

THE NAIT NUGGET

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YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

HOW MUCH IS TOO MUCH?

International students pay huge premium, see page 2



Photo by Ben Sim

NEXT TOP MODEL

Mariam Djibril, centre, is the winner of this year's NAIT Students' Association's Next Top Model contest. She is flanked by second-place finisher Carl Monge, left, and Mackenzie Thomas, third. This was the seventh year for the event, held March 23 at the Nest. Ten thousand votes were cast to decide the Top 10 and a panel of industry professional judges chose the winner.

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NEWS & FEATURES

Intl students add value



A.J. SHEWAN
Issues Editor

While the cost for a Canadian resident to attend a post-secondary institute seems steep, the cost for an International student to travel across the world to attend these same world-class institutions is astronomical.

It was with great shock this week that I read NAITSA's press release shining a light on NAIT's plan to increase the fees for international students by the 24 per cent margin, from 2.35 to 3.15 on top of what a Canadian citizen already pays for tuition.

To put this into perspective, Canadian citizens pay \$3,880 a year for NAIT's two-year business administration pro-

gram. Compare this with the staggering \$13,000 a year International students currently pay, with the NAIT increases is set to rise to \$16,102 a year, and the burden on someone travelling from abroad to study is overwhelming.

The kicker for all of this is that an international student who applied, was accepted, and paid a fee to hold their spot back in the fall of 2016 for school starting in September of 2017, is now subjected to the higher fee structure as well.

Despite the criticism, NAIT says the increase closes the gap to that paid by international students for similar programs at other post-secondary institutions in Alberta.

"For example, NAIT international business students will pay \$16,102 per year as compared to \$18,240 per year at MacEwan and \$19,888 at SAIT, two of NAIT's closest comparators," said spokesman Frank Landry this week.

However, the value an international student brings with them when they choose to study abroad is immeasurable. Not only is the inclusion of a rich, unique cultural heritage a welcome addition to our

country but these students more often than not choose to stay in Canada to pursue their careers. These are the future doctors, scientists, politicians, engineers, and innovators our country needs so much. With the political turmoil across the world, now is the time for this country to be the shining beacon of inclusion the world requires. The influx of brain power here is the kind of boost needed to prepare Canada for tomorrow. We thrive on individuals whose hard work uniquely shapes our country into a better version for today and the future. Without the inclusion of such rich cultural heritage that this country was founded on, the Canada we know and love so well would be a fraction of what it is today.

So what if these students decide to study at a different institution, the detractors will argue. Let only the ones most willing and most able to afford to study at NAIT pursue their learning here. This approach is fraught with misconceptions and unique consequences.

Last week saw the Global Village event held on Friday across campus with

the main event in the CAT building. Students got the chance to sample dishes from different cultural backgrounds at booths on the main floor in the CAT building. The lineups stretched across the ground floor and it took upwards of 10 minutes to get to the front of the line for some booths. There was great food and even greater conversation. Participants got the opportunity to learn a little about each country as they sampled the delicious foods. This knowledge will undoubtedly make its way into conversations well into the future. Good food and a greater cultural understanding are only some of the visible benefits of a diverse student body. The chance to learn about each other and form everlasting bonds transcends the post-secondary experience. In times with so much misunderstanding and seclusion from our neighbours, there has never been a better opportunity to entice International students. Creating barriers to their education will be fraught with consequences.

— For Global Village photo, see page 19



It costs plenty for an international student to attend NAIT.

Cook named dean

By ALAN HOLMES

Stewart Cook is officially the new dean of NAIT's School of Applied Sciences and Technology. He has over 20 years of experience on our campus and is still excited to be working here today. Cook may be a familiar face but he's an integral component in the engine that keeps NAIT moving forward into the future, now more than ever.

"We're thrilled to recognize the talent and commitment Stewart brings from within the NAIT community. We were impressed not only by his leadership skills, but by his dedication to this institution and its values," said Kevin Shufflebotham, interim vice-president academic.

Cook first came to NAIT in 1986 for a one year course as a Machine Shop Technician. He then returned to complete the Machinist apprenticeship program in 1989. However, this was not to last. After working hard for a number of years, he found his enjoyment of the work waning; it simply wasn't challenging him any more. So, he decided to go back to university, this time for education. Teaching at a high school was the plan – seemingly the obvious route – though fate would intervene. Instead, his career largely came full circle, as he learned of a six-month contract position teaching pre-employment machinist course at NAIT. He applied, got the job and greatly enjoyed the experience. Evidently, NAIT enjoyed having him back. In July of 1996, his contract was renewed, albeit this time as a permanent position as an instructor.

When I met with Cook to interview him for this article, it was not difficult to notice several framed photographs along his wall, two of which were of vintage cars. I didn't think much of it at the time. He likes cars; lots of people do. What I was surprised to learn is that these were photographs Cook had taken himself. Photography is a passion of his, one tied to his NAIT career in ways that may not be evident at first. From 1996 on, Cook had taught as an instructor in the Machinist program. As time went on, he worked his way up through a variety of positions, such as associate chair, then acting as the chair of the program from 2005 until 2012.

So what does that have to do with vintage cars? On top of those positions, Cook has also represented NAIT in Cienfuegos and Havana, Cuba. There, he was an instructor for Corporate and International Training. It was also in Cuba where he captured those photos of the vintage cars. Cook spoke fondly of Cuba, describing it as a place trapped in time. The majority of the photographs adorning his office were taken there and he speaks of the memories fondly.

His photography is a testament to his attention to detail, technical prowess and an eye for beauty.

Back in Edmonton, Cook takes pride in his work. He has grown with NAIT and evolved with it, making him a natural as the Dean for NAIT's School of Applied Sciences and Technology. Appointed to the position on Sept. 19, it was officially announced last week.

"This is a great group of people to work with, from the instructors and support staff to the leadership team. I see huge potential here and I look forward to being part of it," he said.

While he loved his years as an instructor and is ready to tackle new challenges. As Dean, Cook plans to stay on top of ever-changing technologies and to help students succeed. More than anything, he encourages students to keep an open mind, to take in everything they can during their time here. There's always something to gain from an experience.

In Cook's own words, there's "good people everywhere here." If Cook himself is any indication, he couldn't be more right. NAIT's in good hands.



Stewart Cook

BOG gets a new Chair

By JEFF TRAINOR

Last week, NAIT announced that Ray Martin will be joining NAIT's Board of Governors as its new Chair.

Martin has been in the trenches in the Alberta Legislature, was a department head for guidance counselors in a Calgary high school and was a former leader of the NDP in the '80s.

His NDP went on to win 16 seats in the 1986 provincial election, bouncing back off the ropes from a "down for the count" type moment in NDP history.

Martin recalls "[the] opposition had respect for each other," unlike today when "politics is a little more mean-spirited than it was then," he said.

"I'm the first person to be defeated in both major cities," he laughed, referring to Calgary and Edmonton. He was an NDP heavyweight of Alberta politics during a time when Premier Peter Lougheed's Alberta Progressive Conservatives had all but four provincial legislative seats. Grant

Notley, deceased father of current Premier Rachel Notley and Martin held two of those seats in 1983. It's an understatement to say Conservatives were the popular vote.



Ray Martin

When the culture changed and politics didn't work out, Martin continued his service as a guidance counsellor at Salisbury Composite High in Sherwood Park and as an Edmonton Public School Board Trustee in Ward D before returning to the Provincial Legislature in 2004.

Despite more than 30 years in politics, Martin still admits, "I'm only one cog."

When asked what his game plan was for his new role at NAIT, Martin answered, "a Chair is meant to use the skills of the people on the board and to draw on their strengths."

Martin emphasizes the effect diversification of the economy will have. He says that we're going to have to be "nimble" in this new economy and he doesn't plan on squandering the two per cent funding increase allocated to NAIT in Alberta's

provincial budget.

"If there's going to be a change in a diversified economy, it's going to affect NAIT," notes Martin. As the pride of Alberta polytechnics, NAIT will be crucial part of this change.

"People may have to train and retrain their whole lives, that is the new reality," adds Martin.

People may be correct in their prediction that with the advent of modern technology and automation that ancillary careers in law and medicine will die off or be in short demand.

"Nobody can predict exactly what is going to happen, we know it's going to be different, we know that, how different, we don't know," he said.

In regards to the students on the board and advice he could give them, he says "I want them to feel comfortable, they have to represent people, and they might not agree," notes Martin, and "participate in interviews."

"If they're just here to sit, we're wasting time. They're there to tell me what they think is important."



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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.

OPINION

— Editorial —

Take care of yourself



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

Almost every time that we publish content about mental health and self care in *The Nugget*, the editors kindly chide me about how I should follow this advice a bit more. I'll openly admit that I'm pretty awful for consistently prioritizing almost everything over my health – physical, emotional and mental.

I had planned a lively editorial about public art – including a short but rousing critique of Edmonton's beloved Talus Balls – but after waking up from another nap trying to pass itself off as a full night's sleep, I figured I'd switch gears and get more personal for a change.

Stressful time

April is here, fellow Oaks. If you're slated to graduate, like I am, you're probably juggling deadlines, have some worries about post-graduation life and lining up a job and everything else you're responsible for. Graduating or not, it's a stressful time of year.

As Editor-in-Chief, I've tried to take advantage of *The Nugget* and use it to discuss the stories and topics that I don't think get the attention they deserve. Our mental health issue was an example of that.

It's been an amazing year but it's also been a very challenging one for me. I've had amazing times at *The Nugget*, some exciting career opportunities and fulfilling academic challenges. However, I've also struggled with stress and anxiety, with days where I've been unable to get out of bed.

Started being honest

At first I felt guilty when people started to see through my small-talk and peppy smiles. But I realized that for someone who was cheerleading better mental health awareness, I was being a giant hypocrite! I started being honest about what I was going through – first with my best friend, my parents, then a few people at *The Nugget* and my instructor. It got easier. (I also finally made an appointment with NAIT Counselling, something I wish I had done a long time ago.)

The point I want to make by briefly sharing my story is that I want to remind all of you that you're not alone. And sure, our mental health issue was a special edition that was only available on stands for one week but mental health is something that we need to talk about all the time – not just on Bell Let's Talk Day or when something sad happens.

What this period in my life has been reminding me is the importance of two key lessons.

First, the importance of saying no and doing some radical prioritization. I love being busy and I adore new projects. However, saying yes to everything quickly leads to burnout and saying yes to everything can cheapen the value of the things you say yes to. You don't have to say yes to every opportunity that comes your way. In fact, you probably shouldn't.

There are also a lot of things you're likely doing that you believe you need to do but you probably don't. Make yourself a "don't do" list. Write down those habits that make you cringe every time you do them. Jot down that toxic relationship that eats up your energy. Include those commitments that you keep honouring just because you don't want to disappoint someone.

Try to follow through and quit the things on your

list! I know it's not always easy and some things you can't take action on immediately but I've found it a helpful way to help to me clearly sort out my priorities and identify what things I should work towards leaving.

Second, the vital importance of taking care of yourself. While it's easy to put off getting a full night's sleep, coffee and a scone make convenient on-the-go meals and pushing through seems to have more immediate benefits, these habits take a horrible toll on both health and productivity.

None of these suggestions are easy, I know that far too well! However, they're important to successfully get through the challenges life presents. As we all push through the last month of the term, remember that you're surrounded by people who want to help. Be sure to carve out a bit more time for yourself.

Learn to say...

NO

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Point counter Point

What artistic integrity?



ALAN HOLMES

As of late, the zeitgeist of movie culture has been steeped in nostalgia. Superhero flicks and remakes of '80s films have reigned supreme for nearly the entirety of this past decade. Why is this? Simply put, because they work.

With the rise of the Internet and streaming services, piracy has grown with it. Let's face it; people don't tend to pay for much entertainment anymore. Even those that do, often wait until a movie is available for them to watch at home. So how do filmmakers and financial backers get butts back in movie theatre seats? They go for what is most likely to return the investment and then some. Full-length, feature films are an extremely expensive business. In the current media climate, there's little room for risk. Is what feels like the millionth *Spi-derman* or *Batman* remake innovative? Possibly, but unlikely; original stories don't exactly change. But are such films going to generate revenue? Almost a bona-fide yes.

That doesn't necessarily mean it's a good film. After all, last year's *Suicide Squad* took the brunt of less-than-favourable reviews but it made a worldwide gross of approximately \$745.6 million US ... not too shabby. Regardless of whether or not you, your father, your brother, your nephew, your cousin or your cousin's former roommate liked the film, the financial success is there. That success has secured *Suicide Squad* a sequel and at least one spinoff. If those films do well financially (which, realistically, they likely will) more sequels and spinoffs will follow.

The same goes for remakes (and "reboots"). I usually hear people complain about them more than anything, but more often than not, a remake of a beloved brand starring Ryan Reynolds (or some other well known, well liked actor) is going to make more money than an original film, with a known name actor. Frankly, that's the truth, and it's neither good nor bad. It's just the way it is. At the end of the day, if you enjoy the movie, does it really matter? If you think it does, don't give Ryan Reynolds or Peter Parker your cold hard cash. Give them a hug, a kiss goodbye and tell them to come back when they've got some new webs to spin.



MACKENZIE GATES

Hollywood is full of hack frauds. A bold statement but true. After years of producing original, thought-provoking, interesting and intricate stories the movie industry has turned into a money-grabbing-scheme. The notion floating about in regards to remakes is an abysmal business plan and one that the film buffs of the world must stand up for and fight against.

After the speck script (scripts written by people without being hired by a company) boom in the '90s, studios have taken the easy way out to earn some cash. The art of rebranding an established work of art is becoming so common place that the younger generation is left with a stain of a film to remind them of their childhood. The original films were perfect just the way they were and there was no reason for them to be remade.

Certain films can have a specific commentary at the time of release and someone can reinvent it to better suit the time but it has to be done with class and appreciation for the original source material. That being said, most directors or writers who are attached to these films don't appreciate the original and either do something completely idiotic that doesn't make sense or do a cookie-cutter remake.

Other films, however, stand the test of time and have no reason to be remade. Take for example *Psycho* and *Planet of the Apes*. Those films deal with aspects of society that are still relevant – if not more relevant – today. That said, when the directors expressed interest in remaking them, they failed to create something that stands the test of time as opposed to their original counterparts. In regards to *Psycho*, Gus Van Sant created a shot-for-shot remake of the perfect 1960 Alfred Hitchcock original, adding absolutely nothing new to the table. With *Planet of the Apes*, director Tim Burton attempted to recreate the 1968 original and tell a different story. Unfortunately, he wasn't able to capture any spark of commentary and instead created a sad excuse of a film which left us all wondering what could have been.

However, there is a glimmer of hope. As stated above, there was a boom of speck

scripts in the '90s, which created an era of perfect original films. Unknown writers and independent filmmakers continue to create original, thought-provoking, interesting and intricate stories that Hollywood should take notice of. These individuals need the spotlight on them and they need to be noticed. If we don't call out Hollywood soon, they will continue to create garbage remakes of beloved classics and original content will fall into obscurity. We cannot allow this to happen. Time and time again, remakes have been put down by the general population and Hollywood needs to step up their game. Independent filmmakers and unknown writers have the stories people want to see and they need the time to tell them.

Anne Heche in the *Psycho* remake's shower scene.

YouTube

SPORTS

The end is a beginning



MICHAEL MENZIES
Sports Editor

If March means one thing to sports fans, it's basketball. In the United States, March Madness always captures our collective pulse with bracket-busting games and delicious drama.

March is also playoff time at the high school levels in Alberta as teams battle for 1A provincial titles in towns like Glendon and Bassano and 4A crowns in schools like Harry Ainlay or Jasper Place. There's hoops in every direction.

Last weekend's CCAA Nationals Tournament at NAIT reminded me of the grassroots level of basketball and the time athletes put into one season or over a career. For some, these games are the

last of their careers.

As someone whose own basketball career – brief in comparison – ended on a dreary Saturday in the metropolis of Marwayne, it's a sudden sinking feeling seconds after walking off the court. The feeling that you'll never be able to do it again like you are now, in this environment with your teammates and coaches.

At NAIT, both basketball teams will look different next season, as the fifth-years move onto new careers and leave the court behind, likely playing for the last time at this level. The women's team had a full set of five playing the max five seasons, while the men had three move on.

Each earned Nationals medals, each performed at a high level. And every March it happens again, as more playoff basketball tournaments pass, and more final appearances on the court loom. March is the season of jubilation and victory for a few, and the sadness of having to move on for others. Sports serves as a dark reminder that this level of competition is merely a disguised stepping stone guiding you onto the next stage in life.

Alberta doesn't get much credit but the southern half of the province is basketball

country. Southern Albertans live for hoops and fill up the tiny gymnasiums – the ones where you can't take a corner three-point-shot because your foot is out of bounds – and dominate the 1A and 2A high school competition. (1A high schools have less than 100 students. 2A has between 101 and 400 students).

One of the greatest basketball games I ever watched was the 1A ASAA Provincial final in Glendon where the Senator Gershaw Gators from Bow Island played the Rosemary Rockets. For context, Rosemary is about as big as the corridor from Ernest's to South Lobby, and Bow Island is three times as big.

After an exhilarating 39 odd minutes of ball, the final play of the game for the provincial gold medal saw Gershaw down one point with four ticks on the clock. It's sideline out-of-bounds after coach's timeout and Gershaw's point guard sets a backscreen at the top of the key for their monster, rail-thin post man, standing six-foot-eight and 160 points soaking wet. The in-bounder lobs the post man the ball, who is now free underneath the basket. The lob lands perfectly in his hands as he jumps. He's so close to the rim he could've easily slammed it for

the emphatic dunk and the championship, but instead, tries to lay it in. The ball rolls in and out of the rim with a the wild scramble ensuing for the loose ball. A final shot is thrown up in desperation, but it's nowhere close. Rosemary escaped with the win and the provincial title.

For many, that was their last game of basketball. And that game and that play are the special combination of the wretched truth only sport can provide and small town basketball. Senator Gershaw now had a streak of four provincial silver medals, basketball and volleyball included. And the post player, who could've blown out birthday candles on the rim, still probably thinks of that play.

As March comes to a close, our eyes will be glued to the screen this weekend to determine the teams in the U.S. NCAA National Championship. Careers end and new ones await the future. You'll move on. But sport, like graduation, marks a moment in your life and marks a different type of end. Not as drastic but just as impactful. As the saying goes, "April showers bring May flowers," March triumphs bring personal realities to the forefront – but that's not as catchy.

CURLING

Modest finish at Nationals

By MICHAEL MENZIES
Sports Editor

The men and women's curling teams didn't have to travel far to represent NAIT this weekend at CCAA Curling Nationals, as the two rinks finished modestly against Canada's top competition in Camrose.

The women's curling team hunted for a medal all weekend and their consistent play earned them a third-place spot after the round-robin. Concordia defeated the Oaks on a last rock takeout, which meant the Oaks played for bronze instead. Eventually, the girls came up a little short against the Fanshawe Falcons, representing Ontario, 8-7 in another close battle.

The men's rink showed resilience for periods of the tournament but losses to Mohawk and Red Deer ensured the Oaks were on the outside looking in for the playoff bracket, finishing the draw with a 3-4 record.

In the end, the Red Deer Queens took gold on the women's side and the Fanshawe Falcons secured gold in the men's competition.

Alberta was well represented at Nationals, as five of the eight teams in both draws featured ACAC rinks.

Men's Team: John Ritchie, Sam Stephenson, Trygg Jensen, Jonah Tobinski and Cody Holowaychuk

Women's Team: Mackenzie Bertschi, Carina Sartor-Pielak, Chantelle Bowman, Emily Clark and Jordanna Nott

Mixed Team: Rylee Miller, Jordana Nott, Alex Slobodian and Cassie Kotyk.



CURLING TEAM

Back Row, left to right, Jules Owchar (head coach), Sam Stephenson, Rylee Miller, Trygg Jensen, Jonah Tobinski, John Ritchie, Alex Slobodian, Karl Myziuk (assistant coach), front row, left to right, Chantelle Bowman, Jordana Nott, Carina Sartor-Pielak, Cassie Kotyk, Mackenzie Bertschi, Laurisa Tangedal and Emily Clark.

Keeping Score

All about the Silver

Each year, in the National Basketball Association, the top teams often rest their star players for the upcoming playoffs as the grueling 82-game regular season winds down. This year has been no different and the annual controversy rages as to whether television networks and the fans, who pay a lot of money to watch their heroes play, feel cheated. Is this justified or not? Read on ...



MICHAEL MENZIES
Sports Editor

The resting players issue goes back a ways and is really a two-pronged issue. The fine by NBA Commissioner David Stern handed to the Spurs in 2012 seemed precedent setting but it hasn't deterred star teams from keeping their multimillionaire-sneaker-shoe-deal-entertainers in their Ralph Lauren suits for the ABC showcase games on the weekend.

Fans never addressed

The main issue the players and coaches are addressing is the season is too long and too grueling and giving certain players scheduled rest games proves beneficial heading into May and June basketball. Fair enough. That may be the case. The players have their motive and the owners, who want their content to be as valuable as possible, have their constant Scrooge McDuck motives as well. The one party never addressed is the fans.

Resting players hurts the fans the most. It hurts the guy sitting on his couch on a Sunday afternoon watching basketball with his kids and it hurts the people who spend the hundreds – to maybe the only game they see all season – and don't get to watch the stars who drove that ticket price in the first place. The league will put a face on and try to voice the fan's view but, again, we know their motivation.

Why 82 games?

In the last few seasons, the cries of the NBA season being too long are growing louder. The season didn't expand over this time. In fact, the NBA season has been 82 games for about 50 years. Nobody, including basketball historians, knows why the schedule is this length. ESPN's Kevin Arnovitz broached the subject again last week by running an article he wrote in 2011, in which explored the growing hunger for a shorter schedule.

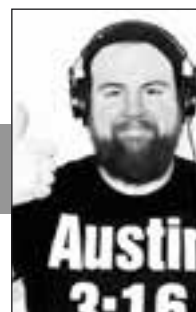
I agree that you could probably shave off some of those back-to-back games that cause these rest days and it would do the

league a lot of good. The fans then don't get mislead into watching JaVale McGee lumber up and down the court for 30 minutes instead of Steph Curry and Klay Thompson.

Stan Van Gundy, coach and president of the Detroit Pistons, agrees about who loses in this situation. "... I think at times, we can be guilty for taking our fans for granted."

Sure, the Golden State Warriors and Cleveland Cavaliers may have "earned" the right to rest their players being tops in their conference but what the Phoenix Suns are doing, in a clear tanking move, is a dangerous precedent which could be taken to extremes down the road. The Phoenix Suns are racing the Lakers for last in the Western Conference and shut down their best player Drew Bledsoe for what looks like the rest of the season because of ... well, nobody's really sure. Since Bledsoe wasn't listed on the injury report, speculation runs rampant. Bledsoe has had knee issues in the past, yet there wasn't ever an injury reported. It reeks of the Suns trying to maximize their chances of a better lottery pick, while the fans coming to these last regular-season games are left high and dry.

Whether this is an issue for the next collective-bargaining-agreement – when fans will probably be hurt by a work stoppage – the resting of players and the 82-game season are issues tied firmly together. In the end, it's the fans who get hurt the most, taken for granted by millionaires fighting billionaires. Teams have their best interests at heart when they make personnel decisions and the fans are just looking for a seat at the table to voice their displeasure.



TRE LOPUSHINSKY

In 2012, the Spurs were fined by Commissioner David Stern \$250,000 for sitting their star players for nationally televised games in Miami. Jump to 2017, controversy has arisen after both the Cleveland Cavaliers and Golden State Warriors rested player's in successive weekends on the road during ABC's primetime weekend game.

ABC/ESPN and Turner paid a combined \$24 billion for TV broadcast rights and resting players has made them uneasy. Commissioner Adam Silver issued a memo to team owners regarding resting players during nationally televised events. Silver stated the practice of resting star players "An extremely significant issue for our league". Silver also warned teams of penalties for teams who don't follow the league's current rules pertaining to resting players. These rules include providing notice to the league office, their opponent and the media immediately when it is decided that a player will be rested. This issue will be a point of discussion at the next NBA board of governors meeting on April 6th.

The NBA and National Basketball Play-

ers Association are trying to come to an agreement to make the schedule less grueling. They would do this by shortening the preseason and extending the regular season, giving teams less back to back games.

What about this season? Both the Cavaliers and Warriors are playoff contenders that have seen injuries hurting their finals chances over the last two seasons. The 2014-2015 Finals saw Cavaliers star players Kevin Love and Kyrie Irving down with injuries. Stephen Curry went down with an ankle injury in the 2015-2016 finals which played a factor in the Warriors blowing a 3-1 lead. Both finals saw a dominant force by the healthier team, so if a rematch was in play for the finals in June, these healthier teams will draw more revenue than resting a couple road games.

Adds to careers

San Antonio Spurs coach Gregg Popovich sees what he has started as an effective method in adding years to players' careers. After five championships, Popovich's methods seem to have worked. Tim Duncan played until he was 40 years old. Both Tony Parker (34 years old) and Manu Ginobili (39 years old) are still an active part of the Spurs because of the methods used by their coach.

The NBA is a business. Making a fuss over stars not playing in these games implies the NBA doesn't care about the health of players, just the income they generate. A study by Utah's School of Medicine determined the risk of injury is 3.5 times higher during back-to-back games on the road than normal circumstances.

Tricky situation

This is a tricky situation that has come up for the NBA. In 2016, Silver announced the NBA Board of Governors approving the sale of jersey sponsorships. Sponsors paid a hefty price to have their logo plastered on team jerseys. This could be one reason why he is worried about star players not being on the court. Resting players in the 2017-2018 season can make even more million-dollar companies mad. It seems clear that the NBA has money on their mind and not the health of players.

NBA players don't usually have long careers, the average is just under five years. Teams shouldn't be punished because of a couple games, especially when resting players has the chance of a Finals push and a longer career. This is a competitive sport and the decisions that the Cavaliers and Warriors made were the right ones.



Cleveland Cavaliers sit out star LeBron James, right, in a game against the Clippers in Los Angeles recently.

NY Times

MEN'S HOCKEY

New coach, successful year

By **CLAIRE STANHOPE**

The hockey season came to an end for the men's team with a silver medal hanging around their necks but, before the start of the final playoff set, the ACAC handed out its season-long awards for Coach of the Year, Player of the Year, Rookie of the Year and the All-Conference teams.

The NAIT arena burst into applause as Tim Fragle received the award for Coach of the Year. Fragle, a NAIT graduate, served as the men's hockey captain for two years when he attended NAIT as a student. He returned to his roots this year to coach the men's team and took them to the final games of the playoffs.

"It's an honour to have won the award and to have been voted for this award by [my] coaching peers," Fragle told *The Nugget*. "I also look at this award as a staff award and would like to thank all of our men's hockey staff for their contribu-

tions in a successful season."

Getting this far with a team in his first year in the ACAC is an accomplishment that deserves recognition and NAIT should be excited to see what comes next year from his efforts.

Also receiving an award was Brendan Jensen, NAIT's starting goalie, who skated away with the title of Player of the Year. "I feel very honoured to receive such a reward," said Jensen. "It was truly something I wasn't expecting and came as a complete surprise to me."

Jensen thanked his coaching staff, teammates, girlfriend and family for their support. "Without them, none of this would be possible."

Coach Fragle appreciated Jensen's effect on his teammates.

"Brendan is a calming influence for our team" coach Fragle told the ACAC. "His consistent play allows our guys to have trust in him at all times. He prepares like a pro and is the consummate professional."

Jensen starts his fourth year of Business Administration next year and will continue to play with the men's hockey team.

"I feel great about what the future has in store. Even though we lost in the championship, we can learn from our mistakes and only become better from them."

"NAIT hockey has a tradition of excellence," he continued, "and I hope that I can be just a small part of that."

For some, this year was their last as a NAIT Ook. Keenan Bailey, Jason

Wark, Jordan Abt, and Tyler Yaworski will be missed from the lineup next year. Abt, who played with NAIT for all five years of his time in the ACAC, finished this season 12th in the league in points. Yaworski, another retiring defenceman, spoke highly of his time as an Ook.

"It was an honour and privilege to play on the men's hockey team," Yaworski began. "I had the pleasure of playing on some great teams over the course of my three years and met some great people who I will forever share a deep bond with."

"Thank you to the Athletics department, my coaches, the training staff and the Ooks Hockey Alumni Association for all the countless hours put in to allow me to play for such a great program."

"Thank you to all my teammates for putting up with my shenanigans over the years," he added. "I will forever cherish the memories of being a NAIT Ook."



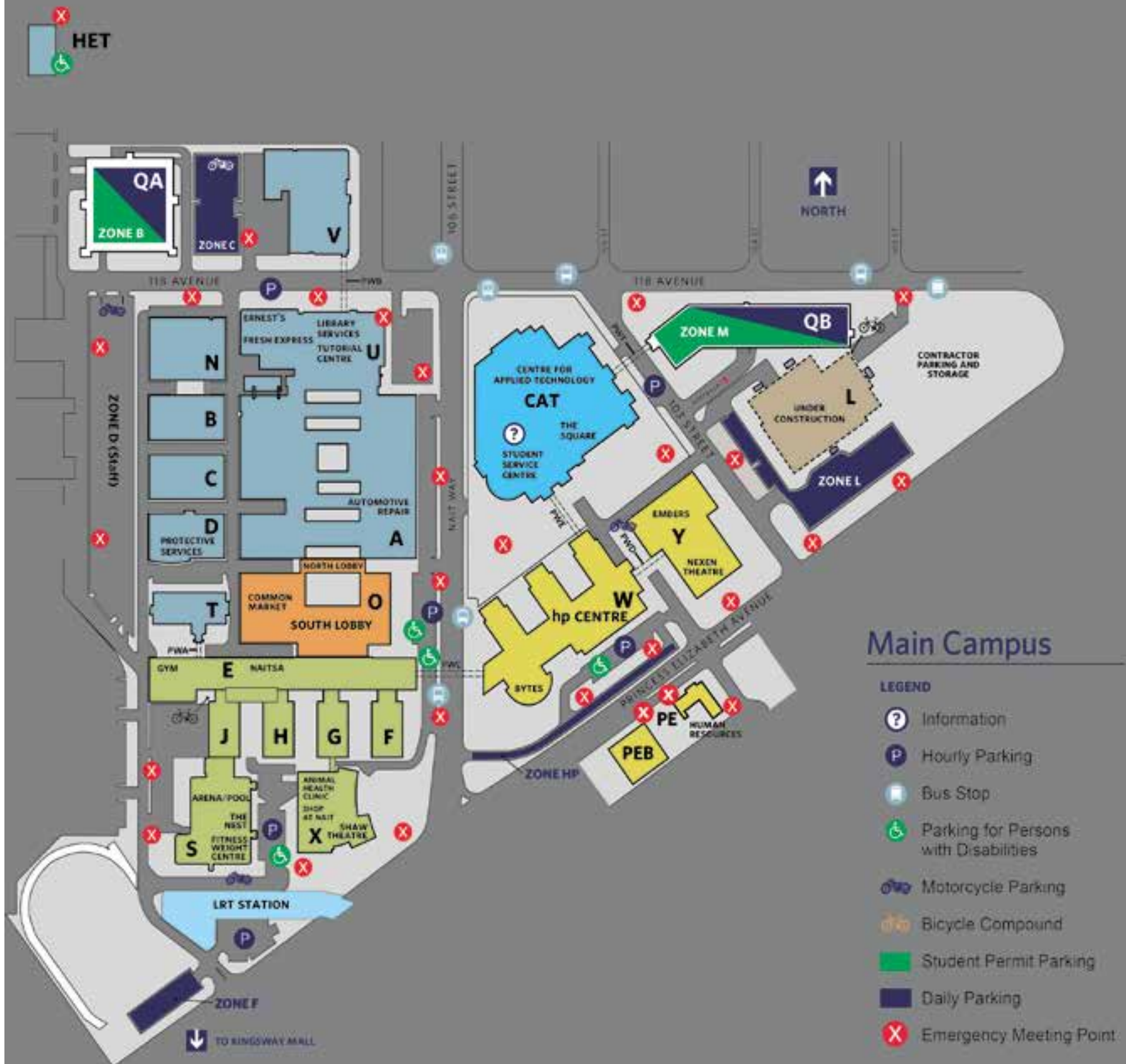
Tim Fragle
Coach of the Year



Photo by Rai Hooper

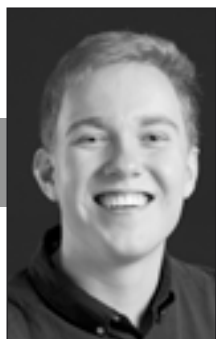
Ook Brendan Jensen, this year's ACAC Player of the Year, takes care of business in the NAIT net during a game against Augustana.

NAIT Main Campus Map



ENTERTAINMENT

Is it time to get physical?



By **BRENDAN CHALIFOUR**
Entertainment Editor

The postal service and fax machines have been replaced by email, a library of encyclopedias has been replaced by Wikipedia and other online-based information sites. Flashlights are now built right into our phones, as well as the address books, calculators, and alarm clocks that people used to live by.

The physical world has already begun to fuse with the virtual world where our school, work and social lives already live.

But even more than just objects, whose physical spots at the table have been undermined, the use of business cards, simple trips to the bank and even social interaction appear to serve an unessential role in our modern world. The very nature of a face-to-face business meeting is seen as an inconvenience that involves suiting up, driving somewhere and parking, when a simple FaceTime call can get the same job done. In less time, with less resources, it is seen as the obvious way to go. But in a society that was built in a physical world, what are we now volunteering to miss out on? The sheer presence of walking into an office, bringing your energy into the room, a firm handshake and the opportunity to experience your persona. It's all missed when a virtual connection is opted for.

There are several arguments to be made for each side. Some support a traditional connect, handshake and all. Others see the benefit of the virtual route, with savings and convenience at the forefront.

As the cost of technology hardware and

implementation go down and as reliability and ease of use go up, workplaces, where possible, are opting for virtual workspaces instead of the customary desk and pod setup. Customer services representatives, salespersons and web and app developers, among others, are increasingly taking their computers home with them and staying there. Work largely done independent of other team members is being done efficiently and in comfort because employees can do their work wherever they want, even on the go. The salesperson no longer needs to check into the office between sales calls for messages and to check in with others. A mobile phone and laptop allows them to bring the entire office with them – sales invoices, customer lists and the like.

But there are reasons to favour the old ways, as well.

Our world is moving to a place where anything and everything can be forgotten with the click of a button. Dates can be erased, names replaced and

captured memories displaced.

A few months ago, I was reading an essay titled *My book of Life*, written by Patricia Gould in the *Globe and Mail*. In it, a woman reminisced about family, old friends and neighbours when she began to flip through her 60-year-old address book with her granddaughter. She explained the sentiment of keeping a book for this many years, one that is a record of the people and places encountered throughout her life.

In it, names get crossed out when people pass on, addresses get crossed out when they move and sometimes a tear drop finds its way onto a page. The author wrote about why physical things matter, the stories they tell and memories they bring back, because after all, “You can’t just press delete on the names and memories in a 60-year-old address book.”

While cost savings and convenience are the benefit of the now, it’s something to ponder, just what might we be missing?

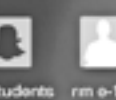
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6-10 | PRIDEWEEK

- 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

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **JUSTIN COOPER**

Recently, after a small break, I have gotten back into semi-competitive gaming. With competitive gaming comes intense moments where you need to clutch it for your team whether it is a 1v5 ON Dust2 in *Counter-Strike: Global Offensive*

or holding the point solo on *Temple of Anubis* in *Overwatch*, here are my favourite clutch songs.

1. Red Flag – Billy Talent
 2. Dancing With Myself – Billy Idol
 3. Sail – AWOLNATION
 4. On Top Of The World – Imagine Dragons
 5. Counting Stars – OneRepublic
 6. Timber – Pitbull, Kesha
 7. Anything – Hedley
 8. Levels – Avicii
 9. Paper Planes – M.I.A
 10. Good Feeling – Flo Rida
 11. Parachute (radio edit) – Otto knows
- My ultimate clutch song:
12. Stamp On The Ground – ItaloBrothers



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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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CANADIAN

ON THE SCREEN

David Lynch – the very best

By MACKENZIE GATES

"My cow is not pretty but it is pretty to me."

These words of wisdom come from the mouth of the greatest living surrealist filmmaker: David Lynch. Born on Jan. 20, 1946, Lynch was always interested in art. For most of his childhood, he moved around the United States until he studied painting at the Pennsylvania Academy of Fine Arts. While attending, he made a few short films, which can be viewed on the DVD collection *The Short Films of David Lynch*. Afterwards, he moved to Los Angeles to begin production of his first film, *Eraserhead*.

Released in 1977, *Eraserhead* emerged at a time where the population wanted to see different stories being told and how they were being told. Lynch paved the way for a resurgence of surrealism in mainstream media. As opposed to a regular narrative structure, Lynch decided to reveal his characters and their motives through abstract scenery and dialogue. Shown mostly through dream-like sequences, the film involves a deformed woman singing, a man high off nitrous oxide singing, a man dancing and speaking in reverse, a body

swap after a murder, two old people tormenting a woman and a group of women randomly dancing in unison and then disappearing.

Mel Brooks watched the film and wanted him for the biopic *The Elephant Man*, which was released in 1980. Then, after years of attempting to make a film adaptation of the sci-fi novel *Dune*, the film was released in 1984 and opened to mixed reviews.

In 1986, *Blue Velvet* was released to commercial success. Once that film was completed, he worked together with writer Mark Frost to create the television series *Twin Peaks*. While the show was on, he took time off to release his next film, *Wild at Heart*, in 1990. Once *Twin Peaks* was cancelled after two seasons, it took seven more years until his next film, *Lost Highway*.

Afterwards, he changed genres drastically by making a dramatic film about a man travelling the country on his tractor in *The Straight Story*, released in 1999. Then, wanting to get back into television, he made a pilot which never made it to series. Instead, he shot more and turned it into *Mulholland Drive* in 2001. Since then, he has embraced the



digital age and released his latest film, *Inland Empire*, in 2006. Recently he has returned to *Twin Peaks* for Season 3, which will air on May 21.

If you wish to get into Lynch's wonderful mind, I would suggest you start

with *Blue Velvet*. Certain scenes will not be suitable for a lot of individuals, but it is his least surrealist film with surrealist elements. Time and time again, Lynch has created mesmerizing films which have stood the test of time.

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HOT 'N' SINGLE



Photo by Mackenzie Gates

Evan Armstrong, 19

Evan Armstrong is a 19-year-old hunk enrolled in the Radio and Television program here at NAIT. With his love for punk rock and Totino's, he hasn't had the time for intimacy; but that's about to change shortly. He is a witty, intelligent young man with a burning passion for pizza. Without a doubt he is quirky, but that only adds to the charm that resonates from him just standing there, right behind you.

What is your ideal date? – Really just hanging out; maybe going out for some simple food. Fancy places make me uncomfortable. I like keeping it casual.

What is your ideal mate? – A little bit quirky. I like someone who doesn't take themselves too seriously and can laugh at most things. If you can make me laugh, that's a huge bonus.

Where do you see your life in 10 years? – I don't really look at my life like that. I just like to go with the flow. Hopefully still alive though and one step closer to being Hard Rock Joe.

Are there any interesting facts about you, which your lucky punk rocker lover should know? – No.

The Next Act is burger heaven

By TRE LOPUSHINSKY

I love burgers! And there is one burger joint that shines amongst others in the city. The Next Act is located right off Whyte Avenue in Old Strathcona. This is a popular place amongst night dwellers on the weekend, as a spot to get a good filling of delicious food and start on your evening drinks.

Next door to The Next Act is Meat, a restaurant that shares the same owners! A sister restaurant that has more of a family feel, Meat specializes in smoked ... well, meat. Also, it hosts a great selection of bourbon. This partnership comes with great rewards as some of Meat's product(s) are used with its counterpart. This gives the chefs more options when picking ingredients for the weekly chas-ing "Cameo" burger. This is by far the best idea for any establishment to stay fresh.

Every week a new chef chooses a combination of ingredients that will blow your mind! After they choose, it goes through the kitchen manager and comes out in the form of that week's special. The cameo this week was "Rind House," a house made beef patty with Havarti, tangy mustard braised spinach, fried egg and topped with

crispy pork rinds. Reading the ingredients you might find that a weird combo but it was absolutely delicious. With the many different textures and tastes in this Frankenstein-ish burger I found it to be a change from your typical cheeseburger.

The Cameo burger isn't the only great thing about the menu. They have your normal poutine, all the way to a PB&J burger. With a host of different options on their menu it doesn't matter if you want to try something new or stick to the regular. They also hold a wide variety of craft beer with features every week that you can pair with your burger/meal.

Although the environment was busy, the staff is warm and friendly with everyone that they came in contact with. The host helped find a spot for me as quickly as possible and gave me a taste of the different beers they had. I kept seeing all the waitresses give the same friendly service to all customers.

I highly recommend going to the Next Act to try one of their cameo burgers. The Next Act is a great establishment that has a wide variety of food and tremendous service.

What's on ...

By NAVJEET KAILAY

Touch Lab: Leave your mark!

Until April 9

Venue: Art Gallery of Alberta, 2 Sir Winston Churchill Sq.

Open Tuesday and Friday from 11 a.m. to 8 p.m., Wednesday and Thursday from 11 a.m. to 8 p.m., and weekends 10 a.m. to 5 p.m. Closed on Mondays.

Ticket Info: \$8.50 with valid student ID, free for students with Alberta ID.

An art gallery that encourages you to touch the pieces. Touch Lab is an exploration of how art is impacted by contact, both from human contact and from natural elements.

...

Alberta Craft Council Feature Gallery: Citizens of Craft

Ends April 22, 2017

Venue: Alberta Craft Council, 10186 106 St.

Open Monday through Saturdays from 10 a.m. to 5 p.m., Thursdays open 10 a.m. to 6 p.m. Closed on Sundays and statutory holidays.

Ticket Info: Free

Citizens of Craft features work from 15 Alberta Craft Council members—ranging from woodwork, clay-work, glasswork, jewellery and fiber-works. "If you respect the original, the creative, the personal and the authentic — you are a citizen."

...

City Market Downtown

Until May

Venue: Edmonton City Hall, 1 Sir Winston Churchill Sq.

Saturdays from 9 a.m. to 3 p.m.

Ticket Info: Free

A weekly market featuring produce, meats, and meals from local farms. Also featuring jewellery, art, and clothing made by local and travelling artists. Featured vendors for this Saturday (April 1) are Café Bel Air, creators of Edmonton's first artisan gourmet ice-pops, and Creations Gallery, featuring canvas prints, custom flasks, book clicks, canvas clocks, and seasonal ornaments sporting some of your favourite superheroes and super villains.

The Rose Bush

The thorns pierce the majestic water of life
 Along the banks lay bodies in silence
 Hovering over are clouds like objects
 Only to disappear and reappear at another time
 If one could foresee what is to come
 Only he can live the life of want

The thorns pierce the majestic water of life
 The bodies never move or even fight
 Hovering over are those we have left
 Only to lay down there again
 If one could stay high above them
 Only he can live the life of want

The thorns pierce the majestic water of life
 Alone on the bank lies a single body
 Hovering over are others who got up
 Only to move on and cease to be return
 If one could walk away from the bank
 So can you

By Mackenzie Gates

Poetry Corner

In Between

The extra minutes are piling up,
 stolen away in twos, threes, and fours
 and swelling as they age.
 Time gorges itself on moments of distraction.
 Every missed second is a grain of sand
 in the hourglass of your life.
 Are you afraid?
 Of how much time you have lost,
 of how much time you have spent.
 Catch your breath and take a minute
 -one precious extra minute-
 and spend it well.

By Erin Spiller

Raise your head,
 Step forward with conviction,
 But be careful where you tread,
 You would want to be a crucifixion.

You can strive for the top,
 Reach for your ambitious,
 You may have to go fall stop,
 But be judicious

Be the hero,
 Give with nobility,
 You will never be a zero
 But remember your humility

You can be a warrior,
 Protect those that cannot,
 Do not let your pride be a barrier,
 Have some forethought.

*By Clarrissa Toone***ecno nopU a emiT**

Happily Ever After
 They All Lived,
 Forever, together
 In love their lips parted, they kissed

Fair maiden rescued and freed from the high tower
 And at last ascends and enters her chamber,
 With bellowing effort he slays the great beast
 He came to rescue her upon his valiant steed,

Prince Charming declares
 "I will rescue this Fair Maiden",
 With his brilliant wry smile
 With perfectly polished boots, with custom made
 cape.

He races though blistering wind and across scorching
 desert
 In order to rescue his beloved whom he is yet to
 meet,
 Drawing forth his sword
 Adorning his steed,

Disregards such dream deep harm
 Only a kiss that is true,
 Fantasies and charms
 Silk sheets around her bed,

Riding high in the tower, indeed
 Imagine the perfect sex with the perfect prince ...
 BAM.
 Without a chiselled face and bronzed arms, how
 could one expect to aid a maiden in need?

Naturally, only a prince who is charming can do
 anything to help her

Naturally a fair maiden in need, needs to be
 rescued,
 Clamours of chivalry for the princess's hand in
 marriage,
 Rumours crossed far and wide across the land.

And she hid herself away in a tower so as to keep it
 close to her breast
 There lived a princess with a secret,
 In a land far, far away
 Once Upon a Time.
 Fin.

*By Alan Holmes***ON THE SCREEN**

Violent, dark, yet emotional

By GERVAISE BRANCH-ALLEN

Logan is unique and visceral film that showcases a titular character's journey. Unlike the previous X-Men films, this film is dark, violent and more emotionally charged than the earlier films. Hugh Jackman delivers a very strong performance as Logan/Wolverine. Struggling to adjust to the changes in his life, Logan finds himself on a journey to protect a young girl from danger.

Hugh Jackman breathes new life into a role he first played 17 years ago. Logan is in emotional and physical pain like never before. Growing old and tired, his life looks bleak as he attempts to keep living a life he's lived for over a century, filled with pain and suffering. The turmoil and agony the character has dealt with shines through in Jackman's performance. Multiple times, I felt like the character barely had any life left in him to keep surviving and that makes Wolverine one of the most believable superheroes in Marvel Comics' large assortment of characters.

Logan introduces viewers to the character Laura Kinney/X-23 (Dafne Keen), who first appeared in the animated series *X-Men: Evolution* before making her comic

book debut. Keen is brilliant in the role, playing a troubled child with a tendency for violence. One of Wolverine's more noticeable traits is his protective nature as seen with characters such as Mariko Yashida and Rogue. This character trait is once again seen in this film, as Logan discovers who Laura is but struggles to accept someone else into his troubled life.

Charles Xavier/Professor X (Patrick Stewart) is much more fragile and weak in this movie, a strong contrast to his usual portrayal as a leader, mentor and even father figure to some of the X-Men, including Logan. Stewart does an excellent job of returning to the role he first played 17 years ago and, like Jackman, playing the character quite a bit differently. While still wise and hopeful, the character has noticeably deteriorated.

While the film is quite violent, I rarely felt uncomfortable watching the fight scenes. It was the characters' pain that made *Logan* difficult for me to watch. The film's story felt real and director James Mangold truly crafted an excellent yet distressful film. Having directed 2013's *The Wolverine*, Mangold's experience with the character helped make his

next film with Logan more contained rather than portray a 'world under attack' superhero movie.

Inspired by the comic book *Old Man Logan*, this film follows the comic by taking place in a Western-like setting

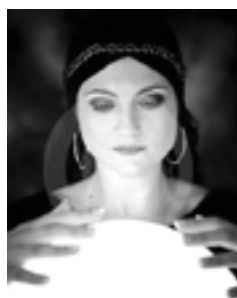
with an aged Wolverine taking a monument journey. As Jackman retires from the role of Wolverine, Logan delivers a heartbreaking and raw story overlooking human nature and the journey of life itself.

**Logan**

Dark Horizons

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 30-April 5
(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Aries (March 21-April 19)

Ace of swords is drawn for your horoscope this week, suggesting triumph and new beginnings. If you are starting a new project or job, it promises success. It also warns you to stay level-headed and to rid yourself from any distractions. Overall, you are sure to receive some good news this week!

Taurus (April 20-May 20)

The Two of Wands makes its way into the Taurus horoscope this week, reminding you to trust in your own power and leadership. If you do not ASK for what you want, then you will not get what you want. Take charge and believe in yourself, self doubt will get you nowhere. The card supports you this week, and suggests surprising results when you dance to the beat of your own drum.

Gemini (May 21-June 21)

You are often good at asserting yourself when needed, continue to look after yourself. The Chariot reminds you that life is precious and it is okay to take a little "me time" this week. You will be supported when you express your needs. Try planning a spa day this week with some of your closest friends. You deserve the rest and relaxation, enjoy!

Cancer (June 22-July 22)

You are on fire this week! The Knight of Swords is all about high-energy people, getting the job done and reaching your goals. You have the stamina and abilities to succeed in upcoming projects, however you may want to consider those around you. Not everyone is going to be on the same track as you, and

that's okay. Try surrounding yourself with like-minded people for the best results.

Leo (July 23-Aug. 22)

The Empress brings good luck to you this week! You are encouraged to re-connect with nature as the weather warms up. Your good luck is all in relation to the good choices you make this week. Take a walk with a friend or co-worker at lunch time, it will pay off.

Virgo (Aug. 23-Sept. 22)

You may find yourself at some crossroads this week, the Moon card asks you to look within yourself for the answer. Things aren't always as they appear to seem, trust the flow of life. Remember to ground yourself this week, and though you may want to seek advice, trust your intuition. Whatever life presents to you, nothing is permanent and you can always start over if needed. Don't stress out over things you cannot change, make them work for you!

Libra (Sept. 23-Oct. 22)

The Queen of Cups reminds you to take care of those around us. You

may have a close friend or family member this week in need of your support. Make time to meet up with friends or family, or even a phone call with them. This will be both beneficial to them and yourself!

Scorpio (Oct. 23-Nov. 21)

The Star is a very positive card for Scorpio this week, it brings with it much luck. It suggests a new romance may blossom, or an old love re-enters your life. Embrace the changes as they come, and allow inspiration into your life. Creative forces are strong this week, make the best of it!

Sagittarius (Nov. 22-Dec. 21)

The Nine of Pentacles enters your life to remind you all your hard work is paying off. You have great focus and you are quite successful with whatever your set your mind to. If you've been wanting to treat yourself, now is the time to do so. Indulge a little.

Capricorn (Dec. 22-Jan. 19)

The Judgement card asks you to meditate and self-reflect. As spring approaches, now is a good time to do a little spring cleaning and get

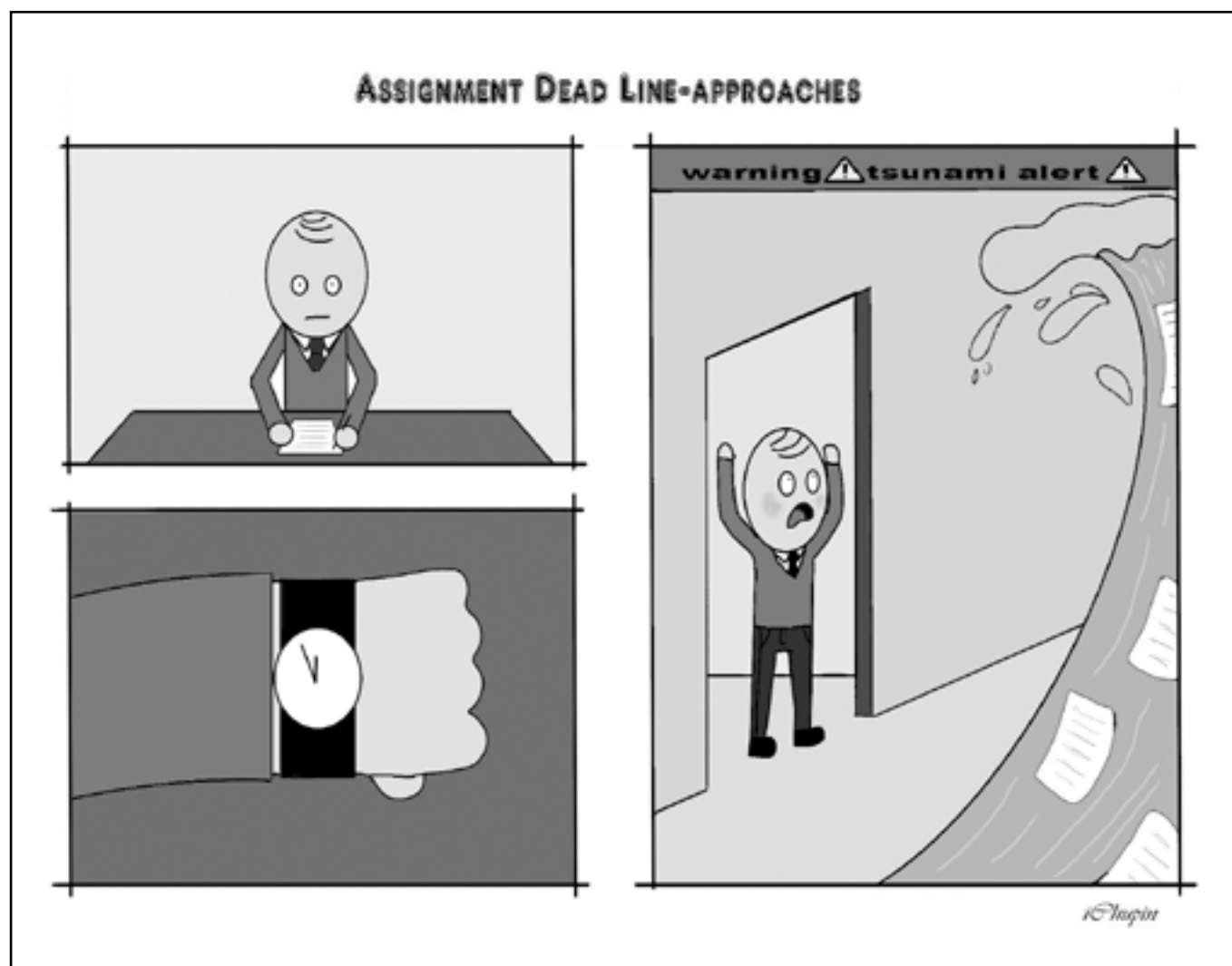
rid of what no longer serves you. Open yourself to new possibilities, and don't be afraid to act on any unfinished business. If you need help, now is the time to ask!

Aquarius (Jan. 20-Feb. 18)

The Nine of Wands enters your life as you are finishing up last minute projects. You may be facing some setbacks; however, the card suggests you are closer than ever to achieving the success you want. The hardest part is almost over, and you will soon be free of any prior commitments you might have made. Treat your current situation as an opportunity to learn, and stay vigilant. Not everything lasts forever, and this phase will soon end. Hang in there!

Pisces (Feb. 19-March 20)

The Page of Wands brings with it unexpected news, or someone new entering your life. It also suggests you may experience a new-found passion! Get out there and explore the world. Join a new class or sport and don't be afraid to meet new people. Whatever you decide to do you will experience the most joyous results. Have fun!



JUST THE TIP

Be your own sexual colour

By ALAN HOLMES

Sex in 2017 is a Technicolor wonderland when compared to the grayscale of yesteryear. As a society, we are largely in a state of flux. Sexual images are everywhere, from underwear models adorning billboards, to shirtless hunks on shopping bags.

However, sex is still largely considered a taboo subject, at least on more intimate levels. For example, as part of one of my classes, we have a weekly scheduled debate. Last week, the debate topic was sex in the media. It swiftly became one of the more heated classes (pun not entirely intended) that I've been a part of. Some people became embarrassed – others angry – quite quickly.

The con side of the argument focused on body image and how being subjected to sexual images of unrealistically beautiful people can be damaging to people's self-esteem. Meanwhile the pro side argued that as human beings, we all naturally have libidos linked into our biological systems; or in other words, we all get horny every now and then, no different than how we all get hungry.

This is where the anger came in. Some of my classmates did not appreciate the insinuation they were being driven by sexual desires. At the time, I kept my mouth

shut but I found this train of thought incredibly odd. Regardless of whether your sexual drive is a monster truck or a run down tricycle, it is there and it's immensely difficult to simply ignore ... isn't it?

That's not to say that I'm ignorant of other people. Asexuality (applies to people who don't have any sort of sexual drive) is very much a thing. But it's also incredibly rare. Even then, sex still plays a part in those people's lives. They're fully capable of having sex with a romantic partner if they choose to, even if the desire itself isn't there. Even if someone who is asexual isn't "shacking up" on a regular basis, they're still exposed to naked, beautiful people through advertising, not to mention the miasma of sexual tension that people may give off throughout their daily lives. Sex is still intertwined into who they are. Love it or hate it, it's practically inescapable.

Part of that all-consuming nature comes from those aforementioned, natural, biological drives or the aforementioned media, or the continued

survival of our species, or emotional wants and needs, or "the physical act of love" or really just about anything but I digress. Asexuality is one of many varying orientations. Of course there's straight, pansexual, omnisexual, gay, lesbian, bi, queer, two-spirit, etc. The "etc." seems necessary at this point. Not to leave out other ways



LinkedIn

of categorizing but people are identifying in seemingly new ways every day. The millennial generation is reportedly more accepting and willing to experiment

than any other generation before it. With humanity, sex has evolved into something more than just making babies. It's become about pleasure and self worth now more than ever. And as eager as people seem to be to "label" themselves as identifying one way or the other, there also seems to be just as large of a desire to let the definitions go. For instance, there are many men who enjoy playing with another man's penis who refuse to be

called gay, or bi ... or even straight. They simply just want to be.

Regardless of what colour of the rainbow or outside the rainbow or simply a blinding white light merged through a prism that you believe you are, the important thing is that you and those you are with are having a good time together. Sex is ever changing; I have no doubt it will continue to evolve with us. If the reds stay with the reds and the greens with the greens, then that's fine. Sometimes, blues may dabble with purple, then a red then back to blue. It's just the way that voice in our brain works; it wants what it wants. Or in some cases, doesn't want.

Complicated? Absolutely. Sex isn't always easy. Like all emotions and drives, it can easily take you right off the road. In spite of what you're doing and who you're doing it with, at least one thing hasn't changed from the gray scale years. Our hippie forefathers and mothers wanted the world to "make love, not war." Over the rainbow, love is being made every day, in all kinds of ways. Be you and let some colour in your life. You don't need a tornado to take you away.



Photo by Angela Jelschen

DIY

Veggie wall art

By ANGELA JELSCHEN

Things you are going to need:

- Canvas or Canvas Paper
- Newspaper
- Paint brush
- Paint (Acrylic preferably)
- Fruit or vegetables
- Sharpie

1. Lay down newspaper and lay down your canvas or canvas paper.

2. Line up where you want veggies

to go.

3. Put paint on newspaper. Use your paint brush to paint on vegetable

4. Flip veggie onto canvas painted side down.

5. Press it down enough that it will leave an imprint and peel off.

6. Let it dry

7. Once paint is dry use a sharpie and draw on a word or a phrase that represents you.



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Rise of The Fame Monster

By ALAN HOLMES

In the pantheon of pop music, few are as audacious as Lady Gaga. Famous for her theatrics, killer vocals and eccentric fashion sense, Gaga first rose to prominence in 2009, when her debut singles *Just Dance* and *Poker Face* packed a one-two punch into the music stratosphere. Whether you loved it or hated it, the Fame Monster she released into the world reshaped pop culture as a whole. Dance music, synths and electronic instrumentation crashed back into the mainstream, taking over from the 2000's mostly R&B influenced sound. Suddenly, singers who used to dress in jeans

and T-shirts were performing at awards shows in 6-inch heels, metallic dresses and with lobsters in their hair. It's no coincidence that this makeover happened shortly after Gaga's reign of pop culture dominance began. In many ways, she reintroduced the spectacle of 80's pop performers such as Michael Jackson and Madonna (something which had been waning since the dawn of the millennium) as well as reenergizing the industry with a shot of the unpredictable. The zeitgeist shifted to compete. By the time *Bad Romance* was blaring over the airwaves, the world had gone undeniably Gaga.

One of the most fascinating aspects of Gaga's cultural climax was how she played with sexuality. In the early days of her fame, she was known for not wearing pants, but she wasn't exactly a traditional "supermodel-esque" beauty. She stands a mere 5'1 tall (possibly the reason why she often wears 8-inch tall raptor heels?) and was told by her acting coaches that she would never "play the lead", due to her "ethnic" appearance and brown hair. There is, of course, the infamous lyric in her third single *Lovegame*, "Let's have some fun, this beat is sick, I wanna take a ride on your disco stick." (A disco stick being a metaphor for an erect

body part of the male person.) She has said that this lyric was inspired by a crush she had had on a heavy metal drummer. That same man would go on to break her heart and tell her that she'd never be famous. So she transformed herself into the blonde, larger-than-life icon we know today.

With her debut album, *The Fame*, she essentially became her icons. From David Bowie, to Madonna, to Britney Spears and Freddie Mercury, she was a hybrid superstar that pop culture seems to not only expect, but crave. As her career has transformed, she's morphed with it, taking on darker more bizarre forms as she goes. From the space-age heavy metal influences of 2011's *Born This Way*, or the surrealistic/psychotic Greek mythos of 2013's *ART-POP*, her identity in culture hasn't exactly been... conventional; especially coming from what society seems to think a pop star should be. While her latest album (2016's *Joanne*) has highlighted Gaga in a more seemingly stripped down role, her turn at this year's Super Bowl proved that the Fame Monster is still very much alive. Her explosive performance through her hits has reportedly become the most watched music event in history; talk about a way to prove your ex wrong.

In the beginning of her career, sex was Gaga's weapon; with it, she could slay the heart of anyone who stood in her way. As her latest video for John Wayne demonstrates, she still can. All's you need is a pair of shotgun-heels to take down any monster standing in your way.



SOUND WAVES

Best soundtrack on Earth

By MACKENZIE GATES

When it comes to film composers, who are the best of the best? John Williams, Danny Elfman, Ennio Morricone, Hans Zimmer and Angelo Badalamenti. From the iconic soundtrack of *Star Wars* to the beautiful atmospheric sounds of *Twin Peaks*, Angelo Badalamenti has done some impressive compositions in his 80 years of life. Born March 22, 1937 in Brooklyn, he has worked with many great filmmakers, including David Lynch, and musicians like David Bowie. With each sheet of music he writes, he continues to create masterpiece after masterpiece.

At the age of eight, Badalamenti began learning how to play the piano, which led to him earning a Bachelor of Arts from the Eastman School of Arts. This then turned into a Master of Arts Degree from the Manhattan School of Arts in 1960. After this, he worked on various film productions until his break in 1986 with David Lynch's film, *Blue Velvet*. Badalamenti worked as Isabella Rossellini's singing coach. Since then, Badalamenti has worked with Lynch

on various projects such as *Lost Highway*, *Mulholland Drive*, *The Straight Story* and – arguably his best work – *Twin Peaks*. With the third season of *Twin Peaks* airing 26 years after the original series was cancelled, Badalamenti is back at it again and composing all-new pieces for the show.

In anticipation of the third season, the soundtrack to the show has been re-released as a vinyl print. Right as you place the needle down on the record, the theme begins to ring out through the speakers and into your ears. The bass and strings add a soothing embrace and bring a relaxation over you.

The recording then transitions into the theme to Laura Palmer, the central character of the show after she was found murdered in the pilot episode. It's a beautiful piano composition, filled with ambition and dread, as we know the fate of Ms. Laura Palmer. As the record continues to play, the smooth jazz that plays when Agent Dale Cooper enters the Black Lodge while the Man from Another World dances about, makes you want to get up and dance. With the songs that feature the vocal work of



Digital Spy

Angelo Badalamenti

Julie Cruise, whose voice transcends the natural world and takes you to "... a place both wonderful and strange." As the needle reaches the end of the record, dread washes over you. The dread isn't from the song that plays but from the fact that the record is close to its end.

Overall, the soundtrack is definitely his best piece of music Badalamenti

has ever written and listening to it all the way through has opened my mind to other things. The music moves you in ways no music has done before and may not do for quite some time afterwards. Whether you are a fan of music or *Twin Peaks*, this soundtrack should be on your list next you go out for some music.



Dancers celebrate the Global Village on Friday March 24 in the CAT Building. The event, hosted by the International Centre, featured a fair, international food and cultural performances.

Photo by Jackie Buzak

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The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.



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U-PASS

The U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT! For more information please visit nait.ca/upass or email upass@nait.ca

U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16

MON-THUR 8:30AM-6:00PM | FRI 8:30AM-4:00PM

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

International Club Film Series: From Books to Film

Crafting Club Weekly Crafting

NSC Super Smash Bros Meetups

Civil Club Meeting

Anime Club SNAC Time – Weekly Hangout

WHEN

Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm

Thursdays, Dec 8, 2016-April 30, 2017 | 5:00pm-10:00pm

Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm

Tuesdays, Jan 3-April 18, 2017 | 4:00pm-6:00pm

Fridays, Jan 13-April 14, 2017 | 4:30pm-8:45pm

WHERE

Stanley A. Milner Library

Room X-105

CAT 191

CAT 252

CAT 276

UPCOMING CLUB EVENTS

WHO

Forestry Tech

Crafting Club

OHSSS

ISN

Goodwill Community Club

WHAT

Rock, Paper, Scissors Tournament

Craft-A-Thon

FIFA/Mortal Combat Tournament

Professional Photoshoot

Raunka Vaisakhi Diyan

WHEN

Fri, Mar 31, 2017 | 6:30pm-9:30pm

Fri, May 5-May 7, 2017 | All Day

Mon, April 3, 2017 | 12:15pm-1:15pm

Wed, April 5, 2017 | 11:30am-5:30pm

Fri, April 28, 2017 | 7:00pm-1:00am

WHERE

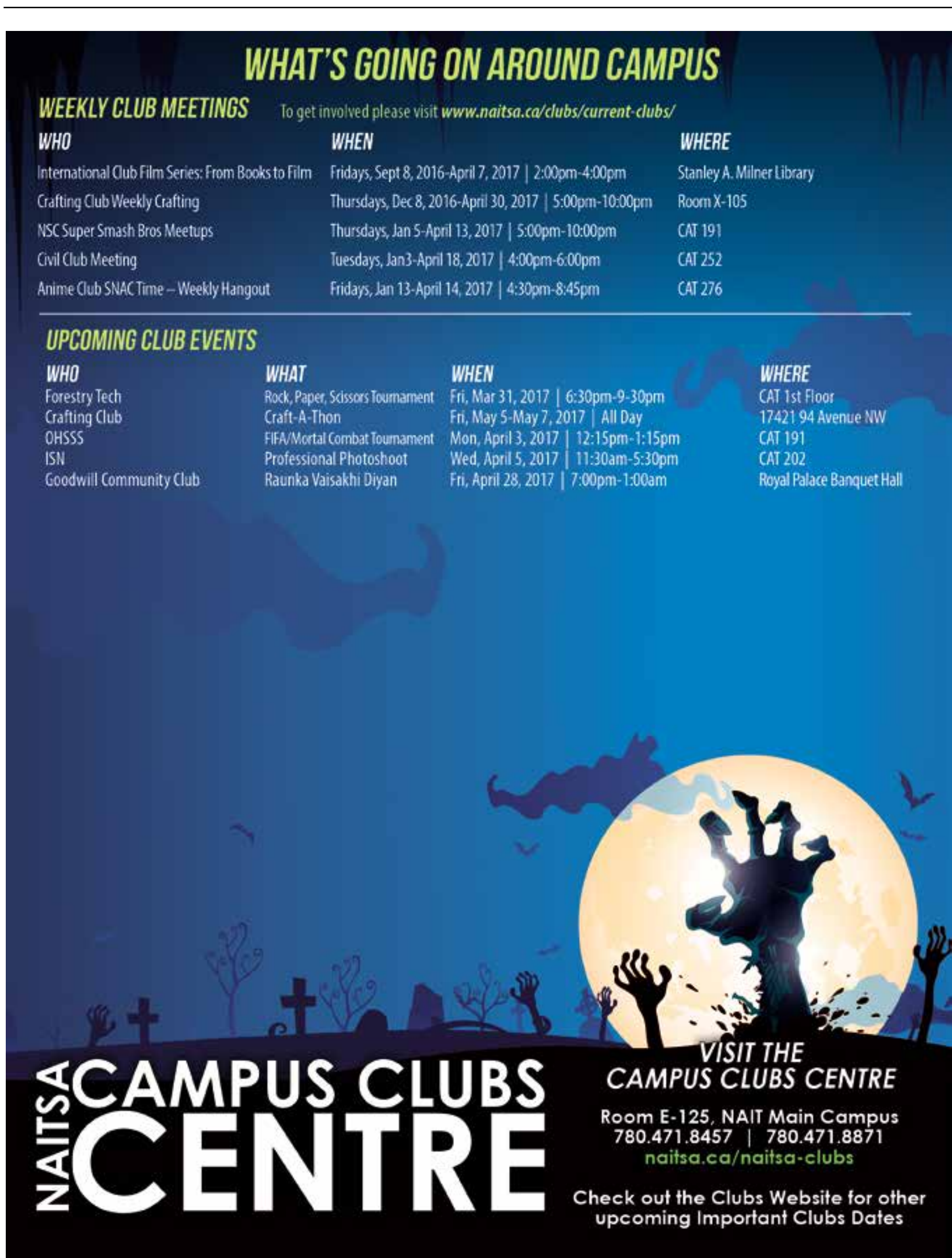
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CAT 191

CAT 202

Royal Palace Banquet Hall



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Check out the Clubs Website for other
upcoming Important Clubs Dates