

NAIT INTERNATIONAL WEEK, MARCH 25-28

THE

NAIT **NUGGET**



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GROWTH SPURT

\$200 million-plus CAT building gets go-ahead, page 4



Supplied illustration

ARTIST'S VIEW

The CAT building, above, will be five storeys tall with over half a million square feet of space. In addition to being the new home of the JR Shaw School of Business, the centre will include Health, Engineering Technologies and Sustainable Building and Environmental Management programs, along with a student commons, a computer commons, a health clinic and a café. It will have 76 classrooms, 27 simulations labs and a 135-seat lecture theatre. Construction could begin as early as this summer.



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NEWS & FEATURES

Of parents and politics ...



JOSH YAWORSKI
Assistant Issues Editor
@actuallyjosh

I precede this entire musing with a confession: I might just be getting old. The following may nearly be the reflection of a young mind with the cynicism of a much older one. Or, alternatively, I may be right. And I really hope that is not the case.

The children, as I see them in the streets or in public places, seem to lack any sort of respect or social decency. They run screaming through stores and restaurants, dragging behind them confused, zombieified husks of what once were their parents. Making demands of their parents and willfully causing chaos upon anything unlucky enough to lie in their path, these hellions clearly retain control in the parent-child relationship. And when the two people who are expected to instill any sort of decency into you choose to raise you as a friend instead of a child, where can you learn respect?

There is no doubt that the actions of the parents are to blame for the actions of the child, at least in my mind. I'm a full believer in Tabula Rasa, or blank slate. The theory suggests that humans are born neither good nor bad, a slate completely open to any and all knowledge. It is only in our primary socialization, or the years of early childhood development, that we learn morality, language, customs, etc. From these learnings, we create a personality, a self and learn just plain old decency. When these things are absent from a child's upbringing, then there is no opportunity for them to learn it. A child cannot grow up as equal, they need a figure to be afraid of. But how can a parent become that figure?

In reality, they can't. Modern parents are pigeonholed by far overlooking laws, created with the best intent by the worst busybodies. Though written with the intent of protecting children from brutality, these laws are so exploited by our broken judicial system that even injuries witnessed by outsiders caused by schoolyard accidents can lead to the taking of a child by social services. And when all parents avoid disciplining their children and fear the loss of their children should they, none will. Oh look, I've made this about the government again. And all I wanted was to say I

wish kids were a little nicer. But really, where does the line lie? Where is the point at which the government should be kept from controlling and regulating our lives? Should they really have the power to take away a child we created in anything but the most severe of situations?

The government's job is to protect its citizens. But when the government begins to protect children from learning respect while the abusive parents switch to telephone books and sacks full of oranges to avoid bruising instead of avoiding abusing their children, who is being protected? These last vestiges of British nanny state ideology hold its subjects hostages in the name of decency. And while many look to abolish these ideas, our government instead looks to police the newest freedom we have, the Internet.

Once again, Prime Minister Stephen Harper's Conservative government is restarting discussion into the establishment of a so called Internet privacy bill, which contains within it protocols to enforce quite the opposite. These bills will strip us of the last vestiges of privacy clinging to the fringes of the Internet, while simultaneously cre-

ating a framework to allow future measures against piracy, perhaps even allowing USA calibre mass multi-million dollar lawsuits by the film companies who have the audacity to fill their movies with ads.

So often it seems that decisions are being made in our name on matters that greatly concern us, while we sit unaware that the matter is even under discussion. Despite my generally conservative beliefs, I point my finger to Harper's own government for that. So many major changes have been entered with very little conversation due to their inclusion in so-called omnibus bills. These bills hide important changes behind the front of minuscule changes to existing bills. This sort of manipulation is a major bone of contention for many Canadians, most vocally including the "Idle No More Movement". This writer questions whether a fresh set of eyes in charge might bring to light some disturbing realities of Harper's stay in power.

From obnoxious children to omnibus bills, these are the things I'm thinking about. If you have thoughts about anything I've said here, or have topics you'd like to see in my column, tweet me @actuallyjosh



Photo by Alejandra Leduc

IMPORTANT INFORMATION

NAIT counsellors Margaret Marean and David Appell staff a booth in the South Lobby Monday to kick off Mental Health Awareness week. "The Happiness Project," sponsored by NAITSA, runs until Friday.

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WAITING FOR SPRING

This bike rack makes its own design in the snow after our recent accumulation, with more forecast.



Photo by JAH Jackson

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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

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Pinched by the budget

By MORGAN BLACK

In the wake of the 2013 provincial budget, many areas have been left in the cold, specifically education. After a decade of average annual expense increases of 7.3 per cent towards Alberta's education, 2013's zero per cent increase left the post-secondary world in shock. Despite Alberta Premier Alison Redford's statements that post-secondary tuition would not go up while she is in office, the provincial tuition cap certainly holds back a great deal of revenue universities could otherwise use. With post-secondary institutes facing the possibility that programs, staff salaries, research funding and mandatory non-instructional fees will all be taking a significant cut, the pressure is on as to how schools will handle the blow.

One of the biggest hits to Alberta post-secondary students so far has been the suspension of the

Student Temporary Employment Plan (STEP) program. Originally introduced in 1972, STEP is a \$7 million program that employs over 3,000 post-secondary students in full-time summer jobs each year. With the suspension of STEP, Alberta will become the only province in Canada without a student work program in place. Despite the uproar from many students, Deputy Premier and Minister of Advanced Education Thomas Lukaszuk insists that STEP was an unnecessary expense during Alberta's labour shortage.

"Right now, our employers are strapped for workers. They're paying big bucks to bring workers from foreign countries to make their businesses move along. We don't need to entice employers to hire students," Lukaszuk states "Employers will hire students simply because they need them."

Many post-secondary students, such as Kylie

Burton, a third year Women and Gender Studies major at the U of A, counter that the jobs students will now be hired for will be incomparable to the ones that they could have found with STEP. Burton fears that she and her peers will be hired only for low-paying, low-skill jobs in replacement of the employment opportunities related closer to their field of study that they would have found with STEP.

"The STEP program was a way to grow my skills as both a human being and a worker," Burton said. "It's not easy to find a summer job that employs you for four months at 40 hours a week, and that's something that this program did."

"With STEP, it was a great way to make sure you got hours, ensure that you had money to pay for your tuition, and a job that was essentially an internship. The province has done a disservice to Alberta students."

AN INTERNATIONAL STUDENT'S VIEW

Travel methods – abroad

By YINING XIONG

If there are people who have ever had experience travelling abroad, they might find that there is a big difference in transportation between their destination and their home. For example, in Thailand, the most characteristic transport is motorcycle taxis, or tuktuk (a motor tricycle), and some countries with vast water area such as Laos rely on water transport such as bamboo rafts. Transportation depends on the local climate, population and economy.

In China, there is a diverse range of transportation. In addition to motor vehicles, a traveller may select motorcycle, electric bicycle, subway, bus or bike. If it is a long journey, there are several options as well, like flights, high-speed rail, bullet trains and trains or long-distance buses. In China, cars are not being used as widely as in Canada. The reason for this is the automobile market in China has still not matured, and most people have to buy new

cars, so the cost is relatively high. In addition, in a densely populated country such as China, if 80 per cent of the Chinese people owned at least one car, I believe that roads would be packed in like sardines. That is why the Chinese government has now introduced a range of policies to improve transportation, such as using a computer to select people who are able to purchase a car. Another policy is to limit the number of vehicles travelling on the roads daily, as it has different restrictions and requirements in different cities. Though this may inconvenience many people, it may also be an effective way to improve traffic in China.

In Edmonton, electric bikes and motorcycles are not as common as in China, as Edmonton is fairly sparsely populated, and those kinds of transportation are more suitable for the cross-roads where traffic is more congested. Those riding electric bikes or motorcycles are flexible in shuttling between the roads. In addition, Edmonton has a

long winter during the year, and people would rather use cars, buses and ETS, as they seal in the heat.

In Edmonton, bikes, for most people, is a kind of leisure sport, but a large number of people in China need it for daily life, especially in the small cities. In terms of long journeys, people here prefer planes or to drive, but more people choose trains in China, high-speed rail or bullet trains. Compared with flights, these transports don't require being there in advance to check in and the price is relatively lower.

There is one more thing about transportation in other countries I would like to share with you. Here you have to give the taxi company a call, then tell them your address, the time you need a ride, and then wait for it. But in China, the only thing you need to do is stand on the side of the road, waving your arms, and taxis running on the roads will stop right in front of you. Sounds cool, right?



Supplied drawing

The new CAT building will be capable of accommodating 5,000 students.

Funding in place for facility

By MORGAN BLACK

NAIT will proceed with the construction of the Centre for Applied Technologies (CAT), following a funding commitment from the Alberta government of approximately \$200 million. The money will cover most of the construction costs, with CAT taking an estimated two and a half years to build.

“From preliminary estimates from what CAT is going to cost, the government is going to pick up the most significant element, which is approximately \$200 million. They will be providing us money over a four-year period,” Dr. Glenn Feltham, NAIT president and CEO, said during a recent interview.

“We feel very comfortable that we (NAIT) will have the resources in place to make CAT one

of the finest infrastructure projects of post-secondary in Canada,” he said.

“It’s going to be amazing.”

CAT is very much a look towards NAIT’s future. Feltham said that NAIT’s newest building will focus on “the emerging needs of the province.”

CAT will be a five-storey education building, standing at over half a million square feet, located on 106 Street. The decision to build CAT stemmed from a look to the future. With enrollment due to increase an expected 20-30 per cent in the next few years, the pressure is mounting for NAIT to increase the size of its programs, specifically the ones that are essential to Alberta’s growth.

Accommodating approximately 5,000 stu-

dents, the building will house Health, Engineering Technologies and Sustainable Building and Environmental Management programs.

CAT will also become the new home of the JR Shaw School of Business (JRSSB).

The centre will include a stock trading and banking simulation lab, and will allow JRSSB to increase enrollment in its programs. CAT will also include a student commons, a computer commons, a health clinic and a café. The building will have 76 classrooms, 27 simulations labs and a 135-seat lecture theatre. The resulting vacant space in other areas of NAIT, such as the Business Tower, will become available for other programs in high demand.

“I don’t think that there has ever been an institution in Canada that has remained

as consistent as NAIT,” Feltham said. “If we go back 50 years and look at what NAIT was intended to be and what it was intended to provide, that being a polytechnic that offered a hands-on education. I think that what has happened over time is that the institute has continued to develop but has always developed based on that foundation and in the same direction. That is what has made NAIT so incredibly strong.”

Other older buildings will be bulldozed, due to their high maintenance costs and less than ideal structural design for post secondary education. Many other programs will also move into the newly acquired space that will free up due to CAT.

NAIT hopes to begin building as early as this summer.

Sugar – or soda cops?

By STEPHAN SUTCLIFFE

Early last week, New York City was getting set for a move of unprecedented scale. A group called the ‘Board of Health’ – set up by health-conscious Mayor Michael Bloomberg – set a city-wide ban on sugary drinks larger than 16 ounces (479 ml). But before the legislation could even go into effect, it was struck down by State Supreme Court Justice Milton Tingling. Justice Tingling stated that the ban would be subjective, because it only applied to some sugary drinks and some places that sell them. A more refined ban that is fair and logical has a far higher chance of being passed.

Restricting drinks that have an excessive sugar content would be a better step, as the size of sugary drinks can be misleading. But what is a sugary drink? We all know what should be banned, even when you’re in your corner store walking up with a one-litre pop, you know there’s something better. But if you personally exercise moderation, should you be legislated in what you can consume? Maybe.

Personal Trainers are drinking the Kool-Aid for the ban. NAIT Gym Fitness Trainer Jen Gevy offers more natural sugars as another option.

“I think it’s a great idea to ban large sugary drinks, ones with no nutritional value. An orange juice I’m all for because its vitamin C with all the sugar that you’re going to get.”

A restriction is a great idea but nearly impossible to put into place unless you restrict all sizes in some way. If we really wanted to drink a ‘lite-o-cola’, why wouldn’t you just buy two smaller size drinks? Even I love to indulge in sugary goodness from time to time, but Fitness Trainer Gevy continued.

“Pop and soda, there’s no reason for it – and the fake fruit drinks, they should be gone, too.”

We know these drinks aren’t good for us, and damage our insides over a lifetime of consumption. It may be time to reconsider whether we should be legislated to the size and content of drinks we consume. Unhealthy food and drinks are no longer sold in vending machines at elementary and junior high schools in Edmonton. Restricting, or banning, unhealthy food would no doubt make for a healthier society, but where does it stop? Large sugary drinks are not alone in causing the health problems we see today, but for now they stand alone in a fight against the New York City Board of Health.

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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 Site lines are drawn



JOSH YAWORSKI
Assistant Issues Editor

NAIT is a post-secondary institution. There are entrance requirements, faculty, classrooms, libraries, students ... we are a university. There is no doubt that we work as hard, if not harder, than our sister schools, who are, for whatever reason, classified as "real universities." Just because NAIT doesn't have residences, or longer length programs shouldn't make us less worthy of college experiences as students in larger schools. We earned our way into a post-secondary institution through hard work and dedication, just as anyone at the University of Alberta or MacEwan University. Don't we deserve the same experiences as students there?

One may argue that our day-long class schedule structure, or that many of our programs being structured to incorporate workplace experience within education separate us from them, but I would say to them are we not still sitting at a desk, having knowledge fed to us from someone that knows it better? Do we not spend hundreds of dollars on textbooks that we crack once, twice, maybe three times before the final exam, just like they do?

A fad for some time

The recent introduction of a NAIT confessions page on Facebook is an indication of the NAIT populace's desire to become more like our sister schools, and to enjoy the experiences that come with attending these large institutions. Previously introduced at MacEwan and U of A, not to mention many schools in the United States, sites like this have been a fad for some time.

The premise is simple: there's a page to which we send our gossip, which then forwards it anonymously to the general population. This column does not deal with whether a page for such childish purposes is necessary; it only questions whether the adoption of it, in our school, is a reflection of our want to experience a different sort of post secondary education. And I say yes. Until now, it has seemed that NAIT has held itself aloof from these standard college experiences, with even the classic OOKfest falling out of favour. But it doesn't seem for lack of trying, for every day the billboards of our school seem to bare a new poster for an event designed to promote a school identity. Beer gardens, bake sales, fundraisers or pub nights – the posters go up and then nothing else comes of it. I propose a theory as to why these small-scale events don't lead into large campus wide events – a lack of school identity.

Take a moment to think of the people with whom you interacted today. Odds are very few, if any of them, were outside of your own program. NAIT is structured so that one can go without seeing or interacting with people from another faculty for days, should they choose. Wings are devoted to one subject, while field-oriented buildings of classrooms and laboratories have their own exits and entrances separate from shared areas. Only when going to shared areas such as the Common Market, the Fresh Express, Chia's or the HP Centre is there ever any potential for contact between students of different subjects, and even when we can, we walk together in cliques. We put up boundaries, and these boundaries are keeping us from recognizing that we could be a single school entity.

Cannot be bothered

Many other schools will gather over sports teams and even that seems beyond us. Our teams are recognized as leaders, with Ooks women's basketball, volleyball, soccer, hockey, curling, and badminton teams all medalling, not to mention the men's curling and singles badminton getting gold, and the men's hockey team's current rush to the top in ACAC hockey action. And yet the teams have to beg people to come out to their games. It isn't as if NAIT students are any different than that of other schools, or that we don't have as much to be proud of or even that we don't have the time. It's that we simply cannot be bothered.

There is an attitude choice being made, a choice to disregard the potential for unity and togetherness that other schools so easily seem to maintain. And that is why schools like the University of Alberta and McEwan University can look down at us, because we are choosing to completely disregard the potential of our school in favour of a closed off bubble world in which only our classmates exist. It is high time programs start reaching out and fostering links with neighbouring programs, building connections and sharing events. We deserve a real university experience before we head to work in our fields, and it's out there waiting for us to take it.



By **CHRIS FIGLIUZZI**

Our whole lives we are taught that we need to be accountable and honest, that we need to treat others how we would want to be treated ourselves. I know that not all of us achieve this and often many people end up going through life as petty, inconsiderate people with nothing better to do than pry into other peoples lives. We see them portrayed on TV as the busybody neighbours and I know these people exist in all our lives. So why then are people so quick to flock to the online versions of these people? I am talking about the new "confessions" sites that have been popping up.

I am sure that most of you are unaware just what the hell I am talking about as our own "NAIT confessions" Facebook page has a measly 89 friends while its sister the U of A confessions boast just over 2,900 friends, though I am sure NAIT will get more after some people read this ... a fact that saddens me deeply. Who started the NAIT confessions site I don't know, though I am sure they are a super creative and had no idea the U of A site existed and didn't just rip it off. If you have never seen it, basically it's a place where people can send messages and have the site post them on its own, removing your name and allowing you to remain anonymous. Some of the deep insightful post so far include "Today I realized that I just don't like working. Looking for a husband who would like a trophy wife." "A girl that models outside of school didn't get into the NAITS Next Top Model Finals ... HA!" and "I've been sleeping with my roommate's boyfriend the past few weeks. She has no idea. She leaves for school two hours earlier than him, so some mornings I'll hop in bed with him before we both have to get ready."

Hate the idea of the site

If you haven't picked up on it yet, I hate the idea of this site. I hate everything about it. There are basically two types of posts on the site – the ridiculously boring, mundane ones that literally no one cares about and the ones posted by people basically trying to confess without actually confessing. By allowing users to post anonymously, the site allows the user to rid themselves of guilt, to confess without actually confessing to anything. It is basically absolving people from having to take any kind of ownership of their actions. As for the other posts, the ridiculously boring and irrelevant ... well, who cares? I mean, I for one could not care less that "My roommate: I hope I got a 94 or higher on that exam. Me: I hope I passed all my exams." or that "I hate Mondays."

My other major issue with the site is that it is yet another example of NAIT trying to be like the U of A. I know that the U of A is the big man on campus when it comes to post secondary in Edmonton but why must NAIT always try to be the U of A? I have been to the U of A, I spent five years there getting an Education degree and I can tell you it's not that amazing a place. NAIT has to realize that the U of A is not a unique and amazing place, it's a bit apathetic most of the time when it comes to extra curricular activities.

No idea who started the site

As I said before, I have no idea who started the site, but I am sure that it's a pretty amazing person with a thriving social life and absolutely no interest in knowing everyone's personal life ... or you know, the exact opposite.

It's been awhile since I have been in high school. I have my 10-year reunion this year, but this whole thing seems very high school to me, I had always hoped that by the time people got to post secondary they would have outgrown this kind of immature behaviour. Sadly, this doesn't seem to be the case. Perhaps the thing that pisses me off the most about this whole thing though is that by writing about it, I am sure that some of you will go check it out and I hate the fact that I may be contributing to its popularity.



Photo by Tyler Frith

YESS centre's woes mount

By **JOSH YAWORSKI**
Assistant Issues Editor

Two homeless youth have given a face to those effected by the services lost in YESS's new cutbacks. Once open nine till nine seven days a week, the Armoury Youth Centre, at 10310 85 Ave., now operates from 1 p.m. till 9 p.m., with 10 fewer full time employees after they missed their fundraising goals. Though a local library now opens its doors to teens in the morning hours, this is far from the services that were once available.

Started in 1978 when a group of concerned citizens noticed a gap in assistance for young people in Alberta, YESS, or Youth Empowerment and Support Services, fills in where Child and Family Services leaves off at age 16, until Adult Support Systems open up at 18. The Armoury formerly offered showers, food, assistance with prescription drugs, support of healthy spiritual beliefs, a doctors office, clothing, hygiene products, laundry facilities, birth control and STI clinics and even socks and shoes for the homeless youth. They also provide recreational activities where youth can relax and be positive, as well as essential services such as transportation, work training, prostitution, drug and gang awareness workshops, daily visits from the EPS and healthy relationship workshops. Educational services are available, as well as many opportunities for self-reliance and to build skills. Moreover, the adapted hours take away the Armoury's busiest time, when it is most important for teenagers to be able to get up, shower and go and try and advance their lives.

The documentary details all of these servi-

ces, and their importance to the teens who utilize them, alongside testimonials from many homeless youth, as well as a video tour of the bridge overpass under which many such youth are forced to live. The teens who don't fit into shelters for the night need YESS the most in the morning, according to worker Nikki Davidson.

"A lot of youth come here as a place to warm up and shower after a night outside (...). The mornings are the times they need us most."

YESS Executive Director Deb Cautley shares heartfelt testimony of the cuts made in every other area in previous years to avoid

reducing services and of the dire situation they are in. "We've come to the end of the rope in terms of our ability to maintain our program. For the last three years we've had significant shortfalls in our fundraising."

Much of YESS's funding woes stem from a lack of awareness. Many people donate yearly to the city's homeless shelters, or to children's homes, not knowing that those in between are frequently left in the lurch.

YESS's Sue Keating doesn't see this as a permanent state for the Armoury, saying contributions can bring the services back. "We're

always seeking financial support. If enough people sent us twenty bucks, it would certainly help us to continue to operate our program, and there's lots of opportunities to volunteer."

YESS also is gearing up for a major event, their "Homeless for a Night" event. "People can check our website for details, but it's mainly a pledge event where people sleep in Telus field after raising money for our program," Keating said.

Interested readers can view the documentary on YouTube by searching "Save the Armoury," or by viewing the youths blog <http://streetkiddiaries.blogspot.ca/>.



A young client looks at the Armoury Youth Centre.

Still shot from Saving the Armoury

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OPINION

— Editorial —

Nest makeover pays off



NICOLE MURPHY
Editor-in-Chief
@NicoleMurphySt

The Nest is increasing its sales thanks to the NAIT student body and staff. After the renovations that started last April and finished the middle of August 2012, the Nest went from being just a pub to being a Taphouse Grill. “There was a need on campus for a full service restaurant, I almost like to call it a gastropub, where we give high-end food and top notch tasty cocktails at student prices,” said Michelle Dirksen, Nest general manager.

The Nest opened in 1988 and was much smaller than it is now. A renovation in the '90s opened the space up. It had a club like atmosphere and hosted after parties for events like OokFest. After years of wear and tear, it was time for a face lift. The Nest was not in good shape and the female clientele was missing. The students' association had to look at what to do, asking important questions about the demographic of NAIT and what kind of service would best fit NAIT students.

Rejuvenation plan

Dirksen and the NAIT Students' Association came up with a plan to rejuvenate the pub.

The four things that were considered in the renovation were: budget, schedule (the work had to take place between April and August because students would need the Nest by September), aesthetics (a place that was cool and fit the image of the student body) and finally, it was important that the space be easy for employees to work in.

After the opening in August last year the makeover has had rave reviews and the profits show. Going from seven taps of draft beer to 10, there has been a 50 per cent increase in draft sales. The menu also changed and there are around 100 more tables a day that come in to the restaurant. This is due to a more diverse clientele.

“Not only are we keeping our trades students happy, we love them of course, we also have more female clientele and have more staff coming in,” Dirksen explained.

Although the changes have brought much success, there are also new challenges the Nest is facing.

100 more tables a day

“We rotate an extra 100 tables a day. Of course, that being said, as you make money, your costs go up as well. With more people to serve I require more servers, and with more food going out of the kitchen, I require more cooks,” Dirksen said.

The Nest is continuing to adjust and learn to better suit the students' and faculty's needs. The service industry is a balancing act and with new students arriving every semester, the Nest hopes to make a great first impression on each group of intakes.

A challenge that the Nest faces is service in the evenings. The Nest sometimes hosts concerts, stand-up comedy acts and sporting events, but attendance varies and is unpredictable. Usually evenings are slower.

“I am hoping next season, with the LRT opening, the influx of new people coming onto campus will basically remedy that, so we will be able to host more events in

the evening,” she says.

The Nest Taphouse Grill has come a long way from its pub party days. With the ongoing development of NAIT and the LRT, continuing adjustments will have to be made to the campus bar. That being said, Dirksen is more than happy with the progress

and changes that have occurred so far. Sometimes change is scary and the renovation project was a risk, but the payoff has been more than rewarding.

“A nice meal created for you (student) in a nice atmosphere, honestly it's the best thing we have ever done,” Dirksen said.



Supplied photo

The new Nest Taphouse Grill just after renovations were completed in August 2012.



Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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SPORTS

Early NHL trophy choices



KYLE HARRIS
Assistant Sports Editor
@TheHarrisShow20

It's just past the midway point for the NHL season, and there have been lots of surprise performances by players. Chris Kunitz has been lights out in Pittsburgh, Patrick Kane is over a point per game and been a big force for the Hawks. And, of course guys like Sidney Crosby and Steven Stamkos are in their natural forms and are tops of the league for goals and points. With it being the midway point, here are my predictions on the candidates of this year's individual NHL awards.

William M. Jennings Award

Awarded to the goalkeeper(s) with the fewest goals scored against in the regular season.

Candidates: Corey Crawford and Ray Emery of the Chicago Blackhawks, Tuukka Rask and Anton Khudobin of the Boston Bruins, and Craig Anderson and Ben Bishop Ottawa Senators

Reason: All three of these teams sit amongst the tops in least goals against in the NHL as of March 17.

Winners: Corey Crawford and Ray Emery, Chicago Blackhawks.

Frank J. Selke Trophy

Awarded to the forward who best excels in the defensive aspects of the game.

Candidates: Pavel Datsyuk of the Detroit Red Wings, Jonathan Toews of the Chicago Blackhawks, and David Backes of the St. Louis Blues

Reason: Datsyuk leads the league in takeaways and has a surprising 22 blocked shots, Toews is second with 34 takeaways only 14 giveaways and 12 blocked shots, and Backes has 16 takeaways, 25 blocked shots and 94 hits.

Winner: David Backes of the St. Louis Blues.

Jack Adams Award

Awarded to the NHL coach adjudged to have contributed the most to his team's success.

Candidates: Michel Therrien of the Montreal Canadiens, Bruce Boudreau of the Anaheim Ducks, and Joel Quenneville of the Chicago Blackhawks.

Reason: Therrien is in his first season back as a head coach in the NHL. He has taken a team that finished in the bottom of the East and third last in the NHL last season to second in the East and just two points back of first place. Boudreau in his first full year with the Ducks has taken the 13th place in the West team (as of 2011-2012) to second in the West with a 20-3-4 record. Quenneville's Hawks sit first in the West and started off 21-0-3 before their first regulation loss.

Winner: Michel Therrien of the Montreal Canadiens.

James Norris Memorial Trophy

Awarded to the defenceman who demonstrates throughout the season the greatest all-round ability in the position.

Candidates: Kris Letang of the Pittsburgh Penguins, Zdeno Chara of the Boston Bruins and Ryan Suter of the Minnesota Wild

Reason: Letang leads all defencemen in points with 28 through 27 games played and has a plus-11 rating. The big man in Boston (Chara) has 13 points, a plus 14 rating, and averages just under 25 minutes a night and has two game winning goals. Suter leads NHL D-men in on-ice time a game, with just over 27 minutes. He also has 23 points in 27 games and 39 blocked shots.

Winner: Zdeno Chara of the Boston Bruins.

Calder Trophy

Awarded to the league's most outstanding rookie player.

Candidates: Jonathan Huberdeau of the

Florida Panthers, Brendan Gallagher of the Montreal Canadiens, and Jonas Brodin of the Minnesota Wild.

Reason: Huberdeau leads all rookies in goals with 12, only one of them being on the man advantage, and he also averages 17 minutes of ice time a game. Gallagher is third in rookie scoring with 16 points in 24 games with a plus-nine rating. Jonas Brodin is the youngest NHL D-man at the age of 19 and leads all rookies in ice time with 22 minutes a night. He has four points, a plus-one rating and is playing on the top D-pairing with Ryan Suter.

Winner: Jonathan Huberdeau of the Florida Panthers.

Lady Bing Memorial Trophy

Awarded to the player who exhibited outstanding sportsmanship and gentlemanly conduct combined with a high standard of playing ability.

Candidates: Patrick Kane of the Chicago Blackhawks, Martin St. Louis of the Tampa Bay Lightning

and Matt Moulson of the New York Islanders.

Reason: Kane has a plus-12 rating with 34 points and only two penalty minutes. St. Louis has 37 points and an even rating with only six penalty minutes. Moulson has 29 points, and a minus-four rating and only four penalty minutes.

Winner: Martin St. Louis of the Tampa Bay Lightning.

Vezina Trophy

Awarded to the league's top goaltender.

Candidates: Tuukka Rask of the Boston Bruins, Carey Price of the Montreal Canadiens, and Sergei Bobrovsky Columbus Blue Jackets.

Reason: Rask, 14-3-3, 1.92 goals against average, .928 save percentage and two shutouts. Price 15-4-3, 2.32 goals against average, .913 save percentage and two shutouts. Bobrovsky, 9-6-5, 2.00 goals against average, .932 save percentage and two shutouts.

Winner: Tuukka Rask of the Boston Bruins.

Rocket Richard Award

Awarded to the top goal scorer in the regular season.

Candidates: Steven Stamkos of the Tampa Bay Lightning, John Tavares of the New York Islanders and James Neal of the Pittsburgh Penguins.

Reason: Stamkos, 20 goals in 28 games, Tavares 17 goals in 28 games and Neal 17 goals in 30 games.

Winner: Steven Stamkos of the Tampa Bay Lightning.

Art Ross Trophy

Awarded to the player who leads the league in total points at the end of the regular season.

Candidates: Sidney Crosby of the Pittsburgh Penguins, Chris Kunitz of the Pittsburgh Penguins and Steven Stamkos of the Tampa Bay Lightning.

Reason: They are one, two and three in league scoring – Crosby with 48, Kunitz 40 and Stamkos 38. I don't believe it will stay in this order all year but we all know who will walk away with this one ...

Winner: Sidney Crosby of the Pittsburgh Penguins.

Hart Memorial Trophy

Awarded to the league's most valuable player (MVP)

Candidates: Sidney Crosby of the Pittsburgh Penguins, Steven Stamkos of the Tampa Bay Lightning and Patrick Kane of the Chicago Blackhawks.

Reason: Patrick Kane is the leading the Hawks in scoring with 34 points in 28 games and a big reason why his team is first in the West. Stamkos is the league leader in goals with 20 and 38 points through 28 games. The downfall for Stamkos is his team is not in the playoffs as of right now. And, Crosby is showing why he is the best player in the game, with 48 points through 30 games and is on pace for 77 points through a 48-game season.

Winner: Sidney Crosby of the Pittsburgh Penguins.

*All stats as of March 17, 2013

Award Definitions: http://en.wikipedia.org/wiki/List_of_National_Hockey_League_awards



What is it with sports, anyway?

By DARTANION JOHNSON

@dartanionj

Let me start off by saying that this is an open letter to every sports fan at NAIT. I'm at a complete loss as to how to enjoy a sport. I just don't get it. Let's go back to my childhood.

I wanted to like sports, I really did. But, even at the age of five I knew it wasn't for me. I was at my first hockey game and the only thing I could think of was how cold I was. I also think I may be colour blind because I can never tell which team is which. Maybe my mind is just unable to process the speedy sport.

In Grade 5, I tried out for the volleyball team. It wasn't a real tryout though, it was just

the coach seeing where everyone's skill level was. I was the only one who didn't make the team. Maybe it was my lack of hand-eye-coordination or the fact that my spiking of the ball almost knocked out the coach.

Then I tried football. I'm not very athletic but I do have a little brute strength so I figured this one would work. I was really excited and aimed to master this sport. Then the moment came! The ball was flying through the air right towards me. I caught it, which was half the battle. At that moment my endorphins kicked in and my first thought was, "Run!" I ran as fast as I could. It felt great and no one on the other team was near me. I quickly noticed that the

coach and my teammates were yelling at me though. I looked behind me to see everyone standing still. I ran the wrong way.

So after the embarrassment of those two failures I thought I would try something different. Badminton was my next choice. I went out and bought a racket because I wanted to look cool. My yellow racket was a scene-stealer only because I was unable to hit the birdie over and over. I know practice makes perfect but it just wasn't worth my time.

I grew up in the mountains, so as a part of the physical education we were forced to cross-country ski every year for school. I always signed up for the advanced team because I

believed I was skilled. It started off smoothly until we hit a hill and I wouldn't be able to make it up. The whole walking sideways with sticks just isn't natural. I would then be abandoned by my advanced team and left alone to find the beginner group on the mountain. I'm surprised a cougar didn't eat me.

I dabbled in curling, rollerblading, skateboarding and bowling. Ultimately I never enjoyed or succeeded in any of them. So can someone explain to me why? I understand why I can't play sports but why don't I enjoy watching them? Why do I feel empty when I see a sport? Could my past have created a hole in me? Maybe I need therapy.

MEN'S HOCKEY PLAYOFFS

NAIT, SAIT all tied up

By **KELSEY LYDYNUIK**
@kelseylydynuik

Hot off of their sweep of Concordia in the first five-game playoff series, the men's NAIT Ooks looked to start off the second playoff series against the SAIT Trojans on a high note. This season has been a battle between NAIT, SAIT and Augustana, so there was no question that NAIT would have to go into this series with a different game plan.

"There were a couple of minor adjustments that we made and one of them, our assistant coach Mike Gabinet spent a lot of time trying to counter what they do on the power play and our penalty kill," said head coach Serge Lajoie on how the Ooks prepared.

The first game was held at NAIT on Friday, and it wasn't until the midway point in the first period that there was something on the scoreboard. Joshua Lazowski was able to tip a Jordan Draper shot past SAIT goaltender Michael Tadjdeh. The rest of the first period went back and forth, but the Ooks held on to the 1-0 lead after the first 20 minutes.

Early in the second, Jordon Abt

received a minor for interference and practice paid off for Tyler French, who was able to capitalize on the penalty kill and score a shorthanded goal against his former team, giving the Ooks a 2-0 lead.

At the midway mark in the third, a slashing minor to Lazowski put the Trojans on the power play, and Clinton Pettapiece was able to beat Shannon Szabados and slash NAIT's lead to one. Five minutes later, Scott Fellnermayr returned the two-goal lead to the Ooks. The final score was 3-1 NAIT, as they took a 1-0 series lead.

The next night, the two teams were back at it in Calgary and it seemed that SAIT felt the home-ice advantage. Just over a minute into the game, Matthew Weisensel got the Trojans on the board. Shortly after, Kyle Harris made his way to the penalty box for high sticking, putting SAIT on the power play. Travis Bradshaw capitalized on the man advantage and gave the Trojans a two-goal lead five minutes into the game. A few minutes later, JD Watt had the third goal for SAIT within the first 10 minutes of the game. After Watt's goal, Szabados was pulled and Kris



Photo by Chad Steeves

WHERE'S THE GOALIE?

SAIT goalie Michael Tadjdeh has left the net on a delayed penalty as NAIT Ouk forward Kevin Carthy and a SAIT defender clash at the goal mouth Friday night at NAIT arena. NAIT won 3-1.

Moore took over between the pipes.

In the second period, things turned around for NAIT, as they were the ones who dominated. Early in the period, Harris put the Ooks on the board and shortened the Trojans' lead. Minutes later, Ben O'Quinn was called for holding and put NAIT on the power play. Andy Willigar was able to cut SAIT's lead to one. The comeback was put to

a halt as SAIT was able to put a flukey one past Moore to make it a 4-2 game, Trojans.

When SAIT's Joe Babey was sent to the sin bin for tripping, Dante Borrelli put one home passed Tadjdeh to cut the lead to one.

The Ooks continued to pressure and throw everything at the Trojan net, but were unable to come up with the

tying goal. SAIT took Game 2 to even the series at one a piece.

The Ooks are back in action on Friday at NAIT, 7 p.m. puck drop and Game 4 is at SAIT on Saturday. Students get free admission at home games by showing their student ID cards, so bring your friends, enjoy a drink and help cheer your Ooks to victory!

WOMEN'S HOCKEY

Thoughts on a golden season

By **CECILE NOVEL**

The NAIT women's hockey team made history last weekend when they bested the Red Deer College Queens 3-1 in a best-of-five series battle, which saw the Ooks capture an ACAC Championship for the first time in team history. Here is what some players said when asked to describe the experience:

"The 2012-2013 season has come to an end! From the beginning we had enough talent to do well and we knew it, but it was going to take hard work and bonding to get the job done. We started the season by having fun with high ropes, canoes and rock climbing to build trust with one another. We then transferred this bond to the ice where not just one or two players contributed to points, but everyone. The season was not "easy breezy," and like any team we had to battle injuries, player losses and school marks. However, the 23 players that remained were committed to excellence. Our team won 13 games out of the 18 we played, which allowed us to finish first in the regular season, a feat that has never been accomplished by the women's hockey team. The regular season had many great moments, such as sweeping every team in the league and not being swept ourselves. The biggest sweep came in our last weekend against Red Deer in regular season. It had been a battle all year for first

place and came down to the final weekend we played each other. The NAIT Ooks swept the Red Deer Queens, taking first place for good! Regular season ended on a high note and allowed for the team to have a bye in the first round. We would face the Red Deer Queens for the gold medal series of five. We took the first two games from the Queens and then won in Game 4 to win the first ever ACAC championship for women's hockey!!! Making history was what this year was made of."

— Dammi Brown, third-year, forward

"This whole year has been pretty amazing. We started off with a bunch of returning players and a good group of rookies. We had a lot of fun getting to know the new girls at Camp Warwa and had some good quality time with the team. I got to know everyone a little better and that was the first step in our awesome season. Everyone was on the same page right off the bat, buying into the systems and wanting a championship win. There are way too many fun moments to name them all! You don't get a chance to play on many teams that all want "it" (the championship) so bad. And, you also don't get that feeling right from the start that you know something good is going to happen with every team you play on. The feeling I had when we won that championship was unbelievable. I have

been here four years now and am ecstatic that we finally did it. The whole thing even right now feels almost surreal. Nothing gets better than making history and finally winning that banner."

— Nicole Gregoire, fourth year, defence

"Being a part of the NAIT Ooks women's hockey team this season was a true privilege. The feeling of making history and bringing gold home for the first time is something that can't be described. We are just a great group of girls that came together, "going past the line," time after time until the final buzzer of that final game. Through many hard fought battles and close games we proved to ourselves that when you come together nothing is impossible. To say the least it was an experience of a lifetime that I will forever remember."

— Michelle Pochapsky, second-year, forward

"The 2012-2013 season was definitely a fun journey. We had a very committed, dedicated and hard working team, along with an amazing coaching staff. We came to the rink wanting to be better every day and I strongly believe that is what won us the ACAC championship. It feels so good to have a gold medal and a championship banner to show off what a great season our team had. I cannot even explain how proud

I am of our team, coaches and our accomplishments we shared together this season. Go Ooks, Go!"

— Sherri Bowles, third year, forward

"Winning the ACAC championship has been one of the greatest feelings. We truly "passed the line" this year, making history. All the practices, video sessions and training we were committed to really paid off in the end. Every single girl on the team was dedicated to improving our team game all year — we all had one end goal in mind and we achieved it! I really couldn't have asked for a better group of girls to share this accomplishment with! Ooks fly together."

— Karli Reeve, second year, forward

"This year has been a ride! I have had the opportunity to play on one of the best, if not the most successful, team in my hockey career. Looking back on this season it has been a battle. Nothing was given to us and we worked our butts off for every little victory we got. I am so honoured to be a part of a team that not only won an ACAC banner but made NAIT history. I will be able to look back 10, 20 years from now and know I was a part of a hard working, successful and strong team."

— Jill Diachuk, third year, goalie

Oilers getting the picture

By BRIANNE SAKOWICH

@briannesakowich

The Edmonton Oilers returned home from their 17 day, nine-game road trip last Thursday, coming off a 4-0 win against the Colorado Avalanche.

The Oilers first played host to the Detroit Red Wings on Friday night. With a little shuffle of the roster due to Eric Belanger's groin injury, Mark Fistric's elbow, Ryan Jones being sick and Ben Eager who was sent down to the OKC Barons, the final roster was set for the night. Mike Brown also got to make his debut at Rexall Place.

Taylor Hall opened the scoring just over three minutes into the game, making it 1-0 Oilers. That goal was Hall's sixth of the season and 24th point.

Later in second, thanks to some work down low, Sam Gagner popped in his 11th of the season. Nail Yakupov continued his over the top celebrations, as he jumped approximately two feet in the air after getting an assist on the Gagner goal.

But that was the end of the Oilers' scoring. Detroit's Valtteri Filppula scored, cutting the Oilers lead in half, just under five minutes in third. Then Oiler Jeff Petry attempted to clear the puck but ended up scoring on his own net, tying the game at two. Niklas Kronwall of the Red Wings was credited with the goal.

The Oilers went on to lose 3-2 in overtime thanks to a goal from Pavel Datsyuk. The Oilers walked away with only one point from this game.

The Nashville Predators came to town on Sunday hoping to prey on some Oil. Ryan Jones returned to the lineup, making Teemu Hartikainen a scratch for the night. The first period dragged on until the buzzer sounded. In the second period, the Oilers got



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Oilers Taylor Hall and Jordan Eberle celebrate after a goal.

on the power play and Magnus Paajarvi shot a wrister to make the score 1-0 Oilers. But, before the buzzer sounded Predator Shea Weber beat Devan Dubnyk, tying the game at one.

The third period was the Oilers' time to

shine, as Lennart Petrell scored a beauty of a goal, lifting the Oilers to a 2-1 lead. Less than five minutes later, Oiler Jordan Eberle scored the final goal for the Oilers, but not the final goal of the game. Nashville's Roman Josi scored just a little over eight seconds before

the final buzzer sounded, making the final score 3-2 in favour of the Oilers.

A game was scheduled against the San Jose Sharks at Rexall Place on Wednesday night after the Nugget deadline.

Saints marching to AJHL series win

By BRIANNE SAKOWICH

@briannesakowich

The Alberta Junior Hockey League playoffs are underway and the Sherwood Park Crusaders and Spruce Grove Saints have been facing off against each other for the past week in the North Division best-of-seven semifinals and so far the Saints are leading the series 3-1.

In Game 1, Spruce Grove got the first goal of the game, a power play marker, thanks to Jarid Hauptman.

The Sherwood Park Crusaders didn't stay down 1-0 for long though, as Ryan Luiten got an unassisted goal just seven minutes later. The Saints added another power play goal with Hauptman's second of the night, which was the last of the evening for the Saints.

The Crusaders came back hard in the third thanks to goals from Garth Wallin and Dillion Massie to lift them to a 3-2 victory over the Saints and a 1-0 series lead.

Game 2 once again was played at the Grant Fuhr Arena in Spruce Grove. Once again the Saints were first on the board just under half way through the

first, with Devon McAndrews getting the credit. Spruce Grove held onto the lead until the buzzer sounded for the first intermission.

The second period saw a lot of action as three goals were scored. The Saints got two of them with the help of Doug Morris and Dylan Hollman. The Crusaders' only goal of the game went to Ryan Luiten with help from Sean MacTavish and Eric Liknes. The Saints went on to win 3-1. With that win, the

series was then tied 1-1.

The Saints really showed up to play in Game 3, with a final score of 9-1 in their favour. Once again they got the first goal of the game thanks to Tim Nottle, but the Crusaders came back just

three minutes later to tie the game at one apiece. Saints Dylan Richard then struck two more times before the end of first period, making the score 3-1.

In the second period, Richard then got his hat trick goal, and the only goal of the period. It would be all Saints in the third period as well, with goals from Sammy Spurrell, Dustin Fostvelt, Dallas Smith, Dylan Hollman and Mike Williamson. With

the win, the Saints led the series 2-1.

Game 4 was a lot closer. With the help of overtime, the Saints continued on their winning streak with a 6-5 victory. The Crusaders were the first team to strike in this game with two goals in the first period by Garth Wallin and Sean MacTavish. The Saints marched into the second period and came out with three goals, two of which were unassisted. Hauptman got the first, Richard the second and Spurrell the third. Third period had a little more back and forth play and the Saints tallied the first goal of the period,

and second of the night for Hauptman. The Crusaders then scored three more thanks to Stefan Bazar (unassisted), Josh Healey and Andrew Taverner, which made the score 5-4 Crusaders.

But, wait it wasn't over yet. Saints Kevin Lacroix scored, tying the game at five each. With the help of overtime, the Saints took this home, with recognition to Devon McAndrews for the game winner. The teams were to play Game 5 on Wednesday at the Grant Fuhr Arena in Spruce Grove after press time.



Curling Nationals at NAIT

CCAA National Curling Championships
March 20-23

Avonair Curling Club (across from NAIT)
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

MINOR HOCKEY

Provincial Midget tourney set

By BRETT MORTON

The AMMHL Minor Midget AAA 15 hockey league held its playoff weekend March 7-10. The league consists of 26 teams in two divisions. There are 12 teams in the North Division and 14 in the South. The league has a different type of playoff format. The league runs two tournaments for each division called The Sutter Cup. The top eight teams play off to go to provincials while the bottom four teams in the North Division and the bottom six in the South play in a consolation pool.

In regular season standings the St. Albert Flyers won the North Division with 47 points and the Red Deer Northstar Chiefs won the South with 50 points. The gold and silver medallists of the Sutter Cup North advance to provincials along with the gold, silver, and bronze medallists of the Sutter Cup South. The Sutter Cup North was a very close and intense weekend of hockey. The final game was the most exciting of all the games. The final saw the first place team St. Albert Flyers play the third place team Sherwood Park NIC Squires. The game was action packed and the score went back and

forth all game. Both teams went to overtime to make it to the final game. The Flyers opened the scoring early in the first period on a goal by defenceman Dylan Overdyk. As well in the same period St. Albert's Tristen Gavin scored another goal to make it a 2-0 lead. Sherwood Park, however, wasn't going to let St. Albert go into the dressing room with all the momentum. Mark Ziobro potted a goal with just over one minute left to make it 2-1.

This momentum carried over into the second period where Sherwood Park scored two more goals just over a minute apart to take a 3-2 to lead. The goals were scored by Tyler Brown and Bantam AAA sensation Sam Steele. Ethan Lazaro scored to make it three only a minute after Sherwood Park took the lead. The third period had chances going both ways and at the end of regulation the game was still tied 3-3.

After a 10-minute overtime period the game was still tied, thanks to goalies Patrick Dea of St. Albert and Zach Klassen of Sherwood Park. At 14:28, affiliate player Josh Mahura of St. Albert sniped a wrist shot bar down to beat Klassen and give St. Albert the Sutter Cup for consecutive seasons. Both teams advance to

the provincial tournament as well as host club SSAC United Cycle Bulldogs.

In the South, the final consisted of the fourth seed team AC Avalanche out of Air-drie and Cochrane taking on the second seed CRAA Blue out of Calgary. The first period was a deadlock and finished 0-0. The Avalanche had other plans and took a 2-0 lead on goals by Logan Millikan and Austin Cameron. CRAA had no fight left in the third period and the Avalanche got a late insurance marker by Chad Harrison and took the Sutter Cup by a 3-0 score. Both teams advance to the provincial tournament as well as the Lethbridge Hurricanes, who claimed the bronze medal with a 3-1 score over the NWCAA Bruins.

The provincial tournament runs March 20-24 at the Terwillegar Rec Centre. Competing in the tournament is the host club SSAC United Cycle Bulldogs, Sutter Cup North champions St. Albert Flyers, Sherwood Park NIC Squires, Sutter Cup South champions AC Avalanche, CRAA Blue, and Lethbridge Hurricanes.

It promises to be an action packed weekend of fast paced and exciting hockey, filled with young up and coming hockey players.



Alberta Minor Midget Hockey League

Athlete of the week

March 11-17

Liam Darragh
Hockey

Liam was all over the ice in the Oaks' first two games of the ACAC final against the SAIT Trojans. Darragh had two assists in the Oaks 3-1 win Friday at home in Game 1. He then followed that up with a solid effort in Saturday's Game 2 despite the Oaks falling to the Trojans 4-3. "Liam was a very important player for our team this past weekend," said head coach Serge Lajoie. "He played in every situation for us and displayed tremendous leadership for a second-year player." Liam is a first-year Business student from Quesnel, British Columbia.

Athlete Profile

**Player:** Karynn Flory**Sport:** Curling**Position:** Skip**Program:** Personal Fitness Training

By DAVID HANSON

How long have you been curling? – I'm 20, so since I was nine. Eleven years now.

What inspired you to start curling? – My grandpa curled and we always watched it on TV as a family.

Any heroes? – Sandra Schmirler, I have just always wanted to be like her.

Favourite movie? – *A Walk to Remember*.

What does your team do to prepare before a match?

– Listen to music, stretch, focus, etc. We all have our own little ways to get into the zone.

Chess or checkers? – Checkers.

What do you like about being at NAIT? – The atmosphere, everybody is very friendly, I enjoy my program and my teachers are awesome.

Have you been to another post-second-

ary institute? – I spent a year at the U of A but it wasn't what I wanted to do.

Dogs or cats? – I've always grown up with cats but I'd love to have a dog.

Where do you hope to be in 10 years? – I want to have my own fitness business, start a family and hopefully have been in the Olympics.

Will you attend NAIT next year? – Definitely!

Any hopes for next season? – Hopefully have a repeat of this season because I know we can do it!

What are your thoughts now that you're in the playoffs? – I was nervous at first but a month ago my junior's team went to nationals for Alberta. I was just in that mindset but now that I think about it it's just another event.

Chocolate or vanilla? – Chocolate!



Athlete Profile

**Player:** Matt Brown**Sport:** Curling**Position:** Skip**Program:** Bachelor of Business Administration

By DAVID HANSON

How long have you been curling? – I started curling when I was 5. It's been a quick 15 years.

Who inspired you to take up curling? – My friend. We were five years old. We started in a bowling league and we thought curling would be fun.

Any heroes? – Kevin Martin. It's kind of cliché, but I've gotten to know him in the past couple of years. He's one of the best in the game.

Favourite movie? – *The Fast and Furious* series.

What's going through your head now that you're in the Nationals? – I'm starting to mentally prepare myself. It's going to be fun and there are a lot of tough teams. I did my research to see who's coming here and some of the teams that we've played in the past will be here.

How does your team prepare before a match? – We show up early and just joke around, try and keep the atmosphere light. Try and have a good time for the most part.

Chess or Checkers? – Chess.

What do you like about being at NAIT? – The class size and the teachers are a lot more helpful. I've got to experience both university and college. NAIT's done a great job with our program in giving us outside help and staying relevant to the industry.

Dogs or cats? – Dogs. I'm allergic to cats.

Where do you hope to be in 10 years? – I hope to be in the 2022 Olympics.

Will you attend NAIT next year? – Yes. I really enjoy my classes.

Do you have hopes for next season? – I hope we can get gold this season and next. NAIT's never won men's curling at the national level, only silver.

Chocolate or vanilla? – Chocolate.

ENTERTAINMENT

The road less taken ...



ALISON MULLOCK
Entertainment Editor
@Alimullock

My whole life I grew up being described as weird. I took offence to this my whole life until now. When I was younger, boys I liked would say I was that weird awkward girl at school who followed them around (so not true). Girls would be friends with me only because I was weirder than them, therefore they didn't look so uncomfortably awkward. I say these things not because they made me sad and I want you to say "Aww, poor Ali, she's so weird" (because shockingly enough I had tons of friends and was never an outsider due to my weirdness), but I say them because those are the reasons why at 21 I have completely accepted my awkward, weirdness that is Ali. It is why I am the way I am and why I am in radio.

It took me a very long time to accept the fact that my weirdness and attitude actually attract people and is why people are friends with me. It's the reason I have done some pretty awesome things in my life – why I have travelled and why I have been able to live on my own straight out of high school.

My weird life, which only gets weirder

by the minute, is amazing and I wouldn't trade it for anything. Over the past couple of years when I began to explore and embrace my odd tendencies and reactions, I began to really evaluate why it is I am like this. I blame it solely and completely on the fact that my parents and brother are equally (if not more) odd and quirky than I am. Somehow this gene magically didn't hit my sister, which makes me laugh because in my household she was the weird one ... even though she is considered normal to the outside world.

This then leads me to the fact that what you may think is normal, isn't normal. This made my wheels turn. Everything I have been doing my whole life could be completely different than how it is supposed to be done. Think about all of the simple things in life that you do without thinking,

the things you do when your instincts take over. These are the things that you were never taught. As far as I'm concerned, due to my parents' weirdness, even the things I was taught are probably wrong. I began to explore all of the different aspects in my life that I am probably doing wrong and it began to make me very

insecure. I am hoping somebody else will agree with me, one who thinks about these kinds of things, so I'm not the only weirdo here at NAIT.

Something that you were never taught but are expected to do to be socially acceptable is showering. Who was taught how to shower? Is there a manual for this? Are you supposed to watch a YouTube video on the proper way to shower? Your parents taught you how to bathe yes, but showering is a

different story. We all know shampoo comes before conditioner, but other than that it's really a free-for-all in there. Next time you hop into that ceramic cell, think about how you're probably doing it wrong.

Another instinct-health related issue that came up in my train of thought: blowing your nose. It's kind of gross and should be done in private, but what if there is a proper way to do it? What if there is a much more successful way to get it all out of there?

This one might sound a tad ridiculous but maybe I'm not using my vision as effectively as I could? What if I see everything in a brighter colour or I have never experienced a certain colour. Imagine there was

a shade that you could never see but never knew because how would anyone diagnose you with this?

Last, but not least – eating. It is something that is pretty important to me and majority of the world, but there is a huge possibility you are doing it wrong. There has to be a proper way to eat and there must be a manual somewhere. We all know to keep the lips together but other than that you've taught yourself a skill you practise every day. Imagine there was a way to eat to make everything taste better?

Think about it but don't let it drive you too crazy. You don't want to come off as weird or anything.

It took me a very long time to accept the fact that my weirdness and attitude actually attract people and is why people are friends with me.

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FOR YOUR LISTENING PLEASURE ...

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**DENVOR WHERVIN**

I love music. Music is the one consistent fixture of my life. Music can lift your

spirits on a terrible day or serve as the soundtrack to your daily adventures on the days when it seems like nothing can go wrong.

For those of you who don't know me (which is nearly everyone reading this article) I spent a few years at a music college in Saskatchewan after high school. I learned a ton and even wrote some music of my own. I wholeheartedly believe that music saved my life.

That being said, putting together this playlist was rather difficult: for a person like me when music is such an integral part of life, it can be an impossible feat to explain

what I'm about in 10-songs-or-less.

However, I did my best to put together a mix that I would simply label "Chillin." This playlist has upswings and more mellow moments, songs that make you bob your head and tap your feet when you're cruisin' on the freeway (or the LRT) and songs that lead you to think about the people you hold dear. I'm a big fan of nearly all types of music and this playlist consists of rock, rap, hip hop and alternative. Most of the songs on this list are mainstream, but some of them are a bit "underground" and may require some diligent searching.

Without further ado:



1. High – Big Sean
2. Shiver – Coldplay
3. Superstar – Lupe Fiasco
4. Life Should Go On – Big Sean
5. Picture – MuteMath
6. Try It – Number One Gun
7. Beautiful People – Chris Brown
8. Live & Let Live (ft. Statik Selektah) – Lecrae
9. That Power – Childish Gambino
10. Lullabies (Village Remix) – Yuna x Adventure Club

VIRAL VIDEO

Lindsey Stirling makes joyous videos

**By KODY DAVIDSON**

Do you like the violin? If not, then you're about to! Lindsey Stirling is a very talented violinist. She performed live at an NBA game. She also makes videos on YouTube. She has done tons of very well done covers, including the video I am going to talk about today. Her talent has got her in one of Freddie Wong's videos as well. Lastly she also does her own original music.

The video I am going to introduce you to is one of my favourites because of my love for video games. This is Lindsey Stirling's Zelda Medley.

The cinematography is fantastic! The location captures the Zelda vibe. Beautiful visuals in the forest, in a snow covered valley, in a field, in a dungeon, it's just great! Hitting a couple of Zelda's most recognized melodies; like "Saria's Song," "Gerudo Valley" and, of course, the iconic theme song. This video is more about the music than anything. It could have just been a black screen and still be a great video. But you get so much more!

Wearing the blue tunic, she dances and plays her violin in a stunning array of visuals. It's so simple, it's great. Dancing around riding her horse just

to give fan serves to Zelda fans. Her whole channel is filled with videos like this one. She did one with the *Lord of the Rings* recently. She has one for *Phantom of the Opera*, *Game of Thrones*, Bruno Mar's *Granade*, Nicki Manaj's *Starship*, *Skyrim*, and *Assassin's Creed*. She just makes great music videos!!! I just wish there was more behind the scenes videos from her but I can't complain when the videos she gives us look like this. Be sure to check her out!

You can watch the video here: <http://www.youtube.com/watch?v=b3KUyPKbR7Q>



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Opportunity North

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Fashion Week set to go



MEAGHAN WILLIS
Assist. Entertainment Editor
@meaghan_willis

This Thursday (March 21) marks the kick-off of Western Canada Fashion week for 2013. Taking place in our very own home town of Edmonton Alberta, the week showcases Canadian designers and celebrates all of their various creations.

From March 21-28, you can take in a number of different events, all geared towards Fashion Week in Edmonton. Contests for

clothing, costumes, makeup and hair are just some of the ways those people involved in the industry can show off what they do best.

This Western Canada Fashion Week has seven contests devoted to those feeling the need to express their talent and creative ideas. One contest I found particularly interesting was WCFW's Phabrikated Contest, a contest in which designers had to construct one full length gown made entirely of anything but fabric. Designers came out with several innovative designs for the gowns made of things like tree bark, CDs, candy and rubber grip mats.

The dresses were placed on display from March 8-12 in West Edmonton Mall and the contest was judged by local celebrities. Out of the 15 gowns entered in the Phabrikated Contest, first place went to Judy Armstrong for her gown made of Maple leaves hand picked from the Toronto area (how Canadian). Second place went to student Kyrzsia Shwartz for her dress made of bent and curled coat hang-



ers that she spray painted gold, which was really quite beautiful. Third place was taken home by Lisa-Marie Zoernack for her ball gown constructed of tissue paper and artificial flower petals.

WCFW also features an Emerging Designer Competition, in which new designers are given a chance to break into the world of fashion. The contest takes place on Thursday, March 21 and the winner of the contest receives a WCFW runway to showcase their designs, models, makeup and hair stylists, scholarships and gift certificates for the hair and esthetics school MC College, a support team to help facilitate the show and, of course,

the honour of having their design recognized by those in the fashion industry.

Some well known designers from Edmonton's fashion scene will be showing off their new designs this week, such as Cherie Howard, Lisa-Marie Sciroli, Nazila Couture and Luxx Ready to Wear. Events will be taking place throughout the week at both West Edmonton Mall and TransAlta Arts Barns, located just off Whyte Avenue where Edmonton's Fringe Festival usually takes place. To learn more about Western Canada Fashion week or to check out the schedule for this coming week, you can visit their website at www.westerncanadafashionweek.com

Musical gratitude is mutual

By ALLISON KARCH

"Thanks again ... we're going to say that a lot tonight," said Peter Stone, front man of local folk band 100 Mile House, about halfway through the CD release party for their new album, *Wait With Me*.

And they did say it after almost every song they played for the packed house of the Roxy Theater on March 9. By the end of the



www.gigcity.ca

100 Mile House

night, the audience's standing ovations proved that those thanks were appreciated but unnecessary. The evening was a fair exchange.

Among the requisite microphone stands and amps on the stage stood a retro wooden lamp atop a small end table. Behind the band, the lighting backdrop varied between an abstract red on blue, like the blaze of sunrise, and what looked uncannily like street light filtering through horizontal blinds.

It was as though Peter, his bandmate and wife Denise McKay, fiddle player Steve Zubot and the cadre of musicians playing with them for the night had brought the entire audience into their living room. The generosity and honest emotion was so palpable that at every turn I felt I should thank them for inviting me in.

The gratitude and humility in their patter are refreshing, but their music is what moves people – to dance, to sing along and sometimes to cry. The evening showcased their new songs as well as ones from their previous two albums.

Along the way, Peter and Denise told stories of how the songs came about and what they meant. Some stories were funny, some were sad and all had roots in love. That night, despite the prevalence of cynicism and apathy around us, the band and the audience proved that earnestness and vulnerability are not passé.

Peter recorded 100 Mile House's third album, *Wait With Me*, in their home throughout 2012. A close and accessible stu-

dio proved to be a boon.

"We had almost the whole album at the beginning of 2012," said Peter, "but as we recorded it, only three of those tracks ended up on that album because in 2012 so much happened."

Peter, the chief songwriter of the group, continued to write in response to the events of the year. "The album ended up cataloging that year, being a snapshot of what was going on."

The result is what he calls their best and most personal album yet. "A lot of the songs could be break-up songs, because they're sad, but none of them are," said Denise. There is a sanguine undercurrent to *Wait With Me*, despite the melancholy that's obvious at first listen. The album proclaims that things may be rough, but there is comfort in getting through them with someone at your side.

"It talks about the hope that can be found in the person next to you," said Peter.

The candor of 100 Mile House's music is a big part of its appeal – it resonates with listeners. That sincerity comes through in spades in their live performance. The communion between the band and the audience makes the live experience bigger than a series of songs.

100 Mile House strives for that connection. "It's a mutual appreciation, that's the ideal atmosphere," said Denise.

"The audience appreciating you but also you appreciating the audience."

Sit back and enjoy the ride

By CHRIS FIGLIUZZI

Music, in my mind, is a journey. Every album, concert and even song takes you on an exciting path where you never know where you're going and can only sit back and enjoy the ride.

Having absolutely no musical ability to draw on myself – I can play what barely passes for hot cross buns on the recorder and that's about it – I like to think that the artist in front of you is enjoying the journey as much as those of us sitting in the stands and listening at home. Perhaps that is why I fell so in love with Jean-Paul De Roover when I first watched videos of his performances on YouTube. No matter what the venue or size of the show, JPDR just seems to put every inch of himself into the performance leaving everything on stage and loving every minute of it.

As JPDR says "all the songs that I play, I feel really excited about them to the point where I can't help but move and start sweating".

After listening to his upcoming album *Complexity in Simplicity* it is easy to see why he, or anybody else that hears it, can't help but get excited and move along with the sounds. At first, each track offers song after song of up lifting, peppy, lively music that leaves you tapping your foot and smiling.

In all honesty, the *Complexity in Simplicity* sounds as if it could be one amazing track that spans the entire length of the CD. Each song works amazingly with each other transitioning almost seamlessly from track to track. This is not to say that the entire CD sounds the same, in fact that couldn't be farther from the truth as each song also works as a standalone ... my personal favourite has to be "One by One," but each song

is like a piece of a puzzle painstakingly crafted to fit together in the most perfect way to create a magnificent picture. After a couple of listens, or in my case after JPDR himself points it out "a lot of the lyrics are actually quite dark when you think about it"... I get wrapped up in the instrumentals. You notice a deeper level to the music, a level that includes dark and at times haunting lyrics. This layer adds so much more complexity and dynamics to the album.

Complexity in Simplicity is due out March 23 and Jean-Paul De Roover will be joining us here in Edmonton for one show 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. Plus I mean the guy has a CD where "the actual packaging folds out into a 3D house." How can you not like this guy?



lakesuperiornews.com

Jean-Paul De Roover

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

LOCAL MUSIC SCENE

Punch Drunk Cabaret a blast

By CHRIS FIGLIUZZI

Who likes to have fun? I know I love a good time and most of my best and fondest memories involve a heavy dose of fast, fun, toe tapping music. This is exactly what you get in Punch Drunk Cabaret. The trio from Camrose is a fun, fast-paced band that Randy Bailer (singer/guitarist) describes as having “this rockabilly element to the band, kind of an outlaw country, more Hank Williams or those outlaw country guys.

“And then there is also what we call steam-punk swing because it’s really quite bastardized. It’s punky in the energy but with a swing feel.”

The results are amazing and they masterfully blend swing with the twang of classic county adding a splash of AC/DC for good measure that will have you tapping your foot and singing along before you know it.

The sound is really incomparable, you can sit and listen to a track like “The Immaculate Pompadours,” which the band recently started

shooting a video for, and really hear the country swing influence. With the classic country sounding twang it draws you in right from the start. Then you turn on “My Indispensable Colleague” and you can still get that country feel from it but with almost a hint of an indie rock element to it, this is without a doubt my favourite track on the album. When combined with Bailer’s soft and, at times, almost raspy vocals makes this a truly hauntingly beautiful track.

Without question, my favourite part about Punch Drunk Cabaret is their uncanny ability to draw you in as a listener, and get you tapping along without even noticing ... it’s unbelievable how sucked in you get. I spent an entire afternoon listening to their CD and then went onto YouTube to watch videos of their live shows, and let me tell you their live shows look amazing. There are people singing and dancing just having a great time in general. It’s easy to see why, as Bailer says “it’s about getting your audi-



ence moving or singing, involved in it. We just feel like were 50 per cent of the equation going into it, and the audience is the other half.”

This is great news for Edmonton music fans, and fans of fun, as Punch Drunk Cabaret will be here on March 21 at New City Legion with tickets priced at just \$10, meaning you can have a great night out for the price of a coffee. For more about Punch Drunk Cabaret or to hear their

ridiculously catchy music, check them out on Facebook or online at www.punchdrunkcabaret.com.

As always, if you are in a band or know of a band that demands attention, let me know via e-mail chrisfigliuzzi@gmail.com, on twitter @chrisfigliuzzi, or by yelling at me as I walk down the hall ... on second thought, don’t do the last one, I frighten easily.

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,

My boyfriend is always on his phone. We can never have a night out or in when he doesn't check it every three to five minutes. I've told him how much it bothers me, but he won't stop. How can I get him to listen to me?

Sincerely,
Playing second fiddle to a phone

Dear Playing second fiddle to a phone,

In this age of global information and rampant technology, you have to expect that relationships aren't going to be the same as they used to be portrayed in the movies. We live in a world where we need constant entertainment and distractions from what is going on around us. There are a few simple ways to get

your man's attention.

1. Start sending him dirty messages when he's on his phone (you'll distract him from his distraction)
2. Take interest in what he's doing on his phone (show him you're trying to make it work)
3. Have a lot of sex with him (remind him how good it is to interact without technology)
4. Scream and yell at him (remind him how crazy you can get)
5. Smash his phone (no phone no problem)
6. Find a guy who isn't distracted by technology

If you need any more advice feel free to e-mail me. I don't have a cellphone ...

Dear Dr. CONwisDOM,

I'm afraid my boyfriend and I aren't spending enough time out socially. We spend a lot of time inside just watching movies and TV. Is this normal?

Sincerely,
Used to be a party girl

Dear Used to be a party girl,

There's nothing wrong with spending time together away from other people. If this relationship is going to last and you have kids someday, you'll never be alone again. Cherish the time you have together now and make the most of it.

Dear Dr. CONwisDOM,

My girlfriend and I never go out anymore.

We always have plans, but cancel last minute. Can I get a high five for all the amount of sex I'm getting?

Sincerely,
My girlfriend wrote in this week too

Dear My girlfriend wrote in this week too,

Congratulations on the sex! It sounds like you're going to go the distance. I hope you're ready ... chicks be crazy.

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 25, 12:00pm-1:00pm;
 March 28, 8:00am – 1pm
WHERE Outside NAITSA; HP Centre First Floor

WHO Business Connex
WHAT Etiquette Dinner
WHEN March 26; 5:00pm
WHERE The Nest Taphouse Grill

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

WHO Bio Sci
WHAT Bake Sale
WHEN March 25; 10:00am – 4:00pm
WHERE HP Centre, 2nd floor near Pedway

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

WHO OHSSS
WHAT Movie Night
WHEN March 28; 6:00pm
WHERE Shaw Theatre

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 WC-316

WHO intoNAITon 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 WB-314

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

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

WHO MSA
WHAT Prayer Meetings
WHEN Mondays 4:00pm – 7:00pm room T-412;
 Tues - Thurs 4:00pm – 7:00pm Room T-212;
 Fridays 12:15pm – 1:00pm Room E-020

CAMPUS CLUBS NEWS

March 27 Clubs Appreciation Social
 April 6 NAITSA Awards Banquet

NAITSA

CLUBS
 365

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
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- Self-employed individuals
- Corporations

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- **NAIT students only**
(Student ID required)
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- Couple up to \$40,000
- One adult with one child up to \$35,000

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*Check out the Clubs Website for other
upcoming Important Clubs Dates*

Three CDs ...

By **SCOTT PEDRICK**

Justin Timberlake – *The 20/20 Experience*

Futuresex/Lovesounds wasn't a critical bombshell when it launched in 2006, but JT's sophomore effort is now regarded amongst hipsters and mainstream listeners alike as a per-



fect pop album. That high pedestal it rests on is a large part of the reason that "20/20" had the odds stacked against it from day one, and therefore fails to deliver on impossibly lofty expectations. The songs are Timberland produced again, with an old school Hollywood vibe and motif running throughout, and if the songs weren't all eight minutes long (on average), this album would be insanely catchy pop hits that sound like nothing on the radio today. Instead, the record drags at times, suffering due to its own self indulgence. It's not that it's bad, it's just a chore to listen to compared to Timberlake's previous irresistible outings.

For fans of: Frank Sinatra, Michael Jackson, Frank Ocean

Download: Tunnel Vision

...

Sound City – *Real To Reel*

If you haven't seen Dave Grohl's ode to honest analog recording and call your-



self a music fan, do yourself the favour and check it out. This soundtrack of songs written and cut specifically for the film is a mixed bag of genres and some tracks feel more inspired than others. Depending on what impresses you, certain artists may stand out but Stevie Nicks isn't as enchanting as she was in 1976 and Rick Springfield trying to rock out while backed by the Foo Fighters just sounds like the Foo Fighters. But when Dave Grohl hops behind his drum kit to back Josh Homme and Trent Reznor for the slow burning anthem "Mantra," the whole project makes a lot more sense. The big showpiece though is, "Cut Me Some Slack," where Paul McCartney fronts the surviving members of Nirvana, and in full "Helter Skelter" mode, absolutely rocks out.

For fans of: '70s Classic Rock, Foo Fighters, Queens of the Stone Age

Download: Cut Me Some Slack

...

My Bloody Valentine – *m b v*

2013 is already being looked at as a tremendous year for comeback albums, several of



which nobody ever thought they'd hear. *m b v* is such an album, because it's been 22 years in the making and is a rare comeback that doesn't disappoint. My Bloody Valentine are recognized as one of the top, if not the most influential band in the '90s when it comes to guitar music. The textures created upon layers and layers of feedback, the breathy vocals from both Kevin Shield and Belinda Butcher, the phased out drums, everything made their magnum opus "Loveless" so revered is all still here, but in a fresh and evolved way. The band hasn't changed their sound, but instead of feeling like a retread, the music sounds fresh, as if this record was made by a band that cite My Bloody Valentine as their chief inspiration.

For fans of: Sonic Youth, The Pains of Being Pure At Heart, Brian Wilson

Download: New You

HOT SINGLE OF THE WEEK



Photo by Meaghan Willis

Afton J. Academic Upgrading

Ideal date – Dinner and walk through the river valley.

Turn ons – He should be smart and be able to have an interesting conversation. Minimum six feet tall, dark hair, good teeth.

Turn offs – When guys talk too much, are know-it-alls and obnoxious.

Favourite food – Italian. I went to Luisa's in St. Albert last night and it was awesome.

Favourite place – Europe. I love London and Paris.

Favourite movie – I love the Taken movies.

Dream wish – To be able to travel the entire world.

Goals – I would like to go to the U of A and take Dietetics

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

CLASSIFIED

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Muhammad Waqas

What's on your list of things to do before you die?



"Go on a world tour. Win an Oscar for 3D animation."

Harpreet Kaur
Digital Media and IT



"Spend time with my family. Take care of my son until he is a grown man."

John Zhong
Electrical Engineering Technology



"Have a family. Fly to the moon. Meet Bigfoot."

Julie Levitan
Bachelor of Business Administration



"Travel the world and experience people, traditions and cultures."

Nicole Ribnick
Bachelor of Business Administration



"Sky dive. Back pack. Escape to a world adventure."

Shezad Virji
Hospitality Management

Just what can you get for \$20?

By CHRIS FIGLIUZZI

Despite what you may think, the *Nugget* office is far from the rock star hangout people believe it to be. There is no pool table, dart board, or full sized bowling alley. Instead we have a white board, some couches, a couple of computers and pizza every Wednesday at 12:15. You should come by. Don't get me wrong, these are all very useful things when trying to put together a paper, it's just also painfully boring and bland and lacking any personality. So I decided (was told) to stop complaining and do something about it.

The good people at the *Nugget* armed me with \$20 and told me to get whatever my little heart desired. Being a starving college kid my first thought was "let's use this money to buy food ... or maybe fireworks." Fortunately, sanity prevailed – I couldn't find fireworks and ended up using the money for its intended purpose.

So where do you go when you have 20 bucks to spend on art? Value Village, of course. Everybody has their own favourite Value Village, the place they go when they feel like treasure hunting, costume shopping or just sorting through random crap. For me this place is the Value Village in Red Deer, the amount of cash and time I have spent there is ridiculous but it's well worth it for the treasure its given me in return.

That being said, I am also incredibly lazy and didn't feel like spending an hour and a half driving to Red Deer so I went to my favourite local Value Village, the one at 8930 Whyte Ave. This place always has a couple of hidden treasures.

Right from the start I could tell this place was going to give me some gold. Walking up and down the aisles, I kept finding treasure after treasure but all were outside of my price range. As is the case with anything, setting a budget is important and this is no different. My budget was set for me at \$20 and I wanted to get no fewer than four things for that. The first two were instantly spotted as I walked down the side aisle along the wall. I saw a huge classic wooden spoon and fork. There was no way I was letting this slip out of my fingers, especially not when it

could be mine for the low, low price of \$5 each.

Not even 10 minutes into my adventure and already half my budget was gone I had to start pacing myself or risk blowing my wad ... of cash too soon. As I am sure you can guess though, that's exactly what happened. I didn't even make it out of the first aisle for god sakes, I never even stood a chance.

At the end of the same aisle was the art and it was fantastic. I managed to snag a phenomenally creepy ceramic bear or puppy thing, I don't quite know what it is. My favourite piece is without question the fabric picture of a duck. I don't understand why

it exists but it's magnificent.

Needless to say I didn't leave immediately. I wandered around the store for a while longer just to make sure that my purchases were indeed the best available within my budget, and they were. I plan to have them up and in place in the *Nugget* office by the time this is published, assuming this is published, and you should come stop by and take see them for yourself, probably on a Wednesday around 12:15 when you can also take in some delicious free pizza and maybe pick up an article to write for the paper.



Photo by Nicole Murphy

Thrift shopper Chris Figliuzzi is flanked by Sports Editor Lauren Fink and Entertainment Editor Ali Mullock, right.

Diary of a 'retired' model

By **LAUREN FINK**
Sports Editor

Chapter One: The Final Chapter

At the tender age of 19, never did I think I would already be a has-been, an ex-somebody, a nobody (well, sort of). Now I know what it's like to be a One-hit Wonder, or any Boy Band established before 2012. Let me tell you, the feeling is one of relief and pure confusion.

I guess I should start off by telling the story of how I got to the place where I am, the bottom of the Totem Pole of Fame.

I had been joking for weeks that my friends and I should join the NAITSA's Next Top Model competition. Joking is the key word here. Yes, I toyed

with the idea, but no, I didn't ever intend on acting upon it.

One day a classmate of mine came to class saying he, yes he, had signed up for a competition that would launch him to fame (OK, those are my words, not his but that's what I was hearing when he was talking). Immediately I gave him permission to sign me up for this foot-in-the-door that they called a contest.

Shortly after, I received my calling card to fame when NNTM organizers e-mailed me notification that I was in. Of course I knew I would be accepted. I have the face for modelling. In fact, ever since I was a small child I knew that one day I would be a star in the beauty world. Or, so I thought ... (not

that I'm bitter)

To start the competition, we all attended an industry workshop where I and the other contestants learned the tricks of the trade and strutted our stuff. I was then ready for my close-up.

Luckily that was the next fashionable step we took in our modelling careers. We struck poses in a weekend full of photo shoots.

This is where my inner diva comes in, as the self-claimed "Queen of Selfies" nobody loves a good picture like me but, come Round 3 I just felt like Britney Spears circa 2007, about ready to shave my head and call it a day. I guess that was foreshadowing of my modelling career (not the shaving my head part, but you get it).

Weeks passed, and I forgot the pain I went through to take the beautiful photos and became so excited for the world to see

my glamour shots on the NAITSA website.

When the pictures launched, I decided to leave my fate in the hands of others, doing zero campaigning for myself. I mean really, does the Queen of Selfies need to tell others to vote for her? Well, turns out ... she does.

Unfortunately, I'm not NAITSA's Next Top Model and apparently I never stood a chance. If you went to the finale at the Nest on Wednesday March 20, then you saw me on the ultimate walk of shame, but I bet I looked damn good doing it. I want to thank everyone who didn't vote for me, for you have taught me the real importance in life ... Instagram. Don't hate me because I'm (insta) beautiful.

Congratulations to the winner of NNTM, I can guarantee you deserved it and I know the hard work you put into it. You go girl (or Chris)!



Lauren, in happier days.

Battle of the Bands a casualty

By **CHRIS FIGLIUZZI**

NAIT's battle of the bands was supposed to happen on March 15, but unfortunately it had to be canceled due to a lack of interest from bands. This is disappointing but far from surprising, as NAIT students are perhaps the single most apathetic group I have ever come across. By enlarge people here seem disinterested in participating in anything the school puts on and that is a crying shame considering some of the amazing events that are put on.

I know earlier this year I went to a free concert put on at the Nest by "Bootleg Glory" it was an awesome show by an awesome band of incredibly nice and entertaining guys. Counting myself, and the people I dragged down there, I would say there were about a dozen people there, including two gentlemen in suits clearly having a meeting.

Now this may come across as preachy but I totally get the apathy from the student body, you want to get in do what you need to

do and then get out with your degree, diploma or whatever piece of paper you're chasing. I was that way to when I was doing my first degree and to be honest I thought it was the best way to get through school, and I did make it through. That being said though this time around I have completely immersed myself in the school and the activities it has to offer, I write for the paper, play intramurals, attend the "How to ..." series, and concerts. Basically anything and everything that interests me I will do, and you know what? It's made

school so much more enjoyable for me.

By taking part in these activities it has allowed me to see NAIT in a different light. No longer is it just a building where I have to show up and suffer through classes and exams. Now it is a social place, where I can meet friends, hang out with them and have a legitimate good time, and the best part is all of these activities are free. So why not try and take advantage of some of the amazing programs put on at NAIT for you? You never know you may just have some fun.

Learning how to be assertive



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Do you have trouble saying no? Find yourself trying to please others and/or putting others' needs above your own? Think it is important not to make waves? Get irritable or lose your temper when you feel unheard? These can be signs that you could benefit from communicating more assertively. Assertive communication is the ability to express your feelings and needs openly and honestly without being aggressive.

• Body language sends a message, not only to others, but to you. If you are hunched over, avoiding eye contact and talking quietly you are sending a completely different message than if your body posture is erect, you are facing the person directly and you are making

eye contact – and that is before you even say anything!

• Using a calm steady tone of voice sends an assertive message. Whining and talking softly or yelling and arguing send the opposite message.

• Communicate with 'I' messages. Rather than "You never listen to me" you might say "I feel hurt when you don't pay attention to what I am saying".

• Send direct messages. Don't expect the other person to read between the lines or hear what you really want to say.

a. Eliminate "should" and "have to" statements and substitute that with "choose to" or "want to" statements.

b. Avoid qualifying statements such as "This probably sounds silly" or tag questions such as "Is that okay?"

c. Be nonjudgmental. Statements that blame or insinuate will only get the other person into a defensive mode.

• Focus on behaviours not personal attributes. Rather than "You are such a slob" you might say "Will you please keep the bathroom clean and tidy". Stick to factual information.

• Stick to the present. Bringing up past behaviour or old arguments will likely get right back to old patterns of communication. Focus on the behaviour you are concerned about now.

• Be prepared to repeat your message. Don't get sucked into arguing, having to explain yourself or giving up. You often have

to use the "broken record technique" which means repeating your point in a calm, even manner.

• Deal with criticism without taking it personally or buying into it. Making excuses or feeling like you have to explain your performance can lower your self-esteem. Instead, leave it at statements such as "You are right, I did not do my best work on that assignment." Evaluate criticism to see if it is justified. If the criticism is valid look at how you can use it to improve; if it is not valid or important, ignore it.

• Learn to say "No". Don't feel you need to elaborate or justify. If you are unsure if you want to do something don't commit right away. (e.g. "I'll check my calendar and get back to you" or "I'm not sure. I'll let you know later"). Take some time to think about where your boundaries are in various areas of your life and then stick to them. If you find yourself becoming irritable or angry it is often a sign that you have been too passive or that you are going

outside of your boundaries.

• Learn from the past. You can't expect your communication to change overnight. Evaluate how you feel after an interaction. If you don't feel good about yourself think about what you could have said or done differently, and then mentally rehearse a more assertive response. And if you know an uncomfortable interaction is coming up mentally rehearse your assertive response beforehand.

It isn't always appropriate to use assertive communication. And it doesn't always work to get you what you want. But practice becoming aware of when you are feeling unheard, mistreated or unsatisfied with results, and gradually take steps to increase appropriate assertive communication

Counsellors at NAIT Student Counselling are available to help you with this, or other personal or academic problems. Book an appointment in person in Room W-1110PB or by calling 780-378-6133. All appointments are free and completely confidential.

MENTAL HEALTH AWARENESS WEEK
March 18 – 22 ~ South Lobby ~ 11:15 am – 2:15 pm
"The Happiness Project"
Help, Awareness, Positive Thinking, Physical Activity, You
☺ Create your own happiness project! ☺
Watch for more details.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 21-27
(Warning: These Nugget horoscopes are not written by an accredited astrologer, however, believe them if you like, as they

are absolute and unquestionable.)

Aries (March 21-April 19)
This week change is on the way. You will need the support of family and friends to help you through.

Taurus (April 20-May 20)
Follow your heart not your mind. Happiness is waiting for you.

Gemini (May 21-June 21)
Fortune is coming your way but not in the way you think.

Cancer (June 22-July 22)
To be at peace is to be one with yourself. Get a new hobby to find a new you.

Leo (July 23-Aug. 22)
Trust in those around you and good results will be expected.

Virgo (Aug. 23-Sept. 22)
Plan a trip this week. Your body will thank you for some much needed relaxation.

Libra (Sept. 23-Oct. 22)
Stress is sometimes needed to achieve results. Embrace what worries you.

Scorpio (Oct. 23-Nov. 21)
Don't be afraid to say what's on your mind. You are not the only person with these thoughts.

Sagittarius (Nov. 22-Dec. 21)
Don't be afraid to say what's on your mind. You are not the only person with these thoughts.

Capricorn (Dec. 22-Jan. 19)
You may feel like time is crawling up on you, but that's just the motivation you need to move on to something new.

Aquarius (Jan. 20-Feb. 18)
Study hard and work hard, but don't forget to play hard.

Pisces (Feb. 19-March 20)
Look no further than your own home for inspiration. You can create greatness.

Easy Lego key hanger

By TYLER WARREN

Now you may be wondering "Just why is this useful? Lego, as we all know, was made so that children could become great architects in the future, building incredible things with just their imagination and their hands. I discovered this technique to solve one of the most common problems of the first and second worlds: Where the heck did I put my keys!? Due to this simple

contraption, worry about key locations will disappear. What you will need:

- 1 2x4 Lego piece (single thin slice)
- 1 2x10 Lego piece (thick slice)
- Adhesive tape
- Something to make a "key ring sized" hole

Step 1: Drill a key ring sized hole in the 2x4 Lego piece

Step 2: Apply adhesive tape to the 2x10

Lego piece and place it on a convenient wall.

Step 3: Fit the key ring inside the hole of the 2x4 Lego piece, so that it stays attached, and then attach it to the 2x10 Lego piece on the wall.

You may also hook other things important up to the wall, such as shoes or a snow shovel. The possibilities are endless! Just make sure you have the suitable Lego piece and a strong adhesive.



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TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



ID safety while travelling



When you travel abroad, the odds are you will have a safe and incident-free trip. Travelers can, however, become victims of crime and violence, or experience unexpected difficulties.

Protecting yourself against identity theft is just as important when you travel. Here are a few simple tips to help you have a safe and enjoyable trip.

Don't post holiday plans!

Don't post holiday plans, activities status or holiday photos on your social media page while away because this may lead a criminal to your home.

Luggage tags

Use covered luggage tags to keep your information away from prying eyes.

Using GPS

Phone applications using GPS can send promotional material to your phone. The applications can be enhanced to collect, use and share your personal information without your knowledge. Turn this feature off on your phone.

Using geo-tags

Geo-tags give the latitude and longitude of where your photo was taken. Turn this feature off on your phone or digital camera.

Shield your PIN and passwords

• Shoulder surfing is an easy way for thieves to get your personal information.

• Be sure to use ATMs located inside a bank for further protection.

Credit cards

Use credit cards while travelling – they offer additional protection against criminal activity. Keep an eye on your card to avoid

cloning and watch for the use of a skimmer.

Laptops

• Use your own laptop/tablet in public places.

• Delete your computer's temporary Internet files, cookies and history often.

Protect your passport

Keep your passport, wallet and personal papers in a travel pouch under your clothes and not in a backpack.

Lock up your valuables

Lock your valuables, including your laptop, in a secure place or keep them with you.

Passwords

Add passwords to each of your electronic devices.

Scams/Pickpockets

Watch for scams on the street. Chil-

dren working with adults are notorious as pickpockets.

Some information provided by Service Alberta.

If you are travelling outside of Canada, be sure to visit www.voyage.gc.ca for information regarding travel to your destination and embassy contact information.

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). You will remain anonymous and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information.

Everybody benefits, except the criminal.

Harlem Shake worldwide phenom

By MUHAMMAD WAQAS

A recent record breaking video on YouTube is not Justin Bieber's, it's not even "Gangnam Style," it's from Brooklyn "Trap music" producer Harry Rodrigues, who is better known by his stage name Baauer. It's called the "Harlem Shake."

And now it's time to formally say goodbye to last year's sensation, "Gangnam Style."

The Harlem Shake first started gaining

attention in February and grew out of a silly video from a blogger named "Filthy Frank." From there, the spinoffs went viral.

It keeps inspiring amateur videographers to produce their own clips using basic tools. At the beginning, the first 15 seconds, they typically show a normal scenario where only a single actor is dancing, unnoticed by the people around him. Then the beat drops and people around him join in and do all the crazy stuff.

It is lot easier to orchestrate, choreograph and a lot less of a budget for sure. In marketing language this is called simplifying or activating the long tail.

Most of the people don't know about it, but NAIT also has a "Harlem Shake" video. I don't know who did it, but it's there and available on YouTube.

"I seriously thought these were screamer videos," says BBA student Mandy Lee. "Firstly, they are really calm, and then surprisingly it changes into jumpy or kind of a horror movie. These videos created a new fad like the "Gangnam Style" from 2012."

Zain Mahmood, Bachelor of Technology Management student at NAIT says, "It seemed like an idea that occurs to one's mind when they are bored. I think it didn't have any negative effect yet on society but I haven't seen something positive from it as well. I have been in one of "Harlem Shake" videos, and I think it is something that you could have fun with. My favourite video is "Harlem Shake" on a plane done by Colorado College students."

That's right, people have fun while doing these videos, but there are some people who faced serious consequences. Fifteen miners lost their jobs in Western Australia, two Israeli soldiers received a prison sentence and five people got arrested by Russian police for doing the Harlem Shake.

It may look like an awkward show of swinging arms and twisting chests, but that has not stopped the Harlem Shake from becoming an Internet phenomenon.

The Harlem Shake became as a political statement, which you can't stop until something new comes up. The proof of it is the Harlem Shake has spread to many countries, including the U.S., UK, Canada, Australia, Europe, Asian and Arab countries.

For those who don't have a clue about the original Harlem Shake, it was Albert Leopold Boyce, who died in 2006 at age 43, who created the Harlem Shake dance.

He used to perform it in basketball tournaments as a the halftime entertainment show at Rucker Park, New York.



Photo by Jesse Kushneryk

WORDS OF ADVICE

Edmonton Breakfast Television's Bridget Ryan and Brad Slater, Calgary Morning Show producer, spoke at the Excellence in Broadcasting Workshop held at NAIT on March 16. Students heard from a number of industry representatives, including CBC interviewer George Stroumbouloupoulos.



THROWBACK THURSDAY

Cartoons we all remember

By DARTANION JOHNSON

@Dartanion

I was a kid that loved television. I used to wake up every morning at 5 a.m. to watch *Bewitched*, *Gilligan's Island* and then an hour of the weather network. Yes, an hour of national weather numbers flashing across the screen, no pictures like they have now. I always had a fascination with TV and like any '90s kid, cartoons were my favourite. Here are my top five '90s cartoons (It was hard to pick just five).

5. Rugrats – A show about babies who can understand each other and go on amazing adventures that usually only take place in their heads! For how crude and dated the animation was, the show was ingenious how it crafted kids into using their imagination while also hinting at adult circumstances that were playing in the background. The show took a turn for the worse when they decided to age the characters but the original run had nine seasons and three hit movies. So as Tommy Pickles would say, "A babies got to do what a babies got to do!"

4. Reboot – The first completely animated TV



sailormoon.wikia.com

series and it's Canadian. In its simplest form the show is about a society that lives in inside a computer, but it's much more complex than that. At first the series started off fun and light with parodies of famous games and shows, including two from this list! Later seasons took a more serial approach with darker themes and more grown up references like the movie *Evil Dead*. The series was short lived but it is truly something that anyone could find something they like in it. A press release from

2011 stated there were plans to reboot the series into movies but no such luck yet.



blogs.babble.com

3. X-Men – The Animated Series-We all know X-Men but this series that ran five seasons I believe it the best storytelling out of all the movies and later series. These episodes felt like they came right off the pages of the comics. Wolverine was tough, Storm was powerful, Cyclops ... Cyclops cried a lot and even Jubilee was a relatable rebellious teenager. This is another series that is flawed with subpar animation but the stories were so good that you could overlook Rogues hair changing colour in every scene. If you are fan of the movies or the incarnations of later ser-



www.g33k-e.com

ies, I highly recommend you check out this classic show.

2. Sailor Moon – Fighting evil by moonlight, winning love by daylight. Sailor Moon was my first exposure to anime and I didn't even know it! Not only did I love the weather but I was also into astronomy as a child. So a series about warrior princesses from the planets and moons of our solar system trying to save Earth was right up my alley. Yes, our English version was cut and tamed down compared to the original Japanese version but that didn't stop me from watching all four seasons that was aired in North America. The fifth season was never aired here due to the fact that many of the main characters were transgender. Exciting news though, Sailor Moon will be returning in an all-new series this summer.

1. Pokemon – There is not one '90s kid who did not have some sort of Pokemon exposure.



ifanboy.com

The show is still currently on air and is over 750 episodes, but it's the original season that fills my heart with memories. Ash, Misty and Brock traveling through Kanto collecting badges and Pokemon was thrilling and unexpectedly touching at times. Don't tell me you didn't cry when Ash let Butterfree go, or the first episode where ash nearly dies to protect Pikachu from angry Spearows. This first season had such heart to it. Kids were taught to cherish and love Pokemon, and stand against people that would harm them. The show lost its sense of heart and focused heavily on battles after Misty left the series. The show is still one of the biggest cartoons ever to enter my life.



St. Pat's pressure

By CHRIS FIGLIUZZI

St. Patrick's Day, aka the unofficial international holiday where going out with the explicit intent of getting blackout drunk is not only accepted but actively encouraged. This year it fell on a Sunday, which meant for me that St. Patrick's Day would be spent alone in the dark with my roommate's cat sitting there judging me while I watch a "Gypsy Sisters" marathon and drink ... otherwise known as my typical Friday night.

For me, St. Patrick's Day has always seemed very much like all the other holidays that seem to continually centre around drinking. I, of course, am talking New Year's, Halloween, and Arbour day ... especially Arbour Day. I mean who doesn't like drinking while surrounded by trees? The problem with these days is that there is always so much pressure for it to be the party of the year. There's pressure for it to be better than any other night, for you and some friends to hit the town to tie one on. Often, at least in my experience, all this pressure and hype usually leads to one thing ... a huge disappointment.

The worst part about these nights is that you get all the amateur drinkers trying to keep up

with the big boys, or "bois" as Avril spells it, which inevitably leads to two things: vomiting and fighting. The vomiting I get, I understand it and accept it as a natural consequence of these state sponsored days dedicated to getting loser drunk. The fighting is what really bugs me and, truthfully, confuses me. These are social events that are designed to be fun and enjoyable for everyone. I mean bars go out of their way to get decorations and fancy up their establishments just to get people more into the mood, to make it more festive and friendly. Yet for some reason every time you get a couple drinks in, every guy at the bar in a tap out or affliction shirt, all of a sudden they think they're Georges St-Pierre.

For all those negatives, I still love the day. It's a great chance to sit down with some friends and catch up over a cold pint. Sure, it isn't always the best night of the year or even conveniently placed. Monday definitely wasn't productive ... but it's still a great excuse for a good time and, in my opinion, that makes it pretty damn amazing. So raise a green glass and have a drink or one too many. However you celebrate it, just remember: don't be that guy ... or girl.

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

Ryne Cender
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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