

# THE NAIT NUGGET

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

## COOKING WITH LYNN

Celebrity chef Lynn Crawford wows Culinary students, Page 3



Photo by Josie Baerg

Chef Lynn Crawford gives NAIT Culinary students some tips on Wednesday March 12 during her five-day visit to NAIT as the 2014 Hokanson Chef in Residence. Chef Crawford worked with about 250 students from the Culinary Arts and apprentice cooking programs.

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# NEWS & FEATURES

## What will be the legacy?



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

The Premier of Alberta has resigned, leaving in her wake a number of questions about how the government will proceed. Alison Redford was essentially grounded by her parents at the PC Party this past weekend, an action they called a 'work plan' which is a bit of a North Korea way to put it, but given the circumstances, I can't disagree with the sentiment. Now, in a shocking but not entirely surprising move, the premier announced her resignation on Wednesday, effective Sunday, March 23.

"Quite simply, I am not prepared to allow party and caucus infighting to get in the way of building a better future for our province and for all Albertans," she said at a press conference at the legislature Wednesday night.

"That is why I am announcing today that, with profound optimism for Alberta's future, I am resigning as premier of Alberta."

I have been fairly critical of the premier lately – after all, Redford had either

admitted to or been accused of misappropriation of taxpayer funds on multiple occasions, misuse of office, bullying her colleagues and just generally not upholding the standards of the office of the premier of Alberta. As a human rights lawyer and former UN bureaucrat, it's surprising that Redford so easily committed blunders that divorced her from positive public opinion.

And her party was revolting. Sunday night saw a meeting taking place in downtown Edmonton with roughly 20 PC MLAs in attendance. Rumours were circulating that enough MLAs were prepared to leave the party and sit as independents to take a stand on their dissatisfaction. A senior executive with the party even called for her resignation. Suddenly, it's not Premier Redford, the first female premier that is the legacy but Premier Redford, the premier that had to step down due to an expense scandal.

It's not surprising that she was not well liked – according to a former caucus member and a former PC MLA Len Webber, she is prone to fits of rage, temper tantrums and is just "not a very nice lady." The scandals and controversy didn't do her well, either, with her approval rating lower than it ever was last year with the cuts to education and health care, but it seems the \$45,000 trip to South Africa was the last straw for the premier's tenuous hold on her position.

As always, opposition leader Danielle Smith was quick to comment about



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**Premier Alison Redford**

the outgoing premier, noting that Redford "should be proud," which strikes as underhanded political rhetoric ... But what is she going to say? Smith has to know that her comments make her look like she is condescending and that she was just politically sniping and taking the last kick at the wounded dog that is the PC Party in Alberta.

Premier Redford is an intelligent woman who behaved like a spoiled,

entitled brat that was perfectly content taking perks on the taxpayers' dime. It leaves one to wonder – if she had simply paid it all back the moment the issue of her travel spending was raised, would we have found our way to this point at all? Or was this simply a matter of time, with many MLAs not supporting her bid for leadership in the first place, preferring former MLA Gary Mar or Doug Horner.

## President-elect learning the ropes

By **NICOLAS BROWN**

When starting a new position, whether it is volunteer, paid, or elected, there's always some training involved. As our new NAITSA executive-elect start their training and enter into the transition period, President-elect Hasib Baig is certainly learning what is truly expected of him in his new position.

In an earlier interview on Feb. 28, after the results of the 2014 EC election were announced, Hasib was asked what his plans for the upcoming year were as the new president-elect.

"I would like to, first of all, make tuition more affordable for students, and see if we can get NAIT administration to lower food costs, especially at the Common Market." Hold the phone – NAITSA gets to tell NAIT what to charge on campus? Well of course not, NAITSA can only advocate on the behalf of students to NAIT.

As current NAITSA President Jonathan Bilodeau explains, "Having proper representation and making

sure that we're working with administration, to make sure that they have the student's views in line when they're coming up with their policies and their programs, it's really important."

Language and how others interpret what you say can have a significant impact on how your intentions are illustrated. Jonathan has been NAITSA president for almost a year, and clearly understands how NAITSA works and interacts with NAIT's administration. How does he feel about Hasib's goals?

"He's got the right attitude, and his goals are very just, they are high level goals that need to be talked about and accomplished. There's definitely some tactics and some specifics that will morph and grow and evolve as he [Hasib] learns more ... but that's the last part of my role now, getting him ready to go."

March 1 was the official start date for our new executive-elect. From March until the end of April, the new executives will be learning everything they can

from our current executive council, from what NAITSA does on campus and provincially, down to their individual roles. Talking to Hasib after a few weeks of training, he added some new perspective.

"I just started my training and I've already learned so many things that I can do and some things that I can't. I have to really work with Jonathan to achieve my goals."

Certainly, there is a steep learning curve to cram so much knowledge into two short months, but our new executives are more than up to the task. As for our

new president-elect, he's brought his plans closer to reality, and remains dedicated to advocating for NAIT students.



**Hasib Baig**





**Chef Lynn Crawford speaks to an attentive group of NAIT Culinary students.**

Photo by Josie Baerg

# Mutually impressed

**By KRYSTA MARTELL**  
**Issues Editor**

NAIT Culinary Arts students learned from the best last week as Chef Lynn Crawford shared her experiences and gave advice to the up and coming chefs as part of the Hokanson Chef in Residence Program. The program, now in its sixth year, provides the students in the School of Hospitality and Culinary Arts with the opportunity to learn first hand from the best of the best chefs in North America. Many of the 250 students and instructors stood in awe of her, taking notes and listening to everything she had to say.

"I find Lynn to be very professional, very open hearted and easy to talk to," says Culinary student Michael Love.

"You can ask questions and she has an answer for everything, which is really nice."

The students prepped for their biggest event of 160 people; a lunch at Ernest's that they felt good and confident about. It wasn't easy work to pull off the lunch but due to the guidance of Crawford, it all became possible.

"You can talk to her one on one or in a group, she's very inspirational to young chefs," says Culinary chef Nikita Hemmings, "Its incredible what she's done, she's so humble."

Crawford wants to see the students at NAIT grow, reach their goals and succeed and to do this, she advises that they set their sights high and surround themselves and work with the best of the best. They should create their own

destiny, make a culinary road map, do a lot of travel and experience the world.

Cooking is about sharing and to be a chef is about sharing.

"If I can somehow inspire these students in some small way to know they have made a really wonderful decision and that it's an incredible world they're going to venture out into, to be a chef and to cook. It's unbelievable," says Crawford.

While Crawford enjoys giving back and helping the students at NAIT, she feels

very grateful to be named the 2014 Chef in Residence.

"When I was asked to be chef in residence for the week at NAIT, I was really honoured," says Crawford, "NAIT has an incredible reputation in the culinary community of teaching excellence and the facilities here are so grand. I get goose bumps just talking about it."

While Crawford walked around the labs and admired what the students have to work with, the chef instructors, the talent and expertise, she was in awe.

"It's just endless here, it is a treasure," added Crawford.

A former executive chef at the Four Seasons in New York and Toronto and host of the Food Network show *Pitchin' In*, Crawford is also well known for competing on *Top Chef Masters* and one of the judges of *Chopped Canada*. Along with her TV fame, she is also a cookbook author and owns a restaurant in Toronto called Ruby Watchco.

"I don't gloat over my accomplishments," says Crawford. "I've had a very successful career and when you start talking about the experiences I've had, the things that I've done and the goals that I've achieved, I'm very lucky. I've worked hard and couldn't think of anything else I'd rather do."

Crawford also says that she has accomplished many of her goals and will continue to set the bar high, as there is so much more she wants to do. When asked what her retirement plans are she laughed.

"There's no such thing as retirement for a chef!" she said.



Photos by Josie Baerg

**Lynn Crawford**

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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.

# Jill Drader – an inspiration

By WHITNEY FOX

Audience members at the Shaw Theatre received a treat on Thursday night March 13 at the Women in Technology and Trades 2014 speaker event. This year's speaker was Jill Drader, a journeyman tile setter, entrepreneur, educator and the mother of two young children.

Drader, who lives in Calgary, spoke to the guests about her experiences as a woman in the trades and her views on the state of industry in general.

She has a unique background. Originally from a Mennonite community in Ontario, she learned to work at a young

age. Since that time, with few exceptions, Drader has always worked, as she feels compelled to do so.

She started out with university, where she earned a degree. With her degree, Drader taught overseas for a while. Upon returning to Canada, she taught English as a second language at a post-secondary institute in Calgary. However, it wasn't long before she grew dissatisfied. Drader spent a great deal of time observing a construction site across the street. Finally, she made the decision to seek out a new career path in the trades as a tile setter and she hasn't looked back.

She progressed to the status of journeyman, when she used her creativity and attention to detail to find her niche as an artistic tile setter, a specialty that set her apart.

That being said, Drader encountered her fair share of challenges along the way. For instance, less than five years ago, shortly after she had achieved her journeyman status, Drader and her husband were expecting a baby. When, at the appropriate time in the pregnancy, she told her boss, she was promptly fired.

She spent months lamenting the injustice of the situation and pursued human rights avenues only to find that the boss was within his rights.

Finally, inspired by discussions with her friends and fellow tradeswomen about the challenges they faced daily, and her compulsion to work, Drader decided that she would work for herself.

As she couldn't work in her field, and she wanted to do something about her situation, Drader started "Women in Workboots," a website dedicated to providing resources, networking information and encouragement for women in the trades.

On Thursday night, Drader told this story and many more examples of how networking with women – both giving and receiving advice and support to and from women in similar situations – has been a keystone in her career and how she's overcome obstacles in the past. Amongst these stories, Drader also occasionally gave quick accounting tips and the like that showed how well-versed she is in owning a business.

Drader's message was simple. She wants to change the face of the trades for the sake of women and for the approaching labour shortage. She recognizes the difficulties.

"There's part of this generation that's just not interested in hiring women," she said.

However there are opportunities that can grow from that.

"I do believe if we have more women leaving their journeyman status work and they want to build a business, I think that will open the opportunities for them to hire more women and then we will get more women in the workforce," she said.

"So I think that that's one of the major solutions that we need to see, is more women business owners."

Another approach Drader has taken is the 100 Women Project. On the "Women in Workboots" site, Drader profiles 100 women working in the trades or trade-related fields in Alberta. The intent is to inspire other women to do the same.

"My mission moving forward is to bring this group together and figure out some ideas of how we can all engage together and move forward, not to protest change, but to be part of something else," said Drader.

"To connect, to leverage each other, to support each other; to decipher our passions and interests; teach each other how to crowd source."

Drader had one final piece of advice for women in the trades.

"Research. Put together your own projects and keep asking yourself why you are doing what you are doing."

Stephanie Fuhrer, the WITT co-ordinator at NAIT, is pleased with the success of the event. She says it gets bigger every year, and WITT is already meeting to start organizing next year's speaker.

"This year has really come together. We have a great committee now and it's really moving forward."

The committee has already begun meeting to discuss next year's WITT events.

Meanwhile, Drader is now acting as a consultant for an oilfield company that approached her based on the success of "Women in Workboots."



Photo by Cassie Thurrott

Jill Drader

# Student execs meet with senators

By NICOLAS BROWN

Last week's Student Senate meeting set the tone for the run-down to the end of the academic year for student representatives. With the first reading of some NAITSA bylaw updates, presentations and formal approval of the official Executive Council election results, representatives had a full agenda.

The major highlight of last Wednesday's meeting was the attendance of NAIT's own executive officers. Although NAITSA's Executive Council meets frequently with NAIT's executives and other representatives, the Student Senate often only meets NAIT's executives once a year. This serves as an excellent opportunity for the student representatives to make connections and learn more about how NAIT operates.

Dr. Neil Fassina, NAIT provost and vice president Academic, and Lara McClelland, NAIT's chief strategy officer, were in attendance to present upcoming changes to the tuition framework. This portion of the meeting was held "in camera," meaning the presentation was restricted to student senators and NAITSA executives and not open to the public.

When the meeting reconvened in public, Kristen Flath from NAIT presented progress on the formation of a third-party ombuds office for NAIT. An ombuds-person is a neutral, third-party official who investigates allegations of misconduct, academic grievances and provides information to the NAIT community. Currently, NAIT students with concerns, including academic grievances, must go through NAITSA's VP Academic to file complaints. The project is still in the early planning stages, but if successful, it will lead to an improvement over current procedures.

Current NAITSA President Jonathan Bilodeau presented a proposal for a new campus beautification project at the under-construction Centre for Applied Technology Building, due to be completed in the fall of 2016. The project will see a dedicated



Jonathan Bilodeau

green space developed.

Finally, as a reminder to students, each year the Student Senate appoints a student-at-large representative to the NAIT Board of Governors for the coming year. This selection is made each year at the last meeting in April, which is rapidly approaching. Current NAITSA VP External Daryn Rainer had this to say about being successful in the role.

"It's a really complicated role and you're coming onto the board with the industry titans of Alberta, and it is fairly intimidating. So, to be successful, you need somebody who is willing to learn, really eager to understand the role and willing to push their comfort zone."

For more information about the role or how to apply, go to the NAITSA office or speak to your Student Senate representative.





# NAIT residence in works

By LYDIA WARD

If you live near or far from NAIT, you might be happy to hear that there are plans for a NAIT student residence and that these plans are in the early stages of development. There has been talk of using the land at the recently shut down City Centre Airport for that purpose.

NAIT participated in a feasibility study that showed the growing demand for a residence, however, due to the confidential market and financial information contained, these numbers are being withheld until further notice.

"Terms are being discussed with the province and administration for the airport land," said NAITSA President Jonathan Bilodeau. "Things are moving forward and the airport land is a definite possibility."

The progression of plans is good news for students as the dream is starting to become a reality, especially since NAIT is moving on to the business model aspect of the plans. A planning and schematic design committee will meet every two weeks starting at the end of this month and continuing until next winter.

The number of students at NAIT is increasing annually and with many of these students being international, a residence would be very beneficial and accessible for students.

Bilodeau comments on the demand of residency at NAIT saying, "NAIT has proven that there is a demand for about 1,400 students or beds. They are going to start smaller, with about 700."

NAIT students currently have two



Photo by Danika Larsen

## MacEwan University's residence

options for securing housing, MacEwan University residency and websites such as Kijiji and Rent Faster. Both options are viable and accessible but it would be ideal to own a residence. Not only would this cut down the time it takes to get to the college but it would create more options for students that live far away.

"We are going to continue to work with the city and with the province on get-

ting the airport land," says NAIT president Glenn Feltham. "I hope that the residency will be built on those lands."

Currently, MacEwan and NAIT have a co-op for housing and this has served NAIT students well in the past few years but with the possibility of new housing, MacEwan might find that there will be more room for their own students to take residency with fewer NAIT students.

With the expansion of the LRT finalized there will be a greater focus on residency and housing as the LRT attracts more students to NAIT.

The City Centre Airport that is located on 109 Street has been closed for almost a year and may provide a new home for many NAIT students. For more information on the progress of the residence, visit the NAIT website.

# The Monday to Friday trap

By JORDAN WARDELL

So, my rant this week isn't NAIT specific but something I'm sure many students can relate to. With so many NAIT programs being fast paced, we students are pretty busy. The time I spend at school is comparable to a full time job and I know I'm not the only one. I also commute to school. I leave before eight o'clock in the morning and by the time I actually get back to my house it's almost 5 p.m. and that's on a regular day that I don't have to stay late. You know what else goes on from the hours of 8 a.m. to 5 p.m., Monday to Friday ... most businesses.

I was recently in a bit of a car accident, which could be a rant all on its own but maybe another time. I had to contact insurance companies and get estimates on how much my car would cost to fix. Well, the insurance companies were only open from eight to five. So I had to sneak off to find somewhere private and make phone calls which didn't even get answered half the time. At least, I was able to deal with the insurance company over the phone and I could do that from school.

It took me a week to be able to take my car in to get it looked at because, guess

what, they were only open from eight to five, too. But you can't get an estimate on a car over the phone.

I realize that all these people who work at these companies want to have their weekends or time off, too. I understand that the world doesn't revolve around me and my problems no matter how important I think my problems are. But I really think for the average full time student/worker there should be some businesses that are open on the weekends. Could you imagine how much more convenient things would be if your Monday to Friday auto body shop, doctors office, dentist, etc..

were a Wednesday to Sunday business or something.

There are certain businesses that I really think would have a happier consumer base if they took a different two days off. If there were enough businesses that did it, society could have two different weekends, too. But I know my little rant and my ideas that I think are rather clever are not going to change society. I have lots of suggestions if anyone cares but I will leave this as this week's rotating rant and hope that someone else can relate to my struggles.

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# Point Counter Point Tattoos and you



By **BAILLIE SCHEETZ**  
@bailliescheetz

The history of tattoos began over 5,000 years ago and for that there is a good reason. People love to express themselves, they always have and they always will. Whether it be through writing, speech, music or personal images such as hairstyles, clothing choices or even tattoos. A tattoo can be one of the greatest forms of self-expression, allowing you to mark yourself permanently with whatever it is you wish to share with the world. Tattoos can be very sentimental and meaningful or simply something of artistic expression. It all comes down to the fact that it is your body and you should be able to put whatever you want on it.

## Lifelong commitment to an image

The permanence of a tattoo is a large part of what makes them appealing and necessary to many people. Sure, you can wear a T-shirt or get a haircut but marking your body with something forever and making a lifelong commitment to an image or a statement is something that you just can't do in any other way. Many people get tattoos in memorial of a loved one that has passed away or to represent a certain time in their life or something that they have overcome. There is no greater tribute than dedicating a portion of your body to someone or something significant. No other form of self-expression holds that kind of power. As for price, getting a tattoo done reputably may be expensive but it is absolutely justified. This is something that you are going to see every single day for the rest of your life. If you spend \$100 on a pair of shoes that you will use for potentially a year, how does it not make sense to spend \$200 on something that you are going to have forever? It's simple.

"Mutilating your body" is a stretch. I don't disagree that people often abuse tattoos to the point where they lose all significance but that is not always the case and even in those cases it is the person's choice to tattoo themselves as much as they want, so obviously that is how they want to be represented. An heirloom is great but it's not as personal.

## Who are we to judge?

The declaration of something on your own body means more than a piece of jewellery that can be removed or lost. Whatever you chose to portray with your tattoo is always with you and that can't be replaced by a physical object. If somebody wants to be characterized by a dragon, or by "THUG LIFE" then who are we to judge? When it comes to employers I think that the world in general is becoming more accepting of people with body art and there is less of a stigma towards people with tattoos. If people know their limitations in their workplace and their future aspirations, they can choose to tattoo themselves inconspicuously or not at all. I am not saying that tattoos are a necessary form of expression for all people everywhere, but I do think that everyone should have the choice to get inked however they want and as much as they want without the judgment of others. It all comes back to the fact that it's your body and you have the privilege to do what you want with it. Freedom of expression is a basic human right and tattoos are no exception. Anybody who thinks otherwise is just ignorant and probably really tall and into sports and probably named Connor.



By **CONNOR HOOD**  
@connorhood27

When arguing the topic of tattoos I have only one question. Why? Tattoos rival cigarettes, bellybutton rings and drugs as the most pointless things in the world. For somebody to completely deface their body permanently makes no sense, the key word there being permanently. As in it's on your body for the rest of your life. How is your butterfly tramp stamp going to look when you are in your 70s? Sure, there are methods of removing ink but they are more painful and expensive than the original tattoo. And considering they aren't cheap, removing one is another large sum of money you're flushing down the toilet. I'm not against spending money, as long as it's used for something that serves a purpose. You can't drive around or watch TV on your new tattoo.

## Luxury of changing your mind

Although tattoos are one way to show artistic choice and expression, can't the same statement be made with the clothing you are wearing? Having a \$50 shirt with the design of your choice seems to be a much better solution than a permanent \$400 tattoo. The bonus with clothes is you can change them as frequently or infrequently as you want. You have the option of changing your mind at any time, which is a luxury you throw away with permanent ink. Another nice thing about showing your expressionism through means other than a tattoo, is it's painless. As far as I know getting a haircut, listening to the music of your choice and changing what you wear doesn't hurt.

Having something to remember in the past is important to a large majority of people but there is more than mutilating your body to achieve this. Jewelry, pictures and memories act as an even better way to represent good times, loved ones lost or an achievement in someone's life. The sentimental value in a piece of family jewelry or heirloom greatly outweighs the significance of a tattoo.

## Permanent

These treasured items can be passed on from generation to generation, along with the memories that accompany them. A cherished family ring is a much better way to reminisce than a dragon with flames covering your entire back or the letters of THUG LIFE printed across your fingers. Along with this is the professionalism associated with body art. Clothing, jewelry and piercings can be removed, tattoos can't. It may unknowingly give off a bad representation of yourself to others, including potential employers.



Staff photo



# OPINION

— Editorial —

## Minister gives NAIT nod



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

There is no question that Alberta politics have blown up these past weeks. Having pursued political science before coming to NAIT, what has been happening at the legislature is like watching a good TV show to me.

Through all the haze and confusion post budget, where do students fit in? Deputy premier and minister of Innovation and Advanced Education, Dave Hancock, found the time to have a phone interview with the *Nugget* and give his perspective. Although parts were lost as he drove in and out of cell service on his way back from the Athabasca region, we were still able to pick his brain about current issues.

### Difficult year for post secondary

When asked about the budget and how he was feeling coming out of it, he said: "Post secondary has gone through a difficult year as everybody has."

He also said he feels as if everyone has "come through in good spirits."

"I've talked with all of them and met with most of the post secondary institutions and there is a really good sense that we are on the right track and moving forward."

When looking forward, one of the key things he stresses is balance when it comes to looking at the budget, in particular looking back at where we stand in relation to last year's cuts.

"There are things we can do as we move forward and the key is to plan it appropriately," he said.

"And that is the commitment I have made, to do a proper capital plan that helps us with the process. We do have to get back to sustainable maintenance for the investment of maintenance capital across the system. There is a strain on the funds and it's all about doing it in a logical way."

### 'Always a balance'

"It's always a balance. There is always more asked than answered in every department in government."

Hancock has been in Alberta politics for many years and has shuffled around the cabinet numerous times. Having previously held six different ministerial positions, he had quite a few things to say regarding the last time he was minister of Innovation or minister of Education (Kindergarten to Grade 12)

"Post secondary has done well compared to other aspects of the system over a period of time. You can't just look at the one year. You have to look at the long term. Can you do more? Sure. There is always more you can do. By putting in the additional resources this year we are adding 2,000 more student spaces."

"It's reviewing the funding model, (we need to) to make

sure we actually fund appropriately for the expansions, for the type of system we have to have going forward. Because if we look forward five, 10, 15 years, we've got a baby boom that has hit the K-12 system and that is going to work its way through," he said.

"We have a 100,000 people a year who come into the province and some of them are going to have to increase their skill sets or rework their skill sets. And, of course, we need to re-increase the participation rate if you will. On those challenges we have to find a way that is appropriate."

When asked how he thought the future looks for students, in particular NAIT students, he thinks we have exciting times coming for polytechnic institutes.

"There is a lot of focus, with \$200 million in scholarship funds with a specific focus on the trades and technology. That will throw out \$9 million a year in scholarships and bursaries."

"And, of course, there is moving ahead with scheduled movements. They are looking ahead at what happens with the airport lands and the opportunity there. There is an exciting future there for NAIT and I am very interested in working with President (Glenn) Feltham and the board, too of the students' association to see how we work together to make that exciting opportunity a reality."

"I certainly see the huge opportunity there that NAIT is exploring and I want to explore it with them."



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**Dave Hancock, deputy premier and minister of Innovation and Advanced Education, answers reporters' questions at the legislature.**



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

# SPORTS

FIRST OF A THREE-PART SERIES

## Keeping the players safe



**BRIDGETTE TSANG**  
Sports Editor  
@bridgettetsang

It is never a good thing seeing any player injured in any kind type of game. Some result in minor injuries, such as stitches and bruises, while others are more serious and severe, and can even turn ugly in a hurry if not treated quickly and effectively.

On Monday, March 10, the hockey world was shook when Rich Peverley of the Dallas Stars collapsed on the bench after finishing a shift in the first period of a game. The game was stopped almost immediately and postponed to a later date.

### Panic

There was panic and fear in the stands and on the bench but the doctors were quick to respond, knew exactly what had taken place and immediately started giving Peverley chest compressions and used a defibrillator. His life was counted by the seconds. It was unclear what the cause was for his cardiac event, but only six months ago, he underwent a procedure to correct an irregular heartbeat. After this most recent event, he was conscious and talking when he was taken to the hospital. The doctors even recalled him wanting to “get back into the game.” On Tuesday March 18, he underwent successful surgery to correct his abnormal heart rhythm.

The team has announced that he will be out for the remainder of the season.

### NAIT is ready

Like many hockey programs, NAIT has protocols and procedures in place to ensure the safety of all of its players. Serge Lajoie, head coach of the Oaks men’s hockey team, understands the importance of making the right decisions for his players.

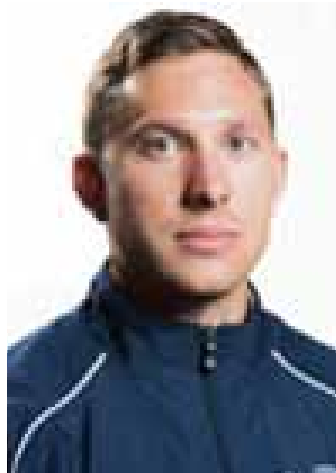
“In a case like that, you have to defer to the experts and that’s where training staff come in and you have to have full confidence that they are going to make the decision that is best for the athlete – it has to be an athlete-centred decision,” Lajoie stated.

Experts such as Matt Yaworski, who

is the Oaks’ athletic therapist, is on the bench for every practice and every game the Oaks play. His job consists of two things – “keep the athletes healthy off the ice, so whether it is to be with injury or to rehab, we work on getting them stronger and better and to increase their performance overall. And then, during the games and practices, we’re there for any emergency situations.”

It sounds easy but it is the matter to a player’s life or death. The Oaks men’s hockey team had a similar situation this year, but split-second decisions and quick response time were the reason why a life was saved.

“We did have situation that touched close to home with us,” Lajoie recalls. “We had one of our players experience some chest pains in the game earlier this year, and for precautionary reasons, we took him out of the game. As it turned out, there were potential cardiac issues there.



**Matt Yaworski**

So we make sure we get them off the ice – away from practice, away from any competition or activity, until we can rule out, after a cardiologist’s visit, that nothing was wrong. We have to exercise good judgment there and you have to put the athletes first and foremost and make sure that their health is not jeopardized.”

Yaworski has established an emergency procedure for his players.

“Here at NAIT, especially in our rink, I’ve established an emergency action plan (EAP). So, anytime there is an incident that requires any

medical attention, if there’s a situation where we need to call an ambulance, we have the process that gets set in motion. We have a call person who is then responsible for calling the ambulance and then they come onto the ice and we have a doctor who covers all of our home games. And in the event if anything major happens on the ice, then he’ll assist me and we work together to deal with the situa-

tion. Everybody that is on staff knows where the AD is (right beside the rink office). We have the pieces in place that if we need to, everyone has their role and knows what to do on the ice.”

Although not every program has the exact same protocol, they are all similar. As for doctors on-site, “we have doctors at every one of our home games. So that’s something that we, as an institution and as a hockey program, have implemented.”

Unfortunately, not every team does. “It’s not league-wide, but I feel that it is something that should be looked into. It’s such a dynamic game. It’s a hard, high-paced, high-impact game and it has a high-injury potential, so we definitely need the medical attention and medical people on site in case anything serious were to happen”

It is a testament to the NAIT hockey program and any program that has established the priority of their players’ health and safety above everything else. But most importantly, it is everyone’s responsibility when it comes to health and safety. Learning how to do CPR or using a defibrillator can mean saving someone’s life.

To be continued...part 2: Atrial fibrillation and signs of cardiac arrest; the importance of CPR and using a defibrillator.



articles.chicagotribune.com

**Play is stopped during the Dallas Stars and Columbus Blue Jackets game while team officials check on Rich Peverley during the first period at the American Airlines Centre in Dallas. Peverley’s heart had stopped functioning properly and he passed out while sitting on the bench after his first shift.**



## MEN'S HOCKEY

# Next – SAIT for ACAC title

By **BRITT PRENDERGAST**  
@bmprend13

The NAIT men's hockey team fired

up the second round of playoffs Friday night as they swept the Red Deer Kings to advance to the ACAC final. NAIT fin-

ished 15 points ahead of Red Deer in the standings and were sitting in first place to begin the playoffs.

After finishing in first place, the Oaks had two weeks off to get ready for the semifinal.

"We wanted to prepare ourselves well after having two weeks off with the bye," said Oaks captain Liam Darragh before the series.

"We knew [Red Deer] had a tough series versus Grant MacEwan that went the distance, so we wanted to make sure to get into the game right away."

The first period of Game 1 was proof the Oaks had two weeks off. With the slow start to the first period, the Oaks only managed to get two on the board with defenceman Sam Waterfield opening up the scoring in the first five minutes.

However, Red Deer managed to keep up and hit the back of the net twice in the first as well. The intensity picked up late in the first, with the Oaks landing some huge hits. Starting Oaks goaltender Kyle Birch stood tall and made some flashy saves which kept it tied after 20 minutes.

The Oaks came out fast and strong in the second, making tape to tape passes and playing more like the team that got into the playoffs. However, only one goal by Jordan Wood made it past Red Deer netminder Mike Salmon.

The third period was the strongest

period of the game for the Oaks, as they scored three goals for a 6-2 victory. Darragh recorded two assists, while player of the game Mike Piluso had two goals and one assist.

Game 2 of the series took place in Red Deer on Saturday night. Penalties were the talk of the first with the Oaks taking four, including two for being unsportsmanlike, yet this didn't keep them off the board as Jason Wark put them up six minutes in. NAIT added one more, and had a 2-0 lead. In the second, Piluso had his second point of the game with the third NAIT goal. French put up the fourth goal of the night for the Oaks and the Kings managed to get their one and only goal of the game in the second period. The third period brought the Oaks their fifth and sixth goals from Scott Fellnermayr and Wood, making it Wood's third point of the game.

It was another solid team effort as six separate players scored. Piluso was the hottest player of the series, walking away with three goals and two assists, and Justin Wood trailed not too far behind with two goals and two assists.

The Oaks now head to the ACAC championships for a shot at a repeat of last season's gold as they play the SAIT Trojans. The championship series will also be a best of three and will kick off next weekend. NAIT will host the first game March 21 at 7 p.m.



Photo by Jesse Kushneryk

**Coach Serge Lajoie gives a tip to Oaks winger Tyler French Friday March 14 during a semifinal playoff game at NAIT arena against the Red Deer Kings. NAIT won 6-2 en route to a two-game sweep of the series.**

# Ice racing in Lac La Biche

By **BRIDGETTE TSANG**  
Sports Editor  
@Bridgette Tsang

You know you're Canadian when you find yourself standing in the middle of a frozen lake and looking off into the horizon only to find out you have nowhere to really sit but on a shovelled snow bank while watching cars race on ice. Yeah, I had one of those moments when I spent a weekend at Lac La Biche for the Winter Festival of Speed.

The two-day event incorporates what many can only fantasize about. Ice-car racing, motorcycle races on ice, even horses and sleigh racing on ice and airplanes flying over the elaborate setup on the huge lake. The event had it all covered, to say the least. Racers from all over Western Canada came to take part in the races.

Racers such as Kristi Moore were excited to race in the oval.

"First time ever doing oval racing and only the third time racing on the ice," she said.

"I was a little nervous at first because they go at a pretty high speed. My back-

ground is motocross racing but this ice racing is completely different. The adrenaline, the speed, it's unreal!"

And to make things even more cool, some of the wheels had studs on them.

"The regular wheels are just rubber and don't really dig into the dirt," she said. "But the studded ones, it's like the screws that go into the tires. For the oval, there are only studs on the left side and the middle side, so it helps grip into the ice and you've got to be on the gas in order for it to dig in."

Racing aside, there were also airplanes flying over the event all weekend as well. I had the opportunity to go up in one of the airplanes as my fear of heights was put to the test but thankfully, the pilot made sure we knew everything about the small aircraft before we flew up. We flew in a low-wing plane which has certain benefits such as the wing is low enough that you can climb in and out of the aircraft with ease. The aircraft holds four people comfortably and the view from when you're in the air is unreal! The pilot even let me try flying for a bit but I wasn't so sure of my aviation



Freeze frame by Bridgette Tsang

**A motorcycle with studded tires takes a turn during a race.**

skills to begin with. Luckily, he simplified it for me with his wise instructions and we were off!

The festival wouldn't be anything without event organizer Ken Staples, who has been organizing the event for 31 years.

"I enjoy it," said Staples. "It's a good event for the community. The racers like it because we put on a good show here."

"It gets a lot of people out. There's a lot of local community involvement and charities have helped. It also gives community people who don't normally get to race, a chance to drive a race car and just have fun."

Ken says that the event was a huge success despite postponed date due to the cold weather.

# Athlete Profile



**Player:** Alex Wolfe  
**Sport:** Curling  
**Position:** Skip  
**Program:** Materials Engineering Tech

**By KEVIN MAHER**  
@kevinmahertv

**Who inspired you to start curling?**  
My babysitter.

**Do you have any pre-game rituals or routines?**  
Pace and listen to some music.

**What are some of your favourite hobbies?**  
Curling, running and video games.

**Who inspires you the most?**  
My family.

**What has been the best advice you've been given so far?**  
Never give up, even when you think you've lost.

**How would your friends and family describe you in seven words?**  
Motivated, determined, confident, passionate, outgoing, friendly and competitive.

**What is your favourite sport to play or watch outside of curling?**  
Hockey.

**What music can be found on your playlist?**  
Upbeat music, including rap and dub step.

**What three things can you not live without?**  
Music, curling and friends.

**Where is your dream oasis?**  
I would love to go to Fiji.

# Athlete Profile



**Player:** Kylie McLean  
**Sport:** Curling  
**Position:** Third  
**Program:** Chemical Engineering Tech

**By KEVIN MAHER**  
@kevinmahertv

**What inspired you to start curling?**  
My family and growing up in a small town probably had something to do with it.

**Do you have any pre-game rituals or routines?**  
No rituals, I just like to keep the mood light and joke around with my teammates.

**What are some of your hobbies?**  
In my spare time I like to hang out with friends and have a good time.

**Who inspires you the most?**  
My friends, my family and Terry Cahill.

**What has been the best advice you've**

**been given so far?**  
Work hard and be nice to people.

**How would your friends and family describe you in seven words?**  
Good sense of humour, small town kid.

**What is your favourite sport to play or watch outside of curling?**  
I love to play and watch hockey.

**What music can be found on your playlist?**  
I'm a really big country music fan.

**Where is your dream oasis?**  
Anywhere warm, but I really want to visit Eastern Canada.



# Oil Kings finish with 50 wins

**By KEVIN MAHER**  
@kevinmahertv

With the final three games of the regular season left, the Edmonton Oil Kings hit the road for a brief two game road trip before closing the season out at home. First up was a trip to Medicine Hat to face the Tigers. The Oil Kings were just coming off an impressive 1-0 win the night before against the Kootenay Ice.

Luke Bertolucci opened the scoring in the first period with his sixth goal of the season. Medicine Hat tied the game in the second period with a goal by Cole Sanford, but two minutes later Griffin Reinhart scored on the power play to give the Oil Kings back the lead. In the third period, Edgars Kulda scored an empty net goal to help the Oil Kings walk away with a 3-1 win over the Tigers.

Three nights later, the Oil Kings were in Red Deer, with a chance to clinch the Eastern Conference for a third year in a row. Red Deer got off to a hot start in the first period with goals from Rhyse Dieno and Aspen Sterzer but the Oil Kings cut the lead in half before the period ended with a power play goal from Curtis Lazar. It was all Oil Kings in the second period, as Edgars Kulda scored just 46 seconds into the frame. Three minutes later, Henrik Samuelsson put one past Patrik Bartosak on the power play to make it a 3-2 game. Red Deer scored the equalizer with a goal by Vukie Mpofo but the Oil Kings were quick to respond with a power play goal by Mitch Moroz. Cody Corbett's ninth

goal of the season put Edmonton up two after 40 minutes.

Red Deer opened the third period scoring with a goal by Haydn Fleury, however, the Oil Kings efficient power play would seal the deal, with Lazar and Samuelsson each scoring their second goals of the night. With the 7-4 victory over the Red Deer Rebels, the Oil Kings clinched the Eastern Conference and guaranteed themselves home-ice advantage through the Eastern Conference Finals.

The following day, the Eastern Conference champs finished off their regular season with a rematch against the Rebels. In front of nearly 14,000 fans, on fan appreciation day at Rexall Place, the Oil Kings opted to sit some of their stars for this final tilt.

"We've got some guys with some nagging injuries," explained Oil Kings head coach Derek Laxdal before the game.

"Were not going to push these guys to the limit and force them to play injured."

Veterans Brandon Baddock, Curtis Lazar, Blake Orban, Reid Petryk, Kulda, Reinhart and Samuelsson sat out the game.

Red Deer took advantage of the depleted Oil Kings roster by scoring three goals in the first period. The Rebels added to their lead in the second period with a



ca.sports.yahoo.com

**Griffin Reinhart**  
One of seven starters to sit out final game

goal by Wyatt Johnson and capped their evening in the third period with a goal by Dieno, giving the Rebels a 5-0 victory.

The Oil Kings finished the season atop the Eastern Conference with a 50-19-2-1 record, which also marked their third straight 50-win season. The first round of the WHL playoffs is set to begin on March 22 when Edmonton will host the Prince Albert Raiders in a best-of-seven series.



# This training is a fine fit

By **CONNOR HOOD**  
Sports Editor  
@connorhood27

When people think of a typical college students' Friday night, they immediately think of parties, hanging out with friends, studying (for a select few), and having a good time. What they don't think of is CrossFit. All semester, I have been looking for a new sport to try and when the opportunity to try CrossFit came about, I couldn't pass it up. I'm not one of those who is big into going to the gym and working out – I prefer actual sports to stay in shape, so this experiment made me a little nervous.

The butterflies I was feeling in the week leading up to Friday tripled when I walked in the door. The first thing I saw when I walked into the CrossFit studio was 15 of perhaps the most in-shape people I've seen in my entire life. Even the women could have easily taken me out into the parking lot and stole my lunch money. It also doesn't help that they call the area a box. I guess gym wasn't intimidating enough?

As for the actual workout? It wasn't as bad as I thought it would be. We started out with a basic warm-up, which included high knees, butt kicks and bear crawls. It probably wasn't a good sign that I was already sweating after a five-minute warm-up. Next, we moved on to a simple deadlift, where I would get into a squat position, weight on the heels of my feet, and lift the bar up to my waist. Sounds easy

enough, right? Considering I had a third of the weight on my bar compared to the girl ahead of me, it wasn't too bad. After the deadlift came the clean, which then took the bar at my waist, quickly moving it to my shoulders, then finished with a squat. Since it was my first time, we focused more on the technique of the clean as opposed to the actual workout aspect.

The last exercise we did was a combination of deadlifts and box jumps. This was by far the hardest part of the workout and really made me sweat. My goal was to do a routine which consisted of 15 lifts and 15 jumps, which I had to do three times in four minutes. And yes, it was as hard as it sounds. Despite my struggles, one of the positives was the people at the gym, including the coaches. Dan Bakken has been an instructor for over a year and it was easy to tell why he was hired. He was more than willing to accommodate somebody who was clearly a rookie and was very helpful in getting my technique up to par.

After having gone through this workout and the body pain that accompanied it, I still feel like this was one of the coolest things I've tried. It is definitely something that takes practice and patience but once you get the hang of it, it's easy to see why so many people are doing it. Now it's time for me to find another new sport to try. Maybe ballet? Or even synchronized swimming? Bring it on. I'm up for any challenge!

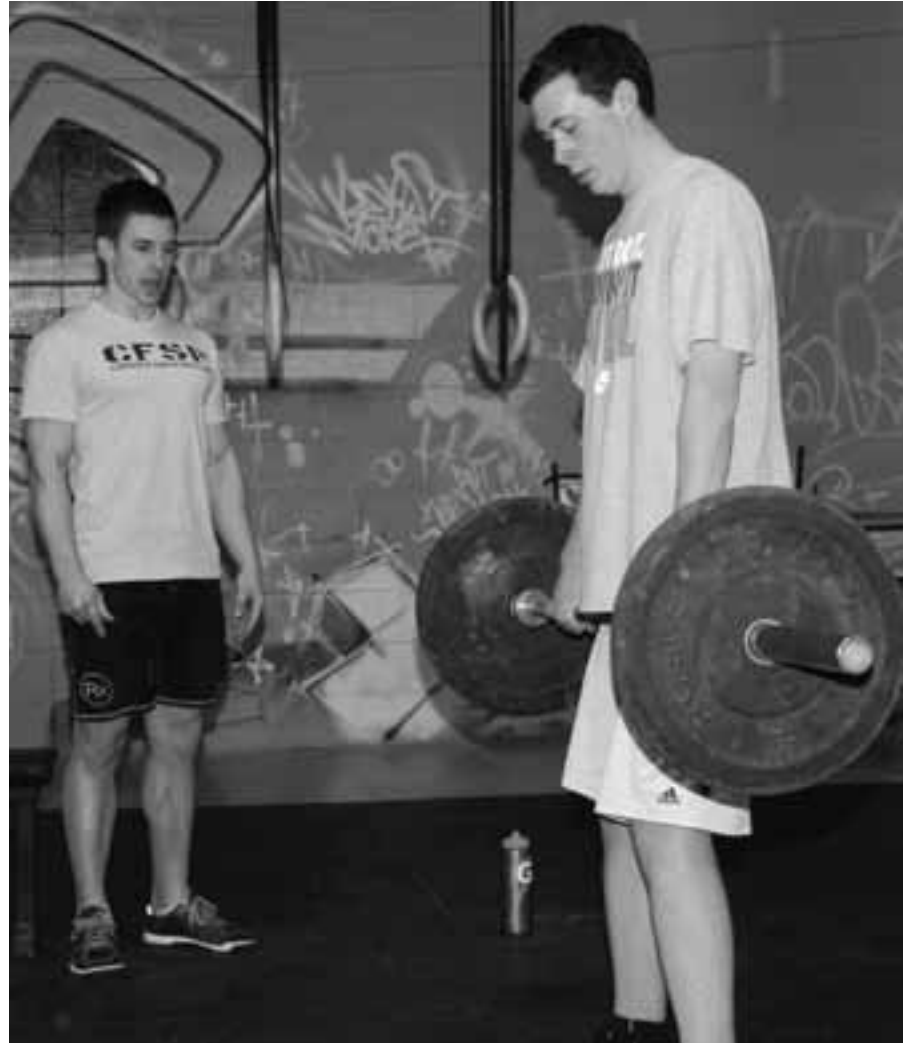


Photo by Gabrielle Hay-Byers

**Nugget Sports Editor Connor Hood works out under the watchful eyes of instructor Dan Bakken.**

## Games are good

By **KYLE MERRITT**  
The Brunswickan  
(University of New Brunswick)

FREDERICTON (CUP) – Sports are fun to participate in, as well as to watch. But what a lot of you may not realize is just how beneficial that game of hockey or that soccer match actually is for your health.

Sports of all kinds are an easy and enjoyable way to get in a solid cardio and strength-training workout.

In fact, you will rarely find activities to keep you motivated enough to meet at least the weekly minimum of 150 minutes of moderate intensity or higher aerobic physical activity for people ages 18-65, according to the Canadian Physical Activity Guidelines.

What does this mean for you?

Well, it means 2.5 hours of more or less any activity that involves moving your legs, arms and feet.

This equates to moderate sports such as golfing, badminton or softball or other vigorous activities such as tennis, soccer or swimming.

In terms of physical health, this can easily improve cardiovascular capacity and feelings of fatigue.

This type of exercise can play both a therapeutic and a preventative role in the lives of Canadians.

Playing higher intensity sports increases the good stress levels on the body and teaches athletes how to overcome obstacles, as well as how to make decisions when tired, which is a key aspect in keeping your mind sharp.

According to the Harvard School of Public Health website, meeting these requirements can significantly help prevent heart disease and its precursors, insomnia and arthritis.

Sport and exercise is even used to treat Type 2 diabetes, some forms of cancers and even mental health problems such as depression and anxiety, as they improve mood and alleviate stress.

Participating in physical activity contributes significantly to weight loss, appearance and image. Improving all of these things allows people struggling with these types of issues and confidence-hindering anxieties the chance to have greater self-esteem. All of this creates an ongoing cycle – the more you exercise the better you feel physically and mentally and the more likely you are to keep it up.

## Athletes of the week

March 10-16

**Tyler French**  
Hockey



After tallying an assist in his team's 6-2 win over the Red Deer King's in Game 1 of the ACAC semi-finals, Tyler scored a goal and added another two points Saturday as the Oaks defeated the King's 6-1 to advance to the ACAC Championship finals against the SAIT Trojans. "Tyler is a perfect example of how hard work pays off," said assistant coach Mike Cabinet. "His starts and stops and constant energy kept pushing the pace all series long and allowed us to come away victorious." Tyler is a third year Business student from Kelowna, British Columbia.

**Sam Waterfield**  
Hockey



Sam scored Friday night in the Oaks 6-2 semifinal win over the Red Deer Kings and followed that up by adding three assists Saturday in the Oaks series clinching 6-1 victory at Red Deer. Waterfield tied for the team lead with four points in the semifinal series, which is even more impressive since he is a defenceman. "Sam's offensive improvement is quite remarkable," said assistant coach Mike Cabinet. "Having our defence step up and provide the point production it has is an added bonus." Sam is a second year Academic Upgrading student from Victoria, British Columbia.

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

WHO	WHEN	WHERE
Gamers of Dungeons & Dragons	Wednesdays   5:15pm – 11pm Fridays   5:15pm – 11pm Saturdays   8am – 8pm	Room WA-114 Rooms WC-316, WC-312, WC-306, WC-320 Room T-015
Business Connex	Tuesdays   4:45pm – 5:30pm	Room T-107
Latter Day Saints Student Association	Thursdays   11:15am – 12:10pm & 12:15pm – 1:10pm	Room WA-212
Investment Club	Wednesdays   4:40pm – 5:40pm	Room T-509
Aboriginal Club	Bi-Monthly beginning Oct. 22   4:15pm – 5:10pm	Room H-111
intoNAIT 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 Every Friday at 4pm-8:30pm Every Sunday at 11am-4pm	Studio (S-112) Studio (S-112) Studio (S-112)
Music Club at NAIT Jam Sessions	Every Thursday at 5pm-7pm	Room H-003

### UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Biological Sciences	Pub Night	March 22	The Pint on Whyte
Accounting Club	Tax Clinics	March 22, March 29, April 5	Room T-210 / T-211
Enactus	Bake Sale	March 26   9am-4pm	Outside NAITSA office (E-131)
BCX	Etiquette Dinner	March 26   5:30pm-9pm	The Nest Taphouse & Grill
Club Culinaire	Silent Auction	March 27   9am-4pm	South Lobby-NAIT Main Campus
MECSA	Mini Career Fair	March 28   10am-2pm	B-Building
Civil Engineering	Sponsor Info/Recruitment Session	March 28   11:15am	Room L-036
IET	Bar Night	March 28	Billiards Club
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 & Silent Auction	March 29   6:30pm	The Blind Duck
MRT 67	Club Rad-BYOBB (bring your own banana)	April 1   11am-2:30pm	Outside NAITSA office, E-131
BCX	Mustard Seed Dinner Volunteering	April 8   5pm	Mustard Seed
ASC	Round Dance	April 26   Day event	Enoch

### CAMPUS CLUBS NEWS

WHAT	WHEN
GIV'ER Submissions Deadline	March 21, 2014
NAITSA Awards Night	April 5, 2014

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

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



### VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus  
780.471.8457 | 780.471.8871  
[campusclubs@nait.ca](mailto:campusclubs@nait.ca) | [naitsa.ca/clubs](http://naitsa.ca/clubs)

Check out the Clubs Website for other upcoming Important Clubs Dates



## NOTICE FROM THE OFFICE OF THE REGISTRAR

**ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2014?****IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2014**

Friday May 2, 2014 and Saturday, May 3, 2014

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

Gown orders are currently being taken at the following locations:

NAIT Bookstore, Room X114 or by contacting 780-471-7717

Patricia Campus Bookstore, Room P135

or at South Campus – Room Z155A

**Deadline for ordering gowns: FRIDAY, MARCH 28, 2014**For more information regarding Convocation 2014, visit NAIT's website at [www.nait.ca/convocation](http://www.nait.ca/convocation)**Friday Evening Ceremony  
May 2nd, 2014 – 6:30 p.m.****JR Shaw School of Business**

Baking  
Cooking  
Culinary Arts  
Hospitality Management  
Professional Meat Cutting and Merchandising

**Apprenticeship Programs**

- Apprentice Baker
- Apprentice Cook

Accelerated Accounting  
Applied Banking and Business  
Business Administration – Accounting  
Business Administration – Finance  
Business Administration – Human Resource Mgmt.  
Business Administration – Management  
Business Administration – Marketing  
Bachelor of Applied Business Admin. – Accounting  
Bachelor of Applied Business Admin. – Finance  
Bachelor of Business Administration

**School of Information Communication  
and Engineering Technologies**

Bachelor of Technology in Technology Management

**Saturday Morning Ceremony  
May 3rd, 2014 – 8:30 a.m.****School of Health Sciences**

Animal Health Technology  
Combined Lab and X-Ray Technology  
Cytotechnology  
Dental Assisting  
Dental Technology  
Denturist Technology  
Diagnostic Medical Sonography  
Emergency Management  
Emergency Medical Tech. – Paramedic  
Magnetic Resonance  
Magnetic Resonance, 2nd Discipline  
Medical Laboratory Assisting  
Medical Laboratory Technology  
Medical Radiologic Technology  
Medical Transcription  
Optical Sciences – Contact Lenses  
Optical Sciences – Eye Glasses  
Personal Fitness Trainer  
Respiratory Therapy  
Veterinary Medical Assistant

**School of Information  
Communication and Engineering  
Technologies**

Captioning and Court Reporting  
Computer Systems Technology  
Digital Media & IT  
Graphic Communications  
Photographic Technology  
Radio and Television (Radio)  
Radio and Television (Television)

**School of Trades**

Auto Body Pre-Employment  
Automotive Pre-Employment  
Building Environmental Systems  
CNC Machinist Technician  
HVAC Specialist  
Industrial Heavy Equipment Technology  
Millwork & Carpentry

**Apprenticeship Programs**

- Auto Body Technician
- Automotive Service Technician
- Boilermaker
- Cabinetmaker
- Carpenter
- Crane and Hoisting Equipment Operator – Boom Truck
- Crane and Hoisting Equipment Operator – Mobile Crane
- Floorcovering Installer
- Gasfitter
- Heavy Equipment Technician
- Insulator
- Ironworker
- Lather – Interior Systems Mechanic
- Machinist
- Millwright

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

**Saturday Afternoon Ceremony  
May 3rd, 2014 – 1:30 p.m.****School of Information Communication and  
Engineering Technologies**

Bachelor of Applied Information Systems Technology  
Biomedical Engineering Technology  
Computer Engineering Technology  
Computer Network Administrator  
Electrical Engineering Technology  
Electronics Engineering Technology  
Instrumentation Engineering Technology  
Materials Engineering Technology  
Mechanical Engineering Technology  
Nanotechnology Systems  
Network Engineering Technology  
Wireless Systems Engineering Technology

**Apprenticeship Programs**

- Communication Technician
- Electrician
- Instrument Technician
- Power System Electrician
- Powerline Technician

**School of Sustainable Building and  
Environmental Management**

Alternative Energy Technology  
Architectural Technology  
Biological Sciences Technology  
– Environmental Sciences  
Biological Sciences Technology  
– Laboratory and Research  
Biological Sciences Technology  
– Renewable Resources

Chemical Engineering Technology  
Chemical Technology  
Civil Engineering Technology  
Construction Engineering Technology  
Engineering Design and Drafting  
Forest Technology  
Geological Technology  
Geomatics Engineering Technology  
Interior Design Technology  
Landscape Architectural Technology  
Occupational Health and Safety  
Petroleum Engineering Technology  
Power Engineering – 4th Class  
Power Engineering Technology  
Water and Wastewater Technician



# ENTERTAINMENT

## Last grindhouse on the left



By **RICHARD LUKACS**  
Entertainment Editor  
@DickTorrance

Hi. My name is Richard Lukacs. I'm a hopeless cinephile. To hell with monogamy, I'm in love with most film genres at the same time – from film-noir through psychological dramas to cheesy '80s action movies. However, if I really have to choose my favourite, I go with exploitation films.

This collective noun refers to the craziest low-budget films full of violence and nudity, very often giving forth a politically incorrect message. Another quite famous fan of these demented celluloid offerings is Quentin Tarantino. He and his pal, Robert Rodriguez, tried to pay tribute to them in their double-feature called *Grindhouse* and while I think it

somehow missed the point (real exploitation films are cheap, nasty and poorly written, but never ever boring), I appreciated the effort.

In the glorious '60s there was a beautiful revolution going on in American cinema. It settled the shape of Hollywood mainstream for the next 20 years, but (at least for the freaks like me) even more importantly gave birth to the frantic quantity production of the so-called B-movies. Ultra low-budget shameless pictures with the bald intention of fast money-making swamped the then incredibly popular drive-in theatres. Now I understand if someone says that calling a sleazy flick like *Faster, Pussycat! Kill! Kill!* a relentless masterpiece is an overstatement, but in my eyes it's better than *Citizen Kane*. I don't care if you call me crazy, I like it more as I've seen it a thousand times

and it just entertained me ceaselessly.

This wave reached its peak in the 1970s when specialized movie theatres (called grindhouses) opened one after the other. In these dirty, raunchy places the audience could

dive into sex and violence for pennies as they didn't screen anything but exploitation films 24/7. It was the big screen's answer to TV as they had to offer something that you couldn't see at home sitting on your comfortable couch. And boy, movies like *Blood Feast* from 1965 would be still too graphic and tough for most TV stations. If there were a place like this today I would move in and never leave, I swear.

The exploitation boom was so loud that many sub-categories shown up. We had blaxploitation (exploitation with black cast and crew like *Blacula* or *Foxy Brown*), ozploitation (Australian exploit-

ation films like *Mad Max* or *Razorback*), sexploitation (*Supervixen*, *Caligula*), nazisploitation (*Ilsa, She Wolf of the SS*, *The Last Orgy of the Third Reich*), carsploitation (*Vanishing Point*, *Race With the Devil*), shocksploitation (*I Drink Your Blood*, *Blood Sucking Freaks*, *Cannibal Holocaust*, *Nekromantik*) and all that jazz. And there were the infamous "rape and revenge" movies where the basic storyline was almost the same in each case: our poor protagonist gets abused by a bunch of hillbillies and after she (or sometimes he) recovers, goes on a killing spree of revenge.

*I Spit on Your Grave* and *They Called Her One-Eye* are the most infamous ones but some of the strongest and most valuable exploitation films are between these titles as well. *Deliverance* or the *Last House on the Left* are absolute classics and to tie it back to the master of recycling, Quentin Tarantino's *Kill Bill* is a sheer deference of rape-and-revenge pictures.

I simply love these movies and I don't feel bad about it. They are brave, rustic, shocking and unforgettable. They are moody and imperfect. Just like me. Welcome to my grindhouse!



## 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





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By **DANIIL ANSELM**

Night Crawling, Part 2

It's now 5:30 a.m. You're standing in the middle of a Denny's parking lot with a couple of other night crawlers – 'Bugz', who pushes el polvo blanco in the area, and 'C', who seems to only sleep a couple nights a week. A light snowfall has started and as you look up, the snowflakes slowly dance, suspended in the cloud of smoke that

sits above you. An infinite amount of time appears to pass by.

The serene night is suddenly interrupted by an alarm. Your hand instinctively reaches out to hit the snooze button but your hand grasps at cold air. The monophonic drone of a police siren grows until you snap out of your daze and realize where you are.

Bugz and C have already left, running off in opposite directions. C is too slow and will be caught by the end of the ordeal. You calmly make your way to your whip and swerve right out of the lot into a nearby back alley. You turn off your headlights, lean back and crawl through the maze of alleys, the lone and forgotten passageways of every city. The patches of black ice, the scattered garbage bins and the

occasional rabbit that limps along create an artistic hell.

You slowly head south, knowing that eventually you will end up on a largely deserted highway that takes you to your next destination. A blanket of thick snow now covers the city, silencing any emitting sound. The world is oblivious to the soundtrack that you ride to:

– Ice Cream – Wu-Tang Clan  
– Still Tippin – Mike Jones  
Feat. Slim Thug, Paul Wall  
– Verbal Graffiti – Cormega  
– Snow – Roc Marciano  
– Ryder Music – 50 Cent  
– S.O.S. – Danny Brown  
– Trillmatic – A\$AP Mob  
Feat. Method Man  
– Bronchitis – Childish Gambino



highlevelsound.blogspot.com

– The Zone – The Weeknd  
Feat. Drake  
– Flashing Lights – Kanye West  
Feat. Dwele  
– Last Dayz – Onyx  
– Movements – Roots Manuva  
– Aquemini – Outkast  
– Grooveline Pt. 1 – Schoolboy Q  
Feat. Dom Kennedy and  
Curren\$y  
– Oldie – Odd Future

# A decade in pop culture

By **DAKOTA BARBER**

@dakotabarber

For the sake of being an interesting person, I think it's important to always have a couple facts on hand to fill a silence. In the spirit of keeping things light, here are some interesting things that have happened in the last 10 years in the world of pop culture during the month of March.

**2013:** Miley Cyrus dyes her now infamous short blonde mane blue, the Harlem Shake is born, stars like Britney Spears, Beyoncé and Rihanna try to make wedge sneakers happen and Lindsay Lohan goes to rehab ... again.

**2012:** George Clooney gets arrested, Rosie O'Donnell's talk show gets cancelled by Oprah's network, Hilary Duff pops out a cute little baby and Madonna joins Twitter for one day.

**2011:** Phil Collins retires, Charlie Sheen goes a little nuts after being fired from *Two and a Half Men*, Justin Bieber gets a wax statue, Elizabeth Taylor passes away at the age of 79 and Beyoncé fires her dad as a manager.

**2010:** Lil Wayne goes to jail, The Pussycat Dolls break up, Lady Gaga gets a guest star role on *Glee* and Ricky Martin comes out as gay.

**2009:** Jimmy Fallon makes his late night debut, U2 performs five times in a row on *The Late Show with David Letterman*, Soulja Boy performs at Wango Tango and Bruce Willis says "I do."

**2008:** The woman known for launching the Backstreet Boys and N'SYNC pleads guilty to \$300 million in fraud, will.i.am releases a music video dedicated to Obama,

"Don't Stop the Music" by Rihanna tops the charts and Harry Potter fans weep as they find out the final movie will be split into two parts.

**2007:** *Are You Smarter Than a 5th Grader?* captivates audiences, Britain denies Snoop Dogg entry to perform on tour and Busta Rhymes is on trial for assault.

**2006:** Ozzy Osbourne is inducted into the Rock and Roll Hall of Fame, Supermodel Naomi Campbell is charged for throwing her phone at her assistant, Hannah Montana debuts on the Disney channel and *Crash* wins best picture at the 78th Academy Awards.

**2005:** Alanis Morissette announces an acoustic version of her record *Jagged Little*

*Pill*, *The Office* has its debut on NBC and a member of The Game's entourage is shot outside a radio station in Queens, N.Y.

**2004:** R. Kelly is accused of having sex with an underage girl when photos are

reportedly seized, Norah Jones performs on *Saturday Night Live*, Howard Stern goes on a radio rant about George Bush and Michael Jackson sues the guy selling all the stuff he acquired from him at a bankruptcy sale.



au.ibtimes.com

Miley Cyrus and her blue hair

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# Hudsons a treat

*Good music, food at downtown location*

By MUHAMMAD WAQAS

On Wednesday night, my Mexican friend invited me on a wings nights to Hudsons located at 11248 104 Ave. close to the MacEwan University residence. It stays open seven days a week from 11 a.m. to 2 a.m. After finishing at a day at NAIT, my cousin and I went directly to see my buddy.

I have been to other Hudsons but I never got a chance to visit this one. From outside it looks like an ordinary pub but when I entered, it was a totally different world. Words that came into my mind were “inclusive,” “comfortable” and “unpretentious.” As I entered, a pretty waitress in a black dress offered to seat me but I was looking for my friend.

The place was packed but I managed to find my friend and others who had joined him. I had no idea that so many people were coming – friends, friends of friends, girls and guys. The interesting thing was they were all Latinos and you could hear them from a distance speaking Spanish, so it wouldn't be wrong to say it was a Latino night.

When I arrived they all looked at me, greeted me as one of them even though half I didn't know half of them. Finally, I got a place to sit and again another pretty waitress came to me with a menu to ask about my order. I looked around the table – every-

one was having wings with beer because, off course, it was wings night. Damn good looking wings, smelled good but I preferred to go against the odds and ordered pizza-pan nachos, which included tomatoes, jalapeños, white and green onions, fresh salsa and sour cream.

I knew that it was going to take a while for the nachos to arrive, so I jumped into conversation with my friends. When the nachos arrived, it was a huge tray and there was no way to finish them alone, so I offered it to everyone. The four of us were eating nachos, but we still couldn't finish. They were damn good, though. The waitresses from time to time came back asking if we needed anything else and if everything were going good so far.

This is what I liked about that place, they were providing a pleasing brand of ‘Canadian hospitality’ that you would recommend to a friend.

I stayed there till midnight but, all in all, the Hudson's experience was like the comfort of home with the enjoyment of being out. The place looks amazing from the inside, the music was good and they played all kinds. No matter if you are a country fan or techno, they have it all. Despite the huge crowd, the place was very clean and the bar was modern and pleasant. They have a huge screen, so if anyone wants to go to



www.tripadvisor.ca

watch the game it is an amazing place to sit and relax with your friends and have a good

time. Great food, responsive and friendly service staff. I really enjoyed the place.

# What's coming to Edmonton

By TAYLOR BRAAT

Edmonton has a thriving music scene; from country, to rap, to electronic dance music, there is truly something for everyone's music taste here. From music festivals popping up all around summer time, to little underground shows and

street performers, there is always something to listen to here. Musicians want you to know about them, and promoters are willing to help them do that wherever they can. In smaller venues such as The Starlite Room and larger venues like The Shaw Conference Centre, everyone's

budget can be met.

Just recently announced, Pennywise, the 13-year-old punk rock band, will be thrashing around on Union Hall's stage on May 2 which surely will be a crazy night for all the punk fans. The venue is located on the north side and there are still a large amount of tickets available.

The Canadian duo Kenny Hotz and Spencer Rice from the hit Canadian sitcom *Kenny vs Spenny* will be performing a live show on April 1 at The Myer Horowitz theatre and their show is called *Kenny vs Spenny vs Canada*. They are a couple of hilarious guys who compete against each other in each episode, doing crude (sometimes awful) things to each other with each episode ending in humiliation for the loser. The show is also a true story of the two friends and how their relationship is a deeper psychological clash.

For electronic dance music fans, we have Northern Lights Music Festival coming up at the Shaw Conference Centre on the weekend of March 21 and 22. There will be huge headlining DJs such as Trance Music's Gareth Emery and also the well-known Kaskade. There will also be pre-parties at night clubs around Edmonton on the days leading up to the

massive music festival. The festival consists of a lot of harder electronic music with the likes of Datsik, TJR, Borgeous, Chuckie and many more, spanning the entire weekend. This show will be a great time with lots of colourful outfits and fun people to meet! The show is being held by Connected Events, Aqua Audio, Luxiter Events and more.

Also coming soon to Edmonton at the Winspear Centre, we have the legend, John Legend, doing a performance on June 25. This is not as soon as the other shows but it is definitely a huge one. John Legend rarely comes to Edmonton, and with hits like “All of Me,” and his new one, “Dance the Pain Away,” it will surely be an amazingly produced and beautiful performance. He has lent his voice to many musicians in collaborations, so you never know what he will be bringing to the table on that evening.

All of these and many more are coming to our beautiful city this spring and we are so lucky that we attract such great artists and performers. Edmonton is a very cultured city and it is a known fact that musical talent loves to come perform for us because we have lively and upbeat crowds that truly enjoy all kinds of music.



www.youtube.com

Kenny Hotz and Spencer Rice will perform at the Myer Horowitz Theatre.



# Talent show surprises

By **QUINTON BERGER**  
Entertainment Editor  
*@QuintonBerger6*

Last week I was given the job of sitting in on NAIT’s talent show, which was held in the Shaw Theatre at 3 p.m. last Wednesday. I have to admit when I first sat down in my seat, I was less than “amped,” as the kids say. The place was less than packed and if my previous years of schooling had taught me anything, school talent shows were less than remarkable. I didn’t even have any of my buddies with me to make cynical comments with.

Well, as it turned out, I didn’t need them. We all know Edmonton is a cultural melting pot and looking around NAIT, it’s easy to see how welcoming and accommodating we are to people of all cultures. NAIT’s talent show, proved to be a veritable melting pot itself as students stepped up to demonstrate various dances and acts from home.

### Hosted by students

One cool thing about the show was that it was hosted by NAIT students. “I was asked to be a host since the show needed one,” says Electrical Engineering student Ashley Ngo.

“I love to be involved in activities around campus, so I agreed.”

The show was co-hosted by Gerard Amani, a Business student who also performed in the show but we’ll get to that later.

The first acts proved conventional for a talent show as management student, Jocelyn Ng, kicked the show off with an upbeat, light hearted tune on the piano, followed by ESL student Zipora Eufrica Sasa, who performed a ballet dance.

Sasa’s movements were very fluid and elegant but, then again, I’m not the guy to talk to about ballet. I’m sure someone more knowledgeable would be able to give a more detailed description. I do, however, recall thinking that the beat used would make a chill rap song ... or maybe already is one ... I should have Shazam’d it! Over all, ’twas a pretty standard talent show to that point but that soon changed.

Immediately following, was Jattitude, a dance group of students from Africa performed a dance from Africa which looked like a lot of fun and included the use of sticks and sick little breakdances in between choreographed parts. The cheerful dance moves and upbeat music really helped set the tone for the remainder of the show. It proved very entertaining and the crowd loved it, they went ape shit.

“I’m an artsy person so I decided to sign up and sing, while supporting talent at NAIT, explained DMIT student Kate Puim.

The show carried on with Gerard Amani presenting an educational talk. His approach to the way students viewed education is rather similar to mine – students get so wrapped up in school that they forget about what else is important. We become so focused on our books that we forget to focus on community. We spend so much time with our eyes on the prize that we forget to embrace and give back to those around us because ultimately, community will get you further in life than books will. So far, this was my favourite piece of the night. Way to go, Gerard Amani. You go, Gerard Amani!

### Open mic

This was to be followed up by two twins from India performing a dance from back home but they had gone to the bathroom. Instead, our hosts gave the audience a chance to jump in on some open mic. This opportunity was soon seized by two students who sort of resembled Seth Rogen and Turtle from *Entourage* (and I mean that in a good way). These guys began to serenade the student body with some beat boxing which was actually pretty sick. The crowd all got in on it and started clapping and the impromptu beat boxing set ended with some Transformer’s rendition.

At this point, the twins were back and ready to perform. Their performance featured Indian gowns, hypnotically fluid motions and catchy Indian music. This was then followed by a group called Bhangra Beats, which also featured Indian women in Indian garb but this time the dancing was set to North American hip hop music.

All in all, while I approached NAIT’s talent show with a rather cynical state of mind, it was quickly turned around with interesting pieces of different cultures and positive energy from the audience. The show proved to be a lot more interesting than the ones I’d attended at a small town high school ... who would’ve thought?



Photo by Alyssa Camp

Jattitude takes a bow

## Sudoku Puzzle

		9			8		6	
	4	3			1			8
					9			3
		8		6		5	2	
	9						3	
	3	5		7		6		
3			2					
5			4			7	1	
	6		8			3		

By websudoku.com

Solution on page 25

## THROWBACK THURSDAY

# Dreaming about drive-ins

By KRYSTA MARTELL

If I could go back in time and experience something unique and “old fashioned,” it would be to go to the drive-in. I wish I could say that “when I was a kid, I remember going to the drive-in to watch my favourite movie,” but that’s just not the case because I didn’t know we had any and they went extinct before I was old enough to understand what they were. Believe it or not, Edmonton was actually the drive-in capital and had the most drive-in theatres of any city on the continent. Legend has it that it got its beginning in the 1940s when a farmer in the U.S. draped a screen between two telephone poles. He used a foghorn for a speaker and charged a quarter a car.

By 1977, Edmonton boasted 10 drive-in theatres, which became a fascinating chapter of our history. Drive-ins were also commonly known as passion pits, which I guess, if you think about all the teenagers and adults who went to “watch the movie,” the name is quite appropriate.

Edmontonians loved their cars and they loved their movies so what better way than to combine the two. I never would have guessed Edmonton of all places would be the drive-in capital, with our winters hovering around a chilling minus 30 and our summers where it doesn’t get dark till after 10 p.m., but it didn’t phase anyone and it still resulted in a phenomenon.

The first drive-in was The Starlite, at the time it was just farmland residing at 156 Street and 87 Avenue, which is now Whitehall Square, so the next time you’re in the area just remember that spot is a piece of history. The first film that was shown at The Starlite was a god-awful remake of *The Perils of Pauline* but that didn’t matter because over 600 cars filled the lot – so many came that tons had to be turned away.

It wasn’t until the 1980s when technology started to take over and home videos emerged as a market force, that the demographics and entertainment started to shift and the drive-in business began to decline. Many had to close, the last being the Millwoods and Twin Drive-In in 1996. The big screens weren’t demolished until 2002, bringing an end to one of Edmonton’s glorious chapters. I wished I had the opportunity to experience a drive-in and eat the old fashioned popcorn. It’s so vintage and a piece of Edmonton’s history that I would have loved to enjoy it.



www.vintagedmonton.com

## Two awards shows in one

By EVAN KIRBY  
@evankirby

The Canadian Screen Awards were just recently handed out, with all of Canada riveted to find out who would take home illustrious awards in film and television.

Just kidding, I don’t think that anyone knew that this was happening and I myself had to do a double-take on the name of this ceremony. Now, I’m pretty well in touch with the film and television industry and there’s really nothing I love more than awards shows, but I’d never heard of this thing. I know the Genies and Gemini (Canada’s answer to the Oscars and Emmys) but had no clue what this new awards ceremony was all about.

Well, as it turns out, both of the latter shows were consolidated into one ceremony, hence the Canadian Screen Awards, which we’re here to talk about now.



Being a proud Canadian and lover of all things put on screens, it has always disheartened me how much the Canadian film and television world has languished behind others in the vast world of storytelling. It’s not that our creations are inherently terrible or pointless, it’s just the attempt to differentiate ourselves from the Americans and getting our product out there that hampers us. From the perspective of an outsider, who is to tell what is American and what is Canadian? We speak the same language and look the same, unlike countries with defined languages and appearances who are able to separate themselves and create their own products.

Canada has tried to make their presence felt in the worldwide market in several ways. The television market seems to be working a lot better than film, with film operating on two mediums. The film industry in Canada runs in a cycle, attempting to coincide with the

likes of people but never perfecting that relationship. The industry will put all its money into numerous small independent films, like *Away From Her* and just hope to hit gold, which, granted it actually did there.

When that well runs dry, they’ll focus on big, sweeping movies like Paul Gross’s *Passchendaele*. This cycle continues and Canadian film is stuck in a forgettable rut with a hit splashed in every once in awhile.

Now that I’ve broken down the Canadian film industry, I guess we should talk about what this article promised.

First off, it was a pretty genius idea to combine both the Genies and Gemini into one award show, because if Canadian’s weren’t going to watch two awards shows, it’s much better if they ignore only one show. I’m not going to lie and say I know anything about *Gabrielle*, which won best picture or that I’ve seen *Orphan Black*, which won best dramatic TV series (although I hear from everybody that it’s pretty great).

Sorry if you were actually looking for a category-by-category break-down of the Canadian Screen Awards, but all the power to you if you actually exist.



## MOVIES – THE KURT LOCKER

## Triple your enjoyment

Nicolas Winding Refn who made *Drive* and *Only God Forgives* made his directorial debut in 1996 with a film called *Pusher* and then made two sequels in 2004 and 2005.

So now we have *The Pusher Trilogy*.

*Pusher* is about Frank, this low level drug dealer who is in debt to Milo, a Copenhagen crime boss (and amateur chef). Frank tries to score a massive amount of money through a drug deal that goes horribly, leaving him in even more debt. And in the film we see Frank frantically search for quick cash, including going to his mom's house or in one memorable scene going to some random dead-beat who owes him money ... only to see him commit suicide. Nothing really goes Frank's way.

*Pusher 2* is about Tonny (played by Mads Mikkelsen, whose career was launched by these films). Tonny is Frank's less than genius buddy in *Pusher 1*. In *Pusher 2*, he gets the centre focus. He's released from prison and tries to set himself up in his father's business. The Duke, Tonny's father, is another crime boss who has nothing but contempt for his son. Tonny is also informed that he has a son he never knew about, the mother of whom is a drug addict and is the last person who should be raising a child.

*Pusher 2* is more of a drama than a crime film. Tonny is willing to do anything to please his father, including stealing new cars from a dealership. Mads Mikkelsen gives an amazing performance as Tonny, this moron much like Frank, for whom nothing works out. But unlike Frank, you



www.anonlineuniverse.com

The second film follows Tonny (Mads Mikkelsen), whom we first met as Frank's sidekick in the first film

can see that Tonny has a heart.

*Pusher 3* focuses on Milo, the crime boss from *Pusher 1*. Milo, in the years since the first film, has lost much of his criminal influence in Copenhagen. He's now forced to work with and for the much younger generation of drug dealers. And on the night of his daughter's 25th birthday, he has quite a lot to do:

- search for some missing drugs
- kowtow to his new drug suppliers as they try to sell a woman in his club

– cater his daughter's party, which proves the most arduous

*Pusher 3* is my favourite in the trilogy. Milo (played by Zlatko Buric) is a wonderful character. In one night we see him shift between personas – a loving father and then a ruthless killer, depending on where he is. It's a great performance. And has my favourite character in the trilogy, Radovan, a sort of definitive gangster henchman. Need someone hurt or a body to be dismembered? Radovan's your guy.

Refn, with this trilogy, really has made the Danish *Pulp Fiction*. His style of filmmaking is all over *Pusher*, that mix of brooding tension which then explodes into sudden violence.

*The Pusher Trilogy* is a nice change of pace from American crime films, something wholly different.

All three films are well worth your time.



## Batty behaviour and music

By QUINTON BERGER  
Entertainment Editor

There's no doubt that today's mainstream music has gone rather batty. SXSW, the massive film/music festival that occurs every year in Austin, Texas proved to be a complete gong show this year. The starry eyed child stars of yesterday have turned into wide eyed (and we all know why) problem children and as for the quality of today's music... \*shudder\*.

SXSW has earned a hell of a reputation over the years and 2014's installment of the festival earned it a less than reputable one. The worst incident to occur is easily the drunk driving incident that left two people dead and 22 injured. A drunk driver had careened through a police barricade and into the unsuspecting crowd. Granted, this incident in no way shape

or form was the fault of anyone involved with SXSW, promoters or performers but still ... damn. The other notorious happening at SXSW involves none other than Tyler the Creator. Tyler has always carried himself with a wild and rebellious presence and SXSW was no exception. Tyler was arrested by Austin police during the festival for allegedly inciting a riot. The so-called riot was sparked after a show this past weekend. While security were trying to keep fans out of a venue that was already over capacity, Tyler encouraged everyone to just break through and run it. That's exactly what happened. Video footage can be seen of the incident and it doesn't look like much of a riot. Everyone breaks past security and hauls in but it's nothing violent. This is no Woodstock '99 where Limp Bizkit literally did incite a riot. No, Tyler just

got a bunch of kids to disobey authority and as a result was arrested. But if youthful defiance doesn't represent the loud abrasive "f#@k you!" that is Tyler the Creator and Odd Future, I don't know what does.

Then, of course, there are the kids who are growing up too fast. Controversy has been sparked once again by Miley Cyrus after she posted a picture on Instagram of her rolling a joint. Normally, I could go on about how this sets a bad example for her young fans but honestly, after the VMA performance (where twerking was brought to the eyes of horrified parents) and her feature in Mike Will Made It's "23" where she sings about being in the club "high on purp," I'd say rolling a joint doesn't seem so bad. It's definitely better than sippin' purple drank and acting like a slut on TV ...

but maybe I'm just old fashioned. Miley isn't alone in the "good kids gone bad" celebrity world, as we all know what a jerk Justin Bieber has turned into. In a recent interview, the Biebs openly admitted to taking Xanax (a prescription drug used to treat anxiety) recreationally. Then there's driving under the influence, attacking paparazzis and a raid on his house during which police found a bunch of codeine (a pain killer which has become quite popular in pop music – this is what Miley is referring to in "23").

Here's what stumps me, though. Bieber has been making headlines for his wild and "out of control" behaviour ... guess the Xanax and codeine aren't working. Think about it, if this kid's taking anti-anxiety pills and pain killers, why's he always whiling out. Shouldn't he be chillin' all mellowed out? ... weird.

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# MAKE YOUR MOVE

Your next move will set your career in motion

College transfer student Courtney Lockhart always knew she wanted to pursue a career in politics. What she didn't know was that a degree from the University of Lethbridge would take her from Lethbridge all the way to Capitol Hill.

Courtney secured a co-op position at Global Centurion in Washington, D.C., an organization focused on the abolition of

modern slavery. Not only did Courtney see former U.S. Secretary of State Hillary Clinton give a speech at the Department of State, but her work allowed her to see the impact of human rights advocacy first-hand.

Recognized on the national stage as one of Canada's top-three undergraduate institutions (2014 Maclean's University Rankings) and one of Canada's

top-three undergraduate research universities (RESEARCH Infosource, 2013), uLethbridge provides students opportunities to take their education outside the classroom – something that Courtney says gave her insight into future jobs.

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MUHAMMAD WAQAS

# Where do you prefer to eat on campus and why?



"I like Common Market, because it is the nearest place to the Business Tower. It has more options and, more important, I don't need to line up for a long time."

**Catherine Wang**  
BBA Accounting



"Fresh Express, because I love the way they serve food, especially the 'Cajun Burger.'"

**Rohit Sharma**  
Business Administration – Management



"Common Market, because mostly people go there, it allows me to make more friends off course and attract more students to become members of my club."

**Wayne Jiang**  
DMIT – System Admin



"I prefer Common Market. I like the environment, especially the music, it helps me relax. I can sit and chat with friends and review books. Moreover, Starbucks is nearby."

**Yolanda Lau**  
Business Administration



"Common Market, because I can get something different every time."

**Manpreet Kaur Bajwa**  
Business Administration – Management

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**HOW DID WE DO?**



# Toasted Nutri-Grain? Try it!

By **QUINTON BERGER**

A while ago, the *Nugget* used to run a column called “Do it Yourself.” Our writers would find something on Pinterest or something of that nature, then rekindle us with their experience trying whatever recipe or craft they’d tried out. I’m not one for crafts

or the culinary arts but the other day I came across the single greatest discovery to ever befall me in my young life.

I learned that Nutri-Grain bars can be freaking toasted! I was spreading some ordinary Nutella on some boring old toast when the thought struck me. I dropped that

lame ass Nutella toast and hurried over to the pantry. I grabbed a Nurtri-Grain bar, popped it in the toaster and the result was amazing.

Toasting a Nutri-Grain bar is essentially like a mini pop tart minus the sugary icing. The edges get all dark and crispy while the inside gets warm as hell, never mind that

cool, chew, non toasted lie that I’d been living my entire life. Toasting a Nutri-Grain bar has revolutionized the way I will view snacks. I bet when I die, I’ll be greeted by Einstein and Tesla, who I will then chill with in a private booth and eat toasted Nutri-Grain bars. It will be tight.

# A spoonful of family fun

By **TAYLOR BRAAT**

A spoon full of sugar really will help the medicine go down in the most delightful way, from March 15 until April 20 at the Citadel Theatre.

Robbins Academy and the Citadel Theatre are presenting *Mary Poppins, A Broadway Musical*, based on the classic Disney movie.

Directed by Micheal Shamata and Don Horsburg, *Mary Poppins* has been adapted as a live show with music ensembles and amazing vocalists and actors. There will be new songs and additional music created by George Stiles and Anthony Drewe added to the production.

The book, written by P.L. Travers in 1933,

was sought out by Walt Disney himself and made into a film and released in 1964. This movie has touched many hearts and been recreated countless times and now it has been produced again, and brought to Edmonton.

This show is a perfect opportunity for the whole family to re-live a timeless Disney classic in the flesh. This is the story of how a

nanny comes into a family’s lives and re-connects and rekindles their love for each other after they had become dysfunctional.

This musical promises Supercalifragilisticexpialidocious family fun! Tickets for 35\$ and more information can be found on the Citadel Theatre’s website [www.citadeltheatre.com](http://www.citadeltheatre.com) or by calling 780-425-1820.

# It’s all about a positive outlook

By **KRISTA PIERCE**  
NAIT Student  
Counselling

Positive thinking can be described as approaching the challenges life throws at you with a positive outlook. It definitely doesn’t mean ignoring the bad things; instead it is trying to make the most of a bad situation, seeing the best in other people and trying to view ourselves in a positive light. Research is full of examples of positive thinking helping with stress management and improving overall health and wellbeing. According the Mayo Clinic, positive thinking is linked with a longer life span, lower rates of depression, increased resistance to catching a cold, increased physical well being, better psychological health, lower risk of cardiovascular disease-related death and better coping skills.

The question is – how can you become a more positive thinker?

Here are some tips to get the ball rolling.

## Nix negative self talk

Self talk is the “stuff” we mentally tell ourselves. It can have a direct effect on lowering our self-esteem, particularly if our self talk is negative. Because our actions are inspired by our thoughts, if we can change the way we think, we can begin to change the actions we take. Practising positive self talk can help us set in motion actions that will bring us greater rewards. It can help to give you a positive pep talk or make a list of the things you are good at or have accomplished. You could also stand in front of a mirror and say some positive statements out loud to yourself.

## Cultivate an attitude of gratitude

Researchers are finding that individuals who exhibit and express the most gratitude are happier, healthier and more energetic. Grate-

ful people report fewer symptoms such as headaches, stomachaches, nausea and even acne. And the more a person is inclined towards gratitude, the less lonely, stressed, anxious and depressed he or she will be. Every day, try to make a list of three to five things that happened that were great and that you are thankful for. This may be more difficult at first – both in terms of the number of things you can think of and your level of thankfulness but you will find it becomes easier and more automatic over time.

## Humour

Without humour, it can be very hard to stay positive. Sometimes just being able to recognize the potential humour in a situation can lessen our stress and increase positivity. YouTube and other social media are great at making us laugh. Watch funny videos on YouTube or read autocorrect fails to make yourself laugh. It can also be helpful to post positive quotes in places we’ll see them; use sticky notes to attach to your fridge, dashboard or computer.

## Strengthen your optimism muscle

Learning to think positively is like working a muscle. The more you use optimism the stronger it will become. Even if you are naturally optimistic it can still take effort, particularly when faced when challenging situations.

## Meditate or do yoga

Yoga is very relaxing, can help ease your mind and focuses your thoughts on the present. Meditation can be as simple as sitting in a

comfortable chair listening to calming music or doing deep breathing exercises. If you spend a few minutes each day feeling relaxed and peaceful, you may find that you automatically shift your mind into a more positive place. In essence, when you feel more relaxed you start thinking more positively. Start with a short period of time, like five minutes a day. You can meditate first thing in the morning, during your lunch break, right before you go to bed at night or any time. It doesn’t take a lot of time and you can do it no matter where you are.

## Surround yourself with positive people

Your mental state can become toxic by being around friends who are negative. If you are not vigilant, you will start to adopt their thoughts as your own. It’s important to be aware of what your negative influences are. If they come from certain friends, limit your exposure to them as much as you can. Refrain from discussing your plans with people who will be unsupportive of your dreams and goals. Instead, surround yourself with thoughts and actions from people who will empower you. If you are surrounded by people who look at things positively, you will take on this way of thinking!

## Join a club

Joining a club or group of interest allows you to become involved with like-minded people, can lower your stress and can give you an opportunity to build relationships and meet new people. NAIT has a tonne of clubs that may be of interest to you. Check out [naitsa.ca](http://naitsa.ca) for

more information.

## Depression and positive thinking

It’s important to note that negative thinking is something that can be turned around with some work and effort. It is not the same things as depression – something that can’t just be “turned off.” Most people have felt sad or depressed at times and feeling depressed can be a normal reaction to loss, life’s struggles or an injured self-esteem. However, when feelings of intense sadness – including feeling helpless, hopeless and worthless – last for many days or weeks and keep you from functioning normally, you may be dealing with something more than sadness. It may be clinical depression – a treatable medical condition. If you find that you can’t break out of a pessimistic mind frame by “just thinking positively” and that happy thoughts or wishful thinking aren’t cutting it, you may want to consider coming to talk to a counsellor in Room W-111PB (Academic Success Centre). Counselling is free for NAIT students and a counsellor can help you figure out what you are dealing with and provide resources and referral information if necessary.

References:

[www.goodtherapy.org](http://www.goodtherapy.org)  
[www.helpguide.org](http://www.helpguide.org)  
[www.lifehack.org](http://www.lifehack.org)  
[www.naitsa.ca](http://www.naitsa.ca)  
[www.pickthebrain.com](http://www.pickthebrain.com)  
[www.psychology.about.com](http://www.psychology.about.com)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.tinybuddha.com](http://www.tinybuddha.com)  
[www.webmd.ca](http://www.webmd.ca)



THE NUGGET PRESENTS:

## HOROSCOPES



## MADAME O

## March 27-April 2

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

## Aries (March 21-April 19)

A group project member is

likely to be a huge pain in your ass this week. Try to keep your cool. Being a dick in response will probably only make things worse. Invest in a yoga class ... or some Ambien.

## Taurus (April 20-May 20)

You are going to have a hell of a week. Take from that what you will. Is your glass half empty or half full? Just be ready.

## Gemini (May 21-June 21)

You're going to be late at least three times this week. No guarantees that it will be for a fun reason. Consider yourself lucky if you don't get run over by a bus.

## Cancer (June 22-July 22)

Look at your star sign. Do you think anything good is happening to you this week? Unless you're a shark

... because sharks can't get cancer.

## Leo (July 23-Aug. 22)

In honour of my favourite Leo, AKA Leonardo Dicaprio, you get to have an awesome week. You. Are. Welcome.

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

Time for some sexy time. Get on it.

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

Stop being a lazy waste o' skin. Balance out your life. Start with getting ahead on homework and reading so that you can focus on the finer details of what you need to get done.

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

Spring is coming ... consider starting something new. Nothing Breaking Bad-esque though. Maybe a vege-

table garden or a healthy habit.

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

This week is going to suck. Embrace it now and stock up on coffee for the struggle.

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

Opportunities are going to seem limitless to you this week, but don't lose your way. Sometimes opportunities are roadblocks in disguise.

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

Consider finding a puppy to snuggle this week because your stress level is set to skyrocket. Stop by to see Flynn, maybe?

## Pisces (Feb. 19-March 20)

Take the lead on a project even if you feel like you don't have the time. It will pay off for you.

## TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



## “Emergency” scam alert



Though the “Emergency Scam” or the “Grandparent Scam” has been around for years, the Canadian Anti-Fraud Centre warns the public to be on alert after noting a marked increase in the number of complaints.

This type of scam is aimed at persuading seniors to believe a family member or friend is in trouble and in need of financial aid. The scammers are practised con men that use tactics to befriend, gain trust and even scare seniors into parting with their money, in some cases their life savings. These criminals are ruthless. They don't care that many seniors are living on a fixed pension or retirement income.

In the typical scenario, a grandparent receives a phone call from a con-artist claiming to be one of his or her grandchildren. The caller goes on to say that they are in some kind of trouble and need money immediately. Typically they claim being in a car accident, trouble returning from a foreign country or they need bail money. A typical call can go something like this:

Con-artist: Hi, Grandma/Grandpa.

Victim: Hi.

Con-artist: Do you know who this is?

Victim: John?

Con-artist: Yeah.

Victims don't verify the story until after the money has been sent as the caller specifically says that they do not want other relatives to know what has happened by

asking, “Can you please help me? I'm in jail (or in the hospital or in some type of financial need). But don't tell Dad. He would kill me if he found out, please send the money ASAP. I'm scared.”

Wanting to help their grandchild, the victim sends money by a money transfer company such as Money Gram or Western Union. Variations on the scam exist such as an old neighbour or a friend of the family but predominantly the emergency scam is directed toward the grandparents.

Since 2009, the CAFC has received 17,132 emergency scam complaints accounting for more than \$24 million in reported losses. The average loss per victim was \$3,743.07. Of the 17,132 complaints, there were 11,889 emergency scam occurrences reported by Canadians.

## How to protect yourself

Scam artists are among the friendliest, most charming people you'll ever meet. They have to be – it's not easy to convince people to part with money. But if someone wants you to send money to them or they want your credit card information, don't do it. If the caller keeps pressuring you, don't worry about being rude ... just hang up.

- Confirm with other relatives the whereabouts of the family member or friend.

- Police, judges or legal entities will never request that money be sent through money service businesses such as Western

Union or MoneyGram.

- Never voluntarily give out family members' names or information to unknown callers.

- Always question urgent requests for money.

If you suspect that you may be a target of fraud or if you have already sent funds, don't be embarrassed – you're not alone. Act immediately and report the incident to the following:

- File a report with the Edmonton Police Service or the RCMP.

- Report fraudulent activities to the Canadian Anti-Fraud Centre:

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

– Toll Free: 1-888-495-8501

– Information obtained through the Canadian Anti-Fraud Centre and the Edmonton Police Service.

Fraud – Recognize It. Report It. Stop It.

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). 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.

## Who ya gonna call?

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

**Housing** – Online housing registry at [www.rentingspaces.ca](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.”

**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.



## JUST THE TIP

# Sexcellent!

I'm in a relationship, so right off the bat we can establish that this isn't going to be about a one night stand. Relationships are about balance and give and take, making sure the other has what they need. What my relationship tends to need from time to time is sex. I have been with the same guy for three years but sex is still exciting for both of us. Not to say keeping it exciting was easy, though.

I'm sure sometimes people feel like they get into a rut and when you hang out to "watch a movie" you both know that the end of the movie won't be watched by either. And that's fine, I haven't watched the end of a lot of movies. It feels good to know that when I go over to his house I can expect to get laid. It's consistent and comforting to have something established. But don't make judgments of me right off the bat and think my sex life is boring.

I'm sure most of us have had those nights where the sexual tension between you and whoever you're with is almost unbearable. I have had plenty of those, where you just want to rip someone's clothes off but know that it is not the time or the place. As a girl I tend to hold the sex card most of the time. It's really fun to hold that card when my boyfriend

doesn't even know that the card is in play for the night.

When I say I'm going to change into something comfortable and we are at my house, 9.9 times out of 10 that means big sweats and a hoodie that is three times too big for me. But the last time this happened I decided to give comfortable a new meaning, as in something not very comfortable at all (but that's OK, cause those things don't tend to stay on for long).

It is amazing what the little surprise brought. And amazing might even be an understatement. When I appeared in my not so comfortable outfit, my boyfriend's eyes practically jumped out of his head as a slow smile crept across his face. He was in shock, which also meant my surprise was a success.

Getting back to the amazing part though, it was the best sex I think I have ever had. Correction ... I know it was the best sex I have ever had. My little surprise gave me the type of sex that leaves you absolutely exhausted. Literally taking my breath away. We went at it for a good hour or so but not wanting to stop. Just thinking about that night can get a girl all hot and bothered. So with that, I think I have shared enough.

## Sudoku Solution

1	5	9	7	3	8	2	6	4
6	4	3	5	2	1	9	7	8
8	2	7	6	4	9	1	5	3
7	1	8	3	6	4	5	2	9
2	9	6	1	8	5	4	3	7
4	3	5	9	7	2	6	8	1
3	7	4	2	1	6	8	9	5
5	8	2	4	9	3	7	1	6
9	6	1	8	5	7	3	4	2

Puzzle by websudoku.com

## HOT 'N' SINGLE



Photo by Carly Robinson

### Colin Dupuis Alternative Energy

This chap thinks it's been a long time coming for him to grace the pages of the Nugget as this week's Hot 'N' Single.

**Describe yourself in three words:** Don't chive on.

**What can you bring to a relationship?** – I'd say I'm a giver ... and I have a lot of animal shirts.

**What animal is your spirit animal and why?** – Wolverine ... no that's too aggressive. A beaver? No. Dolphin, because it's the only mammal ... Yeah. Wolverine.

**What are you most passionate about?** – I am an avid male rights activist.

**What do you look for in a mate?** – Scabby, liar, cheater ... Somebody who can look me in the eyes and tell me an absolute lie and I believe it.

Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)

# Getting off the grid *My year without Facebook*

By AUTUMN McDOWELL  
The Carillon  
(University of Regina)

REGINA (CUP) – Almost exactly one year ago today, my life changed forever.

No, I didn't take up smoking, only to give it up. I didn't even become a raging alcoholic who found the bottom of the barrel for the last time. While these accomplishments may be applause-worthy, I did something much more important, something that only people with true will power can do. I deleted my Facebook account.

To be honest, I was reluctant to even try Facebook the first time it was offered to me, as I knew the high likelihood that I would become addicted. And while I had managed to resist the peer pressure for many years, I finally surrendered and made an account.

My first experience with Facebook was something extraordinary. I was receiving friend requests left and right and suddenly my life became dependant on seeing that little red number sign next to one of the icons. But that is where the magic ended.

Although Facebook is a great tool for connecting with old friends or keeping in contact with people that have moved away, the majority of people rarely use it for these recreational purposes.

Most people, including myself, become obsessed with keeping on top of their brother's, girlfriend's, brother's, friend's cousin's drama and creeping pictures to make sure that you're skinnier, nicer and generally more ridiculously good looking than other people that you have barely talked to. And you all know it's true.

The truth is, Facebook affected my life negatively in many ways and perhaps that is why I am so bitter towards it. My theory is if you are looking for something, you won't stop looking until you find it. Evidence of cheating ex-boyfriends often surfaced through Facebook and, while some people might suggest that it was better to find out, I would rather have not found out through a social media site. You cannot imagine the pain that it caused me so many times.

Before I knew it, Facebook went from being a casual drink at suppertime for me to a pack-a-day, full out addiction. Suddenly it was consuming incredible amounts of my time and, finally, I knew that I had to quit the "book" cold turkey.

I was addicted to Facebook for roughly four years before I finally decided to kick that monkey off my back and I can honestly say that it was the best decision I have ever made.



Brendan Kergin/Canadian University Press

Suddenly, with just one click, knowing every detail about my friend of a friend's lives just wasn't important anymore. When someone comes up to me and asks, "Did you see on Facebook?" I no longer care. My life is much more drama- and stress-free since getting rid of Facebook, and if you have the will power, I highly recommend doing the same.

Although I may still be a recovering addict of sorts, every once in a while still getting the urge to see that small red number or crave those friend requests, that small gratification isn't worth it to me anymore.

While the rest of you refresh your pages repeatedly to see the likes go up, I'll be enjoying life

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## MOVIE REVIEW

# No Need here

By **BRENDAN KERGIN**  
Canadian University Press

TORONTO (CUP) – Let's sum up *Need for Speed* in one word – bizarre. Plot holes and strange character decisions derail this at every turn, never allowing the audience to buy into the story.

Among its faults are characters who make the least likely of choices when given all options, including stealing helicopters simply to shoot cool video, giving a unique multimillion-dollar car to a recently released prisoner so he can partake in a revenge plot which includes a secret race and broadcasting a bounty of a different million dollar car to stop someone who is driving somewhere across the U.S. Nearly every character in the film makes a decision that seems wildly inappropriate for the situation.

The convoluted plot is nearly impossible to describe in a reasonable way. Essentially Tobey Marshall (Aaron Paul) and his four "bros" run a mechanic shop by day and street race in small town New York State by night to make ends meet. With financial failure in sight, Marshall's childhood rival, Dino Brewster (Dominic Cooper) arrives with a multimillion-dollar car for them to fix up and a potentially massive payday. When the car is finished, Marshall embarrasses Brewster in front of the buyer and his assistant, leading to a

road race challenge.

Marshall's buddy, Pete (Harrison Gilbertson), crashes and dies in the challenge and Marshall gets hauled off to jail when he returns to Pete's flaming wreckage (because he has honour and loyalty). Meanwhile, Brewster, who caused the accident, escapes, leading to the driving force of the plot, a revenge fantasy with horsepower.

The rest of the film is essentially *The Warriors* on wheels minus most of the things that makes *The Warriors* a cult classic.

The car chases and races (and there are many) are solid. Using practical effects instead of CGI was smart. While *The Fast and the Furious* and its offspring have enhanced their race scenes with gear shifting, flashy light sequences and fancy camera work, the team behind *Need for Speed* have differentiated themselves with the cars. With European imports, a neutral colour palette, day sequences and actual driving expertise there are some spectacular feats and crashes, but that can't really hold a film together.

Based on the popular series of racing games, this film comes across as a vehicle for Paul, with producers trying to cash in on his *Breaking Bad* fame and a 90-minute Ford Mustang commercial in the middle. It's clear the producers were aiming for an epic revenge fantasy using cars instead of bullets.



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Please drink responsibly - don't drink and drive.