

Graphic by Hershell McCubbin

#### THE "NUGS" ARE HERE!

It's award season and for the first time, The Nugget staff has crowned the very best NAIT has to offer. See the list of winners on page 6.



# NEWS&FEATURES Embracing vulnerability



#### SHAWNA BANNERMAN Assistant Editor

I grew up with a strong, hard working mother. I can count on one hand the number of times she allowed herself to shed tears in front of my brothers and I. My father, while incredibly supportive and the funniest person I know, was always well composed. Among the many lessons my parents instilled in me, there is one that governed my life for many years. It was not one they intentionally taught, and they likely aren't aware that they did.

Nevertheless, I grew up believing that allowing myself to be vulnerable was a weakness. Showing weakness was debilitating. Unfavourable emotions were to be had in private, honesty was not easily given away and verbal appreciation meant admitting defeat.

I thought strength was something to be admired and that my hard exterior would attract friendships. But, for most of my life, I struggled to make friends. I often wondered why I was always left out. I was intimidated by other girls, who appeared confident enough to be unapologetically themselves. On the interior, I desperately wanted to connect with others, but my exterior remained distant, closed off and uninviting. Each failed attempt at meeting someone new left me ridden with failure and shame.

My experience working at the Nugget has been the most challenging, stressful, and difficult position I've ever held. I've repeatedly put myself in positions of vulnerability and been forced to not only acknowledge, but to face the feelings of unworthiness that I bring upon myself.

Each time I say something unplanned in an interview or my articles are returned to me filled with edits, I'm equally filled with shame. In the begin-

ning, I didn't recognize this emotion that left me feeling unworthy. I'd become so good at avoiding shame that I'd forgotten what it felt like. It took me months to understand that the shame I felt came from a feeling of failure; I felt I was unfit and incompetent in my skill.

Brene Brown is a research professor at the University of Houston, where she studies vulnerability, and shame. She explains that the act of creating and sharing that creation with others can generate extreme feelings of vulnerability.

"To create is to make something that has never existed before. There is nothing more vulnerable than that," said Brown in a TED Talk. "I define vulnerability as emotional risk, exposure, uncertainty."

Brown also states that shame is most often felt in areas where one is most vulnerable. Since writing has always been a passion of mine, I felt especially exposed sharing my articles. Nevertheless, I did my best to swallow my shame, and learnt to ignore the pang of vulnerability.

However difficult to face, I reminded myself that vulnerability is the breeder of creativity and growth. "Vulnerability is not weakness. And that myth is profoundly dangerous," said Brown.

I've recently learnt that vulnerability does not equate to weakness. In fact, vulnerability is the complete opposite of weakness. Creativity, success and connections are made through allowing oneself to be authentic, without fear or expectation. By becoming comfortable with vulnerability, recognizing moments of shame, melting my unfriendly exterior. I've learnt more about myself and grown more in the past 5 months, than in my entire life. I've developed close friendships and connections I never thought that I would, and I've gotten more out of my position at the Nugget than I ever expected.

"Vulnerability is our most accurate measurement of courage. To be vulnerable, to let ourselves be seen, to be honest."

### **Execs confirmed**

#### By MICHAEL MENZIES

Two NAIT executives shook off their interim titles and were officially appointed to their leadership positions in 2018. Announced on Jan. 8, Kevin Shufflebotham is NAIT's provost and Dr. Susan Fitzsimmons is VP Academic.

"I'm just really excited about this opportunity and look forward to continuing the work that Sue and I have started," said Shufflebotham.

Both Shufflebotham and Fitzsimmons have been in these positions on an interim basis since 2016.

The pair realize students aren't necessarily in the loop about what their job entails.

"I get to be the idealist," said Fitzsimmons. "I get to be the person who says, 'We need to shoot for the moon.' These are the kinds of initiatives we need, these are the things that define quality education and quality student services, and all the applied research for industry."

"My job is to be the realist," said Shufflebotham. "I'm responsible for the operations of the school. I look after things like budgets, scheduling, anything to do with the operation of the academic portfolio."

Shufflebotham and Fitzsimmons will be in these posts for five years, the typical length of NAIT's administration contracts. The two have over 25 years of experience combined at NAIT. Shufflebotham is a NAIT alumnus graduating from the Respiratory Therapy program in 1989.



NAIT Photo

things that define quality education 
Dr. Susan Fitzsimmons, left, is NAIT's new VP Academic and Kevin Shufflebotham, right, is the new provost.



# Recognizing Page 1

#### By FERDAWS SALATAN

On Jan. 18, NAIT Health Services and Alberta Occupational Health Nurses Association hosted PTSD Awareness Education Day. Speakers came from across Canada to share their experiences with PTSD and mental health

Christine Bannerman, Supervisor of Health Services at NAIT, said the majority of attendees possessed a medical background

"It was extremely well attended. Nurses, paramedics, firefighters, family and friends of those who've been affected," said Bannerman.

Malcolm Haines, the Dean of the School of Skilled Trades at NAIT, opened the event by recognizing the prevalence of PTSD and acknowledging NAIT's dedication to spreading awareness about mental health and supporting those who may be affected by mental health and PTSD. NAIT supports over 2,000 students through courses that revolve around

Jason Powell, Dean of the School of Health Sciences at Humber College Institute of Toronto, worked as a nurse at emergency departments and witnessed the effects of PTSD firsthand. He emphasized that PTSD used to be defined as an anxiety disorder, but because the conversations surrounding PTSD have grown over the past decade, it has become recognized as a separate disorder all together.

Powell says it most commonly affects paramedics, soldiers and, although their symptoms often go unnoticed, nurses. However, he stresses that nursing isn't the only PTSD-induced job that goes by unnoticed.

John Garth MacDonald, who worked as an EMT in Nova Scotia for over 20 years, spoke of his personal experience with PTSD. For years, he was discouraged Audience members listen to a speaker.

to talk about his struggle. "I was never to show any sign of weakness, even in front of my wife and child."

Linda Blanchette, a mother of three, shared her second-hand experience with the disease. Her spouse, Joss, spent 15 months overseas and returned a different man. After learning of his symptoms, Blanchette has been speaking openly about her family's struggle with PTSD since

Bannerman explains the intention of the education day was to increase awareness about the prevalence of PTSD.

"[We hope] to remind people that Post Traumatic Stress Disorder is out there. It affects not only our paramedics, our fighters, but it also affects nurses, doctors, and emergency dispatchers. And that it can be treated. But PTSD is mental health and mental health has a stigma, so we're trying to keep it in the forefront."



### Parking fines doubled

#### By MICHAEL MENZIES

NAIT students clamouring for parking spots: be advised. The City of Edmonton's new parking fine is in place and will hurt the wallet more than in the past

Due to a new bylaw in effect since Jan. 1, parking without a valid permit or payment stub will cost \$100, twice as much as the previous fine of \$50. However, fines for illegal parking in an emergency zone or accessible space remain at \$50.

NAIT Parking Services says at the moment there are no more parking passes available for this semester but students should check back consistently as spots do open up over time.

Costs fluctuate between \$71-94 per month for those parking passes depending

In addition to the heavier costs, students

are being reminded that their vehicle will be towed if they park without a permit in:

- Reserved stalls
- Accessible stalls
- No parking zones
- Emergency access routes
- Within five metres of crosswalks, intersections, fire hydrants, yield signs or

- With files from NAIT Protective Services

### Chef-in-residence named

#### By NIKITA GANOVICHEFF

Students of the culinary department will have to start thinking local as NAIT announced Rod Butters as its new chef-inresidence. The Kelowna chef and restaurateur will be the 10th Hokanson Chef-in-Residence and will be sharing with students his expertise in local and regional cuisine from March 12-16.

A pioneer of the farm-to-table movement, Butters currently owns two restaurants in Kelowna and is opening a third, Sunny's Diner, there this spring. His philosophy of "support local, buy local, eat and drink local" has been significant in promoting culinary tourism in the Okanagan.

"I'm incredibly proud and excited to be the next NAIT chef in residence," said Butters. "It's an amazing lineup of previ-

ous chefs who have been involved. Many of them are friends and I'm humbled to be included. I can already tell this will be another career highlight for me."

Among some of his highlights, is his induction into the B.C. Restaurant Hall of Fame in 2007. He has also earned many honours, including the Canadian winner for best local cookbook by the Gourmand World Cookbook Awards for his cookbook. The Okanagan Table: The Art of Everyday Home Cooking.

Chef Butters was also the first chef de cuisine at the world renowned Wickaninnish Inn in Tofino, B.C. His cuisine helped the inn's Pointe Restaurant attain the internationally recognized Relais & Châteaux designation, a designation that only six other properties in Western Canada have attained.

"This is a great way for us to celebrate Canada 150 and the 10th year of the Hokanson program," said Perry Michetti, the manager of operations for the department of culinary arts and professional food studies.

"Chef Butters is a Canadian-born, Canadian-trained, Canadian entrepreneur, supporting Canadian cuisine and Canadian chefs. We're thrilled to have him at NAIT."

The Hokanson Chef in Residence program provides students with the opportunity to learn directly from some of the best chefs in North America. The chef in residence program exposes students to innovative cooking techniques as well as diverse culinary trends and styles.

- With files from NAIT Media Relations



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

#### **Letters**

#### We want your views

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

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

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

Thursday, January 25, 2018

# NAIT awarded \$800,000

#### By SHAWNA BANNERMAN

On Jan. 10, NAIT received \$800,000 to fund its Membrane Technology Assessment Program which aims to innovate solutions that will reduce the environmental impact of oil sands extraction

Western Economic Diversification (WED) awarded \$600,000 to add and build onto the project and Canada's Oil Sands Innovation Alliance (COSIA) contributed \$200,000 to show their interest.

Jean François Bouffard is the director of business development at NAIT's Centre for Oil Sands Sustainability. He explains that the testing facility will be used to recreate conditions found at real sites.

#### Membrane technology

"We're looking specifically at oil sands institute recovery sites and we're replicating the water conditions that we find there, so the same temperatures, pressures, and water quality," said Bouffard. "What we're going to be looking at is different types of membrane technology and see how effective they are at cleaning that water up so it can be recycled, reused more, which helps reduce environmental impact."

Large amounts of water are required to extract bitumen from oil sands, in a procedure called steam-assisted gravity drainage. In an effort to reduce the effect on the environment, used water is cycled through membrane technology to remove toxins and allow the water to be reused.

The membrane technology program will test the membranes on both the number of times they can be used and how many times they can be cleaned and reused.

"To be able to be sure your technology works in that environment is really tough and it costs a lot of money. So what we're offering is a step up ... we can help work out some of the kinks in the technology before you go out to the real world and that helps make things more cost effective for the technology providers."

In addition to the monetary contributions, COSIA has donated time and expertise from oil sands experts to aid the project.

'We've got some really active partners," said Bouffard. "We have access to people that are experts in the field of water quality and water purification."

The unit will be housed in the new Productivity and Innovation Centre, set to open in late 2018. Bouffard estimated the testing facility will take approximately a year to complete and following its completion, they'll begin research.

We'll start executing on research projects and start working with membrane suppliers," Bouffard said.

#### Running next year

Kevin Shufflebotham, NAIT's provost, said the donation solidifies NAIT's role as a polytechnic.

"Whether it's the program we provide or the applied research that we do, it's really about our relationship to industry," said Shufflebotham. "Our relationship to industry is mission critical ... because we are a polytechnic."

The implementation process will begin in the fall semester of 2018 with the goal of having it up and running by the winter term next year.



NAIT President Glenn Feltham thanks Edmonton Centre Liberal MP Randy Boissonnault for a government donation of \$600,000 for oil sands

### Students to rate courses, instructors

#### **By MICHAEL MENZIES**

NAIT is piloting an online survey that will allow students the opportunity to give campus-wide feedback on their instructors. The goal is to have the survey fully implemented by early 2019.

"Students have been asking for a number of years, and rightly so, for a more consistent institute-wide opportunity to provide feedback on every single course and every instructor on the credit side," said NAIT VP Academic Dr. Susan Fitzsimmons

Questions will be the same for every student in every program, making the survey standard across NAIT. Niki Anderson, director of Strategic Initiatives and her team are leading the way in streamlining student feedback

"We know that there are programs and areas that are doing student surveys but currently they are asking different questions and the information is going different places," said Anderson. "So the broad

goal is that NAIT, from all credit programs, consistently knows how the students are feeling about the programs."

Anderson's team is working with NAIT's Learning and Teaching Commons and the institutional research department in collecting data from other post-secondary surveys in Alberta.

"Basically, we've designed what we think are the best questions. But part of the pilot will be vetting them past the instructors, past their mentors, and past the students as well."

The student feedback will go directly to that instructor and their program chair after final grades have been posted. This is meant to get the best responses from students who may feel uncomfortable if it were released while the class was in

"The reason we are providing it after grades is because the flip side of wanting to give feedback is students also want to feel safe giving feedback," said Fitzsimmons.

"Now of course, because it's electronic there isn't a way to trace it back to the students but there is always that fear that if I write this comment about a certain someone or a certain situation, that somehow the instructor might guess it was from me. We do everything we can to protect that anonymity but students are still worried sometimes.'

Since NAIT is a polytechnic, it isn't easy to accommodate the many differing

"I think when we looked there was hundreds and hundreds [of students] within a semester of different start and end dates so there was a lot of what some would call 'the boring work,'" continued Niki Anderson. "You know, figuring out how are the instructors going to know that it's time, how, as NAIT, will we know if the surveys were deployed ... so a lot of the background work has been understanding the data we have and seeing how accurate it is."

NAIT piloted a similar paper survey

two years ago with limited success when Anderson was director of Engagement. They are hoping to learn from that experience this time around.

"A lot of that information and data should not have changed over the past two years but doing a paper survey was cumbersome. As a technology institute it just didn't make sense using a paper survey, so a large part of the wait has been developing the technology."

Most post-secondary schools in Alberta are already do something similar. Fitzsimmons thinks it's NAIT turn to do the same

"I think it's important for students to have that voice," said Fitzsimmons. "We believe the quality of teaching here is very high but we don't have great data to show that at the moment."

The implementation process will begin in the fall semester of 2018 with the goal of having it up and running by the winter term next year.

## Cold causes \$50,000 leak

#### By BRYN LIPINSKI

A leak in the pedway connecting the CAT Building and M Parkade over the Christmas break will cost up to \$50,000 in repairs. The leak on Dec. 29 appears to be the result of extremely cold temperatures during the holidays.

"It was a fire sprinkler line that froze up and the pressure eventually popped the sprinkler head," said NAIT senior manager, Wade Gasmo. "Right now we're just evaluating what caused it. The drywall has been removed and the ceiling's open, just for us to assess."

"[The leak] was turned off within about 20 minutes by our trades and labor staff, and they responded as soon as the alarm went off," explained Gasmo.

The pedway is open, although more repairs are still on the way for the long term, and the ceiling is still exposed. Wade Gasmo and his team are looking further into repairs and how to prevent these types of incidents in the future. He explains the CAT building flood as "a fire sprinkler line with a lot of water that came out in a short period of time."

atures during the holidays.

"It was a fire sprinkler line t froze up and the pressure entually popped the sprinkler ad," said NAIT senior maningures, Wade Gasmo. "Right now to be a result of improper construction or maintenance codes. Gasmo doesn't know of any injuries as a result of the flooding or clean-up.

Another similar, less damaging leak happened during the break. NAIT was unoccupied at the time and "we had the building systems turned down [to] try to save energy," says Gasmo. The other piping break took place in a kitchen, but it didn't cause the same degree of damage. Both pipes are suspected to have faulted as a result of the extreme cold that swept throughout Alberta.

### WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?



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





# The first-ever Nugs!

The Oscars. The Grammys. The Golden Globes. What do these things have in common? Gold. Trophies. Glory, as awarded by people who may (or may not) know what they're talking about. Now, comes something new. Something different. Something to blow your mind and tingle your senses...

The Nugs.

The Nugget has been giving you the good shit since 1964. Now, we want to give this campus the awards it deserves. From the best place to take a nap to the best worst bathroom, nothing is off the table. This is the first Nugget Awards ever, but sure not to be the last. The Nugs are here to shine a light on the best of the best that our fair campus has to offer. Without further adieu, we give you The Nugs.

#### BEST NEST EVENT NEST FEST

Nest Fest is the biggest event the Nest throws! Somewhat ironically, it takes place outside the Nest during September, in the lingering heat of summer. As the name suggests, Nest Fest is intended to be an exclusive music festival. It's one wild party thrown to get students new and old pumped for the year ahead. Featuring local bands as well as bringing in bigger acts (last year's event featured Tim Hicks, Royal Tusk and The Boom Booms). Nest Fest is not to be missed.

#### **BEST FREE FOOD STEW & BANNOCK**

The stew and bannock found at NAIT's Aboriginal Centre is truly something special. A finely crafted recipe blending together flavour and comfort, their original bannock is a delectable, mouth-watering trip to taste bud heaven. Served the last Friday of every month from 11 a.m. to 1:30 p.m.

#### BEST STUDY SPOT THE NAITRIUM

The NAITrium offers up a unique comfort on our fair campus. A laid back atmosphere fitted with loungers and arcade machines, the NAITrium often functions as a hangout spot. However, after hours it can be a cosy den to curl up and absorb what needs to be studied. The lack of clinicalness works to the NAITrium's advantage. Bathed in colour and soft lighting, it's a great place to let your mind relax, focus and become a sponge to soak up all that it can.

#### BEST NAP SPOT CRANNY CAT/HP PEDWAY

A wealth of pedways span across NAIT campus, connecting the maze of individual buildings into a network of buzzing activity. One pedway in particular, straddling the CAT building and the HP Centre, hides a beautiful spot to catch some Z's. The open windows help let the sunshine in, creating a greenhouse effect to warm the winter ice from your bones. Like a baby wrapped in the softness of a warm blanket, this is the place to snooze to chase away the drowsy blues.

#### BEST CAFETORIUM COMMON MARKET

The Common Market has, in our opin-

ion, the most diverse food options on campus. The regular subjects rear their heads; the chicken fingers, burgers and French fries of the world. Yet there's also Greek, a wealth of Panago pizza, healthier homestyle options, a sprawling salad bar, coffee, muffins, sandwiches and so on. One of the most happening places on campus, dozens if not hundreds of students swarm through here each day, ready to fill their bellies so that they're ready to fill their minds.

#### BEST WI-FI SPOT

It's ironic that we attend a polytechnic trade school where technology seems to be lacking. Wi-Fi on campus isn't exactly... a shining beacon of technical excellence; more of a flickering lighthouse desperately clinging to life. Half the time, Wi-Fi will abandon you when you most need it. In the middle of loading a web page, it will randomly fly away and leave you in loading hell. There doesn't seem to be a specific area on campus where it overly succeeds. Thus the campus Wi-Fi is likely to leave you missing the signal and crashing into the rocks.

#### BEST HALLWAY X-WING

Stretching from the entrance/exit of the Metro LRT line, the X-Wing is home

to many fine commodities. Shop AT NAIT, the Shaw Theatre, a conveniently located Tim Hortons and generally a finer architectural standard than seen elsewhere in the more conventional learning centre. That, and the coincidental reference to a Rebel fighter from Star Wars, help make the X-Wing the definitive hallway of them all on campus.

#### BEST ACOUSTICS CAT MAIN HALL

The newly built CAT building is ripe for musical excellence. While not designed for such, the cavernous Main Hall works miraculously for echoes and reverb that musicians crave. If you hit the main street when no one else is around, your voice (whether you like it or not) can dance across the arching windowpanes and staircases before cascading back down to greet you. Whether it be ghastly or angelic, the moans of the CAT acoustics are hard to beat, here on the NAIT campus.

#### BEST NR92 RADIO SHOW BLUE & THE BURLY BOYS

Blue and the Burly Boys has been airing on NR92.com since Tre and Brett first started it in January of 2017. It wasn't long before Amber (who had blue hair at the time) was invited to join them, and the trio of randomness was born. With an affinity

for The Killers *Mr. Brightside*, Tre, Brett and Amber have an intricate chemistry between them, keeping their audiences laughing yet still informed about nothing. Playing two-hour sets every Tuesday at 6 p.m., they're one of NAIT Radio's most listened to shows. Their legacy will surely stand the test of time long after they leave these hallowed halls.

Thursday, January 25, 2018

#### BEST WORST BATHROOM V BUILDING, 2ND FLOOR

Located at the far end of campus, the V Building has been around for a long time. Largely made of brick, the decrepit second floor is home to two of the saddest washrooms vou've ever seen. The men's features a large watering hole, akin to what you'd find at Commonwealth Stadium. More often than not, a waste of water. A strange odour often hangs in the air, while complaints swarmed around the women's washroom reeking of sewage late into last semester. The toilets are shaky and on their last limbs. The stalls are ready to collapse. Layers of paint do little to hide the tapestry of graffiti, most laden with insults, dumb jokes, "who-and-who's" easy, and other such language I am not allowed to repeat here. Strange stains permeate the floor, walls and (oddly enough) the ceiling. Best not to think where they came from.



Nest Fest has been chosen as the best Nest Event.

Photo by Tim Potter

# OPINION

**Editorial** 

# Free speech the issue



#### MICHAEL MENZIES Senior Editor

It didn't take long for Dr. Jordan B. Peterson to book a new venue in Edmonton. Just days after the Citadel Theatre's abrupt cancellation of Peterson's Feb. 12 book tour date, Hyatt Place Edmonton-Downtown swooped in and booked the author. Tickets were gone within hours of release at \$50 a pop, and per Peterson's Twitter account, a second date is in the works. Peterson is currently promoting his self-help book *12 Rules to Life: An Antidote to Chaos*, which was released Tuesday.

Was the cancellation worth all the hassle?

Whether Peterson and the Citadel had a signed agreement or a handshake sort of deal is fuzzy but the reasoning that Peterson doesn't fit their "mandate" is leaving many, including myself, confused.

The Citadel has since apologized for cancelling the talk and Peterson has accepted the gesture, but the issue isn't resolved. LGBTQ activists expressed in a Jan. 16 *Metro* article that they were worried Peter-

son could "embolden" anti-LGBTQ views. It seems that this extra light shone on the professor has brought more attention to his Edmonton appearance than without it.

Although, Peterson's recent European leg of the tour is stirring up lots of conversation already. The biggest moment, his appearance on BBC Channel 4 interviewed by Cathy Newman, had the British press churning out articles left and right in response to the combative interview. Channel 4 said they had to increase its security after Newman began receiving threats. For some strange reason, the psychology professor creates a response.

Peterson earned new listeners, connecting with young people looking for responsibility in England. Locally, he's earning more ears and interest in his birth province due to the Citadel cancellation.

His talks can be characterized as a self-help session from a clinical psychologist in these difficult times. Why the outrage? The loads of support from young people who've listened to his messages of responsibility and values, not to mention his publishing record in the academic world, would've made this a different discussion a couple years ago. But now it appears that the sweeping institution of LGBTQ can shut down a talk they may disagree with.

When it comes to free speech, it's important to keep in mind Peterson has the right to speak, but the Citadel didn't have to host him. Since a deal was essentially already in place, it appears the Citadel changed their tune when louder voices came knocking.

If they were worried about the potential of Peter-

son to "embolden" anti-LGBTQ views, which may be a valid concern, they could've booked whoever they wanted the next night to refute his claims.

Better yet, if he were truly reprehensible they should've arranged a debate with an academic with an opposite stance to wipe him off the floor. Or pit him against an interviewer in the style of Cathy Newman. If the concern is his criticism of Bill C-16, which is not the subject of his book and is never used to harm transgender people, why not hear his argument and then beat it? Why is stifling the argument the goal and not defeating the argument?

Whether or not you agree with Peterson's fairly mild, and in his words "classical liberal" views, he certainly is not a racist or trans-phobic. With his hundreds of hours of lectures online, if a smoking gun were to be found it would've happened already.

He is not a vague zealot or a vulgar mean-spirited character in the vein of Milo Yiannopoulos. He's touring with a message that could help people. This book was in the works before his criticisms of Bill C-16 were public. He's a serious person who wants to engage in discussion and debate. And this recent controversy has only "emboldened" people's interest in Peterson. Instances like the Citadel make many feel the principle of free speech is under attack.

By stifling his ability to speak, instead of defeating his views in the public forum, LGBTQ activists have given Peterson the opportunity to connect with even more people.

It also raises the question: If they won't engage Peterson in dialogue, aren't they proving his arguments have more sense than they care to admit?

### Letter to the editor

Dear Student Editor,

I have an issue that I would like to share with our NAIT readers. There seems to be a real problem around the NAIT campus that needs to be addressed regarding the ladies washrooms. Not sure how many times I have gone to the ladies washrooms at NAIT only to find that someone has peed on the seat, or wrapped the seat in toilet paper and left it there for someone else to flush. I also had one instance where there were actual footprints on the seat. I have some interesting facts for our NAIT student population.

Our toilets in most Canadian businesses, schools and malls are cleaned by a professional cleaning staff and are done so a few times a day. That being said we have quite a few objects that we use in our everyday lives that are way dirtier than the toilet seats we sit on.

- Cell phones: Yes, the ones you have in your hands all the time and hold up to your face. The average touch phone has over 25,000 germs.
  - $\, Ladies \ handbags$
  - Kitchen counters
  - Pet food dishes
  - Door knobs

- Cutting boards
- Washing machines: Front loaders apparently have water that sits in there. Also, all towels and underwear should be washed separately and with bleach.
  - Computer keyboards

Reusable shopping bags and all the remotes you use

around your house.

I was really amazed at just how many items that are out there, that are dirtier than toilets seats and we use every day without thinking. So, now that you have all this good information. PLEASE TAKE A SEAT.

Thanks for listening.



## SPORTS

# I will bandwagon!



TRE LOPUSHINSKY **Sports Co-Editor** 

Sports fans make sports not fun. The fandom surrounding sports can be related to a group of elitists. Much like music snobs who judge every music choice mostly based on them believing they're more of a fan, the superior fan. Sports fans will throw out verbal jabs based on your choice of favourite team or player. No matter if you habitually watch a sport or not, they have one phrase equipped specifically to sling at you: bandwagon jumper.

There are many levels of sports fandom. The casual fan will tune in and keep updated with a home team and/or describe themselves as very mild and dedicate a lot to their favorite teams.

There are fans who will support a team by wearing their merchandise but may not watch a game at all in a season. This may seem blasphemous to any hardcore fan.

Then there is the intensely dedicated sports fan. The type of fan who would skip going to the bathroom to watch one final period of a hockey game. These fans can suck the air out of any type of fan based on their knowledge and opinion on a sport or

Competition is the main aspect of all sports. It's about a group or individual player aiming to beat their opponent. This characteristic of a sport carries over to fans. They often think their team or favourite player is the "winner," the only choice.

Don't get me wrong: I have many friends and acquaintances who fit into each realm of the sports fan spectrum. Yet, based on personal experience, I feel this is what can drive someone away from being a fan. Sports are so unpredictable; it's not easy being a sports fan. For that reason, there is no such thing as a "bad fan".

I haven't always had sports in my life. I mean, I've kept up to date, but not religiously. As a very large human being, I've always played sports and that (like most people) drew me towards becoming a fan. I went through a lull in high school and only started re-informing myself with what was going on in the world of sports over the last couple years. This year, I got back into the NFL. Last time I was a fan, Marshawn Lynch was not given the ball at a pivotal point in the Super Bowl while playing for the Seahawks. When I started watching again, I gravitated towards a player that I enjoyed: Lynch and the Oakland Raiders. This gave me the playful "bandwagon" label from friends, but was it playful? This made me wonder.

Would billion-dollar leagues like the NFL, NBA and NHL care about why someone delves into their sports? Hell, if

they buy merch just to buy merch, they don't care. In most cases, they make money and they increase their fan base. Why don't super fans take pride in this? Some would label a person wearing their teams jersey as not a fan. Yet, them brandishing this team shows support. If one watches the Super Bowl while the commentator spits out facts about the dynasty that is Tom Brady and the Patriots, then suddenly becomes a fan, isn't that good for the sport? Everyone has a starting point to become a fan. Who cares when it was or who it is they're a fan of?

The bandwagon effect has turned into a word to slander fans in the sports world. At the end of the day, if you are a fan of a sport, that's your choice. Liking a certain sport, team or player is subjective. Their stats might be the best, but you enjoy their swagger. You can do that. Don't be calling me a bandwagon jumper because I enjoy the Skittle loving Lynch.

## Challenges for intn'l athletes

#### By JORY PROFT

The ACAC is slowly becoming home to many players from outside Canada. The ACAC and CCAA, the leagues that NAIT competes in, have a cap on the number of international players allowed and as of late, it is a growing trend for ACAC teams to reach this capacity including NAIT.

It's reasonable to expect a few problems in the recruitment and integration of international student-athletes into Canadian sports and culture. After lengthy discussions, we developed a list of potential issues that could be prevalent within the relationships between these players and their school.

Once we began looking deeper into this idea, we discovered a few kinks within the system while also recognizing the work NAIT has been doing in managing this situation.

A possible dilemma is that importing players from outside of the country may create similar issues that the temporary foreign workers program has sparked in Alberta. This program is still met with comments about whether the province is justified in bringing workers in from other nations to fill jobs. We believed it is not out of the realm of possibility that

international players may face opponents that believe they or their child deserves a roster spot over a foreign player due to their Canadian citizenship.

"I don't see it as an issue by any means," said Dawson These. These was

a red-shirt player (a student athlete who attends classes and practises with the team but does not play) last semester for NAIT's men's basketball team.

"When I was redshirting, I knew there was a reason an international player was playing above me. There's no reason. because he's international, that I should be pulling ahead of him. It comes down to skill in my opinion,"

Another possible issue is the cost of liv-

ing and tuition for international athletes.

to get a really good education at a frac-

tion of the cost," said Ooks Athletics Director John Bower. NAIT has some of the cheapest tuition within the ACAC, making it welcoming to players of most socio-economic backgrounds.

While many international athletes

receive scholarships through sports, there still are issues related to playing in Alberta.

"In [the] case that you fail in school, which happens a lot ... you would have to pay for [the semester] that you failed. If this happened to me, all the money I have saved to pay my rent, buy my groceries, you know, to live, would go to pay this," said Ooks basketball player Nikos Papavasileiou.

International athletes do not have access to Canadian student loans and

tuition. International students generally "For some [Americans] it's a chance pay more than double what Canadian students pay. This could make it difficult

for students from developing countries.

The final conceivable obstacle is the pressure these players may feel to perform academically and athletically. International players can be costly and this could create the perception that students "owe" something in return for a school providing them financial assistance.

"We have the student-athlete interests at heart," said Bower.

"...We don't own anybody. Students are still coming to school – yes, they're playing sports but it's priority No. 1 for them to get their education," he added.

On the conflicting side, some students still feel there is pressure on international players to perform. "They [NAIT] hold you to a much higher standard in school and on the court because it's like your job. If they pay for your school, you have to compete at a higher level," said Jasmine Jones in an interview detailing her experience as an international player on NAIT's women's basketball team.

"For sure, I'd say they have way more pressure than us," said These.

It is apparent that there are hurdles some international athletes face when adjusting to the student-athlete lifestyle in the ACAC.



Nikos Papavasileiou

### **Keeping Score**

# Is it time for Tomlin?

The Pittsburgh Steelers' off-season began sooner than many expected it to after a 45-42 loss to the Jacksonville Jaguars in a divisional round playoff matchup at Heinz Field on Jan. 14. The unfavorable reports are coming fast. First, there was the report that the Steelers' minority owners were going to lobby President Art Rooney to fire head coach Mike Tomlin. Two days later, there was the ousting of controversial offensive co-ordinator Todd Haley in-favor of quarterbacks coach Randy Fichtner. Star running back Le'Veon Bell skipped most of the walk-through practice on Saturday, the day before the Jacksonville playoff game, and then showed up late on the day of the contest. Veteran linebacker James Harrison slept in a recliner during team meetings. Should Mike Tomlin go? Conner says yes, Wyatt says no.



**CONNER TOFFAN Sports Co-Editor** 

It's time for the Steelers to fire Mike Tomlin.

Ben Roethlisberger, Antonio Brown, Le'veon Bell, Juju Smith-Schuster, and an impenetrable offensive line walked into the Steelers locker room having been outdone by a below average quarterback, and a rookie running back with a banged-up foot in their latest postseason collapse.

Ever since falling short in Super Bowl XLV to Aaron Rodgers and the Green Bay Packers, the closest the Steelers have gotten to the big game was in 2016, when they were blown out 36-17 by the New England Patriots in the AFC Championship. Even in his lone Super Bowl win back in 2008, it was a Steeler's team that was still using old head coach Bill Cowher's players and system. It was a matter of right time, right place for Tomlin.

However, this isn't a story about Mike Tomlin's decisions to continuously go for it on fourth and one. This isn't a story about Tomlin's onside kick decision. This isn't a story about the unwillingness of Tomlin to run the quarterback sneak with a 6'5, 241 pound legend under center.

This is a story about the prolonged immaturity by the Steelers head coach.

This isn't anything new. Back in 2013 he stepped onto the field, in a dangerous attempt to trip a Ravens kick-returner.

Ben Roethlisberger has had enough, stating on Pittsburgh radio the he does not have the freedom to call an audible to a quarterback sneak. When Tomlin was most vulnerable, his franchise quarterback spoke out against him. This is not something you do towards someone you support. This is the seventh time he's called out his coach-

Some people think that this was

directed at Todd Haley, but when asked about the relationship with his offensive coordinator he said "I don't think it was as big of a deal as the outside world made it "

For the Steelers their last year was swirling with disgruntled veterans, stars in contract disputes, and franchise players in early retirement talks. These things do not happen on Super Bowl-calibre teams. Before the Brady, Belichick and Robert Kraft controversy, you'd be hard-pressed to find any locker room controversies with the Patriots, the model NFL franchise. But it all starts at the top. On Nov. 27 Mike Tomlin was talking about the far-away AFC championship and oncoming "fireworks" against the Patriots. These things don't happen on Super Bowl teams.

Mike Tomlin lacks the maturity to lead the Steelers to any Super Bowl success. Now instead of looking ahead to games that aren't even scheduled he should have to look back on jobs he doesn't have. If the Steelers keep him, they are committing to more years of locker room mayhem and playoff disappointment



Welcome to every cynic's favourite part of the NFL season, thats right, it's firing season. At the time of writing this there has already been seven head coaches de-throned with potentially more to come as front offices evaluate their teams heading into the offseason/

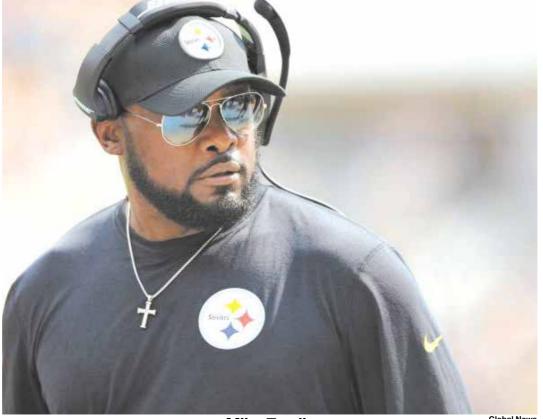
Mike Tomlin's name has been the most recent floating around as a potential candidate for a set of golf clubs. If you are under the belief that he should be packing his bags, here is why you are wrong. In 2001, Mike Tomlin was hired by the Tampa Bay Buccaneers as their

defensive back coach. It took two short vears for Tomlin to turn the Bucs secondary into one of the most ruthless groups in the league. Tomlin won his first Superbowl there, where his well trained, shutdown, backfield recorded an outstanding five interceptions, three of which were returned for touchdowns. His brilliance on the defensive side of the ball was properly recognized in 2007 when the Pittsburgh Steelers snatched him up to be their head coach. In 74 years Tomlin was the first ever black head coach to be hired in Steelers history, a terrific selection made possible by the "Rooney rule" (pushed for by Steelers owner Art Rooney in 2002). Since then, Tomlin has been one of the best head coaches in the league.

Since joining the Steelers Tomlin is the proud owner of a 116-60 record. He is 8-6 in the playoffs with two Super Bowl appearances, winning his second Super Bowl in 2009, which also made him the youngest head coach in league history to do so at just 36 years of age. Let's not for-

> get he has also won the AFC North division in six of his 11 years with the Steelers, never once recording a losing season.

> If the Steelers fall to public pressure and part ways with one of the best coaches in the business they are only moving backwards with a team that is designed to win now. Big Ben is not getting any younger, Antonio Brown is an MVP candidate and Le'veon Bell is the most dangerous run/pass threat in the NFL. Be strong Steelers fans. The Lombardi trophy window is still open and I have faith that the team will make the right decision regarding their future. Remember, whatever happens, they still get to play the Browns twice a year



**Mike Tomlin** 

## Ferret legging – my passion



CONNER TOFFAN Sports Co-Editor

Stamina, durability, focus and drive with a will to succeed, all traits of a top-end athlete. But the Tom Bradys, Lebron James and Connor McDavids of the world pale in comparison to these mysterious, virtually unknown competitors. Of course, I am talking about ferret-leggers.

In ferret legging, the worlds greatest sport, athletes shove ferrets down their pants and see who can last the longest.

The greatest performance ever is arguably by a 67-year-old athlete named Frank Bartlett who held the ferret for an astounding five and a half hours in 2010. The greatest to ever do it though, may be previous

record holder Reg Mellor who produced an earth-shattering, revolutionary five-hour, 26-minute performance. Mellor also introduced the ferret legging world to tighty whities. The blood from the ferret scratches and bites show up well on the white underwear, and are like battle scars to the athletes. In my opinion, Mellor is the GOAT.

#### Lack of attention

As an avid ferret-legging fan, I can tell you that the lack of attention the sport receives is an absolute disgrace. While ESPN isn't afraid to air Lonzo Ball stories for hours on end, to my knowledge, there hasn't been a single mention of ferret-legging yet. This could be due to the lack of fanfare. In 1986, the great Reg Mellor tried to break his own record. Attempting to beat the "magic six-hour mark," after five hours, the crowd with the shortest attention span ever got bored and left. 2 500 people, threw away the chance to witness the greatest sport performance we've ever seen. The record was not broken.

In ferret legging, there is no CTE like football, no sleep-inducing marathons like

baseball, no predictable outcomes like basketball, and unlike hockey players, all the ferret leggers teeth are intact, I think. Ferret legging is also completely clean, meaning competitors are completely 100 per cent drug and alcohol free. You could say that ferret legging is a flawless sport. Still, it gets no respect.

England's favourite pastime, ferret-legging, only got a slight chance in America. It's rumoured that men would not give it a chance because they were afraid of getting their junk bit. In Richmond, Virginia, they held annual ferret-legging events from 2003-2009 and an event was held in Winnipeg in 2007. However, the sport at best, can be described as a dying one. It's sad, really.

In order to revive the amazing sport, ferret-legging officials need to introduce a new set of rules while modernizing the sport for the masses that don't understand the value of the history. First of all, clear pants are a must. The mystique of what the ferret and the ferret-legger are exactly doing, needs to be wiped out. There also needs to be more consistency in the ferrets used. Same size, same teeth sharp-

ness, same everything. Can we make ferret clones? They can introduce MMA style weight classes, ranging from ferret-weight to heavyweight. Who doesn't want to hear a good ol' freestyle rap? As the ferrets are in the pants, competitors must deliver a ferret-based freestyle once every 30 minutes. Finally, a female version should be introduced, similar to ferret-busting which was pushed heavily in the past and consistently fell short, like the WNBA.

#### Time to wake up

It's time to wake up, people. Give this sport the attention it deserves. This thing should be in the olympics, after seasons are televised worldwide.

Don't be afraid to try it for yourself. It's time to "put em' down" as the pros would say. It's great exercise, physical and emotional. It will also get you all the girls (or men in the case of ferret-busters) because who wouldn't want to know more about a ferret-legger? The fame and fortune, will be unmatched.

Yes, I am passionate about ferret-legging, and you should be too.

### Paralympic Dreams in Edmonton

By JORY PROFT

Does the name Katie Holloway sound familiar? How about Heather Erickson? If not, you are probably not alone. These women are known as some of the most elite athletes in the world of sitting volleyball, a lesser known paralympic sport.

So, what is sitting volleyball?

Sitting volleyball is a modified version of the able-bodied sport. The game features a smaller court and a lower net, which makes for high-speed matches. A competitor's torso must always be in contact with the ground and service blocks and attacks are permitted. These rules help place more emphasis on hard and high hits.

Sarah Melenka, featured in last month's issue, is an Ooks volleyball player and Team Canada sitting volleyball member.

"It's definitely different. You need to give your teammates more time [with the ball] ... The control part is a big difference in the two games. People must know how to play every position on the court [in sitting volleyball]," said Melenka.

Not all representatives are amputees, although athletes must have a permanent physical impairment to compete internationally. Melenka qualifies through her diagnosis of compartment syndrome. This condition has left her with 30 to 40 per cent muscle deficiency in her leg.

The sport joined the Paralympic Games in 1980 and is now played by over 10,000 athletes in more than 55 countries.

Canada has national teams for both men

and women. The women's team competed at the 2016 Paralympics in Rio, placing seventh.

"To play in front of 8,000 Brazilian fans that know the sport is something that we will never forget and something that drives the team to continually improve," said women's coach Nicole Ban.

During the Christmas break, the team competed in a tournament in Montreal. In the four games played, Team Canada lost twice to both Brazil and the United States.

"The group is continually learning and growing to reach excellence in performance

as elite level athletes and the best way to do so is in competition against two of the world's top teams: USA and Brazil," said Ban

The event also marked Melenka's international debut. "I was starting on the team and everything was so crazy," said the athlete.

The Canadian women are ranked ninth internationally. The squad looks to improve on its standing at the World Championships. Doing so can help them qualify for the 2020 Paralympics in Tokyo.

USA, China and Brazil are the current powerhouses of the female competitors. "The Americans gather and train, like 24/7. It's like their job. We just don't have the money to get together and train every weekend. The team difference they have is their height. We are one of the smaller teams," said Melenka, adding that we have to adapt to a different style that includes more ball control and utilizes movement and run the offence to open areas to compete with them," added Ban.

Canadian sitting volleyball is severely underrepresented, as are most paralympic sports. It's difficult to find information about sitting volleyball. Even online.

"In Montreal they were supposed to be [broadcasting the game] but they didn't,

Melenka said

"Our coach had to set up an app to record but it was still really blurry," she said. Viewing results and standings are tricky due to Volleyball Canada having not updated many sections of their website since before the Rio Games.

"[We have] definitely not had as much exposure as we have been hoping for," said the athlete.

To see the Canadian women in action, check out their "Red vs. White" inter-squad series May 3-7 at the Saville Centre in Edmonton.



Photo by Bryn Lipinski

# Mental health initiative

**SPORTS** 

#### By NAIT ATHLETICS

Student-athletes and mental health advocates in Alberta are teaming up with RBC and Sheldon Kennedy to reduce stigma related to mental illness and promote mental health and wellness. Make Some Noise for Mental Health is an awardwinning campaign which promotes mental health awareness on 17 post-secondary campuses in 15 communities.

For a third consecutive year, and with endorsement from the Canadian Mental Health Association, the Alberta Colleges Athletic Conference (ACAC) is conducting a conference-wide mental health awareness campaign. ACAC is thankful for the ongoing relationship with RBC, the Make Some Noise for Mental Health presenting partner.

"The involvement of RBC as the presenting partner and continued support of CMHA Alberta and the CMHA Alberta Regional Offices, has been absolutely pivotal in expanding the profile and scope of this important ACAC initiative," says Mark Kosak, CEO, Alberta Colleges Athletic Conference

"We simply can't thank both organizations enough for lending their influential voices to the ACAC's efforts to make more noise about mental health."

"RBC is incredibly proud to support the Alberta Colleges Athletic Conference in their efforts to further the discussion about mental health and reduce stigma," says Jeff jan Outreach Program won a national 2015 Boyd, regional president of RBC in Alberta and the Territories.

"This partnership is part of RBC's broader commitment to help young Canadians thrive. Through RBC Future Launch, we work toward improving the prospects of Canada's youth as they prepare to lead our country in the decades ahead."

The ACAC is thrilled that Sheldon Kennedy has agreed to continue in his role as the Honorary Make Some Noise Campaign Chair. The recent Order of Canada recipient won a Memorial Cup, World Junior Championship gold medal and skated for three NHL teams during his prolific hockey career. He is best known for his courageous decision to charge his Major Junior Hockey League coach with sexual assault for the abuse he suffered over a five-year period while a teenager under his care.

"I am excited to support the ACAC with their Make Some Noise for Mental Health Campaign," Kennedy says.

"By empowering the bystander, we create an environment where standards are set and informed actions can be taken. I truly believe that, in my situation, had adults or peers around me had the knowledge, questions would have been asked and things would have been different."

The campaign was initiated by the Southern Alberta Institute of Technology (SAIT) Trojans in January 2015. The Trocommunity service award for their efforts.

"We learned from the first SAIT Trojans campaign four years ago and the initial ACAC campaign in 2016, just how important this health issue has become on our post-secondary campuses," says Kosak.

"Students, and ACAC student-athletes in particular, are coping with a broad spectrum of stressors and we're only beginning to truly understand the full and varying effect that can have. Our students and our student-athletes are future leaders and we believe this campaign can profoundly contribute to societal views about mental health to create a more understanding and tolerant future."

Coinciding with Blue Monday, the campaign kicked off on Jan. 15 and continues until Feb. 11. By involving stu-

dent-athletes, Make Some Noise for Mental Health is intended to encourage empathy, understanding and open-mindedness while promoting resources and support available on campuses and in the community.

The campaign will be promoted through student-led, on-campus activities and appearances from NHL alumnus Sheldon Kennedy at ACAC members' events for various sports including volleyball, basketball and hockey. This year's campaign is being supported by RBC Olympians Brianne Jenner (women's hockey) and Brady Leamon to whom we wish the very best as they represent Canada in PyeongChang at the February 2018 Olympic Winter Games.

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The ACAC member institutions will collaborate with the nine CMHA regional offices and provincial CMHA office to connect those experiencing mental illness and those who are impacted by mental illness with the support they need.

Make some noise for mental health days will fall on Jan. 26 and 27.

Full schedule and details available online at http://acac.ab.ca/make-some-noise/ make-some-noise-2018-events.



### Athletes of the week

**January 15-21** 

#### **Tyler Robertson** Men's Hockey



The NAIT Ooks split last weekend with the Mac-Ewan Griffins. On Saturday, the Ooks beat the Griffins 7-1. Tyler Robertson lead the team with two goals and one assist for a three-point night. "Tyler was great in all situations on Saturday night, posting three points," says head coach Tim Fragle. Tyler is a first- year Business Administration student from Sherwood Park.

#### **Patrick Gora** Men's Hockey



The NAIT Ooks split last weekend with the Mac-Ewan Griffins. On Saturday, Jan. 20 the Ooks beat the Griffins 7-1. Goalie Patrick Gora posted the win, making 25 of 26 saves and allowing one goal. "He had some timely saves and helped the team rebound after a lacklustre effort Friday night," says head coach Tim Fragle. Patrick is a first-year Academic Upgrading student from St. Albert.

### **Athletes of the week**

January 8-14

#### **Eyota Kwan Badminton**



The NAIT Ooks came away with the win on the weekend of Jan 12-13 at the ACAC Tournament No. 2 in Olds. Eyota Kwan led the charge, placing first in women's singles and second in mixed doubles with her partner Nick Roque. "Eyota was spectacular this past weekend. She really stepped up to the challenge," said coach Sinead Cheah. Eyota is a first-year Chemical Technology Student from Edmonton.

#### **Devon Klein** Men's Volleyball



The NAIT Ooks men's volleyball team split with the Concordia Thunder on the Jan. 12-13 weekend. Middle. Devon Klein had an outstanding weekend both offensively and defensively, posting 21 kills, seven digs and four blocks. "Devon was great all around for us this weekend. He had an offensive surge with his usual defensive responsibility," said coach Doug Anton. Devon is a second-year Business Administration student from Edmonton.

# Ooks in the fitness program

#### By NIKITA GANOVICHEFF

Athletes train their bodies to achieve peak physical fitness. Most professional athletes have a trainer to help them achieve their goals. Some of the student athletes here at NAIT are studying to become trainers themselves. The Personal Fitness Trainer program is not only a stepping stone towards a career, but it is also a benefit for student athletes.

"I do think they even gain an edge!" said Kate Andrews, the program chair of the Personal Fitness Trainer program. "You know I've talked to a lot of athletes that now implement what they've been taught in class and find it very beneficial. And they actually now understand what's happening with their body while they're performing, while they're training."

#### Two-year program

Sarah Melenka of the NAIT Ooks women's volleyball team is one of the many student athletes that is enrolled in the Personal Fitness Program. "I kind of reflect back to my classes to what I have done in the gym," she says. Melenka will then pick the brain of the team trainer on what workouts will be best.

Personal Fitness Trainer is a two-year diploma program that teaches the principles and methods of physical training, safe exercise, nutrition, health promotion and lifestyle counseling. The classes involve learning about anatomy, physiology, movement mechanics and several different types of training. Students also learn how to assess a person's fitness. With that information, the trainer then creates a plan catered to the client.

Courses are offered throughout the year and can be taken online. They also have marketing and promotion classes for those who may have more of an entrepreneurial spirit.

#### **Business classes**

"We have two business classes that all students take and a lot of that is professional skills. Which would matter if they were being employed by somebody else or continuing education or starting their own business. You know you need to know those skills," explained Andrews.

In the second year of the program students have two practicums. The first is an in house practicum, where students begin applying their knowledge by working with students and staff here at NAIT. The second practicum will place students in industry. This doesn't mean that you will only be seeing NAIT students at a World Health Fitness Club. There are several different options including working with the Primary Care Network or even injury management.

"The things we learn will reflect on what we need in real life. Lots of the material structures different ways in how we branch ourselves after the program," says Melenka. "I think everyone that goes into the program comes out confident in what they know."



Ken Riess, Instructor in Personal Fitness Trainer Program

# e power of mentorship

#### By NIKITA GANOVICHEFF

When you start out as a rookie, playing time can vary, often being hard to come by. Megan LeBlanc, a first-year forward on the NAIT Ooks women's hockey team, started the season as a regular player.

"First year of college, a lot of us are straight out of high school. So obviously a lot of big changes," said LeBlanc about starting on the team.

Sheldon Hausch of the Ooks men's basketball team, started this year on the bench.

"I was going to be a red shirt so I was just supposed to practise with them," said Hausch. It wasn't long before he moved up from being a red shirt to actually playing in games

"This semester, coach said that I'm

going to be part of the team. So my expectations kind of changed, I guess.

"It was a little nerve wracking at first. Straight out of high school. It was my first couple of actual college games but coach is supportive. The players, my teammates, they helped me."

Forward Brady MacKay, in his last semester with the Ooks, talked about how the first-year players are adjusting to the

"They're doing a pretty good job filling in the roles for how young they are. I mean Sheldon is still in his first year but he's making a big impact coming off the bench. I think he's doing a good job in the role he's in right now and he's only going to get better with time. Coach helping him along the way and then me, while I'm still here.'

Both MacKay and Kaitlyn Whaley are in their fifth year playing for their teams. Added to their list of responsibilities is acting as a mentor to the junior players. For the women's hockey team, a scheduled mentorship within the team is set up.

"At the end of every season, Deanna sets up a mentor-mentee group over the summer. So one of the returning veterans mentors one of the first-year players coming in," explained Whaley. "This year was a little bit different. I was kind of one of the mentors-mentor. So I kind of answered any questions that the mentors had.'

"I thought it was great," said LeBlanc about the mentorship. "Having that person you can text and ask any questions you have or talk to about anything.

The basketball team has a more

independent style of mentorship. MacKay says that the players are more inclined to do more for themselves. When a teammate does need some guidance, MacKay is more than willing to help.

"I'm here if they need or if they have any questions or have any advice. I'll pass stuff on, things that I've learned throughout university and class balancing," said

Both senior players have taken their mentoring position seriously. They offer thoughtful advice, not only about the game, but also about their schoolwork.

"Continue working hard and kind of just believing in the process," said Whaley. "I know that's part of our motto right now: Believe the process, achieve the outcome.

### FITNESS UNLIMITED

This FREE unlimited group fitness pass will help you see what sparks your fitness interest for the winter term. That's right, all classes during fitness unlimited are 100% free for staff and students! Choose from over 15 different fitness classes each month - a great way to kick-off the semester and keep your New Year's resolutions going! All classes are suitable for all fitness levels.



ALL FITNESS UNLIMITED CLASSES ARE FREE FOR NAIT STUDENTS & STAFF!

COMMUNITY MEMBERS: 1 MONTH \$75.00 +GST OR 2 MONTHS \$130 + GST

#### 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 HIIT (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	



# PS2 Classic 'Bully' for PS4



**14** 

By CONNER TOFFAN

As part of Sony's efforts to rerelease and remaster old, nostalgic video games, you can travel back into the realms of the Playstation 2 in the Scholarship Edition of Bully for the Playstation 4. While Rockstar is known for its successes such as GTA and Red Dead Redemption, it's games like Bully that often fly under-the-radar.

Bully, originally released in 2006, has a charming storyline. Taking on the role of Jimmy Hopkins, the player is presented with a plethora of issues that are a hilarious exaggeration of reallife high school problems. Throughout he's too weird. Pete is the most wellthe game, you'll find yourself kissing girls to gain health, running from teachers (or "prefects" in Bully terms), all while insults and physical attacks rain down from every angle. Accomplishing Jimmy's goal of earning respect has many obstacles. First you need to gain the respect of many cliques; wimpy, fly unzipped nerds, stuck-up, trustfund preppies, slicked hair, leather jacket greasers, steroid ridden, dumbed down jocks, and the high school noshow townies. The stereotypical nature of these cliques truly make the game great.

Where you might have an issue though, is the lack of connection to any character in the game. Because of the stereotypical nature of the characters, they are often used as comedic relief. The only character I found myself sympathetic for was Petey. The shy, awkward, and good-intentioned Pete gets mercilessly picked on throughout the whole game. Even the nerds think

developed character in the game.

Archenemy, Gary, does come close, though.

As you continue to play the game, the more you hate Gary. Unlike everyone else at Bullworth Academy, Gary normally doesn't resort to fighting Jimmy. Instead, he takes every dirty, underhanded route possible to try to destroy Jimmy and Pete, while attempting to take over the school. Gary is not beyond such petty, childish actions as calling Pete gay.

Unfortunately, both of these characters are much more developed than the rather basic protagonist that is Jimmy Hopkins. We truly see no growth in Jimmy from beginning to end and, throughout, we learn very little about his

There's always stuff to do on Bully, in between classes you can play arcade games, get in fights and races, do fun side missions and run around the large map to do many other fun activities. The graphics aren't great, but that adds to the nostalgia of playing a PS2 game. The difficulty of the game is debatable. It is much more a casual play than a truly difficult and fulfilling game. And once it starts snowing, the game turns into a massively unfocused, blurry mess. The alarm clock in the mornings is one of the worst synced, ear piercing sounds I've heard in a game. The mechanics of this game are horrendous. If you can skateboard in a straight line, without veering into walls or other people, you truly are a pro and you probably haven't seen the outdoors in days.

Overall Bully is a clunky, yet very fun play. At this point of the game's life, the bugs and glitches are minor enough to where it simply adds to the nostalgia. Bully may not be the most sound game ever, but it is the type of game where the pure hilarity can bring your spirits up on any dark day. It's almost like a toned down Grand Theft Auto. For that, \$15 is a great value for Bully, one of my favourite PS2 games of all time.



#### FOR YOUR LISTENING PLEASURE ...

### \$3.99 mixtape ...



By PETER GO

There's been a bunch of different playlists written throughout this school year for *The Nugget*. Yet there has not been a rap playlist. There has been a rock playlist, a country playlist and even a classical music playlist. So it's only right that there is a rap playlist, too.

Rap has a different way of affecting people. It might affect them in their brain, their ears or their soul. All that comes from the song's lyrics, the song's beat or the flow from the rapper. Whatever way, a good rap song does one of those three things to affect people.

At first, I wasn't really sure what songs I was going to put on this list. If I should put my favourite songs or have some sort of theme behind it. Should I have all West

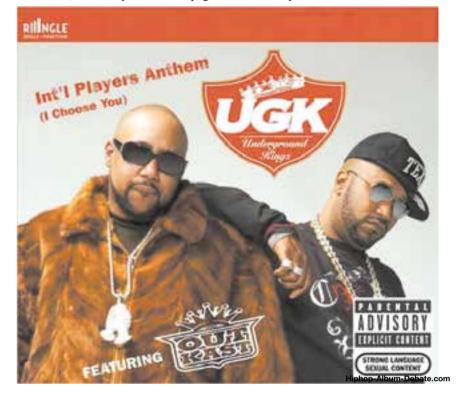
Coast music? All East Coast music? Or music from down south? It was hard to decide, so I listed songs I thought people wouldn't know. Songs that will give new listeners something new to vibe to.

It was also tough trying not to put two songs on by the same rapper. A lot of rappers have more than one good song. So keep in mind, there are plenty of songs that aren't on this playlist that should be. These are the ones I could think of at the time I wrote this. Outkast, Snoop Dogg and Jay Z all could have got so many songs on this playlist. But I tried to keep it to a one song minimum

I hope whoever reads this and listens to these songs enjoys the music. And if you ever see me in the hallways, there's a good chance I'm listening to one of these rappers.

- UGK ft. Outkast Int'l Players
  Anthem
- Nas Get Down
- Big Daddy Kane
- The Way It's Going Down
- Mase Feel So Good
- Snoop Dogg Lodi Dodi
- 50 Cent 21 Questions
- Big L Put It On

- Kanye West Spaceship
- Method Man M.E.T.H.O.D Man
- Tupac Do for Love
- Outkast Hootie Hoo
- Craig Mack ft. Notorious BIG, LL Cool J, Busta Rhyme and Rampage
- Flava in Ya Ear (Remix)
- Big Pun Still Not a Player
- Jay Z Public Service Announcement
- Dr. Dre Xxplosive
- Foxy Brown Oh Yeah





### **Newest and coolest electronics**

#### By MATT WOZNIAK

CES 2018, also known as the Consumer Electronic Show, is an annual event hosted in Las Vegas every January. For the most of the world, it's a showcase of the future, where the newest and most innovative technologies are shown off. These are items are that typically coming out in the near future or in a few years. In no particular order, this article will simply go over the top five items, ideas and concepts unveiled this year.

One of the biggest reveals, literally was Samsungs MicroLED TV, also known as The Wall. Yes, named The Wall, likely due to the fact that it is 146 inches long. Now what exactly is a MicroLED TV you may ask. Well, it's simply made of smaller LEDs. This then allows the TV to produce its own light out of red, green and blue sub-pixels. Basically, smaller LEDs result in more LEDs, which can create a stunning, almost life-like picture. The Wall is projected to be released sometime during 2018.

Razer, a major company in video game peripherals, also has had a game changing unveil with the Project Linda. The project is still a concept but what it allows is to be a laptop that can also be a phone dock for the Razer Phone. Now this may seem limited to many but what this allows is for you to be able to work

off the phone on the laptop and as well quickly charge it. This may spark interest in other developers like Apple, to possibly have this on the MacBook.

Tired of annoying cables when charging your devices? Well that won't be a problem anymore with the Powercast's Powerspot. What this will allow you to do is to charge your phone for example from three feet away wirelessly, possibly further. No charging pads are needed like most wireless charging devices nowadays. It can charge up to 20 devices, game controllers, tablets, basically any wireless device. The Powerspot will be available for purchase later this year at a price point around \$60. Microwaves are also get-

ting a futuristic update. Whirlpool unveiled a microwave that
can be Internet connected and
compatible with the Amazon Alexa and
Google Assistant. This allows it to take
voice commands but only for convection baking and heating up. You can
also start up the microwave with the
Whirlpool app. This is great for when-



ever your hands are full when busy in Concept-i. It has a chauffeur mode the kitchen where it'll allow the passenger to sit

More advances have been made when it comes to self-driving cars. Toyota believes this is the future of mobility with their latest, the Toyota Concept-i. It has a chauffeur mode where it'll allow the passenger to sit back and relax while the car drives to its destination. It's perfect for those who'd like an extra bit of sleep before heading into class or work.



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#### **ENTERTAINMENT**

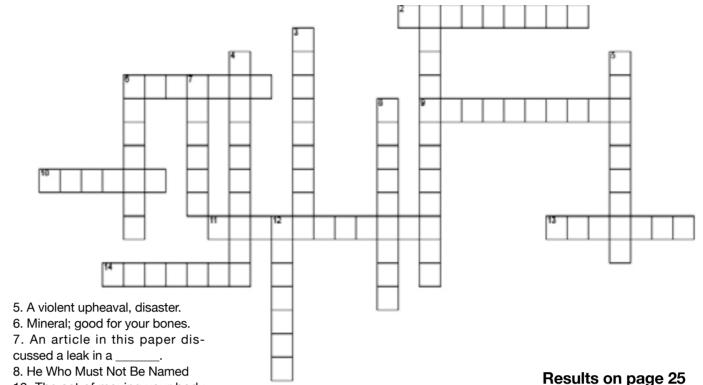
#### **CROSSWORD PUZZLE**

#### **ACROSS**

- 2. A breed of dog; often associated with a 'wiener.'
- 6. A segment of a book.
- 9. An alternative to Celsius.
- 10. False missile alert was issued (then shortly after debunked) for this state
- 11. Superhero; battles with bracelets.
- 13. Chinese New Year; 2018 is the year of the Dog. What was 2017?
- 14. Prestigious awards show. This year's promotional slogan: "Long Live Music."

#### **DOWN**

- 1. Popular television show; new season not returning until 2019.
- 3. This is on sale after Valentine's Day.
- 4. A common New Year's resolution.



JUST THE TIP

### lisdom of wait

to music.

#### By ARIELLE TRISCHUK

Hey, I'm new here. Maybe you are too. Let's just ease into it, shall we? You can't rush into these things, you know? You really need to take your time and get to know your audience. Learn all about your partner(s). I like to ask questions. What do you like? How do you like it? And do you ever get greedy and want it all the time? Well, do you?

Look, I get it. I'm right there with you. Your "heart" starts to feel engorged and suddenly there's an opportunity! Then you think, "Better grab it!" But trust me on this, wait for it. Yes, waiting can be excruciating. Very excruciating. And every part of you will want to give in, but please, please, please wait.

Speaking from a place of wise, wise wisdom - I can, without a doubt, recommend that waiting is much better. You get the opportunity to learn about your partner(s) and what they're interested in. That's the other part of this waiting thing. Communication. I'm sure you've heard it all before, but I would definitely recommend talking about your interests. Now, I'm not saying, "Confess all your dirty, little secrets!" To clarify, I'm not

saving that. I'm just strongly suggesting you flirt a bit, ask each other a few questions and make out a whole lot. On that note, making out is always highly approved.

12. The act of moving your body

Maybe I've done one too many "team-building exercises" but I truly believe getting to know one another is key to developing long lasting relationships/casual hook-ups. Once you're a little more familiar with your partner(s) and your relationship status, it makes it a lot easier to start experimenting. O' the places you'll go. Ooh, what's this? You like it when I lick your ear? Oh! What's that? You like it when I stroke your hair? Wait, is that a paddle?

I know you act all shy, but come on, you like it. Admit it. Everyone's got their kinks. It's totally normal. Well, except for that one thing you really, really like. That's NOT normal. It's never been normal and it never will be. And I'm guessing your entire family knows. So, watch out for that.

I'm just teasing! I like it too. Anyway, take chances, make mistakes, and get messy!

#### **NAIT Student Counselling**

Room W-111PB, HP Centre, Main Campus Telephone: 780-378-6133

Website: www.nait.ca/counselling



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### Literary Corner

#### **SHORT STORIES**

# **Subject Marry**

#### By ISAAC DYMOCK

Dr. Bloom stumbles back from the kill switch, bile rising in his throat to overcome his mouth. He looks on into the room behind the one-way mirror with abject horror. Subject Marry stands before the mirror, naked with diodes, wires, and an IV hanging off the contours of her body, jiggling with each shuttered step as she moves; electrical charge in the diodes causing her movements to seem more mechanical, forced, and alien. Blood oozes down the Subject's face from a deep gash on her forehead, an imprint of blood left behind on the table where she smashed it, covering half her face and most of her neck in a

gruesome shawl of crimson.

Bloom tries to move away from the mirror, forgetting about the chair behind him, tripping and falling, but never looking away from the scene transpiring before him to see if his fellows are reacting the same as he, or going for the kill switch. Involuntarily, he lets the bile rise too far and heaves lunch out onto the front of his lab coat, filling the air around him with the smell of day old food, stomach acids and acrid vomit.

Subject Marry reaches the window, pressing her body up against it, a smile of pain and freedom etching itself across her face. She mouths something, but Bloom cannot bring his faculties out of

their terrified state to be able to understand her. She then pulls her head back while bending her neck into an impossible angle before slamming her bleeding head into the mirror with a resounding 'CRACK.' The glass doesn't budge, so she does it again.

'CRACK.

And again.

'CRACK.

And again.

'CRACK.

Someone screams.

'CRACK.'

Blood splatters the wall.

'CRACK.'

And again.

'CRACK.'

And again.

'CRA...' In a shower of red stained glass, the one-way mirror shatters, spraying large shards all over the observation room. Dr. Bloom watches in abject terror as Subject Marry raises her head off of a long protruding spike, all that remains of the mirror, and slams her neck down onto it. Blood sprays the floor. The Subject gurgles for a few seconds, muttering incomprehensibly, and dies. Leaving her naked body, with diodes, wires, and an IV hanging from it, wreathed in blood impaled on a spike before Bloom. Darkness comes for him now as his bowels empty and his constitution gives out ...

### hat Sm

#### By ARIELLE TRISCHUK

I breathe in through my nose and feel the cold air stick between my nostrils. I step up the pace and shiver from the cross wind hitting my face. Why does it have to be so cold and windy? I breathe in again and a violent cough erupts from my lungs. My lungs don't like the cold either. Hands in pockets, scarf around neck, keep moving.

They're holding the door for me -I hurry behind them and give a, "thank you". I glance at my phone, and see

there's still half an hour before class.

A hand on my shoulder.

I turn around.

He's beautiful

I want to gasp but I can't breathe. I want to smile, but I'm in shock. I want to curse him out for his unwarranted good looks, but I could never hurt him. I blink, more than taken aback, and remove an ear bud. "Yes?"

"Is this yours?"

"Hm?"

"Is this yours?" he repeats.

I stare. Then I notice the glove in his hand. A simple, five-fingered, black glove. I quickly check my pockets, feeling around for the familiar fabric. For a moment I think he's right, but no, they're still sitting behind a zipper. I offer a look of condolence, "Sorry, it's not mine." I shrug.

He gives a smile, "That's alright."

"Are you a student here?" I ask, emboldened by his smile.

He nods, "Yup, I am." Another easy

"So I guess I'll see you around?" I smile back.

"I'd like that."

I give a nod and a wave before saying goodbye. I can feel the grin plastered on my face. What a great morning. I'd like to see him again.

What was his name?

My heart wrenches in my chest. I didn't even get his number. I turn around and scan the hall.

He's gone.

I'm an idiot.

#### **Both Feet**

Sick to my stomach World is spinning Clock is ticking I'm faint And it's just beginning. I'm here, but the fear is sickening. Slip, slipping And now I'm swimming. Stretch, retch. Ears wet, and I'm choking.

Reach, reaching Help, I'm drowning. Pulled up Up and out Back up again. Breathe, breathing

**POETRY** 

– By Arielle Trischuk

#### **Big City at Night**

With its brightly lit arrogance

It glows. Both beautiful and destructive The lights can be blinding up close.

In a big city No one knows your name. No one cares. Both a blessing and a curse.

The darkness of the night Dves the city A shade of sinister.

It's hard to see. I'm not sure if this atmosphere Works for me, but I have to go. A small town can't handle Big dreams.

- By Candace Valentine

#### **Cerulean Dream**

An orb of blue Filled with gorgeous treasures Beyond one's imagination. Unique entities occupy the territory. Some are harmonious, While others are malicious.

Adjusting my gear, I weigh the risks of my endeavor Deciding it's worth the effort.

Calm and determined, I jump into the depths below Eager to discover the beautiful scenery.



- By Gervaise Branch-Allen

### Wanna be a NAITSA model?

#### **By HUNTER MURRAY**

You may have seen the posters hanging up all around campus, for the NAIT Students' Associations's Next Top Model. It is the seventh annual modelling event for NAIT students. But what exactly is NAITSA's Next Top Model? NAITSA's event co-ordinator, Rechelle Eklund, explains.

#### What is NAITSA's Next Top Model?

"Top Model is an event where students all come together and learn about the fashion industry! It's not like a regular top model where it's a

huge competition to see whos the most beautiful or whatever. It's more about empowering students. So, we all come together and learn about the industry. We form relationships and become friends throughout the whole process. They get to express creativity to their style at the end of it. The students will go through hair and makeup and do photo shoots. It's not competitive. Just a super fun learning makeup all done." experience."

#### Who can join?

"Any students. Boy or girl."

Is it free or do I have to pay to join? "It is free! All free haha."

#### How long will this event go until?

"We have the industry workshop on Jan. 27 or 28. Then we have photo shoots the weekend after. There will be voting and stuff. It will all end the second last week of March. We will have a nice big finale where they do runway walking with hair and

#### Can students who are not participating watch?

"It's all open to students. We really want students to come down to the Nest and hang out and cheer on all the participants!"

I look forward to watching!

Now that the deadline to apply has passed, participants will meet for an industry workshop on Jan. 28. Once the top 16 models are selected, a series of photo shoots and eliminations will decide the winner.

The fashion industry in Edmonton is a lot bigger then some might think. There are local companies like The Helm, as well as bigger companies like

I agree with Rechelle when she said modelling is about empowerment and coming together. Even if you don't feel confident in your looks, you should definitely come try out and learn about this industry! It's well worth the time

For more information you can check online at NAITSA.ca





# Point counter Point Yada, yada, Jedi

ITERTAINMENT



HUNTER MURRAY

Star Wars: The Last Jedi is a very debatable film. Sitting at a rotten tomatoes score of 90 per cent by critics would make you think that it would be a great film. However, the fan score is sitting at 49 per cent. Some fans love it. Some hate it. I'm here to explain why I personally think it is a good movie.

Star Wars: The Last Jedi picks up almost exactly where the last film (Star Wars: The Force Awakens) left off. Finn is injured. Leia is still general and waiting for Rey to return from her quest to find Luke. We actually get to watch Rey give Luke Skywalker the iconic lightsaber that has been passed down for seven movies. Luke Skywalker finally returns with dialogue and a major role in this film. Once again, played by the great Mark Hamill, he delivers each line perfectly and is the star of each scene he is in. Rey's purpose at the end of The Force Awakens was to find Luke Skywalker and bring him back to the resistance. Luke Skywalker's purpose in this film is to convince Rey not to do that.

#### **Fantastic chemistry**

The late Carrie Fisher returns as General Leia. Her main role in this film is giving orders to what is left of the resistance. She has fantastic chemistry with actor Oscar Isaac as the hot headed rebellion pilot Poe Dameron. This is Fisher's last movie before she passed and it's definitely some of her strongest acting.

The best part about this film is, hands down, Adam Driver as the villain Kylo Ren. The acting is terrific. We see a damaged version of Kylo, who does not really know where he belongs. He is willing to give everything to the dark side to finish what Darth Vader started - destroying the rebels and, of course, ruling the galaxy. However, once the force starts to connect himself to our hero, Rey, he starts to have different feelings. He is able to see and speak to Rey, while Rey, can do the same to him. Kylo Ren is too focused on why this is happening, while Rey, on the other hand, spends some time talking to him as he looks for the light that still flickers inside Kylo. The chemistry between these two characters is some of the best I've seen in a Star Wars film.

The Last Jedi has some fan service moments. We actually get to see Yoda as a force ghost! Yoda makes a small cameo as a puppet, just like in the original trilogy (not CGI)

I have talked to some of my classmates on what they liked about The Last Jedi. Most who enjoyed it would argue that the best part was the rebellion ship going through lightspeed into Supreme Leader Snoke's ship (Snoke is played by the great Andy Serkis). This scene has a unique style. As soon as it happened, the theatre was lit up by a white explosion on screen with about five seconds of no sound. I saw this movie twice and each time I heard people gasp in the audience. The scene was expected, but the delivery was shocking.

#### Peaceful death

Luke Skywalker dies in this movie. Just like the entire movie itself, some love it and some hate it. Some wanted him to live and become more of a fighter. While I do agree with that, I did enjoy his final moments, in which he used the force to confront Kylo by using a force projection of himself to trick the First Order, the Rebels and the audience. He died after that. Not brutally but peacefully.

Love it. Hate it. I recommend watching this movie, focusing on the lore but with a focus on the movie itself.

I had fun watching this film. I hope some of you did, too.



#### **MATTHEW WOZNIAK**

With the recent release of Star Wars: The Last Jedi there has been a lot of divide in the Star Wars fan base. For many, this film felt very different from previous installments in the saga. One of the big things that might've set this divide is the change of directors from Episode VII. Instead of J.J. Abrams, Disney decided to go with Rian Johnson, who definitely had a different vision in mind for the middle chapter of the new trilogy.

#### **Unnecessary humour**

To film begins with some unnecessary humour from the get-go. In the opening scene, Poe Dameron and General Hux get into a small comedic conversation. The problem with this is that it's hard to take the movie seriously when they throw in unneeded comedy. Unfortunately, it didn't end there. Throughout the film there were bits and pieces of humour that were just poorly placed and somewhat ruined the tone and pace. Is the audience watching a space opera which is what Star Wars is initially supposed to be, or a light-hearted Disney channel show? Sometimes it's hard to tell.

Another big issue was the treatment of Luke Skywalker. Luke is arguably the definition of hope and optimism in the Star Wars universe. He ends up becoming a grumpy, old hermit-like character who believes it's time for the Jedi to end. This totally opposite to the character that we saw in Return of the Jedi. Even Mark Hamill,

who plays Luke, even had his differences with Johnson, stating that he fundamentally disagrees with everything Johnson has done with his character. It was shocking to watch what happened to Luke, to say the least.

Now usually when a movie franchise brings in a super evil, godlike character, you'd think they'd give him some backstory and make him important. That's not the case with Supreme Leader Snoke. When Snoke first appeared in The Force Awakens he was hyped up to be this all powerful, menacing character and on a level higher than the emperor. Instead, they give him no backstory and have Kylo Ren somehow manipulate him with the force and kill him. It just doesn't make any sense, nobody knows where he came from, or why he was so powerful.

#### Plot holes

The movie just continues to create plot holes, that hopefully can be filled in Episode IX

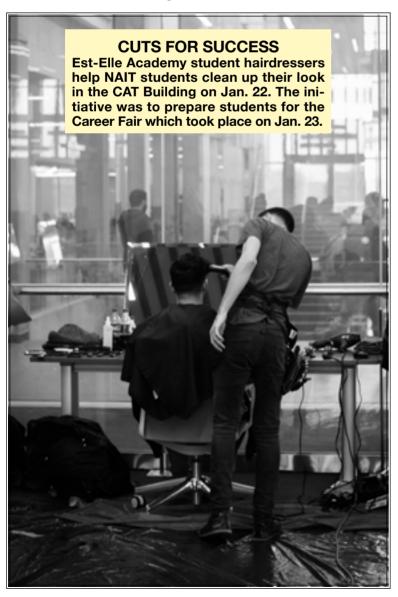
The Last Jedi is a visually stunning film but the lack of care and love towards the story and its characters ruins it as a whole. There is no doubt that there is a divide, especially with the audience score on Rotten Tomatoes currently sitting at a cosy 49 per cent. Some fans are now even starting to believe Disney has ruined the franchise and that it is time for franchise to end.



The Nugget













# UPCOMING CAMPUS CLUB EVENTS FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 SMASH CLUB WEEKLIES S:00pm-10:00pm, CAI Theatre	30	GDD GAME NIGHT 31 3:15pm-10:30pm, J-010-8-J-012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 2:11 TALKTO A MUSLIM 2:00pm-4:00pm, CAT 2:nd Floor by Tim Horton's	SOCAFIT: CARIBBEAN FITNESS DANCE CLASS 12:00pm-1:00pm, S-112	CHINESE BIBLE 2 STUDY FELLOWSHIP 5:30pm-8:30pm, E-221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm,J-010.8.J-012	3
4	SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	6	GDD GAME NIGHT 3:15pm-10:30pm, J-010-8-J-012 THEMUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALKTO A MUSLIM 2:00pm-4:00pm, CAT 2nd Ricor by Tim Horton's	8	CHINESE BIBLE STUDY FELLOWSHIP S:30pm-8:30pm, E-221 SNAC CLUB ROOM 4:30pm-9:00pm, C/II 274 GDD GAME NIGHT 3:15pm-10:30pm,J-010:8:J-012	10
11	5MASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	13	GDD GAME 14 NIGHT 14 3:15pm-10:30pm, J-010-8-J-012 THEMUSLIM WOICE 2:00pm-4:00pm, CAT 211 TALKTO A MUSLIM 2:00pm-4:00pm, CAT 2nd Roor by Tim Horton's	15	CHINESE BIBLE 1 6 STUDY FELLOWSHIP 5:30pm-8:30pm, E-221 SNAC CLUB ROOM 4:30pm-9:00pm, Crf 274 GDD GAME NIGHT 3:15pm-10:30pm,1-010&1-012	17
18	19 Fundy Day	20 Nat Cloyd	GDD GAME 21 NIGHT 21 3:15pm-10:30pm, J-010:8-J-012 THEMUSLIM WOICE 2:00pm-4:00pm, CAT 2:11 TALKTO A MUSLIM 2:00pm-4:00pm, CAT 2:nd Floor by Tim Horton's	22	CHINESE BIBLE 23 STUDY FELLOWSHIP 5:30pm-8:30pm, E-221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm,J-010.8.J-012	24
25	26 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre	27	GDD GAME 28 NIGHT 28 3:15pm-10:30pm, I-010-8-I-012 THEMUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALKTO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Horton's	SOCAFIT: CARIBBEAN FITNESS DANCE CLASS 12:00pm-1:00pm, S-112	CHINESE BIBLE 2 STUDY FELLOWSHIP 5:30pm-8:30pm, E-221 SNAC CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm,1-010 & 1-012	

# SCAMPUS CLUBS ENTRE

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

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### THE NUGGET PRESENTS: HOROSCOP

**ENTERTAINMENT** 



**MADAME O** 

#### **January 25-31**

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

#### Aquarius (Jan. 20-Feb. 18)

You're going to have a great time this month because very little can go wrong, no matter what you do. People are going to forgive you. Just don't do anything too risky before the full moon on January 31st.

#### Pisces (Feb. 19-March 20)

There's some fun to be had since people will be excitable and energetic. Just trust your instincts on which people you want to be around (and which people you don't). You might even let yourself get talked into something you normally wouldn't agree to.

#### Aries (March 21-April 19)

In these upcoming weeks, you'll find yourself more stimulated than usual and full of ideas. You're going to be bursting to talk, which is great, because you'll find a lot of receptive listeners. So go ahead, share your

#### Taurus (April 20-May 20)

You're going to be presented with information that you'll find confusing. It might be outside of your logical realm, but it's like a puzzle. If it interests you enough, you'll solve it.

#### Gemini (May 22-June 21)

A full moon in Leo is coming on January 31st, and this is going to affect all the signs, but none quite like Gemini. Before the full moon. your behaviour will be erratic, and you might find yourself over-reacting. After the full moon (and before February 9), you'll be more stable than ever.

#### Cancer (June 22-July 22)

You'll feel like staying home more than ever these days, but this is the perfect time to get out of that shell. Since everyone's behaviour will be affected by the full moon in Leo, people will be a lot more talkative, and it will be easier than ever to mingle.

#### Leo (July 23-Aug. 22)

Until the full moon on January 31st, you're going to be on top of the world! You'll feel like showing off, and might even get a laugh or two. However, after the full moon, you're going to feel rather touchy. "How dare they!" or "Why are they saying that to me?" will be common thoughts. Just try to be forgiving, and be careful when driving.

#### Virgo (Aug. 23-Sept. 22)

It might be tough to connect with others sometimes, but these next few weeks will be a great opportunity for you. Hang out with the talkers, and it'll help pull you out of your shell. People will be extending their hand in friendship, take the chance and open up!

#### Libra (Sept. 23-Oct. 22)

This is going to be a great time for you. Things are going to be thrown off balance, and that's when you thrive. Everything will be up in the air, people will be going crazy, and you're going to be the voice of sanity. They will need you!

#### Scorpio (Oct. 23-Nov. 21)

Take this time to be a little less cynical. I know it's easy for you to be a skeptic, but it'll be a lot more fun without the attitude. Try to be a little more trusting, and vou're going to attract cheerful, talkative people.

#### Sagittarius (Nov. 22-Dec. 21)

You have the chance to make a lot of new and interesting friends! Maybe in unusual places. Whoever you run into, especially the friendly and talkative people, let yourself go along with it.

#### Capricorn (Dec. 22-Jan. 19)

This is not your time to be conservative. You've had plenty of time in December and early January. Loosen up and don't worry about other people's behaviour. Enjoy yourself and have fun.

#### THROWBACK THURSDAY

### was a very good year

#### By NIKITA ELENIAK

Flashback 20 years, to 1998.

Google has just registered their domain name and Seinfeld aired its last episode on NBC. Britney Spears flounces in her schoolgirl outfit, bringing ... "Baby One More Time" into the pop music scene. Chumbawamba released "Tubthumping", which instantly became a hit for college parties across the world.

Retail employees were blessed with a perfect end-of-the-day song from Semisonic - "Closing Time." New York band Goo Goo Dolls released their power ballad, "Iris," for the Nicholas Cage, Meg Ryan movie, City of Angels.

Another 1998 feature, Aerosmith's "I Don't Want to Miss a Thing" was released and featured in Armageddon. The Beastie Boys released their fifth studio album, Hello Nasty, featuring "Intergalactic", which reached No. 4 on the Billboard charts. Also in the Hip Hop genre, Jay-Z released "Hard-Knock Life", reaching No. 2 on the Billboard charts.

Moving back to rock, Lenny Kravitz released his iconic "Fly Away", off of his Album 5. Shifting to alternative, the Barenaked Ladies released "One Week", which later went on to be featured in movies like American Pie and 10 Things I Hate About You. 20 years later, Britney Spears has a Vegas residency and Jay-Z recently toured promoting his album, 4:44, and is married to Bevoncé.

Chumbawamba is still active, although lesser known, and write controversial songs about current events, such as "Add Me."

Semisonic disbanded in 2001, but reformed in 2017 and Goo Goo Dolls have been going strong since 1986, with their latest EP, You Should Be Happy, having been released in 2017. The Beastie Boys parted ways after the death of founding member Adam Youch in 2012. Aerosmith is still rocking, the Barenaked Ladies continue to represent Canadian alt-rock and Lenny Kravitz is still going strong in 2018, at 53 years old.

Happy 20th birthday to these songs, and many more, in 2018.

# **APPLICATIONS OPEN | JANUARY 2-22, 2018 INDUSTRY WORKSHOP | JANUARY 28, 2018 EVENT PHOTOSHOOT | FEBRUARY 3, 2018**

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representatives

vote online using your NAIT student portal february 9 - february 15@4pm

info stations

february 14 @ 4pm - 7pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) HP Centre (1st Floor) | CAT Building

info stations

february 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

for more information visit naitsa.ca/elections



















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# Creating healthier habits



### TIMELY TIPS MARGARET MAREAN NAIT Student Counselling

Being aware of habits that are impeding our progress or that may have been useful in the past but are no longer beneficial, is the first step to change. The end of January is a great time to evaluate your habits and to look at changing those that aren't serving you well academically, such as procrastination, perfectionism and inability to make decisions. It may also be a good time to start considering habits that will improve your long-term success. Here are some tips:

- 1. Learn from the past. If you have tried to make changes in the past, consider what factors prevented your long-term success. What triggered you to go off track, what could you have done instead and how could have handled side effects, social situations, public reaction or other factors differently?
- 2. Know yourself. When would be the best time for you to make a change? Which of your personality traits will help you and which might get in your way? Should you change gradually or go "cold turkey"? Are you a private or a public person?

- 3. Work on changing one habit at a time. Ensure that you set realistic goals and timelines.
- 4. Know your motivations. Write down reasons for making the change physical health, mental health, saving money, looking better or any other benefits. Keep expanding your list and have it on hand to look at when you are feeling weak.
- 5. Make your goal public. Tell friends and family about the change you are planning to make and be specific about what is and is not helpful in terms of support. If possible, do not tell anyone who you feel will belittle your goal or be unsupportive. Even if you are a private person, it is usually beneficial to tell at least one other person.
- 6. Set specific short-term goals. If you are gradually cutting out something negative or adding something positive, be specific about how much, when, where, etc. If you are changing abruptly, ensure that your timing is right and your supports are in place.
- 7. Give yourself realistic rewards for going a day, a week, two weeks, a month, etc.
- 8. Have a plan to deal with symptoms of withdrawal. Whether your goal is to make changes to shopping, eating, smoking, drinking, gambling, procrastination, emotional outbursts or negative relationship habits, recognize that there will be some hard times ahead. After the novelty of change wears off, it is the mind's normal response to pull you back into the older, more familiar habit. Be prepared! What positive habit are you going to replace your

negative one with? What are you going to do when you feel drawn back to the old patterns? Remember that the first few weeks are generally the most difficult but the new habit gradually becomes second nature. Try these tips:

- Have a plan for keeping on track. Take the time to write down your plan.
- Journaling. Emotions, obstacles, successes, ongoing plans ... related to the change.
- Have a friend touch base periodically and/or have a list of people you can call for support.
- Relaxation techniques yoga, deep breathing or meditation can help you get through tough times.
- 9. Clean up your environment. Get rid of things that are likely to trigger you, like ashtrays for smokers, ice cream for overeaters. This may mean letting go, at least temporarily, of relationships that foster your bad habit. Re-arranging your furniture or moving around some pictures can reinforce that you are making new, positive lifestyle changes.
- 10. Surround yourself with success positive people, environments that you feel good in, hobbies or pastimes that you enjoy. Think of activities that are not compatible with your bad habit, such as going for a run, cleaning a cupboard, doing a crossword, dancing to some music or calling a friend.
- 11. Be mentally prepared. What are you going to say and do when you feel the urge to backslide? Telling yourself how you are getting stronger, fitter, happier or

more effective can keep you on track as can imagining the benefits when you succeed. Giving yourself positive messages such as "I am a smoke-free person" or "I can feel myself getting healthier" or "I am strong and I can do this" will increase your motivation. Emotions such as anxiety, anger or depression can easily weaken resolve.

12. Get support. While you have to make changes on your own, it is often helpful to get professional help. There are programs to help with smoking, over or under eating, compulsive shopping, good study techniques or other habits. While friends and family can be supportive, most often they cannot be objective about your situation. Professional counsellors at NAIT Student Counselling can facilitate your progress towards changing unhealthy lifestyle habits or work with you on any other personal or academic concern. All counselling is free and confidential.

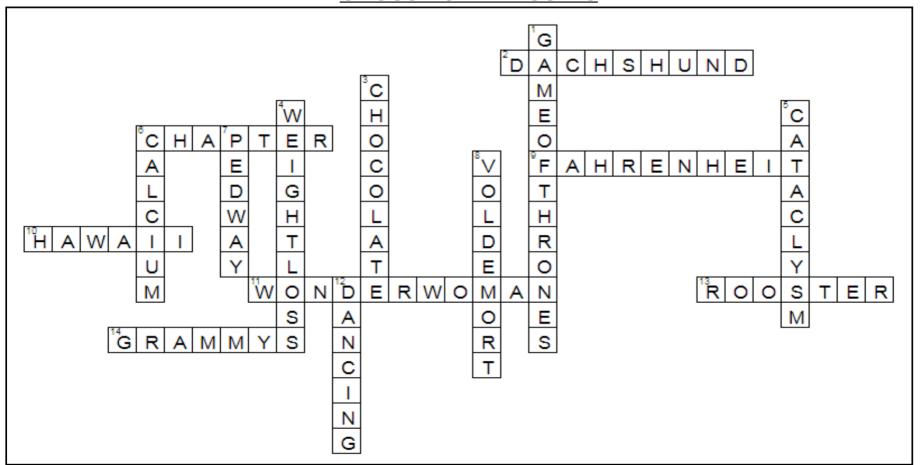
Counsellors at Student Counselling can help you work towards healthier habits. Personal counselling is free, confidential and available to all currently registered NAIT students.

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.

#### **CROSSWORD RESULTS**



# HEALTH & DENTAL OPT OUT

DEADLINE: JANUARY 26, 2018 @ 4PM ALL NEW JANUARY START CREDIT STUDENTS



THERE ARE 3 THINGS YOU CAN DO BEFORE THE DEADLINE...

(00)

#### **OPT OUT & WAIVE THE FEE**

Already have comparable coverage? You can opt out and waive the fees - just go online at mystudentplan.ca/nait or visit us in E-131 before the January 26 deadline.

#### OPT BACK IN

Did you previously opt out, and now need to opt back in? No problem - visit us in E-131 before the January 26 deadline to fill out the paperwork and pay the fees.

#### ADD FAMILY MEMBERS

Do you need to add a spouse/kid(s)? This is your chance! Visit us in E-131 before the January 26 deadline to fill out the paperwork and pay the fees.

# NO EXCEPTIONS IF THE 4PM JANUARY 26 DEADLINE IS MISSED!

IF YOU MISSED THE SEPTEMBER DEADLINE, YOU CANNOT OPT OUT/IN/ADD FAMILY IN JANUARY

#### **MORE INFORMATION AT NAITSA SERVICE HUB**

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january 3 - january 29 @ 4pm

The NAITSA Executive Council is comprised of 4 student representatives at NAIT. The President, Vice President Academic, Vice President External & Vice President Student Services.

for more information visit naitsa.ca/elections



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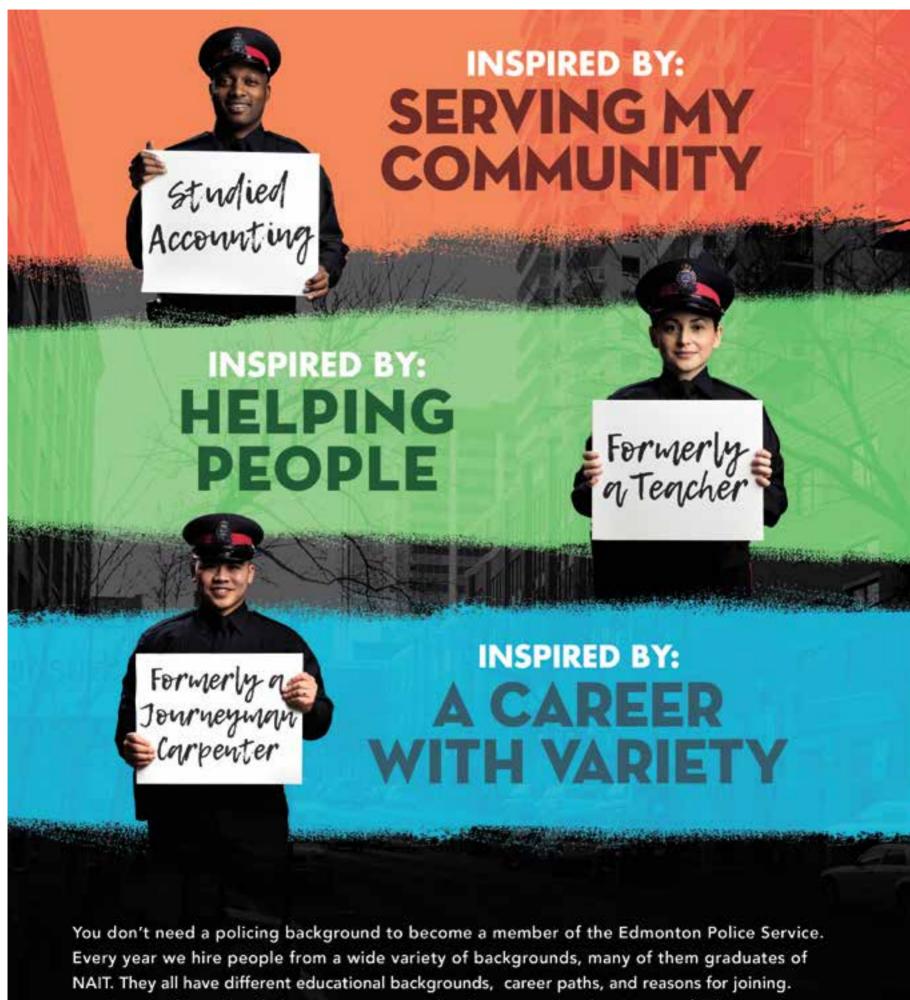
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