

# THE NAIT NUGGET

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Volume 51, Issue 22

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



Photo by Josie Baerg

Sheepdogs singer Ewan Currie belts out a song Friday night for a full house at the Nest. Concert review, page 16.

## 'DOGS ROCK NAIT

**Sold out Sheepdogs  
concert, exclusive  
interview, page 16**

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# NEWS & FEATURES

## A driving lesson for us all



**KRYSTA MARTELL**  
Issues Editor  
@tweetsbykrysta

Allow me to take this time to say one thing: is it just me, or was last week really freaking cold? We were loitering in the minus 40s with the wind-chill and we were awarded with some wind-chill warnings .... Thank you Mother Nature, I'm sure we all appreciate the love which is warmer temperatures this week! It sure isn't pleasant when you have to go film for NAIT NewsWatch when it's pushing minus 30 and when you get inside it takes you several hours to warm up. So needless to say, I'm pretty ecstatic about this shift towards warmer weather.

Like last Tuesday for instance, after spending a majority of the day outside, I sat writing an article and drinking a nice cup of hot tea and still, I was shivering. A lot of people say, we complain when it's plus 30 and complain when it's minus 30, which is fair enough but personally, I am a heat person and I will never complain about the heat. Which makes me wonder why I live in Edmonton – I am still trying to figure that out. My long-term goal is to move to either the beach or the mountains because that would be extremely relaxing!

Thankfully, though, we haven't entered another Ice Age and while I normally say I'll believe it's going to get warmer when I see it, I actually am seeing it with this recent temperature surge, which is fantastic. Given that it is March in Alberta and not June I wouldn't say we're entirely out of the woods yet, but the light at the end of the tunnel is definitely there. We meant to remind you to not forget to change your clocks last Sunday so we hope that you weren't that person this past weekend, an hour late for something because you forgot

to change your clock. Maybe we did it on purpose though, so we wouldn't be alone.

I don't think that Edmonton's drivers make the winter any more bearable. I don't think I have ever been to a city where you fear for your life when you're driving like you do here in Edmonton. You know you'll be a good driver when you're out but what about the rest of them? Especially winter driving, it will snow 25 cm and a lot of people think they can drive 80 km/h in a 50 zone. Not only that, tailgating is a huge issue and I don't even know how many times I have been tailgated. The roads are slippery in the mornings when they're still frozen, so have a little courtesy for your fellow drivers.

It was interesting to read up on some statistics on Alberta drivers. An online poll from 2012 revealed that out of 1,001 Canadian adults, 90 per cent say they have seen drivers talking on a hand held cell-phone while driving; 89 per cent call for a federal regulation to ban this practice. 87 per cent have witnessed drivers speeding; 82 per cent have seen a driver turn without signalling first. 53 per cent have honked

their horn at a bad driver; 29 per cent have cursed at the driver. A majority of respondents across the country also report seeing drivers tailgating (77 per cent), cutting into another lane without notice (67 per cent), multitasking while driving (65 per cent) and running red lights (59 per cent).

Specifically, Albertans are more likely to curse at a bad driver (38 per cent), figure that? It actually quite surprises me that out of the 10 years I have been driving that I have never been in an accident (I better knock on wood because that might come back to bite me in the ass). I always had the thought that with the way technology is and the way the world is advancing that heated roads would be given some consideration (but that's me dreaming in a perfect world). Not that it would help bad drivers but with winter driving it may make someone's day a little easier.

So all in all, Edmonton winters suck and I'm so glad it's almost over. And all I can say to drivers is please try to slow down and try not to tailgate, someone may be cursing at you if you do.

## Handling exam stress *In a word – relax!*

By **SHEEBA JOHNSON**

Sweaty palms, a nervous twitch, the

dark circles under the eyes – we have all been there. Exam stress has affected all of

us at some point, and chances are it's going to affect us again. What we need is effective ways to deal with them. As students, exams are the most important part of our study life, followed closely by assignments and due dates. That's why it's not really surprising if we get stressed out. If we fall into habits early on, chances are those habits are going to stick. If we form bad habits, that can be very hazardous to us in the long run.

Sometimes students think that having a nose in their books all the time and studying as much as possible is good for them. The fact is, in the long run it can actually be very bad for you. Your brain needs energy and regular blood supply. Sitting down in one place for long periods of time can be very counterproductive. It slows down your blood and makes you drowsy. Taking breaks and moving around is a really good way to stay fresh and keep your blood pumping. You could get small chores done around the house during these short five to 10-minute breaks. I know I had surprising results when I applied these techniques to my studies. Anytime I felt like my attention was wandering or that I was getting drowsy, I would put a load of laundry in or fold some clothes or even wash a couple of dishes. The point is, it can be anything that takes a few minutes to do and distracts you

for a few short minutes.

Another handy trick is cue cards. Have a few of them ready in a pocket. This way you can read a few of them on the bus when you're travelling or waiting for someone. These little techniques will help you feel more prepared for a pop quiz and, chances are, you won't feel the pressure to pull an all-nighter during exams. It will help you stay confident and anytime you're in doubt, pull out those cue cards. If you are not a cue cards person, make little handy notes on your cell-phone, since that's the one thing that is always on you. That way when you are on the bus it won't be weird if you are just reading on your phone.

All this is good for staying prepared for exams to the point where you are not freaking out about forgetting stuff. But remember, to feel really relaxed and stress free, you need to find time to just chill. Hang out with your friends or go for a walk. Watch a funny show or rock out hard to your music. Spend time on your hobby, whatever it is. The key is to do something for yourself that makes you happy, because a happy mind is always a mind at ease and it's hard to stress out if you are well prepared and relaxed.



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Alberta Finance Minister Doug Horner answers questions about his budget last week.

# Balanced budget?

By **GABRIELLE HAY-BYERS**  
Issues Editor

— *With files from Dakota Barber*

The Alberta government's proclamation last Friday of a "balanced budget" may have some NAIT accounting students shaking their heads about just how these numbers are presented, noting that a \$2.6 billion operating surplus and nearly \$5 billion in new debt doesn't exactly present a province that's running in the black. The current projections for Alberta's debt sees \$21 billion by 2017 despite the record \$44 billion that the Alberta government will take in this year.

Leading up to the budget, Edmonton Mayor Don Iveson described himself as "cautiously optimistic," noting "We heard (in the throne speech) a recommitment to the city charter process and acknowledgement from the government that that's a direct working relationship with Edmonton and Calgary."

However, the budget underperformed for even the cautiously optimistic with Edmonton's interests in mind, with only \$667 million in Green Trip funding to share between Calgary and Edmonton. To put this into context, Edmonton requires \$365 million in funding to be on track to complete the south-east LRT line within budget by 2019.

Images of Edmonton's mayor with clear disappointment on his face circulated on the Internet with #SadDonIveson after the disappointing budget news. Thankfully, Tuesday, March 11 saw the government singing a different tune about LRT funding for Edmonton, with an additional \$400 million in grants and a 10-year, \$200 million inter-

est free loan in line for 2016. The loan was not an item that the City of Edmonton requested, with most funding coming in the form of grants and not expected to be repaid, but the loan does allow the project to move ahead.

Iveson says the city should be able to pay off what they owe either through future government grants or through cutting construction costs. If neither of those options transpire, however, the city will have to find \$200 million in their budget to repay the loan by 2026.

An item of serious concern to NAIT stakeholders was how the budget would treat our institution — last year's cuts to funding didn't skip over NAIT and the administration was forced to consider the possibility of increasing class sizes and cutting programs. In April 2013, staff members were asked to voluntarily leave to help alleviate some of the budgetary constraints as NAIT stoically attempted to shield students from the effects of the cuts.

With an average annual rate of inflation hovering near one per cent for the past two years, anything less than an inflation-matching increase would have forced NAIT further into a funding shortfall after a \$147 million dollar cut to post secondary funding in 2013. Thankfully on budget day, post secondary institutions saw no further cuts and a modest increase of 5.5 per cent. However, the increase in operating grants is still \$143 million (six per cent) less than what the Red-

## Budget at a Glance

- \$4.9 billion in new borrowing
- \$21 billion in estimated debt by 2017
- 9.2 per cent raise to the premier's office budget
- 2 per cent increase to health care
- \$163 million less to education than promised

ford government promised.

With Redford's approval rating continually dropping, Wildrose Party leader Danielle Smith remarked shortly after the speech to the throne: "They want politicians who say what they're going to do and then do what they say they're going to do ... Unfortunately, the premier continues to disappoint."

Further, nearly all of the additional grants are set aside for the creation of additional seats for post-secondary students, and therefore not available for assisting with operational costs of post-secondary institutions.

One area of government that saw an excellent increase in funding was the premier's own office, with a 9.2 per cent increase that is sure to be raising eyebrows after so much scrutiny has been on the premier's indulgent travel arrangements. Contextually, the \$1.3 million increase would see nearly 300 students through school next year at the J R Shaw School of Business at the current tuition rate. With only \$50 million to invest in maintaining post-secondary physical infrastructure next year, still \$25 million dollars less than before the budget cuts, it's unlikely the infrastructure could handle the extra students regardless.



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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.



# NAIT student watches *Ukrainian homeland in turmoil*

By GABBY HAY-BYERS  
Issues Editor  
@Gee\_H\_Bee

The conflict in Ukraine has been omnipresent in the news of late, especially with the escalation of Russia's forceful interest in the area of Crimea, but for one NAIT student, the conflict has hit much closer to home.

Igor Chupin is an English as a Second Language student at NAIT and has spent the past year getting to know Edmonton while preparing for his Mechanical Engineering Technology application.

"It's hard, because at any time there could be a war, there's pressure because people don't want a war with Russia," Chupin explains. Some of his family is near Crimea, which is an autonomous republic within Ukraine, but they are currently weathering the conflict unscathed.

## Ever changing

The situation in Ukraine is ever changing, which has lead many to question what exactly is going on. This brief and condensed timeline shows how a civil conflict evolved into an international crisis with Russia's attempted annexation and occupation of Crimea.

**November 2013** – Ukraine's EuroMaidan stages protests immediately following President Yanukovich's announcement that a trade deal with the European Union has been abandoned in favour of closer ties with Russia. Images of bloodied protesters circulate on the Internet, garnering massive public support for the pro-EU EuroMaidan.

**December 2013** – An estimated 300,000 protesters descend on Kiev's Independence Square and seize city hall on Dec. 1. On Dec. 17, Russia President Vladimir Putin announced cheaper natural gas prices for Ukraine and a multi-billion dollar purchase of Ukrainian bonds.

## Three killed

**January 2014** – The Ukrainian parliament passes anti-protesting laws and within a week, three protesters are killed by either live ammunition or in confrontations with police as protests escalate. By the end of the month, Ukraine's Prime Minister resigns and parliament repeals the inflammatory anti-protest laws and amnesty is offered to arrested protesters if they leave the buildings they have occupied. Opposition activist Dymitro Bulatov is found after being allegedly tortured by a pro-Russian group for eight days.

**February 2014** – On Feb. 16, protesters leave the buildings they had occupied and hundreds of arrested protesters are released in exchange. By Feb. 18, however, protesters took those buildings back and hundreds are injured and dozens killed in the protests. On Feb. 20, violence erupts once again despite a truce being called. Government snipers on rooftops shoot at the protesters and 70 die. On Feb. 21, President Yanukovich's powers are greatly reduced as parliamentarians and protesters agree to form a new government and



Photo: Reuters

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**A man serenades security personnel during recent protests in Ukraine.**

hold an early election. Jailed former Prime Minister Yulia Tymoshenko is to be released and Yanukovich flees Kiev.

Ukraine's parliament votes to remove Yanukovich from office and gives interim presidential powers to Oleksander Turchinov, causing pro-Russian protesters to assemble in Crimea. The interim government issues a warrant for Yanukovich's arrest and pro-Russian Aleksey Chaly is named Sevastapol's (a significant Crimean city) mayor as pro-Ukraine and pro-Russia protesters clash in the region and Russian soldiers drill near Ukraine's border. By Feb. 27, pro-Russian activists seize government buildings in Crimea and the Crimean parliament sets May 25 as the referendum date for determining if they will remain a part of Ukraine. Ousted president Yanukovich is given refuge in southern Russia. On Feb. 28, armed men take control of the international airport and military airfield in Sevastopol and the interim Ukrainian government accuses the Russian government of aggression. Moscow responds that their military operations in Crimea are warranted due to previous agreements allowing their entry to protect Russian fleet positions in the Black Sea.

**March 2014** – The situation in Crimea worsens and local leadership turns to Putin for assistance, which through the upper house of Russia's parliament is approved and Putin is cleared to use military power in Ukraine. On March 2, as hundreds of Russian troops move into the Black Sea peninsula, Ukraine's new prime minister accuses Russia of declaring war with Ukraine. NATO alleges that Russia is threatening the peace and security of Europe, but Putin counters that his country will protect its citizens in Eastern Ukraine by all means necessary. On March 6, Crimea's parliament unanimously votes in favour of

joining Russia. Ukraine's interim government promptly deems the vote illegitimate.

Meanwhile at NAIT, Chupin weighs in on the conflict.

"Russia was always a part of Ukraine, I'm not a fan but we worked together. Eastern

Ukraine shares a lot of economic (business) with Russia."

When asked if he will return to Ukraine after completing his studies, Chupin softly says, "I came for a better future ... I hope to find that here."

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# Alumnus eyes crown

By **DERRICK McDONALD**

NAIT has been the breeding grounds for remarkably talented individuals to make an impact in the many lives that constitute our community, not only in Edmonton, but everywhere. The tremors of these impacts are not easily forgotten, especially in the case of former NAIT graduate and *Nugget* contributor Brianna McCutcheon.

Brianna successfully graduated from the Radio and Television program at NAIT and has gone on to succeed in many great things that are having a positive influence on the lives of children all over Edmonton and area. Brianna is reaching out to heal less fortunate children's suffering through charitable services ranging from Big Brothers and Big Sisters, Activity Children's Hospital, to weekly read-ins at local elementary schools.

In addition to these compassionate acts for her community, she is a contestant in the 2014 Miss World Canada Pageant. Brianna will be competing against women

from across the country to be crowned the next Miss World Canada in Vancouver on May 16 and earn the right to represent Canada at the 2014 Miss World Pageant.

Brianna did not come to the stage unprepared, however, as she is also a volunteer cheerleader for the Edmonton Oilers Octane Cheer Team where she not only works as an advocate for the team but also implements the various charitable events with which she is involved. An incredible task



**Brianna McCutcheon**

to accomplish for anyone, but Brianna doesn't stop there as she also brings a strong vibrato to this harmonious concert of humanity to yet another head by driving forward in pursuit of her dreams as she continues toward her career goals as a sales coordinator at a communications company, paving her way to becoming a reporter.

The unfortunate passing of Brianna's mother last year has led to a shadow being cast against this incred-

ible march being made in her young life. Through an inspiring act of courage and determination, Brianna has mourned and continued forward with resolve to conquer the path ahead of her. With a showing of courage she openly informs the public of the tragedy that has befallen her in speeches and at public functions.

She has discovered a quality and inner strength so powerful and rare it is astonishing to witness in someone her age. A true role model, McCutcheon has demonstrated the heart of a hero and what really defines a champion. These few achievements will be eventually overshadowed by greater things that life has to offer, but they will never be forgotten by the many hearts and minds Brianna has reached out to and touched, by sharing her inner light.

Miss World 2014 voting ends on May 10. You can cast your vote in support of Brianna online at: <http://missworldcanada.ca>

Follow Brianna on Twitter @BBrianna

# Personal information exposed

## Ontario university compromises application data of 56,000 students

By **ASHLEY DENUZZO**

**The Cord**  
(Wilfrid Laurier University)

WATERLOO (CUP) – Approximately 56,000 student applicants to the University of Waterloo (UW) had their personal information inadvertently exposed as a result of a technology glitch discovered in mid-February. Now, the university has some apologizing to do.

"We were very sorry that any applicant data was exposed," said Nick Manning, director of media relations and issues management at UW. "Information security is a high priority for us."

UW was informed by a prospective student on Feb. 18 that it was possible to view details from other students' applications in their online student information system. While the issue was discovered on Feb. 18, information had been open since Feb. 11. The university issued a mass e-mail to students on Feb. 21, explaining the incident.

According to Manning, due to an administrative error, a self-service option that should only be made available to staff had accidentally been turned on.

"Meaning that about 8,000 of our 56,000 applicants in the system were able to use the search function to look at other records," Manning explained.

For each of those records, an existing applicant could potentially view other applicants' information, such which high school they attended, test scores and prior academic achievements. However, accord-

ing to Manning, no names were exposed in the glitch, only applicants' ID numbers.

"All of the applicants could only be identified by their ID number," Manning assured. "There was no financial, contact or health information potentially exposed."

However, for a number of graduate students applicants, the glitch potentially leaked the name, institution and e-mail address of their referees. As a result, an additional 8,000 referees who were in the system also had their information exposed.

Within 30 minutes of being notified of the glitch, Manning said the school's information technology department fixed the issue. In addition, UW also put new over-

sight procedures in place to make sure that there are further checks made to any changes within the system. The school will continue to monitor the online database to make sure that another incident does not occur. They also contacted Ontario's Information Privacy Commissioner, who issued an e-mail statement explaining that they were "presently looking into the incident."

The privacy lapse also affected applicants for joint programs affiliated with UW, including Wilfrid Laurier University (WLU) and the University of Guelph.

Jessica Lalonde, a student at WLU's Brantford campus, had just applied for the tri-university history master's program

when she received the news of a possible identity breach.

"I wasn't even going to apply to the program initially and then I finally did and I was like 'oh of course the second I apply to it something bad happens,'" she said. "They reassured me it was limited exposure and I think they did what they could."

Lalonde said that the incident would not have an impact on her decision to accept admission. Manning also noted that a majority of the applicants were generally co-operative and understanding.

"The vast majority of people who got back in touch with us were very grateful that they were informed and maybe wanted to know how their application was progressing," he said.

According to Kevin Crowley, the assistant vice-president of communications, public affairs and marketing at WLU, 126 graduate students at WLU were affected by the data error.

"Both schools take the security of data very seriously," he said. "It's unfortunate that it happened in this case, but I believe that UW acted as quickly as they could on it."

Manning stressed that upon a thorough analysis of the database, no unusual activity occurred within the system over the period. This means that there is no indicator that anyone viewed another student's online profile.

"To the best of our knowledge we are confident that there was no unusual activity," Manning said.



Photo illustration by Ryan Hueglin/The Cord



# Taking their leave

## Parting thoughts from two student executives

By **ROBERT MacGILLIVRAY**

There are people behind the scenes who have a bigger impact on our lives than we realize and four such people are Meagan Strachan, Daryn Rainer, James Head and Jonathan Bilodeau. The amount of hard work that those four have put into making our NAIT experience as good as it can be is phenomenal. Because of this, it is only fitting that we get to hear their thoughts about their time on the NAIT Students' Association Executive Council before we send them off.

I got the chance to ask the four of them a few questions and these are the enlightening responses from Daryn Rainer, Vice President External, and James Head, VP Student Services.

*What is the accomplishment you are most proud of while you were an executive?*

**Rainer:** Contributions to the NAIT residence project and my work being on the Executive Council at the Alberta Students' Executive Council (a provincial advocacy organization representing the interests of more than 175,000 students). I'm proud of what our team over there has accomplished.

**Head:** Above all, the wins and successful projects that I'm sure you'll hear about from the team (from successful negotiations on tuition, to lobbying government, to holding engaging events during Welcome Week and throughout the year), I think the biggest accomplishment this year was just functioning as a cohesive team. The four of us gelled from Day 1 and we always had each other's backs. No matter the project, no matter the situation, we were always there to fill in for each other, to pick up

the slack on a project, etc., and for that reason, we functioned very well and very efficiently. We've made a lot of decisions to benefit students now and into the future. We've made great progress in continuing to develop a long-standing relationship with NAIT administration, and laid the foundation for future partnerships on projects as the campus continues to grow.

*What was the biggest challenge you faced during your time as an executive?*

**Rainer:** Time management and being realistic with goals. There are so many exciting projects to tackle and people to meet. Despite working insane hours, I still wish I had more time to contribute. I've taken on a lot, but you still learn how to say "no" an awful lot. That said, I've loved every second of it.

**Head:** Balance and time management! There is

so much you can do in this role but one year is such a short period of time. Deciding what projects to prioritize and where to spend your time is the most difficult challenge by far. On top of that, maintaining good grades and an active social life makes everything that much more difficult to balance.

*Tell us about the most ridiculous or funny thing that you remember happening or a favourite memory you have of being an executive.*

**Rainer:** No particular memory. This executive team has been phenomenal to work with. They've really been the dream team. We have an awful lot of goofy fun on the road trips on the way to conferences and retreats!

**Head:**

Through the Alberta Students' Executive Council (ASEC), we had access to grant funding for mental health initia-

tives. These Alberta Campus Mental Health Innovation (ACMHI) funds were used to hold Stress-Free Zones around campus during finals in December (we'll be doing this again in April, by the way). One of these zones was a "Fun Zone" in both the NAITrium and in the Annex, where we had sumo suit wrestling, bean bag chairs, bubble wrap popping, ball pits and free Sno-Kones, popcorn and cotton candy. I have never seen so much laughing and smiling at NAIT as I did during this event. To hear people say they had forgotten how fun it was to play in a ball pit or how much they wish they were a kid again was very rewarding. The point of the event was to give students the opportunity to forget about exams for a little bit, to let loose and to have fun. We certainly accomplished that. And to have a bunch of 30-year-old trades guys giggling in a ball pit certainly topped it all off.

*Do you have anything you want to say to your fellow Oaks?*

**Rainer:** I will take this opportunity to vent a little bit. There are hundreds of thousands of dollars in scholarships and bursaries available exclusively to NAIT students ... Be sure to apply! Deadlines are generally the end of September and

end of January. Also, it breaks my heart to see students taking out loans and lines of credit from their bank when they don't have to. Student Aid Alberta offers interest free loans (while in school), and has recently revamped eligibility criteria ... it is now extremely easy to qualify.

**Head:** Vote! Get involved! There is so much more to NAIT and to post-secondary, than just going to class, going home, getting a certificate/diploma/degree and getting a job. There are clubs, volunteer opportunities, sports, intramurals, student government and so many other things to do outside the classroom that are so rewarding. From networking to resume building to aiding your mental health, there are so many reasons to get involved on campus and enjoy your time as a student at NAIT.

I would like to say thank you to everyone at NAIT for voting, for giving us the chance to serve on the Executive Council this year, and for giving us the opportunity to grow so much.

It has been an absolute honour and a pleasure to represent the students of NAIT and to serve as the student voice. It has certainly been the most valuable and rewarding experience of my life.



**Daryn Rainer**



**James Head**

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# CUP future uncertain

**Student news service facing cash crunch**

By **GABRIELLE HAY-BYERS**  
Issues Editor  
@Gee\_H\_Bee

The world's oldest student news service is in danger after lack of funding forced the layoffs of 86 per cent of its staff. The Canadian University Press, of which the Nugget is an affiliate, has a history in Canada that spans 76 years, the introduction of a new Canadian flag, the Second World War, multiple recessions and the movement into the digital journalism age.

The Canadian University Press launched an Indiegogo fundraising campaign on Feb. 28 in the hopes of raising \$50,000 to sustain critical operations for the next year. CUP provides services such as a lawyer for affiliate newspapers, national syndication for up-and-coming student journalists, employment to 18 student journalists, professional development conferences and advocacy.

"CUP is the organization to call when you're in trouble, in crisis or in need of resources. It's the organization with a national network that can be activated in a matter of hours. Students from coast-to-coast will lose that link if CUP is unable to stabilize," reads the Indiegogo page.

This time, the national network has been activated in the interest of saving its own organization, pleading with alumni, current members and anyone who will listen to #keepCUPstrong via Twitter, press release and email. Previously, CUP has run in a deficit position but always had investments to rely on to see operations forward. Those investments are gone with the bankruptcy proceedings of Campus Plus, and as the only shareholder CUP was projected to run at a \$7,000 deficit for the year. "Our emergency response plan was effective in reversing the deficit," explained CUP President Erin Hudson. "It included steps such as cutting staff, cutting my salary, and office expenses like cell phones."

"We will now have a small surplus ... the problem is that we have no reserves," she continued. However, even if CUP's fundraising campaign is effective, the work isn't done to keep the organization afloat. "Raising the money gets us six months, maybe eight ... it's our responsibility to increase the surplus ... even if we raise the the money, I think CUP needs to change." According to Hudson, warning signs of the funding issues showed up two years ago,

but the organization at the time did not act. "... we need to focus on rebuilding so we can continue our mission."

CUP alumni (affectionately called CUPpies) include media giants like Lisa Laflamme and public figures like Edmonton Mayor Don Iveson. CUP members also roam the halls of NAIT and are among NAIT's alumni. Radio and Television graduate and former Nugget editor

Nahreman Issa shared her experience at the 2008 Canadian University Press National Conference, saying

"I will always remember my CUP experience in Ottawa in January 2008. I was the Sports Editor at the time, and I was quite excited to be able to go to all the sports seminars. And not just the sports one; I went to a few news seminars as well... I was most pumped for the seminar with Ian Mendes, who at the time was with Sportsnet. Being able to hear the ins and outs of his work days, how his journey came to be getting to a big network; it's such an eye opener. And the opportunity to chat afterwards is something not many people get the chance to do."

Now a news and sports anchor for Newcap News in Lloydminster, Issa also stresses the importance of in-person networking opportunities like the conferences the Canadian University Press organizes. "I know things have changed now with social media. At the time, I wasn't on Twitter. I know you can reach these journalists on there now, but there is something very different about relaying your message in 140 characters, or hearing them elaborate in person ... to see them get animated as they talk about their professions, their personal life and anything else people ask them about."

You can never underestimate the importance of networking. Social media isn't everything... you need to learn how to talk to people in person as in our career, we are constantly in communication with the outside world."

The Canadian University Press Indiegogo account is accepting donations until April 13th, and as the fundraising page says, "A donation to CUP is an investment in the training of youth who will shape the future of the nation; there's no greater return."



Supplied photo

NAIT and Nugget alumnus Nahreman Issa with Ian Mendes.

## ROTATING RANT

# NAIT blows hot and cold

By **RANTING ANDY**

It's hot and it's cold, it's a yes then it's a no, you're in then you're out, you always have a frown. I am talking about how the irregular temperature throughout the campus is causing frustration as to whether or not to keep that damn sweater on. I mean seriously, one minute you are freezing in a classroom or walking down the hall and the next minute you walk to a different classroom or a different spot and it's so hot that you start sweating like nobody's business.

There are very few places on our lovely campus where the thermostat is at a pleasant room temperature. The reason? I have no clue. So I came up with a few possible theories.

Theory No. 1: We have a very large, complicated HVAC (heating) system.

Every room has dampers to adjust air flow. Sometimes a room is naturally more warm than another room for various reasons such as windows, which let in lots of sunlight or it can be the total opposite and the room can be naturally cold because it has windows that never get sunlight or it has no windows at all. Making adjustments to such a large system for even temperatures throughout the building can be very difficult, even for an expert. So some rooms may be pleasant to be in, while in



another room it's too hot or too cold.

Theory No. 2: We have a ghost infestation.

Everyone knows that ghosts affect the room temperature. I mean if a room is too hot, obviously we have an angry spirit in the room who would like nothing more than to rip us apart and force our poor souls into tortured afterlife like them. If a room is too cold, there is one hell of a sad spirit in that room whose very presence inspires gloom and sweater wearing. Based on this theory, the rooms with pleasant temperature are

obviously ghost free zones. So "who you gonna call?"

Theory No. 3: It's alive!

Another highly possible scenario is that our heating system is alive. It would make more sense than the ghost infestation. It's possible that in one of our numerous labs an experiment went wrong and gave birth to a consciousness for the heating system, and now our heating system decides who it likes enough to fulfill their temperature needs. But god forbid if the heating system hates you, you will be doomed to either always sweat a lot or be always cold.

So, these are my theories all of which are to be considered very seriously but for all our sakes and sanity I hope that it's theory No. 1.



# Point <sup>Counter</sup> Point To talk or speak



By **QUINTON BERGER**  
@QuintonBerger6

Anchor Liz Wahl shocked the world earlier last week with her provoking decision to quit on air the Russian state run, *Russia Today*. Wahl's decision came when she expressed her anger with Russian President Vladimir Putin's decisions regarding the invasion of the Ukraine, saying she could no longer be there while the network "whitewashes the actions of Putin."

I don't think I'm alone when I say that this course of action was not only incredibly brave but necessary. Russia as a whole is a country where questioning those in power is greatly discouraged. Take a look at the whole Pussy Riot controversy where a group of women staged a protest and were sent to prison, some of whom are still waiting to go free, all because they exercised their (human) right to free speech. Watch the VICE documentary *Young and Gay in Putin's Russia*. Russia keeps a pretty firm grip on its media and propaganda so when someone is given the opportunity to say or do something about it, said opportunity should, nay must, be said or done. Liz Wahl did the right thing in this situation and don't let Wolfy convince you otherwise.

## Defy the man

The problem with media today is just like anything in life, it all comes down to money and a state funded TV station is no exception. When someone else is flipping this bill, you usually have no choice but to appease them by laying down their preferred content, addressing issues that are important to them and sometimes not addressing certain issues at all. That's where it becomes tricky for people. We all know that Russia's business in the Ukraine is wrong, but to sit there, go on TV and pretend like it's not ... I can't imagine the guilt you may feel. And it's not like I'm saying that only happens at Russia today. The same thing happens in America. Look at the war in Iraq.

However, as citizens and human beings, we need to be able to stand up and call BS on something when that we see is obviously unfair. Liz Wahl made the right choice by doing so. While I will admit that if you work for a Russian state funded TV network, you have to know that you'll be pushing an agenda, the fact that she was able to stop being a shill is admirable. I'm not saying she's a hero or anything but what she did took guts.

## Journalistic integrity

This is another situation where journalistic integrity comes into play. The problem with being an anchor and a journalist is always being told these two magic words; "don't editorialize." This often comes at the expense of some unique insights and giving respect and credit where it is due. Being told to be a fly on the wall is usually the best approach to journalism but not when whitewashing the awful acts of a country is anticipated, nay expected, of you. People need to speak up against these kind of things and she did exactly that. I'm not trying to say that only Russia whitewashes what they do in the media. Maybe if more American journalists and anchors had the balls to call BS on their government, the country wouldn't be looked at so badly by the rest of the world.



By **DYLAN WOLFINGER**  
@thewolfinger

So a Washington-based anchor for *Russia Today* quit the other day on live television due to their views on everything that's going on between Russia and Ukraine. I'm all for that – right on, you do what you can to stick it to the man!

Here are three reasons this woman was right to do so and be straight up about it. First off, this anchor had independent views on the situation and was told to report something different, that's like playing a video game with your big brother and you liking the game but he's really bad at it and says "it sucks, you'll like this one way better" also he's much bigger than you so you really have no choice but to go with it.

Nope, that's not the way this anchor went down, she left on her own terms. Dropping the imaginary microphone and saying peace out world, neither the fame nor money was worth one person's beliefs.

Secondly, it was her job to lose. After all, she was the ones who got the job in the first place. Who are we to say how she should quit and how many different people she should flip the bird at on the way out? That's the cool thing about being having a job, your quitting options are almost endless and in this case it was probably one of the most unique ways to go, live television. One of the only things that could have made it better was if they ripped their shirt like Hulk Hogan did in the early '90s.

Finally, the phrase "I do what I want" comes to mind when I watch the YouTube clip because I'm almost 100 per cent sure that's what they had to be thinking when they just threw it all away and so much more. I mean the chance to work another media outlets across the country, gone.

All the good will built up and trust vanished in a heartbeat, but it was more than that for all we know they just got blacked balled. It doesn't matter though, they're going to get through this because if you stand by your gut instinct, anything can happen!



Photo by Bernard Suen



# OPINION

— Editorial —

## Security conundrum



**CARLY ROBINSON**  
Editor-In-Chief  
@CarlyDionne

The recent disappearance of Malaysian Flight 340 and the questions surrounding the circumstances, with some of the passengers on board using stolen passports, is an odd and slightly scary situation. With all of our modern technology and the tendency to treat the world as conquered, the fact that we are able to simply lose 239 people and a major aircraft comes as a bit of a shock.

However, as the world searches for the aircraft, let's hope that this feeling of shock and dismay stays. This still remains a rare occurrence and you can call it a freak accident if you must. Whether this is an accident or was caused by something else, it is still one flight out of so many others that arrived at their destinations with no problems.

### Some anxiety

Whenever there is a problem with airport security, there is always the question of the system after the events of Sept. 11, 2001. Being part of the generation that mostly grew up with increased security, I must say I had a tiny bit of flight anxiety when I first started flying.

We have a tendency to react strongly to tragedies when it comes to airlines. As horrific as an event may be, should we really re-write the system to try and further increase airport security time and time again?

Having flown quite a bit in the past few years, I have never really felt like security was catching or deterring much for the average traveller. Sure, it is set up to catch things like pipe bombs when they are brought on plane ... oh wait, there's an example from here at home: the Edmontonian who said he forgot he had it in his bag and security let it slide and called police only four days later and media catches wind five months later.

### How about dogs?

Realistically, he brought something illegal to the airport and it was simply confiscated ... like a water bottle! We pack tiny quantities of toothpaste and hair gel because there was an attempt to smuggle explosive liquids once. Once! Must we really re-invent the wheel every time? Wouldn't it be just as easy to get more dogs to sniff it out or something?

The average flyer, in particular students just wanting to get home and see their family, may want to bring home-made coffee for the long flight to avoid paying outrageous airport prices. Already needing to be there for so long in order to get you and your luggage through security, why can't a person drink tea and clip his or her toenails? I mean, it's not the best thing to do in public, but it illustrates the ridiculousness of

banning these items on airlines.

The truth is that those who are dead set on acts of terror tend to be ready to think outside of the box. Is it really worth it for everyone to completely change the way they travel in order to keep someone from hijacking a plane with their nail clippers? Because if you can hijack a plane with nail clippers, that's pretty impressive.

At the same time as all these security measures annoy me, I do still appreciate that they are there to keep me and those around me safe. Already we face hurtling through the air at unhuman speeds in at tin

can, putting the utmost trust in a pilot and his team. Their jobs are already high stress and dealing with moody customers probably doesn't help. So when I fly, I arrive early and refrain from complaining. There is no use in being the traveller who whines to the security guard or flight attendant, because there is nothing they can do about the system. The fact that the security guards for the pipe bomb case let it slide is a perfect example of how they are human. They do their job.

So let's not lose our heads over every single airplane accident. They are tragic and, thankfully, remain rare.



Keeping air travellers safe.

en.wikipedia.org



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

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

Submit letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

# SPORTS

## Trades, big and small



**CONNOR HOOD**  
Sports Editor  
@connorhood27

With last week's highly anticipated NHL trade deadline come and gone, it's time to take a look at the deals made, how they affect each team and how the playoff picture looks. There were plenty of blockbuster trades made, including the swap of team captains in New York and Tampa Bay and plenty of smaller trades that may have more of an impact than you might think.

In what shocked the hockey world, the Marty St. Louis for Ryan Callahan trade stole the spotlight on trade day. Rumours had been flying for weeks about the possibility of St. Louis wanting out of the Tampa area and that he would only go to New York. Give credit to Lightning GM Steve Yzerman in this situation. He had a player who wanted out and he got a younger player and two high draft picks in return. Even if Callahan doesn't resign with

Tampa in the offseason, it's a good trade for both clubs.

Another big splash was made when New York Islander sniper Thomas Vanek was dealt to the Montreal Canadiens. Being deprived of scoring and size, this deal was huge for the Canadiens. The fact that they only gave up a prospect and second round pick makes this even sweeter for Montreal. Count them in as a team to be feared heading into the last 20 regular season games and the playoffs.

One of the teams most people were focused on was the Buffalo Sabres, a team in complete rebuild mode and any player was open to being traded. Among the players to be shipped out were forwards Matt Moulson, Steve Ott and star goalie Ryan Miller. Despite all the talent leaving the Sabres, the return they received was exactly what they were looking for. The Sabres got youth, high draft picks and perhaps the goalie of the future in Michal Neuvirth.

The St. Louis Blues went from one of

the better teams in the Western Conference to possibly the favourite in the span of one week. The Blues were already one of the best in the league in terms of offence and defence. Goaltending was the only question and the answer is Ryan Miller. The Blues grabbed the

Vezina Trophy winning keeper from the Sabres earlier in the week, sending a substantial amount in return. Fans won't mind what they gave up if the Blues hoist their first ever Stanley Cup in June, and after this deal, they are looking like the team to beat.

The 2012 Cup champion Kings were in the mix for some added offence, as they brought in seven-time 30-goal scorer Marian Gaborik just for that.

The Kings rank 27th in goals this season, which is why adding the superstar sniper is just the move that might take them back to the top. We do have to remember the Kings were ranked 29th in their Cup year but adding Gaborik to the likes of Dustin Brown, Jeff Carter, Anze Kopitar and

Mike Richards can only help.

As for the local NHL club, the Edmonton Oilers were fairly active this year, although none of the trades will stop the presses anytime soon. The Oilers may have found a solution in goal, trading away Ilya Bryzgalov, and bringing in Viktor Fasth from Anaheim. Despite the fact Fasth has only played 30 NHL games, and he isn't young at 31, he may provide some stability in net for the defensively weak Oilers. Along with Bryzgalov leaving the Oil City, so did long-time forward Ales Hemsky. Hemsky showed flashes of what made him a first-round pick in 2001 but he wasn't consistent enough in his time here, which bought him a ticket to the nation's capital.

Even with all the big names changing addresses, we cannot forget the role players switching teams. Pittsburgh, for example, received forwards Marcel Goc and Lee Stempniak for late draft picks. You may not think much of these trades, but remember last year when Michal Handzus was traded to the eventual Cup champs in Chicago. The Blackhawks gave up a measly fourth round pick, yet Handzus was instrumental in returning the Cup to the Windy City two months later. Every move matters on trade deadline day and who knows which one may make the difference this year.



**Ales Hemsky to Ottawa ...**



**Ryan Callahan to Tampa Bay ...**

www.nydailynews.com



**Martin St. Louis to New York.**

thehockeywriters.com



# Learning to tend goal

**Nugget Sports Editor gets some expert tips**



**BRIDGETTE TSANG**  
Sports Editor  
@bridgettetsang

There has always been something about being a hockey goaltender that enticed me. Maybe it was the excitement and adrenaline you get from stopping pucks. Or maybe even the different gear you get to wear compared with the other players. Either way, I thought it was something I always wanted to try. So I gave it a shot this week. And knowing me, I only learn from the best and by the best, I mean two-time Ooks' gold medallist goalie Jill Diachuk and her coach, Kristen Sugiyama.

I had previously learned how to skate when I was young but my figure skates just wouldn't cut it for goalie skates that I had to put on. The look of the skates seemed wider than the other ones I've seen, but I wasn't fazed by it. After the skates were tied up, it was time to put on the goalie pads. Luckily, Jill and I were almost the same height (I'm obviously the shorter one though, haha!) To make things easier for

both of us, I had to lie down on my stomach to put on the goalie pads. It didn't help that I was laughing so hard, either. As soon as they were on, I stood up and put the chest pad and jersey on. Next, the gloves and the blocker, and then the goalie stick – a wood Sherwood goalie stick.

After all the equipment was on, it was time to hit the ice. Good thing I didn't actually hit the ice. Once I was on, I had to adjust my skating legs with the new pads and all the equipment on, but it wasn't long before I got into the crease and said hello to my new best friend, the post.

Kristen shot a few pucks at me just so I could get a feel for it. I was a stand-up goalie for a while until Kristen taught me how to do the butterfly save. The butterfly save is where you bend your knees in to a point where you fall to the ice and your shins hits the ice. It was harder than I thought it would be. I'm not going to lie, I got to a point where I just couldn't get up, so I just laid there for bit to recuperate ... and cue that Snow Patrol song (If I lay here, if I just lay here ... ) But after a few cracks at it, I could finally get up with no help. All I really had to do was lift one knee and use force to get the other leg up as well.

Of course, there's more to being a goalie than just that. There are movements as well. First, the goalie shuffle, where you literally use your skates to scrape the ice while shuffling. That was



Supplied photo

**Goalie fan Bridgette Tsang, tries on the pads.**

easy enough to understand and do. Then came the T-push that I, for whatever reason, could not grasp. The T-push consists of putting your feet in a T shape, then pushing off while bending one knee. The only trouble I had with that was trying to move my feet with the pads on.

With all my new goalie skills, I wanted to put it to the test. Kristen shot a few pucks at me and I did the butterfly save and shuffled. I kind of forgot about T-pushes because I was so bad at them. I used the glove to catch a few as well.

Even though goaltending may not be the easiest job on the ice, "if you let in a goal, then everyone looks at you," Kristen said. On the other hand, it certainly has its upside as well.

"But if you make the biggest save, then you're a hero," she said.

Goaltending was a lot of fun! Although I may not be Shannon Szabados good, it was definitely cool to get to know what being a goaltender is really like and the experience of it is something I won't soon forget.

# With the greatest of ease

**By KRYSTA MARTELL**

A new yoga style is taking some people off their feet and into the air. It's called aerial yoga and it is a new type of practice that uses a circus hammock as a tool to help students achieve the traditional yoga positions.

So think either Cirque du Soleil or P!nk's unforgettable 2010 performance at the Grammys. Students use the circus hammock to help them hold their bodies in the shape of traditional yoga postures, the weight of the body being either partially or fully supported by the hammock.

Polejunkies studios are currently the only place in Edmonton to teach the technique for those curious to have a heightened yoga experience.

"For the body, it's great for the body to increase your flexibility," says Polejunkies instructor, Elaine Ching. "It's great for spinal decompression for hanging upside down, it's great for circulation and a lot easier on your joints."

Other than the physical benefits that aerial yoga provides, it can also have mental benefits. The inversion refreshes the systems of your body. You also trigger the release of happy hormones (endorphins and

serotonin) into your system.

"I was a little depressed at one point in my life," says Ching. "I was overweight and this was my beginning to start something and it's given me more confidence. It's just made me a whole lot happier."

The aerial yoga practice contains over 700 moves and if you're active and adventurous or would like to be, this is the workout for you. Let's admit it, you have probably tried regular, on the ground, yoga but why not try it in mid air? You won't believe how your body opens up new space while being suspended three feet off the ground. Have fun while you work out and get creative with it! While playing within the space where gravity and antigravity converge, you will create beautiful lines and not even know how hard you are working, until you feel your core tight the next day. In the midst of feeling physically and mentally great, increase your brainpower with a rebirth of your brain cells as you release neurotransmitters through inversion therapy. One more benefit is that it will improve your posture by increasing joint mobility, loosening your tight muscles and restacking your bones to better your posture. Have

I sold you yet? Well, last and certainly not least, you're calmer and relaxed, which can improve stress.

"I had this one girl in my last class and her favourite part was the relaxation section because she's in her hammock and I tell her to release her tension. She had no worries, no cares and she was in her own place," says Ching. "She says it is the best part of the class because it is the only time

of the week where she gets to have time for herself."

As we approach the end of mid terms and the beginning of tax season, many are looking for a way to clear their head and what better way than with aerial yoga. Open up, be free and feel empowered, it just might give you the mindfulness you have been looking for to improve your lifestyle.



buchmanphoto.blogspot.com

**Aerial yoga**

# Oil Kings remain in first

By **DANIIL ANSELM**

After wrapping up a four-game road trip this weekend, including a win in Brandon, the Edmonton Oil Kings managed to hold off the Kootenay Ice for a 1-0 victory Tuesday night. The win keeps the Oil Kings in first place and ahead of the Calgary Hitmen with a game in hand.

On Friday night the Oil Kings jumped on the Wheat Kings right after the first whistle, pumping in three goals in the first seven minutes while chasing goaltender Curtis Honey. Edmonton didn't look back winning the one sided affair 6-3.

"Starting well and scoring for us are two different things, and tonight we started well and scored," said coach Derek Laxdal. "Brandon's got a good young hockey club, so it was important to get the lead early."

Mads Eller and Curtis Lazar each scored a pair for the Oil Kings, while Brett Pollock had a pair of assists. Brandon Ralph and Reid Petryk also scored

for Edmonton, who held off a response from the Wheat Kings to win for the second game in a row.

However, it was the opposing team who had the quick start on Saturday as the Moose Jaw Warriors took a mere 24 seconds to open the scoring. Oil Kings goalie Tyler Santos turned the puck over behind his own net to Tanner Eberle who set up Sam Fioretti for a goal on the game's first shift. The Oil Kings

never recovered as Warriors net minder Justin Paulic made 31 saves on the night to help Moose Jaw record the 4-1 victory.

Tuesday's game was a

snooze fest, with the two teams combining for 13 total shots in the first period. A short spark ignited the Oil Kings in the second period when Henrik Samuelsson put away his 33rd goal of the season just 15 seconds in. However, the game returned to its original slow pace shortly after, as both teams clogged up the defensive zone, which led to few scoring chances.



www.sportsnet.ca

**Curtis Lazar**

Later on in the second, Edmonton's Reid Petryk had a short fight with Rinat Valiev after Petryk laid a big hit on Kootenay star Sam Reinhart. Reinhart had a quiet night and didn't end up displaying too much of the skill that makes him one of the best prospects heading into this year's NHL draft. Still, you can bet the Oilers scouts were in attendance and paying close attention to the 18-year-old stud.

Tristan Jarry recorded his eighth

shutout of the season by stopping all 20 shots he faced.

"One (goal) was enough tonight," said Laxdal. "I thought Tristan Jarry was outstanding. I thought he was the difference tonight."

Edmonton will look to wrap up first place in the Eastern Conference this week as they visit Red Deer and Medicine Hat, before hosting the Rebels on Sunday night at Rexall Place.

# Rush set mark with 9-0 start

By **CONNOR HOOD**

**Sports Editor**  
@connorhood27

Another Edmonton based sports franchise has made a mark on the record books. The Edmonton Rush of the National

Lacrosse League became the first team in history to start their season with a perfect 9-0 record. The mark was reached when they beat the Vancouver Stealth 10-9 Saturday night at Rexall Place.

The Rush came into the game tied with

the 1993 Buffalo Bandits for best start to a season after beating the Toronto Rock last week. Not only was the record on the minds of the players and the fans, but so was the added motivation of having the Dallas Cowboy Cheerleaders in attendance.

The game started out just the way the Rush had envisioned it, as they scored twice in the opening two minutes. Curtis Knight scored less than five minutes later, giving the home town team had an early three goal advantage. The Stealth were quick to respond with a marker of their own, but were still down 3-1 after 15 minutes.

The tables were flipped in the second quarter, as the Stealth defence roared to life, and they began to chip away at the Rush lead. After having the lead cut to one, Rush captain Chris Corbeil notched his seventh of the year shorthanded, restoring the two-goal advantage. That was short-lived, however, as the Stealth scored twice in the final five minutes of the half to tie the game at four.

A back and forth third quarter saw the lead change three times. Highlighted in the quarter was Robert Church scoring the first and last goals for the Rush. Despite this, the Stealth wouldn't quit, scoring four times in the third, and held a surprising 8-7 lead.

Vancouver looked to extend their advantage early in the fourth when Rhys Duch

appeared to score over Rush goalie Aaron Bold's shoulder. After the Rush challenged the play, the call was reversed, as the ball hit both posts instead of the net and the game stayed 8-7. The turn of events seemed to change the momentum of the game and sparked the home team. Cory Conway scored twice for Edmonton, giving them the late fourth-quarter lead. Church sealed the deal

with his hat trick goal with under five minutes to play. Vancouver scored a goal in the dying moments, but it was too little too late for the Stealth. Church earned first star honours with his three-goal performance, and Bold picked up the second star.

Even after getting the record breaking win, Rush head coach Derek Keenan wasn't thrilled with how his team played. "Our fundamentals were brutal," he said. "We missed shots, missed nets, made bad passes. They outran us and outplayed us in a lot of areas."

The Rush will look to continue their red hot start next week when they visit their provincial rivals, the Calgary Roughnecks. The showdown will be of the best two teams in the Western Conference, with the Roughnecks holding the second best record at 6-4. The next home game for Edmonton will come in two weeks' time when they play host to the Eastern Conference leading Buffalo Bandits.

**Edmonton Rush player Jarrett Davis is taken down by a Vancouver Stealth player on Saturday night March 8 at Rexall Place.**



Photo by Jesse Kushneryk



## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

#### WHO

Gamers of Dungeons &amp; Dragons

To get involved please visit [www.naitsa.ca/clubs/current-clubs/](http://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 &amp; 12:15pm – 1:10pm

Room WA-212

Investment Club

Wednesdays | 4:40pm – 5:40pm

Room T-509

Aboriginal Club

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

Room H-111

intoNAITion Toastmasters

Mondays | 4:40pm – 5:30pm

Room H-003

Christian Club

Fridays | 12:15 – 1:10pm

Room X-215

Btech Club

Saturdays | 12 – 5pm

Room T-212

Anime Club

Fridays | 4:15 – 8pm

Room F-106

Western Martial Arts

Mondays | 3:15 – 4:30pm

Studio

Improv Club

Mondays | 3:15pm

Room J-006

BLAZE Dance (Hip Hop, breakdance, freestyle) Every Tuesday at 3:15pm-4:30pm

Studio (S-112)

Every Friday at 4pm-8:30pm

Studio (S-112)

Every Sunday at 11am-4pm

Studio (S-112)

Music Club at NAIT Jam Sessions

Every Thursday at 5pm-7pm

Room H-003

### UPCOMING CLUB EVENTS

#### WHO

ASC

#### WHAT

Silent Auction

#### WHEN

March 13 | 10am-3pm

#### WHERE

South Lobby-NAIT Main Campus

MECSA

St Paddy's Beer Garden

March 14 | 3pm-11pm

Tower Lounge 8th Floor

Landscape Architectural Technology

Pub Night

March 14

The Ranch Roadhouse

Power Engineering

Rocky Mountain Rail Society Trip

March 15

Stettler, AB

Dental Assisting Technology

Lagers and Leprechauns

March 15

Knoxville's Tavern

Biological Sciences

Pub Night

March 22

The Pint on Whyte

Accounting Club

Tax Clinics

March 22, March 29, April 3 All day

Room T-210 / T-211

Club Culinaire

Silent Auction

March 27 | 9am-4pm

South Lobby-NAIT Main Campus

MECSA

Mini Career Fair

March 28 | 10am-2pm

B-Building

CETSC

Bubble of Doom Beer Garden

March 28 | 3pm-11pm

Annex Engineering Dock

Geo Tech

Rockers Pub Night

March 28

Knoxvilles

Denturists 2015

Pub Night &amp; Silent Auction March 29 6:30pm

The Blind Duck

MRT 67

Club Rad-BYOB (bring your own beverage) April 1 11am-2:30pm

Outside NAITSA office, E-131

### CAMPUS CLUBS NEWS

#### WHAT

GIV'ER Submissions Deadline

#### WHEN

March 21, 2014

### Ringette Player? New, or been playing for years? Currently registered at NAIT?

We would like to start a campus Ringette club, so get your gear out! Students, staff and alumni are invited!

We are looking for team members of all positions, as well as a few committed leaders to hold executive positions. Email [LachelleF@Nait.ca](mailto:LachelleF@Nait.ca) to see how you can get involved!

Check out this website if you are interested <http://naitringette.got.ta/>



### VISIT THE CAMPUS CLUBS CENTRE

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# ENTERTAINMENT

## Just try and pry me away



**QUINTON BERGER**  
Entertainment Editor  
@QuintonBerger6

Monday night marked a rather life changing (and potentially life ruining) event in my household. I get home from work, to find one of my roommates watching this documentary about sky divers. We don't have cable TV and my roommates never been into stuff like that. Therefore I found it peculiar he was watching this documentary. After inquiring as to why he was watching this and how the hell he found out about it, he turned around and explained to me "it's on Netflix." That's right, I now have Netflix.

The problem with this is I've been

avoiding Netflix ever since I found about it. See, I have a very addictive personality therefore having Netflix in my house is about the equivalent of a briefcase full of junk at Amy Winehouse's ... was that in bad taste? I don't think so. I see this plight first hand. My mom is addicted to Netflix, my friends Manda and Brittney are addicted to Netflix and I'm sure to fall into that same category. I've already spent the entire evening on it. Even as I write this article I've going this documentary called *I Am*. It's this doc about spiritual science and how the human race functions higher in states of happiness, empathy and love rather than states of separation, jealousy and envy ... pretty deep shit. Then before that it was *Futurama*, *Freaks and Geeks* and I'm debating starting *House of Cards* after. Then again, I do have class tomorrow, but really how much do I need.


See, this is how it starts. I'm a weak willed individual who's practically ruled by his impulses. I'm no match for Netflix. There's no way I'm ever going to



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be able to put my focus on my social life and education with a world of electronic visual stimulation at my fingertips. I might as well give up. I should quit my job, drop out of college and now

that I think about it, this paper is eating up valuable Netflix time. So long, Nugget. It's been fun, I'm off to watch some *House of Cards*, maybe some *Arrested Development*.



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## VOTING

ROUND TWO

MARCH 3-7

ROUND THREE


MARCH 10-14

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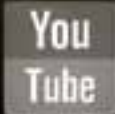
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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape . . .



By **DYLAN WOLFINGER**  
@thewolfinger

Oh those Sheepdogs, they're everywhere – as they should be, they just rocked our hallways and lucky us, a couple of us at *The Nugget* got to interview them. So here are a few questions that Quinton Berger and I asked Ewan Currie and Ryan Gullen.

**Nugget:** Once you guys hit the mainstream and got your first cheque from Atlantic, what were some of the most unique items that you bought?

**Ewan:** I bought a 1998 Toyota Corolla. It's literally the most expensive thing I've ever bought in my entire life, it was \$3900. **RG:** I have some vintage velvet paintings, nude velvet paintings. I collect them. **DW:** Like Black Panthers? **RG:** Naked ladies, mostly. **QB:** Have you always collected them or just since you came into some money? **RG:** I had a few

but it's definitely turned up a notch.

**Nugget:** So, you guys have been really big in all the festivals, what's been your favorite one so far?

**Ewan:** I'd say either Banaroo in Tennessee or Sasquatch in Washington. **RG:** Osheaga, in Montreal. That last one we played here, Sonic Boom was really fun.

**Ewan:** That's a total ... just for Edmonton RC: Yeah, it was a fun one though. **EC:** Yeah, you'd never say that if you weren't in Edmonton though. This is just for the Edmonton peeps.

**Nugget:** When you played the Grey Cup, how awesome of a feeling was it to play in front of your hometown and your family and friends?

**Ewan:** Oh, one of the best. It was such a great win for the team and we got to be part of it in a small way. Ryan and I ran out on the field at the end of the game. I got one of the championship hats, it was great man. It was a very special day.

**Nugget:** You guys have recently made a rather large charitable donation. Do you want to tell us about that?

**Ryan:** It ties in to the Grey Cup, we made Sheepdogs, rough riders shirts that we sold and gave all the proceeds



www.lambtonshield.com

## The Sheepdogs

to charities. We gave them to the Saskatchewan's Children's hospital foundation which is something close to home. It was a huge success, obviously. We wanted to sell shirts and give them to charity and we were able to give them \$10,000, which was really awesome.

**Nugget:** What song do you guys really like to open with?

**Ewan:** You gotta come out the gate with a bang. We actually have an intro song which might be on our new album but it's specifically written to be an intro to build anticipation. It's this instrumental that we play to kind of pump people up. We craft our set list like when you're making a good mixtape ... That's not a good analogy, I know no one makes mixtapes anymore. You gotta come out of the gate good and grab people's

attention. I don't like when bands come out and play the slow, quiet songs

If you missed the show, here's the set list front to back. Download and enjoy!

Be Myself  
I Need Help  
The One You Belong To  
Southern  
Right On  
The Way It Is  
Ewan's Blues  
Feeling Good  
I Don't Get By  
Javelin  
Learn & Burn  
Laid Back  
Catfish  
I Don't Know  
How Late, How Long



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# A 'heard' of Sheepdogs

By DYLAN WOLFINGER  
@thewolfinger

NAITSA threw a concert unlike anything NAIT has seen before. I'm not going to say a concert of a lifetime but most definitely a once in a lifetime concert for any student involved. The doors opened at 9 p.m. and The Nest had a lineup outside the door the size of a python eating another python.

Once inside and after a good look around, the student bar/restaurant had turned into a full out intimate music venue catering to 200 concert hungry people wanting a starter of The Brothers Landreth and a main course of Sheepdogs. As The Brothers Landreth took the stage, a small group of people gathered around, unsure of what to expect and, as one of those people, I was pleasantly surprised. They put on a solid opening act, with passion in each of their songs as they belted them out with their eyes closed and their guitars moving in a parallel motion.

They set the tone for the evening by playing to the crowd and firing us up and by the end of their set the scene was ready, the floor was packed and we were ready for the main.

They came onto the stage with energy and started with an solid upbeat intro and followed that with "Be Myself" and "I Need Help," then slowed it down almost right into the haze of the '60s with "One You Belong To." They kept that feeling in "Southern" and "Right On," that was followed by the radio friendly "Way It Is" and "Feeling Good" with a nice slice of Bluesberry pie in between the two called Ewan's Blues. The next two songs picked up the pace of the concert with I don't get by and Javelin which then paved the way for Learn and Burn, a Santana inspired tune with everything you would expect in anyone of his songs fuelled by a couple key guitar solos where Ewan Curries finger work would bring a tear to the eye Carlos Santana himself. After the applause died down from the last song, they ripped it up again with Laid Back and Catfish, the crowd was pumped and the band was amped after what was essentially an hour and half jam session, but like everything good it had to come to an end. In a funny way, they ended it with what got them started. As soon as the first chord of the song was played



Photo by Josie Baerg

The NAIT Ook joins the Sheepdogs' Ewan Currie on stage.

everybody knew what it was and what it signified, it was their sign off or maybe it wasn't ... I don't know. During the extended song it was almost like everyone in the crowd was moving together, heads bobbed, others danced and people had their

arms around each other. Finally a one song encore to cap the night, "How late, How Long" was the gem and it seemed fitting, because as the house lights turned on that was probably the same question everybody was asking themselves.

## Up close and personal ...

By QUINTON BERGER  
and DYLAN WOLFINGER

*A couple of us at The Nugget got to interview two of the Sheepdogs when they visited NAIT. Here are a few questions that we asked Ewan Currie and Ryan Gullen.*

**Nugget:** What was your reaction when you first found out you won the *Rolling Stone* cover contest?

**Ewan Currie:** We were super pumped but also super tired at the same time. It was nine in the morning and we'd been up all night travelling to New York to do this photo shoot so we were like "oh, yeah ... can we sleep now?" It was surprisingly anti-climactic.

**Ryan Gullen:** We also didn't know we were finding out, They kind of surprised us and like he said, we hadn't slept all night. We were playing somewhere in Canada then flew down right after. It wasn't the craziest things but we still celebrated, many times later as well.

**Nugget:** So, you guys have been really big in all the festivals, what's been your favourite one so far?

**Ewan:** I'd say either Banaroo in Tennessee or Sasquatch in Washington.

**Ryan:** Osheaga, in Montreal. That last one we played here, Sonic Boom was really fun.

**Ewan:** That's a total ... just for Edmonton

**Ryan:** Yeah, it was a fun one, though.

**Ewan:** Yeah, you'd never say that if you

weren't in Edmonton though. This is just for the Edmonton peeps.

**Nugget:** When you played the Grey Cup, explain what it was like to play in front of your hometown and your family and friends?

**Ewan:** Oh, one of the best. It was such a great win for the team and we got to be part of it in a small way. Ryan and I ran out on the field at the end of the game, I got one of the championship hats, it was great man. It was a very special day.

**Nugget:** How bad was your hangover the next day?

**Ewan:** Not even in my top hundred. It was such a long day and sometimes when you have a long day and you're working and you gotta stay sober to play, the party isn't as intense.

**Ryan:** I was emotionally hung over from all the excitement.

**Nugget:** What's next for you guys? You guys have been on the cover of *Rolling Stone*, won so many awards, been on late night talk shows, whats left for you guys to accomplish?

**Ewan:** To be honest, it's as simple as, it's time to make a new record. Try and make it the best we can, put it out and tour behind it. It's not so much about, "we gotta get this award" or "we gotta play this festival or this show". It's just about making good music and making our fans happy.

**Nugget:** What's your favorite place to play outside of Canada?

**Ryan:** It's hard to say. Spain is really awesome. We've done some wild shows

there. A lot of different European cities are particularly good.

**Ewan:** It's hard to argue the States, too, especially the South, Southwest, West Coast. New York city's been really good to us as well.

**Ryan:** It's hard to pick one because they're all different experiences.

**Ewan:** So we'll just say Spain.

**Ryan:** Yeah, Spain!

**Nugget:** Are you guys currently living in Nashville?

**Ewan:** No, we live in Saskatoon.

**Nugget:** Once you guys got on the *Rolling Stone* cover and started doing a ton of stuff in America, what was that like?

**Ewan:** Very busy. A lot of craziness, a lot of travel. Those were three of the busiest years of my life.

**Ryan:** Yeah, obviously we're traveling around, playing shows and doing all that stuff. Being in the States as much as we were was cool, getting to meet people and see different things. It was just kind of nonstop so we only recently got some time off. So we started working on new music and took some time to hang out.

**Nugget:** So how does playing a smaller venue like this (The Nest) compare to some of the massive shows you guys have played? Do you prefer massive shows or the smaller venues?

**Ewan:** They both have their plusses and minuses. Obviously not as many people can fit into a place like this but it's gonna

be packed and when you bottle this much youthful enthusiasm in to a room like this, especially with low ceilings, it's gonna be rowdy and loud. It's gonna be a really good time.

**Ryan:** There's definitely a disconnect from the audience, playing really large venues, so it's fun to come and do shows where they're smaller, more intimate cause you just get to feel the audience more.

**Ewan:** Ryan likes to feel the audience. You heard it here first!

**Nugget:** What song do you guys really like to open with?

**Ewan:** You gotta come out the gate with a bang. We actually have an intro song which might be on our new album but it's specifically written to be an intro to build anticipation. It's this instrumental that we play to kind of pump people up. We craft our setlist like when you're making a good mixtape. ... That's not a good analogy, I know no one makes mixtapes anymore. You gotta come out the gate good and grab people's attention. I don't like when bands come out and play the slow, quiet songs.

**Nugget:** So do you guys come from musical backgrounds or is music something you just kind of picked up?

**Ewan:** I think it's mixed. I definitely did. Ryan, not as much. Sam, our drummer is from a musical family. It's a good mix, my brother plays with us now, he plays on the keys, which brought a family aspect to the band.



# "B" is for "badass"

Edmonton indie filmmakers raising money



By **RICHARD LUKACS**  
Entertainment Editor  
@DickTorrance

There is a small group of enthusiastic young filmmakers in Edmonton called The House of Heathens. They already made a bunch of crazy short movies (that you can check out online) and as one of their latest work got standing ovation and acclaim all around the world, they are currently working on its feature film version.

Alfred Hitchcock said that you need three things for a great movie: "the script, the script, the script." Another famous saying among low-budget movie makers states the "three Bs" of a successful film: "blood, boobs and a beast." These guys have the script and the movie will feature rivers of fake blood, scores of naked ladies and mobs of evil monsters.

However, before you start shooting, you need a horse of another colour: money. So they are going to hold a fundraiser this Friday (March 14) but I don't want to spoil the great interview that Kevin Martin and Tim Rutherford gave us. Kevin is Western Canada's own horror-pope, owner of The Lobby DVD shop, co-founder of DEDFest and screenwriter/star of *The Last Video Store* while Tim is the director, special effects artist, set designer, production manager and the "brain" behind The House of Heathens.

**Nugget:** What is House of Heathens exactly?

**Tim Rutherford:** It's a creative production company that started as just a bunch of friends with an interest in film production, cohabiting in a house hilariously owned by the church next door. My partner in crime is the infamous Cody Kennedy. Along with Josh Lenner, our actor, we are the three original Heathens. We've been lucky enough to pick up some awesome new talent over the years — local musicians, other filmmakers that share our vision and awesome local video-store owner and all-around rad guy Kevin Martin, who is my co-writer as well. You really can't get far without pals like that.

**Kevin Martin:** As far as the feature movie goes, we have my DEDFest partners Derek Clayton and Matthew Novak — they are part of the producing side. I could rattle off about 15 to 20 other names now as the group is getting bigger and bigger but the above mentioned are the main pieces.

**N:** What kind of films you have done?

**Tim:** They're throwback '80s sci-fi action movies with an element of horror. We love Hong Kong action movies, so we try to throw in a bit of the surrealistic element that is so prevalent in many of those.

**Kevin:** Since I've been involved, all the shorts are tributes to video stores. But we decided to make it more original instead of the usual "hard to keep the business going because of money situation, Netflix and downloading." We jack it up a little bit and blame it all on robotic monsters and evil armies trying to shut me down because I'm obsolete and can no longer be around. So we fight the good fight to keep the store going!

**Nugget:** What achievements you have reached with these films so far?

**Kevin:** It all started as just some fun to do but *The Last Video Store* short got picked up for Fantasia Film Festival in Montreal, which is the biggest genre film festival in North America. It went over pretty well there so, after, it got picked up by another dozen film fests. So my odd-looking face has now been seen in places like Texas, Chicago, New York City, Amsterdam, England and all across Canada. The buzz is been really positive.

Another short film we did last year called *M is for Magnetic Tape* was part of the competition for the "ABC's of Death part 2" (Editor's note: It's a highly anticipated horror anthology involving 24 world famous genre film directors with a free spot for one lucky "new-comer"). We didn't win that one but we got the silver medal and our short is being picked up for the "ABC's of Death 1.5" which will be playing this year in selected theatres and coming out video on demand. That's kind of neat!

**Tim:** I also got nominated for the AMPIA Costume Design award in 2013 for *Night of the Tree Beast*, which was pretty cool!

**Nugget:** When did the idea of the feature-length version of *The Last Video Store* shown up?

**Kevin:** We went to all these film festivals and got all the positive feedback from people in the actual film industry. Producers and actors who have seen it said "this is really good stuff and you guys shot it with no money; you should do a feature film!" We have tossed the idea around for almost two years now. We'd gone through 10 different scripts before Tim and myself hammered out the one that we feel could make a 90-minute movie. People always ask: "you guys are going to be in the store for 90 minutes?" No, absolutely no. We want to show the fantastic world outside the last video store. This is not going to be *Clerks*; this is going to be a fantasy, adventure, sci-fi, "Bill and Ted" kind of buddy-comedy with just a bunch of crazy monsters and ridiculous shenanigans. It's our tribute and love letter to bad 1980s and early '90s direct-to-VHS movies.

We're just hoping that we can make video stores live forever in this one movie because we are trying to strike while the iron's hot and



Photo by Richard Lukacs

**Kevin Martin at his video store, The Lobby.**

people still remember what a video store is and that time is ticking! We get this movie done then my legacy with the store is full-circle and complete.

**Tim:** The movie is going to be pretty much exactly what you'd expect, along with everything you don't. Prepare for a fast-paced action adventure full of villainous robots, atom age wizards, inter-dimensional intrigue, magic, mayhem, and of course our trademark magnetic tape!

**Nugget:** To help financing this project you are going to hold a fundraiser...

**Tim:** We are waiting to hear back about the TELEFILM micro-budget grant, which we're shortlisted for. If we get selected, we'll be awarded up to \$120,000, which is much more than we ever planned to make our first movie for.

**Kevin:** Yes, we are hoping for government grants but in the meantime we have to build a fake location for the video store as you might not know but I'm located below a daycare centre and we really can't set fires or blow stuff up here as it's bad for business and the kids upstairs, haha!

So we are building a set next month and we're doing a fundraiser on March 14 at Filthy McNasty's. We hope to raise enough money to get that set built because we start shooting at May 30 without the grant money. So as long as the set is good to go, rock and roll, we are on our way!

**Nugget:** What can the audience expect from this event?

**Kevin:** You can come around 7:30 p.m. to Filthy's; we have Exes for Eyes playing, a great metal band from Montreal. As far as

we've done to give you something if you are generous enough to donate, we have compiled all of our shorts onto a DVD with commentary track, special features and all that jazz. We are also going to get shirts made. We have great prizes donated to us from award winning filmmakers who have been previous guests of DEDFest. We've got some sweet local art from great tattoo artists, we've got tattoo time from Kamakazi Ink, donations from Permanent Records, Metro Theatre, my shop, from DEDFest, so just come on down, have a few beers, maybe pick up a DVD and get some raffle tickets! And know this: no matter how much you donate, if you pick up a DVD, you just contributed at least a light bulb to one of our lightning gears that is going to shine the set for *The Last Video Store*!

**Tim:** Of course, you can expect all of us and the full cast and crew to be there partying. Should be a great night! Tell all your friends to tell their friends, haha!

**Nugget:** Where did you guys get the inspiration for this production?

**Tim:** As I mentioned earlier, Hong Kong action movies are where it's at if you like magic wizards flipping around and fighting ghosts with laser spells. Personally I guess my favourite film makers are John Carpenter and David Cronenberg, and *The Thing* is absolutely required viewing. If you haven't seen Stewart Gordon's *From Beyond*, that's a great one, too. Watch it some night with someone special; I promise it will change things!

**Kevin:** I'm an '80s baby, so I used to love going to the video stores and rummaging through those crazy VHS tapes and the most ridiculous-looking covers. I was like: "I have to see that"! Movies like "Street Trash," "Night of the Creeps" or "The Deadly Spawn." I mean I love my dead-serious horror films but I also love the B movies. And that's what our film going to be; a giant B grade movie! But B is for "badass" in our case!

**'Prepare for a fast-paced action adventure full of villainous robots, atom age wizards, inter-dimensional intrigue, magic, mayhem and, of course, our trademark magnetic tape!'**

**— Tim Rutherford**

## TILTED KILT

# Pssst – It's not the food

By AARON BORDATO

After years of success in the United States, The Tilted Kilt is finally making its way to Canada. While a popular contemporary, Celtic-themed sports pub, the establishment is known for more than just its fine dining. The servers are all female, dressed in stockings, plaid skirts and matching plaid bras, the bar has quickly risen to the ranks of Hooters and other popular breastaurant's in town. Founded in Las Vegas, the bar has rapidly been expanding around North America and now has locations in over 25 states and has even branched up north. With four locations in Alberta alone, this establishment doesn't plan to leave anytime soon.

## Couldn't kick back

While serving drinks for years under the banner "A cold beer never looked so good," the Tilted Kilt, however, is anything but. Now hey, I'm for the female form as much as the next guy (I mean I jumped at the chance to write this article) but I couldn't quite kick back and relax the way I wanted. I couldn't quite figure out if it was the lifeless eyes of the girls who worked there, the fact they weren't playing the Oilers pregame show or maybe the abundance of old men with wandering eyes but I was getting some weird vibes from the moment I entered the place.

Although business was booming (the wait was over 20 minutes) one couldn't help but notice the suspect individuals dining inside. The average age being 40 and above, the bar was filled wall to wall with not a single female in the bunch. One horrible attempt to look at a woman's breasts after another, I sat in my booth in awe as I had never seen such embarrassing attempts. The girls didn't even notice however, as the majority were pre occupied with awkwardly re-adjusting their push-up bras.

## No platters

After ordering a pint of Canadian, I decided it was time to feed my appetite and check the menu. While priced fairly, I couldn't help but notice they didn't offer any platters for groups of people, the kind of thing Average Joes has been profiting with for years. After much consideration, however, we made the democratic decision to order a plate of nachos and calamari.

With our order now in place, I took the opportunity to walk around the bar and check it out for myself. With Celtic memorabilia lining the walls, the Dropkick Murphy's playing on the stereo and the Boston Celtics on the TV, I began to appreciate their commitment



thepubscout.blogspot.com

to the theme.

I soon lost that appreciation when I returned to my seat to battle for the drunken food my friends and I had just ordered. The nachos were lukewarm, half covered in cheese and sitting atop a pile of beans that had no business being near the plate. Even the calamari was a disappointment as it was a dry, crumbly, mess that broke off the moment you

touched it. With food so bad we decided not to finish the plates, but rather fill our stomachs with pint after pint. I assume this is a common approach at the pub, as it is was the only way to distract myself from staring at the drawn on eye brows and trashy belly button rings of the waitresses.

The night was an unusual one, and if it hadn't been for the miraculous come-

back victory of the Edmonton Oilers I would've went home even more disappointed. I don't know if it was the rough Thursday night crew, the sub-par food or the perverted atmosphere that I hated more. So unless you're a 40-year-old man in need of arousal or maybe a Scottish pub connoisseur, I wouldn't overly recommend you visit The Tilted Kilt anytime soon.



## MOVIES – THE KURT LOCKER



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Tyler Hoechlin in a scene from *Road to Perdition*.

# A flick worth a pick

Sam Mendes, who recently gave us *Skyfall*, has only made a handful of films. In 2002, he gave us his follow-up to *American Beauty*. It's called *Road to Perdition* and over a decade later, I think the film is massively underrated.

Based on the graphic novel by Max Allan Collins, it follows a boy, Michael (played by Tyler Hoechlin) and his father, Michael (played by Tom Hanks) during the Great Depression. We start in Rock Island, Illinois, where young Michael has a sort of distant relationship with his father, never knowing exactly what it is he does for a living.

One night, young Michael sneaks into his father's car at night as he goes to "work" with another man. They drive to a warehouse and young Michael sneaks his way to the outer wall and peers in through a hole to see what's happening. And what happens is Michael Sr. and Connor shoot and kill three men.

Michael Jr. then realizes his father is an assassin for John Rooney, the local crime boss (played by Paul Newman in his final screen performance).

Without spoiling anything, I'll say that Michael Sr. and Jr. end up on the road together to Chicago while being pursued by a number of parties. And it's then that the heart of the movie appears.

*Road to Perdition* is a film about a father and son bonding through a violent and harrowing few weeks.

This ... is a great film. I find the best crime films sometimes are ones that are almost trying not to be crime films, trying to be dramas or something not tied to a genre, as this film does. Well, along with being a touching drama about a father and son, it also happens to be a terrific gangster film.

There's an outstanding cast at work here, led by Hanks, featuring pre-Bond Daniel Craig as a great sleazebag, Stanley Tucci as real-life gangster Frank Nitti, Paul Newman and standing out is Jude Law.

Jude Law plays another assassin who moonlights as a crime scene photographer, who occasionally is the cause of the crime scenes.

"I shoot the dead."

Law plays this guy as a twisted freak. With no humanity and a creepy smile, he almost reminds me of a Joker-like character, creepy, to put it lightly.

Paul Newman was up for an Oscar for his performance and deserved to win it, playing this seemingly kind old man who is revealed to be a calculated killer.

But it's Hanks who's the real stand-out here, going way against type playing a killer and looking believable every step of the way. Easily his darkest role and one of his best.

Thomas Newman did the beautiful score and for Conrad L. Hall, it was his last film as a cinematographer and he won an Oscar for his glorious work on the film. There are several shots that just look like paintings. A massacre scene in

the rain is my favorite visual set piece in the film. Give *Road to Perdition* a shot.

★★★★★



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Sam Mendes





## THROWBACK THURSDAY

# Action movies of my childhood

By ANDRA NIKOLAEV  
@AndraNikolaev

I don't know about you, but when I was a kid I didn't really watch movies that were made for kids, like Disney for example. Instead I grew up watching action films from the '80s and throughout the '90s staring actors such as, Steven Seagal, Sylvester Stallone, Chuck Norris, Dolph Lundgren, Jean-Claude Van Damme, Jackie Chan, Arnold Schwarzenegger ... you get the idea.

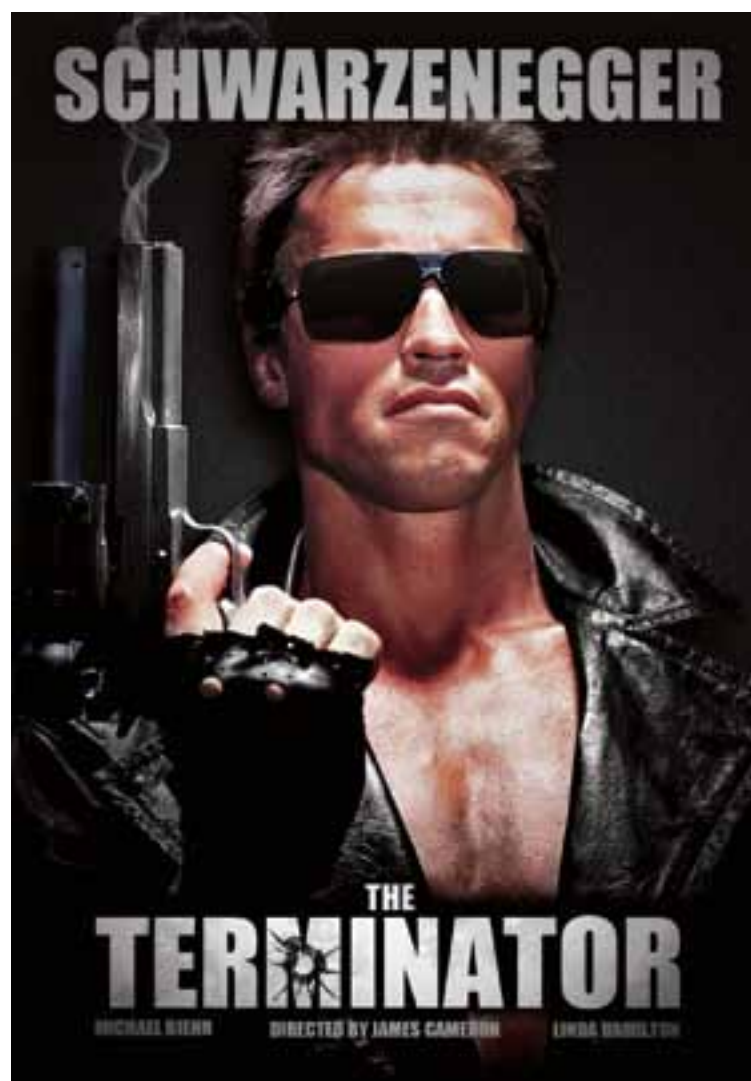
I want to just talk a bit about the masterpieces of film that were created by these gentlemen. Who can forget such classics as *Above the Law*, *Missing in Action*, *Terminator*, *Rocky*, *Rambo*, *Rumble in the Bronx*, *Street Fighter* – the list goes on!

These movies actually taught me a lot – the world could end at any given moment just by the push of a button, there are some really bad people in the world and there are some really kick ass people, too. I always felt safe knowing that there would always be someone around that can save us all should some maniac want to go on a rampage. This was comforting for me as a kid.

Some people (crazy people) may say that these films are poorly produced, acted and have bad story lines and the actors are nothing short of mindless meatheads. I strongly disagree! Stallone wrote and starred in the *Rocky* franchise, writing such blockbusters is not an easy feat! Dolph Lundgren has a master's degree in Chemical Engineering. Seagal, Van Damme, Chan and Norris are all very highly trained and skilled in a number of martial arts disciplines and are considered some of the best in the world.

The unbelievable thing is that these '80s and '90s action stars are still making action films! The *Expendables* franchise are movies that bring together all of these stars in a series of films. Now I must say that I enjoy the classic action movies far more than those more recently made, however something has to be said about the longevity and dedication to their craft (and love of fame and money) that these actors/artists have. I think this deserves a great level of respect and recognition on its own.

**Note to self:** – Have an old school action movie marathon this weekend.



www.deviantart.com

## ASK THE SEXPERT

## Try talking ...

**Q:** If I am in a bar and I see someone across the room that's hot, how do I know that they will like me? I don't want to walk up to them and flirt just to be turned down.

**A:** Well, you will just have to find out the old fashioned way, unless you are a mind reader. Try striking up a casual friendly conversation instead of just walking up with a cliché pick-up line. That way, if they turn you down it's not as embarrassing.

**Q:** Is it ok for a girl to have a condom in her wallet?

**A:** Why not? You can't always assume that the guy you are hooking up has one with



www.chatelaine.com

gressive society where it's OK for a girl to ask a guy out. It boils down to what you prefer, do you want to do the asking or do you want to be asked? Also, sometimes you might just have to suck it up and ask the guy you like out because he is clueless and doesn't know whether you like him or not.

**Q:** How long should you wait to take "the next step" in your relationship?

**A:** That is a very personal choice.

It is something that you should talk about typically when you have "the talk," but I do know some people think that five dates or three months is a standard.

**Q:** What is the most effective birth control?

**A:** The most effective birth control is not having sex. But I don't think that is the most practical advice so I will be honest and say that no birth control is a 100 per cent. What you can do is be more pro-active, use condoms, even if you are on the pill. But the most important part of that is using condoms properly. Using them properly is the key for safe sex.

**Q:** Is the morning after pill a good birth control pill?

**A:** Morning after pills are exactly that. Morning after you forgot to be careful. Morning after pills are not to be used as regular birth control pills, they are the last resort. If you want a good birth control pill I would suggest go talk to your doctor.

**Q:** Is it OK for a girl to ask a guy out?

**A:** Sure, why not? We live in a pro-

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# Cheat

ON THIS

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ANDRA NIKOLAEV

# Are you sick of hearing about Rob Ford or is he still an exciting topic?



"I'm not sick of hearing about him. Everyone has problems and struggles and as Canadians, we should help each other."

Stephen Hiebert  
Carpentry



"It's definitely a tired subject. People are pumping him up and making a big deal over it."

Graham Slavik  
Cabinet Making



"I think it's still an exciting subject. I've been hearing about it a lot lately and it's what interests me the most."

Mikayla Battenfelder  
Personal Fitness



"Kinda sick of hearing about it. It's over, done. I'm over it."

Brittany Porter  
Business



"Ohhh, I'm new here, so I don't know much about it."

Ana Bohorquez  
DMIT

## MARCH EVENT LIST

3-28 NAITSA FITNESS CHALLENGE  
(for more details about the Fitness Challenge visit [naitsa.ca](http://naitsa.ca))

3-7 NNTM ROUND 2 VOTING

6 & 7 HOW TO PHOTOGRAPHY

7 THE SHEEPDOGS AT THE NEST

10-14 NNTM ROUND 3 VOTING

20 NNTM FINALE AT THE NEST

21 DODGEBALL





THE NUGGET PRESENTS:

## NUGGET COMICS

## Outlandish



Natalia Bouairam

## TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Beware the fraudsters



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

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

Here are a few protection tips:

**Payment cards (credit and debit)**

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

**Mail**

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

**E-mail and online**

- Create strong passwords to protect your accounts and change them often.
- Spyware may be sent as an attachment in an e-mail. Do not open e-mails from people you don't know.
- Check out the privacy and security settings of your social network and use them to control who sees what.
- If someone you don't know tries to "friend" you, ignore it. There's no way to be sure they are who they say they are.

- Before posting pictures, think about whether or not they're appropriate or give away too much information.

- Make sure your computer has a firewall, anti-spyware software and virus software.
- Don't give away person information to a stranger during online chatting.
- Be wary of online contests ... especially if you're asked for money up front.

**How can I recognize a scam?**

- If it sounds too good to be true, it probably is, such as:
  - You've won a big prize in a contest that you don't recall entering.
  - You're offered a once-in-a-lifetime investment that offers a huge return.
  - You're told that you can buy into a lottery ticket pool that cannot lose.
  - You must pay or you can't play.
  - "You're a winner!" but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize.
  - You must provide private financial information.

- The caller asks for all your confidential banking and credit card information. Honest businesses do not require these details unless you are using that specific method of payment.
- Will that be cash ... or cash?
- Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. And, crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.
- The caller is more excited than you are.
- The crooks want to get you excited about this "opportunity" so that you won't be able to think clearly.
- It's the manager calling. The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority.

- The stranger calling wants to become your best friend.

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

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

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

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

**Dating and romance scams**

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

**Warning signs**

- You meet someone on an Internet dating website and their profile picture is different from their description or looks like it's from a magazine.
- After just a few contacts they profess strong feelings for you and suggest moving the conversation away from the website to e-mail, instant messaging or phone instead.
- After gaining your trust, they tell you an elaborate story and ask for money, gifts or bank account or credit card details.
- They continue to ask you for money but

never actually visit you.

- If you don't send money straightaway, their e-mails and calls will often become more desperate, persistent or direct.
- The e-mail is poorly written, vague or contains information from news articles. It may repeat itself, addresses you by the wrong name, or the e-mail is not personally addressed.

**Remember**

- Check website addresses carefully. Scammers often set up fake websites with very similar addresses to legitimate dating websites.
- Never send money or give credit card or online account details to anyone you don't trust.
- Don't give out any personal information in an e-mail or when you are chatting online.
- Make sure you only use legitimate and reputable dating websites.
- Ask yourself, would someone I have never met really declare their love for me after only a few letters or e-mails?

**What to do**

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

a. [www.antifraudcentre.ca](http://www.antifraudcentre.ca)

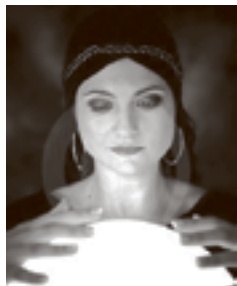
b. Toll Free: 1-888-495-8501

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and, if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000. Please visit [www.nait.ca/security](http://www.nait.ca/security) for more information.

Everybody benefits, except the criminal.

THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## March 13-19

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

## Pisces (Feb. 19-March 20)

Pisces, you're all just little

miceys. Nibbling on little riceys. Yelling out "oh no, looks like high seas!" Not a good week for boating, Pisces. Stay off the water, little buddies.

## Aries (March 21-April 19)

Today will be a day like any other day, unless you own it. Make today yours ... or don't. I'm a horoscope, not a cop.

## Taurus (April 20-May 20)

Take a different spin on today; say "yes" to everything. Now take this day, turn it into 365 days and continue down this path to a riveting lifestyle.

## Gemini (May 21-June 21)

Try not to get his/her number. Go in with no intention of pursuing them at all. Have an honest, compassionate conversation.

Success will be yours!

## Cancer (June 22-July 22)

Don't let the orange peel of life get the best of you. Crack into this voluptuous existence and slurp out all of its juicy innards. Your basket of fruit awaits you!

## Leo (July 23-Aug. 22)

When in doubt, don't ask a fellow Leo. They're likely as confused as you are.

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

Her name isn't Sarah. It never was. She's getting real suspicious. Try Linda.

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

Roses are red, violets are blue, Libras beware, there are leprechauns comin' for you.

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

Rule #1: In the big picture, financial woes will work themselves out. Splurge a little today by not looking at the price tag before purchasing. Rule #2: When the credit card bill comes, refer to Rule #1.

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

How do you spell handsome genius-devil? S-A-G-I-T-T-A-R-I-U-S.

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

May your professors respect you, homework neglect you, hall pass protect you and an employer accept you.

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

Spring is in the air, Aquarius. Bust out your flip flops and show Mother Nature you're ready to see some April showers bringing May flowers.

# Mental Health and Social Media

By KRISTA PIERCE

## NAIT Student Counselling

Social media is well known as a tool for connecting with others. I have seen it used as an immediate way to get information when needed – for example, suggestions of things to do, looking for substitute ball or hockey players, looking for a babysitter, advice for a sick child – the list goes on. Social media can also be a great resource to go to when there is no one else around or no one we feel we can go to with our problems. It is a great platform from which we can share, learn from and build connections with others with similar issues, whether locally or internationally. In addition, there is no arguing its convenience, availability and practicality. Given the ease with which information can be accessed, as well as the myriad of social networks available, it can sometimes be confusing to find exactly the information you are looking for. If you are wanting ways to stay informed and find out about mental health on the fly, hopefully this list will keep you in the loop and on top of current issues!

**@naitmentalhlth:** this is the twitter account for nait counselling services and nait's mental health awareness committee. The twitter account went live in January 2014. So far, in thanks to the account, information about our Hi FIVE campaign has been on CBC Radio Edmonton, and one of our counsellors was interviewed for the Edmonton Journal. Follow us to get access to resources,

information, and other helpful tips.

**Ulifeline:** is an anonymous, confidential, online resource centre where you can find information on emotional health. You can access it through the nait counselling website at [www.nait.ca/counselling](http://www.nait.ca/counselling) - just click on the link near the bottom of the page! You can access information on alcohol and drugs, anxiety disorders, depression, eating disorders, stress and more. There is even a self-test that you can take that screens for 13 of the most common mental health conditions that college students face.

The Jed Foundation ([www.jedfoundation.org](http://www.jedfoundation.org)) is a website devoted to promoting emotional health and preventing suicide on college campuses. The Jed foundation was founded by Donna and Phil Satow in 2000 after they lost their son Jed to suicide. You can go to the website and sign up for their newsletter as well if you'd like to stay on top of their news, programs, and initiatives. Follow them @jedfoundation

The Canadian Mental Health Association Edmonton Chapter (<https://edmonton.cmha.ca>) is a volunteer agency that promotes mental health. One of their goals is help people build strong supports for community life. Their site includes information about anxiety, depression, and suicide. It also includes information about how to volunteer and get involved, as well as a number of services that they offer. Follow them @CMHAEdmonton.

[www.loveislouder.com](http://www.loveislouder.com) is a website dedicated to the love is louder movement, which was spearheaded by the Jed Foundation, MTV, and actress Brittany Snow to support anyone feeling mistreated, misunderstood, or alone. This movement's focus is to get the message out that love and support are louder than any internal or external voices bringing us down. Follow them @loveislouder.

[www.halfofus.com](http://www.halfofus.com) is a site that includes information on anxiety, depression, eating disorders, suicide, and addiction. It has some excellent information on how to help someone having a hard time, as well as some tips for those dealing with issues themselves. There are also lots of facts available about a number of mental health issues.

[www.endthestigmahttp://endthestigmatblog.wordpress.com/resources/blog.wordpress.com](http://www.endthestigmahttp://endthestigmatblog.wordpress.com/resources/blog.wordpress.com) is a peer-led organization that provides education, resources, and discussion about mental illness and recovery. It's a volunteer run organization that provides information on a number of mental health issues. You can follow this blog, as well as them on twitter @endthestigma.

[www.mindyourmind.ca](http://www.mindyourmind.ca) is a website for youth and young adults to find support when going through tough times. They provide resources designed to reduce stigma associated with mental illness and to increase access and use of community support. This program is operated by the Canadian Mental Health Association and

their aim is to provide a platform for stories and points of view to be shared. They have information on relationships, self-care, stress-relief and more. Follow them @mindyourmind\_ca

[www.mooddisorders.ca](http://www.mooddisorders.ca) is a website for the Mood Disorders Association of Ontario, that includes a quiz called Check up from the Neck up, which is a short, simple, private, mental health checkup that can identify symptoms of mental health issues like anxiety and/or depression so that you can go get support if you need it.

[www.partnersformh.ca](http://www.partnersformh.ca) is an organization that is attempting to transform the way we think about, act towards, and support mental health in Canada. Their site talks about mental health being one of the last social taboos (meaning we don't talk about it, understand it, or support it). We are however, all touched by it. Their site has ways you can be involved, share stories, or show support. Follow them @partnersforMH.

[www.moodsmag.com](http://www.moodsmag.com) is a site where you can subscribe to Moods – a national publication that provides educational information. It includes celebrity success stories, healthy living, and good nutrition. Its focus is preventative measures and reducing stigma attached to mental illness.

## References

Sutton, K. (2013). Social media and its role in mental health recovery. Nursing Times.Net, October 2013.



# Ladies, gents, step right up

By KEVIN MAHER

It has come to that point of this semester for the NAIT Radio and Television students, where they begin focusing on their promotions for NR92 or NAIT NewsWatch. This bodes well for NAIT students, as it gives them the opportunity to get involved in some fun activities and win some cool prizes through the on-campus media.

## #RepTheOok

The guys from NR92 want you to show off your school pride. During March 26-April 16, NR92's Street Team will be hitting the campus hallways handing out NR92/Ooks buttons and finding out what music and sports you enjoy. When you tweet a selfie of yourself wearing the button to @NR92 with the hashtag #RepTheOok, you get entered into a draw for the grand prize.

Winner will be announced on NR92's The MIXX during the lunch hour on April 16.

## Guess the Artist

This consists of a segment during our radio shows called Guess the Artist. A song will be played and the artist will not be mentioned. Listeners will tweet @nr92 with the hashtag #GuessTheArtist. If they correctly guess the artist, these listeners will be entered into the draw for the grand prize. As well, they can post to the NR92 page on Facebook with the same hashtag.

This promotion will be on The MIXX (Sundays 5-7 p.m. and Wednesdays 12:30-1 p.m.), Shots Fired (Thursdays 9-10 a.m.) and Side Quest (Thursdays 4:30-5 p.m.)

## #NR92SELFIE

Hashtag your way to some free stuff, that's how simple it is to win from NR92. Come find our street team all around campus between April 7-18 where you can take a #NR92SELFIE with lots of fun props and upload it to social media of your choice using that hashtag to be automatically entered to win. The selfie that gets the most retweets or favorites wins an awesome grand prize.

Selfies not your thing? Don't worry we've got you covered. Simply hashtag #NR92SELFIE and we will just hand you some rad prizes, it's never been easier.

## NAIT'S Angels NAIT Nation

NAIT's Angels want you to be part of the NAIT Nation by watching NAIT NewsWatch and following NAIT NewsWatch on Twitter. You can join in on the fun by following @naitnewswatch and using the hashtag #NAITNation. NAIT's Angels want you to know that NAIT NewsWatch is informative, fun and a great addition to our lives here at NAIT.

Our launch will include games and

awesome prizes sponsored by The Pint and Oilers Nation. Find the Angels doing fun activities around NAIT from March 28 until April 17 where there will be smaller prizes to be won. Become part of the NAIT

Nation with NAIT's Angels and NAIT NewsWatch!

These promotions will be launched on March 26 and 27 during the noon hour at Bytes Cafe in the HP Centre.

## 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](http://www.rentingspaces.ca)

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

**NAIT Security** – 7477.

**Part-time campus jobs/volunteering** – Go to [www.naitsa.ca](http://www.naitsa.ca) under "Get involved."

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

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

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

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

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

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# City's Zodiac Series a must

By **QUINTON BERGER**  
Entertainment Editor

@QuintonBerger6

Edmonton's music scene is constantly getting bigger and better and this pretty much goes for all genres.

Hip hop shows are constantly headlined by a mess of local talent, rocked oriented venues have something happening nearly every weekend and Edmonton's electronic dance music scene is more vibrant than ever, giving tons of room for several promotion companies to thrive and prosper.

Cue Zodiac Series. This group has been finding an incredible niche here in YEG, bringing us more of a community oriented "festival" vibe rather than your run of the mill "turn up" shows like the majority of shows these larger companies put on.

Zodiac Series have been putting on monthly shows in the Edmonton area and each time, the crowd grows larger yet more familiar. March's installment is Celtic Bass, happening at the Pawnshop, March 14. Zodiac have also never hesitated to bring in artists from around the globe. Celtic Bass brings us the likes of the UK-based bass act, Mafia Kiss, who is becoming one of the fastest growing acts in the UK and picking up an award or two along the way. Mafia Kiss's unique blend of bass/break music has put him on the map in the UK and this weekend, he plans to leave his mark

here in Edmonton.

Next up in line is San Francisco based producer, Worthy, whose name definitely lives up to itself. Worthy has had lots of success morphing traditional house sounding music with a variety of sub genres and was even one of the top DJs to see at Burning Man, easily seen by most festival goers as the one to go to.

Celtic Bass will also be featuring many of Edmonton's local DJs and producers as well as several other artists, including painters and glassblowers.

The amazing thing about these shows is the vibe surrounding them and its constant expansion and growth.

The amazing vibe becomes more and more like a music festival with each show that happens.

You start seeing the same people, develop friendships within the community, get to know the same vendors who come to each show and see the unbelievable impact of each one.

Celtic Bass is sure to be another classic installment in the string of amazing shows to be put on by Zodiac Series, which shows no sign of slowing down.

Fans of Edmonton's dance scene are highly encouraged to check these shows out if they haven't yet. Zodiac's success in bringing the festival scene to the city has not gone unnoticed and makes an amazingly unique addition to city that's scene is constantly expanding.



## HOT 'N' SINGLE



Photo by Muhammad Waqas

### Amanpreet Kaur

**What do you find attractive in a guy?** – A smile and attractive eyes.

**What would be an ideal date for you?** – A long drive.

**How much are you willing to change for someone you like?** – I will change for sure, but just a bit to adapt to his feelings, not so much as to become someone else. Then he doesn't love me, he loves the one he is making me look like.

**According to you, what is the most important thing in any relationship?** – Trust is the most important thing in a relationship.

**What turns you on/off?** – Off: A guy with attitude turns me off. On: A simple good wish in the morning could make my day.

## EDMONTON

### FIREFIGHTER

Join our team of dedicated and skilled firefighters. Applications will be accepted from **March 1 to March 31, 2014**. For full details, visit [www.edmonton.ca/firerecruitment](http://www.edmonton.ca/firerecruitment)





# Beer and pizza perfected

By JORDAN WARDELL

I have another restaurant review. It has kind of become a habit/my excuse to go out to new restaurants every week. This week I went to Beer Revolution and it was great – they have a huge selection of beer (if you couldn't guess). I appreciated the fact that the majority of it was Canadian. They have these big screens all over the restaurant that tell what beers they are serving and a bunch of other information about the beers. They even brew their own beer.

Let's talk about the food, though. There was a big selection of appies, salads, sandwiches and pizza. I recommend the pizza; it was fantastic. They had all sorts of cool combinations of ingredients. It was definitely a hard choice to make, as they all sounded so good. I ended up getting the Jr. Boy, which is a twist on a ham and pineapple pizza. It had prosciutto, pineapple, jalapeños and maple syrup. I know the maple is a twist but it was delicious. It really had all the elements, sweet, acidic, salty and a little heat. I also had the pretzels to start but I was just too excited about the pizza to mention those first. The pretzels were honestly perfect. They were warm and soft with just enough salt.

The atmosphere was a little pubish to me but it is an over 18 place, so I guess that makes sense; especially when their spe-



[abittersweetfinish.blogspot.com](http://abittersweetfinish.blogspot.com)

cialties are pizza and beer. They had about three hockey games playing and had tons of TVs on the walls, so you could really watch a game from wherever you were sitting. My only complaint was how loud it got. This is what really made it feel like a pub to me, having to slightly yell to have

a conversation. But it could have just been the acoustics of the place, too. It was also a little cosy, having some tables really close together but I can understand a business trying to get as many people seated and fed as possible. Our server told us that in the summer they have a really nice patio as well. She

explained that the walls on the side of the building where the patio is are completely open up and there is tons of fresh air in the place. I thought that was pretty cool and will definitely be checking Beer Revolution out again when it's warm. Cross your fingers to that time coming soon!

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