a lot of rocks in play

and then draw around them, we definitely have the edge".

Tobinski said the team will need to focus on avoiding slow starts. "Starting the ends off right and having a good set up early," are essential, he said.

The Oaks will be sharing a practice facility with the Concordia University men's team, which has already beat the Oaks so far this season in a 6-3 game.

The Concordia Thunder is currently second in the standings with a 3-2 record and the matchup is highly anticipated for the Oaks.

Tobinski and the men's team have a friendly rivalry with Concordia.

"They're the biggest competition or like the game we want to win the most," he said.

NAIT's women's team finished 4-2 and is tied for second place after the fall regional. They started off the regionals slow but ended strong, winning their final two games by a combined score of 18-0.

This year's team feels like they are more of family than last years and they hope they've come together in time to make a run at another medal.

"Last year's team didn't really gel, this year's team with Rachel [Clark] is a lot better," said Mackenzie Bertschi, the lead and a third-year member.

Clark is in her first year with the Oaks and is the older sister of the skip,

Emily Clark.

"We also have a lot of experience on this team. Every year I've been here, we have gone to Nationals," continued

Bertschi. The camaraderie within the team, along with the experience they have, increases their chances of returning to the medal rounds.

"There is just better communication," said Carina Sartor-Pielak, a second-year player on the team.

The mixed team is a whole new group, except for the team's third, Jordana Nott. After going 3-2 and finishing third in the standings, the mixed team is off to a better start than they hoped.

J.J. Crowder was a last-minute replacement for the team when someone went down with an injury. He is a first-year player and the team's second.

"We made a lot of shots and did what we had to do," said Crowder. "We also learned from our mistakes."

"There is a little less experience because our skip from last year is gone," responded Nott, regarding this year's team.

"We are playing a different game than last year, but we definitely can make nationals."



Mackenzie Bertschi

Combat sports suspended



TRE LOPUSHINSKY
Co-Sports Editor

Earlier in the semester I came up with a feature for the sports section called “Fight Corner.”

In one of these articles, I expressed how Edmonton’s fight community is thriving and will continue to thrive after the arrival of a UFC 215 here. The UFC hype, along with the talent in the city, made the future of the local fight community bright.

That seems to have been stalled as city council announced last week that there would be a ban on combative sports in Edmonton for 2018.

In the earlier article, I highlighted a former Edmonton Eskimo turned fighter, Adam Braidwood, a friend of Tim Hague, who was gravely injured during

their boxing match on June 16.

Hague, a former teacher turned-MMA fighter/boxer was treated for a brain injury and later died.

City council instituted the suspension of events after hearing a third-party review into Hague’s death.

Since then, Braidwood has competed in three more fights, the last of which was Friday. Braidwood won all of these bouts. During the K.O. Boxing event, Edmonton fighter Jelena Mrdjenovich got in the ring and called out the city council’s decision.

Mitch Clarke, an Edmonton mixed martial artist, said he’s disappointed and a little bit angered by the decision, which he says will affect a lot of people unnecessarily.

“This decision could effectively kill (mixed martial arts) and combat sports in Edmonton,” he said in a recent CTV interview. “We used to be one of the biggest hubs for (mixed martial arts), for



Mayor Don Iveson

pro combat sports in the world besides Vegas and now it’s just gone down the tube,” he added.

Mayor Don Iveson told CTV that he “felt it was appropriate to pump the brakes on this industry and these events,” knowing that this may affect people’s livelihood.

MMA and boxing within Edmonton isn’t the only “combative sport” affected. Among the Fight Corner articles we’ve published in *The Nugget*, another sport highlighted is pro-wrestling. This sport is a combination of athletics and theatrical performance. Pro-wrestling also falls under the Edmonton Combative Sports Commission and therefore will also be impacted by the ban.

All physical sports have risks and there are regulating bodies in place to make sure that athletes can perform at

a standard that will not put themselves or others in harm’s way. After Hague’s death, the Edmonton Combative Sports Commission commented on the many individuals involved.

“There are many people and organizations involved in putting on these complex events including promoters, referees, ringside judges, physicians, chief inspector, paymaster and the presiding inspectors assigned to the fight.”

Starting last Saturday, the city will stop issuing new licences or event permits for combative sports, either until Dec. 31, 2018 or until council decides, according to a press release.

The Edmonton Combative Sports Commission said they respect council’s right to enact the moratorium.

“We will continue our work as a commission, using this time to move forward with the comprehensive policy review that had already been underway.

“We will work with city administration to advice council on a future path at the end of the moratorium.”

Athletes of the week

November 27-December 3

Lauren Smith
Women’s Volleyball




Lauren has had an amazing first half of the season and continued this success, helping the Oaks sweep Augustana this past weekend (Dec. 1-2), finishing with 19 digs. “Lauren has consistently played at such a high level,” said head coach Benj Heinrichs. “She’s tremendous defensively but it’s what she does in service reception that keeps everything else going for us. Our offence depends on great passing and she quarterbacks the whole thing. She’s done such a great job and that’s with missing over a third of our practices for her clinical shifts in her Respiratory Therapy program. It’s a credit to her and her teammates that no one misses a beat.” Lauren is a third-year Respiratory Therapy student from Spruce Grove.

Brady MacKay
Men’s Basketball




The NAIT Oaks men’s basketball swept the Augustana Vikings in the final weekend of the first half. Brady MacKay averaged 20 points a game over the course of the weekend, while shooting seven of 10 from three-point range. “Brady had a balanced offence game this weekend, scoring from both inside and from beyond the three-point line,” said head coach Mike Connolly. “Good for him to get back on a consistent scoring track and good for our team.” Brady is a fifth-year Millwork and Carpentry student from Regina.

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 & Hoist 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

WOMEN'S VOLLEYBALL

Inspiring story

By JORY PROFT

What's the biggest difference between sitting volleyball and playing volleyball for the Oaks? "Well, the standing," Sarah Melenka laughed.

Sarah Melenka is a second year member of the women's volleyball team at NAIT. She is also part of the Canadian sitting volleyball team.

In Grade 11, Melenka was diagnosed with compartment syndrome in her leg. Compartment syndrome is a rare condition commonly found in victims of car accidents or in soldiers who regularly carry heavy packs. "It is like sausage in its casing. The muscle is like the sausage and the surgery is like opening up the casing to allow the sausage to swell. It's a weird analogy, I know, but it works," Melenka said.

The outside hitter underwent 10 surgeries and lost 30-40 per cent of the muscle power in her leg.

While Melenka was forced into a recovery season her first year at NAIT, she sought out alternatives to volleyball.

"During my year off I was going crazy not playing volleyball," she said.

After discovering that there was a sitting volleyball team in Edmonton, Melenka began practising with the team. She soon learned that she could qualify to be an official member of the team due to the muscle deficiencies in her leg.

"One thing led to another," she said. "The Team Canada coach invited me out just to practise before I had even qualified but I was approved and I ended up making the team," Melenka said.

"It was very sudden. One month I just needed something to do to have a break and the next month I was classified [ensured eligibility] and was on the team," she said.

Team Canada has qualified for the world championships and will be competing in The Netherlands in July.

"Hopefully [the] end goal is [the] 2020 paralympics in Tokyo," Melenka said.

With her nearly constant pain, Melenka has experienced limited playing time on the court this season. This has not stopped her from contributing to her team, though.

"I'm a motivator. I bring an extra spirit to the team. If they are down after losing a set, I can get them ready to roll again and reset. In practice, I'm an extra competitor. I help them practise against tricky shots and help make them better," said Melenka.

Ooks coach Benj Heinrichs appreciates her contribution.

"Her steady focus, determination and positivity have been a great asset in practices," Heinrichs said.

"In addition, she has done a great job for us when her number has been called to go in during matches."

The outside hitter has been a part of media interviews ever since her recovery began.

"I love telling my story. It's a positive story in the end. I went through a lot of struggles, I had a lot of mental struggles but to say I play for sitting Team Canada and a top college in Alberta is an honour. I went through a lot but I made it out," said Melenka.

"Sometimes I do get tired of people asking about it [her surgery scar]. I just tell people I got bit by a shark," she laughed.

Melenka is currently studying personal fitness at NAIT. Her ultimate goal is to pursue sports psychology. Combining her knowledge and personal experience of the mental and physical aspects of being an athlete, she hopes to aid others through their rehabilitation process.

She aims to share her story through public speaking and strives to learn how children with disabilities play sports and how she can help.



Photo by Bryn Lipinski

Sarah Melenka

WOMEN'S BASKETBALL

An opportunity to give back

By JAKE WOODS

Cassidy Taal has been chosen by the Canadian College Athletic Association (CCAA) Female Coach Apprentice Program to become a coaching apprentice for the NAIT Oaks women's basketball team for the 2017-18 season.

The goal of the program is to support graduating student-athletes who demonstrate the desire and skills to coach by giving colleges grants to help grow new coaches in the ACAC.

Taal started her career in basketball in Grade 6 and, after playing throughout high school, she continued her career, playing for the University of Lethbridge in the CIS. Taal later transferred to Mount Royal University but multiple injuries limited her to 17 regular-season games over her three seasons with the MRU Cougars.

Taal comes from a family with a rich history in coaching and basketball. Her

grandfather coached the University of Lethbridge Pronghorns in the 1970s and, more recently, her mother was an assistant coach with the Longhorns for over 10 years after a five-year playing career with the team. Two of her aunts and an uncle also played basketball in college.

Taal ended her college playing career with a 20-game stint for the Oaks, becoming a leader for the team while coming off the bench and averaging 4.5 points in 18.9 minutes. Upon playing out her college eligibility Taal knew she wanted to stay

involved in the game.

"I wouldn't know what to do without it and I knew I wanted to give back to the sport that has given me so much," she said.

This is not Taal's first time coaching, however, as she has previously spent four years coaching a basketball club with her family. Many of her players have gone on to play college basketball.

Taal's current role with the Oaks is an important one – to learn from head coach Todd Warnick and to provide emotional and physical

support for the players.

"I usually show up about two hours early and make sure the players are warmed up and good to go," she said. "I also do little jobs and really just help out where I can. Having been through this myself I can kind of tell what players need and what they don't."

Taal looks to translate her playing experience into a strong basketball coaching career. When asked about her plans for the future Taal reiterated her desire to give back to basketball.

"This sport has given me and my family so much and I love being able to give back. I don't think that I'll ever want to become a head coach, however. I'm enjoying my current role."

Taal will definitely be worth keeping an eye on as she looks to add to her family's legacy and help the Oaks on their path to an ACAC title.



Cassidy Taal

BADMINTON

Taking flight

By PETER GO

Shuttlecock season is in full flight and the NAIT Ooks' badminton team is on the road back to the nationals. Last season was unlike previous years – the team made it to the nationals but won no medals.

Prior to last season, the Ooks had earned a national medal every year since 2008. This season shows a mix of returning players and a couple of rookies. The team has a well-rounded roster hoping to restart the trend of capturing national medals.

NAIT has also dominated badminton at the provincial level. This is nothing new for NAIT head coach Sinead Cheah, a former Ook, who is used to their wins. NAIT has won the team banner at the provincials seven of the last nine seasons. The two years the team did not win was because there was no season.

Last season had its ups and downs for the squad.

Nicolas Roque is one of the longest tenured players on the team. He has been a part of the last three provincial team championships, and also won the mixed doubles championship last year. Roque was one of five men and five women to represent the Ooks at Nationals in 2016.

"Last year we had the most players going to Nationals but no one was able to

win," recalls Roque.

The first of three ACAC tournaments for 2017/2018 was Nov. 19 and NAIT finished second with 151 points. Roque was able to capture first in men's doubles and second in mixed doubles. NAIT rookie and highly touted player Eyota Kwan was able to take second in women's singles and first in women's doubles.

NAIT was only three points out of first place, which went to the Concordia University Thunder, with 154 points. NAIT and Concordia have a known rivalry, and this year is no different.

"It's always been close between NAIT and Concordia," recalls Roque. CUE and NAIT have been the standard bar of the ACAC conference.

"Last tournament was the first time in a long time that they beat us," continued Roque. The Thunder has its share of national players that makes them a tough matchup.

"Practise harder and focusing on our events," stated Kwan when asked what would help get the Ooks back to Nationals. "There is a lot of pressure to do well," added Roque.

Roque has seen different teams throughout his time at NAIT and says the strongest part of a team isn't always their



NAIT photo

NAIT badminton team

physical or fundamental skills.

"The strongest part is the team chemistry. We all get along and it makes it easier," he said.

Currently Concordia is in first place in the ACAC standings, and NAIT is in second. Third and fourth place are taken by Olds College and King's University,

respectively.

The Ooks roster has gained experience from last year's national run and they hope to apply it to this year. With a mix of new and returning players, along with some mental conditioning, the Ooks have their sights set on earning national medals this year.

FACE-OFF 2017

Ooks no match for Bears

By TRE LOPUSHINSKY
Co-Sports Editor

Face-Off 2017 is over, and the U of A trumps the NAIT Ooks again in a charity classic game. Having an 11-1-1 record in the ACAC, the Ooks are the best the ACAC can offer, but the first place Golden Bears proved to be better beating NAIT 4-0 during the charity hockey contest last Saturday (Dec. 9) at Northlands.

"[U of A] They move the puck really well, they have a lot of depth and a lot of speed, they took it to us hard and we expected that," said NAIT goaltender Nathan Park, who earned player-of-the-game honours. "They're one of the best u-sport teams in the country, it was going to be a tough game for sure."

After plenty of rushes and chances in the first ten minutes, the Golden Bears formula of a tight neutral zone resulted in many one-and-done scoring chances for NAIT. The Ooks relied on their speed coming across the blue line instead of dumping and chasing.

U of A moved the puck consistently on the fast ice, but Park was sharp, even robbing the Golden Bears on a two-on-zero chance after a collision behind the play sent two in alone on the ACAC save percentage leader.

Luke Philp got the first one on the board sneaking one past Park in the second period after the Ooks failed to clear the zone.

The Golden Bears seemed comfortable in the lead, extending shortly after to 2-0 before both teams switched to the backups.

Golden Bears player of the game, Lucas Nickles, squashed any threat of a comeback with the third U of A goal in the third frame. The old WHLer enjoyed his last time on Northlands ice.

"The Oilers played here, Gretzky played here ... We don't know what they're doing with the rink, so it's good to get a game in before they tear it down."

The Golden Bears outshot the Ooks 40-27, as both teams came together after 60 minutes for a group picture on Northland's ice.

U of A head coach coach Serge Lajoie was happy that the Face-Off game was resurrected. "To me there was a lot of memories in this building and it took a couple moments to reflect on it while I was on the bench."

Lajoie had competed in three of the Face-Off games as a player ('89, '90 and '91) for the Golden Bears.

The main reason for this game was charity. Face-Off was potentially the last major hockey game in Northlands Coliseum. The fate of continuing the charity classic depends on a future venue and if poor attendance of the game might make them rethink continuing with Face-Off.

This was the first time the Face-Off proceeds went towards the Stollery Children's Hospital. Previously it was the Ronald McDonald House.

This was the eighth charity classic. The first seven spanned 1985 to 1991 and the Bears now have a 6-2 edge all-time.



Death of Eddies hits former Ook

By STEVEN SMITH

FC Edmonton is leaving the North American Soccer League after seven years. On Nov. 24, they made a press statement that they will not return in 2018, and as players start to clean their lockers, it's worth a look at a player who started here with the NAIT Ooks.

Now on the Richmond Kickers, Mal-lan Roberts is an Ook alumnus. He joined the men's soccer team while taking some upgrading, English, business and computer courses. A year later Roberts joined the FC Edmonton Reserve.

"It's always been an ambition ever since I could play and kick a ball," says Roberts. He played in the reserve for another year and officially joined the team in 2013. He played for FC Edmonton for another four years before going on loan to FC Edmonton's Rival in the NASL, the Ottawa Fury. The Fury switched from the NASL to the United Soccer League in 2016 and Roberts was traded to the Richmond Kickers.

Roberts says that it is sad that FC Edmonton is shutting down.

"It's had a big impact," says the former player, and that "It was definitely growing." He can't deny that FC Edmonton and joining the NAIT Ooks didn't get him to where he is today.

Former FC Edmonton players are hesitant to talk about what follows the closure. Their social media accounts hold no news of what the future holds and they refuse to talk. Many wonder if they will get drafted to another NASL team or move onto another league like the USL. Roberts says that one must look at it from the players' perspective. These "guys lost their jobs," and that is a very turbulent time for them.

Edmonton has a weathered history of soccer teams. There have been seven attempts at getting a soccer team up and running since 1979. Teams named the Edmonton Drillers have tried three times to make a franchise happen, once in 1979, 1996 and 2007, each time lasting about three years. FC Edmonton is an anomaly in Edmonton's history, lasting seven years. Roberts says he "hopes something comes around in the next few



Postmedia

Nicolas Di Biase of FC Edmonton trips an Ottawa Fury FC player.

years." If history repeats itself, there will be a new soccer team in Edmonton and hopefully they will last longer than the Edmonton Drillers.

Special moments in athletics

By BRETT HOLDEN

This year, like most years, feels like it has flown by, despite it being 365 days, 8,760 hours and 525,600 minutes long. This year, the Ooks have seen a fair share of ups and downs, from hosting the nationals in basketball to the heartbreaking overtime loss to rival MacEwan Griffins in the men's hockey final.

Some top moments for some NAIT Ooks may not even be sports centred at all, just ask Ooks Libero Lauren Smith. The Spruce Grove native and third-year player had a big moment this summer when she became an aunt.

Ooks men's assistant volleyball coach Ethan Redman, a former player with the Ooks, said that his favourite moment of the year came on Dec. 1 when the men went up against the Augustana Vikings.

"Augustana is a team that NAIT has battled with a lot over the years," said Redman. During the Dec. 1 contest, Jordan Teliske was taken out of the game only to be put back in to try and put away the Vikings.

Teliske is a fifth-year player on the team and has won a bronze medal with the Ooks.

The Ooks ended up winning the game with Teliske getting the final point and seeing "all the guys wanting to get the ball to him to score the final point" was the best part for Redman.

The women's hockey team has

been without a loud and essential piece to their team for the past season – Hayley Douglas. Hayley has been out for a majority of the year with a major shoulder injury that has taken her down a long road to recovery. But at the start of this season Douglas got the news she had been waiting for so long; she was cleared by doctors to finally

get back on the ice.

After having surgery on her shoulder and six months of rehab, Douglas is slated to return to the Ooks lineup when the season gets started again in January.

Staying on the ice, but a different, more rough sheet of ice, is John Ritchie. The business student from small-town Calmar, Alberta is currently on the Ooks

curling team. The second-year player attended the athletic banquet held for the Ooks earlier this year. He said he enjoyed the event because at the banquet "we celebrate [the] team's accomplishments for that year."

And isn't that what being an Ook is – celebrating the accomplishments and moments with the NAIT community.

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UPCOMING CAMPUS CLUB EVENTS DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	28	29 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	30 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	1 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	2
3	4 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	5	6 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	7 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	8 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	9 GAMERS @ NAIT BETA EVENT 10:00am-10:00pm, CAT Theatre
10	11 WEEKLY JUGGLING JAM 5:00pm-8:00pm, Shaw Theatre Lobby	12	13 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	14 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	15 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	16 SMASH BOX OPEN 10:00am-10:00pm, CAT Theatre
17	18 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	19	20	21 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT 102	22 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 PAINT & BOWLING NIGHT 4:30pm-10:30pm, Meet on Campus	23
24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29	30
31 New Years Eve	1 New Years Day	2	3	4	5	6

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ENTERTAINMENT

Horrifying and ... educational



By **STEVEN SMITH**
Entertainment Co-Editor

“WARNING: You may have a huge, invisible spider living in your skull. This is not a metaphor.”

This is the first line and premise of *This Book is Full of Spiders: Seriously Don't Touch It*, which is part of the *John Dies at the End* series. It captures the insanity of the series that continues into the third book titled: *What The Hell Did I Just Read?*, which hit book shelves in October.

The stories revolve around David Wong, which is also the pseudonym

of Jason Pargin, the executive editor at Cracked.com. Wong is a cynical individual who is introverted, self-deprecating and pessimistic. He has a dark sense of humour and sees himself as better than everyone but hates himself. He is the perfect, relatable protagonist for a lot of people.

Wong hangs out and teams up with his best friend John, who never takes anything seriously. To John, everything is overly dramatic and a dick joke. John takes everything to its extreme, is reckless and never takes things seriously. Together they come across a drug called Soy Sauce. After taking the Soy Sauce, the characters start seeing the horrors that lurk in the dark.

The books are a hilarious blend of Lovecraftian cosmic horror, science-fiction and Douglas Adams style humour. The series has taken the standard horror trope of “something horrifying is watching, plotting, destroying” and flips it on its head.

The first book opens with the characters setting out to stop a woman from

being haunted by her dead boyfriend. They bring along a ghetto blaster loaded with Whitesnake’s “Here I go again on my own” and get tangled up fighting a meat demon.

That is only a taste of what’s in the first chapter. It only gets more absurd and wonderful the more you read it.

While absolutely bizarre, the book is grounded like a proper science fiction novel. It’s inspired by this wonderful crazy world we live in. The second book revolves around a giant invisible spider that lives in your skull. It is based on the *Cymothoa Exigua*, also known as the tongue eating louse. It bites off a fish’s tongue and takes its place. It’s gruesome, horrifying and educational.

The third book was released on Oct. 3 and if you’re looking for something to laugh and be disturbed by over the break or on your transit ride to and from NAIT, I absolutely recommend the *John Dies at The End* series. You’ll laugh, be terrified of things

you see from the corner of your eye and go on the weirdest book trip you’ve ever been on.



Merry Christmas

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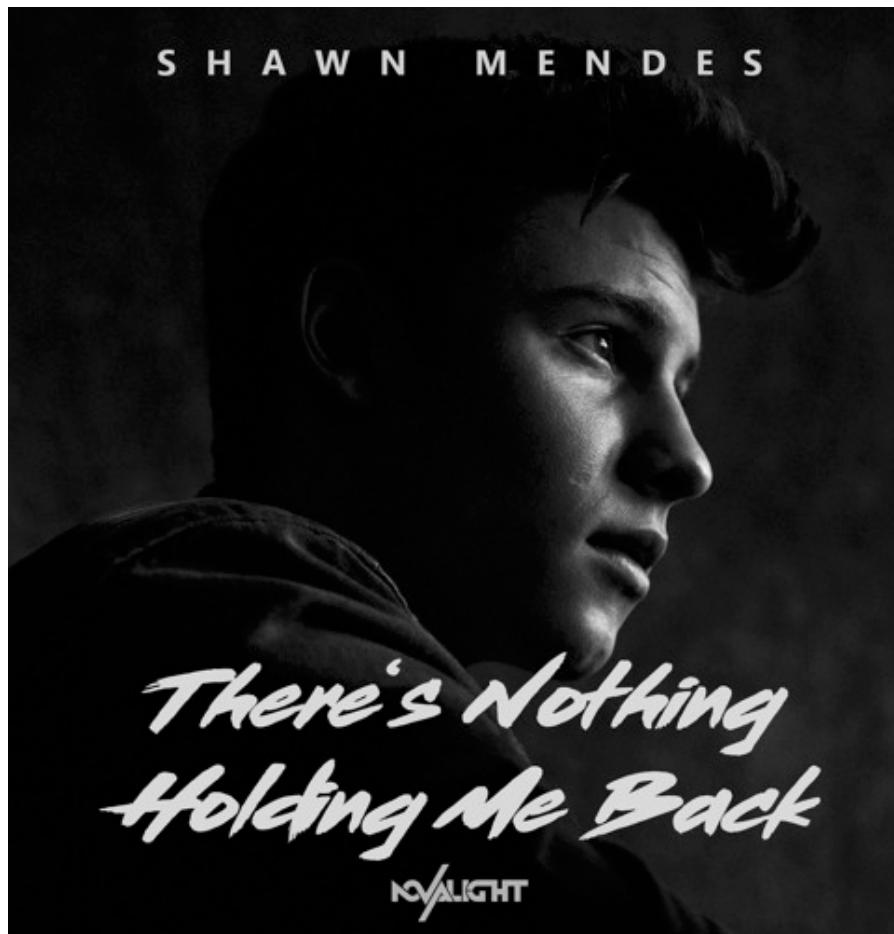
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**By NUGGET EDITORS**

Music soundtracks our lives.

As we stumble through the journey that is existence, music is there to lift us up, to help us know that we're not alone in what we're feeling. Whether you're elated or miserable, the music of this past year ran the gambit of the human experience. Plenty of commentary on the current political landscape was abound, full of cathartic rage or lust for the beauty of escapism. The editors of *The Nugget* put our collective noggins together to try and brainstorm what we believe to be the best of the best. While we certainly didn't agree on everything, this cumulative list paints a landscape of the sounds from the last twelve months. From

pop, to rock, to hip hop to indie-alternatives of the latter genres, to everything in between, here are 21 songs that helped shape 2017.

- There's Nothing Holdin' Me Back – Shawn Mendes
- The Cure – Lady Gaga
- Love So Soft – Kelly Clarkson
- The Man – The Killers
- Big For Your Boots – Stormzy
- New Rules – Dua Lipa
- Delicate – Taylor Swift
- Have You Ever – Twin Peaks (Live from "Urbs in Horto")
- Scott Green (Explicit) – Dune Rats
- I'm Not Racist (Explicit) – Joyner Lucas
- 4:44 – JAY-Z
- Los Ageless – St. Vincent
- Malibu – Miley Cyrus
- Barbies – P!nk
- Holy Mountain – Noel Gallagher's High Flying Birds
- Run – Foo Fighters
- Lust for Life – Lana Del Rey ft. The Weeknd
- Humble – Kendrick Lamar
- One More Light – Linkin Park
- Sign of the Times – Harry Styles
- Homemade Dynamite – Lorde

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A Jedi for all seasons



By **ALAN HOLMES**
Entertainment Co-Editor

By the time this paper is in your hands, the latest in the Star Wars saga will have hit theatres. Hype is at an all-time high; Star Wars is practically synonymous with the holiday season now. Following Disney's acquisition of the franchise from Lucasfilm, a new entry in the series has been released right before Christmas for the past three years; 2015's *The Force Awakens*, last year's *Rogue One: A Star Wars Story* and now, *The Last Jedi*. Let me assure you, this article was written before the release of the new film, so it will be 100 per cent spoiler free.

A little convoluted?

The chronology of the series can admittedly be seen as a little convoluted. Series creator George Lucas has stated in the past that he'd written an extensive backstory to the original film. Supposedly, he'd written an extensive synopsis of what he envisioned the first film to be. This first draft was written in 1973, was titled *Journal of the Whills* and began (and I quote) as follows: "This is the story of Mace Windu, a revered Jedi Bendu of Ophuchi who was related to Usby C.J. Thape, Padawan learner of the famed Jedi." Windu would eventually become an important character in the prequel trilogy (portrayed by Samuel Jackson), however, the story was rewritten and fleshed out several times, eventually becoming the film we know today.

Studio had little faith

Chronologically, it's the fourth film in the series but the first to be made and released in theatres. The studio had very little faith in the film; apparently most people believed it wouldn't do well. In spite of this, Lucas wanted to keep the ending fairly open ended, so as to leave room for the story to continue. Upon release, it was simply titled *Star Wars* but after it became the gigantic success that it was, the subtitle *Episode IV: A New Hope* was added to the name. Two sequels spawned; *The Empire Strikes Back* and *Return of the Jedi*. Sixteen years later, the first film of the prequel trilogy was released in 1999, *The Phantom Menace*, shortly followed by *Attack of the Clones* and *Revenge of the Sith*, leading the story back into the original trilogy from the '80s.

George Lucas had hinted in the past

about having ideas for the story to continue past *Episode VI* but Star Wars return from the dead came as a bit of a surprise. Lucas ultimately changed his mind after the prequel trilogy was completed. The films were large successes (financially), but received mixed reviews and faced a

barrage of backlash from many fans. Personally, I wouldn't be surprised if this backlash is what ultimately changed Lucas's mind about moving forward with

a sequel trilogy, but I digress. Eventually, Disney bought the franchise from Lucas in 2012, for over an unprecedented \$4 billion. He contributed his ideas and plans for the direction he thought the new films could go in, though how much, if any, of those ideas made it into the first of the sequel trilogy, *The Force Awakens*, is unknown.

Highly anticipated

Naturally, an avalanche of anticipation preceded that film's release. It was the next in arguably the biggest series of movies ever made; the film that was never supposed to be made. Some celebrated that George Lucas wouldn't be involved (somewhat ironic, considering none of this would ever have existed without him) while others were petrified at the thought of what Disney would do with the franchise. When the first trailer for *The Force Awakens* dropped, people lost their minds. Most in excitement, but some for more eye-roll inducing reasons. Naturally, the trailer was the world's first introduction to the new characters. We didn't necessarily know who they were at the time, but we saw Daisy Ridley as Rey and John Boyega as Finn, a woman and a black man, respectively.

Well heaven forbid but some people lost their minds. "How can a woman be the lead?" "Why is the storm trooper black?" whine, whine, whine, bitch, bitch, bitch, etc. Some even threatened

to boycott the movie because of it. I mean, it's not like there's ever been any women leads or black characters in any of the previous Star Wars movies before. Oh wait! There has been. Princess Leia, Lando Calrissian, Padmé Amidala, Mace

Windu, to name a few. Leia, originally seen as the 'damsel in distress', she nearly immediately turns the tides on her saviours, with her sass, quick wit and talent with a blaster.

Throughout the rest of the original trilogy (and now continuing into the sequels) she took the fight to the Empire, kicking ass left, right and centre. Even when she was trapped by Jabba the Hutt and forced to wear the infamous golden bikini, she still held her wits about her; she was ultimately the one to take Jabba out, using the chains that bound her to choke the hideous space slug to death. The aforementioned Mace Windu, from the prequel trilogy, was portrayed as being one of the most powerful Jedi left in the galaxy, often seen as second only to Yoda.

Not to mention, the Star Wars universe is riddled with hundreds of space aliens and droids, all of whom interact and live with humans on a daily basis. Generally speaking, the characters of this universe have more important things to deal with than superficial differences between people. In interviews, Mark Hamill has even addressed his character, Luke Skywalker's, sexuality: "... fans are writing and ask all these questions, 'I'm bullied in school ... I'm afraid to come out.' They say to me, 'Could Luke be gay?' I'd say it is meant to be interpreted by the viewer ... if you think Luke is gay, of course he is. You should not be ashamed of it. Judge Luke by his character, not by who he loves."

And there you have it. When busy battling the Galactic Empire for their lives and their freedom, the characters of

Star Wars are too busy for some of their audience's qualms.

Since *The Force Awakens* release, most of these complaints have died down and no one seems to be boycotting *The Last Jedi* for such ridiculous reasons. Quite frankly, it was never meant to be a political statement in the first place. There's been a lot of talk lately about representation of minorities in media, specifically movies. In my oh-so-humble opinion, Star Wars handles this better than most. Like the universe it exists in, discrimination based on race, gender, etc. is hardly the point. In *The Force Awakens* the point of the story wasn't that Rey couldn't be a Jedi because she was a woman. Nor could Finn not be a hero because he was black. The closest the film ever gets to referencing this, is a scene where Rey and Finn are running together away from stormtroopers. Finn tries to take Rey's hand, she has none of it and they continue running. That was it.

May the force be with you

This is exceptionally simple because the story doesn't get bogged down because of the stupidity that plagues reality. Often, when characters who are black are highlighted, the film surrounds issues such as slavery. If a gay character is highlighted, it's more often than not because that character is in a 'gay film,' where the story completely surrounds the fact that they're gay and the struggles they go through for being gay. In the latest sequel trilogy, Rey isn't the new chosen one because or against her being a woman. Star Wars doesn't need to treat its characters as commodities, exceptions nor burdens. They're merely people, in a galaxy far, far away, resisting a common enemy for truth and justice. No matter who you are or where you come from, you're a person; regardless if you're a princess from Alderaan or a poor farm boy from Tatooine.

May the force be with you.



MOVIES IN REVIEW

Best flicks of 2017

BRYN LIPINSKI

Guardians of the Galaxy Vol. 2

Guardians of the Galaxy Vol. 2 hit theatres in May and grossed more than \$865 million worldwide, making it the sixth highest-grossing film of this year. Most people can tell when a movie has a strong entertainment factor (i.e. the satisfaction an audience feels as they walk out of the theatre). Anyone who has seen James Cameron's *The Terminator*, however, knows there is another level of entertainment that films rarely surpass. This year though, *Guardians of the Galaxy Vol. 2* not only arguably passed that level of entertainment, it also out-performed its predecessor at the box office. This is a film that knows when to get funny and when to get serious. There is a perfect balance between emotion and adventure. Each scene brings you closer to the story in its own way and the characters within. If you haven't seen it, find it, watch it. This movie is worth it.

NIKITA ELENIAC

Baby Driver

Baby Driver was by far one of the best movies to come out of 2017. It has action, romance and a killer soundtrack – making it a film for movie lovers of all types to

enjoy. Ansel Elgort plays Baby, a reluctant getaway driver with a passion for music, who falls in love with diner waitress Debora, portrayed by Lily James. The film follows Baby on his attempt to break free of his criminal lifestyle and drive off into the sunset – with some setbacks from Jamie Foxx's Bats and Jon Hamm's Buddy. Director Edgar Wright's attention to detail is astonishing, timing every tire-squeal and gunshot perfectly to the beat of the songs. It brings passion and authenticity to the screen, and is full of memorable moments that stick with you long after you leave the theatre. *Baby Driver* is a must see for lovers of intense car chases, fast-paced wit and a soundtrack to die for.

Isaac Dymock

Dunkirk

Dunkirk is one of the best films of the year, for its' accurate recreation of the battle and rescue operations at Dunkirk. I got such a visceral feeling while watching, as if I was there on the beach with them. This was largely because of the excellent sound design. Excellent performances were given by all of the actors involved.

Mackenzie Gates

Lucky

The past few years haven't been all



that great for Hollywood and the film industry as a whole. The public wants new, fresh and original ideas from the major studios and it seems the only way to achieve that vision is to look at the independent scene. Well, this year was no different. Even with such successful films as *Blade Runner 2049* and *Get Out*, one independent film shone above all the rest. Harry Dean Stanton stars as a 90-year-old atheist who has out-smoked and outlived his fellow peers, in John Carroll Lynch's directorial debut, *Lucky*. The film, writ-

ten by Logan Sparks and Drago Sumonja, deals with the issues of death and what life is really all about. Written based on their love for Harry Dean Stanton, it also became even more poignant knowing this was his final film before he passed away earlier this year. The cast also includes Ron Livingston and David Lynch. The film is full of beauty, from its landscapes, quirky characters and its message about life. If you haven't seen this film yet, you better get on it; you'll be one of the lucky ones.

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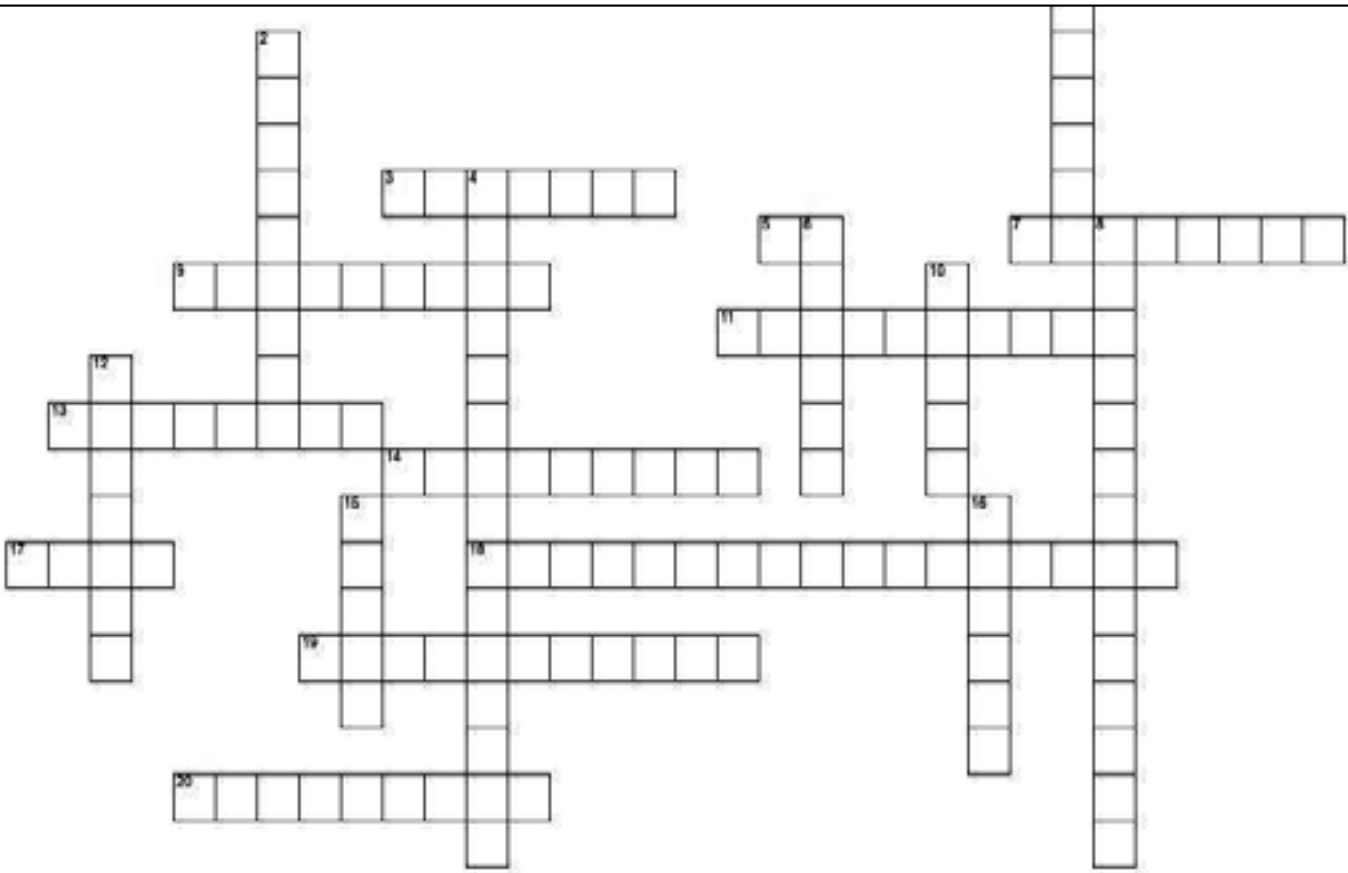
CROSSWORD PUZZLE

ACROSS

- 3. Split; marriage.
- 5. Male genetic combo.
- 7. Extremely hungry.
- 9. Musical instrument, played with a mallet(s).
- 11. Similar term for the earliest known humans, but gayer.
- 13. These guys suck.
- 14. Full term for an article of clothing that hold up a woman's breasts.
- 17. Numerical of the latest Star Wars.
- 18. Trilogy of simian starring video games, originally released on the Super Nintendo.
- 19. Term for the earliest known humans.
- 20. Name of the clown from September horror film; based on the Stephen King novel.

DOWN

- 1. P!nk's new album is a Beautiful _____.
- 2. Family the Star Wars Saga focuses on.
- 4. Besides Valentines Day, what could VD stand for?
- 6. A style of joke aimed at a parental



- figure. Also the name of a maternity clothing store in Edmonton.
- 8. Only song she performed from her latest album at last year's Super Bowl Halftime Show.
- 10. A type of bear. Also a type of flirtatious nightgown.
- 12. Small city on Vancouver Island.

Results on page 26

- 15. A vital fluid inside of you.
- 16. Split; banana.

JUST THE TIP

Semen – all you need to know and more

By TRE LOPUSHINSKY

I'm going to start off by telling you I usually write for the sports section, but then I became curious about semen. Here I am, now doing a sex article. I was sitting in class with a friend and it just came up; not actual semen, but the subject. There are stories about semen's high protein content and the possibility that drinking pineapple juice will improve the taste. I wanted to uncover the all-encompassing truth about semen.

We all know about semen's role in pregnancy and its properties of colour (usually white). According to Dr. Abraham Morgentaler, author of *The Truth About Men and Sex*, and the founder and director of Men's Health Boston, there is more to semen than you think.

The average male produces between 1.5 and 5 ml (or 1 1/4 teaspoon) of semen per ejaculation. The amount varies based on the person, how intense the orgasm was and how long it's been since the man last ejaculated. For instance, if a man has sex twice in one day, the second ejaculation may be a bit smaller. It's not clear why some men produce more semen regularly, but some men produce less due to low testosterone levels, taking certain medications, or dealing with the side effects of diabetes, according to Morgentaler.

If you're worried about shooting out only a couple swimmers, don't fret! You're

simply masturbating or having sex too often (probably the first one).

Semen is full of protein and naturally occurring fructose.

"The list of ingredients in semen is remarkably long and fascinating," said Morgentaler. "People have talked about whether semen could be a nourishing meal." He noted that he personally suspects the nutritional value of semen is a little scant and he wouldn't hazard a guess at a calorie count. Morgentaler did add: "nobody's going to gain weight by having a lot of oral sex."

Due to semen's high protein content, some people actually cook with semen. There are websites dedicated to cooking with semen. There are books about cooking and also mixing alcoholic beverages with semen. I am currently looking at a book called *Semenology – The Semen Bartender's Handbook*. If you're into that sort of thing, sure, but I beg bartenders not to cum in my drink, please.

Unfortunately, there aren't many formal studies focusing on changing the taste of sperm.

"I think [studies] would have trouble passing an ethics board [review]," said Morgentaler. "Taste is very subjective and you have to think: who is going to be the taster?"

However, anecdotes and informal surveys suggest pineapple can be a factor in sweetening the taste of sperm and some people believe vegetarians have "more palatable" semen than meat eaters, he said. If there's a particularly foul odour or taste, it could be due to a prostate infection.

When it comes to pregnancy, these little swimmers are the MVPs. But when it comes to contributing to the overall volume of semen, they play a very minor role. In fact, sperm, which is produced in the testicles, makes up just a tiny percentage of ejaculate, according to Morgentaler. Seminal fluid, the other part of semen which comes from the seminal vesicles and the

prostate, makes up almost all the final product.

What about men who've had vasectomies or who are infertile? Sperm don't even come into play. If you're trying to become extra fertile, eat oysters, walnuts and fatty fish. A healthy intake of micro-nutrients including vitamin C, E, folate and zinc can boost sperm DNA quality in older men, according to a study published in the journal *Fertility and Sterility*.

There's a saying that all men try their semen out of curiosity. I can't speak from personal experience on that but I can say that I'm curious about what my body is capable of.



Literary Corner

SHORT STORY

Harsh Memories

By ISAAC DYMOCK

A dim light flickers among trees and through long, dark shadows along a bank of the river Danube. A campfire sputters into the darkness trying to revive itself from dying embers underneath thoroughly burnt logs, giving of bursts of illumination between longer and longer breaths of low light. Between the last living moments of the flame Aevard is illuminated, seated on a flat cut tree stump near the ring of rocks that hold his near lifeless campfire. His lids are heavy, brain numbed, and eyes blurred with the sweet invitations of sleep. Head bobbing up and down Aevard slowly drifts towards ever deeper slumber. Once or twice he snaps awake when his body slumps sideways, threatening to slide off his impromptu seat. Finally, darkness envelops the camp and his mind as the fire gives its last breath with a crackle of tiny embers.

"Thou art dozing again, little one." Aevard's eyes crack open slowly, though he closes the immediately as his sight is greeted by the glare of a torch. Rolling over in the haystack he's chosen as a bed Aevard ignores the voice, wanting to sleep for just a bit longer.

A soft hit graces his forehead, the dull tip of a wooden sword, "Rise, boy. Thou must train before the sun graces us with her light."

Hesitantly, Aevard opens his eyes fully, looking at the man brandishing the torch and holding the training sword in a threatening manner. Hegrand, his father's Shield Brother, stands there giving a disapproving

look at Aevard. More menace than disapproval comes through, though, considering Hegrand's missing eye and heavily scarred face. With a start the boy jumps from his impromptu bed to a standing position, wobbling with groggy uncertainty until his balance is as steady as he is awake.

Hegrand doesn't give Aevard a minute to steady himself while he places the held torch in a nearby scone attached to a wooden post. It illuminates the ground around it and highlights the barn in which Aevard had chosen to nap. No more time is wasted as Hegrand tosses the wooden sword to Aevard, only waiting long enough for the boy to catch it before springing forward.

Before Aevard has a chance to act, while still getting a good grip of the training weapon, Hegrand is on him swinging a previously hidden second wooden sword into his ribs. A sharp crack follows. Aevard tumbles backwards through hay and dirt, a cry of pain leaving his lips as his ribs throb with the sudden strike at his side. He isn't given time to recover. Hegrand comes again, this time a stabbing lunge aimed at Aevard's solar plexus. If the body doesn't move his training will be over before he even has a chance to mount a protest.

Thinking fast Aevard crumples to the ground, narrowly avoiding Hegrand's blade as it passes through the hairs on his head. Without a second of hesitation the boy springs up, using his back and shoulders to throw off Hegrand's weapon arm, with sword held tightly and aloft to the

side aiming to strike at the cross section of Hegrand's thighs and crotch. With a hiss of alarm Hegrand leaps back out of the boy's reach, his eye darting to see if his Sword Brother's son will try a reckless charge.

Aevard uses this moment to spring backwards into an empty horse stall, out of sight of Hegrand. There is an audible curse as his trainer realizes too late that Aevard is seeking to escape from the ambush and claim advantage of the situation. The boy turns and vaults over the stall's low wall into the next one, landing next to a startled colt that gives out a frightened neigh of alarm. Aevard makes for the next stall after that one, hopefully his attempt at subversion has thrown Hegrand off.

Hegrand tracks Aevard by the sounds of chaos coming from the next stall and rushes to the third in the line just as the boy throws open the door. With a downward swing Hegrand catches the top of Aevard's head with his training weapon which throws the boy to the ground. Not even panting the Sword Brother crouches down and presses his wooden blade into the boy's shoulder, keeping him down.

"Thou fight like an animal, boy. Thou art learning. Good. Next time I will not warn thee by waking you up."

Aevard stifles a whimper, if he voices his sores and pains now only more will follow. Hegrand is a cruel teacher, but a feared warrior. The best to learn from. The other boys in Reykjavik tell stories they've heard about how Hegrand fought a troll alone and took its head in the middle of a night,

a troll's strongest period between dusk and dawn. Or they talk about his roles in raids on lands to the south, the brutish terror he brings to battlefields clad in nothing but a bearskin kilt and painted with his house's colours. There are whispers amongst servants and midwives on Hegrand's origins too, how he was raised by the Pictish Wolf tribe in Pictland and was sold to Aevard's father after killing a whole band of Celtic warrior-slavers by himself. Regardless of the stories, though, Aevard knows one thing for certain: Hegrand shows no mercy whether in training or in jest. His words cut as deep as his 'playful' training strikes. They keep Aevard in line, and to his father's belief: they make Aevard strong.

"Keep fighting like that, little Aevard, and thou wilt be a fine warrior one day. Maybe even as good as I."

With a start Aevard jerks away, he is back at the now dead campfire and half falling off the stump he is sitting on. Yet another half dream of home, of life from before... Shaking his head to clear his mind, Aevard stands and stretches, looking up to the stars. There is no moon tonight leaving the forest and shore of the Danube drenched in a shroud of blackness deeper than a tainted soul. He walks himself to the nearby tent he'd set up before dusk had fallen. His only companion, Æringunnr, snoring softly in the trees beyond the ring of the campsite. With nothing more than a deerskin to cover his body Aevard slips into slumber, dreamless and alone in his own head.

POETRY

For My Brother

You don't suffer anymore
I can't hear paws pad or find fur on the floor
Your basket is empty, now just full of father's clothes
No more shining brown eyes or snoozing from a pinked nose
Cancer robbed his life only two short months ago
Left behind broken hearts, and ceaseless woe
Eighteen years, and all that's left of him is in a cookie jar
He is gone, robbed of my light, my shining star
Who greets me at the door, whose fuzzy muzzle will I kiss?
My first true and real friend with all my heart I miss
Yes, he was a dog, but meant more to me; he was my flesh and blood
Never will I forget you, never will my tears cease to flood
Just like you brother, my veins are full of poison, hate
I'd do anything to change your last days, your fate
I'll always remember you. I will never forget your name
Your sister loves you, with all my beating heart; that will stay the same.

Walk With Me In Hell

Tormented, broken soul, you wrap my head around your thoughts
Lusus naturae, your delusional desires make me weep
How could you want something you don't know?
You will never walk with me in hell
Demons in your mind I never could grasp, I tried to free you
but the truth is you love them to death

Swan Lake

A shimmering crystal in the glen glows in the winter moonlight
Powder snow falls from the sky as the glen becomes a snow globe
The sound of song, merry wishes and hopes gently float in the air
The trees part and shy eyes peer from the winter wonderland

No ones in the cold, so she steps out to dance her silent ballet
Her skirts flare as she pirouettes in spirals across the ice
Mischievously passing gingerbread homes, eating frost plums off the willows
Dancing until dawn, and then she is gone.

— By Kayla Snow

Q?

What is the nature of a life,
Whose goal is to take
Pennies squeezed from orange peels;
Stolen from your tragic cage called mind,
It locks a kennel full of curiosity;
Handcuffed and muffled,
by the silence of God's revolver;
Drowned out by constant theft of self.

— By Michael Menzies

TV IN REVIEW

Best and worst of 2017

By MACKENZIE GATES

Once upon a time, television used to be the poor man's cinema. If you were a film actor who transitioned to TV, your career in film was over. The same went for filmmakers. That being said, the last 25 years have seen a renaissance for the television format. As a television student, I am a critic and I give you my best and worst of TV in 2017.

The masterful David Fincher serves as an executive director on *Mindhunter*, focusing on the FBI in 1977, during the early stages of criminal profiling. The show illustrates how profiling not only came into play but instated investigations even up to this day. It's a beautifully shot show, as well as masterfully acted and is definitely worth a watch.

The smash-hit *Stranger Things* from 2016 was a hit again this year for its second season. That said, I thought the season fell flat and couldn't get off the ground. I thought the first season was well made but relied too heavily on nostalgia from the '80s. The second season was even worse, including the characters and storyline. I will not be watching the third season.

Our favourite horse-man hybrid – Bojack Horseman – was back for a fourth year and it was an astonishing season, filled with many laughs but with an equal amount of real-life

scenarios that resonate with audiences. For a show in which animals talk and live like people, this is one of the most human shows out there right now. I highly recommend it if you're into dramedies.

Big Mouth is by far one of the strangest shows to grace Netflix. This crude, lewd and rude offering about the tribulations of puberty was well received by critics and audiences for its unashamed approach to the subject matter and its willingness to 'take a risk.' I admit, I found it enjoyable the first time I watched it but after a second viewing, I was wrong about it being enjoyable. The show has interesting concepts, yet never utilizes them. It also has no idea what it wants to be and who it's made for. Steer clear of this one.

But the best of this year has to be *Twin Peaks*.

This renaissance of TV we currently find ourselves in can be traced back to 1990 with the hit show created by filmmaker David Lynch and writer Mark Frost. The massive hit that spawned homages and parodies is my all-time favourite television show. It mixed drama, mystery, horror and Lynch's signature surrealism and brought that into the mainstream.

I wouldn't mention this show if it had no relevance. After 25 years of being off the air, *Twin Peaks* came back to people's

television sets for an 18-episode season. Season 3 or better known as *The Return*, aired on Showtime and brought the characters we fell in love with back into our living rooms. If you were expecting the quirky soap opera that it was before, you're in for a treat. Lynch and Frost create an 18-hour surreal trip into the minds and realms that inhabit this world. Some fans were turned off by this and others marvelled in it.

From the opening moment of the first episode, I knew I was in for a wild ride. I had my arms fully extended outside of the cart. Every line of dialogue, every strange

occurrence, every second of ambient silence and every confusing plot line, I was invested. I took the journey that FBI Special Agent Dale Cooper had in order to reach the town of Twin Peaks once again. By the time the season finale came, I didn't want it to end. I didn't want to say good night to these characters or this world again. *The Return* was a massive hit for Showtime's streaming service and proved to people that Lynch still had it. If you're a fan of Lynch or of *Twin Peaks*, you have to watch the new season. *Twin Peaks: The Return* was the greatest thing to come from television in 2017.



Twin Peaks the best

Filmmaker Magazine

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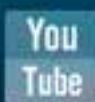
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Some steps to happiness



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Happiness is a lasting state of mind where you feel that life is generally good and where you experience frequent positive emotions such as joy, delight, enthusiasm, interest, curiosity, vitality, pride and contentment. Happiness does not mean walking around with a big grin all the time – happy people experience a range of positive and negative emotion. We all want to be happy but when asked “What does happiness mean to you?” most of us don’t have a clear answer. There are many things that you can do to improve your happiness immediately and throughout your life.

Define what happiness means to you by asking:

- What does true happiness mean for me? Think about all areas of your life – physical, emotional and mental health, family, friends, relationships, career, recreation, community involvement and finances. (Hint: while it is important to have your basic needs met and to have a sense of security, research shows that the new shoes, the bigger house, the new car or the higher income do not bring long-term happiness).
- How will I know when I get there?

(keeping in mind the old saying ‘happiness is a journey, not a destination’). It is important to have an endpoint in mind even if that endpoint changes over time.

- Does my definition depend on someone else (I will be happy when I meet the right partner), something out of my control (I will be happy when I win the lottery), something unlikely (I will be happy when my parents admit they were wrong) or things that are always in the future (I will be happy when I finish school)? If so, it is important to rework your definition so that your happiness is based on things that are within your control.

Choose to be happy. Once you recognize that happiness is a choice, and realize that you can choose to react to things positively or negatively, you have taken a big step towards becoming happy.

- Give yourself permission to feel good and enjoy your life.
- Find things that you are grateful for.
- Monitor negative self-talk and change your language to be kind and forgiving to yourself.
- Look for silver linings in negative situations.

Take care of yourself both physically and mentally by exercising, eating regular, nutritious meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy, and having things to look forward to. By prioritizing self-care you are automatically fostering happiness.

Nurture relationships. Too busy to get together with a friend? Then chances are you always will be. Research shows that social relationships have the highest correlation with happiness so schedule in some time for coffee dates with

people you have neglected.

Acts of kindness also correlate highly with happiness. Not only will doing nice things for others make you feel better about yourself – you’ll probably get kindness in return.

Take control of your environment. Surround yourself with happy, nurturing people, things you love, and an organized work space. Whenever possible avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you and if not, what needs to change. Sometimes small changes can make a big difference.

Laugh. Don’t take yourself too seriously. “Laughter is a marvelous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, blood pressure, and boosts immunity function.” (from “Be Happy: Tips to Banish Bad Moods” by T. Sattiroglu).

Achieve. Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. Procrastination might feel good in the moment but overall it creates stress and guilt. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However make sure your whole life is not about achieving goals. Balance is important.

Take risks. Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to

learn something new every day or to take a new risk every month.

Stay in the present. Worry is focused in the future and guilt is focused in the past. Neither help you to move forward. Ask “What is the best use of my time right now?” and then follow through. Taking action steps towards something you are in control of is a confidence and happiness booster. Staying stuck on things that are out of your control is deflating.

You are OK just the way you are. Perfectionists are usually disappointed in themselves and this leads to self-criticism which then fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn’t perfect.

Many factors can contribute to happiness. If feeling good is a constant struggle for you, if you often feel depressed or anxious, or if you have other personal concerns it may be helpful to seek help from a professional. Personal counselling is free, confidential and available to all currently registered NAIT students.

If you would like further assistance, book an appointment:

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.

Souh 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.



Take time to de-stress

By **NIKITA ELENIKAK**

The NAIT Students’ Association’s Campus Activities Board (CAB), featured a series of activities at the end of the fall semester to help students de-stress.

The activities included bubble wrap to pop, play-dough to mold and a giant colouring sheet. Students could even make their own snowman Christmas ornament.

CAB handed out free tea and hot chocolate with all the fixings, and spread Christmas cheer across campus. Students were seen crafting and sipping chocolaty goodness while laughing with fellow classmates.

“It was a really nice distraction,” said Sarah Fox. “After being so stressed out about exams, paying tuition and final projects, it was nice to relax with friends.”

Her favourite activity of the week was creating a sparkly snowman ornament for her tree.

A lot of students are still stressed that there is no fall break. Luckily, with Christmas break upon us, students will have a chance to decompress and focus on their health – both mentally and physically.

While CAB provided some quick relief during the studying sessions, here are some more tips to help inspire calm

and positivity over the holidays.

- Create a mood playlist. Fill it with songs that embody the mood you’re aiming for and focus on the music as you do calming activities, like painting, reading for fun or baking.

- Explore somewhere new. While the outdoors may be chilly and foreboding, that doesn’t have to mean exploration is off the table. Visit somewhere warm and indoors – like the Art Gallery of Alberta, for an outdoor touch with the current mixed media wilderness exhibit. It has been proven that simply looking at art reduces stress!

- Art Therapy. You don’t have to be Picasso to take a stab at art therapy. This can be as simple as playing a song and moving a crayon or paint brush to the beat or melody. More confident artists can explore the route of sketching out emotions and drawing how they feel. Getting emotions out on paper draws the negative energy out of the body and onto the page. This can also work with journaling.

With the long-awaited break finally here, take this time to spend with friends and family, but also be sure to focus on health and well-being!



Photo by David Bernstein

Finished products

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 14-20

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

Aquarius (Jan. 20-Feb. 18)

The Chariot is your card for this week, Aquarius. You are successfully balancing your many priorities, and you are accomplishing a lot but you need to stay determined for the long haul. The best way to do that is to stay centred, strong and determined. Now is not the time to allow other influences to push you off course. You are heading the right way, even if your end goal is currently invisible.

Pisces (Feb. 19-March 20)

Your card this week is the Three of Autumn reversed. Now is the time to step in line and keep doing what you've been doing. Unfortunately, this is not a good time to be creative or go against the grain. Doing what makes you happy right now won't bring you the abundance you seek in the long term. It is time to settle in for a lot of hard work. You can pursue your passions another time.

Aries (March 21-April 19)

Your card for this week is Three of Spring. You've been working hard, and it has been paying off but now it's time to start making long term goals. It is important to be patient right now as your dreams will come true soon but not quite yet.

Taurus (April 20-May 20)

Three of Winter is your card this week, Taurus. Now is the time to heal past wounds. Reaching out to others in this time of need is highly recommended. Be sure to welcome the compassion and forgiveness that others will bring you. It is also a good idea to listen to the wisdom of others that have dealt with a similar issue.

Gemini (May 22-June 21)

Your card for this week is The Star reversed. You might be feeling very disenchanted with life at this time. You probably feel very discouraged and focusing on the negative. Despite this trouble, these challenges are only temporary and you will soon see that these troubles will lead you towards a better outcome than you had thought.

Cancer (June 22-July 22)

The King of Spring is your card. This King is an inspiring leader; this person is both charismatic and bold. They can be quit dramatic at times yet they're still approachable. This person is also innovative, charming and wise but don't try to take the spotlight off of them. If you try to upstage or share the spotlight with this King, you will find they will leave.

Leo (July 23-Aug. 22)

Your card is Seven of Spring reversed. Your thoughts and feelings on the current issue are incorrect. Your beliefs and opinions have been led astray, perhaps from overconfidence or misinformation. Now is a good time to pay close attention to learn the truth of the situation.

Virgo (Aug. 23-Sept. 22)

Six of Summer is your card for this week, Virgo. Now is a great time to take up a childlike positive attitude. You might find that positive people from your past may return. You might find yourself thinking about memories from your childhood or youth but take special care to view the past as it was, without a positive or negative spin on it.

Libra (Sept. 23-Oct. 22)

Your card for this week is the Ace of Autumn. This is the card of wonderful news. Perhaps you will get unexpected resources to achieve your dreams, such as money, wise counsel, physical help or someone with many useful connections. It is a good idea to plan how you will use resources and make investments for the future.

Scorpio (Oct. 23-Nov. 21)

The Eight of Spring reversed is your card for this week. You might be trying to juggle too many unwanted things at once. This card can also suggest unsuccessful multitasking. To fix this issue, it is a good idea to properly prioritize tasks and hand

them off to someone else whenever you can. There are only so many things a person can handle at once. Don't be afraid to say no to the things you can't or don't want to do.

Sagittarius (Nov. 22-Dec. 21)

Four of Autumn is your card for this week, Sagittarius. You are more blessed than you realize. You have many gifts and yet they remain overlooked. This card can also suggest an imbalance of some kind, where you are either giving too much or not enough. It is time to consider how you can manage your resources wisely for the greater good of yourself and others.

Capricorn (Dec. 22-Jan. 19)

Your card for this week is Four of Summer. You have more good things than you think you do. Great opportunities have been left unacknowledged. It is time to allow yourself to experience the great gifts that you have been given. It might be a good idea to spend some time outside or in nature if you have the chance. Appreciating the beauty of nature might help you see what you have missed.

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By Peter Go

“What are your New Year’s resolutions?”



“I really want to volunteer in the community more.”

Carra Pischke
Ernest’s Restaurant



“My New Year’s resolution is to have way more fun and not play anything safe. Also, to get lit more.”

Jasmine King
Radio and Television



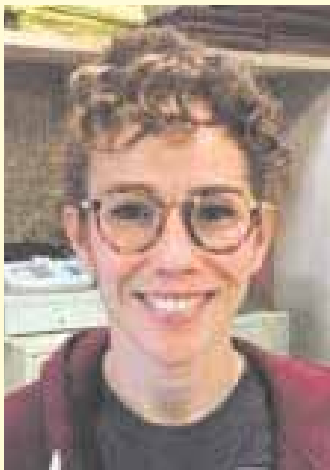
“I want to eat healthier and cut out potato chips.”

Jordana Nott
Third, NAIT Mixed
Curling Team



“My New Year’s resolution is to take “Professional Drinker” off my résumé.”

Kyana Rodil
Architectural
Technology



“My New Year’s resolution is to be more adventurous.”

Stacey Head
Personal Fitness
Trainer

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY | \$7.00 I Wish it Were Fry-Day Bowls
(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)

TUESDAY | \$1.00 off 8" Signature Pizza

WEDNESDAY* | \$7.00 Nest of Wings (Add Ranch \$1.00)

THURSDAY* | \$7.00 Fusion Perogies

FRIDAY | \$7.00 Daily Soup & 1/2 Wrap

DRINK SPECIALS

DAILY \$4.50 BRO-tini

MONDAY | \$5.00 Off Bottle Wine

TUESDAY | \$5.00 1oz Crushed Ice Cocktails

WEDNESDAY | \$4.50 1oz Lamb's Rum Highballs

THURSDAY | \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails

FRIDAY | \$4.50 Domestic Bottles

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Favourite games this year

NAIT has three weeks off for winter break and we decided to give a run-down of our favourite games of 2017, what we are playing, and what we look forward to in the new year. Hopefully we can help you pass the time with these recommendations.

...

Tre Lopushinsky Sports Editor

Game of 2017: *NFL Madden 18*. The story mode is not the greatest but it's cool to go through Longshot, a campaign of a failed college player who wants to make the NFL. Ultimate team mode is also a bunch of fun, where you have card packs where you get randomized players to create your own personalized team and challenge players online.

Playing over the winter break: *South Park: The Fractured but Whole*. I'm excited for the new battle system with its tactical positioning and, of course, the powerful fart attacks.

Looking forward to: *Skull and Bones*. Set to release in fall 2018, it's an open world pirate game. After the fun I had with *Black Flag*, I can't wait to be a pirate again.

...

Isaac Dymock

Game of 2017: *Divinity Original Sin 2*. For its excellent and immersive campaign that weaves its story as you play and make decisions, changing the world as you play. As well as a streamlined and well built RPG and combat systems. The intense story lines make you feel for the characters.

Playing over the winter break: *Sins of a Solar Empire: Rebellion*. Real-time strategy with space colonization.

Civilization 5: Conquer and conquest from the beginning of man.

Disgaea 2: Role playing game where you defeat an overlord and must break a curse.

Tales of Maj'Eyal: Turn-based combat and advanced character building. Explore a vast and

expansive world.

Looking forward to: *Endless Space 2* and *Star Citizen*. Both bring different aspects to expansive exploration of enormous galaxies.

...

Steven Smith, Co-Entertainment Editor

Game of 2017: *Cuphead*. While not a fan of the genre of bullet-hell games, *Cuphead* wins on its wonderful charm and abil-

ity to be hilariously difficult.

Playing Over the Break: *Hearts of Iron 4*. Chose a country in WWII and bend history into an alternate reality.

Crusader Kings 2. Create and expand an empire from Portugal to Bangladesh in the tenth century.

Tyranny. Like *Baldur's Gate*, but being an asshole conqueror is mandatory.

Looking Forward to: *MechWarrior 5: Mercenaries*. Give me more Battletech every day of the week.

House Davion for life.

...

Alan Holmes, Co-Entertainment Editor

Game of 2017: *The Legend of Zelda: Breath of the Wild*. For its exploration and immersive space.

Story and character elements take a backseat; a price to be paid for the boundless freedom. You can lose yourself for countless hours, an incredible feat on Nintendo's part and overall a breathtaking experience.

Playing over the break: *Resident Evil VII: Biohazard*. First person horror that redefined the franchise.

Metroid: Samus Returns. The upgraded and sleeker version of *Metroid II: Return of Samus*.

Super Mario Odyssey Mario teams up with a magical hat to save Peach in this fresh and fantastic game.

Looking forward to: *Metroid Prime 4* and *Resident Evil 2 (Remake)*

...

Truuman Tu

Game of 2017: *Persona 5*. A compelling narrative of rebellion and thievery, combined with not only an enjoyable difficulty curve, but also slick battle mechanics. The presentation is also spectacular, with incredibly vibrant visuals, and incredible music.

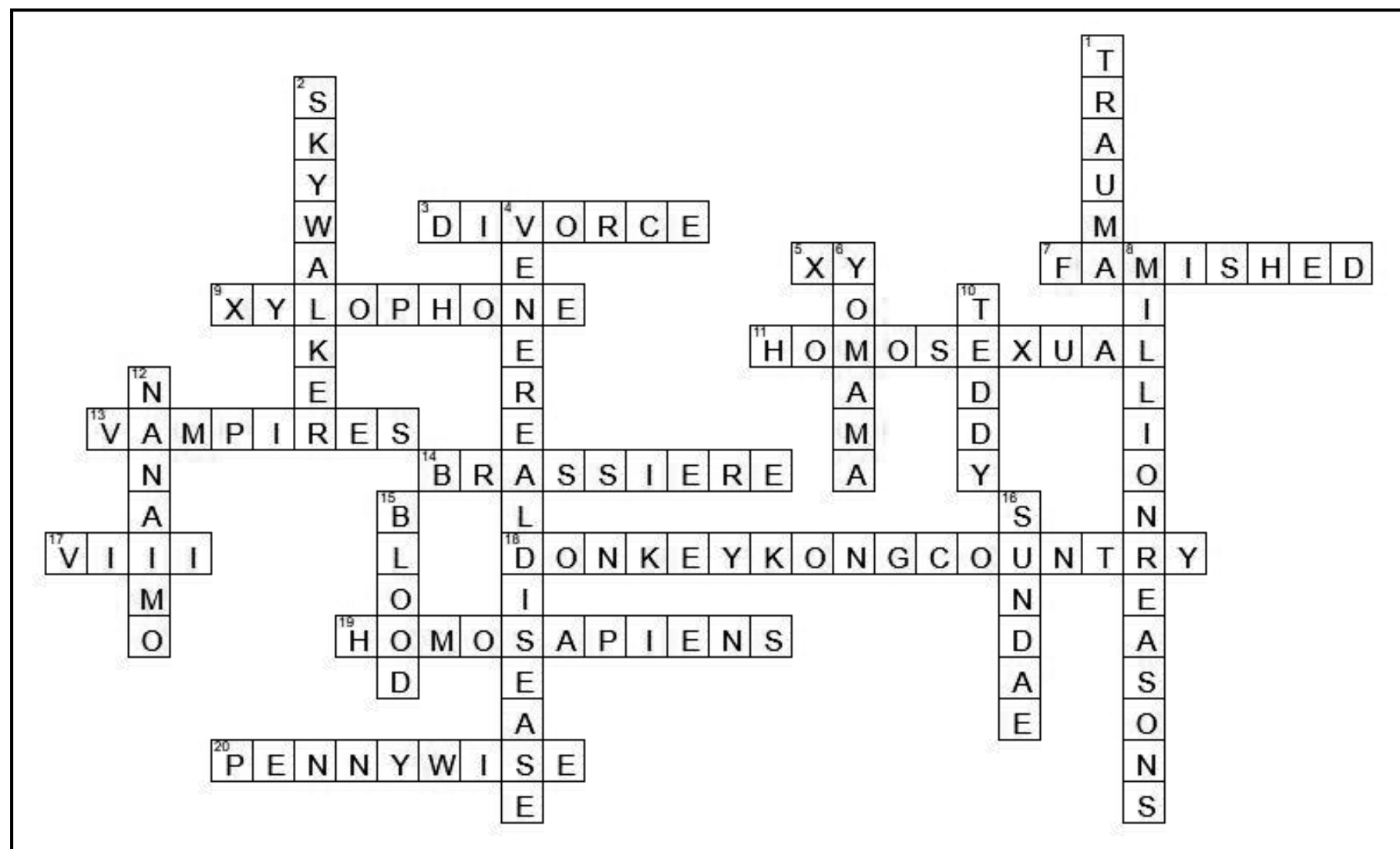
Playing over the break: *Fire Emblem Heroes*.

Play with fan favourites in this tactical role-playing game that is constantly being updated.

Looking forward to: *Dragonball FighterZ*. Animations and attacks are lifted from the anime with it's combat being done by Arc Systems, the people behind *Guilty Gear*, *BlazBlue*, and *Persona 4 Arena*. I'm fairly sure they're going to do this one justice.



CROSSWORD RESULTS



Point ^{counter} Point 2017 – good or bad?



NIKITA ELENIAC

2017 was a big year for so many reasons. There were many highly-anticipated albums released; including Taylor Swift's *Reputation*, Jay-Z's *4:44* and Lorde's *Melodrama* – her first album since 2013. There were also a lot of new musicians to debut this year, the likes of Rex Orange County, Blondage, Playboi Carti and Sigrid. Looking back, 2017 wasn't really all that bad.

I can't disagree that the *Emoji Movie* was a disaster but so many laughs came from it. You just have to look at the positive side of things. On the silver screen this year, we saw so many amazing movies, like *Wonder Woman* and *Baby Driver* and even a new *Spiderman* with Tom Holland. In the land of pop-culture, the Internet was blessed with Beyonce and Jay-Z's new twins and their adorable baby photos. Madonna also welcomed twins into her life, which she adopted from Malawi back in February.

While the political scene in the States may seem dire, it did bring about some major progressive positives in society. For example, after Donald Trump's inauguration, we saw an incredible turnout for the

Women's March, which was replicated across the U.S. and even branched out into other countries. The unfortunate spawn of sexual assault allegations from Hollywood did have positive repercussions in the form of the #MeToo movement, with sexual assault survivors speaking out about their experiences. This in turn began the #HowIWillChange campaign, which encouraged people to speak out about what they can, and will, do to end rape culture. On a purely happy note, a New Jersey man paid off \$10,000 in layaway orders from Toys 'R' Us, so that families could have a Merry Christmas without the debt.

If that \$10,000 was spent bringing joy to people, it doesn't matter if it bought fidget spinners or colouring books. Speaking of toys, I can't just neglect the release of the Nintendo Switch. *Mario Odyssey* and *Legend of Zelda: Breath of the Wild* came out this year and brought hours of joy to children and adults alike. David Lynch fans rejoiced that the *Twin Peaks* reboot was released this year.

You can't convince me otherwise, 2017 was one for the good books.



CONNER TOFFAN

2017 was a bad year for so many reasons. We've seen some of the worst projects ever released when it comes to the arts. In the studio, we have seen untalented rappers like Lil' Pump and Kodak Black quickly rise to fame, ruining a great genre and, on the big screen, we've seen, well, the *Emoji Movie*.

Jay-Z cheated on Beyonce, no one cares about *Baby Driver*, and *Wonder Woman* was overrated. It was a terrible year on the big screen. Stop pretending like 2017 was such a great year. Positivity wasn't easy to find with the death of many greats such as Tom Petty, Chester Bennington, Gord Downie, Fats Domino and Roy Halladay. We also saw the death of the United States political scene with the inauguration of Donald Trump. The entire political landscape spiralled into a complete joke. He insults the most dangerous leader in the world by calling him "short and fat." When the president complains about NFL players taking knees more than he talks about his job, you know it's bad. He might even tweet at me for writing about him in this article! Sad.

You can't call people pure when there's

been more terrorism and domestic attacks than ever. There were attacks in Las Vegas, Fort Lauderdale and even nearby at Commonwealth Stadium. There are positives and negatives with everything but we can't just take away what happened. It also shouldn't take all these allegations to start raising awareness for such a serious topic. Getting even more serious, on a purely sad note, fidget spinners were released. How can you be happy with 2017 when that putrid toy took over the world? I'm willing to bet that the majority of that \$10,000 was spent on the toy that dominated the Internet and ruined my life.

I am just going to ignore the release of the Nintendo Switch, because it's almost 2018 and no one cares about Nintendo any more. As a sports fan, a year where dynasties continue and no competition exists, is a bad year. The Pittsburgh Penguins, New England Patriots and the Golden State Warriors all took home championships and it was terrible to watch.

Overall, 2017 was an interesting year, but everyone has different opinions. What did you think of 2017?

FOOD

A downtown culinary gem

By SARAH FOX

One of this city's hidden gems is Indian Fusion. Located in downtown Edmonton, this restaurant is full of amazing, traditional Indian dishes.

On entering, you are greeted with a delicious smell and beautiful Indian décor. It's a small place and because of that, it fills up very quickly. You can just walk in but they recommend reservations.

The menu is full of a variety of curries, rice, naan (which is an oven-baked flatbread) and meats. Ordering the food can be a little challenging if you've never had Indian food before but the staff are very patient and helpful. My table chose to order a vegetable curry, a traditional chicken dish, coconut rice and regular naan. Everything was so good. The sweetness of the coconut rice really complemented the spices in the curry. It was also very filling. Ordering a few dishes to share is an excellent idea.

Indian food is known to be spicy, so to help people

who can't handle too much spice, there is a spice ranking system, 1 being the mildest and 5 the hottest. If you are a baby when it comes to spice (like me) I would recommend a 2 or a 3.

Indian Fusion has built a reputation, not only locally but internationally. There are several awards on the walls and many articles have been written about them by all kinds of publications, including *The Huffington Post*. On the back door is a sign that says: "Knock if you're hungry." A hot meal and drink will be served to anyone who is down on their luck. They give away over 1,000 free meals a month to those who are less fortunate. It is truly an amazing thing that's being done for these people and for that reason, I think it's the best restaurant in this city.

Indian Fusion is located on 10322 111 St. NW. They are open seven days a week: Monday-Friday, 11 a.m. to 8:30 p.m. and Saturdays and Sundays noon to 9:30 p.m. Delivery is also available through Skip the Dishes.



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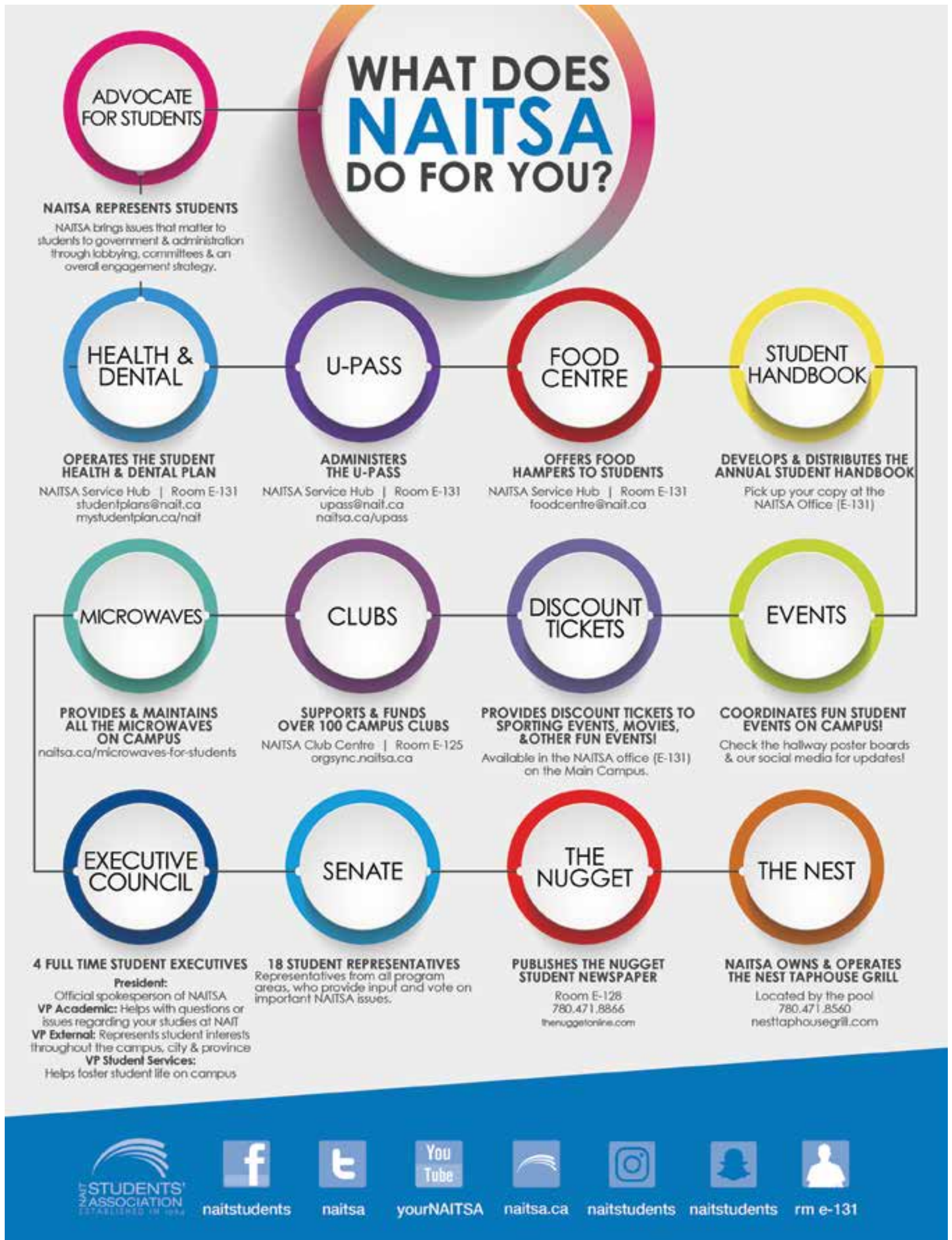
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