

LAST NUGGET THIS SEMESTER, SEE YOU IN THE FALL!

THE NAIT NUGGET

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

NAITSA TURNS 50!

Students' Association celebrates, page 20



Photo by Benjamin Sim

James Head, left, VP Student Services, holds the prestigious Golden Torch Award he received April 5 at NAITSA's annual awards banquet. He dedicated his award to fellow outgoing executives during his acceptance speech. They are Meagan Strachan, VP Academic; Daryn Rainer, VP External and Jonathan Bilodeau, president.



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NEWS & FEATURES

Memories, good and bad



KRYSTA MARTELL
Issues Editor
@tweetsbykrysta

At the beginning of the semester, I wrote my first editorial that introduced myself and I wrote a few things about who I am. I really hope what we have published in this semester of *The Nugget* has been interesting for everyone to read.

Now, here we are last issue and approaching the end to a long semester. My time here with *The Nugget* and as a student at NAIT has come to end.

I'm almost finished my third semester in the Radio and Television program and honestly, I'm looking forward for it to end, as it's the beginning of a whole new journey for me (this is also my second time being in school and I've never felt more ready to conquer the world).

In my time at *The Nugget*, I've learned a lot about print journalism, grammar and generally being a better writer that can only benefit me in the future (especially in television).

I also need to credit my time in the Radio Television Arts program. I have learned so much from my classmates and instructors that it has helped me shoot, write and edit better. It was a worthwhile experience that holds a ton of memories. I'm excited to begin my practicum this summer at City TV and I'm nervous and overwhelmed at the same time, only because it's the big leagues now. Once I finish my prac-

ticum, I have a strong desire to move away from Edmonton and try the whole living in another city thing, something that I'm so stoked for.

Of course, there are some things that I won't miss about NAIT. I complain a lot about the (old) parkade right next to our RTA building. I thought it was a good idea when I got my parking pass but little did I know how much time I would need to budget when parking and retrieving my car. God help you if it's a miserable, cold day and it's icy – making those turns is enough for your back end to run into the wall or another car. I also never understood why some people have to signal. Every. Single. Time. Going up the parkade when there is only one way to go. Walking down 13 flights of stairs is exhausting and seeing rotten food on the ground is also very unappetizing. Just parking in general – NAIT has made it impossible to park for

free. Being full time students, I wish we could catch a break.

Walking to the RTA building and getting my daily dose of second hand smoke from all the smokers outside the door – thanks for that, has anyone told you that smoking is bad for you?

I don't know if it's just me but what is it with all the hot rooms on campus? *The Nugget* office being one – I kid you not, you could do hot yoga in there. The Naitrium is another place, very nice spot but hot and a tad humid and all the "interesting" smells in there make it a little less enjoyable.

Anyhow, there you have it! My very last editorial is complete. We are all going to leave at some point but just remember; education is the most powerful weapon, which you can use to change the world. Good luck to my fellow *Nugget* editors; it's been fun and good night!

Be careful, be aware

Recent disappearance of city woman cause for concern

By GABRIELLE HAY-BYERS
Issues Editor
@Gee_H_Bee

Edmonton-area scientist Anina Hundsdoerfer has now been missing for weeks, prompting safety concerns for area residents as long as questions remain about her disappearance. While the search for Anina has been called off, the investigation into her disappearance has not.

NAIT Protective Services has been sharing advice for how to keep safe in Edmonton and on campus all year and before the majority of students vacate

campus for the summer, *The Nugget* has compiled a list of safety tips to keep as a reference.

Protective Services recommends that when in a situation regarding your vehicle, always be sure to park in well-lit areas, refrain from keeping personal information like your registration in the vehicle when you are not in it and never leave your windows rolled down, even a crack. Additionally, always practise situational awareness and check the back seat of your vehicle and the area around you before you enter the car. Always be cog-

nizant of what the conditions will be like when you return to your vehicle – it may be a nice, bright spot to park now but are there lights nearby for when it becomes dark? Think ahead.

When considering safety around your home, never hesitate to contact the police or building security if there are strangers loitering around your home or apartment. It's well advised to trim back any bushes on your property so that you can see if there is someone attempting to loiter near doorways. The Edmonton Police Service recommends keeping your keys ready when walking to your doorway so that you can enter quickly.

If you're planning on taking a holiday this summer, talk to a friend or hire a company to get your mail, mow the lawn and check in on your home. Suspend newspaper subscriptions and consider buying timers for lights in your home. Not only is this important for insurance purposes it is a deterrent to potential thieves.

As the temperature rises, we will all become more eager to head out to events and outdoor areas. Last year, the Edmonton Police Service received over 1,500 calls regarding personal robberies. In order to protect

yourself from this type of crime, choose walking routes that are well lit and populated if you are walking after dark. If you carry personal electronics like, say, a smartphone, be smart about keeping it concealed when in unfamiliar situations. Small devices like smartphones and iPods are quick cash for offenders or can be easily exchanged for drugs. When out at events, try to attend with a trusted friend and if you part ways to head home, check in with each other.

Follow these tips for a safe summer!



Volunteers put up signs for Anina.

edmonton.ctvnews.ca



missingpeople.ca

Anina Hundsdoerfer

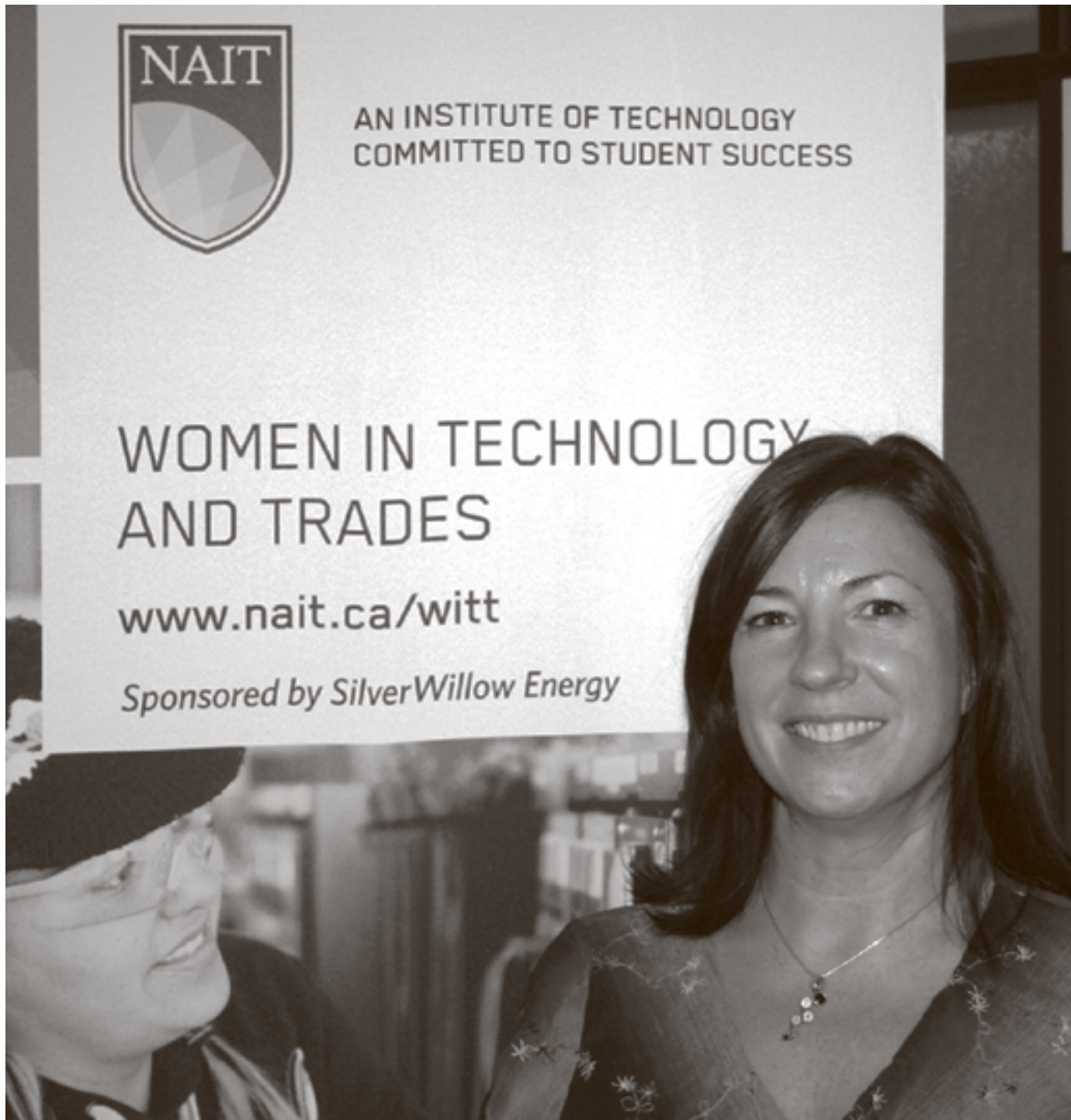


Photo by Nicolas Brown

Stephenie Fuhrer, Student Engagement facilitator, says young women should see trades as a viable option.

Expanding horizons

By **NICOLAS BROWN**
@bruchev

As a polytechnic, NAIT offers a wide variety of hands-on programs ranging from business and information technology, to apprenticeships and trades. Historically, certain programs have attracted different demographics within the population. The most recognizable example of this would be, of course, the trades program area. Traditionally, the trades have been a career path heavily dominated by men. For the past five years, NAIT has been working on an initiative to change that trend.

Dubbed the Women in Technology and Trades Program and started in 2008, the program aims to encourage young women to enroll in programs such as the trades, information technology, and the engineering technologies. Generally speaking, programs with less than 30 per cent

female enrollment fall within the mandate of the Women in Technology and Trades program. The program offers support to women enrolled in certain areas and helps new students adjust to what many would consider a “different” environment. Any business student will tell you that walking down a hallway in any trades wing is certainly a different experience.

The initiative also works to encourage potential students to consider these “non-traditional” programs.

Stephenie Fuhrer, a facilitator in the Office of Student Engagement and the primary contact for the program, explains; “showing young girls that trades and technologies are an option for them [is important]. If you don’t see somebody in that role, you don’t think of yourself in that role.” The initiative has worked with a number of community organizations,

including Big Brothers Big Sisters, as part of their community outreach.

Although the program is geared towards supporting women in their studies, there is no general rule that men cannot get involved either. Monthly lunches are held to help students talk, get support and find some friends who can share their experience. All students are welcome to attend these lunches, and many go on to make presentations to encourage young girls to break the gender stereotype.

The Women in Technology and Trades program is one more extremely valuable service offered to students by NAIT. As the program continues to grow, it is hoped that all students will have the courage to choose a career that they want to pursue, and not one they think they are expected to do.



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Letters

We want your views

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MacEwan on GHB alert

By **BRETT BOHL**

MacEwan University Security Services has recently reported they suspect incidents of students being unknowingly drugged. The students were poisoned by a substance called GHB.

All of the reports were of students consuming alcohol. Reported incidents included some that took place on the campus, inside a bar called Towers on Fourth. Security at MacEwan is asking students and staff to be careful while they are consuming alcohol on campus. Security is asking Towers Pub management to perform a patron control in the Pub. Every person who looks under the age of 25 will be asked to provide ID.

Recently, there have also been reports of MacEwan students being drugged at parties and other off campus gatherings. GHB is not to be taken lightly. It will paralyze an individual, making them unaware of anything that happens to them.

The drug "GHB" is a naturally occurring substance found in the human central nervous system. It is also found in wine, beef, citrus fruits, and in small amounts - in almost every animal. GHB is categorized as an illegal drug in many countries. It is currently regulated in Canada, the US, Australia, New Zealand and most of Europe. GHB is known as "sodium oxy-

bate (INN)" or by the trade name "Xyrem." GHB has been used to treat cataplexy and excessive daytime sleepiness, in patients with narcolepsy.

GHB can also be used in a medical setting; as a general anesthetic, to treat conditions such as insomnia, clinical depression, narcolepsy, and alcoholism. Plus in some cases it has been known to improve athletic performance. GHB is naturally produced in the human body's cells. As a supplement or drug, it is used most commonly in the form of a salt. GHB is also produced as a result of fermentation and is found in some small quantities of certain beers and wines. "Succinic semialdehyde dehydrogenase deficiency" is a disease that people can get when GHB accumulates within in the blood stream.

GHB is a central nervous system depressant. It is used as an intoxicant, although it produces a stimulant effect at lower doses. This is due to its action on the GHB receptor.

In the street there are many names for the drug. Some include: G, Liquid X, Liquid E, Juice, Mils, Liquid G, Fantasy and Georgia Home Boy. The drugs effects are comparable with alcohol and ecstasy use. The drug leaves the user in

disinhibition, enhanced sensuality and a euphoria state of mind. At higher doses, GHB can cause nausea, dizziness, drowsiness, agitation, visual disturbances, depressed breathing, amnesia, unconsciousness, and even death. The effects of GHB can last anywhere from 1.5 to 3 hours, or even longer if large doses have been consumed.

Consuming GHB mixed with alcohol is as dangerous as it can be! It can lead to vomiting in combination with unforeseeable sleep (a potentially lethal combination).

GHB is also used as an intoxicant, it has been labeled as the "date rape drug." The sodium form of GHB has an extremely salty taste. The scary thing about "G" is the fact that it is colourless and odourless. It has been described as "very easy to add to drinks" that mask the flavour. GHB can also be produced as different salts, - some of which may not have a taste as distinctive as the sodium salt.

With exams coming up, and the last day of classes right around the corner... students will socializing and celebrating. I only hope that everyone is safe when doing so. Please be careful and responsible when consuming alcohol on campus.



quebec.huffingtonpost.ca

Stressed? Help is available

By **LISA BERG**
@bergLisaR

A study conducted by the *Globe and Mail* in June 2013 stated that 90 per cent of students said they felt overwhelmed by all they had to do in the past year, while more than 50 per cent said they felt hopeless and 63 per cent said they felt very lonely.

Students today not only have school and exams to worry about but relationships, family, finances and, frequently, part-time jobs as well. This time of year is especially difficult for students because of final exams and final projects, and most find it difficult to cope with the stress and subsequent anxiety that tends to set in.

"It's important to stick to a typical routine," says NAIT counsellor Krista Peirce. "Don't try to stay up super late or go to bed hours early if that's not what you normally do."

"Try to be as prepared for the exam as possible and then just do the best that you can. If possible, go for a short, fast walk right before the test - this will help with anxiety."

Here at NAIT, exam time is upon us and students around campus are feeling the stress. It's almost as if the entire month of April is a dark tunnel with a faint light at the end that gets brighter after each completed final exam or project. That light, my fellow students, is summer, but it still feels as though it will never end.

Pierce also gave some advice on how students can remain calm during their exams.

"If you are anxious and stressed out, stop and

take several deep breaths," says Peirce.

"The 30 seconds it takes to try to calm down will make you more efficient in the long run. It's also important to take your time, read questions thoroughly and make sure you understand the question completely before answering."

For students in their final year, it might even be that daunting "what comes next?" question. To help students cope with these unwanted, overwhelming feelings, NAIT has stress management clinics set up on campus providing students with a healthy outlet to vent.

The clinics allow for students to momentarily escape from any problems and relax with resident therapy dog, Flynn, who has just passed his obedience and temperament testing, becoming NAIT's first certified assisted therapy dog.

He loves people and is a large part of what makes the clinic so successful. Most important, though, it's the counsellors on hand. These trained professionals are crucial to a struggling students' well being.

It is very difficult for a student to cope with all that needs to be done, particularly in these last few weeks of school but NAIT's stress management clinic makes it just that much easier to handle.

The clinics run throughout the month of April and to check the full schedule go to naitsa.ca.

NAITSA also has a stress relief program for April, which includes massages and cookies. For details, see the ad on page 21.



Photo by Courtney Ramsay

This on-campus booth has pamphlets and suggestions for dealing with stress.

ROTATING RANT

What's with the potholes in Edmonton?

By BRETT BOHL

Sometime around early spring, our city's population will notice our roadways developing deep divots in them. These are called "potholes".

Potholes begin being fixed in the early weeks that start the spring season, and continue to be fixed up until the late weeks of summer. Is there a problem with the way they are being repaired? Or is it a problem with the way the roads are being built, in the first place? Some say, "the problem is the way our cities snow removal crews are removing the snow."

It is so bad that our city has been said to have only two seasons: winter and pothole repair. The truth of the matter is that the road damage involves both Mother Nature and limitations of road construction.

Most of the roads are built with layers of compacted earth mixed with gravel for drainage. Some of our city's older streets may even have a surface of bricks. All of these layers get covered up with asphalt. The asphalt repels the rain and snowfall, forcing it to drain to the shoulder of the road. Potholes begin to form when the surface of the road begins to crack. The cracks are caused from the day's heat and the constant stress of our city's traffic. These cracks let the snow and rainwater seep into the dirt and gravel. During our cold nights the water freezes and it expands. This pushes out some of the gravel, leaving holes behind, when the water eventually melts. Drivers continue to drive over the unseen holes, putting stress on the thin layer of asphalt covering them. Eventually the asphalt collapses, thus leaving holes in our roadways.

Potholes can and will cause significant damage to a person's vehicle. Pri-

marily damaging the suspension or the tires. The holes can also be filled with water, or any other hazards. Drivers must try to avoid these holes by dodging them. Even in cities where the temperature rarely falls below freezing; an excessive rainfall or flood could eat away the roads.

I see our city's road crews working on them daily, blocking off streets and filling them in. This is good but are crews really doing their best to tackle the problem?

Road maintenance crews only have two ways of fixing the damage. The first method is similar to a visit to a dentist. The crews begin by using a temporary or permanent filling material, like ones used for cavities. The second can only be done in the winter months, and is called a "cold winter mix". The mix is a temporary fix consisting of a soft asphalt that gets poured into holes after being cleared of debris. A layer of gravel is then added which increases the strength and the stability of the road. However, most of the damage can often be expected to re-appear by the time spring comes around.

Everywhere I drive in Edmonton, there seem to be potholes. Why is that? Every other city I've ever visited seems to have the issue under control. What is causing our city to have so many problems with pot holes? I think I speak for everyone when I say I can't wait for the day when I can drive on a smooth path everywhere I go.



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Point Counter Point Take a break, eh?



By **QUINTON BERGER**
@QuintonBerger6

The U of A and Grant MacEwan have added a November break to their school year ... which is stupid. As the end of the semester draws closer and closer, students are really starting to feel the pressure of studying for their finals and tying up all the loose ends. The ecstatic feelings of excitement and wonder felt at the beginning of the year have now been replaced by stress and anxiety. It's that time of year when we show ourselves what we're made of and it really comes down to "sink or swim." This pressure is incredibly daunting, which is why the U of A and Grant MacEwan have added a second break to their school year. NAIT hasn't, though, and I think it should stay that way.

Not a Grinch

Now, don't get me wrong, I'm not some bitter Grinch who hates fun and thinks all of our time should be spent at school but another break would add to this. Students at NAIT are crunched for time as is. Having another week off would mean less time in class and less time to work on assignments, which equals more people crapping their pants in a mad dash to get everything done. Reading Week was great and so was Christmas break but at the end of the day, it's time that we now have to squeeze into these last couple of months, which is a pretty big task. We wouldn't be under so much pressure and stress if only we'd had another week to get everything together. I love spending time with my friends and family but not as much as I hate the feeling of trying to find time to balance my butt load of assignments along with my job. We're all feeling the bitter sweetness of Reading Week as the end of April draws near and that would only happen again in December if we added a November break. I say we just suck it up for that first semester because we've got a total of 21 weeks off over the course of the year, which is a hell of a lot more than anyone in school below a college level or the working world get.

Not rocket science

Then it comes to the detrimental factors of breaks themselves, it's not rocket science, it's brain science. The fact is that while breaks are a great way to let loose and relax, they're also a great way to not think about school and thus, not retain things. Students come back from breaks and they aren't as "on the ball" as they were a short time ago, simply because they haven't been focusing on it. So now you're telling that you want to be extra crunched for time and have the possibility of forgetting stuff along the way? Fool. Please! I love time off, I love breaks, I love relaxing with those close to me, but November break would ultimately do more harm than help.



By **SHEEBA JOHNSON**

Take yourself back to the last term, the fall term. Remember how, when the term started, you were so pumped! So excited to do awesome and be the best. And then as the time starts flying the reality of the situation sinks in. You start panicking, sweating in panic becomes a common thing and next thing you know it's final exams!

Now let's think about this term from a different angle. What if you got a Reading Week in November to de-stress? Sounds pretty awesome, doesn't it. You have some time before exams to unwind, relax and sleep the stress away. Why would you not want it? Why would you say no to something as great as a week off in November, if it means that when the finals coming knocking at the door you don't experience the cold panic. Who in their right mind would say no to that?

Not far-fetched

I am not speaking of some farfetched fairy tale. The University of Alberta and MacEwan University are adding a break in November. How awesome is that? I think that is exactly what is needed for the fall term. It will make things easier for students and teachers. You could catch up on revising, catch up on homework, catch up with friends who you haven't hung out with because you are too busy completing the said homework. And as for teachers, well all I can say is I am pretty sure they are humans and need some time off to let their hair down and relax. I mean who would say no to a week off at their work, would you? And then they are not stressed because they haven't finished grading the last assignment or they haven't set what is supposed to go on the quizzes or tests. It's a win-win situation for everyone involved.

Same for NAIT?

Now if only we could have the same thing for NAIT. As I said earlier it could be a great source of stress relief for both the students and the teacher to have a week off in November. Happy students make good students and relaxed professors make great teachers.

It will give students precious time to get out of a funk go to the bar with friends and when the time comes to go back to school, they will be in a better mood and more inclined to finish assignments. This is just talking about students, I don't even know how the instructors deal with stress. If I were an instructor I don't know how I would deal with being professional and always there for my students, and with the stress of keeping up with all the grading. I'm sure they would love a week off to get away from all that paper work and come back with a fresh mind to all the madness that we students create for them.



OPINION

— Editorial —

Welcome back, Quebec



CARLY ROBINSON
Editor-in-Chief
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Two years ago an election was held in Quebec, ousting the Liberal Party of Quebec and giving power to the Parti Québécois. On Monday, the LPQ took back the Quebec assembly as a majority government. This means that when Quebecois voters took to the polls, they voted largely not to open the question of separation.

It was an interesting downfall for PQ leader Pauline Marois, who admitted the election campaign should not have been based on one of her party's key platforms: sovereignty. When she called the vote last month, she was eyeing a majority government. Confronted with a decision here and now, the Quebec people said it is not time to re-open the question of Quebec becoming an independent state.

Surprised me

This did surprise me, after just months ago, when, during the Olympics, I noticed a number of comments about where Quebec would be in the medal standings if it were its own country. It was all talk and when it came time for action there was a change of heart. The PQ was elected during the student protest of 2012, when there was a clear frustration with the conservative nature of the LPQ. When it came down to it, Pauline Marois' PQ was only the next best option at the time, separatism excluded.

The Liberal Party of Quebec had time to rebuild and is looking to make the next four years the best they can. A key strength is their recognition of multiculturalism and wanting to allow for minorities cultural expression. The tabling of the controversial Quebec Charter of Rights left many feeling weary and gave the impression of a closed society. As such concepts as banning religious symbols in public is foreign for the rest of the country, the fact it had such a high approval inside Quebec is just one example of the cultural differences we find in la belle province.

'Reconciliation has arrived'

This seems to me the message the PQL is trying to bring, with liberal Premier Philippe Couillard saying during his speech: "divisions are over, reconciliation has arrived." This is important, because it is not just the acceptance of Anglophones and immigrants, but of the Aboriginals who were left quite aside in all the question of separation and sovereignty.

With the destruction of the Bloc Québécois in the last federal election, we have seen twice in five years the destruction of sovereignty parties, begging the question of just how strong the separatist movement really is. It is hard to tell whether this is the end. My guess is that it is not just the rejection of separatism, but also the downfall of the more exclusive party that

was only elected to 'stick it' to the Liberals at the time, during a plea for change.

When I was at the Summer Games in Sherbrooke, Quebec this past summer, my glimpse at the PQ was interesting, to say the least. The whole opening ceremony was really playing on the country's bilingualism, showing in particular the bilingual nature of the region. The organizers really wanted to embrace English in Québec as well as the French outside. When it came time for a speech from the provincial government, not only was Pauline Marois not there (even Stephen Harper was there) but the representative for the party got up and spoke only in French – at the Canadian games. And with the majority of those there not speaking the language, it

made for an awkward couple of minutes. There I was, a French-Albertan sitting with a few English speaking Quebecois, all a little annoyed at the blatant disregard for the bilingualism of the country.

In Marois' speech Monday night, she spoke about having regrets for not promoting the French language enough, saying she is worried for the language. This made me want to scream. Don't worry Pauline; it is not creating a unilingual province that will account for the future of French in North America. If she had spent her time as Premier of Quebec looking past this, to the overflowing francophone and immersion schools in other provinces, to the growing of bilingualism across the country, she would have seen the future of the language.



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SPORTS

Still cheering for the Ooks



BRIDGETTE TSANG
Sports Editor
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Time flies when you're having fun; that is certainly the case for me here at NAIT and at *The Nugget* newspaper. But time also runs out and I hate having to say goodbye to something this special.

Over the past semester, I have had the privilege of working with some of the most talented and interesting people here at NAIT, especially my colleague and co-sports editor, Connor Hood or, as I like to call him, tall guy! Although we may differ a lot in height, we both share a passion and love for all things sports, even though we cheer for different teams – Connor's a Tampa Bay Lightning fan (pssh!) and I, a Pittsburgh Penguins fan. Nonetheless, we're still good friends. Well, unless we ever meet in the playoffs, then it'll be a different story.

But most importantly, I wouldn't be here writing in the Sports section of the paper without the wonderful people at NAIT and NAIT athletics; coaches, players, staff, etc. Thanks for taking time from your busy schedules to let this short girl interview you and ask you the hard hitting questions.

Being a sports reporter is something I have always

wanted to do and still strive to do every day. And there is nothing better than being able to do what you love most and have it be so close to home. NAIT has pretty much become my second home not just because I spend most of my days here at school (I'm a nerd, I get it), but because of the people here who are so welcoming and friendly that make it feel like one big family.

Covering the Ooks this past season has been so much fun. We are an institute with eight different sports and 12 teams; there's no shortage of sports action here at NAIT. From soccer to curling, basketball, volleyball, hockey, golf, cross country running and badminton, there's never a dull moment.

As much as I am a journalist, I am a fan first and foremost. I remember sitting in the press box at the arena covering/watching one of the games and naturally cheering when we scored. Another journalist came to me and said "you're a journalist; you can't be biased!" He did have a point, but I wasn't going to care until the game was over.

It has been an exciting year for Ooks sports and next season is sure to impress as well. Which is why I have decided to stay here at NAIT to help cover the teams for the NAIT Athletics Department for their newly launched online Ooks TV.

As my studies here at NAIT in the Radio and Television program end this semester, my journey of being a sports reporter is only beginning.

Thank you to all you readers for your kind words and support throughout this semester as I will continue



Photo by Jesse Kushneryk

Sports editors Connor Hood and Bridgette Tsang.

to cheer for the Ooks despite what other journalists may think of me.

Parents – settle down!

Learn to enjoy watching your kids play



CONNOR HOOD
Sports Editor
@connorhood27

Every year the issue arises about how parents behave at their children's sporting events. We have all been to a game where a parent has yelled or screamed at a referee, player or coach. It's not fair to the kids playing the game or to the people putting in hard work as coaches and officials. And when the police get involved, as happened recently when a Winnipeg team travelled to North Dakota, it's time to draw the line.

The incident occurred after a minor hockey game in Fargo, when the mother of one of the players barged into the opposing team's dressing room to confront their coach. The father of the boy soon intervened and punches were thrown. Hockey Winnipeg investigated the incident and has since banned the couple from entering a rink where their son is playing for three years. Witnesses at the altercation say this is the worst case of hockey parents losing their cool they have ever seen.

So was it worth it? To have one spat with a hockey coach and now they can't watch their son play for three entire years. The parents claimed that the opposing team was playing too physical with their son, who has an underlying medical issue, which resulted in the locker room fight. If their son isn't well enough to play a physical sport such as hockey and playing it starts post game fights, then why is he playing hockey?

Wouldn't he be more suited to a less physical game, like swimming?

This isn't the first time parents have been involved in altercations stemming from their kids sports. Just search crazy hockey parents on YouTube or simply go to a local rink a catch a game. These incidents occur so frequently that chances are you will see something before the first game is over. And I find it hard to believe that this isn't a bigger issue. When community centres are forced to put up signs reminding parents that their kids are playing for fun and it's not the NHL, it's a problem.

I've played organized sports since I was five, so I understand the emotion, passion and loyalty behind these fans. They want to feel a part of the game, to have some control over what takes place. The solution isn't anger but it seems to be the first answer they come to. Wouldn't all this energy be better suited to actually helping the team? If parents feel they

need to be a part, why not try coaching themselves? It might make them understand and respect the craft.

After reading about the fight in the United States, I have to say I completely agree with the decision Hockey Winnipeg made. Some, including the adults involved, may say it's too harsh but if something as simple as minor hockey game makes you want to punch somebody in the face, you don't deserve to watch your kid play. Overreacting moms, dads and grandparents are becoming far too common. How hard is it to watch a game without being upset over a blown call or a bad coaching decision? The world isn't going to end over a tripping call that was a little weak, a ball that we know was foul or the opposing team playing hard. Parents should remind themselves to enjoy the atmosphere, have fun and most important, calm down. They are just games, after all.



Photo by Jesse Kushneryk

NAIT President Dr. Glenn Feltham with NAIT's male and female athletes of the year, Kyle Birch, left and Josephine Peacock.

NAIT honours its athletes

By **BRIDGETTE TSANG**
Sports Editor
@bridgettetsang

It was certainly a night to remember! NAIT's 50th Annual Athletics Awards was held at the Shaw Theatre on April 3 to honour and recognize all of our athletes, coaches and athletics staff for their hard work and incredible results this past season.

While the night was focused on the athletes and coaches now, it's hard to ignore the path the Ooks have flown over the past 50 years. NAIT has strived to be the best in all areas and especially in athletics. Until the 2011-12 season, never had all women's and men's teams advanced to the post-season. Our teams have since won gold, silver, bronze at even the national levels. And who could forget about the 1984-85 men's hockey team who ended their season undefeated, 25-0, and went on to sweep the provincial and national championships.

Since her arrival to NAIT in 2008, Athletics Director Linda Henderson has taken it upon herself to transform NAIT Athletics into something all of NAIT can be proud of. She has hired six full-time coaches and requested the logo for the Ooks be changed to make it look "a bit more intimidating," according to a NAIT TechLife article that was published last year.

NAIT Athletics is stronger than ever now and it all starts with the athletes.

Some of the big awards of the night were Athletes of the Year (both male and

female), Athletics Director's Award and the Silver Torch award handed to the MVP of each individual team.

The night started off with the Athletics awards video that had the crowd in awe. Last year's video won bronze on the national stage. NAIT President Dr. Glenn Feltham then addressed everyone and the night of awards kicked off.

The cross country running team hauled in two major awards. The Golden Shoe award for most improved went to Adam Koning and the Silver Torch (MVP) went to Sarah McMaster with coach Teagan Gahler presenting.

The golf team's Luke Steeden received the Titleist Award and MVP honours went to Jared Donnelly, with coach Jules Owchar handing out the honours.

Owchar also presented men's skip Matt Brown with the Silver Torch Award and Kylie McLean with the Dennis Chrenek Memorial Award.

After a strong showing at the Nationals just last month, the badminton team handed out MVP honours to Yang Sun.

The men's soccer team saw Zach Kai-

ser win the MVP award for his team, as did Leanne Kadatz for the women.

The basketball teams also hit a slam dunk with awards as well. Head coach of the men's basketball team, Mike Connolly, presented awards to Yonas Berhe (MVP), Chris Neptune (Ian Pinnell Memorial Award), Cam Smith (Sixth Man Award), and Sebastian Cava (Franks Answorth Award).

There was no shortage of hardware for the women's team as well. Josephine Peacock is the MVP for the team, while Kirsten Burns took home the Marci Cooper Rookie of the Year award. Janice Phung also took home a team recognition award as well and Shea-Lynn Noyes won Most Improved.

Jordan Teliske took home the MVP award for the men's volleyball team, and Trevor Zemplak won for Most Improved player. Jelena Sarik (Teammates Award), Maegan Kuzyk (Ooks award) and Jasmine Hemsing (MVP) were all winners for the women's volleyball team.

The gold-medal women's hockey team saw Carlin Boey take home Rookie of the Year and Sherri Bowles the MVP award.

The ACAC announced Monday that Kaitlyn Whaley is the Top Scholastic Achiever, while Ooks goalie Jill Diachuk is your playoff MVP.

The men's hockey team fared just as well, with Jamie Johnson taking the Rookie of the Year award and former Nugget Assistant Sports Editor Kyle Harris and Jordan Wood taking the Coach's Award. Sam Waterfield was given the Playoff MVP award. Captain Liam Darragh took home the Silver Torch award.

The night's biggest awards were handed out by Dr. Feltham for the President's Awards (Male and Female Athlete of the Year). Josephine Peacock and Kyle Birch taking home the honours. (See page 10)

The Athletic Director's Award was handed to Leanne Kadatz. Leanne finished her five-year collegiate soccer career helping lead the Ooks to two consecutive ACAC titles and three consecutive CCAA national championship medals. Not only has Kadatz led the league in scoring in all five seasons she's played but she has become the most valuable and consistent player in the country.

"I'm not really good at public speaking, so, I just want to thank everybody that I've ever been involved with; you office people, Carole (current soccer coach Carole Holt), Serge (former coach Sergio Teixeira), all my besties on the soccer team. Thank you so much!" Kadatz said in accepting her award.



Photo by Megan Arneemann

Athletes of the year, 2013-14

By KEVIN MAHER

With another historic Oaks season in the books, it was time to honour the top athletes at the 50th Annual NAIT Athletics Award Banquet. There was no shortage of candidates for the prestigious Male and Female Intercollegiate Athletes of the year. This season's honours went to Kyle Birch (men's hockey) and Josephine Peacock (women's basketball).

Peacock, a fifth-year Business student, played an instrumental role in the rise of the Oaks women's basketball team over her three seasons with the team. This season marked Peacock's final season of eli-



Kyle Birch

gibility, as she leaves behind her incredible collegiate basketball career. Peacock finishes her career holding the record as the All-Time career steals leader in Alberta Colleges Athletic Conference history with an astonishing 312.

Her leadership was found on and off the court as she was a team captain throughout her entire career with the Oaks. She also served as a member on the Student Athlete Council and regularly was the face of the team with the media and the community. As storied as Peacock's career at NAIT has been, she remained humble when her name was announced as

the Female Intercollegiate Athlete of the year.

"I am very surprised (to win the award), I did not expect to be female athlete of the year, and I got it," said the multiple first team ACAC All Conference athlete. Furthermore, Peacock didn't shy away from showing a comical moment at the annual Athletics Awards banquet. "I didn't know if I was supposed to go up when they said my name. But it's been great. I am still surprised but very grateful at the same time."

Birch, a third-year Business student, established new records as goaltender on the men's hockey team. With 10 shutouts in the regular season and four consecutive shutouts, he set new marks as a goalie. Birch also set a new league record in goals-against aver-

age with a staggering 0.65. He also skated away with more honours this season as he was selected as the ACAC men's Hockey Player of the Year and was named to the first All-Conference team for his outstand-

ing season. Birch will be returning to the men's hockey team in the fall.

Even though he was a bit shy on stage during his acceptance speech, Birch acknowledged the other nominees and his support system for his incredible season.

"I also hate public speaking, but I'm surprised (by the award) and completely honoured with the nominees I was up there with. I just want to thank the coaching staff; Serge (Lajoie), Gabby (Mike Cabinet), Brucey (Bruce Lamer) and, of course, all the boys. So thank you!"



Josephine Peacock

Oil Kings dominate

By DANIIL ANSELM

The Edmonton Oil Kings jumped to a 3-0 lead in their best-of-seven Eastern Conference WHL semifinal series against the Brandon Wheat Kings by posting back to back shutouts at home last week and following up with a 5-2 win on Tuesday in Brandon.

After being pounced on after the first whistle in Game 1, Brandon tried to come out swinging early in Game 2. The first couple minutes of the game featured scoring chances by both teams, with a heavy dose of physical plays.

However, it was the Oil Kings who opened the scoring, with Ashton Sautner slotting home a power play marker six minutes into the frame. Ten minutes later, Edgars Kulda put one of his two goals past Brandon goalie Jordan Papirny to close out the period.

Papirny, an Edmonton native, stood on his head for most of the game and finished with 54 saves.

"He kept them in the game and kept it close at 2-0," Oil Kings head coach Derek Laxdal said after the game. "We talked about continuing to pound pucks at him, getting more traffic, and going into those hard areas ... but he was outstanding."

Papirny has registered 94 saves over the first two games of the series, while Oil Kings goalie Jarry has faced a few less shots at the other end of the rink. He made some remarkable stops to keep the Wheat Kings off the board in Game 2, finishing with 29 saves and his second

playoff shutout.

"(Papirny) was making a lot of incredible saves, and I was just trying to make the timely ones and the key ones for our team, and the guys really helped me out," Jarry said of the goaltending battle. "It's kind of like a tennis match or a little ping pong game where you're trying to hit the ball back and forth."

Kulda led the Edmonton attack with two goals and an assist, giving him eight points in six playoff games.

"My first two games in the series against Prince Albert were slow," Kulda said. "I didn't play that good, but through the games I was getting better."

With the victory on Tuesday, the Oil Kings have registered seven straight playoff wins. Kulda knows that the streak can end at any minute, and the team needs to continue playing the way they have all year.

"It's awesome but we still need to work hard," he said. "We (can't) think that if we've won six we will win all the other games. We still need to work hard and (play) our best every game."

Both teams were laying out big hits, much to the delight of the 7,115 fans in attendance. The physical play led to 12 penalties, eight against the Wheat Kings. The Oil Kings finished with only one power play goal.

The fourth game of the series was played Wednesday night after the Nugget went to press..



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Coach Profile

Goals and communication

By SHEEBA JOHNSON

Every week in the Sports section, we run two athlete profiles where we ask athletes about anything and everything anyone might want to know. But this week, we decided to switch things up and interview a coach instead to get a new perspective.

Jordan Richey, head coach of the NAIT Oaks badminton team, shared his voice on various things we may have wondered about and thought of asking our coaches. Jordan is also the marketing and communications officer for the NAIT Athletics and Recreation Department. He is a busy man, but has ways of managing tasks that make him successful in what he does and that can also inspire others to do so as well.

What makes a team successful?

“Student athletes who really want to be there, not just because they have played their whole life, but because they actually want to be a part of a team and do whatever it takes for the team to succeed.”

How does your team balance their school work, health and playing for the team?

“The way the classes are structured here at NAIT compared to other places. It is a lot different here because a lot of the student athletes go to school from eight to four, whereas at MacEwan and U of

A, they just have to pick classes so they have a lot of down time. That being said, at NAIT you have to have a life balance where you are working out, you are eating healthy, then you go to school all day and then you actually have to go to practice after that. But at the same time, you also have to maintain your physical fitness level, so time management is really important for them more than anything else and working out keeps the athletes fresh in the mind and alert.”

What are a few things athletes can do to manage their stress on and off the court?

“I think it’s the communication with the coaching staff. Just to let us know where they are at so that if they are stressed out we don’t want them snapping at practice or at a game. It’s just constant communication with us; letting us know where

they are in life.

“For example, we have a team of 10 athletes and if two of them have been completely stressed out and if we don’t know

about it, we are running our practice as a regular routine, as we have a year plan. So we want them to be in constant communication with us, and we do this all the time with our team where we won’t even play badminton, we’ll just play dodge ball or something like that just as a stress relief and just kind of get away from the game. But we won’t know that if they don’t communicate with us about where they are at.”

What is the best**thing about being a coach?**

“Best thing about coaching is setting goals with the athletes and seeing them reach the goals at end of the year. My favourite time is at the start of the year

when we do goal setting. I coach badminton, which is an individual sport, so it’s not necessarily a team goal. Everyone has their own goals.

“I actually have 10 different goals I try and accomplish and work with my coaching staff to try and achieve these goals. Some of them could be just playing in every tournament, some could be to win a national gold medal and it varies for all of them. So I really like to try and meet with the athletes throughout the year to see if we are on track with their goals and I just really enjoy doing it. And obviously we have had a little bit of success in the last few years so I love to see the players accomplish their goals in winning.”

What has been the most memorable moment for you this past season?

“NAIT has never won three national titles in one day, that was pretty amazing! It was something that was a first for us but I think what tugged at my heart strings the most was Yang Sun and Jessica Hue. That was their final game and they won gold medal in the national. They can’t play anymore because their five years are done. So to go out on top like that is the way any athlete wants to go. And to see them go with gold was the highlight of my year!”



Jordan Richey

Rush streak survives – barely

By DANIIL ANSELM

The win streak remains alive as the Edmonton Rush secured the first overall seed, guaranteed themselves home field advantage throughout the playoffs and broke the National Lacrosse League record for wins in a row this weekend.

However, it almost didn’t happen, as the Rush just squeezed by the Colorado Mammoth with a 12-11 win Saturday night at home.

The Rush were up 11-5 in the third quarter when the Mammoth started their comeback, getting to within one goal of the tie before Curtis Knight popped in the 12th goal for the Rush. Edmonton now sits at 14-0 on the season, even though the victory did not sit well with head coach Derek Keenan.

“Colorado played hard for 60 minutes and we played hard for about 15. We were terrible,” Keenan said after the game.

It was fan appreciation night at Rexall Place and the crowd of 8,275 fans were treated to an intense finish. With the sloppy win, the Rush continue to grow the longest winning streak of any Edmonton major sports team.

“I’m glad we got the win, we’re 14-0, we clinched first overall and that’s big for this organization, but as for our team ... we took a step backwards,” said Keenan.

The Rush coach probably rescued the Rush twice by successfully challenging two Colorado goals for crease violations.



ever, the Mammoth returned the favour by putting in four straight goals of their own to bring the score to 11-9 at the end of the third.

The comeback came up short in the fourth quarter, as the Rush put just enough defensive pressure on the Mammoth to hold on for the victory.

“We could taste it but we just couldn’t finish it in the end,” said interim Colorado coach Dan Stroup.

Even with this slight blip in the Rush’s radar, the team continues to excel as a group. The team has the NLL’s second best offence, but does not have a single player in the Top 10 in scoring. The balanced offence, combined with the league’s best defence at 8.34 goals allowed per game, shows just how great the team plays together.

“We don’t have one guy that needs to be the guy. They like to share the ball and create space for each other,” said Keenan before the game on Saturday.

“They trust one another and they trust in the system.”

The two teams don’t get a long break from each other, as the Rush and Mammoth face off again this Friday in Denver.

NAIT Athletics & Recreation Fall Employment 2014

Jobs available are:

Athletics – Ticket takers, score sheet, score clock, stats, 3-ball, set up/clean up, mascot, video camera operator.

Recreation – Fitness Weight Centre, Sport Equipment Centre, informal recreation attendants, special event crew, life-guard, arena attendant.

If these opportunities interest you going in to next year please send us your resume. Our address is recreation@nait.ca

We will be finalizing employment through August and the first few weeks of the new academic year.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

Gamers of Dungeons & Dragons

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHEN

Wednesdays | 5:15pm – 11pm

Fridays | 5:15pm – 11pm

Saturdays | 8am – 8pm

WHERE

Room WA-114

Rooms WC-316, WC-312, WC-306, WC-320

Room T-015

Business Connex

Tuesdays | 4:45pm - 5:30pm

Room T-107

Latter Day Saints Student Association

Thursdays | 11:15am – 12:10pm & 12:15pm – 1:10pm

Room WA-212

Investment Club

Wednesdays | 4:40pm – 5:40pm

Room T-509

Aboriginal Club

Bi-Monthly beginning Oct. 22 | 4:15pm – 5:10pm

Room H-111

intoNAITion Toastmasters

Mondays | 4:40pm – 5:30pm

Room H-003

Christian Club

Fridays | 12:15 – 1:10pm

Room X-215

Btech Club

Saturdays | 12 – 5pm

Room T-212

Anime Club

Fridays | 4:15 – 8pm

Room F-106

Western Martial Arts

Mondays | 3:15 – 4:30pm

Studio

Improv Club

Mondays | 3:15pm

Room J-006

BLAZE Dance (Hip Hop, breakdance, freestyle)

Every Tuesday at 3:15pm-4:30pm

Studio (S-112)

Every Friday at 4pm-8:30pm

Studio (S-112)

Every Sunday at 11am-4pm

Studio (S-112)

Music Club at NAIT Jam Sessions

Every Thursday at 5pm-7pm

Room H-003

UPCOMING CLUB EVENTS

WHO

ASC

WHAT

Round Dance

WHEN

April 26, Day event

WHERE

Enoch

CAMPUS CLUBS NEWS

For returning clubs or any newly elected club executive, make sure to visit Campus Clubs Centre before you leave for the summer. We would like to meet you and help you get set for the next year.

GIV'ER is a program recognizing the clubs who commit to volunteerism and giving back to the community. These clubs have shown character and leadership in making NAIT and the Edmonton community a better place. For each hour of volunteerism clubs are awarded points. Donations such as cash, resources (clothing and food) to charities are also awarded points. Students at best are pressed for time so these acts of volunteerism and giving reflect great leaders in our community.

"Interested in learning more about firearms safety, legality, or the firearms community in general?"

We would like to start a Student Firearms Association at NAIT. Looking for both club executives and general members! Email sfanait@gmail.com for more information and to express interest in an executive position.

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Gamers of Dungeons & Dragons
B-Tech Club
MECSA

Enactus
CETSC
Club Culinaire
Biological Sciences

Dental Assisting
MRT 67



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other upcoming Important Clubs Dates

(free)
stress relief

(relax, it'll just be a quickie)

april 14 | all campuses | 11am-until they're gone
free cookies (main campus - annex dock, naitsa, fresh express, spartan
souch & patricia campuses - hallways)

april 15 & 17 | main campus | 10:30am-1:30pm
free animal therapy (15th - u building lobby, 17th - 3rd floor of u building)

april 15 & 25 | main campus | 9am-4pm
free massages (annex dock, naitsa, tower-8th floor, fresh express, spartan)

april 16 | satellite campuses | 11am-until they're gone
free cookies (cafeteria - Souch and Patricia campus)

april 15, 16 & 17 | main campus
free fun zones (annex & naitrium)

april 23 | all campuses | 9am-4pm
free cookies (main campus - annex dock, naitsa, fresh express, spartan)

april 24 | main campus
free healing zones (naitrium)

free zone



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rm e-13f

ENTERTAINMENT

Astral right up there



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

As you may have concluded through reading my writing and editorials over the past few months, I have an absolute affinity for music festivals. I love everything about them – the sights, the sounds, the people, the atmosphere and, of course, the music!

Festivals are easily the best part of the summer months. You can tell me it's relaxing or making money but that's only because you haven't been to a genuine festival, based on community, music and art. Festival culture is exploding. They're all over Western Canada but few are as genuine as Astral Harvest.

For those who don't know, Astral Harvest is a relatively small festival (when compared to Boonstock, BVJ or Shambhala) based out of Driftpile, Alberta but what it lacks in size, it makes up for in soul. The thing about Astral is that it's less a festival and more a community. Everyone there knows each other and greets one another with mutual respect. Astral Harvest social media manager and producer Shamik describes it best;

"People come as strangers and leave as friends," he said.

"There is so much to do and learn from all the workshops in the daytime, so the weekend is quite invigorating on spiritual and creative levels. It's OK if you're a beginner for many of the crafts being taught and a lot of people enjoy the feeling of never being judged. We learn together and grow together".

Each year Astral Harvest grows, not only in reputation and following but in

what it has to offer. Each year the lineup gets better and better and the workshops become more unique and intricate.

"Our music lineup is the most stacked and diverse it has ever been. The headliners are definitely keeping us excited," says Shamik.

"We also have a wide variety of art, movement, and yoga workshops, which will make for a good balance in the daytime as well."

This year's lineup is arguably the best it's ever been, including the saxophone infused electronic stylings of GRiZ, turntable

master Matt the Alien and the captivating producer/emcee, Timothy Wisdom along with dozens more (but those three are my personal favourites).

With all that this event has to offer, it's easy to see why so many people regard it as the best festival they've ever been to. Ask anyone who's been and they'll tell you that's Astral gives festivals even five times

its size a run for their money.

"Astral Harvest is not just an electronic music festival," says marketing director Francesco Maio. "It's a family focused event that provides a platform for learning. The venue is very out of the way so this filters out a lot of ordinary partiers, thus, creating a quality crowd."

This becomes all the more apparent when you talk to those who attend the festival. Most will tell you that due to Astral's smaller size and reputation, it attracts a more genuine crowd of people who are there to learn, love and share as opposed to people who are just there to "turn up" (honestly, how sick are you of that phrase) and party irresponsibly (one of the reasons Boonstock is no longer here).

So, if you're in the mood for a truly unique festival experience, I highly recommend you check this one out. In the meantime, I'd like to thank everyone for reading my articles, enjoying my crude sense of humour and I hope to see you at Astral Harvest. This concludes the last article I will write this year. Until next time, peace.



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By KATIE PUIM



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Everyone needs a summer playlist to groove out to. So now that it's starting to get warmer and we can start to break out the summer clothes, it's time to break out a summer playlist for your adventures. I picked a handful of songs to help you make memories of crazy adventures. This playlist ranges from country, pop, rock, EDM to indie rock. So anyone can enjoy these amazing tunes. So have fun, stay safe and have an awesome summer.

Anagram – Young the Giant
 Eros – Young the Giant
 Cowboy Casanova
 – Carrie Underwood
 Ready for the Weekend
 – Icona Pop
 Hourglass – Zedd
 Let's Fall in Love – Mother Mother
 Bastille – Pompeii
 Lay Me Down – Avicii
 Crazy Days – Adam Gregory
 Paradise – City and Colour
 Lies – Chvrches
 Thinking About You
 – Calvin Harris ft. Ayah Marar
 Do I wanna know?
 – Arctic Monkeys

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HOW DID WE DO?

MOVIES – THE KURT LOCKER

Ten all-time favourites

By KURT FABISCH

The summer movie season has begun with the release of *Captain America: The Winter Soldier* last Friday.

This summer has a lot of solid looking films coming out such as *Godzilla*, *Guardians of the Galaxy*, *X-Men: Days of Future Past*, *Dawn of the Planet of the Apes* and just about the only one that's not based on an existing property, *Jupiter Ascending*, which looks amazing.

So, for my last Kurt Locker (for this semester), I've decided to list my Top 10 favourite summer films:

10. The Incredibles (2004) – Brad Bird's superhero comedy and my favourite Pixar film. Hilarious and action-packed. "No capes!"

9. The Avengers (2012) – Iron Man, Thor, Cap, The Hulk together for the first time on screen. The biggest superhero film up to that point. Joss Whedon's signature wit in the writing but just seeing these characters together is the real joy.

8. Ghostbusters (1984) – ♪ Who ya gonna call? ♪ Superb mix of comedy, science fiction and horror. Bill Murray's Peter Venkman is just one of the greatest movie wise-asses. Endlessly quotable. "Print is dead."

7. Apocalypse Now (1979) – Francis Ford Coppola's psychedelic Vietnam film. Scenes like the helicopter attack scene set to the tune of "Ride of the Valkyries" set a new standard for action in film. Horrific and yet so much fun. "I love the smell of napalm in the morning."

6. Who Framed Roger Rabbit? (1988) – A film noir murder mystery mixed with a cartoon screwball comedy. Not a lick of CGI to be seen as 2D cartoon characters move around



www.comicvine.com

a 3D world. I maintain this film has the most impressive visual effects I've ever seen.

5. Inglourious Basterds (2009) – Quentin Tarantino's WW2 movie. Refreshing to see a film play around with history like *Basterds* does. Outstanding cast, violent, funny and Nazis get swastikas carved into their foreheads, which is nice. "Arrivederci."

4. The Dark Knight (2008) – The world of Batman becomes a crime epic as the Joker starts killing people to get Batman to reveal

his identity. Very intense for a PG-13 film. The Joker in this film is one of cinema's greatest villains. "How 'bout a magic trick?"

3. The Empire Strikes Back (1980) – The best *Star Wars* film, the dark one, where everything goes bad. Remember when you didn't know that Darth Vader had kids?

2. Jaws (1975) – Steven Spielberg's movie about three guys and a fish. A classic in every sense of the word. Shark looks fake ... but the movie is so good, you don't care.

Quint's speech about the USS Indianapolis shark attack is the best film monologue. "I'll never put on a life jacket again."

1. Raiders of the Lost Ark (1981) – Spielberg and George Lucas's finest work. Archaeologist Indiana Jones races to find the Ark of the Covenant before the Nazis do. Quite simply: a perfect film. "Asps. Very dangerous. You go first."

All of these films are on DVD/blu-ray. Go watch them!

RESTAURANT REVIEW

Great food, atmosphere

Cafe Tiramisu
a winner

By JORDAN WARDELL

I went out to a cute little restaurant and am here to tell you about it. I went to Cafe Tiramisu this week and absolutely loved it.

It's a cute little place on 124 Street, super casual with seat-yourself dining as well. This is a gluten free, friendly establishment with the majority of the items on the menu having the option to be gluten free. I'm not a gluten-free eater but I still appreciate a place that offers so many options for those who can't tolerate gluten.

Cafe Tiramisu looks like a small quiet place but they offer live music on Fridays and every time I've been there to eat, it's gotten to be quite busy.

Let's talk about the food. If you

aren't a patient person then maybe this isn't the ideal restaurant for you. On the bottom of every menu it tells you that the average wait time for a meal is around 20 minutes because they make everything in house and all meals are made to order. But, if you like really good food, it is worth the wait.

The servings are quite large so you definitely get your money's worth. The menu has lots of options of the establishment's take on Italian food. There are tons of pizzas, sandwiches and pasta, so it is very likely that you will leave full.

Now, if you're like me, then you appreciate a restaurant with a large dessert selection. With the choices of dessert they had I prob-

ably would have been happy to have just dessert for dinner. They have a cooler full of gelato (if you're an ice cream person) and tons of cakes on display. It was a very hard decision to even narrow it down to a top five choice. I had to try the tiramisu though – after all, it is in the name of the restaurant. It was the best tiramisu I have ever had. I couldn't get enough of it. It was the perfect balance of the creamy mascarpone and ladyfingers. It wasn't too sweet but also didn't have too strong an espresso taste. I would go back just to get the tiramisu.

They also offer breakfast. I have had the breakfast before and I think it was on par with the desserts. They have a bacon

sandwich that is on herbed bread that they make in-house. I could probably eat a whole loaf, it is that good. I recommend going one morning this summer and sitting out on their cute little patio and having breakfast.

They have so many options that I think anyone could find something that they like. I 100 per cent recommend Cafe Tiramisu. It is family friendly, has delicious food and offers a super relaxed atmosphere.



www.tripadvisor.ca

BAND REVIEW

Unfortunate? Not so much

By **CARLY ROBINSON**
@carlydionne

Not all NAIT students leave and continue on in their field of study. There are times where we find alumni in different walks of life. An example of this is The Unfortunates band member Bryce Thornton.

The Unfortunates have been hard at work over the past two years developing their new album *Indie Films*, which will be released April 27.

"We all wrote this album," says Tanner Gordon, the front man of the band. "It's not a concept album, just this rock album and it took four guys to write it. If you read the insert in the album it doesn't even list our names, it just says all music written by The Unfortunates," he said.

"We didn't rush this (album) like we have some in the past. So, going forward, I think you are going to see us take a little hiatus in terms of another record coming out but we are still writing music all the time. At our last show in the encore we played a new song that isn't even on this album. And that's part of being in a band with five guys, someone's always got an idea."

"It's a lot more fun than the old style for sure," he said.

Gordon also says there is a change in dynamic to the group with the new music they are releasing.

"The shows have a lot more energy than the past ones did; it's a lot more crowd engaging, a lot more energy both ways.

"After we wrote "Hurt No More" and "No Ghost" in the last album, we went into this new album thinking you know we

finally found the sound we were looking for and now it's making it better so we spent two years writing this record where our sound was going to be this big rock sound that we feel like has been missing in music lately."

It was a complicated process, he said.

"The album took a lot of different directions and a lot of songs came and went, and the way it ended up feeling was that all of these songs were a different aspect of a life or a movie and, in the end, it felt like especially the "Indie Films" song or the "Talk Show Host" song a lot of different relatable events to different peoples lives. And it ended up feeling like clips from an indie film to me. ... And the songs started to take on their own little lives"

Another change for the band is the addition of a fifth member, Nathan Stamhuis.

"He was one of our biggest fans. I'd say that and probably he'll admit to that,"

said Gordon.

"He learned all of my parts beforehand and he stuck around and hung out with us for years ... If you look at a picture of him two months ago he's front row at one of our shows with his arms in a celebration V ... just loving it. And then look to a couple weeks ago at our last show he's on stage doing the same symbol only he's playing the part. It's kinda one of those rags to riches stories you hear about in the movies," Gordon said.

"So I'm freed up for the first time to be just a front man of a rock band," he said.



Photo by Tracey Sawatzky

"And for *Indie Film* you really see it come to life."

Another big change for the band for the band is the name change. Being named Tanner Gordon and the Unfortunates, they are now going by just The Unfortunates.

"It has to do with the way we move now as a band. It's not so much about Tanner Gordon or all the ideas I bring to the band, because we write everything together now, other than the lyrics – I still do the lyrics. We've really become this one unit that moves together, we really have become just The Unfortunates now."

The band will be doing something that they haven't done in their five years together – a national tour. They will leave Edmonton on May 16 and tour Ontario and on their way back to Alberta will stop in Winnipeg and Saskatchewan before touring Alberta and B.C.

However, as they take on more cities, Edmonton will remain their best place to play.

"It's always our biggest energy shows. I think the band brings it a lot more. It's something about being in your own town and having everyone know the words and sing along and then really get into it."

"And I think that is the biggest thing.

We just love playing here because of the fans. After the show, we meet all the fans at the merch table and I don't think there's anyone here I don't like."

The band has been prepping their album for release awhile and one big step is music videos. Having participated in the making of one of their music videos in the past (check out No Ghost, and you may just recognize Elizabeth!) I know that the music videos mean a lot to these guys. With two already filmed and one more coming up, there is a lot to be excited about.

"The second one we filmed was for "Talk Show Host," which is going to be our first single released and we recorded that one at Avenue Theatre, it was such a great environment to be part of. That one will be out here April 27. We're really excited, it looks really good."

Gordon encourages everyone to watch the behind the scenes videos for every music video, which will be released the same day.

You can catch The Unfortunates this Saturday at the Canadian Brewhouse, as they raise funds for their tour.

"We've got a new member in the band, new album and a big tour coming that we have never done before. We hope you guys love it"

Nugget positions

The NAIT Nugget is interested in seeing your resume for the following positions:

Editor-in-Chief

Section editors

Please send your resume to James Head, Nugget publisher, at jameshe@nait.ca by April 14, 2014

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 10-16

(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)

The birthday excitement has just passed and life is back to normal again. Sometimes normality in life can be a good thing because it is calming and comforting to know that nothing crazy will happen and you can settle back into your peaceful routine.

Taurus (April 20-May 20)

This slow change of seasons is providing hope for the future. Opti-

mism is flooding your life and you see that things aren't so bad, even when they are not the best. Just remember, Taurus, life is always changing and the rough times are always a thing of the past at one point.

Gemini (May 21-June 21)

It's almost your birthday! It's almost summer! Keep holding on. Gemini, the next few months are going to be some of the best you have ever experienced. You have been working so hard for the past year and now it is finally time to kick back. Just hold on a bit longer, it's going to be a blast!

Cancer (June 22-July 22)

Your positive spirit and giving nature will always lead you to happiness. Don't let the negative people bring you down because what you have is a precious virtue sought after by many. If you are seeking appreciation, don't worry. There is always someone looking from afar that sees your shining light.

Leo (July 23-Aug. 22)

Life has never felt so right for you than it does now, Leo. Your life is changing at a rapid pace in the direction that your vision has seen for so long.

Keep working hard and looking ahead Leo, great things are coming to you.

Virgo (Aug. 23-Sept. 22)

You're riding a roller-coaster right now in life and it is just about to go upside down. Grab hold of the bars and scream like hell. Remember to have fun along the way and laugh about it with friends afterwards.

Libra (Sept. 23-Oct. 22)

You are now realizing that life is in your hands and your hands only. This is great, Libra! Your journey to greatness and success is now clearer than ever. There are a few things you need to do but trusting that you are your only guide is the first step and now you are on your way.

Scorpio (Oct. 23-Nov. 21)

Improvements are a thing of wonder. Here and there you are seeing things and changing them quickly. Soon you will look back at the big picture and see something you are truly proud of. Good work, Scorpio.

Sagittarius (Nov. 22-Dec. 21)

You are feeling like life is monotonous and boring at the moment. But things can be so exciting. Take these moments by the horns and

add some spice. Fun times are at the tips of your fingertips, so make every moment the best you can!

Capricorn (Dec. 22-Jan. 19)

You are awaiting summer and it has never been more needed in your life than now. Exam stress is getting to you and all this hard work is never ending. You are not alone and don't worry, Capricorn, it is coming soon and it will be worth the wait.

Aquarius (Jan. 20-Feb. 18)

Life may seem confusing at times, it may be like a Rubix Cube. But remember, once you can figure out one colour, they all fall into place at one point. Always remember that life is your Rubix Cube and not knowing can be half the fun.

Pisces (Feb. 19-March 20)

With all this wavering of seasons, you are exponentially frustrated with Mother Nature. Don't worry, though, we have reached the final stretch of the coldness and you can finally relax into some of your spring wardrobe. Don't stress yourself with things beyond your control though, Pisces. Learn to accept that life will always throw curveballs.



DERRICK McDONALD

What do you think about the new NAITSA budget?



"I don't know about the budget but the Students' Association does a great job, especially with the publication of The Nugget."

Brian



"I have no idea about NAITSA, I'm just here for the trades."

Dallas



"I'm honestly not too knowledgeable about NAITSA."

Steele



"No, I haven't really looked at it."

Michael



"I don't know anything about the budget, but I do like the free gym class."

Joel

JUST THE TIP

Change of pace

It all started with a Snapchat ... A slightly racy and not kid friendly Snapchat. The power the female body can hold over a man fascinates me. I can send a topless Snapchat that doesn't actually show much more than a picture in a bra would but my boyfriend still went crazy over it. I think it was the fact that there weren't any clothes and that he knew that behind my strategically placed arm there were boobs.

I was feeling rather confident and sexy the night I sent the picture and knew that he was already asleep.

So, I sent the picture knowing it would be the first thing he saw when he looked at his phone in the morning. I don't know about everyone but my boyfriend goes crazy for morning sex and because we don't live together and morning sex doesn't happen very often I decided to send a morning sext type thing.

If you are looking for a way to have your guy not be able to keep his hands off of you then I definitely suggest giving him the same little tease I gave my guy. It worked in my favour, too. Because he was so appreciative of the picture he decided to pay even more attention to my needs in bed. I'm talking like an extra hour of attention. I might even say it's the

best sex I have ever had.

It was pick me up and throw me on my back sex. I like to have control in bed but sometimes when he decides that he is still the one with power and strength I just let him have his way with me. He was in complete control but still made sure that I was enjoying it just as much as him. I think I might have even enjoyed it more.

The power the female body can hold over a man fascinates me.

A great thing happens when a guy decides that he is going to focus on making you happy before making himself happy. And for me that great thing happened more than once, it happened about three times.

I'm not selfish though, I made sure he was doing well too. If he made great things happen for me then I was going to make great things happen for him. Which mainly involved letting him put me wherever he wanted me.

What made it even hotter was the fact that we didn't use any words. So if he wanted me to move he had to make me move. There was even some gentle hair pulling, but not in a weird kinky way. It was lustful and hot sex which is great to have when you're in a relationship. I got used to the romantic and passionate sex so this was a wonderful change of pace.

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NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU ATTENDING CONVOCATION 2014?

GOWN AND TICKET PICK UP:

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

Wednesday, April 30, 2014 between 10:00 am - 7:00 pm
Thursday, May 1, 2014 between 10:00 am - 7:00 pm

CONVOCATION 2014

Friday, May 2nd, 2014 & Saturday, May 3rd, 2014

The Northern Alberta Jubilee Auditorium

11455 – 87 Avenue, Edmonton, Alberta

For more information regarding Convocation 2014 visit NAIT's website at www.nait.ca/convocation

NAITSA – past and present

By **GABRIELLE HAY-BYERS**
@Gee_H_Bee

NAITSA threw a party on an immense scale on April 5 to recognize not only this year's award recipients and members who have provided service, but 50 years of students committing themselves to serving their own student body.

Filling the gymnasium with people normally does not conjure up images of a classy affair, but a major facelift was done and the ambiance was fitting of a truly lovely party.

"It's always important, no matter what organization you work for, to have a time and place to celebrate the work you do," said outgoing NAITSA President Jonathan Bilodeau.

"I think it's important for morale, and for motivation," he said. "It's important to have a time to reflect on the work you've done and see how you can improve and raise the bar."

Starting at 5 p.m. with a cocktail

hour, artists were on hand to provide caricatures of guests while they mingled with staff, executives and volunteers from days gone by. Then, the awards were handed out, with that portion of the evening emceed by former NAITSA presidents Govind Pillai and Timothy Jobs. Plenty of laughs, cheers and fits of uncontrollable clapping followed.

The Golden Torch Award was presented to outgoing NAITSA VP for Student Services, James Head.

The award is presented by NAITSA to an executive member who has been judged by his or her peers on the following criteria: leadership qualities, performance of contribution, achievements, co-operation, school spirit, sportsmanship and overall contribution to NAIT.

Another award presented was the Laurence Decore Award for Student Leadership. This award recognizes NAIT students that demonstrate outstanding dedication and leadership to

fellow students in their community.

Also presented was the Becky Kallal Golden Gavel Award for Excellence in Student Government.

These were just a few of many awards that were given for various achievements during the year.

Then came the entertainment while the food was set out – acrobatics ensued and aerial stunts surprised the audience. The performers often took time to speak to the crowd, engaging them in the spectacle. Then, the crowd was treated to a meal consisting of coq a vin, roast veal, scalloped potatoes and vegetable ratatouille, as well as a variety of cheeses, sausages and terrine to snack on. For dessert, guests enjoyed creme brulee with an assortment of fresh fruit.

Shortly after dinner, the true party started with a Michael Buble tribute band playing and guests free to mingle once again. Many took to the dance floor, while others took their turn in

the photo booth or caricature area. The vocalist surprised many by handing out single roses to many of the ladies in attendance.

All-in-all, it was a party befitting NAITSA's 50 years – grand with music, performances and plenty of fun, but with many opportunities to focus on the relationships and service that has kept NAITSA strong for so many years.

"We've grown a lot," said Bilodeau. "We started as a small organization that served a small student body. Now, we're an \$8 million organization that serves thousands of students. We did a lot of research leading up to the event, looking at old *Nugget* articles and other documents and you see that the issues faced are common throughout the decades.

"That's why I think it's important to recognize the past 50 years and look at how we are going to serve students for the next 50."



Photos by Benjamin Sim

Guests at the annual NAITSA awards banquet were treated to a night of entertainment and good food, in addition to paying tribute to 50 years of service by the student organization.

HOT 'N' SINGLE



Photo by Carly Robinson

Jesse Kushneryk, 20 **Photography**

After a year working at the Nugget, it is photo editor Jesse Kushneryk's last issue. His request was to be honoured as Hot Single so he could use it as his business card.

What do you have to bring to a relationship? – Good cuddling skills, good at singing (only in my vehicle, though)

What vehicle? – I just bought a new truck! Ram 1500. It's pretty great.

How do you feel about 'Truck Balls'? – That's douchy. If you're going to buy a nice truck buy a nice truck but don't get a douchy truck.

What do you want in a partner? – Good head on her shoulders, going somewhere, kind of knows what she wants to do. Affectionate, funny ...

And if you were an animal, what animal would that be? – (He did need to ask other editors to help with this) What about a tiger or a lion like a wolf, because I'm not afraid to attack something if I want it but at the same time I'm like, majestic.

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

More than music

By **JOSEPH GEDEON**
The Fulcrum
(University of Ottawa)

OTTAWA (CUP) – No one has ever been able to bridge the gap between politics and peace in hip hop the way Public Enemy has. This comes in part from the genius of lead rapper Chuck D, an artist who creates music that delivers political and social messages. The group shows that hip hop is more than entertainment and proves that you can create an engaging effect through music.

The Fulcrum: *What is your definition of peace?*

Chuck D: Not only do I define, but I design peace. I design peace in my life by having some good will and caring for what other people feel, and also when you care about how other people feel – you know, treating them according to how they want to be treated.

With that in mind, how would someone emphasize a message of peace through music?

By saying words. Words can start wars and end wars. You should try to learn the words that make people feel great about you. Songs definitely could use more of those words, because a song is basically

a language – a language to the unknown because you don't really know who would be listening.

You once said in an interview with N'Digo magazine, "(The genre of rap) is only going to be dead if it doesn't talk about the messages of life as much as the messages of death and non-movement." Do you think the ideals of peace can be effectively portrayed in rap?

You always have faith in today's music, but once people start thinking that music is a commodity, then it turns into something else. I think music is a natural and organic passage, something that feels good and you don't have any ulterior motives. Once people start feeling like they have to sell music, they start getting all types of pressure and start dealing with the unknown, and that makes it feel kind of ugly.

What is your idea of a peaceful world?

I think Mars is peaceful, because there's no one on it (laughs) ... A world that coexists. But remember, even nature isn't always peaceful. We have to understand that the weather itself can take you off the planet or it can give you a beautiful day.



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Chuck D

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Break for young director

By NICOLE MURPHY

A young Alberta writer and director's short film has been accepted into the National Screen Institute Online Festival and can be seen by anyone on May 5.

Fear, isolation and an old dingy motel is the scene of a thrilling short film by Paige K. Boudreau. The film, *Skyline*, is a gripping tale of a friendship that becomes tainted.

The film was originally inspired by Boudreau's stay at the Skyline motel in Saskatchewan. The dreary atmosphere sparked the twisted plot line of the screenplay.

This film is just one example of the talent, creativity and imagination that is in the young film world today. Sometimes, however, it can be hard to access the resources to bring a vision to life. For Boudreau, it took many years and a community of support to see her short film, *Skyline*, come to life.

Recently, she was excited to find out that *Skyline* had made it into the NSI, National Screen Institute Online Short Film Festival. NSI is known for its impressive training for writers, directors and producers and also for giving Canadians a platform to share and receive feedback on their creative work.

The acceptance into the festival is just one further step in the career Boudreau is so passionate about.

Here is some advice Paige K. Boudreau had for students entering the world of production.

"You are going to get told no so many more times and yes, it can wear you down but I think that you need to keep moving forward, because the next yes is so much



Supplied photo

Filming a scene for *Skyline*.

closer than you think," she said.

"Someone recently told me that it is important to keep showing up. I think that is really important.

"If you're in school or coming out of school it is important to be confident but also humble. There is a healthy balance of not being afraid to try new things and not questioning your judgment but at the same time being willing to accept help."

Although the advice is geared towards

film and television students it can apply to any profession.

With such busy lives, it can be hard for us to take time out of our day to create our own visions or follow creative endeavours. From a short film to painting a picture or even just reading a book about something that interests you, following what makes you enthusiastic can bring a new richness to your life.

Remember, every project is a learning

experience.

"I hope to take the skills I learned from doing *Skyline* and apply it to both my job and my personal projects," Boudreau said.

"I'm working on another short film that is titled tentatively *Garry's Living Room* and we're hoping to shoot that in the summer."

For more information on the NSI or to check out *Skyline*, premiering May 5, go to nsi-canada.ca/film-festival.

Festival city central's here

By KRYSTA MARTELL

The end of school means that summer is upon us and it's something that every student looks forward to. Not sure what to do this summer? As Edmonton is the festival capital of Canada, let me help you with that.

...

EEK! Comic and Pop Culture Fest May 31-June 1

This event is a brand new show for comic, pop culture, sci-fi fans, artists and creators everywhere. Lots of things to see and do such as lego, comics, pop culture exhibits and more.

...

The Works Art and Design Festival June 19-July 1

Put on by the international visual arts society, this festival is the most unique, free event of its kind, advancing appreciation of art and design and providing artists, designers and the public a forum for exchanging

ideas through exhibits, performances and special events for all ages.

...

Canada Day, July 1

Celebrations will be taking place at various communities all throughout Edmonton including, City Hall, Alberta Legislature, Mill Woods and other areas. Don't miss the fireworks display in the River Valley!

...

Edmonton International Street Performers Festival, July 4-13

Features an international cast of jugglers, acrobats, hip-hop dancers, sword-swallowers, musicians, and more.

...

A Taste of Edmonton July 17-25

One of the city's most popular festivals, a Taste of Edmonton is a dazzling array of tastes and sounds that fill Churchill Square. It also reflects the vitality and dynamism of

the city so come hungry!

...

Edmonton's K-Days July 18-27

Formally Capital Ex, K Days is 10 days of fun. The grounds at Northlands are transformed into an arena of endless games, rides, entertainment, concerts, shopping, food and family activities.

...

Big Valley Jamboree, July 31-Aug. 3

One of the more popular events, BVJ is a outdoor country music festival that is sure to be a good time. Camp out on the festival grounds and party for three days. Buy your tickets fast as it takes no time to sell out. Headliners this year are Lonestar, Hunter Hays, Zac Brown Band and Miranda Lambert.

...

Heritage Festival, August 2-4

A three-day showcase of Canada's vibrant multicultural heritage that will fea-

ture 60 pavilions and representing more than 85 cultures from all over the world. A piece of advice, be adventurous, this is your chance to eat something different and unique.

...

Edmonton Folk Fest, Aug 7-10

One of the world's premier folk festivals, the quality of the music and depth of the performers lineup has valued in the festivals success.

...

The Edmonton International Fringe Festival, August 14-24

The largest and longest running festival of its kind in North America, it is 10 days of performances taking place in the heart of Old Strathcona. Local, national and international artists come and charm young and old Edmontonians with busking, theatre performances, children's activities, vendors and more.



Improv alive and well

By LISA BERG
@bergLisaR

In 2007, two friends working in St. Albert Children's Theatre thought traditional theatre might not be for them and decided to try their hand at improv. After holding auditions, their team grew by one and the trio created Epiphany Symphony. Seven years later, the group is known as Go 4 Broke Productions with city-wide recognition and monthly shows at Avenue Theatre.

This past week I was able to sit in on auditions. With a lot of the long-standing members playing improv games at the audition it was easy to see why this troupe has been together for so long. They make each other laugh and in turn the audience laughs with them. The troupe holds auditions about once every year but most of the members have been with them for years.

I asked member and founder Sean Bedard what was the most important factor in selecting new members for their production and without hesitation, he responded: "chemistry with the current members".

The cast's chemistry is definitely noticeable when watching them.

Although a lot of the cast have theatre backgrounds, part of the reason that members come back is because of the atmosphere that Go 4 Broke has.

"We don't run the way a normal comedy, improv troupe would run, we're all doing this by ourselves," Bedard said.

"We don't know if we're doing it right, but whatever we're doing, the audience loves it."

When he spoke about rehearsals, one of the things he mentioned was that it's not restricted but more a fun hangout. The fun that they have

onstage is contagious. I was also able to speak to long-time cast member Scott Pedrick, who said that the reason he enjoys the group so much is that the group "doesn't stress themselves out – there's an easy, laid-back attitude."

Bedard summed up perfectly why he loves being a part of Go 4 Broke.

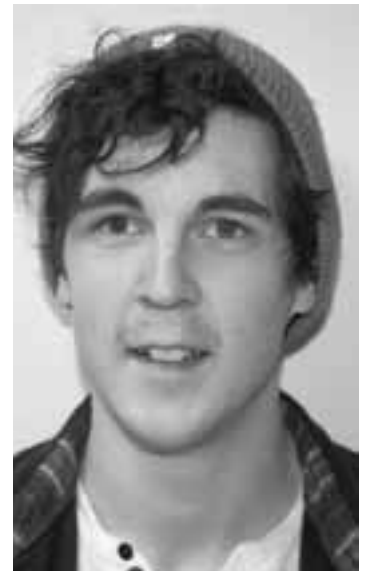
"I really like making people laugh [and] that's why I keep doing this," he said.

Go 4 Broke Productions' next project is called *Improv's Most Wanted*. According to one of the long-time cast members there will be only two games that the audience has seen before.

"It's gonna be a blowout," Pedrick said.

And from what I was able to see while watching them rehearse – it looked like a lot of fun.

Catch *Improv's Most Wanted* at 8 p.m. on April 18 at Avenue Theatre!



Scott Pedrick

Feel good and de-stress

By KRISTA PIERCE
NAIT Student Counselling

Many students are reaching that point of the semester known as "crunch time" – the countdown to finals and the semester's end. Pressure is rising, deadlines are looming and stress may become almost too much to handle. Where does this stress come from?

A hormone called cortisol, also termed "the stress hormone," is secreted in higher levels during our body's stress response. Cortisol helps in our fight or flight response and small increases have positive effects such as a quick burst of energy, heightened memory functions, a burst of increased immunity and a lower sensitivity to pain. However, higher and prolonged periods of cortisol in the bloodstream have been linked with chronic stress and can cause higher blood pressure, impaired cognitive performance and lowered immunity. Learning to relax your body and lower stress can be extremely helpful in maintaining healthy cortisol levels and your sanity!

Looking for some ideas of how to combat the stress and remain on track until finals are done? Here some unconventional, but tried and true stress relievers:

Bubble wrap

This plastic packaging material is full of small air cushions designed to protect fragile items. However, using it to de-stress is much more fun. Stomp it, squish it, pinch it, jab it – pop your stress away one or many bubbles at a time. Having trouble getting your hands on some? Try the virtual bubble wrap; it's almost as good as the real thing. Find it here: <http://www.virtual-bubblewrap.com/bubble-wrap.swf>

Balloons

Trust us – a balloon can come in very handy in eliminating stress. By taking a big breath and slowly filling a balloon you are practising excellent deep breathing technique. Deep breathing helps to slow a rapid heart rate and calm a racing brain so that you can

begin to find calm. Balloons are also great for making your own stress ball – another technique to help you focus and eliminate stress. To make your own stress ball, stretch a balloon and place the balloon's mouth over a funnel. Fill the balloon as fully as you can with flour and remove it from the funnel. Blow gently into the balloon to get the last little bit of flour off the neck and into the balloon. Tie your balloon and enjoy. If time doesn't permit this sort of craftiness, there are many cool stress balls and fidget toys out there you can buy.

Rocks

Look for a rock that is smooth and fits easily in the palm of your hand. When you feel stressed and overwhelmed, rub the rock with your fingers and imagine you're transferring your stressful energy to the worry rock. Worry rocks are great for situations in which you feel nervous or stressed and want to prevent things like finger tapping, nail biting etc.

Finger paint

Finger painting gives you a way to express your creativity and spontaneity and lets you have fun, be artistic and play in a childlike way. Finger painting is a great way to let off some steam and it definitely helps to lift your mood. Because finger painting is often associated with childhood, it is looked at with nostalgic appreciation, plus it's hard to be angry and stressed out when your hands are covered with paint. Its primal nature can be comforting and therapeutic, so go ahead and paint!

Scream

It is surprising how good a nice loud scream can make you feel. If you are worried about the neighbours hearing or scaring people in the middle of the Common Market, perhaps your car is a better choice. Take a big break and scream as loud as you can. An intense scream can give you a sense of relief

and has been known to have a cathartic effect on people. That is because when you scream you are letting out all of the emotions you may have been holding in.

If you feel like your stress is becoming overwhelming and making it hard to

cope, bubble wrap or a stress rock may not be enough. Counsellors are available in W-111PB – you can pop in and book an appointment to talk through your stress and get some resources and strategies. Good luck in the final stretch!

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THROWBACK THURSDAY

The Simpsons are 25!

Homer's iconic family still crazy after all these years

By AARON BORDATO

While there have been more than a few animated comedies on television in the past 20 years, it's hard to find one with a bigger societal impact than that of the Matt Groening created TV family, *The Simpsons*. Soon to reach its 25 year anniversary in late May, this iconic TV family has been on the air for what feels like an eternity. While the show has always had its ups and downs, there is no denying the impact the yellow skinned town of Springfield has had on every one of its viewers. Whether they be prank calling Moe Szylak, taking a trip to the box factory or taking the boy band world by storm, these yellow bellied characters can boast over 27 Emmys, multiple video games and even a \$527 million grossing movie.

Originally conceived as a weekly comedy short, Groening brought the sketch to the *Tracy Ullman Show* and after a mere three seasons on the air was granted a half-hour prime time slot with FOX. Premiering in 1981, the animated series was an instant hit. With its wit, charm, and character driven storyline, *The Simpsons* simply demanded attention rather than seeking it.

With Sam Simon in the driver seat of *The Simpsons'* writing family, the show quickly gained worldwide fame for its abil-

ity to cleverly cover a wide spectrum of society, making it enjoyable for all generations. With a combination of several witty catchphrases including "D'oh!", "Eat my shorts," and the every so popular "One day left to retirement" joke, *The Simpsons* has always been making people laugh.

Conan O'Brien of *The Tonight Show* credits the start of his illustrious career back to his days as a writer on the show. Writing from 1991-1993, O'Brien was widely considered to be one of the most valuable members of the production team and is responsible for such iconic episodes as "New Kids on The Block," "Homer Goes To College" and "Marge vs The Monorail".

Having just under 550 episodes on air to date, *The Simpsons* has been credited with being the longest running American sitcom of all time. It has also been a huge inspiration to many shows, including *Malcolm in The Middle*, *The Office*, and *Family Guy*. Writers Matt Stone and Trey Parker of *South Park* once paid their respects to the show with an episode entitled "The Simpsons Already Did It," in which Butters struggles to come up with an evil plan because *The Simpsons* has covered almost every idea imaginable.

While the show has received countless amounts of worldwide praise, it has also

received its fair share of criticism. Often accused of declining quality as the seasons progressed, many fans feel the show ran away from its character driven storyline and pandered to an overemphasis on zany antics. It's understandable after 25 seasons, however, hilarious animated sitcoms on TV these days are just a rarity these days. With studios all over the industry invested

in shows like *Bob's Burgers*, *The Cleveland Show* and any other painfully similar Seth MacFarlane related program, the world is forgetting what good TV once was.

While we can't predict when it all ends, how it ends or where the show will go from here, we can all sleep easy knowing we will have more than enough witty, yellow bellied humour on the air for years to come.



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What's in a name? Plenty!

By **EVAN KIRBY**
@EvanKirby

From Puff Daddy to P. Diddy to Diddy and now back to Puff Daddy.

Yes, ladies and gentleman, if you

haven't heard, after all these years Sean Combs has reverted back to his original moniker of Puff Daddy for his upcoming album *MMM*.

As we all know, Sean Combs (I really

don't know how to refer to him here, so I'm just going to use his real name) is the biggest culprit in randomly being all like "Hey, you know what? How about we all call me something else now, but something slightly similar to my previous name in order to make sure this name change has no point at all."

Combs has made a joke of his name changes because they serve no purpose, are dumb to begin with, change randomly and are done as a pseudo-marketing stunt to make sure we're all aware he still exists.

Now, I'm not against an artist making a name change if it serves a purpose. A ton of rappers had "amateur" names when they were just starting out, usually something juvenile or convoluted and once they hit big or made a name for themselves they went with something simplified. Eminem used to be M&M, Big Pun used to be Big Moon Dawg and Kendrick Lamar used to be K. Dot. Basically, every rapper at some point early in their career had a different name that they went by, largely something to stand out and get noticed, an underrated facet of making it in the rap game.

Those are the acceptable names changes. Then we get ones bred out of necessity. I bet a large number of you didn't know that your favourite nonsensical rapper 2

Chainz used to go under the name Tity Boi when he was in the duo, Playaz Circle. Yes, Tity Boi, quite possibly the greatest hip-hop name ever. He changed it in 2011 to the 2 Chainz brand that we all know and love today because he thought it was more family friendly. Also, who could forget the monumental day when Lil' Bow Wow dropped the "Lil" and just became Bow Wow. He had morphed into a man and the "Lil" was not needed anymore. The "Lil" in Lil' Romeo's name suffered the same fate, getting dropped when pre-teen girls were no longer the marketing target.

Snoop Dogg, who has his hands in almost everything in the entertainment industry felt the only thing left for him to do was change his name to Snoop Lion. The story goes that after a trip to Jamaica in 2012 he was "born again" and thus converted to being a Rastafarian and moving towards more Reggae inspired music, giving onus to his 2013 release *Reincarnated*. What you can't see is that reading this is making me shake my damn head. Sorry if I don't trust a man who has sold out more times than years I've been alive. He's said to be making one more album under the name Snoop Dogg. Sure, one last album until Pepsi or Hot Pockets comes up with a cool concept idea.



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Sean Combs, aka Puff Daddy, P Diddy, Diddy and Puff Daddy again.

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Photo by Laura Vriend

MayDay and the BeatCreeps

Secret Setlist taping

Avatar Media's new show highlights local bands

By QUINTON BERGER
Entertainment Editor
@QuintonBerger6

Edmonton's vibrant and booming music scene always has something in store for the fans. Whether it's the plethora of indoor festivals taking place, big name artists coming through or the countless number of bars and clubs that have shows going on each and every weekend, there's always something crazy happening. Well, this weekend, Avenue Theatre held something a little different, the filming of the first season of Avatar Media's new show, *Secret Setlist*.

The idea for the show is simple but awesome. Each episode features a different artist from within the city of Edmonton and does an episode about them, including bios interviews and a live performance (all of which took place at Avenue theatre). The show features a variety of Edmonton based artists, including March's Sonic Band of the Month, The Gibson Block, folk-hop group, MayDay and the BeatCreeps and Edmonton veterans, Brothers Grim.

"I think the artists chosen give a wide selection of the Edmonton music scene, but it has a lot of diversity, so it's impossible to get the whole spectrum repre-

sented with only seven bands" explains MayDay's Jeff Mezaros.

"I'm sure if the show goes into a second season, we'll see a different side of the Edmonton music scape."

While a lot of Edmonton based TV shows aren't exactly what one would call "illustrious" the production on *Secret Setlist* is pretty next level.

"It'll be very interesting performing for such a high budget operation" says Meszaros. "They have something like eight cameras and one of those was the same camera they used to film *The Hobbit*."

I was able to saunter down to Avenue Theatre Monday night for a glimpse and Jeff was not shitting me. The set up was incredible! There were cameras everywhere, supreme quality ones, too, sitting on massive stands and the switchers and lighting boards backstage, oh my god! Being a TV student here at NAIT as well as a fanatic of live music, this was like stepping into Willy Wonka's factory.

The night started off on a high note as producer/emcee/instrumentalist Mitch-

matic took the stage. I'd never heard of him before but I immediately regretted sleeping on him. This guy is crazy! His bizarre sounding beats combined with his quirky, upbeat vocals make him a captivating performer. His set included him tearing it up

on the mic, on turntables and even on a saxophone. He ended the set on his most popular track, which gained him a huge amount of notoriety in 2012, "Why Don't You Know."

Next up was the Beverly based duo Brothers Grim. Consisting of brothers Komrade and Pat Grim, Brothers Grim have had a massive impact on hip hop in Edmonton, earning them a place at the forefront of Edmonton's rap scene. I couldn't tell you how many times I've seen these guys perform but each time I do, they get better and better and *Secret Setlist* was no exception.

Right off the bat, the duo got the crowd hyped up and energized. Their energy on stage, along with their ability to connect with the audience, make them a truly unique presence on stage. They kicked the set off with some brand new

stuff, (some of which had never been performed live before) which can be heard on their newest album upon release and ended it with the fan favourites "Hockey Pucks" and "Rock Out." It's no mystery as to how Kom and Pat landed themselves a spot on *Secret Setlist*. Between Pat's unbridled energy and Komrade's gritty, insightful lyricism, the two put on a hell of a show.

The last act of the night was band called Worst Days Down, a high energy group who claimed it was their first time performing live. I didn't believe them, solely because no one plays that good for their first time. The boys absolutely killed it. They sounded better than a lot of Edmonton bands I've seen who've been around for years. Had the average age of the audience been a little younger and had there not been thousands of dollars of camera equipment everywhere, they would have been going nuts.

Worst Days Down's ambitious, action-packed show made for an awesome end to a night of unbelievable local talent. *Secret Setlist* will debut on national TV, showcasing some of Edmonton's best and brightest. Keep your eyes on Avatar Media and follow @SecretSetlist to find out when and where!



Ready for a pilgrimage?

By JOSEPH RANGER

Aliens and Middle-Earth will descend on Calgary late this month, as Alberta's largest pop culture fare welcomes key players from James Cameron's *Aliens* and Peter Jackson's *The Lord of the Rings* and *The Hobbit* franchises

Running April 24-27 at the BMO Centre and Stampede Park – fully recovered from the devastating flood last year – the Calgary Expo has become a necessary pilgrimage for fans of comic books, sci-fi, horror, fantasy, cartoons, gaming, toys or collectibles.

Representing Middle-Earth will be Sean Astin (*The Goonies*, *Rudy*), Manu Bennett (*Arrow*), Billy Boyd (*Master and Commander*, *The Far Side of the World*), Jed Brophy (*King Kong*), Mark Hadlow, Mark Ferguson, Dean O'Gorman, Craig Parker and Richard Taylor.

Turnout should be high for the cast reunion of the James Cameron flick *Aliens*, featuring Sigourney Weaver, Bill Paxton, Lance Henriksen (*Millennium*), Michael Biehn (*Terminator*), Paul Reiser (*Mad About You*), Carrie Henn, Jenette Goldstein, and Mark Rolston. No word yet on a surprise appearance by Cameron.

Two icons of the horror/comedy set will appear – Bruce Campbell (*Evil Dead*, *Xena: Warrior Princess*, *Bubba Ho-tep*) and George A. Romero (*Night of the Living Dead*, *Monkey Shines*).

The team behind the recently cancelled *Being Human* (Sam Witwer, Kristen Hager, Meaghan Rath and Sam Huntington) will appear, as will Anthony Daniels, the voice and body behind Star Wars' C-3PO

High profile *Star Trek* alums are noticeably absent this year, following previous editions featuring William Shatner, Leonard Nimoy and the cast reunion of *Star*



Photo by Joseph Ranger

Calgary Expo fans Trent Feduniak and Jeff Torvalson flank the Witch-King of Angmar (*Lord of the Rings* Trilogy).

Trek: The Next Generation. Garret Wang (*Star Trek: Voyager*) is the lone Trek rep to date.

Self-described geek Jeff Torvalson, a graphic creator and grad of NAIT's Train the Trainer program already has his ticket booked and anticipates taking a photograph with Bruce Campbell and his faux necromonicon (*Book of the Dead*).

"I really respect him for what he's done, he is the king of tongue-in-cheek," said Torvalson. "I have always respected the guy because he did it his own way."

Also scheduled to appear are Kristin Bauer (*True Blood*), Felicia Day (*The Guild*, *Eureka*, *Supernatural*, *Dr.*

Horrible's Sing-Along-Blog), Mark Boone Junior and Kim Coates (*Sons of Anarchy*), Giancarlo Esposito (*Breaking Bad*, *Do the Right Thing*), Adrian Paul (*Highlander: The Series*), Vivica A. Fox and Michael Madsen (*Kill Bill*), Danny Glover (*Lethal Weapon*, *Predator II*), Jim Byrnes (*Sanctuary*), Barry Bostwick (*Rocky Horror Picture Show*), John Ratzenberger (*Cheers*, *Toy Story*), Karen Gillan (*Dr. Who*, *Guardians of the Galaxy*), Drea de Matteo (*The Sopranos*), Katie Cassidy (*Arrow*), Michael Rooker and Emily Kinney (*The Walking Dead*), Alfonso Ribeiro (*Fresh Prince of Bel-Air*), Sam J. Jones (*Flash Gordon*, *Ted*),

and Tom Felton (*Harry Potter*).

Edmonton artist (and current artist-in-residence at Happy Harbor Comics) Jeff Martin will be joined by other artists and creators David Lloyd (*V for Vendetta*), Renee Witterstaetter (*Conan*, *Superman*, *Silver Surfer*), William Harms (DC and Marvel), David Finch (*Ultimate X-Men*), Richard Comely (*Captain Canuck*), Matt Hawkins, Max Brooks (*World War Z*, *The Zombie Survival Guide*), Geof Isherwood (*Conan the Barbarian*, *Doctor Strange*), and James O'Barr (*The Crow*).

For an updated listing of guests, events and ticket retailers selling tickets, check out www.calgaryexpo.com.

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