

HAPPY ST. PATRICK'S DAY!

THE NAIT NUGGET



Thursday, March 14, 2013
Volume 50, Issue 22

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YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA

DOWN THE DRAIN

Transferring schools costs millions, editorial page 7



Photo by Chad Steeves

UNDER REPAIR

A worker surveys the remains of the NAIT gymnasium floor that is being torn up to make way for a new surface. The gym will be closed until August for the renovation, which is the first major construction since the floor was installed in 1962. The project is funded by a grant from the provincial government.



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NEWS & FEATURES

Courtesy wave is dead



JOSH YAWORSKI
Assistant Issues Editor

The roads of my childhood seemed so friendly. Seemingly reasonable speeds, seemingly reasonable vehicles and seemingly reasonable speeds. I remember seeing both my mom and dad take the time to roll the window down, stick their hand out and wave to any driver courteous enough to allow them in. And others would do the same. I can remember people ahead were stopping early for yellow lights, not driving at breakneck speeds, or cutting off drivers to make it into the intersection a second before it hit red. And every single season since those fond memories it seems to have gotten worse.

Summer always sees people forget that they don't have to brake two blocks ahead of the intersection. Until, of course, the week before the snow falls. From that moment, until after the first thaw cycle, drivers attempt proper summer driving in the middle of the winter, even as skating rinks develop all over Fort

Road. Not until exactly these weeks, when the streets run through cycles of both frozen wasteland and summer pavement that doubles as a 4x4 test track do drivers seem to have any knowledge of how to drive, but in a week will come the worst. Not the drivers' worst, but driving's worst, as our entire city is invaded by the vest wearing, grater driving, reversible sign bearing menace who force the entire cities speed limit to halve.

That exact hazard is one the biggest reasons to fear summer driving. Not just because of the inconvenience, not because of the speed tickets that instantly double and certainly not because of the maybe eventually before the winter comes repaired roads, but because every year it seems that some asshole will rip through one and kill themselves or someone else.

And you know what the worst part is? It always seems the worst drivers are driving Rams. Yes, get at arms e-mail, the paper, tell me how I'm wrong. But you know what? I can almost guarantee that directly after that you'll get in and then drive at 70 down that tiny strip of pavement through the middle of the parkade. Ripping out of every turn, burning out as you leave at the bottom, and then cutting off at least two people up the curves of 106 Street. But who am I to complain? There is no way I can even pretend that I



surrogatealternatives.wordpress.com

don't drive aggressive, specially if I feel the need to assert my presence as male. Which is always.

But this all comes back to my one real problem with driving. The one thing that I consider the true root of all of this, the cause of it all ... The death of the courtesy wave. When did we decide all of a sudden that lifting our arms, extending our fingers and waving back and fourth was just too much? When did that all of a sudden become too much effort? And I'm not even saying waves for everything. I'm just saying that if you clearly witness someone adjust their entire driv-

ing course to adapt for either your mistakes or you outside of situations where you have the right of way, then they have gone out of their way for you and you should acknowledge them. They deserve at least that courtesy, because you inconvenienced them. You don't deserve to do that and odds are you aren't even going to consider doing it for the next person that tries to rip through the turning lane like you just did.

The entire driving experience has lost its appeal to me. My only solace left is the radio, and that's why I chose this rant as my column. The

radio seems to be the only thing that can keep drives interesting. Scrolling through the stations, accessing the wealth of both personality and music is truly my only solace in the face of the complete lack of decency on the road. Seeing the change of stations, the change of faces and the change of formats is like keeping up with a TV soap and keeping up with the personalities seems equally attractive. So, for the moment, I'm going to deal with driving – until the radio dies. Then I might just have to start looking at ways to install a Mario Kartesque vehicle defence system.

User friendly changes at NAIT

By **DARTANION JOHNSON**
@Dartanion

Some changes are coming to NAIT! Courses offered and semester length are two changes that some programs will be seeing. The biggest change for prospective students is the introduction of self-enrollment.

"It's providing the students the opportunity to choose the pathway, the course load and the course offerings that are going to fit their schedule," says Dr. Neil Fassina, Dean of the JR Shaw School of Business.

Parameters of what will be offered and when they will be offered will be in place but a student can pick between a full or part time course load. Prerequisites will be applied to some classes offered. Not all programs will have a self-enrollment feature. This new feature will be starting at the end of April.

Over this year there will not be any noticeable changes in tuition, but there will be a difference in how the invoices will look. Regularly tuition is set by semester, but with the new

self-enrollment they are dividing up that price per class, so future students can take the classes they want to.

"I'm not going to put programs on one end of scale or another, because the changes that are being experienced in some programs are already in place for others and for others they're making different changes," says Fassina on what programs will be affected the most.

One of the more interesting changes to NAIT is a new advising office.

"We've added the element of a central-

ized academic advising office where all of the programs will be able to access and all the programs will be able to refer students up to have those questions answered that are very much a NAIT level type question," he said.

"That's not stopping the way that the programs are doing their programmatic level advising, but it's a shift for everyone now."

It appears these changes will give students alternatives to reaching their academic goals.



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New prez looks ahead

By DANIEL STILWELL

"I really found a passion for what I do," says NAITSA Executive Council President-elect Jonathan Bilodeau as he sits in the NAIT Students' Association boardroom.

"I love helping students out, I love getting involved, I love being here every day, but I wanted to make a bigger impact," Bilodeau, currently VP Student Services, said. "I wanted to see some change around school and see what I could do. Being president gives you that opportunity."

The third-year Finance student was elected in February to serve as president for a one-year term, starting May 1. Bilodeau has had experience dealing with campus culture such as events and clubs departments, student services and the international and Aboriginal centres.

Other executives

Other executives who will assume office on May 1 are Daryn Rainer, VP External; Meagan Strachan, VP Academic and James Head, VP Student Services.

Teagan Gahler, current president, has a lot to do with the transition process that will help Jonathan and the three new vice-presidents assume their new positions.

"We do one on one with them, group training and they start coming to (student) Senate meetings and other things that we do so they really get the full picture of the job."

Bilodeau says he owes a lot to Gahler and the leadership she has shown.

"I've learned a lot of lessons from her," he says.

'Good timing'

"Teagan is one of those types of people that likes to analyse the whole situation before saying anything or coming up with a solution. She has good timing on when to act and when to listen. I've really just learned a lot from her."

As Bilodeau looks forward to the year ahead, he sees tasks large and small.

"I have a lot of requests for microwaves, so we've put that on the budget this year," he said as he divulged some of his plans for his tenure.

"I'm working with our provincial lobbying group, ASEC (Alberta Students' Executive Council) and making sure that NAIT students' needs are being met."



Photo by Ashley Gonzales

Jonathan Bilodeau
NAITSA President-elect

NAITSA has had a lot of feedback indicating that students aren't really sure what NAITSA does, who they are, or what they offer, so a part of Bilodeau's agenda is to get students a little bit more involved.

"They are all members of this association whether they want to be or not. They paid the money, so I'd like to reach out and make sure they are aware of what we offer."

Bilodeau has his sights set on the upcoming year and has big ambitions for the future.

"I'm planning on getting my masters (MBA) and then after that who knows? Move to Costa

Rica and sit on the beach?"

A vote on whether to retain the U-Pass program was also held at the same time as the executives' elections and passed with a whopping 78 per cent in favour.

"That's overwhelming support for the program," said Gahler. "It's a very positive result that shows NAIT is moving toward becoming a more sustainable campus."

Voter turnout for the elections was a record 2,414 students or 18.2 per cent of those who were eligible, almost four times as many as participated last year.



Daryn Rainer
NAITSA VP External-elect



James Head
NAITSA VP Student Services-elect



Meagan Strachan
NAITSA VP Academic-elect



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

Editor-in-Chief
Nicole Murphy
studenteditor@nait.ca

Issues Editor
Sarah Stilwell
issues@nait.ca

Assistant Issues Editor
Josh Yaworski
issues@nait.ca

Sports Editor
Lauren Fink
sports@nait.ca

Assistant Sports Editor
Kyle Harris
sports@nait.ca

Entertainment Editor
Alison Mullock
entertain@nait.ca

Assist. Entertainment Editor
Meaghan Willis
entertain@nait.ca

Photo Editor
Chad Steeves
photo@nait.ca

Production Manager
Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
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Submissions encouraged:
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The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

We want your views

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

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.

Horse meat here? Not so much

By **JOSH YAWORSKI**
Assistant Issues Editor

While European nations struggle in the wake of their mislabelled beef scandal, many Canadians are actively pursuing opportunities to try horse meat. David Van Leeuwen, owner of Ben's Meat and Deli, told press earlier this week that he has seen a great deal many more people coming in to try it.

"One of our best sellers, probably our top third or fourth lunch meat, is the smoked horse meat, but we're also a Dutch store."

Many European nations traditionally enjoy horse meat, and enjoy it enough that Alberta ranchers exported 13,500 tonnes in 2011. While many have their minds set on the topic of horse meat and its edibility, Health Canada and the other regulatory bodies have no qualms with the sale or consumption. Currently, there are no laws forbidding the sale of horse meat provided that it has been inspected by the Canada Food Inspection Agency.

Horse meat is described as being similar to beef, only leaner, higher in protein and with a slightly gamier taste. The Guardians Alex Renton tells of a steak cook off earlier this year in which fine aged beef was paired off against horse.

"You could have confused the horse with beef, but its steak – juicy, tender, just slightly

gamey – won the fry-off by 12 votes to none." My own encounter with the smoked meat style was quite similar. I found it to be gamey, but with a taste and texture that would be well at home with some spicy mustard and a nice sharp cheese. On the other side of our own country, the Quebecois are able to purchase horse freely at nearly any super-market chain.

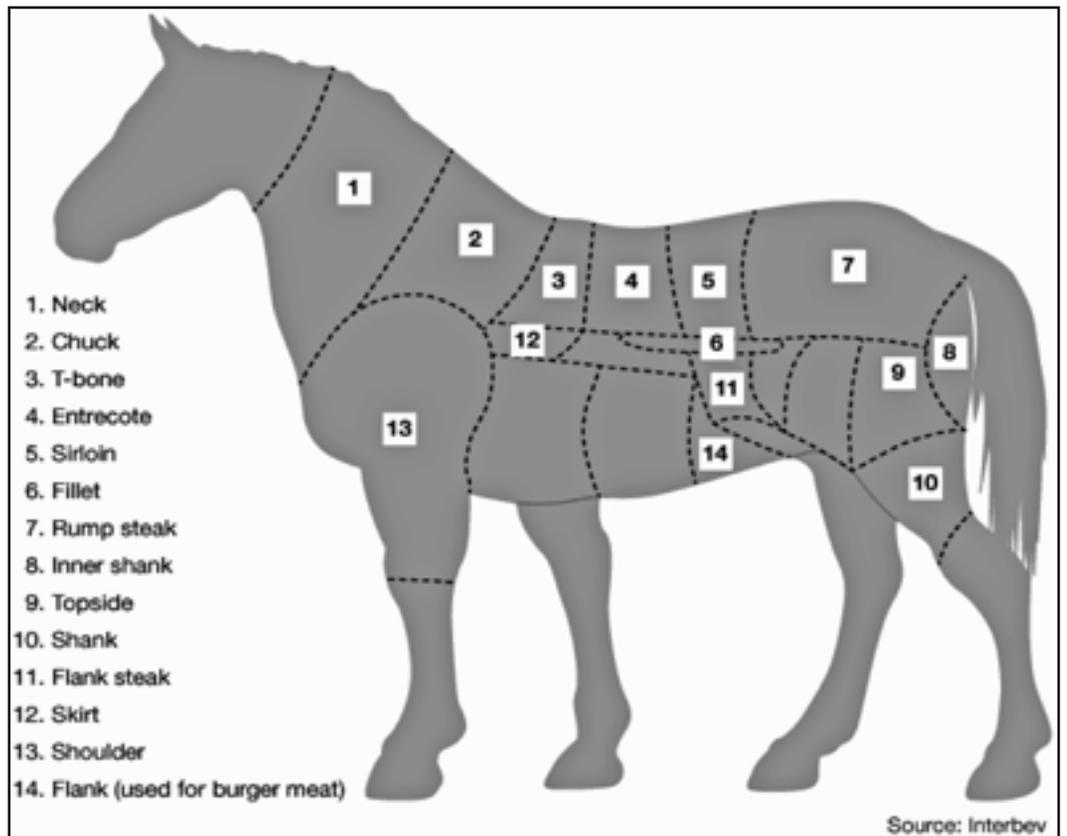
But there are many opinions against horse meat. Animal rights organizations claim that the slaughter of horse for meat is unethical due to their place as companion animals. A great many people have a simple ingrained faux-pas against the consumption of horse, some even going back to the Catholic church's banning of the consumption of horse meat due to its association with Germanic Paganism. Jewish traditions also ban the consumption of horse as they are without cloven foot.

Rob Povey of NAIT's Retail Meat Program doesn't see any future for horse meat, either.

"I think it's a specialty item mostly in the European market," he said.

Povey sees maybe two or three stu-

dents ask for horse meat products a semester and reports that many students instead choose products like bison meats and a wide array of gluten free options.



Orson Scott job not in the cards

By **DARTANION JOHNSON**
@Dartanion

An American author is causing controversy over his anti-gay statements. Orson Scott Card was originally set to write a story for the comic *The Adventures of Superman*, but once word got out about his views about

homosexuality, people from all over North America began protesting.

Orson Scott Card has been spreading his beliefs since the early '90s, saying such things as, "Regardless of law, marriage has only one definition and any government that attempts to change it is my mortal enemy. I will

act to destroy that government and bring it down, so it can be replaced with a government that will respect and support marriage and help me raise my children in a society where they will expect to marry in their turn."

Orson Scott Card has hit much critical claim for his work in the past. One of his most popular books, *Ender's Game*, is being produced as a movie and has a planned release date for Nov. 1. As far as Superman goes though, his radical views have completely derailed the issue. Due to the media exposure, comic store bans and online petitions, illustrator Chris Sprouse has left the project. Chris has stated that he no longer felt comfortable with the whole situation, but that he will continue working with DC Comics. Orson Scott Card is no longer writing the story and will be replaced by



Jeff Parker and Chris Samnee.

DC Comics have been writing gay characters into their stories for a while now from Alan Scott, Earth 2's Green Lantern coming out to Batwoman's proposal to her detective girlfriend, so the inclusion of bringing on an anti-gay writer has been questionable.

Ontario comic shops were some of the first in Canada to ban the book before the release date. Some local comic shops here in Edmonton were asked for their opinion, and they all deemed the subject matter too controversial to comment on.

Is there a line between persons personal beliefs and their work? Is this censorship? The Nugget wants your opinion! Does a person's personal belief affect how you look at their work? Tweet us at @NuggetOnline.



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Orson Scott Card

Job fair coming soon

Come and join the NR92 Hockey Team and Alberta is Working Job Fair at noon on March 19, 22, 25 in the Fresh Express, on March 21, 28 and April 1 in the Spartan Centre and on March 26 and April 2, 3 in the South Lobby.

Get some swag and show your hockey skills. We will have many opportunities to win movie passes, score a goal and get all the information you will need for the job fair.

Class at lunch? Listen to NR92 to get all the information you will need! Follow our twitter @NR92 to get more info and like our Facebook page <https://www.facebook.com/#!/NR92Radio?fref=ts> to follow our success and watch some action packed videos.

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13	Wed.	Memory, Learning & Concentration	11:15am-12:00pm 12:15pm-1:00pm
18	Mon.	Stress Management	11:15am-12:00pm 12:15pm-1:00pm
20	Wed.	Time Management & Procrastination	11:15am-12:00pm 12:15pm-1:00pm
25	Mon.	Learning Styles	11:15am-12:00pm 12:15pm-1:00pm
27	Wed.	Exam Preparation & Writing	11:15am-12:00pm 12:15pm-1:00pm

APRIL, 2013

1	Mon.	Reading to Remember	11:15am-12:00pm 12:15pm-1:00pm
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Point counter Point Star Wars showdown



JOSH YAWORSKI
Assistant Issues Editor

I remember every inch of the box that contained those three magical VHS tapes. I remember the exact shade of blue, red and green that were emblazoned beneath the words *Star Wars*, in that strange noodly script. Every time that tape slid into the VCR, my brothers and I would get a little jolt of excitement, knowing that for probably the third or fourth time that week we were watching *Star Wars*. My main motivation to learn how to read was just so I could keep up with those floating words and to no longer have to stop and pronounce each one. Those were the Saturday mornings of my youth, and those memories will live with me for the rest of my life.

As a small child, death is too much to grasp. Even as a farm kid, childhood shields you from reality, until all of a sudden it stops. I was eight years old when that happened. I was walking along and stepped on a butterfly and the idea that I may have killed that little creature stunned me. My sadness and revulsion at my own clumsiness and the consequences that it had went on for hours while I tried to nurse what I believed to be the most beautiful butterfly in the world back to health. It was only after the little bug gave up that my dad took me and my little brother to a movie, hoping it would cheer us up. That movie was the *Phantom Menace*.

Taken away

And it did. And it did so much more. There was the moment that proved the real magic, the power of both *Star Wars* and the theatre in general. My heartbroken, eight-year-old mind forgot the butterfly and instead was taken away to a place far beyond my comprehension. Incredible machines inspired me and new, strange villains terrified me. To an eight-year-old, Jar Jar Binks is slightly less obnoxious and slightly funnier than to older folk. While it may be true that as I aged I saw the cracks in it and sometimes even the jagged caverns in which logic fell, that didn't keep my dad from taking us to see *Attack of the Clones* in 2002 when a close family friend died. And in 2006, on one of the last nights my group of friends were together before going to separate high schools, we went and we saw *The Revenge of the Sith*.

Important memories

That was the power of these movies. For whatever reason, *Star Wars* seems to have captured the imagination of every generation that followed it and has become a place saver for some of the most important memories of our lives. These were the fantasies that we all played out, whether in the recesses of our minds or on one of the hundreds of video games that have come since. I happily waited in line for an hour to ride Disney's Star Tours three months ago, despite my fear of crowds. I willingly watch commercials aimed at children a quarter of my age because that's the only way I can watch the cartoon episodes of what happened in between *Clone* and *Revenge*, because I need to know what happened – because the eight-year-old inside of me needs to know.

Say what you will about Disney, or about the quality of the last three films, or about the future of the films with J.J. Abrams. I know that I will eagerly await the next three films, and I know I will have them in my home for my children to discover one day. It may be selfish, and it may be childish, but these movies need to happen, even if I am the only one that wants them.



By **CHRIS FIGLIUZZI**

I am going to make a confession – a confession that some, if not all of you, will judge me for. I have never sat down and watched all the *Star Wars* movies. I'm not talking about sitting down and watching all six back to back in one sitting. I have seen all of the one where Luke finds out, SPOILER ALERT, that Vader is his father, most of the three newest ones and parts of the others, but that's about it. Yet, despite my complete lack of knowledge or understanding of the *Star Wars* universe, I still know that it is a terrible idea to make any more *Star Wars* movies.

A long time ago in a galaxy that seems far, far away now, George Lucas, as I understand it, changed the landscape of movies when he released *Episode IV: A New Hope* in 1977, and yes I had to look up both the year and title. He would go on to release *V: The Empire Strikes Back* (1980), and *VI: Return of the Jedi* (1983) and then did nothing with it for a long, long time. I don't know if he was desperate for money but in 1999 he went back to the board and released *Episode I: The Phantom Menace*, which has largely been considered a terrible decision. To compound this he then released two more new movies, which again was largely seen as a terrible decision. So why would anyone want to risk further ruining this once great franchise by adding additional movies?

Han, Luke and Leia have aged

Earlier this week it was announced, accidentally, by Lucas that the three main actors, Mark Hamill, Harrison Ford, and Carrie Fisher will all be back. This is great news ... for them. With the exception of Ford, most of them probably haven't had an acting job in years. This, though, leaves me with a couple of questions like, are they reprising their roles? If they are reprising their roles how much do we really want to see Han, Luke and Leia now that they have aged? Are they still central characters or are they simply there to pass the torch? The other alternative is that they are merely in the movie for a cameo, in no way acknowledging their former roles and prominence in *Star Wars*. I think that this would almost be the worst possible use for them. This knowing (wink wink, nudge nudge) with the viewer is often misconstrued as being clever and self-aware, when in reality it is lazy, uninspired filmmaking and a sign that someone is just mailing it in and not giving it the effort and respect the series demands.

Not just another franchise

In closing, *Star Wars* is more than just another movie or franchise. *Star Wars* was and continues to be the defining movie of a generation. *Star Wars* is the franchise. It's what all movies, trilogies and franchises strive to be. In recent years, we have seen the terror that comes from revisiting a franchise that has out lived its time. The new *Die Hard*, *Rocky*, and *Indiana Jones* movies were terrible and taint the other movies in the franchise. *Star Wars* barely survived the last release of new movies. Why not leave us with our fond memories of Luke, Leia, Han, Chewy, R2 and CP30 in their prime. Leave them in their prime at their finest moments instead having them try to relive their past glory days or worse still, having to deal with another movie featuring the comedic stylings of Jar Jar Binks.



Photo by Tyler Frith

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2013?**IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2013**

Friday, May 10, 2013 and Saturday, May 11, 2013

The Northern Alberta Jubilee Auditorium, 11455 – 87 Avenue, Edmonton, Alberta

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Patricia Campus Bookstore, Room P135

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Deadline for ordering gowns: THURSDAY, MARCH 28, 2013For more information regarding Convocation 2013, visit NAIT's website at www.nait.ca/convocation**Friday Evening Ceremony
May 10th, 2013 – 6:30 p.m.****JR Shaw School of Business**

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**Saturday Morning Ceremony
May 11th, 2013 – 8:30 a.m.****School of Health Sciences**

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- Heavy Equipment Technician
- Insulator
- Ironworker
- Lather – Interior Systems Mechanic
- Machinist
- Millwright

- Outdoor Power Equipment Technician
- Painter and Decorator
- Parts Technician
- Plumber
- Refrigeration & Air Conditioning Mechanic
- Rig Technician
- Roofer
- Sheet Metal Worker
- Steamfitter-Pipefitter
- Structural Steel and Plate Fitter
- Welder

**Saturday Afternoon Ceremony
May 11th, 2013 – 1:30 p.m.****School of Information Communication and
Engineering Technology**

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Computer Engineering Technology
Computer Network Administrator
Electrical Engineering Technology
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Geomatics Engineering Technology
Interior Design Technology
Landscape Architectural Technology
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Petroleum Engineering Technology
Power Engineering – 4th Class
Power Engineering Technology
Water and Wastewater Technician

OPINION

— Editorial —

Red tape stings students



NICOLE MURPHY
Editor-in-Chief
@NicoleMurphySt

Post secondary students are losing money over problems with course transferability in Alberta. The Alberta Students' Executive Council (ASEC) is an organization made up of over 175,000 students from different post secondary institutions in Alberta. ASEC looked into cost of living, books, tuition and the overall expenses students pay to redo courses that do not transfer from one post secondary institute to another. Through research ASEC came up with \$78 million lost in post secondary education because students need to often retake full years of classes.

"We wanted to put a number figure together since taxpayers pay 60 per cent of tuition," said ASEC Chair Matthew Armstrong in a recent phone interview.

Had his own difficulties

Armstrong experienced his own difficulties in transferring from Manitoba to Lethbridge for post secondary education. He had 67 credits from the University of Manitoba and the University of Lethbridge only wanted to recognize 30 of those credits. He recalled being told he would have to take a class about Greek and Roman mythology again. The classes at both universities had the same name and very close to the same descriptions. Armstrong fought against having to take a class where the information taught does not change often. He brought in old school work to prove he knew the information and after much time and energy exerted, he received the credits. In the end he did manage to achieve 60 out of his 67 credits, saving him a year of schooling, but going through the ordeal might be more than what some students can handle.

"The purpose of post secondary education is to get more educated people out contributing to our society," Armstrong said. "The more educated the population is, the less social services are needed."

Who's winning?

There have been many studies to show this to be true, but only if students finish their schooling. The positive effects of education on a society do not take effect if people drop out. With extended post secondary experiences due to lack of course transferability, the odds of students finishing goes down. Student loans start to add up and the frustrations of school can create dropouts.

If students are having their time wasted, taxpayers having their money wasted and society missing out on an educated population, who is benefiting from how the transferability system is working now?

"That is the thing. We don't know who is winning from this," says Armstrong.

The whole situation is a mystery. Understandably, not all courses are going to directly transfer over. You cannot go from nursing to education and expect a clean break. But in one instant an engineering program in the United States recognizes two years of a transfer program when the University of Calgary only recognizes one year. There just does not seem to be

an understanding across the board.

Alberta has the lowest education participation rate in the country and students are going elsewhere to finish schooling because of transferability of courses.

"The need to eliminate inefficiencies in the post-secondary sector is more pressing than ever," Armstrong said.

ASEC stressed the point in a recent news release.

"Students are forced to unnecessarily retake courses they have already completed at other institutions in order to complete

their credentials. This means Alberta students incur more debt and delay their entry into the work force," it said.

ASEC will continue to unify Alberta students, hoping to give post-secondary education students a voice. The council believes that post-secondary education is important and that every Albertan should be able to attain an education.

For more information on the progress of transferability of courses in Alberta and to see how the newly announced budget will effect you, visit www.albertastudents.ca



teacherstraining.com.au

An estimated \$78 million is lost because post secondary students are forced to retake courses.



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SPORTS

Digging deep in March



LAUREN FINK
Sports Editor
@laurenfink_

March is one of the busiest months of the year, not only for students but for athletes as well. If you hadn't previously been bombarded with assignments, test, or things to do, I can guarantee that's happening now, and if you are an athlete then maybe even playoffs on top. It can be hard to maintain a level head and accomplish things when we are overwhelmed and stressed by the various things going on in our lives.

To accomplish these goals, whether they be in athletics, academics or everyday life, sometimes we all need a little push.

Who we are by nature has a big role in how we inspire ourselves to accomplish our goals, but lots of the time it's others who push us to achieve tasks. In athletics, it's pep talks in the dressing room or something a teammate or

our parents say. In academics, it's very similar. It's the things our teachers teach us, something a classmate says or maybe a push from our parents. Either way, people who have the same aspirations or want us to succeed have a huge impact on us achieving goals and acquiring the things we want. Our support groups, like family, friends and teammates, are an asset during times, like March, where we need that motivation to keep going.

Another place people find the inspiration to keep going is from within. To succeed, we have to consciously decide to make the effort, or even to take advice that is given to us. If you're having a bad day, more than likely no one can change it. They may try and even give you words of encouragement but you are the one who decides your mood. The same goes for other things in life, like an assignment you have that you find challenging. No one can change the way you view the assignment, but others can give you the tools you'll need to finish the assignment and it's up to you how, and if, you use them. If you do decide to take someone's help, then more than likely it will inspire you to try, which will hopefully allow you to succeed.

I'm no expert, but I'm one of those lucky students who likes to bite off more than they can chew, so, you can say I have first hand experience dealing with stress and needing

inspiration to keep going. I definitely find overcoming being stressed starts with the decision to ask for help, then from there taking the help and making the decision to apply it.

There are many other ways to make March, or really any stressful period, a little bit easier. I have compiled a list of ways I know, from experience, or have seen others use, that really help lower stress levels, especially in academics.

1. Take a break: I know, that sounds counterproductive, but I promise it's effective. Grab a snack, walk around, shower or have a bath or maybe even watch a television show. Take the break but make sure it's brief and won't take away all the time you have to accomplish your goal.

2. Listen to music: Pump those jams! Enjoy listening to your favourite music while studying or maybe combine number one, and number two, and have an impromptu dance party to refresh your mind and inspire you!

3. Yoga/Exercise: It's been proven that exercise makes you happier! Make time to change your emotion and work on your health! It will help you become less overwhelmed.

4. Talk: Talk to someone or just talk it out with yourself! Ask questions or just share your concerns. If you're alone, do the same, just self-evaluate the scenario. It may sound crazy, but

something I've learned as a broadcasting student and even as a writer is to often ask myself questions about what I'm doing with an assignment or to read it aloud. It really helps smooth out bumps and calm me down.

5. Keep calm and quote on: This is the cheesiest, and my favourite! It's simple and effective, just read quotes online. When people who have achieved great things and have something enlightening to say, listen, or in this case, read. I've picked a few of my favourites to share:

6. "Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it will live its whole life believing that it's stupid."

– Albert Einstein

"If you want to live a happy life, tie it to a goal, not to people or objects."

– Albert Einstein

And, my personal favourite:

"Say yes and you'll figure it out afterwards."

– Tina Fey

Yes, it's my favourite because it justifies my problem with biting off more than I can chew but it also reminds me that it can be done.

Hopefully, this helps keep you motivated and strive through this March madness! If you aren't crazy busy right now, just keep the tips in mind for finals!

MEN'S HOCKEY PLAYOFFS

Next – SAIT!

By **STEPHAN SUTCLIFFE**
@stephansutclif

Entering Thursday's game the Ooks' men's hockey team held a 2-0 series lead, but the Concordia Thunder had their backs against the wall and were determined to give NAIT a game. Ooks defenceman Andy Willigar talked about what it would take to beat Concordia.

"Sticking to what we've done all year, we've had success against them thus far, playing a sound, solid game."

An Ooks team that got the bye through to the second round of the ACAC playoffs, took a run through the Thunder in the first two games and like any team sat back in the early part of the third game. The Thunder came out of the gates with an effort that was matched by the Ooks and the early play was split between the teams' zones. The first period saw a power play for both teams, leading to no goals from either squad, but NAIT beat Concordia on the shot clock 6-5.

The Ooks opened the scoring three minutes into the second period with a goal from Michael Piluso, but couldn't hold momentum off the goal as the Thunder were giving NAIT more of a push than they had received in the first games. Concordia ended up tying the game just over

midway through the second stanza but the Ooks responded minutes later with a goal of their own from Jordan Draper. Unable to hold any obvious momentum in the period NAIT managed to hold the 2-1 lead.

One period away from a trip the ACAC finals NAIT carried a lead into the third period, their best period in the first two games of the series. Scoring 13 minutes into the period, Ooks forward Scott Fellnermayr extended NAIT's lead to two goals. The luxury of the two-goal lead was short lived when only 12 seconds later Concordia scored to bring NAIT back within reach.

The Thunder failed to find a hole in the padded armour of Ooks goalie Shannon Szabados, who made 17 saves in the game. The Ooks never scored a power play goal in the game and recorded their lowest goal total of the series with the 3-2 win. But, the series nor the game was ever in doubt. Even when the Ooks had their weakest effort of the series they were still able to better the less talented Thunder. The NAIT Ooks know the toughest test of the season will come in the ACAC best-of-five championship against their Calgary rival, the SAIT Trojans. The championship series is set for March 14-24.



Photo by Jesse Kushneryk

NAIT Ooks Dante Borrelli makes a pass during Thursday's ACAC playoff game against the Concordia Thunder. NAIT won 3-2 and will play SAIT for the championship.

NATIONALS – WOMEN'S VOLLEYBALL

Memories to last a lifetime

By ALISON MULLOCK
Entertainment Editor

@alimullock

This season the NAIT Ook's women's volleyball team broke NAIT records, as the first team to medal at provincials, first to win provincials, and first to go to Nationals (placing fifth.) Who better to tell us why exactly the season was so special but the girls themselves?

•••

A true Cinderella story. Our team was the epitome of hard-work, compassion, perseverance and team unity. Every single person had a certain role. When they weren't capable of filling it to its maximum efficiency, someone else was able to step up and keep them motivated and determined. I am extremely happy to have played this season and share in the special moments we created. History has been made, the bar has been set and hopefully every single one of us can move forward and remember everything that was achieved this year because I definitely won't ever forget.

–Ashlee Lee, second year, leftside

•••

Being on this team is like being apart of an Ook family. You always have your girls to rely on, someone to help you grow as a person and guide you through life. The girls take you under their wing and help you through rough patches. Being apart of this team on the year we made history shows that we can accomplish

anything and all goals are achievable. We set a bar at the beginning of the season and through hard work, effort, and dedication we raised the bar. I grew mentally and physically through this season and had role models to look up to every step of the way.

– Kennedy Ilnicki, rookie, rightside

•••

Being on this team has been unforgettable. We became family; we became sisters. We created a togetherness that I have never before felt on a team. Going through the ups and downs of the season with these ladies has made me grow so much as a person, and I thank every single girl for that. It was an epic year, one for the history books and one that I will always smile about.

– Ashley Skaley, third year, middle

•••

The recipe to our success was passion, love and dedication to play for each other. Having such a close team helped us through everything and together, we could do anything we set our minds to. Like Lorne said, It was the "NAIT Way." Everyone had tremendous value to the team. Our sense of competitiveness yet respect for the sport is displayed by our team bench, the energy on the court and our sportsmanship award granted to us in Nationals. Being a part of NAIT's women's volleyball team on their most successful year was an unbelievable feeling. The taste of victory will never fade. For the following years, I plan to carry the energy and passion that

the graduating players shared with me.

– Joanie Ulliac, rookie, setter

•••

Being on the NAIT Ook's volleyball team this year was an experience of a lifetime. The team this year made it to nationals, which as a rookie, was quite intimidating, seeing as I was the first substitute in. However, all of my teammates knew how to make me feel confident on the court. This year with the NAIT is a year that I will never forget. Winning provincials and attending nationals are two of the biggest accomplishments in a volleyball players career, and getting to experience these victories with a coach like Lorne Sawula was the experience of a lifetime, that not many people are lucky enough to say that they've done, let alone experience in their first year.

– Kelsey Tymkow, rookie, leftside

•••

Being on the team and being an Ook has meant so much to me throughout my five years in volleyball, but this year was special and holds so much more weight. This team one was of hundreds: Slightly dysfunctional at times, while brilliant at other times. We were the perfect combination of serious and goofy, intense and relaxed, individuals and teammates. These combinations set us apart from other teams in the league and nationally, but it was our sheer determination to succeed that helped us to make history this year. Never before had a

NAIT Women's Volleyball team brought home a provincial medal; we brought home gold! Never before had a NAIT Women's volleyball team made it to Nationals; we beat our initial ranking of 15th and came home fifth in the country! NAIT's new history could not have been made without every single person who showed us their support throughout the season! A special thanks to my team, this has been the best year of volleyball for me, to our Coaches, we couldn't have done it without you, and to my family and friends for supporting us all throughout the season!

– Kelsey Bleier, fifth year, setter/captain

•••

It has been a privilege to end my career with this team. I've never been on a team with so much drive, heart, love, laughter and passion. Being the first WVB team to bring home gold and go to nationals has been amazing. Beating Red Deer in their own gym and having our team come together at the right time to play the best we ever have is priceless. It's sad that I'm done playing but going out breaking records couldn't be a better ending. I'm so proud to be an Ook and forever have our names on the wall. Love you guys.

– Sarah Watson-Kostaniuk, fifth year, rightside/captain

•••

I believe in everything said above.

– Alison Mullock, third year setter

WOMEN'S HOCKEY

Ooks take ACAC championship

By KYLE HARRIS
Assistant Sports Editor

@TheHarrisShow20

The NAIT Ooks women's hockey team are ACAC champs! The women defeated the Red Deer Queens 3-1 in the best-of-five series Saturday afternoon.

The Ooks looked to sweep the Queens at home Friday night,

but fell short. The back and forth barnburner gave the fans a lot of excitement. NAIT arena was packed with Ooks and Queens fans, creating a great buzz in the rink.

The girls came out flying in the first period, throwing everything at the Queen's goaltender. The period ended in zeros, which then created a great second frame. The Queens pressed hard as the Ooks seemed sluggish. The Queens took a commanding 2-0 lead

going into the third period.

Down but not out, the women fought back hard as they tried to rally. On a power play, captain Danielle Brown put one past the RDC goaltender to put them within one. Twenty six seconds later, Nicole Dunlop responded with a goal, knotting it up at two-a-piece. The game's intensity picked up, as both teams grinded away, pushing hard looking for the third goal. Unfortunately it was just not meant to be for the Ooks that night. After a mad scramble in front, Laura Salomons put a shot past goaltender Jill Diachuk. The team was unable to rebound from the goal and fell short 3-2.

After a tough loss at home, the girls looked to rebound Saturday afternoon in Red Deer. The women once again played comeback, as the Queens struck first at the halfway point of the opening frame. The team didn't panic. Jill Diachuk was solid in net, stopping 26 of 27 shots. The Ooks offence exploded in the second period, as captain Danielle Brown snapped her second of the series past RDC's tender. Michelle Pochapsky netted her first of the series to give the girls a 2-1 lead. Then shortly after Pochapsky put home her second of the game, giving the girls a 3-1 lead heading into the third.

Playing well with a two-goal lead, the Ooks were able to ride the momentum and watch Pochapsky net her third of the game, giving her the natural hat trick. The Queens had no response to the Ooks, as the girls prevailed to win the game and the series, giving them the title as ACAC women's hockey champions. Ook forward Sherri Bowels expressed how all the hard work and dedication made this championship that much sweeter.

"The best part of winning the championship was knowing that our hard work throughout the season paid off and we completed our end goal! I have never been on such a dedicated, hardworking and committed team. All the work we put into training and practices makes it all worth it. Seeing how happy our team was and the coaching staff, made the moment just absolutely unreal! By far one of the best moments of my life."

Congratulations to the girls on their first place finish in the regular season and championship playoff run!



Photo by Jesse Kushneryk

NAIT Ook Michelle Pochapsky celebrates one of her three goals on Saturday as she led her team to the deciding win in the ACAC playoffs against the Red Deer Queens.

Oil Kings clinch Conference

By **KELSEY LYDYNUIK**
@kelseylydynuik

After heading home for a few days, the Oil Kings were back in action in Regina on March 6, looking to come back from their 3-2 loss to the Pats last time these two teams played. Midway through the first period, Lane Scheidl notched the first goal of the night on the power play for Regina. One minute later, the game was tied at one, with a goal from Michael St. Croix, the CHL player of the week. With less than three minutes left in the first, Dylan Wruck went top shelf to give the Oil Kings a one goal lead.

However, Braden Christoffer would have none of it and evened the score just before the final buzzer. In the second, David Musil got called for a clipping major, and after Keegan Lowe left the game in the first from an injury, Edmonton was down to only four defencemen.

Kyle Burroughs would have the lone goal

for the Pats in the second period, with the Oil Kings trailing 3-2. St. Croix would open the third with another goal, and even the score between the two teams. Minutes later on the power play, Cody Corbett wired one home to give Edmonton a one goal lead. Shortly thereafter, St. Croix would notch his third of the night to give him his seventh WHL career hat trick. TJ Foster got the final goal of the game at the midway point in the period, as the Oil Kings avenged their last loss to the Pats with a 6-3 victory.

Two nights later, the Oil Kings were in Brandon, which marked the return of Henrik Samuelsson from his two-game suspension. Stephane Legault notched the lone goal at the midway point of the first to give Edmonton a 1-0 lead over the Wheaties. With a score-

less second, the Oil Kings carried their lead into the third, until Nick Buonassisi scored on the power play to make it a tie game. Mitch Moroz answered the goal, giving the lead back to Edmonton. Thirty-seven seconds before the final buzzer, Tim McGauley wired one past Laurent Brossoit to send the game into overtime.

Once regulation ended, the Oil Kings had enough points to clinch the Eastern Division championship for the second consecutive year. After five minutes of overtime, the score remained tied and the game went into a shootout. In the first round, Brossoit shut down the Wheat Kings' Eric Roy, and Samuelsson was able to put one past Corbin Boes. The second round had the same result as Jayce Hawryluk was unsuccessful against Brossoit and Legault sent one past

Boes, to give the Oil Kings their fifth consecutive win.

The Eastern Conference champs had one last stop in Moose Jaw before returning home for the end of the season. Just as the puck dropped, Trevor Cheek sniped the first goal of the game. As the first was wrapping up, Braeden Point tied it up for Moose Jaw. At the beginning of the second, Cheek gave the lead back to Edmonton and Curtis Lazar pushed the Oil Kings' lead to two. In the third, St. Croix notched one more on the power play, to give the Oil Kings a 4-1 win over the Warriors.

The Oil Kings play the Blades on Tuesday, which could be a potential preview of the Memorial Cup. On Friday, they will be in Red Deer and on Saturday they will wrap up their regular season at Rexall Place for a rematch against the Rebels. Tickets for the first round of playoffs are now on sale.



Oilers home on positive note

By **BRIANNE SAKOWICH**
@briannesakowich

The Edmonton Oilers have been on a 17-day, nine-game road trip, also known as the "Brier road trip." This trip hasn't had the results that the Oilers wanted, but they finished off the trip with eight points, thanks to two wins in a row against the Chicago Blackhawks and the Colorado Avalanche.

To start the trip, the Oilers were beaten by the Blackhawks 3-2 in overtime. A few days later they won 5-1 against the Dallas Stars. The very next day they dropped a close one to St. Louis 4-2. Minnesota was then be the next stop for the road trip, where the Oilers once again lost 4-2. Onward to Ohio where they faced the Columbus Blue Jackets and eventually fell short 4-3 in a shootout. They then made a stop in Detroit and were blanked 4-0. They then went to the music city, Nashville, where

the Oilers suffered their worst loss of the road trip, 6-0, as well as being held scoreless for the second straight game.

Nikolai Khabibulin aggravated his groin during the Chicago game and it was up to Devan Dubnyk and Yann Danis to keep this team in a possible playoff position. Dubnyk has played a part in each game, and after his first game against the Stars, it's been downhill from there, with the exception Monday's 4-0 win over Colorado when he was superb.

Jeff Petry has been having a good trip, tallying three goals and two assists. Jordan Eberle has totalled five points, all assists. While Ales Hemesky was able to rack up three points against the Stars. Nail Yakupov was able to break his scoring slump with a goal against the Blackhawks.

After the road trip the Oilers currently find themselves in 12th place in Western Confer-

ence standings, ahead of Columbus, Colorado and Calgary.

The Oilers will be coming home to play four games at home. Even though playoffs may seem light years away for the Oilers, if they

buckle down and play as team, possibly create another flying V, believe in themselves, they may have a shot to make it to the playoffs.

Their first game home is on March 17 against the Detroit Red Wings.



Oilers goaltender Devan Dubnyk collides with St. Louis Blues defenceman Chris Porter during their game in St. Louis March 1. The Oilers lost 4-2.

Curling Nationals at NAIT

CCAA National Curling Championships
March 20-23

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Eight men's and ladies teams
(NAIT teams skipped by Karynn Flory and Matt Brown)

Draws

March 20 – 8:30 a.m., 2 p.m.

March 21 – 8:30 a.m., 2 p.m., 7 p.m.

March 22 – 8:30 a.m., 2 p.m.

March 23 – 8:30 a.m., 2:30 p.m. semis and final

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COMMUNICATION & CULTURE



Brier surprises, disappoints

By **SARAH STILWELL**

The annual 2013 Tim Hortons Brier took place at Rexall Place from March 2 to 10,

and was host to many shocking and surprising turns of events over the nine days. Edmonton is no stranger to hosting the



Photo by Tanya Hiltz

Kevin Martin's son, Karrick, left, made his Brier debut for his dad Kevin, right, when he replaced lead Ben Hebert for the last two ends against Brad Jacobs of Northern Ontario when his rink was down 7-1.

Brier, as 2013 was the sixth time the Brier has been held here. The City of Champions previously set the record in 2005 for largest attendance record with 281,985 fans. The crowds were certainly there this year, especially since the organizers decided to eliminate many of the 8 a.m. draws, much to the satisfaction of curling fans. The fans didn't break the previous record, but around 190,000 people were expected to attend by event organizers. They expect the lower number of attendees to have something to do with the fact that the host team did not make the playoffs after numerous upsets throughout the week.

Curling fans were thrown off early in the week by Edmonton native skip Kevin Martin's performance. Martin's team Alberta, the reigning 2010 Winter Olympic champion and a World Champion – not to mention a favourite to win the Brier, did not qualify for the gold or bronze medal matches, causing an astounding upset for curling fans.

Martin and his team were off to a rough start at the beginning of the week, losing four of their first five matches. Alberta came back from 5-1 to fight their way to 7-4, but Martin and his team were eliminated Friday evening by Team Ontario.

Team Ontario, led by skip Glenn Howard, another favourite to win, and winner

of the 2012 Tim Hortons Brier had a solid week, but in the semifinals they were eliminated by their neighbours to the North (Team Northern Ontario) but managed a bronze – another astounding turn of events during the Brier week for the reigning Brier champion.

In the finals, Northern Ontario, led by skip Brad Jacobs, kept a lead over Jeff Stoughton's Manitoba rink and obtained Northern Ontario's first win at the Brier since 1985. The win was secured in the ninth end with a concrete 11-4 finish.

It was mostly – but not all – curling this year. As always, the audience had a good time, too. A retired pharmacist won Cold Stone Creamery for her entire row by winning at a trivia question, and Edmontonians and non-Edmontonians were able to enjoy their beloved Tim Hortons at Rexall for the week, which is something Rexall should consider keeping around, seeing how popular it was with the crowd.

There was something for everybody and Albertans didn't seem to be put out by Alberta's unfortunate elimination. Alberta might not have made it to the final, but that didn't stop Martin's fans from proudly waving their flags during the ceremonies. The Martin rink will soon be attending the Olympic trials and making their attempt to return to the Olympic ice in Sochi next year.



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Athletes of the week

March 4-10

Michelle Pochapsky
Hockey



Michelle was instrumental in leading the NAIT women's hockey team to the first ACAC championship in their history. In the pivotal game No. 4 versus the Red Deer College Queens, Michelle took over. After her team got down 1-0 early in the first period, Pochapsky scored three goals, giving the Ooks a 4-1 victory and the ACAC gold medal. "Wow, a hat trick! Something clicked for Michelle in that final game," said head coach Deanna Iwanicka. "Determination took over. She was a force." Michelle is a second-year Business student from Didsbury, Alberta.

Dante Borrelli
Hockey



Dante was dominant in the Ooks semifinal sweep of the Concordia Thunder. Borrelli created a lot of offensive chances leading the way for NAIT by scoring three goals and two assists in the three-game series. "Dante exemplified the relentless work ethic required in playoffs to get things done," said head coach Serge Lajoie. "NAIT's special teams were contributing factors to the semifinal sweep of Concordia and again Dante figured prominently on both the power play and penalty kill units." Dante is a first-year Academic Upgrading student from Edmonton.

Athletes of the week

February 25-March 3

Dan Kai
Badminton



Dan Kai won an unprecedented fifth national championship on March 2 at the CCAA national badminton championships in Barrie, Ontario. Kai became the first male athlete in CCAA history to win five national titles. At this year's championships, Kai did not lose a match dropping only two games the entire tournament. "Kai obviously is a tremendous badminton player," said head coach Jordan Richey. "This accomplishment is one of the greatest achievements I have ever seen in college athletics." Kai is a fifth-year Business student from China.

Lei Chen
Badminton



In only his first year at NAIT, Lei captured the mixed-doubles championship with partner Jessica Yu at the CCAA nationals in Barrie, Ontario, held from Feb. 27 to March 3. Lei quickly became a favourite for people to watch at the Nationals with his amazing skill and overwhelming power. The duo only dropped one game during the entire tournament, finishing with a 7-0 match record. "Lei was amazing at the Nationals. He always brings his best game forward at crucial times," said head coach Jordan Richey. "It is great to know that we have a player of Lei's level with our program for the next few years, especially with the departure of Dan Kai." Lei is a first-year ESL student from China.

Athlete Profile



Player: Loren Burke-Gaffney

Sport: Soccer

Position: Fullback

Program: Personal Fitness
Training

By **LAUREN FINK**
Sports Editor

@laurenfink_

When did you start playing soccer? –

Pretty much as soon as I could walk I'd be out at my brother's soccer games, kicking around a ball until I was old enough to play!

What's your favourite part of the sport? – It's always a great day to play. Yes, even in the snow!

Who do you look up to in athletics? – Athletes competing at an Olympic level.

How many pairs of shoes do you own? – The real question is how many of them do I wear! I live in my Nike Frees and flip flops.

What did it feel like to have such a successful season? – It is a surreal feeling to have the opportunity to head to nationals. Hard work pays off!

Are you returning to NAIT next year? – Yes.

What do you hope for next season, especially after this past season? – National bronze and silver is great ... but it's time for some gold!

If you could live anywhere in the world where would it be? – A spot on the Okanagan.

Do you have any pre game rituals or superstitions? – I drink chia seed water before games.

Goat videos or Harlem shake? – Goat videos!

What does it mean to you to be an Ook? – Privilege, we represent a successful athletic program.

What is your favourite part about being an Ook? – I'd say the support all of the teams have for each other. Ooks fly together!

Athletes of the week

February 25-March 3

Jessica Yu
Badminton



Jessica won her second consecutive national championship at the CCAA national badminton championships held from Feb. 27 to March 3 at Georgian College in Barrie, Ontario. Yu, along with her partner Lei Chen, went undefeated and won the mixed-double gold medal. Jessica won a gold medal at last year's nationals in women's doubles. "Aside from having phenomenal badminton skill, Jess is incredibly driven and competitive," said head coach Jordan Richey. "Her play at both nationals was consistent and focused". Jessica is a fourth-year Business student from Edmonton.

Shea-Lynn Noyes
Basketball



Shea-Lynn had a fantastic tournament for the NAIT Ooks women's basketball team to bring home the bronze medal at the ACAC championships held Feb. 28-March 2 at Augustana. Noyes had a breakout game versus Lakeland in the quarter-finals with 21 points and five steals. She finished the tournament with 39 points and 11 steals and was a major reason why the Ooks captured their first medal in franchise history. "Shea-Lynn was a huge part of our bronze medal run," said head coach Todd Warnick. "Her tenacity on defence and offensive explosiveness were invaluable to us in the tournament." Shea-Lynn is a first-year Academic Upgrading student from Spruce Grove.



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ENTERTAINMENT

A real reporter – for a day



MEAGHAN WILLIS
Assist. Entertainment Editor
@meaghan_willis

The budget was announced last Thursday and I was there for the whole thing. Being a reporter for NAIT NewsWatch, I have some really amazing opportunities to go to media events of all types but this was the biggest one I have been to thus far.

My day began early Thursday morning when my cameraman and I arrived at the legislature for what proved to be my biggest learning experience in reporting. Once there, I was directed to the premier's office to pick up my media package, which turned out to be a detailed outline of the budget almost the size of a binder.

Five-pound package

Once I was given the package that weighed about five pounds, I was made to sign a press embargo restricting me from releasing any inside information until the budget went to the floor of the legislature later that day at 3 p.m. Basically I was bound by a contract that I would not tweet, use Facebook, e-mail or call anyone to let them know what was going on with the budget and we were not allowed to leave the building at any point during the day. Pretty hardcore, right?

Well it wouldn't be a learning experience if I didn't make a couple of mistakes and embarrass myself throughout the day. Heading into the technical briefing of the budget I was about 15 minutes late and I stumbled into a room full of reporters from across Alberta. Of course, the only available open seat was in the middle of the overflowing room, so I made my way through the packed row of skilled reporters, tripping over their knees. I can only imagine how I must have appeared to the room full of accomplished media professionals.

After finally making it to my seat and trying to blend in and look like I belonged there, I opened my budget package and tried to figure out what was going on. Reporters asking questions, government officials rattling off numbers – I'm not going to lie,

a lot of it was just going over my head. I did manage to follow along and take notes on what was relevant to the story I wanted, which was a story on the cuts made to advanced education. Fast forward two hours and the technical briefing was coming to a close and I could breathe again.

From there my cameraman and I began setting up and waited patiently for Finance Minister Doug Horner to make his speech announcing the budget. I found out during the hour break that there was free lunch provided to the media which was awesome, so I went down to media room to mingle and try to look like I knew what I was doing. It felt pretty awesome to be there with two media passes around my neck covering the most important story of the semester for NAIT NewsWatch. I felt like a real reporter the whole day.

Doug Horner took to the podium at 12:30 to announce the budget for 2013, which received negative reviews in several different areas. Alberta is now facing a deficit for the first time in 20 years. Journalists seemed frustrated throughout the day because of how the budget was delivered – arguably the most complex budget layout ever delivered in Alberta to date. I knew it was hard for me to understand and apparently I wasn't alone in that. In the end I did manage to come to the conclusion that Alberta's deficit is about \$1.97 billion and it will probably take years to get our province out of debt again.

Pressure

Once the budget had "gone to the floor" the media waited patiently in the main lobby of the legislature for government officials and well known Albertans to react to the announcement made just hours prior. This was when I began to feel the pressure of being a real reporter. Everyone came streaming in all at once and then it was go time. I began forcing my way into media scrums, mic in hand, arm stretched out in front of me. It was tough work and it can be very uncomfortable when you're pressed up against a million people you don't know, but it's a really cool experience.

After an hour of media scrums and pushing my way through the crowds of journalists, it was time to call it a day. I felt like I had run a marathon after such a long day being trapped in the legislature but I learned so much while I was there.

Being a reporter is hard work and can be extremely meticulous but I really enjoy it, although I do hope I won't be specializing in politics as my career develops. Hopefully I didn't embarrass myself too badly, but in the end I'm just thankful I had the chance to be there.



Alberta Finance Minister Doug Horner on budget day.

MACEWAN

Where you start
doesn't have to be
where you finish.

Ryne Gender
Arts & Cultural
Management Certificate
2009

Management Studies
Diploma 2010

Bachelor of Commerce
Degree 2012

*"Learning doesn't
have to be confined
to the classroom.
Our partnership
with the Washington
Center's Intern
Abroad program
allowed me to spend
four months in
London, England.
This helped
me envision my
career path."*

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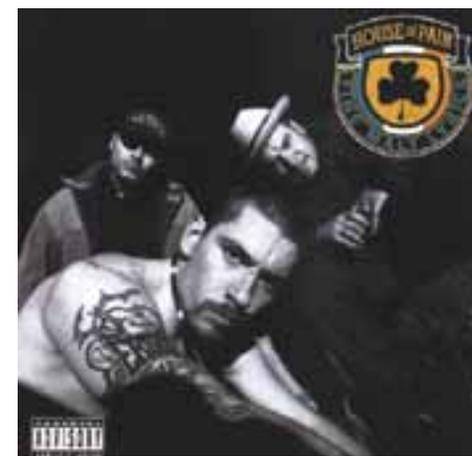


TYLER WARREN

I think I can say that we all lived through the '90s. The days of Flannel, cynicism, and evolving computers wasn't just a choice, it was a way of life. I spent a good amount of my time growing up with Pokemon, Power Rangers, Reboot and Recess, just to name a few. Games were simplistic – two buttons and a control pad was enough entertainment to keep a kid quiet on a road trip (unless the batteries ran out, then you better stop to get more). But, this is about music here! Whether you were born in '94 or spent your teenage years cruising in it, the music had everything for everyone. Moving past the smooth

synths in the '80s, the '90s took up more of a rough, underground soundtrack, morphing into hip-hop, grunge, electronic and alternative rock genres, just to name a few. Especially popular with the younger generations, the hits would oftentimes stop conversations just to sing along with the current song playing. Without further ado, I created a list I'm confident will rock that next college party. Play 'em loud and play 'em proud!

- Jump around – House of Pain
- Tubthumping – Chumbawamba
- Gettin' Jiggy with it – Will Smith



- Jump – Kriss Kross
- Smells like teen spirit – Nirvana
- All star – Smash Mouth
- U can't touch this – MC Hammer
- Good vibrations – Marky Mark and the Funky Bunch
- I like to move it – Reel 2 Real

VIRAL VIDEO

Video revenge of the nerds

By KODY DAVIDSON

How much of a nerd are you? If you watch the vlogbrothers then I am willing to bet you're a bit of a nerd or should I say Nerd-Fighter! Anyway, for the rest of you I am going to introduce you to two of YouTube's best people; Hank Green and John Green. As their names suggest, they are brothers who live on opposite ends of USA. Because they didn't want to lose contact and I guess Facebook and phone calls weren't enough, they started making one video a day talking to each other about whatever. A bunch of people also could watch it as they posted all these videos on YouTube.

Since then, their channel has grown, turning into much more than just two brothers talking. Making an entire community full of nerds. After all, one is a *New York Times* best seller and the other teaches math and science. Their videos range from songs to live talks to live tips just as the video I have picked out for you today.

In this video, Hank translates one of the Internet's greatest website forms, reddit.com/r/lifehacks. Top 25 tip from lifehacks and it is great, sadly you will not meet John in this video but it will not be hard to find him. This video shows off what I like about the channel in the first place. It's a real nerd sharing what he likes and thinks is cool hoping that you might think it's cool, too! I particularly like it when they do videos like this one where it is about top whatever! They're great. They started this back in 2005 so there are tons of videos to watch if you've never heard of them. Which might be a good idea because there are a lot of references from past videos in almost all their videos. But I am rambling, so I will see you next week and as always DFTBA!

You can watch the video here: <http://www.youtube.com/watch?v=OWGR8cSM1dI>



+4310 submitted by MiloMuggins

Goats' notes

By DAVID HANSON

A sensation has swept the World Wide Web. Unbeknownst to the general public, Parrots are no longer the only animal that can imitate the human voice. But while the parrot can clearly announce words this next animal can do a human blood curdling scream impression. That animal ... is the goat (in Latin *Capra Aegagrus Hircus*). Goats are no longer just that extra animal on old MacDonald's farm; the one that makes weird tasting milk, cheese, (and meat).

It all started with one YouTube video. This goat, as if on cue, screamed like a little girl face to face with an insect. Could it have been taught to do that? It looked straight at the camera! It went viral almost overnight. Search "screaming goat" on Google and over six million results will pop up. That's not six million of the same video; or even the same goat. Goats everywhere want to be popular so they jumped on the bandwagon, doing their best scared senseless human impersonation. Have goat farmers been keeping this from us (city slickers)?

While the Internet isn't the place to find the most educated or civil people, it is a place to show off your creativity. Someone out there realized that the original screaming goat resembles the shrill high notes from cer-

tain songs. It all started with Taylor Swift's "I knew you were trouble." From there no artist that utilized anything above a B note was safe from that goat. Not Bon Jovi, Carrie Underwood, Katy Perry or Adele, to name a few. This list grew with each new screaming goat. These new ones have different tones so now goats can be used like the keys on a piano. They've even stood on the shoulders of giants, doing parodies of past viral videos like Gangnam style. Even going so far as to get back at Rebecca Black by teaching a goat to say "yeah" and shoving it in her chorus like she shoved her song in our ears. That is, unwillingly.

Couldn't stand the Harlem shake and glad it was over? Too bad cause now there's a goat version. And just when we thought there couldn't be any more Gotye covers or parodies, now there's Goatye.

What started as a "I didn't know they could do that" moment that made you laugh has now been blown completely out of proportion. Goats have now infiltrated every level of the entertainment industry. No artist is safe from having their masterpiece defiled. Goats are now no longer just that weird animal that eats paper. What else could they or any other animal be hiding that could change our lives?

CA

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Strombo coming to NAIT

By LUCAS ANDERS

Radio and Television students are getting a chance to enhance their abilities with a workshop focusing on skills necessary to succeed in radio and television.

This is the sixth year of the Rogers Excellence in Broadcasting workshop. Industry professionals are visiting NAIT this weekend, giving students a great opportunity to build news stories and improve their on air skills. They will get an opportunity to deliver some of their own content to those who have worked in radio and television for a number of years. Radio students will submit a demo and panel of media pros who will evaluate their breaks and offer suggestions for improvement. Television students will do a live read and receive valuable advice for on camera delivery.

NAIT instructor Lamya Asiff talked about getting high profile journalist and talk show host George Stroumboulopoulos of CBC

“He’s probably the most high profile guest we have ever had for the workshop, so we’re really excited.” said Asiff.

“He’ll be able to give us just a different perspective, and national perspective on what we’re doing in the radio and television program.”

The excitement for this year’s workshop extends beyond the staff, with students gearing up for this weekend’s workshop. A student in the Radio and Television program, Kaleigh Abraham, talked about what she expected from the chance to take part in the full day with industry pros.

“I’m expecting to learn from the workshop a lot of industry tips and how they started and things that they found helpful,” said Abraham. “I am really looking forward to meeting industry pros that are going to be there, like George Stroumboulopoulos.”

Students will get an opportunity receive direct feedback about the skills that they

have been working on over the past year. They will also learn how to market themselves through social media. In an industry like radio and television it is vital to make a good first impression so another focus will be this.

With social media becoming a key component to media coverage, the Rogers broadcasting workshop will look at important areas of social media use. These key elements include gathering information, promoting yourself, and important ways to start the conversation with the public.

Other notable guests of the event include Bridget Ryan of City TV, Al Ford, program director and Adam Thompson, music director of Sonic 102.9 and Brad Slater of City TV Calgary. For students this will be a weekend to remember.

If you have any interest in the NAIT Radio and Television, visit the Radio and Television office in the V-Building.



www.urbanmoms.ca

George Stroumboulopoulos

A unique show set for the Artery

By CHRIS FIGLIUZZI

Anyone that knows me knows that I am jealous of anyone with anything resembling musical ability. I have spent the last four summers attempting to teach myself guitar and achieving nothing better than complete and utter failure.

My one musical accomplishment, and I use the term accomplishment

very, very loosely, came when I mastered “hot cross buns” on the recorder ... in my second year of university.

Clearly I am not meant for music, but then there are people like Jean-Paul De Roover, a multi-talented artist that uses live looping to blend rock, pop, a cappella and electronica with guitars and his own voice to create impressive layered tracks before your

eyes.

Watching his live performances on his website, www.jeanpaulde-roover.com, you can see him building his songs in front of the audience and, what’s more interesting and exciting, with their involvement. De Roover starts in silence and begins building the track using his voice, guitar and looper, inviting the audience to con-

tribute and form a truly unique track based on their collaboration.

With his fourth album *Complexity in Simplicity* due out March 23, De Roover has taken his act on the road and will be in Edmonton on March 26 at the Artery. With advanced tickets going for just \$15 bucks, this promises to be an incredibly unique show and one you can’t afford to pass up.



Jean-Paul De Roover

THIS TIME IT'S PERSONAL

UFC 158

WORLD WELTERWEIGHT CHAMPIONSHIP

GSP VS DIAZ

CONBIT VS HENDRICKS

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LIVE ON PAY-PER-VIEW

DOORS @ 6PM | \$5.00 TICKETS

\$4.00 16 OZ PINTS BUDWEISER

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WIN- POWBalling prize package - That would include free all day play at the course, 500 balls, and all the necessary gear

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TAPHOUSE GRILL

THROWBACK THURSDAY

Those movies from the '90s

By NICOLE MURPHY
Editor-In-Chief

We are throwing it back to childhood movies of the '90s. The movies you received at Christmas or on your birthday in VHS form, yes, VHS. The ones you were so excited to watch over and over again, because you didn't have another choice. This was a time before you could download hours of entertainment off the internet, a time before Netflix, this was a time when the most fun you had on a computer was changing the screen saver or practising typing. JJJH FFFG ... Fun. So let's take a look down memory lane to some of the most played and rewind movies of the '90s.

10. Home Alone: Who didn't love the quick-witted and sassy Kevin played by child star Macaulay Culkin?! I know I did! I wanted to be just like Kevin, so smart that I could use household items to booby trap my house making it a safe haven from bad guys. Also what kid didn't fantasize about being a grown up?

9. My Girl: I do not need to say much here. Unlike Home Alone, Macaulay Culkin plays a

sweet slightly nerdy boy, who is a great friend. The cover of this movie makes me tear up and I will admit I watch the movie only till mid point when the story is happy.

8. Hocus Pocus: I still watch this movie on Halloween! It still scares me ...

7. Buffy the Vampire Slayer: Twilight watch out! This is how real vampires are. They cannot go in the sunlight, because they burn up not sparkle. Also they have to be invited in to your home in order to go in. So you are safe from them and don't need a werewolf to snuggle and protect you.

6. Casper: "Can I keep you?" Oh Casper, Devon Sawa did a great job of playing you. All the girls had a major crush on Devon Sawa, but I know a girl who actually had a crush on Casper ... in ghost form. I wont say names but she is an editor of the paper and her name rhymes with Lauren Link.

5. Jumanji: Action packed thrill ride that blew every child's mind. I was scared of board games for awhile and was very confused as to why they actually manufactured a Jumanji board game ... Did no one watch the movie?

4. The Lion King: This was the first movie I saw in the theatre with my Dad. Needless to say when Mufasa dies there were waterworks galore. I cried so hard other families were looking at me. Pretty sure it was the best movie ever, with Jonathan Taylor Thomas (JTT) as Young Simba.

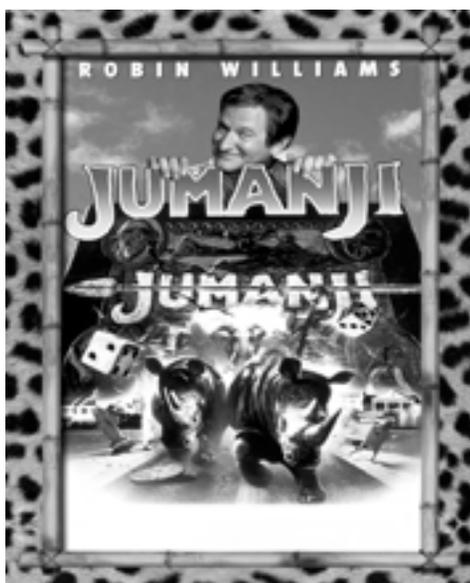
3. The Little Rascals: Love story for the ages. Bros before hoes was tested hard in this movie. Turns out hoes win!

2. Hook: Another wondrous imagination movie starring Robin Williams. This movie brought to life Neverland in a magical way and gave a new story to an old tale. Rufio! Rufio! Rufio!

1. Space Jam: "Everybody get up it's time to slam now, we got a real jam goin' down. Welcome to the Space Jam, here's your chance, do your dance at the Space Jam, alright ..." and I love Space Jam.



Macaulay Culkin in Home Alone



www2.warnerbros.com

CROSSWORD

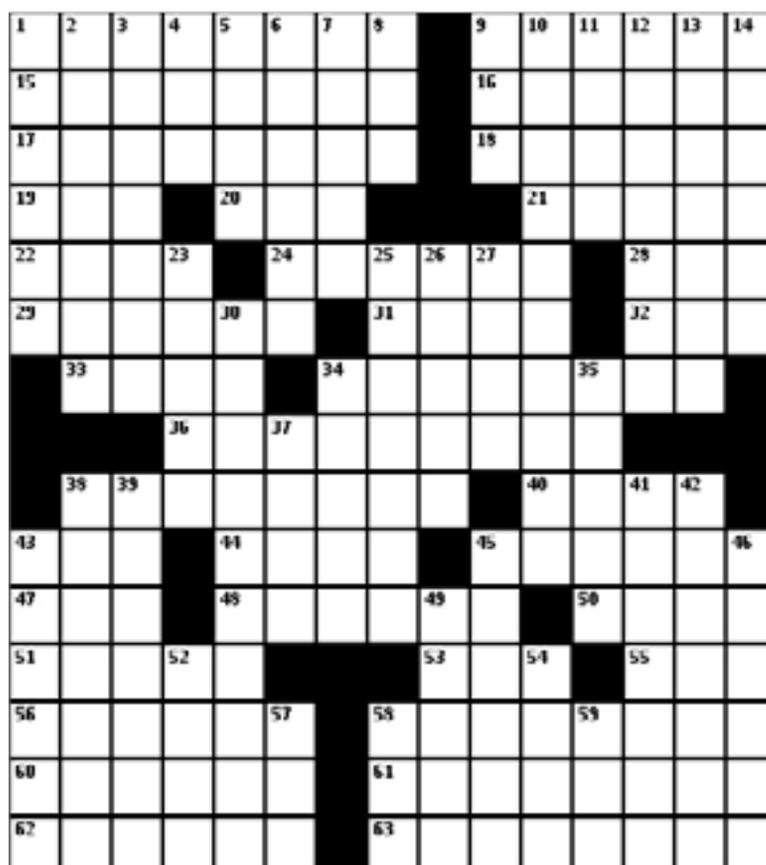
Across

- 1- Went over again
- 9- Revolt
- 15- Ascribe
- 16- Less fatty
- 17- Expiatory
- 18- List of corrections
- 19- "Lord, is ___?": Matthew
- 20- PC key
- 21- Thaws
- 22- Author ___ Stanley Gardner
- 24- Respiration disorder
- 28- ___ du Diable
- 29- "Speed" star
- 31- Bit attachment
- 32- Actor Beatty
- 33- Horne solo
- 34- Numbed
- 36- Affirmative
- 38- Large punch bowl
- 40- Capital of Calvados, in NW France
- 43- Glass container
- 44- Baylor's city

- 45- Fishing nets
- 47- Not to mention
- 48- Playground retort
- 50- Pearl Buck heroine
- 51- Campaign tactic
- 53- ___ deferens
- 55- Simpson trial judge
- 56- Procession
- 58- Sweater
- 60- English Channel swimmer Gertrude
- 61- Most lucid
- 62- Night flight
- 63- Snakes

Down

- 1- Small sword
- 2- Asmara is its capital
- 3- Mobile home
- 4- Fabled bird
- 5- Juan's water
- 6- Operatic soprano
- 7- Les ___-Unis
- 8- ___ Rosenkavalier
- 9- Suffix with glob
- 10- Endurance
- 11- Infrequent
- 12- Queued up
- 13- Colonized
- 14- Rubbed out
- 23- Perrier rival
- 25- Capital of New Jersey
- 26- Moor
- 27- Calf-length skirt
- 30- Toward the east
- 34- Thaw before takeoff
- 35- Marsh of mystery
- 37- Scorch
- 38- Created by humans
- 39- Commanded
- 41- Animate
- 42- Most tidy
- 43- Variety of quartz
- 45- Less fresh
- 46- Grunts
- 49- Rudimentary seed
- 52- River in central Switzerland
- 54- Smack
- 57- Shoebox letters
- 58- IBM products
- 59- Source of iron;
- 60- Paris possessive
- 61- Before, once



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

SOLUTION
Page 26

Shopping online

By **MEAGHAN WILLIS**
 Assistant Entertainment Editor
 @meaghan_willis

This week's fashion article is dedicated to online shopping. I know I can't be the only one logging hours of my life looking at clothes and accessories via the Internet. Shopping online is convenient and easy to do if you know where to look on the web.

This month was huge in the world of Internet shopping after a major announcement was made on March 6 letting Canadians know that Zara is rolling out online shopping for Canada. I already have a huge shopping cart ready to be purchased at a "hassle-free" checkout. Shipping is free on orders over \$50 and returns are easily done if your order isn't quite right.

Online shopping makes things so simple. No busy fitting rooms and long lineups, just smooth sailing from the comfort of your own home. Here are some of my favourite online shopping sites!

zara.com

Zara is without a doubt one of my favourite stores to shop in ... my closet is proof. Reasonably priced and fairly well made, Zara is chic and trendy. I can always count on Zara for both casual and formal outfits.

nastygal.com

Don't be confused by the name, this website is amazing and offers an array of beautiful clothing. Nastygal was founded in 2006 and offers both new and vintage clothing. Their dress selection makes me feel warm inside.

gojane.com

I started shopping on gojane four years ago and I have never looked back. This site has clothing, shoes and accessories that are ser-

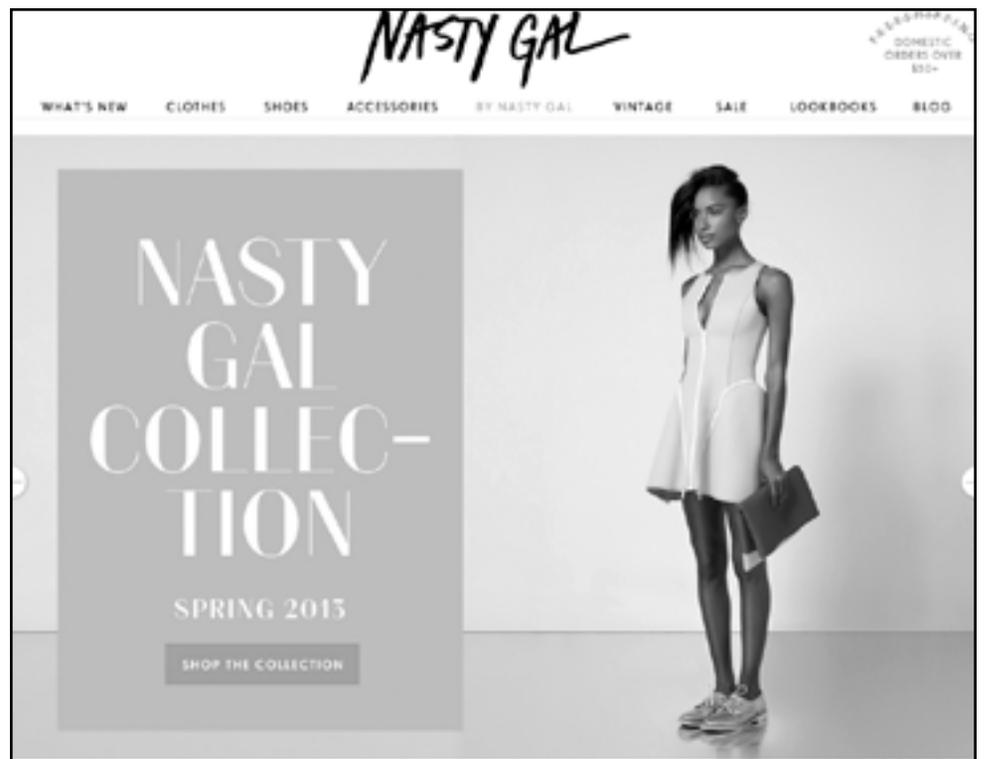
iously cheap. They have a massive shoe selection that you have to sort through but there are some serious gems in there. I highly recommend checking it out for all your new spring/summer heels and sandals.

asos.com

Asos carries over 50,000 branded and own label product lines across womenswear, menswear and accessories. You can narrow your search on their site by size, colour, price, brand and styles. It's a work of art website that aims to please.

modcloth.com

Modcloth features more than 700 designers that are both modern and vintage. You can keep track of your favourite picks by their different categories on the webpage, "back by demand," "coming soon," "almost gone" and "top rated." This way you know what's most popular and make sure you order it before someone else does.



nastygal.com



zara.com



gojane.com



CALL FOR NOMINATIONS: SENATOR THELMA CHALIFOUX AWARD

Do you know an individual or organization that has consistently demonstrated a commitment to Aboriginal student success at NAIT?

Recognize these important contributions with a nomination for the Senator Thelma Chalifoux Award. The award will be presented in Fall 2013 during NAIT's Aboriginal Awareness Week.

Submit your nomination by the deadline: April 30, 2013.
 A nomination form is available at www.nait.ca/chalifouxaward

For more information:
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THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

Outlandish



Natalia Bouajram

THE NUGGET PRESENTS:

Dr. CONwisDOM

Dear Dr. CONwisDOM,
 My friends and I went out this weekend and got a little crazy. I puked all over the truck of the guy who gave us a ride home. Before I walked into the house he asked me out. Wtf?
 Sincerely
 Guys are so dumb

Dear Guys are so dumb
 I'd like to say that's quite an accomplishment but fact is, guys these days lack tact. They like to use the shotgun approach. Take enough shots at women who pass by and you'll eventually score. The problem is that because they've had their share of women (two or three at the most), they think that they're studs. Actually, they have about a five per cent "success rate," making them less than fantastic. Mix his indomitable spirit with a drunken girl and the fact that he gave you a ride home, he pretty much thinks you owe him for his being the "knight in shining armour" you needed to save you from the

Big Bad Nightclub. My advice: go out with him and then never talk to him again. With any luck your rejection will be the one to make him realize he isn't the stud he thought he was. Plus, you'll probably get a decent meal out of it. Either that or things might get ugly ...
 Dear Dr. CONwisDOM
 I have a hard time getting girls to notice me when I go out to the bar. I feel like I'm just another one in the crowd. How can I stand out among the sea of other guys out there just like me?
 Sincerely
 Tired of being just another guy

Dear Tired of being just another guy
 You are just another one in the crowd. Women don't go to the clubs to get hit on and get free drinks. OK, well some of them don't. A select few don't. If you're looking for one of the select few you might want to try developing a personality. Instead of going up

to girls and using classics like "You're hot!" or "I would totally do you" try adding a little flare to the conversation. Be friendly, not "rapey". If you're having trouble with meeting women at a bar, you're probably acting rapey. You may think that staring at her from across the room is seductive and alluring, if you know what those words even mean, but you're actually sending out a signal to all women in the area saying "if I corner you alone, you'd better believe this is happening" when what you're trying to say is nothing at all. Girls don't go to bars to meet their soulmates. This has always worked for me. Don't plan on getting lucky. It always turns out that you could really use a condom when you don't have one handy.
 Dear Dr. CONwisDOM
 I have a hard time prioritizing. I always commit myself to way too many things than I can handle. It's not like I'm busy all the time, but it seems that every time I say I can do something for someone, I have to write a col-

umn in the school paper. Help!
 Sincerely
 The bad time bandito
 Dear The bad time bandito
 Start saying no. Your problem is you're an overachiever that for whatever reasons defines self-worth by how much you can help others or how much work you get done. Sit back and do nothing. It's actually a lot more satisfying than you think. Of course you can't stop everything at once, but start with little things like not combing your hair or taking a shower. Soon enough you'll be a full-fledged slob and no one will ask you to do anything for him or her ever again.
 Do you have any personal questions that you want to have 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!

WHAT'S GOING ON AROUND CAMPUS

WHO Muslim Students Association
WHAT Islamic Awareness Booth
WHEN March 18 12:00pm-1:00pm;
 March 21 - 8:00am - 1pm
WHERE Outside NAITSA; South Lobby Kiosk

WHO Business Connex
WHAT Beer Garden
WHEN March 15; 3pm to 11pm
WHERE Tower Lounge

WHO MECSA
WHAT March Madness Pub Night
WHEN March 15; 10:00pm
WHERE Ranch Roadhouse

WHO Business Connex
WHAT Etiquette Dinner
WHEN March 21; 5:00pm
WHERE Ernest's Dining Room

WHO PGC
WHAT Beer Garden
WHEN March 22; 3:00pm
WHERE Annex Dock

WHO International Club
WHAT International Day
WHEN March 27; 11:00am - 2:00pm
WHERE South Lobby (main campus)

WHO Improv Club
WHAT Weekly Club Meeting
WHEN Thursdays 5:00pm - 9:00pm
WHERE Room H-007

WHO Latter Day Saints Student Association
WHAT Weekly Club Meeting
WHEN Thursdays; 11:15am - 12:10pm and 12:15 - 1:10pm
WHERE Room J-006

WHO Gamers of Dungeons & Dragons
WHAT Weekly Club Meeting
WHEN Fridays; 4:15 - 10:00pm
WHERE Room WC316

WHO intoNAITion Toastmasters
WHAT Weekly Club Meeting
WHEN Mondays; 4:45pm
WHERE Room H-003

WHO Investment Club
WHAT Weekly Club Meeting
WHEN Mondays 5 - 7pm Rm T-212 and
 Thursdays 3:30 - 5:30 Rm T-115

WHO Anime Club
WHAT Weekly Club Meeting
WHEN Thursdays; 4:30 - 7:00pm
WHERE Room T-615

WHO Business Connex
WHAT Weekly Club Meeting
WHEN Tuesdays; 4:30pm
WHERE Room T1-03

WHO Christian Club
WHAT Weekly Club Meeting
WHEN Mondays 12:15 - 1pm Rm H105;
 Wednesdays 11:15am - 12:00pm Rm T212

WHO Kicks It Soccer
WHAT Weekly Club Meeting
WHEN Fridays, 6:00pm - 8:00pm
WHERE Vanguard College

CAMPUS CLUBS NEWS

March 14 Grant Intake #4 Deadline
 March 15 2nd Semester GIV'ER Deadline
 March 17 Clubs Appreciation Social
 April 6 NAITSA Awards Banquet



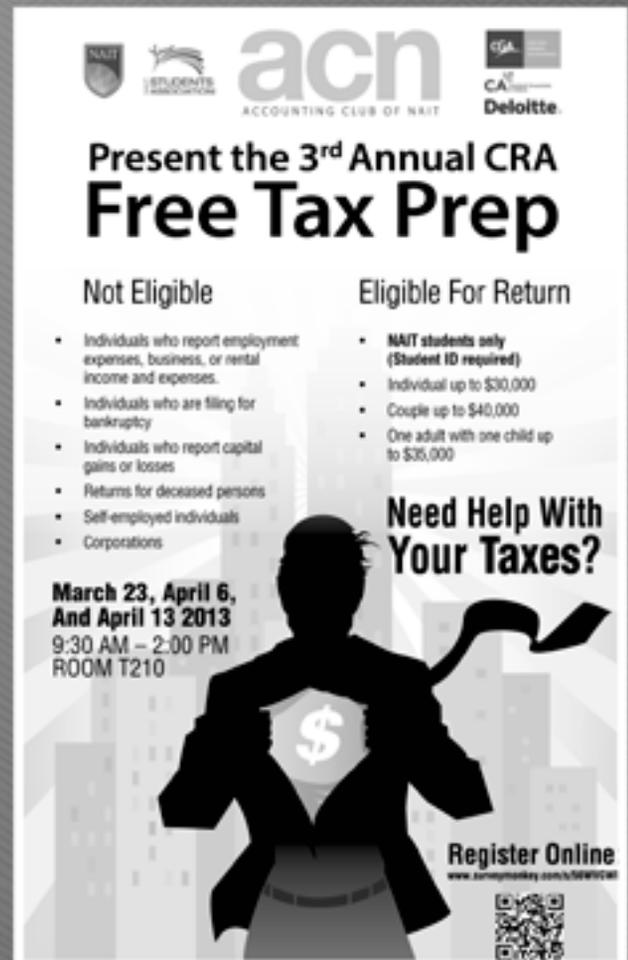
**St. Patrick's Day
Ski/Board Trip**

WHEN: MARCH 15TH - 17TH, 2013
WHERE: REVELSTONE MOUNTAIN
COST: NAIT STUDENT \$259***
 EVERYONE ELSE \$289***

Cost Includes:
 Round-trip transportation, 2 nights accommodation at Powder Springs Lodge (2ppt/bed), 2 lift tickets, and a Saturday Night Party!

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- Individuals who report capital gains or losses
- Returns for deceased persons
- Self-employed individuals
- Corporations

Eligible For Return

- NAIT students only (Student ID required)
- Individual up to \$30,000
- Couple up to \$40,000
- One adult with one child up to \$30,000

Need Help With Your Taxes?

March 23, April 6, And April 13 2013
 9:30 AM - 2:00 PM
 ROOM T210

Register Online
www.annexmoney.com/clubnaiv



VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus
 780.471.8457 | 780.471.8871
campusclubs@nait.ca | nait.ca/clubs

Check out the Clubs Website for other upcoming Important Clubs Dates

Three CDs ...

By SCOTT PEDRICK

Palma Violets – 180

Hailed as the saviours of guitar music by NME, Palma Violets had a lot to live up to with



this debut. Surprisingly, they don't collapse under the weight of expectations, like former NME acolytes The Drums, and instead deliver a howling set of tracks that should soundtrack every night on the town this summer. They're not The Strokes, as the hype tried to make them out to be. They rest more on the frenetic style of The Clash or even the early work by The Who. It's exciting dance hall music and refreshing in the same way Arctic Monkeys' debut was. Name dropping all the aforementioned peers alone makes this record worth picking up.

Download: I Found Love

For fans of: The Who, Arctic Monkeys, The Clash

...



www.wfuv.org

Jake Bugg

Quite simply, Jake Bugg's album has

to be heard by anyone and everyone who likes music. The material transcends time and his lyrics are delivered with an earnestness that makes this 18-year-old kid seem like a worn soul, wandering roads that few will ever walk down. The music isn't shoe-horned into any one genre and songs organically become whatever they need to. Bugg is a storyteller in the tradition of Bob Dylan, although clearly made for this generation. It's a rare record that can be listened to on repeat, without knowing where it began, simply because you don't want it to end.

For fans of: Bob Dylan, Noel Gallagher, The Beatles

...

David Bowie – The Next Day

David Bowie has made the greatest comeback album of all time, and the man sounds just as energized now, at 66, as he



www.guardian.co.uk

did 40 years ago when he first called in to ground control. *The Next Day* kicks off with a bang, Bowie stating that he's still here, not quite dying and that he's ready to face what comes next. The album still finds time to be reflective, but the Thin White Duke's penchant for experimentation is completely intact. Some of these tracks are classically "weird" Bowie, but others are tailor-made for radios, headphones, stadiums, everything. This album has one message in the end: David Bowie, even when he seemed prepared to retire, demands to be listened to.

Download: I'd Rather Be High

For fans of: My Bloody Valentine, Talking Heads, Paul Weller

HOT SINGLE OF THE WEEK



Photo by Morgan Black

Chris Figliuzzi, 28 RTA - Radio

Ideal Date? – I like Galaxyland, though that's mostly due to the fact that I can still get away with only paying the children's prices.

What sort of music do you listen to? – I actually am in love with Edmonton's local music scene. It's so diverse and rich ... **Shameless Plug Warning:** You can check out my article in the *Nugget* on a local band each week.

Hobbies/interests – Usually I like watching hockey, go Ooks, hanging out with friends and travelling but lately you can add modelling to that list. I am the only male in NAITSA's Next Top Model contest.

Who would your celebrity wife be? – Natalie Portman, no question about it.

What do you want to do with your degree (ideal job)? – I'll be happy if I can get on air somewhere and be more successful than everyone else in my program.

If you had a super power, what would it be? – I'd be exact change man, no matter what the purchase is I would always have exact change ... or be invisible, it's a toss-up.

If you were stranded on an island with one person, who would that be? – Well, I am pretty horrible when it comes to cooking, hunting and general self preservation, so it should probably be someone that can take care of me. But I'm gonna go with Natalie Portman again, instead.

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

CLASSIFIED

CASH COUNTER (2 positions)

Shifts are in the morning, mostly on the weekend
\$60-\$100 a shift

Job description

Reconciling cash revenues
Preparing cash and coin for deposit
Following internal control policies

Skills

Numeracy
Attention to detail

Must be able to pass security clearance check
Please contact AJ at 780-953-0789 or aj@212social.co

ELIZABETH'S ANTIQUE AND COLLECTIBLE SALE

Alberta Aviation Museum, 11410 Kingsway Ave., Edmonton, AB
March 15-16, 2013 – Friday 2-8 p.m. & Saturday 10-4 p.m.
\$5 Admission. Free Parking. Over 140 tables!

RESTAURANT REVIEW

Meat lovers' dream destination

By KEVIN TUONG

Located on 109 Street and 99 Avenue is a carnivore's dream restaurant called Pampa Brazilian Steakhouse. They opened almost two years ago in place of a much older fine dining restaurant known as Mirabelle. Mirabelle used to be a childhood favourite of mine and I was sad to hear that it was closing down. But one day as I drove by the old restaurant, I noticed it had turned into a very fancy looking place full of people with the name Pampa and I've been dying to try it ever since.

I was hesitant to go to Pampa, though, because it costs a whopping \$45 per person before drinks. Now that the price is out of the way, let's talk about the actual restaurant. It looks very nice from the exterior and immediately pulls you in. When you step inside, the first thing you may notice is the gigantic glass encased wine room that they have facing the entrance. Although I'm no wine expert, I find that most restaurants who place emphasis on wines usually serve delicious food to go with it; it's only logical.

As you walk through the rest of the establishment, you'll see that the interior is very well decorated and looks the part of a high class restaurant. One thing I didn't like was how dark the place was; although this darkness helped you notice the grill that they had running the entire time to cook the delicious meat.

Unfortunately my large party of 10 had a table that was away from the main dining area and wasn't as nice as the rest of the restaurant,

but at least it was significantly quieter. Our server came along shortly after and was very professional and welcoming, which was the very least I expected for \$45 a person.

If you've never been to a Brazilian restaurant before, then this will be a new and fun experience for you. If you have been to one before, then you know that you get a tiny circular card with red and green on either side. Green means "Go for more meat!" and red means "Stop!" Easy enough, right?

But before the meat comes, they tell you to check out their salad bar. Although this is a meat-heavy restaurant, they featured quite a nice salad bar with a lot of variety, a lot of fresh greens, and some buffet-styled warm Brazilian appetizers. But we all purposely tried to avoid eating too many salad bar items specifically to save ourselves for the meat.

The meat came shortly after our drinks (they offer a large variety of order-made fresh fruit juices) and we immediately dug in. They offer 10 different cuts of meat for you to try which are brought out to your table hot and fresh from the fire grill, and cut right in front of you at your table. The best part is you can order as much of any one that you want. These meats feature two kinds of chicken (one wrapped in bacon), two kinds of pork, one cut of lamb, and five different cuts of delicious beef. Most of their red meats are cooked rare to medium-rare, so if you're not a fan of pink/bloody meat, then this might not be right for you.

My personal favourite was the Garlic Rumpsteak and both kinds of chicken. I would have liked the lamb more except it was so rare that it was border lining raw. Although it's not something I would expect from a meal costing \$45 a person, it wasn't enough to ruin my meal and the other delicious meats arriving at our table.

At the end of our meat sampling, most of us were already quite full; but just in case you aren't, you can ask them to bring some more of any meat that you like or you could always visit their salad bar for more.

The food was needless to say, extremely delicious and very filling. But let's get back to the price for a minute. It's \$45 per person before drinks, but add on a fresh order-made fruit juice or a glass/bottle of wine and it's suddenly \$50 to \$70 per person. So you might be thinking "since I'm eating so much meat, I'll just get water," which would be nice if it didn't cost \$2.50 per glass because it's filtered. Is it weird for me to expect water to be free when you're already paying \$45 per person minimum? Also as professional as our server was, he forgot to mention to us that water did have a charge, despite us all ordering one following our beverages.

Add on tax and gratuity and suddenly you have a very hefty bill. So the main question comes down to: Is it worth it? I really can't say; I think you would have to try and decide

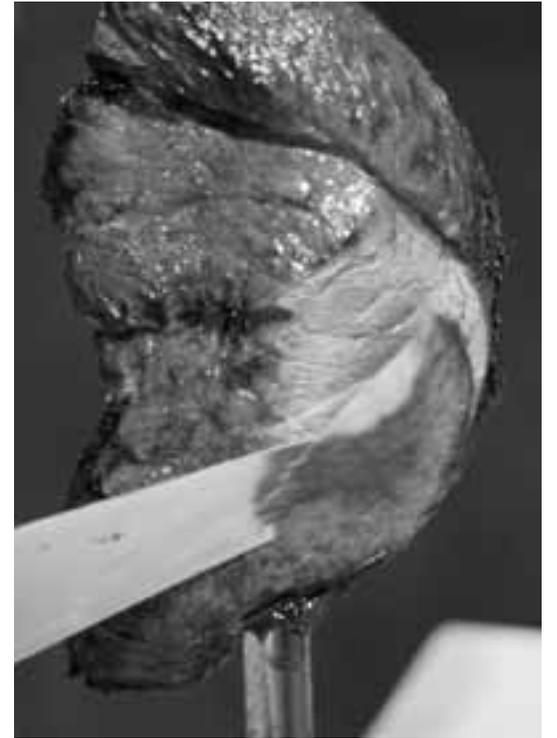


Photo by Kevin Tuong

for yourself, assuming that you can comfortably afford it. I definitely want to go back one day because the food is so freaking delicious, but at its price point, it's not a place that I'll visit too often.

Pampa Brazilian Steakhouse
9929 - 109 Street
780-756-7030
www.pampasteakhouse.com



NAITSA'S NEXT

top model

JOIN US FOR THE FINALE!

MARCH 20 AT THE NEST TAPHOUSE GRILL
4:30PM

NAITSA.CA/TOPMODEL

STUDENTS' ASSOCIATION TATIANNIA BUSINESS STUDENT, WINNER 2011-2012



Muhammad Waqas

If you could pick one phrase to learn in every language, what would it be?



"I love you."

Julie Levitan
Bachelor of Business Administration



"Will you marry me?"

Beniam Nigatu
Chemical Technology



"You are sexy."

Zain Mahmood
Bachelor of Technology – Technology Management



"Are you single?"

Li YeLong
Electrical Engineering Technology



"Where is the nearest pub?"

Jeremy Whiteford
Digital Media and IT

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by the pool

Happiness and how to get it



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

When I ask students who come for personal counselling what they want, many will say "I just want to be happy." But when I ask, "What does happiness mean to you?" most don't have a clear definition. It takes some work but there are many things that you can do to improve your happiness immediately and throughout your life.

- **Define what happiness means to you.** If you want something, it is important to be clear on what it is that you want. What factors make up happiness for you and how will you know when you get there? (keeping in mind the old saying 'happiness is a journey not a destination'). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? If so, you need to rework your definition so that you are in control of your own level of contentment.

CRAFTING

Colour, pizzazz

By CECILE NOVELLE

I found this project while surfing the DIY section on Pinterest aimlessly, instead of being a responsible student and using my spare time wisely to catch up on homework.

Some people might think this is a pointless do-it-yourself as it serves no other purpose than as a piece of decoration. But the more I thought about it, the more I realized that many of the things we find interesting to look at are not always very useful. I decided to do this little project to add some colour and pizzazz to my room, as well as killing some more homework time with it. When finished, it can be hung from the ceiling or put in a bowl for decoration. All you need are a few balloons, glue, paint (if you want to paint it after it is finished), some old paint brushes and yarn.

1. Blow up the balloon. The more air in it,



<http://www.makeandtakes.com/glue-yarn-ball-tutorial>

- **Choose to be happy.** Once you recognize that happiness is a choice and realize that you can choose to react to things positively or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self talk and change your language to be kind and forgiving to yourself. Look for silver linings in negative situations.

- **Take care of yourself both physically and mentally** by exercising, eating regular nutritional meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy and having things to look forward to. By prioritizing self-care you are automatically fostering happiness.

- **Nurture relationships.** Too busy to get together with a friend? Then chances are you always will be. Research shows that social relationships have the highest correlation with happiness, so take the time to schedule coffee dates with people you have neglected. Do kind things for others.

- **Acts of kindness also correlate highly with happiness.** Not only will doing nice things for others make you feel better about yourself – you'll probably get kindness in return.

- **Take control of your environment.** Surround yourself with happy, nurturing people, things you love and an organized work space. Whenever possible, avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you, and, if not, what needs to change.

- **Laugh.** Don't take yourself too seriously. "Laughter is a marvellous medicine

with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, blood pressure and boosts immunity function." (From *Be Happy: Tips to Banish Bad Moods* by T. Satiroglu).

- **Achieve.** Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. Procrastination might feel good momentarily but overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However, make sure your whole life is not about achieving goals. Balance is important.

- **Take risks.** Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.

- **Don't worry.** Worry and guilt use a lot of mental energy and foster negativity. Try to stay focused in the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

- **You are OK just the way you are.** Perfectionists are usually disappointed in themselves and this leads to self-criticism, which fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn't perfect.

Many factors can contribute to happiness. If feeling good is a constant struggle for you, or if you have other personal or academic concerns, it may be helpful to seek help from a professional. Counselling is free to registered NAIT students and is completely confidential. Call 780-378-6133 or come by in person to book an appointment at Student Counselling, Room W-111PB, HP Centre.

Mental Health Awareness Week

March 18th – 22nd

Come by and visit our fun-filled booth in the South lobby!

11:15-1:15 daily

Help - March 18th



Awareness - March 19th



Physical activity - March 20th



Positive thinking - March 21st

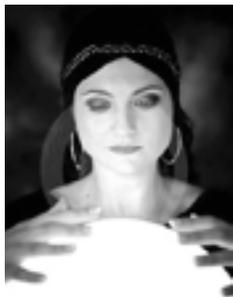
You - March 22nd



Watch for the counselling booth at a location near you

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 14-20

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

Pisces (Feb. 19-March 20)

Each day is a new creation. Look at new adventures, tasks or activities that will help you break away from your traditional ways. Do not cling onto the past; stay focused and do not over think it.

Aries (March 21-April 19)

Ready for action; you're courageous, yet hold common sense. Be mindful of the sun sign, they may be fueled by you in their light. But as day brings night and

night brings day, working together is the only way.

Taurus (April 20-May 20)

Going with your gut instincts will come into play this week and it will be welcoming. Take it easy and subtly, all concerns will work out brightly. Believe you have it! You may find a fun loving water sign help you along your way.

Gemini (May 21-June 21)

Some say you're a bit moody. Some say you're a bit too saucy. Some say you're quite divine with your array of hypnotizing words. You cannot control what other do, say or think. To focus on your work, task and projects will brush off those outer moods. It will give you time by Friday to be ahead and instead impress ... yourself the most!

Cancer (June 22-July 22)

You have worked vigorously hard these past weeks. To fall and pick your own self up, as does a baby giraffe at birth is kicked down by its mother until it is strong. It's all so complex, yet when you're by those tasty mellow foods inner awesome boosts you. This week you may have to pick yourself up but build your masterpiece, it is useful.

Leo (July 23-Aug. 22)

Like nature you are easily aroused. A feisty fiesta will build in you as your sun god comes out. Money may bling-bling but results from friendliness will reward you. Set a long-term goal for a trip, adventure or a way to stay less rushed. It is not a race, pace, pace, pace!

Virgo (Aug. 23-Sept. 22)

Yes; nonsense now, nonsense then, men talk and women flock, you watch and stir and keep your inner ... ease. A lesson for you on others! A few words from their mothers but not a judging, worrying or recluse from you; how astounding; others see another side of you.

Libra (Sept. 23-Oct. 22)

To your career! Keep grounded as you will find by staying on task that it will be your gateway to your conquests. A sense of your inner self will come out by the end of the week, giving you wit, bravery and those brainy smarts.

Scorpio (Oct. 23-Nov. 21)

You have a tendency to hold back on your thoughts. Listen, empathize and offer support to others this week. With days becoming longer you will find more

time to yourself, yet family friends will want your open ears. Take the time to speak up; tell all.

Sagittarius (Nov. 22-Dec. 21)

As a natural leader you bring out optimism. Like a pioneer, your connection to people is astounding so venture into your wise-cracks and jokes. Money does not always give you this edge, keep your wallet closed and let your philosophy be your gold.

Capricorn (Dec. 22-Jan. 19)

You see a garbage can, and a stranger casually drops garbage on the ground. This makes you troubled. Then you see that they are blind and with a dog to guide them. As a metaphor, life as you know is to be considerate; nevertheless not all see the same. Next time you may recognize there are other reasons for others ill actions. Debrief and use your kindness.

Aquarius (Jan. 20-Feb. 18)

Uranus is in your lights; giving Aquarius the upper hand on intuition on the new and unusual. Do not be surprised by a promotion, verbal recognition or a positive review this week. Your words lead you right where you need to go!

Mental health is for everyone

By RENEE MANDZIAK

NAIT's new Mental Health Awareness Committee is taking a stand to combat the current mental health stigma in order to be a catalyst for positive thinking around NAIT.

From March 18 to 22, the committee's "Happiness Project" will take off around the NAIT campus to encourage good mental health.

"People are afraid to talk about it," says Corie Phillips, a committee member and executive assistant at NAIT, "but it's affecting a lot of people, and I want to encourage people to speak about it."

Phillips is currently studying Correctional Services at McEwan University where it has engaged her interest in mental health. She takes great pride in this event and wants to encourage others to have fun on a day to day basis.

Thousands of people are affected by mental health issues and no one seems to speak about it. Let's not all be time ticking bombs ready to explode.

NAIT is taking charge and encouraging everyone to be informed that happiness is simple to find and to de-stress. Numerous posters will be along the billboards, but even better the South lobby will be blasting with events for the entire week for anyone to participate in.

Each day starting Monday will have a set goal – to create happiness. Yes, H.A.P.P.Y is the word of the week. H for Health, A for Awareness, P for Physical Activity, P for Positive Thinking and Y for "You," which altogether work together to increase happiness.

The theme of Monday is focused on

"Health." Seminars on decreasing stress will be offered

Tuesday's theme is Awareness, which will feature seminars on being aware of mental health in your community and with your peers.

A prop photo booth will be available for anyone to have a photo shoot with fun props to share a therapeutic laugh.

Wednesday's theme is physical activity – a key element in maintaining mental health. Amy Pysar will lead a yoga group as well as a hula hoop demonstration.

Yoga caters to the body and spiritually relaxes. Hula Hooping brings out a challenge or at a least a bit of a sweat, does not everyone like to bring out one's inner child?

Thursday's theme is positive thinking. No seminars will be offered, but NAIT staff and students can send "intentions" (something that you intend to follow through with this week – a happy thought will suffice, such as being more thankful, or only saying nice things for the week).

Friday is a day for "You," when you can enjoy karaoke and a fun prop photo booth with your friends.

"Knowing that help is easier to find than going to the counselling office, there are easier sources of help such as talking to your friends and family or using the Internet," said Margaret Marean, a NAIT counsellor and active member of the committee. Marean also firmly believes in the "mind and body connection," stressing the importance of keeping physically active.

Being a fully volunteer based event, all corners of the school will be pumping with lending

hands from a few staff, like Phillips, who looks forward to leading the Ook mascots on wondrous adventures down the NAIT hallways and to co-ordinating Karaoke on Friday.

In the south lobby, a commenting board will be available for students to put their input on "what makes you happy" or "happy thoughts."

By writing on the board, you will be entered into a draw to win one of three gift baskets. These gift baskets will be filled with goodies from the Tech Store, Book Store and Food Services.

"Oh and we won't stop there, our committee is excited to be bringing different events

such as this one throughout the school year," said Pysar.

"It won't take just one week or one event to get the message out!"

Info stands will be strategically placed around the campus because Health and Awareness Week is meant for every person.

"Let's look at being happy now and not wait for the future," says Marean.

Join us! Seminars are open to anyone; please ask for the room locations. The events detailed above will be in the South Lobby between 11:15 a.m. to 1:15 p.m. throughout the week.

How to Be Happier

Tuesday, March 19th

11:15 – 12:00 or 12:15 – 1:00

Room WA-114

Find out the best ways to increase and maintain happiness in your life. This seminar is part of the Mental Health Awareness week "Happiness Project" and is sponsored by NAITSA.

Married to music

By CHRIS GEE
The Gateway
(University of Alberta)

EDMONTON (CUP) – For some, marriage and settling down signals the end of their youth – meaning there’s no more play and only time for grown-up things.

But for new Edmonton husband and wife duo I Am Machi, their adventure is just beginning. While married life has its responsibilities, Nathan and Jileane Stokland have found a way to embrace it while making sure their day always has a healthy dose of music.

“After I get home from work, we kind of weave music into stuff we have to do,” Nathan says. “Like, clean the house and then practise or ...”

“We make sure to pretty much practise at least a half hour a day,” Jileane adds. “Like, at the minimum. Our Saturdays are like, ‘Hey! We get to sleep in and then practise and then have breakfast and maybe practise again!’ It’s the thing we look forward to – our after-school activities.”

After being invited into their home, the two show me around the house, which Jileane apologetically explains “smells like cat pee everywhere.” Luckily, their practice space seems to be devoid of any feline odours.

The small room in the basement is presumably where Nathan pumps out his infectious guitar riffs, while Jileane formulates intricate, pounding beats on her drums. With Nathan also providing the band’s warm and punchy vocals, I Am Machi plays multi-dimensional, soft-to-heavy energetic pop-rock songs, and it’s fascinating how all this melodic noise can come from a band of just two people.

But you have to wonder if it’s I Am Machi’s style of crunchy but emotional cacophony that makes the band work so well for the couple. Being married and living together means there will inevitably be some disagreements between the two, but

playing loud music together has proven to be effective therapy.

“Part of what makes music together so cathartic is like, ‘Hey, we got in a fight yesterday – let’s go beat the crap into our instruments for a half hour and then talk about it after we get some of our energy out,’” Jileane explains.

“If you have a fight with your band, you can go home and deal with it later. But we practice downstairs and you leave and you’re still upstairs,” Nathan continues. “So I don’t know, the good [and bad] times are all together.”

The duo have a special musical dynamic that’s unusual for couples, and this interesting connection also extends to Nathan and Jileane’s activities outside music. Typically both homebodies, the couple can often be found within the depths of their home doing other less conventional married couple activities.

“We’re both kind of old souls trapped in young bodies. We don’t really like to go out a whole lot. And we get ‘people’d’ out really easily. So the ideal day is spent playing video games with no pants on. We have what we call ‘spa days’ which are sans pants avec whiskey,” Nathan says.

“We’ve come to terms that we are both old men. I am not necessarily a man, but I’m an old man at heart. I like slippers and sweaters and blankets and all that – but also a good pipe and big mug of coffee,” Jileane laughs.

Whether it’s through their band or just normal, everyday married life, the distinct chemistry between Nathan and Jileane is unmistakable, and truly defines what it means to be partners.

“We spend a lot of time together and we’re pursuing music together, and it’s important in both of our lives. It’s just something we love to do together,” Nathan concludes.

“I don’t know if it flourishes our relationship or makes it grow, but yeah.”



Photo by Chris Gee/The Gateway

I Am Machi

CROSSWORD SOLUTION

1	R	2	E	3	T	4	R	5	A	6	C	7	E	8	D		9	U	10	P	11	R	12	I	13	S	14	E
15	A	R	R	O	G	A	T	E		16	L	E	A	N	E	R												
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51	S	M	E	A	R					53	V	A	S		55	I	T	O										
56	P	A	R	A	D	E				58	P	U	L	L	O	V	E	R										
60	E	D	E	R	L	E				61	C	L	E	A	R	E	S	T										
62	R	E	D	E	Y	E				63	S	E	R	P	E	N	T	S										

Who ya gonna call?

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

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.”

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.

EDMONTON

FIREFIGHTER

Join our team of dedicated and skilled firefighters. Applications will be accepted from *March 1 to March 30, 2013*. For full details, visit www.edmonton.ca/firerecruitment



TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Fraud – be aware



What is fraud? Fraud is a wrongful or criminal deception intended to result in financial or personal gain.

According to the RCMP's Commercial Crime Branch, fraud-related offences are now thought to be as profitable as drug-related offences, estimated at between \$10 billion and \$30 billion annually in Canada. The majority of these crimes aren't committed by kids at their computers, 80 per cent or more of the work is conducted by criminal organizations.

Here are a few tips to help protect you and your loved ones:

Payment cards (credit and debit)

- Periodically check your credit report, bank and credit card statements. Report irregularities promptly.
- Don't lose sight of your credit and debit cards during transactions.
- Shield your PIN when using your debit or credit card.
- Memorize all PINs. Do not write them on the cards.
- Change your PIN regularly. It's recommended that you change your PIN every month.

Mail

- Shred personal and financial information before putting it in the garbage.
- Protect your mail. Deposit outgoing mail in post office boxes and remove mail from your mailbox promptly.
- If you are unable to pick up your mail, have someone pick it up for you.

E-mail and online

- Create strong passwords to protect your accounts and change them often. A weak password could leave your personal information vulnerable.
- Spyware may be sent as an attachment in an e-mail allowing criminals access to your information. Do not open e-mails from people you don't know.
- Check out the privacy and security settings of your social network and use them to control who sees what.
- If someone you don't know tries to "friend" you, ignore it. There's no way to be sure they are who they say they are.
- Before posting pictures, think about whether or not they're appropriate or give away too much information.
- Make sure your computer is loaded up with a firewall, anti-spyware software and virus software.
- Don't give away person information to a stranger during online chatting.
- Be wary of online contests ... especially if you're asked for money up front.

How can I recognize a scam?

- If it sounds too good to be true, it probably is.*
- You've won a big prize in a contest that you don't recall entering.
 - You're offered a once-in-a-lifetime investment that offers a huge return.
 - You're told that you can buy into a lottery ticket pool that cannot lose.
- You must pay or you can't play.*

- "You're a winner!" but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize.

You must give them your private financial information.

- The caller asks for all your confidential banking and/or credit card information. Honest businesses do not require these details unless you are using that specific method of payment.

Will that be cash ... or cash?

- Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. And, crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.

The caller is more excited than you are.

- The crooks want to get you excited about this "opportunity" so that you won't be able to think clearly.

It's the manager calling.

- The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority.

The stranger calling wants to become your best friend.

- Criminals love finding out if you're lonely and willing to talk. Once they know that, they'll try to convince you that they are your friend.

It's a limited opportunity and you're going to miss out.

- If you are pressured to make a big purchase decision immediately, it's probably not a legitimate deal. Real businesses or charities will give you a chance to check them out or think about it.

"Warning: Your computer may be infected by a virus. Take preventative action now!"

- The virus scam has grown to epidemic proportions in Canada, now accounting for between 70 and 80 per cent of frauds reported daily to the Canadian Anti Fraud Centre (CAFC). Allowing someone to remotely access your computer is extremely dangerous and can leave you vulnerable to a variety of frauds. If a service provider calls and offers to upgrade your computer's anti-virus software, be extremely cautious. It's most likely a scam.

Dating and romance scams

Despite the many legitimate dating websites operating in Canada, there are many dating and romance scams as well. Dating and romance scams try to lower your defenses by appealing to your romantic and compassionate side.

Warning Signs

- You meet someone on an internet dating website and their profile picture or photograph looks different to their description or like it's from a magazine.
- After just a few contacts they profess strong feelings for you and suggest moving the conversation away from the website preferring

email, instant messaging and/or phone instead.

- After gaining your trust, they tell you an elaborate story and ask for money, gifts or your bank account / credit card details.
- They continue to ask you for money, but never actually visit you.
- If you don't send money straightaway, their emails and calls will often become more desperate, persistent or direct.
- The e-mail is poorly written, vague or contains specific information taken directly from news articles, repeats itself, you are addressed by the wrong name, or the email is not personally addressed at all.

Remember

- Check website addresses carefully. Scammers often set up fake websites with very similar addresses to legitimate dating websites.
- Never send money, or give credit card or online account details to anyone you do not know and trust.
- Don't give out any personal information in an email or when you are chatting online.
- Make sure you only use legitimate and reputable dating websites.
- Ask yourself, would someone I have

never met really declare their love for me after only a few letters or emails?

What to do

1. Act immediately. Report the incident.
2. Notify creditors and/or financial institutions immediately.
3. File a report with the Edmonton Police Service or the RCMP.
4. Cancel credit and/or debit cards.
5. Check your credit file with both credit bureaus (Equifax and Trans Union).
6. Report fraudulent activities to the Canadian Anti-Fraud Centre:

- a. www.antifraudcentre.ca
- b. Toll Free: 1-888-495-8501

Fraud Recognize It, Report It, Stop It.

If you have information about 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 be eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information.

Everybody benefits, except the criminal.





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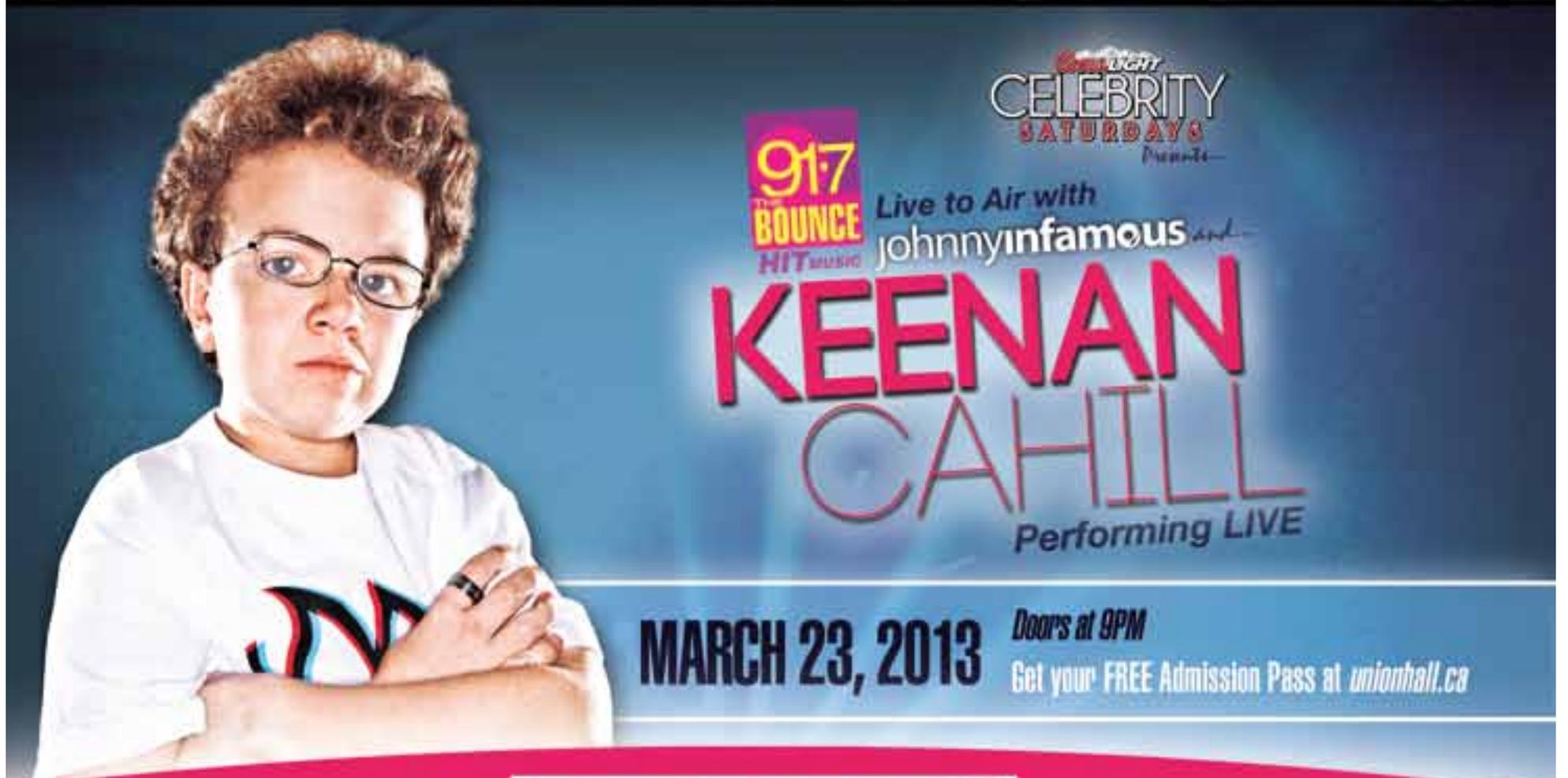
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