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NUGGET





NEWS&FEATURE Relationship realities



SHAWNA BANNERMAN Assistant Editor

Kevin and I have been dating for three and a half years. In some ways, our relationship is not the relationship I pictured having when I was young. We bicker about mundane things. We often spend Friday nights binge watching bad Netflix series and eating pizza, asleep by 10 p.m. We disagree on major topics like politics and feminism. We don't have in-depth philosophical discussions nearly as much as I'd like.

The first year of our relationship, I was on Cloud 9. It may have taken him a bit longer to get there but he floated up to join something, he has to even it out, too. If I take me eventually. The second year we learnt more about each other, the good and not so good. The third year, we moved in together, and it went pretty well, despite his giant TV (which I hate) and my hair that coats every surface in the apartment (which he hates). Year four, we moved across the country together and are taking on a new province. Through all of this, our relationship has remained solid. Our surroundings, however, have not

I often wonder how we've managed to maintain a successful relationship through it all and, more importantly, why I'm still just as happy as the first few blissful months.

I've read and been given unsolicited advice about maintaining a relationship, but in my experience - and my relationship this is what I've learnt that, so far, works.

A relationship is a careful balance between give and take. When I take something out of our relationship. I have to put something else back in. When Kevin takes more than I'm giving back, Kevin will begin to feel he's being underappreciated, as he has more invested than I. And these 'things' that are taken and given are not tangible items. They're not fancy jewellery or expensive date nights. They're a simple 'thank you,' or 'can I get you anything?' The simplest words can show the greatest amount of care.

The first couple years of our relationship were relatively easy. But as life began to interrupt, our rhythm changed. When we moved in together we began fighting more often. Naturally, when two people spend more time together, they will fight more. But I still worried. Did this mean it wasn't going to work out? If we were arguing more now, where would we be in five or 10 years?

After a particularly vocal disagreement, I realized in the silence that followed, how grateful I was for our fights. Fighting is passion. Fighting means you care enough to figure it out. I know that there will always be arguments; we'll both say things we don't mean and that may not be true. But I also know that Kevin will always stick around afterwards, when we've each cooled, to figure it out.

One of Kevin's strengths, and something he's taught me, is to swallow your pride and apologize. He's usually the first to traverse the barrier, and say he's sorry. Often, I'll admit, he's not even the one in the wrong; I am. But I've always believed that admitting defeat in an argument means there was something to lose. What I'm learning now is that there is no winner or loser. Understanding and reconciling whatever obstacle caused the argument is necessary in order to move past it.

Our relationship is my first - and hopefully last - long term relationship. Before I met him, I believed in soulmates, I believed that perfect couples never fought and that we'd always agree on everything. This is not the case. No relationship is easy. Love is just stumbling through life with your best friend.

Sugar babies ... sugar daddies

By JORY PROFT

Student loan debt is one major problem facing postsecondary students today. Canadian student debt nears \$30 billion and the unemployment rates for grads always seem to be going up. It's hard to get a job without a degree and with this uncertainty, why not seek a wealthy benefactor to help offset the cost and become a member of a Sugar Baby University?

At least that's the website Seeking Arrangement is saying to students. And it's working.

Edmonton universities contributed heavily in Canadian growth of sugar babies in 2017, as the University of Alberta ranked second with 200 new users, and MacEwan 18th with 53. The service continues by saying post-secondary students make up about one-third of all users on the site with over 200,000 in Canada alone - three million overall worldwide.

Seeking Arrangement defines young individuals who

make an agreement with someone often much older and wealthier as a sugar baby.

"Attractive people looking for the finer things in life ... sugar babies get to experience a luxurious lifestyle and meet wealthy people on a regular basis."

SeekingArrangements.com seems to be home for the trade of parties to interact ...

This might not be coincidental. The site specifically markets their service in a way that entices post-secondary

students to join. According to the page, signing up can easily result in student costs being taken over by a sugar daddy or momma. "Join today and get your education paid for by a generous sponsor," they boast. This can allow SBs to rationalize these relationships as being financially vital.

Rationalizing these arrangements as socially acceptable, through the idea that it is going towards education, does not only work on students, says Tanya Spencer of NAIT counselling, who is against the trend.

"I think there's rationalizations on both sides. Sugar daddies can say that this isn't exploitative because I'm helping someone get what they want. And it's something very prosocial, like an education," said Spencer.

As much as this site identifies itself as a glamorous way for students to pay for school, it may glaze over what sugar babies could be asked for in return. Scrolling through the

site, reciprocal actions are sparsely referenced. It's referenced as an agreement in the phrase "... you can find your mutually beneficial relationship," from their website is one of very few mentions of mutuality instead of incentives for SBs.

The site references "companionship" as what SBs are often expected to give in return for financial aid. Seeking Arrangements does not clearly define what companionship entails, which could lead to confusion between partners on the site.

Does companionship mean sex? Each arrangement is obviously unique, but it seems to be a commonality that sugar daddies/mommas ask for sex in return for money and gifts.

"If you're going to get into an arrangement like this, you'd better understand that sex is probably part of the package. If you're going into this thinking it's going to be a nice dinner get real," says Spencer.

The issue of expectations of sex has not gone unnoticed by Seeking Arrangements. But the site only details how to deal with a situation where someone tries to avoid payment after sex - not the issue of whether sex is frequently requested in return for money. Their "precautions" page warns of common schemes people will use to have sex with you before payment. The site seems to be under the assumption that sex will be exchanged for money but they will never directly address it.

"Sex opportunists are sugar daddies or sugar mommas who promise to give you the world but their only goal is to have sex with you and not to form a solid arrangement," says their precautions page.

This basically states that the site understands that users may ask for sex, but it's only acceptable if there is an "agreement" - most likely meaning money.

SeekingArrangements.com declined to comment, nor could find us a sugar baby to talk to. They also would not disclose how many NAIT students were/are users of their service

All statistics regarding the number of sugar babies in each school is from their press kit and available on their website.



NEWS & FEATURES

Addicted to porn?

By ARIELLE TRISCHUK

"Pornography is definitely one of the pervasive issues because of the three 'As': the anonymity, affordability, and access[ibility],"said Samuel Platts, R.Psych, CSAT.

In November 2017, Florida's houses of legislature declared pornography a public health crisis in the belief it's connected to human trafficking, domestic violence and other societal ills. It became the fourth state in just over a year to do so, joining Utah, Virginia and South Dakota.

Recently, Canada conducted its first porn study in 30 years. The results, published last year, concluded it wasn't obvious what constituted a health crisis, or what could be deemed "violent" or "degrading" pornography. However, the idea of porn being addictive and influencing the culture is still being debated.

Like other addictions

Currently, Alberta Health Services does not recognize porn addiction as a separate issue. David Lillico, an addictions counsellor and certified sex addiction therapist with Alberta Health Services (AHS), said "sex addiction" has a lot in common with other addictions.

"People having continued attempts to stop: loss of control, preoccupation, interruption of family, work, shame, and guilt," said Lillico.

Samuel Platts runs the only government funded sex addiction group in Alberta and is a certified sex addiction therapist. He noted how repeated, long-term exposure to porn can lead to changes in a human's neural pathways or "porn induced erectile dysfunction.

"Your arousal template, which is a fancy term for what turns you on, becomes geared towards watching exclusively and self-stimulating," said Platts.

Platts referenced a study performed by Valerie Voon at Cambridge University where participants were exposed to "sexually explicit

template, which

is a fancy term for

what turns you on.

becomes geared

towards watching

exclusively and

self-stimulating."

- Samuel Platts

videos," while their brain activity was monitored. The active parts of the brain for people who watched more pornography were the same regions that are activated in drug addicts.

"It's getting away from that whole idea the addiction exists in separate silos," Platts said. "Alcoholics over there, cocaine addicts over there,

cigarette smokers are over there. But really, when you look at it, they're all part of the same mechanism that goes on. It's really a compulsive need to escape negative affect and negative feelings."

This is what he referred to as "addiction interaction." It also means if someone is suffering from one type of addiction, they could have other vices.

"For example, a person will wake up in the morning and they feel depressed. They start drinking, the drinking leads to going



online, looking at pornography ... Then they might masturbate and they need to come up again. Then there's cigarette smoking, and then there's the hangover. So now they're taking Tylenol 3s, then back to pornography."

These are also types of behaviour that can swell from a troubled past.

"[With] nearly 100 per cent of people there's trauma and neglect in the background. They've never had the skills to deal with problems in their life."

The main difference between an addict and a non-addict, Platts says, is how they organize their lives.

'Lonely and empty inside'

"They might have friends, they might be married, but they're always lonely and empty inside ... There's a mask they wear and project to the world that, 'everything's okay' and then secretly they're doing things that are incongruent with who they're trying to project."

An addict compartmentalizes and keeps some behaviours secret. They may have one personality when they're around friends, family, or a partner, but another personality when they're alone.

NAIT students who think they could be addicted can

visit the NAIT Counselling Centre and speak with Alycia Chung, a certified sex addiction therapist. Chung thinks that porn use can degenerate quickly to more subversive types of content if used to medicate.

"With any sort of addiction, often times if it is shame and guilt, you feel so crummy but you don't want to feel it," said Chung. "So you self-medicate with whatever is going to numb it out, and it might even be more pornography."

Treatment for porn addiction begins with abstinence.

"Ninety days is how much time you

actually need to reset some of those brain pathways that have been super high-jacked by the addiction. So at least with a 90-day moratorium on pornography, hopefully we can be in a stable spot to be able to implement more strategies and kind of work through."

While there are no demographics concerning addiction in Alberta, two of the therapists mentioned that they haven't treated any women with porn addiction. That's because women are more likely to have other types of sex addiction, such as love addiction, or trauma repetition, said Chung. It's an attempt to hold on to their "Prince Charming" who may not share the same level of devotion to the relationship.

"They fall in love with the guy who is totally love avoidant ... and then the cracks start to show," she said. "They just went through this honeymoon period of being high intensity of everything is wonderful, to a really strong period of negative intensity ... Despair and emptiness afterwards leads to preoccupation with another man who is going to invariably repeat the cycle."

Nofap

One online community that's gained traction while this is happening is Nofap. The Reddit and YouTube based group encourages men and women to quit masturbating and watching pornography. They're known for their popularity among young people, particularly young males. Many of these videos are former porn users who now talk about the benefits of staying away.

Whether porn is an addiction or a public health crisis, three key factors highlight pornography's potential for danger: it's accessible, affordable and anonymous.

If you think you need help there are mental health professionals specializing in sex addiction available through AHS, NAIT Counselling, and the International Institute for Trauma and Addiction Professionals (IITAP) website.



The Nugget

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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: <u>studenteditor@nait.ca.</u> We need to list your real name. Getting something off your chest is downright therapeutic. Write us. **NEWS & FEATURES**

Point counter Point Friend zone – or not



EMILY KELLER

Will admit, I have knowingly put men who confessed feelings towards me into the dreaded "friend zone." Have I done this with malice, manipulation, or spite in mind? Potentially. But I'm not alone in this. I don't believe anyone could say they have always had positive experience in relationships and in a generation that promotes a casual approach to dating, the friend zone is necessary. Sometimes we have to put people in the friend zone in order to maintain any type of communication with the other person, because we genuinely want to continue the friendship.

Helpful tool

There are many more positives to the friend zone than people realize, for instance, being labelled as "just a friend" can prevent you from jumping too hastily into a relationship, especially with the wrong person. Would anyone really want to begin dating someone who has difficulty seeing them as more than a friend? That doesn't sound like a very healthy way to begin a relationship and resentment and spite can build very quickly.

The friend zone is actually a very helpful tool. Honestly, would anyone want to be with someone just out of pity? That would be a lot more cruel than outright rejecting someone. People should not be expected to give someone a chance when they really,

genuinely do not want to. People should also not be judged for keeping someone as a friend. It's often categorized as manipulative or cruel behaviour. The person doing the friend-zoning is still reaping the benefits of a friendship, but that is not true. Why should someone be expected to sever all ties because the other developed feelings, something that is very much out of their control?

Being able to put someone in the friend zone is beneficial, because rather than having to complicate things with the added pressure of a relationship, you can enjoy a genuine friendship and with honesty and respect. In my experience, the person in the friend zone is the one that wants to continue communication. This makes it easier to develop a closer friendship, because you lay out the groundwork at the beginning and don't have to find out down the road that this person had or has feelings for you, causing you to question the validity of the friendship.

A friend is also going to feel more comfortable around you and won't try hard to impress you. They will be more supportive and become a confidant. Being close with someone of the gender you are pursuing is a good way to develop your communication skills and ultimately improve your abilities to have a romantic relationship with someone else.

A positive thing

It's not a bad thing to want a friend over a relationship. Friendship with someone you reject may seem awkward or messy but they'll end up feeling closer to you once they are aware of how you really feel. It's less awkward after the feelings have been talked through and allows both parties to pursue someone they are actually romantically interested in later on.

In the end, it is clear the friend zone exists and is not an evil or depressing place to be. It is a positive thing, for both parties. The rewards? A solid friendship, and the avoidance of a pressured and poor relationship.



TYLER DZIWENKO

The idea of a friend zone, while I'm not entirely sure how to start this, should be discussed by starting with the end. It doesn't exist! Period! The end! OK, actually it is probably not that simple and it may in fact be a feeling that some individuals legitimately believe they have. However, this is an overused and antiquated socially constructed coping mechanism. That might have been a super convoluted way of explaining it, but I think it gets my point across. For some men, and even some women, acts of friendship or helpfulness can be taken as a sign of mutual attraction. When this discontinuity of perception is discovered, the individual may become hostile. It's merely a reaction to failed reciprocation and a way to protect one's ego.

Unnecessary choice

Some people may say they have "friend-zoned" an individual, backing up their choice to not date them. However, I believe that this is an unnecessary choice someone has to make. If feelings are not mutual in the way one party is perceiving a relationship, why is it necessary to put them in a friend zone? If a person changes the initial way they feel for someone they had previously put in the friend zone, are they no longer allowed to like them due to the category they put this individual in? I don't think so; hence, I think attraction is ultimately a fluid emotion. Therefore it is not necessary to put someone in a friend zone and not necessary to have a friend zone.

I feel as if the term friend zone devalues the very thing it's supposed to stand for, which is friendship. Real friendships are hard to come by and the thought of ruining the chances of having one just because you want something that isn't reciprocated is ignorant. Often the term is used when one individual believes that the other person is attracted for the wrong reason, for example, in a physical aspect. The view that one person needs to have a physical aspect in a relationship suggests that platonic friendships are some sort of penalty box, rather than a relationship one should be grateful to have.

Feeling of captivity

If you're a "nice person" to whoever you are interested in, up until you realize they don't want to date you and then go on about how they friend-zoned you, nobody is going to want a piece of that pie. Ultimately you'll come off as a passive aggressive individual, with an internal victim complex. Furthermore, the term "zone" creates a feeling of captivity in which the individual has absolutely no chance of getting out.

I don't believe this to be the case; as mentioned beforehand, attraction can be a fluid emotion that evolves over time. For certain individuals, the way they feel one day may not be the same way they feel the next. Letting each individual have the right to feel however they want, is the key to getting over the stigma of the friend zone. For each person to have whatever feelings they want and to interact in a socially and societally respectable way, there would be no need for these labels.

However, this often is not the case and for these outlines to be upheld takes work from both parties. Ultimately the friend zone doesn't exist but rather it is a mere blip in time for which certain feelings are either felt or not felt.



NEWS & FEATURES

STI testing

By SHAWNA BANNERMAN

Local campuses could be doing more to educate, prevent and test for sexually transmitted infections in students.

In April 2014, the University of Calgary attempted to break the Guinness World Record for the most people tested for STIs within 24 hours at the same location. They tested over 500 students. In 2015, the University of Windsor held a similar event and tested 700 students. The following year Western University successfully broke the record by testing 812 students in one day for chlamydia and gonorrhea. Concordia University in Montreal also offers free regular STI testing on campus to make it more accessible and convenient for students. So why aren't Edmonton schools doing more to prevent and test for STIs?

Testing for sexually transmitted infections cannot be done at any campus clinic in Edmonton and for some schools, sexual health services are non existent.

Both of Edmonton's leading universities, MacEwan and the University of Alberta, do not provide testing for STIs in their health clinics. Neither school was willing to provide specific information on the number of students who have contracted an STI.

"[U of A's] electronic medical record system is not able to provide specific data on STI rates that I can share with you," said Kevin Friese, Dean of Students Health and Wellness when replying via email to The Nugget.

Friese also specified that the U of A's Health Centre offers informational resources to students in need. They also have a comprehensive health education worker (CHEW) nurse on campus to provide information sessions and support to the student community.

A nurse from MacEwan's clinic refused to comment, stating that the clinic is a family clinic, not solely for students use, and therefore statistics would not be accurate.

Norquest's health centre does not provide STI testing despite the fact that many medical programs at Norquest require students be tested in order to advance in their program. The centre also does not record rates of students with STIs for privacy reasons.

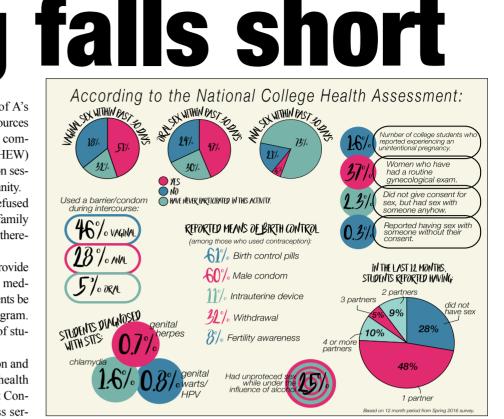
Concordia University of Edmonton and King's College do not have medical health clinics. Murna Haynick, counsellor at Concordia, said not many students access services on or off campus due to lack of information and services.

Where does NAIT stand?

Christine Bannerman, supervisor of Health Services at NAIT, says that because NAIT only has nurses employed at the centre, they're not allowed to perform STI testing.

"We don't have a medical practitioner to be able to do that type of testing. We need a practitioner that can do the testing and test the results," said Bannerman.

Health Services wasn't able to provide



statistics regarding the number of NAIT students looking for information or tested for an STI. Any treatment outside of their clinic is not tracked in the system. NAIT students looking to be tested are referred to a Sexual Health Clinic in Edmonton.

"We hope in the future to have a practitioner and we will look into seeing patients for [STI testing] and any other health issues."

To help fight this deficiency, NAIT is normalizing the language surrounding STIs by holding STI pop-ups where students will get information about the prevention of STIs.

"It's a very normal thing to talk about and the more we present information on it, and the more education students have on it, the less it will become a problem," said Rosie Colangelo, NAIT Student Programs assistant. "And it will be more about maintaining your sexual health. Not curing the STI, but more about preventing the STI."



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PINION

- Editorial —

How to communicate?



MICHAEL MENZIES **Senior Editor**

y girlfriend and I have been together for over a year and a half. Most of our relationship has been spent communities apart. We began dating shortly after graduating high school in 2016. When fall approached, I left home for NAIT and she left for Red Deer to work. We see each other once every few weeks: a challenge to say the least.

It's true, we aren't that far apart, but my program (Radio and Television) and my work commitments keep me plenty busy. Her work schedule is as busy as mine being a waitress and day-time manager at the Canadian Brewhouse. So much so, even when I lived in Red Deer this summer, the distance erased, our lives were inconveniently scheduled. Finding time during the week to be together was still tricky.

Dating has changed

Much is said today about how relationships have changed. In reality, all that's different is the world surrounding dating. Naturally, dating has changed, too.

Being in a long distance relationship today puts extra stress on those new methods of social communication. For example, Peyton and I make sure to text each other every day and talk on the phone a few times a week, yet it was a big adjustment (believe it or not) when I deleted my Snap-Chat app in October.

I didn't tell her I was going to do it, either. She teased me about ending our coveted "snapstreak" and there weren't any hard feelings. About a month passed and I begin to notice how I had taken for granted seeing her face a few times every day. Seeing her face made us feel more real to me. Suddenly, we felt farther apart.

Rash decision

It's sardonically funny. For many couples I'm sure there would be consequences for such a rash decision to end Snapchat. If the big red heart emoji ain't beside bae's name - it's a catastrophe. This subtle difference in our relationship made me realize the value I put into texts and snapchats. This value is as much about texting and snapchatting, then the messages themselves. It's because you're snapchatting and texting, not what you're actually saying back and forth.

One of the most influential theories about the media came from Canadian philosopher and professor Marshall McLuhan. His idea that "The medium is the message,"

implies that any medium (like TV, radio, newspaper) imbeds itself in the fabric of the message when we perceive it.

Put more simply, when I read a text message, the information I've received from the message is the way it's sent, as much as what the text reads. By extension, the approach and the various features of texting become as important as what you say.

The problem with the new communication is that it becomes emotionless and creates a parasitic self-consciousness. You can read too much into anything

Why did she use this word? Why did she end the message with a period? Is she mad at me?

If the medium is the message, every connection has its own value. The window dressing of emojis and kissy-faces is then as important to the text as your partner saying "I love you."

That diet of communication, plus prolonged distance, equals a problem. When I was busy and not trying as hard, I became the PR department for my life. The messages

were small press releases: what I'm doing, how I'm feeling, where I'll be later. She reciprocated. We were trying to keep up, not talk. We were out of step to the invisible rhythms created by texting.

It's the issue we deal with until we're physically together. How do we stay close, when we feel more distant at times than we should?

I'm no relationship guru but I've learned one thing: it takes active effort. That's how we've chosen to respond; actively taking control and making an effort to translate how we're feeling, knowing how we present what we say will influence how we feel about each other in the moment, and doing it appropriately so we don't get misunderstood by accident. So far, things have been alright.

It's not a temporary issue or exclusive to us. Nor is it reassuring the number of articles and studies proclaiming how Snapchat or texting ruins relationships.



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SPORTSDating apps have a place



TRE LOPUSHINSKY Sports Co-Editor

Most people who use dating apps have a bunch of horror stories, but they're not that bad. Some people use apps such as Tinder and Bumble strictly for sex and this use has ruined the perception of dating apps. This isn't the only reason to use these apps. I know you can find legitimate relationships if you and the person you're talking to are in the same boat. I am perfect evidence of that.

I found myself trying to have legitimate conversations with people, seeing if I can see a long term life with them. Is that so crazy? I've been in a pretty great relationship for the past year and Tinder is to blame. I'm not trying to be that pretentious dude who's like "you're doing it wrong," when it comes to dating. Based on statistics from datingsitesreviews.com 46 per cent of dating app users met their current partner online.

There is no wrong way of dating. I mean, if you are looking for a one night thing? Cool. You want long term? Go for it. It shouldn't matter.

"I have Tinder, I don't expect to get anything out of it. Everyone seems to be on there to get dick or just ... be creepy. I'm not opposed to having a relationship with someone. It's just highly unlikely," said a classmate of mine in the Radio and Television program.

From conversations I've had, dating apps seem to be a



source of pumping up people's vanity more than anything. Going back to datingsitesreviews.com, they've calculated that 52 per cent of online daters admitted that dating apps have made them more judgmental of people's looks.

Tinder, for example, requires you to make a lot of snap judgments. I doubt you're going through all of someone's pictures, let alone their profiles. There is no carefully thought out decisions before a swipe or conversation on dating apps, just a lot of "oh they're hot," "hey, you up?" or cheesy pick-up lines.

Match.com was the first sign of online dating, which started in 1995. Most online dating sites have a good ratio for finding relationships but they cost money. That doesn't work for a student. We've now evolved into exhausting our fingers swiping on our smartphone.

This perception can be broken, because love comes in all different forms from all different places. Dating apps prevent you from trying to find love on a crusty red bull and Jägermeister stained dance floor, which again isn't bad.

Ending the perception surrounding Tinder starts with universally accepting that meeting people online is OK and that almost everyone does it. Being on a dating site or app doesn't make that person exactly like everyone else on there, so that's one less snap judgment you have to make while we end the "we just want to bang" mentality of using dating apps.



By NIKITA ELENIAK

Does sex really count as a form of exercise? Many people believe so; after all, you are burning calories, it does get your blood pumping and if you're sweating, you must be exercising at least a little bit – right?

One imgur user sure thought so; she recorded her heart rate on a Fitbit while having sex. Through this she discovered that her average heart rate was 109 beats per minute, peaking at 123 bpm. The average adult has a resting heart rate anywhere between 60 to 100 bpm, according to the Mayo Clinic. Her heart rate did increase, though not significantly. Her Fitbit also recorded exactly how fast her heart was going at specific times during sex, highlighting just what exactly was the most physical.

The sex as a form of fitness debate

is one that has sparked many studies, including one done at Harvard University. The study indicates that male heart rates rarely rose above 130 bpm, causing it to count only as a moderate form of exercise. However, sex has also been proven to burn five calories a minute, which is on average four more calories per minute than sitting and watching TV. Maybe Netflix and Chill isn't a bad way to multitask.

Unfortunately, sex isn't generally considered to be a workout per-say, due to it's shorter length – an average of three to 13 minutes. An average 30 minute sex session, however, can burn anywhere between 50 and 100 calories – so sometimes length does matter. Sex isn't considered a cardio workout, unless the length of time is increased but it can be a form of strength conditioning. The thrusting motion involved can firm the stomach muscles and glutes, which in turn can improve posture. Men who reported orgasms three or more times a week also have a 50 per cent lower death rate than those who orgasm less often. As well, in women sex has been proven to engage the pelvic floor and abs; thus strengthening them as well. Could sex be the new ab workout trend?

As with any exercise, one-off sex sessions aren't going to cut it as a form of fitness. Consistency helps maximize the benefits, as few as they may be in the fitness department. So maybe don't cut the gym entirely, but skipping it once and a while to get busy might not be such a bad thing.



SPORTS

Sex and sports – a debate

By TEAGAN GISELBRECHT

It's the age-old question, can having sex mess with your ability to perform in sports? This idea has been discussed for decades, and there are a few questions that fuel the debate. Can having sex before a competition slow you down? Will you have less stamina? What about lower testosterone levels in your system, causing a lack of focus and drive? These are concerns held commonly by sexually active athletes, whether they're in professional or amateur leagues. It was even a source of controversy at the Rio 2016 Summer Olympics, where over 450,000 condoms were handed out to the athletes to promote safe sex.

After a London Marathon race, 2,000 willing participants were surveyed by researchers from Oxford University. They came to the conclusion that those who weren't sexually active the night before on average were five minutes slower than those who were, suggesting that sex the night before may have led them to completing the race faster. Maybe they were in a hurry to race back to the bed sheets.

Sixteen high-level athletes were given an exact plan of training and sexual activity to follow by a group of researchers from Geneva. The participants were tested on a cycle ergometer two hours after sexual intercourse. The same tests were repeated on another day, but this time around they weren't sexually active that morning. The study showed that certain athletes from two sports, soccer and cross-country skiing, had worse performances and took longer to recover than usual. The University of Cologne clinic department conducted a similar study. They discovered that athletes who participated in strength and speed sports showed a decrease in performance up to two hours after sex-



Photo by Gurlovedeep Singh

ual intercourse. The widely accepted cause of this is the reduction in aggressiveness due to the lower testosterone levels in men after sex. However, the study failed to show any negative effect on the performance of endurance athletes.

On the other hand, a study by Tommy Boone, member of the American Society of Exercise Physiologists, found that there was little difference in performance between those runners who had refrained from sex the night before (12 hours before the test) and those who had been sexually active. Samantha McGlone, an Olympic triathlete and Dr. Ian Shrier, the former president of the Canadian Academy of Sports, reached the same conclusion in an editorial on the impact that sexual activity has before a competition.

"I mean for girls it raises your testosterone, so I try to have as much sex as possible before a fight, actually," boxer Ronda Rousey stated in an interview with Jim Rome about having sex before sports.

"Not with like everybody. I don't put out Craigslist ads or anything, but you know, if I got a steady, I'm going to be like, 'Yo. Fight time's coming up,'"

She believes that it can have a positive effect on women but the opposite for men. The boxing legend Muhammad Ali, who was said to have abstained from sex for weeks before a fight, could be used as evidence to prove her point, at least for men, to refrain from having sex before a fight to possibly achieve success in a combat sport.

Sex can even be a big help for athletes who have trouble sleeping the night before a competition because it can have a calming effect. During sex, your body releases endorphins, which help you relax and sleep better.

There's evidence supporting the idea that having sex shortly before a competition can have a negative impact on performance in combat, speed and strength sports for men. On the other hand, women produce more testosterone during sex, which suggests that it might even boost performance in one-on-one sports. No negative influence on performance could be found for endurance sports.

Therefore, we can say that sex the night before competition generally does not limit athletic performance.

Should athletes date celebs?

TRE LOPUSHINSKY Sports Co-Editor

Being a pro athlete has a lot of benefits, including access to some of the world's biggest events with the world's biggest celebrities.

In some cases, these athletes end up dating celebrities. An athlete's personal life is up to them. Yet, it can lead to the ruin of some careers. Fans and the media are always curious when an athlete's level of play declines. Is it a nagging injury, trouble in the locker room or personal problems? Sometimes we just assume when an athlete starts hanging with a celebrity that his performance will instantly decline. Whether preemptive or not, in some cases the writing is on the wall. I don't believe dating a celebrity is a great idea.

Former Yankee Alex Rodriguez, has

seen his fair share of celebrity hook-ups. A-Rod is regarded as one of the greatest baseball players of all time. While most athletic careers have declines, Rodriguez's problems can be traced outside of the diamond. His slow decline started in 2008. He won the AL MVP in 2007 and had a great 2009 postseason but injury and other distractions plagued him from then on.

On the Madonna situation, Jake Coyle of the Associated Press (via USA Today) reported that Yankees co-chairman Hank Steinbrenner said, "It's no distraction to the team. Whether it is to Alex, I don't know."

Athletes can reach a certain amount of notoriety within their respective worlds. Unless you're a Lebron James or a Tom Brady, the entertainment media doesn't watch your life with hawk-like intensity. Dating someone who's all over the tabloids instantly launches you in that world without even being a popular athlete.

Kris Humphries is best known for a seven-month marriage to Kim Kardashian. Humphries' athletic achievements (there aren't many) were never covered by the media but his short-lived marriage was. That didn't exactly help his career. The 14th round pick in the 2004 NBA draft, Humphries went on to play for eight different teams. At 32, he sits at home without a team. I'm not saying this is solely the fault of the almighty Kardashian but it surely had an impact.

Now for another Kardashian story. Lamar Odom and Khloe Kardashian got married in 2009 after a month of dating. The first couple years of marriage seemed like a good start. The couple had their own reality show, *Khloe and Lamar*, Odom won Sixth Man of the Year in 2011 for the Lakers and a couple of championships as well. After that season, everything seemed to derail for Odom. Khloe filed for divorce more than once; allegations of cheating and drug use arrived in Lamar's life and his career was over within two years.

Think what you will, but we've all read some stories like this and wondered if a relationship had something to do with poor play. There are many more examples of athletes dating celebrities that tie in with poor play or the destruction of a career. Professional sports is an athletes first priority and well-being and if anything interferes with that it should be removed or not done in the first place.



On the road ... again

By WYATT ZIEGER

When you think of athletes cheating, many might come to mind; Tom Brady (Deflategate), A-Rod (performance), Lance Armstrong (performance) but today these are not the examples of cheating I want to talk about.

Next time you think of cheaters in sports I want you to think of Tiger Woods, Shaquille O'Neal, Darrell Revis. Where does most of this infidelity happen? Simple answer – The Road. It can be a dangerous place for athletes and I'm not talking about traffic on the Yellowhead. No, what I'm talking about is temptation, the kind of temptation that leads to mistakes. Sometimes mistakes happen but sometimes it's not a mistake but a premeditated thought that gets acted upon.

Athletes did not create dishonesty in relationships but they seem to always be the poster boys (and girls) for unfaithfulness. According to CNN, around 80-90 per cent of athletes who have wives are unfaithful. These bad deeds are not just limited to famous athletes. To help better shape my view of why athletes cheat, I spoke to a female NCAA lacrosse player from Longwood University who preferred not to be named, about her experience with a teammate cheating. Can you describe to me what she is like outside of sports?

"Just a regular, Out going, happy-golucky and confident girl."

Before leaving for the road trip was there any preconceived notion that she would cheat?

"No, she said it wasn't something that was planned."

Can you describe the environment that lead to her cheating?

"Our team was at a bar, celebrating a win and a teammate's birthday. We all were partying pretty hard that night."

Was this the first time this ever happened with her and did it ever happen again?

"It was the first and last time she ever did anything like that. If we weren't all drinking it probably wouldn't of happened at all, to be honest."

When you all returned from the trip did she tell her boyfriend what had happened?

"No, they had only been dating for a short time and she wasn't really looking for anything long term anyway so she broke it off a few weeks later."

No matter the sport, gender or fame, cheating in sports happens. We may not hear about it as much but as evidence above suggests that may just be because no one wants to admit to it.

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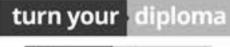
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SPORTS

Two takes on the weekend

By TRE LOPUSHINSKY

The NAIT gymnasium played host to a display of defence on Friday.

The Ooks women's basketball team faced off in the first of two games on Feb. 2. The Ooks hosted the Lakeland Rustlers at home and displayed more than acceptable defence. From the jump, the Ooks began forcing mistakes that would cost the Rustlers in the end. The Ooks' size disadvantage has been around all season, but their lack in height is made up with speed, aggression and daggers from beyond the arc.

Kika Greenlee is usually the main scoring option for the Ooks with 18 points on Friday but it was a fresh face in the second half of the 2017-2018 season making a difference on the court for the Ooks.

First-year player Carly McHarg scored 16 points and took player of the game honours coming off the bench.

The Rustlers' big threat, Shania Magnusson, scored 12 points but for the most part her points were scored in the first half. Teammate Kaitlyn Tonita had 11 points. This was not enough for the Rustlers as the Ooks won 75-61.

The Rustlers are currently third in the North Division and the Ooks sit fourth. Saturday's game saw the Rustlers halt any momentum the Ooks held the day prior, winning 84-63 on Lakeland's home court.

The Ooks men's basketball team mimicked what the women were able to do hours before. The home game against the Lakeland Rustlers started off with tremendous defensive play by the Ooks. Lakeland was unable to make any of their baskets count and were hit with calls that cost them. The emotions in the Rustlers started to stir against the refs early on. The Ooks composed themselves and continue to score in a game that saw neither team let up.

The Ooks were able to hold the Rustlers to 22 points in the

first half. Samson Cleare's silent but effective post play allowed him to rack up 24 points in the home game. Jackson Jacob came off the bench to score 23 points.

Prentice Gardener led the Rustlers with 17 points as the Rustlers played as hard as they could until the closing quarter. The Ooks won on home court 111-75. The Rustler snapped their two game losing streak the day after at Lakeland, defeating the Ooks 79-66.

Let's just say there's another way to look at last weekend's games if you were inclined on reading things a little differently ... (ahem)

Ooks pin down Rustlers By PETER GO

The women's team was able to wrestle down the Lakeland Rustlers 75-61 this past Friday Feb. 2 at the NAIT gymnasium. The game was scrappy early on, until the Ooks started playing impenetrable defence. They were able to hold down and climb on top of the Rustlers in the second quarter and never got off. The Ooks took the second quarter 17-6 mostly due to the dribble penetration of Kika Greenlee and Carly McHarg who were able to toss up some balls from beyond the arc.

Rustlers' forward Shania Magnusson led them in scoring with 12 points, while Kaitlyn Tonita cuddled close with her season average, 11 points. This was still not enough for the Rustlers, who are currently third in the North Division standings.

This was the first of the final two games between these two teams as they battle for playoff position in the North Division.

The men's team was able to dominate on top against Lakeland Rustlers 111-75 last Friday in a highly anticipated affair. The game was close for only a few minutes until the Ooks went deep on the Rustlers, playing the tightest defence. They held the



Rustlers to just 22 points in the first half.

The bareback emotion of Jackson Jacob led the Ooks throughout the game. He was able to spank the Rustlers for 23 points. He almost bagged the rim with a highlight reel dunk in the fourth quarter too. Samson Cleare led the Ooks with 24 points. He was the biggest player on the court doing most of his work down low.

Prentice Gardner led the Rustlers with 17 points. The California import was one of the loan bright spots for the Rustlers, who are now on a two-game losing streak.

With the victory, the Ooks are helping their cause as they scrape closer to a playoff spot.

Athletes of the week

January 29-February 4

Kendra Hanson Women's Hockey



The NAIT Ooks swept the Olds Broncos this past weekend (Feb. 2-3). Kendra Hanson led the Ooks in the weekend series, with six goals and two assists, including a hat-trick Thursday night. "Kendra was an offensive power house for us this weekend, she came through in back to back games," said head coach Deanna Martin. Kendra is a third-year Emergency Management student from Thompson, MB.

Cole Burkart Men's Volleyball



The NAIT Ooks swept the Lakeland Rustlers this past weekend (Feb. 2-3). Cole put in two consistent performances, earning 16 points in Friday's encounter and another 18 points Saturday evening in two 3-1 wins. "Cole demonstrated again why he is the best attacker in the ACAC Northern Division with our two wins this weekend. He's a fearless offensive player and is equally effective attacking in the front and the back row. Strong performances out of Burkart will be key as we prepare for the playoffs," said head coach Douglas Anton. Cole is a third-year Business Administration student from Spruce Grove.

Athletes of the week

Eyota Kwan Badminton



The NAIT Ooks hosted the third ACAC Badminton tournament of the season on the Jan. 27 weekend. Eyota Kwan led the team winning Mixed Doubles with teammate Nick Roque, and finishing second in women's singles. "Eyota was excellent for us this weekend, she came through for us when it mattered," says head coach Sinead Chea Eyota is a first-year Chemical Technology student from Edmonton.

Nick Roque Badminton



The NAIT Ooks hosted the third ACAC Badminton tournament of the season the Jan. 27 weekend. Nick Roque led the team, winning mixed doubles with teammate Eyota Kwan and finishing third in men's singles. "Nick showed his usual leadership this weekend doing all of things asked of him," said head coach Sinead Chea. Nick is a fourth-year Business Administration student from Edmonton.



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MONTH 1: JANUARY 29 - MARCH 2 (NO CLASSES FEB 19 - 23)

ACTIVITY & LOCATION	MON	TUE	WED	THU	FRI
RISE & SHINE BOOTCAMP		6:30 - 7:30 AM		6:30 AM - 7:30 AM	
RISE & SHINE YIN YOGA (NEW)			6:30 - 7:30 AM		
QUICKFIT @ CAT (NEW)		11:10 - 11:40 AM			
VINYASA FLOW YOGA (NEW)	12:05 - 12:50 PM				
TOTAL BODY EXPRESS		12:05 - 12:50 PM			
RESTORATIVE YOGA (NEW)			12:05 - 12:50 PM		
SPIN & CORE				12:05 - 12:50 PM	
KICKBOXING					12:05 - 12:50 PM
QUICKFIT SPIN (NEW)			1:10 - 1:40 PM		
QUICKFIT HILT (NEW)	4:05 - 4:35 PM				
QUICKFIT STRENGTH (NEW)				4:05 - 4:35 PM	
QUICKFIT VARIETY (NEW)					4:05-4:35PM
SPIN, BUTTS & GUTS	4:45 - 5:45 PM				
HATHA YOGA		4:45 - 5:45 PM			
POWER HOUR (NEW)			4:45 - 5:45 PM		
ZUMBA				4:45 - 5:45 PM	

MONTH 2: MARCH 5 - 30

ACTIVITY & LOCATION	MON	TUE	WED	THU	FRI
RISE & SHINE BOOTCAMP		6:30 - 7:30 AM		6:30 -7:30 AM	
RISE & SHINE YIN YOGA (NEW)			6:30 - 7:30AM		
QUICKFIT @ CAT (NEW)		11:10 - 11:40 AM			
VINYASA FLOW YOGA (NEW)	12:05 - 12:50 PM				
HIIT		12:05 - 12:50 PM			
RESTORATIVE YOGA (NEW)			12:05 - 12:50 PM		
SPIN & CORE				12:05 - 12:50 PM	
TAI CHI					12:05 - 12:50 PM
QUICKFIT SPIN (NEW)			1:10 - 1:40 PM		
MOVE IT (NEW)	4:05 - 4:35 PM				
QUICKFIT STRENGTH (NEW)				4:05 - 4:35 PM	
QUICKFIT VARIETY V					4:05 - 4:35 PM
SPIN, BUTTS & GUTS	4:45 - 5:45 PM				
CORE YOGA		4:45 - 5:45 PM			
POWER HOUR (NEW)			4:45 - 5:45 PM		
ZUMBA				4:45 - 5:45 PM	



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ENTERTAINMENT Different strokes for folks



By STEVEN SMITH Entertainment Co-Editor

Blow jobs are like lasagna. When you say you don't like them, people get confused and offended, then state that you've never had a good one, or theirs.

The idea that a man does not like oral is so far removed from our society. *Cosmopolitan* says "If he isn't comatose, he wants a blow job." GQ has advice for men who are giving and receiving. Advice is all over the Internet. Even women-oriented porn has the mandatory fellatio. Some adult sites are dedicated to the act, which I respect, as there is a fetish out there for everyone.

If you look at it from the porn "POV" as it were the statistics are very much in favour of giving head. Pornhub has an extensive catalogue of statistics regarding searches by date, year, country, state, fetish, star, average viewing time and gender of viewer. If you have a fetish for well kept, consistent census data, Pornhub has you covered. The data does not list blow jobs in their data unless it calls for it, as was the case in 2014 where "Thanksgiving Blowjob" was No. 9 of Pornhub's list of top holiday searches. This means that a gobble is standard practice.

Men will boast of a time they received head in public. Online boards such as dedicated Reddit boards and other forums, have tried to figure out why men might not like receiving a bob on the knob. It boils down to so many different techniques, but some guys don't like having a face near their crotch.

Medicinal Daily states that women give more than receive but like it less so. These facts are contested, as many people will either brag or be shy of their sex lives. The general thought is that if a lady doesn't want to give, she must search out advice. Either from the Internet or from places like Cosmo. And Cosmo is the worst place for advice. Cosmo states that a blow job is the "second-best kind of sex" but you can't trust a magazine that suggests you should pretend a member is a joystick or, painfully "make two fists ... and twist them in opposite directions as fast as you can," with no mention of lube.

They recommend a snake bite. That prank that feels like a friction burn on your penis.

These are just statistics and terrifying advice. Relationships and good sex are based in good communication. Talk to your partner, maybe they don't like a very common sexual practice, maybe they really like it. It's as the Internet states that there are a million and one ways to give, but it's OK if you don't like it.



Navigating the sex terrain



By ALAN HOLMES Entertainment Co-Editor

Naturally, it's something almost every human being on this planet wants, in some way, shape or form or another. We are born with a drive to seek a mate; someone who we can find companionship with, intimacy. Yet we always seem to be looking for "another half," someone who's more than just a friend, someone who completes us. With that want, that longing, comes fear. Once that romantic element of our lives comes into play (usually kicking in around puberty), it comes with the element of loneliness. Suddenly, there is a hole that needs to be filled. Suddenly, we're not complete without them. That loneliness is painful. More than anything, it's scary.

As much as sex is a natural drive, so is fear. Sex can be scary, because when we're having sex, we're at our most vulnerable. Chances are, if you're in the middle of having sex, you're naked. Not only are you pressed right up against another human being, you're either inside of them, or they're inside of you, quite literally but also emotionally. Unless you've deliberately tried to drown out your thoughts (possibly by getting stark drunk) a lot is going to be running through the treadmill of your mind. How it feels, every touch, every sensation but also how they feel; is it good for them? If it's not, how do I make it better, how can I be sure? If it is, then what happens next? Do we orgasm and go our separate ways, does this mean anything, should I have been sure of that before we started?

None of those questions are necessarily going to be flashing coherently. But the thoughts are still there, awash in a mess of rushing emotions and hormones. Even though sex can often be something intended just for fun, something casual to help relieve each party's urges, there is always that hole to be filled. Not a physical hole obviously (chances are you've filled or are in the middle of filling that already) but you're in the midst of having your barriers torn apart. When you're having sex with someone, you're right there with them. Even if they're a complete stranger, for those moments, there're no barriers between you.

That alone can be terrifying. Growing up, all of us naturally build imaginary barriers around ourselves. Barriers to protect ourselves from hurt, from rejection. When that barrier isn't there anymore, we're open to almost anything. Good or bad, anything can get you.

There's a reason that horror movies have an unwritten rule: the whore always dies. If someone in the movie has sex, a death sentence is placed over their head and you know they're doomed, particularly in slasher flicks aimed towards teenagers. Sex is new to them. Even if they're a virgin, sex is there, the longing is there. It's something that's next to impossible to ignore, with very few exceptions. Yet, it presents that danger, that rejection. While sex and love aren't mutually exclusive, the vast majority of people on this planet will want to have sex with someone they are in love with. Once you do, they have access to a very private part of you. That's a horrifying thing to have gaping open. Will they make you whole? Or when they pull out (pun entirely intended) will they leave you empty again, leaving half the bed bare and cold.

But what's scarier? Living with loneliness or the fear you'll never have someone stay? Hard to say for sure. The answer may differ from person to person. But know that you're more whole than you likely give yourself credit for. This Valentine's, don't be afraid to let your guard down and let someone in. They're likely just as scared as you are.

Sometimes you have to push through the fear to find what you're looking for.

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By NIKITA ELENIAK

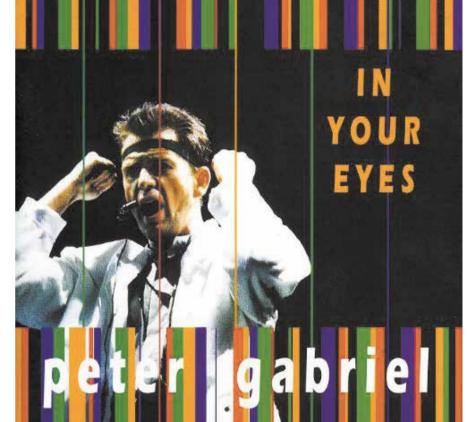
he playlist for the romantics at heart - feel free to steal for your next love-filled mixtape for that special someone.

• In Your Eyes - Peter Gabriel - No love-song playlist is complete

- without the John Cusack, Say Anything boom box ballad. • I Will Always Love You
- Whitney Houston
- I Wanna Know What Love Is

ex scenes in movies are always scored with the perfect music, and it completes the scene. Unfortunately, in real life, Beyonce isn't always there to serenade you, so maybe give this soundtrack to sex a try instead.

- Foreigner
- My Heart Will Go On Celine Dion Crazy Little Thing Called Love
 - Queen • True Love Waits - Radiohead
 - Bitter Sweet Symphony - The Verve
 - Wonderwall Oasis
 - Is This Love? Whitesnake
 - Can You Feel The Love Tonight? - Elton John
 - Everlong Foo Fighters
 - Sleepwalking Modest Mouse
 - Such Great Heights - The Postal Service
 - Fix You Coldplav
 - Just Like Heaven The Cure • Crazy In Love – Beyonce ft. Jay-Z
 - Love Story Taylor Swift
 - Do For Love Tupac
 - How To Love Lil Wavne
 - If You Can't Say Love
 - The Visionaries
 - Like A Virgin Madonna
 - Pony Ginuwine
 - S & M Rihanna
 - Careless Whisper Wham!
 - Cold Sweat TINASHE
 - Hotter than Hell Dua Lipa
 - Set The Mood Right



- Justin Timberlake
- Bump N' Grind R.Kelly
- Sex Cheat Codes
- Fetish Selena Gomez ft. Gucci Mane
- Havana Camila Cabello
- Disco Tits Tove Lo
- Boys Charli XCX

- LOVE Kendrick Lamar ft. Zacari
- No Diggity Blackstreet ft. Dr. Dre
- Do You Mind the xx • Sexy MF - Prince
- Lay, Lady, Lay Bob Dylan
- Video Phone Beyonce Closer – Nine Inch Nails



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Love comes to Gotham City

By HUNTER MURRAY

Batman is getting married. Most of the time, Batman isn't one for relationships. In fact, there have really been only two major love interests for him in the comics. Talia Al Ghul, daughter of the assassin Ra and the vigilante and thief, Catwoman. Despite Batman having a son, Damian Wayne, with Talia. Catwoman has been the character that has shared more love stories with him. This became the trend in 2017.

Tom King is the current writer for the Batman comics. He wanted to be known for more then just average Batman stories. He wanted to do something that would be a major change, so he made Batman do something he has never done in the 77 years he has been around. In Batman Rebirth issue #25, Bruce Wayne proposes to Catwoman

Batman has been seeing Catwoman a lot more recently at night. She tends to follow him around on his patrol around Gotham City. Batman doesn't seem to mind. He even states that he enjoys the company. She flirts, he cracks a smile, every night. This team-up story eventually turns romantic. From slight touches, to a kiss under the moonlight and sex on a rooftop. The "Bat Cat" romance has returned.

Ditching their night time aliases, Bruce Wayne began to tell the Selina Kyle more of his secrets. He felt a deeper connection to her then ever before. They stood on a rooftop close to midnight, talking about the lives they live and if they could



ever be more normal. This was when Batman took off his cowl and took out a ring. "Marry me," says, getting onto one knee. Catwoman ended up saying yes with tears in her eves.

This means that Batman, character so dark and brooding is finally doing something that might just cheer him up a bit. The wedding issue is set to happen by the end of the year with hopefully Clark Kent being

best man. Batman comics started in 1939. and this July the dark, brooding, sometimes campy vigilante is getting married.

Love is finally in Gotham City's air.

date spots 1 tor

By SARAH FOX

1. Board N Brew Cafe

This cafe has lunch and dinner, desserts, coffees, alcohol and board games. For \$5 you can play as many games as you like. It's a great place to get to know a person and kind of a cool first date.

Location: 9929 103 St.

Price: \$40 for food and drinks 2. Brewsters

Known for their range of craft beers, Brewsters has a fun pub atmosphere. They also have five 5 ounce beers for \$25 and sampler platter for beer lovers

Location: There are five locations in Edmonton. Check online for closest.

Price: Around \$45, more if you find a beer you like

3. District Cafe & Bakery

This cute little cafe has great cinnamon buns, cookies, cakes and coffee. It is very modern and gives a personal feel for a date. Location: 101-10011 109 St.

Price: \$30 for a coffee date with a snack, more for lunch and dinner

4. Hoang Long

A buzzing atmosphere, laughter and Asian cuisine makes this a great first-date spot.

Location: West Edmonton Mall Chinatown

Price: \$40, more if you double date 5. Moxies

The dark walls and dimly lighting really helps to bring a warm romantic feel to any date.

Location: Moxies has several locations in the city. Check online for the closest.

Price: For two people, expect to spend \$35-\$50 depending on drinks.

6. Cactus Club

Dimly lit by fireplaces makes this place feel cozy and romantic. It's lounge creates a warm comfortable atmosphere.

Locations: 11130 Jasper Ave. and West Edmonton Mall

Price: Expect to spend \$45-\$50. 7. El Cortez

The tequila bar is an excellent party place with it's bright colors and makes for a fun date.

Location: 8230 Gateway Blvd. Price: Around \$40, more if you're partying

8. The Melting Pot

Get both meal and dessert fondue. A really fun place for a group date.

Location: 2920 Calgary Trail #117. Price: \$45-\$55

9. Chianti Cafe A warm Italian atmosphere here that is amazing for a date. Get dressed up and romantic.

Location: 10501 82 Ave. Price: \$50

10. Huma

Bright colours and decorations make it a cheery, fun place to have a first date and authentic Mexican food.

Location: 9880 63 Ave. Price: \$35-\$40

11. Delux Burger Bar

A classier kind of burger place. Grab a fancy burger and share a milkshake. Locations: 9682 142 St. or 14111 23

11111

Ave

he 14th

Price: \$50 12. Cheese Cake Cafe

Really good cheesecakes, and a warm welcoming atmosphere.

Location: 17011 100 Ave. Price: \$45

13. Blue Plate Diner

Try the watermelon mojito in this small modern diner.

Location: 10145 104 St. **Price:** \$45

14. Craft Beer Market The Craft Beer market has a dark warm atmosphere that is a perfect date spot. A great spot that doesn't have kids. Location: 10013 101 A Ave





VALENTINE'S CROSSWORD

ACROSS

6. A horrific slaughter, which shares the name of the romantic holiday.
8. Slang term to refer to a man's erect penis. Also, a rooster.
10. Is it me you're looking for?
11. To clench or grip together your lower and upper set of teeth.
13. The act of pressing one's lips against someone else's lips.
14. Colourful plants. Often given as a romantic gift.
15. Oral stimulation of one's own penis.
16. Climax.

17 Rah Rah, Rah ah-ah-ah! Ro-ma,

ro-ma-ma! Lady Gaga sang about badly wanting this. 18 A form of poem made up of 14

lines.

1. Warm substance wrapped under-

neath the skin of a person. 2. Everyone is born with these, though

only one sex has any use for them.

3. Four letters; powerful emotion.4. A ceremony where two people commit themselves to each other, often followed by a large party.

5. Male genitalia; dangles, descends,

shrinks and more!

Greek mythology; goddess of love.
 To engage in sexual intercourse.
 Fleshy, layered canal in a human

female that leads to genitalia.

10. A large organ which pumps blood.12. Said Ross to Rachel: "We were on a _____!"

Results on page 22

Who are you gonna call?

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

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

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

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

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

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

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

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

NAIT Security – 780-471-7477 **Ombudsperson** – Conflict resolution, concerns about unfair treatment, 780-491-1305, Room O-117

Program Concerns – Program Chair or Program Adviser

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

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

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

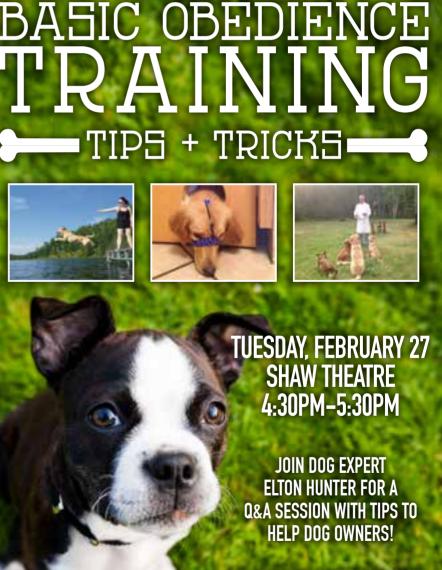
Tutoring

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

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

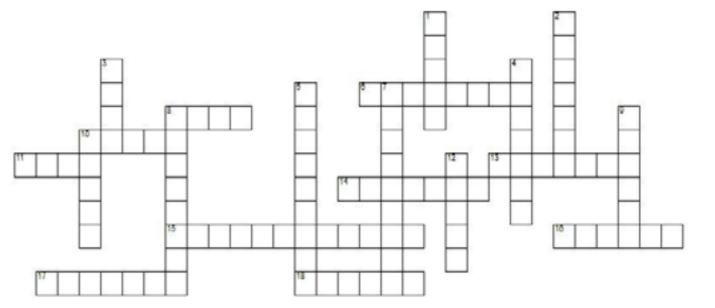
Patricia Campus, Room P-165 Monday-Thursday: 8 a.m.-9 a.m., 10 a.m.-1 p.m. and 2:15-4:30 p.m. Friday by appointment only. Book in P-165 or call 780-378-1055.

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



*PLEASE DO NOT BRING YOUR Dog(s) to this class.

FOR MORE INFO ABOUT THIS DROP IN CLASS VISIT NAITSA.CA





CANDIDATE PRESI



PEARSE MCKINNEY candidate for PRESIDENT

I was not going to vote in the election, but then I decided to grow a be doing everything we can to support clubs and make sure that they can connect all different interests at our school. pear.

Two years ago, I had the opportunity to be a member of the Univer-sity of Alberta Student Council. This was rewarding for both me and the institution, because it allowed me to give back. Now it's my time to give back to NAIT, a campus/school/home that has supported me through my diploma. Here I have had hundreds of opportunities to grow and be a better person. With my time served on various volunteer boards and previous work in Student government, I am ready to be the voice of students in mak-ing our school the best it can be.

My goal as president is to build on the vision of my VPs and bring

My goal as president is to build on the vision of my VPs and bring on meaningful change to our school. With that in mind, here are the four things I hope to accomplish at NAIT: 1. More connectivity between the different Schools of NAIT I love NAIT but one of the problems I find, is the lack of communica-tion between schools. As a business student, I have no idea what goes on outside of CAT and it is rare that I have the opportunity to work with stu-dents in other programs. When we graduate, we will all have to work with people of different backgrounds. I resolve to mend the disconnect between the educational and working worlds. Let's build more connections at NAIT

Let's build more connections at NAIT! 2. Revamp Clubs Clubs are an integral part of NAIT, and I believe that their creation and management should be made as simple as possible. NAITSA should

NAOMI PELA candidate for PRESIDENT

Helio fellow students!

My name is Naomi Pela and I am running for the position of Presi-dent within your Student Association. Before anything, I would like to say a big thank you to those of you who have supported me in becoming your VP External

Working in this position for the past year has been very rewarding, as I have been able to advocate on your behalf on many fronts.

Alongside my team members and NAITSA staff, I have been able to help solidity our association's position within the provincial Student Advocacy Group, which will give us a strenger voice when communicating

Advocacy Group, which will give us a strenger voice when communicating student issues and interests to the government. I have also been able to, as promised, help improve my fellow Ooks' ability to engage with industry. I have initiated a working relationship with Academic Advising and Career Services and the Advancement Department at NAIT. I have worked with NAIT staff in organizing instructor information sessions about the event for the first time, so that students would be more informed in the provide the provide the students would be more informed in the students would be students would be more informed in the students would be students would be a students would be the students would be informed in the students would be students would be informed in the students would be informed in the students would be students would be as the students would be students would be informed in the st informed of events on campus. I also created a video meant to provide you, the students, with a more strategic understanding of the fair. Furthermore, I am in the process of organizing a Summer Job Fair meant to connect you with employment opportunities for the summer months, through a hiring

event that would take place on campus. These projects have given me a deeper understanding of the student experience and the environment that creates it. The lessons I have learned and perspectives I have gained have motivated me to pursue

Let's make the club system work for all 3. Forecasting of International Student Tuition Everyone wants lower tuition, but I can't offer that. What I can offer

is some forecasting for international students. Unlike domestic students, international tuition is set directly by NAIT. These costs are approximately four times that of domestic students. In the current model, international students learn each year what the next will cost, this is not sustainable. My mission with NAITSA is to offer them at least five years notice, so that they can plan their schooling around the cost of their education. 4. A better option for textbooks I would like to make textbooks more accessible to students. Ev-eryone has bought a textbook at some time in their program, and probably have see the the more exercised. The same same textbook for these or the first textbooks of the textbook of textbook of the textbook of the textbook of textbook of the textbook of textbook of the textbook of textbook o

have one that they never opened. The same goes for those pesky first year books. Everyone uses them, and yet we all buy our own.* Let's make a change!

Remember to vote Pears (with an 'e') in this NAITSA election. As president I would like to represent you, the student. If you would like to get in involved please connect with me on twitter: @pearsemckinney, or by email: pearsmckinney@gmail.com, I would love to hear your thoughts on how we can make a better NAIT experience.

another year in office.

I want to use the position of President to advocate to your institution for improved study spaces on campus. I have had the opportunity to see the benefits to students of enhancing spaces like the Natrium, and believe

that there are other areas on campus that are suitable for such a project. Stress, anxiety, and mental health are also issues of great im-portance to us students. In the past year, as your executives we had the portante to us students, in one past year, as your executives we had use opportunity to introduce the MyWellness plan, which provides students resources meant to help support our mental health. Having used and ben-efited from the video counselling provided through this plan, I understand the value in having the supports you need to be successful and healthy. As such, I would like to use the relationships I have built in the past year, and the understanding I have gained of the inner workings of your health the topics of churdy means and meetal health.

institution, to dig deeper into the topics of study spaces and mental health. I believe my experience as a VP External will provide continuity for the team through ensuring that current projects are carried forward, and will also enable me to be an effective President by sharing my experiences with the newly elected Executives.

That said, study spaces and mental health are things that directly impact your experience at NAIT – I would love to chat with you and hear your suggestions and concerns!

Vote - Naomi Pela for President

EXECUTIVE COUNCI 2018/20 VOTE FEBRUARY 9 - FEBRUARY 15 @ 4PM **BY LOGGING INTO YOUR STUDENT PORTAL**

ELECTION INFORMATION BOOTHS OPEN FEB 14, 4PM - 7PM

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre (2nd Floor) | CAT Building

ELECTION INFORMATION BOOTHS OPEN FEB 15, 10AM - 2PM

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre | CAT Building | North Cafeteria/Fresh Express (Main Campus) South Learning Centre/X Wing (Main Campus) | Souch Campus | Patricia Campus

Disclaimer: The submissions included in this information piece were written by each candidate and are published as submitted. The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.





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KAREN VELASCO candidate for VICE PRESIDENT EXTERNAL

Hello fellow students, my name is Karen Velasco and I choose to be a candidate for VP External. I am taking Business Administration focusing on Marketing. My heart has always been passionate about achieving students' welfare, I love volunteering and being involved in the community, I believe in the importance of giving back to the people who help me in my events in the importance of giving back to the people who help me in my

I believe in the importance of giving back to the people who help the in my everyday life. My platform focuses on: 1. Build good relations with our external stakeholders in order to seek support whenever needed. I am part of the Campus Ambassador program which gives me the privilege of being a representative of NAIT to prospective students, I have supported Open House and Program Previews and has extensive experience in interacting and promoting NAIT's interests to the comparison to the surrounding community.

Strive to request adequate mental health funding for student led initiatives. I work as an Outreach Well-being Leader in NAIT, we run col-laborative initiatives to help improve students' skills, and work on projects to advance our well-being because I know the importance of students' well-being in their personal successes.

 Lobbying the government for fair tuition for both domestic and international students. As the provincial election coming near, I will lobby the government to prioritize budget allocation to post-secondary schools and still achieve quality education

Look into the service the ETS provides for students. As a student, I share the struggle of everyday commuting, I will appeal for a more frequent schedule of trains and buses services.

Smooth transition and turnover from the current VP External. I will give my best to continue the advocacies of the current VP External and help

give ny best to commute the advocacies of the current ve External and nep in the improvement of the project. These are just a few of my platforms, my goal is to work vigorously in bridging and connecting students with the government, so they can be informed of what is happening outside the academe, and at the same time, external organizations, and the community in general will understand the needs of the students. After all, we are the nation's future. Together, let us gear towards our success and vote yes.

WILLOW SHELLEY candidate for VICE PRESIDENT STUDENT SERVICES

Hello friends (and soon to be friends)!

My name is Willow and I absolutely love NAIT. I have been a student here twice. In 2015 | gradu ated with an Honours Accounting Diploma. I am back again and in my third year of the BBA program. In total I have been here over 10 semesters with a combination of part time, full time, evening, online and summer classes. Therefor, I know first hand the pain and struggle of being a student while juggling the rest of

Iffe. But, I also know what makes it awesome. Being a successful student and keeping your sanity with a busy schedule takes balance and lots of support. So, what does that look like? Support from family, friends and peers. Having avesome clubs and events to meet friends, unwind and have a good time. Free food. Access to counselling. And someone that will hear your voice and make it all happen for you. I want to listen and be that support for you,

When I was campaigning for the NAITSA Student Senate Representative for Business Administration this past October, I asked students to tell me their on-campus concerns, issues and suggestions. This was the response I received: Study supports More collaboration rooms and student study spaces

- Increased tutoring services
 Fall Term break

Mental Health

- Peer support programs
 Increased availability for counselling services during exams **Clubs & Events**
- Events equally dispersed throughout the NAIT compuses
 Continued avesome and affordable events
- Club support
- Since being voted in I have represented students on all of these and re. As a Senator I have worked closely with our NAITSA executive team and

enators to ensure students are being heard and concerns are being addressed. As a senator I have also been apart of both the governance and finance sub-committees. In these roles I have held our executive accountable as well as thy encouraged them in their goals.

One goal I am particularly passionate about was initiated by Calli-Rae Barker, our current VP Student Services. She has worked hard this past year for all of you as a strong advocate in mental health, peer support, and securing grant funding for NAIT students. I believe that these initiatives are key to your success and wellness as students and I want to continue her great work.

Over the last 10 semesters I have become more and more passionate about NAIT. I have NAITSA, clubs, and you, my peers to thank. Now, I want to give back and be that support for you, as your VP Student Services. I look forward to meeting you and hearing more of your concerns, issues

and suggestions to make NAIT even better! I am here to listen willowshelley.nalt@gmail.com.

JENNY ZENG candidate for VICE PRESIDENT STUDENT SERVICES

Hello, fellow students. My name is Jenny Zeng. I am a second-year business student. I am an enthusiastic and responsible person working towards completing my accounting diploma. In August 2016, I came to Edmonton alone, full of curiosity and

ambition. In the first year of school, I dedicated my time in volunteering and participating in many events. I joined the International Student Club, became a first-year representative and now the VP Finance. I wanted to enrich my student life to the maximum. And when presented the opportunity applied to become a Peer Mentor for the International Centre. A post I have been serving since August 2017. Being a student, I know exactly that what we need is not only the academic success, but also mental and physical wellbeing and support to improve student experience. During this period of being a peer mentor, I strive to connect with students, as well as provide support to them. We organize plenty of events and workshops, aiming to connect incidente from all accessite and workshops, aiming to support students from all aspects and walks of life. I enjoy being a mentor and helping students get involved in campus life. That being said it is still a work in progress and I aim to do my best by the time I retire from the post.

Meanwhile, I join various of events on campus. Which is when I realized the numerous student services that NAITSA provides, but most students were unaware of all if not most of them. For example, did you

You

know that you can enjoy health, dental & vision benefits as a full-time student? Did you know that there is food bank for students who need help student? Did you know that there is food bank for students who need help at NAJTSA? Did you know that there is an Emergency Short Term Loan Program at NAJTSA? Did you know that NAJTSA organise events to provide free Mental Health First Aid Training for students? Did you know that you can find a number of volunteer opportunities from the NAJTSA website? I feel very lucky to be a student at NAJT and enjoy these student

Therefore, I hope that the students get to know all the services pro-vided for them and make the most use of it. This is something I would like to put effort into. Today I get the valuable opportunity to achieve this goal, which is to be the VP Student Service of NAITSA. If I am given the chance to be the VP Student Service, I will promise to put my 100 percent into promoting all the services we have, and try my best to encourage all the students to action them conditions that NAITSA. students to enjoy these services that NAITSA provides. In addition, I along with my team will hope to come up with more creative events to enrich student campus life. To do so, I will need your support. Please vote for me. Thank you all!



rm e-131

l your voice, your votel



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JONATHAN ALLEY candidate for VICE PRESIDENT ACADEMIC

My name is Jonathan Alley and Lam running for Vice President Academics of the Executive Council, I have been involved in professional employment organizations for the last 8 years. Through real world experi-ence, I have the qualifications, skills, and the knowledge to handle the demanding job of VP Academics.

) am a returning NAIT graduate. I graduated with my Canadian Red Seal in Carpentry January 2014. ('ve been working in the trades for 10 years before deciding to return to get my Bachelor of Basiness and Administration through the Trade to Degree pathway. This is a program that is only open to tradespeople with a minimum of three years of manage-rial experience, a Red Seat certification, and a little luck to survive the interview with the head of the program.

My experience osmes from my work with the Union 1325 Gagee-ters and Allied Workers. I was, for three and a half years, a Job Steward. A Job Steward is an on-site worker representative for the union, and this can be a very domanding and political position. I still currently hold a position as a delegate for the Alberta Regional Council where I have the privilege of representing three different unions and the rights of more than 12,000 men and women throughout the province. Over the years, I have changed several corporate policies for the companies that I used to work for to help the employees for the better, I have filed multiple grievances through my union regarding worker rights, two of which have seen court, and I have not lest one of them, I am passionate about fairness for everyone and will bring this drive to my work of VP Academic.

Now what does this mean for you as a student body. It means that I have the skills and tenacity to make your concerns heard. It means I have have the balls and tenacity to make your concerns heard, it means induce the knowledge and experience to interpret contracts, and to implement strategies to change policies to improve conditions for the student body. It means that if i see something that's not right I will fix it. I will take every-thing that I have learned, and everything I am going to learn, to serve the NAIT student body. I will serve as an effective tobbyeit and a leader for our school

When you vote, I would like you to vote not for the person you share a class with, and not for the friend you went to high school with. Vote for the person with the most experience for the job. I ask you to vote Jonathan Alley for Vice President of Academics because I have that organizational and negotiating experience. Thank you

LUCIA DENG candidate for VICE PRESIDENT ACADEMIC

"I am Lucia, I am running for VP Academic position at NAITSA. Please vote for me." This simple sentence with 16 characters, has went through my head

from a solvering question mark to a strong voice with determination. Just like my transformation at NEFT, from nobody full today, probably still nobody but with more courage and persistence.

After finishing high school in China, I came to Canada and started my adventures at NAIT, where I received enormous kindness and valuable opportunities from emazing NAIT people.

Creatia girl Minela that I mot from International Club, a fighting girl who helped me find my first off-compus job by companying me sending out 30 resumes in downlown restaurants even though I kept getting rejected; My spiritian' support - the best international peer mentor team. I can still vividly remember when hosting Thankagiving Celebration as an MC, my partner Bevil insisted in me making up an awkward mistake that I made in front of 200 Insisted in me making up an awward inistake that I made in front of 200 I am speaking this sentence again, with gratitade to anyone who has guests just so that I can learn to believe in myself and overcome it. And most thankfully, my dear triends from Instrumentation Program who have been refin-ing me daily and planned the bact birthday service over because "We know you person to hold you up when you fail down. With you best luck with your journey instrumentation program who have been refinare away from home, but we want you to feel like home."

It might feel like I have shared unnecessary personal stories that are not related to this position. But this is what I received here at NAIT. You will learn to be able to fight alone, but you will also have aversome people around to hold _ JAN 30 , 2018 you up when you fail down

Just like what I want to bring as VP Academic: professional, direct guidance but also sympathy, excessionents with warnth. When I was preparing for this election, I have been asking myself "What

an I actually bring to NAIT, to NAIT students?" I might have hundreds of Ide but I find that every individual has diverse improvements in mind. Each advice is precises because you all have been obsending NAIT from different probes. All I maily need to do is to be a patient listener and try to bond come resolve them on by one from these different aspects. So here I am, getting ready with a pen and notebook, to seek for your

unique opinion to make your experience at NAIT better. If I could under your academic struggle and help you in anyway, I would try my best, just like how my senior NAIT peers guided me. "I am Lucia, I am maning for VP Academic position at NAITSA. Please

vote for part."

ILL NAPT

Most earnest Lucia Dena.

SHELVIE FERNAN candidate for VICE PRESIDENT ACADEMIC

"Be the change that you want to see in the word." - Game

"Be the charge that you want to see in the word," - Gaudia Like by these words and these words motivated me to run for the position of VP-Academic. Hence always wanted to create a bigger impact in the world and so I have decided to take a bigger leap to achieve higher goals, help more statistic, and become an instrument of good change and greater improvements. My possion in serving NAIT started when I became a Peer Mentor. Meeting statistics, knowing their starter, and helping them get through their struggies got a lessing impact is me. Through that experience, I came to realize that there is mention incent to serving that experience. If our or the there is the service is the service of the service of the service is the service in the service of the service of the service.

certainty more to appearamore, and that many of us are fighting lattles most don't know about. Given the proper authority, some of us could be in the position to help win those bettles.

In my years of being at NAIT, I have been an Executive for two clubs. I was the President of the Filipino-Conadian which was awards during the Club Showcase and Global Village. I was also the VP-Events of the International Students Club, the first club to get the Diamond Award. Further, I volunteered a lot all over campus that I was closen to be a NAITSA Scholarship Awardies and the Landership Distinction Award from the LEAD Program. I devoted a lot of my time and resources not for self-aggrandizement, but in furtherance of my passion to be of help to the community and society, in any way possible. If elected, I will champion three things: Transparency, Experience, and

Family

Transo Integration of the second

It has been a common doing of instructors to not post final calculations

of grades, leaving students wondering how their finals grades were calculated. I Timity believe that students deserve to see the overall tally of their grade calcula-tion. If elected, I will fight for grade transponency and will promote that instructors be required to submit grades along with its calculation to the register and stationts

Experience One problem that students face as they look for jobs is to get the required core provers can accere as any core or proversion of the core process of the core proverse accere and the core of the core of

Family

NAIT is beene for diverse students. That includes students with small children. If elected, I will advocate to provide a playhouse for children to stay while their parents attend their classes. This will benefit atudants who are struggling to balance their family life and school load.

I have always believed that is choosing leaders, we need to focus on two qualities.ABILITY AND WILLINGNESS TO SERVE. If we were to see positive changes, we cannot compromise on either of the two. In all modesty, with my previous experiences and absolute willingness to be of service, i do believe that I tarve both qualities to warrant your support.

Let's talk! the //www.facetices.com/shelvie.heman/ isksbelvie@gnuil.com https://



BRENDA NEEDHAM candidate for VICE PRESIDENT ACADEMIC

Hello NA/T Stu

00 YOU WANT YOUR VOICE TO BE HEARD? If up, RE-ELECT Brends Reveilsam it would be my honour and privilege to continue to represent YOU on the NATISA Executive as VP Academic.

Over the last year, I have learnt what NAITSA can do for us, the shade NAITSA is an incredible organization that works hard to serve the student needs whether if be advocacy, services, clubs or events. My name is **Brenda Needham** and it would be my honour and privilege 3

to continue to represent YOU as a member of NAITSA Executive Council, VP

I am here for you, the student; to resolve all your academic con This past year I have initiated various conversations with RAT staff to ensure stadents are at the forvitron of the conversation.

- Why vote for me? Well, in addition to being completely avenue, these are some of the things that I started and will continue. 2 Experience in the position and have built various relationships across campus.
- / Advocating your academic concerns
- 2 Advocating for student led focus groups within the 4 schools (Hentth & Life Sciences, Skilled Trades, School of Agolied Sciences & Technology and JR Shaw School of Basiness)
- To continue to advocute for a Fall Reading Week
 Working knowledge of NAIT's Academic Regulations
 Excellent communication skills

Attention to detail

V People focused Team player

v integrity, passion, and respect

VP Academic 2017/2018, continuity and experience Completed my degree in Bachelor of Business Administration (BBA) major-ing with a focus on Human Resources Management, Theleve that my experi-

ences, knewledge and possion is an asset that will ensure that your voice is heard.

Do you have insure with your bachers, your grades, your class schedules, or fwalth concerns with o

I will ensure that you will have a say in how your education and experiences are struc

I will ensure that your voice will be heard? I will champion your voice?

VP Academic is one of four vital roles on the Executive Council. I deal with the resist fundamental reason why student obcose to come to NAIT We came to get an education. However, what happens when there is an issue? Who do you go to? VP Academic.

Re-sleet SRENDA NEEDHAM to confisse to representing YOU on the NAITSA Executive team as VP Academic.

Removable to get aut and vote helper February 15, 2018 (4pm) You can make a difference by taking the time to vote

SHAWN SIEGERS candidate for VICE PRESIDENT ACADEMIC

During my time at NAIT, I have had the opportunity to grow within a community that gives students the ability to transform themselves into leading innovators and role models. Today, I am proud to state that I also hold the position of HR Intern at Rogers Place. This position has allowed myself to expand on my abilities to put the people first. In addition, I cur-rently serve as an active representative of the Tim Horton Children's Foundation. Notably, my loadership qualities in this rule have given myself the opportunity to visit with previous Tim Hortons CEO, Don Schroeder. These lite-changing experiences have taught myself to be creative, open-minded, and responsible as I look to develop as a leader in my post-secondary community. As I venture closer to obtaining my BBA, I'm looking to expand my leadership to include the NAITSA executive council.

I would greatly appreciate your vote for VP Academic. I will look to enhance the academic vision by ensuring NAIT stays trae to its' vision to enhance the academic vision cyclosofing net stays use to its work of aspiring "... to be the most relevant and responsive post-secondary institution in Canada". I have confidence that my strong skillset, growing knowledge, and valuable experiences will have me excel in a position that advocates for the academic rights of each student.

Helio fellow friends and students of NAITI My name is Shawn Siegers and Lam naming for the position of Vice President Academic with NAITSA's Executive Council. As your VP Academic, Lwill ensure that your academic experience ing to undertake is to advocate for a NAIT mentorship program. A mentorship program will allow industry professionals to connect with students at NAIT and give students immediate contact to their respective industries, This program will ensure that NAIT students are receiving the best possible academic experience regardless of their studies. As a future failon to the NAIT Academic Staff Association, I will ensure that staff greatly consider the voice of the student body and make decisions based on what is best for the learner. As a lisison to the office of the Ombudsman, I will be looking to help generate solutions from conflicts that may occur.

As your VP Academic, my mission will be to faster a positive learn ing environment for all students. I want to dedicate my time and effort to strengthen your academic learning experience. Vote for a leader that will fight for you and your quality of education.

Vote to enhance your experience at NAI7. Vote for tomorrow.

Vote for Shawn Siegers.

EXECUTIVE

VOTE FEBRUARY 9 - FEBRUARY 15 @ 4PM **BY LOGGING INTO YOUR STUDENT PORTAL**



Literary Corner — short stories — **A Letter**

By ISSAC DYMOC

Dec. 26, 1899... No I don't think there will be a need for dates and times any longer ... except in the case of recording our last days on this planet. Francis ... I'm writing this to you now from the roof of our old building in the dead of night watching as the heavens open up before me. I can see them now, so clear, Francis... the shapes I saw in the silhouette of the Moon so many nights ago. Francis, I don't know if I am dreaming or awake anymore, but what I am seeing is as follows.

Great ships that carry untold horrors from far distances now hang above the skies of London, they came in the early hours of the night with almost no noise but for the crackle of what I can only hope to call their engines ... They are monstrous with jagged tips and sleek black surfaces, pods dot the surface and I can only wish to guess their purpose. I can also hear the screams of the afraid of confused below, they fill me with dread as I watch these shapes hang in the skies above. Like dirigibles they float above, though I am not even sure they are floating they are more than likely suspended without movement and still. Like giants they watch. I told Oxford, Francis, I told them everything. I told them what I saw, but they scoffed and laughed. I wish I could see them now with their jaws upon the floor and their eyes in the skies. I could almost enjoy this moment Francis, but there is still... Good lord...

Francis the ships have begun to move, not only that they have begun to act. I just watched the entire shore front be disintegrated within seconds. Even now as I am desperately writing these words to you I can feel the heat of the blaze hit my face, the smell of.... the smell of burning buildings and people, livestock and brick. I have never seen mortar melt in seconds.... not until now. Francis the giants in the sky are turning this way, I will try to get this to you any way I can. But I have to let you know that I have always loved yo-...

The rest of the letter is burned so black that no words can escape the charred ending. Baker can barely hold the paper in his hand now as he shakes with the sorrow of losing his most beloved, Roland Turpin. He lost him to invaders from another world intent on taking this one as their own with as little resistance from the indigenous population as possible. Those same ships, dark and daunting in the night, came to rest over every major city in the known world and in the seemingly same moments of day or night around the world burnt them all to ash within seconds of each other. Francis is at his wits end having lost both Roland in London and his wife Mary in their country home when the destruction spread outwards; he can't take much more of the grief.

As if to answer his inner thoughts and prayers, a cry comes over from the nearby watchtowers that something has appeared on the horizon. The voice sounds panicked, making Baker stand out of his small niche in the trench and looks upon the growing light of the dawn. In his hand the letters are slowly crushed as tears of sorrow turn slowly into tears of rage at what he sees. On the horizon, coming out of the clouds like great black blimps of death, the ships of the alien race descend. Their deadly weapons laying waste and melting a small town, still choked with refugees, down to ash and slag.

What right did these creatures have to come to their home world and take what they want? What right did these monsters have to take their loved ones from them?! Francis drops the letters in the mud and reaches for his rifle, never taking his eyes off the distant ships even as they turn to face the trenches, the sea of waiting soldiers, and the prickling sea of guns aimed at the sky. It seems that Baker will soon be joining Roland in the afterlife, but first he will take as many of the bastards down with him. Placing a foot in a nook on the wall in front of him. Francis steadies himself and aims down the sight of his weapon. In mere minutes he will join the orchestra of fuselage that will be hurled at the invaders from the length of the trench, in minutes he will turn sadness into vengeful wrath and show those alien bastards just what they took from him and the rest of mankind.

Hot Spicy Salivation Palpitation Activation Heart-shaped

Cinnamon

Earthquake

Typhoon

Monsoon

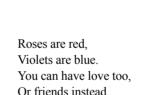
Open-minded

Self-inspired

Tense and wired

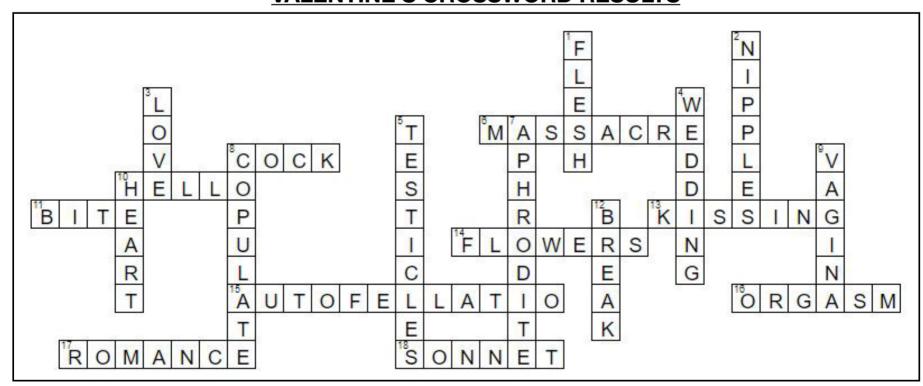
Pure desire Head back Jaw slack Just in And grin

By Arielle Trischuk



Poem

Valentines is for all, No exclusion to be had. So have a ball, No need to be sad. By Issac Dymock



VALENTINE'S CROSSWORD RESULTS

POETRY

Sex and gender identities

By CANDACE VALENTINE

Have you ever heard about an identity or term in the LGBTQ+ community and thought to yourself, "What does that mean?" Here is a list of many different genders, sexualities, and terms which is not exhaustive. All terms should be considered to be inoffensive unless stated otherwise. This list is always expanding and changing as we learn more about the human condition.

Community Terms

For the LGBTQ+ Community as a whole LGBTQ+: Stands for Lesbian, Gay, Bisexual, Transgender, and Queer or Questioning, and more.

GSM: Stands for Gender and Sexual Minorities.

DSG: Stands for Diverse Sexualities and Genders.

QUILTBAG: Stands for Queer (or questioning), Undecided, Intersex, Lesbian, Trans, Bisexual, Asexual, and Gay. It is worth noting that not all intersex people identify as being a part of the community.

MOGII: Stands for Marginalized Orientation, Sexual Identity, and Intersex.

MLM: Men loving men, or Man loves man, this is an umbrella term for any man who is interested in dating men. This can include gay men, bisexual men, pansexual men, etc. WLW: Women loving women, or Woman loves Woman. An umbrella term for any woman interested in dating women. Same as the above definition, this can include pansexual women, bisexual women, lesbians, etc.

Queer: Anyone who identifies themselves to be a part of the LGBTQ+ Community. Some people use this term for their identity instead of picking a specific label. This is a bit of a sensitive word that shouldn't be used by someone who isn't LGBTQ+.

Nonbinary: This is an umbrella term for someone who identifies outside of the gender binary (doesn't identify as male or female). This can also be used as an individual's specific gender identity.

Genderqueer: Just like the identity above, it can be used as a general term for someone who doesn't identify within the binary or as an individual's specific gender identity.

Demigender: Someone who identifies their gender as being part of one identity and part of another at the same time. This identity is considered to be nonbinary even if the person has a masculine (often called demiboy) or feminine (often called demigirl) leaning.

Two-spirit: An umbrella term for someone who has both a masculine and feminine spirit. This term can be used to describe their sexual, gender and or spiritual identity. This identity is exclusive to Aboriginal peoples, as it fills a specific cultural role.

Questioning: Someone who isn't sure of their gender or sexual identity.

Gender Identities

Cisgender: Someone who identifies as the gender they were assigned at birth. (Eg. Assigned male, identifies as male or assigned female, identifies as female.)

Transgender Male: Someone who was assigned female at birth but identifies as male.

Transgender Female: Someone who was assigned male at birth but identifies as female.

Genderfluid: Someone who feels a different gender at different times, which is not restricted to a certain number of genders.

Pangender: Someone who is nonbinary and identifies with more than one or all gender identities.

Bigender: Someone who identifies as two genders simultaneously or someone with two distinctive masculine and feminine personas.

Agender: Someone who either has a nonbinary gender identity or someone who doesn't have a gender identity.

Third Gender: Someone who identifies as neither male nor female. In certain cultures, the Third Gender has specific cultural meaning to it beyond what is stated here.

Neutrois: Someone who identifies as not

having a gender at all.

Androgyne: Someone who appears or identifies as not being a man or a woman.

Sexualities

Heterosexual or Straight: Someone who wants to date people that are a different gender than them. Typically a man who wants to date women or a woman who wants to date a man.

Homosexual or Gay/Lesbian: Someone who wants to date people that are the same gender as them.

Bisexual: 1. Someone attracted to two genders/sexes, one the same as theirs and another that is different. 2. Someone attracted to more than two genders, but not all of them. 3. Someone who is attracted to all genders and sexes.

Pansexual: Someone who is attracted to all genders and sexes.

Asexual: Someone who does not experience sexual attraction. Some Asexual people might choose to have sex, some might not. Some are sex-repulsed and others are not. Different from abstinence or celibacy, where someone experiences sexual attraction but chooses not to have sex.

Demisexual: Someone who doesn't develop a sexual attraction to another person unless they have a strong emotional bond with them.

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What's your number? A test of sex and depravity

each yes answer and rate yourself at the end of the test:

1. Have you ever cheated on someone? (3)

- 2. Have you ever been cheated on? (1)
- 3. Have you kissed a person of the same
- sex (or vice versa if applicable)? (2)
- 4. Have you ever used a sex toy? (2) 5. Have you danced without leaving room
- for Jesus?(2) 6. Have you ever eaten and/or licked food, off of someone's body? (3)
- 7. Have you ever performed oral sex on a partner? (3)

8. Have you ever swallowed? (5)

9. Have you made out with more than three

people in the span of three hours? (3)

- 10. Have you slept with more than three people in the span of three hours? (5)
- 11. Have you participated in a threesome? (4)
- 12. Have you been part of an orgy? (5)
- 13. Do whips and chains excite you? (5)
- 14. Have you ever been tied up? (3)
- 15. Have you watched someone (in real life; aka not porn) have sex? (4)
- 16. Have you had sex while someone

knowingly watched? (4)

17. Have you been filmed having sex? (5) 18. Have you ever had sex in exchange for money? (5)

19. Have you ever put an item inside your body, that is not meant to be put inside of the human body? (8)

20. Do you like to bite? (3)

- 21. Do you enjoy being choked (while having sex?) (5)
- 22. Do you have a vampire fetish (a la True Blood?) (10)

23. Do you enjoy being wrapped in leather and/or latex suits? (7)

24. Have you ever interacted with a "glory" hole, without knowing who the person was on the other side? (10)

25. Are you a member of the "mile high club"? (5)

26. Have you ever recreated a porno fantasy? For example: You can't pay the pizza delivery boy for the pizza with extra large sausage you ordered, so you have to find some other way of paying him? (5)

27. Do you enjoy having your hair pulled during sex? (3)

28. If you could clone yourself, then make out and/or have sex with yourself, would you? (8)

29. Do you masturbate more than three times per day? (10)

30. Have you ever had sex in a public place? (5)

31. Do you drink before you have sex? (3) 32. Have you ever pulled a Spiderman (made out with someone while hanging upside down?) (5)

33. Speaking of which, have you ever "69'd"? (4)

someone, than they owe you one?) (2)

35. Have you ever done the "eiffel tower"? (10)

36. Have you ever stuck a finger in your bum in the shower? (5)

37. Have you had anal sex? (3)

38. Have you been "finger-banged" in a bar? (2)

39. Have you given or received "road head?" (3)

40. Have you ever been defecated on, or defecated on someone, during sex? (20)

41. Do you enjoy "watersports", "golden showers", etc.? (5)

42. Have you had sex with a prostitute? (10)

43. Do you have a fetish you have never told ANYONE about? (5)

44. Do you enjoy cartoon/anime porn? (5) 45. Have you ever had sex with a dead body? (1,000)

46. Have you had a one night stand? (3)

47. Have you "tossed salad?" (3)

48. Have you had your "salad" tossed? (2) 49. Have you ever lied about a sexual encounter? (2)

50. Do you believe in life after love? (3) RESULTS

0-50 points = Prudent Prince/Princess

You're arguably more modest than most. Some may even call you a prude. But you know what you are likely comfortable with. There's more to life and relationships than just sex. You appreciate the value of getting to know someone before getting in their pants. However, it wouldn't hurt to get to know yourself a little better and try some experimentation. If you push the boundaries of your comfort zone, you may surprise yourself. If your feet get cold, you can always put on some socks.

50-100 points = Human in Heat

You've dipped your feet in the pools of your libido and you enjoyed the lap of the water. While you haven't necessarily dived in head first, you've had some good times wading in there. At this point in your life, you've likely had a few encounters with a few partners, most better than worse. Only one way to go from here. Feel free to dunk your head in and get wet.

••• **100-150 points = Sexual Savant**

An experienced humper, your lips and genitals have been around the block. That's not to say that you're necessarily a

Give yourself the indicated points for 34. Have you ever "68'd?" (Gone down on hoe (be you male or female), but you've sun and you'll be burned to a crisp. had your fair share of fun. Nothing wrong with experiencing some sin on your skin. You enjoy indulging the desires nature has given you. When the wild calls, you come running, then pounce with the might of a tiger.

150-200 = Veteran of the Venereal

You're a bit of a freak. A veteran of sexploits, you are adventurous and willing to explore the wilderness of your lust. You know what you like and how to get it, and you get it often. Not only that, you try new things, stretching your wings to see how far you can fly into the sexy sky. But be careful; the heat may feel good now, but get too close to the

200-250 = Grand High Slut

When Missy Elliott tells you to Get Ur Freak On, you laugh in her face, as you're way ahead of her. Not only are you a freak, you're likely on top of a freak right now, with another one underneath you and three more to the side. There's nothing you won't try. For your own sake, you may want to consider slowing down a little. But hey, YOLO, amiright?

1000-plus = What in the name of all that is good and holy...?!

You need help.

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?

	HI !	
····		
BUILDING	ROOM	QUANTIT
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAI 172	2
CAT - NAITSA Student Lounge	CAT 200	
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAI 415	4
F-Wing - 2nd Floor Student Lounge	FOX 1	
G-Wing - 2nd Floor Student Lounge	G.204	2
H-Wing - 2nd Roor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	
J-Wing - 2nd Hoor Student Lounge	J 204	
Common Market - Sealing Area	O 126	4
North Lobby	O 1 X3	
NAIlilum Student Lounge	H 104/J 104	14
Learning Resources Centre/Fresh Express	U 116	4
industrial tech Building	V 121	
HP Centre/Bytes	W 103	- 4
South Learning Centre	X 224	2
Spartan Centre - Embers	Y 1X5	
Crane & Hoist Campus	CH 103	2
Souch Campus	Z 155	6
Paliticia Campus	P 126	5
insulator Campus	RH 107	
Parkwest Building 1	RP 1119	÷

STUDENTS ZASSOCIATION





and chi Netflix

Bv ALAN HOLMES

Sometimes, the call of bars and pubs on Whyte Avenue or Jasper Avenue is no match for the rolling hills of snow and howling wind chill. Sometimes, you just need to park your butt on the couch with your lover and turn on some Netflix. True, you could binge watch till your eyes bleed out of their sockets or you could turn something on for the sake of ignoring it and indulging in some naughtier entertainment.

Here are a few flicks for you to peruse, to help you and your lover Netflix and "chill"

1. The Cloverfield Paradox: Surprise release just after the Super Bowl, this is the third instalment in the Cloverfield ... series? The original film was a found-footage affair, where a bunch of 20-something's getting it on at a party are interrupted when New York City is attacked by a gigantic alien insect-reptile-crustacean like behemoth. This was followed by 10 Cloverfield Lane, where a young woman wakes up in an underground bunker following a traffic accident. She is trapped in the bunker with two other men, one of whom seems rather insane. If it sounds like the films are separate affairs, that's because they are. Will The Cloverfield Paradox bridge the two former films? You likely won't care; you'll be too busy doing the nasty to each other.

2. Ghost: An oldie but a goodie. Whoopi Goldberg won the Oscar for Best Actress in a Supporting Role for her performance as sham-psychic Oda Mae Brown in this hit 1990 flick. An odd cross of genres, Ghost is predominately viewed as a romance. Patrick Swayze and Demi Moore play a young couple deeply in love, before Swayze's character is murdered as part of a

money scandal. However, Swayze returns as a ghost to avenge his death and protect his beloved. You know the infamous pottery scene? Where a shirtless Swayze sits behind Moore as they meld a clay pot together, the wet clay squelching between their fingers as they begin to vigorously make out, sound-tracked by the Righteous Brothers, "Unchained Melody?" Well, you may not have wet clay but cue the make out session. If the song is done before you are, oh well, keep going. After all, you don't need to be a ghost to moan.

3. It Follows: What's hotter than a horror movie where a relentless apparition of an STI continuously follows you until it can brutally murder you? OK, technically, the movie isn't about an evil STI. Yet whatever the murderous evil is, it is transmitted through sex. Have sex with someone and It (whatever It may be) will follow you and never stop, until you're dead. Or have sex with someone. So why not have sex with someone right then and there? On the couch, or the floor (wherever works) while the horrific bloodshed takes place behind you?

4. Christmas Inheritance: Assuming you're reading this paper in February, Christmas is a hell of a long way off. But guess what? Christmas movies are available on Netflix all year round! Any of them can work, really, but Christmas Inheritance is particularly useful since it's fairly typical and bland. Let this drone on in the background as socialite Ellen visits her wholesome hometown. Meanwhile, you visit downtown (if you get my drift), put up some mistletoe and jingle your bells till you vodel!

5. GBF: Standing for "Gay Best Friend," this indie film follows the

exploits of Tanner, who has been outed as his school's only (openly) gay student. Three of the school's popular bitches (aka, mean girls) begin to fight over Tanner, each vying for him to become their Gay Best Friend. If you're a gay male couple, there's enough kitsch and entertainment value here to (likely) pique your interest, as well as some cute eye candy to get your motor running. If it doesn't do it for you, then it's the perfect thing to ignore while you're doing it. But don't be discouraged if you're a straight couple. Not interested in the gay stuff? Congratulations! Here's a movie chock full of it, the perfect thing for you to also ignore while you're doing it, it meaning sex. Though I'd like to think that's obvious assuming you're old enough to be reading this article.

6. #Horror: Like Christmas movies, terrible slasher films are abundant on Netflix. You can take your pick really, though #Horror is probably one of the worst. Shocking, I know. With a title like that, you'd think we'd be looking at an Oscar contender, huh? Ah well. As I'm sure you can guess, #Horror can be brainless fun with a group of friends. One-on-one with someone you wanna get jinkies with, it's the perfect thing to not focus on (the lack of any compelling story makes that really easy). If the idea of blood and guts in the background kills the sexiness for you, then A) that might arguably be a good thing and B) more reason to grip each other tighter to be safe in your trembling embrace. Oh, I also said that it was good for one-on-one. Well, if you're watching it with a group of friends and wanna get jinkies anyway, that's up to you guys really. Sometimes, the more the merrier.

7. 1313: Unfortunately, not a single entry in the 1313 series is currently available on Netflix. However, it used to be and I simply have to include it for its absurdity. To explain 1313 isn't easy. Created by David DeCoteau, each film seems to take place in the same house; a modern mansion of sorts, by the ocean. It's fairly plain and sparse, filled with some bizarre Dalmatian-printed furniture and naked statues wearing hot pink feathered boas None of the films seem to be connected in any real way, yet each one features a group of fit pretty-boys in their underwear (usually without explanation), wandering aimlessly around the mansion. While obviously intended to be homoerotic, none of these men are actually portrayed as gay in the film. Usually, they all show interest in a considerably older cougar who is also in the house, for some reason. Walking sequences can be as much as 20 minutes long. Sometimes there are pointless shower scenes which recycle the same footage on a loop, also often 20 minutes long. Any resemblance of story is a weak thread, sometimes revolving around aliens, buried treasure or simply an audition for a movie. Apparently these movies (for lack of a better term) are supposed to be horror films. They are the oddest and most pointless thing I believe I have ever seen. But they made for fun drinking games with friends. But if you have a partner in crime to rob your lust from you, they make the perfect thing to turn on for some odd background noise. Make a game out of it. If you cum before the next pointless walking sequence is over, you lose.

Happy humping! And God bless Netflix.

Some things never change

By JORY PROFT

As I searched through *The Nugget* archives for inspiration in writing this article, I discovered a few things.

It's easy to look back and see the obvious changes in the world since *The Nugget*'s conception in 1964.

Delving into NAIT's world of Jan. 15, 1964, I found out the school used to have a "Gun Club" that wished to establish a rifle range inside the building. I'm not sure if their plans came to fruition, but clearly the firearm policies have majorly changed on campus.

Also featured was roughly the 1964 equivalent of NAITSA publishing their budget after a "Letter to the Editor" questioned the council's budgeting skills. The group's budget totalled \$11,000 – a whopping \$87,533 in 2018 dollars.

NAIT culture and norms have clearly evolved. But if we jump back to the second ever issue of *The Nugget* from January 1964, we can see one thing still has not changed – love and relationships.

The Jan. 15, 1964 paper was not just a home to ads for NAIT's Gun Club or articles that make us curious how a student council functioned on a budget smaller than the average single student in 2018 but also prominently featured the Dear Dazey relationship advice column.

Questions ranged from how to tell a loved one that you don't like his beard because it's itchy and leaves a rash, which "members of our [her] church object very highly," to an inquiry from a reader complaining that their parents do not believe they are ready to "go steady."

The final letter to Dazey leaves the reader in suspense as if it was not scanned into the computer properly and lost some of its content. The premise of the letter is that a man has recently moved to the big city and still writes

his "true love" nearly every day but faces "temptations, like girls who are also living away from home." The article is cut off there but I imagine the writer was curious if Dazey knew of any loopholes that may allow him to succumb to these temptations while keeping his true love back home. That's my best guess, at least. These questions may seem cute and innocent in 2018 (especially compared to what this issue is running) but at the heart of these concerns are the same issues students at NAIT still face in their love lives.

The first inquirer is wondering how to deal with a choice a significant other has made appearance-wise. It also discusses the idea of people judging you based on your sexuality – especially women.

The second reader was facing the issue of parents being overbearing and still trying to dictate whether their adult offspring is capable of handling a romantic relationship.

The final question is a universal

moral issue within relationships. Moving to a city after growing up in a small town can open your eyes to a completely new world – especially dating-wise.

For being nearly 54 years old, these issues are still crazy-relevant. It just goes to show how much culture, technology and the political landscape can change, but young people will always deal with similar obstacles.

People often watch old movies through rose-coloured lenses and romanticize bygone eras, but just think – your grandpa may have written *The Nugget* in 1964 trying to figure out how to not cheat on your grandma back in his hometown. Some things will never change.



1 SPEED DATING @ NEST
3 NNTM PHOTO SHOOTS
5 ART AFTER DARK
6 FREE FOOD: SOUCH CAMPUS
7 FREE FOOD: EVENING STUDENTS
7 WELLNESS WEDNESDAY

1 EUBS SHOWCASE

8 MUSIC BINGO @ NEST

9 CLUBS SHOWCASE

8 MUSIC BINGO @ NEST

9 CLUBS SHOWCASE

8 MUSIC BINGO @ NEST

9 FLEE FOOD: MAKE SUSHI
10 FREE FOOD: PATRICIA CAMPUS

15 | SPIDEY (MENTALIST) @ NEST **15 | EXECUTIVE COUNCIL ELECTION RESULTS @ NEST @ 4:15PM** 19-23 | READING WEEK FEBRUARY 26-MARCH 4 | NNTM VOTING ROUND 1 26 | HOW TO: SCUBA

27 | DOG OBEDIENCETRAINING TIPS & TRICKS 28 | PINK SHIRT DAY

> FEBRUARY CLOSURES 19 | FAMILY DAY 20 | NAITSA OFFICE CLOSED

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

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MADAME O

February 8-14

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

Aquarius (Jan. 20-Feb. 18)

Think of your personal boundaries Aquarius, and try to expand them. Now is the time to focus on yourself. Experiment with something new that gets your heart and mind racing, and try not to let others opinions stop you from appreciating yourself.

Pisces (Feb. 19-March 20)

Try to stop fearing the unknown and attempt to break out of your

shell. Become more appreciative of those who criticize you and learn from them. You may find yourself in a sticky situation soon, but remember to keep your footing.

Aries (March 21-April 19)

Don't lose that passionate streak you're so well-known for. Play it to your advantage and it will result in something big with someone special. It may seem fleeting, but it's important to see the positive side and appreciate the passing moments.

Taurus (April 20-May 20)

It may be time to let go of a long time love, and accept the uncertainty that comes with change. You may begin to feel insecure about your shortcomings, but you'll soon realize that most others hold no judgement for your perceived flaws.

Gemini (May 22-June 21)

Explore your affectionate side with those around you and you may find an exciting new passion. Disregard your nerves and try to open up as much of yourself as you can. Remember to stand your ground

even when you feel scared.

Cancer (June 22-July 22)

New love may be coming your way soon, but it's important to control your more suspicious and pessimistic side. Try to let your guard down without becoming insecure. Remember to be patient and grateful of who you already have in your life.

Leo (July 23-Aug. 22)

Passion is fun, but try something calming and vanilla to de-stress. You may need to become more comfortable with being alone, and accepting of a lack of attention. Attempt to retain your good natured humour to combat loneliness.

Virgo (Aug. 23-Sept. 22)

You may need to accept help from others without feeling defeated. Although you may feel uncomfortable and shy, reach out to those close to you for advice. Remember, your loyalty does not go unnoticed.

Libra (Sept. 23-Oct. 22)

You may feel an instinct to tip

the scales to your advantage soon. Don't avoid confronting an uncomfortable or unfavourable situation, but try not to let yourself conform too much to others expectations of you.

Scorpio (Oct. 23-Nov. 21)

Being stubborn may contribute to the end of something positive soon. You may feel the need to defend yourself excessively, but try to recognize others emotions despite not always receiving the response you want.

Sagittarius (Nov. 22-Dec. 21)

Patience will be an asset to you. Try not to over exert yourself and take things in stride. Your generous attitude will be more beneficial when used emotionally as opposed to physically.

Capricorn (Dec. 22-Jan. 19)

You may be feeling down lately, but try to look to someone you want to get to know for advice. Spend time exploring new hobbies to find something you really enjoy, but don't lose your self discipline.

16 | ST.PATRICKS DAY PARTY @ NEST PRIDEWEEK I NAIT PRIDE WALK 20 | FREE FOOD: PATRICIA 22 | HOMOCIDAL DRAG SHOW @ CAT CROSSING 1 CARDS AGAINST HUMANITY @ NEST 22 NNTM FINALE @ NEST 5-9 NINTM VOTING ROUND 2 24 KIDS PARTY 5 HOW TO: BACKPACK 26 ART AFTER DARK 6 | FREEFOOD: INSULATOR CAMPUS FREE FOOD: SOUCH 7 WELLNESSWEDNESDAY 27 | HOW TO: ROCK CLIMB 8 || PUPPY YOGA 29 KARAOKE @ NEST 8 DIRIYBINGO@NEST NAITSA & NEST CLOSURES 12-16 NNIMIVOTING ROUND 3 30 GOOD FRIDAY FREE FOIDDE EVENING STUDIENTS FREE FOOD: CRANE & HOIST FOR MORE INFORMATION ABOUT ANY OF HOW TO: BUILD A TERRARIUM THE EVENTS LISTED, CHECK OUT NAITSA.CA I MAKETHESTAGE@ NEST 0

The chronology of love

By BRYN LIPINSKI

It's what so many of us strive for. Some of us might never reach it. It's the furthest thing from our planet, and one of the most difficult things to achieve. It's love. Sad but true, some of us may never find love. Some of us (pfft, what, me? No! *laughs*) wouldn't know what to do with it if we found it.

So, thankfully, I've written this article to help you with the process, and assist you in doing the best thing first. Now, some would say the first thing to do is sex, which, clearly, is *clears throat* wrong.

And while this list might not be your way of doing it, it's one way of sorting out the storm of events and feelings that are wholly encompassed by the one and only, love. Let's bang this out.

First contact

You've gotta see them to know them. First words

Before anything can happen you two have to talk ... a lot. At least enough to get your personalities through to each other and if you ever talk again that'll be because they don't hate you.

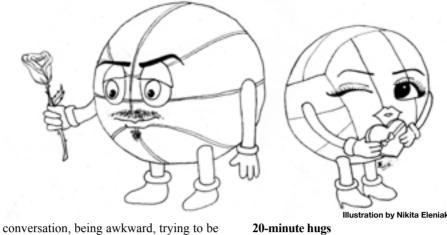
The smiles

One way of knowing you're around someone you love is the smile reflex. It's not because they smile at you first, or even because they see you at all. It's just because you know they're somewhere kind of close maybe, and that makes you happy.

Realizing that everything you do is so stupid

Strategically trying to always be beside them, getting depressed about unanswered texts you over-thought to start a dead-end

FILM REVIEW



around them at all times totally inconspicu-

Either they drop you right there, or some-

how they connect further with your ridiculous

antics and the result is a lot more conversa-

tions and a lot more time spent with them and

their friends. You suddenly realize that they're

smiling back at you, and it takes you a ludi-

crous amount of time before you can even

It's exactly the same as before, but the

It takes some time, but at one point you'll

feelings cut deeper than ever, and you can feel

your heart go to your throat. Now is the time

you make up every excuse to be with them,

be telling them about the existential crisis you

had when you were 11 years old, but you'll

have no idea how you got there in the conver-

sation. They'll be doing the same thing pretty

ously. You seriously need help.

Hanging out

slightly believe it.

Hanging out alone

and ... Oh! There goes logic.

Telling life secrets

soon if they haven't already.

20-minute hugs

"I could have been home by now" "Oh my God I'm sorry"

"Meh, that's OK."

"... soooooooo, we just gonna keep going here or what?"

Saving the words

It's a hard thing to say, but it has to happen at some point and you're the only one around them this much. If you don't say it, by God, nobody will.

The first kiss

If it hasn't happened already it's the thing that'll usually happen right after you tell them you've fallen for them, you like them, you love them, however you swing it. If they return it, if it's shared, you're in the big leagues. It's time.

Not really dating

What is dating? Geez, I don't know, but it's not this. This is hanging out. Shut up,

We're just hanging out. Really.

Realizing that all you need is her

It's been thought of before, but now it's obvious. Nobody else means as much as they

do to you. It really is so simple.

Dating

Coming to terms with reality, and how you two feel about each other. It's a touching moment. Speaking of touching ...

Sex

It was once said that if you don't laugh during sex you're doing it with the wrong person. Laughing at how stupid everything is, laughing at what the hell is going on, and wondering what to do. I'd guess it's really charming.

Fantasizing about the future

"We will have two kids, and name one Leo and name the other one Robin!'

"And we'll have an SUV and a house on the coast!"

"We'll be making so much, we'll be able to go out every night!"

"I'll volunteer as a firefighter to help out the community!"

Lots of the same thing for a long time

Dating, regular life, having sex, kissing, going out, everything you've been doing before. Either it'll get boring or it'll be so much fun. Either way, it's become old. But who said old isn't special? Nobody.

The final hour

This is where you need to make the choice. Is it her or some other girl at your side when one of you reaches the end of life, or the end of the rope? If you get this far, you don't need anyone's advice on love. You don't even need this list. You've found love, and you've made it as true as it could ever be. You've finally broken through to the feeling you've been waiting for.

This is true love

What were they really doing?

By STEVEN SMITH

In 2013 Chris Figliuzzi, an editor of this paper, wrote some movie reviews. There's a bunch in our online archives, all of a mature nature. These pornographic films have evolved beyond BBC documentaries of nightstands and backroom couches. Some now have stories, so in part throwback and part movie review The Nugget presents it's review of Brazzers' Full service Banking.

The premise is that Mr. Prince shows up at "ZZ bank" sick of paying excessive fees. Mr. Prince says that he has heard a lot about this bank, so it means that they must have some real good sign-up bonuses. I would kill for a zero per cent line of credit.

Dressed in business casual; black collared shirt and black vest, Mr. Prince establishes himself as a businessman. He has a gold watch and holds a wrapped cigar. He is probably some sort of business tycoon but the cigar sends mixed messages. Maybe he's a villain who wants to murder children or burn down the rainforest. It is unclear if this is a charade or not. A teller directs him to the manager Angela White and they discuss the terms of opening an account.

At this point, the film is fully engaging. I want to know what deal this man is getting. It's five minutes into a 40-minute film and the possibilities are endless. What are the perks to opening an account at "ZZ Bank"? Maybe it's no fees for a year, or a 10 per cent rate on his savings account with no minimum. Maybe the bank will be robbed and become a heist movie.

It quickly appears that the film is about his bank account. So if you like mixed messages on terms and conditions, I guess this is for you. But it is so hard to figure out what is going on when



Angela is so bad at her job.

She is having a financial discussion with Mr Prince out in the open, instead of in a closed office. She repeatedly talks to her secretary about other customers and approvals in front of Mr. Prince. In Canada this would be a direct violation of the Canadian Personal Information Protection and Electronic Document Act. People value their banking information globally. It's super illegal pretty much everywhere, and she should be fined, thrown in jail and the bank closed.

> At one point she yells at him to give her his money. The man is very terrified when he learns the secret terms and conditions but isn't fazed when she literally yells at him that she will be taking all of his money. I don't think Mr. Prince is a good business man because he gets distracted and leaves with a line of credit without knowing how much or the terms of the loan.

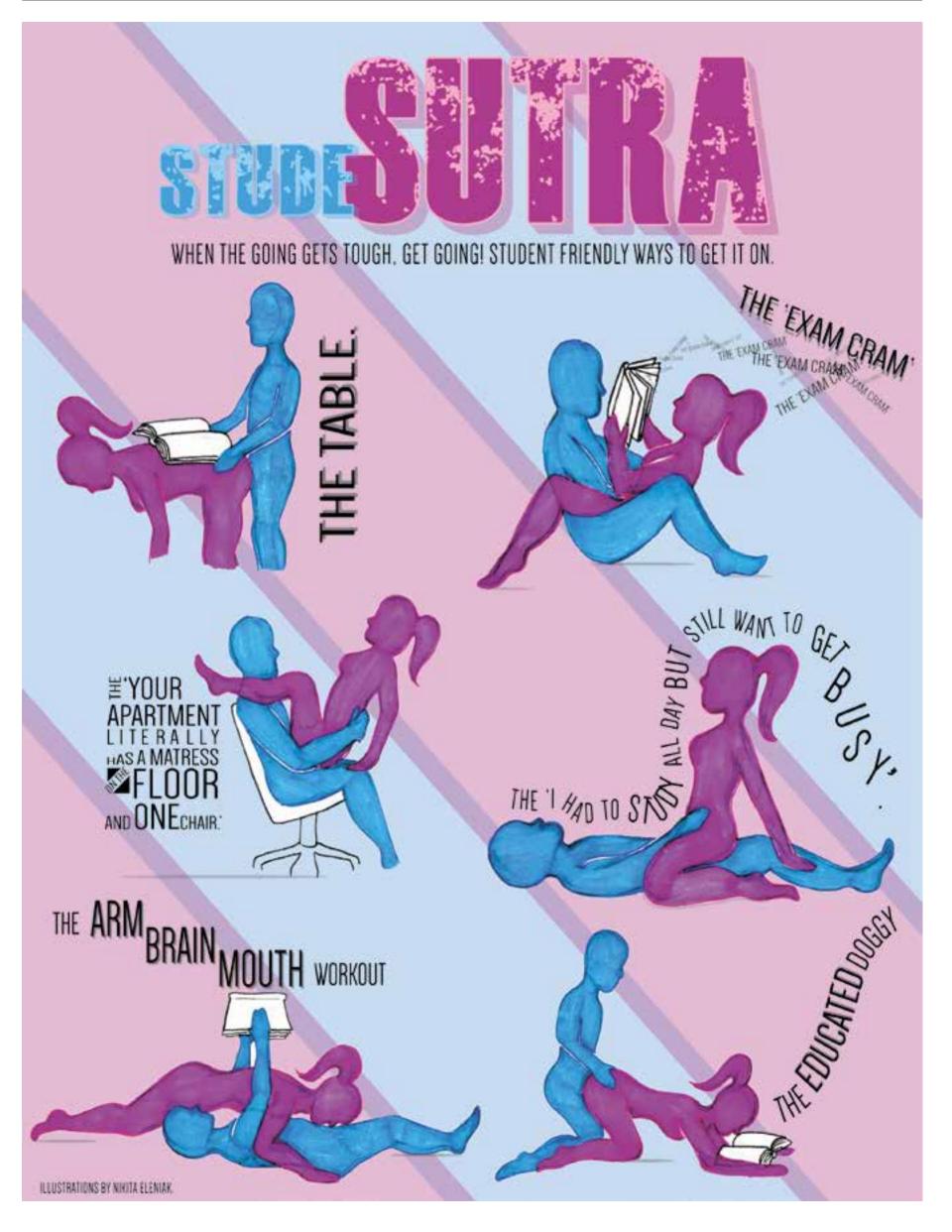
> I would give it a two out of five stars as "Full Service Banking" teaches the viewer that there is always fine print. From a production standpoint, it is both filmed and lit surprisingly well. But at the end of the day the film is nothing more than a really long visualization of terms of conditions that you can just skip.

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





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How healthy is your relationship?



TIMELY TIPS MARGARET MAREAN NAIT Student Counselling

Valentine's Day is a time we often get warm, glowing images about love and relationships. It is also a great opportunity to evaluate how happy you are with your relationships, romantic and otherwise. Good relationships don't just happen. They take effort.

Every relationship is different. However some common characteristics occur in most good relationships. If you can honestly answer 'yes' to the following, you are probably in a healthy relationship:

- I feel like I can be myself
- I feel comfortable sharing my feelings with my partner
- We respect each other's differences (opinions, feelings)
- We can negotiate and compromise when we don't agree

- We don't hold grudges
- We can say "I'm sorry"
- We enjoy each other's company
- We both have an equal say in the
- elationshipWe trust each other
- We are honest with each other
- We don't take each other for granted
- Humour and fun are part of our relationship
- I look forward to seeing my partner
- My relationship brings out the best in me. However, if you are staying in a rela-

tionship because you think your partner "has potential", will change, or you don't want to be without a boyfriend/girlfriend, re-evaluate. By staying with your partner you are actually reinforcing the negative behaviors. The following are warning signs of unhealthy relationships:

• I have felt pressured to do things that I find uncomfortable

- I have been threatened
- I feel controlled in this relationship
- My partner is very jealous
- My partner does not respect me
- We often shout or yell when we disagree.I often feel put down by my partner
- Ny partner tries to isolate me
- If feel like I am losing my identity in this
- relationship.I am dependent on my partner to make

me feel good about myself.

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you from potential problems. People in healthy relationships are willing to work at the relationship. They give without keeping score, have a strong sense of commitment to their partner, communicate openly, express affection, can compromise without losing their individuality, and are sensitive to each other's needs.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy. Unsure about your relationship? Want to learn more about improving your communication or talk about other personal problems?

See a counsellor at Student Counselling. Personal counselling is free, confidential and available to all currently registered NAIT students.

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

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

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

NAIT Student Counselling Room W-111PB, HP Centre, Main Campus Telephone: 780-378-6133 Website: www.nait.ca/counselling

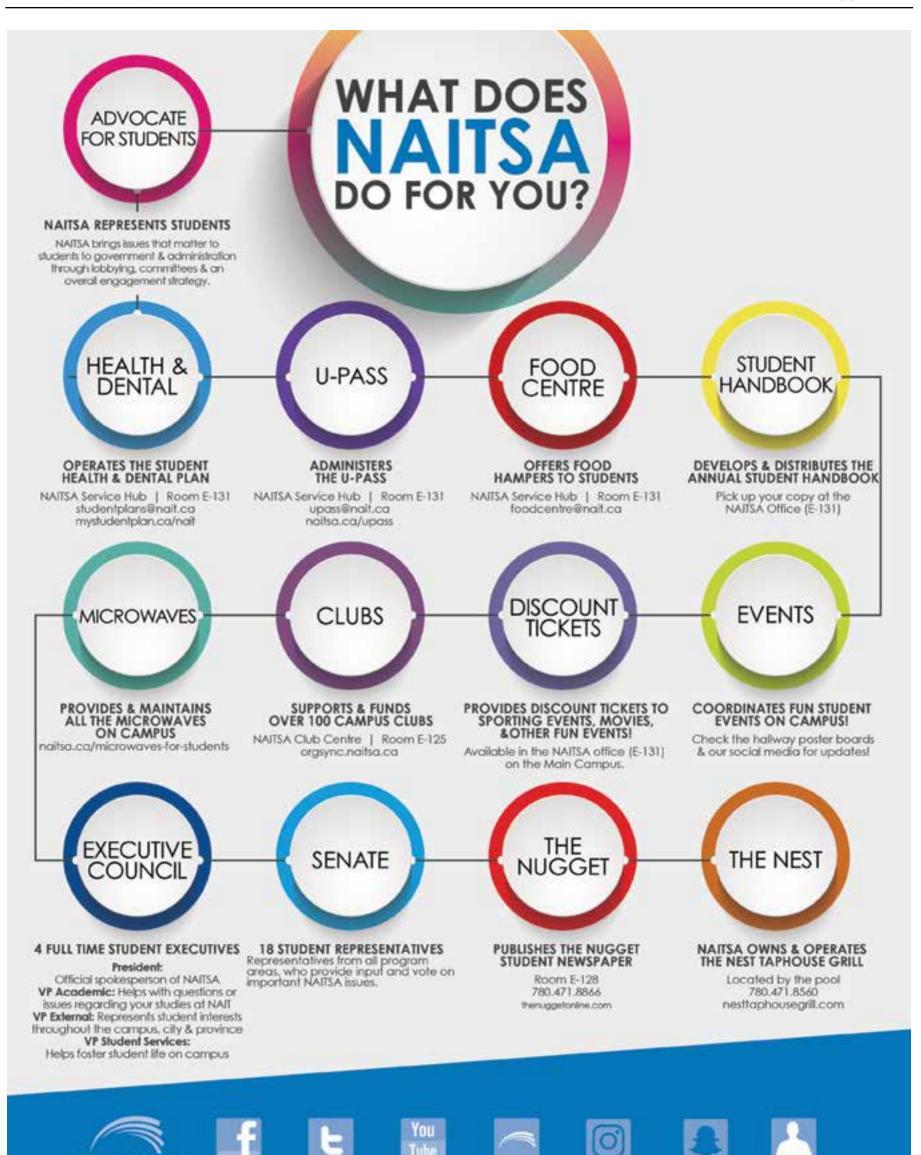


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Sperm – a dietary debate

By TRE LOPUSHINSKY

"Dang Tre, back at it again with another sperm article?"

Yes, yes I am. Last month I did an article about the many aspects of sperm and also the fact that people mix it with their food and alcoholic beverages (there are cook books on Amazon.) The one blow back was that I had no input from females. Not only on how they use their sperm from males but what about their ejaculation? You don't have to tell me twice. Let's dive in, shall we?

Vegan sperm smoothies, anyone?

I start to question my journalism skills when I started typing: "Woman who use sperm on the daily" into Google. It did help me stumble across a story in the UK. The Metro down in the UK did a story on a 29-year-old single mom named Tracy Kiss. In 2016, the single mom of two said she started to drink smoothies with sperm in it. She said the concoction boosted her mood and her immunity. However, she's single. How did she get the sperm?

She has a really good friend, that's how. Her friend delivers it to her up to three times a week. Kiss then stores it in tubs inside her fridge. I think that use of Tupperware is in their business model ... I kid, I kid. Kiss is a personal trainer and qualified nutritional adviser and claims that sperm contains lots of vitamins and minerals that vegans like herself lack in their diet. Even though doctors, such as Dr. Sarah Jarvis, claim there is no nutritional value in sperm and that vegans would be better off with nuts for extra protein (ouch). Wait, not those nuts, silly. That's all and well, but what about

the taste?

"Every batch tastes different, depending on what he's been eating," Kiss reveals "If he's been drinking alcohol or eaten something particularly pungent, like asparagus, I ask him to give me a heads up so I know not to drink it neat."

Look this up if you don't believe me, I had to see pictures of her eating these smoothies and watch videos of the same and all I could think was: that's fricken sperm, dude!

Tracy Kiss can also be found on You-Tube, talking about how using sperm for a moisturizer is best for your skin.

Female Ejaculation

Women's bodies can be a mystery to everyone, including science. To this day, researchers are still debating the existence of the g-spot. Arguments are very similar when it comes to the discussion of female ejaculation. What is it? The right term for female ejaculation is called "coital incontinence" according to scientists, which means she peed during that orgasm you gave her. This can boil down to some woman losing control of their bowels during sex, says Austrian urologist Florian Wimpissinger, M.D. He also went on to say that other females just discharge a ton of naturally occurring lubricating fluid.

According to Wimpissinger, that is not a true female ejaculation. His research has shown a small number of women (fewer than 10 per cent) expel another type of fluid similar to male sperm. The sources are small glands located near the opening of a woman's urethra. Although these used to be called "Skene's glands," he says their placement and function have led most researchers to refer to them simply as the female prostate.



FEBRUARY 19 & 20, 2018 REGULAR HOURS WILL RESUME FEBRUARY 21, 2018

'N'

hat to do?

By TIMOTHY REMIN

Valentine's Day ideas for ones and twos

Singles

1. Head down to Whyte Ave. and hit up a venue. Noble Oak will be at the Mercury Room on Feb. 14 for all you electronic blankets, Netflix and chill all night. dance music fans.

2. Go for a drive, 3. Gather some friends for a poker night. Bet nickels and dimes.

4. Catch up with family, you'll be so busy or stressed you'll forget what day it is

5. Sleep in the bathtub, tears can be hidden by the water. 6. Fionn Mac-

Cool's has speed dating on Feb. 15, doesn't hurt to put yourself out there.

7. Funky Buddha has a "Find me a valentine" scavenger hunt so you can find that special someone before the 14th.

Couples

1. Stay at home with your date. Love and laugh. Watch movies and tell stories.

2. Recreate your first date, only without those awkward silences and nervous hand holding.

3. Cook for her or him. Make it a surprise. Don't forget the flowers!

4. Build a pillow fort filled with warm

5. Stay the night at Fantasyland Hotel in West Edmonton Mall in a themed room

> 6. Go to a board game cafe. Drink up some hot chocolate and enjoy some fun board games together.

7. Sugar Swing Ballroom is a dance club in Edmonton. They have a Valentine's Day event com-

ing up where you can take out the old high school grad suit or dress and take it for a spin

8. Go on a dinner date to Boston Pizza. They will be serving heart shaped pizzas that day.

9. Go ice skating outside in the winter breeze. Classic

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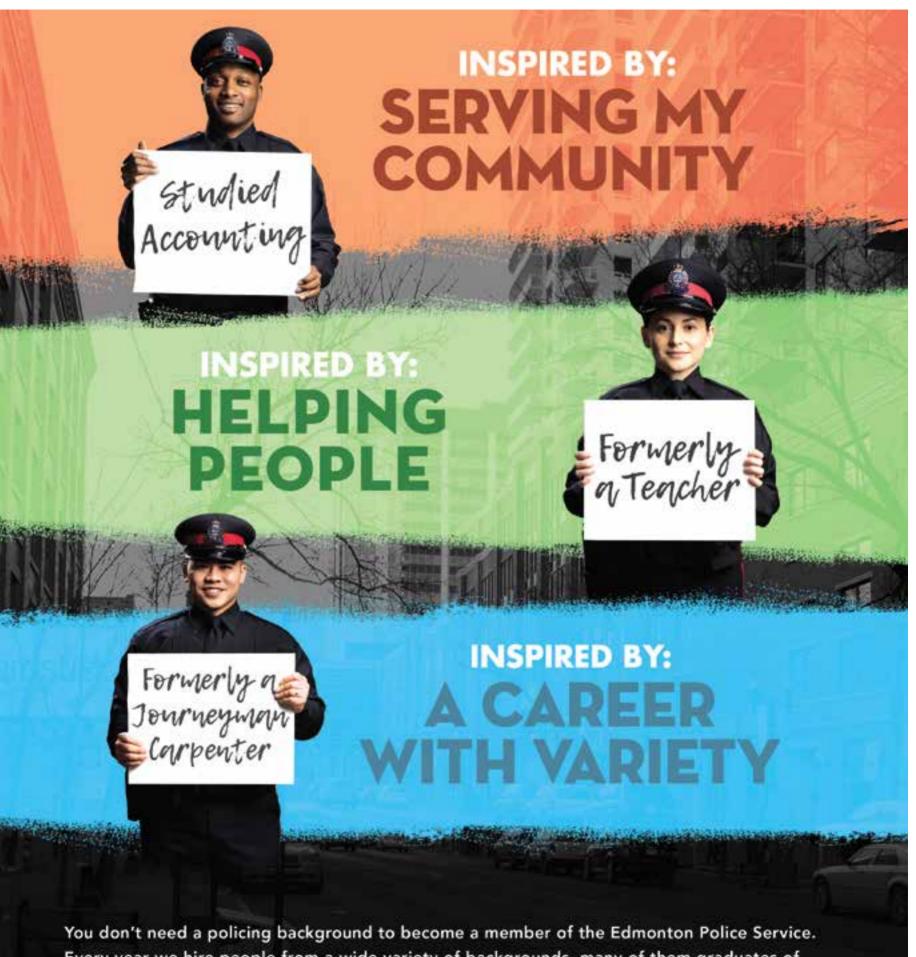


Dustin Fox

Photo by Laura Ellisor

My ideal date is just hanging out somewhere and talking. I feel it's the best and most fun way to get to know someone! My favourite food is, well, food! I don't get picky! My KD ratio isn't anything really to brag about. According to a box of KD, I'm a family of four. I enjoy walking and talking, playing any kind of games and having new experiences! Won't they be with you?





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

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

WHAT'S YOUR INSPIRATION?

