THE NUGGET WISHES YOU A FANTASTIC SUMMER BREAK – SEE YOU IN THE FALL!



## FACES IN THE CROWD

Read inside about some special people on campus



**READY FOR THE BEACH** The weather isn't co-operating, but the Nugget editors are already looking forward to summer. They get together one last time this semester before heading out on their break. Ignoring the cold are: Sports Editor Lauren Fink, left, Assistant Entertainment Editor Meaghan Willis, Assistant Sports Editor Kyle Harris, Editor-in-Chief Nicole Murphy, Assistant Issues Editor Josh Yaworski, Issues Editor Sarah Stilwell and Entertainment Editor Alison Mullock.



## **NEWS&FEATURES** JACQUI FRASER **Finding time to do it all**



SARAH STILWELL Issues Editor @sarah stilwell

If the name Jacqui Fraser sounds familiar, it's possible that you might recognize it from the home made posters that hung around NAIT in election season. It is also possible, however, that you have had the great fortune of serving on a committee or volunteering with NAIT's first ever Gold Level Leadership Award of Distinction recipient.

After coming to NAIT, Jacqui became interested in pursuing different avenues of leadership. Though her resume is filled with volunteer and leadership experience, Jacqui is passionate about these avenues – and spends the same, if not more time, than people with full-time jobs would.

"Yes, I am a leader and here are the projects I've done, and here's the piece of paper," Jacqui said. "The work is just as important as the piece of paper. It's more than just LinkedIn, NAIT says I'm a leader."

After completing her Bronze, Silver and Gold Leadership awards over the past two years, Jacqui has spent time being mentored, mentoring others and serving as a leader for NAIT and the community. As well as serving on the Women in Technology and Trades Advisory Committee, Academic Council, Senate, and participating in Social Media Breakfast Edmonton and the Edmonton Fringe Festival (just to name a few, whew!), Jacqui is a Digital Media and IT student at NAIT and has also started working on her Bachelor of Technology degree early.

Social Media Breakfast Edmonton, one of the organizations listed above, is a North American initiative that discusses social media, how it can be used to network, how it can be used responsibly, and even the concept of law and social media. Jacqui is actively involved on social media, especially Twitter, LinkedIn, Pinterest, Facebook (for personal use), and the good ol' e-mail as they can be valuable tools, especially in her field of study.

Jacqui is involved with so many groups, such as Social Media Breakfast Edmonton, simply because she is passionate about so many different causes.

"As busy and involved I am, I needed to scale back on things. We need to divide the passion from the work. Don't take it as a failure that you can't do everything yourself."

That is one of the many lessons that her mentor Gerry Shenk, a Digital Media and IT instructor at NAIT, had helped her with while she was going for her bronze award.

"(He) gave me advice on how to deal with things and be a sounding board, and things to step back from and things I should follow up on," said Fraser on Schenk's invaluable advice.

One of the many concepts that Jacqui has presented on for her mandatory presentations for her Silver and Gold, stem from the concept of failure and how we need to adjust our thinking on what defines failure - which is an important leadership concept for leaders like Jacqui.

"Leaders can get trapped up in the idea that they have to be perfect, and failure can bring new innovation," says Fraser, "If you start spreading yourself too thin, you're going to start dropping the ball everywhere."

Fraser goes on to give examples like Einstein, who was kicked out of school and autistic, as well as WD40, which got that name since the first 39 failed. Failure can often serve as a catalyst for new and better things.

Jacqui doesn't believe that only she deserves the recognition for the success of the leadership program, and wanted me to make that clear in this article. If 20 people can volunteer 1,000 hours, how many could 50 people do?

Jacqui Fraser firmly believes that everybody has something to give, including herself.

"Even though I'm young, I want to be getting involved,"



Jacqui Fraser, right, works with a volunteer at Green Edmonton on an initiative for a Strathcona inner city community garden.

says Fraser while talking about boards and committees who want youth members, yet only have them view what's going on and not really participate.

Supplied photo

"Youth are empowered to make those decisions to be advocates for things in the community, and they should get involved with politics and the community."

Jacqui highly suggests the Bronze, Silver, and Gold Leadership Awards and its ability to assist and curate leaders of the next generation. Jacqui herself is even available as a mentor to future students who choose to take the program.



#### **NEWS & FEATURES**



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

### Letters

We want your views Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life

in general? Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

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



#### **GOLDEN TORCH AWARD**

NAITSA Executive Director Chris Chelmick, judged by his or her peers to have shown excelright, presents the Students' Association Golden Torch Award to incoming NAITSA president Jonathan Bilodeau at the annual awards banquet held at the Nest on April 6. The award is given to a NAITSA executive member who has been

lence in leadership, achievements, co-operation, school spirit, sportsmanship and overall contribution to NAIT. Bilodeau is currently NAITSA's VP of Student Services. He replaces outgoing President Teagan Gahler on May 1.

## Great instructor, great dad

#### By MEAGHAN WILLIS Assistant Entertainment Editor

@meaghan\_willis

When we made the decision as editors to have our last edition of the *Nugget* for the semester to feature everyday people who occupy our school, I thought it was a fantastic idea. Something new for the paper that showcases the wonderful people who make our institute what it is. The person I've decided to feature for my last ever article at the *Nugget* is none other than my very own father, Jamie Willis, instructor at the Patricia Campus for the Insulator Program.

Jamie started at NAIT just over 10 years ago but has been working in the insulator trade for over 32 years, saying, "It's been a great trade for me, it's allowed me to travel throughout this province, into some of Alberta's smaller towns and provided a great income to support my family."

Willis decided to start teaching when he was offered a position at NAIT in 2003.

"When I got this job, it was when my children were starting to grow up and it was a good time for me to start being at home more and enjoying my home life as opposed to being on the road all the time, which is common in these trades," said Jamie.

Being at NAIT, it seems Jamie has found his niche and love for teaching.

"I think it's a wonderful place to work. All the staff that are here, everybody, from our president to the janitors are some of the best people to work with. I can't say enough about the people who surround me, that help guide me, it's just a great place, I really enjoy working here."

Over the years Willis has dedicated his own time and effort to make sure his students get all they can from the program.

"I really enjoy interacting and helping the students, spotting their mistakes and helping them clean them up and do things the proper way. I find that a lot of bad habits can be set up when people get into a trade and it's nice to show them the right way and give them guidance."

The importance that his students succeed is apparent when you get him talking about the classes he teaches.



#### Jamie Willis

"I would want them to know that I'm approachable and that I would be there to give them the help that they need and that I care."

In Jamie's spare time away from NAIT, he spends his downtime doing things with family and friends. He enjoys being outdoors doing activities like skiing, both cross-country and downhill, walking the family dog and traveling.

"Travelling is a huge thing for my wife and I, and our

whole family," said Willis. He grew up in England, moved here when he was 21 and finally got the chance to go back two summers ago for a month-long vacation.

It's obvious how much Jamie Willis cares about his profession and the students he teaches everyday from the way he talks about it. His passion translates into the success of each student that graduates from his program. Maybe I'm a bit biased but I think he's a amazing person ... and father.

## English, with flair

#### By JEFF HOWARD

Howard Cartmell has been teaching English at NAIT for 23 years. He is in the English and Communication department. Howard was a local boy, so he went to the University of Alberta for his education, mostly because he didn't have the money to study abroad. When he graduated from the U of A, he gained a teaching degree, majoring in English. He taught English to many different grades and schools throughout his career, from elementary onwards. He does enjoy working with older students most because they are more interesting to him. He enjoys how mature they are, and that both he and his students are equals, both adults.

When Howard heard about the teaching job at NAIT, he thought that it was a great opportunity. In the past, he was sometimes a full-time teacher and other times a part-time or substitute teacher.

"When the economy is hard, you should take any chance that you can get," says Cartmell.

He teaches in nearly every program that NAIT has to offer students but his work load will mostly take him through the Engineering departments. Howard can't even think of a program that he hasn't taught his course to at NAIT, as he has taught so many students. Howard also thinks that teaching the Radio and Television students was always a treat, because it was under the businesses division, and normally all he gets to teach is a basic course on grammar and punctuation. He also said the students were different from the other classes that he taught.

Howard always tries to make his classes as interesting as he can, so he tries to be as flexible as he can with students in order for them to pay attention to his lesson. He also tries to learn his students' names to show that he cares about what happens in class. Personally, I used to be a student in one of his classes and the material could be dry at times, although when he called on us to answer something, it got us interested in what he was saying.

He even makes funny examples to liven things up in the classroom at times. Howard also enjoys helping the international NAIT students with their English skills, to better prepare them for what they come across while they are here at NAIT and also after graduation.

Cartmell's passion for teaching so many different and diverse students at NAIT is why he is one of the most interesting teachers at NAIT.

He isn't afraid to step out of the box in the classroom and if you are fortunate enough to share a classroom with him, take the time to get to know him.



Howard Cartmell

## She has a mind of her own

#### By DARTANION JOHNSON

@Dartanionj

Julie Levitan is a fourth-year Business student at NAIT. She is from Johannesburg, South Africa. Julie was recently crowned the winner of NAITSA's Next Top Model and is an active member of the International Club. Since she is so close to finishing at NAIT, I asked her what she has planned upon graduation.

"First graduation, then I'm going back home to South Africa for about two weeks to celebrate with my friends back home. Then I will come back and work for six months and hopefully get my permanent residency to start going by the end of the year. Then I will start my actual life after that."

Being so involved at NAIT, Levitan filled me in on some of the moments here she is most proud of saying.

"I have my diploma in accounting and that's something to be proud of. I was also a part of the student engagement team in 2011 during the summer where I worked with the team to organize first-year experiences for all the potential first-year students. I basically did all the information sessions and I did the campus tours. I answered about 5,000 e-mails on a daily basis for the potential students.

I'm also a part of the International Centre where I work-part time as administrative support. I started that at the end of last year and I'm still doing that. I'm also the president of the NAIT International Club and have been for a year. I was also the treasurer for the club the year before that."

Levitan also commented on her win as

this year's NAITSA's Next Top Model.

"I loved it! It's opened so many doors, it's unreal. From just one day of biting your lip and living in the moment. It paid off, definitely. I've slowly gotten into the Western Canada Fashion Week modelling shows so that will help me. Hopefully after I'm done school I will continue with the scholarship I got because I don't want to lose focus until then."

I asked Levitan how being from South Africa has affected her living in Canada.

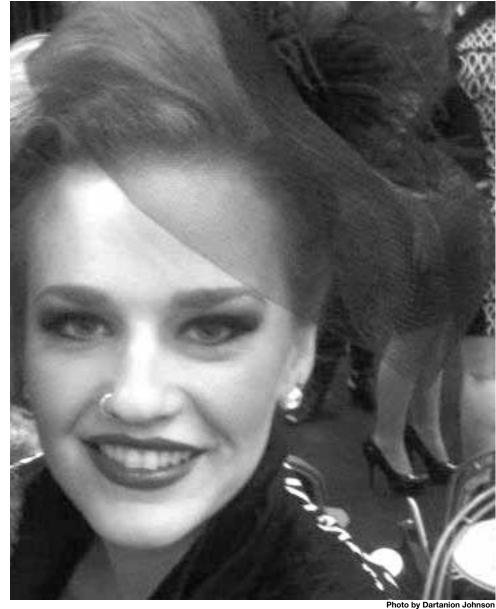
"South Africa is a totally different lifestyle to Canada. Back home, it's very uptight and people are paranoid. With that lack of security and closure for yourself, you're kind of restricted in Johannesburg from going out and walking the streets and being free. It's a major issue there. South Africa is the most beautiful country I have ever been to. It's really warm and the seas and beaches are clean and hot but because of the safety issues for college students and especially women, I feel Canada is a better place to grow up in and for my future family as well. The safety and freedom is the main reason why I'm here."

During my half hour interview with NAITSA's Next Top Model, I learned just how outgoing Julie is when I asked her to describe herself. She illustrated perfectly to me what kind of person she is.

"I'm an extrovert. I'm a social butterfly. I love meeting new people and making new connections," she said.

"I love exploring new things, trying something different every day.

"I try to be positive about everything in my life that gets pushed my way, even negative things."



Julie Levitan

Breaking new ground for women



Photo by Dartanion Johnson Casey Shunock

#### By DARTANION JOHNSON

@Dartanionj

Casey Shunock is a 19-year-old who was born and raised in Edmonton. She graduated in 2011 from Ross Sheppard in the French Immersion program and has been at NAIT for a year in the Electrical Engineering Technology Program, which classically is male dominated.

Why did you choose NAIT?

I like how it really is education for the real world. The programs are set so that you can take the courses you need to succeed in an area. It's set up really smart and it's a short two-year program with amazing opportunities and outcomes.

#### What is you favourite part of the Electrical Engineering Technology program?

I really like the lab work and the work with DC motors, transformers and all that power we can use. We are kind of working out of the fundamentals right now and working into the big stuff and how it's going to be practical.

#### What is it like being in a male dominated class?

It is a male dominated class. In my class of 30 there are only four girls. You don't get treated that much differently but teachers definitely notice you more. As for the guys, they don't censor themselves, it's a guy's class. You talk hockey and video games; it's how it goes. It's no biggie!

Would you recommend other girls to take this course?

Oh yeah, definitely! There are so many opportunities in this program. I actually heard about this program at the Women in Technology Night through Girl Guides in one of their information nights here at NAIT. Ms. Peterson, who is one my teachers, was at the information night and she inspired me to take the course. It was just awesome.

Do you have any other involvement with NAIT outside of your class?

Our class has a club called the KVA Club, and in two weeks we are going to have a paintball tournament. We do stuff throughout NAIT here and there. It's pretty cool. Outside of NAIT, I'm a part of Girl Guides.

#### What are your plans this summer?

Work, work! Unfortunately I didn't get a summer job in the industry but I'll be working towards paying my tuition. Hopefully I will get to go camping.

#### What are your options after you graduate?

Anywhere from working in an office to design, working in a shop doing maintenance on equipment, working in the field and trenching around in the trenches. Ultimately I want to work in the field. I want to work outside. I want to work with my hands. I just want to be a part of the team.

#### What is something no one knows about you?

I can solve the Rubik's Cube in 30 seconds. What is your advice for people looking into taking

*this program?* It's a program where you have to work hard. It's pretty

It's a program where you have to work hard. It's pretty steady and you just have to keep up. Work ahead and get your stuff done! You can't fall behind in this program. The program is pretty awesome.



## Artistic with jewelry and teeth

#### By JOSH YAWORSKI Assistant Issues Editor

@actuallyjosh

The true mark of a NAIT student is so much more than just being a trades student. It's more than the uniform you wear, or the work you do. Being a NAIT student is about having dreams, plans, and talents, and stepping outside your comfort zone in the search of them. Shelby Wyatt is a student of NAITs Dental Technology Program, and she embodies what I believe is the essence of the NAIT student. Raised by a single mother amongst many siblings, Shelby was always drawn to working with her hands. At a very young age she abandoned the large clunky plastic beads that many children will play and create with and quickly moved into the more complicated and difficult materials like glass, Swarovski crystals, gemstones, chainmail and wire. She fashions intricate geometric shapes representative of the elements and its relationship to the universe, and personalizes pieces to represent the families and lives of their wearers. Shelby took the time to sit with me, and tell me more about her life.

Tell me about your education history.

I studied pre-dentistry at The University of Alberta Augustana Campus, focusing on biology. But when I tried to enter Dentistry, I failed the aptitude test, twice, only by a hair on the second try. But I still wanted to work with my hands and I find the mouth and teeth really interesting, so I switched to Dental Technology, making crowns and caps.

Speaking of working with your hands, what can you tell me about your jewelry?

A lot of the inspiration for my jewelry is locally inspired, based on my hometown of Vulcan and the prairies that surround it. One of my pieces is a dodecahedron pendant, which is made of 12 pentagons and represents anything and everything. The five sides represent earth, air, water, fire and the universe, and then 12 times, once for each month of the year. It's kind of a geeky shape, being so symmetrical and symbolical.

*What about your other pieces? What do they represent?* My company is called Prairie Sky Jewelry, representative of what I want from my jewelry. Open plains, simple and elegant, with a focus on the sun. The colours I use might be birthstones

for family trees or the greens, yellows and whites of the Prairies. *How much does your family focus come through in your pieces?* 

Family has been very important to me. My mom is a single mom and is amazing and I love all of my brothers and sisters and it's a very important thing to me.

How do you create your pieces?

When I'm designing things, I have a hard time getting started. Many of the pieces had outside inspiration, like the larger dodecahedrons, or draw inspiration on other pieces I've created.

What do you think makes NAIT different from other schools? I love the small classes and how that lets the instructors get to know you. When you ask them for a reference or for an evaluation, they know your name, they know your face and they know your habits. Its a personal connection where they recognize you for everything you've done. That connection makes it a community.

How do you see that NAIT community in greater Edmonton?

With places like Augustana and other universities, so many people are just starting out after high school. But NAIT is different. It has a greater variety in ages and experiences, people in different stages of their lives. And while that can cause groups designated only to those differences, we still have a real community regardless. That community of people then goes out into their lives, still NAIT students. NAIT touches way more people than some other schools do because of how varied the population is.

Shelby is like so many NAIT students, a hard worker dedi-

cated to the things she loves and the career that interests her. She truly represents all of NAIT as a person of dedication and creativity. Within each student, in each program, lie talents and dreams beyond that of their chosen fields. It has been an honour editing and writing for each and every one of the *Nugget* readers and I wish those that are leaving us all the best, and those that will return in September a fantastic summer.



Shelby Wyatt



JOSH YAWORSKI Assistant Issues Editor @actuallyjosh

My friend here believes that he can name one singular NAIT student as the most important, as if there is one person who sits at the top of the roster as No. 1. And while I am sure that whatever alumnus he has chosen has gone forth and done amazing things, undoubtedly changing the world in incredible ways, I have a different vision of the most important NAITer: You.

You might be a student, a member of the faculty, an employee of the school, a volunteer or a visitor. Regardless, you are the most important person in NAIT history. You are a member of an institution whose 50-year tradition of upholding the motto Discere, Efficere, Praestare (To Learn, To Do, To Succeed) has produced some of the best, most integral people of Edmonton and indeed, the world. A NAIT grad goes into the world fully prepared after semesters filled full with real world experience taught them in a way lectures and theories just

cannot. And you are a part of that.

#### Preparing for a real career

When a student enters NAIT's halls, they know that they are a handful of semesters away from a real career. A NAIT student knows that his or her faculty is truly the best in the business, the most experienced and the industry leaders. They know that this school maintains an exceptional employment rate (90.9 per cent in the first year out between 2008 and 2011) because employers know that the blue and white shield in the corner of a degree, diploma or certificate means that grad stands upon 50 years of excellence.

The Nugget staff were recently extended an invitation to the NAIT Students' Association 2013 awards ceremony at the Nest and those who attended witnessed a small sampling of the NAIT populace honoured for their work. I watched as NAITSA Campus Clubs Manager Rose Baumgartner gave the normal, everyday students who dedicate their spare time to clubs a small fraction of the recognition they deserve. I watched as NAITSA executives and staff had their hard work recognized, despite the fact so much of it is done behind the scenes in roles many students may not even know exist. And as the night progressed, I watched them enjoy the oriental splendor the Nest had built for us and let loose a little on the dance floor. And when the executives and leaders of the school let their hair down and have fun, I saw in their eyes the same thing I see in every other NAIT student: potential and the hope that comes with it.

#### Designed to help students succeed

It's in every single person on campus; a little sparkle of what is to come. That sparkle comes from knowing that at every moment of their time here, they are encompassed by an intricate network designed to help them succeed. From curricula designed to eliminate the unnecessary, through de-stress puppies in the library, NAIT embraces its students. We have access to nearly any assistance imaginable and the people who purvey this assistance actively search for occasions to assist us. NAIT Student Counselling's Margaret Marean and NAIT Security Services even take the time to write pieces for the Nugget to extend their reach to even more people.

When Nicole Murphy, our fabulous editor-in-chief, told me about her plan for this issue, I didn't get it. I didn't understand why she would want to spend our final issue on people instead of the issues that inspire people. But when I began searching out someone to feature in this column or additional people to feature in this section, I realized that every single person that walks through our doors is a part of what makes NAIT great. My adorable cowriter for this feature, through all the students featured in this issue and out into the general population, we are all an equal part of the continuing success of this institution and the success of those who leave it. So thanks for reading, most important person at NAIT, and have a great summer.

#### **By CHRIS FIGLIUZZI**

Where has the time gone? Back in September I never imagined that my first year at NAIT would fly by so fast. It seems like only yesterday that I was settling into class and trying to get to know everyone. Time has flown by for NAIT as well, as the school recently celebrated it 50th anniversary by releasing its top 50 alumni. The list is jam-packed with leaders in almost every field, a mayor and even a professional curler. I'll be honest, most of the names I have never heard and most would probably never have heard of if the list had not been compiled and published ... or if I didn't have to write this article. That is not to say that these people are not accomplished though the list is literally jam packed full of accomplishments but who do I feel is the most important?

I could be a homer and pick someone that came through the Radio and Television program that I am currently taking. That would mean putting Darryl McIntyre at the top of my list, which

> isn't exactly a terrible thing. McIntyre is known for being a great newscaster and an even better person, devoting time and energy to the city and various charities working within it.

#### Kevin Martin?

I could go for the big splashy name and pick curling legend Kevin Martin, who I honestly had no idea attended NAIT, let alone got his degree in Petroleum Engineering Technology. Martin is without a doubt the biggest and most recognizable name on this list, but I don't know if he is necessarily the most important alumnus. I mean, how many of you actually knew that Kevin Martin attended NAIT?

NAIT also boasts a couple of political figures in Nolan Crouse, David Dorward and George Rogers. All three boast impressive resumes, with Crouse being the second-term mayor of St. Albert, my home town, Dorward being the first term MLA for Edmonton-Gold Bar and Rogers currently holding the MLA position for Leduc-Beaumont. These are three impressive men with impressive resumes that have chosen to devote their lives to serving others and trying to better their homes. I have nothing but respect for these men and their accomplishments.

#### I have no idea

NAIT is blessed with so many incredible alumni it's next to impossible to choose one as "the best." So many have devoted their lives to their field and have experienced so much success. It truly is a testament to NAIT, its programs and its staff that so many of its graduates experience so much success in their post-NAIT lives. So who is NAIT's most important alumnus? I have no idea. Everyone on the list has done some amazing and impressive things and I am sure there are countless more that have tasted success that aren't on the list. To say that NAIT has a most important alumnus would be a travesty. There is no "most important." Every grad is vital to NAIT and its reputation as an amazing educational institution. Every alumnus, student and staff member plays a role in making NAIT what it is. To say any one person plays more or less of a role would be a huge mistake ... Unless you're talking about me. I pretty much single handedly make this place amazing. So NAIT really won't have a most important alumni until I graduate. Till then you'll just have to debate amongst yourselves.

Photo by Tyler Frith

# Melville has all the answers

#### **By ALLISON KARCH**

If you've been around NAIT campus lately, you may have already made Melville's acquaintance. Melville is the only sharkbrarian in existence (as far as he knows) and he's thrilled to work with the library team at NAIT.

Melville's primary job is outreach – he ventures out of the library and into the halls and common areas of campus to bring services like research and citation help to the students. The librarians at NAIT knew that outreach was important, but they needed help pulling it off. Enter Melville the Sharkbrarian.

"We were too short staffed, so we hired Melville the sharkbrarian to help us reach students in a way they might find fun," said Kalin, one of Melville's human counterparts.

Students' response to the piscine librarian has been warm, unlike his blood. Amanda, another of Melville's coworkers, notes that she often hears students saying Melville's name as he glides through the halls. He is chuffed at his growing popularity around campus because it means he's successfully spreading awareness of library services – something near and dear to his two-chambered heart.

Since bringing Melville on board, NAIT's human librarians have realized that sharks and librarians have a lot in common.

"We're both misunderstood," said NAIT librarian Jen. "There are a lot of myths about sharks and there are myths about librarians, so we feel like we're kindred spirits."

One such myth is that sharks must swim con-

stantly to stay alive. While it's true that sharks must have water passing over their gills in order to breathe and some species do that by swimming constantly, other species have alternate ways of keeping oxygenated.

Another myth is that sharks are inherently vicious human-killers. Melville can attest that is just not so. In fact, according to one L.A. lifeguard, more people are killed by vending machines than sharks each year. Furthermore, for every one person bitten by a shark, 25 are bitten by New Yorkers.

One librarian myth is that they are only helpful if you're looking for a book. In fact, librarians are valuable repositories of all kinds of information. They can help you navigate electronic resources and cite sources correctly, among many other things.

When he's not out roaming the halls and meeting students with the rest of the library outreach team – Kalin, Amanda, Jen and Myah – Melville is an avid social media user. He tweets from NAIT Library's official twitter account and has lots of neat stuff lined up for Shark Week – follow @NAITLibrary or check out #sharkbrarian to see it all!

Melville sometimes likes to refer to himself as a sea dog, which was the term for shark up until the 16th Century. He thinks it highlights his friendly and helpful nature – he wants to be known as a student's best friend. Most of all, he wants you to know that if you see him around campus, that means there is a group of librarians there to answer your questions. Don't be shy – as Kalin says, "He hasn't bitten anybody yet!"



Melville's keepers make sure he is always ready to answer students' questions about the library. They are Amanda Derksen, left, Myah Slade, Jennifer Waugh and Kalin Jensen.

#### ISABEL MENESES

## Long way home

#### By YINING XIONG International Student

If you have met a girl at NAIT campus who said her name was "Beauty" and is a singer in the Philippines, then you have met the focus of our story today – Isabel Meneses. This funny girl is from the Philippines and now is an international student taking the Business Program at NAIT.

Meneses used to be an instructor at a training institution in the Philippines. Her position was "Soft Skills Trainer," and the main responsibility was giving customer service and sales lectures and strengthening students' interpersonal skills like communication and confidence.

Meneses did very well in her job as she has her own unique teaching method, which usually involves singing or dancing to help with the teaching process. This makes her very different from those who teach using the Philippines' traditional teaching methods. She made students feel interested and love her classes. Due to the culture of the Philippines, it is hard for students to make friends with instructors. But many of Meneses's students became friends with her. This is why Meneses got the best employee award in her institution. But she was a student who almost quit school. When she was in the college, she wanted to quit, because she could not comprehend quickly enough and was not a fast learner, which put her under lots of pressure.

Thankfully, Meneses's family supported and encouraged her, pushing her to not want to give up and put in much more effort. When she graduated, she got an outstanding student award from the president of the college that she attended. This award only has three recipients every year. This might not a big deal for others, but for her it is a precious experience in her life, because she learned to persist and, more importantly, she learned how to be confident, which made her outstanding in the interview for the instructor job for many big-name universities. When Meneses stood in front of her students, she also passed the confidence and her life experience on to her students. Even though Meneses came to Canada and is no longer their teacher, the students always send her some greetings through the Internet from all over world.

By the way, if you want to check whether Isa is a "beauty" and a singer like she said, you can search "Isabel Meneses" on YouTube and you will be surprised by her voice.



Isabel Meneses

## 





NICOLE MURPHY Editor-In-Chief @NicoleMurphySt

Trent Schneider is a second year Digital Media and IT Program student. At age 20, Schneider is currently working as the director on a short documentary. If his team can pull off a great project, the documentary feature may be aired on *Daily Planet*.

Schneider was born in Fort McMurray but at an early age he moved to St Albert with his family. Schneider was first introduced to the world of media in junior high.

He remembers, "Editing a Bad Boys music video. It was so much fun with me and my four friends that I always held on to that until now."

The music video Schneider deemed a "cheesy Grade 8 project," was a stepping stone to where he is today. In high school he was sidetracked with a heavy course load of chemistry, French and physics, so his love for editing was put on hold. But after graduation and going into computer science for one year at the University of Alberta, Schneider realized that he needed to follow a junior high passion.

#### Dinosaur project

"I realized I like using the software over programming the software," he says.

Now in his second year at NAIT, Schnedier is finishing up his diploma this April. He is in the middle of a project that tells the exciting story of Frank Hadfield, an amateur paleontologist who discovered the first feathered dinosaur fossil in the Western World.

Schneider filmed in Drumheller and enjoyed the experience. The documentary will feature interviews with Hadfield and Darla Zelenitsky, both experts on the story. But in order to make the story more interesting, there will also be dramatic re-enactments of the feathered fossil being found. Schneider is directing the project and some of his tasks include talking to the client, script writing, story boards and planning.

In the world of production, teamwork is key and Schneider understands that. The team of students working on this project have to plan thoroughly and communicate effectively in order to produce the best product.

Director Trent Schneider, left, and Jeff McDonald working on a film about a dinosaur fossil discovery.



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? Get those thoughts into print.

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

Submit your letters with your real name and phone number to: <u>studenteditor@nait.ca.</u>

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.

#### 'Hard work and late nights'

About the past two years at NAIT, he says: "You have to be prepared for hard work and late nights some times, but that is with anything you want to do well at. I've enjoyed it."

With the end of school fast approaching, Schneider will be finished school and searching for new projects. He would love to eventually work on big movies, TV series and travel to new and different locations to do so. If given the chance to work with anyone in the world, he would pick producer/writer/director Peter Jackson. He would love to see how his mind works and learn as much as possible from him.

"I really enjoy editing, I feel that is were I can relax," he said, adding that he is also a fan of the whole process. He enjoys directing because he gets to know everything that is going on.

With the new challenges and opportunities coming Trent Schneider's way, it will be exciting to see what comes of his career.

## SPORTS

#### JULES OWCHAR

## genuine gem at NAIT



LAUREN FINK **Sports Editor** @laurenfink\_

I am often faced with difficult tasks here at the Nugget. Like, when we wrote letters to the future, or all of the times I had writer's block.

Today, however, I am faced with the hardest task thus far: to do justice to one of NAIT's most outstanding and long time faculty members, Jules Owchar. Here goes nothing (well everything, actually.)

NAIT has many hidden gems and I truly believe one of them is curling and golf coach Jules Owchar. Since taking on the Sports section here at the Nugget, I've had the opportunity to sit down with Owchar on a few different occasions and I can say just from those few times, that he is one, if not the, most fascinating person I have ever met

Owchar is a world renowned curling coach, and has coached teams of all calibres, from beginners to Olympic gold medallists. But, as does everyone, he had to start somewhere.

Owchar grew up in the Lac La Biche area and was always an avid sports fan.

"Like so many kids, sports were everything to me. I listened to everything, I watched everything. I liked every sport and I was fairly good in all of them," said Owchar. "Baseball was sort of my sport. I was always a good hitter."

And he has eight provincial and two Canadian titles to prove it (all while he was in university and teaching at NAIT.) Along with baseball, he also curled and in high school was starting guard for his basketball team and quarterback for the football team.

He was so passionate about sports that he decided to make a career of it. So, he went to the University of Alberta, where he graduated with a Physical Education major and a math minor.

"I thought the best field to get into was Physical Education and it turned out great. It turned out perfect," said Owchar of his career choice

When he was studying at the U of A, a few of his baseball teammates were curlers, so he started to curl with them. His busy school schedule wouldn't allow him to be a competitive curler (although he had curled competitively at his club, where he won a few league championships). He then took courses on curling and started watching as many games as he could.

"I almost want to say nobody in Canada watches more curling games then I do. I used to go Friday night and watch any kind of playdowns I could. All day Friday, all day Saturday and all day Sunday, I would watch every draw. I'd watch 50-60 games," said Owchar.

After graduating from university, he taught for one year in Lac La Biche. Then in 1971, Owchar came to NAIT, where he taught in the Physical Education program, which no longer exists at NAIT. Students were required to take at least two Physical Education classes, like archery, curling, basketball or hockey on top of their chosen areas of study.

Surprisingly, curling isn't where he got his start coaching, it was basketball. He coached the basketball team for the first five years he was at NAIT and in 1977 he took on the golf and curling teams.

When Owchar started coaching the curling team he was lucky to have Rob King, a two-time Canadian Junior champion, on his team.

"Here I was, starting off and I had one of the best curlers in Canada on my team. It was a great advantage," said Owchar.

Not only was it a great advantage to the team but to Owchar's coaching career. He explained to me that when you have the best on your team, you know the best your team(s) can be, not only that season, but in seasons to come.



#### Kevin Martin with Jules Owchar, right, his coach of almost 30 years.

Owchar, would then go on to coach several other big name curlers, including Steve Petryk, who was on Owchar's first junior team at NAIT (a provincial winner) and Kevin Martin, whom he still coaches today.

Many of Martin's successes can be attributed to Owchar, as can many of Owchar's successes be attributed to Martin. Nonetheless, they are a duo that has paved the way in Alberta's, and Canada's, curling successes.

There are so many things I could write about the dynamic duo of Martin and Owchar. But, that's a whole different story and it deserves its own story completely.

When Owchar was teaching in the Physical Education program he had students who had no idea what they were doing on the ice. Then he would coach the NAIT team after school, and after that he would coach Martin's team. From

one end of the spectrum to the other, all in a day's work. The change in pace would keep his coaching skills sharp, and wouldn't allow him to get into a routine, which is possibly another reason why he has had such great success.

On top of teaching, and coaching, Owchar also used to raise and train harness race horses. Once, he even pulled a colt from its mother. I'm telling you, the man is full of surprises!

Not only is Owchar one of the most fascinating people I know and an exceptional coach with 59 titles, including an Olympic gold medal, four Brier wins, and most recently, gold and silver Canadian Collegiate Athletic Association medals but he is an allaround exceptional man with no signs of slowing down anytime soon.

### MATT BROWN Curling a passion from childhood

LAUREN FINK Sports Editor @laurenfink

curling team, Matt Brown, is no stranger to the game of curling. His first experience with the sport was at age two or three, when his dad managed a curling club and would push him across the ice while he sat on the curling rocks.

However, it wasn't until the age of five that Brown took up the sport, thanks to a friend with whom he bowled and who curled. Instantly he fell in love with the sport and you could say the rest is history.

"When I was in high school, I was probably curling 25 days out of 30, a month. Maybe even twice some days," said Brown.

NAIT Finance student and skip for the men's basketball and soccer. The only sport Brown didn't school, and is bilingual.) He then play was rugby because he didn't want to get injured and risk his curling season.

In 2006 Brown and his team travelled to the U-18 (Under 18) Optimistic International Championship in Regina (where they placed 11th) after they had won the U-18 championships in Manitoba the year before.

He continued to curl through high school, and when he graduated he decided to take the next step in furthering his curling career and moved from Winnipeg to Edmonton.

In September 2010 Brown started post-sec-

ondary at the University of Alberta, where he was named the all-star skip of the tournament, a He also played almost every other sport his curled with the Golden Bears and studied Engin- peer-elected honour. high school offered, including golf, volleyball, eering and French (he attended a French high

> transferred to NAIT in January last year to take NAIT's Finance program and to curl with coach Jules Owchar.

> The move from the U of A to NAIT proved to be beneficial when his team won gold at the CCAA National Championships, making them the only curling team in Alberta to win a national title this season. Not only was his team successful at the tournament, he

Along with participating and watching curling (which he does a lot of, TSN being his favourite outlet,) for the past three years, Brown has also been learning how to make curling ice, a craft not many have mastered. Besides curling, he likes to rock climb, play tennis and he still golfs (he hopes to try out for NAIT's golf team next season.)

> After spending the summer working, Brown will be back at NAIT to work with coach Owchar more and to defend his men's national title.



Matt Brown

NAIT Ook men's goaltender

### SHANNON SZABADOS A stellar woman among men

#### By BRIANNE SAKOWICH @briannesakowich

Shannon Szabados isn't a typical Personal Fitness Training student at NAIT. Szabados is an Olympic gold medallist.

But to get to the level she has reached in her career, she has had some inspiration along the way. Bill Ranford, a former Edmonton Oilers goalie, was just that. She attended Ranford's goalie school for many years during the summer. He was a great role model for her on and off the ice. Ranford even attended some of Szabados's games.

At the bright age of 16, Shannon played four exhibition games with the Tri-City Americans of the Western Hockey League. While Szabados was playing games with the Americans, she split a game with current Montreal Canadians goalie Carey Price. Szabados let in only two goals in the half she played - one in regulation and one in overtime - while Price let in four.

After being let go from Tri-City, she went on to become the first female to play in the Alberta Junior Hockey League, as she suited up for the Sherwood Park Crusaders. She also played for the Bonnyville Pontiacs and then for the Fort Saskatchewan Traders. In her first game in the AJHL with the Crusaders, she recorded her first shutout of the season. While with the Crusaders, Szabados was named to the AJHL All Star team and was named co-MVP. During the 2006-07 season,

Szabados led the Traders to the top record in the AJHL and came within a game of winning the AJHL championship against the Camrose Kodiaks. She was named to the AJHL North Division All-Star Team for the 2007 All-Star Weekend. Szabados was the recipient of the Friends of Alberta Junior Hockey League Trophy as the AJHL's top goaltender after the 2006-07 season, becoming the first female recipient of the award. She was also named MVP of the Fort Saskatchewan club.

All the while, Shannon still thought of herself as just another hockey player. She is the only female to play in both the WHL, the AJHL and the ACAC men's hockey league.

In addition to attending NAIT this past year and playing for the Ooks men's hockey team, Shannon continues to play for the women's national team. Over the last week, Shannon has been playing in Ottawa for Team Canada in the women's world championship. She was in net in the final as the Canadians lost 3-2 to the United States on Tuesday night.

She admits that it's tough to juggle everything but is lucky that her coaches, teachers and NAIT as a whole have all been very supportive and flexible with her schedule.

Shannon Szabados has this advice for any aspiring goalies: "Have fun and work hard every time you step onto the ice. Goaltending is a unique position where you can always learn something new no matShannon Szabados stops a shot during a game against the SAIT Trojans in February.

ter how long you've been playing."

Not only does Szabados have an Olympic gold medal, she also has an ACAC championship under her belt. Shannon admitted that she's been fortunate to play on some pretty good teams and win some big games. Szabados also said that although the two wins are on two different levels, winning an Olympic gold medal and winning an ACAC championship will probably always be the two most

memorable wins of her career.

When asked about the feeling she got after the final buzzer had gone off in Vancouver, Shannon had this to say, "It was a surreal feeling and I'm not sure that it will ever truly sink in. To win an Olympic Gold Medal in front of 18,000 Canadians and millions more watching at home was a feeling you can't really put into words. It was the most mentally and physically exhausting thing I've Photo by Kevin Tuong

ever been a part of and I'm not sure it really hit me until I was home and had time to relax and reflect on what happened."

Shannon Szabados is an amazing part of NAIT, and has helped our school win a big title this past season. She stands out of the crowd not just because she has a gold medal or an ACAC championship, but because she is an amazing person, and great role model for anyone.

#### SHERRI BOWLES

## Female hockey player of the year



**KYLE HARRIS Assistant Sports Editor** @TheHarrisShow20

Ooks women's hockey team and a full time recent interview. "I love NAIT and have had NAIT student. She was a key piece to the women's championship roster and one of the best players in the ACAC.

Born and raised in Elkhorn, Manitoba, Bowles has been a hockey player her whole life. She lives, breathes and bleeds hockey. Being in a hockey crazed family, it comes naturally to her. In her last year of midget hockey, she played on three teams, the guys' and girls' midget teams in her hometown and a travel team called the AAA Yellowhead Chiefs.

Bowles is a third-year Business Administration student specializing in Human Resources. She came to NAIT in 2010 after transferring from Assiniboine Community College in Brandon. She spent two years there majoring in accounting as well as playing on the ACC Cougars women's hockey team. After being scouted at a pair of exhibition games, the head coach for the Ooks knew she needed to bring Bowles to NAIT. After reflecting on the opportunity, she was convinced to make the move. It's a decision she does not regret.

"It was definitely one of the best deci-Sherri Bowles is a member of the NAIT sions I have ever made," she said during a many great experiences here."

Sherri was a big part of this year's championship season, leading the league in goals and points. She put up 16 goals and 27 points in just 18 games and was chosen the ACAC female hockey player of the year. Bowles is one of the ACAC's elite players. In her three seasons she has racked up 60 points in 56 games and has never finished lower then eighth in league scoring.

Bowles thanks those around her for the success she has enjoyed.

"My teammates and coaches are amazing. I've been very blessed to have the opportunity to play here at NAIT and I am really looking forward to next season."

For a student athlete, it can be difficult to keep up with school work but it's something Bowles has gotten accustomed to. With one year left in her program, she hopes to become a human resources manager for a larger company, either in the petroleum industry or with a sports related firm.

With the season done and the semester wrapping up, Bowles will stay in Edmonton for a summer job and to train for the upcoming season in hopes of winning another championship.



### **DAN KAI** Quiet champion among us

#### **By ALLISON KARCH**

A champion walks the halls of NAIT, though he's so unassuming you may never know it. Dan Kai has five Canadian college-level badminton gold medals under his belt but when asked to verify that number, he had to think about it.

"Y- yes," he said uncertainly. "Yeah, I guess, I don't remember." Kai's not being coy - for him, the best thing about badminton isn't the medals. Love of the game keeps him playing, though the reason for his enthusiasm is hard to pin down.

"I don't really think about it, I just love it," Kai said of the game he started playing around age 10 in his hometown of Xi'an, China. His family influenced his decision to take up the sport. "My dad is a badminton fan," he said. "He loves to play but he's not very good."

At 13, Kai moved almost 2,000 km to southern China to pursue further badminton training. That move helped acclimatize him to his next big move in 2007 - from China to Edmonton. He was 18 at the time and enrolled in NAIT as an ESL student. He said that exhilaration overrode his nervousness about the big move. "I felt excited, like 'oh yeah, let's do it!' I love to travel."

He quickly made his mark on the CCAA badminton world, winning his first gold medal in men's singles in 2008. Kai has won gold each year since then, except 2010 when he was taking a break from school after finishing the ESL program.

Kai came back to NAIT to study

Business Management and is currently nearing the end of the three-year diploma program. His next step is still up in the air – after he graduates this May, he will take some time to decide whether to embark on the path to the 2016 Olympic Games in Rio de Janeiro.

"Obviously, I hope to play for the next Olympics," he said. "That's my biggest goal but there's a lot of challenges."

In badminton, there is a year-long qualify period during which Olympic hopefuls must play in various opens around the world. The Canadians who do the best over the course of the year will go on to represent Canada at the Games. One of the big challenges Kai faces in getting to the Olympics is that there isn't a lot of money to support low-profile sports like badminton, so some travel expenses will have to come out of his own pocket.

Kai also recognizes that making it to the Olympics and having a good shot at a podium finish are two very different things - something age and experience have helped him understand.

"Four years ago, I was just excited. I want to go, I want to win," he says. "But, now, I've seen people get more mature and I know that what I have right now is not enough to really compete at the Olympics, rather than just go to the Olympics."

If he decides not to pursue Olympic competition right now, Kai may return to NAIT to take the Bachelor of Business Administration degree program. In any event, he will continue to play and coach badminton at the Royal Glenora Club. He currently coaches a

## wide range of ages, from small kids to

competitive young adults and even seniors. It's clear, though, that the kids are his favourite group. "I love kids," he said, breaking into a grin. He coaches

kids as young as four.

"I just feel happy coaching them." Obviously, how he coaches the competitive adults is a far cry from what he teaches his youngest pupils.

"For them, if they can hit the bird, that's a very big thing. I'm just trying to make them love badminton. I don't really coach them on skills or strategies."



Kelsey Bleier

### **KELSEY BLEIER** Going out a champ

#### By ALISON MULLOCK **Entertainment Editor** @Alimullock

Kelsey Bleier grew up in Strathmore, Alberta. She lived a normal life in this town of 12,000 people.

"I lived in a rural part of town but always wished to live on a farm," said Bleier.

Sports have always been a passion of Bleier. She started playing Teeball at the age of five and thoroughly enjoyed it. As she got older, volleyball was introduced and she fell in love. When she turned nine she began to play competitively and couldn't get enough of it.

"Volleyball and softball consumed most of my life and without them don't know what I would have done,"she said recently.

In Grade 12 she knew she had to leave home to continue playing the sports she loved at college level. She decided to go to Red Deer College and play softball and volleyball. Her softball year wasn't as successful as her volleyball season, as she took home a provincial gold with her volleyball team. Even with a provincial gold and a fifth-place appearance at the national tournament, she knew something needed to change.

"I wouldn't regret my first year at Red Deer but I knew it wasn't the right fit and I needed to make a change."

With a passion for photography, Bleier looked into NAIT's photography program and tried to do everything she could to get into it. Knowing that it was a very competitive program, she decided to take Business and hoped that would lead her in the right direction. She was given the opportunity to play on the volleyball team as well.

In her first year at NAIT, she fell in love with the Business program and began to excel. Her volleyball year was tough as the team finished fifth in the province.

In her third and fourth year of eligibility and her second and third years at NAIT, she was coached by a favourite coach, Erminia Russo Thorpe. She was starting captain and even though her teams weren't very successful, she loved what she was doing, including her schooling.

In December 2011, Bleier started having health complications. She was under a lot of stress and spent time in the hospital. Eventually the pain went away and Bleier went on, forgetting about the incident. On Jan. 2, she was rushed to hospital and a two-pound, nurf football-sized tumor was sitting on her abdomen. She had immediate and successful surgery but was not allowed to finish her fourth year of volleyball.

"It was a scary day but I am now healthy and that is all that I could ask for! The day I was admitted to the hospital my Grandma died. It was a hard, scary month for me and my family," Bleier stated.

In Bleier's fifth and final year as an Ook, she had incredible success. She was the captain and led her team to a provincial title. This was a special win for NAIT as it was the first women's volleyball provincial title to be captured by the institution. Bleier is graduating this year with a degree in Business and is excited to get out into the work force.

"I am sad that it is all over and it feels weird to know I am not coming back here next year. But I went out with a bang and I wouldn't trade it for the world!"



#### SPORTS

### MIKE CONNOLLY ew men's basketball coach

#### By DENVOR WHERVIN @DenvorW

This spring NAIT has hired two new coaches for two different sports teams. Benj Heinrich is the new coach of the women's volleyball team and Mike Connolly will take on the role as head coach of the men's basketball team. I was able to catch up with Mr. Connolly for an in-depth interview.

Whervin: Mr. Connolly, how long have you been coaching at a university level and what are some of your memorable stops?

Connolly: I've been coaching at the university level in Canada for 22 years. I spent five years at the University of Toronto. I led the team at the University of Victoria to the national championship in '97. I was bestowed the award of Coach of the Year twice during my time at Medicine Hat. I work extensively with the Canadian National Team. And one of my more memorable stops was my time as a new-hire athletic director and coach of the new brand new basketball program at Keyano College. In three years, we built the program up from scratch to a powerhouse, ranking eighth in the nation. Now, I aim for NAIT to be the final destination of my long career

W: How would you describe your coaching mentality and your core values?

C: I would describe my core values as honesty and loyalty. I'm the type of coach who is passionate and who isn't afraid to sit down with my players and tell them how it is. What we do here is about more than basketball. What we aim to do here is build winners and train our boys with the skills to do the same in the rest

of life. I'm a believer that practices have to be harder than games, both physically and mentally. Defence wins championships. We always aim to be a defence-first team. Even during our two hour practices, we will spend at least half building up our defences. Honesty and loyalty, and the defence-first mentality served me well as I played an important role on every team I have been on through high school and through my four years playing at Lakehead College in Thunder Bay.

W: With the school's gym under renovations until Sept. 1, how do you plan to run ID camps and scout players this year?

C: I know a lot of coaches run ID camps but I don't. I believe in personal recruiting. My job is to put our best possible team out there on the court. It's a priority to keep our local kids here first but if we end up needing to we will recruit from across the country and even the U.S. If I'm recruiting someone, that means they pretty much have a spot on my team. I believe in honesty and loyalty. If I don't think a guy is the right fit for us, I won't waste his time or mine. That being said, in the fall there will be open tryouts for all NAIT students because this is your school. I believe that every interested player who goes to this school should get a fair chance.

W: Last question coach: who do you think will win it all in this year's NCAA division 1 men's basketball tournament?

**C:** My pick would be Louisville. I like them because of their defence-first mentality and because of their athleticism. You can tell their team is a real team in every sense of the word. The guys genuinely like each other and that



#### Mike Connolly

closeness, that sense of family translates into success on the court. That truly horrific injury to one of their players only served to unite them even further. They are playing for more than just victory – they're playing for him.

C: Not only is NAIT known for its academic prowess but our goal as a coaching staff and an athletic department is to be a school that shines out across the country and internationally. Not only do we have great academic opportunities but we aim to compete with the best of the best.

W: Any last words, coach?

### NOTICE FROM THE OFFICE OF THE REGISTRAR **ARE YOU ATTENDING CONVOCATION 2013?**

### **GOWN AND TICKET PICK UP:**

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

Wednesday, May 8, 2013 between 10:00 am - 7:00 pm Thursday, May 9, 2013 between 10:00 am - 7:00 pm

### **CONVOCATION 2013**

Friday, May 10<sup>th</sup>, 2013 & Saturday, May 11<sup>th</sup>, 2013 The Northern Alberta Jubilee Auditorium 11455 – 87 Avenue, Edmonton, Alberta

For more information regarding Convocation 2013 visit NAIT's website at www.nait.ca/convocation

## ENTERTAINMENT Bon Jovi roadies for a day



**ALISON MULLOCK Entertainment Editor** @Alimullock

On Wednesday April 3, four NAIT students were given the opportunity to be a roady for the day. Lauren Fink (Sports Editor), Oakley Dale, Michael Leveille and I headed to Rexall Place for the Bon Jovi concert with cameras in hand and confusion in our heads.

Upon arrival, there wasn't much direction but there was tons of confusion. Not sure where to park or where to go. We ended up making our way to Mike Savas, a co-ordinator at Bon Jovi Management. He ended up showing us around backstage and explaining what we would be doing for the day.

Before we began our day of hard work, we were treated to a wonderful lunch. The amount of food options was unbelievable. Meatball sandwiches were eaten and smoothies were made. We had our stomachs full and were ready to take on the day.

There were two parties that had to be set up. One party was put on by Mike himself and the other party was put on by a woman named Cory Odonnell. Michael and Oakley were

Mike's interns and Lauren and I were Cory's interns for the rest of the day. It was a lot of hard work set-

ting up Bon Jovi signs, making over 150 gift bags, putting a slot machine together and setting up a party for super fans.

As it got closer to Bon Jovi's arrival, tickets started getting set up and stress levels heightened. Some of the tickets being sold to the party were over \$500 and the backstage passes were approximately \$2,000.

Not only were hundreds of these tickets sold to the private Fan Club members, but most of these fans were at the Calgary show the night before. One woman had been to 64 Bon Jovi concerts in her life, 12 on this tour.

People were decked out in Bon Jovi wear - jean jackets, sweaters and anything that would catch his eye.

After a long 10-hour work day, it was sadly time to go home. The people that work for Bon Jovi were truly inspiring. Working on a tour is a dream that some might have and being a part of something that makes so many people smile is amazing.

The amount of effort that goes on backstage was a huge eye opener for the NAIT students.

"I've been to concerts before but

never have I been backstage and to have my first backstage experience be as extensive as it was, was absolutely surreal. I don't think any



Jon Bon Jovi

concert experience will ever top what I got to no such thing as this kind of rock 'n' roll anymore? Please don't say it's Justin Bieber, that

do at Bon Jovi," said Fink.

Who is our generation's Bon Jovi? Is there hurts my soul.

## Baking up a success story

#### **By SCOTT PEDRICK**

AMY NACHTIGAL

Born in Winnipeg, Amy Nachtigal started selling baked goods in Edmonton at the Highlands Farmers' Market last summer under the banner of Sugared & Spiced. Initially just a hobby, word spread rapidly through the farmer's market community about Amy's recipes and her cookies specifically started quite the following. This sense of accomplishment and the desire to pursue this feeling further led to Amy coming to NAIT to take the Baking Certificate program. She'd been looking for an intensive one-year program and this was

tailored to meet her needs.

Amy's not just a student, though. She's also a wife and mother with hobbies that require as much dedication, patience and perseverance as baking can (especially to the untrained, like yours truly). Specifically, Amy is a long distance runner and just after this issue is published, she'll run the Boston Marathon (April 12), which she's trained for and looked forward to for a number of years.

Running and baking are outlets of creativity and stress relief to Amy, but this combined skill set has its drawbacks. Sometimes, to get a run in before baking and coming to NAIT, she's up at 3 a.m. The past year has been very tiring, between baking and training, but it's all started to reap rewards.

Most recently, Amy was honoured by The *Tomato* magazine, a local restaurant and foodie publication, in their Top 100 Best Things to Eat or Drink in Edmonton. One of her cookie recipes snagged that prestigious spot and the *Edmonton* Journal also singled out Sugared & Spiced in an article on the rising popularity of cookies.

Amy's wrapping up her practicum through NAIT right now and she has several options open when she's finished. Sugared & Spiced isn't over, she'll continue that work in at least one farmer's market this summer and looks to join a local bakery as well.

As far as her NAIT experience goes, Amy says it's been nothing but great. Her class size was small and she found her instructors approachable. She's always felt like she had the option to contact her instructors for guidance or advice and she's made plenty of contacts here in the local baking industry. All in all, Amy thinks NAIT has been a great fit for her, and is proud to count herself among its students.



Entrepreneurial? Business minded? Energetic? Then join our team!



### FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape



SARAH STILWELL **Issues Editor** @sarah stilwell

When going on a five day road trip, one must be prepared with a wide variety of appropriate driving music. In my case, my road trip involves driving from Edmonton all the way to the Panhandle. I'll be going through Fargo, North Dakota (like the movie) and finally end up in Orlando, Florida, where I'm going to Warped Tour and will spend a couple days at Universal Studios. I fully intend on indulging in a pumpkin juice or two at the Wizarding World of Harry Potter.

On a trip like this, I'll be driving in all sorts of different conditions all of which call for a different music mood. Luckily, I've got a big head start on making some playlists.

On this playlist, you'll find everything, from music that reminds you of when your legs stick to the seat

because of how hot it is, to when your partner-in-crime/co-pilot passes out in the seat next to you, leaving you all by your lonesome on the open road.

Of course, there are still plenty of songs that you and your driving partner can sing along to together when each of you aren't exhausted from your previous driving shift. And I always seem to channel late '90s early 2000s music when I drive. Whatever. It's good stuff.

Wherever you end up this summer, and whichever playlists you choose for your adventures, have a good one. See (most of) you in September!

Eve 6 – Open Road Song Her Space Holiday

- Forever and a Day Dan Mangan – Road Regrets Treble Charger – American Psycho The Rural Alberta Advantage

- The Ballad of the RAA Neon Trees – Animal GOB - I Hear You Calling Trophy Scars – Messengers Relient K - Must Have Done

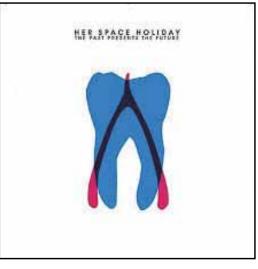
Something Right **Red Hot Chili Peppers** - Tell Me Baby

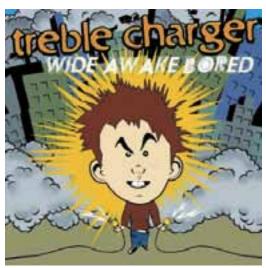
Third Eye Blind

- Semi-charmed Life Architects - Hollow Crown









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### **ROGER GUNN Teacher, author**

fighting in the air during the war.

Gunn says of his book.

"Necessity was the mother of invention,"

He took seven years, working part-time,

to research and write this book. He travelled to Ottawa to the Library Archives Canada to

research there. He gathered information at

the Wetaskiwin Canadian Aviation Hall of

Fame, the Canadian War Museum in Ottawa

and dove into his own First World War

library for information. As with any great

historian, he connected the dots. His writ-

ing achievement can now be found at Chap-

#### **By RENEE MANDZIAK**

Roger Gunn is an instructor of Human Resources Management at the JR Shaw School of Business. He has taken his journey not just in Business, but in rediscovering Canadian history.

After achieving a Bachelor of Commerce degree in Ottawa and a Masters of Business Administration from the University of Toronto, he went into Human Resources.

Gunn was a Human Resource professional for 30 years prior to being an instructor at NAIT and loves the field. He grew up in Ottawa and since he was a young boy he has had an interest in the First World War and

aviation history.

"Air technology increased by leaps and bounds," he said recently. "It (the airplane) was a fledging invention that ended up speeding up the technology, through the time of war," Gunn says as he speaks about the early 1900s.

He recently published his first book through Dundurn Press, Raymond Collishaw and The Black Flight, released in January 2013.

Raymond Collishaw and The Black Flight takes you to the Western Front during the First World War. Collishaw was born in Nanaimo, British Colombia and was a flying ace among British and colonial pilots with 60 victories. He also served in the Second World War in North Africa. Collishaw was ranked third as the most deadly pilot in the First World War.

Roger is eager to expand with more books of other distinguished war pilot heroes.

First flight in Canada was in 1909, with the Silver Dart and a few years later, people were

RAYMOND COLLISHAW BLACK FLIGHT

ters, Indigo and most of your favourite book stores. He has done book signings at Audrey's, where he sold his first 50 copies, placing him No. 1 among non-fiction authors in the Edmonton Journal.

> His book signings do not stop there. He has done book signings in Edmonton alone and one in Saskatoon. In May, he is heading to Halifax and Ottawa to do more book signings.

> He even plugged NAIT at the back of his book under his author informa-

tion. Being an instructor for six years, Roger is proud of where he works and is excited to continue writing about his passion - First World War history and aviation.

"I wrote to many publishing companies in Canada, and then finally rewrote to Dundurn where they finally said, 'yes, let's talk'," Gunn says of his initiative and hard work in creating this first book. "But it pays off."

Raymond Collishaw and the Black Flight is \$26.99 and can be found at your favourite book store.





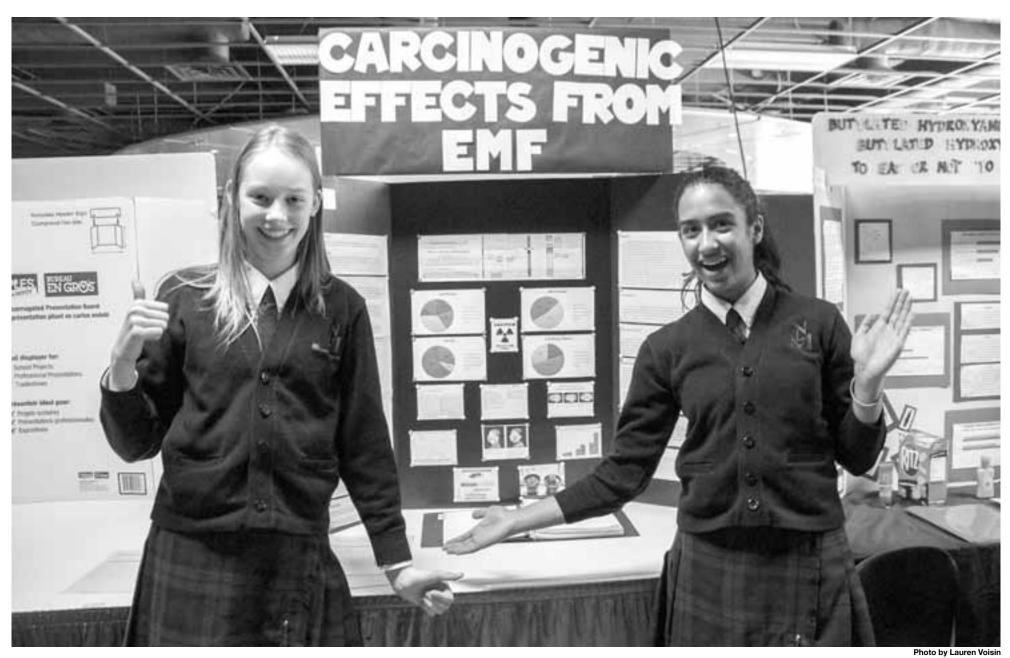
and panel discussion

April 18 @ 5:30 in the Shaw Theatre Priority admission will be given to those who preregister. To preregister 'like' us on Facebook

missrepresentationNAIT

Donations of purses and accessories will be accepted on site for the Edmonton-based charity Suit Yourself





#### SCIENTISTS IN THE MAKING

Shawna Kirkham, left, and Harseem Kailey stand proudly in front of their display at the Edmonton Regional Science Fair on Saturday April 6 at NAIT. They studied five devices: cellphones, microwaves, laptops, cellphone towers and Wi-Fi to see if the non-ionizing radiation they emit can cause health problems. They found that each of the five sources have negative health implications, with laptops having the worst effect as they affect fertility.

## Dynamic decade

#### **By Tyler Warren**

The 1990s is the decade that we all lived through, and for many of us, the decade we grew up in. But rather than talk about things such as the TV shows or musical genres that came from it, I decided to cover three of the greatest things to come out of the '90s, particularly from electronic advances.

#### The Internet

Yes, the Internet started way before this time, but it was in this decade that it became extremely popular and became a household item in many homes. It was in the '90s that the Internet and computers were changed so that the average person (with a little bit of technical knowledge) could use it with ease.

Not only that, but sites such as eBay, Google and AOL were created during this decade, and revolutionized the way people could find things.

#### **Computer animation**

Again, this was created before the '90s, but it saw significant growth in the '90s. No longer did electronic images and games have to be bland 2D images and sprites, 3D animation could create realistic looking visuals and changed how TV and movies looked (Tell me *Jurassic Park* didn't look realistic at the time). Not to mention that Pixar was also created, still making immensely popular movies today, all in 3D animation.

#### Digital photography

Using the digital camera was a huge breakthrough not only in films, but also for personal use. Quality was much higher, editing was much easier and you could make infinite copies of whatever was shot without loss of resolution. That great image you sent to your parents could also be sent to your grandparents without having to take another photo or try to duplicate the image through some expensive and long process.

Yes, there were many toys and fun things from the '90s, but for now I'll cover this. We've come a long way in terms of electronics, and I think the '90s was a big jump for the electronics industry. I didn't realize just what we created in this decade until I really thought about it and I gotta say, I'm impressed, and even more glad to say that I grew up with this change. While the Internet continues to grow and so does the technology with it, I'll forever remember where it all began, and hope I can tell my grand kids "Hey, I was there when it happened!"





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#### Thursday, April 11, 2013

## **'Flange' that makes RTA work**

#### By DAMIAN RUDIAK

Sometimes, finding the inspiration to do work at school is tough, but in RTA (Radio & Television Arts) it can always be found in the bright and shining face of Linda Bethell. Linda is the Program Assistant in RTA and helps aspiring media creators with any and all things she can.

I have a personal connection with Linda, because in February she helped crown me king of Vinok Worldance's Mardi Gras 2013 held at the Chateau Louis, here in Edmonton. Thanks to her help we managed to crash the online voting system twice due to the massive amount of interaction on the site. She always jumps at the chance to put her "little minions" to the task, which got me thinking, "What makes Linda Bethell tick?" I'm almost done with my time here at NAIT and I realized I know almost nothing about her. This is what I found out ...

Chocolate is probably the most spiritual substance in the universe. It brings people together, and it will be responsible for world peace one day.

Linda Bethell

Linda Bethell wasn't always a Program Assistant at NAIT. She was "kind of in the oil field" as a pipe specialist. During her time there she gained an appreciation for flanges and told me outright, "I love flanges. Everything attaches to the flange and without the flange you can't do anything," which paints a lovely picture about Linda and RTA. Whether you need to borrow a stapler to put up posters around campus informing students about a new promotion that NR92 is doing, or you need someone to unlock one of the conference rooms affectionately named "Chowder Alley" because it has the only working microwave on the floor, Linda is always there. She is the flange that let's us all get from one place to another.

After working in the oil field for "a long time" Linda decided she wanted something different and floated around for a while doing this and that. She worked with the Fire Department and EMS tracing calls, and somehow ended up working at NorQuest. After that she went back to work in the oil field then, luckily for us, decided to apply at NAIT because she really wanted to work at a school. Linda says her favourite part about working here at NAIT is the students. And for many of us she is a big part of what makes this place feel like home.

I even heard first semester student Jackie Pawlyna express her appreciation of Linda in the hallway, "I love Linda, she's like a second mom!" As I wrapped up my interview with Linda we, not surprisingly, got on the subject of chocolate once again.

"Everything is run by chocolate. Chocolate or *Star Trek* ... oh and, of course, *Star Wars*. And possibly whales."

Linda also wanted me to mention that she likes dragons because they are like dinosaurs that can fly. Thank you Linda Bethell, for making all our days just a little more special.



Linda Bethell

Photo by Damian Rudiak



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## SUNSANEE LERSPONGPAIBOOL A traveller passing through

#### **By MORGAN BLACK**

Sunsanee Lerspongpaibool is that certain kind of person that lights up the room wherever they go. As she sits down for her interview, she is all smiles and it's infectious.

Born and raised in Thailand, 20-year-old Lerspongpaibool finished her business degree early, but was unsure what she wanted for her future. At 21, she embarked on her first adventure to Brighton, England. The summer of that year, she travelled to Paris. Her eyes grow wide as she recalls it, speaking excitedly about her adventures abroad.

"I went to the top of the Eiffel Tower. I love heights. I love adventure! [Paris] Disneyland, I was in love with it."

She stayed in Paris for a year and then returned to Thailand. Once back home she discovered that the Thai climate, a scorching 40 degrees on average, was a tad hot in comparison to the milder weather she had grown accustomed to in the past year. By then, bit by the travel bug, she began investigating where to embark to next. Although she considered Australia, Canada was chosen as the next stop due to its below zero temperatures (a decision unheard of to many Canadian sun-worshippers!). After six months in Vancouver, she travelled to Edmonton.

Lerspongpaibool is currently taking night classes at NAIT in accounting, while working full-time at Fresh Express. Commenting on her packed schedule, she responded with a smile.

"I like it, work and school. Balance, right? I feel like if I go to school and work at the same time, I do better in my classes."

On top of her busy schedule, travel plans are in full swing once again, as Lerspongpaibool swiftly lists the Canadian cities she wishes to visit during her time in Canada, including Ottawa, Montreal and Quebec.

Although she plans to stay in Canada for a while longer, "to gain experience, and to improve my English," Lerspongpaibool believes that she will eventually find herself back in Thailand to settle down.

It's hard not to get caught up in her enthusiasm and we find ourselves swapping stories of the places we've travelled. A smiling co-worker walks by, dropping off a bag of chocolate for us.

"I love my co-workers, I love Fresh Express," says Lerspongpaibool, offering me a piece of chocolate. "We're a team, a family."

Her co-workers, who she speaks of very highly, have become some of her greatest teachers. They have taught her less commonly known English terms, terms that are not necessarily known to those learning English.

"I have so many teachers here, [Britta] taught me terms like 'redneck' and 'hillbilly.' We have so much fun. We dance a lot here." Lerspongpaibool laughs as she acts out the motions to 'The Sprinkler' and 'The Lawnmower'

With her firecracker personality you would never guess it, but Lerspongpaibool insists that she was not always as outgoing as she is today.

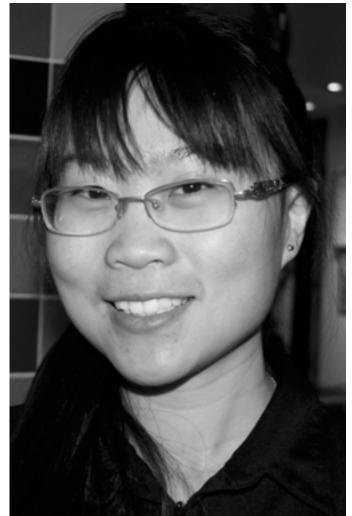
"I'm naturally a very shy person," she says. "I used to be so quiet, and then one day I decided that I should step out of my comfort zone. Life's too short. Enjoy your life, be happy, you know?"

Step out of her comfort zone she has. Lerspongpaibool has travelled alone to every place she has visited, making many friends along the way. One can tell that Lerspongpaibool learns just as much from the people she meets on her travels, as the places themselves.

"I meet lots of people. I experience a lot of things."

She pauses, reflecting, "You don't just meet good people, sometimes you meet bad people. You need to know how to deal with that sort of thing."

Yet, even with the occasional bad experience, Lerspongpaibool remains eternally optimistic. The most prominent impression during my half an hour with Lerspongpaibool is that she loves life, and life, like everyone else she meets, loves her back.



Sunsanee Lerspongpaibool

Photo by Morgan Black



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THE NUGGET PRESENTS:

**NUGGET COMICS** 

#### Outlandish



Natalia Bouajram

## Things I learned about small towns

#### By TAYLOR LOSIER The Argosy (Mount Allison University)

That guy you've been spending all night flirting with? Yeah, he's probably your cousin.

You might not know them, but everyone knows you. After all, they were bridge partners with your great-grandmother's second cousin's

dog walker's nephew.

When you return to a normal-sized town, stoplights and even crossing the street become quite confusing.

There always seems to be more wildlife around than people.

If you need to go out, but are in a hurry, wear a disguise. Otherwise, you'll get sucked into a conversation with someone who knows you, and who absolutely needs to tell you that you look just like your 84-year-old grandfather. Thank you?

Even in a small town, it is still possible to get lost. You take one wrong turn on your way to the ice cream store and next thing you know, you're in the middle of a parade with no escape except to pull an illegal U-turn.

You don't have to worry about dating your

friends' exes; there's no one else to date. If you try to plan anything, just tell people there will be free food. Next thing you know, everyone's at your place.

People get really competitive about the Sunday softball leagues. Like, "Let's recruit our third cousin twice removed who was once a part of a national softball team"-competitive. They know how to party.



#### Dear Dr. CONwisDOM,

Exam week is coming up and I have a hard time concentrating. I can't remember any of my material and it feels like my brain is foggy. Help a girl with exam stress?

#### Sincerely, It isn't just foggy in London

Dear It isn't just foggy in London, Exam stress gets to a lot of students, but I don't think that's what you're going through. Exam stress usually manifests itself as gained weight, stress pimples and extreme fatigue. What you're experiencing is something I like to call "Sex Fog". What this means is that you are having trouble concentrating because your mind is preoccupied with the lack of sexual contact you're getting. So go out there and get some! If you can't find a horny engineer at NAIT, which I would say you're obviously not looking hard enough, you can do the old fashioned method. Light some candles, draw a nice warm bath and ... you know. I don't really need to say it do I? I hope not, because if you don't know what I mean,

then you really are out of luck.

Dear Dr. CONwisDOM, I'm looking to make some money over the summer break. Any advice?

Sincerely Broke guy with expensive taste

Dear Broke guy, Get a job.

Dear Dr. CONwisDOM, Do you have any tips for how to stay sharp over the summer? I want to be on top of my game when I come back, starting in the fall.

> Sincerely Gotta stay on top of my game

Dear Gotta stay on top of my game, Here's a tip for staying sharp over the summer: Relax! You're already planning for next semester and this one isn't even over yet! Take a chill pill! The best way to stay sharp over the summer is by forgetting everything you learned over the last year. If you're constantly thinking about school stuff you'll become so wiped out you won't be able to function come next semester. Do yourself a favour and party! I legally can't suggest you get drunk and try to kill some extra brain cells, so I'll say this, "Don't get drunk and kill some extra brain cells." \*wink\* \*wink\*

#### •••

Dear Dr. CONwisDOM, I've had a major crush on you all semester, but I've been too nervous to write in until this issue. You're so wise and worldly! I can't imagine reading the Nugget without you! Don't go, Dr. CONwisDOM! Don't go!

#### Sincerely, The future Mrs. Dr. CONwisDOM

Dear The future, (I'm not going to finish typing that name because it's incredibly creepy)

There are many ways to tell a guy you like him, but this was not one of them. Good luck finding one. From my experience and expertise you're hopeless ...

#### Dear Dr. CONwisDOM,

What's it like being the subject of sexual fantasy of every woman on NAIT campus? Sincerely Timmy

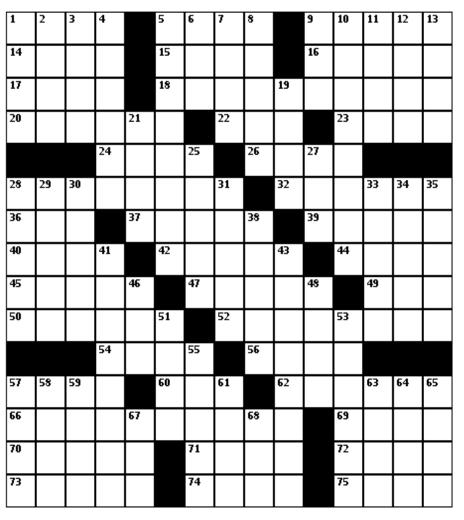
#### Well, Timmy,

I'd like to say it isn't easy, but then I'd be lying. The best part about being the subject of their sexual fantasies is that I don't have to do anything. I just get to sit back and let fantasy/dream me do all the work. As long as I keep being awesome, I'll get as many women as I want. Try being awesome some time and the same thing might happen for you. On a much smaller scale of course.

Do you have any personal questions that you want answered by the good doctor? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

RITE LOT

## CROSSWORD



#### Across

1- Make \_\_\_\_ for it

5- \_\_\_\_ first you don't...

9- Red fluorescent dye

15- Director Ephron

17- Queue before Q

26- Yellow of an egg

36- Take advantage of

20- North African desert

18- Self-respect

22- Frequently

24- Protracted

32- Sounds

37- Hallowed

40- Sports figure

44- Skater Lipinski

47- Water nymph

49- DI doubled

50- Aden native

52- Merry-go-round

54- Undercooked

56- Genie's home

60- JFK watchdog

66- State in the W United States

73- Nuremberg trial defendant

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

permission.

57- Impetuous

62- Decapitate

69- Nice notion

71- Lots and lots

74- Look after

75- Boxer Spinks

72- Old Italian money

70- Rice-\_

42- A long time

39- Primp

45- Earth

16- Total

14- Architect Mies van der \_\_\_\_

23- Shrivelled, without moisture

28- Vitamin deficiency disease

#### Down

- 1- Weaponry 2- Barrett of gossip
- 3- Oops!
- 4- Kathmandu resident
- 5- Madly
- 6- Enemy
- 7- Woody's boy
- 8- Chewy candy
- 9- Hesitant sounds
- 10- Fringes
- 11- Dagger of yore
- 12- Anatomical passage
- 13- City on Norton Sound
- 19-007's alma mater
- 21- Former Virginia senator Charles
- 25- Fresh
- 27- Cut (off)
- 28- Bosomy
- 29- First name in cosmetics
- 30- Give guns again
- Newton was an English 31- Sir mathematician
- 33- Joins
- 34- Strange and mysterious
- 35- Slow mover
- 38- Experiment
- 41- Circular saw used in surgery
- 43- Stately Spanish dance 46- Tropical cuckoo bird
- 48- Cupola
- 51- Dope 53- How rivers don't flow
- 55- Gold standard
- 57- Some DVD players
- 58- Over-50 org.
- 59- Plumlike fruit
- 61- Poker stake
- 63- "What I Am" singer Brickell
- 64- Flying start?
- 65- Faculty head
- 67- Christmas tree
- 68- Electrically charged atom

#### SOLUTION Page 25

#### Cody Mchenry, 24 Plumber, Patricia Campus

Turn-ons – Plaid shirts, cowboy boots and pig tails. Turn-offs - Bad breath and hairy arms. My type – Adventurous, not scared to get dirty and experimental girls. Ideal date - Horseback riding into the sunset. Favourite food – Campfire wieners and beans. Hobbies - Roping and tending to my cattle. Goals - Winning my hometown rodeo.

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







#### MADAME O

#### April 11-17

(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)

Is this money I see in your future? It's coming and at the right time too. You should watch how you spend it though because it might not last as long as you suspect.

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

Positive energy is coming your way. Take it and let it lift your spirits up. Finish that project or idea you've been sitting on. You will be glad that you finished now instead of later.

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

Are you feeling lonely? That's fine because soon you are going to be the life of all the parties. Shine in these moments and don't let your doubts get in



NOW, THAT'S A POTHOLE! Spring is wonderful, but there are some things that we could just do without. the way of making connections.

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

Let go of your fears. You are surround by people who want you to succeed in every aspect of your life. You are someone's world and you don't even know it.

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

You may hate taking tests but this next little bit is going to be a life test. Don't skip it because you will never know what might have been and if you do well amazing things are going to come your way.

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

A lot has been going on lately but that shouldn't faze you. Be you and never look back. Keep moving forward and achieve all your goals.

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

Why are you waiting to start your life? Nothing is going to just fall into your lap, but that doesn't mean you can't get what you want. You have to worker harder than others but the end rewards will be much bigger for you.

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

Scorpio- Cross that bridge that seems so far away. What is this bridge

and where does it go? That is for you to figure out. The journey will be worth it.

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

You are in suspension. Take this time to reflect everything that has been going on lately. Find what inspires you and what you want for yourself. Time is your friend.

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

Capricorn- You are doing well and you know it. Share your good luck with others. Don't be selfish because your karma could change drastically.

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

It's time for love! If you are single then a special someone is about to enter your life. It will be someone you do not know yet so keep your eyes open. If you are taken then expect an overwhelming flow of love your way. Bonds will go stronger over this time.

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

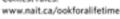
Something is holding you back. The stress you are carrying is weighing heavy on you, but you can take that stress and channel it. Turn your attention to a new job or a trip. The change in environment will do you a world of help.



#### ARE YOU AN **OOK FOR A LIFETIME?** SHOW US AND YOU COULD WIN AN IPAD MINI!

Upload a photo of you at Convocation 2013, or on campus with an Ook, by May 13, 2013. You could win a 16 GB iPad Mini courtesy of TD Insurance Meloche Monnex!

Contest rules:





Upload your photo to the NAIT Alumni Facebook page through the Ook for a Lifetime Contest app www.facebook.com/naitalumni

Tweet your photo using the #ookforalifetime hashtag



F



**Safety in the summer** 

#### TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



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 to 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 you. insurance card.

• Park in well-lit, well utilized areas near a

store entrance when possible.

• Don't leave valuables 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 back seat of our vehicle, as well as the area around you, 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 with

• Keep all of your valuables with you at all times. Do not leave them unattended on a

## Who to 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. 28 if you have alternate coverage.

Housing - Online housing registry at www.rentingspaces.ca

Injury, minor medical concerns - Health and Safety Services, 780-471-8733, Room O-119.

NAIT Security - 7477.

Part-time campus jobs/volunteering – Go to www.naitsa.ca under "Get involved." Program-related concerns – Contact Program Chair or Program Adviser. Scholarships, bursaries – Student Awards Office, 780-491-3056, Room O-101. Special needs students - Services to Students with Disabilities, 780-378-6133, Room

W-111PB, HP Centre. Student loans, grants – 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.

### CROSSWORD SOLUTION

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food court table or on the vanity in public keep their faces hidden and give vague answers washrooms.

• When shopping use the buddy system and be aware of your surroundings. Watch for suspicious activities such as someone paying uncustomary 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 whenever 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

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 coup.

• 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 wishes 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). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2000.00.

Everybody benefits, except the criminal.





## The last push to final exams



#### NAIT Student Counselling By this time of year most students are feel-

ing exhausted and just counting down the days until school ends. Unfortunately there are still several important weeks to go. Incorporating the following tips should help:

• Focus on self-care as much as possible. Adequate sleep, eating regularly and taking time to relax are even more important with the added end-of-semester stressors. If you are into an exercise routine this is not

## Mussel power!

#### By MONA BAI The Gateway (University of Alberta)

EDMONTON (CUP) - The adhesive ability of mussels is yielding an abundance of possibilities for medical and engineering pursuits, now that research from the University of Alberta has unearthed the secret behind the sticking power.

Hongbo Zeng, an assistant professor of chemical and materials engineering, has dedicated his work to mussels ever since he was a PhD student at the University of California, Santa Barbara in 2007.

Now, the fruit of his research is taking root in multidisciplinary opportunities, including potential development of cancer fighting drugs, insight into the effect of nicotine on the brain and commercial uses for the mussels' adhesive ability.

"This marine organism has a very unique, magic capability - a power to adhere to any surface underwater," Zeng said.

The uniqueness comes from the fact that almost all human-produced adhesives fail or weaken underwater, losing their bonding ability. For Zeng, harnessing mussels' sticking capacity opens up great potential to develop adhesive materials for biomedical applications.

"Most of the current commercially available adhesives [are] either toxic or have some side effect," he explained.

"If we could, based on [the mussel's] totally bio-compatible adhesive, [create] totally biodegradable adhesives for the human body, I believe it would be a very significant finding."

Aside from roping in its sticking power and developing what Zeng calls an "underwater

the time to quit, although you might want to modify your routine a bit due to time pressures. If you don't exercise, incorporating a brisk daily 10 minute walk can help reduce stress, get blood flowing to your brain and perk you up.

• Write up a schedule for the weeks before and including exams. Having a plan helps to reduce stress and ensures that you are effective at allocating time to all subjects. A plan will hopefully eliminate last-minute cramming. Allow enough time to study each subject as thoroughly as possible.

• Make a study guide for yourself. Include lists of key points, terms and ideas, as well as any other important information you find difficult to remember.

• Learn information in the same format that you need to remember it for exams. For example, brainstorming questions from your notes and making up a mock test similar to the one you expect will be given is one of the most effective ways to study. Ask instructors if they have practice tests available.

• Schedule breaks. Taking a short break

superglue," Zeng and his research team are also trying to counter this power to provide a reprieve for fishermen and sailors who are beleaguered by the salt water critters.

"If you go to Vancouver [and] talk to some of the fishermen or people who've had experience with boats, if they leave their boats in the sea water for a long time those mussels or mar-

ine organisms stick to the boat surface and cause corrosion," he explained.

"We want to design a very slippery surface so nothing will stick to it ... we hope to design some surface coatings so we can prevent the adhesion of the mussel."

This can also solve issues with clogged pipelines, where buildups of components such as aspartame stick to pipelines and eventually block oil flow, causing leaking or even explosions from the pressure.

At this point, Zeng's team has collaborated with researchers in the United States to understand what

factors are necessary for synthetic polymers to mimic mussel proteins and thus adhesive

Now the potential for further development

"This is a long-term research program, this

develop the materials and then apply the materials to the different areas of application."

Chemie Journal on Feb. 28.

every 30 to 50 minutes is recommended. Your brain cannot learn effectively without breaks.

• Vary what you study. You will learn best when you alternate courses while studying. For example if you start with a math-based course take a break and then move to a theory-based course.

• Use short periods for review. When waiting for the bus or in the shower, recall and review material that you have studied. Remember, the more frequently you review material the more easily you will remember it and the more it will broaden your understanding.

• Think positively about your abilities. Don't allow yourself to get down on yourself about all the studying you should have done in the past, or to compare yourself to others who you perceive to be smarter or more organized than you are.

• Study what you don't know. This seems

obvious but a lot of students spend time going over and over material they already know well.

• Plan a reward for the end of term ... and maybe some smaller rewards for sticking with your study schedule along the way. Having something to look forward to can be motivating.

• Book an appointment with a counsellor at Student Counselling if you are feeling anxious or overwhelmed. Whether it is study tips, relaxation techniques or feeling positive about your abilities, we will do our best to assist with your success.

The NAIT Student Counselling Centre is located in Room W-111PB in the HP Centre. To schedule an appointment phone 780-378-6133 or drop by the office. Hours are 8 a.m. to 4:30 p.m. Monday to Friday. NAIT Student Counselling will remain open during spring and summer sessions.

### **Mental Health Awareness Committee**

Would you like to participate in a committee that will help heighten awareness of mental health issues, decrease the stigma of mental health concerns and create a more positive and accepting atmosphere at NAIT?

We are looking for students with a few hours to spare who are interested in mental health awareness. This is a great opportunity to make a difference at NAIT. Please contact Margaret a mmarean@nait.ca or 780.471.7550 if you are interested.

#### Exam Stress?

The Library has therapy dogs!

all students and staff are welcome



April 17th, 2013 11:30 - 1:00 pm Lobby of the U building. outside the Library

AND

April 22nd, 2013 11:30 - 1:00 pm In the NAIT Library, on the 3rd floor of the U building



DEPARTMENT OF LEARNING RESOURCES



For more information, contact: Jodi Lommer at jodiljinait.ca. or Jen Waugh at jenniferw@nait.ca



Hongbo Zeng

abilities.

has drawn scientists ranging from biochemists to material engineers to explore the explosion of possibilities Zeng's research has unearthed.

is not something we're going to finish in one or two years," he said.

"It takes some time to understand and then

Zeng's research on the adhering mechanism of mussels was published in the Angewandte

#### The Nugget 27





Muhammad Waqas



"No final exams for online courses during work hours. We take online classes so we can work."

Melissa MacDonald Bachelor of Business Administration – HR



"We don't have free time for our 'Prayer' on Friday, so we should get free time from 1 p.m. to 2:30 p.m. because it's mandatory for us. Authority should take it seriously when they design schedules.

Zain Hafiz Petroleum Engineering Technology – Diploma



"If I get the opportunity to make any changes I would allow free parking for everyone and organize weekend parties at the Nest. Talking about the Nest, it should be open on weekends, for sure."

Ishan Arora Business Administration – Management



If NAIT gave you the

power to make changes,

what would you do?

"I would give students a week to study prior to the exam week and help them to have a day in between the exams."

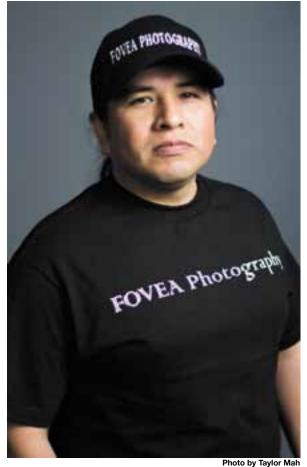
Olusoji Oke Petroleum Engineering Technology – Diploma



"I would have a week off before final exams. Cramming projects plus making time to study is so hard! Come on, NAIT!"

Betty Yirsaw Bachelor of Business Administration

## An immigrant's battle to stay



**Jesus Portillo** 

#### By ANDREE DESROCHERS

Jesus Portillo is a photography student here at NAIT. Not only does he deal with stress that comes from exams and homework but much more. After hearing Portillo's story, I personally want to help him and his family build a better life and you just might want to do the same.

Eighteen years ago, Portillo enrolled in the University of Mexico City to study communications. A year into his studies, he said it was extremely hard for him and his family to pay his tuition which lead to Portillo to drop out of university. Although his education didn't go the way he had hoped, Portillo fell in love and married his wife Cynthia Portillo. It soon came to Portillo's realization that getting an education in Mexico was close to impossible for the middle to lower class citizens. He knew he had to search for another dream. One day, Portillo went to the Canadian Embassy in Mexico in search for a place with opportunity and a better future with his wife. After his visit to the Canadian Embassy, Portillo had nothing but a dream at that point.

"Even though I had no money, I had a dream to live and study in Canada," he says.

I asked Portillo why Canada and not the U.S., when two of his sisters live there.

"I was in the States visiting my sisters when 9/11 happened. Ever since then, immigrants were no longer treated the same. It became a harsh environment and Canada is a friendlier environment."

In 2004, Portillo and Cynthia worked hard and made enough money to pay for their travels and a semester learning English (ESL) at the University of Alberta. Portillo received a work visa and worked as a technician for Doctor Dave Computer remedies. Portillo soon realized that the photography program at NAIT would be

his next step. He says photography is a whole other level of communication and that more people would be able to connect because of social media. Due to submitting an uncompleted application, Portillo's application was cancelled and he had to return to Mexico with Cynthia.

They refused to give up on their dream and decided to make enough money for a second attempt to live in Canada.

In 2008, Jesus, Cynthia and their newborn child Jacqueline moved back to Canada and hoped to stay for good this time. Both Cynthia and Jesus received working visas prior to their arrival and worked as a maintenance technician and kitchen supervisor at Snow Valley. After two years of hard work, enough money was made for Jesus to enroll at NAIT for photography.

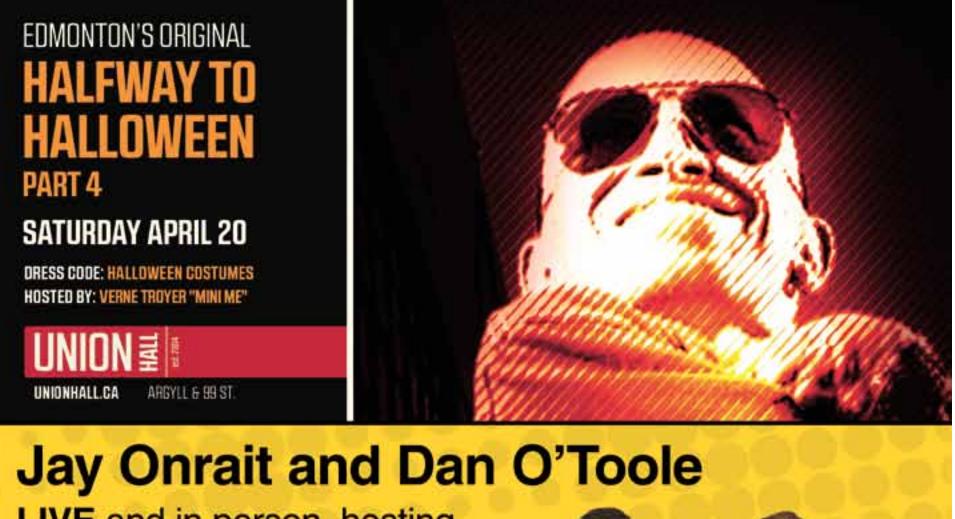
Portillo starts his weekdays at 4 a.m., going to work, rushing home, running to school and then running home after school to take care of Jacqueline while Cynthia works night shifts.

He says it was very difficult, especially the end of the first year at NAIT. Jesus and Cynthia found out they had another child coming. Early in Cynthia's pregnancy, Cynthia's doctors advised her to have an abortion due to dangerous heart and blood conditions and signs of Down syndrome. Cynthia and Jesus decided to keep their child and they are very happy that they did.

"It was incredibly stressful and I don't know how I passed school. I usually get 100 per cent and I was very happy with 70 per cent."

I asked Portillo what his plans are after graduating in April and he told me he would need to find a full time job in photography in order to stay in Canada.

Portillo has three months to find employment before he and his family are deported. If there are any photography opportunities that you might hear of, contact adesrochers15@hotmail.com.



LIVE and in person, hosting

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Edmonton@ Minnesota

Friday, April 26 S4 pints and half price wings!

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