

Thursday, March 23, 2017
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LINDA'S LEAVING

Two-time CCAA Player of the Year point guard Ceejay Nofuente, left, guards retiring Oaks forward Torey Hill during their first game at the Nationals at NAIT on March 16. NAIT defeated the heavily favoured Humbler Hawks 55-52 and went on to finish fourth in the tournament.



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NEWS & FEATURES

A NAIT athletics night out



A.J. SHEWAN
Issues Editor

For a student, the weekly chaos can feel overwhelming. Learning new subjects, reviewing past lessons for future tests and catching up on homework are just the basic aspects of student life. Add these to the daily rituals of employment and other life commitments and the time required for a mental break quickly evaporates. Students know the time for leisure and hobbies comes last, often not at all. With this in mind, a spur-of-the-moment activity or outing can bolster spirits and lift the crushing weight of the week, if only for a short time.

NAIT has a highly competitive athletic

department whose teams have won championships within Alberta and across Canada. Reading the weekly reviews during our editorial team's copy edit once a week provides a snapshot into the highs and lows of most of the NAIT teams. The news of the NAIT Ooks women's hockey playoff run gave me pause for personal reflection. It was with regret that I had not taken the time to cheer them on during their run. I had few excuses as to why I couldn't have made the time to participate with so many other NAIT students and throw my support behind them. With that regret fresh in my mind, I started looking for NAIT Ooks games in any sport that I could attend to cheer on my fellow students. It so happened that this past Friday, the men's hockey team was making their playoff run and the game was scheduled for 7 p.m. in the arena. I was determined to come out and show my support.

It didn't take much convincing for my wife and children to join me. The kids loved the opportunity to go see a hockey

game up close and personal. With the price of an NHL game these days, the Ooks game was exactly the family friendly entertainment a student budget afforded. With Ooks "stuffies" in one hand and a bucket of popcorn in the other, we took our seats mid-

way through the first period. What an exciting, hard hitting tilt it was. The kids danced in their seats and took advantage of the freedom to get up close and personal to the boards for the big hits and great skating. Between the first and second periods, I managed to convince my youngest to join

me in saying "hello" to the time keepers who sit between penalty boxes. One of the timekeepers works part time helping out at *The Nugget* office and she offered my daughter the chance to sit in the penalty box for that genuine hockey experience. My daughter loved it. On the way back to the stands she was intrigued as to what the other young kids were doing standing next to the open door to the ice. When it was confirmed that she could "fist bump" the

Ooks players on their way back onto the ice for the start of the second period, she was elated. With the help of Dad's hand holding hers, she gave the Ooks each an enthusiastic fist to start the second. Unfortunately as the third period ended my family had to head for home. Bedtime was long overdue. I convinced my wife that I would find my own way home and insisted on staying for overtime. With the season on the line, I had to stay and cheer on the team.

The first overtime was no less enthusiastic than the first three periods. Trading big hits and scoring chances back and forth, neither team managed to find the back of the net. NAIT's president, Dr. Glenn Feltham, popped in to have a look, seemingly intent on catching the big finish. But it was not to be. After a MacEwan penalty midway through the second overtime, the Griffins scored the shorthanded winner. It was a heartbreaking loss. The takeaway for my family, however, was one of excitement and the chance to cheer on the home team. With the low cost option of a family friendly night out, it won't be our last NAIT sporting event.

— Full sports coverage, pages 6-9



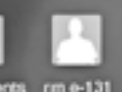
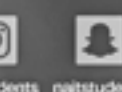
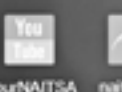
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6-10 | PRIDEWEEK

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

- 16 | BEACH KARAOKE @ NEST
- 20 | ART AFTER DARK
- 23 | NNTM FINALE LIVE @ NEST
- 29 | WELLNESS WEDNESDAY
- 29 | BLOOD DONOR CLINIC
- 30 | ENTERTAINMENT NIGHT @ NEST

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



Sustainable message

By **BRENDAN COLLINGE**

On March 13, NAIT students took part in a seminar on the growing importance of living an economically and socially sustainable lifestyle. The “How to Live Sustainably” seminar in the E-Wing focused on these strategies.

Jessica Brisson was one student who managed to catch the presentation.

“It was a really nice event in the way there was a lot of information provided and also activities we participated in to gauge how involved we currently are,” said Brisson.

She was very satisfied with how the event turned out.

“It was mostly about how to find information to make your current lifestyle more sustainable. There were some websites pointed to and other resources pointed out. We were handed two different books that are actually available online called *Green Home Living* and *Green Living*.”

She was shocked by a diagram showing the largest contributors to greenhouse gasses and waste. The vast majority of contributors were transit and in-home living.

“It wasn’t industry or all of these other things you might suspect, it was people’s homes and cars. There’s a lot more people could do to make their lives more sustainable.”

She believes if there was a more open channel for promoting this event, there would have been a bigger turnout. Only nine people attended the event with one being an instructor drop-in.

“The people who attended were extremely engaged. Every-

body learned a lot and if more people were aware, I think a lot of people would benefit. The presenter was great, she worked for the city and her rule was to develop better, cleaner methods for living. She was extremely well informed and a very good presenter. It was too bad more people couldn’t come.”

Brisson grew up practising basic sustainability at home with her parents. She has since left the nest and lives in a condo.

“My folks have a compost bin and recycle bin. We always went to the eco-station to turn in our stuff. But now that I live in a condo, I was curious. How do I take those practices and make them applicable to small home living?” Brisson asked.

“There are two provincial government programs coming into effect soon. One is for home-owners, which doesn’t really apply to students. The other one lets you call a hotline number, which brings someone to your home free of charge and go through it to make simple changes like switching light bulbs. It makes your home greener and you can get a tax refund from it! If you can prove you’re able to

reduce your in-home waste you can get money back from it. That could help out students a lot.”

In a day and age when ecological concerns are foremost in the public purview, citizens have plenty of opportunity to take advantage of government offered incentives. With the implications being far greater for a younger generation, it is incumbent upon students to keep themselves informed and be on the lookout for future opportunities to get engaged.



RSD2 ALERT Connections



Two students hard at work in the Spartan Centre.

Photo by Aliyah Powell



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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.

A special chef

By A.J. SHEWAN
Issues Editor

For students in the Culinary program at NAIT, the talent they learn from and the experience garnered is invaluable for a future career. When an opportunity arises to learn from some of the most talented chefs through the Hokanson Chef-in-Residence Program, the knowledge that can be obtained is more valuable than any textbook.

When the Hokanson chef-in residence program was launched back in 2009, the intention was to provide students in NAIT's Department of Culinary Arts and Professional Food Studies the unique opportunity to learn from some of the best chefs in the world. This program is the first of its kind in Canada and is possible thanks to a generous grant from John and Susan Hokanson. Each year a new guest chef is selected to spend between three to five days with students, showing them various techniques, participating in special events, and sharing their experiences. Some of the past chefs include Canadian celebrity chefs Rob Feenie, Lynn Crawford and Vikram Vij. This year's guest chef was Amanda Cohen.

Cohen grew up in Ontario and moved to New York to attend university at Natural Gourmet Institute and never left.

She became a vegetarian at the age of 15 and started cooking at the age of 20. She opened the first vegetable-focused restaurant, Dirt Candy, in New York in 2008, recognizing there was room in the industry for a restaurant that put vegetables at the top. Success has come in many forms, including becoming the first vegetarian restaurant in 17 years to receive two stars from the *New York Times*. She was also the first vegetarian chef to compete on Iron Chef America and, in 2015, Dirt Candy became the first restaurant in New York City to eliminate tipping. Cohen believes strongly in paying her employees a living wage, so she raised menu prices by 20 per cent and eliminated tipping. If all of these accomplishments weren't enough, Cohen has found the time to publish the first comic book cookbook. Titled *Dirt Candy: A Cookbook*, it is the first graphic novel cookbook published in North America.

With the breadth of knowledge Cohen brought to NAIT, students in the Culinary program received a truly unique experience. Though it seems impossible to top the fantastic list of top celebrity chefs that NAIT manages to retain every year for the chef-in-residence program, there is little doubt the future is full of opportunities for Culinary students to gather even more valuable information.



Photo by Jenny Macquarrie

2017 Chef-in-Residence Amanda Cohen

Conquering perfectionism



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments ... consider yourself a failure if you get a 'B' ... put things off because you can't get them perfect ... avoid giving your opinion for fear of looking dumb?

Perfectionism: a self-defeating cycle where individuals set excessively high standards for almost everything they do, often fail to live up to their standards, and blame themselves for not being good enough or not trying hard enough. To offset this they feel compelled to set more unrealistic goals in order to try and feel better.

Perfectionism usually interferes with, rather than contributes to, success. If you

are a perfectionist, it is likely that you never feel satisfied and, even if you get some temporary satisfaction, you usually don't accomplish as much as non-perfectionists because you spend so much time trying to get things just right. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life. Perfectionism is a major cause of procrastination. Fear of not being able to do a task perfectly or anticipation of the effort involved to achieve perfection often causes perfectionists to avoid tasks. In addition, perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

While setting high standards is good, aiming for compulsively high targets is harmful to your mental, emotional and physical health. Here are some tips for setting realistic standards:

- Set boundaries on the amount of time you put into projects and studying, and stick to those boundaries. Perfectionists often put two or three times the time and effort into projects, even if the projects are minor and all that extra effort usually leads to minimal improvements (two or three per cent). In the meantime they get stressed about not working on other projects and lose balance in their lives through not spending time with friends or doing activities they enjoy.
- Decide on one or two things that are most important to you and put your effort

into those things. Practise doing a mediocre job, or even a bad job, of other things that are not important to you.

- Try new activities. Remember that we learn by making mistakes. Often perfectionists don't try new things because they don't want to make fools of themselves.

- Know your overload warning signs. If you are having symptoms of stress, feel like giving up, are avoiding necessary tasks or feel tearful or irritable, you may be setting standards that are unrealistic or taking on too much.

- Schedule time for fun and relaxation every day. This actually makes you more creative and productive in the long run.

- Try not to compare yourself to anyone else.

- Alter your negative self-talk. Be aware of how hard you are on yourself and practise giving yourself more praise and changing negative self talk to positive, or at least, neutral, messages.

- Ask yourself, "What is the worst thing that could happen if I don't do this perfectly or if I get a mediocre mark?" Usually the consequences are not that critical.

- Make a list of how perfectionism is hurting you and those around you. Some common examples include low self-esteem, micro-managing, negativity, isolation, difficulty making decisions, not taking risks and keeping relationships distant.

- Watch for positives. Perfectionists are usually wonderful at spotting flaws in

themselves and their work, as well as in others. Make a conscious effort to see more good than bad in everything and everyone you evaluate and to alter that negative inner voice to have a more positive, realistic viewpoint.

- Stop chasing the impossible dream. Judge yourself by who you are and not by what you accomplish. No one is, or ever will be, perfect. You are wonderful just the way you are!

Healthy achievers take pleasure in pursuing their goals rather than feeling stressed about perfection. Letting go of unrealistic standards requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you will probably find yourself having a lot more fun.

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

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

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

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

OPINION

— Editorial —

Voices need to be heard



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

This week, YouTube has been making headlines due to new restricted content settings. Over the weekend, a number of prominent YouTube creators brought attention to the fact the recently updated settings were causing their videos and, in some cases their entire channel, to be blocked in YouTube's Restricted Mode. From gaming channels to comedy, beauty vlogging to pop culture critiques, the thing that unites these YouTubers and their content is that they have LGBT+ content.

This is a problem. This is censorship.

Defended as unintended result

YouTube tried to defend the restrictions as being an unintended result of their recently adjusted restricted content algorithm; however, after experimenting, the YouTube community discovered that many videos that included sexually explicit (particularly heterosexual) material, gratuitous profanity or graphically violent content were frequently still available.

As a straight cisgender woman, I was – and still am – lucky to be surrounded by media that reflects my lived experience back at me as I was growing up. I might lack the height, slender body and perfect blowouts of my favourite magazines' cover models but I've always seen my identity reflected back at me. When you grow up seeing yourself in all of the cultural content surrounding you, it might be hard to imagine not having that experience.

One of the best things, in my opinion, that YouTube has provided is a valuable platform for diverse voices, especially the LGBT+ community. YouTube can provide a valuable source of community and resources for youth, one that might not exist at home.

Information harder to get

NeonFiona, a YouTuber, commented to Gizmodo that, "Kids who want to know about different orientations and definitions and about the history of LGBT people, etc., they can't access that when their videos are being restricted. Restricting these videos makes it harder for these kids to find information they need and the community that they've been missing."

Many of the YouTubers that belong to the platform's LGBT+ community produce primarily non-LGBT+ focused content; for example, Hannah Hart's My Drunk Kitchen channel started with a (boozy) focus on food, Ingrid Nilsen was a beauty guru/lifestyle vlogger, and Zoe Quinn's posts are related to video game development. In addition to contributing their voices to the LGBT+ community, they reach a much broader viewership; viewers

that don't identify as LGBT+ but follow them for their primary content topics also benefit from being exposed to these stories and perspectives. After all, we all benefit from open and diverse safe spaces.

YouTube says that they "introduced Restricted Mode back in 2010 as an optional feature to help institutions like schools as well as people who wanted to better control the content they see on YouTube." While the sentiment behind that is not unreasonable, this can mean that youth who are only able to access media through library and school computers or home computers with parental settings will have an even more challenging time accessing this much-needed content.

What we need to question is why YouTube thinks LGBT+ subjects are considered adult content that needs to be restricted. The vast majority of the videos affected by these recent changes are free of nudity, violence, profanity or other content that is typically agreed upon as being harmful to children. NeonFiona posted side-by-side screenshots on Twitter showing a comparison of her video listing on restricted view and on regular settings; videos with titles that included words like "gay," "lesbian," and "bisexual" were hidden when the restricted mode was activated. However, her video "An Honest Chat About Being Single," which, unlike her LGBT+ videos, actually discusses sex, still appears. YouTubers' recent experiments with their video titles and keywords make it clear that LGBT+ content is specifically being flagged, not "subjects like health, politics and sexuality" like YouTube claims.

Furthermore, while YouTube's official statements include a tweet emphasizing their continued support of the LGBT+ community and a larger statement that their "system sometimes make mistakes in understanding context and nuances when it assesses which videos to make avail-

able in Restricted Mode...

"While the system will never be 100 per cent perfect, as we said up top, we must and will do a better job. Thanks to your feedback, we've manually reviewed the example videos mentioned above and made sure they're now available in Restricted Mode – we'll also be using this input to better train our systems. It will take time to fully audit our technology and roll out new changes, so please bear with us. There's nothing more important to us than being a platform where anyone can belong, have a voice and speak out when they believe something needs to be changed. We truly appreciate your help keeping the YouTube community active and engaged on topics that matter to creators and YouTube fans alike."

It's true that platforms like YouTube are faced with an impossible challenge of moderating content; with approximately 300 hours of video uploaded each minute, it would require over 50,000 full-time staff to moderately moderate the content (if they spent eight hours a day just watching videos). As a result, they rely on a blend of algorithmic classification, users reporting problematic uploads and for content creators to accurately label their uploads.

I'm sure that developing algorithms that can fairly parse out truly inappropriate content is difficult. However, it's essential that we continue to hold platforms like YouTube accountable to their entire audience and community. While the precise construction of their algorithm is unknown, it's impossible to deny that some pointed censorship of LGBT+ content is occurring if you look at comparisons of video feeds on regular mode versus restricted modes.

Just like we need to stand up against book banning, we need to stand up against platforms like YouTube, Facebook, et al controlling what content is visible. These voices need to be heard.

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SPORTS

WOMEN'S BASKETBALL

Lethbridge wins Nats

**NAIT women
finish in
fourth place**



MICHAEL MENZIES
Sports Editor

Thirteen games, 520 minutes, and 31,200 seconds of basketball were played at the NAIT gymnasium over three days to determine the CCAA women's basketball national champions. By Saturday night, the third-seeded Lethbridge Kodiaks won the gold medal, while the NAIT Oaks played a rare set of four matches, finishing fourth.

The Kodiaks walked into the tournament with a 64-2 record over their last three seasons, including a perfect record this year in the tough ACAC South Division. In the tournament opener, they put the competition on notice with a 99-44 drubbing of the PacWest Douglas College Royals.

Thursday night (March 16), the eighth-seed Oaks shocked the undefeated and heavily favoured first-seed Humber Hawks from Toronto as a raucous crowd created

palpable tension all night long. Amber Bechard took an unsportsmanlike foul with under a minute left, shoving Katie Waring to the floor and the Oaks stopped a final shot attempt at the buzzer, winning the match 55-52. The defending champs were out of gold medal contention in just the first game and the bracket busted wide open for any team planning on making a run.

85 turnovers

The Kodiaks' smothering press and fast pace proved difficult for opponents to adapt to as Lethbridge created 85 turnovers in only three matches. In Lethbridge's follow-up, the Kodiaks battled the RSEQ champs Nomades de Montmorency and showed their resilience in stopping a late comeback. Sunder West, Logan Moncks, and Emma Lowry established themselves as the "Big 3" to watch out for, scoring 66 of 74 points in their semifinal win against the Nomades. Lowry impressed as a smart, deceptively quick post player and Moncks as a do-it-all star on both ends of the floor. Each earned first team honours.

NAIT drew up against the Dawson Blues in the semifinals. Calm after beating the Holland Hurricanes the night before, the Blues showed their stick-to-itiveness and put the game out of reach 68-55 down the stretch. The Oaks struggled to shoot the

basketball. Katie Waring and Sydney Hurlburt looked antsy on the court and were fighting it for most of the tournament. The loss also meant it wouldn't be an all-ACAC National final.

The Oaks had their work cut out for them Saturday morning against the Douglas College Royals in the bronze semifinal. After a late charge by All-Canadian Rachel Beauchamp and Sarah Jorgensen, the Oaks had the ball to win on the last shot tied at 62-62. Jordan Enns collected the long rebound and canned the putback with one-second remaining, meaning the Oaks would play for the bronze medal four hours later against the Humber Hawks, who beat Montmorency earlier that morning.

The rubber match didn't surprise many as the Hawks comfortably beat the Oaks 72-48. Humber, who shot just over 20 per cent from the floor in their first meeting, nearly doubled that mark as two-time CCAA Player of the Year Ceejay Nofuente picked up 31 points and nine rebounds. The Oaks still didn't seem comfortable and looked understandably tired by Saturday night.

The Kodiaks' final against the Dawson Blues started slowly for both squads as each team felt the nerves of a national final. Sunder West got hot near the end of the half as the Kodiaks doubled the Blues 32-16 after 20 minutes and didn't

look back. On the strength of 22 points, West earned player of the tournament as the Kodiaks held off a heavy third-quarter charge and won the hardware with an 81-54 victory.

The sentiment from Coach of the Year Brad Karren made the victory even more special at the awards banquet Wednesday. Karren said that he didn't have 12 players on his team, he had 12 daughters. Their relationship as coach and players is different compared to many teams. Karren's timeout huddles are conversations rather than orders and his team responded all weekend long to the challenges he put forward to them. Their mantra of "unfinished business" finished with gold around their necks and a lasting relationship with the highest on-court success.

Five Oaks retire

The fourth-place finish marks the end of five NAIT careers. Torey Hill, Shae-Lynn Noyes, Jordan Enns, Cassidy Taal, and Alyssa Bridgeman all played their last games in Oaks colours. Noyes was the most consistent Ook in the tournament and Hill was named to the second tournament all-star team. One has to wonder how well the Oaks would have finished if they were able to play like they did in the regular season.



Photo by Christina Varvis

NAIT women's basketball coach Todd Warnick and members of the team watch the action at the national championships, held March 15-18 at NAIT.

Henderson on the move

By **MICHAEL MENZIES**
Sports Editor

Athletics Director Linda Henderson, who will leave NAIT for a job with Olds College effective April 28, is looking forward to her new role.

Henderson who has been at NAIT for almost 10 years, said Tuesday she is looking forward to the move.



Linda Henderson

"I'm excited about the opportunity to go to Olds," she said. "Super excited, because it's really different than NAIT. It's a really small school, population around 1,350 and 10 per cent of them are student-athletes. So it's community based and we can be immersed in the community as well as the development side of athletics."

Olds College for years has struggled in the ACAC South Division in many sports. Men's volleyball, the sport that Henderson coached for years in British Columbia, was especially poor this season, only winning one set. This didn't discourage Henderson from taking the position.

"If you would have had asked me a few years ago if we'd ever see myself in a place like that I would have said no because I couldn't envision it. But after you've done all you can do here, you just decide 'what are you going to do?' I'm going to do this again somewhere else."

Henderson recalled when she was first hired and her boss at the time telling her she was the type of person that should stay in an organization five years – 10 years max – and then go to the next organization and rebuild. At first she thought he was crazy but now she said she realizes what he meant.

Henderson also said the success of the women's basketball nationals that NAIT hosted over the weekend was a fitting end to her tenure at NAIT.

"It was nice that I was able to host a National Championship here prior to my

leaving. That was a really great thing for us because that's a two-and-a-half, three year process to put that together."

Her superior, Karen Bennett, Associate VP Campus Life, was complimentary about Henderson's contribution to NAIT.

"Linda has done a great job here in the nine years she's been here. She's really put NAIT on the map as far as the athletics programs. We definitely appreciate everything she's brought. We wish her well."

As for her experience at NAIT she refuted earlier reports that said she was not renewed despite being in her last year of a contract.

"No, they were really, really good to me here and I know it appeared that I wasn't returning and came out that I 'wasn't returned' and I was, like, I wasn't returning because I had this great opportunity somewhere else."

"I started thinking about that two years ago. Because I had done everything else, besides get a new facility. You get to a point in your life where you need new challenges and I felt this was a great opportunity."

When asked about potential relationship difficulties with administration, she said: "In the environment here there are differences of opinions quite often. But we are respectful of each other in that respect. So I'm not really sure where that came from. I think for me I have a great relationship with administration – upper administration – and they've

always been very respectful of me."

"So I'm not even sure where that came from. But, end of January was when I was looking because the opportunities were coming my direction. I had seen postings for Olds so maybe that was misinterpreted as that."

Meanwhile, as for the direction the department might take under a future director, Bennett said she has already met with some members of the Athletics department and was planning to meet yesterday (Wednesday) to talk to the coaches.

"I'm going to get their input in figuring out what the transition should look like, she said, adding that she's "not planning anything that looks like drastic changes or cuts or anything like that. We just need to make sure we get the right model moving forward for NAIT."

"There's a great opportunity to see what you can do to improve," she said.

Henderson's departure ends an era for NAIT Athletics.

"I loved my time at NAIT. Loved it. I'm happy I was able to leave a mark and I'm happy to try and do something at the next level too. It will be a challenge but I'm looking forward to it."

Henderson was a part of 18 national championships and over 85 provincial crowns for NAIT teams since she was hired in 2008. This more than doubled the output of the Oaks in the 40 years before her time at NAIT.

FITNESS

A workout pal for all seasons

By **REJOICE TAWONERERA**

Being the busy-bee hardworking college students that we are, finding time to dedicate to going to the gym can be tough. With summer right around the corner, I am more than willing to use any tactics that will shed the fat, and get my beach body ready by June. I'm not one for following strict diets but I do try my best to get a sweat in the gym at least five to six days a week. But if you don't have that time, doing this one thing will make such a drastic change.

How many of you pay attention to the calories that you consume? I'm not ashamed to say on a lonely Saturday night I've sat in bed binge-watching Netflix, and probably emptied half the pantry all by myself. Foodie life what can I say (#sorry-notsorry). But now that shorts and crop tops are coming back, I've had to get myself in check. I've lost a lot of weight solely based on just tracking my calories but I've failed at this more than once because I would feel ashamed of how much I noticed myself eating or the app wouldn't motivate me to remember to track my food diary every day.

MyFitnessPal saved my life. It is the best

fitness app out there in my opinion. For starters, it's free for Android and iPhone users. After you give your weight, height and goal weight, it asks you how many pounds you want to drop or gain a week. Your options range from half a pound to two pounds. Based on whatever you choose, it gives you a calorie goal to reach daily.

The meals you can add are breakfast, lunch, dinner and snacks. You can also

monitor your water intake, which is very important. For example, if you've had a breakfast sandwich from Tim Hortons, you just type that into breakfast and it gives you a list of options. Choose the amount of servings you had and you're good to go.

Tracking calories will help you maintain or lose weight because you become more aware of what you're eating. I've noticed that I snack less, and if I do snack

it's usually healthy. Because I know I have a realistic goal to focus on. I'm not trying to lose 10 pounds in one week, I'm trying to generate weight loss in the next four to five months.

Tracking calories and being able to add exercises on MyFitnessPal I've completed that day gives me so much motivation. After you finish your entry for the day you press complete diary, and it gives you an estimation of the weight you should be in about five weeks.

An additional tool MyFitnessPal has is creating your own meals or exercises if the app doesn't have what you're looking for. It caters to you. If you forget to log any meal, it sends you a friendly reminder asking you if you would like to do an entry now, since you didn't earlier. I have gotten a lot of friends to test this out and they have been extremely happy with the results. I'm not promising weight loss the first week in but if you consume fewer calories and try your best to get in any sort of movement. Even cleaning or walking counts as exercise! You will be on your way to a healthier, happier you in no time.



AngelList

MEN'S HOCKEY

Ooks settle for silver

By **CLAIRE STANHOPE**

A season of hard work has come to an end for members of the men's hockey team with a silver medal hanging around their necks. The team fought hard for the gold medal and the title of "champion" but couldn't clinch the title, losing in overtime.

Game 1 of the best-of-three ACAC finals at NAIT on Friday, March 17 ended with a 3-2 overtime loss for NAIT, which brought them to MacEwan the next night. NAIT won the away game 4-1 to bring the last game back to NAIT on Sunday night. Game 3 would be the last game of the ACAC men's hockey season and ended in a 4-3 overtime loss for NAIT.

The tone for the series was set from the hop Friday night with a quick boarding penalty two minutes in by NAIT's Brayden Harris.

Sunday's Game 3 saw no scoring in the first period and only two penalties.

Although the teams were playing hard, it felt like each was waiting for the other to make the first move. Macklin Pichonsky headed to the dressing room less than 10 minutes into the first from a high-stick to the face. No call was made by the official. Pichonsky came back next period with blood all over his face and jersey, an embodiment of the fact that these guys were not letting anything stand in their way.



Tim Fragle
"We lacked energy and discipline"

MacEwan was the first team to make their mark on the scoreboard less than 10 minutes into the second and things started to get a little rough from there. The penalty boxes filled up as two sets of coincidental penalties were called 19 seconds apart and then, 20 seconds later, NAIT earned a power play as a third MacEwan Griffin squeezed

into the box. The new addition barely had time to sit down as NAIT scored 40 seconds into the PP, making it 1-1 half-

way through the second.

NAIT scored again on their next power play with under a minute left in the period to go to the dressing room on a high note and a 2-1 lead. Jordan Abt, who scored the goal, got a little chirpy as he skated past the MacEwan bench, earning himself a penalty for unsportsmanlike conduct, meaning NAIT started the third a man down.

Nothing came of Abt's penalty but the next penalty kill for NAIT gave them a little more cushion as Cameron Brezinski scored a fantastic short-handed goal. Fans were breathing easy and it seemed NAIT was as well, as MacEwan scored on both of their next two power plays to tie the game. MacEwan's tying goal deflated the Ooks, as NAIT's Jarid Hauptman's penalty was undisciplined and the Griffins capitalized.

With 58 seconds left in the third, the medal ceremony was put on hold as the

teams went into overtime for the second time in this series. Unfortunately, NAIT couldn't keep their energy going into overtime and MacEwan scored five minutes in, giving them the title of ACAC champions for this season.

"[It was] not the result we wanted," head coach Tim Fragle told *The Nugget* on Monday.

"We didn't have our best game in Game 3. We lacked energy and discipline, which were two traits that plagued us all season long. In saying that, we still forced the game into overtime, which gave us a chance to win but we couldn't find any overtime magic during this year's playoffs."

Although the series didn't end as NAIT hoped, the result is still a fantastic accomplishment. It was a season of thrilling games and a brilliant showcase of skill from both the players and the coaches.



Cameron Brezinski
Short-handed goal



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KEEPING SCORE

NBA's quest for the best



TRE LOPUSHINSKY

With two months left until the NBA's first awards show, two-time MVP Stephen Curry already has his pick in mind. "You kind of have to reward the better team, I would think, record-wise."

"That's just kind of going in the history of the MVP award," Curry said.

"So, I think James [Harden] will probably edge him [Russell Westbrook] out just off that." This was said after a question asked by radio host Dan Patrick.

So far there is no clear winner but out of the four candidates – James Harden, Russell Westbrook, LeBron James and Kawhi Leonard – the NBA is boasting their most compelling MVP race in recent memory. Making the decision for MVP between former teammates Harden and Westbrook

will come down to how they have been performing and leading their respective teams.

Last year, Harden finished the season with 29 points, 6.1 rebounds and 7.1 assists per game. Compared to his 29 ppg, 7.9 rebounds and NBA-best 11.2 assists per game during this year, we can see Harden's teammates have been fed the ball more, putting the Houston Rockets in third place in the Western Conference.

Westbrook started his first year leading the Kevin Durant-less Oklahoma Thunder with more hunger than ever, currently averaging 31.9 points, 10.5 rebounds and 10.1 assists per game. Oklahoma is currently sixth in the Western Conference.

Westbrook and Harden have been flip-flopping for contention as of late. Westbrook has just started his time as the sole leader of OKC and there will be many more seasons like the one we've seen this year but Westbrook can't hold a candle to Harden's "Rocket" powered rise to the top. Under new head coach Mike D'Antoni, We See Harden throwing out dimes and challenging the criticisms of him being a selfish player. He has a better field goal, three-point and free throw percentage than Westbrook.

Compared to other candidates in the running for MVP (James and Leonard) Westbrook and Harden don't exactly have as much

to work with in terms of offensive powerhouses on their teams. In a time where superstars are going to teams they see as championship contenders, these players will see fewer touches on the ball and ultimately be lower in the rankings for MVP candidacy compared to those who will find themselves being the sole offensive presence on their teams.

As an example, Curry is not considered because he's sharing touches on the ball with the addition of Durant this year. Isaiah Thomas of the Boston Celtics is at the lower end of candidacy talk as he trails James and Leonard and is also a main contributor to

his team. That said, having more touches on the ball and taking the brunt of the shots for your team does not exactly mean you can win games. Harden and Westbrook have both demonstrated that they want to win games and not just put up numbers.

All this talk of MVP will come to an end in just over a month. Aside from the criticisms, Harden has demonstrated he can be more than a sixth man or an offensive juggernaut. He has become a more effective passer and leader. I feel the league should "fear the beard" as Harden is looking to come out on top come June.



Grantland

James Harden MVP?

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THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Daily Soup Cup & Garden Salad	FRIDAY Bottle Pilsner

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ENTERTAINMENT

Canadian content at risk



By **BRENDAN CHALIFOUR**
Entertainment Editor

When you turn on the TV and begin flipping through channels at prime time, more often than not, you'll encounter a United States TV series, with plots based there, as well as the actors. In Canada, our TV programming is heavily influenced by our southern neighbours, mostly because of our geographical placement, their large population and similarities in our culture.

There's something about Canadian TV though – the cities they're based in are smaller, the actors are more familiar and the jokes and references are, well, Canadian. We can appreciate the content

and story because it hits closer to home than a big-league police department out of Los Angeles.

The United States has such an influence on our television industry that the Canadian Radio-television and Telecommunications Commission (CRTC)

requires Canadian broadcasters to air more than 50 per cent Canadian content. Content requirements have been in place for decades but how does that factor into how we consume media today? Traditionally, television has been broadcasted so that everyone sees the same content at the

same time. But following the invention of on-demand video streaming, people can now view whatever they want, whenever they want.

With a plethora of content available at our fingertips, from around the world, services such as YouTube and Netflix are transforming the way we consume media and now standard broadcast media as we know it is trailing off in popularity. Instead of rushing home to catch tonight's episode of *Modern Family*, we can watch it at our leisure instead.

So, how will the CRTC regulate and ensure that Canadian content doesn't get drowned out and overlooked? With the recent dramatic shifts in how we consume everything from movies, TV and, even music, there are sure to be big changes to the regulations and rules set out to protect Canada's culture in the near future.

In the meantime, we can continue to enjoy and support Canadian content via the Internet and the CBC's various media. Some of my favourite Canadian shows include *Rookie Blue*, *Flashpoint*, *Corner Gas*, *Mr. D*, and *Dragons' Den*.



Huffington Post Canada

CRTC chairman Jean-Pierre Blais.

TECH TALK

This app's got your back

By **AMBER BERNARD**

If there is one app every student should have, it is *Transit*, which tracks your chosen ETS bus or LRT in real time. This app is a time saver for anyone who takes public transportation. Its intelligent design has your back. I personally use this app and I'm able to avoid harsh weather more so than ever before. It tracks your current location and maps the closest buses and Ubers nearby. You can set alarms and Transit will notify when you should make your way to the nearest ETS bus stop or LRT. No more waiting in cold weather. Thanks to the real-time tracking map, you can stay warm indoors while you watch for your bus on the app.

Miss your ride? No worries, the app's map will show you the nearest bus. If you're in a crunch for time you can also request an Uber, saving you even more time. The app will also notify you if there are any services disruptions that could possibly increase your ride time. As a student who does not own a vehicle, I can say Transit has been the most reliable public transportation app I have used so far. It reliably gets me to and from school on time, and in a hurry.

Another neat feature Transit offers is favourite locations. You can mark your most travelled to destinations, like school and work. Instead of manually punching in the desired address each time, you can select your favourite place and simply request your route. I have marked school and work as my favourite destinations, and within seconds I have a fastest route mapped on the app for me. It also saves your latest travelled routes, so instead of trying to remember to search the address of your last destination, the app has it saved in your history.

The app also has a service called GO which helps you navigate an unfamiliar route. If you're not sure when to get off your ride, GO will notify you when to do so. It gives you a step by step instruction guide, notifying you how many stops are left until your desired destination.

The Transit app is avail-

able in more than 125 cities worldwide, although I have not used it internationally, I did use this app while in Calgary. The app worked just as smoothly in Calgary as it does so here in Edmonton. I am confident this app will continue to make a good travel

partner as the summer approaches and vacations commence.

The overall layout and design is smart, convenient and simple to use. I recommend this app to anyone who uses public transportation as their main form of traveling.



Metro News

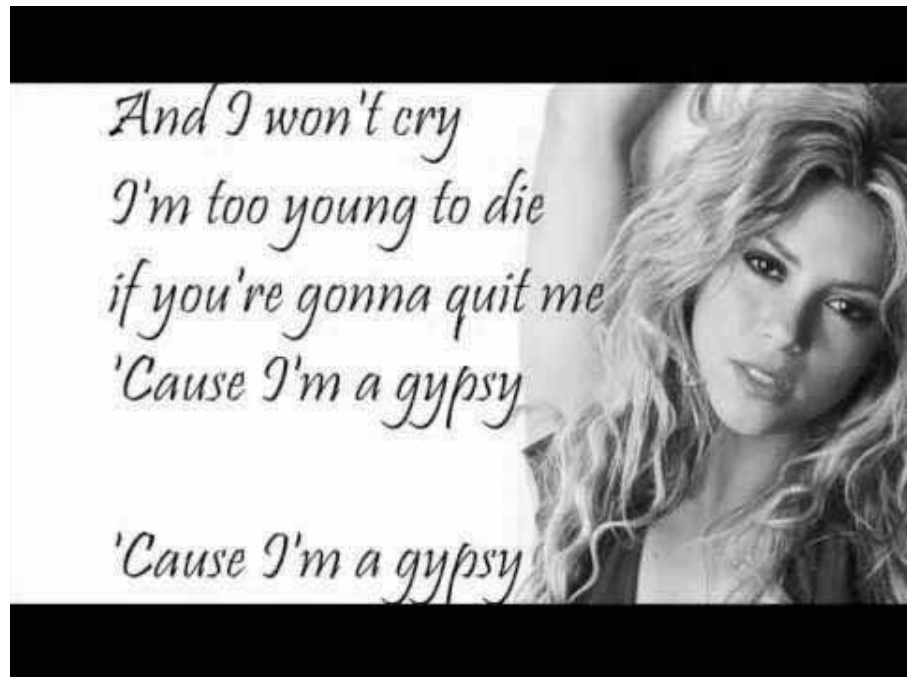
FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **CLARRISSA TOONE**

With the good weather showing up, here are songs to go along with it. Thank you, YouTube, and Spotify for being good places to listen to the music.

Playlist:

- Gypsy – Shakira
 - Hooked on a feeling – Blue Swede
 - Oh Happy Day
– The Edwin Hawkins' singers
 - All I Wanna Do – Sugarland
 - Best Day of My Life
– American Authors
 - On My Way – Axwell & Ingrosso
 - Good To Be Alive (Hallelujah)
– Andy Grammer
 - Brave – Sara Bareilles
 - One Week – Barenaked Ladies
 - Send Me On My Way
– Rusted Root
- Added song for extreme nostalgia:
- All Star – Smash Mouth

**SOUND WAVES****Man of musical mystery**By **EVAN ARMSTRONG**

Although not everyone would recognize the name Sonny Moore, that wouldn't be the case if you used his dubstep stage name Skrillex. Skrillex is probably one of, if not the most popular dubstep artist out there. So where did Sonny Moore get his start as a musician? That my friend, may surprise you.

Moore began his musical journey in 2004 by becoming the frontman of From First to Last, a screamo band based out of the L.A. area. The band signed with Epitaph records and released their debut record *Dear Diary, My Angst Has a Body Count*. The album experienced limited success but their follow-up record *Heroine*, opened at No. 25 on the Billboard 200. During tours, due to his lack of vocal training and faced with aggressive vocal parts, Moore often had vocal cord problems on the road, forcing the band to drop out part way through several tours.

In February 2007, Moore parted ways with From First to Last in order to pursue his solo career. He released three demos on Myspace, by the names of "Signal", "Equinox" and "Glow Warm". This music was released under Sonny Moore and was more of an electro pop project with Sonny on both vocals and production. Shortly after, Sonny began touring again.

In 2008, Moore began to produce under the name Skrillex. He released his first EP called *My Name Is Skrillex* on June 7, 2010. Later in the year, Skrillex signed with Mau5trap records, owned by none other than the Canadian EDM mogul, Deadmau5. Soon after, the two electronic musicians did a nationwide tour together. Moore also

released his second EP, *Scary Monsters and Nice Sprites*.

This was the beginning of the mainstream success of Moore's music. *Bangarang* was released through Beatport on Dec. 23 2011 and *Recess* was released March 10, 2014, which debuted at No. 4 on the Billboard 200.

Although we don't hear much of Skrillex anymore, Moore is still a very active musician. He was involved with the production on several of Justin Bieber's tracks on *Purpose*, including "Sorry," and "I'll Show You," as well as

collaborating with Diplo under the name Jack U.

However, what has come most recently from Moore is probably most surprising. On Jan. 15, he tweeted "Happy Birthday" with a link leading to a single from his first musical project, *From First to Last*, titled "Make War" with him both back on vocals and production. He then played Emo Nite L.A. on Feb. 7, for the first time and it marked the first time he played with *From First to Last* in 10 years.

Where Sonny will go now, who knows.

**Sonny Moore, aka Skrillex**

Stoney Roads

HOT 'N' SINGLE



Photo by Alan Holmes

Matthew Churchill, 25

Matthew "Churchy" Churchill: actor, future movie star, inevitable future model, sex bomb and so much more. This six-foot-tall hunk is currently enrolled in the Radio and Television program. With a face ready for the camera, his smile could melt the ice from the River Valley and bring about an early spring awakening. He has been featured in music videos, film, television and even the AMC hit show *Hell on Wheels*. Now, he's ready to star in the greatest role of his career as your boyfriend.

What do you look for in a woman? Similar interests. I love someone who shares a passion for the arts. The film industry, radio, TV, music ... it doesn't have to be the same as mine. As long as she has passion. I want someone who's serious and ambitious. Definitely more 'big city'; I'm not small town at all.

What would you like to do on a date? I want adventure. Nothing cliché. Like, dinner and a movie is too typical. There's no communication. I'd love to check out a cool area of the city – I'm just curious – or even just go for coffee on the first date and get to know each other.

What's next for you? I love to travel, especially to interesting countries, as opposed to more touristy places. I want to go where I can really spend some time there, not just a vacay. Eventually I wanna move somewhere bigger than here. I'd love to live in New York City.

Any other interests the lucky lady should know about? Well, you know, I love sitcoms, and music, obviously. Especially hip hop and modern pop, like Top 40 stuff. I'm secretly a Biebs fan.

Spring skin care on a budget

By REJOICE TAWONERERA

Edmonton has given us an extensive winter this year – we have endured a roller coaster of weather change. Thankfully, clear skies and sunshine have descended and we are in a new season, which gives us all room to nourish our skin with products after those bitter cold months, without breaking the bank.

A lot of skin care products have a label of what they do for you, and what skin type they are made for – normal, oily, sensitive, combination and dry are the most common skin types. Trial-and-error is the best way to figure out

what works for you. But you don't need to empty your pockets and spend a generous amount of money on skincare brands that are "used" by celebrities. I'll let you in on two affordable brands that I hold dear to my heart.

I have sensitive skin, so I like to use products that are paraben free. A brand that works wonders for me is Simple, which specializes in sensitive skin care. The name speaks for itself. It's not filled with any harsh irritants or artificial perfumes, all it does is clean my skin. The Simple line, carries cleansers, moisturizers, eye care and facial wipes at an affordable price. I use the moisturizing facial wash and it is a gem. My skin has been soaking up the moisture from this product like crazy. It is a staple product in my skin care regimen all year round and it is around \$8 at Walmart.

My second affordable spring product for exfoliation is the Freeman Charcoal &

Black Sugar Polishing Mask. This product is for all skin types and it does wonders. From the very first use of the mask, you can feel the deep cleanse working. After you rinse the mask off, your face feels brand new and polished.

The thing with exfoliants is they need to be used in moderation, once or twice a week, depending on how your skin feels. You don't want to over exfoliate, you will irritate your skin and cause even more breakouts. You can get this Freeman mask at Walmart for under \$5. Thank me later!

The last product that I have recently started

using that I love is a toner. I never quite understood the effect of toners but I have been convinced by the results. Not everyone needs to use a toner but if you battle with oily and acne-prone skin, the toner will aid in reducing the number of flare-ups you get. Toner removes any excess oil and dirt from your face. It should be one of the last products you use, right before you moisturize. Simple soothing toner is my go to. It leaves your face feeling so fresh and renewed. It's around \$8 at Walmart. Give this product a try.

Now that I've given you an insight as to which order your skin care regimen should follow. Make sure you cleanse, exfoliate, tone and seal all of that hard work with a moisturizer of your choice. Nivea, Vaseline lotion, cocoa butter, and coconut oil are amazing for moisture and glow! I wish you all the best on your spring skin care journey. Glow, darling, glow.



Rejoice Tawonerera

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**BRENDAN
COLLINGS**

“What’s the nicest thing you’ve smelt today?”



“I’m going with my coffee this morning. What was it, hazelnut? It was at the common market.”

Brett Holden
Radio & Television Arts



“My perfume; Coco Chanel”

Mia Simon
Culinary Arts



“My cologne. I really don’t know the name of it.”

Justin Perreault
Power Engineering



“Probably this carrot cake muffin. Hasn’t been a good day for smells.”

Chase Cristall
Construction
Engineering Tech.



“I had chicken parmesan from Mercante, it was really good.”

Grace Kammermayer
Clinical Lab & X-Ray
Technology

ON THE SCREEN

A sequel worth watching

By **MACKENZIE GATES**

After 20 years waiting, the boys are finally back together. The heroin using, club hopping, life choosing group of misfits from the 1996 cult-film *Trainspotting* are at it again in a sequel. The original film – based on the 1993 novel by Irvine Welsh – was brought to life by director Danny Boyle and became an instant cult classic. Taking place in Scotland, the story revolves around a group of heroin addicts attempting to “choose life” and earn some extra cash. Almost immediately following the success of the film, Boyle had expressed interest in making a sequel; however he couldn’t work out a proper storyline. In 2002, Irvine Welsh wrote a sequel to the novel called *Porno*. Although only loosely based on the novel, Boyle now had an outline for making *Trainspotting 2*.

As the first frame rolls on screen, you know you’re in for a treat. It’s bursting with wild antics, amusing dialogue, interesting characters and nostalgia galore. After 20 years on the run, Mark Renton (Ewan McGregor), returns home and reunites with old friends and family, whether they want to see him or not. Just as in the first film, the characters are attempting to grow up, except this time, it’s sad. It is sad because now they are in their 40s and still acting like children, only with children of their own. As the first film deals with growing up and becoming a citizen of society, this film deals with growing up and raising the future to become citizens of society while dealing with their own past demons.

As the characters tell an interesting and relatable – even with the drug abuse – story, the cinematography absolutely takes your breath away. All of Danny Boyle’s films have beautiful colour schemes and intricate shot compositions



Teaser Trailer

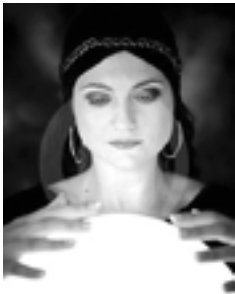
and this film is no exception. Every frame is a painting and every frame reveals the humanity of the characters, even with the events that transpire.

Even though the story, characters and cinematography make this film amazing, there is one itching problem that continues to haunt the screen. The nostalgia factor of any beloved film or novel is to be expected, and encouraged but not too often. Certain scenes in the film seem to only fill the desire to remember the first film. A few nods here and

there are OK but it happens too often, which takes away from some of the scenes.

This film certainly isn’t for everyone, but if you are fan of the first one, watch it. If you enjoy Danny Boyle’s other films, watch it. If you are a film buff, watch it. The story is interesting, the characters are wildly amusing and the cinematography is breathtaking. To reiterate, the nostalgia factor is high in this film, but it doesn’t take away from the overall enjoyment. *Trainspotting 2* – watch it.

THE NUGGET PRESENTS:
HOROSCOPES



MADAME O

March 23-29
(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Aries (March 21-April 19)
Happy birthday, Aries! You can be as dorky and silly as you want. People who don't care don't matter and the people who matter don't care.
Lucky numbers: 2 13 4 69 1.

Taurus (April 20-May 20)
Sometimes making big choices in life is a daunting experience but it's OK not to rush them. You have to make decisions for the rest of your life, so get used to it.
Lucky numbers: 8 55 67 49 6.

Gemini (May 21-June 21)
Laugh, yes you, laugh. Take a moment to enjoy life and take the best cure we have. Laughter heals things that medicine can't touch.
Lucky numbers: 77 66 52 42 7.

Cancer (June 22-July 22)
Don't be scared about the future, it will meet you whether you want it to or not. Fear will prevent you from becoming all you can be.
Lucky numbers: 88 22 12 5 73.

Leo (July 23-Aug. 22)
Speak up, speak out and stand your ground about what you believe in but do not allow your

stance to harm another or it will not be heard.
Lucky numbers: 14 28 33 10 5.

Virgo (Aug. 23-Sept. 22)
Don't let your past define you, for you have survived and you are stronger as a result. It is OK to let your past go but still see it for what it made you.
Lucky numbers: 57 16 48 95 26.

Libra (Sept. 23-Oct. 22)
Remember to schedule time with friends and family. It is OK if you let school and work come second for a day so you can allow your brain to recharge and your heart to fill with care.
Lucky numbers: 61 32 29 67 81.

Scorpio (Oct. 23-Nov. 21)
Pick up a new hobby this week and you may see a change in how you see life. Learning something new will interrupt your routine.
Lucky numbers: 93 75 41 37 86.

Sagittarius (Nov. 22-Dec. 21)
Contemplate making a big

change in your routine and you may be surprised at what you come up with.
Lucky numbers: 78 86 94 11 17.

Capricorn (Dec. 22-Jan. 19)
Connect with your emotions and take time to face them, whether by meditation or taking time away from what is upsetting you.
Lucky numbers : 57 59 63 22 21.

Aquarius (Jan. 20-Feb. 18)
Try looking at the problem at hand from a different angle by asking another person for advice. Each person has different ideas about how to approach the same problem.
Lucky numbers: 12 19 56 64 53

Pisces (Feb. 19-March 20)
The person who will be able to help you may be closer than you think. Everyone is said to be separated by only six people, so start networking, you never know what might come of it.
Lucky numbers: 44 27 84 67 73.



Photo by Aliyah Powell

Students study recently in a sunny corridor in the Spartan Centre.

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ON THE SCREEN

Back and better than ever

By STEVEN MITCHELL

The King is back.

The colossal gorilla was last seen in 2005, when Peter Jackson made a movie of the same name: *King Kong*. Two years seems like a short time to reboot the King Kong franchise but this is not the case. Peter Jackson retold the classic 1933 story. A film crew goes out to an island and finds a giant gorilla. They bring it home to New York; it breaks free and climbs the Empire State building. It is a rather sad tale of mankind defeating nature.

Kong: Skull Island is a bit different. It's much like what *Captain America: The First Avenger* is to the *Marvel Universe*. It is a great movie of something rather well known but at the same time it lays out the groundwork for the Monster Movie Uni-

verse. *Skull Island* is in the same movie universe as the 2014 *Godzilla* but takes place years before *Godzilla* tears up San Francisco.



YouTube

Amidst the Cold War, the United States finds Skull Island in the middle of the Pacific Ocean. William Randa, played by John Goodman, is given the task of explor-

ing and claiming the island before the Russians find out it even exists. He gathers an expeditionary force featuring former British Special Air Service Capt, James Conrad (Tom Hiddleston), photojournalist Mason Weaver (Brie Larson) and a number of United States Army soldiers commanded by Col. Preston Packard (Samuel L. Jackson). With his team, Randa and a group of his own scientists set out to the island.

Kong: Skull Island starts as the same story that King Kong is known for. Yet, it tells it in a different way. It is set at the end of the Vietnam conflict, instead of the depression of 1930s. The movie is even more colourful, as evidenced by the poster alone. The movie uses this contrast of colour to emphasize and create a whole new feel to this classic gorilla.

JUST THE TIP

Light the candle of intimacy

By MACKENZIE GATES

Every relationship needs communication, respect, loyalty and intimacy. Over many years, Dr. Ruth Westheimer, 88, has been the leading sex therapist in the US, and even here in Canada. She has routinely spoken about the importance of intimacy and sex in relationships. One of those issues she addresses with sex, is the importance of variety or performing fantasies and fetishes. At one point she had stated, "Boredom is the biggest problem. The same position. Same day of the week. It becomes boring when you don't bring any added flowers home." Bringing something new to the table can boost your sex life and add that spark back into your relationship.

The first thing that must be done is the two of you to sit down and dis-

cuss any fantasies you may have and any fetishes that excite you. It is crucial to remember to be open minded; do not put any ideas down, as this can negatively impact your relationship. After all ideas are laid out in front of you, work to see what you personally wouldn't mind to try out and talk about the others you aren't too fond of. In order to make the best of it, try to sway towards your partner's interests, unless you feel uncomfortable even speaking about it.



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If you have to go to a sex shop to purchase anything, make sure to walk in there with confidence. The employees can always tell the new kids on the block, so familiarize yourself and remind yourself of what is in there.

One of the most widely accepted fetishes is bondage, domination, sadism and masochism (BDSM). Before we go further, it must be stated that this article references real BDSM practices and not the incorrect portrayals in *Fifty Shades of Grey*. This fet-

ish deals with, for the most part, the act of tying up your partner to dominate them. In regards to the first two, these are heavy dominant and submissive roles, which each partner must take on. You can even switch roles after a bit for added fun. Also, use a blindfold for even more excitement. Don't worry men, you won't lose any masculinity if you take the submissive role; you may even like it as opposed to be the dominant one. As for the last two letters, those deal with inflicting pain in those same roles. This can be fun but you must discuss it with your partner before any type of pain is to be inflicted.

Intimacy is important in relationships and bringing fantasies and fetishes to the table that will help your relationship grow and flourish for years to come.

RESTAURANT REVIEW

Basha is the place for donairs

By MACKENZIE GATES

If there are two things my friends know about me, it's that I love David Lynch and donairs are my favourite food. While searching through the wreckage of donair shops with their rivers of sweet sauce and mountains of meat, there is one, tucked in the back of a strip mall, that shines.

Basha Donair serves up some of the tastiest donairs outside of Turkey. Basha has perfected the donair and continues to strive for perfection with every donair they wrap. Have no fear, you can always get your fix at one of their three locations in Edmonton, Nisku and Leduc.

For flavour and just the right amount of spices with just the right amount of toppings, Basha has delivered time and time again. From the little bite, all the way up to the sasquatch, the meat is layered on a heated pita, topped with your choice of vegetables and succulent sweet sauce. The portions are never short of monster and they all get larger. If you're not into

the donairs, they also offer falafels, shawarma, chicken fingers and burgers. One of their most requested burgers is their Basha Burger, with donair meat and sweet sauce and everything else you want on a burger. Another sought after item is a large poutine topped with donair meat and sweet sauce. There

is always something for everyone.

The restaurant is small and intimate, with a welcoming feel. The employees are free-spirited and always up for a quick conversation, if not busy. If the owner is in, he will make sure you have to roll out of the restaurant.

One key issue that is always brought up with restaurants is the washrooms. If they aren't clean, what does that say about the cleanliness of the kitchen? Well, at Basha, the washrooms are immaculate.

For the regular student, some of the prices may be a bit steep, with the sasquatch at \$13. That being said, the prices are reasonably cheap for fantastic food. Along with your purchases, you can receive a rewards card to get free donairs as well as information on in-store promotions.

Basha is the best donair shop in town. If you're craving tasty donairs and big portions, head over to Basha Donair for pure bliss.



Photo by Mackenzie Gates

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017 5:00pm-10:00pm	Room X-105
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Meeting	Tuesdays, Jan 3-April 18, 2017 4:00pm-6:00pm	CAT 252
Anime Club SNAC Time – Weekly Hangout	Fridays, Jan 13-April 14, 2017 4:30pm-8:45pm	CAT 276
Women in Action Weekly Meetings	Every other Tuesday, Jan 24 – Mar 28, 2017 12:15pm-1:15pm	CAT 138

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Forestry Tech	Rock, Paper, Scissors Tournament	Fri, Mar 31, 2017 6:30pm-9-30pm	CAT 1st Floor
Crafting Club	Craft-A-Thon	Fri, May 5-May 7, 2017 All Day	17421 94 Avenue NW
OHSSS	FIFA/Mortal Combat Tournament	Mon, April 3, 2017 12:15pm-1:15pm	CAT 191
ISN	Professional Photoshoot	Wed, April 5, 2017 11:30am-5:30pm	CAT 202



NAITSA **CAMPUS CLUBS**
CENTRE

**VISIT THE
CAMPUS CLUBS CENTRE**

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

Check out the Clubs Website for other
upcoming Important Clubs Dates