

THE NUGGET

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NAIT'S STUDENT NEWSPAPER, EDMONTON, ALBERTA, CANADA

NAIT TEAMS SCORE

Banner year for our student athletes, story page 8



Photo by Kevin Tuong

NOT JUST ANY SANDWICH

NAIT Red Seal Culinary graduate Nevin Fenske shows off his sandwich of the week, which he made in his truck-based kitchen. The Drift Food Truck business was started with his wife Kara, a NAIT Business Management graduate, less than a year ago and already it has been recognized by several well known Edmonton food blogs. For the story and more photos, see page 30.



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NEWS & FEATURES

Just a nod of the head ...



BART PADJASEK
Issues Editor

Google this week unveiled their long rumoured augmented reality venture, dubbed Project Glass.

They released pictures of an early prototype developed in their labs in Mountain View, California, as well as a mock up video for what they hope the new project will be.

Nod of the head

The video features a first person view of a man going through his regular routines with the fancy piece of technology on his face. From checking the weather, answering messages and checking GPS, the glasses work much like current smart phones out in the wild today. The differences being, instead of taking your smart phone out of your pocket anytime you need to look up information, you have access to it all with a nod of your head.

There is no reason to believe we will see this technology anytime soon on our city streets. Google has confirmed that this is just the initial prototype stage and they are exploring whether technology like this is viable for consumers. This hasn't stopped competitors from jumping on the bandwagon, though.

In a Boy Genius Report interview, market analyst Brian White spoke of other companies in Asia that are already working on similar initiatives.

A boom?

"We expect to hear more about projects such as this and others in the coming years," White said.

According to White, this may be a boom in the technological world of augmented reality.

Now, I tend to reserve judgments on products in early development such as this, especially since even though augmented reality has been around in recent years, this is new territory in hardware and software. The issue I see is more on a superficial level.

Google went to the trouble of modelling the



Prototype smart glasses from Google



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Handling pressure

By JENNY OATWAY

It's April yet again and it comes as no surprise that students are stressing and studying hard, ripping out hair and panicking over final projects and Goliath final exams.

I'm sure at the end of every semester in April and November, at least some of your friends and family try to reassure that you just have to relax and not get so worked up about it, which is about as easy as jauntily strolling into that three-hour final and sitting down to write it without one modicum of stress or anxiety.

I'm as guilty as anyone else. I'm extremely prone to anxiety and have made myself sick on more than one occasion because I physically and mentally exhaust myself worrying about dealing with all the important things I need to finish and

succeed at. But the ultimate truth is, you really aren't doing yourself any good when your brain is stressing out over every little detail, while also trying to retain important information.

There are a few things that you can do to help reduce your own stress levels. First of all, stay away from that friend or friends of yours who like to blow all exam stress out of proportion. You know who it is – the one who was an honours student in high school and is hell bent on winning every scholarship available.

Nothing against those people, but trying to be calm around them is not really possible. They are constantly up the stress ante without even meaning to and if you aren't as stressed as they are, you will feel guilty because you aren't. Even if they are at the top of the class and can teach you every

lesson you slept through during the semester, just steer clear of them for a few weeks.

Second, force yourself to take study breaks, and while you're at it, do some exercise and eat a healthy snack. When you're studying in the wee hours of the morning and all you have eaten is sugary snacks from the vending machine and you've consumed more cups of coffee than you can count, your body is bound to crash sooner or later. If your body doesn't feel good, then your brain isn't going to feel good or want to keep at the late night studying.

Instead, make yourself take a break every few hours and go to the gym or take a 10-minute run and try to eat sugar-free snacks while you are studying. The activity will refresh you, leaving you calm and able to focus on your notes.

Finally, try to imagine everything going right and get your confidence up before you write a test.

I am the worst culprit for imagining everything going horribly wrong and thinking that I will do terribly. I think it is like a reverse psychology thing I do to myself, so that when I do something well, I'm even more pleased with it and if I don't, I won't be disappointed. This is very stupid. I just tend to make myself miserable because I have no confidence in my ability to do well.

Instead, just for one exam even, imagine that you will go into the test and know every answer, and breeze through it. Get your confidence up, and instead of telling yourself to scrape a pass, tell yourself that you are going to ace the exam. Just try it. I mean, I'm not saying not to study, just to believe that you can do it. What's the worst that could happen?



dipity.com

Students tackle hunger

By MIKE JONES

NAIT students representing Students In Free Enterprise (SIFE) recently won a competition put on by Campbell's Soup to tackle hunger awareness in our community using social media. The SIFE team formed Hand Over Hunger, comprised of seven students and one faculty adviser as well as a few community partners and created a powerful four and a half minute video, which won the national contest administered by both Campbell's and Advancing Canadian Entrepreneurship (ACE).

As a result of the victory, the team won three nights accommodation in Calgary to take part in the 2012 ACE National Exposition on May 8. Project Manager and SIFE member Melissa Yurdiga says the team feels they have a very good chance of placing again after finishing second in Western Canada in their league for Entrepreneurship.

"We are very hopeful that we will make it to semifinals as our projects are very impactful and we have an amazing presentation team," she said. Yurdiga also credited the "amazing support" from faculty members.

The SIFE team has been preparing with weekly practices the presentation they will be making in front of various NAIT faculty members and have been receiving feedback and advice. Yurdiga credits the support of the faculty as one of the reasons for the team's optimism.

In addition to the trip to Calgary, the team also won a pallet of Campbell's Nourish, a product

recently created to include a complete wholesome meal in a can with a full serving of three food groups. The pallet was donated to the Edmonton Food Bank.

The video, which reached over 3,000 views in less than two months, was created with assistance from St. Albert-based media production group Avatar Media.

"We worked with them to create a video that was going to be emotional because hunger is a serious topic that is sadly overlooked in our community," Yurdiga explained. "Social media allows you to portray the emotion involved in your campaign, which truly educates your audience to the cause."

The emotion really seeps through in the scenes involving young children and senior citizens affected by malnutrition, which Yurdiga explains was important to make a personal connection.

"It's easy for us to point out the large group of people who do not make sufficient income to feed

their families, because that is the reality," Yurdiga said. "But we respond to the emotional appeal when we point out that children in school don't have a lunch or that your grandparent is hungry but afraid to say anything."

The team got the government of Alberta involved with the project because, as Yurdiga explained, "hunger is an issue that is sadly overlooked by most people and I wanted to make it more of a priority."

"I think the government has a lot to do on their agenda and they help out indirectly but their involvement could be better. (But) they were actually very interested and directed our team to various departments to help with the cause."

Yurdiga believes the onus is on everyone.

"I think it's important for the government and the public to work together to combat this issue."

She believes that impact can begin with students right here at NAIT.

"We urge students to help support our cause. They can do virtually anything, from making a cash or perishable donation to their local food campaign, forward a social media campaign, talk to a friend about hunger or even get involved with our Hand Over Hunger project. The possibilities are endless," Yurdiga said.

"If every student took the time to do just one thing to help end hunger, we would see a change."

To see the video and find out how you can help visit the groups Facebook page at www.facebook.com/HandOverHunger



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Claire Theobald
studenteditor@nait.ca

Issues Editor

Bart Padjasek
issues@nait.ca

Assistant Issues Editor

Pending
issues@nait.ca

Sports Editor

Patrick Knowles
sports@nait.ca

Assistant Sports Editor

Evan Degenhardt
sports@nait.ca

Entertainment Editor

Christine Vu
entertain@nait.ca

Assist. Entertainment Editor

Anika Nottveit
entertain@nait.ca

Photo Editor

Laura Dettling
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

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Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

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It's all good. Getting something off your chest is downright therapeutic. Write us.

Real-world education at NAIT

By **EVAN DEGENHARDT**
Assistant Sports Editor

Here at NAIT, we're all about real world education. So when an opportunity presents itself to showcase that real world education, programs are all over that. This is basically what happened to the Radio Broadcasting students of the Radio and Television Program.

As part of their program requirements, the radio students are asked to demonstrate their knowledge and skills in promotions. For some students, it's a daunting task that will make them miserable for two months. But this part of the course is applicable in the real world, and will benefit students in the long run.

Students in the class are split up into two teams of 12 and in most cases, asked to come up with their own original ideas for a promotion that will benefit NR92, NAIT's campus radio station.

However, this particular year was a little different.

Real world opportunity

As promotions were just getting underway, an opportunity presented itself that had the ability to offer the students within the radio program actual real world experience.

An old student of the program had gone on to work with Astral as a part of their sales team. Astral was in the middle of putting together a job fair that would include over 30 oil and gas businesses. It was a real-world situation and Astral needed NR92's help.

That was because the job fair was tailored to the oil and gas industry and NAIT's demographic fit the job fair's niche to a tee.

By establishing contact with NAIT's campus radio station, NR92, Astral not only gave themselves an accessible point to a much needed demographic, but they also gave students a real world promotional situation to which they could hone their skills. It was a win-win for all parties involved.

Off and running

The students at NR92 were off and running with a little extra pressure, as it wasn't just a NAIT exclusive promotion idea now. NR92 was now part of a team of stations who each had individual goals to make the campaign a success.

On campus, NR92 focused on capturing the attention of their demographic by giving them something they could relate to. It was decided that throughout the lunch hour for two weeks, NR92's Street Team would be playing a revised version of beer pong, dubbed "Job Pong."

For anyone unfamiliar with how beer pong works, basically it involves people throwing ping pong balls into cups of beverages. If you sink the ping pong balls, you eliminate the cups.

For NR92's purposes, the sinking of a ping pong ball would lead to prizes.

It truly was the perfect game for students in general and more specifically, a trades demographic that was into competition and having a little fun. The premise behind the "Job Pong" was to get stu-

dents engaging with the NR92 Street Team. As students at NAIT stepped up to play, they heard about the job fair that was going on. If they sank the balls in the cups, they received ballots that could be redeemed for prizes at the actual job fair.

Prizes ranged from concert tickets to Van Halen and Iron Maiden, along with Hudson's gift certificates, movies-for-a-year prizes and Esso gas cards.

The only catch was that to enter your

ballots, you had to physically attend the job fair and place your ballots in the contest box there.

The actual job fair, which was named "Alberta is Working Recruitment Drive," was really busy.

Aside from NR92's promotions, ads and commercials

were run on radio stations like The Bear, The Team 1260 and Virgin radio. People heard about the job fair from a lot of different avenues

and this was extremely important to the overall success of the promotion.

The actual job fair happened on April 4 at the Holiday Inn on Gateway Boulevard and Whitemud.

There were tons of businesses on hand, dishing out information and shaking hands. It really was perfect for NAIT trade students looking to try their hand at different employment opportunities.

It was also an excellent way for the students in the Radio Program at NAIT to try their hand at real-world promotions.

Education could not get any more real world than that.



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Ookpik, where have you gone?

By BRETT PLAXTON

NAIT, we have a serious crime on our hands, something very special to the campus has gone missing. Our original Ookpik has gone missing and we would like to see his return to NAIT in the near future.

If you remember reading in a previous issue of the *Nugget*, you'll remember that I was the Ook mascot during the past school year. Now before you go pointing fingers, I would never think to steal something like that. If you go to accuse someone, remember this, when you go pointing fingers, you point one at the accused and three fingers back at yourself.

Many of you may not know this, but Ookpik is the Inuktitut word for Snowy Owl. The school shortened that down and that is where we got the name for our mascot and Athletics teams and why we have an owl as our mascot.

NAIT's original Ookpik was a gift given to us in 1964 by the minister of Northern Affairs and Natural Resources to NAIT's Students' Association and it has been missing for a number of years.

Now you may be wondering why we were given a snowy owl, or Ookpik, as our official

symbol and mascot. The reason was because the bird is known for its tenacity and the minister thought this would be an apt symbol for NAIT since it was a new school at the time.

He stands between eight and 10 inches tall and is brown in colour and is made of sealskin. Look at the picture below, isn't he a cute little guy?



If you have any leads, know of the whereabouts, you are asked to contact the Department of Advancement at 780-471-8499. If you have any colour photos as well, it would be great if you could share them with the rest of NAIT. You can contact the alumni office about this situation too at 780-471-8539, or e-mail them at alumni@nait.ca.

If you have the Ookpik and think this is some kind of joke, you're not funny stealing something that has such sentimental value to the campus. You should

just admit your wrong doing and fess up.

I'd love to delve more into this case, but I have exhausted the extent of what I learned in my Grade 6 criminal studies class. I know I should have paid more attention. I leave this case entirely up to you guys. I won't be around next semester, so make me proud!

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Training tomorrow's leaders

NAIT's Student Leadership Team Award of Distinction (LEAD) Program has announced the recipients of this year's awards.

Nine of the 11 LEAD participants this year will receive the Bronze level of achievement at a special student showcase to be held April 12 at NAIT. The ceremony will see students presenting to their mentors, guests and NAIT leadership before graduating the program.

One of the students, Shant Chakmakian, graduating from the Bachelor of Applied Informations Systems Technology program will receive the Silver Level of achievement as well as the Bronze level.

"The LEAD program has been an amazing experience for me. I have been able to significantly grow and develop my leadership skills while giving back to the community," Chakmakian said. "This all compliments the experiences I had when I was involved as a student at NAIT."

Chakmakian also encouraged other students to get involved.

"This also goes to show how much opportunity there is within the NAIT community and our city

to grow and develop beyond the classroom," he said.

The LEAD program is a personal development and leadership in action program. Students who participate work within five areas of focus.

The areas of focus include community service, environmental awareness, health & wellness, diversity awareness and leadership.

Program facilitator Angela Briggs said, "these topics focus on holistic student success and they resonate with the energy and spirit of today's NAIT student. This year's leadership training component focused on critical skills including time management, goal setting, leadership styles, self-reflection, sustain-

ability and horizontal leadership. Many of these topics were presented by leaders within NAIT's own faculty. Students select a mentor within the NAIT community who guides and coaches them through their experience while overseeing their projects."

Briggs added, "today's NAIT students are intelligent, engaged and more knowledgeable of the world around them than ever before."

Director of Student Life Teri Flanagan was equally optimistic.

"The NAIT campus is bursting with dynamic energy, new ideas, and tons of opportunity for personal growth, from athletics to student clubs, from community outreach to tutoring programs, from Women in Technology

and Trades to the LEAD Program, NAIT offers multiple ways to expand this skill set, which is so desirable to future employers," Flanagan said. "I am looking forward to some exciting years ahead! "

First Year Diagnostic Medical Sonography student Kaitlyn Beakhouse said the students reaped the benefits as well.

"The LEAD program was a great opportunity for me," said Beakhouse. "Not only was I able to improve my leadership skills, I was also introduced to other great leaders in our school."

Students interested in getting involved in the program during the 2012/2013 school year, either as a student or mentor, can contact Student Engagement directly by e-mailing distinction@nait.ca or by picking up an application form in room O-117. The deadline for student applications is Sept. 30.

On behalf of NAIT faculty and leadership, the Student Engagement team are extremely proud to recognize the following recipients of their level of achievement, as well as their mentors:

Student	Level	Program	Mentor
Kaytlyn Beakhouse	Bronze	DMS	Joey Younie, Diagnostic Medical Sonography
Joslyn Black	Bronze	Hospitality	Rhonda Dever, Hospitality Management
Shant Chakmakian	Bronze/Silver	BAIST	Neil Lang, BAIST
Jacqueline Fraser	Bronze	DMIT	Gerry Schenk, DMIT
Shabbir Goolamabbas	Bronze	EET	Matt Hawn, Wireless Systems Eng Tech
Dean McLaren	Bronze	DMIT	Karen Stevenson, DMIT
Alexandra Tkalcic	Bronze	BBA, Accounting	Joanne Belliveau, BBA, Accounting
Ibraheem Haruna	Bronze	BTech	Stevie Fuhrer, Student Engagement
Luqman Haruna	Bronze	BTech	Past year participant

Summer job opportunities good

By STEPHEN SHAW

As the semester begins to come to a close for many NAIT students, plenty will be on their way to finding work during the four-month summer break.

Students will be staying in the city for work, but for some, travelling back home gives the best opportunity for a job during the summer.

There are plenty of opportunities for work this summer. As the job market continues to bounce back from the 2008 recession, this is the best time to acquire a summer job.

Many job-recruiting sites design postings specifically designed for students. Many positions are on contract, generally for the three to four months that make up the summer break.

Government websites, such as the government of Canada job bank and the government of Alberta website, offer internships and job placements for students in their practising field of study. While these can be paid or unpaid, they are a prime opportunity to gain the knowledge in the field of study, as well as hours needed for the required placement.

Working abroad for the summer is also a great option for many students, as they give the opportunity for travelling to various destinations, as well as a job with a salary.

Look for travel agencies that offer these special services, and also seek advice from your local passport or government office about documents you may need to work out of the country.

Working for the summer can reap many benefits, even for those who are not prepared. The summer is a fantastic time for students to create lasting memories and a lasting work ethic.



Cash mob No. 2

By MIKE JONES

Organizers of Edmonton's cash mob have announced the date for the second cash mob as Wednesday, April 25. Participants meet at a location, to be announced via the group's Facebook page a week prior and spend \$20 at each local business.

Organizer Monika Czuprynski says the Facebook event, which has been up for less than a week, is already close to meeting the same number of RSVPs as last time, which took three weeks of marketing.

The last cash mob attracted 30 people and contributed almost \$1,000 to three different businesses in an hour, including Carbon Boutique, Dauphine's Bakery and Lit Wine Bar. All three businesses served new customers and have since seen several repeat customers as a result of the event.

The "Mobber's Meet" location will be announced next week and from there participants will travel to a local business. Afterwards, the success of the mob will be celebrated at a local watering hole.

To RSVP for the event, visit www.facebook.com/CashMobEdmontonAB. Bring your friends for some fun and support a great cause!



Catch NAIT NewsWatch

Saturday at 6 pm on CTV2

OPINION

— Editorial —

A fugitive at the Nugget?



CLAIRE THEOBALD
Editor-In-Chief

After being caught “allegedly” driving 63 km in what is technically a 50 km zone, I was issued a ticket, which I settled for \$82 and promptly forgot to pay. Now, I am the proud owner of one of the more than 16,000 outstanding warrants in Edmonton.

Honestly, it’s not like I was taking some heroic rebellious stand against “the man” by avoiding my ticket and it’s not like I can’t pay it, I just haven’t found the time to go downtown to take care of it and I think that charging me an extra \$8 to pay online or through a registry office is ludicrous. I’m sure if you go digging in the right places, you’ll find many of the 16,000 warrants have similar stories behind them.

That being said, EPS has decided that it is going to wage a full on war on warrants. To put this in perspective, in 2011 Edmonton was named the Murder Capital of Canada, and our police officers have responded by chasing down unfinished paperwork ... fantastic.

Huge respect for the officers

Before we get all carried away, I want to say I have a huge respect for Edmonton’s police officers. I have heard countless stories of patience, tolerance and compassion shown by individual officers who are out on the streets risking their necks because they want to make our world a better place.

That being said, sometimes the good of the individual is outweighed by the idiocy of the organization.

One obstacle for Edmonton’s police is their reputation. Sit at a bar long enough and you’ll find someone with something to say about the gun-slinging cowboy wannabe who thinks he’s a badass big city cop and is entitled to be a jerk or the frustration of seeing perfectly useful officers sitting in expensive trucks for hours on end looking to tag speeders while another person is being jumped at a transit station with no help in sight.

From a purely political perspective, this new campaign on warrants is a step in the wrong direction.

Police have said they are focusing on warrants related to violent crime, which I agree with. My only question there is, why did you wait so long? Why have violent offenders been allowed to hang around our streets unencumbered until now?

Unpaid snow shovelling fine?

But get this, already one “victory” for EPS came in the form of a woman who had to turn herself in at the Canadian-U.S. Border for an unpaid snow shovelling fine.

Edmontonians can now sleep soundly knowing a delinquent snow-shoveller is off the streets and not allowed to enjoy her vacation. Justice served.

They have also decided to put out an ad campaign, publishing the identity and information of those with more serious warrants. In itself, it’s a novel idea.

To kick off this campaign, they started by publishing the image, name and other identifying information about a 16-year-old girl who may have been in foster care. For those of you who are familiar with the youth justice act, you know that all of this is a textbook no-no.

EPS apologized for their “mistake,” but once this infor-

mation has been seen, it is impossible to render it unseen. This girl’s image has now been illegally and irreversibly tarnished, all because a few over-zealous officers wanted to clear some paperwork off their desks.

Dear EPS, guess what, the law applies to you, too and I am personally sick and tired of cops bending the rules for their own personal gain.

Absolute power corrupts absolutely. Our laws only work because everyone is under them equally. I am no more entitled to go on a shooting spree or rob a bank than anyone, even the premier or chief of police. That’s as it should be.

Our officers have reaped the benefit of a Conservative gov-

ernment with a “tough on crime” mandate but as an election nears, you would think EPS would tread a little more lightly.

Instead, they have adopted another bulldozer tactic in a vain attempt to prove their relevance, but all it has done is reminded Edmonton that EPS continually chooses the cash grab and easy victory over the good of Edmonton’s people.

As for me, out of spite I might continue to forget my \$82 ticket until their campaign has come to pass, rather than let myself become another twisted statistic used to support another short-sighted EPS debacle.

So if you see your favourite editor-in-chief running down the halls like she’s running from the police, she probably is.



Edmonton Police Service Honour Guard

epspipeband.ca



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Trust us on that. Write us.

SPORTS

Great year for NAIT sports



EVAN DEGENHARDT
Assistant Sports Editor

Another semester is quickly winding down for NAIT. That being said, another great season of NAIT Ooks Athletics is almost in the books as well.

It's been a long, strenuous season for every single team within the NAIT athletic family but it has also been one of the most successful seasons Ooks athletics has ever seen. When things were all said and done, all 12 of the athletic teams here at NAIT made it to their respective ACAC conference championships.

This was the first time his has happened in

the history of the NAIT Athletics program. It is through results like this season that we see just how elite NAIT's athletic status truly is.

From the top down, this season can be celebrated as a great success for the Ooks program as a whole.

The *Nugget* caught up with the director of Athletics and Recreation, Linda Henderson, who gave us some insight and a breakdown on NAIT's athletic season. Henderson, who has been a pivotal cog in NAIT's continued athletic success over the past four years, admits that this year is definitely something to be proud of.

"This season, as a whole, met my expectations and then some," Henderson said. "I was really happy to see progress in all of our programs and I can say, without hesitation, that every one of our programs has moved forward from the 2011 season to the 2012 season."

Henderson knows that NAIT's success stems from the successes of many different individuals.

"I would attribute it to our coaches. They are the most professional, committed and

dedicated people you will ever find," said Henderson. "Success starts from our coaches' abilities to recruit some of the best student athletes in the country and it continues through

their community involvement and support for our student athletes both in the classroom and in their competitive environments. They are simply amazing."

There are so many high points to choose from this season.

It starts with the men's soccer team and their national championship, which was only the second time in NAIT's history that an Ooks soccer team took the national title. Soccer had continued success this season as the women's team won a national silver medal for the second year in a row.

As soon as the word badminton is mentioned, where does one even start? This program has had incredible success over the last couple of seasons.

At NAIT, when we talk badminton, one name definitely comes to mind, that being Dan Kai, who won his third national badminton men's single title. It is athletes like Kai that make us all truly proud to be an Ooks.

Men's hockey progressed

But the badminton success didn't stop with Kai's dominating performance. Sinead Cheah and Jessica Yu brought home a national title in women's badminton doubles.

There was also another program that made tremendous progress this season, the men's hockey team.

Captain Kyle Johnson and assistants Andy Willigar, Jiri Prochazcha and Steele Boomer showed incredible leadership qualities this year. Their guidance helped the men's hockey team overcome a number of tough obstacles. Serious injuries plagued the squad all season as well, but the team stuck together and took home silver at the ACAC Championships.

I can honestly say that the men's hockey gold medal series was some of the best college hockey I have witnessed in a long time.

The women's hockey team also found success at the end of their season this year as well. Their group brought home a bronze medal at their ACAC championships.

NAIT also found success in curling and men's basketball. Our women's curling team and men's basketball team each finished with a bronze medal at their national championships this season.

When asked about what we can expect from the athletics program for next year, Henderson commented on a couple of coaching changes.

"Our men's volleyball coach, Simon Fedun retired and we have just hired his replacement,

Doug Anton. He will be a great addition to our coaching staff. (see story, bottom, facing page)

"We are also in the process of replacing our women's soccer coach, Sergio Teixeira,

who also stepped down this year to spend more time with his young family," Henderson said.

"Both coaches [who are leaving] will be great losses for us but I am confident that their replacements will continue on the path of success that the previous coaches have laid out."

Henderson also has high expectations for a few programs heading into next season.

"I also think that our women's basketball program will be turning a few more heads next year as they continue to excel in attracting some of the top recruits in the country under the watchful eye of Todd Warnick.

"Serge Lajoie, our men's hockey coach, has also secured some key recruits for the men's hockey program and he will have a number of his top student athletes returning. They could be contenders for the title again next season," she said.

"Women's hockey, under Deanna Iwanicka, will have the remainder of her group back. I suspect they will be contenders for the title next year as well.

"Our men's basketball finished with strong under their new head coach Mike Hansen and I think that with a few additional recruits, they too will be contenders for the ACAC title and beyond.

"Our volleyball programs will continue to excel and our soccer, curling and badminton programs will remain very strong at both the ACAC and CCAA levels," said Henderson.

Remain diligent

In order to be successful, NAIT's athletics program needs to remain diligent and savvy.

There are a few things that Henderson is going to be focused on heading into the off-season to ensure her program maintains its edge.

"We need to accomplish the stability of more scholarship money for our student-athletes," Henderson said. "The competition to get student-athletes to any institution in Alberta is fierce and we need to remain competitive."

Henderson finished on a thankful note.

"None of this would be happening without the support of the NAIT executive," she said.

"I can't thank them enough for allowing us the opportunity to move forward. To all of the NAIT staff and students who come out to support us throughout the year, thank you all for assisting us to make our athletics program one of the best in the country!"



Linda Henderson



Dan Kai

Supplied photo

It's been quite the ride!



PATRICK KNOWLES
Sports Editor

It's insane to think that my time at NAIT is almost over and that this will be the last entry in the *Nugget*.

With this being my last entry I had a really hard time deciding what I wanted to write about ... so I just decided it would be best if I write about a whole bunch of things, most having little or nothing to do with sports.

First, on a personal note, when I first came to NAIT in January of 2011 never did I imagine that I would be writing for the school paper, let alone be the sports editor for two semesters.

In total, if I have done my math correctly, which I probably haven't, I have been a part of this paper for over 40 issues. First, as a contributor to the paper in my first semester last winter, then as the sports editor since this past September.

Being here at NAIT has been one of the best/worst experiences of my life. Let me explain.

First, being in the Radio and Television program (RTA) has been a crazy experience. We are only in school for three semesters and in that time we go from having next to no knowledge about the industry to learning so many different aspects of the industry it is overwhelming, to say the least.

I can't watch a show on TV now without looking at it and seeing all the different camera shots they use and how they would go about

shooting particular things. It has ruined watching TV for me because I can't just sit there and enjoy a show anymore.

But coming into the program just 16 months ago, I never imagined I would have done half the things I have been lucky enough to do.

From becoming sports editor at the *Nugget*, which has allowed me to go to CUP (Canadian University Press) conferences as far away as Victoria (thanks, NAITSA) to ones at the U of A, all have been a lot of fun and I have learned a lot from the experiences – mainly stay in your hotel room when everyone else at the conference is coming down with the Norwalk virus.

Then there were all the other things that I was lucky enough to do – colour commentary for the Spruce Grove Saints, working for Hockey Canada at the World Juniors and being a freelance cameraman for Aquila productions. All of these experiences wouldn't have happened if I didn't get involved in the *Nugget* from my first week at NAIT.

Now I know that may not make sense to a lot of people, but if I didn't get involved in the *Nugget* I would have probably never had the urge to get involved in other things outside of my school work. But because I did I was constantly looking for more opportunities to get more hands-on experience in the industry, which I hope to make a living at one day and I am serious – the *Nugget* gets all the credit for that.

Now on to what I really wanted to do say thank you to the people who helped me out while I was the sports editor at the *Nugget*.

First and most important is Jordan Richey.

I hope that my editorials have been somewhat interesting and that you have enjoyed reading them. I covered a variety of sports and topics and I hope that you enjoyed reading what I had a blast writing.

Thank you for everything you have done to help me out. You were my go-to guy when I needed to get a coach to return my calls or when I needed to get any sort of update or contact from a sports team, thank you for everything.

Coaches and athletic staff here at NAIT, thank you for always making yourselves available for my writers for quotes after games. I know after a loss the last thing you wanted to do was talk to a student writer but you always did and it is greatly appreciated. I got to know some coaches better than others but you are all

quality coaches and better people and that is why NAIT sports teams are so successful.

Another reason for the success of the teams here at NAIT is Athletic Director Linda Henderson. You have made NAIT a collegiate powerhouse and with you steering the ship I have no doubt that NAIT will only get better and continue to bring home ACAC and CCAA championships for years

to come.

To the readers of the *Nugget*, I really tried to focus on school sports teams and how they were doing because that is what the surveys said you wanted the sports section to focus on. So I hope that it met your expectations.

To my contributors, without you I would have been stuck with writing six articles a week, so thanks for stepping up. I hope that I have been able to help you improve your writing skills with what little knowledge I have so that you will be stronger writers going forward.

My assistants, Baljot and Evan, you guys are amazing and without you I would have been lost. Words do not do justice for how

much I appreciate everything you both did for me. Never once did you guys complain and always got the job done.

My editors-in-chief – Rachel, thanks for hiring me, Celeste and Claire, thanks for putting up with me and being as understanding and accommodating as you both were.

NAITSA, thanks for the paycheques and pizza every Wednesday at our lunch meetings, I don't think I will ever get sick of pizza especially when it's free.

All the other editors I have worked with, thanks for the good times at copy edit. The newsroom is where some of my favourite memories from school come from and there are too many of you to thank but you know who you are.

And finally the person who deserves the most thanks and credit because without him this paper would not stay afloat. Frank MacKay, you are the glue that holds this paper together and without all your hard work behind the scenes there is no way that the *Nugget* would be as successful as it is. You have taught me a lot of what it takes to do the job I was tasked to do and I appreciate all of the patience and wisdom you have shown me.

I hope that my editorials have been somewhat interesting and that you have enjoyed reading them. I covered a variety of sports and topics and I hope that you enjoyed reading what I had a blast writing.

This experience is something I have cherished and will never forget. If I can leave you with one piece of advice, that would be to put yourself out there, try new things, do as much as possible to gain knowledge and live by the CANI motto (Constant And Never-ending Improvement) because every day you should want to strive to become a better version of the person you were yesterday.

Cheers NAIT,
take care,
Patrick Knowles

New V-ball coach announced

By **EVAN DEGENHARDT**
Assistant Sports Editor

Doug Anton, who is a seasoned coach with more than 25 years of experience, has been selected to head NAIT's men's volleyball program. Anton, who replaces outgoing coach Simon Fedun, comes to NAIT from Algonquin College in Ottawa, where he was head coach of the men's varsity volleyball team.

As with most coaching positions, there is always that added pressure to win games and NAIT is no exception. Our Athletics department prides itself in its ability to put together a winning program and the people at NAIT work hard to ensure that this standard is upheld.

Any coach who wants to be considered for a position here at NAIT better have the goods, and Anton definitely has the goods.

In addition to his role at Algonquin, Anton has worked as a sports consultant and also with Volleyball Canada as youth development co-ordinator.

For the past 10 years, Anton has been the head developer and director of volleyball's National Coaching Certification Program. Through his efforts, he has made significant contributions to the restructuring of Canada's athletic development systems and structures.

Along with his coaching experience, Anton has also written multiple books on the sport of volleyball and has

contributed to many others.

It might be safe to say that NAIT Athletics is thrilled to have a guy like Doug Anton among its ranks.

Linda Henderson, director of Athletics and Recreation, told NAITrix that she was excited to hire Anton.

"He comes to us with a complete package of technical, tactical and practical experience," Henderson said. His understanding and knowledge of the game, along with his passion, desire and commitment will be definite assets to the program."

Although Anton has been a native of Ottawa for the past few years, he is familiar with Edmonton.

Prior to completing his Master's degree in Human Kinetics at the University of Ottawa, Anton completed his Bachelor of Physical Education degree at the University of Alberta.

While attending the U of A, Anton also played on the Golden Bears varsity volleyball team.

Anton told NAITrix that he was thrilled to be returning to Edmonton, where his volleyball and coaching career started.

"It's a great job, in a great city, at a great technical institute," Anton told NAITrix.

"The support NAIT provides their athletic program is second to none. Getting the opportunity to become part of the tradition and guide the men's volleyball program is something I am really looking forward to."



Supplied photo

Doug Anton



Jays have a chance



By AVRY LEWIS-McDOUGALL

Finally after a long winter America's past time is back.

The 2012 Major League Baseball season has kicked off and it's going to be a season that will be interesting with numerous story lines. Which teams will get the new wildcard spots? Will Jose Bautista remain the league's home run king?

In the American League East, the toughest division in baseball, the story to me is not just about the Rays, Yankees and Red Sox. The Toronto Blue Jays are in that mix with the acquisitions of Sergio Santos and Darren Oliver. Another plus for the Jays is that they are expected to have Brett Lawrie with the team for a full season.

Of course, resident home run king Jose Bautista will be back to his old ways after hav-



commons.wikimedia.org

Brett Lawrie

ing a 54 and 43 home-run campaign in 2010 and 2011 respectively. I could see another 50 plus homer year for him, perhaps in the 55-58 range.

With the extra wild card spot now in play, the Jays have a much better shot at ending their 19-year playoff drought.

But, the big thing is that they have to be consistent in the win department. Under John Farrell's leadership, this could be an 88 to 90-win baseball club.

The AL East might turn into a battle between the Rays and the Jays.

Josh Beckett's start to the season is something that can make Red Sox fans shake their heads at and the Yankees slow start may be an indication that the Bronx Bombers are beginning to slow down.

The AL Central has gotten way more interesting with Detroit going out and signing Prince Fielder who will add way more pop to the Tigers line up. Fielder can also play some first base, which is the key to success in the American League.

Detroit's manager, Jim Leyland, should play Fielder at the first base position and not just use him as a designated hitter for all 162 games. For a big man, Fielder has the potential to be a Gold Glove winner, as we've seen him make some spectacular plays at first base for the Milwaukee Brewers in the past.

The AL Central is the Tiger's title to lose, as the KC Royals are still... the KC Royals.

Minnesota has Joe Mauer back, but I don't think that will be enough to beat Detroit.

Cleveland and the Chicago White Sox will

have a hard time trying to keep up pace in the AL Central race.

The AL West is usually a crapshoot division but with Albert Pujols in Anaheim, the Texas Rangers will have a battle for the division on their hands.

I'm going to say that Angels from Anaheim, but now are called the L.A. Angels, can get it done, but Ron Washington's bunch in Texas will be right behind them.

That just leaves the question about Oakland and Seattle. Well, let's just say it's going to be a long year for both teams unless the improbable happens.

The NL East is an interesting one.

Everyone has the Phillies to take it thanks to the addition of Mr. Jonathan Papelbon to their pitching staff. But I think that the Miami Marlins can win this division.

Hanley Ramirez and Heath Bell can make life at Marlins Park enjoyable for the fans.

The NL Central will, to me, be another summer of Joey Votto,

The Toronto native brought the Reds back to the post season and I believe he can do it again in 2012. The Reds could go as far as they want if they can hold off the Milwaukee Brewers who still have Mr. Ryan Braun.

And finally, the NL West.

Many have the San Francisco Giants taking this division but I pick the Colorado Rockies to get it done.

Colorado still has Troy Tulowitzki and Todd Helton. Helton may be getting older, but his game is still young.

Here's to hoping that 49-year-old Jamie Moyer can have a fantastic season. For him to come back from Tommy John Surgery in his late forties is insane. His fastball can still reach 80 mph, so I'm excited to see him become the oldest pitcher to win a game in the MLB.

The World Series?

Even though it's a long ways a way, I still have an idea as to whom I'd pick to win it all.

Give me Anaheim taking on Miami with the Angels getting it done.

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GOWN AND TICKET PICK UP:

Gowns and tickets can be picked up in the North Lobby at NAIT's Main Campus:

Wednesday, May 2, 2012 between 10:00 am - 7:00 pm
Thursday, May 3, 2012 between 10:00 am - 7:00 pm

CONVOCATION 2012

Friday, May 4, 2012 & Saturday, May 5, 2012

The Northern Alberta Jubilee Auditorium

11455 – 87 Avenue, Edmonton, Alberta

For more information regarding Convocation 2012 visit NAIT's website at www.nait.ca/convocation

The year in sports at NAIT

By ADAM BRILZ

It was a historic year for NAIT teams this season, as all 12 groups headed to at least the playoffs, which is a school record. Here's the breakdown of each team's season:

Badminton

The Oaks had a spectacular season when it came to badminton, with many strong performances.

The big story revolved around Dan Kai, who dominated every single match he played, giving him an undefeated record of 42-0. He finished up the season with both ACAC and CCAA Badminton Male Player of the Year awards, a gold medal at the ACAC championships, and his fourth national championship, all while playing men's singles.

Meanwhile, Jason Chu and Johnathan Chang represented NAIT well, taking gold at the provincial stage and finishing fourth at the national stage. Also, NAIT's badminton team took their fourth ACAC title, claiming the team total in every interlock event.

Men's Basketball

The men's basketball team had a great year, finishing second in the North Division. They headed into the playoffs with the top rebounder in Kyrie Coleman and advanced to the semi-finals, where they lost to Mount Royal 88-74.

However, not all was lost in the season, as they took home a bronze medal after dismantling Grant MacEwan 97-67.

Women's Basketball

The women's basketball team, on the other hand had an up-and-down season, as they had to beat Medicine Hat to make it into the playoffs.

Fortunately, they took a 65-56 win, led by their Josephine Peacock, who also lead the ACAC in steals and rebounds. But Mount Royal ended the playoff aspirations of the Oaks, sweeping NAIT in a three-game series.

Curling

Both men's and women's teams had a strong year in the ACAC, as the men's team took first place in the standings while the women tied for the top spot.

In the playoffs, the men's team struggled, winning only one of their round-robin games, before losing the bronze medal game.

However, the women's team won all of their round-robin games, and played Grand Prairie for the gold medal. But the women would have to settle for silver and a spot in the CCAA national championships. And in the nationals, the women played very well, taking a bronze medal.

Men's Hockey

The men's hockey team this year had a strong start and a great finish. The Oaks had a solid regular season, taking fourth place into the playoffs.

The team encountered a team they hadn't beaten throughout the year, which was Mount Royal. And despite being down 2-0 in the best-of-five series, the team won three straight games to take the series and head to the finals.

Unfortunately, they couldn't topple Augustana, but the play from goaltender Shannon Szabados and the playoff's top scorer, Steele Boomer, showed the Oaks will be a dangerous team next year.

Women's Hockey

The ladies on the ice had a promising season end quickly. They had a great regular season, as they held second place heading into the playoffs.

But the play from goalie Jill Diachuk and forward Danielle Brown wasn't enough to take down Grant MacEwan, as the women fell 3-1 in the semi-final series as the women's hockey program is still searching for its first provincial title.

Men's Soccer

It was a golden season for the men's soccer team this year. They had an amazing season and did not lose a game en route to their ACAC championship.

They then took their play to the CCAA finals, and five players were tournament all-stars as NAIT won every game on the pitch and took home the national title.

Women's Soccer

Just like the men's team, the women's soccer team had an undefeated year, aided by Leanne Kadatz' 20-goal season in only 10

games. The team then went on to complete their ACAC undefeated season by winning gold, carrying the team to the CCAA nationals.

Unfortunately, they weren't able to win the gold medal, as they lost to F.X. Garneau Éléans in the final, but the Oaks held their heads high with the silver medal.

Men's Volleyball

The men's volleyball team had strong potential throughout the season, but failed to perform in the postseason.

They claimed sixth place, with the Oaks' Anton Borodyuk leading the ACAC in blocks at the end of the regular season. But their winning ways faltered in the playoffs, as the team ended up finishing in a disappointing eighth place.

Women's Volleyball

The women's season was a decent one for the club, still searching for their first championship. The team finished the regular season in a respectable fourth place.

But, just like the men's team, they struggled in the playoffs, losing all of their matches and finishing in eighth place.



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What's Going on Around Campus...

WHO DMS2012

WHAT Guessing Game

WHEN April 12, 12:00pm - 1:00pm; April 13, 12:00pm - 2:30pm

WHERE outside Common Market

WHO Game Dev Club

WHAT Information Session

WHEN April 19; 5:00pm

WHERE NEXEN Theatre

WHO SIFE NAIT

WHAT Hatch Info Session

WHEN Friday April 13; 10:30am-1:30pm

WHERE The NAITRIUM

WHO DMS2012

WHAT Bake Sale

WHEN April 12; 12:00 - 1:00pm; April 13, 12:00pm - 2:30pm

WHERE HP Centre (outside Computer Commons);
NAITSA (Rm E131 main campus)

WHO Dental Assisting

WHAT Bake Sale

WHEN April 16 & 17; 12:15pm - 2:15pm

WHERE HP Centre (outside Computer Commons)
and NAITSA (Room E131 main campus)

WHO PGC

WHAT Industry Day Silent Auction

WHEN April 12; 8am-4pm

WHERE The Annex
(L building by main stairs)

WHO LAT 2013

WHAT Year End Round Up

WHEN Tuesday April 24; 6:00pm

WHERE B-Street Pub



Medical Radiological Technology Student Club (MRT65) - supporting the Royal Alexandra Hospital with a donation of \$2000.00
Pictured left to right - Cherise Adamsson, Jillian Fusco, and Michael Chevalier, Director of Communications, Royal Alexandra Hospital Foundation

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The types of returns will be:

- for NAIT students (bring student ID)
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- couple up to \$45,000
- one adult with child up to \$50,000 (additional dependent \$1,000 ea.)

Volunteers do not prepare returns for:

- self-employed individuals
- individuals who report capital gains or losses
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CONGRATULATIONS!!!! SIFE NAIT won the NATIONAL Let's Can Hunger Social Media Challenge!! The video, aimed at raising awareness of complex issues of hunger and encouraging Canadians to take action, received the most views and was selected by unanimous decision from the panel of Campbell's judges! With this, their team will receive 1 hotel room for 3 nights at the National Expo in Calgary May 7-9 as well as a donation to our local food bank of a PALLET of Nourish (Campbell's meal)

Here is the SIFE NAIT Video: <http://www.youtube.com/watch?v=tlrFZywT6QI> with over 2900 views!!!



CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457

CLUBS

LEARN THE ROPES. BE A LEADER.

Congratulations to clubs! This was an exciting year to find many of you getting involved in the community and how you made a difference! At the Achievement Awards Dinner I was proud to share the extent of goodwill student leaders give towards the community. Here are some highlighted details to share:

THE CASH COW AWARD TO CONSTRUCTION ENGINEERING TECHNOLOGY STUDENT COUNCIL

This Club is known for their steady hard work earning the most Moo-la (aka revenue) for their club throughout the year. In order to have their ideal graduation dinner they worked smart and hard. How did they make so much moo-la? They generated \$9602.22 through their two beer gardens and Career Handbook.

TOP EARNING FUNDRAISER TO CONSTRUCTION ENGINEERING TECHNOLOGY STUDENT COUNCIL

In reviewing income statements the one fundraiser that brought in the most bang for their buck involved the production of a Career Handbook.

The Career Handbook is a versatile tool, where it promoted the club membership and their skill set to prospective employers in addition to club members finding valuable tips on the interview application process.

Sponsorship from industry made up the revenue in this fundraising activity.

The total revenue generated for this fundraiser was \$6441.25

THE HYPER ACTIVITY AWARD TO BUSINESS CONNEX

Whether it be from too much chocolate or coffee, whatever drove them, it certainly worked as this group was super busy, holding 20 activities through the year, resulting in the most events for a club this year. To name a few they had a teambuilding camping Retreat, Dress for Success, beer gardens, first aid training for members, Etiquette dinner, Mustard Seed Dinner, Industry Mix/Mingle and a whole lot of puppy cuddling for the service dogs "Dogs with wings"

CLUB OF THE YEAR TO BUSINESS CONNEX

Each year clubs are growing, and the students involved demonstrate a growth in maturity, respect, leadership, accountability and service to their fellow students.

We recognize a group that is outstanding and well rounded in all aspects of club conduct. They set a high standard in professionalism, promotion of their club, administration, volunteering in the community, fundraising, building mentorship and sharing NAITSA pride.

This club is an ambassador for the clubs program demonstrating a fine balance through hosting 20 activities ranging from beer gardens to professional development events such as an Etiquette dinner, Dress for Success and Networking. Both the Etiquette dinner and Mix and Mingle were sold out events. One of the most proactive groups I have seen they began their leadership and mentoring of club executive in summertime with a camp retreat. Their members volunteer within NAIT, NAITSA and the Edmonton community as demonstrated in the GIV'ER Standings. Professionalism in their day to day conduct as well as their promotions to the students is outstanding. The club is in the top 5 for revenue in fundraising and not only do they take pride in their own events they advocate for NAITSA events such as the Leadership Summit, where they actively campaigned and promoted the event in the interest for student development.

SECOND SEMESTER GIV'ER PROGRAM 3RD PLACE TO BAKER'S CLUB (1130 POINTS)

Tradition continues as each year this club is active in the GIV'ER Program. This semester they contributed to the Edmonton food bank, acted as Youth Leaders, and provided games and supplies to the Stollery Children's Hospital. They are strong advocates for having people sign their Organ Donor cards.

SECOND SEMESTER GIV'ER PROGRAM 2ND PLACE TO BUSINESS CONNEX (2517.75 POINTS)

Many a time this club has been eyeing the Club Showcase, second semester proved to be their time. Through their team effort, this group placed 1st and won the Peoples choice award. In addition to their NAITSA volunteering, 12 members dedicated time to serving food at a Mustard Seed Dinner as well as a cash donation to the Mustard Seed. Their dedication in time to puppy cuddling (socializing future service dogs) for the organization "Dogs with Wings" was generous.

SECOND SEMESTER GIV'ER PROGRAM 1ST PLACE TO MRT 65 AKA MEDICAL RADIOLOGICAL TECHNOLOGY STUDENT CLASS #65 (3568 POINTS)

This small group of ladies came through in collecting 331 lbs of food for the Edmonton Food Bank, 634 lbs in clothing for the Bissell Centre. Their members volunteered through the YouthEmergency Shelter, helped out with an Elementary school play in creating costumes and set design, assisted in promotions for World Water Day at NAIT, and most recently donated \$2000 from a fundraiser to The Royal Alexandra Hospital Foundation.

OVERALL YEAR GIV'ER 3RD PLACE TO MRT 65 (3997 POINTS)

This club made most of their volunteering and donations in the second semester as I recapped earlier. With volunteering and donations evenly matched they were a strong force.

OVERALL YEAR GIV'ER 2ND PLACE TO BUSINESS CONNEX (4979 POINTS)

The community contribution highlights for the year of this club are: Members have volunteered as NAITSA Frosh leaders. Members volunteered on committees such as Academic Council and Grant Review Committees and those on Senate. They consistently placed in the top two for Club Showcase. They have committed time to Shinerama, Mustard Seed, and socializing-puppy cuddling for Dogs with wings (service dogs) to round out their contributions.

OVERALL YEAR GIV'ER 1ST PLACE TO CONSTRUCTION ENGINEERING Technology Student Council (8506 points)

This Club superceded last years total in the first semester alone. Overall members volunteered 525 hours. These hours focused on Habitat for Humanity, coaching high school badminton, building trophy cases for high school athletic program. Members volunteered as announcers at high school athletics, assisting community fundraising through working a casino, use of skills for community league renovations, 13 students prepping and serving Dinner at the HOPE Mission and at NAIT volunteering for Open House. The group collected 147 lbs of clothing for the Youth Emergency Centre, and 112 lbs of food for the Edmonton Food Bank. Movember was a major campaign for the club where they raised \$3518.

Rose Martin Baumgartner
NAITSA Campus Clubs Manager



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Sidney Crosby

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nhlsnipers.com



Let the games begin!



By MATT INGLIS

The 2011-2012 NHL regular season has wrapped up and the 16 teams headed into the post season are locked in. In the Eastern Conference, five teams finished the regular season with 100 or more points, matching the Western Conference with five teams reaching 100-point plateau.

The New York Rangers finished out the regular season atop the East, while the Vancouver Canucks clinched the President's Trophy and first place in the West.

The first round of the playoffs holds some interesting matchups, starting in the West with the eighth-place Los Angeles Kings squaring off against the conference leading Canucks. As you may remember, (who can forget the riots) the 'Nucks took the conference banner last year, but fell short in the Stanley Cup Finals.

Expect them to surge through the first round again this year.

The San Jose Sharks look to bite into the St. Louis Blues, but if the Blues can keep up the dominating performance they showcased throughout the regular season, the Sharks will have a hard time making it past the first round.

The Chicago Blackhawks are up against the Pacific Division champions, the Phoenix Coyotes. Phoenix took the regular season series against the Blackhawks three games to one, but Chicago's post-season experience will be hard to overcome for a Coyotes team that is used to finishing the season in the Western Conference basement.

The Nashville Predators finished up the season in fourth place in the West, but are facing a challenge in the first round, as they are up against

consistently good Detroit Red Wings. Detroit's wealth of experience in the post season makes them a candidate for the Stanley Cup finals this year.

The Eastern Conference put up huge numbers this year with Steven Stamkos reaching the 60-goal mark. Another easterner who dominated play was Pittsburgh Penguins' centre Evgeni Malkin, who topped the NHL in overall points with 109.

Although Stamkos and the Tampa Bay Lightning fell short, and will be hitting the golf course early, the offensive powerhouse that is Malkin and the Penguins will be facing off against the Philadelphia Flyers in the first round.

In what is quite possibly one of the highest anticipated matchups early in the playoffs, the Flyers will need to cap the Pen's offence in order to advance. Philly took the season series against Pittsburgh four games to two but that was before modern hockey's most iconic player, Sidney Crosby, returned for the Penguins. With plenty of playoff experience in the past few years and consistent offence coming from players like Crosby, Malkin, Neal and Kunitz, the Penguins are my favourite for the Stanley Cup.

The conference leading New York Rangers are looking to make an impact in the post-season when they face off against the only Canadian team from the East in the playoffs, the Ottawa Senators.

The Sens just barely squeaked into the first round, and considering the Rangers' outstanding season, New York shouldn't have much problem sliding into the second round.

Alex Ovechkin and the Washington Capitals are up against the defending Stanley Cup champion Boston Bruins. The Bruins still have one of the most phenomenal goaltenders in the league, and that, combined with a deep roster of forwards, makes them a serious contender for a Cup repeat.

The Florida Panthers are a team that surprised the hockey world this season, taking the South East Division title.

Florida will be matched up against the New Jersey Devils in the first round. The Devils and Panthers tied the season series, taking two games apiece, but the Panthers' lack of post season experience will make

their first round against New Jersey a challenge for the South East Division champs.

In the West, the four teams I project to come out of the first round are Chicago, Detroit, St. Louis and Vancouver. In the East, it's Boston, Pittsburgh, New Jersey and the Rangers. The second round is going to be intense and packed with a lot of good hockey and bad blood.

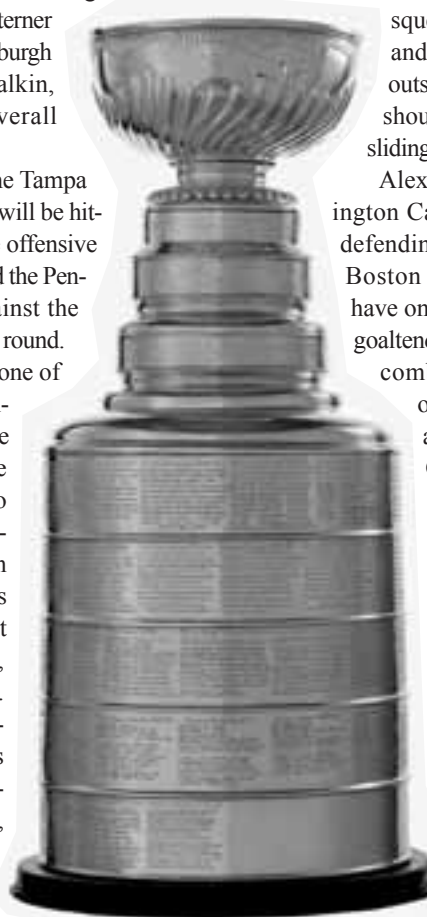
Only the best teams skate out of the second round, and the past playoff experience of the Canucks and Red Wings makes them the best candidates to make it to the West final.

In the East, it's been a tight battle throughout the season, and it's not about to get any easier. While New York and New Jersey have what it takes to excel during the regular season, the Bruins have proven themselves in the post season before, and the Penguins, now complete with their captain, have something to prove this year.

When it comes to making the Stanley Cup finals, anything is possible, injuries can happen, upsets knock teams out early and sometimes top contenders just can't carry their regular season fire into the playoffs.

This season could see a repeat performance of last year, with Boston taking on the Canucks for the Cup, but a Pittsburgh team looking for redemption, along with a consistent Red Wings club could make the road to the Cup a bumpy one for last year's finalists.

In the end, I see Detroit making it over the Canucks, with Crosby and the Pens working their way into the finals for a repeat of the 2008 and the 2009 Stanley Cup finals.



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ENTERTAINMENT

Ariane's coming to town

By KEVIN ALLES

For most musicians, performing in one language is hard enough. Not only does Edmonton-born songstress Ariane Lemire jump between two languages while performing but she also bobs between genres while on stage.

"I jump back and forth between French and English," said Lemire. "My songs, in general, have like a folk and jazz influence. They also have a touch of cabaret, they have a theatrical aspect to them. I tend to tell stories and banter a lot in between songs."

Despite being on the cusp of releasing her third album and performing at music festivals around the world (and even at the 2010 Vancouver Olympics) some of Ariane's mentors in her earlier years didn't embrace her musical talent.

Misguided advice

"When I was in Grade 3, I was told that I couldn't sing by my music teacher. I kind of put [singing] completely aside and became strictly a writer," Lemire said. "When I was in my teens, I started thinking that if I wrote well enough, people would let me sing."

Not only did Lemire recall her music teacher's misguided advice but she also reflected on the moment when she realized that she had to start singing her own songs.

"When I was 19, I was approached by a guy who ran a song writer competition. 'You should give me some lyrics,' he told me. One of the girls in the competition was looking for lyrics because she couldn't write in French, so she took mine. When I went to the show and I heard her singing it, she sang it all wrong. I started bawling," Lemire recalled. "The following year, I started singing my own songs."

Being a bilingual musician, it'd be fair to think that it might be a tall order to satisfy fans and listeners who are partial to one language but Lemire has worked hard to release a good mixture of songs in both languages.

"My first album had one French disk and one English disk," she said.

"The second was all French, with one Spanish song, while the new one [that comes out in the fall] has all English songs, with one French song."

Since she was 10 months old, Ariane Lemire has had no hearing in her left ear. This hindrance has brought some challenges but nothing that gets in Lemire's way.

"The first couple times I went into the studio, it was really hard to stay on key because of my left ear. I've developed a method of taking



caitlinboycephotography.wordpress.com

Ariane Lemire

care of that in the studio," Lemire said. "Live, it's just a question of keeping all the musicians on my right side."

Looking at where she is now, it's safe to say that neither her music teacher's discouraging words nor her hearing impairment has gotten in her way. In 2008, Lemire's first album, titled *Double Entendre*, won a Western Canadian Music Award for outstanding Francophone record. Her sophomore effort, *Décousue*, was nominated for the same award in 2010.

Wrecked Tangles and Love Knots, which hits stores this fall, has so far surprised Lemire on how it is turning out.

"I thought I was setting out to do a rock album, but it is turning into a stripped down, bare and intimate album. There are a lot of relationship songs and it's got a very folky, simple arrangement with some really great players on it," Lemire said. "It's really nice I got to get some friends on it and we went to town in a subtle way."

Awards

With all her awards and festival gigs, it's obvious that people like Lemire's music. However, she says that's not the only key to success.

"A lot of it is just about being really good at human interaction and relationships. You have to like people, that's the biggest thing. The other big thing to keep in mind is when people are listening to you, it's a privilege," Lemire said.

"If you can manage to find even one person that's really listening to you, that's a really good thing. That can keep you from getting jaded. If you're being a musician for stardom and fame, you're not doing it for the right reasons."

Lemire performs at the Artery at 9535 Jasper Ave. in Edmonton on April 12. Entrance is \$5 or free with an Artery membership.

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By MIKE MacMULLIN

What is with our winter this year? We are almost at the point of apocalyptic anger from Miss Mother Nature herself. Maybe it's the ozone, maybe it's that time of the month, who knows? All I do know is that in between dodging Olympic-sized snowflakes and tidal waves of slush flying from underneath cars, you need some good music to make your day just that much better. It seems we have a common theme here. Every single song on

this list is one more way I would describe the weather with a song title. Personally, my favourite is "Cold Hard B**ch". Mother Nature does that. Happy Thursday and happy listening!

1. Hot N Cold – Katy Perry
2. Cold Hard B**ch – Jet
3. Dazed and Confused – Led Zeppelin
4. It's The End of the World as We Know It (And I Feel Fine) – REM
5. Bipolar – Bowling For Soup

6. I Don't Want To Talk About It – Rod Stewart
7. Not Ready To Make Nice – Dixie Chicks
8. Don't Think Twice It's Alright – Bob Dylan
9. Hit The Road Jack – Ray Charles
10. I Will Survive – Gloria Gaynor
11. Polar Opposites – Modest Mouse
12. Not Your Fault – Awolnation
13. Surrender – Billy Talent

VIRAL VIDEO

Yucky fast food fluffy cake

By BRETT PLAXTON

Before I start this article, I know I said that I wasn't a fan of this particular series that this video is from. But this time there is an exception. One of my favourite comedians is in this week's video.

The incredibly popular Epic Meal Time features "The Fluffy Comedian" Gabriel Iglesias in their video, where they made "Fast Food Fluffy Cake." This one was released on April 3, and already has 1.8 million views. Like I said, I only watched this because Gabriel Iglesias is one of my favourite comedians and I wanted to see what he would do with them. Turns out,

he has Epic Meal Time T-shirts made that are 4X large and bigger, because he can't fit a 3X. Let's just say this "doesn't go well" with the Epic Meal Time guys.

The cake is a three-tier with 200 Chicken McNuggets from McDonalds, assorted dipping sauces, Nutella and a Fillet-o-Fish. If you're like me, you wouldn't even think of eating this, it looks so gross.

The Nutella and dipping sauces act as the icing. Oh, and let's not forget that food that these guys, along with many other people around the world are obsessed with – bacon.

Yes, an Epic Meal Time dish isn't complete without bacon, and boy do they put a lot on the cake, a whopping six pounds.

That's too much for me. I like bacon, but not to the point of obsession or getting one of those stupid T-shirts that say bacon strips and bacon stripes all over the shirt, but I digress.

One thing that is missing from this episode is the calorie counter and the fat counter. This also wouldn't be complete without the addition of liquor. In honour of Iglesias's favourite drink, they take breaks swigging back Patron tequila.

Once the cake is complete, they don't pro-

ceed to cut it into slices because that would be too civilized. They grab chunks by the handful and proceed to stuff it in their mouths. If it were me, I don't think I could stomach one bite of that.

I'm not usually a fan of these goofballs, but I have to pay the devil his due. These guys are able to attract over one million viewers per week. Check it out at <http://www.youtube.com/watch?v=87YJ5t2JQaM>.

You can also check out a lot of Gabriel Iglesias's work on YouTube. Epic Meal Time also has a new video every Tuesday.



NEW-LOOK NEST

This artist's rendering shows the Nest, a student restaurant and bar owned and operated by the NAIT Students' Association, after it gets an extreme makeover, which will include a new, larger bar, a soft lounge section with a fireplace, an accessible stage and new lighting. Construction is due to begin in early May and the Nest will be open and ready to go for the first week of classes in September.

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SOUTHERN COMFORT ELECTRIC GUITAR OR A GUITAR HERO GUITAR
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JACK LIVES HERE NEON SIGN OR A POSTER OF CPT. JACK SPARROW
AIR HOCKEY TABLE OR A TOY HOCKEY GAME



featuring
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*TERMS: NAIT STUDENTS WITH A VALID STUDENT ID CARD ARE ELIGIBLE TO WIN ANY OF THE ABOVE STATED PRIZES. YOUR VALID STUDENT ID CARD MUST BE PRESENTED TO GAIN YOUR ENTRY BALLOT, AND WHEN THE WINNERS CLAIM THEIR PRIZE. TO WIN A PRIZE, THE STUDENT MUST BE IN THE NEST AT THE TIME OF THE DRAW. A MAJOR PRIZE WILL BE DRAWN THROUGHOUT THE NIGHT, GET TO THE NEST EARLY FOR YOUR CHANCES TO WIN.

Analyse this ... and laugh

By JENNY OATWAY

You know that one show on MTV, you know, the only good one left, now that MTV is saturated with *Jersey Shore*, and *16 and Pregnant*, *Skins* and all that other, non-music, related program? Can't guess? OK, it's *Video on Trial*, which isn't even on MTV but has been a favourite of mine for a long time.

Anyway, the point is, NR92 now has a show that can inject another hour of comedy and musical analysis into your life. The S & M & M Show (formerly the S&M Show) features the vocal stylings of Amanda Schultz, Mike MacMullin and Cody Malbeuf, though unfortunately I wasn't able to get Amanda in the same room as her co-hosts for an interview.

Nugget (N): What was the initial inspiration for this show?



Cody (C): Amanda wanted to do a show, not with me, because she finds me creepy, so she goes to MacMullin, figuring, MacMullin

doesn't talk that much, I talk a lot, it'll balance out. But she realized, no, we need that creepy guy. So I came in later.

N: When did you join the show?

C: I joined the show after they had already made all the commercials making S&M jokes and just totally wrecked all of them.

N: And how has the show changed since you joined?

Mike (M): Some diversity. Before it was just kind of Amanda and I talking about one topic but now that Cody is with us, it makes it a lot easier to distract us, and for us to be more interesting.

C: Occasionally, I'll say something, and everyone in the room will freeze. An, "oh, I don't even know how to respond to that" kind of thing.

N: You guys have struggled with choosing a format for your show, so what has that process been like?

C: Originally, it was information based.

M: Basically, we'd have a band each week that we'd showcase, and we'd play music by only that band and feature only that band. After a while that started to kind of wear down on us, just information, all the time.

C: We ended up deciding to do a top ten countdown. We do kind of a *Video On Trial* style thing. We'll find a Top 10 list of a certain genre of music, like classic rock, or Top 40, and we'll each rate each song and give our opinions on them.

N: Do you have a best and worst song that you've reviewed?

C: Oh! The techno Mario one! That was the one I hated the most. I just listened to it and thought, "wow, if this had been the actual soundtrack to Mario and not a remix of the Mario soundtrack, Mario would not have sold." Nothing could have killed the career of Mario faster, other than being a plumber with jumping as his own skill.

M: I don't know if I have one specifically, but our best episode was the St. Patty's Day episode. We did a whole bunch of Irish pub

songs and drinking songs ... it was wonderful.

N: If you could both have a super power, what would it be?

C: Invisibility, so no one would know when I'm scratching a sensitive area.

M: Teleportation, so I could get to school faster.

N: What super power would you bestow on Amanda, since she is not here?

C: Shape shifting, so that she adjusts the size of ... certain body parts ... and then she would be able to run around and do stuff, whenever she feels like it.

M: Super speed, because she already talks so much, so she could make a fool out of herself at twice the speed.

N: Most embarrassing moment on the show?

C: When MacMullin hit his head against the microphone, and everyone just lost it. All we heard from the headphones was the bonk of his head hitting the mic, and then Amanda stopped talking and broke down. We were all laughing too hard to continue.

M: There was one day when one of us, we won't say who, was quite sick, and a number of butt jokes were made, which was rather painful for the person in question.

I give this show five Irish drinking songs out of five authentic Irish pubs. You can catch the hilarious rating antics of Amanda, Mike and Cody on the S&M&M show, Monday evenings at 7 p.m., on NR92.



Amanda Schultz, Mike MacMullin and Cody Malbeuf

Photo by Jenny Oatway

Jubilations hosts a spoof

By BRETT PLAXTON

Jubilations Dinner Theatre in West Edmonton Mall has another exciting show lined up. The show is called Two and Two-Thirds Men. It is a spoof of the hit TV show *Two and a Half Men*.

The show takes place a bit in the future of the show. Jake is turning 19 and graduating from high school on the same night. After losing the beach house when Charlie met his demise in Paris, Jake and his Father, Alan, have moved to Canada. This is once Alan found out that chiropractic care in Canada is covered.

Evelyn, Jake's grandmother and Alan's cantankerous mother will be in attendance. Alan's ex-wife and Jake's mom, Judith, is lost in transit and will be making phone calls only to find a way to blame Alan. The housekeeper

Berta will be there too, as she puts it to "congratulate the little fart machine." Also, there's word that a special appearance will be made by someone who everyone thought was dead.

What's a good dinner theatre without music? The soundtrack will feature many hits from the '70s that Charlie would have loved. Some of the songs are "Killer Queen" by Queen, "Life's Been Good" by Joe Walsh, "Margaritaville" by Jimmy Buffett, "Come Sail Away" by Styx and many more.

Don't be surprised if you are asked to partake in the singing. And don't be one of those people that is too stubborn to participate, that's half the fun of the play.

I was able to talk to Jubilation's Artistic Director, Randy Apostle, and see what the audience can expect from the show aside from the great storyline.

"A big portion of the show is getting the audience involved. We want to bring them up to dance and get involved in some of the scenes," says Apostle.

"As always, there is a four-course meal and full bar service and everything will be moving quickly. This show came from Manitoba where it was a huge hit and we're hoping it does the same here."

I've never been to a dinner theatre. I acted in a few in high school so I'm thinking about going to this one and seeing it from the viewer's perspective.

If you want to see this show and were a fan of the TV show, it runs until June 10 and tickets are only \$60-\$70, depending on the day you go.

It promises to be a great show, so don't miss out.



Randy Apostle

jubilations.ca



This tasty trio making its way

By MIKE MacMULLIN

NEK Trio, a local Edmonton jazz-influenced band, will be playing a live, no-cover show at the Lit Italian Wine Bar April 12. Why should you go? For one, it's free! And for two, well, I'll let them explain.

The band, consisting of Ross Nicholl on piano, Connor Ellinger on drums and Dean Kherouf on bass, have an odd name with a perfectly good explanation. Kherouf says that it is just a compilation of their last names (Nicholl, Ellinger, and Kherouf). There are three of them, and that's all you need for a trio.

Even though they are dubbed as a jazz trio, Kherouf explains differently.

Jazz trio ... or not?

"We're a jazz trio because we're instrumental and we really improvise," Kherouf said. "But we aren't because we aren't jazz, we play more hip-hop music."

Musical influences of NEK Trio include Bad Bad Not Good, a band out of Toronto, and Robert Glasper. Kherouf elaborates on his own musical stance.

"For me musically ... Nirvana is probably one of my favourite bands," he said. "Two of my favourite musicians are Dave Grohl and Kurt Cobain."

About two years ago, the band met up and started going to jam sessions together. They didn't become a band until about June or July last year. In the year that they've been together, they have already been to many different locations as NEK Trio. They have already developed quite the fan base.

Kherouf says, "we're so happy that people know who we are, because we're bringing a new sound that, no-one in Edmonton's doing what

we're doing. It's a really select group and I think people should dig it!"

NEK Trio has played in Blue Chair Café, Shell Theatre in Fort Saskatchewan, the Lit Italian Wine Bar, and their all time favourite, the Chai Island Tea Co., right off Whyte Avenue (10332 81 Ave.). They are hopeful about the fan base there. Usually the bands performances at Chai Island Tea are associated with an organization called March Music (formerly U22).

When it comes to producing, Nicholl explains the process.

"Connor has a job at Axe. We rent equipment from his work and Connor knows how to use the equipment," Nicholl said. "We do home recordings and try to do it on a laptop because we just don't have the money to go to a studio."

They are trying to save up money for a 5-7 track EP or CD, but the cost won't discourage them. NEK Trio is proud of their music quality. Kherouf says, "it's what we sound like. We aren't messing around with all the bells and whistles. You're just getting us, which is cool too."

The band has collaborated to make one three-track CD in July of last year. Titled *Fragile*, it is comprised of two original songs, and one arrangement of Nirvana's "Smells like Teen Spirit." This summer NEK Trio has let out that they are going to be playing some music festivals, so maybe that will be a monetary opportunity.

Kherouf says, "we are going to be playing a few festivals this summer, but we can't say what they are right now. I can guarantee that it's not Coachella." After some group laughter, Ellinger

adds, "but it's probably Coachella." You can take that any way you want.

Kherouf is very excited about NEK Trio, how far they've come, and what their future holds. "[We're] playing genres that aren't traditionally together ... We've gotten into a bunch of different music ... We've grown tighter as a band, and [have] been able to get better ideas. It went from more jazz-orientated, but now it's getting into more of a hip-hop/funk feel."

Some of their favourite songs include "S.O.S.", which stands for "Sultans of Swag", a groovy hip-hop song that goes into an older swing-jazz feel. The track title is a play on Dire Strait's "Sultans of Swing." Another group favourite is "Straight Into Compton," because as Kherouf says, "We think it would be cool to go there. We're into N.W.A., [a hip-hop band out of Compton, CA] and this is another really groove-based tune."

Even though the band has only been around for a year, NEK Trio has had some good times, but with good comes the bad and the ugly.

"One time, four cop cars pulled us over for being parked at Safeway. We went to Safeway, we come back to our car, pull out of the parking lot and this cop pulls us over and calls four other cop cars as backup. We don't even know why! It was weird," Kherouf said. "They eventually just sent us on our way."

But other than getting pulled over by cops at grocery stores, NEK Trio does have a collection of hobbies. Music tops the list. But a close second to that is hanging out with friends, having a good time, and watching movies.

One particular movie that the band is stoked for is *Anchorman 2*, coming out this summer.

"Awe, man we're all so pumped!" Nicholl said, "we're shaving our hair and the mustache. [And] I just bought a burgundy suit jacket from good will the other day just because of [*Anchorman 2*], so we're going to have to figure it out somehow."

In the end, when it comes to listeners, NEK Trio wants to always end on a high note. Kherouf wants a strong foundation in his audience.

"We want to have a personal connection. When I see a band, I want a personal connection with them. I want to hang out with them and be their friends," Kherouf said. "And we can have five-thousand people who like us who are our best friends. That would be tight!"

No cover

Nicholl adds, "yeah, hanging out at a big party, rather than us being on a whole 'nother level, like a lot of big acts who just think that everyone else is inferior 'cause they're a big deal, y'know? But we need to have our status like a big hangout."

If you want to go hang out with NEK Trio, go to the Lit Italian Wine Bar in downtown Edmonton (10132 104 St.). The show starts at 8 p.m. on April 12 and there is no cover.

For more information on NEK Trio, head to www.nektrio.com. From there you can find all the links to their social media websites, such as email, Facebook, BandCamp, and more. Also, make sure you follow them on Twitter: @NEKTrio.

One more thing: "If anyone has a couple grand laying around they should fund us a CD!" Kherouf's a funny guy. Folks, this is NEK Trio. They are on the rise, and they aren't settling for any less than No. 1!



Photo by John Munsod

SNOWY, SNOWY DAY

It sure seemed like spring was a long way off on April 9, when the city got a major dump of snow. Some parts of the city reported as much as 25 cm.



Safety in the summer



The school year is winding down and soon everyone will be planning their holidays. But before summer is upon us, it's a great time to do some security prevention in your home and to be aware of some everyday security tips.

In and around vehicles

- Lock your vehicle every time you leave it.
- Never leave it empty and running, not even for a few seconds.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate as well as the insurance card.
- Park in well-lit, well utilized areas near a store entrance when possible.
- Don't leave valuables, such as Christmas presents, in full view. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm or a locking device such as The Club.
- Always check the backseat of your vehicle, as well as the area around, before entering your vehicle. If you see anything suspicious, get help immediately or begin screaming. Criminals wish to remain anonymous.

While shopping

- Do not carry large amounts of cash.
- Keep all of your valuables with you at all times. Do not leave them unattended on a food court table or on the vanity in public washrooms.

• When shopping, use the buddy system and be aware of your surroundings. Watch for suspicious activities such as someone paying uncanny attention to the contents of purses, wallets and shopping bags of shoppers.

• Be extra alert when being jostled or pushed or if there is a loud altercation taking place nearby. This is often a diversion to attract people's attention, allowing associate members to pickpocket unwary shoppers.

At home

- Lock your doors/windows when you leave your room or residence. Keep valuables away from direct exterior observation whenever possible.
- Trim back any bushes on your property. Bushes underneath windows should be trimmed several inches below the window.
- If you live in an apartment, do not allow unescorted strangers inside. Report strangers that appear to be loitering to the building caretakers or to the police.
- Be suspicious of unknown persons loitering in the area of your residence. Criminals do not want attention and will usually try to keep their faces hidden and give vague answers when questioned. Report any of these incidents to building caretakers or the police.
- Never leave an exterior door propped open. This is like inviting a fox into the chicken coop.
- Arrange to have someone pick up your mail and mow your lawn if you are away. You should also arrange to stop newspaper delivery and purchase timers for your lights.
- Keep records of your valuables, including

descriptions and serial numbers. Include pictures or video if possible. One copy needs to be kept with a friend or in a safety deposit box at the bank and should be updated regularly.

The management and staff of Protective Services wish to extend a very happy and safe summer season to everyone. Please visit www.nait.ca/security for more tips.

If you have information regarding a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

Who ya gonna call?

Academic and personal concerns – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 30 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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Program-related concerns – Contact Program Chair or Program Adviser.

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

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Student loan/grant assistance – Financial Aid Office, 780-491-3056, Room O-111.

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. Cost is approximately \$15/hour.



Photo by Kaihla Stupka

An AWOLNATION lead guitarist Christopher Thorn plays with the band at the Edmonton Events Centre on April 3.

Don't classify it, just listen

By KEVIN ALLES

When it comes to music, it's usually simple to break up different songs or artists into different categories like pop, indie/alternative rock, classical music, hip hop, R&B, spacesynth or crunkcore.

Some music is a little trickier to classify. Enter AWOLNATION, an Indie/Alternative/Electric Rock/Alternative Dance/Pop Rock band out of Los Angeles that's quickly gaining steam and popularity, headed by singer/songwriter Aaron Bruno.

Confused and tired of trying to classify AWOLNATION's beats myself, I decided to go straight to the source and asked Bruno how he himself would musically describe his band.

"I'm just a huge fan of music, there's no genre that I'm a slave to in any way," Bruno said. "If you like music and you like melody, then hopefully you'll like this."

Hopes fulfilled

As I would soon discover at a concert that AWOLNATION was putting on later that evening, Bruno's hopes were fulfilled. I think it was fair to say that I, along with over 2,000 other elated fans, liked it.

Upon listening to AWOLNATION's debut album *Megalithic Symphony*, which was released in March of last year, I could see why Bruno didn't slap a genre on his band. If you listen to "All I Need," a calming and choral-heavy arrangement that states "All I need is life, love, with you," and contrast it to the more aggressive vocals and electronic instrumentals that the band's single "Sail" serves up, you could easily mistake both tracks as separate bands.

It's this type of musical and tonal diversity that makes AWOLNATION so hard to put in a specific genre. A friend of mine called them a "dance rock" group, my iTunes classifies it as "electronic," while Edmonton's very own Sonic 102.9 famously called them "a mix of The Killers and Meat Loaf." Bruno found the comparison amusing.

"They apologized for it! You know, the thing was, I didn't take offence to it anyways," Bruno said. "It was just a fun joke."

It's so refreshing to hear an album with a little bit of everything, as a lot of musicians don't usually do something so ambitious. Bruno shed some light on why he likes to go all over the musical map with AWOLNATION.

"The reason I do [explore so many genres] is because I am who I am. The songs are the song ideas I have. I can't change or manipulate what song ideas I have, they come to my head and I do my best to service them," Bruno said. "I feel blessed to have these ideas, and that they didn't come into someone else's brain."

AWOLNATION wasn't Bruno's first go at being in a band. In 2001, Bruno joined a band called Home Town Hero, which eventually was signed by Maverick Records — known for signing Paul Oakenfold, Michelle Branch and Madonna.

"No, I didn't get to meet Madonna, which I knew would be the next question!" Bruno joked. "I made a couple of personal decisions that kind

of alienated other people that wanted to work with [Home Town Hero]. I was way younger, very immature and extremely insecure. I think that played a huge role in why that didn't do well."

It would be an understatement to say that Bruno has learned from his mistakes, as AWOLNATION's single "Sail" went platinum at the end of March. The already-popular track was featured in BASE jumper Jeb Corliss's YouTube video in August, which propelled "Sail" and AWOLNATION's popularity even more.

When first starting the band, Bruno never thought that his work would catch on it as much as it has, let alone produce a platinum single.

"None of the songs I wrote did I ever think would reach [Sail's] height. I just wanted to make a record that I would want to buy and enjoy, and just do the very best I could as a songwriter," Bruno said. "I've been in other bands before where I had all of the expectations of the world, and then fell extremely short, so this time around I wanted to keep my head down and entertain these ideas I had without anyone else getting in the way."

I left my sit-down with Bruno finally realizing that some things are better left unclassified. If you thoroughly enjoy something, why should you get caught up in labelling it? It was with this

mindset that I decided to enter AWOLNATION's concert.

AWOLNATION performed in Edmonton in September, where they played at the Starlite Room. September's venue held around 600 of Bruno's fans. This time around, the band was

upgraded to the Edmonton Events Centre, where over three times as many 'AWOL' enthusiasts crowded in front of the stage.

Local indie rockers Zerbin opened at around 8 p.m., saving their most popular track "New Earth" as their second to last song.

Opened with 'People'

At 9:15 p.m., it was time for the main event: AWOLNATION. Bruno and company opened with the aptly titled "People." While their first song was a good way to feel out the crowd, their next, "Not Your Fault" (which has iPhone game based on it) really got the venue going with the appearance of mosh pits and crowd surfing.

My favourite, "Jump On My Shoulders," kept the energy going. Almost everyone in the venue was singing along at that point. Fast-forward a few tracks, and "Sail" came on. It only took the first few notes on the synthesizer for everyone to recognize what song was about to play, and the place exploded. I explicitly remember everyone yelling the song's line "Blame it on my A.D.D., Baby!"

After playing an encore suitably featuring "Knights of Shame," the last track on the album, AWOLNATION disappeared behind the stage and the house lights turned on.

The lights shed light on the sweaty mess that most people were. But it wasn't a "work in the field all day" sweat, it was more of a dance-your-ass-off and have an awesome time sweat.

I, for one, can't wait for AWOLNATION to visit E-Town again.



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CROSSWORD

Across

- 1- Get rid of
- 5- Flora and fauna
- 10- Like some history
- 14- Golfer Ballesteros
- 15- Aromatic compound
- 16- Baum barker
- 17- K-6
- 18- Met highlights
- 19- Digits of the foot
- 20- Defer action
- 23- Lymph _
- 24- Attach by stitches
- 25- Flight of steps
- 28- Acid
- 31- Zingers
- 35- Secret stuff
- 37- Brit. lexicon
- 39- According to
- 40- Boundary
- 44- Stutz contemporary
- 45- Modern address
- 46- "That _ help"
- 47- Good _
- 50- DDE opponent
- 52- Hives
- 53- Yank's foe
- 55- Skin
- 57- The act of gesticulating
- 63- Graph prefix
- 64- Seine spot
- 65- Work without _
- 67- Force
- 68- Praying figure
- 69- Back
- 70- All-inclusive
- 71- Strikes out
- 72- Exclamation of fright

Down

- 1- Compass dir.
- 2- Assist
- 3- Always
- 4- Raging
- 5- Facial hair
- 6- Sharon's land
- 7- Elevator man
- 8- Milk source
- 9- Bears the ictus
- 10- Capital of Canada
- 11- Dig like a pig
- 12- Fit to _
- 13- Acapulco article
- 21- Horn-shaped bone
- 22- Kan. neighbor
- 25- Pelvic bones
- 26- Attempts
- 27- Greek physician, son of Xenon
- 29- Plinth
- 30- Essen article
- 32- Bluffer's ploy
- 33- Light-colored hair
- 34- _ Domingo
- 36- _ Darya (Asian river)
- 38- Accomplished
- 41- Madrid Mrs.
- 42- Young fowl
- 43- Of the third order
- 48- Artificial
- 49- Rainy
- 51- Slat
- 54- Two-legged support
- 56- Bridge positions
- 57- Manner of walking
- 58- Cube creator Rubik
- 59- Attention
- 60- Caspian Sea feeder
- 61- Dedicated to the _ Love
- 62- Tide type
- 63- Palm Pilot, e.g.
- 66- It's past due

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Puzzles provided by BestCrosswords.com (http://www.bestcrosswords.com). Used with permission.

SOLUTION – Page 29

CD REVIEW

For fans only

By BRETT PLAXTON

It's funny, this is one of my last articles that I will be writing for the *Nugget*, but this is the first time I have written a CD review. I've wanted to in the past, but couldn't think of any CDs that I wanted to review. But then, a couple of months ago, there was an announcement by one of my favourite bands that they were making a new album.

The band is Van Halen, the album is called *A Different Kind of Truth* and I thought this was the album that I would review as my swan song for the *Nugget*.

The first thing you'll notice with this album are two big changes in the band. The first is that this is the first Van Halen album to feature David Lee Roth as their lead singer since 1984. The other big change is the addition of a new bassist. He's Wolfgang Van Halen, Eddie Van Halen's son and he joined after original bassist Michael Anthony was fired in 2006.

At first, I only heard the single off the album, "Tattoo." Say what you will, I am not a fan of the song. You would think that after 27 years, they would come back with a bang. I almost lost all hope after listening to that song. Thank god I'm a patient person.

The rest of the album was amazing! I think the best song on the album was the track "As Is." There's a lot of what I love about Van



Halen in there. An Eddie Van Halen solo, Alex Van Halen going nuts on the drums and David Lee Roth's vocals are almost crystal clear and the intro sounded a lot like their track "Somebody Get Me A Doctor."

One of my favourite features of a Van Halen album was absent on this one, an instrumental track. Some of them are some of Van Halen's best songs, such as "Eruption," "Cathedral," "Intruder" and "Spanish Fly."

Another thing that got people's knickers in a knot, including former lead singer Sammy Hagar, was that a lot of the songs were just refurbished songs from the first two albums. I didn't care, it still sounded good to me. Their first two albums are my favourite Van Halen albums, so the similar sounding album was perfect for me. It beats the album Van Halen III they did with Gary Cherone.

You're probably wondering, "should I spend my money on this?" To that, I say only if you're big fan of Van Halen like me. If you only like a few of their hits, I'd steer clear from this one, but if you have listened to all of Diamond Dave's albums, you'll appreciate this one. If you want, there's a deluxe edition with a DVD that features acoustic performances of their hits "Beautiful Girls" and "Panama."



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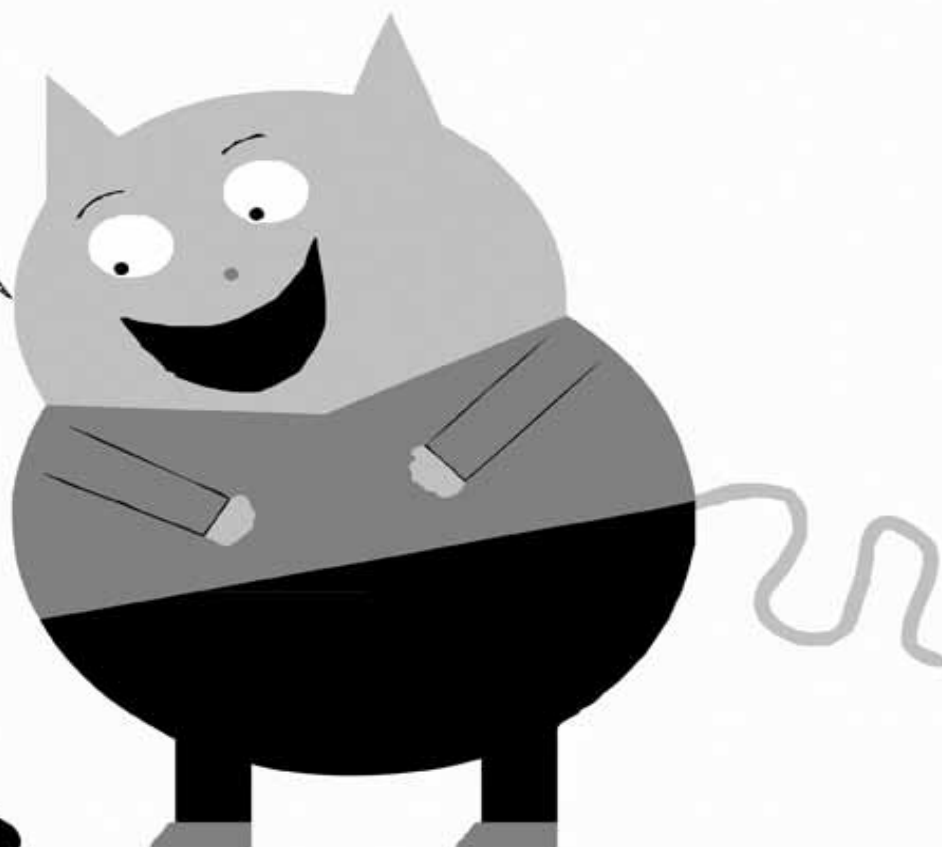
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THE NUGGET PRESENTS:

NUGGET COMICS

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EOOOOHHH,
GIANT
CHOCOLATE
EGGS FOR
EASTER!

THOSE WEREN'T EASTER EGGS J.E.

Cartoon by John Benesch

GAME REVIEW

Worth it for the story alone

By KEVIN ALLES

Point-and-click adventure games have been experiencing something of mini-resurgence over the past couple of years. With *Telltale Games* rebooting the popular-in-the-'90s Sam and Max and Monkey Island series in recent years, interest has once again started to pick up for point-and-click adventures.

Despite *Telltale Games* heavily contributing to the revival of these games, they aren't the only ones attempting to resuscitate them. Madrid-based Pendulo Studios has cranked out their fair share of adventure games over the past decade, although they aren't quite as well known as their counterparts.

Pendulo Studios is now trying to finally put their name on the adventure game map with their newest, and most ambitious, release, *Yesterday*.

Yesterday follows detective John Yesterday, who is hired by millionaire, CEO and best friend Henry White to investigate a suspicious string of hobo deaths in New York. All of the murders are seemingly connected to one another and the game makes it obvious from the very beginning that some sort of satanic cult is involved.

Yesterday is standard adventure game fare, investigating and picking up items in the environment, combining items you've picked

up with one another to make something happen and unlock the next phase in the adventure, and talking to friends or suspects to help discover the next clue.

Although it may contain the standard tropes that one would suspect of the genre, *Yesterday* manages to make a few minor additions that add to the otherwise predictable adventure game formula. If you're stuck at some point, you can turn to the helpful and very forgiving hint system that Pendulo Studios has thrown into the game.

The hint button does take time to recharge to prevent players from abusing it, but after you click around the environment a few times and try a few more item combinations, the button is recharged and ready for the player to use.

On top of the hint system being a pleasant surprise, the presentation and almost comic book-like art style delivered an unexpected punch. From the opening scene in a dreary New York subway station to the game's middle act, which is set in a far-east Asian mountain monastery, the game's visuals and locations vary extremely.

Due to *Yesterday*'s subject matter, it's hard to argue against the fact that it's for anyone else other than adults. Apart from

frequent f-bombs and sexual innuendos, *Yesterday* deals with some heavy stuff from harsh torture scenes to mass satanic cult meetings with disturbing outcomes.

Funny enough, it's the troubling content that drove me forward through the game. I wanted to figure out what was happening to the hobos and what was at the root of the satanic cult.

Trust me on this one, this game is worth playing for the story alone. Despite the some-

what contrived ending and the short play time of around five hours, the journey to the conclusion was intriguing and satisfying.

Yesterday is currently available for download via Steam for \$30. That's perhaps \$10 too much but if you're into adventure games or satanic cults at all, you won't be disappointed with what *Yesterday* has to offer.

★★★★☆



animecourtyard.com

MOVIE REVIEW

Action flick for action fans

By KARL GARNEAU

Simplicity is often the best course of action. See what I did there in that thesis? It took me five hours to think of that!

In *The Raid: Redemption*, a SWAT team starts a raid on a tenement, which is the home turf of a drug kingpin. Among the team is our protagonist, a cop whose wife is expecting in two months. Of all the character motivations, this has to be the simplest I've ever seen in an action movie.

Yet, it's just about perfect. This whole movie is just brilliant in its design! It set out to be a brutal martial arts film utilizing 'Silat' (Sih-LAHT) as its core fighting style and that's exactly what it is. The characters are rather one-note but motivations are simple and that's really what you need in order to be invested in the fighting.

Nothing but a knife

Why is the main character clearing a hallway with nothing but a knife and his ruthlessness? Why does he not care when it becomes obvious that he's got no chance of survival? Because he realizes that the apartment's entire crew is officially expendable and that he's got a wife back home, plus a future child who needs a father.

At the start of the film, 20 men in body armour and armed to the teeth roll in. As the movie rolls on, ammunition depletes, some men get wounded and lots of men die. Pretty soon, the barbarism devolves into knives, fists, machetes, feet and broken fluorescent light bulbs.

It is, however, a pity that the cops didn't think at first that the home turf of a crime lord, a turf that had been raided before by multiple other factions, would be filled exclusively with people who are unconditionally loyal to him.

Such a naive method of thinking was why their originally by-the-books procedure hit the fan very early in the game. Alas, these police are good cops and they don't kill people — they're not certain their sole motivation is to outright murder them.

Among the crime lord's proverbial army are two dudes I remember being coined as "Mad Dog" and "Genius." Mad Dog, as the name implies, is an especially brutal fighter who cited firearm-based kills as "simple as takeout." I rather liked the character but I also wanted to see him finally get what was coming to him.

Enough about the story, let's talk about the juicy technical aspects.

Call Hollywood: This movie is a crash



aceshowbiz.com

Joe Taslim stars as Jaka in *The Raid: Redemption*.

course on how to do modern action cinematography well as compared to the awfulness that generally plagued us like the *Transformers*, and *The Hunger Games*. It's quite simple, tone down the camera-shake, and move the camera back a few feet. The result is that same chaotic feel that camera-shake was invented for, except you can actually see stuff!

For a movie concept that boils down to "Cops and Robbers with martial arts," it bloody well delivers. You see the cops, you see the robbers and you see the martial arts. It's utterly glorious, too.

Every kill or even hit is complemented with excellent sounds and every challenge the good guy goes through is satisfying to watch.

The set design is beautiful in its simplicity, and the lighting is on that line between grungy and straight-up noir. There's good contrast, it sets the dark atmosphere and you can still see the movie.

Planets aligned

I don't know what Welsh director Gareth Evans was on, but he seemed to be thinking straight the entire course of the movie. From getting truck driver and Silat practitioner Iko Uwais to play the main character, all the way to the scene that involves the broken fluorescent light bulb. It was like the planets aligned to make one of the best action movies I've seen made in the past 12 years.

I did think of one disadvantage to this movie, however. Now that it's set the bar for action cinematography like *Avatar* did for CGI, almost everything else will seem bland or remarkably flawed by comparison. However, that's an exchange I do not regret.

This is a movie that relished its simplicity, and it all boils down to a great action movie. Nothing to really make philosophies about, but it was a movie to showcase Silat, which had been watered down to a visual pleaser like "chop socky" flicks of yore.

There's one thing that annoyed me. The full title is *The Raid: Redemption*. What the heck is the redemption about? Who's being redeemed? That title is just silly, it should've been called "SILAT: Also, awesome action cinematography." Or simply "The Raid: REAL SILAT" or "Indonesian Fists of Fury." Indonesian Fists of Fury... Heh... Turkish Star Wars... Italian Ter-

minator 2... Sorry, I got distracted.

On the poster, you see the tag line superimposed on the building "The Best Action Movie of the Decade." Normally, I'd be saying "Screw that noise," as I do with all tag lines of the sort, but this is a special case where the tag line is totally, totally right.

The only people I can see who would want to miss out on this are people who don't like action movies in general, people who get queasy at the

sight of blood, people who expect a full-blown story that contains a distinctly Western philosophy, blind people, and children. Then again, this movie is rated 'R' for good reason.

In all seriousness, support these guys! They made one of the best action movies of the decade and they should be financially acknowledged for that!



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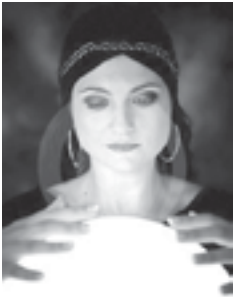
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 12-18

(Warning: These Nugget horoscopes are not written by an accredited astrologer however, believe them if you like, as they are absolute and unquestionable.)

Aries (March 21-April 19)

Cut your hair, buy something you really want. Do something that makes you feel good, you deserve it.

Taurus (April 20-May 20)

Summer is coming up, maybe you should hit the gym a little bit more often. It will give you the confidence you need.

Gemini (May 21-June 21)

What comes up, must come down. Remember that when you make your choices, if you screw people over on your way up, they aren't going to help you on your way down.

Cancer (June 22-July 22)

Love is a tricky thing, don't jump in too fast or you will find yourself sinking with no one to help you up.

Leo (July 23-Aug. 22)

Change up your regular routine, you will be surprised by what comes out of the new changes.

Virgo (Aug. 23-Sept. 22)

Money, although great, is not the answer to everything. Doing what makes you happy will be much more satisfying.

Libra (Sept. 23-Oct. 22)

A problem may set you back at first Libra, but not for long. You may have to dust off some old resources of yours, but it will help you get back up on your feet.

Scorpio (Oct. 23-Nov. 21)

A close friend, or colleague may be a bit touchy today. Instead of ignoring it, try to figure out what the reason is behind it. It will prove that you really care, and maybe you will get a reward out of it.

Sagittarius (Nov. 22-Dec. 21)

You are full of good ideas lately, write them down so you don't forget. Things will get pretty hectic for you Sagittarius, but your brain will help you keep control. Make use of it.

Capricorn (Dec. 22-Jan. 19)

You need to remember rumours are just rumours

Capricorn. You are reading too far into something that really isn't that important. Learn to let go and a smile will grace your face much more often.

Aquarius (Jan. 20-Feb. 18)

It seems like your Valentine's day is really in April, but keep a sharp eye Aquarius, many flaws can be hidden behind the cover of romance. Make sure the choices that you are making are really thought through, or you will end up regretting them.

Pisces (Feb. 19-March 20)

Timeliness means more than you think, learning to get back to people on time is a great lesson. You may not like the news you carry, but telling them now rather than later will give you respect.

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THE NUGGET PRESENTS:

Dr.CONwisDOM



CODY MALBEUF
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,
Whenever I take the bus, a 40-year-old bald man always sits across from me and starts provocatively rubbing his ass while trying to make eye contact with me. The only person I want to see in a similar position to this is my girlfriend, or a woman of equal physical attractiveness. Do I confront creepy bus man or just hope I don't get violated?
Sincerely,
Use that ass for sitting

Dear Use that ass for sitting,
If you secretly like this, as I assume you do, then lose the girlfriend and start spending time with this man. Your use of the word pro-

vocatively made me question how much you enjoy these encounters. If you're genuinely bothered, do the same thing. Throw the guy a bone (literally). The weird people on the bus need love, too.
...
Dear Dr. CONwisDOM
My girlfriend made me watch the season finale of One Tree Hill, so naturally I played tic-tac-toe in my head until the noise stopped, just like when she talks. But afterwards I started making fun of her for liking something that ridiculous. Now she won't talk to me. How do I convince her that I'm right about One Tree Hill?
Sincerely,
She won't touch my one tree

Dear she won't touch my one tree,
Did you win the tic-tac-toe game? I'm sorry but the game of tic-tac-toe you played with yourself was more interesting to me than a situation I'd see if I watched any sitcom from the '90s. Every movie ever made has taught me that at the end of this you will admit to your mistakes. There is a lot based on your letter. Just do it quickly or you'll be playing more then tic-tac-toe by yourself.
...
Dear Dr. CONwisDOM

Women won't leave me alone. It's so frustrating because I've been in a relationship for a long time. Just yesterday, a girl who has a crush on me brought me a plate of pastries and a cake. They were delicious but I felt sick from guilt and butter. How do I get women to not go crazy for me?
Sincerely,
Also, my golden shoes are too tight

Dear Also, my golden shoes are too tight,
You're asking ME how to repel women? That's like asking Neil Patrick Harris how to be awesome. I can't teach you. My last girlfriend left me for a guy who played a Star Wars version of Dungeons and Dragons. When your woman looks at the guy playing D&D and thinks, "wow, that would be a good trade up," you know you have all the sex appeal of the yellow M&M in all the commercials. I can't teach you, you could never get up to my level.
...
Dear Dr. CONwisDOM
Every girl I've ever gone out with has cheated on me. This has drained all my self-confidence. I have a crush on this gorgeous girl in my class but I don't have the nerve to ask her out. How do I get my confidence back?
Sincerely, Raj from the big bang theory is real

Dear Raj from the big bang theory is real,
Yes pretty girls are scary, but virginity forever is even scarier. The worst a girl you ask out can do is shoot you down. A girl you don't ask out can give you blue balls for life. Try a girl who seems easy to get that confidence boost. I suggest looking for a girl with an inner thigh tattoo. A basic rule with tattoos, wherever they got it, they plan to show it to a lot of people.
...
Cody it's Kevin. I need your help! I can't make a phone call because I don't want my girlfriends parents to hear. I'm in their bathroom and I pulled the zipper of my jeans over my ... area. I'm counting on you to help me out of this! Don't let me down and above all keep this quiet!
Sincerely, Kevin

Dear Kevin,
Wow sorry buddy. You texted me on the CONwisDOM line, and it was just too funny not to use. My advice, stop complaining. At least your area is long enough that it can get caught in your zipper. Some Doctors/advice columnists don't have that luxury.

Quitting smoking: It can be done



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Everybody knows the bad news about smoking. It lowers your life expectancy, decreases your fitness and has people coughing, turning up their noses and lecturing you on the health hazards of your habit. The good news is that nearly as many people have successfully quit smoking as still smoke. Life expectancy rates of those who quit smoking while they're fairly young are almost the same as for those who have never smoked. The end of the semester is coming and this is a good time to think about strategies for butting out for good. Spring and summer also tend to be easier times to quit smoking.

Before you decide to quit, it is important to ask yourself some questions:

- Is this a good time to quit? – You want to set yourself up for success so if this is a stressful period (e.g. finals), or if there is a lot of change happening in your life, it may not be the best time. If it isn't, set a date when you will be ready.

- Am I likely to be successful? – Are you convinced you're ready to quit? Are you prepared to deal with the side effects? Are other people supportive of you quitting? If not, what do you need to do to get to a place where you will feel likely to succeed?

If you've tried unsuccessfully to stop smoking in the past, ask yourself 'What did I learn from that experience and what can I do differently this time?'

- Am I the type of person who should quit "cold turkey" or would it be better to cut down gradually?

Check off any strategies which will help you quit smoking:

- ☐ Make it public – tell your family and friends you are quitting and let them know what

is and is not helpful in terms of their support.

- ☐ Get support. Access free programs at www.capitalhealth.ca/quitsmoking. NAIT's Occupational Health and Safety department has free information and resources. Counselors at Student Counselling can help you manage stress or other emotions that might be contributing to smoking.

- ☐ www.capitalhealth.ca/quitsmoking other government agencies that can help you will support programs.

- ☐ Be prepared for hard times, especially the first few days. Withdrawal symptoms will hit hardest during the first week and will gradually weaken over time.

- ☐ Stop smoking first thing in the morning. You have gone eight hours without smoking by then, so you are already a success.

- ☐ Find ways to replace smoking. Learn relaxation techniques if you used smoking to calm down. Carry sugar-free mints, cinnamon sticks or gum. Have something to do with your hands. Consider using nicotine patches as a substitute for cigarettes.

- ☐ Try to connect with someone who has successfully quit and have that person support you.

- ☐ Be prepared with things to say and do when you feel the urge to smoke. Tell yourself you are getting stronger, reducing your risk of cancer, moving towards running that marathon, becoming "superior" to non-quiters, getting closer to becoming an obnoxious ex-smoker, etc. Imagine your lungs becoming cleaner and air flowing more freely each hour you go without a cigarette. You may even want to post a picture of smokers' vs. non-smokers' lungs. (See images at <http://www.healingtalks.com/health/alternative-healing/detoxification-health/stop-smoking/pictures-of-smokers-and-non-smokers-lungs>).

- ☐ Start doing activities that are not compatible with smoking, such as exercising or knitting. Have a list of short activities such as cleaning a cupboard, washing a light fixture, mending or washing the car that will temporarily distract you if you get the urge to smoke.

- ☐ Throw away ashtrays, matches and lighters along with your cigarettes and avoid, as much as possible, triggers to smoking.

- ☐ Keep track of the money you are saving and plan to buy something you wouldn't nor-

mally buy with that money.

- ☐ Be prepared for social situations that trigger smoking – i.e. going to a bar or restaurant, coffee breaks. Limit alcohol when you are first quitting as it weakens your resolve.

- ☐ Give yourself positive messages such as "I am a smoke-free person", "I am a healthy individual", "I have a lot of will-power", etc.

- ☐ Emotions such as anxiety, anger or depression are likely lead to the urge smoke. Have a written plan on how you are going to deal with these emotions in a more positive way.

- ☐ Go out for a walk, turn on some music and dance, clean a cupboard or do anything else which is incompatible with smoking.

If you decide that quitting isn't realistic for you right now, what about cutting down?

Check off strategies that will help you cut down on the amount you smoke:

- ☐ Count your cigarettes so you can establish your starting point.

- ☐ Set specific goals – for example cutting down by 50 per cent.

- ☐ Gradually restrict the places in which you allow yourself to smoke.

- ☐ Switch to cigarette brands you don't like, and start holding your cigarette in the opposite hand.

- ☐ Keep only enough cigarettes for your reduced daily goal, and never buy cigarettes in bulk.

- ☐ Gradually lengthen the amount of time between cigarettes, and try postponing lighting up a cigarette for a gradually increasing amount of time when you feel the urge to smoke.

- ☐ Smoke less of your cigarette and throw away the unused part.

- ☐ Socialize with friends who don't smoke.

Counselling staff are available to help you with this or other academic or personal concerns. Appointment can be booked in person at Room W-111PB in the HP Centre or by calling 780.378.6133.

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SATURDAY & SUNDAY
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April 14th & 21st
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SUNDAY

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www.nait.ca/projectfactory

Chicken Caesar wrap

CAMPUS FOOD REVIEW

By MIKE MacMULLIN

Good food is hard to come by these days. Sure, good tasting food is easy to come by. You’ve got your McChuck ’n’ Pukes, your ground-up kitty burgers, processed everything (including the lettuce) ... Need I say more?

I’m not going to tell you not to eat that crap, but hey, it’s your stomach! The point is, you need something healthy, and tasty. There is nothing worse than sinking your mouth into a big ole stale pumpernickel sandwich. And before you argue that, I already feel bad for you for liking pumpernickel bread.

Moving on ... Here comes the tasty delight – which comes in wrapping! I was walking through the Common Market one afternoon, and I noticed something in the corner. It was a grill. It also happened to have a completely coincidental name. This place is called The Corner Grill and they sell all kinds of (you guessed it) grilled food. The one in particular that caught my eye was the god of all other (food) gods, the one wrap to wrap them all. The chicken Caesar wrap.

Don’t take this wrap lightly, because for under \$8, you can satisfy your stomach immensely. If you like colours, it’s your lucky day. The wraps come in green, red, yellow and white. It’s like Christmas!

There is the perfect amount of chicken to salad ratio inside this behemoth of a wrap. Every bite is better than the last. It also comes with a heaping bowl filled with fries, so you really can’t go wrong with this meal. And like I mentioned above, this is all for under \$8.

I know there are a lot of people, myself included, who are discouraged by the food prices at NAIT. But if you have a crisp purple bill on you and you’re thinking about that new WHOPP-me-in-the-artERY burger, think about the Common Market. Here are three reasons:

1. It’s a lot shorter of a walk than going somewhere off-campus.
2. It’s a lot better for your body, and it tastes so darn good!
3. Because I said so. Common Market. Right meow.

Monkey bread

RECIPE

By TAYLOR JACKSON

This is a wonderful dessert to serve anywhere, whether its a party or potluck, because it serves approximately 10-12 people. The spongy, and caramelized taste is to die for and will leave you wanting more. It might leave you in a sticky situation if you eat it with your fingers ... but in my opinion, the messier the better!

Ingredients

- 4 (7.5 oz) cans of refrigerated biscuits
- 2 cups of sugar
- 3 tbsp. cinnamon
- 1½ sticks of margarine

Method

Preheat oven to 350°.

Combine one cup of sugar and two tbsp. cinnamon in a zip top plastic bag. Cut the biscuits into quarters, add to the bag and shake until coated.

Transfer biscuits to a greased 12-inch tube pan. Melt the remaining butter, add remaining sugar and cinnamon, and bring to a boil.

Pour over biscuits and bake until biscuits are puffed and liquid is caramelized, 35 to 40 minutes. Remove from oven and let cool completely.

Invert onto a plate and serve!



Photo by Emily Fitzpatrick

Stevie Wild, 19 Television

- What’s your type?** – I like to be the cute one in the relationship.
- What’s your ideal date?** – First, we’ll flirt online a bit. Then we’ll go for dinner and then back to my basement to watch Netflix.
- What are your turn-offs?** – Someone who is needy and doesn’t do what I say.
- What are turn-ons?** – Someone who is a little rough with me.
- If you could fly anywhere right now where would you go?** – I’d go to the moon.
- What do you want to be when you grow up?** – I want to be a host on the Home Shopping network.
- What would you cook on a date?** – Probably perogies and a side salad.
- What the most exciting thing you’ve done in your life so far?** – Well, probably packing up and moving from Kelowna to Edmonton by myself.

Are you hot and single? E-mail us at entertain@nait.ca

CROSSWORD SOLUTION

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RESTAURANT REVIEW

Food truck with a difference

By KEVIN TUONG

I often tend to think that Edmonton is behind in the food industry when compared to bigger cities like Vancouver and Toronto, so I was pleasantly surprised to learn that Edmonton did have proper food trucks that weren't just a mobile version of an already established restaurant (like Funky Pickle or The Lingnan).

Let me tell you why I love food trucks. It's essentially a restaurant that is stripped down to its very core. Food trucks don't rely on interior decor, nice tables and chairs, fancy cutlery and dinnerware, or even a busty female host with a missing button to impress you.

Your impression of a food truck is based on one per cent exterior looks and 99 per cent personality and food quality. In short, food trucks are all about the food and that's why I love 'em.

Drift Food Truck was started by Nevin Fenske (NAIT Red Seal Culinary graduate) with his lovely

wife Kara (NAIT Business Management graduate) less than a year ago, and already they've been recognized by several well known food blogs across Edmonton.

Naturally, there's a reason why they're getting such recognition along with their 91 per cent positive rating on Urbanspoon. They make good food.

To some, the word sandwich sounds boring and simple but don't let that turn you away from this place! Not even for a minute, because they made one of the best sandwiches that I've had to date.

All their sandwiches are on fresh ciabatta buns. You can see them cutting them in half when they first open for the lunch hour, and I really, really love ciabatta bread. The sandwich meats are cooked as they're ordered, as opposed to being cooked and then sitting around for an hour until someone orders that sandwich. As far as I could tell, all their vegetables were fresh as well and vibrant in colour.

I decided to try their roast beef sandwich,

which features a pepperoncini and red pepper spread with provolone cheese and crispy onions.

Unfortunately, by the time I was done marvelling at their food truck and had driven back to NAIT, my roast beef was cold. But even when cold it still tasted amazing and was rather filling for a sandwich. If any food tastes good whether it's warm or cold, then you know it's really good food.

I had also ordered a side of fries, because one person told me that they were amazing.

"They're all hand-cut with our own blend of seasoning called Drift seasoning," says Nevin.

First off, the fries alone taste absolutely fantastic. They're extremely savoury and the Drift seasoning makes them dance in your mouth. But your order of fries also comes with a tiny container of ketchup that does not have the word Heinz or any other label on it.

That's because their ketchup is "slow cooked with numerous ingredients and tomatoes for three to four hours and then blended together into our homemade style ketchup or tomato sauce," said Nevin. You read right, folks, homemade ketchup — home made!

Personally, I'm not a fan of ketchup, it just tastes weird to me. But this ketchup was more of a dipping sauce and it paired absolutely perfectly with the fries. I've never even tasted such a heavenly combination of fries and ketchup before in my life, it was absolutely fantastic, and even more amazing when I'm reminded that it was home made! It made the Common Market fries taste like this newspaper by comparison.

It may seem like I'm giving these guys too much praise but other street foodies agree with me.

Ryan Falk, who was returning to the food truck for the first time this year, said that he "wishes there were more food trucks around, because this one's really good" and recommended that I try the pork

belly sandwich, as did many others.

Nevin said it's probably one of their best selling items and describes it as "kind of like a Vietnamese Banh Mi sandwich with a braised pork belly, some hoisin sauce, chilli mayo and then pickled daikon and carrots with cilantro." Quite frankly, writing that out made me want this pork belly sandwich.

Most other people didn't have much else to say except for that it's really good and "amazing, just really amazing," according to one anonymous foodie. Some other people like May Cross and Kathy Stanley simply summed it up as "Mmmmm ... dats gud," as they took their first bites into their sandwiches and fries and I couldn't agree more.

Other things on Drifts menu include jerk chicken, braised pork shoulder, a vegetarian sandwich and a soup, the latter two of which change weekly. They also plan on adding more sandwiches to the menu, which I'm looking forward to.

My favourite thing about Drift, though, is the fact that Nevin and Kara support local producers as often as possible and make things fresh, which is just plain awesome.

It costs \$7.50 for a sandwich and \$3 for fries, which I think is on the upper end of "fair price," but there aren't many places in Edmonton where you can find delicious, fresh, and real food for that kind of price. I highly recommend you drift over to Drift food truck and try them out, because you won't be disappointed.

Drift was the perfect eatery to wrap up the last restaurant review for the year and I can't wait to eat there again over the summer. Until next year folks, I wish you all good eats with good food, good people, and good times.

Check out their website to confirm locations and menu items www.driftfoodtruck.ca

★★★★★



Photos by Kevin Tuong



The Drift Food Truck is ready for business and later in the day, top photo, Kathy Stanley, left, and May Cross enjoy their sandwiches.



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