

THE NAIT NUGGET

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Volume 51, Issue 25

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



Photo by Jesse Kushneryk

NOT A BIT BORING

Physics instructor Kevin Wysocki gets some attention on April Fool's Day when he shows up on a Segway decked out in some eye-catching clothing. He said his students get a kick out of his occasional off-beat antics.

NEED A LITTLE MONEY?

New NAITSA budget considers short-term bridge loans to save students from high interest lenders, story page 5

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NEWS & FEATURES

More than our fair share



GABRIELLE HAY-BYERS
Issues Editor
@Gee_H_Bee

Recently, *The Walrus* and *Toronto Life* magazines have been forced to shut down their unpaid internship programs due to their violation of Ontario's labour laws. Apparently, if you hire someone to do work, you're expected to pay for it. Brilliant, no?

Maclean's magazine burned into my eyes in January, calling new graduates the "new underclass" with so many of them taking low paying jobs or unpaid internships in an attempt to solidify themselves in a job market. For certain areas of work, it's clear what you're to do. As a finance grad, I'll be expected to go out and work at a firm, probably for around 60 hours a week, at a moderately

low wage with the promise of upward movement or a bonus.

Heaven forbid I should suggest that after four years doing my degree and nearly completing my professional designation (roughly a seven-year commitment for the average student), I should have a better future. That type of comment may cause elders around me, whom I respect immensely despite not always agreeing with, to suggest I "pay my dues."

During the time I've spent getting educated so that I can earn a median starting yearly salary of \$43,000 according to NAIT's website, I've learned how to research a lot of topics.

Take, for instance, the rising cost of owning a home from last year until this year. The Canadian Real Estate Association shows a year-over-year increase of 10.1 per cent and NAIT's historical data for average income of their BBA grads shows a zero per cent rise in the same period. So, if you are a new grad wanting to buy a home this year after saving whatever you could from your salary, enjoy attempting to keep up. Never mind that the February 2014 average home price was \$407,540, a far cry from

the national price average of \$76,214 in 1984. Use the consumer price index to inflate that to today's standards and it's roughly \$157,889 today. However, the reality is a number more than double that. Am I paying my dues yet?

Canada's 2006 census "highlights" (terrible term in this case) showed that the median earnings of Canadians employed full-time between 1980 and 2005 went from \$41,348 to \$41,401 (using 2005 constant dollars). So in the 1980s, your home was worth less than two year's salary. For a NAIT grad today, their home is worth roughly 10 year's salary. Am I paying my dues yet?

If one isn't convinced yet, let's look at tuition. The average (inflation adjusted) tuition fees in 1990-1991 were \$2,243. This year, I paid more than that per semester. So if it's OK for average income from 1980 to 2005 to only increase \$53, why hasn't tuition increased by that rate during a much shorter time period? This isn't to criticize NAIT or any other institution for their tuition costs because a lot more goes into managing a post-secondary institution's finances than just what portion gets passed on to students but it

shows the disproportionate rise in cost of housing and education in comparison to the average full-time salary.

You're in even more trouble financially if you can't work full-time while schooling full-time, especially if you're doing unpaid internships trying to get ahead, despite their questionable legality in some jurisdictions. Am I paying my dues yet?

It's possible I'm just bitter about the cost of supporting the baby boomers, a much larger generation than mine that is financing their retirement with debt at an increasing rate but, as they age and require social services like health care and senior care, I will pay for that via my tax dollars. Their comparable incomes and cost of housing and education were much more favourable than mine are today. Am I paying my dues yet?

I don't suggest that the baby boomers didn't work hard. So don't suggest that my generation needs to work 10 times as hard to own a house, twice as hard to afford school and work for free to get ahead in our careers and smile about it. We're paying for more than our dues.

What you really think ...

By **WHITNEY FOX**

In a few weeks, NAIT Students' Association executives will have a wealth of new information at their fingertips about what students want. Two weeks ago, students had the opportunity to fill out electronic surveys that were set up at stands scattered around campus. In exchange for providing information about their student experiences, they were also entered to win prizes provided by NAITSA.

There were 10 stands in total that were moved around campus over the week. They were available in the HP Centre, South Lobby, Fresh Express, Spartan Centre, outside of the NAITSA office and in the Engineering Annex.

Questions on the survey were focused on services provided by NAITSA. They asked students for feedback on such topics as the *NAIT Nugget*, the Nest Taphouse Grill, the U-Pass (and its actual use), Health and Dental Benefits (and opting out of them), clubs, e-textbooks and NAITSA events.

A few preliminary reports are back, and one key piece of information is that approximately 2,600 students filled out the surveys. This is up from about 2,200 last year and 2,100 in 2012.

That number also accounts for approximately 10 per cent of the student population.

"If you look through a statistical lens at that, that's a fairly significant statistical amount of students who are filling it out," said NAITSA President Jonathan Bilodeau. "So

we're pretty confident in the data that we get."

This is the fourth year for the surveys. In the first year, there were about 3,000 respondents. Since that time, that number has fallen as the length of the survey has increased.

Nevertheless, Bilodeau is still satisfied with the response. With the added length of the survey, "our numbers actually went down but the quality of data that we got went up."

NAITSA contracts a third party to administer the surveys. Key data will be compiled and the company will report back to NAITSA within a few weeks. The information is solely intended for NAITSA's use and will not be available to the public, as there are costs involved in gathering this information and NAITSA holds the intellectual property rights.

Specifically, the survey costs are between \$15,000 and \$18,000, which Bilodeau says is money well spent.

"It's fairly substantial but ... the value that we get out of it is huge. It informs everything that we do," he said.

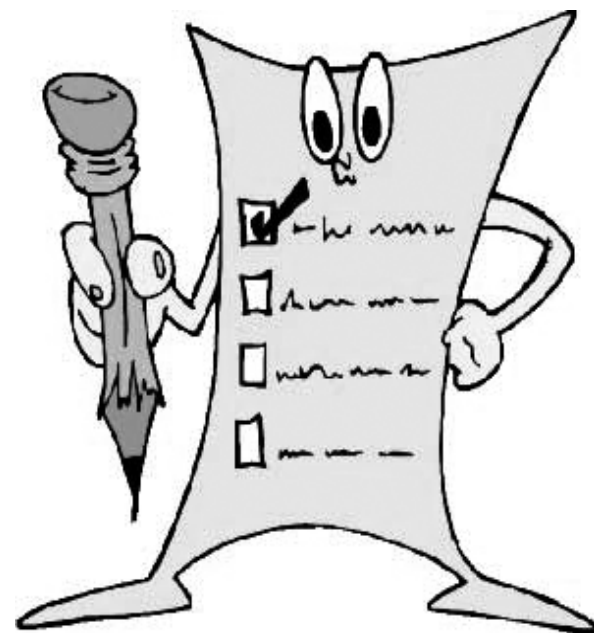
"The cost would be much, much higher if we had to run the survey ourselves, so contracting it through a third party is the best option."

Until these surveys came into play, NAITSA had no set way of finding out what students wanted. According to Bilodeau, the process was much less formal, focusing on anecdotal information and focus groups.

"We still use those same methods and those are good

methods for drilling down into specific issues but they don't give you the same breadth of information that this does, so this is a newer tool that's relatively valuable."

Results from these surveys will soon be available to NAITSA and will inform the executives, both outgoing and incoming, on issues that directly affect students.





NAIT President Dr. Glenn Feltham

NAIT photo

It's about students

By **GABRIELLE HAY-BYERS**
Issues Editor
@Gee_H_Bee

NAIT is currently undergoing a period of huge change and the man at the helm is our president, Dr. Glenn Feltham. Focused on the four promises made to the province, students, industry and staff, his resolve to shepherd the institution into its bright future is clear.

"There's no reason we can't be the world's premier polytechnic," he said during a recent interview in his office. He recounted a story about giving out cue cards to everyone in the Business Tower Lounge one day that asked what students wanted to see from NAIT, and it was parking, he said with a laugh.

"But beyond that, they want careers, not just jobs," he said. "We will do whatever we can do to ensure (we are) meeting their needs for that.

"One of the best things is, we are willing to look at what we can do better. In everything we do, it's through the lens of consistency with our vision."

Certainly, it appears that Dr. Feltham is a different breed of post-secondary administrator. When one enters his office, you see files on the desk and note that he is finishing up one last piece of work before coming to greet you. There's no stuffiness, no pretentious art hanging on the walls. Instead, you see photos of the President Project, which isn't surprising since Dr. Feltham will take any opportunity available to be NAIT's "head cheerleader."

"NAIT will change and evolve ... but in a way that builds on the past," he said.

"We will see that with CAT (Centre for Applied Technologies building currently under construction) and the Blatchford land development ... we will be a part of what's being built and it's going to be pretty spectacular."

Despite a less-than favourable funding environment in the past few provincial budgets, Dr. Feltham is confident about the growth of the institution.

"We always need to look to the future and how we need to complete our vision," he said.

"There will be times of constraint and times of great resources. We just need to continue to fulfill our vision ... resources are important but a clear vision will ensure that, in the long term, NAIT will become one of the world's leading polytechnics."

Dr. Feltham also took some time to share some advice for students who are soon to be graduating.

"Believe in yourself. You have an exceptional education ... your education isn't over, you're going to have the opportunity to come back for higher education. Embrace it. Take a chance.

"We all have the time to do things that truly capture our interests. Don't worry about mapping it out from grad to retirement. When you have opportunities, take them and get outside your comfort zone."

Finally, Dr. Feltham offered a more basic piece of advice for students at any stage.

"What matters most in life is people," he said.

"Build meaningful relationships. Life is about choices, not good or bad but rather that you're willing to grow and occasionally even take a step back. If you have a chance to grow, take it."

Head cheerleader is actually a pretty apt way to describe our president, who will take any question and turn it into an opportunity to promote what's great about NAIT and especially NAIT students, which occupy much of his thinking.

"Students coming to NAIT are more entrepreneurial, at far higher rates that I've seen elsewhere. They're getting off their butts and NAIT students excel at that. They have more experience and are starting to define their lives. How they choose to do things, even fund a grad, is very indicative of that," he said.

"Our students tend to have a huge amount in common, groups that share the same passions, so they do try to think outside the box. So many things are happening here. It all does relate back to the type of students that we have here."

Dr. Feltham's passion for NAIT can be seen in so many ways and his commitment shines through in his interactions with staff and students.

"I feel truly blessed to be at NAIT, to work with the leadership team and staff. And I feel especially blessed to work with our students. NAIT truly has outstanding people."



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Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

RTA advice from a pro

By **KRYSTA MARTELL**
Issues Editor

Last Saturday was a day to be remembered for Radio and Television Arts students as they were given expert advice on what to expect in the industry.

Over 50 students from across the province came to the Shaw Theatre to attend the event. Following the opening remarks, well-known CBC television journalist Ian Hanomansing delivered a keynote speech. He talked about his journey in television and how he got to where he is today, something many journalist students dream of. He discussed six key areas that every student should be aware of and prepare for.

1) Variety. Ian was a local and national TV reporter as well as an anchor and each job is very different.

"Every day is a different story, different opportunity," says Hanomansing. "Be competitive and decent. There will be people who are nasty to you. Make your story better than the others. It's a great moment of every day." Learn what everyone does in the station and understand what they do.

2) Deadlines. Find your story, write it, and edit it so that's it ready for the six o'clock news. "Be right, accurate and learn to deal with deadlines because if you don't, there will be severe consequences," he said.

3) Public Profile. As much as TV personalities say they hate being in the public eye it's not true, they love it. Putting you at the centre with everyone watching teaches you to have thick skin. When doing a live hit in the middle of downtown, someone may say something to you good or bad and you need to learn to respond professionally.

4) Technology. It's almost advancing quicker than the speed of light. When working at a TV station, there will be so much change that you and the people around you will have to learn together how to deal with it.

5) Deal with people. There will be people you hate and people you like. You need to learn how to work professionally with everyone, as you will not get to pick who you work with.

It's going to be a team effort.

6) Destiny. "You won't be able to choose your destiny. You have to be ambitious, lucky and humble," Hanomansing said. "Be at the right place at the right time."

The day continued with a talk on content creation for radio and television. This included advice from a panel of industry experts, including Bryce Kelly (morning show on Sonic 102.9), Ryan Jespersen (co-host of *Breakfast Television*), Al Ford (director of Sonic 102.9), Liann Cameron (program director for 91.7 The Bounce), Tripp West (afternoon drive host on 91.7 The Bounce) and, of course, Ian Hanomansing.

For those who aspire to be on air for radio and television, this panel provided some tips to consider in order to be successful.

"You need to know who you're talking to," said Kelly. "Know your target audience and be aware of other target audiences."

In other words, watch and listen to what's happening in the world around you, stay informed and know what's happening in the next 24 hours. Relate to the people who are listening to you.

"Anytime someone uses media as a noun, it's misleading," says Hanomansing. "Get a feel for what your audience needs."

Don't be fake, learn to be as real as possible and know how to act. Did you sound disinterested on air? You must have an interest in everything that you say.

"You should always have something ready to go," says Ford. "Never, ever have nothing to say. That is unacceptable."

Following a question and answer session from the audience, the day continued with how to land a first job, something that every student fresh out of school stresses over. For those who think that they are going to come out of school and get a job on air, it's not going to happen. You have to pay your dues, get experience (most likely in smaller markets) and earn your



Photo by Krysta Martell

Ian Hanomansing

way to the top.

"Once you put that foot in the door, don't let anyone push you out," says Ford.

Interestingly enough, Hanomansing said it starts with the internships.

Employers will see in a matter of three days whether you have what it takes to be successful in the industry. So, for those of us who are about to go on our practicums, no pressure. Also, if you're asked to do something, do it; don't ever say no. The industry involves some sacrifice and you have to be willing to make it, answer the bell and be ready to go.

Jespersen commented on how he earned his PhD in broadcasting for being poor, hungry and driven. It is a small industry and word gets around. Be that person everyone wants to hire.

After lunch, interactive sessions got underway as radio students were given critiques of their demos and TV students were critiqued on their on-camera reads. It's all about getting better and perfecting your craft.

At the end of the day, all the students took something away that they would remember, myself included. I know that it is an exciting journey that I can't wait to begin.

A millimetre can be a mile

By **ARTIE PRABHAKAR**

Have you ever played pool? Are you good at it? Well, if so, this article will resonate with you and, if not, it will still inspire you to understand the game better and life, too!

Playing pool is all about angles. Once you figure that out, it's a matter of conditioning and strengthening your skills. Although there are some people that can play pool without knowing these angles and still manage to get lucky, in life most of us are not willing to bet our lives on luck. We develop a plan of action and try to achieve the goals we want.

Nevertheless, even with goals and a plan of action, why is it we fail to achieve some goals? Are we not capable? The answer to that question is yes, we are capable but we fail to recognize the small things that may be the root causes that hold us back.

In pool, an incremental change of even one millimetre can determine where the cue ball will land. Therefore, understanding these angles becomes very important. For those of us that don't understand the angles,

it becomes very daunting and frustrating and we end up disliking the game and we give up.

The same goes for life. When something is hard we get frustrated. We keep trying but were not seeing the results we want and we have no idea why. We spend years doing the same thing or even lose hope and give up. How often have you tried something and got disconcerted because you weren't seeing the result you wanted? I was guilty of that numerous times in the past before I discovered the millimetre change belief.

When we get discouraged and something is not working in our lives, it is imperative that we ask ourselves a fundamental question: What changes can I make? Can these changes be as simple as a millimetre, like in the game of pool?

We need to understand these millimetre changes and apply them to our lives. When I say millimetre changes I understand that we cannot change the circumstances that make us glum, anxious or disheartened. However, we can change our focus by conditioning the mind to make these small changes.

To understand that millimetre change, try this exercise:

Say the word yes! with certainty and intensity! Scream it out loud. Yes! How do you feel? Remember this feeling and now go say the word "maybe," in an uncertain way. How do you feel? If this exercise was done correctly, you would notice that when you are certain and using your entire physiology to say the word "yes" you automatically feel empowered. When you say "maybe" in a lazy state, your entire body and mind sees that as a way to feel uncertain.

Try it again, say, "yes, yes, yes," in the same peak physiology, intensify it and then say "maybe, maybe, maybe," in a dilapidated way.

Now after saying these two words in different states, one being intensified and certain while the other is feeble and uncertain, you will notice a small change in how you feel when you say these words. You will potentially feel more boundless and certain when saying "yes" powerfully.

So can we condition ourselves to feel great all the time? Yes.

We can create change by simply altering our focus, which will enable us to achieve bigger better things with a heightened certainty. If we are always in this state of certainty when all hell's breaking loose and we adopt this belief system, we can ultimately overcome anything. This is nothing but sculpting and training our brain by putting it in a peak physiology to change our focus.

We can train ourselves to believe something through use of incantations or self affirming words. Not where we sit with teeth clenched and repeat, "I am happy," over and over again but through incantations using our whole body to feel the words. Using incantations with our body and our voice to make the change will make it stronger. I encourage you take with you the belief that when nothing is working ask yourselves if you're one millimetre away and what a change that little millimetre can make because any change will make a difference. Be it a week, month or several months from now, this millimetre change will change your very destination.

So you want a summer job ...

By **NICOLAS BROWN**
@bruchev

As the term comes rapidly to an end, NAIT students are inevitably faced with what to do over the summer months. Some may be lucky enough to take a vacation outside of Canada, while others may spend the summer months camping or going to the lake. The large majority will have to find a job and earn some money over the summer months, because, let's face it – we all know school isn't cheap!

Hopefully, you have been planning ahead, networking, rubbing shoulders with employers and recruiters and handing out your resume. Maybe you've already secured your ideal summer job, in which case, congratulations! For you students who haven't found a job yet, there's no need to panic. As always, there are services available on campus that can help you prepare for the summer job hunt.

The most comprehensive location on campus for help preparing for your job search and application process is the Advis-

ing Centre. Two of the services provided at the Advising Centre, located on the first floor of the HP Centre, are resume critiques and interview practice.

The Advising Centre encourages students to bring in an up-to-date cover letter and resume for review. Bring along either the job posting for your desired summer position or an example of the type of position you are interested in and staff can help you tailor your resume and cover letter to best fit the position.

Jennifer Ross, Academic Advisor Supervisor at the centre, commented on the resume critique program.

"We've been really successful with [it], we've got great reviews about students getting employment ... or getting those interviews."

If you're thinking about taking your resume down to the Advising Centre and are wondering if it is good enough, you can get a step ahead by following Ross's advice.

"My first question is; how many

resumes have you handed out and how many interviews have you got? If you aren't getting interviews, it could be because of that resume," Ross said.

A lot of times, your resume is all a potential employer has access to in deciding whether you're the employee they want. Too little information (or too much!) might cost you the interview that can give you the opportunity to knock that employer's socks off with your experience or enthusiasm for the job.

That brings us to the interview practice that is offered by the centre. If you snag an interview after having your resume reviewed, you can schedule a practice interview. If you snagged an interview without getting your resume critiqued by staff, congratulations! Now you can take your resume, cover letter and the job posting for the position you will be interviewed for and schedule a practice interview. Either way, staff will help you prepare for the interview process in a mock interview by asking standard questions and encouraging you

to elaborate on details from your resume or experience. They will test your knowledge of a potential employer. All these things are crucial parts of the interview that are often neglected by job seekers. Ross reminds students that even for a mock interview, "you need to treat every situation professionally."

Finally, students must remember that they aren't limited to just campus resources to find their summer positions. An excellent way to gain relevant experience for your career is to approach temporary agencies for contract positions. There are a number of agencies in Edmonton that can help you secure positions in any number of fields – accounting, HR, trades, engineering. Not only can you find a position that might lead to full-time employment after you complete your studies, it can also help you build your professional network.

Ross had one last piece of advice for NAIT students.

"If I can emphasize anything, it's starting early and being prepared."

NAITSA sets budget for 2014-15

By **RENEE MANDZIAK**

NAITSA's budget for the 2014-2015 academic year came down last week and some of the ideas and changes are significant. One of the biggest changes is an emergency student loan program that's in development.

"We're really excited, because some of our peers offer this already, said Vice President External Daryn Rainer.

"The goal is to be the last resort for students. We haven't set out criteria or amounts yet but we are going to do that ... It's going to be a last resort for students that need a small amount of money to get them through the next couple of days or the next week."

The program is designed to eliminate the number of students running to high interest loans when all of their resources have been exhausted. Other student organizations have found the pay-back rate to be above 90

per cent in a short-term timeframe. This change is only a small part of the new foundation NAITSA is implementing.

The 2014 budget calls for a dramatic drop in the discretionary budget and huge hike in funding towards advocacy by over \$100,000. Hold your guns, while it is a 50 per cent increase, it's due to the proposal of an ombuds office partnership with NAIT.

You may be asking, what are we talking about? Ombuds is the area where there will be an ombudsperson to advocate for students, full-time and with no

other priorities or job duties.

This strategic plan is working towards setting a solid foundation for the NAIT campus expansion. With expansion in the future, a delegate from NAITSA is going to Chicago to assess the new "smart-card" technology.

A smart card, if adopted, could integrate the U-Pass and student ID card. This is an exciting possibility that could help streamline the lives of students, as well as save money for NAITSA since the cost of manning booths to reissue new U-Pass stickers is roughly \$14,000 per year and could no longer be necessary with smart card technology.

U-Pass costs are increasing by \$7 per student, however, this is a result of rising transportation costs with partners, not as a result of any NAITSA action and is unrelated to the new smart-card initiative.

At first glance, it appears that salaries are rising at NAITSA, however, this is caused by a change in how salaries are represented. Currently, they are attributed to the departments that those salaried individuals serve. Cost savings are found with less money now going towards the Nest.

There will be less funding towards performances, entertainment, DJ and event supplies. There is also no budget for Shinerama, although fundraising will still be done, there will be no official events nor will there be a Shinerama co-ordinator.

Belt-tightening abounds around our

province and NAITSA is no exception. However, as we move into the new school year, priorities remain on making

attempts to streamline operations while improving advocacy and services for students.



42%

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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

IET Club

WHAT

Pub Night

WHEN

April 4; 9pm

WHERE

The Rack

MLT

Bar Night

April 4; 10:00pm

The Pint Downtown

Rangla

Punjab Baisakhi Raunek Mela April 6, 3:00pm-10:30pm

Tower Lounge 8th Floor

BCX

Mustard Seed Dinner Volunteering April 8; 5pm

Mustard Seed

Petroleum Social Club

Industry Day Presentations April 9; All day

L164A Area

Petroleum Social Club

Pub Night

April 9; 3:30pm-8:00pm

Blind Duck

ASC

Round Dance

April 26, Day event

Enoch

Accounting Club

Tax Clinics

April 5 All day

Room T210 / T211

CAMPUS CLUBS NEWS

WHAT

NAITSA Awards Night

WHEN

April 5, 2014

"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.



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

OPINION

— Editorial —

Life with no guidebook



CARLY ROBINSON
Editor-in-Chief
@CarlyDionne

Hopefully you noticed some blue around the city last night. April 2 was World Autism Day and the “Light it up Blue” campaign is designed to raise awareness about Autism Spectrum Disorder (ASD), encouraging those wishing to show their support to illuminate buildings or structures with the unofficial colour of autism.

Our society has come a long way in understanding the neurological disorder that affects the way ones brain processes information, however we have more to go in how we treat those affected. So many don’t know what the spectrum is, or how to react when they meet someone with autism or Asperger syndrome.

Difficult to define

We have recently seen a huge spike in autism in our community. So much that Senator Jim Munson calls it a crisis, and is asking Parliament to do more to address this issue. For the average Canadian, understanding is the most important step. Autism is difficult to define but, in brief, it is a difficulty with communication and forming relationships. The reason it is so undefinable is that it is a spectrum, meaning it could go from someone who is unable to look others in the eyes to someone who’s the top of their class with seemingly no social understanding.

Autism Canada says that although those with autism have some areas of development are delayed (impaired social relationships, behavior problems and dependence on routine among a few), people with ASD often exhibit skills above their years in other areas, such as non-verbal reasoning skills, or reading skills, etc. There is also Asperger syndrome, where we find those same difficulties with social interaction and non-verbal communication, but also repetitive patterns or behaviors and interests. This means that those at this end of the spectrum tend to be quite smart in a particular area and often hold an extreme fascination about something in particular.

Socially awkward yet brilliant

We see so many of those socially awkward yet brilliant individuals in television today. Sheldon from *The Big Bang Theory*, Abed from *Community* or Brick Heck from *The Middle*. Some are more popular than others. Although watched by so many (myself included) *The Big Bang Theory* is often criticised for the seemingly having Dr. Sheldon Cooper as a parody of those with Asperger’s, with the creators having no interest in an official diagnosis for the character. And this is something that bothers me, with them having an opportunity for so much awareness yet not wanting to take advantage of it.

There is still such a stigma that exists, with those who giggle at the mention of Asperger’s because, yes, it sounds like ass-burger. We need to remember that this is still a very serious issue.

My mom has worked with students with disabilities, and often as a student aide who works one-on-one with those on the autistic spectrum. She says it is hard for people to understand just what it is to be on the spectrum.

“People don’t understand how they are so different. A person with Asperger’s appears to be normal but they have such a different way of thinking. It is a significant cognitive impairment because they think so differently. You need to spell out to them things that are obvious to most other students.”

She has told me about some of those she worked with, and how there is so much frustration and anxiety about fitting in the world when they don’t understand the rules that everyone else operates under. If

they had been able to pick up on those social cues and norms they would have learned it when they were young, as most people do. Our society has so many subtle conventions that the majority understand of but which are so difficult and challenging for this minority.

It can be hard for the average person to understand. However the bottom line is patience. We need to be patient with those around us, because we don’t know exactly what they are going through. We need to be empathetic, knowing that those around us don’t necessarily view the world in the same way we do, and it can be a confusing and frustrating place for those who don’t have a guidebook to its rules.



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SPORTS

LAST OF A THREE-PART SERIES

CPR first aid cornerstone



BRIDGETTE TSANG
Sports Editor
@bridgettetsang

We've all heard it or heard about it, and some of us have even gone through it. Cardiopulmonary resuscitation, otherwise known as CPR, is the first link in the chain of survival. It is an emergency procedure used to manually preserve brain function until further treatment from either paramedics or medical staff is available. CPR is performed to restore blood circulation to the brain and breathing in a person who has suffered a cardiac event or is unresponsive with no breathing or has abnormal breathing.

Steps to take

NAIT emergency paramedic students Adam Nichols and Cameron Breadner know exactly how important it is that CPR is performed before paramedics arrive.

"CPR is the most effective means that we have to ensure that someone who has recently suffered a cardiac arrest has the most likely chance of actually surviving to a hospital where they can get definitive treatment," says Nichols.

But even before CPR is performed, there are steps that need to be taken. If you are in a situation where you find someone lying on the floor, unconscious or breathing irregularly, immediately call anyone for help or call an ambulance right away. After that is ensured, start doing chest compressions on the patient; at least five centimetres deep and at a rate of at least 100 per minute in order to pump blood through the heart. The rescuer may also provide breaths by exhaling into the patient's mouth or nose or using a device that pushes air into the patient's lungs. This kind of ventilation provides the patient with artificial respiration.

Don't stop CPR

"CPR will last until you get to the hospital," continued Nichols. "There are very few reasons why you would stop CPR. One of them being if it is unsafe to you, then of course you'll stop. But it will last as long as you need to."



Photo by Bridgette Tsang

Paramedic student Cameron Breadner stands in front of a machine that records patient information.

Defibrillators are just as vital when used along with CPR.

"You would use a defibrillator concurrently with CPR; it's part of the process," says Breadner. "CPR is what keeps the blood flowing as you're getting the monitor set up. The defibrillator is what actually resets the heart, hopefully into an organized manner, and allows the heart to pick up the slack and take back the job of moving blood through the body."

A defibrillator or what we call an Automated External Defibrillator (AED), is an electronic reset of the heart. It delivers a shock to the electronic components of the heart resetting it into an organized pattern.

"The ones that are available to public – AEDs, are smart," continued Breadner. "They can actually detect the rhythm that someone's heart is in when you put them on, so you can't actually hurt someone just by putting it on. If you think that someone might need one, go ahead and put one on and the monitor itself will actually tell you if a shock is advised or not."

The AED is simple enough to use that anyone with no clinical skills can use it effectively in emergency situations. The

units take around 10-20 seconds to diagnose the heart rhythm, while with professional equipment (found in ambulances and hospitals), the diagnosing time is far quicker.

There are AED units around the NAIT campus in case of an emergency. They can also be commonly found in many public places such as shopping centres, airports, restaurants, hotels and schools.

As for the recent collapse on the bench of Dallas Stars centre Rich Peverley, paramedics were close by to assist him, which ultimately saved his life.

"Our role as paramedics is one of support, one of analysis and it's one of mostly transport," continued Breadner.

"And in a case of the Peverley situation, paramedics were at his side within a few minutes of the collapse, they then took care of the patient. They were able to analyze his vital signs and actually take a look at the electrical activity in his heart. They can then make a determination as to what is going on and the treatment that they might want to undertake, as well. But ultimately,

our role is to transport the patient to the hospital for definitive treatment."

Measuring vital signs such as respiratory rate, blood pressure, temperature of the body and the pulse is essential.

"If they are unconscious but breathing, they're just not awake," NAIT athletic therapist Matt Yaworski said.

"In those situations, in a short period of time you have to assess their vitals and determine if they have an airway – so is their airway open, are they breathing and do they have circulation?"

So, if we can confirm that they do have their ABCs and they're unconscious, then it's just a waiting game. We have to manage them and prevent them from any spinal movements if they have a neck injury until they become awake, and then we can get more information from them when we ask more specific questions."

Responding to anyone who is having a medical emergency can be a difficult job, but with the proper equipment and trained personnel, lives can be saved.

'CPR will last until you get to the hospital.'

– Student Adam Nichols



Supplied photo

Silver at CCAA Nationals

The NAIT men's curling team won a silver medal at the national championships, held March 18-22 at Sault College in Sault Ste. Marie, Ont. Team members are, left to right, Jules Owchar, coach; Matt Brown, skip; Kenton Maschmeyer, third; Ryan McMakin, second; Travis Jones, lead; Michael Simmons, fifth and Karl Myziuk, assistant coach. McMakin was named an all-star.



Supplied photo

Bronze medallists

The women finished third in the Nationals at Sault College. Team members are, left to right, Jules Owchar, coach; Kylie McLean, fifth; Katie Roskewich, lead; Tegan Dutton, second; Richelle Baer, third; Karynn Flory, skip and Karl Myziuk, assistant coach. Roskewich and Flory were named all-stars.

It's time to ... play ball!



CONNOR HOOD
Sports Editor
@connorhood27

When April comes around, only one thing comes to mind – the start of the Major League Baseball season. Last year brought plenty of incredible story lines, including the Boston Red Sox going from worst to first, the disappointing season for the Toronto Blue Jays, and the introduction of a second wild card team.

Last season was definitely one to remember but it doesn't mean this one won't be as exciting or have any fewer memorable moments. With Opening Day taking place this week, here are a few headlines that are sure to be talked about

Being that there is only one Canadian

team in the MLB, it's hard to ignore the moves, or lack thereof, they made this post-season. After making a huge splash last winter by bringing in Jose Reyes, Mark Buehrle, Josh Johnson and R.A. Dickey, the Jays were relatively quiet this time around. Last season's acquisitions didn't exactly pay off, as the team finished in last place in the American League East, after they were pre-season World Series favourites.

Toronto GM Alex Anthopoulos felt that another big splash wasn't the way to go this time around and decided to trust his current roster. Will the lack of moves pay off? There are still many questions facing the current team. Will the pitching be good enough? It sure wasn't good enough last year. And will stars such as Reyes and Brett Lawrie stay healthy for a whole season? Only time will tell but my odds are on another basement dwelling season for the Jays.

After missing the playoffs for just the first time since 2008, the New York Yankees weren't shy about making some big off-season changes. After losing perhaps the best second baseman in the game in Robinson Cano to Seattle, New York decided to spend \$465 million on other free agents to soften the blow. They

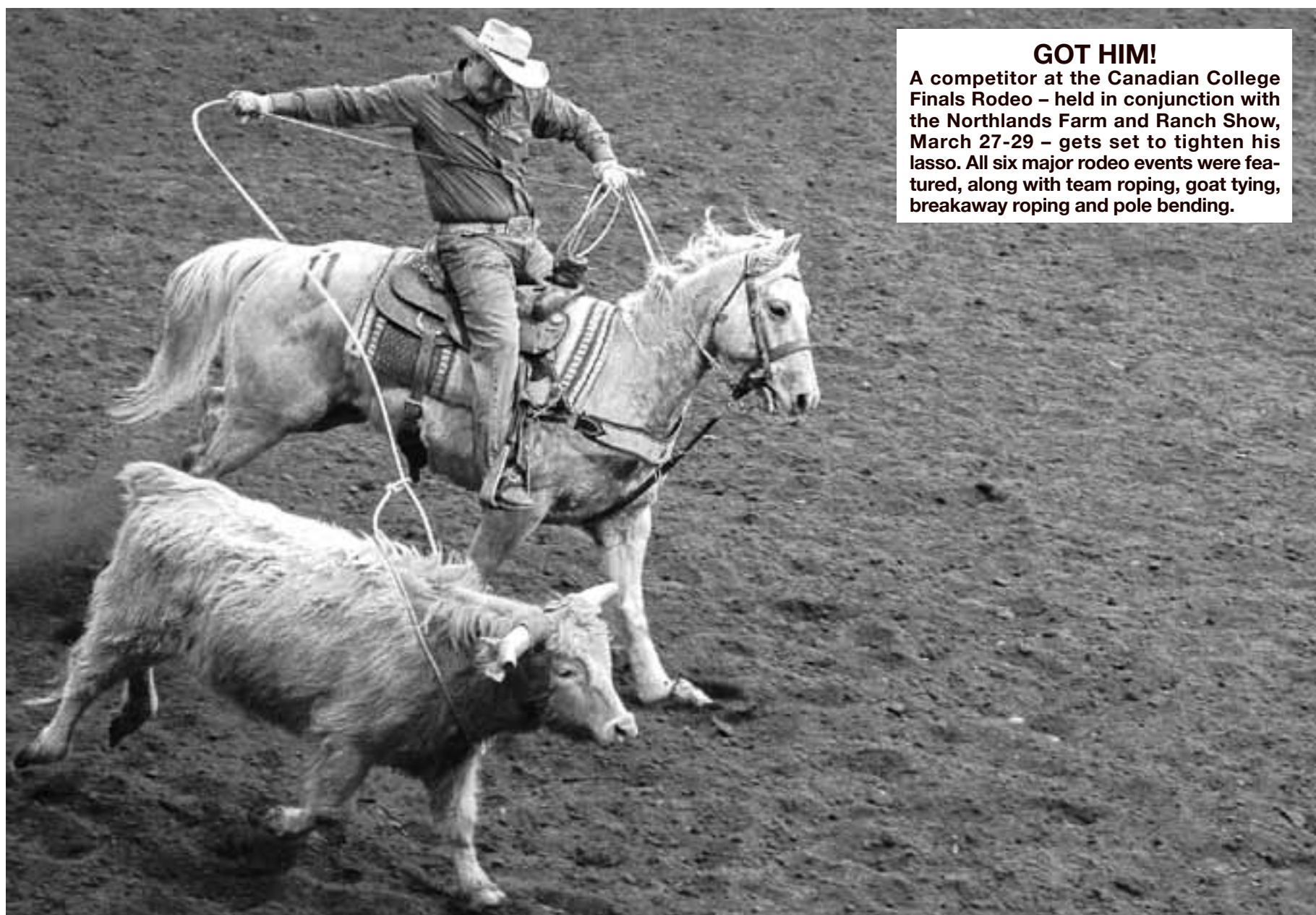
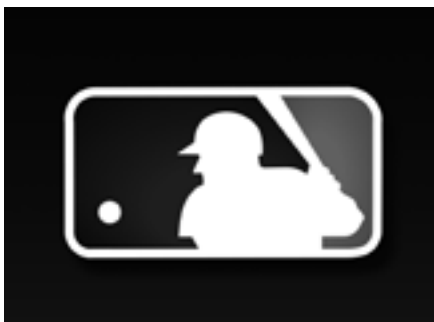
brought in veteran outfielder Carlos Beltran, lured Jacoby Ellsbury away from the defending champion Red Sox and signed the highly sought after Masahiro Tanaka out of Japan.

This isn't the first time the Yankees stole a former Red Sox. Remember Johnny Damon? Damon headed to the Yankees after the 2005 season and eventually won a World Series with the team in 2009.

As with every new year, there are a crop of rookies waiting to make an impact for their respective teams and this year

brings in a handful that will make every opposing manager cringe. Boston has a gem and, perhaps their third baseman of the future, in Xander Bogaerts. Bogaerts has played only 19 MLB games, six of which were in last year's World Series and has tremendous potential with his wide range of skills both behind the plate and in the field. Billy Hamilton is slotted in as Cincinnati's starting centre fielder and he has speed to burn. Hamilton stole 395 bases in his minor league career, including 155 in 2012 alone. There is no doubt he will steal bases in the majors, the real question is will he get on base enough.

And last is former Blue Jay prospect Travis d'Arnaud. The 25-year-old catcher was part of the R.A. Dickey trade to Toronto in 2012. He has battled leg and foot injuries the past two seasons, keeping him from making the jump to the bigs but 2014 looks like his chance. Its impossible to predict if these prospects will pan out, if the Jays will improve or not or if the Yankees moves will return them to the top. All I know is that this season is going to be exciting and that its only six months from October baseball.



GOT HIM!

A competitor at the Canadian College Finals Rodeo – held in conjunction with the Northlands Farm and Ranch Show, March 27-29 – gets set to tighten his lasso. All six major rodeo events were featured, along with team roping, goat tying, breakaway roping and pole bending.

Athlete Profile



Player: Isabel Hess

Sport: Volleyball

Position: Outside hitter

Program: Bachelor of Business Administration

By KEVIN MAHER
@kevinmahertv

What inspired you to play volleyball?

I started playing in junior high. The team atmosphere and competitive nature made me love the game. I also liked how it requires little to no running.

Do you have any pre-game rituals or routines?

I will usually warm up by foam rolling in the team room, joking around with my teammates and listening to some music.

What are some of your hobbies?

Other than volleyball, I really like to read. Once I finish a book I'm already on the lookout for something new. I am also addicted to Netflix.

Who inspires you the most?

My family and my friends inspire me the most. The love they give me really encourages me to be my best and they are always in the back of my mind. I am constantly thinking about making them proud of me.

What has been the best advice you've been given so far?

To not worry about what others think and do. Only you are responsible for your actions and outcomes.

How would your friends and family describe you in seven words?

Funny, sarcastic, honest, logical, hard working, loving, loyal.

What is your favourite sport to play or watch outside of volleyball?

I love watching highlights from a bunch of different elite level sports, especially hockey and basketball. I also like to wake-board and tube in the summers.

What music can be found on your playlist?

I have a bunch of indie rock, some electronic dance and folk – basically, just a bunch of random stuff. Usually anything that is happy and upbeat. I also have the complete *Wicked* soundtrack.

What three things can you not live without?

My family, my friends and my phone.

Where is your dream oasis?

Anywhere tropical with plenty of beach chairs and drinks.

Athlete Profile



Player: Trevor Zemlak

Sport: Volleyball

Position: Left side

Program: Construction Engineering Tech.

By KEVIN MAHER
@kevinmahertv

What inspired you to play volleyball?

I was inspired to play by watching my older sister play.

Do you have any pre-game rituals or routines?

For a pregame ritual I usually always start with a foot long ham and cheese sub from Subway two hours before the game. Then up to game time I like to put on my headphones and relax.

What are some of your hobbies?

I enjoy fly fishing, hunting and water-skiing (fourth in BC summer games 2008)!

Who inspires you the most?

My coaches and teammates inspire me the most, because nothing is better than working hard, supporting each other and getting a win.

What has been the best advice you've

been given so far?

Best advice was "hard work beats talent when talent doesn't work hard".

How would your friends and family describe you in seven words?

Tall, considerate, loyal, determined, friendly, adventurous, tall.

What is your favourite sport to play or watch outside of volleyball?

Basketball and snowmobiling.

What music

can be found on your playlist?

Hannah Montana but not Miley Cyrus and all kinds of country.

What three things can you not live without?

Support from my parents, BBQ ribs, *Call of Duty*.

Where is your dream oasis?

My dream place to live would be a remote cabin on a quiet lake.



Hot yoga is hot!

The secret is to embrace the sweat

By KRYSTA MARTELL

The first time that I did hot yoga, I didn't know what to expect. How hot is the room going to be? Will I sweat? Am I flexible enough? Well, the room actually is maintained at around 95-100 degrees Fahrenheit; I mean it is HOT yoga not warm yoga – think of a tropical island with no breeze. You will sweat; think of the equivalent of just coming out of the shower, the secret to hot yoga is embracing the sweat. You don't have to be super flexible to do hot yoga, the heat allows the bodies muscles and joints to soften and stretch to a maximum.

There are different types of hot yoga, Bikram and Moksha. Bikram is a type of hatha yoga characterized by a set of postures and breathing exercises. Moksha is a relatively new practice that surfaced in 2004. It is similar to Bikram but follows a set of series of poses as a framework. Moksha is a bit more flexible with changes in sequencing, different class lengths and timelines. Everyone's experience between the two will

be different but in my experience, I've tried Bikram and didn't like it because just something about having carpeted floors in the hot room kind of grossed me out and the fact that the teacher got mad at me because I wanted to take a sip of water didn't make it any better.

I did it once and never did it again.

That was when I turned to Moksha and I never looked back. If your new to hot yoga, start with shorter classes and work your way up to help yourself get used to the heat.

I started with the 60-minute class, worked up to the 75-minute class and now I do 75-minute power flow classes (power flow is the Moksha series only faster with more arm balances, some people think I'm crazy but actually

it is the best). The only way to better understand the series is to do it and remember to drink tons of water while you are doing it.

Moksha is my addiction, I love to do it and I can't go long periods at a time without doing it. The reason for that is

because of how good it makes me feel, I'm more flexible and have built more strength and toning. Not only that, I love the heat and the exhilarating feeling I get when I leave the class. The purpose of sweating vigorously is because it helps flush toxins from the skin.

Working in a heated room also elevates the heart rate, which makes the body work harder as well as helping the body relax, improve breathing (which helps

conditions like asthma) and focuses the mind, which develops better mental concentration. As with regular yoga, it helps with stress and improves your sleeping habits (going to a 7:30 p.m. to 8:45 p.m. Moksha class and coming home to go to bed resulted in the best sleep I've ever had).

A lot of people need to understand that it doesn't matter if you're "not good at it." Everyone is so focused on their own practice that they don't care what the person next to them is doing. It's not about looking good, either. Just because someone next to you is flexible or can master the handstands should not intimidate you, they all started somewhere, too. Listen to your body. Don't push yourself too far, only do what your capable of doing. Another benefit that everyone would like to know about is that you burn calories, like a lot!

I recommend everyone to at least try hot yoga, whether its Bikram or Moksha. Maybe you will like it or maybe you won't. I know that I can't live without it.



ENTERTAINMENT

Online dating, waiting



By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

A few months ago, as a new kid on the Canadian block, I needed to get some essentials in a hurry – a bike, a winter coat and some local friends. I quickly realized that going into bars and starting conversations with random strangers is not the most effective manner to launch lifetime friendships. I've never suffered for a lack of pals before and new difficulties need new solutions, so I registered at an online dating site.

The first strange thing was that the site offered a "quick and easy" way to start but then it asked me to write different essays about my personality, hobbies, life experiences, my favourite colour of socks and some other features of the highest importance. I typed my deepest thoughts and previously well-kept secrets with trembling fingers and pressed the button to open up my heart virtually to all of the love-hungry single ladies around. Well, I had to wait a little longer with that. The next step of the quick and easy registration was to answer a storm of questions like "Is your ideal sex rough or gentle?" and "How often do you tweet?" After 96 of these (exact number, no kidding) I had had enough and impatiently skipped the rest and bounced into the fairground.

I was really surprised at how many beautiful girls there are here. Then I started to read their profiles and, in some cases, it was stupefyingly delusional, in others that was the

point at which I started to have wicked fun.

Profile picture: fairly attractive girl with colossal tits and half opened legs on a chair, wearing only a bra and a mini skirt. Self description: "I'm a shy, down to earth gal with old fashioned morals. So if you are looking for hook-ups, move along!" I get it. It's terribly hard to be successful these days with old-school morals. See, this poor girl can't even afford a dress.

There is a section where you can describe "the first thing that people usually notice about you." I'm terribly sorry if I disappoint you, darling but if you have DD sized breasts and you wear them outside your clothes, it's not your "eyes and smile."

Another thing I found hilarious was when all the uploaded pictures on one's profile are groups of girls. How should I know which one is you? Is it some kind of gambling? Or do you want me to date you and your girlfriends at the same time? Well, I've always been monogamous (old fashioned morals, ya know) but we can give it a try.

Then there are the ones who introduce themselves with the following: "What can I say? I'm unique and awesome!"

Uhh, that just might be the biggest turn-off ever. I don't like to judge people by a few sentences but if that's the only thing you can tell about yourself to catch a complete stranger's attention, you must be: stuck-up, arrogant, ignorant, unfunny or just simply a little lame. Again, not quite unique as I had just seen the same on 18 other profiles.

Also, trust me – if someone is craving to learn about you on the other end of this heart shaped, fluffy purple web of world-wide emotions, he wants to read at least one or two sentences about and by you, not a Tupac quote as your self summary.

One last thing. If your answered yes to the question "Do spelling mistakes annoy you?" please don't write your whole profile in lower-case, full of words like "kewte", "kewl", "lyve moozik", and "reel lyfe." Believe it or not, these are spelling mistakes.

So you might change your anzur on that kweschun.

Then there are the truly tragic situations that catch your attention.

Me: "She's a comic book nerd with a soft spot for dogs and cheese. Already the love of my life."

"What? Her favourite movies are *The Thing*, the original *Evil Dead* and *The Exorcist*? I just found my future wife!"

"OK, it has to be fake. No good looking lady is allowed to list grindcore and Bukowski among her favourites." (Although when

What? Her favourite movies are *The Thing*, the original *Evil Dead* and *The Exorcist*? I just found my future wife!

I think about it, I'm not sure if I want my expectant girlfriend to love *Pig Destroyer* and a notorious drunk poet the way I do ...)

When you find someone who seems to be that

rad, you try to write something nice 'cos unlike the previous cases, now you pray for an answer. So you're trying to start a conversation in a simple but kindly and funny way and avoiding all the cheesy clichés. Like a boss. Composing, phrasing, framing, deleting, repeating, then send and ... no answer.

You're not making any comments on her looks (although it would be worth psalms), just pointing out a few shared interests. You keep it classy, don't even try to propose in the first message, because now you really care to make a good impression.

But there is silence. She's online. She just checked your profile. Still no answer. Probably she's having the same struggle with wording the perfect reply as you had with the invocation? But for three days? You only needed three hours! Your eyes are melting and your fingers are getting exhausted and swollen from refreshing the page accurately once every three seconds. C'mon, just send it, sweetheart. We both know we would have gorgeous kids!

This online dating is a weird business man, I'm telling you. I think I should just head back to that pub and see how those strangers are ... I'll just check my inbox first. Maybe that nerdy girl with the Watchmen tattoo answered in the meantime.



Photo by Jesse Kushneryk

Richard is ready with a ring.

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By **DANIIL ANSELM**

It's cold. You blink repeatedly as your eyes try to focus on your surroundings. The darkness makes it difficult to establish where you are. You feel stiff; it must be because your limbs are made of stone. You attempt to turn your head but realize you cannot move. Paralyzed in a cold place, your brain calmly urges you to drift asleep. The argument is logical and you allow a wave of unconsciousness to gently collapse inside your skull.

The pace of snowfall has quickened. You are blind, the windshield wipers are of no use and it sounds as if a window is slightly opened but you don't remember why so. You accept that you have no control and the road in front of you is an undulating surprise. Even the road is unsure of which direction it should

lead you. The extremities of the road shrug their shoulders at each other, clueless. Something begs you to slow down, but your mind is elsewhere. Your thoughts surround the approaching morning and you want to disappear before the sun has gained confidence to show itself and begin abolishing every anonymous shadow.

Then, the only functioning streetlight in the storm meets the front of your car. Your airborne body violently thrusts itself through a wall of thick glass. The tiny shards of glass that fly alongside you cut through floating snowflakes. Suddenly everything is still. You lie there in silence for an unspecified amount of time as the streetlight behind you continues to flicker, identifying where you are to no one but the lone bird that flies above in a lopsided circle.

Your eyes open. You feel completely numb but it's pleasant. The coldness is no longer an inconvenience to you so you stare up at the sky and wait until the bird pauses in midair, frozen.

An old man silently approaches and starts to dig a hole beside you.

Moya – Godspeed You! Black Emperor
 Break In – Skapel
 Neighborhood – Express Rising
 Boxcutter Emporium Pt. 3 – Sixtoo
 Future Proof – Massive Attack
 Arthur's Birds – Teebs
 Zodiac Shit – Flying Lotus
 Haunted Ocean, Pt. 4
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 Everyday – The Cinematic Orchestra
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 – Govinda
 Experience – Ludovico Einaudi
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HOW DID WE DO?

MOVIES – THE KURT LOCKER

Desperate times, measures

By KURT FABISCH

“Five hundred bucks if you hit him first!”

Desperate times call for desperate measures. That seems to be the motto of the day for Craig Daniels, our main character in *Cheap Thrills*, played by Pat Healy.

Craig is a hard-working but sadly broke husband and father. One day he is served an eviction notice and loses his job. With no idea what to do, he goes to a bar to drink his misery away. He then bumps into an old friend from high school, Vince (Ethan Embry). They catch up, find out they’re sort of both in low places at the moment.

Enter Colin and Violet, this friendly rich couple. It’s Violet’s birthday and they’re looking for a wild night.

Not since Michael Mann’s *Collateral* have I seen a wilder night.

See, Colin and Violet want to pay Craig and Vince escalating amounts of money to do ... whatever comes to mind.

Fifty bucks to whoever drinks a shot first. Three hundred bucks to whoever holds his breath the longest.

The bets start simple enough. But then Colin offers \$25,000 to take a knife and ... I won’t spoil it.

This is not a film for the faint of heart. Suffice to say, it gets very violent and pretty disgusting, too. I’m not sure I’d recommend watching this film with a full stomach.

Having said that, *Cheap Thrills*, for the sort of things that we see depicted in the film, I found to have wonderful attitude about it. Dark, yes, but the film has a much



needed sense of humour that similarly violent films do not.

It’s the cast that makes this movie. Pat Healy, a terrific actor I remember as the villain from a film called *Compliance* (which also got into the idea of how far people are willing to go). Healy is fantastic as Craig. He has an everyman quality that makes it very easy to identify with him. You wonder if you’d make the same choices he does. I certainly know people who would do just about anything if the price is right.

The scene that sticks out for me is when

Vince and Craig start a bidding war to see who can take the least amount of money to do a particularly gruesome thing to themselves. It’s a morbidly funny scene. To see a bidding war going down.

“\$19,000!”

“\$17,000!”

David Koechner is the real standout as Colin, the “host” of this sick game show. Koechner you would recognize as Champ Kind from the *Anchorman* movies.

Here, he still plays a funny character but a sick one. Also, Sara Paxton as Violet

is also notable. What made Colin and Violet great characters was that they weren’t truly sadistic. They never force either character to do anything they don’t want to do. Greed is the motivating factor here.

Cheap Thrills is a sick, twisted, disgusting, bloody and occasionally hilarious film and anyone who’s up for a black comedy will love it.

Cheap Thrills is currently available on demand at cheapthrillsmovie.com

★★★★★

Be proud, live well

Take your time and make your own way

By TAYLOR BRAAT

People are very worried creatures. We are worried about acceptance, we are worried about our lives’ timelines and how they fit next to others. We are worried that our lives are not measuring up to the lives of others in our age range.

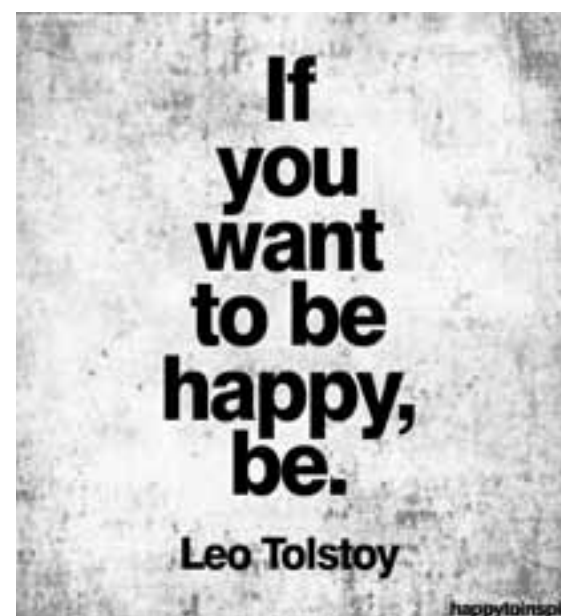
Human beings are constantly hoping that we are doing the right thing at the right time. We need to graduate high school, graduate post-secondary, get a career and then find “the one.” After we find this person, we must get married, have children and live happily ever after. This story-line is becoming less and less realistic as we move further into the future. There are many debates about whether marriage is even the right thing to do. In my opinion, what it all comes down to is what makes you happy. In the grand scheme of all things in our universe, the only thing that you should do is what makes you happy. No one is keeping tabs on your path as closely as you are. So they say 30 is the new 20. Who made that up? Maybe 80 is the new 20, who cares? Who says we have to do anything? Maybe we don’t all have to have children? Maybe we are too in love with our free lives, living just for the next moment.

We need to stop comparing our lives to others because no one has had the same journey as anyone else. Every sin-

gle person is different and unique in their own way. Marriage is a very controversial topic and it is not something to take lightly. We should not marry someone or even date someone because we feel that it is what we are supposed to do. Don’t worry if you are alone at 50 years old because maybe you wanted to travel the world and see it. People take for granted this beautiful life we are given. We need to explore it as much as we can and take every opportunity we are given. It’s OK to be in love with more than one person. It’s OK to be a little bit in love with everyone you meet. One day we will look back and be one of two things. We will be happy with what we have done or we will have regrets. Living with regret is one of the worst things we could possibly do. So if you have them, make peace, move on and walk a new path, one without regrets.

Life is one. Do what you want. Be happy. Don’t worry about what others think of you. Dance like no one is watching. Smile. Appreciate what is given to you. Give back. Smile some more. Laugh a lot. Sing in the shower even when people are home. Have some cake. Wear what you want. Listen to loud music. Write. Laugh some more. Travel. Take the long way. Break some rules. Try new things. Stop being too busy for old friends. Put down your

phone. Show some skin. Meet new people. Stop worrying about what your friends think. Live a life that you are proud of. One is life.



The social media trap

By **SOFIA HASHI**

The Fulcrum

(University of Ottawa)

OTTAWA (CUP) – Last summer, I thought I logged out for good. I decided to walk away from my online network and work on my real-life social network. I was wasting too much time creeping my feeds – to the point where I had extreme feelings of inadequacy. It had reached a point where I just didn't give a like.

"Are you sure you want to leave?" asked each and every single social platform after I pressed the glowing "deactivate" button. Yes, I was sure. Facebook was pretty melodramatic. By showing countless pictures of my friends and me having a great time, it warned how they'd miss me if I left. Good try, Zuckerberg.

I don't know if I expected angels to sing, doves to cry or something special to happen but the act of logging out was surprisingly anti-climactic. However, the four months that followed my social media absence was anything but. After experiencing serious social media withdrawal, I started wondering if everyone connected is as much an addict and if we can truly walk away from it.

For a few short months, Twitter was practically my home. When I woke up, I would update my status with a cheesy tweet like, "Good morning all my tweethearts!" If I went out to lunch, I would tweet it. If I went shopping, I would tweet it. I believed every occasion was a Twitter occasion. While my Twitter updates have considerably died down – thank God – I think at one point I was addicted.

A Harvard study found social media to be just as addictive as drugs or alcohol. In the experiment, researchers Diana Tamir and Jason Mitchell had participants either disclose personal information or answer trivia questions to test brain activity during personal conversation versus ordinary

conversation. When people spoke about themselves, the nucleus accumbens, the area of the brain associated with addiction development, was affected.

According to University of Ottawa communications professor and media expert Patrick McCurdy, the very premise of online networking gives users a high not unlike other addictive substances. He says that social media itself is like an addiction because of how instantaneous it is.

Darren Sharp, an active social media user, agrees.

"Social media is really immersive and I find it takes a lot of time and energy to be good at it and to be really involved. Especially something like Twitter which moves so quickly. In order to be involved in a conversation you kind of have to be on it all the time," he said.

"That's why I'd say I sort of have adverse feelings towards social media right now. When you're doing so many things, it's a lot of effort to be really good at it and to be really involved."

Maryam Dualeh, a third-year communications student at Carleton University in Ottawa, hasn't had a Facebook account for five years because she believes social media is just a popularity contest.

"I don't have a personal Facebook anymore because I don't see the point in advertising my personal life," she said. "There's always competition, people are always looking to one-up each other."

Dualeh's belief that social media creates a platform for competition isn't novel. American social psychologist Leon Festinger developed the social comparison theory in the 1950s. He stated that in order to try to understand ourselves we compare with others.

Communication experts Benjamin Bates and Rukhsana Ahmed have written that we believe we can compare ourselves



(Photo illustration by Tina Wallace/The Fulcrum)

to others based on the level of success we think our peers are experiencing.

According to the authors, there are two types of comparison: upward comparison, in which we're looking at others whom we deem to be doing better than ourselves; and its opposite, downward comparison, when we compare ourselves to individuals we deem to be less successful.

"Research has found that comparing breeds feelings of envy, low self-confidence and depression, as well as compromising our ability to trust others," psychotherapist Daniela Tempesta wrote in the Huffington Post.

According to *Maclean's*, around 19 million Canadians log in to Facebook at least once a month. That's more than half the country getting the latest news on what's going on with the people around them.

Fear of missing out, or FOMO, has become a catchphrase people use to describe the anxiety associated with logging out of social media completely. When I first disconnected, I thought I'd be missing out on important things. But the longer I went without Facebook or Twitter, the more my FOMO disappeared.

Dualeh believes one major downfall to

social media is that there's no privacy.

"Ten years ago if I wanted to get to know someone, I would have to actually meet them in person," the student says. "Now if you want to get to know someone, you would go online. A total stranger could know your entire life all through your Twitter, Facebook, Instagram or whatever."

McCurdy warns that while we may treat online communications as natural platforms for interaction, it's anything but.

"Never assume anything on social media is private," said McCurdy. "Remember that even if you and I are having a Facebook chat, assume it's public."

You may be able to sustain a social existence without social media accounts if you have yet to experience these sites but Sharp doesn't believe it's possible to leave social media once you've entered it.

"It's kind of like Fight Club — once you're in, you're in," he said. "You know people who'll be like, 'Oh, I'm done with Facebook,' and they'll deactivate and two weeks later they're back on. It just kind of pulls you back in and I think it's because of that social aspect. You do feel that if you're not on something like Facebook, you're missing out."

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

CONCERT REVIEW

Great acts, great venue

By **BAILLIE SCHEETZ**
@bailliescheetz

On Monday night, Young The Giant came to The Winspear Centre with special guests and opener Vance Joy.

The first notable thing about the show that made it different from many others was the venue.

The Winspear Centre is probably one of the nicest places to watch a show in Edmonton. With open acoustics and a great view from anywhere in the theatre, the Winspear was a wonderful place for this particular show.

The show began with opener James Keogh, better known by his stage name Vance Joy, from Melbourne Australia. Joy did a 45-minute set playing songs from his debut EP *God Love When You're Dancing* released in early March. From the first note of his first song, "Emmylou," it was clear that Vance Joy was more than an opener. Each of the songs had a well designed arrangement that often started with only James and his guitar and built into the full band.

By the time Vance Joy closed with their biggest and most well known song "Riptide,"

it was clear that the audience was hooked. The calm stage persona of Vance Joy combined with the effortless vocals and full sound made for one of the most complete and satisfying opening acts that I have personally ever experienced. The opening act left the theatre as a relaxed yet enthused mood and the audience was ready to enjoy more great music.

Young the Giant hit the stage next, and most of the audience was standing from the very first notes of "Anagram," an upbeat song from their latest album, *Mind Over Matter*. The band immediately and confidently established itself on stage. The frenetic stage presence of lead vocalist Sameer Gadhia was impossible to ignore and he got even more into the music as the band flew through the set list. The crowd was immersed in the energy of the band on stage, and the energy was contagious.

I did notice that Young The Giant play a little bit of a heavier show than I am used to, with very few intimate or calm moments. It was hard to find a time when every single member of the band wasn't playing an instrument to its full capacity. The heavy, fast paced elements of the show



www.sfexaminer.com

Young the Giant

are what made it great and even intoxicating for many people I am sure, though at times it was a little bit much, and there could have been more soft moments to truly appreciate the intricacies of Sammer Gadhia's unique vocals, which were admittedly perfect all night.

My favourite moment of the night was

when the band played a wonderful version of their best known hit, "Cough Syrup." Despite some of my slight criticisms, I have no doubt that Young The Giant will be playing full stadiums in no time at all, and they deserve it. The talent of both acts, along with the venue made for a wildly entertaining and enjoyable show.

Etiquette and networking, too

By **RENEE MANDZIAK**

Wednesday night's etiquette dinner was hosted at the Nest. A four-course meal was set up for students, staff and real industry professionals to satisfy their taste buds. No spaghetti and meat balls here – this dinner involved some tricky eating techniques. Each table had two forks, two spoons, a neat white table cloth and three glasses in each setting, two bottles of wine and bread with butter. I would not recommend wearing grey to an etiquette dinner if you're a bit unsure of yourself. Your sweat stains may soak through.

The speakers of the night did a great job announcing tips and tricks throughout the four-course meal. The first course was a

savory pear and yam soup. It was interesting to see who consistently ate theirs properly. It was evident that there were more industry professionals present than alumni, giving students the upper hand to network! Many cards were exchanged.

After each course, the industry leaders and staff rotated to a new table, giving students a chance to meet new people. I had the opportunity to meet a former student who was one of the pioneers who planned the first etiquette dinner. She laughed at how beautifully it's grown compared to the Food Express cafeteria near Ernest's.

Many other former students were present

and were excited to share how they either had a position or were hired in their field shortly after graduation. Networking was recommended to all students.

The second course was a delicious creamy raspberry dressing on cucumbers, tomatoes and fresh greens. The speakers guided us through proper eating and table manners step by step.

As the complimentary wine began to disappear, I found the volume in the room became higher. It was nice to see how many responsible drinkers there were as well. No drinking and driving for everyone there. Many interesting professionals attended,

including repeat recruiters and new faces.

As the third course came, the rotation continued. This course had two choices, cooked vegetables and mashed potatoes with micro greens or the protein dish of mouth watering stuffed chicken. I learned many techniques on how to eat with manners and I did not think I was half bad to begin with!

The final course was fresh fruit or a warm crème caramel. It was worth every bite. The venue was set up nicely, the servers were polite and many of us had a good laugh. There will be more dinners next year and a lot of industry professionals are eager to come back. No messy spaghetti and meatballs, but that was a good time.



BAR REVIEW

Overtime delivers on all counts

By **AARON BORDATO**

It's another Wednesday night ... the same boring, uneventful one it has been for the entire semester. It's got the classic not quite Friday, not quite Monday feel to it. Papers are due, tests are coming up, and you feel like biting the bullet you're so stressed out. You open the fridge but you know nothing is in inside. You go to open the freezer and it's vacant as well.

So now you've got a couple of options: You can call the nearest delivery boy for sustenance, you can try to make up a kitchen recipe that involves baking soda and expired yogurts or you can kick back and head over to

Overtime for a classic Wing Wednesday.

With 35 cent wings and almost all domestic and imported beers on tap, the Overtime in Sherwood Park on a Wednesday night is nothing short of student heaven. If you have never had the opportunity to feast on a budget, the Overtime is definitely the place for you.

It is a small, dimly lit, sports bar with several city locations. With pubs all over Canada (and soon to be the United States) it is quickly growing and gaining mass appreciation for its weekday deals. With NBA league pass, MLB extra innings and, of course, NHL centre ice playing on a total of 37 flat screens, you can

expect to see nothing but sports while you're there (head down during the NFL season for Sunday Ticket and you'll be blown away). On Wednesdays, however, all wings drop their price to 35 cents, starting at 4 p.m. So you're going to want to head down early to guarantee a good spot. The wings are delicious, the beer is cold and the waitresses are smoking. What else could a guy ask for?

Overtime is an all ages establishment on weekdays with doors closing for minors at 10 p.m. On any given night it could be filled with tables of pre-teens gossiping about high school or groups of old men talking about erectile dys-

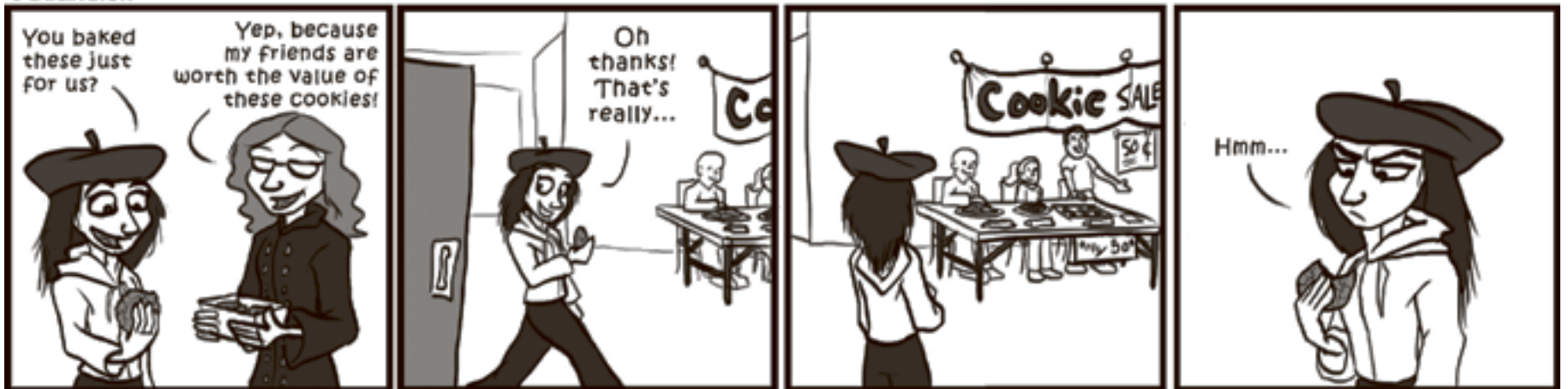
function. In the words of one Tom Hanks, "you never quite know what you're gonna get."

We know the vast majority of students are living life on a budget. Every decision is cold calculated, based on whether or not you'll go broke within the next pay period. However, with an undying thirst for liquor and the need to cut loose and forget about school, it's nearly impossible to put a price on a good night. Overtime takes all of this into account and delivers on all fronts. With cheap beer, cheap wings and free sports going on every single week, Overtime is the place to be.

THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

Six seasons of humiliation

By JOSEPH RANGER

Few TV reality shows bear repeated viewing but *Kenny vs Spenny* is the rare exception.

Part Tom Green, part Cartman from *South Park* and part *Trailer Park Boys*, *Kenny vs. Spenny* featured Canada's best known frenemies, Kenny Holz and Spencer Rice. The duo spent six seasons humiliating each other in a series of often disturbing, gross-out challenges that often resulted in even more laugh-out-loud humiliation punishments – to both of them and assorted relatives who appeared throughout the show. Even their respective mothers weren't safe from their shenanigans.

Both were scheduled to appear at the soldout Myer Horowitz Theatre on Tuesday April 1, ostensibly to show clips and go behind the scenes of their ground breaking show – that is, if the neurotic Rice hasn't quit as he repeatedly did during the show's run. Having the underhanded, sneaky and devious Holz as an opponent saw Rice

endure more torture than your typical Guantanamo Bay detainee. On one competition, titled *Who Can Wear a Gorilla Suit the Longest?* Holz literally set fire to the suit Rice was wearing, forcing him to abandon it and forfeit the challenge.

As a punishment for losing another competition, Rice had a queen bee physically attached to the front of his bathing suit while a nearby hive was agitated, then released. As a result of their notoriety, Holz has over 21 million views on YouTube, where he continues to torment Rice with talk of silverback gorillas, unwanted sexual advances and what to expect on the national tour.

"How many years since we've done the stupid show and he still wants the love of the people," Rice said during an segment (alongside Holt) on Holt's YouTube channel. "That's all he cares about. I don't give a s**t. You like me, you hate me, I couldn't care less.

"I might up my (anxiety) medication on the tour, just to get through it."

"We are going to be on tour," Rice added. "You are going to get your money's worth. I am not going to smile. (Holz) is going to drive me f***** crazy."

Select episode list (some excluded due to content):

Season 1

Who can gain the most weight?
Who is the best fashion designer?
Who can stay awake the longest?
Who is the better chef?
Who can stand up the longest?
Who can sit on a cow the longest?
Who is the sanest?
Who can earn the most money in three

days?

Who does she like better?
Who can stay blindfolded the longest?
Who can win a beauty pageant?
Who can win a series of

mini-competitions?

Who can lose the most weight?
Who can stay handcuffed the longest?
Who can put on the best concert?
Who is the better parent?
Who do kids like most?
Who is the strongest?
Who makes the most convincing

woman?

Who is the better actor?
Who is the best male stripper?
Who is the best figure skater?
Who can survive in the woods the

longest?

First one to use their arms loses.
Who can win a court case?
Who is the better boxer?

Season 2

Who can drink more beer?
Who can stay naked the longest?
Who do old people like more?
Who can dance the longest?
First one to talk loses.
Who is funnier?
Who can kiss more women?

Who can sell more bibles?

Who can win a rat race?

First one to be mean loses

Who is the better journalist?

Who is the better rapper?

Season 3

First to laugh loses
Who do gay guys like more?
Who can wear a dead octopus on their
head the longest?
Who can win a ten mile race?
Who is cooler?
Who can stay in a haunted house the

longest?

Who can catch a bigger fish?
Who can imitate the other guy better?
Who can stay homeless the longest?
Arm wrestling competition

Season 4

Who can make the loudest fart?
Who can make the best viral video?
Who can eat more meat?
Who can be tied to a goat the longest?
Who can handle more torture?
First guy to stop singing loses

Season 5

Who can wear a gorilla suit the
longest?

Who can p*ss off more people?
First guy to touch the ground loses
Who's the best pro wrestler?
Who's the best soldier?
Who can smoke more weed?

Season 6

Who's the bigger idiot?
Who can squeeze more boob?
Who can keep his head in a chicken
coop the longest?
Who can get further with the other
guy's mom?
Who's a better basketball coach?
Who can have more fun?
Who can produce the best commercial?
Who can put on the best play?
Who can stay on an island the longest?



www.fanpop.com

(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 & naatrium)

april 23 | all campuses | 9am-4pm

free cookies (main campus - annex dock, naitsa, fresh express, spartan)

april 24 | main campus

free healing zones (naatrium)

stressfree zone



naistudents

naitsa

yourNAITSA

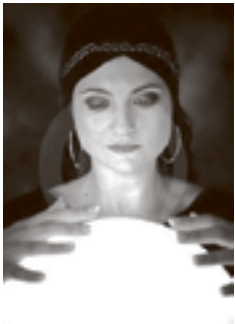
naitsa.ca

naistudents

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 3-9

(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)

That person that you've been

crushing on has mutual feelings, talk to them. Hahahaha, just kidding, they probably hate you.

Taurus (April 20-May 20)

Trophy Wife is a very underrated show, but I think you'd like it. Catch it on Tuesday on ABC and CTV!

Gemini (May 21-June 21)

Take a look at yourself in the mirror. Don't deprive the world of that hair.

Cancer (June 22-July 22)

Call your grandparents. Your grandma is still mad you didn't thank her for that fruitcake she made you.

Leo (July 23-Aug. 22)

Someone tall, dark and handsome will enter your life. They are everything you have ever looked for in a match, but whatever you do,

don't engage them.

Virgo (Aug. 23-Sept. 22)

Take a little time for yourself. Play some one-handed baseball. Polish that pearl. Bash that candle. Shuffle your iPod. Take part in population control. Spin a record.

Libra (Sept. 23-Oct. 22)

Nobody likes your tweets. Why do you think you have 10,000 tweets and only 53 followers. Time to hang up the fingers.

Scorpio (Oct. 23-Nov. 21)

Why do you like curly fries so much? Possibly the most overrated food that the world has ever seen. Start eating normal fries and see your life improve drastically.

Sagittarius (Nov. 22-Dec. 21)

Start flirting with your teacher. I

mean, either you start getting really good marks or get ostracized from your entire program. It's worth a gamble.

Capricorn (Dec. 22-Jan. 19)

I'm going to be honest, you're my favourite. I have nothing negative for you, only good things will continue to happen to you.

Aquarius (Jan. 20-Feb. 18)

I really don't know why you think those jeans match your shirt. I understand the mentality behind it, but you do understand that everyone is judging you, right?

Pisces (Feb. 19-March 20)

If you watch the seventh episode of the first season of Miami Vice, all your questions will be answered.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Safety begins with you



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it occurs, we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. NAIT Protective Services cannot be everywhere and are usually involved only after the crime has been committed.

The Protective Services website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit www.nait.ca/security.

To avoid theft, Protective Services suggests the following:

At home

- Lock your doors / windows whenever you leave your room or residence.
- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables including descriptions and serial numbers.

At work or school

- Do not work alone in an unlocked office or classroom.

- Do not bring large sums of cash with you to work or school.

- Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.

- Secure your locker with a good quality lock.

At the library

- Do not leave personal property unattended, even for a minute.

- Keep personal property in view at all times.

- Do not bring valuables with you to the library.

At the gym

- Secure all personal property in a locker. Invest in a good quality lock.

- Avoid carrying large sums of money or valuables with you.

- Lock valuables in the high-security lockers provided or leave them at home.

- Keep your locker locked whenever it is unattended.

From your vehicle

- Lock your vehicle every time you leave it.

- Don't leave your windows rolled down, not even a crack.

- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.

- Park in well-lit areas.

- Don't leave valuables in view for

a thief. Store them in the trunk or under the seat.

- Affix your parking permit to your window.

- Consider investing in a car alarm.

If you have information regarding a crime, contact Protective Services at 780-471-7477. If you wish to remain

anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

Who to call?

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

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.nait.ca under "Get involved."

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

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

Special needs students – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

Student loans, grants – Financial Aid Office, 780-491-3056, Room O-111.

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

HOT

'N'
SINGLE

Photo by Alyssa Petryshyn

Preston Dufault, 19 Personal Fitness Training

What would be your ideal first date?

Something chill, like watching a movie at one of our houses.

What do you look for in a girl?

Athleticism and confidence.

Are you more of an indoors or outdoors kind of guy?

Definitely outdoors.

What are some hobbies you enjoy doing in your spare time?

Working out, partying and drinking and just hanging out.

How would you describe yourself in one sentence?

"People tell me that I'm like a big teddy bear ..."

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

Movies galore

By JOSEPH RANGER

Familiar faces (and masks) return to the big screen this spring and summer, as sequels, prequels and re-imagined characters vie for moviegoers' money.

Sylvester Stallone welcomes Mel Gibson, Harrison Ford, Wesley Snipes, Antonio Banderas and UFC champ Rhonda Rousey to *Expendables 3*. Another muscleman-turned-actor, Dwayne "The Rock" Johnson, appears as the lead in *Hercules* alongside character actors John Hurt, Ian McShane and Joseph Fiennes. Expect more action in the fourth *Transformers* movie, *Age of Extinction*, which has Mark Wahlberg replacing Shia LaBeouf as the non-CGI lead.

The search for a missing home sex tape brings together Jason Segal, Cameron Diaz, Rob Corddry and Jack Black in the appropriately titled comedy *Sex Tape*. Expect plenty of laughs in another comedy, *Chef*, starring Robert Downey Jr., Jon Favreau, Scarlett Johansson, and Dustin Hoffman. Channing Tatum and Jonah Hill reunite for *22 Jump Street*.

There are plenty of movies for comic book fans, including the talent-laden *X-Men: Days of Future Past*, which will utilize the casts of two separate X-Men franchises. Andrew Garfield dons the tights again in the *Amazing Spider-Man 2* in which he'll battle classic foes Electro (Jamie Foxx), Rhino (Paul Giamatti) and the Green Goblin (Dane DeHaan). Another crossover movie is the highly anticipated *Guardians of the Galaxy*, starring Chris Pratt, Zoe Saldana, Bradley Cooper and Vin Diesel. Of note is the sequel *Captain America: The Winter Soldier*, which introduces one of the few African-American superheroes in comic book lore, The Falcon.

There is plenty of family friendly fare available, including the animated sequels *How to Train Your Dragon 2* and *Rio 2* and Disney's live-action *Maleficent*, starring Angelina Jolie.

Release schedule

April 4: *Captain America: The Winter Soldier*.

April 11: *Rio 2*.

April 18: *Transcendence*; *Godzilla: The Japanese Original*.

May 2: *The Amazing Spider-Man 2*; *Walk of Shame*; *The Protector 2*; *Belle*; *Mr. Jones*; *Bad Johnson*; *Whitewash*.

May 9: *Neighbors*; *Moms' Night*; *Chef*; *Legends of Oz: Dorothy's Return*; *Devil's Knot*; *Stage Fright*; *God's Pocket*; *The Double*; *Palo Alto*; *Fed Up*.

May 16: *Godzilla*; *Million Dollar Arm*; *A Night in Old Mexico*; *The Trip to Italy*.

May 23: *X-Men: Days of Future Past*; *Blended*; *Words and Pictures*; *Tracks*.

May 30: *Maleficent*; *A Million Ways to Die in the West*; *Filth*; *We Are The Best*; *Party Central*.

June 6: *Edge of Tomorrow*; *The Fault in Our Stars*; *Supernatural: The Legend of Shep Gordon*; *The Sacrament*; *Obvious Child*.

June 13: *22 Jump Street*; *How to Train Your Dragon 2*; *The Signal*; *The Rover*.

June 20: *The Purge: Anarchy*; *Think Like a Man Too*; *Jersey Boys*.

June 25: *Sex Tape*.

June 27: *Transformers 4: Age of Extinction*; *The Congress*; *La Brea*.

July 4: *Begin Again*; *Deliver Us From Evil*; *Earth to Echo*; *Tammy*.

July 11: *Dawn of the Planet Of the Apes*; *The Fluffy Movie*; *Boyhood*; *Road to Paloma*.

July 18: *Jupiter Ascending*; *Planes: Fire and Rescue*; *Mood Indigo*.

July 25: *Hercules*; *Sex Tape*; *Magic In The Moonlight*; *Step Up: All In*.

Aug 1: *Guardians of the Galaxy*; *What If*; *Get On Up*; *Calvary*.

Aug 8: *Teenage Mutant Ninja Turtles*; *Into the Storm*; *The Hundred-Foot Journey*; *Into the Storm*.

Aug. 13: *Let's Be Cops*.

Aug 15: *The Expendables 3*; *The Giver*; *As Above, So Below*.

Aug 22: *Sin City: A Dame to Kill For*; *If I Stay*; *When the Game Stands Tall*.

Aug 29: *Jessabelle*; *Leprechaun: Origins*; *The Loft*; *Life of Crime*; *Jane Got a Gun*; *One Chance*.

Sept 5: *Addicted*; *The Green Inferno*.

Sept 12: *This is Where I Leave You*; *The Good Lie*; *No Good Dead*; *Search Party*.

Sept 19: *The Maze Runner*; *The Skeleton Twins*; *The Drop*; *Dolphin Tale 2*; *A Walk Among The Tombstones*.

Sept 26: *The Equalizer*; *The Boxtrolls*; *A Matter of Faith*; *Laggies*.

Oct 3: *Untitled New Line Horror Picture*; *Gone Girl*; *The Vatican Tapes*.

Oct 10: *The Interview*; *Alexander and the Terrible, Horrible, No Good, Very Bad Day*.



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BAND OF THE MONTH

Gibson Block gets Sonic nod

By QUINTON BERGER

The last Friday of every month marks Sonic 102.9's Band of the Month showcase. Edmonton's alternative rock station picks a band from Edmonton and features them on their website, social media outlets and, of course, their station.

Past Bands of the Month have included The Red Cannons, Mad Bomber Society, Tupalo Honey and the most recent addition, The Gibson Block.

The Gibson Block's old school rock 'n' roll sound with unique tints of jazz and blues make them a very nice addition to Sonic's Band of the Month list. As always, the show took place at the Pawn Shop and, as always, the place was packed by the end of the night. The only difference was unlike other Band of the Month shows, my drink tickets, courtesy of Sonic, were only eligible for Lucky Lager and Pabst Blue Ribbon, not the sweet, nectarous rum and Cokes that I'd enjoyed at past shows.

Huge bang

The night started off with bang when Edmonton band Revenge of the Trees took the stage. The band has a groovy sound with apparent inspiration from a variety of sources. They have a very danceable, inviting spin to their music, which included front man Mickey Muscat busting out an incredible solo on the saxophone about halfway through the set. Revenge of the Trees easily fit in to a Sonic show. The band has a really quirky sound that makes you feel like subtly bobbing your head repeatedly. They have a nice middle ground modern sound but not so much as to classify them as an indie band. Good for them.

Great stage presence

Next up was a band called Rend. This band has been making quite the splash in Edmonton lately and after seeing them live, it's easy to see why. They have a great stage presence and create a very intimate atmosphere with the audience. One noticeable thing about Rend is the small but loyal fan base they've acquired. Each time you see them, you'll see the same people in the crowd. If you start seeing Rend at a few of the shows you go to, take time to look through the crowd. After a while you'll recognize a few faces. The band's highlight of the set was an amazing cover of Foster the People's "Pumped Up Kicks" and front woman Carol-Lynne Quinn breaking out a kazoo and actually sounding pretty good on it.



THE GIBSON BLOCK

www.reverbNation.com

Red Ram has been Sonic's Band of the Month before and I've seen them at several shows put on by the station. Seeing Red Ram is always a good time. These boys know how to put on a show, mingle with the audience and give off a very personable vibe, like the kind of bands you might see at a backyard kegger (and I mean that with the utmost respect). Although Red Ram is a great band, they had the most generic "rock" sound so far. I'm not saying it's a bad thing, they just didn't feature saxo-

phones, keyboards or kazoos.

Last but not least, The Gibson Block took the stage sometime after midnight. The guys put on an incredible show. This red headed quartet have an amazing live sound, along with a great energy on stage. I left halfway throughout the set but only due to the fact that it was after midnight and I had to be up at seven.

The Gibson Block can be seen in action on April 5 as part of Edmonton's Secret Setlist.



RESTAURANT REVIEW

Top marks to Franco's

By TAISSON GELINAS

It was the summer of 1980 when Frank and Fred "Alfredo" Perri decided to open up their first restaurant. Franco's was one of three restaurants in the Clareview area at the time. Now, there are over 30. Once Franco's became more and more successful, the rest of the Perri brothers, Carmelo, Vince, John, and Tony joined Frank and Fred and now they collectively own and manage three Franco's Italian Restaurants around Edmonton.

So, not only has Franco's stayed

alive for over 30 years but it has grown and multiplied into a chain. How does a restaurant stay in business for so long, you might ask? The secret is great Italian food and genuine service. The cooks are the gears and the servers are the oil that keeps the gears from rusting.

When I went to Franco's to do research for my article, I ordered a simple meat pizza and I was amazed at how a cook could take such a simple recipe and somehow make it his or her own. I ordered an iced tea with no ice and every time that I reached for my drink,

there was the waitress, a very nice Italian woman who had been working at Franco's for "quite some time now," ready to refill it.

I couldn't have been happier with my experience. I love the local feel of it and its personable staff.

I give Franco's Italian Restaurant on 50th Street and 128 Avenue, a five-out-of-five star review. Though, don't take my word for it; go out and try one of the three Franco's Italian Restaurant's around town and let them speak for themselves.

Posthumous albums a racket?

By EVAN KIRBY

2Pac has more albums released when he was dead than when he was actually alive. Think about that for a second. As heralded as 2Pac was as a rapper in his time (if you ask me, he's mad overrated) his legacy nowadays is really just jokes surrounding his death, conspiracy theories of how he's still alive living on an island off the coast of Africa, and his numerous albums that have been released after he got gunned down after that Mike Tyson fight.

See, I understand the fascination with posthumous albums—so-and-so died way too early and we still want to hear new music from them. That's all well and good, but just cobbling together an album of B-sides and tossed away studio cuts is hardly the way to make an album. A musician doesn't just throw their songs into a blender and see what ends up on the album and what order they go in. No, crafting an album with certain songs and the order they play in is intrinsic to the listening experience. Posthumous albums, while maintaining the content of the artist, leave aside the spirit of what they intend to do and how

they want to present whatever songs to the public.

While that measure of capitalizing on someone like 2Pac's success is detrimental to musical integrity, there are some posthumous albums that help us discover more about the artist. Big L, possibly the greatest emcee of all time, had only realized one album, *Lifestylez Ov Da Poor & Dangerous*, before he was gunned down in a drive-by shooting in Harlem. In the 15 years since his death, only one album has been released, *The Big Picture*, an album done in his vision and delayed enough to distance itself from his death.

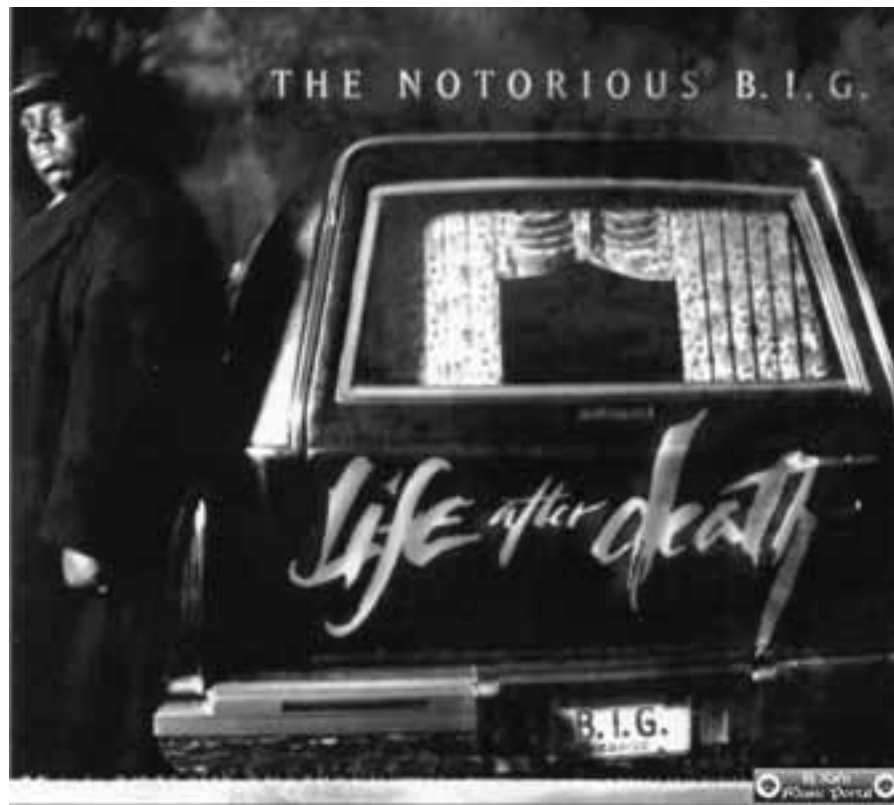
Rivalling 2Pac, The Notorious B.I.G. has his own dalliances with records being released after his death. *Biggie's Life After Death* is possibly the quintessential posthumous release, hitting stores on March 25, 1997, just weeks after his death on March 9 when he got lit up by a 9 mm on South Fairfax Avenue. The album sold like crazy, how couldn't it? It helped to build up the legacy of Biggie that we know today.

2Pac and Biggie are popular and still

written about today (*ahem*) because of their deaths. Sure, they're fine rappers, and set the landscape for a lot of hip-hop nowadays, but damn if their deaths didn't make them hip-hop martyrs, more than their music alone really could.

Posthumous albums are cool because

you get to hear more from your favourite artist. That might be great for you but I like knowing that such-and-such a musician is the architect behind the album and not just some corporation throwing some songs together on an album just to make money off a name.



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THROWBACK THURSDAY

Pet games

By KATIE PUIM

It seems like every generation has their own set of cool toys and gadgets and those of us born in the '90s are no exception. It was the toy that we couldn't put down and was a strange addiction among most of us '90s kids back in the day. It was Tamagotchi and my little pet shop hand held games.

Tamagotchis were these duck-looking animals who would die within hours if the player didn't take care of them properly. If they did die, the player would get annoyed because they had taken care

of it for days and their "pet" was their life. I remember in the fifth grade when kids would collect eight or nine of those games and, at recess, they would be sitting in the corner, playing it until the bell rang. When they had Tamagotchi Connect ones, kids could connect their games with one another so their "pets" could play or mate. My little pet shop game worked the same way, only the animals were actual 3D animals. Kids could still connect their games to make their "pets" play and mate with their friends "pets," and if the player didn't take care of their animal, the animal would die.

These games would consume 80 per cent of our lives. Perhaps these games turned into a life experience of owning a real pet after your parents saw how responsible you were with a hand held "pet." Strangely enough, there is now a Tamagotchi app for those '90s kids who want to relive their childhood days over and over again



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