

NAIT NUGGET

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THE LOVE SEX ROMANCE ISSUE

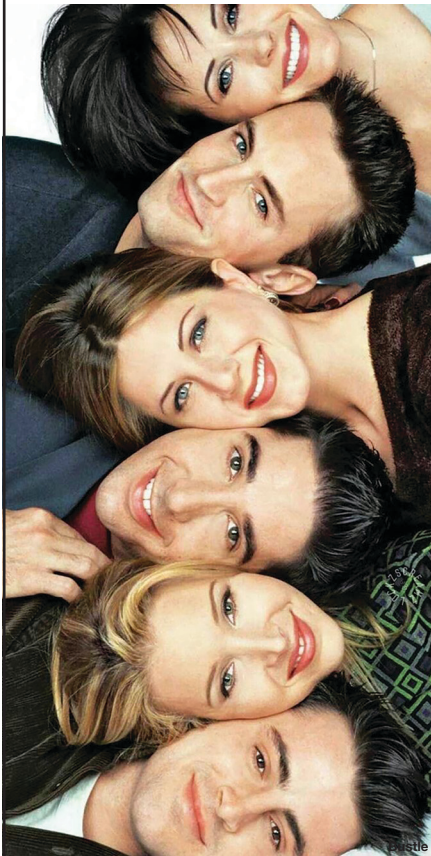
WARNING: SOME READERS MAY FIND CONTENT OFFENSIVE.

LOVE, SEX, ROMANCE
ISSUE
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Why hormonal birth control is unhealthy



Photo by Hunter Mulawka

By NICOLE MURPHY

Hormonal birth control is often marketed as a tool to regulate a woman’s cycle when in fact it stops ovulation from happening completely. This can cause problems with a female’s mood, physical development and overall health.

Chloe Skerlak, a Holistic Reproductive Health Practitioner & Fertility Awareness Educator, has treated clients that were considering surgically removing their uterus to treat severe cramps, irregular cycles and serious endometriosis.

Skerlak was able to treat these women with simple lifestyle changes such as diet and exercise. She recognizes it is not always that easy but insists the importance of considering environmental factors.

“Your period is not the problem, it is revealing the problem,” said Skerlak.

She explains that women are only able to become pregnant six days out of a month.

She teaches women how to tell when they are fertile by mapping their cycle, and examining their cervix mucus. This information can help women choose other methods of birth control that do not include synthetic hormones, when they are within that six-day window.

“Don’t be fooled, [birth control] is not like taking a supplement or multivita-

min...They are similar enough to block the receptors to prevent us from making our own hormones but they are not the same thing. That’s why we get some of these awful side effects,” Skerlak said.

Skerlak became passionate about helping women understand ovulation and their menstrual cycle when she went on hormonal birth control as a young woman and experienced negative changes in her own body.

“Some of the smaller things that we deal with on a day to day basis like our depressed mood, lots of women describe it as living in a fog, the IBS or bowel problems you might have, your hair falling out,” said Skerlak.

“All these little things have women walking around thinking that’s just me, this is just how I am, but no actually, the hormonal birth control is affecting how you show up in the world,” said Skerlak.

Hormonal birth control came out in the 1960s and was promoted as a female empowerment pill. Fertility awareness practitioners have been called anti-feminist for questioning the drug, even having protestors throw fruit at them for talking about the effects of the pill and teaching natural birth control methods.

Skerlak also has people questioning her about STI education.

“People say, ‘you can’t be talking about

fertility awareness with youth because they could get STIs!’ when of course you cannot rely on hormonal birth control to protect against STIs anyway. Condoms have their place,” said Skerlak.

Registered Nurse for 32 years and NAIT Supervisor for Health Services Christine Bannerman talks about the importance of self-education.

“Physicians should not just go to hormonal [birth control] right away. They have to get the full scope from A to Z, so it’s not so much I’m in agreement with (Skerlak) as much as I think the patient needs to educate themselves with all sources,” said Bannerman.

She confirms that hormonal birth control options can have adverse consequences.

“If you choose just hormonal birth control, it is not the be all end all. You could end up with an STI if only using that, you could end up with a bleeding disorder, you could end up with clotting disorders, there’s all kinds of information and it has to be a 360 degree education,” said Bannerman.

“It can’t be just, okay, here’s the pill. And unfortunately some doctors appointments are short and quick,” said Bannerman.

For more information about fertility awareness visit chloeskerlak.com.

The NAIT Nugget

Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

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Misconceptions of the sex trade industry

By **SHAWNA BANNERMAN**

Even as one of the top sex workers in Canada, providing services to high-profile and well-known businessmen from around the country, Sara Hannah* did not feel empowered.

"The whole time that I sold sex...I always carried a bit of shame because I believe that it's a dually exploitative relationship," said Hannah.

"I very quickly learned it's not this one-sided thing. It's people in general hurting other people, both ways...there were a lot of times that I would see men also being hurt and being exploited and being reduced to nothing more than dollars and dehumanized."

Hannah began her career by working at an exotic massage parlour in her early 20's out of financial need. She didn't fall into the stereotype of most sex workers; She came from a good family and was never a drug user.

After her first 3 years in the industry, she had paid off her debts, completed a degree, bought a house and gotten married.

"I tried to [feel empowered], and I could mentally see how people could do it that way...They want to feel like they have control and agency, that they have choice because it helps you retain your spirit and your mental wellness," said Hannah.

Hannah was having sex with 6 to 12 men every day. Many of her clients were well-known men who had flown from around Canada to book an appointment.

"I was able to make it through that whole experience by just disassociating. Literally by stepping out of my body every-time that I would have to have sex with a stranger," said Hannah.

After years of selling her body, Hannah began to forget who she was. She became consumed by the industry, and kept getting further from the normal life – happily married with children and a 'regular' job – that she craved.

"After a few years I started to notice that I was numbing out so much and being this alter ego so much that I was really losing my personal sense of identity," said Hannah.

Her boyfriend at the time encouraged and supported her, financially and emotionally, to leave the industry.

Now, in her mid-thirties, Hannah is passionate about advocating for a safer environment for women who work in the industry and for those who choose to exit the industry. She also seeks to educate men about the dangers and risks associated with sex offending.

The Centre the End All Sexual Exploitation (CEASE) is one of the resources that many women turn to when they leave the



Executive director of CEASE, Kate Quinn.

Photo via Flickr

sex trade. The not for profit works to provide support and resources to girls, women and transgender people who choose to transition out of the sex trade industry.

Kate Quinn, the executive director of CEASE, said that most individuals enter the sex trade industry for financial reasons. Some gain a sense of power from the work due to abuse they've experienced as a child, the ability to lift themselves out of poverty, or the need for control.

"Let's say that as a child or a young person, you had power taken away from you[...]You would feel empowered because you were back in control[...]at the same time that power can be quickly taken away by the sex trade buyer because[...]he feels he owns you. He's entitled because he paid you," Quinn said.

Quinn says it's a complex issue dependant on the buyer and the seller, and the circumstances surrounding both individuals.

"The power shifts back and forth, back and forth," said Quinn.

Hannah said she's only met three women in her career that genuinely enjoy and feel empowered by the work.

"There's a super high turnover of people because not many people who do sell sex are able to really handle it for very long," said Hannah.

"I often think that the ones that can handle it for very long are the ones that are just more effective at getting into that dissociative state."

Although Hannah learnt a lot about herself from working in the sex trade, the benefits of the the inflated income, flexible hours, and all-expenses paid trips did not outweigh the damage that the industry caused her.

"At the end of the day, the industry took much more from me than it ever gave me. It left me with just a sense of feeling like you can't ever really know anybody, you can't ever really trust anybody."

*Name has been changed to protect the identity of the subject.

College students watch porn as a distraction

By CHRIS AVERY

According to psychologists, the number one reason college students use porn is for a distraction. The next most common reason students watch porn is for education on sexual intercourse, and for stress relief.

In a peer-reviewed study about user demographics in Online Sexual Activities (OSA), the authors mention all three uses.

“More than three-fourths of OSA users reported that they had used OSA for distraction. Education and coping with stress were the second most frequent reasons,” said the authors.

A NAIT student provides his experience with porn. Benjamin Smith* admits his primary reason for using pornography.

“When I take a break from studying, I watch porn. It’s my release. But it makes me lazy. I lose all motivation after a session.”

Losing motivation to study can present a challenge for students at NAIT. This situation is not helped by the endless amounts of pornographic content found online.

A quick Google search reveals an ever-growing library of free porn. Such online content is easy to access from virtually any device.

Porn is everywhere: in social media, pop culture, music and movies. People are watching the content all the time.

According to a statistic from online pornography giant Pornhub, viewing porn is a major part of online streaming. In 2019 there were over 42 billion visits to Pornhub, which means there was an average of 115 million visits per day.

With the availability of porn at your fingertips, students can easily lose focus. Brown admits to this and he may be like many others.

In another study about college students that use porn, the authors discover that few college students are using porn to relieve stress.

“Although many college students are using pornography for sexual arousal, physical pleasure, and assistance in masturbation ... few even among high users are using it as a tool to escape or self-soothe.”

The study goes on to state “the finding is surprising especially considering that previous research has suggested that college students experience notable rates of stress and therefore enact various coping strategies to curb it.”

Whether you are using porn to distract yourself from your studies, to teach yourself how to sexually perform, or to relieve yourself from stressful studies, know that you are not alone.

*Name changed to protect the identity of subject.

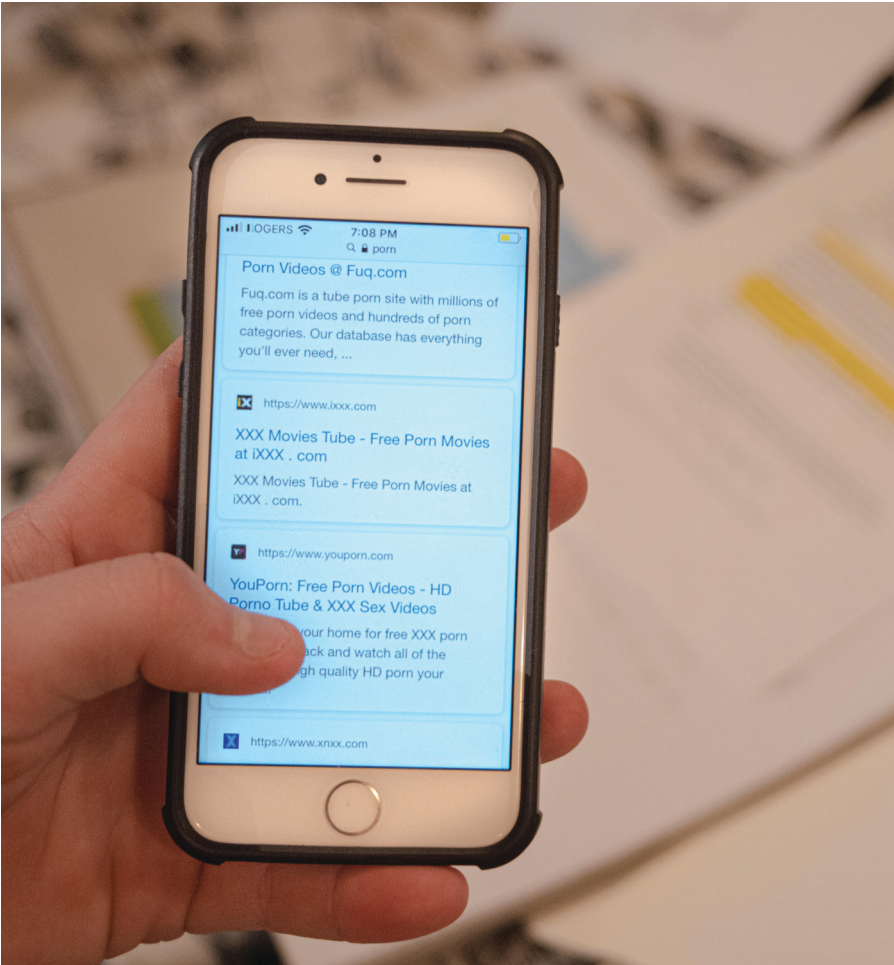
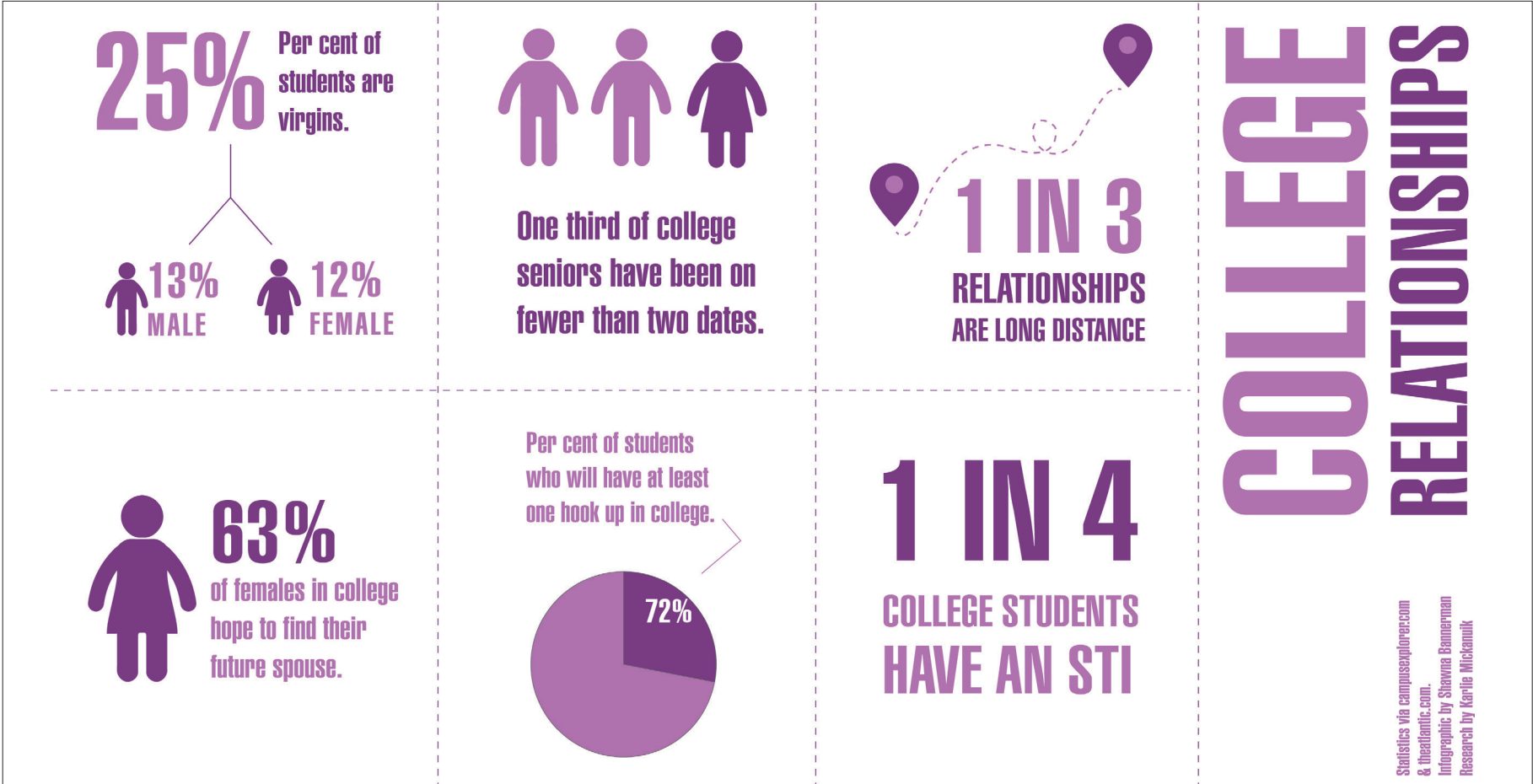


Photo by Deven Quintal



EDITORIAL

Healing illness through plants



Supplied photo.

By CHRIS AVERY

In 2018, Edmonton local and cancer survivor, Sherry Dussome, started a new life when she opened her budding plant business.

"It calms me. It grounds me," said Dussome about her growing business. As the owner of The Naked Bush, Dussome uses her newfound pleasure in restoring indoor plants to overcome a life of battles.

Dussome has battled osteomyelitis, rubella, multiple sclerosis, PTSD, poverty, abuse and cancer.

"I got Osteomyelitis at the age of two. Treated with penicillin, I nearly died from an allergic reaction. At age four I came down with Rubella. My sight went cross and I lost the hearing in my right ear," said Dussome.

After spending six months in Toronto Sick Kids hospital, Dussome overcame her illness. She lived out the rest of her childhood in the small town of Manitouwadge, Ontario.

Fast forward fourteen years, and Dussome moved to Edmonton where she met her first husband. She got pregnant with her first child, Nicole. At the time, her devoutly Catholic parents immediately advised a wedding, but always the fighter, Dussome waited until two months after having Nicole—and moved back to Ontario—before she married.

In this marriage, codependency set in. With such strong feelings, stress followed. This environment brought Dussome to face her next battles: PTSD, poverty, abuse and multiple sclerosis.

In 2008, Dussome moved to Vancouver Island to find the person she lost to codependency - herself. With help from local friends, family and counsellors, Dussome lived the next five years of her life in relative peace.

On the island, Dussome met her second husband. She enjoyed frequent visits from her children. Soon, Dussome met the battle of her life: cancer. In 2013, Dussome was told about her diagnosis after a colonoscopy.

Subjected to improper health care on Vancouver Island by pill-pushers and neglect, Dussome continued fighting. Not one to back down, Dussome faced cancer with a will to survive. Five surgeries later, after removing her colon, 65% of her liver, and her dignity, Dussome found peace again in Edmonton.

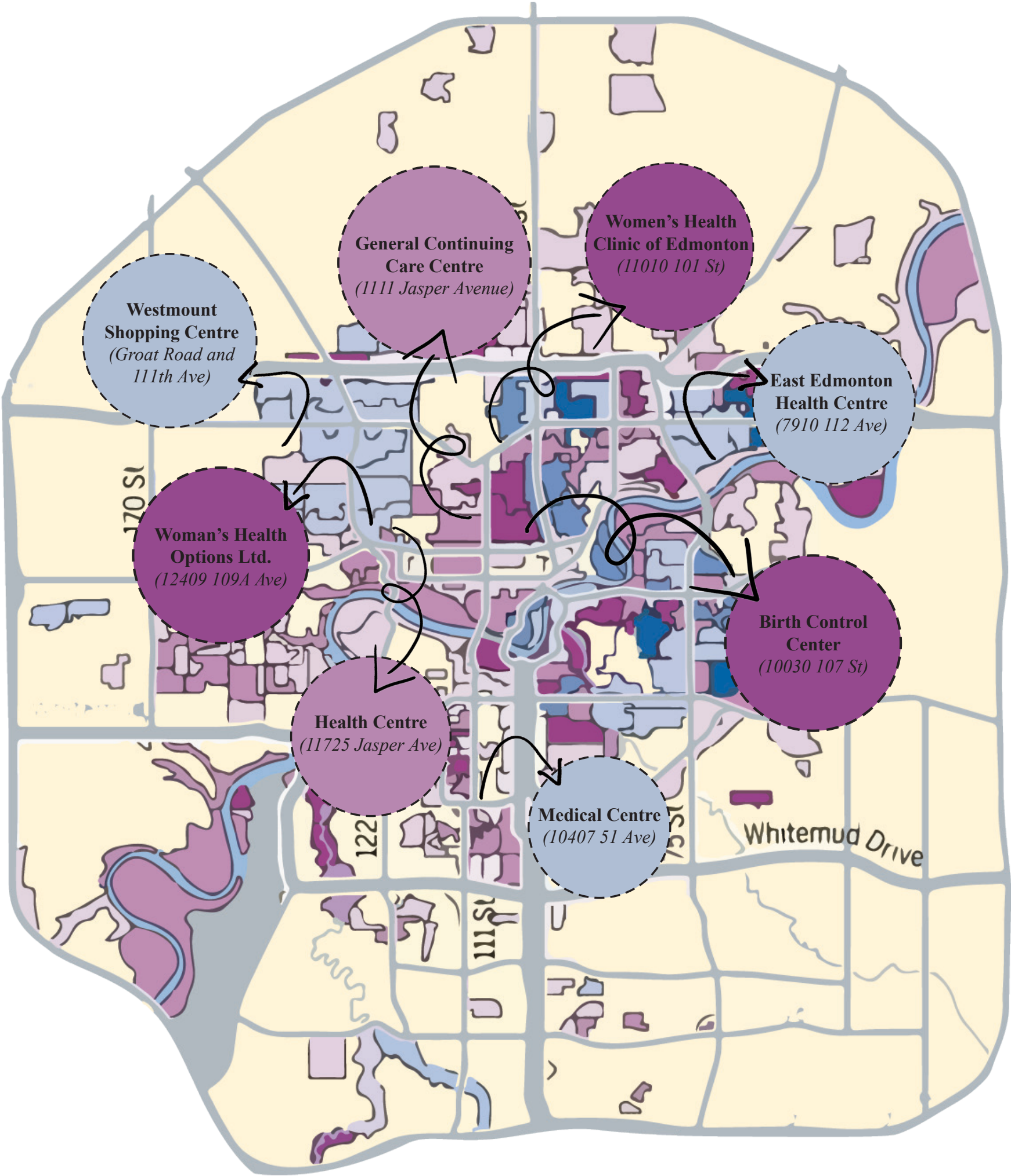
Now Dussome devotes her time to struggling plants.

"She gives them a new life," says one customer. "Sherry is a miracle worker!" said another customer.

"Working with plants is not a job to me, it's a calming activity that brings me renewed strength," said Dussome. "As the plants grow and you nurture them, you realize that life goes on, that life is like a plant."

NEED STI TESTING?

Getting tested regularly is a safe sex practice for both you and your partner. STI testing is not available at NAIT Health Services, but it is available in many medical clinics around Edmonton. Here are a few around the city that provide full STI testing.



College: the death of relationships?



Photo by Rohan Ghosh

By **KARLIE MICKANUIK**

Relationships ending at the start of new semesters is a common theme for students. It is normal to hear endless stories about how couples that had plans to get married ended things over the semester break.

According to a study done by Campus Explorer, the most common times for students to end their relationship are spring break, summer vacation and right before winter break. Many college students simply correlate the start of a school semester with the end of relationships.

The stress of going to a new school, homework assignments and eventually finals can take a toll on a relationship. Schedules become more difficult to align if the person you are dating becomes very busy with their course load.

Many couples attend different schools and some may even be in completely different cities. These are all possible reasons why couples will break up.

Caren Anderson is a registered social worker at NAIT. She explains the reasons for breakups in school can be more complicated than it may seem at first.

“There are times that relationships will end [because of going back to school] and sometimes they can be a little more complex than meets the eye,” said Anderson.

She went on to say that school is not the reason couples break up. It may simply be a catalyst to pre-existing problems in a relationship and cause the breakup to happen sooner.

Having less time, more work and no communication with your partner can create conflict in the relationship and these factors all increase with school starting again. Any problems that could be creeping up in a relationship are often brought to light in times of stress.

Anderson said staying connected with your partner can become more difficult during the school year because of distance. Long distance relationships take more work and are very different compared to a couple who can be around each other more often. Anderson explains that long distance relationships use technology to their advantage to stay in touch. However, technology can become a problem of itself in a relationship.

“As much as, yes, it can be helpful to FaceTime all the time, it can also be challenging to feel like you are always having to respond to a text or an email and if someone is not then there is maybe some insecurity there,” said Anderson.

Couples studying at the same school are not clear either as school work often becomes a priority in many students lives and couples can naturally drift apart.

“People are juggling different demands and there may be stressors for school that couples may be taking out on one another that can create even more difficulties if people are close together,” said Anderson.

Anderson says putting in extra effort, setting up date nights and planning a special time with your partner is a way to combat getting caught up in school. She also stated that reaching out to friends and finding something that makes you happy is a good way to feel better after a break up.

She also added not to jump into another relationship as there is a natural grieving process to leaving a relationship.

Love and volleyball

By ORRIN FARRIES

A love that clears the net finds ground inside the painted lines of NAIT's home gym. Ooks volleyball player Jonathan Shapka met his girlfriend, Sarah Melenka, while they were both representing the blue and gold.

"It was at the athlete combine. I was living with Brandon Eagle, our Australian import player who had been at NAIT the year before, and he knew Sarah quite well," said Shapka.

"I was just getting ready to go on the bench press, and Brandon called Sarah and a couple of her friends on the team over and introduced us," said the 2nd year outside hitter for our men's volleyball team.

A power couple in more ways than one, Melenka also played as an outside hitter during her standing volleyball days, but now she plays for Canada's sitting volleyball team.

"The hangouts with the volleyball teams were big for us, because I know we started really talking at the rookie party, and then the next party, so we saw each other more outside of school and volleyball, which I think got things rolling," said Melenka.

"Practice every night, games every weekend, and travel on the bus. [We were] forced together through the sport essentially," said Shapka with endearment.

"The coolest thing about us is that we were both from small towns [and we] lived about an hour away from each other. I practiced for two days a week for half a year at his high school, and never ran into each other and just never met each other until coming to NAIT and playing the sport together," said Melenka.

While Cupid hit an ace serve in the court of Shapka and Melenka, their relationship was tested by the rigors of the collegiate athlete's schedule.

"The practice schedule was grueling. We'd practice til 10, and her team would have the practice spot before us, so we just wouldn't see each other at all that day," said Shapka.

"We maybe would see each other like 3 hours a week, on a bad week," retorted Melenka.

Their key to making a relationship work between two high-performing athletes? Segmenting their academic and athletic lives from their personal life.

"His work time is at NAIT, my work and my time is at MacEwan now, so we just try to leave work at work and enjoy our time together away from it at home," said Melenka.

Sharing a home, Shapka and Melenka have found that there are lessons in life and love that they gleaned from their time in team sports.

"A relationship is a lot like [a team]. You win and lose as a team. You can't be an individual and expect it to work," said Shapka.

"I like to think that I'm a very strong independent woman, but I still need John, and having that team at home between the two of us is pretty sweet," said Melenka.

On what they love most about one another?

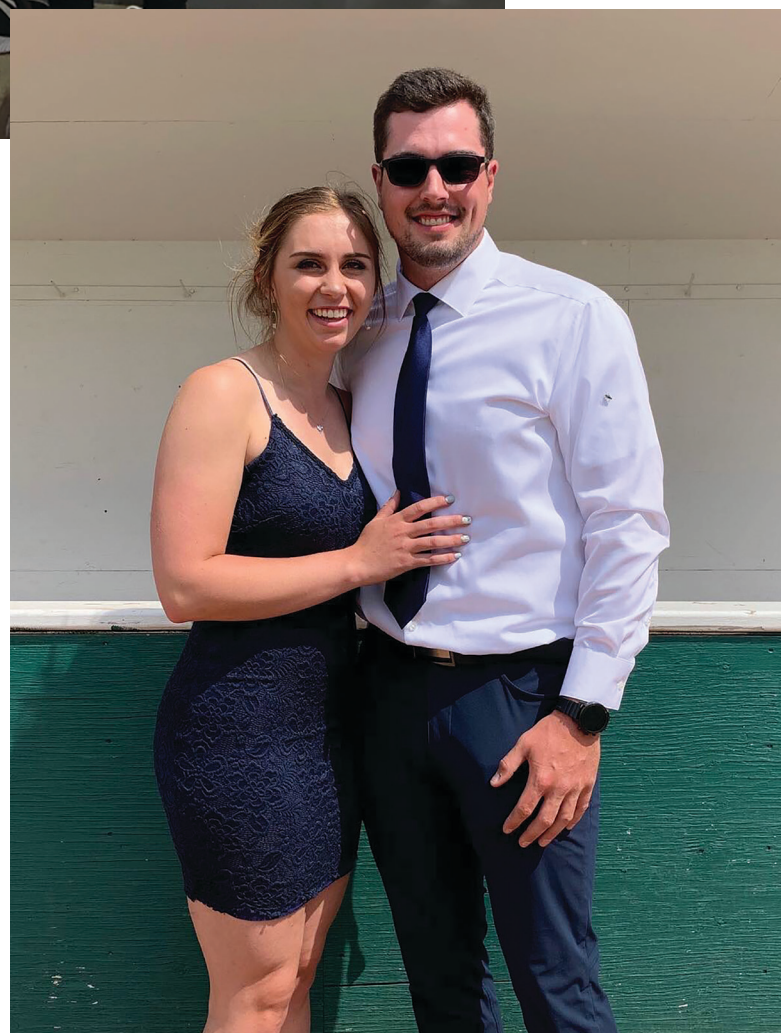
"I love our story, I like how we were right next to each other and found each other," answered Melenka.

"Sarah's will to never stop advancing herself is probably the most significant thing that I fell in love with. She never capped anything, and she's still breaking through ceilings left, right and center," said Shapka.

Shapka and Melenka's love got a bump from their proximity at NAIT, a set from a former teammate, and they are now smashing it as an academic athletic power couple.



Shapka supports Melenka at the 2019 Para-Pan American games in Lima, Peru.



Photos supplied by Sarah Melenka

IF THE SHOE FITS

By ERICA CAWAGAS and ORRIN FARRIES

Who has the best kick game in Oaks sports? Whose feet have the most heat? Whose shoes can't lose? See for yourself.



"I think it brings up confidence if you have good style. If you look good you feel good, you probably play good [...] If someone is wearing Asics or Mizuno's in the game, I'll probably let them hear about it."

JARED KROGEN
Libero, Men's Volleyball
"Melange" Kobe 9 What The Flyknits & "High Black/Gold" Kobe 10 Flyknits



"The better shoes I wear the better I play. I always want to have the newest shoes, the coolest shoes, I just think how you feel is how you play."

ALLIE HUNDLER
Guard, Women's Basketball
"Wolf Grey" Nike Kobe 11 TV



"Everyone has their own personal style and swagger. Come game time you gotta wear your best gear. Just like how you can't show up to a business meeting in a t shirt and joggers. Gotta look good to play good"

SHELDON HAUSCH
Guard, Men's Basketball
"Cool Grey" Air Jordan 11 Lows



"I think it's a big confidence booster. When I'm wearing really fresh kicks, and I have really fresh white knee-pads I feel more confident to play. In grade 10 I got my first pair of (Nike) Kyries, and then I was just hooked."

KATE DYC
Setter, Women's Volleyball
"White/Black" Puma Clyde Courts



WOMEN’S HOCKEY

For the love of the game

By ADRIAN STONGE

NAIT Radio and Television student Cassidy Shandro has an intense love for hockey that is rooted in family tradition.

“I’ve been playing hockey since I could walk. It really took hold with my brothers and my dad when I was three. I have very fond memories of going out on to the lake,” said Ooks women’s hockey rookie Cassidy Shandro.

“Something about skating around and playing with a puck just felt liberating,” said Shandro.

Shandro doesn’t really know a life without hockey.

“My dad played. My brothers played. I guess it’s in my blood,” said Shandro.

The 5’6” forward brings her years of experience to a womens hockey team, having recently clinched a play-off spot.

“There’s something to be said about the competitive spirit it brings out of people. Doesn’t matter if it’s on the pond or in the rink. When you have 28 players all vying for the same goal, it’s unreal,” said Shandro.

Shandro said the only thing she doesn’t like about the game is the perceived negative stereotyping that comes along with it.

“A hockey team is a close-knit group. We work out together, we practice together, and when the end goal comes, we celebrate together. We’re pretty much a family,” said Shandro.

After spending time in the Alberta Female Hockey League (AFHL), the Edmonton native decided to try her hand at the collegiate level. Having received offers from other schools, she ultimately decided to become an Ook.

“Edmonton is my hometown, so being able to represent my hometown and have my parents come to games, it’s amazing. Plus, women’s hockey is getting better and better every game, and more and more competitive. It’s a thrill,” said Shandro.

“I love everything about hockey, from the [Sidney] Crosby deek and between the leg goals, to the hard hits to the late nights at the rink,” said Shandro.

“It’s a major component of who I am as a person and I feel like it brings people together.”



Photo by Railene Hooper

Home Game Calendar

Friday February 7th

- Women’s Basketball vs Keyano Huskies @6PM
- Men’s Basketball vs Keyano Huskies @8PM
- Men’s Ice Hockey vs Augustana Vikings @7PM

Saturday February 8th

- Women’s Basketball vs Keyano College Huskies @1PM
- Men’s Basketball vs Keyano College Huskies @3PM

Friday February 14th

- Women’s Volleyball vs GPRC Wolves @6PM
- Men’s Volleyball vs GPRC Wolves @8PM
- Men’s Ice Hockey vs Briercrest Clippers @7PM

Saturday February 15th

- Women’s Volleyball vs GPRC Wolves @1PM
- Men’s Volleyball vs GPRC Wolves @3PM
- Men’s Ice Hockey vs Briercrest Clippers @2PM

Women’s Ice Hockey vs SAIT Trojans @6PM

Thursday February 20th

- Women’s Basketball vs Lakeland Rustlers @6PM
- Men’s Basketball vs Lakeland Rustlers @8PM

Friday February 21st

- Women’s Volleyball vs Concordia Thunder @6PM
- Men’s Volleyball vs Concordia Thunder @8PM
- Women’s Ice Hockey vs RDC Queens @7PM

Saturday February 22nd

- Men’s Ice Hockey vs Concordia Thunder @6PM

Saturday February 29th

- (Rivalry Game) Men’s Ice Hockey vs MacEwan Griffins @6PM
- Women’s Basketball vs TKU Eagles @6PM
- Men’s Basketball vs TKU Eagles @8PM

EDITORIAL

Love the competition



By **ORRIN FARRIES**
Sports Editor

Sports are a common ground for people of all walks of life to enrich their life with a healthy dose of competition.

The lessons that are learned in sport, of perseverance, resiliency and positive thinking, profoundly enrich the human experience. The experience of collegiate sport is, for many student athletes, an unforgettable experience that shapes them into civilians of fortitude in their identity as a team player in the game of life.

I love sports with all my heart. I love the narratives that shape around a team, a league, and the communities intertwined in the serialized theater of sport. I love how players rally around one another through adversity to overcome not only their opponents, but their own wicked ways as well. I love how competition can bring out the best in people. Score-first players become willing facilitators, bench players become the clutch performers, and normally harsh coaches become stoic and sensitive to the emotions of their players. Sport is beautiful.

I have so much room in my heart for the setbacks of injury, the bruises and bumps, and the pride that aches with bitter losses, because I love to win. I doubt I am alone in this. Winning is the best. Winning turns all your bad feelings into good feelings. Winning puts all of the growing pains into perspective.

Sports make it so you don't even have to be the one winning to feel those good feelings. The vicarious experience of championship victory as a fan is a crazy rush that I hope everyone gets to experience in their lifetime. It is good sober family fun. It is also fun when drunk with strangers at a bar on the other side of the world. If you can say football, you can say friendship in a whole lot of languages around the world.

Sports also give the viewers memories that can last a lifetime. Most Canadians know where they were when Canada won the gold medal at the Olympics – it was a uniquely consolidating moment of the Canadian sport identity. In the same way I see collegiate sports as an opportunity for the student base at NAIT to connect with their peers at the games, to share in the achievements of our teams, and to add an enriching layer of memories to their time at NAIT. In the words of Olympic gold medalist Mary Lou Retten: “A trophy carries dust. Memories last forever.”

The energy of competition that is present on our campus can be infectious if you let it. Our Oaks athletes work their tails off to do NAIT proud in the classroom and in competition. I urge you (yes you, the one reading this) to show the Oaks some love this year before they wrap up their seasons and fly from the nest.

Hot date ideas for Valentine's Day weekend:

Ooks Men's Hockey (17-3, 1st in ACAC) host the Briercrest Clippers (7 p.m. Feb. 14, 2 p.m. Feb. 15).

Ooks men's volleyball (15-3, 1st in ACAC North) host the GPRC Wolves (8 p.m. Feb. 14, 3 p.m. Feb. 15).

Ooks women's volleyball (4-14, 6th in ACAC North) host the GPRC Wolves (6 p.m. Feb. 14, 1 p.m. Feb. 15).





EXECUTIVE COUNCIL

ELECTION 2020/2021

CANDIDATE FOR PRESIDENT



AJ JARUGA
CANDIDATE FOR PRESIDENT

Hello, fellow students!

My name is AJ Jaruga, and I am running for the position of NAITSA President. First off, I would like to say a big thank you to all students for giving me the opportunity to serve as your Vice President External this past year.

During my five years at NAIT, I've experienced many different classes, instructors, projects and events. As a result, I have a comprehensive understanding of the needs of a NAIT student and I feel prepared to represent the student body. My time as VP External has given me the ability to learn to create lasting relationships, advocate appropriately, and communicate effectively. These are three skills I intend to use to ensure that the NAIT students have a voice.

Over this past year, our team alongside NAITSA staff has had the pleasure of further enhancing the experience of a student at NAIT. Our major accomplishments include:

1. **Securing fall break for students starting fall 2021:** This has been an ongoing request by students that many previous NAITSA executives put in countless hours of work in on. Our team continued to work on this initiative this year resulting in securing a fall break.
2. **Creation of Executive Council Engagement Events:** In my campaign last year, I made a promise to students to create an easy line of communication to effectively understand needs and concerns. This year our team and I created and hosted events to directly engage with students, which allowed us to reach over 750 students (and counting)!

3. **Creation of the SOS campaign:** After the government's 2019 budget was released, our team created the SOS campaign. We have been asking students to give us feedback regarding their worries, concerns, and questions about this budget to ensure we understood their needs. These ideas are currently being brought forward to NAIT administration and the Government of Alberta. Our team has frequently met with different government officials and NAIT administration members to advocate for students' best interests.

As President, it will be my goal to continue advocating for Open Educational Resources, which are a **more affordable and accessible alternative to textbooks**. I will also continue to advocate for more **mental health supports** on campus and the continuation of the mental health grant. Student mental health must be a priority for the government and for NAIT to ensure the success and well-being of students. Another issue that needs continuous advocacy is for **student study space**. There is not enough of it on campus and I will work hard with my fellow executive team to ensure solutions are being brought forward to solve this critical issue. These are the concerns I have heard from students constantly, and these are the issues I plan to continue to address, should you allow me the opportunity to be your student President.

Last year I campaigned on promises and delivered results. I will do this again if given the opportunity to represent you. Vote AJ for President and choose to be heard.

CANDIDATE FOR PRESIDENT



JARYD TAYLOR
CANDIDATE FOR PRESIDENT

Hello, my name is **Jaryd Taylor**, and somebody once told me the world is gonna roll me, but as NAITSA President I will go further than slowing this process on students; I aim to reverse it. We could all use a little change.

For the past semester I have volunteered as a Senator for the Engineering Technology, Academic Upgrading, and Open Studies group with NAITSA, meaning I have experience with the governance processes here. Being in the Instrumentation Engineering Technology program in Spartan Building for the past two years has taught me how to manage an overwhelming sixcourse workload, and I believe it has given me a wholly authentic student's insight. As a Senator I have advocated non-stop for better governance policies within NAITSA, and I have brought a student perspective to NAIT administration on student's behalf by speaking critically of tuition & in favour of a more student-friendly atmosphere within NAIT.

Historically, NAITSA executive positions have been populated by students in business programs. The last time there was a student that was not in the business program serving on the NAITSA executive was a full 8 years ago! While I have nothing against my predecessors, I think it's time that students are given the option of a new face, a new set of experiences, and a new perspective in student advocacy.

Elected to this position, I will focus my time on these key issues affecting students:

U-Pass

This next governance cycle at NAITSA is important for many reasons, one prominent being that re-negotiations with the Edmonton Transit Service over U-Pass will open again, an opportunity that only occurs every four years. I steadfastly believe that transit should be a free and open-access system, and that this is a financially feasible goal. As students, it is crucial that we begin to put forward these seemingly ground-breaking solutions that have already been implemented in other parts of the world for decades.

Tuition

With the current government's push to drive budget austerity cuts back onto workers, students, and disabled people, it is important now more than ever to push back. As government introduces new policies that pit institutions against each other (competition-based funding for post-secondary education), I promise to instead promote social connections between student bodies. Education used to be entirely restricted to those who could afford the luxury. Slowly, over time, education has socialized to include larger and larger sectors of society through repeated advocacy of many people. What is truly stopping us from socializing all education?

If you believe in my ability to be a NAIT student spokesperson for the 2020/2021 academic year, vote for me on the right side of your student portal Feb. 5-13. You can practically always find me in Spartan (Y) Building or working away in HP. As well, feel free to email questions/suggestions/messages of support to Jaryd.T.President@protonmail.com.



CANDIDATE FOR VP EXTERNAL



JERILYN KOTELNISKI
CANDIDATE FOR VP EXTERNAL

Hello, I'm Jerilyn Kotelniski and I'm running for the position of VP External. Let me tell you why!

I Have Experience & Education

You've probably seen me around campus handing out free hot chocolate and inviting you to NAITSA events! This year, I've been lucky to be a part of the Campus Activities Board (CAB) team as a Promotions Coordinator helping promote more than 130 events. Through this amazing experience, I've been able to connect with students from all over campus and hear what they really want from NAITSA.

Since 2015, I've been taking classes at NAIT from my Conflict Resolution & Negotiation continuing ed certificate to my Human Resources (HR) diploma. Last year, I fulfilled my goal of a Public Relations diploma at MacEwan University and had the opportunity to intern at the Alberta Hate Crimes Committee. However, I was excited to return to NAIT this year to complete my business degree. Currently, I'm in my last year of my HR degree and am passionate about student leadership and creating a positive learning environment.

I Have A Plan

I will use skills that I mastered throughout my HR diploma to represent students by using people first focused tactics. Public Relations has helped me sharpen my communications skills so you can be assured our goals will be heard. With this expertise, I'd be honoured to advocate to stakeholders on your behalf.

As VP External, I am a student advocate which means that I am here to represent your needs—real student needs. My focus will be on collaboration, open communication, and empathy.

If I were elected VP External, I would advocate for:

- Affordable and predictable tuition for ALL students
- Continued mental health supports for students (Peer support, MyWellness, etc.)
- Open Educational Resources (OERS)

With your support, we can hold NAIT accountable for how they set tuition rates and how they choose educational resources as no one wants to be #textbookbroke. By advocating for OERS, it means you would be spending less on textbooks. Plus, I know how exhausting being a student can be and that having accessible mental health supports, such as Peer Support, can help you through tough times.

I Care About Your Voice

I want to hear about your student experience and how we can make it better whether you are in the trades, health sciences, business, or another program. I believe that your student voice is the key to NAITSA's success, so please reach out in the hallway to say hi and ask questions!

If we don't get a chance to meet, please feel free to e-mail me at Jerilyn.Kotelniski@gmail.com with your concern and how I can best advocate for you.

I would be honoured to work for you to create meaningful change.

Thank you very much!

Please vote JERILYN KOTELNISKI for your VP External.

CANDIDATE FOR VP EXTERNAL



JOBIEEN PANGGAT
CANDIDATE FOR VP EXTERNAL

Hi! My name is Jobien Panggat. I am a second year NAIT student under the Digital Media and Information Technology program. I am running for the position of Vice President External.

I am currently one of the NAITSA Senators for the Information Technology and Electronics Program who is working under the Finance Sub-Committee. We do ensure that all OUR FUNDS are well spent and in OUR BEST INTEREST. I am also one of the NAIT's International Peer Mentors. As a Peer Mentor, we provide friendly support to our new students and leading engagement activities to welcome and support student's transition to Canada. I am an active volunteer, an orientation leader and also a Hip Hop Dance Club Events Coordinator. All of these positions enhanced my knowledge and capacity to think outside the box in giving service to others specifically to all NAIT students.

My passion to serve is driven by my profession from back home as an EDUCATOR. This give me awareness and exposure to the needs of the students especially now that I am one of them. This would be my advantage as I can see the bigger picture of how I can serve my fellow students even more.

As a Vice President External, I will work really hard to advocate the best interest of the students in NAIT. I will be the steward of goodwill in all our external affairs including all media relations. I will serve as the representative and advocate on students' behalf to various external bodies such as municipal, provincial and federal governments. I will collaborate with government representatives and external stakeholders to advocate on all issues concerning the students like the tuition fees, textbook costs, U-Pass, financial aid and the like.

I will continually serve with TRANSPARENCY, LEADERSHIP and COMMITMENT. I am confident that with these, I can motivate, encourage and inspire my fellow NAIT students in achieving their goals; and help them have the best student experience in NAIT.

With transparency, leadership and commitment, Jobien Panggat is here to serve you!



EXECUTIVE COUNCIL

ELECTION 2020/2021

CANDIDATE FOR VP ACADEMIC



PATRICK CUNNINGHAM
CANDIDATE FOR VP ACADEMIC

Hello fellow NAIT students,

My name is Patrick Cunningham and I am running to be elected as your Vice President Academic for the upcoming year.

I am currently in the entrepreneurship stream of the business administration program here at NAIT. I am also a graduate of the baking program, promotions coordinator for the Campus Activities Board, and member of the Ukrainian Students Society and Volunteer Initiative Program. Outside of school, I have a passion for music production, DJing, and for the outdoors.

We all struggle with our academics at some point in our life; some of us more than others. I have experienced these challenges both personally and through witnessing others struggle with trying to realize their academic goals. I myself have in the past been terminated from a program due to missing payments, I have experienced loved ones suffer from mental illness and be unable to finish a term and not know who to turn to in order to seek assistance and find out what their options are, and friends of mine who are also international students have faced what can seem like a constant fight to maintain their status and standing in order to stay at NAIT to complete their education.

All of these problems have solutions. But the solutions can be unknown to the students involved. As VP academic, I will make it my mission to ensure that every student facing academic hardship is fully equipped with all the knowledge of NAIT's policies, procedures, and support systems that they need in order to find their solution. I will advocate for

students who need someone to back them up and mediate any disputes, whether their issue is with an instructor, another student, or with NAIT itself. I will help students in need with their academic related situations and I will offer advice and guidance in order to help them solve their grievances.

If elected as your next VP Academic, I promise to:

1. Continue Advocating for a longer Fall semester reading week in order to give students more time to recharge, study, return home, and overall make the most of a break from classes.
2. Maintain the open-door policy of past VP Academics in order to admit any and all students with academic grievances and supporting them with all the knowledge and resources at my disposal in order to help them find solutions for their situations in a confidential manner.
3. Represent the concerns of students as liaison to the NAIT Academic Council to ensure that your voices are heard.

We are all here because we strive to become someone greater than who we were previously. That in itself should be rewarded. Students should be rewarded for their efforts towards improvement by being able to get the greatest experience possible during their time at NAIT. I see you making the effort. Allow me to make the same effort for you. Allow me to have your back.

Vote for Patrick to be your VP Academic in the 2020-2021 year.

CANDIDATE FOR VP ACADEMIC



JOSH LUARTES
CANDIDATE FOR VP ACADEMIC

My name is **Josh Luartes** and I humbly ask for your votes as I run for **VP Academics** in the NAITSA Executive Council Election. NAIT has been and will always be my home, with that in mind, I aim to exert my earnest effort in standing by my fellow students and advocating for the rights and privileges we are named to.

With more than seven years of progressive student leadership experience, I charge myself with the responsibility to stand up and contribute to the improvement of your wellbeing as you venture the campus life. I recognize our academic responsibility may be challenging, so I present to you my platforms to help everyone ease the student experience:

1. Access to Academic Services

1.1. *One-Stop-Shop Academics (OSSA)*- an event that showcases the academic services of NAIT and NAITSA to make it more visible and accessible to students in need of specific assistance with the requirements of their program. The One-Stop-Shop Academics (OSSA) is a platform of kiosks of different services for students like those who need the Write-On services, representations from the Office of the Ombudsperson, and many more!

1.2. *Improved supplemental learning services (SL+)*- before term exams, some students utilize the supplemental learning service at NAIT but is not enough for the growing demand. With the SL+, tutoring services are added for those who prefer the student to student mentoring; group study events will be held on campus; and the upgrading of the Study-Buddy event.

2. Advocacy for Mental Health Wellness

2.1. *Enhancement of Mental Health Programs*- more

complimentary services will be available for students. Activities such as pop-up game booths will be visible around campus. Competitions such as essay and poem writing contests with enticing prizes will be held both for fun and skills-improvement. Information booth that promotes the mental health of students will be available regularly.

2.2. *Go Green!*- campus advocacy where mental health should be at the forefront of each student's priorities. We will campaign for a healthier school lunch menu with a vast selection of 'green' and nutritious snacks. We will also advocate for fitness programs to be available for students, as numerous studies demonstrate that these improve the overall wellbeing of students both mentally and emotionally.

3. Students First Advocacy

3.1. *Make scholarships and grants accessible to students*- information is the key to accessibility. In partnership with the student services, NAITSA will initiate events for students to have easy access to financial services generally.

3.2. *Expanded career services to students*- industries should be well represented at career fairs both campus-wide and in different programs.

3.3. *Projects that speak 'students first!'* currently being worked on by the incumbent officers should be carried on and improved if needed. These include infrastructure projects that increase the number of available and conducive study spaces for students.

We are all united in this endeavor to promote student life as we journey hand-in-hand to achieve collective success.

Once again, I am **Josh Luartes**, and I appeal to be your **unwavering voice**.



CANDIDATE FOR VP ACADEMIC



ALLEY MEDEIROS
CANDIDATE FOR VP ACADEMIC

Do you want someone to advocate for your academic needs?

I am Alley, and I am running for NAITSA's VP Academic to represent you and make your voices heard.

What I can bring to this position as your representative, is my experience and perspective from both a domestic and international student. I am an international student pursuing my BTech degree. I also hold a bachelor's degree from the US and more education from my home country, Brazil. Being exposed to other secondary schools gave me the knowledge of what kinds of supports for students work and what don't work on campus.

I also have eight years of experience working in the industry, which has taught me how to lead others and collaborative seek solutions to problems creating the best outcome. I support my peers by modeling openness, trustful, transparency, empathy, and treat each person and situation as unique.

Since I got to NAIT, I volunteered for the BTech program in a capstone project, as an executive for the BTech Club, for events for NAIT International Centre, Open House, and worked on campus as an International Peer Mentor, Service Hub Assistant for NAITSA, and UPass Clerk. All this involvement on campus made me experience school from different perspectives, and that qualifies me to represent you even better.

As an International Peer Mentor for the past year, I have helped many students and got to know and understand their concerns. This experience inspired me to run for the position of VP Academic because I want to help all students succeed academically while here at NAIT.

As a VP Academic, you can count on me to advocate for:

- More quiet study spaces on campus;
- Food options and other services while we have classes running;
- More mental health support and awareness;
- Continuity of essential services that enhance our academic performance.

If you want to talk to me more, have questions, or want to give me suggestions, send me an email: alleysm@gmail.com.

I am looking forward to getting the honor to represent you for the 2020-2021 academic year.

Vote Alley to have your voices heard!
Alley for NAITSA's VP Academic

VOTE FOR YOUR EXECUTIVE COUNCIL

ONLINE VOTING USING YOUR NAIT STUDENT PORTAL
FEBRUARY 7 - 13 AT 4PM

INFORMATION STATIONS
FEBRUARY 12 FROM 4PM - 7PM

NAITSA Office (O108) | South Lobby Kiosk (Main Campus) | HP Centre (1st Floor)

INFORMATION STATIONS
FEBRUARY 13 FROM 10AM - 2PM

NAITSA Office (O108) | South Lobby Kiosk (Main Campus) | HP Centre | CAT Building
South Campus | Patricia Campus | North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)



EXECUTIVE COUNCIL

ELECTION 2020/2021

CANDIDATE FOR VP STUDENT SERVICES



ANMOL BHARDWAJ
CANDIDATE FOR
VP STUDENT SERVICES

Hello fellow friends!

My name is Anmol Bhardwaj and I am a candidate for Vice President Student Services at NAIT. After my high school diploma, I planned to come to Canada to pursue my higher education. I chose NAIT because it provided hands-on education to the students and joined here in May 2019. I feel proud to be a part of the NAIT community but as an International student, it was not easy initially. I started volunteering with International centre and helping people, making new friends and that was the time I realised that I am happy when I do good for the society and make new friends. It's been a blessing then and NAIT is a home for me now. I prefer staying here to make more memories with my NAITSA family playing games or just having chat with my friends. I am currently Campus Ambassador at NAIT and also founder and president of Indian Dance and Sports club. The knowledge and the support have made me feel confident to run for these elections and to get more fun opportunities at the campus.

My goal is to make campus life more fun and memorable so one may look back and cherish the moments of campus life. As a NAITSA service representative, my motive will be to cover the concerns that will be important for NAIT students and make it easy for everyone to reach the right person for their concerns. I love volunteering and helping others and believe in giving back in a positive way to the community. My main focus will be:

Academic Support

- More sitting area for the students
- Arranging book donation campaign to promote easy education for everyone
- Fall term break

Fun at campus

- Focus on organizing more NAITSA events
- TEDx NAIT talks
- More social events to connect NAIT students with the outside community.

Students services

- More microwaves around the campus
- Meet and Greet with Executives so that students can put their concerns directly.
- Trying to organise career fair more often in a year

Mental Health

- Peer support system
- More health fairs

I am passionate to create an environment where we can get a better education and also create memories by executing, improving and enhancing the services that are provided by NAITSA.

I look forward to meeting you all and listen to your concerns and the opportunities you would like to be offered to make your campus life more excited and memorable. Feel free to email me at anmolbhardwaj2345@gmail.com for any concerns or suggestions to make campus life exciting.

Vote for me and give me the privilege to support you and create a fun life on campus.

-Anmol Bhardwaj

CANDIDATE FOR VP STUDENT SERVICES



ALEXIS SIEBEN
CANDIDATE FOR
VP STUDENT SERVICES

Hello fellow Oaks!

First, THANK YOU for voting me, Alexis, in as your current VP Student Services. Over the past year I have been lucky enough to work with my Executive Team and the NAITSA staff to bring you all the amazing services, events and opportunities on campus, which have led to the most rewarding year of my life. I am looking to you, the students, to **RE-ELECT me as your VP Student Services to continue enhancing your student experience at NAIT.**

I have always had a passion for events - which originally led me to my position on the Campus Activities Board in 2018/19, with a natural transition to VP Student Services in 2019/20. Since taking office, I have realized my passion is more than just events - it's the overall student experience. The student experience is about being involved, engaged, and finding your people on campus. At NAITSA we embrace everything to create the ultimate student experience; From Clubs, The Nest, student-staff positions, The Food Centre, and endless events such as how to's, stress-less, e-sports and everything in between.

In my opinion, NAITSA's services far surpass anything any other Student Association offers. We are considerate of NAIT's wide diversity in demographics, geographics, and psychographics with the hopes of reaching as many students as possible. Although there is always room for improvement with services and events, I think NAITSA's biggest obstacle is reaching students and keeping them informed with NAITSA offerings. Over the last year, my team has worked endlessly to change the status quo of an EC's role, moving from attending endless, fruitless meetings, to consciously

putting ourselves in front of students through our ECEE's (Executive Council Engagement Events). We wanted to get in front of students to ask questions, answer questions, help with events, share opportunities, and collaborate more with NAIT departments. Since New Student Orientation (NSO) in August, our Campus Life department has implemented a better tracking system for our interactions with students. At our events this year, we have interacted with over 5,000 unique individuals on campus. The influx of data we've seen with this years tracking has lead to the new goal of creating a seamless, straightforward, and accessible system for students on campus.

My goals if re-elected are:

1. **Centralized Campus Events Calendar:** I will continue to collaborate with NAIT departments to create a centralized calendar for all events/ activities on campus through a student-experience focused platform.
2. **Study Spaces on Campus:** This has been a huge priority for my team, and many of the teams that have preceded us.
3. **Continuity of ECEE's:** I personally think it is important for the students you elected to be available to you as they are your voice and representation on campus. If your EC's aren't out asking for your opinion it is impossible for them to understand how they can truly represent you.

RE-ELECT Alexis to represent the student voice and to enhance the student experience for another year at NAIT.

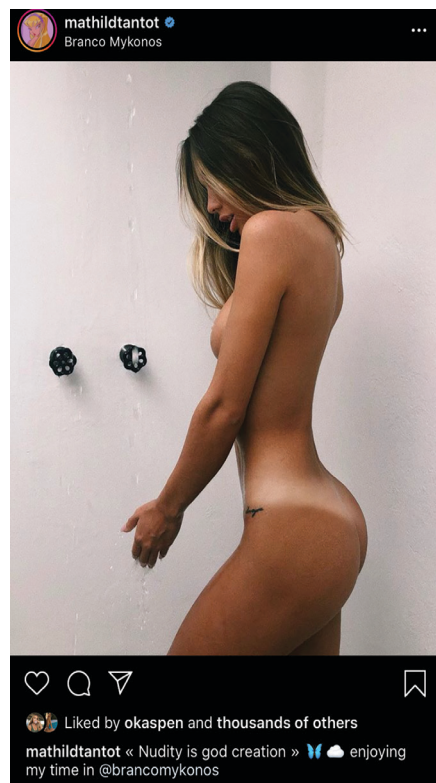
*The submissions included in this information piece were written by each candidate and are published as submitted.
The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.*

Modern media: art or porn?

By SARA GOUDA

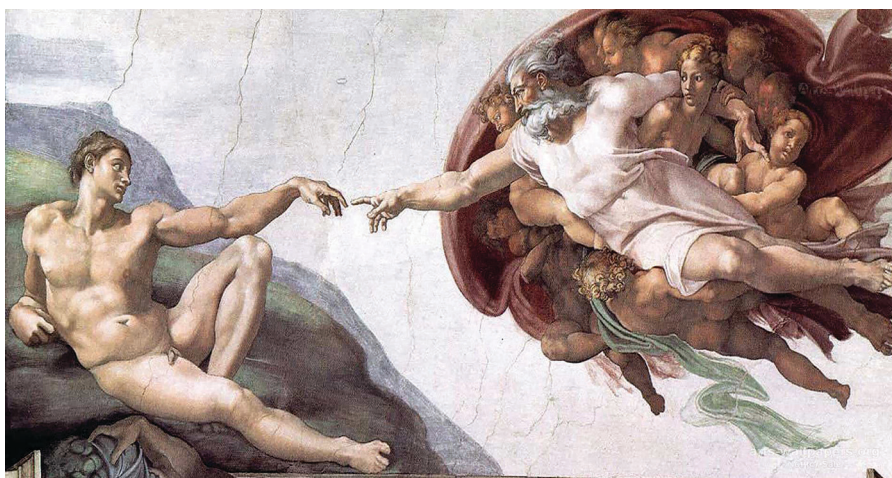


Left: Michelangelo's David, sculpted in marble between 1501-1504, one of the most famous sculptures in the world. Right: French-Persian Instagram Fitness model Mathilde Tantot posing naked on her Instagram account.



Art and Sexuality in Ancient Rome

The Romans had different attitudes towards the female and male body. Nudity was accepted in art due to the influence of Greek depictions of men and women. The Romans were much more comfortable with nudity in comparison to today's society. Romans went to public baths together and writings showed that men and women who chose to wear loin clothes in baths were mocked. This suggests that being dressed was somewhat looked down upon, perhaps as a mark of insecurity.



Fun fact: In Rome, many statues of men are sculpted or painted with a small penis. That's because the Romans believed that the brain and the penis were linked, and that the bigger your brain was the smaller the penis and vice versa. Often emperors and rulers wanted to display how wise they were.

Why did Michelangelo create David naked?

Considered by many the greatest artist of his lifetime, Michelangelo di Lodovico Buonarroti Simoni, known famously as Michelangelo, was an Italian painter, sculptor and architect of the High Renaissance period. The Florentine's artistic versatility was of such high order that many also considered him the greatest artist of all time.

Several of Michelangelo's works of paintings and sculptures rank among the most famous in existence. He sculpted two of his best works, the Pieta and David (above), before the age of thirty. But why did he create David nude?

Maryland Institute Art History professor Ellen Cutler suggests a number of reasons why David was built nude.

It was firstly because of Michelangelo's adoration of the male form. He believed that the naked body expressed the nature of God. Romans and Florentines were used to naked figures.

The male figure in youth was an icon of strength to them. The huge figure of a young naked heroic male ready to charge into battle with a slingshot and large hands was a metaphor for strength. If David had been clothed, even with as little as a loincloth or a leaf, it would distract from the overall effect by drawing attention to what is hidden rather than the whole piece.

What is porn?

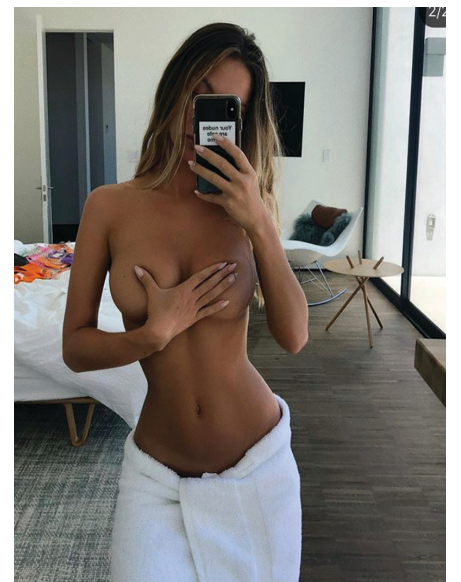
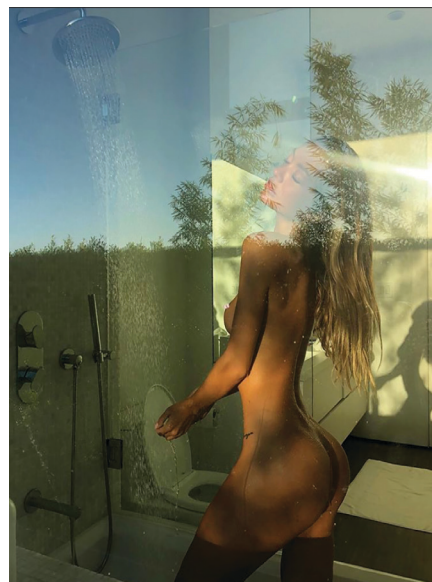
According to the Oxford dictionary: "Pornography can be understood as the explicit representation of sexual activity, in images or in writing." Many scholars argue that neither representing sexual activity, nor obscenity necessarily constitutes pornography.

Gender Studies historian Helen King claims that recent theorists have defined it more specifically as material which presents people—particularly women—as mute, available, and subordinate sexual objects, often shown in a context of violence.

In its most severe form, pornography theory depicts that all representation produced by men in patriarchal societies is, by very definition, pornographic.

A further element to be considered is the intention of the writer or artist; is the material created deliberately to violate a taboo or provoke? Is it providing a sense of sensuality and calamity?

Many celebrities and models, both men and women, post naked pictures on their social media accounts to promote artistic value. French-Persian fitness Instagram model Mathilde Tantot posted this picture captioned "Nudity is god creation."



Tantot regularly posts nude photos to her Instagram page.

Tantot expresses her confidence and beauty with, what she claims, is the goal to inspire.

Seth, a student at NAIT, agrees. "I think it's art because it shows body confidence," he said.

But many do not see it this way. Tantot replied to people who body shamed her with the following post:

"Some people think I need an excuse to take sexy pictures. Today 60% of girls on Instagram are doing sexy photos. When I take a picture dressed, I like it to be sexy. I am a sexy woman, and I like sexy women. I cannot stand men who have not seen a naked woman in their life and who become disrespectful towards women in swimsuits," writes Tantot.

Tantot also points out the gender difference, "I assure you 100% when I see a man in a swimsuit/underwear I do not think one second of sex. Because today is the 21st century, spirits have evolved. Believe me when you look at a photo of us in swimsuits or underwear and that excites you, YOU make us AFRAID. And if my Instagram is porn for you then bye! Evolve sh**!"

NAIT student Austin agrees.

"I think it's art because it is showing off the beauty of the human figure," he said.

Tantot's provocative pictures grow her following and her business. She and her twin run a successful international swimsuit company on Instagram.

So where do people draw the line between art and pornography? Is every naked picture equivalent to or considered pornography?

Despite the Oxford definition, some argue that imagery cannot be construed as pornography.

"Isn't porn more of an action? So no, it is not considered porn," said Emma, a female NAIT student.

Chi also views the imagery as art.

"I don't see why this is porn, why is it considered so? A lot of Greek statues are naked and they're still in museums and viewed as art by many. This isn't any different," said Chi.

Where is the line between art and porn? Is society indeed evolving as Tantot predicts? Will this generation see nudity as art just as the Greeks and Romans did, or will they have a different perspective?

ADULT FILM REVIEW

Psychology & manipulation in real estate: a review



By ELIJAH O'DONNELL
Entertainment Editor

One thing every college student knows and jokes about is how awful the housing market is. This cut-throat business is expertly highlighted in the 2019 short adult film *PSYCHOLOGY PROFESSOR ENJOYS TIME WITH REAL ESTATE AGENT*.

Professor Sheen (played by a man known as just “CHUCK”) is our titular character; almost the entirety of the film is experienced through his eyes. We begin with Sheen knocking on an old wooden door of a show home. He’s recently become single and is in the market for a home. The door swings open and we see our supporting actress, Kensie Madison, who plays the character of Kensie Madison.

Sheen has no idea who he’s looking at; he’s just here to look at the property. However, Kensie is immediately shocked as she already knows who Professor Sheen is: her former professor. This was the first sign that I felt foreshadowed Kensie’s ulterior motives. She helps him remember who she is, even laughing at his stupid jokes once he realizes she was a former student of his. Shortly, she invites him inside to have a look at the home.

As we move into the second act, Kensie begins showing Professor Sheen a living room. She talks about how well the sectional would fit a family and she begins to ask about his. As professor Sheen reveals to her that “Mrs. Sheen” is no longer in the picture, Kensie feigns interest and nods with what could be described as a knowing smirk.

“I’m sorry about that but... it’s good to know,” she says. A second sign?

She quickly brings him to what I’m sure she believes will be his favourite room in the house. Upstairs is a large room complete with a large sectional couch, full computer station and even a pool table. The room is described as the previous owners’ “man cave,” although Sheen doesn’t seem too interested as the stairs have thoroughly winded him and he asks to sit down. This was when he asked why she went into real estate when she was so good at psychology. She dismissed it, adamantly stating “I hate psychology. I have no interest in it. It’s not even what I was majoring in.”

She goes on to say that she only took the class to impress Professor Sheen. And this is when it all came into place for me. She said she liked his cardigan with the elbow pads and that was it. I knew.

Why real estate? Why go from psychology to real estate? Two professions with seemingly no relevance.

It got me thinking. Real Estate is a competitive business and sometimes, extreme measures must be taken to ensure the sale is completed. Real estate agents are just another form of salespeople, who commonly use subtle tricks to entice others to buy what they’re selling. One of the first and easiest tricks is to establish a personal or emotional connection with the person. Maybe you have the same surname or maybe they love the same weird little fashion item as you, like cardigans with elbow pads. Luckily for Kensie, she already knew the Professor.

It all made sense. She was using his own psychology against him! Real estate is just using subtle tricks to manipulate someone into getting what you want: the sale. Kensie was using manipulation abilities learned through Professor Sheen to get him to buy the house.

Why would she laugh at his stupid jokes? Why would she act sad when Sheen reveals his divorce when she’s attempting to hide a smirk? Why would anyone, ever, compliment a cardigan with elbow pads? Simple. To break down this man’s defensive walls.

But why would Sheen, a professor of psychology, not be able to see what was unfolding in front of his, and to

an extent, our eyes? If any other person were to have tried anything like this on him I’m sure he would have seen right through the rouse, but luckily for Kensie she already knows the professor. She had an in.

It was at this point she made an advance on Sheen unlike anything yet seen in the film thus far. He quickly shut down the advance, he’s her teacher, this isn’t right. But with an excuse that was just paper thin enough to work, Kensie pulled her final ~~diek~~ trick.

“I’m not a student anymore, obviously. I’m a real estate agent.”

PSYCHOLOGY PROFESSOR ENJOYS TIME WITH REAL ESTATE AGENT on its surface appears to just be a simple tale of a man attempting to buy a house and getting into a little more than he bargained for.

In reality it’s a deeply psychological piece that touches on themes of loss, relationships, emotion and manipulation. The first person delivery leaves the viewer trapped behind the eyes of Sheen as he falls deeper into the sale. I give *PSYCHOLOGY PROFESSOR ENJOYS TIME WITH REAL ESTATE AGENT* four fake compliments out of five.



Photo via Property Sex

“Marriage is a marathon”

By MADISON GUMMOW

Edmonton couple, Carolyn and Joe Weleshuk, have been together for 43 years. They celebrate their anniversary on the day of their first date because they haven't been without each other since.

“We met in June of 1977. I was with a friend of mine, who happened to be Joe's cousin, and when we were walking back to our vehicle we saw Joe standing at the bus stop. So we offered him a ride home,” Carolyn said.

“We dated for four years then got engaged. One year later we had a lovely wedding and now we've been together for 43 years.”



Carolyn and Joe Weleshuk on their wedding day.



Photo by Hannah Collins

Commitment played a major part in their ability to work through hard times in their relationship.

“Something that I've learned through our relationship is that if it doesn't work 100 per cent both ways, it's going to be tricky. If you're not both committed ... it's not going to work,” said Carolyn.

“Love comes in many different forms. It doesn't have to be infatuation, it doesn't

have to be flowers. It can be when you're at your partner's bedside because they're ill or you're supporting them through a hard time at work. It's the things that aren't often written about in Valentines Day cards,” said Joe.

The best advice they received before getting married was actually no advice at all. This gave them the space to work together to make things work.

“Interestingly enough, at our very young age, we got very little advice from our parents. You just sort of have to figure it out by yourself. But what we did get was a tremen-

dous amount of support,” Carolyn said.

Growing as an individual can be tough in a relationship. It can be hard to remain your own person and evolve into who you want to become while also trying to stay the person your partner fell in love with.

“Let them grow. I'm certainly not the same person I was 43 years ago and neither is Joe, but you just sort of stumble along and figure out that letting the other person grow works towards your benefit,” said Carolyn.

“Sometimes it feels like as they're growing, you're moving apart but that's not always the case,” Joe said.

Specifically in college, relationships can be difficult to maintain. Finding time to be with your partner or enjoying moments spent together can seem impossible under the stress of assignments and exams.

“We weren't together a lot and I think that's okay. I think you cherish the time with that person more when you're not with them all the time. It just makes the time we could be together much more special,” Carolyn said.

“For us, it was simple. And I think that's the key; keep it simple. Don't try and do stuff that you can't sustain, don't try and be someone that you're not. Just try to understand, respect and love the other person,” said Joe.

Love isn't always a fairytale, a large part of making it work is understanding that you're not always right and you might not get your way.

“It's never going to be equal all the time. Sometimes you give more than you want to and other times you get more than you could ever expect. And to me that is really great love,” Carolyn said.

“Be willing to sacrifice a little bit of yourself. You can't always do what you want to



Carolyn and Joe Weleshuk in 2019.

Supplied photos.

do or even what you should do. But you both have to be willing to make sacrifices, and it's never going to feel equal,” said Joe.

One of the most important things to remember is to be patient. Things won't always be perfect – apologize if you do or say something hurtful.

“Marriage is a marathon, not a sprint. Sometimes you feel like you just want to quit. But then a few days pass, you work through what's irritating you and you realize you have to shake that rock out of your shoe and keep at it because quitting isn't an option. Not all days or weeks or even months are perfect but getting over the inevitable hurdles is gratifying and crucial for solidifying a relationship,” Carolyn said.

LOCAL SHOP

Whyte Ave business thrives

By PAIGE GORDON

Christine Gaspard, better known as CC, is the manager and buyer for local Edmonton boutique The Bamboo Ballroom. CC also runs a highly successful children's boutique called Lil Rascalz housed inside Bamboo.

CC started her career in Montreal where she was a stylist for music videos, commercial shoots and magazines. If you can name it, she did it.

She later moved to Edmonton and was about to sign a contract with Club Monaco until she got a call from Kyla, the owner of The Bamboo Ballroom. Kyla wanted to know if she was interested in becoming the store manager.

The Bamboo Ballroom has been a staple on Whyte Avenue for the past fourteen years. Bamboo caters to every woman with styles that range from casual, chic, trendy and everything in between.

CC said the best thing about working at a local boutique is that the environment really allows her to grow in the workplace.

"Growth. I worked corporate for so many years. It can be cutthroat. You're promised a lot of things, and a million people are fighting for the same position. When you work local, you're given the opportunity and support needed to succeed. People actually listen to you, and give you useful and constructive feedback," she said.

The freedom she was given working at a local boutique allowed CC to open a kids boutique in Bamboo called Lil Rascalz. CC noticed after a little while of working at Bamboo that a lot of mom's were coming in

and there was nowhere really to shop for kids on Whyte Ave. CC brought it up to Kyla and they both saw it as an opportunity to bring in a new concept to the store.

They brought in a few kids items and they sold out immediately. CC found plenty of local vendors from Edmonton and Calgary and Lil Rascalz started to snowball. Kyla gave her the go ahead.

CC said the name for Lil Rascalz was inspired by the 1994 kids movie.

"I thought of a million names but I wanted something that would represent both boys and girls. Then I thought of the movie Little Rascals, and it fit because the movie is super diverse. And that's what kids are," said CC.

"They're lil rascals. They're curious. They don't want to be structured," CC said.

CC said she looks for a certain vibe when she's buying product.

"I pick urban style mostly because it's fun. But, I do listen to my customers and what they want. So, I have the frilly girly dress, but I hope they will pair that dress with a pair of Doc Martens," she said.

CC also emphasized how important it is to support local fashion in Edmonton.

"Whoa, super important! I think it's important to support local anything. When you support a store like Bamboo, for example, you are supporting every employee. You're supporting people who have taken a chance and a risk. And, when you buy local clothing lines like Suka, which we carry in the store, your supporting someone's dream and you're able to say you were a part of that," CC said.



Christine Gaspard

Supplied photo.



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NAIT STUDENTS' ASSOCIATION

Gemma Nye, Dollie drag queen and the relationships that shaped them

By STEPHANIE SWENSRUDE

Green-haired, French-speaking, trans tattoo artist Aberdeen Hill works downtown as an assistant to a 70-year-old woman. But come Sunday night, you can find them as Gemma Nye in local gay bar Evolution, performing to Carly Rae Jepsen under pulsing neon lights.

The name is indeed a play on the infamously dyadic zodiac sign, calling to mind images of a multifaceted personality.

Gemma's yellow-Starburst-hued wig, overdrawn green lips, and inch-long eye-lashes could catch your eye from a mile away. Their clown-inspired get up could be considered classically "drag," yet the trans performer under the makeup is anything but.

"A lot of people have this preconceived notion of drag queens, that they are all cis gay men," Hill said.

When Hill's fellow close friend and trans guy Levi started doing drag years ago, they were confused at first.

"You wanna be a boy, you're dressing as a girl, I just don't get it."

It was when Hill got into the hit show RuPaul's Drag Race that he started to catch a glimpse of what drag could mean for trans and non-binary folks. Hill really connected with the characters on the show that are more gender non-conforming.

However, it was a breakup that pushed Gemma Nye into the spotlight for the first time.

"When I was in this relationship, I very much took on this masculine role, because it was with a woman. [I thought,] she's super femme, and I'm gonna be super masc, and then we'll be this perfect couple," Hill said.

"When you're trans, there's so much pressure to look a certain way, and I am not masculine at all. Like, I am such a fag."

After the breakup, Hill started to do some things they never felt they could in the relationship. They started experimenting with makeup and embracing their feminine side.

Gemma Nye's debut was nearly on a whim - they were invited to perform at a "trans and non-binary only" show. It was a hodgepodge of pop music, trashy eye makeup and a dress from Value Village purchased the day before. After the performance, they were asked to perform at another show.

"It was just a downward spiral from there," Hill said with a smile.

Maybe Hill got lucky, or perhaps they have some special spark that says: 'hey, look at me'. Their popularity as a drag performer sky-rocketed, and within months Hill had carved out their own corner of the Edmonton drag scene.

Yet something was wrong. Fast forward a year or so, and Hill was in a new relationship with a guy who couldn't care less about Hill's passion.

"Drag ruined the best relationship I ever had," Hill said. "I'm, like, only going to date drag queens now," they half-laughed. Over the year-and-a-half-long relationship, their ex had only gone to one of his shows.

"He didn't know how much it meant to me. My friends all hated him, so he thought the drag scene was all negative," they said. Daydreams of the boyfriend coming to see his drag shows would make Hill cry. They said the last straw was when one of their best friends didn't even know that he had a boyfriend.

"I was like, I have to dump this dude."

Four months later, Hill has been pouring everything into drag, and it's paying off. However, these glittery, gaudy shows can occasionally foster an unnerving environment.

"[Drag] really does affect your relationships and how people see you sexually," Hill said.

They describe drunk dudes approaching him and commenting on their tuck, or telling them that he looks like a biological woman.

"Cis gay men give me attention in drag that they will never give me out of drag because they assume [I'm] also a cis gay man."

Hill says it can be hard to know a person's intentions when they approach you.

"Do you think I'm a girl, do you think I'm a boy? That's where the insecurity lies."

Hill has come to peace with the fact that not everyone is going to understand where they sit amongst this sometimes-confusing concept of gender.

"This is how I look if you look at me and think 'she,' that's how you have interpreted me," Hill said. "I'm not gonna try and act differently to influence your opinion."

Like the name Gemma Nye suggests, Hill can't be put into any defined category. They wouldn't have it any other way.



LOCAL SHOP

What does the fox ink?

By MORGAN NOSEWORTHY

Local Edmontonian Brent Smith and two of his compatriots from Lucky Strike tattoo have struck out on their own to create Fox Runner tattoo. Located just off Whyte Ave at 10185 81 Avenue, Fox Runner has been open for just a few weeks now.

Myke Peters and Landon Warienga have partnered with Smith to jam pack this shop full of talent and 26 years combined experience. Also included in their lineup of artists is Mary Madsen, previously from Atomic Zombie, and Tyler Bailey, who just came back from tattooing abroad in Glasgow, Scotland.

Smith is a long-time resident in the South Central Edmonton community.

"I love it, man. The area is great. West Ritchie is good. I like that I'm further entrenching myself in the community because this is kind of where we want to spread our roots out. We've got a home here and we want to stay here for a while so having a business close to home was a good move."

When asked about NAIT's upcoming tattoo program, the artists were concerned about the quality of the artists,

"Tattooing is the type of art style that you need to want to do it bad enough that you want to take on an apprenticeship, and then you really have to work to get it," said Peters. "If it's in a classroom setting, it's going to do nothing but pump out bad tattoo artists and saturate the market."

"There's been lots of attempts at tattoo school before

and they've all failed. It's not something you can teach in a classroom setting. It has to be very one-on-one."

"The cream always rises," commented Smith.

Warienga, a NAIT graduate in digital media and IT, was concerned about it being "a correspondence" course.

Also in the shop was Jennifer Konanz, a local artist who designed the logo and mural in the shop.

"These guys wanted a kind of seventies-styled thing so I start with typography. I designed the lettering and got that down," says Konanz.

"I've been working on this a few days. It's not a huge one, but the letters are pretty fancy and I do it all by brush."

To check out Fox Runner's Valentine's Day flash sale check them out Instagram or Facebook @foxrunnertattoo.



Photo via Facebook

The importance of self-love

By CAREN ANDERSON

As Valentine's Day approaches, our focus and energy turns to our relationships and the love and compassion we have and show to our significant others and loved ones. No matter the time of year, a lot of our energy, care and concern is shown and put into our relationships, but not always turned inwards towards ourselves.

What does it mean to love oneself?

We often hear the terms self-love and self-compassion. The words are used interchangeably but what does it all mean?

Having compassion for oneself is really no different than having compassion for others. It involves acting the same way towards yourself as you would to others when you are having a difficult time, fail an exam, or notice something you don't like about yourself.

Instead of just ignoring the pain and taking the stiff upper lip mentality you stop to comfort and care for yourself in this moment.

Instead of judging and criticizing yourself for various short comings, inadequacies, or personal failings, self-compassion means you are kind and understanding when confronted with personal failings.

Dr. Kristin Neff is a leading expert in the area of self-compassion. She identifies the three elements of self-compassion.

1. Self-kindness vs self judgement: treating oneself with understanding and forgiveness rather than harsh judgements.
2. Common humanity vs isolation: acknowledgement

that people are not perfect and personal experiences are part of the larger human experiences.

3. Mindfulness vs over-identification: allow us to be with painful feelings as they are rather than avoid extremes of suppression or running away with painful feelings.

What are the benefits of self-love and self-compassion?

Having compassion reduces negative thinking patterns, anxiety, depression, stress, perfectionism, shame and body dissatisfaction.

It also increases positive thinking patterns and states, life satisfaction, happiness, self-confidence and promotes resiliency.

Resources for self compassion:

1. Take this quiz by Kristin Neff's: <https://self-compassion.org/test-how-self-compassionate-you-are/>
2. *Stop Beating Yourself Up and Leave Insecurity Behind: Self Compassion* by Kristin Neff, PhD.
3. Practice your skills with *The Mindful Self Compassion Workbook: A proven way to accept yourself and leave insecurity behind* by Christopher Gerner, PhD and Kristin Neff, PHD.
4. Practice mindfulness. *The Mindful Path to Self-Compassion*, Christopher Gerner, PhD.

Counselling Quick Tips

1. It's important to carve out time and prioritize your self-care activities.

2. Be kind to yourself.
3. Be aware of your inner critic and negative self-talk.
4. Challenge your inner critic and practice positive self-talk.



Supplied photo.

Hello!

My name is Caren Anderson and I am a Registered Social Worker with NAIT Student Counselling. You can find me over at W11-PB.



Photo via beyondages.com

Galentine's day for the single

By **PAIGE GORDON**

Valentine's Day: the one day of the year that all single girls dreads. They know that their Instagram and Snapchat feeds are going to be bombarded with bouquets of roses, candlelit dinners and giant teddy bears wearing hoodies. However, fear not! Valentine's day isn't just a day to spend with your boyfriend. It can be a day to spend with the most important people in your life: your girlfriends! "Galentine's" day has become a major trend in the past couple of years and is way better than sitting on your couch eating a tub of ice cream and watching "How to Lose a Guy in 10 Days". If you have no idea what to do for Galentine's day, I have a few suggestions.

HAVE A NIGHT OUT ON THE TOWN

What's better than dressing up and having a night out with your girls? Put together a cute outfit and plan to go out for dinner and drinks at one of your fave spots. And don't forget to hit the dance floor if there is one.

HAVE A PHOTOSHOOT

No shame in spending a night trying to add to your Instagram feed. Plus, who knows your best angles better than your girls?

HAVE A SLUMBER PARTY

Nothing better than a good, old-fashioned sleepover: a night to have dance parties, watch romcoms, and gossip about all the boys in your life.

GO ON A ROAD TRIP

Get out of the city for the day or weekend! Nothing brings you and your girls closer than a killer playlist and the open road.

HAVE A SPA DAY

Relax! No, seriously, take time to unwind and get a massage, facial, and a mani-pedi.

SING KARAOKE

This is totally an underrated activity. You'll have your hypewomen cheering you on while you belt out "Before He Cheats" by Carrie Underwood, and there will definitely be a group performance of "Wannabe" by the Spice Girls.

GO FOR A HIKE

Get outside, get in a workout, and take in some views.

GO TO AN ANIMAL SHELTER

What's better than puppy cuddles on Valentine's Day?!

GO WINE TASTING

Crack open your favourite bottle of Jacob's Creek or go to a wine store that puts on tastings. You can try out some new wines and add some to your collection

GO SEE LIVE MUSIC

If there's a concert in town, make it a point to grab some tickets. Or, see what shows are going on in the local scene. You never know, you could run into a dreamy boy playing in a cafe...

There you have it. Hopefully, these ideas help to have a memorable Galentine's day. Grab a bottle of champagne, put on your favourite dress, and turn up Single Ladies - you have a great night ahead of you.



Photo via Unsplash

FOR YOUR LISTENING PLEASURE...

The Shuffle

ANTI-VALENTINE

By **KARLIE MICKANUIK**

Valentine's Day is right around the corner. Advertisements are plagued with engagement rings, boxes of chocolates, red roses and, of course, an overabundance of love songs.

People that are single this time of year (including myself) see it as just another day or even begin to despise all the "love-doveyness" being thrown into their faces.

Relationships go through rough patches and have hard times, and that is normal. Love songs always seem to skip past all of the bad parts of a relationship. On the other hand, this can be a lonely and sad time of year for those that are single or were recently broken up with.

If you love this time of year, that's cool too, but this playlist is not going to have stereotypical love songs. Still, more of an anti-Valentines Day or even an anti-love vibe and offer a more accurate idea of what this day really is to a lot of people.

"I Hate Myself for Loving You" – Joan Jett and the Blackhearts

This song from 1988 is still awesome to listen to today. It's catchy, easy to sing along to, and the message is genuine too. The main character of the song's lover is a cheater and often does not put in the effort to see her; she's stuck in the relationship. She knows she should leave, but something is holding her in the relationship and creates a sense of self-loathing.

"Hey There Rose" – The Ghost Club

This song tells the story of a relationship where one person in the pair desperately wants the relationship to work out and last forever. Still, the other person knows they are just not right for each other. The person trying to leave the relationship believes they do not connect with each other and have grown apart. It is evident that this person wants to escape the relationship. This song is incredibly produced and very lovely to listen too, as well.

"Since U Been Gone" – Kelly Clarkson

This song is not a "stupid love song" one bit. It shows the empowerment someone feels when they finally leave a toxic and unhealthy relationship as the lyric "since you been gone, I can breathe for the first time" shows. This is a great song to listen to while dealing with a breakup. Put it on full blast in your room when you are alone and sing. I promise you will feel better.

"So What" – P!NK

Another anthem to shout when dealing with heartbreak or anytime you are feeling down for that matter. P!NK has been an icon in the music scene for years, and this song came out over a decade ago and still slaps. While the chorus of this song exudes confidence and strength in moving on the bridge is filled with the real emotions heartbreak. The lyrics "you weren't there, you never were, you want it all, but that's not fair" is a perfect example of this.

"I Don't Wanna Be In Love" – Good Charlotte

The title speaks for itself with the vibe this song is offering. Good Charlotte has a natural punk sound, which is elevated even more with this anti-love song. The story of the song fits the theme of this playlist perfectly. It is a classic story of being in a relationship that you are unhappy with. This song has an anthem sound for being out of love, and I love it.

"How to Be a Heartbreaker" – Marina and The Diamonds

On the outside, this song is all about playing with other people's hearts for the sake of being a player. Take a closer look at the lyrics and the rules in this song about how to actually be a heartbreaker becomes a method of protecting your heart from getting hurt. Of course, there are better ways to deal with this than to become a serial heartbreaker. Still, this song is a classic and shows a realistic feeling people have.

"Killer" – The Ready Set

This catchy tune is about a person being a "love killer" and being no good for their partner. In the song, the main character openly admits to breaking a lot of people's hearts and brushing them off like they were nothing. Sadly, there are real people in the world who act like this.

"Too Close" – Alex Claire

This is a friendzone anthem. Knowing a person too well to love them or date them is real. Sometimes people are better off as just friends, although it can be hard if only half of the relationship feels this way. There's a line in the song that says, "at the end of it all you're still my best friend," which can be heartwarming or heartbreaking depending on who you are in the relationship.

"My Happy Ending" – Avril Lavigne

This song is not about the happy ending at all and in natural Avril Lavigne fashion, her love life is used in her music. Avril has raw emotions in a lot of her songs, especially her older stuff and this song is one of my all-time favourites by her. The story of losing your happy ending when you thought you would have it all is tragic but makes for great lyrical content.

"Tainted Love" – Soft Cell

The final song in this playlist can be no other than this cover of Tainted Love by Soft Cell. The synth sound of this song is a little deceiving to its lyrics; however, they still pair well together. Just like other songs on this list, this song is also about running away from a relationship full of tears and pain that is obviously not enjoyable.

FOREIGN FANTASIES, FETISHES, AND FLINGS

DISCOVERING LOVE AND SEX AROUND THE WORLD

Beliefs, customs, trends, and taboos are a common catalyst for intimacy around the world. An elderly couple getting naked in Brazil does not share the same mating rituals as a polygamist couple in a U.S. commune.

Of the 7.5 billion humans inhabiting this planet, there's a lot of people smashing nasties (a.k.a. making love) in a lot of different places. Exposure to information and the ability to travel easily make it very accessible to learn about and experience love and sex abroad. It's never too late to sample a few new fetishes from another country.

By NATALIE SARZYNSKI

MEDITERRANEAN (GREECE AND ITALY)

Ancient Greece and surrounding Mediterranean countries were famed for their promiscuity. Stories of orgies, love potions, and erotic dolls were all a part of their sexual culture.

BDSM, the sex fetish of bondage and kinky discipline, was a recognized practise by the Greeks and Romans. Whipping was an act used to attain arousal and erotic stimulation. Today, BDSM is commonly practiced by people around the world.

RUSSIA & EASTERN EUROPE

Любовь [lyoo-bohf] means love in Russian. The men are traditional and chivalrous. The women are stereotypically gorgeous and fiercely devoted to their partners

In Russia, homosexuality is still extremely taboo. Although it was decriminalized in 1993, it is still controversial—even considered dangerous if observed in public.

JAPAN

In Japan, there is a long-standing history of illustrating pornography. During the Edo period, shunga wooden blocks depicted erotic paintings such as the famed illustration "Dream of the Fisherman's Wife" by the artist Hokusai.

Japan is known for strange fetishes. These include omorashi, sexual arousal from a full bladder and wetting oneself; tentacle erotica, a form of hentai (suggestive manga or Japanese anime) that reveals a woman being sexually stimulated by one or more tentacle beasts; and nyotaimori, the practise of serving sushi and sashimi off of a naked body.

MEXICO & LATIN AMERICA

Latin America is reputedly one of the sexiest regions of the world. Spicy flavours, tropical beaches, and sensual music are all ingredients for a good time.

Religion and family values also play important social roles. "Two out of every ten mothers who gave birth in Mexico in 2017 were under 20 years of age," says Grecia Villa.

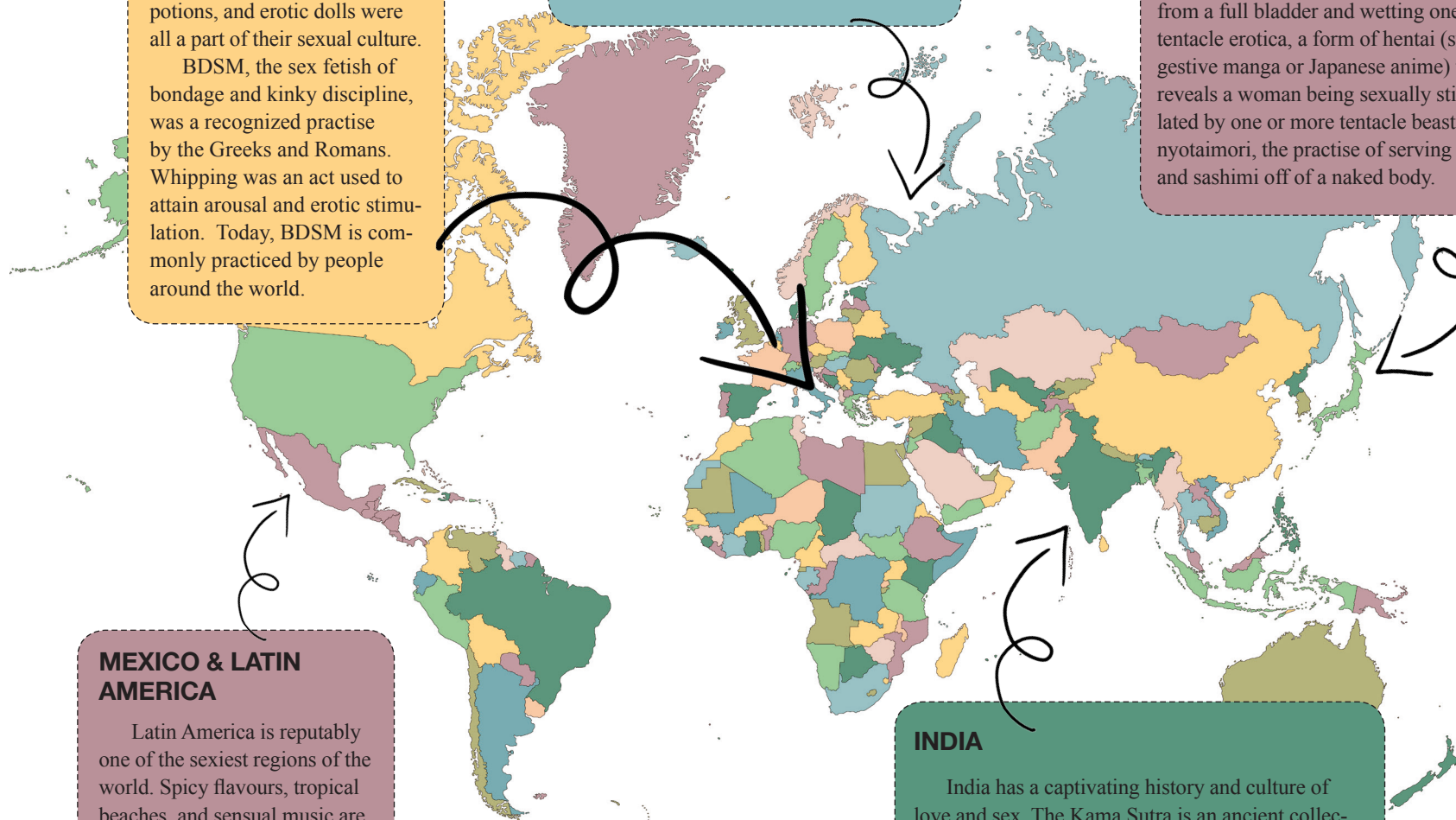
The highly catholic country frowns on birth control methods leaving it with frightening statistics on teenage pregnancy, mostly affecting low-income households.

INDIA

India has a captivating history and culture of love and sex. The Kama Sutra is an ancient collection of seven books written by Vatsyayana Mallanaga sometime between 400BCE and 300CE.

The Kama Sutra is a sexual manual about erotic and emotional fulfillment. People generally associate the manual with sexual positions and tantric sex; yet, it contains many elements of relationships and gratification in life.

Hijra, India's transgender minority, are legally recognised as a third gender. Best known for their songs and dances, they are a culture dating back thousands of years. They have struggled hard for rights and recognition.



LOCAL ARTIST

Projection art expanding

By DAVID MADAWO

Edmonton is beginning to see local artists pioneering visual and graphic arts to bolster a more stimulating vibe to their performances.

Kanye West and Travis Scott are just a few of the well-known musicians known to spend thousands hiring artists to create visuals to include in their shows.

Just one year ago, artist Sebastien Prophete, also known as Subdidi, was hired to showcase a video at an art exhibit called “The Enigma” that would pave the road for his career.

Having curated the event, Subdidi had control of how big of a bang he wanted to make, so he projected a video of him painting a mural on a large platform for everyone to see.

From there Subdidi went on to curate Launch Control, another large art-based event held downtown. But art exhibits clearly weren’t enough for the now coveted artist.

Working with visuals from Japanese animated media, Subdidi learned to manipulate font, music and these anime images to make his own unique projection. This instantly took off, and to this day audiences can expect a visually intoxicating set if Subdidi’s name is behind the art-

ist in his trademark Canterbury Black font.

Subdidi has tailored visual epics for Edmonton artists such as Blu Kobina, Ntwali and Floyd. He has also collaborated with other visual artists like Golden5ild, 98apollo, KAM and Kerrtissy. Subdidi began to form a precedent of what can only be called an expected standard for art at shows.

“Everyone has a different sound and feel they give off, so it’s only right to match their energy with my visuals,” said Subdidi.

Having three years of experience in video work and twelve years of painting and graffiti, the success of Subdidi in the past nine months should not come as a surprise. His work ethic and process come from his experience with graffiti; his work is quickly covered up as soon as it is put down.

Music plays a huge factor in his process.

“My biggest inspiration is actually music and how rhythm and BPM control how we perceive visuals,” said Subdidi.

With artists like Subdidi taking bold steps forward, and adding more to the melting pot that is the art scene in Edmonton, Edmonton will start to see a drastic change in its art scene.



Photo via Instagram

LOCAL SOUNDWAVE

Immigrant makes career from music

By STEPHANIE SWENSRUDE

It’s a Friday evening. The living room of a grandmother of six and a music teacher has been transformed into a live music setting. Friends and family curl up on the couches, cupping mugs of coffee and tea and the odd glass of wine. Her scrappy dog Ramsey is relocating from lap to lap, soaking in the cuddles.

Ryu Yokoo pulls himself from a conversation with a smile and makes his way to the front of the crowd.

A mic and amp have been set up amongst the host’s family photos and leafy green plants. Yokoo picks up his trusty guitar and welcomes the crowd before launching into a mesmerizing set of guitar tunes. The set ranges from Japanese ballads to classic rock to current top 40. The crowd is hushed, serenely taking in the performance.

Born in Osaka City, Japan, Yokoo began playing guitar as a young boy. He and his friends had a particular love for The Beatles, learning their songs without even fully understanding the English words.

He moved to Canada in 2000 where he enrolled in the MacEwan music program, graduating with honours in 2003. With the help of his longtime friend and manager

Heather Miller, Yokoo has booked shows at local open mic nights, farmer’s markets and house shows.

“Usually [when I play,] I’m half asleep,” Yokoo said with a laugh. But he also said playing music makes him feel alive. Yokoo plays all music, Japanese and English, as long as it’s good. However, it’s easier for him to memorize Japanese music, and he stays away from rap music.

“Too many words, I can’t get it,” he said.

One of the challenges Yokoo takes on with fervour is arranging solo pieces. His goal is to express the sound of a band through one instrument.

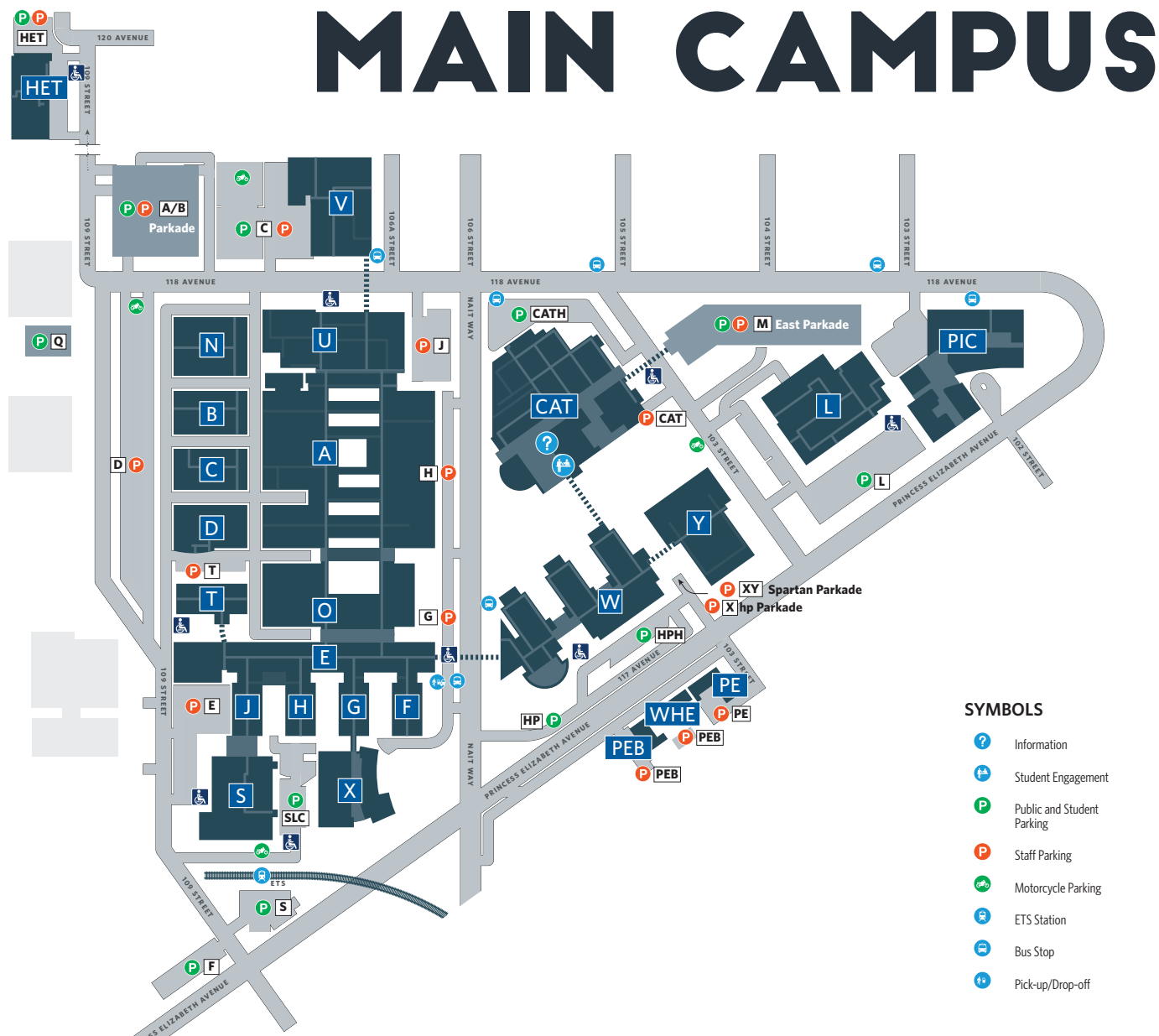
“[It’s tough], but excellent,” Yokoo said.

Yokoo’s teaching career rounds out his resume. He says his students are some of the many special people that music has brought to him. In fact, many local students owe their proficiency to his teaching, and he couldn’t be more proud of that.

Every second Saturday, you can catch Yokoo at The Carrot, a local cafe, where he hosts an open mic. He says it’s important for him to let all musicians have a chance to play. He also plays at the L1 Lounge most Thursday nights.



Supplied photo.



- SYMBOLS**
- Information
 - Student Engagement
 - Public and Student Parking
 - Staff Parking
 - Motorcycle Parking
 - ETS Station
 - Bus Stop
 - Pick-up/Drop-off

LOCATIONS

EDMONTON
Main Campus
11762 - 106 Street nw
Patricia Campus
12204 - 149 Street
South Campus
7110 Gateway Boulevard
NAIT Distribution Centre
11311 - 120 Street
CALGARY
NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

- A Industrial Building
- B Shell Manufacturing Centre
- C Gateway Mechanical Services Centre
- CAT Centre for Applied Technology
- D Services Building
- E Technical Building
- F Medical Wing
- HET Heavy Equipment Technology Building
- J J-Wing
- L Continuing Education and Industry Training Centre
- N Sandvik Coromant Centre
- O Central Building
- PE Human Resources Building
- PEB Princess Elizabeth Building
- PIC Productivity and Innovation Centre
- S Activities Centre
- T Administration Building
- U Learning Resources Centre
- V Industrial Technical Building
- W hp Centre
- WHE Western Hog Exchange
- X South Learning Centre
- Y Spartan Centre

OFFICES AND SERVICES

- E-114 Accounting Cash Office
- S-105 Athletics
- O-117 Campus Recreation Services
- CAT-215 CAT Computer Commons
- W-111 Computer Training Centre
- W-111 Continuing Education
- W-111PB Counselling Centre
- E-121 Encana Aboriginal Student Centre
- O-119 Health Services (South Lobby)
- W-101 International Centre
- U-310 Library Services
- E-134 NAIT International Administration
- W-203 NAITSA Computer Commons
- E-131 NAITSA (NAIT Students' Association)
- O-115 Office of the Registrar (South Lobby)
- CAT-180N Parking Office
- D-104 Protective Services
- W-111PB Learning Services
- X-114 Shop at NAIT
- O-101 Student Awards
- O-117 Student Engagement
- CAT-180 Student Service Centre
- Admissions and Enrolment Support
- Advising and Career Development Service Services
- Funding and Financial Aid Services
- Pre-Admission Immigration Advising
- Student Payments
- U-210 Student Study Lounge
- O-117 Student Well-being and Community
- U-210A Tutorial Services

Map locations are subject to change. Visit nait.ca for most current information.

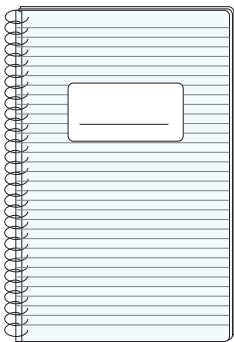
NAIT PICK UP LINES

By MORGAN NOSEWORTHY and ELI O'DONNELL

Sometimes you're hanging out at NAIT and you can't think of anything to say to that QTπ (cutie pie) that you keep seeing in the HP Centre. Well, stop your fretting! The Nugget has put together some A-grade pickup lines to help you break the ice. These lines have been custom-made by Nugget staff for the NAIT students. You can thank us later. ;)



WRITE FOR US?



Visit The Nugget office to find out how. Room E-128B

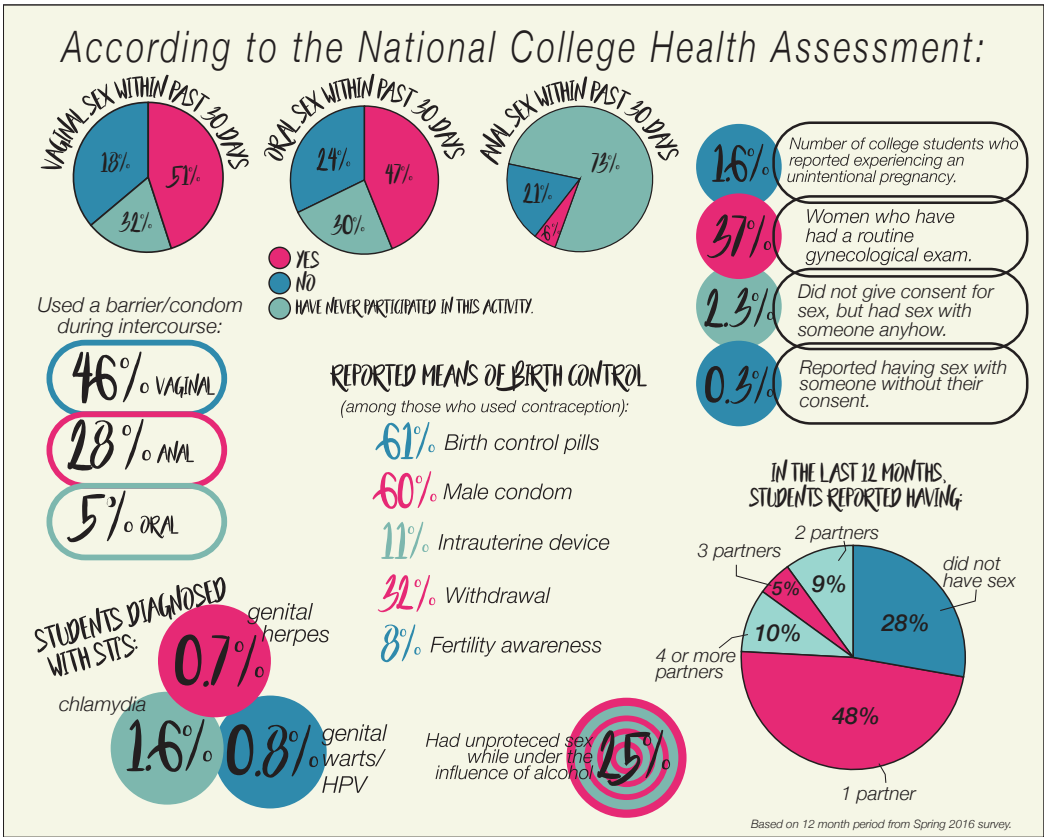


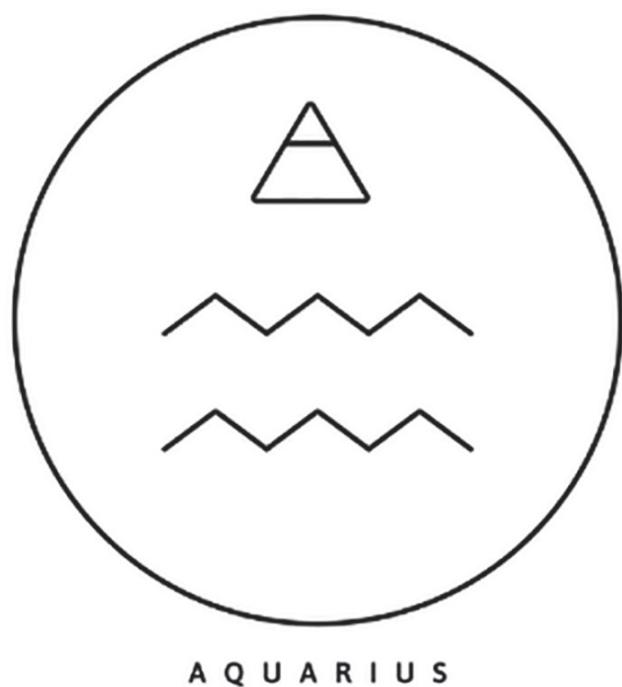


Photo via Scream Queen B

TAROTSCOPES

with SCREAM QUEEN B

Download your free 2020 Tarotscopes year-in-view at www.screamqueenbtarot.com and follow me on instagram @screamqueenb_tarot for the Tarot Theme of the Month, love readings and mystical insights.



AQUARIUS (Jan. 20 - Feb. 18)

The Empress

Feeling your creative energy soar to greater heights, you're beaming with possibility! Single: not for long! In Union: blissed out vibes, luxurious love-making and a long-awaited pregnancy.

PISCES (Feb. 19 - Mar. 20)

4 of Wands

Building a foundation that lasts that roots you to the legacy of family, community and joy. Single: celebrations and chance-meetings bring romance. In Union: engagements or honeymoons are on the horizon.

ARIES (Mar. 21 - Apr. 19)

10 of Swords (Reversed)

This card signals the end of a difficult time that included betrayal, cutting words or trauma. Take time to heal. Singles: stay that way until you've let go of the past and can truly offer your heart. In Union: be gentle with yourself or your partner and be sure to get the mental health support you need.

TAURUS (Apr. 20 - May 20)

The Tower

Shocking revelations that change the course of your life. Truths revealed, announcements and potential unexpected pregnancies - so be careful Taurus! Singles: whatever is revealed is for the best, let your course change direction. In Union: Pay attention to the red flags.

GEMINI (May 21 - Jun. 20)

Mother of Swords

This character is the ice queen, all up in her head instead of where she wants to be, submissive in bed. Time to give up control. Single: be careful of your resting bitch face energy. In Union: are you being too demanding or critical of your partner? Listen with your heart.

CANCER (Jun. 21 - Jul. 22)

Father of Pentacles

This character is the diamond in the rough, loyal and traditional. Marriage material, the ultimate provider. Single: don't overlook this dreamy Earth sign in your life. In Union: taking on a parental role with your partner, providing nurturing and support.

LEO (Jul. 23 - Aug. 22)

8 of Swords

Fear of change is holding you back, causing you to worry what others think of you and playing too small. Your mind is the only thing holding you back. Single: If you don't let people know who you are, how will the good people find you? In Union: it's time to look at how your insecurities prevent true intimacy with your partner.

VIRGO (Aug. 23 - Sep. 22)

The Devil

Who is deceiving you? Someone close to you is wearing a mask, hiding subversive behaviours or addictions. Single: do not be fooled by flashy charisma, all that glitters is not gold. In Union: temptations threaten the intimacy of your connection.

LIBRA (Sep. 23 - Oct. 22)

Ace of Wands

Passion! Romance! A spark of new energy is flowing to you now, bringing a much-needed boost. Single: conditions are perfect for a passionate fling with a fire sign. In Union: your libido is next level, harness that sex appeal and turn it up to eleven.

SCORPIO (Oct. 23 - Nov. 21)

Mother of Pentacles

You're coming into a new level of vulnerability and connection in your love life, ready for more presence and attachment. Single: look for an Earth sign or single parent to warm your heart (and bed). In Union: feeling absolute levels of trust and compassion with your partner.

SAGITTARIUS (Nov. 22 - Dec. 21)

4 Pentacles

Greed is often the interpretation of this card. Who - or what - are you holding onto for self-centred reasons? Be careful of controlling behaviour. Single: time to share your energy with others, see your friends. In Union: if you want to experience abundance, start with being more generous in the bedroom.

CAPRICORN (Dec. 22 - Jan. 19)

The Sun

You are blessed Capricorn with mega attractiveness, options and charisma. This month will have you feeling hopeful and your physical best. Single: when you feel good, others want to be part of that. In Union: next level is on the horizon, children may be welcomed at this time.

SEX QUIZ

WHICH *FRIENDS* CHARACTER ARE YOU?

- A – I've accidentally gotten a woman pregnant.
 C – I've watched porn for more than 24 hours in a row.
 F – I've masturbated thinking about a dead person.
 A – I've been dumped during sex.
 A – I've walked in on my sibling having sex.
 D – I've dated someone just because I was lonely, not because I liked them.
 C – I've slept with someone to get a job.
 B – I've slept with more than one friend in my friend group.
 C – I don't believe in monogamy.
 B – I've dated/been in love with one of my employees.
 C – I have masturbated to a headshot of myself.
 E – I've orgasmed in public.
 A – I've had sex in a museum, library or school.
 F – I asked my partner to wear their work uniform during sex.
 C – I've eaten (food) during sex. (No pun intended).
 E – I've made out with a friend of the same sex.
 D – I've asked my friends for sex advice.
 A – I've cheated on my significant other.
 C – I've had a threesome.
 A – I've been divorced.
 C – I've tried to hit on my roommate.
 D – I've repeatedly heard my roommate having sex.
 C – I've used handcuffs during sex.
 D – I've tricked someone into a romantic liaison.
 E – I've thought about cleaning during sex.
 B – I've dated a person from another country.
 F – I've used crystals during sex.
 A – I've been in love with my sibling's best friend.
 B – I've accidentally gotten pregnant.
 E – I married my best friend.
 B – I've left a man at the altar.
 E – I will never have anal sex.
 D – I've forgotten someone's name after sleeping with them.
 F – I've hit on a client/patient/co-worker.
 F – I've eaten food off someone's naked body.
 D – I will not have sex with sick people.
 F – I've had sex in a public place.
 A – My ex broke up with me because they were gay/lesbian.
 B – I've had sexual dreams about my friend(s).
 E – I've dated/slept with someone 20+ years older than me.
 F – I've flashed someone to get something I want.

**Mostly B's: RACHEL**

Some think you're a prude, and others think you're too promiscuous. The truth is you like to follow your own rules. You don't do what's expected of you, and while forging your own path feels like a challenge sometimes, you've developed an intimate relationship with yourself that not many have. Though you have a habit of getting busy with partners for the wrong reasons, everyone you've met has had a profound impact on you. Keep focusing on yourself and the right one will come along.

**Mostly C's: JOEY**

Your two favourite things are sex and eating food – in that order. Sometimes it feels like those are the only two things you're good at. You know how to get someone to go out with you, you know how to get them to come home with you, and you know how to keep them happy in bed. But you're not exactly an intellect, and you know this holds you back in life. Fortunately, you're a simple man, and by focusing on your career and friend group you'll find your place.

**Mostly D's: CHANDLER**

You're not exactly the sweetest of the bunch. You forget sexual partner's names, you use too much sarcasm on a date, and you have many rules surrounding who you will and won't date. You don't exactly have the luxury to be picky—though you still are. You've had to enlist the help of your buds to get your bedroom skills up to par, but unfortunately you're currently single and have no one to practice with. Keep your focus on those who matter most and everything will fall into place.

**Mostly E's: MONICA**

You're extremely caring, you will do anything for your family or friends and you live to make those you love happy. But you're also completely neurotic, anal, and controlling and that has driven away friends, and romantic partners. You've often found yourself seeking fulfilment through the wrong methods and you're not exactly proud to admit that you've jumped into bed with others, perhaps too easily. But you'll soon straighten out your values and your passion and big heart will lead to a beautiful life.

**Mostly F's: PHOEBE**

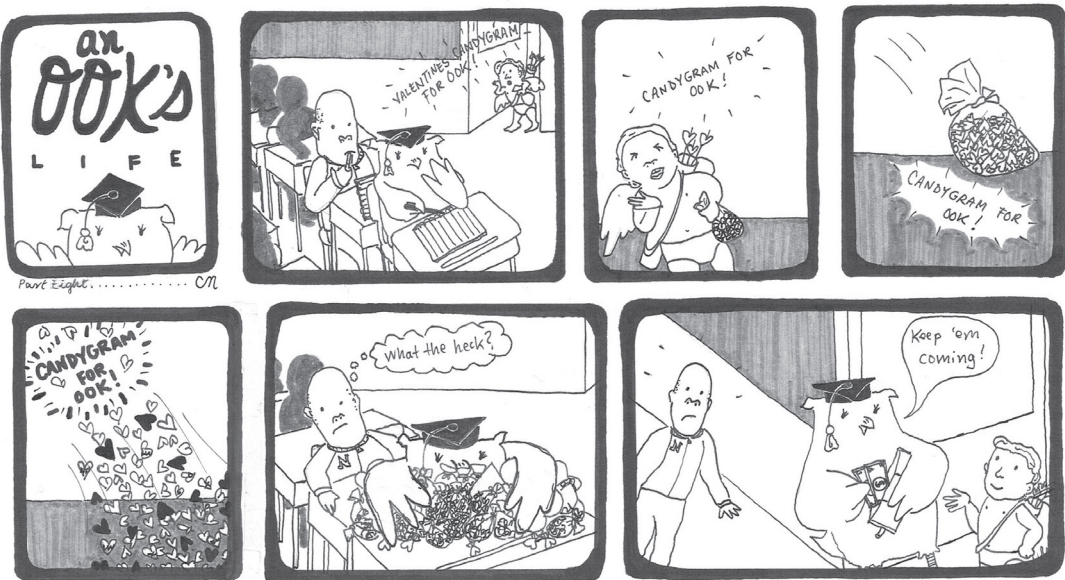
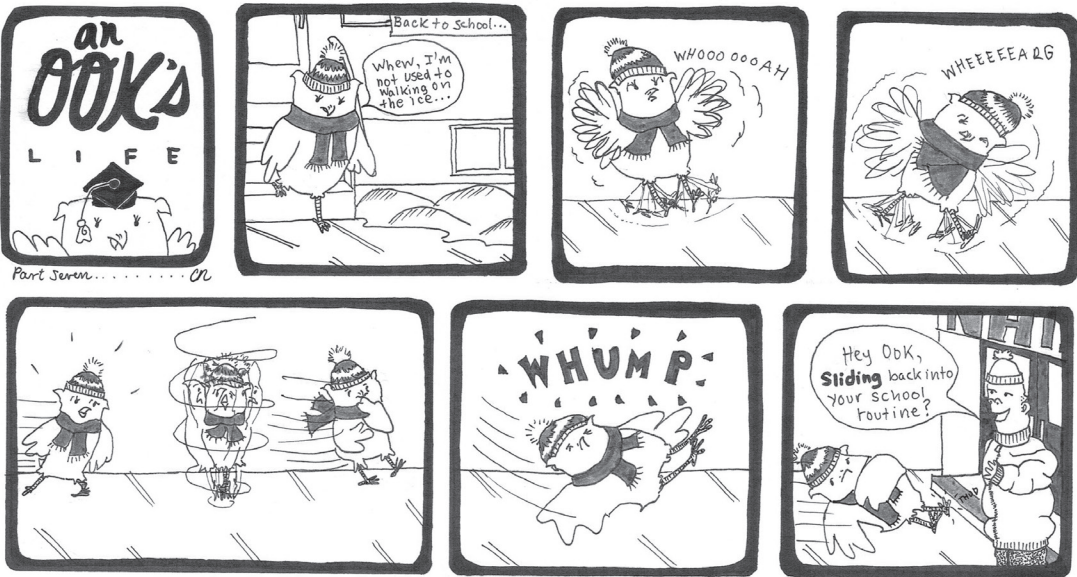
You've always been the odd one out of the bunch, and that includes in the bedroom. You see angel numbers everywhere, carry crystals in your pockets and you've had sex in more public places than you can count. Though you appear off-balance to some, you have a strong connection to your intuition. You don't follow conventional rules; you march to the beat of your own guitar. While you haven't had the easiest life, you're also optimistic, you believe the best in people, and you have fine-tuned instincts. Things always work out for the best.

**Mostly A's: ROSS**

You're the intellect when it comes to the books, but when it comes to women, you need a little help. You're the jealous type, you use too much hair gel and you take a little too much pride in being right. You try so hard to be the nice guy, you end up doing the wrong thing, but your heart is in the right place. Try not to get too excited when you meet someone who matches your intelligence. They'll satisfy you up top, but that's about it. Take a break from dating – you never know what will happen.

Photos via Bustle, Insider, Elite Daily, Spin 1038, Lionsroar, Digital Spy

CREATIVE CORNER



Comics by Celia Nicholls

Bathhouses

By Chris Avery

In a cloud of steam, he emerges
With towel in hand, their posture erects
Without exchanging words, they wander into a corner
Boom! Boom! Boom! goes the music
The air is filled with musk, moans, and groans
The men release...
“Well that was quick,” said the one guy
“I have to get home to my wife,” said the other
And the men part, to never share towels again

sKeptiKal

By Shawna Bannerman

I can't help be sKeptiKal
of the couple married at 20
say it's a 'sick deal' 'just too great'
while the cats turns into kids and
the beer turns to indifference
I've been there
this luv leaves me agitated
anxious brides change their bio
“ring emoji” BRIDE TO BE or some shit
like identity is wrapped around your finger
I never stayed to linger in this life
we built
boarded the bored bus
next stop NeverLand
second star to the right
and straight on till morning.

SudOoku

Easy

9	6		4		7	5	
	4				2		1
2			9	5	1		
			8	4			
			1		6		4 3
		4	7				
	1		9		6		4
		5		4		8	7
			3			1	5

Medium

				4			6
2		3	7				
1					8	3	
					9		1
			1		8	6	
7		4	6				
							2
	9			2	1		
			3			5	

Hard

		6	3	4		8	
	1				6		9 2
		5		9			
						4	5
							1
2	9			5		6	
8	7						
					7		4 9
		9	6	4			

Easy

5	1	9	8	3	6	7	2	4
8	7	3	4	1	2	5	6	9
4	2	6	5	7	9	8	1	3
8	9	2	6	7	5	4	3	1
3	4	7	9	1	2	6	5	8
6	5	1	3	4	8	9	2	7
9	4	7	1	5	6	3	8	2
1	6	8	2	9	3	7	5	4
2	3	7	5	4	8	1	9	6

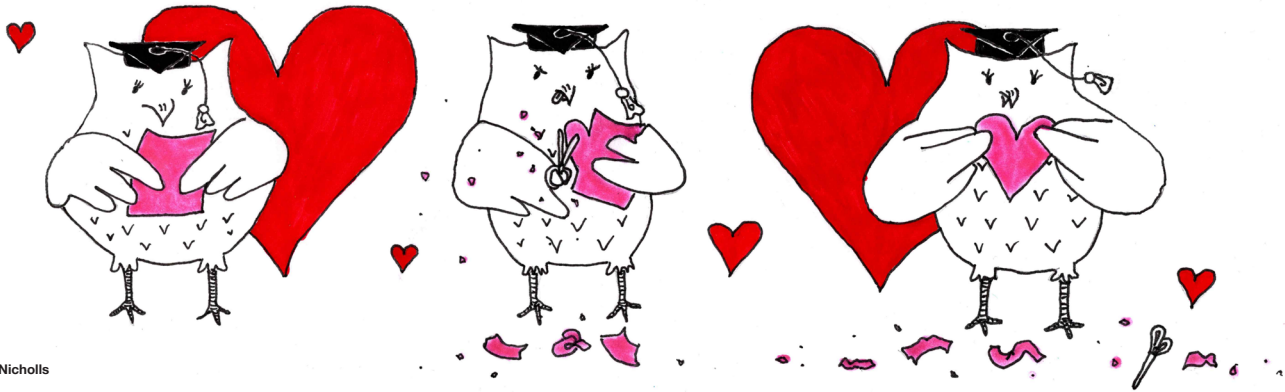
Medium

1	9	5	7	6	3	8	2	4
8	3	4	1	2	5	7	6	9
2	6	7	4	8	9	1	3	5
5	8	9	2	3	6	7	1	4
7	4	6	9	8	1	5	2	3
3	1	2	7	4	6	5	9	8
7	3	8	5	6	2	9	1	4
6	4	5	1	6	7	3	8	2
9	2	1	3	4	8	7	5	6

Hard

8	3	7	2	9	6	5	1
6	8	7	1	2	5	4	3
1	9	5	3	6	7	4	8
7	4	6	3	5	1	2	9
2	1	8	9	7	4	3	6
5	3	1	6	8	2	9	4
4	2	7	5	3	8	6	1
9	6	1	4	2	5	7	3
3	5	8	9	7	1	6	4
7	4	1	3	6	8	5	2
2	9	6	5	7	4	1	8
5	8	7	3	2	1	9	6

Solutions:



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