

NAIT NUGGET

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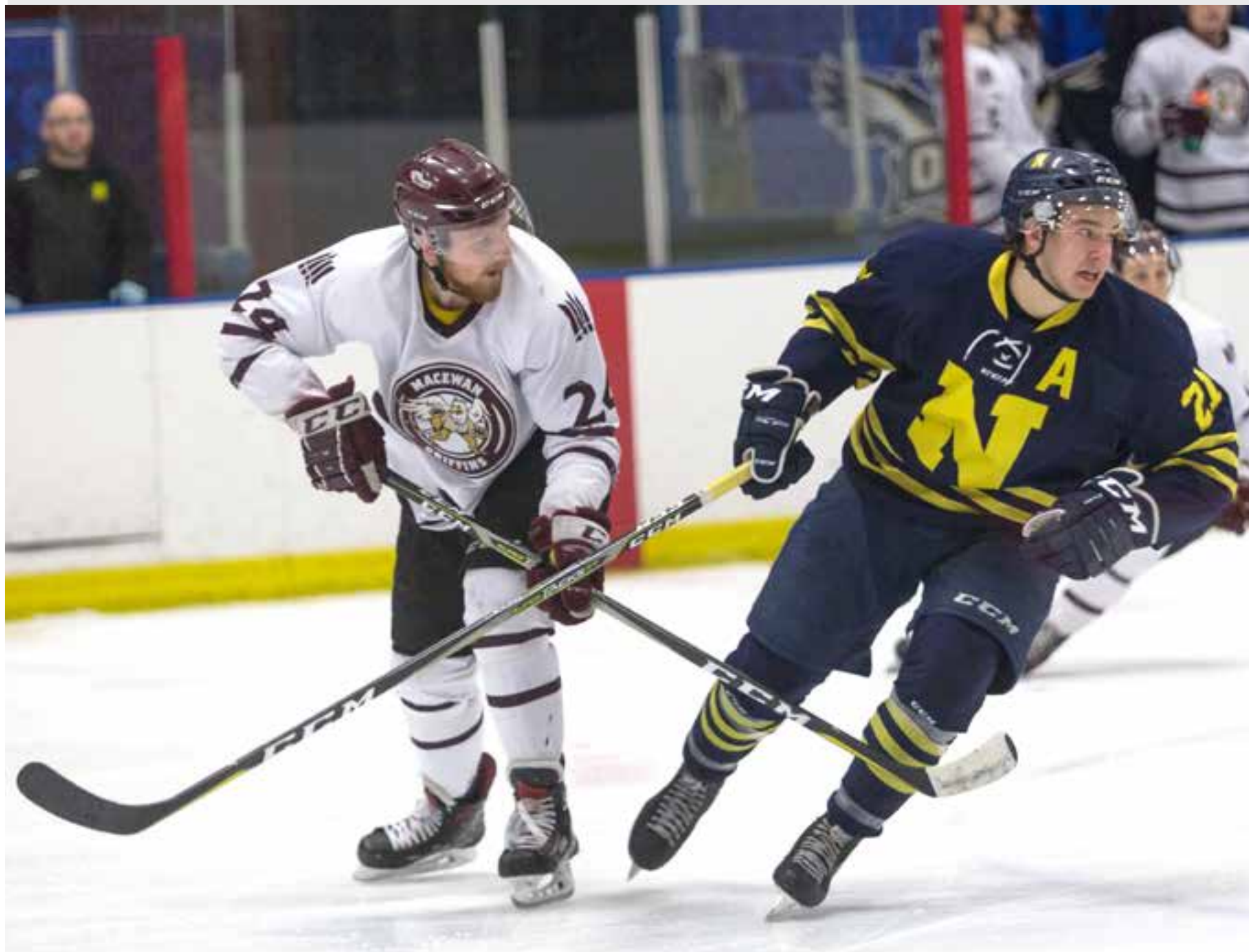


Photo by Madeline Gauthier

MacEWAN PREVAILS ...

MacEwan Griffins defenceman Austin Yaremchuk, left, contends with NAIT Ooks forward Brayden Harris during the third game of their best-of-three ACAC championship series on Sunday, March 18 at NAIT Arena. MacEwan went on to take the title with a 4-1 victory. Story, page 11.

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NEWS & FEATURES

Don't stress over stress



SHAWNA BANNERMAN
Assistant Editor

Stress is bad. Avoiding stress is in your best interest. Avoid embarking on stressful ventures and, when stress is unavoidable, figure out how to minimize it.

As a full-time student, balancing studies, managing a job, a social life and extracurriculars, stress is expected. Most of the time, stress is manageable but it can occasionally rise to unwieldy levels. When this happens, the overwhelm causes a shut down. The initial reaction is to push the stressors out of your mind, turn on Netflix and ignore life for a few hours. Is this the healthiest way to respond to stress? Probably not. But it's not uncommon.

In her 2013 TedGlobal Ted Talk, Kelly McGonigal, author of *The Upside of Stress*, reveals her findings that stress is not what we've been trained to think it is. McGonigal refers to a study which tracked 30,000 adults in the United States over eight years. They asked individuals how much stress they experienced in the previous year and they also asked if individuals believed that stress was harmful to their health.

Those who experienced a lot of stress in the previous year had a 43 per cent increased risk of death but that was only true for the people who believed that stress was harmful for your health.

"People who experienced a lot of stress but did not view stress as harmful were not



more likely to die. In fact, they had the lowest risk of dying of anyone in the study, including people who had relatively low stress," said McGonigal.

Stress is not the problem, how we view stress is the problem. If we make a conscious effort to improve how we think about stress, we can change how our body responds to the stress.

McGonigal's research also shows that when we change our perception to view stress as helpful, individuals remain more relaxed in stressful situations and their cardiovascular profile actually exhibits similar qualities as in moments of joy and courage. This means that if we learn to view stress as beneficial, the heart will demonstrate the same characteristics during moments of joy and courage as it

does during stress.

When humans experience stressful situations, the pituitary gland releases oxytocin. Oxytocin is a natural anti-inflammatory, combating the negative effects that stress can have on our heart and blood vessels. It's also the chemical that causes humans to crave physical and social connection.

"Your stress response has a built in mechanism for stress resilience, and that mechanism is human connection," says McGonigal. "When oxytocin is released in the stress response, it is motivating you to seek support. Your biological stress response is nudging you to tell someone how you feel."

When we reach out to friends, family, or professionals as a way of handling stress, your brain releases even more oxy-

tocin. The stress response becomes healthier and we actually recover faster from stress. If we learn to embrace stress, view it as helpful to our overall success and get comfortable with seeking support in times of discomfort, stress doesn't have to be overwhelming.

When stress and discomfort rises prior to an impending situation, it could mean that situation is outside your comfort zone. Without making an effort to face that discomfort, personal growth is stunted. Venturing outside of your comfort zone almost always leads to positive personal growth, better health and increased opportunities.

Embracing stress and learning to understand the reasoning behind stress is better for your health than any Netflix Original.

Mental health co-ordinator named

By **GERVAISE BRANCH-ALLEN**

NAIT has hired Lynn Ryan, formerly stewardship administrator at the institute, as mental health co-ordinator to enhance mental health programs.

The new position will assist with the programs that NAIT already provides. In addition, NAIT has extended counselling service hours at the Patricia and Souch campuses. These changes stem from a provincial grant of \$825,000 given to NAIT in September to support and enhance mental health.

Funding has been used so far to expand the pet therapy program, which

originally included PAWS with Flynn, and provided free fitness classes from January to March. More is in the works to spread the word about what NAIT already provides.



Lynn Ryan

"We have money in the grant that will be used to develop a marketing campaign to bring awareness to mental health and services/supports on campus," said Clint Galloway, director of Student Well-being and Community Administration.

Galloway said that NAIT would like to communicate their services to students in whatever ways they can to educate the most number of students about the mental health supports available to them on

campus.

"Specific methods of marketing have not been chosen, but we will be exploring all options to maximize student engagement."

Two weeks ago, a report from the Idea Marketing Club said NAIT business students are feeling more stress and a declining student experience. This was in response to the JR Shaw School of Business no longer having a midterm week for students.

The province provided various post-secondary schools with grants to further improve mental health programs in September. The \$825,000 installment is meant last until March 31 next year. The University of Alberta received \$1 million, the largest amount awarded.



Photo by Natasha Guillemette

A DAY TO CELEBRATE

Pride marchers take their annual message to the sidewalks outside NAIT on Wednesday, March 21.

NAIT a top employer

By KELSEY BAKER

For the seventh consecutive year, NAIT has been named one of the top employers in Alberta. The annual competition, held by Alberta's Top Employers, named the 70 best places to work on Feb. 21.

The criteria include: work atmosphere, training and skills development; and community involvement. Employers are compared to other organizations in their field and the cream of the crop make the top of the list. NAIT has been on the list every year since 2012.

This year, a few factors pushed NAIT to the top of the pile including participation in Pride Week, exceptional maternity leave payments, and flexible work options available to employees. This flexibility is one reason Norm Peterson, instructor at NAIT for 29 years and chair of the Graphic Communications program, appreciates his role at the school so much.

"They really allow any staff members to grow, develop, and expand our horizons. I started off as a lab tech, moved into an instructional role and then into the chair role," said Peterson.

"You're really free to develop within NAIT. You don't just come in and say, 'Hey, this is my job here, and this is what I'm going to do for the rest of my career.' You're really allowed to expand."

Aside from run of the mill perks like a pension and benefits, this kind of flexibility and room for development is likely why the institute has been at the top seven years running.

"When I came to NAIT, I had my apprenticeship certification for pre-press, and then I moved into my Education degree, got my BED and then received my masters through the U of A in Communications and Technology," said Peterson.

"And NAIT was very supportive, not only with the flexibility of time but also even covering some of the expenses, as well. NAIT does really well at encouraging staff to develop, with conferences, training, any of that kind of stuff ... they really encourage you to keep current with the industry."



Peterson says that the school also has a great atmosphere for building relationships and networking, both inside the school and with industry professionals as well.

Peterson's near 30-year employment at the school is likely a testament to the superior work environment. Not only does NAIT offer great benefits and

the incentive to grow, the health and wellness options for employees are further factors that contribute to its success. The access to great fitness amenities and yearly employee wellness grants is something a lot of staff take advantage of. But perhaps the most important influence in NAIT's great employee environment is the friendly and inclusive

atmosphere.

"It's a very respectful environment, we're all inclusive of everyone, we respect each other and we have a lot of fun."

Other post-secondaries within the Top 70 included the University of Calgary, Lakeland College (Lloydminster and Vermilion), and SAIT.



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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.

NAIT deficit ‘chills’ hiring

By **MICHAEL MENZIES**
Senior Editor

In response to its first deficit in 15 years, NAIT is implementing a hiring “chill” to combat growing expenses and losses. Under the hiring chill, vacant positions will only be filled where it can be demonstrated that it is “essential to the success of NAIT.”

On March 1, NAIT announced a \$6.1 million deficit for the 2016-17 school year – its first since 2001-02. The institute fears that without swift action the deficit will only grow. Associate VP of Finance and Corporate Services at NAIT, Jeff Dumont, who works on NAIT’s budgets, said there’s a “multitude of factors” that could hurt NAIT in the future.

“The biggest factors that exacerbate the situation is the tuition is frozen and the apprenticeship seats are forecast to be way down again and that was one of the key factors in last year’s deficit.”

Dumont adds that NAIT is also losing its “lights-on” funding for the CAT Building from the provincial government that was meant to help with early costs. This is a \$4.2 million hit that

wasn’t in last year’s budget.

NAIT’s 2016-17 annual report also mentioned a \$3.28 million increase in one-time severance costs due to layoffs after apprenticeship seats were cut. Almost 100 staff members have been laid off in just two years.

On Dec. 14, NAIT announced 2,000 more seats will be cut in 2018-19 with more expected to follow in 2019-2020. Just over 3,000 seats were already cut for this school year. The Apprenticeship and Industry Training system (AIT) mandates the cutback so NAIT doesn’t provide more seats than are available in industry.

The annual report also says that the base grant NAIT receives from the province is not keeping pace with inflation.

NAIT is taking all these things into consideration in preparing its next budget, which will see a focus on “controlling costs” and being “more efficient,” with the hiring chill being the first measure.

NAIT is also wary because it is expected that the institute’s investments, namely in the form of bonds and equities, will normalize after posting higher than anticipated returns over the past few years.

“As we pay down some of our debt, and pay for some of our capital expenses our investment balance will slightly decline,” said Dumont.

“So we do expect to see the amount of investments to still be constant and producing a good rate of return over time but we can’t expect that it’s always going to exceed our budget.”

NAIT continues to be highly dependent on provincial capital and operating grants, which accounted for approximately 59 per cent of total revenues for 2016-17, and regulated tuition revenues, which were approximately 20 per cent in 2016-17. NAIT will wait for details in the imminent provincial budget before tabling plans for 2018-19 in May.

In the long term, Dumont did not want to speculate if international students’ tuition would be raised if domestic tuition levels remain frozen. He added that the principle when raising international levels last year, “was to have international tuition rates that were reflective on more of the full cost of providing those services” and that’s the same principle that will be used in the future.

NAIT’s two largest expenses are for staffing and capital. The annual report also concludes that: “Much of the growth needed to reach NAIT’s vision of 2021 will rely on further capital projects, including the repurposing and renovating of existing NAIT buildings, the planned acquisition of expansion land in the City of Edmonton’s Blatchford development and other adjacent properties and building student housing.”

“I think the biggest factor was we did have that [a deficit] for the first time and then we see certain other trends in funding and there’s lots of uncertainty there we’re dealing with.

“So it is something we are going to have to react to and that’s what we’re doing with this budget.”



Jeff Dumont

Travel the world – right here

By **JORY PROFT**

As NAIT continues to welcome more international students and faculty, the chance to express these cultures on campus is becoming even more important.

On Wednesday, March 28, NAIT’s International Centre will host its third annual Global Village Fair. The event will be running from 11:30-4:30 at CAT, main floor.

The fair was created in 2016 in the hopes of sparking conversation and education amongst all cultures and communities within the polytechnic.

“The objective of the event is to really increase intercultural awareness on campus by involving more community members ...,” said Freya Fu, NAIT’s International Engagement co-ordinator. “We are seeing [a] more and more diverse population here on campus and there’s not really a chance for us to celebrate it and bring awareness.”

Panharith In, a NAIT business student, represented his country last year performing a traditional Cambodian dance and says he’s participating again this year.

“I was very happy about showing NAIT my culture. I am very passionate about sharing my culture,” he said.

The 2018 event will feature international food tasting, workshops and sessions dealing with intercultural education and cultural performances. Each event-goer will receive a ‘passport’ which they can get stamped by representatives from the attending nations.

“We can share and exchange knowledge just right here [at NAIT] – we don’t need to travel,” said Fu.

The idea is that the institute’s campus is diverse enough, that travelling outside of Canada is not needed to immerse yourself in a variety of unique cultures and perspectives.

“Basically, it’s like travelling all of the world in just one day,” said In.

The event will begin with a workshop hosted by NAIT staff, and will discuss multiculturalism, specifically at NAIT.

The food tasting will feature eight multicultural dishes prepared by NAIT catering. Food tickets are priced at three for a dollar this year – a change from last.

“Last year we had a bit of a crowd control issue, because free food makes it tough to control crowds,” said Fu.

After the food tasting is complete, a ‘intercultural cafe’ will be held for participants to discuss what they know about multiculturalism and to ask questions

about other cultures.

“Just come and talk to someone from a culture that you’ve never talked to ... and share something you know. Ask questions and don’t be afraid to ask about other people’s culture,” said Fu.

The afternoon will wind up with student performances from countries from all over the globe.

In believes the event is not just beneficial for Canadian-born students to interact with international students but for fellow migrant students to bond over shared experiences in Canada and for these students to access their culture at NAIT.

“Being away from home, sometimes you miss the culture you’re used to ... and when things [Global Village] happen, it’s a good opportunity to feel a connection to home.”

Tickets are being pre-sold at the International Centre in Room W-101 from March 19-27 and must be purchased with a ONEcard.



Cooking with Chef Butters

By STEVEN SMITH

British Columbia Chef Rod Butters spent a week recently instructing NAIT students on his “message of promoting Canadian cuisine.” As part of NAIT’s Chef in Residence Program, Butters gave presentations and demonstrations to NAIT’s Culinary students sharing his 38 years of experience. His main goal is to emphasize “eating local, supporting local, everything about local.”

“The farmers, artisans, ranchers and fisherman I’ve been working with my entire life really influence what happens in my restaurants,” said Butters. “It’s their passion that I try and put on the plate for our customers.”

He stresses that success and inspiration comes from locals.

“It’s really about supporting communities, supporting your friends in business.”

After one day, Chef Butters called his time at NAIT a career highlight. “I’ve done so much in my career, I’m very humbled to be here,” he said.

Chef Butters has three restaurants in British Columbia – Regional Table, Micro Bar and Bites and Terrafina. His fourth restaurant, Sunnies, will serve breakfast and lunch in downtown Kelowna. Butters is a member of the Canadian Culinary Foundation, is a former president of the Okanagan Chefs Association and has been inducted into the B.C. Restaurant Hall of Fame. His cookbook, *The Okanagan Table*, won the title of Best Local Cookbook in Canada for his emphasis on providing recipes from local ingredients.

NAIT’s Chef in Residence program started in 2009 and brings in experts from around the world. It exposes students and faculty to innovative and diverse culinary trends and styles.

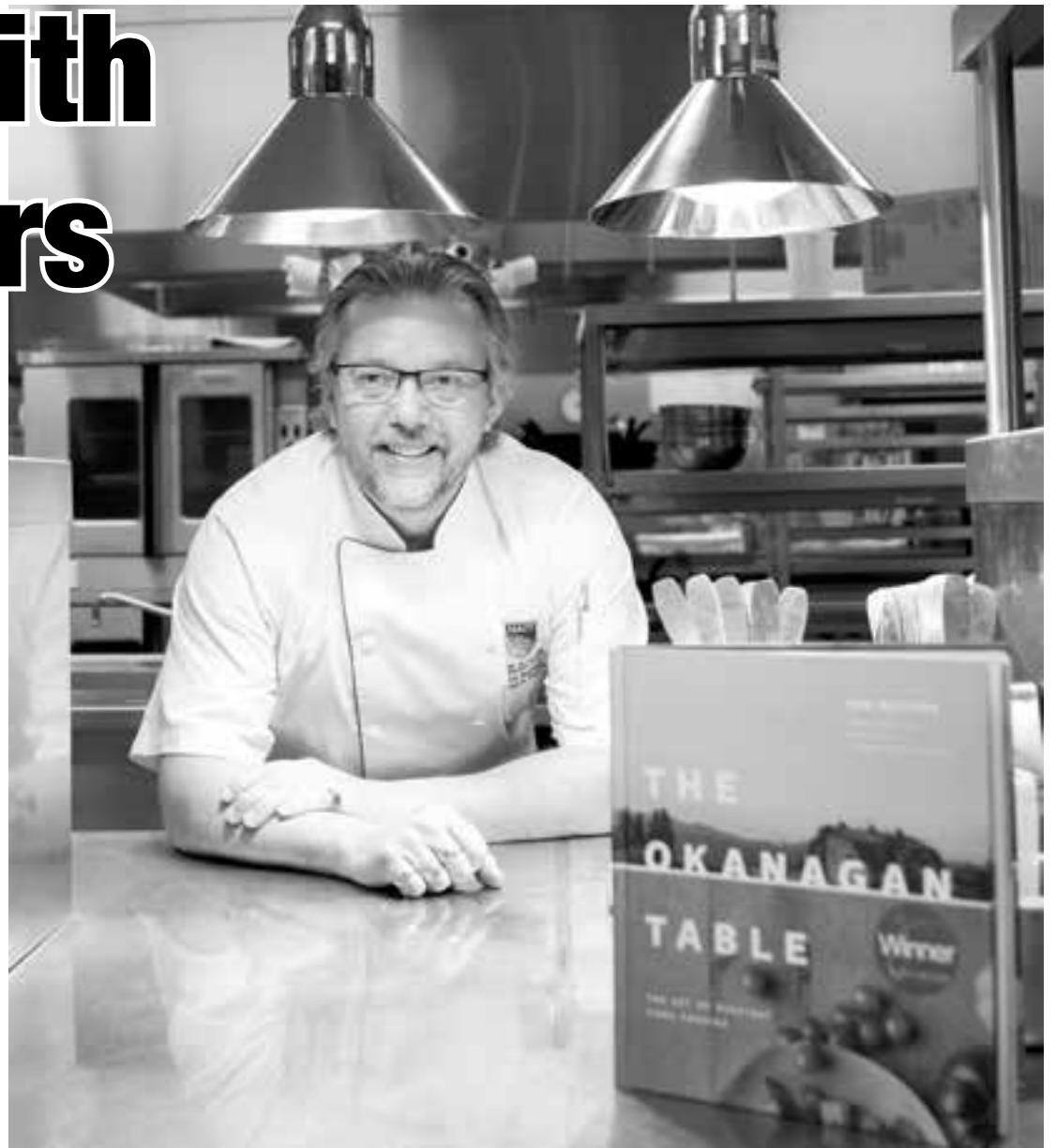


Photo by MacKenzie Lockard

Upgrading – various routes

By JORY PROFT

Price, schedule and educational goals and experiences are often the greatest factors in how a student chooses an academic upgrading system.

Alberta is unique in that students are offered a variety of options for academic upgrading. Norquest College, distance learning like the Alberta Distance Learning Centre (ADLC) or outreach programs like Inner City High School in Edmonton are all ways that students can gain a high school diploma. NAIT differs by offering equivalency programs.

How does NAIT’s Academic Upgrading program stack up against various other methods of upgrading in Alberta, like ADLC?

The costs of each program can be difficult to directly compare as most programs offer different incentives to students who wish to upgrade.

NAIT estimates a cost of about \$600 per semester, which includes tuition, books and mandatory fees (NAITSA, U-Pass, health and dental and recreation and athletics). This is for a single course that can give a student a high school equivalency grade

but not credits towards a high school diploma.

A course at ADLC averages around \$850 for the print and \$700 for the online version. These prices include tuition, textbooks and materials. Credits earned can be used for gaining a high school diploma. Individuals 19 and under, as of Sept. 1 of the school year are eligible to receive free academic upgrading at ADLC.

Prices for upgrading in other systems in the province are comparable across the board. Financial support is offered through many Alberta programs for students looking to upgrade.

If students wish to work day jobs, it could be made tricky by NAIT’s upgrading class schedule. Tira Shaw, a student upgrading through NAIT, says students can expect to spend around “... four to six hours in a class most days.”

Nicole Denis, a NAIT business student, does her upgrading at ADLC instead of NAIT because of scheduling issues.

“You can’t be entered in two programs [at NAIT] ... for people like me who are only taking two classes, it doesn’t make much sense,” said Denis. She believes

ADLC is better for her work schedule as it allows her to work full-time and gives her a year, instead of a semester, to complete her coursework.

Both Shaw and Denis have experiences with NAIT and ADLC, allowing them to compare programs.

Academic Goals/Overall Experience:

As mentioned, ADLC offers courses that are applicable towards a high school diploma, while NAIT offers equivalency courses that are recognized at all post-secondary institutions in Alberta.

Both NAIT and ADLC’s programs focus on allowing students to take high school courses they have not been enrolled in or to improve their grade in a course they have already taken.

NAIT’s main objective is to provide students the prerequisites to enter other programs at its institution. “[Students] are looking to either gain entrance requirements needed for a career program ... or they are looking to get a better mark to be more competitive in their career-program application,” said Shelley Kolodzynski, portfolio manager for NAIT Academic Upgrading.

“The added value is our instructors are

also teaching these courses in the career programs,” said Kolodzynski.

The face-to-face interaction between instructors and students is also an advantage NAIT has over programs like ADLC. “I tried doing correspondence but I didn’t really have the motivation ... I also needed more time because ... the closest place I could interact with a teacher was an hour away. It’s easier to learn here ... they [NAIT instructors] are more into the course,” said Shaw.

On the other end of the spectrum, Denis actively chose ADLC to avoid the classroom setting and to complete coursework on her own schedule. “They had online courses ... therefore I could do it at my own pace rather than attending a classroom every day,” said Denis.

As Denis does not aim to pursue another program at NAIT, ADLC’s upgrading system seems to work best for individuals looking to gain high school grades but want to remain open to broader post-secondary opportunities. ADLC also offers every high school course available in Alberta, while NAIT focuses on courses that are applicable to its own programs.

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OPINION

— Editorial —

Is that rock knocking?



MICHAEL MENZIES
Senior Editor

There's been nothing new with rock music for a long time. All the exciting bands of today are *totally* indebted to nostalgia. They pay homage with riffs that sound like other riffs and melodies that sound like other melodies, without showing new possibilities or newfound heights. Rock music in 2018 has no sound.

Creatively, rock has been stagnant for years. Popular music festivals try to sprinkle in a dash of rock here and there but there's no serious demand for rock at these shows, especially when compared to the Kendrick Lamars and Cardi Bs. Rock has retreated from its bombastic and outlandish identity for a blue-collar self-consciousness. Yesterday's rock stars are today's young rappers.

Rock music needs something

The "rock is dead" debate is no debate. The fact that the question was raised in the first place proved it was so.

Rock music needs something — *anything* — that sounds exciting, fresh and massive. Who will sweep us off our feet and take us on a ride, with the records, the live shows and in the press? Who will make us feel invincible and on top of the world again? Someone must come along and capture our ears and energy if rock is going to have a second life.

Australia might just be the place it comes. Currently, it's home to many of the most exciting young rock groups today. King Gizzard and the Lizard Wizard, The Murlocs, The Chats, Hockey Dad, The Dune Rats ... Skater punk and psychedelic acid rock is in vogue down under. But North America is far too distracted by hip-hop to notice what critics could write off as *passee* and retro for retro's sake.

Enter Jack White

Enter Jack White and his latest record *Boarding House Reach* due to drop tomorrow (March 23). This record is by far the most experimental and eclectic collection the former White Stripes leader has ever recorded.

White told *Rolling Stone* he wanted to take punk, hip-hop and rock and roll and funnel it all into a 2018 time capsule. The singles are perfect evidence: they are genre spanning and strange, even for White. The fact a rock star — in today's terms — wants to create something for today and beyond instead of retreating into the past is a sign of change.

Boarding House Reach has the potential to sound completely original — something rock desperately needs.

The only thing stronger than its ambition — is the poten-

tial for failure. If it's not good, it could be the sort of record that alienates and segregates fans in his camp, which would make the rock situation even more complicated.

The risk, though, ensures the reward. If successful, White could clean the slate and spark a new direction for modern rock.

But even if the slate is cleared and something new does come along, can a rock band still take over the world? Greta van Fleet will try, despite their obvious, tried-and-true influence.

The Led Zeppelin sounding Michigan band is the most audacious attempt at mimicry in rock history. However, Greta van Fleet has some polish and charisma that separates them from previous Led Zeppelin sound-alikes.

It helps that they are young with plenty of sex appeal. And with howling vocals and reminiscent riffs, people are paying attention.

"Safari Song" made the boys, who look like the casting call for a new *Camp Rock* sequel, the third act ever to go to No. 1 in the mainstream rock charts with their first two entries. Then, the band announced a world tour. Now, they're in the studio recording their first full-length LP, due later this year.

The way these lads have been marketed gives hope that the world can still be injected with youth and energy by rock and roll, like the Brits were with the Arctic Monkeys over a decade ago.

Rock music has the pieces in place for a resurrection. But, the messiah still cannot, and may never, be found. However, there's reason to believe the major slumber of this rock era could end with these upcoming albums.

Meanwhile, let's hold out hope that the next batch of meaningful rock music is coming. Lord knows we need to feel invincible again.



Greta van Fleet

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SPORTS

Where will James go?



CONNER TOFFAN
Sports Co-Editor

One of the biggest questions that has stuck around this NBA season is, where will LeBron James be playing next year? LeBron has a player option for next season that he is sure to decline, meaning he can test free agency and all 30 NBA teams can try to pull one of the greatest NBA players of all-time onto their rosters. LeBron has reportedly narrowed his list of potential suitors to four teams, including the Cavaliers, Lakers, Rockets and 76ers. But where is the best fit?

The first possibility is that LeBron stays home in Cleveland. This would be his worst basketball move. The team has a tight salary cap, which leaves no room for any big free agents. LeBron would have to continue playing alongside Kevin Love, who's well past his time and plenty of roster-fillers including overpaid veterans like J.R. Smith and Tristan Thompson. It's tough to imagine this team beating any formidable opponent in a seven-game series. It's finally time to stop believing in the Cavaliers and, if LeBron didn't have such an emotional connection to Cleveland, there would be no chance of him returning. But the bond between James and the city of Cleveland remains strong and, if he leaves, will he be able to withstand being the biggest villain in the city where he was raised?

I believe he will. He's already delivered a championship

to his hometown and he's driven the agenda for player movement in the NBA, so I believe that he will leave Cleveland.

Another potential suitor is the Los Angeles Lakers, an interesting fit, because they have the cap space to bring in another star (Paul George?) and, if they could do that, it's a for sure playoff roster. But that would be about as far as they go. While LeBron and rookie Lonzo Ball could move the ball around the court at an elite level, it's tough for me to imagine LeBron wanting to play on a team currently ranked 29th amongst 30 teams in three-point percentage in a perimeter shooting league. Plus, there's that whole problem surrounding Lonzo's over-the-top father Lavar. He's coming home from Lithuania soon and he could say something that would force LeBron away.

But LeBron would love all the young talent this team has. Lonzo Ball would be a great third-best player on a playoff team, while Brandon Ingram and Kyle Kuzma can carry the scoring around LeBron. And the best player on the biggest franchise is always an intriguing fit. But until the Lakers can assure LeBron that they can bring in another star, there are too many question marks to say that LA stands a great chance at landing the superstar.

The third option for LeBron is the Philadelphia 76ers. If he wants to stay in the weaker of the two conferences, Philadelphia is the place to be. If he doesn't want to keep losing in the NBA finals, this is not a great destination. My biggest worry is how well ball-dominant Ben Simmons can work with LeBron. The two have very similar games and Simmons will

likely need to give up many of his touches if the 76ers can work in this scenario. Joel Embiid is another great talent but he has been injured so often that at times the team wouldn't even let him play on consecutive days. But in terms of talent, a Big 3 of LeBron, Simmons and Embiid is downright scary and it would also be one of the most physically imposing starting lineups we've ever seen. If Markelle Fultz didn't forget how to shoot a basketball, this team would be an Eastern Conference title contender already. So LeBron going to Philly is fairly likely but there is one better option.

Las Vegas has the Houston Rockets as favourites to land LeBron and a Big 3 of him, Chris Paul and James Harden would only be contested by the Warriors. LeBron has said in the past he would like to play with Paul and Houston is a big enough market for his brand. Plus, he'll get to play alongside a likely MVP in Harden. However, adding a max-contract player would force the Rockets to decimate the bench and add multiple players on league-minimum deals. And they'd still need to sign Paul. It would also be interesting to see if Harden would be willing to give up many touches, as he has every reason to believe he's the best player in the NBA. He isn't known to be particularly selfish, though, so I believe this could work. If the Rockets can clear up the cap space, this could be the next great dynasty.

But who knows, Maybe he'll just go to the Warriors after all.



LeBron James

BADMINTON

Top honour for NAIT player

By **TEAGAN GISELBRECHT**

There's a sense of accomplishment when you achieve your goals. To be recognized for your efforts is an honour and Imran Wadia, a men's badminton player for the NAIT Oaks, has definitely been recognized. Wadia has been named the Canadian Collegiate Athletic Association (CCAA) men's player of the year.

This year, NAIT's badminton team finished the regular season in first place in the Alberta Colleges Athletic Conference. In three regular season tournaments, Imran produced a perfect 9-0 singles record and was 5-1 in doubles.

Of his play at the nationals this year, he says: "It was good. I won singles actually and then I lost with Nicholas Roquein in the semifinals of doubles."

When you see the accolades Imran has racked up you can tell he knows what he's doing.

He credits his technique for his success.

"I think I have a unique technique that makes me stand out from everyone else."

Imran has skill. Mix skill with good coaching and it can go along way.

"The coaches are really supportive. They know exactly what's going on," he says. "They've played before as well and they have an understanding of the mindset and what work needs to be put in to be successful."

He says the perception of badminton as a soft sport is mistaken.

"Most people don't think badminton's a very hard sport but there are lots of aspects that make it really hard," he said. "You have to be very fit. There's a lot of jumping and you have to be very explosive. Jump quickly, lunge forward – your legs need to be very strong to handle that. You have to be very low to the ground at all times and it's very fast. It's a hard sport when you really get into the top levels."

Imran Wadia draws inspiration from his parents.

"They're just very relaxed and they tell me what I need to do," he said. "They push me but they don't push me in a way (that's) forcing me to hate the sport. It's making me learn a lot about myself and how working hard really pays off. Just putting your mind to something and really going for that."



Photo by Michelle Prasad

Imran Wadia

Sport brings us together



TRE LOPUSHINSKY
Sports Co-Editor

Sports can bring people together. It can mend relationships that have been broken or forgotten. It can simply create memories.

Connor is a friend of mine from the radio program at NAIT. I've developed a strong relationship with him over the course of a year. Playing Madden, being on the same softball team, we've built a stellar friendship and having sports in common has contributed to that. Not all relationships have such a typical happy story.

I spent 25 years of my life without a father. Last summer we started developing a relationship after I reached out to him. The biggest thing that we have in common is sports. A couple weeks ago he bought me a ticket to Vancouver to watch the international rugby tournament. I knew nothing about rugby. I'd never seen a game in my life. I watched and I listened. He loves this sport as much as I love basketball. It brought us closer. It was cool to see how passionate he was about this sport and to know we had so much in common.

My father recently told me a story of how he almost died. Two years ago he was put on a "death list" with an aortic valve that was so weak doctors gave him a year and told him to bring in people to say goodbye. I was not one of those people. Based on the relationship my mother and father

had, he didn't know for sure if I was his son until he saw me last summer – we look exactly alike. When he told me this, my stomach stirred. I would have never known who he was.

I almost lost someone who should be important in my life. The truth is, if he left it wouldn't affect me as much as him being there my entire life. I couldn't imagine this pain.

Jenna is another friend of mine from the Radio and TV program and she loves hockey and that love became synonymous with tragedy. Jenna and her father James bonded through sports her entire life. James passed away two years ago and was found over his hockey bag after playing.

"That is the way I think he would have wanted to go," said Jenna, reminiscing.

Before his passing, Jenna's father wanted to take his daughters to the

women's FIFA soccer tournament coming to Edmonton. James' employer ended up buying the whole family tickets to watch the game because that's what he'd want his daughters to do. "We taped our dad's ticket to an empty chair and called it the last date with our dad," she said.

Watching a sport could have led to heartbreak thinking of her father, but it didn't. Instead, it reminds her of a passionate loved one. She carries on the love of sports through the memory of her father.

Relationships develop and end in so many different ways but we carry on these memories through our lifetime, which often can connect back to sports. It is important because it affects us in many ways we don't even realize. Sports unifies and strengthens relationships. You can pinpoint a moment involving sports with a friend, family, love or heartache.

HOCKEY

Reaching for their goals

By **PETER GO**

The NAIT Ooks men's and women's hockey teams have had outstanding seasons. Both squads aspired to take home a championship this year. The teams' two points leaders, Jake Mykitiuk and Kendra Hanson, participated in that hunt.

Mykitiuk, a five-foot-seven, second year forward from St. Albert, started playing hockey when he was three years old. In his first season with the Ooks, he scored 10 goals and had 21 assists for 31 points.

"Last year, I had a little more responsibility for a first-year," says Mykitiuk. "I was just trying to do my job and it worked out."

Playing more minutes has contributed to his increased production in this, his second season. Mykitiuk has only played one more game than last year and has recorded 15 goals and 27 assists for 42 points.

One of the reasons he believes his production has been better is the team chemistry.

"The closer you are with your teammates and the more you're hanging out off the ice or joking around on the ice, I think that helps with your team chemistry."

With his skill set, Mykitiuk has been able to play in the AJHL and WHL before coming to NAIT. The experience has been valuable to his growth as a player.

"You learn some things and carry it forward," said Mykitiuk, in reference to his time in the WHL.

"That league is a grind. You take 20-hour bus rides. It really shapes up your mental [strength] a little bit," continues Mykitiuk. "You have to be mentally in it to

be in the season for that long."

Kendra Hanson, from Thompson, Manitoba, is in her third year at NAIT. She scored 13 goals on just 16 shots during the season and had 13 assists. Hanson doesn't feel like she's done anything different this season, despite her increased points from last year.

"I'm not focused on points. When the

points come, they come when I'm having fun. I perform the best when I'm having fun," said Hanson.

She credits her success to one specific teammate: Verca Kuzelova.

"We just really generated off each other, whether it was a goal or an assist. She has a high hockey IQ and we see the smallest things on the ice that most players

don't see."

Both Mykitiuk and Hanson have been extremely successful playing at a high level on the Ooks teams.

The ladies were shown an early exit during the ACAC playoffs. Last week, the men lost a three-game championship series to the Grant MacEwan Griffins. For that story, see page 11.



Jake Mykitiuk and Kendra Hanson

Photo by Brittania Longley

WOMEN'S BASKETBALL

It's time to move on ...

By **TEAGAN GISELBRECHT**

You don't know how good you've got it until it's gone. There are things in our lives that are so good, it's sometimes hard to say good-bye. Saying good-bye to something or someone that provided you with amazing experiences and amazing memories can strengthen you as a person. NAIT student athletes have been going through this particular situation for years as they look back fondly on their time spent in college.

Women's basketball players Kika Greenlee and Katie Waring spoke recently about their time at NAIT.

When asked how they heard about NAIT, Greenlee replied, "I actually went to Fort McMurray. I went to Keyano so I played against NAIT. I just knew of them from playing in the ACAC."

Waring said she "actually played at a few schools before coming to NAIT. My best friend knew Todd [coach Warnick] quite well from when she was younger. We played together at Mount Royal and then he wanted her to come play for him ... and he came and talked to me and that was kind of the start of everything."

The NAIT women's team finished the 2018 regular season with a record of 15-9. They possessed an 11-1 home record with a

4-8 away record, granting them the fourth seed in the ACAC North Division.

When asked what was the atmosphere at NAIT for her one year, Greenlee said, "It was amazing. It was everything I thought I was missing from all the previous colleges that I attended before. I was wondering what took me so long to get there."

When Waring was asked why she thought her team didn't play so well in away games during the regular season, she said: "It's different playing on the road. Some gyms are a little bit hostile and you're shooting in a different gym that you might have shot in before, (and) every rim is a little bit different, I think. But it was more of a mental thing than anything else."

When asked if the coaches were serious, strict or somewhat reasonable, Greenlee said "they're all of these things. They're serious when they need to be, they're strict when they need to be and they're fun and reasonable when they should be. It's like a family aspect. They're mad at you when they should be and they praise you when they should as well. All love from all the coaches; they all put their all into it."

When asked what's the most memorable practice she's had here, Waring said, "the one that probably stands out the most

would be our first practice right before nationals last year."

The team was "just gearing up, getting ready to host nationals. It was just super exciting and you could tell that everybody was focused and ready to go."

This year's Alberta Colleges Athletic Conference Women's Basketball Championship was held at SAIT in Calgary from March 1-3.

NAIT lost its first game to SAIT 68-65, won the next over Concordia 72-65 and lost their last bout to Olds 78-54.

Waring said the playoff result was "a little disappointing. Just the fact that we have won both of the games (against SAIT) going in so we were feeling decently confident but unfortunately we were playing them in their home gym. Their shots were falling and ours just weren't and I think by the third game we were pretty tired and we were just going out there mostly just to finish the season on a high note."

What's the best part of their games, Greenlee said, "My ability to get to the basket. I just think it's just something that's going to happen when I get the ball so I think it's the strongest part of my game."

Waring said, "I think that I see the floor pretty well. As a point guard that's just

kind of what you're taught to do. Mostly just to pass the ball so I think that's probably one of the highlights of what I do.

Greenlee said her biggest inspiration has been her mother.

Waring isn't able to pin down her biggest inspiration. "Well, of course, families always were a big one. They've always been there always pushing me to do better so I always wanted to make them proud. I've had some amazing coaches when I was younger that really helped me keep going and helped me find the love for the game. Teammates along the way. I can't really pin point one solo inspiration for you."

When they were asked what they planned to do after NAIT, Greenlee says she wants to take a couple of summer courses at NAIT and would like to investigate playing basketball overseas.

"It would just be nice to do it all over again somewhere new again. I think it would be fun and a really cool experience."

Waring said she still has one more year of school and plans to "take a little bit of a break from the sport and focus on other things. Just stay active and then maybe I'll find my way back into the sport at some point."

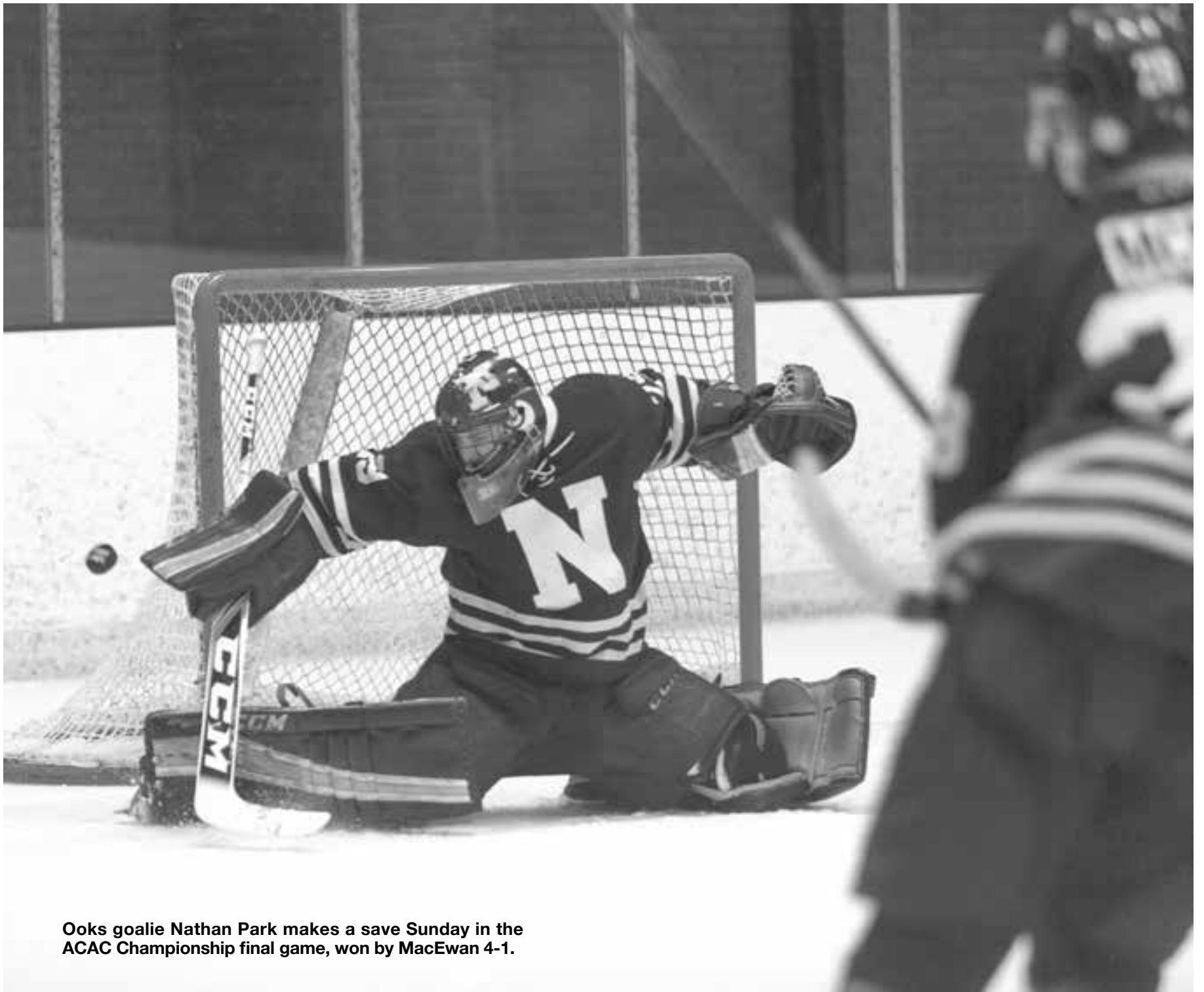


NAIT Athletics



NAIT Athletics

Kika Greenlee, above and Katie Waring, right, in action against Lakeland College.



Ooks goalie Nathan Park makes a save Sunday in the ACAC Championship final game, won by MacEwan 4-1.

Photo by Madeline Gauthier

MEN'S HOCKEY

So close ... once again

By **CONNER TOFFAN**
Sports Co-Editor

The mens Ooks hockey team has seen another strong season come to a disappointing close after losing 4-1 in a do-or-die Game 3 final playoff to the MacEwan Griffins last Sunday in the ACAC championships. Griffins goaltender Marc-Olivier Daigle was voted playoff MVP for his stellar play.

In Game 1 on Friday night at NAIT, the Ooks were dominated by the Griffins, losing 7-3. The second period saw the Griffins outscore the Ooks 4-1, with Ooks goaltender Nathan Park getting pulled. This put the Ooks in a must-win position for Game 2 of the three-game series.

The Ooks were able to bounce back in the second game, winning 3-2 at MacEwan

and forcing a decisive Game 3. The Ooks controlled the second period in that contest, scoring three to make the game 3-0 heading into the third. The Griffins stormed back in the third, scoring two goals before the half-way mark of the third period, but it wasn't enough as the Ooks held strong to close the game. Park was able to bounce back in this game, stopping 34 of 36 shots.

In Game 3 at NAIT, both teams seemed to struggle moving the puck early on and weren't able to apply much sustained pressure, but MacEwan forward Ryan Baskerville was able to put the first goal on the board with just over eight minutes left in the first. Four minutes into the second period, Ooks forward Jordan Davies was able to tie the game up at one. The Ooks and Griffins played a tight game until near the

end of the second period, when Baskerville was able to score once again as time wound down in the frame. The Griffins held a 2-1 lead heading into the third period. With 12 minutes remaining, the Ooks grew hungry for the tying goal but Jake Mykitiuk was called for high-sticking, which put the momentum back into MacEwan's hands. On the ensuing power play, forward Brett Smith scored to make it 3-1 for the Griffins. Once the game finally seemed to be in the Griffins hands, defenceman Stefan Danielson took a slashing penalty to put the Ooks on the power play with 10 minutes left. This power play however, was short lived, as Ooks forward Thomas Foster was called for boarding only nine seconds into the crucial man advantage. During the four-on-four, the Ooks were able to pressure Mac-

Ewan, but any time it looked like the Ooks were about to score, Griffins' goaltender Marc-Olivier Daigle was able to make a key save, crushing any momentum the Ooks had developed.

With the Ooks goalie pulled, Griffins forward Ryan Benn was able to seal the championship for his team, scoring his second goal of the series and making it a 4-1 victory. Daigle was able to stop all but one of the Ooks' 40 shots en route to being named playoff MVP, following his successful season where he was named the ACAC's top goaltender.

The series played out a similar narrative to last year's ACAC championship, with the away team winning all three games, with the Griffins ultimate coming out on top in each year.

ENTERTAINMENT

Real freedom is no labels



By **STEVEN SMITH**
Entertainment Co-Editor

I don't know a lot about the struggles of LGBTQ2+ individuals. I just know that Pride week is fun and drag is amazing. But I live with a bisexual woman who had issues with not just society but even the LGBTQ2+ community. After discussing it with other friends who have struggled the same way, I knew that this was a story that needs to be talked about.

I asked her to write about her struggles with being a bisexual in today's age of freedom:

Pepsi or Coke. Chocolate or Vanilla. Women or Men.

It is unfortunate that society only thinks that two of the three of these can be answered with both. You can love chocolate and still think vanilla is still pretty good. When asked Coke or Pepsi, you might prefer Coke, but are OK with Pepsi. However, if you say that you like women and men, then something is obviously amiss.

I realized I was bisexual when I was about 13 and found that I had the same crush on Laura that I did on Joel. I knew my mum was LGBTQ2+ positive so I thought it was okay to tell her I am Bi. She told me it was just a phase. Over 17 years later I am still in that phase. At first I thought that maybe she just wasn't

as OK with the gay community as she said. Then I got older and started making more and more friends who were also part of that gay community and I got the same negative attitude.

I've heard that I should pick a side, or that my attraction to both was attention seeking. Maybe I was too scared to admit I was really a lesbian. All this from a community that is still trying to be accepted globally as just the people they are. The LGBTQ2+ community has made leaps and bounds over recent years, but bisexuals still get discriminated for choosing both.

At this point, there are so many labels. Bisexual. Pansexual. Asexual. Gay. Lesbian. Two-Spirited. Transgender. It is too much. It puts you into a stereotypical box that predetermines people's views of you.

Now when asked what my orienta-

tion is, I say Kris.

Romantic orientation? Kris.

Sexually orientation? Kris.

Gender Identity? Kris.

Sexual Preference? Kris.

There are a lot of young people who are starting to realize that the content of a person's pants doesn't matter to them. I would like to think that as they come into their own, in this new age of freedoms they don't have to worry about negative and outdated assumptions.

People should understand that you can have all the Neapolitan flavours. You should be able to look at Tom Hiddleston and Emma Watson and say, "Both? Both. Both is good." The LGBTQ2+ community should stand for accepting people for who they are, not what they are.

—Kris Boulton

Help – coffee is taking over



By **ALAN HOLMES**
Entertainment Co-Editor

Coffee is becoming my lifeblood.

When I was a young warthog, I told myself I would never drink coffee. I saw so many adults, everyone from teachers, my dad, random people I'd see around town, basically addicted to the stuff. They always had it sewed to their hand, with them wherever they went.

I forget when I first tried it. All I remember is that I was revolted. It was this bitter, disgusting mug of black, hot water. Why on earth would anyone drink such swill? Whose idea was this? Were they insane?

Then I got older (as one does) and for whatever reason, it started to seem less gross. Almost tempting. Tantalizing even. But no, I was still firm that I wouldn't be one of those adults addicted to the stuff.

Here we are today. I can barely

get through the day without a cup of Joe. I hate him. I want to break up with him, but I can't live without the stupid bastard. I don't even know how it happened. Why would I start drinking something I thought was gross? Don't remember. Why did it grow on me? Who knows? Yet now, if I could stick an IV into my arm with a constant stream of caffeine, I think I'd be happy. Even now, as I write this, I found myself trying to stay awake, fighting off the tempting call from the kitchen counter.

"Coffee... coffee... You know you want to grind us. Filter us through water. Pour us into a mug and slip the mug between your lips for that first, perfect sip..."

Now, I am enslaved to the stuff. I'm always tired. If I'm not tired, then I'm overtired; which is really more hyper than awake anyway.

Where did it all go wrong?

To save my life, I can't force my brain to remember. Perhaps it's Stockholm syndrome? I've learned to love something I once hated. As much as I say I want him to let me go, I can't. I won't let him. Oh Joe. Fill my veins with your sweet nectar. I'm sure you'll be the death of me, but at least it'll be quite the ride.

I need help.



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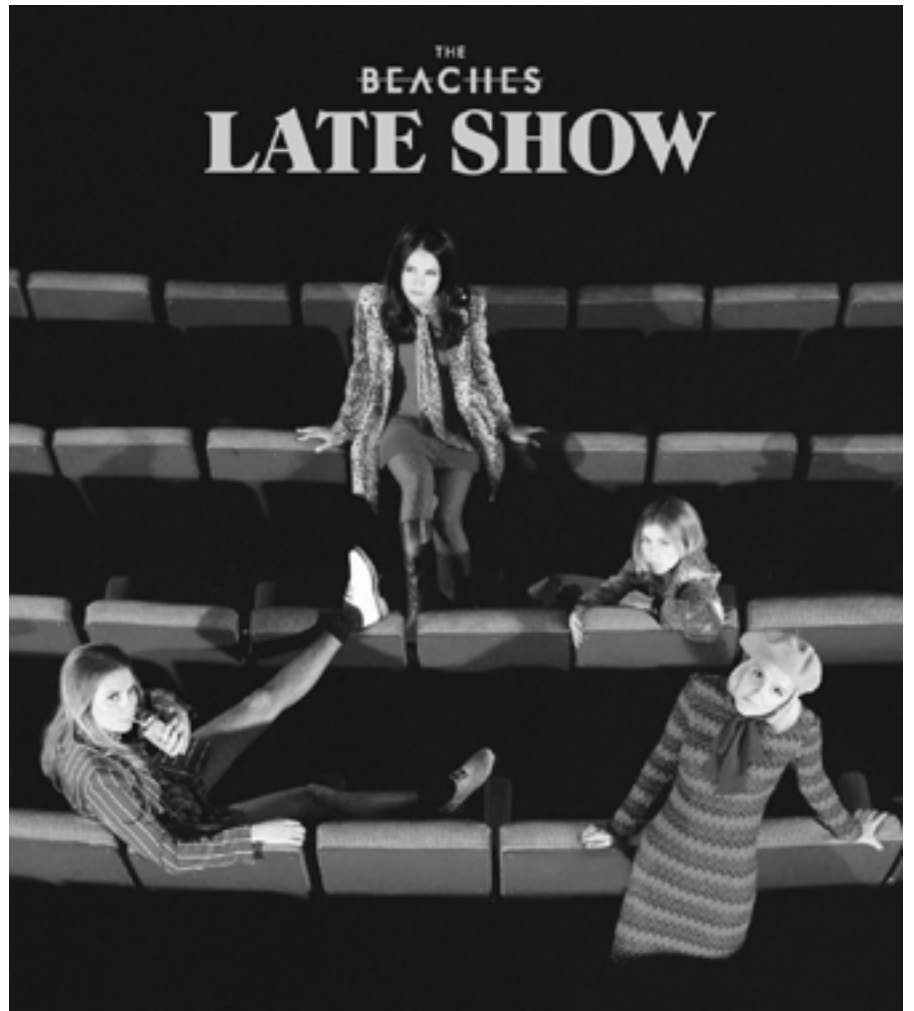
By NIKITA ELENIAK

In honour of women's month, this issue's playlist is dedicated to the powerful women of the music industry. From Debbie Harry to Joan Jett to Gwen Stefani, the women of the music history have produced hit after hit since the dawn of music itself. Give these tracks a listen in honour of all the phenomenal women in music.

Amazing songs by amazing women:

- One Way or Another – Blondie
- Late Show – The Beaches
- I Think I'm Paranoid – Garbage
- Heads Will Roll – Yeah Yeah Yeahs
- Would I Lie to You? – Eurythmics

- Fried My Little Brains – The Kills
- Hit Me With Your Best Shot – Pat Benatar
- I Love Rock and Roll – Joan Jett and the Blackhearts
- Cherry Bomb – Runaways
- Hall of Mirrors – the Distillers
- Go Your Own Way – Fleetwood Mac
- Hollaback Girl – Gwen Stefani
- Spiderwebs – No Doubt
- Barracuda – Heart
- Partner in Crime – Mobina Galore
- New Radio – Bikini Kill
- Liability – Lorde
- Wild Hearts Can't Be Broken – P!nk
- Habits (Stay High) – Tove Lo
- Smile More – Deap Vally



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VIDEO GAME REVIEW



Giant love letter to fans

By TRUMANN TU

From the minds of the BlazBlue and Guilty Gear fighting game franchises, comes this brand new title, based off the famous manga and anime series, *Dragon Ball*. *Dragon Ball FighterZ* (pronounced “Fighters”) is a three-on-three fighting game, much like *Marvel vs. Capcom 3*, released on PlayStation 4, Xbox One and PC. It’s been an anticipated game for not only *Dragon Ball* fans but for the fighting game community.

The first thing of note is its gameplay. All of these familiar characters have a specific design philosophy in mind. For example, Goku and Vegeta, the most popular characters, are easy to learn, jack-of-all trades. The other characters, however, have different properties. Another example is Yamcha. His attacks are fairly weak, with fairly high speed. First, this reflects his status in the series canon as one of the weaker fighters. However, this property allows him to build up the super meter very quickly for other characters who have more powerful super attacks to use. With the right team composition, a player can have all their bases covered. The real learning curve is knowing how each character works on the team, when to put them in the action or call for their assistance.

Fighting games usually don’t have the greatest stories, especially *Dragon Ball* fighting games, which usually fall into the pattern of rereading past events. This game’s story however, while not flawless, is quite good.

There are three different campaign paths to

work through. The first has the player going through the story with Goku and his friends, trying to stop the plans of the main villain, with the help of the player. The second has the player assist a group of villains, led by Frieza, a series staple antagonist. The final path actually details the main villain’s backstory and motivations. The villain in question is Android 21, a brand new character that was designed by the creator of the series for this game. Her voice acting is probably some of the best on display. The other characters are no slouches either, with almost every interaction harkening back to the more comedic days of early *Dragon Ball*, enhanced by the superb voice acting.

While the story is quite enjoyable, playing through it is a bit of a hassle. You control your team in a board game-like setting, going from one fight to the next, until the player manages to defeat the required boss to proceed. Fighting the same enemy obstacles dozens of times can be a chore, not helped by the fact that nothing really changes among the three campaigns.

The final thing about this game that stands out is the absolutely stunning presentation. The graphics look just like the anime in motion, with bright vibrant colors and stellar animations that reference different points in *Dragon Ball* history.

In conclusion, I give this game a eight out of 10. It’s a great fighting game that appeals to both casual, and competitive players. It’s a giant love letter to the franchise and its fans.

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THROWBACK THURSDAY

Winnie the Pooh revisited

By TRUMANN TU

With the recent release of the teaser trailer for the *Christopher Robin* movie, out Aug. 3, we're dedicating this throwback to one of the first stories our favourite bear got involved in – *Winnie the Pooh and the Honey Tree*. But for this retrospective, we'll be focusing on a different re-telling of this tale; the animated storybook PC game.

Released in the summer of 1995 for Windows and Mac computers, this game was a collaboration between Media Station Inc. and Disney, in which they aimed to replicate the animated short to a video game. In fact, this game (and many others in the animated storybook series of games), were worked on by animators who had worked on previous Disney properties.

A lot of the production involved composing different music tracks and voice recordings specifically for this game. This is evident in that the voice cast is the same as from the on-going *The New Adventures of Winnie the*

Pooh animated series. There are songs from the original short that make their way into this game but they've all been re-recorded using the newer voice cast. Despite the changes, it still feels like the cartoon we watched back then.

The game itself has two modes – one where someone can just watch as the narrator tells the story, without any interaction from the player, just like a movie and the second mode, called “play and read.” This mode has always been my favourite. While the scene is read to the player, it then stops on that scene. At that point, the player can poke around at almost everything on the screen. It can be a honey pot, where some bees may fly out of or an alarm clock, which can actually startle a character on-screen. Some of these interactions are funny, some are odd and others are out-of-place at times. For example, clicking on a hairbrush and comb will animate them to start dancing. It's weird, but this was one of the simple joys of this game, finding

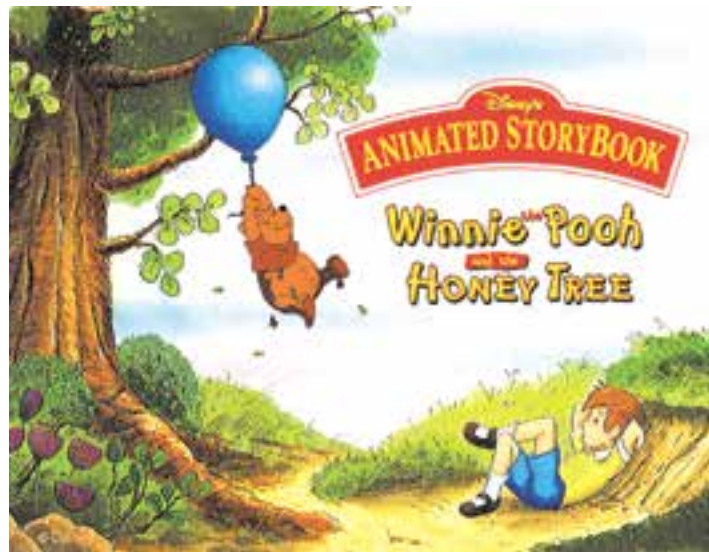
every little thing that the player can interact with.

There are also little segments outside of the scene that can be found in the corners, indicated by music sheets or a toy box. The music sheets will take the player to a brief musical segment, where a song will play from the corresponding scene. For example, once the story gets to the portion where Pooh tries getting to the bees

honey with a balloon, the “I’m a Little Black Raincloud” song will play. These songs will have subtitles but still incorporate images of the shorts in the background. Then there’s the toy box segments, which are a couple of fun little mini-games. One involves helping Rabbit clean up the house in a game of matching objects to silhouettes, another has Roo catching butterflies. They’re really

simple games that any kid can get ahold of.

All of these things, from the story segments to the mini-games, are meant to be a learning experience for kids. I remember spending an hour or so trying to play this game back when I was a kid. That said, it's going to be a hard time to find these games now, considering they were only released physically and CD-ROMs for this game are so rare. Games like these can only be installed with a disc in the drive, so most third-party installers won't work. It doesn't help that Media Station Inc. dissolved back in 2004, so any chance of the source code for this game being available for porting is lost. A real shame, considering that with all of the interactive elements, it would have made for a great game for young kids to play on mobile devices. But if you're feeling nostalgic for our silly old bear, there are play-throughs of the game on YouTube that can give just about the same experience.



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Literary Corner

SHORT STORIES

And it Happened Again

By DJANVI CHRISTIAN

It was a dark Sunday evening where all living creatures outside look for a safe place to hide. The rain beat against the roof; you could hear the screaming noise of the rain from the inside.

There was Mario, standing in front of the clock, completely hypnotized, eyes rolling clockwise, sweating like a pig. His heart beat at one hundred and thirty beats per minute, as if he'd run a marathon before. One, two, three, four, five... each second seemed like an hour. His legs and hands were shaking, his body paralyzed by a calm yet stormy inner panic. He can't wait to end his shift.

Here we go, that last second appeared

like a blessing for him. People around saw just a flash going all over the place, then, after that, nothing. He was already out.

"No, no it can't be possible! Oh my dear God! If it happened again, I won't be able to handle it, I'll be in trouble."

Mario was thinking about what could have happened to Marco.

Just before he sat down in his old black car, before turning it on, his phone rang: a second call from Marco.

Mario was scared to answer the call, so he threw his brand-new phone aside, knocking it against the window. But that wasn't enough to stop Marco from calling for a third time. In a rush, Mario grabbed his phone, switched it off and drove his car

at breakneck speed, passing from a hundred then to a hundred and thirty kilometres, dangerously overtaking busses and cars on the highway.

At the same time, Mario questioned himself:

"What if it happened again? I know Marco's never called me this many times, only if he needed to."

After twenty minutes of fast and irresponsible driving, Mario arrived home at midnight. He quickly parked his car beside Marco's old red van. Each foot step felt heavier and heavier until he opened the door and got into the house. Then... complete silence, yet he felt a presence, as well as a poisonous smell

lingering all over the house.

Scared as death, he said: "Oh my Lord! I can't believe it happened again."

He ran into the bedrooms looking for Marco, but he was nowhere to be found. Then he heard Marco screamed.

"Maaariooo!! I swear I will...!"

Courageously, Mario ran around the place, kicking objects on his way to the washroom. He opened the door and was shocked by that terrible scene.

Marco was counting the flies around him, sitting down on the toilet with no toilet paper to wipe his butt. Then all he said to Marco was: "It happened again."

"You didn't replace the toilet paper in the washroom."

Old Friends

By ISAAC DYMOCK

With a heavy sigh Jeb Winterhammer plops himself down onto a lawn chair in his front yard. Next to him a second chair is occupied by his lifelong friend Tim Yellder and between the two of them a cooler packed with ice and beer sits lazily on the grass. Jeb extracts a cold bottle from the cooler and twists it open while clicking it against Tim's own beer. He takes a long quiet sip and rests his eyes on the horizon.

Beyond Jeb's 28 acres of recreational farmland a nasty black storm brews on the entire horizon. Its billowing dark clouds roll over the landscape while fingers of lightning and fire lick the ground with a strange earthly fury not seen in the super cells that normally track across the Great Plains. He winces as one of his neighbour's

houses, empty and safely evacuated, is swallowed by the wall of black rage and is torn to pieces by a maelstrom of wind and fire.

"Not much longer now, Tim. She'll come scrub my lands from the sweet black earth. And me with it." Jeb cradles his beer, looking wistfully at the storm.

Tim, an old Peacekeeper squadmate of Jeb's, chuckles, "And us with it." He takes a swig of his own beer. "I'll wager we won't feel a thing, eh Jeb?"

"Oh we'll feel it all right, a couple seconds before we're done. At least. Ah well, something to look forward to I guess." Jeb finishes his beer and tosses it behind him, it lands with a sharp crunch on the pile of bottles he's already finished. "Say, Tim. How's you kid and his wife doing? They settling fine into their new place?"

Tim looks sidelong over at Jeb, "Yeah, last I heard the Terra Ares settlement was doing fine. Nicholas got his position in their water treatment and purification dome, so he's got a good thing going for him. About time too. Jennah was getting antsy with him around the house all the time." He gives a hearty laugh and finishes off his own beer, but instead of throwing it he just lets it fall from his hand onto the grass and grabs another one.

"Nick found himself a good wife in Jennah, I'm happy our kids are getting along fine." Jeb grabs another beer and opens it, this time raising it to the storm which is halfway across his lands now. A hot wind is threatening to tear his roof of and pelting the two old friends with searing ash now, but that doesn't seem to bother Jeb in the least. "Though we did have a

fight before the telephones were cut out, Jennah wanted me to come to Mars and live with em."

"So, we both said no..." Tim looks side long at Jeb, "We're too old, I think. Those youngins should be fine without us..."

"120 and still kicking, guess we pushed our luck though. Like the rest of the planet, now good ol' Mother Earth is scrubbing us out." Jeb looks back to Tim and gives him a wink, "Ya know, this isn't so bad. A little hot though."

"I'm sure the summer rains will cool us down, Jeb, don't you worry."

Both of them share a hearty laugh and get up from their lawn chairs. They look over to the fields, now almost entirely engulfed in the wall of ash and fire, before leaning in to give each other a good hug before the end.

POETRY

What I remember is
You wore such small stains
They seemed so visible
You did so little, when we talked, you did
so little

It comforted me
Seeing the absent mind you carried to keep
you afloat
It allowed my intention to fail
I always wanted to tell you

How everything you felt was okay
Only while I fell backwards;
I always wanted to let you know,
It's normal to be so low
As long as I was above you

But it was okay as long as you went on.
But now all I want
Is for you to forget me,
And for you to be okay.

— By Emily Keller



NAITSA CAMPUS CLUBS CENTRE

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

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

LOCAL SOUND WAVE

Still going and growing

By SARAH FOX

Mike Plume is a Canadian singer song writer from Bonnyville, Alberta. His career began in 1985 at age 16 when he picked up a guitar for the first time.

“Up until the moment that I picked up a guitar, it had never crossed my mind to play the guitar. It was never something that when I was a kid I thought ‘oh I want to play the guitar.’ It had never crossed my mind.”

Like every teenager in the 1980s, Plume wanted to be in a long haired rock and roll band. He was as much into how the hair looked as he was into the music. But as much as Plume loved those rock bands, he couldn’t sing that kind of music with his voice or play the guitar like that and so he discovered the singer songwriter approach.

“Once you discover what you can’t do, that leaves what you can do.” That’s exactly how he did it.

Right after high school

His music career began right after high school. He toured for the next six years with three different bands while trying to find his sound. Once Plume found his sound, he released his first album called *Songs from a Northern Town*. After recording the album, the producers asked Plume what the band would be called. He jokes that he came up with the name Mike Plume Band, mostly because he couldn’t be fired from a group with his name on it. After the album was released the band began playing around 120 shows a year. Within the next two years, the group released another three albums and the band heard themselves on the radio for the first time. Plume says that hearing yourself on the radio feels exactly how you think it would.

“It’s just the craziest thing,” he said. “I was sitting in Haps Hungry House on Stony Plain Road having breakfast. I heard my song come on and I almost fell over. I couldn’t believe it. It was a great feeling.”

Sixth album

By 2001, the band had released their sixth album, *Fools for the Radio*. After that, the band went through a transition. Members Derek Mazurek and Dave Klym decided that they needed a break from being on the road, and they left the band. Plume and fourth member, Ernie Basiliadis, continued to tour. Plume’s schedule went from playing over 200 shows a year to 10 shows in five years so he could spend more time with his family.

Though he rolled back his touring schedule, Plume never stopped making music. He says that his songs are never written the same way twice.

“Sometimes it starts with a lyric, sometimes it starts with the music, sometimes it starts with a melody, sometimes it starts with a title, and sometimes it comes when you mishear something someone is saying. You just never know where it’ll come from.”

11 albums

And his music-making methods have worked for him through the years. He has released 11 albums and plans to release the twelfth between June and July of this year. He is also excited to announce that the original band, Ernie Basiliadis,



Photo By Gord Anderson

Mike Plume

Derek Mazurek and Dave Klym, are recording an album with him next year that has been years in the making.

Some highlights of his career through the years include the song “This is Our Home (8:30 Newfoundland)” from the album *8:30 Newfoundland* cracking the Top 20 on CMT and touring with many artists including Great Big Sea, The Dixie Chicks, Lynyrd Skynyrd and Tim McGraw. His music was also fea-

tured in the 2010 Vancouver Olympics and he performed at the celebration of the 1984 Edmonton Oilers at Rogers Place.

Today, Plume has started to pick up his touring schedule again and has just finished a tour with Corb Lund with many more tours planned in the near future (all of which you can find on mikeplume.com). Mike’s music can be found on iTunes and YouTube, so take a listen to this incredible Canadian artist.

UPCOMING CAMPUS CLUB EVENTS

MARCH 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|--|--|--|
| 25 | 26 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 27 | 28 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Horton's | 1 BIOSCI SPRING SEED SALE 9:30am-2:30pm, HP Centre 2nd Floor SOCAFIT: CARIBBEAN FITNESS DANCE CLASS 12:00pm-1:00pm, S112 | 2 ON CAMPUS GAMING EVENT 5:00pm-10:00pm, CAT 191 BIOSCI SPRING SEED SALE 9:30am-2:30pm, HP Centre 2nd Floor CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 3 |
| 4 | 5 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 6 | 7 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Horton's | 8 | 9 MECSA INDUSTRY NIGHT 5:00pm-9:00pm, Boston Pizza, 10854 82 Ave NW CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 10 |
| 11 | 12 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 13 MARCH MADNESS 11:00am-1:00pm, CAT Crossing | 14 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Horton's | 15 | 16 ON CAMPUS GAMING EVENT 5:00pm-10:00pm, CAT 191 CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 17 |
| 18 | 19 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 20 | 21 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 TALK TO A MUSLIM 2:00pm-4:00pm, CAT 2nd Floor by Tim Horton's | 22 | 23 CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 24 |
| 25 | 26 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 27 | 28 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 | 29 EASTER BEER GARDEN BY MLT 2019 & MECSA 4:00pm-8:00pm, Common Market | 30 Good Friday | 31 BOWL-A-RAMA 5:00pm-8:00pm, Plaza Bowl |

NAITSA CAMPUS CLUBS
CENTRE

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

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

UPCOMING CAMPUS CLUB EVENTS APRIL 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---------|---|----------|---|----------|
| 1 | 2 <i>Easter Monday</i> SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 3 | 4 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 COMFORT BOX 10:30am-1:30pm, CAT 202 | 5 | 6 CHINESE BIBLE STUDY FELLOWSHIP 5:30pm-8:30pm, E 221 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 7 |
| 8 | 9 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 10 | 11 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 | 12 | 13 SNAC ANIME CLUB ROOM 4:30pm-9:00pm, CAT 274 ON CAMPUS GAMING 5:00pm-10:00pm, CAT 191 | 14 |
| 15 | 16 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 17 | 18 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 THE MUSLIM VOICE 2:00pm-4:00pm, CAT 211 | 19 | 20 | 21 |
| 22 | 23 SMASH CLUB WEEKLIES 5:00pm-10:00pm, CAT Theatre | 24 | 25 GDD GAME NIGHT 3:15pm-10:30pm, J010 & J012 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

NAITSA **CAMPUS CLUBS CENTRE**

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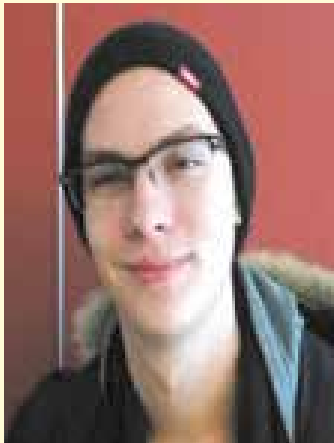
DJANVI
CHRISTIAN

“What is the best summer for you?”



“The best summer for me is when I go on a road trip with my family.”

Karen



“The best summer for me will be like spending time with my family and friends Also, get a good job and make some money.”

Igor



“The best summer is when I go to the lake, do skateboarding and water skating. Also, when I have time to travel.”

Logan



“The best summer to me is when I can watch movies, hang out with friends and go to some conventions.”

Johnny



“The best summer for me is when I travel around with my family.”

Quy



NAIT STUDENTS' ASSOCIATION

 NAIT STUDENTS ASSOCIATION

 NAITSA

 YOURNAITSA

 NAITSTUDENTS

 NAITSA

 NAITPLAN

THE NEST TAPHOUSE & GRILL

 THENESTTG

 THENESTTG



**STUDENTS:
WE ARE
HIRING**

**ARE YOU
A NAIT
STUDENT
RETURNING
IN FALL
2018?**

**WE ARE LOOKING FOR A
HEALTH & DENTAL PLAN OFFICE ASSISTANT**

**WOULD YOU ENJOY WORKING FACE TO FACE WITH STUDENTS?
THIS PART TIME POSITION ASSISTS STUDENTS WITH OPTING OUT OF
THE HEALTH & DENTAL PLAN AND PROVIDE INFORMATION ABOUT PLAN
COVERAGE & ELIGIBILITY. FLEXIBLE MIDDAY HOURS AUG - SEPT 2018**

MICROWAVE CLEANER

**WE ARE HIRING TWO MICROWAVE CLEANERS FOR 1 DAY PER WEEK FROM
SEPTEMBER – APRIL. GREAT PAY AND FLEXIBLE HOURS.**

FRONT DESK ASSISTANTS

**SHIFTS AVAILABLE MON - THURS OVER THE LUNCH HOUR
RECEPTION DUTIES INCLUDE ANSWERING THE PHONE, FAXING, TICKET
SALES & GIVING DIRECTIONS
TILL OR CASH EXPERIENCE, THE ABILITY TO MULTI-TASK, STRONG
COMMUNICATION SKILLS & ATTENTION TO DETAILS**

APPLY ONLINE AT NAITSA.CA NO LATER THAN APRIL 16

UPass

Universal Transit Pass

***THERE IS NO
SPRING/SUMMER
U-PASS***



naitstudents



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yourNAITSA



naitsa.ca



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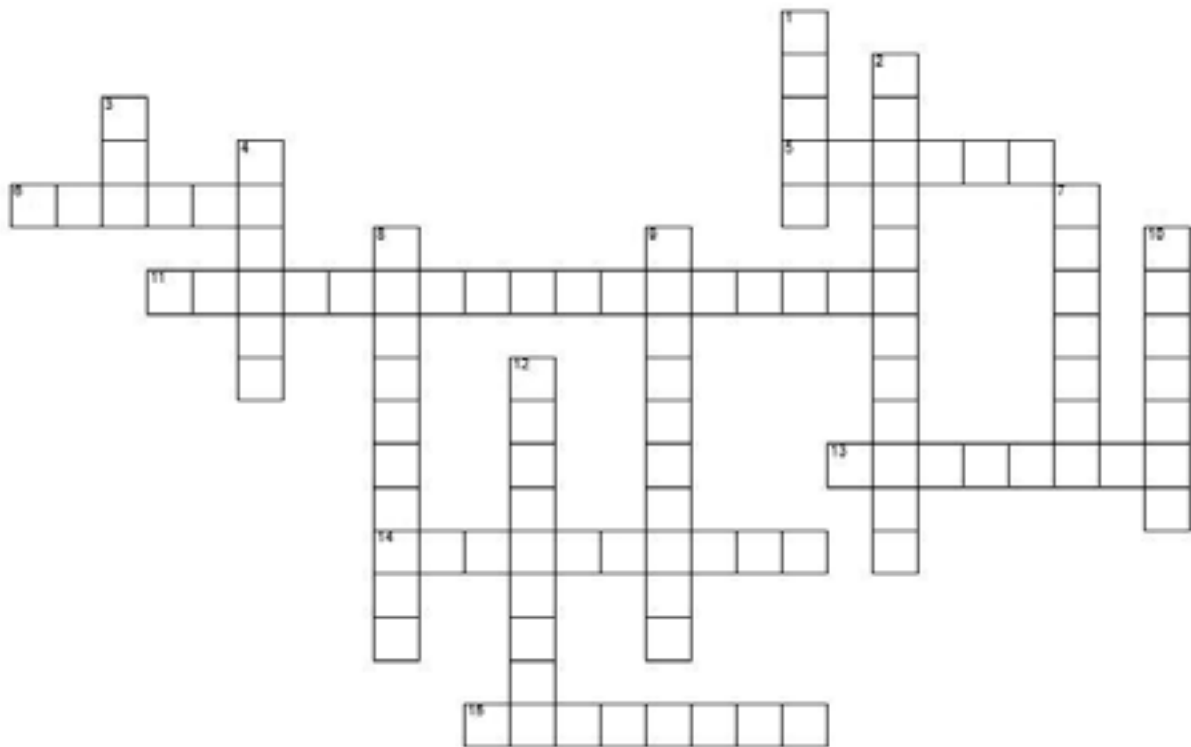


rm e-131

CROSSWORD

- ACROSS**
5. A stalk-plant; a panda's primary food source.
6. A creamy substance, often served for breakfast, or for dessert in frozen form.
11. A popular actress and film star. Her first name is also a shade of red.
13. The trunk is in the front of this animal.
14. Continuing or resembling something from the past. Old fashioned.
15. A) Taylor Swift's latest single.
B) Easily broken or damaged.

- DOWN**
1. Large sized.
2. Edmonton's stadium.
3. An outer casing, surrounding a fetus or yolk.
4. The capital of Canada.
7. A fictional African nation found in the Marvel Comics universe.
8. An impish creature from Irish folklore; hides a pot of gold at the end of the rainbow.
9. Sport – the ball cannot be carried.



10. Your genetic makeup comes from these people.
12. Northern Alberta _____ of Technology.

Results page 24

Who are you gonna call?

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

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

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

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

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

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

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

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

NAIT Security – 780-471-7477

Ombudsperson – Conflict resolution,

concerns about unfair treatment, 780-491-1305, Room O-117

Program Concerns – Program Chair or Program Adviser

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

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

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

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

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

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

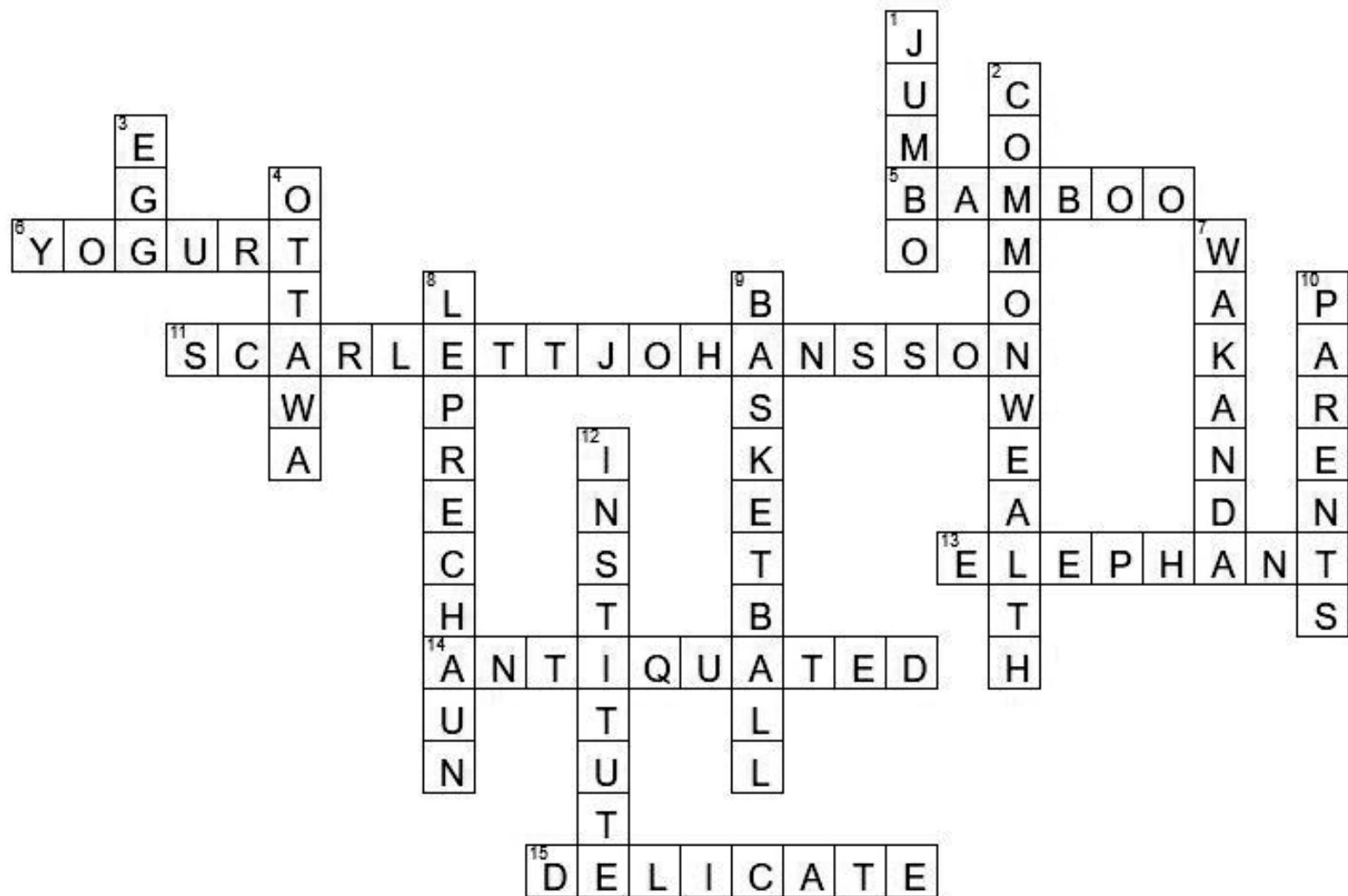
Violent or potentially violent behaviour or extreme medical emergency – Security, 780-471-7477), 911 or the Police Complaint Line, 780-423-4567, if appropriate.

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?



| BUILDING | ROOM | QUANTITY |
|---|-------------|----------|
| CAT - Near the Vending Machines | CAT 130 | 4 |
| CAT - In the Square | CAT 172 | 2 |
| CAT - NAITSA Student Lounge | CAT 200 | 6 |
| CAT - Near the Vending Machines | CAT 266 | 4 |
| CAT - Near the Vending Machines | CAT 320 | 4 |
| CAT - Near the Vending Machines | CAT 415 | 4 |
| F-Wing - 2nd Floor Student Lounge | FOX 1 | 1 |
| G-Wing - 2nd Floor Student Lounge | G 204 | 2 |
| H-Wing - 2nd Floor Student Lounge | H 204 | 2 |
| Heavy Equipment Technology Building | HET 115 | 5 |
| J-Wing - 2nd Floor Student Lounge | J 204 | 2 |
| Common Market - Seating Area | O 126 | 4 |
| North Lobby | O 1X3 | 6 |
| NAITrium Student Lounge | H 104/J 104 | 14 |
| Learning Resources Centre/Fresh Express | U 116 | 4 |
| Industrial tech Building | V 121 | 1 |
| HP Centre/Bytes | W 103 | 4 |
| South Learning Centre | X 224 | 2 |
| Spartan Centre - Embers | Y 1X5 | 7 |
| Crane & Holst Campus | CH 103 | 2 |
| Souch Campus | Z 155 | 6 |
| Patricia Campus | P 126 | 5 |
| Insulator Campus | RH 107 | 1 |
| Parkwest Building 1 | RP 1119 | 6 |

CROSSWORD RESULTS



NEST TAPHOUSE GRILL WEEKLY SPECIALS

FOOD SPECIALS

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

TUESDAY | \$1.00 off 8" Signature Pizza

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

THURSDAY* | \$7.00 Fusion Perogies

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

DRINK SPECIALS

DAILY \$4.50 BRO-tini

MONDAY | \$5.00 Off Bottle Wine

TUESDAY | \$5.00 1oz Crushed Ice Cocktails

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

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

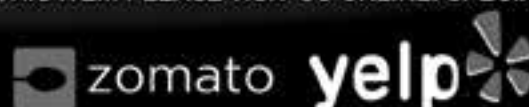
FRIDAY | \$4.50 Domestic Bottles

FOR CURRENT HOURS PLEASE VISIT US ONLINE AT NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. MUST BE OF LEGAL DRINKING AGE TO PURCHASE ALCOHOL. VALID ID REQUIRED. PLEASE DRINK RESPONSIBLY. *FOR MORE DETAIL ABOUT THIS ITEM PLEASE VISIT US ONLINE. SPECIALS ARE DINE IN ONLY.



REVIEW US ON:



What do women really want?

By NIKITA ELENIAK

Note: This article is intended as satire and should not be taken seriously on any account.

Women are confusing. How are men supposed to know what we really want when we're constantly having mood swings and never say what we really mean? Here's a quick list to help you understand what women really want.

Flowers and chocolate

Is she mad and you just don't know why? She probably just wants flowers and chocolate. This is a regular gift women need in order to control their wild feminine willies and keep them happy.

Makeup

Women have an primal urge to coat themselves in layers of face paint in attempts to attract a mate. Men claim to not like women who wear a lot of makeup, but the reality is women have been bred to use makeup as a mating technique for centuries.

Men who sit on the couch and do nothing

Women don't want a man who cooks, cleans or helps out around the house. No, women want a man who sits on his ass all day and watches television while his wife does everything around the house.

To make less money than their equal men counterparts

Women do not want to be paid equal to men for the same amount of work in the same position. Nope. Not at all.

To be terrified of being alone at night, in bars, in dark alleys

What woman wouldn't want to feel obligated to cover her drink with her hand in the bar to make sure nothing is put in it, or have their friends watch it when they go to the bathroom? Why wouldn't we want to feel the need to call someone when riding alone in a cab or Uber, or text a friend information about the new date they're meeting ... just in case. It all sounds like a great time.

March is Women's History Month, but that doesn't mean we can't continue to make history. It's 2018, these things shouldn't be an issue anymore.



By Nikita Eleniak

The Service Hub also provides...



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible students facing unforeseen financial emergencies may qualify for a short term loan from the NAIT Students' Association. Our ESTL program is for unforeseen financial emergencies, therefore we cannot lend for planned expenses like rent or utilities. We are also not able to lend towards NAIT tuition, fees, textbooks or other foreseen school related expenses. For more information, come in to the NAITSA Service Hub or contact:

e: estl@nait.ca
p: 780.471.7730

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at nait.ca/food-centre.

Contact us for more information:

e: foodcentre@nait.ca
p: 780.491.3966
w: nait.ca/food-centre

Sleep – get it for success



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

We know a) that sleep is the most important thing we can do for mental and physical health, and good school/work performance, and b) that most of us don't get nearly enough. While you sleep:

- Your brain recharges
- Your cells repair
- Your body releases important hormones
- You recuperate both physically and mentally
- Your immune system rejuvenates
- You may process emotional issues that occurred during the day

Sleep deprivation affects:

- Your energy level, your ability to focus, your ability to concentrate and learn, your decision making and critical thinking skills, your judgement, your reaction time and even your visual alertness – in short your overall academic performance.
- Your mood. Depression and irritability increase, and ability to handle stress decreases.
- Your appetite (which increases and can therefore cause weight gain) and your sex drive (which decreases).
- The Incidences of motor vehicle acci-

dents due to decreased focus and alertness.

In addition:

- Chronic sleep deprivation may contribute to diseases such as diabetes, high blood pressure, heart disease and mental health problems, as well as lowered immunity to colds and flus.
- Sleeping less than seven hours each night reduces your life expectancy.

Are you sleep deprived? If any of the following are true, you may be sleep-deprived: your alarm clock wakes you up, you have trouble getting out of bed in the morning, you fall asleep in five or less minutes at night (the ideal is 10-15 minutes to fall asleep which means you are still tired enough to sleep well, but not exhausted), you nod off during the day and/or you need coffee or energy drinks to keep you alert.

The optimal amount of sleep time for college-aged students is eight to nine hours per night. Students are often sleep deprived and unfortunately, over time, this begins to feel normal. Some research shows that the most restorative sleep occurs between 10 – 12 p.m.

How to improve your sleep

- As much as possible, have regular sleep and waking hours. A regular eating routine is also beneficial for good sleep.
- Have a consistent sleep environment free of distractions. Ideally your bedroom should not be used for anything except sleep.
- Your bedroom should be cool and dark at nighttime, and your bed should be comfortable and supportive.
- Keeping your sleep environment clutter free and removing study materials from sight can be helpful. If you do study in your bedroom try to tidy your desk before you go to bed.

- The light emitted from electronic devices, including LED lighting on alarm clocks, can affect sleep. If you use an LED alarm clock try and point it away from you.

- Develop a regular bed-time routine. Including something relaxing such as reading a novel, listening to music, a warm bath, or meditation can improve your sleep quality. Writing down 3 things you are grateful for right before you go to bed reduces depression and stress, and can improve sleep.

- Avoid your computer for at least two hours before bed. The light from computers mimics daylight and triggers your brain to become alert. Ideally you should avoid watching television one hour before bed as well. Use blue-blocking glasses or blue light reduction apps if you cannot avoid electronics before bed. If you wake up during the night computer usage close to bed-time may be the cause.

- Stop eating about three hours before going to bed. Eating too close to bed-time interferes with the release of melatonin which is important for sleep. However some people find a high protein snack, such as a small handful of almonds before bed, helps them sleep.

- Avoid overuse of caffeine. Caffeine remains in the system for six to eight hours so avoiding caffeinated foods and beverages after lunch can be beneficial.

- A regular exercise routine can help reduce cortisol, a stress chemical that interferes with sleep. Thirty second bursts of intense exercise several times a day can also reduce cortisol levels. Avoid intense exercise within two hours of bedtime.

- The optimal time to study is between 6-8 p.m. For most people the brain is most alert during those hours. Finish study-

ing at least one hour before going to bed. This gives your brain time to organize the material and to relax and wind down before you sleep. Early afternoons are usually the time of least alertness.

- Plan ahead. Have your school materials packed, your clothes laid out, your food ready to grab and your keys visible the night before so you can sleep without worrying, and start the day in a relaxed state.

- Have a realistic study plan and stick with it. Knowing that you have a plan and are doing the best you can will alleviate some of the stress that interferes with sleep.

For problems with sleep, stress or any other personal concerns see a counsellor at NAIT Student Counselling. Counselling is free to registered NAIT students and is completely confidential.

If you would like further assistance book an appointment:

Counselling is free to registered NAIT students and is completely confidential.

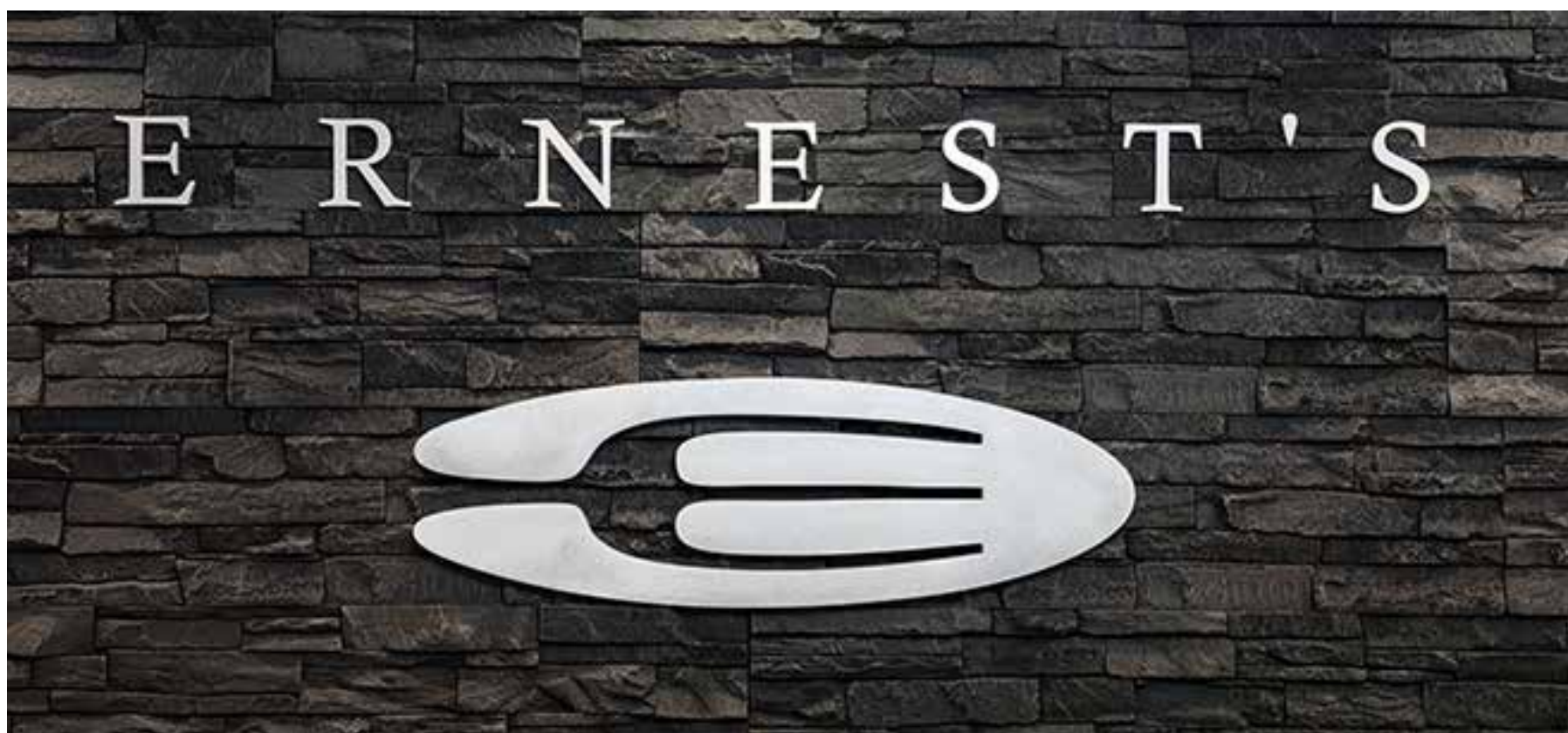
Counsellors at Student Counselling can help you work towards healthier habits. Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus: Room W111-PB 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.

Expanded hours:

Souh Campus: Counsellor available Wednesdays and Thursdays. Book by calling 780-378-6133 or in person in Room Z-153

Patricia Campus: Counsellor available Mondays and Tuesdays. Book by calling 780-378-6133.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 15-21

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

Aquarius (Jan. 20-Feb. 18)

You've had a great sense of humour lately, keep it up! Even if it seems silly, you'll have people laughing. Start a conversation with someone who is interested in talking with you and be open. You never know what might happen.

Pisces (Feb. 19-March 20)

You're going to collect a lot of negative energy. Go home, crank up

the tunes and dance. Forget about all of that. Just get yourself ready for the next day.

Aries (March 21-April 19)

Now is not the time to make any promises about the future. Only consider what you're able to do in the moment. Don't get involved in any kind of "schemes" and don't go on a tirade about failed schemes. Let yourself be funny, and it will help a lot with social situations.

Taurus (April 20-May 20)

You'll find yourself being way more honest than usual. This could be good, but it could also be bad. You might just find yourself back pedaling to try and get out of it. Be very careful about what you say because it will be used against you.

Gemini (May 22-June 21)

You can try and change the subject all you want, but someone is going to catch on. Eventually you're going to need to explain yourself. It might better to try and save that for

your best days, like April 4 and 5.

Cancer (June 22-July 22)

Try not to take everything in the worst way possible. Especially when it comes to family. You're going to have some rough conversations if you're too serious. Just try to take anything you hear with a grain of salt.

Leo (July 23-Aug. 22)

You're going to have some great days for assignments and exams at the end of March. But socially you'll need to be wary. Don't bother buying things for people who aren't your friends. They're not going to stick around.

Virgo (Aug. 23-Sept. 22)

There are definitely going to be some very loose plans with no real details, but don't sweat it. Things are going to work out. You're going to ask just the right questions, and get exactly what you need.

Libra (Sept. 23-Oct. 22)

There will be rough seas ahead. You're going to struggle to get some sort of harmony or balance. There

are going to be challenges from every angle. You might see it as bad and it's going to be difficult, but stay positive. Try to be active, not re-active.

Scorpio (Oct. 23-Nov. 21)

Things are not as bad as they seem to be. Find some people that joke around and make you laugh. That's what's important right now. Being around light-hearted people and staying positive.

Sagittarius (Nov. 22-Dec. 21)

Be careful about saying things you're able to help with or be generous about, because you're probably going to change your mind. Try to position yourself as more of an observer and enjoy the moment. Offer help when you can.

Capricorn (Dec. 22-Jan. 19)

Try not to be too sensitive. It might seem like other people have the upper hand, but it's just you. Try to loosen up and be positive around other people. They'll help you if they can.

JUST THE TIP

Time to own the word 'slut'

By ARIELLE TRISCHUK

It's been 100 years since women got the federal vote in Canada. Then close to 70 years passed by before the criminalization of wife rape and the recognition of "no fault" divorce. Women have come a long way in the past century. And yet there are still some "old-fashioned" values lurking around...

Slut shaming. While some men may experience this phenomenon, it's typically directed at women. The idea that it's shameful to be promiscuous. Luckily, this idea is losing traction, but it's still hiding in the shadows and pointing fingers at innocent passersby.

So here's my declaration: stop it. Stop gossiping about women (and men) you perceive to be more "experimental." Stop using "slut" with negative connotations. Stop guessing about other people's sexuality altogether. Just stop it.

Who cares? Why does it matter to you? Does it affect you in any way? These are questions worth considering. It's better to live and let live. Besides, there's a much more important message here. Sluts are amazing. Sluts might just be the most generous people you

will ever meet in your life.

I understand some people are less interested in sex, which is fine. But there are lots of people who definitely spend a lot of time thinking about sex. And never share it. It's so sad that so many people have to hide a part of themselves because of the judgement associated with it. I think sluts should be proud. It's time to own the word "slut."

Anyone can be a slut. It doesn't necessarily mean "unattached sex" either. It can be with a partner, multiple times a day. It could also be with multiple partners, multiple times a day. I want the word slut to mean "someone who enjoys sex." So let's stop pretending sex is in any way "shameful." The old belief that sex is purely for procreation died a long time ago. Sex is all about having a good time – for everyone involved.

Now, I'm not entirely condoning overtly sexual behaviour. Some of it is deviant and can be related to past traumas.

To those people I say, talk to a therapist and seek positive interactions. For everyone else ... stop being ashamed. It's OK to enjoy sex. Sex is fun. If you don't think sex is fun, please see the beginning of this paragraph.

So go out there, be you and be proud of

it! Whether you're a slut or not, love yourself. Don't let other people shame you into hiding your identity. After nearly four decades of the Pride Festival in Edmonton, let's shake these old ideals. And remember: Takes chances, make mistakes and get messy!



INSPIRED BY:
SERVING MY COMMUNITY

Studied Accounting

INSPIRED BY:
HELPING PEOPLE

Formerly a Teacher

INSPIRED BY:
A CAREER WITH VARIETY

Formerly a Journeyman Carpenter

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