

THE NAIT NUGGET

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

TOP MODEL NAMED

Business student Paige Meyer takes NAITSA crown for 2014



Photo by Benjamin Sim

FINAL 10 CELEBRATE

NAITSA's Next Top Model, Paige Meyer, third from right, is joined by her other competitors after the last runway competition on Thursday March 20 at the Nest. Story, pictures, pages 26, 27.



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NEWS & FEATURES

Brave troops are all home



KRYSTA MARTELL
Issues Editor
@tweetsbykrysta

Last week, I had the opportunity to witness the last group of soldiers come home from Afghanistan.

It was an experience that I will never forget, seeing how happy they were to be back on Canadian soil, to know that their mission in Afghanistan has finally come to an end. Some were over for nine months, while others were there for 19 months. I couldn't imagine being away from one's family for that long and having no assurance of even coming back alive. I have a newfound appreciation for our soldiers, the work that they do and an understanding of what they sacrificed. Mixed feelings were created as many people stood against the mission while

so many others supported it. While I was unfamiliar with the role Canada played in Afghanistan I decided to do some research on the mission as well as the ending of it.

I couldn't help but go over some statistics about the Afghanistan mission and I was surprised at what I found. As per reference from the Department of National Defence, Library of Parliament, Veterans Affairs Canada and Office of the Veterans Ombudsman, from 2002-2012, over 150 Canadian soldiers were killed in Afghanistan.

There are more than 39,000 Canadian Afghan veterans (defined by having spent 30 or more days in-country). More than 3,500 were female Afghan veterans (9.3 per cent of total soldiers) and over 500 veterans from Edmonton were injured (the highest of any single city).

An estimated eight per cent of Canadian soldiers suffer from Afghanistan-related post traumatic stress disorder (PTSD) and an estimated of 5.2 per cent of Canadian soldiers are suffering from other Afghanistan-related mental health issues.



One can't even imagine the things that they saw and experienced.

As many would think that the Canadians were there to fight, they were actually there to help. It was interesting to read from the Government of Canada's website that in November of 2010, Canada

announced a new role for its engagement in Afghanistan. Canada's goal was to help Afghans rebuild Afghanistan into a viable country that is better governed, more stable and secure and never again a safe haven for terrorists. They focused on four key themes: investing in the future of Afghan children and

youth through development programming in education and health as well as improving the lives of Afghans, especially women and children; advancing security; promoting regional diplomacy and helping to deliver humanitarian assistance. These priority areas built on Canada's 2008-2011 programming efforts to support Afghanistan-related priorities and sustain progress in key areas that are essential to Afghanistan's future. Based on Afghan needs, these pri-

orities have been identified as areas in which Canada can continue making a significant contribution to tangible progress in Afghanistan.

In May 2012, Prime Minister Stephen Harper announced the firm end to the Afghanistan mission.

"For more than a decade, the brave men and women of our Canadian Armed Forces, the RCMP and many dedicated public servants and civilians have made enormous sacrifices to assist the Afghan people," said Harper.

"Canada will honour its commitment and complete its current training mission but our country will not have any military mission in Afghanistan after March 2014." To ensure the future stability of a secure and democratic Afghanistan, the prime minister says that Canada will contribute \$110 million per year over three years (2015-2017) towards helping sustain the Afghan National Security Forces (ANSF).

As I stood there on the tarmac, watching each soldier come out of the plane one by one, it stood for the end as well as a new beginning; for us, for them and for Canada. We will never forget those we lost and good luck to Afghanistan.

A taxing time for all *Free help with taxes for NAIT students*

By **NICOLAS BROWN**

There is a time every year where one topic should dominate everyone's mind. No, we're not talking final exams or the start of summer, though those are equally important topics; we're talking about tax season. If you work, you pay taxes, and you would be foolish to not file your tax return to ensure your taxes are paid in full (and to occasionally receive a refund for paying too much tax over the year).

As has become an annual event at most post-secondary institutions with a business program, a volunteer tax clinic is now available on campus. Our very own Accounting Club of NAIT organizes NAIT's campus tax clinic. This allows NAIT accounting students to volunteer and gain valuable experience. The tax clinic also allows all NAIT students to file their tax returns for free (yes, I said free), provided they meet the requirements set out by the Canada Revenue Agency (CRA), which runs the Community Volunteer Income Tax Program volunteer tax clinics operate under.

This year's tax clinic, the fourth annual clinic held on campus, has room for about 300 students to have their tax return filed over three days; March 22, March 29 and April 5. Derek Jessop, president of the Accounting Club, stresses the benefits of the tax clinic for the student volunteers.

"What's good about the tax clinic is we get to increase the exposure to outside firms; so they can come here and see our volunteers fill out tax returns. It gives the firms the chance to talk to students in a bit of an informal environment." Accounting students should take note of this opportunity for experience and networking, which can provide excellent benefits in the future.

So remember NAIT students; why pay to have your taxes done when you can have them filed for free on campus? Contact the Accounting Club of NAIT (accounting-

clubofnait@hotmail.com) or walk into the tax clinic on the second floor of the Business Tower on March 29 or April 5 for more information. It's simple and free!



Photo by Dylan Lawrence

Volunteers are ready to help students at the annual tax clinic organized by the Accounting Club.

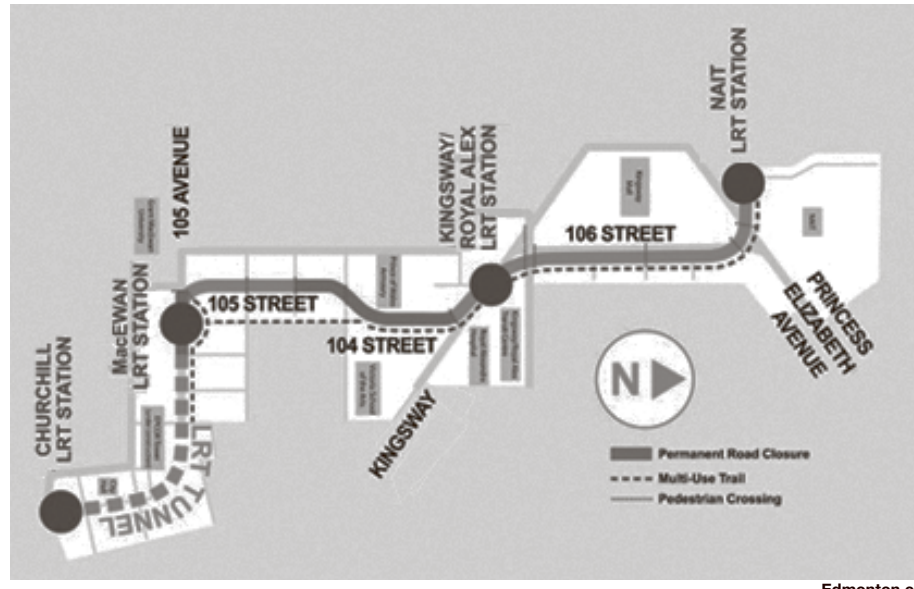
Later, for the LRT

By **GABRIELLE HAY-BYERS**
Issues Editor

NAIT was blindsided last week by yet another delay to the Metro LRT line. "It's taking longer than anticipated for our contractor to complete the new signalling system, but it's complex and it has to be done right so the LRT can operate safely," was the official word from Wayne Mandryk, the branch manager of LRT design and construction for the City of Edmonton. The city now hopes to have the LRT running in December.

"While the safety of students is always the number one priority, the second delay is much more disruptive than the first," says outgoing NAITSA President Jonathan Bilodeau. "Not having LRT service for the beginning of the 2014/15 academic year will leave some students without a viable option for transportation to NAIT."

Student frustration could rise with a delay to the LRT, since students pay \$147.50 per semester for the UPass here at NAIT and the Metro line has been significantly delayed twice. "This delay is obviously disappointing from the student perspective as many of the NAIT student body were relying on this service come September," expanded Bilodeau. "A significant part of the perceived value that students would receive from the recent U-Pass referendum was in the opening of this new station. NAITSA will be working with our partners around this issue to see if any compensation can be made for students."



Edmonton.ca

NAIT spokesperson Frank Landry showed understanding about the delay.

"We are very excited about the LRT coming to NAIT and understand large projects take time to complete."

The concern surrounding this delay is that the new signalling system is not ready and will be relied on to keep trains apart with two of the LRT lines sharing one track.

However the delay was a surprise to Bilodeau.

"In my opinion, this delay was a surprise mainly because of the assurances given to NAITSA and NAIT before the announcement."

The Metro line of the LRT will, when completed, add 13,200 weekday riders to the LRT network. The line will see three new stations opened – one at NAIT, one at the Royal Alexandra Hospital and one at MacEwan University. When the new Royal Alexandra Hospital transit station opens, the Kingsway bus station will close.

Long term planning for the LRT system sees the lines coming above ground on a low-floor system similar to Calgary's that allows for an increased number of stops. Proposed lines span the city and beyond to areas such as Sherwood Park and St. Albert.

Spring "fever" hits NAIT

By **JOSEPH RANGER**

Several NAIT students are experiencing a nasty bout of "Spring Fever."

Chest colds and allergies are on full display throughout the assorted hallways and computer labs, as students hack and cough.

Among those fighting a persistent head and chest cold is incoming NAITSA Vice-President of Student Services, Gillian Wilson, a second-year marketing student. She believes being cooped up inside for six months, then venturing out directly led to her infection.

"One person gets it, then everybody gets it," said Wilson. "I'm trying my best to not (pass it along). We (at NAITSA) have actually been giving out little hand sanitizer sprays, so hopefully that will help combat the spread of germs. I'm trying to not infect as many people as possible."

Wilson, who formerly worked in a medical office, knows her cold simply has to run its course. Her advice is to stay in bed, get plenty of rest, and avoid passing the germs along. She started displaying signs right after mid-terms, causing her to miss a few classes leading towards final exams.

"It has definitely hit me pretty hard. I hope teachers will understand during this

time frame if students aren't in class - maybe that's why. And offer just a little bit of leeway," said Wilson. "If kids are sick, tell them to go home. There is no point staying in class and being out possibly infecting other people. Just get lots of rest."

NAIT Occupational Health and Safety Clinician Charlotte Chamberlain, a registered nurse, has seen a steady drop off in the number of flu cases since January, but conversely, colds and allergic reactions are on the upswing.

"You might see more sniffles right now because the snow is melting and you're get-

ting your snow molds and dust, so you might get more allergic symptoms – like the runny nose, sinus and throat type of symptoms," said Chamberlain.

"If they notice that they have got the runny eyes, watery eyes, sniffles, things like that, you can treat the symptoms. There are allergy medications that you can get at the pharmacy, at the drugstore, for allergies which they might need for a one or two-week period.

"Basically, that's how you treat the runny nose and the sniffles. If it's an out-and-out cold, once again you're going to treat the symptoms. If you have a fever, you can take some Tylenol or Advil and drink lots and rest. But the allergies are more notable. You can tell, you might have the scratchy throat, runny eyes, stuffy nose, (and) sinus pain."

If students have to cough or sneeze as a result, Chamberlain suggests reducing the risk to others.

"If you have to cough, in order to contain the bugs and germs in the area, you should be coughing into your arm, not into your hand. Because once you cough into your hand, then you go about touching your surfaces. Coughing into your arm or sleeve is a best practice. Then you can also use the hand sanitizers if you have, by mistake, coughed into your hand."



Photo by Joseph Ranger

Incoming NAITSA VP of Student Services Gillian Wilson with a hand sanitizer.



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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?

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OH&S scores with industry

By JOSEPH RANGER

The timing of NAIT's Occupational Health and Safety Industry Night could not have been better.

The third annual event presented by JADA Solutions (HSE) Inc., was designed to introduce graduating OH&S students to industry professionals and prospective employers. By coincidence, it occurred days before Alberta's minister of Jobs, Skills, Training and Labour, Thomas Lukaszuk, cautioned companies in an Edmonton Sun interview that "the next round of focused (OH&S) inspections will begin when the snow melts."

As NAIT is the only accredited school in Alberta with a full-time Occupational Health and Safety program, the demand and competition for graduates is fierce. NAIT graduates around 30 students annually and over 250 applicants are already competing for the next available classes.

Booths

At industry night, second-year students manned booths showing a particular class, course or field of knowledge for more than 75 company representatives. Each display explained what was learned and how it directly applied to occupational health and safety.

Among the topics covered were: fire prevention and emergency management, legislation, development of OH&S management systems, occupational hygiene and monitoring techniques, toxicology, health surveillance, health and wellness, psychology, incident investigation, policies and procedures, technology and communication, OH&S certifications, training and development, risk management, contractor and construction safety management, testing, environmental management, professional practices and ethics, chemical monitoring, hazard evaluation, management theory, ergonomics, business continuity and organizational behaviour.

'Fired up and ready'

"It is a good chance to see what is out there and coming out of NAIT," said Vaughn Bonsteel, Health, Safety and Environment manager for Cameron Canada Corporation.

"The thing I always like are their confidence levels. They are fired up and ready to go. It's awesome they do this (industry night) and it's peer-based, which is always welcome. The last time, I asked a million questions to challenge the guys a little bit. The students put a lot of time into these presentations and it shows."

As a result, Bonsteel is strongly considering the student co-op, which allows students the opportunity to work with, and learn from, companies over the summer break.

"It is a good showcase and it is a good thing for NAIT to do. It showcases their talents and shows that the program is alive and well," he said.

According to Eric Stein from Canadian Occupational Resource Consultants Inc., and a member of the OH&S advisory board, the presentations this year were more professional than previous outings.

"There is a good variety of visual information," said



Jodi Howick
Program chair



Photo by Joseph Ranger

Richard Manguelle, right, second-year OH&S student, speaks to Len Bourdin, director, Corporate Health, Safety and Risk Management for Millar Western Forest Products Ltd.

Stein. "Their demeanour and ability to start a conversation is critical. Some are good, some need practice. The young ones are more apprehensive, while the older ones are a bit more comfortable in talking to people."

Watching over all of the proceedings was Jodi Howick, chair of NAIT's OH&S program and a Canadian Registered Safety Professional (CRSP). She couldn't stress enough the importance of industry participation.

"Overall, we were pretty happy," said Howick. "I would say it was a great response from industry."

"I think for a new program and a program that is trying to expand the number of co-op opportunities and graduate placement opportunities, it is important for industry. It was a great event. People who talked to me thanked us for putting it on. (We) enjoyed the opportunity to meet with industry."

As to the increasing number of applicants vying for the right to attend the OH&S program, Howick cites three main reasons.

"People are passionate about making a difference, and occupational health offers an opportu-

ity to do that. People hear there is money to be made, they see our statistics – we have a high starting salary (a median of \$60,000) and high placement rates (around 95 per cent)."

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NAITSA – planning for diversity

By WHITNEY FOX

The NAIT student body is diverse and unique in many ways. With programs ranging from Business degrees to Red Seal trades to Radio and Television broadcasting to Animal Health Technology to Dental Assistant to much more, the types of students that attend NAIT are of a wide variety.

NAIT, like the rest of Canada, is becoming more culturally diverse all the time. This is indicated by the increase in minority groups on campus. For instance, number of students born in Canada with both parents born in Canada decreased nearly 10 per cent to 58 per cent of the student body from 2000 to 2012, meaning that the number of visa students, landed immigrants, permanent residents and first generation Canadians have all increased.

NAIT also has an older student body than many institutes. While the average age of many post-secondary institutions is often between 19 and 22 years, at NAIT that age is 24. This is partially accounted for with the number of returning students. Forty-one per cent of students at NAIT worked full-time before attending the institute, while only half that number came directly from high school.

With such a variety of students and lifestyles, not to mention a general prevalence of student apathy, common in many polytechniques, trying to engage all of

them can be a challenge.

James Head, NAITSA vice-president Student Services, is very familiar with this challenge and he and his colleagues have come up with some strategies for overcoming it. One of these strategies involved a brainstorming session during the summer of 2013 to try to identify the NAIT demographic. “We literally labelled every group that we could think of,” Head said.

In the past NAITSA has sometimes held large, expensive events to try to attract student attention but this presented problems. First of all, they could have trouble selling the event out. Second, these events didn’t necessarily appeal to all tastes on campus.

Head explained a newer approach.

“We tried to come up with as many events as we could to target [the different groups] ... trying to just add as much variety as possible. We’re doing more, smaller events as opposed to fewer, large events to try and target each group individually.”

Head is also an advocate for clubs at NAIT as a way to get students engaged.

“NAIT has one of the best, if not the best, clubs programs in Canada,” he said.

He went on to explain that clubs serve a similar purpose to smaller events, which is to engage specific groups of people with common interests.

The VP Student Services-elect, Gillian

Wilson, will bring a fresh perspective to student engagement but also plans to aim for variety. Wilson is a night student at NAIT and until recently, night students didn’t fall into the same category of representation as full-time day program students.

Wilson was concerned with this at the outset.

“This is my first kind of college experience and I was almost a little disappointed at first when I started at NAIT because I didn’t have that kind of representation,” she said.

When the fee structure changed, and night students were incorporated into the NAITSA plan, Wilson jumped at the opportunity to run for office as a way of changing that balance. She believes she has a unique understanding of what non-full-time students at NAIT are looking for.

However, Wilson acknowledges NAITSA’s successes.

“They’re working really hard to come up with different ways to target each group and offer things that they’re actually going to want to participate in.”

One of Wilson’s key focuses for the coming term is communication.

“Really, it just comes down to communication and talking with students and making sure that what we are offering is what they want. And if it’s not what they want, where can we refocus it so that we’re

spending money in the right places.”

One approach Wilson mentioned for this is more e-mail use. As it stands now, students must go looking for information in order to get engaged. However, NAITSA is working on being able to send students information and reminders to keep engagement top-of-mind.

Head says school should be multi-dimensional.

“School is, post-secondary, about so much more than going to class, getting a certificate, diploma or degree. As I’ve said before, it’s really important to get involved outside the classroom, whether it’s to develop resume or interview skills or other professional development or whether it’s just to have a social life and work on your mental health, it’s really important to engage everyone. It doesn’t matter what demographic you’re a part of.”

Sources:

http://moodle.nait.ca/pluginfile.php/1750997/mod_resource/content/1/Nait%20Campus%20Research.pdf
http://www.macewan.ca/wcm/DiscoverMacEwan/FastFacts/index.htm?utm_source=fast_facts&utm_medium=globalnav
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Earth Hour a real turn off

By **DANIIL ANSELM**

Do you think you can go an hour without power? The World Wildlife Fund thinks you can, and so does NAIT. Our campus is competing with 13 other post secondary institutions in Alberta this year in the One Hour No Power challenge to celebrate Earth Hour.

The One Hour No Power challenge is simple. All you have to do is make your pledge online by going to nait.ca/sustainability and clicking the link for Earth Hour. Then, at 8:30 p.m. this Saturday (March 29), turn off every appliance or device you use for an hour. That's right – your cell-phone, your TV, your laptop, your lights, everything. The school with the most pledges wins. King's University College has won back-to-back titles after NAIT did the same in 2010 and 2011.

Staci Fudge, Food Services co-ordinator, has been instrumental in getting the word out this year on campus along with the Food Services team.

"We're really passionate about sustainability here on campus," says Fudge. "We're hoping to get as many pledges as possible and beat out the other post secondary institutions."

NAIT has been sending out e-mails, approaching people around campus and using social media to invite students and staff to participate this year in the com-

petition. Food Services has added incentive by offering a \$100 express card that participants who have pledged online have a chance to win through an automatic draw.

One hour of shutting off devices might seem insignificant at first glance, but with over 150 countries participating in the event, the hour is crucial in getting the message out that the world needs to pay attention to sustainability.

"Individuals can make a difference," added Fudge. "One small thing that you do can have a big impact on the environment in the long run."

Fudge isn't the only one at NAIT who knows how important Earth Hour is. Shawnee Kostuck, a student in the Alternative Energy program, is hoping the event makes people realize how dependant we are on energy.

"We don't understand the concept of energy usage in today's society," says Kostuck. "Even for one hour, you'd be amazed at what you don't have access to."

For her, the essential message of Earth Hour is to have people understand how reliant they are on energy, and to under-

stand their power usage and where they can make changes. "It's not just turning off your TV with your remote. The power is still running (called phantom loads), you actually have to unplug it from the wall," added Kostuck. "Almost 20 per cent of your energy usage, not including heat or water, is actually phantom loads – the little red light on your TV or DVD player, for example. It's important to literally unplug everything from the walls. Even the tiniest loads have an impact."



news.ok.ubc.ca

Small changes in the way we use energy can make a big difference, not only for the Earth but for your energy bills as well.

"Shorten your showers – the amount of heat it takes to heat up the water you're using is approximately 30 per cent of your energy usage. Turn the temperature down two to three degrees from what you're used to. Not only do you save money, you save energy and gas usage as well. This can make a huge difference financially," continues Kostuck.

David Clark, another student in the Alternative Energy program, agrees with Kostuck. The changes we can all make to conserve energy are simple.

"Reduction has always been the biggest issue," says Clark, "Just being conscious of what you're doing ... everyone has some sort of electronic device – understand that it's not just magically charging itself. You are constantly using electricity."

Efficiency is key, and that's what the students are learning in the Alternative Energy program. Using renewable sources is vital to the world's long-term energy plan.

"Take advantage of everything that's available to you. Where there is good sun, you use sun, where this is good wind, you use wind," added Clark.

And for those who are skeptical of the cost of installing alternative energy systems?

"The financial barriers are always upfront but being efficient and cost over time matter," said Clark. "Sure, you can put in a traditional system, but its cost over 30 years is going to be much higher than a more efficient system."

Students, schools, companies and businesses alike need to look long term.

"It's a matter of looking at it more holistically, then just your up-front price tag," says Clark.

NAIT students and staff can prove they agree by pledging online and shutting off their lights and devices this Saturday at 8:30 p.m.

OPINION

Time to end unpaid internships!

By **CASSONDRA LOZYNSKY**
The Peak
(Simon Fraser University)

BURNABY (CUP) – During an awkward icebreaker game at the beginning of the semester, someone asked me if I planned to take an internship. I laughed nervously and told her no, considering most of the internships in my field of interest were unpaid.

I was taken aback by her response; she recoiled in horror, as if she were going to catch some sort of unemployment plague, and demanded to know how I expected to get a job in the future. My annoyance bubbled below the surface but I managed to slather on a tight smile.

I want to know why I am expected to sell myself short because of the precarious title I bear. Not only do I, and many other students, not have the luxury of throwing a whole working summer away but the idea of selling labour for free because of my status as a student seems ludicrous.

Regardless of the fact that we were raised in an era of experience over compensation, why do students work laboriously to leave empty handed – save for (fingers crossed!) a glowing recommendation? Unpaid internships are not a fair and noble

exchange between those in power and students; they are a shady way of extracting cheap or free labour.

When the topic of unpaid internships came up in one of my tutorials last semester, few people recalled good experiences. While some people did mention that completing an unpaid internship for a not-for-profit organization left them with valuable job experience, the overwhelming majority felt like they were being taken advantage of.

The rule of unpaid internships is that interns cannot do the same work as paid employees. Unpaid internship advocates' solution to potential exploitation of interns is for interns to have a firm awareness of their rights by reading the Employment Standards Act.

Realistically, though, even when interns are equipped with that awareness, they would accept breached rights if it meant keeping their employers happy and safeguarding a potential future job.

As one girl in my tutorial put it, "I was so bent on pleasing my boss in order to get a good recommendation, that I never objected to doing the same menial tasks as the secretaries."

The act itself perpetuates class div-

ision. Unpaid internships create a distinction between the privileged who can afford to take them and the middle class or poorer students who cannot. The privileged are allowed these unpaid "opportunities," while most students are forced to take jobs outside of their area of interest in order to make money, which often goes towards staying in school.

This situation begs the question – are those who get unpaid internships really the crème de la crème of intern candidates or has the competition just been sufficiently thinned out to only include the wealthy? If you ask me, it's the latter.

Unfortunately, as long as there are students willing to settle for these unpaid internships, the belief that students are OK with this sort of relationship to those in power and the belief that the wealthy deserve this leg up on the rest of us, will continue to be perpetuated.

Instead of climbing over one another on our race to employment, students should rally together and hold themselves to a higher standard. I think it's high time we challenge the status quo. The mindset that perpetuates internships might have had a place in a bygone era, but not in 2014.



CUP photo

Designing a business

By NICOLAS BROWN

Last weekend I had the opportunity to attend the Home and Garden Show held at Northlands' Expo Centre. I spent two evenings exploring the expansive show, learning about the variety of topics covered and interviewing a number of presenters, exhibitors and experts. A brief overview of the show; the Edmonton Home & Garden Show is a four-day design, décor and outdoor exposition. This year's show was home to over 550 exhibitors with numerous presentations from experts in industries varying from interior design to landscaping. Occupying a large majority of the Expo Centre, the show is one of the premiere events for Spring.

Advice for students

Since NAIT is home to both an Interior Design Technology program and a Landscape Architectural Technology program, I took the opportunity to talk to experts in both fields. These interviews were aimed at gleaning expert advice for students in related programs and for all students as they work to carve out their own living spaces.

For my first interview, I interviewed Jennifer Scott, an experienced young interior designer and style expert whose firm, A Good Chick to Know, is based in Vancouver. Having started her own firm and appearing in media (such as CTV News), I asked what her advice would be to students starting out.

"I would just say, if you're going into design, find your style, your niche and don't compromise on that," Scott said.

"You know, with my firm, I started it not knowing if anyone would be interested but I didn't want to give in to the cookie-cutter design, the super-contemporary that was big and that's not how I design. So I stuck to my niche and it's provided me with my client base."

In terms of sticking with what is traditional or "easy," it's important to be adventurous in your own style, too.

"When you love it, it's a lot easier to convince other people to love it, too," Scott said.

It would appear that confidence in your abilities is, at least one key to being successful in interior design.

I soon found another interior designer expert at the show, Marie Hebson, who operates her own design firm, interiors-BYDESIGNinc. in Edmonton. With many years of experience, Hebson's expertise started on a slightly different path than Scott's. Having experience on both the

supply and design side, Marie offered this advice to students: "You really have to dig deep as a creative person going into the interior design field, finding out if you want to put yourself out there."

As students, we all have that existential crisis (well, some of us do, anyways) where we question our career choice or even which form our careers might take within our chosen "path."

It becomes even more difficult when you don't even know the many options available within your chosen career.

"The best thing you can do is learn about the industry from a supplier's standpoint because what's going to make you exceptional is establishing relationships with those suppliers," Hebson said.

"If you want to be a successful designer, you have to know where to go to get the goods."

In terms of claiming your own living space, even as students, Hebson had some pointers for the budget-minded.

"The easiest way to experiment is with paint and toss cushions and drapery panels but don't experiment with a big investment piece that you'll have to live with for 10 years. You can get experimental with the small budget things, and I think you need to get creative."

My last interview was with Adele Goodwin, who operates her own landscape design company, EarthWorm Landscape Design Co. Goodwin started out running a garden centre and landscaping company and worked her way up to landscape design, moving across the country to Alberta. Her advice to students moving into landscaping followed a similar line as Hebson's advice.

Get practical experience

"I always suggest that people get some practical experience with a few different areas of the industry," Goodwin said.

"There's an immediate connection that people can make ... and then they have a feel for how these things work together."

Notice a trend forming? Building a knowledge foundation of the processes that go into a job or task, having an understanding of the possibilities, can make the difference between a successful design and a design that loses you that job. You don't have to pay a big price for your experience if you learn from others' mistakes and achievements.

Overall, passion for what you do would appear to be the key, no matter which field you choose to enter into. That's the lesson that every student should take away from



Photo by Nicolas Brown

Jennifer Scott

speaking to professionals, who so often display that level of passion for their work, and which serve as an example of where that passion can take you.

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Point ^{Counter} Point

Do you feel a draft?



By **DANIIL ANSELM**

Oh, so your team isn't playing well? Not going to make the playoffs? Let's just lose a bunch of games and get that No. 1 draft pick then.

No.

This is a pathetic way to "rebuild" your team. I can't stand teams that will embarrass themselves and their fans by purposely losing games so they can get a lottery pick. Sure, no team will ever admit to this strategy, but you know it happens. Look no further than this year's Philadelphia 76ers. They literally traded away all their good players except for two. Two good players remain on their roster (Thaddeus Young and Michael Carter-Williams). The team was not close to being a contender at the beginning of the year but they weren't destined for a last-place finish. However, why finish 10th or 11th in your conference when you can finish last? So let's trade away anybody that seems like an NBA player and hope for the worst. You might get that No. 1 pick, (by the way, only three teams holding the worst record in the NBA since 1990 have won the draft lottery) so it's worth it, right?

Why create a losing culture?

I don't think so. Why create a losing culture within an organization, especially when sometimes it becomes irreparable? (See Edmonton Oilers, circa 2008-2014). You risk entering a vicious cycle where once playoffs seem slightly out of reach, fans immediately expect you to lose to grab a nice pick. The team is not motivated to win, the fans throw jerseys on the ice and the head coach gets fired automatically to appease the idiot fans. Now it's draft time, and we all know how those first overall picks can pan out ... (See Daigle, Alexandre; Stefan, Patrik; Brown, Kwame; Oden, Greg, etc).

Speaking of high first-round picks, since when do teams even need lottery picks to compete? The Detroit Red Wings haven't had a pick earlier than the 15th since 1991. Coincidentally, they haven't missed the playoffs since then. Whoops.

Obviously, there are teams that have successfully rebuilt through the draft. There is no denying this. However, the key to these teams' rebuilds have been their draft success in later rounds in addition to those lottery picks – one No. 1 pick doesn't carry your team. Again, see the Edmonton Oilers. You can't just take the consensus overall best player in a draft and expect to make the playoffs the following year. You need to actually fill a roster.

Fans expect performance

Without fans, there'd be no professional sports leagues. If people didn't care enough to watch a bunch of adult millionaires play a game, it wouldn't exist, period. These fans expect and pay for a team to compete, to entertain, to win. You can't do any of these three with an organization that doesn't care enough to fill out a roster or attempt to be good. Sure, it might be funny to watch the Oklahoma City Thunder play the 76ers, but those hometown fans aren't going to come watch night after night (Philly has the worst home attendance in the NBA this year).

Bottom line is, don't purposely hit rock bottom just because you think it's easier to get to the top. You're going to dwell in mediocrity for a long time and deservedly so.



By **CONNOR HOOD** @connorhood27

Patrick Kane, Sidney Crosby, Peyton Manning. These are some of the names connected with high draft selections and their teams are winning as a result of having these players. Having a top pick in any draft usually means you played terribly the previous year. Sure this may mean hard times, tough games and disappointed fans but there are always growing pains associated with building a winning franchise. Having a the No. 1 overall pick in any sports draft isn't ideal but it is one of the best ways to build a team that can compete for years to come.

Have to develop youth

All teams go through rough times and, outside of the Detroit Red Wings or the San Antonio Spurs, most pro sports teams need a rebuilding period. Speaking of the San Antonio Spurs, wasn't Tim Duncan picked first? You bet. It's almost impossible to sustain a high level of play over long stretches with so many other strong teams and with players leaving in the prime of their careers. At a certain point you have to develop youth and there is a reason these kids get drafted where they do – it's called potential. No. 1 picks have the talent to turn a franchise around. Andrew Luck was drafted first after the Indianapolis Colts won a total of two games the previous year. And what does he do in his first year? Only lead his team to the playoffs after a nine win improvement. Or how about the NHL's Colorado Avalanche of the early '90s? Three No. 1 picks in a row and they hoisted the Cup twice in the next decade. It's hard to argue against winning.

Perhaps the prototypical rebuild these days in the Pittsburgh Penguins model. The Penguins went on a run of drafting first or second for four consecutive years. And what did that get them? Just some plug named Sidney Crosby. And I guess that Evgeni Malkin is alright, too. What it also netted them was a Cup in 2008 and a team that is a perennial contender that has found a stable home atop the Eastern Conference.

A more recent example is the Chicago Blackhawks. After drafting Jonathon Toews and Patrick Kane in consecutive years, Chicago has won two Stanley Cups in the past four years and look like they could compete for more over the next decade.

Exceptions

As with every scenario there are going to be exceptions, such as the recent struggles of the Edmonton Oilers. The Oilers drafted Taylor Hall, Ryan Nugent-Hopkins, and Nail Yakupov in three straight drafts and they look to add another high pick to the fold this year. Sure, they haven't got the results they were looking for but maybe that can be credited to the people who made the selections. Hard not to imagine how the Oilers would be had they drafted Tyler Seguin, Gabriel Landeskog, and Ryan Murray. A No. 1 centre, a leader, and a stud defencemen in the making. Maybe if they drafted differently we would be talking about the Oilers model for a rebuild.

All I know is that every team is different, but one trend that continues to pop up is tanking in hopes of a brighter future. If it didn't work, why do so many teams still do it (Buffalo Sabres, Calgary Flames, Philadelphia 76ers)? The answer is that it's the best solution. You just never know, you might just draft the next Mario Lemieux.



OPINION

— Editorial —

Hidden gems at NAIT



CARLY ROBINSON
Editor-In-Chief
@CarlyDionne

There are always those little things around campus that not everyone knows about. As we all hurry around studying in diverse and unique programs, it's easy to overlook things and spaces that are not directly related to our field.

The clock in the NAITSA boardroom was one of those things for me. Specially made in Australia and costing around \$500, Students' Association President Jonathan Bilodeau likes how it is a different way of looking at time. The clock lights up different combinations of numbers and words, so one would read out the time: 10 past five, quarter to seven, etc.

"When you're sitting in a room, for example a classroom, when you have a standard kind of clock, the tendency when you're bored and not engaged is to sit there and look at the second hand pass away," explains Bilodeau.

'Something different'

"With a clock like we have, you really look at it and then you're not drawn to it or focused on it. Instead it's something different and it's a different way of looking at a problem, and when you look at that you are kind of inspired to do the same in your work. You're inspired to look at the problem or same situation and try to look at it in a different way."

Seeing this clock for the first time during my interview to work for the *Nugget*, it made me wonder why it wasn't in a place where more students could see it. Such a novelty item, why not have it in the lobby with the giant Ook?

Bilodeau says its location in the boardroom is important, as this is where much of NAITSA's legwork happens.

"Before, we had a \$12 Ikea clock but that boardroom is a very vital part of the organization because that's where a lot of the creativity stems from. We wanted a space that was both inviting and welcoming, very unique that would inspire some creativity."

A basement?

This had me wondering what other things around campus the average student may not know about. This may sound silly for those who have classes there, but until recently I had no idea there was a basement level to NAIT. Having all of my classes above ground, I was amazed to hear people talking about classes in the basement.

My first time down there it felt almost like an alternate reality and I almost instantly got lost. I don't know when I'll venture down there next but I'm sure there would be lots to discover.

Other things not all students may know about are those specific study spaces. How many non-Business students have been to the top floor of the Business Tower? That place is mag-

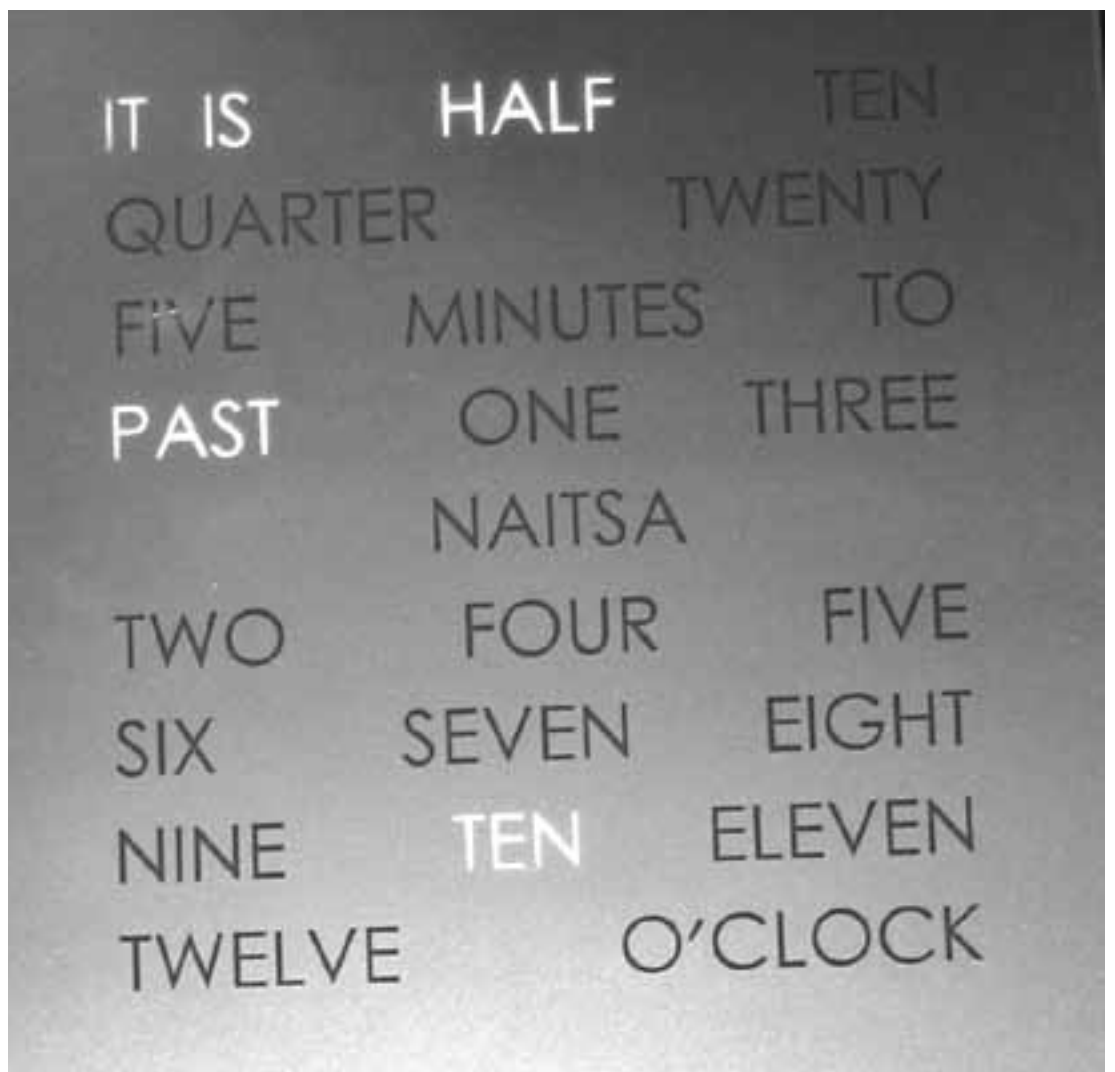
nificent! Even as a non-Business student I am extremely tempted to go study up there just to enjoy the view!

There is also the fireplace in the Spartan centre, with nice high ceilings and natural light flooding in. It's definitely a place you could spend some time at! All these places in different programs spaces, which are technically open to anyone to enjoy.

Another gem of NAIT's that some people may not have found yet is one online; NAIT's digital communications specialist and social media guru Linda Hoang's personal blog. You can head over to linda-hoang.com and have a look at who it is you're talking with when you tweet @nait (you could also go into the *Nugget* archives

and find stories from when she was Issues editor in 2010). Hoang's blog is a fascinating culmination of all things social media and Edmonton. Her blog is also rated No. 8 by Urbanspoon for her many restaurant reviews.

I'm sure there is much more to discover about NAIT, it's sometimes hard to keep up. There is such a variety of programs, with grads going off into such different fields; it only makes sense that we see that sort of variety around campus. As NAIT looks to create new spaces and expand, I'm sure there will be new cool little things to discover in the years to come and, with students, employees and alumni creating interesting things all over the campus, the province and the world.



NAITSA's clock



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SPORTS

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It's all about preparation



BRIDGETTE TSANG
Sports Editor
@bridgettetsang

The heart – it is the most vital organ in our body. On average, the heart beats 80 times per minute, about 115,000 times in one day and 42 million times in one year. Every beat counts and every pulse matters.

Keeping the heart healthy may be important but some heart irregularities are genetic disorders and can only be monitored closely with surgery. Atrial fibrillation (AF) is one of the most common type of cardiac arrhythmias. It affects one out of 200 people under the age of 60 and nine out of 100 people over the age of 80. The risk of it occurring increases with age. It's believed Dallas Stars forward Rich Peverley, 31, suffered from an electrical malfunction in his heart that led to his collapse on March 10.

Atrial fibrillation also increases the risks of fatalities associated with heart disease and the risks of experiencing a stroke. Some of the symptoms associated with AF can include chest discomfort, palpitations, fatigue, dizziness and shortness of breath.

But luckily, AF can be treated. Cardi-

ologists can accurately diagnose irregular heart rhythm and prescribe medication and procedures that will help reduce or eliminate the risk of the condition. Although not every AF patient may be prescribed the same treatment, it all depends on the patient's current and past health conditions and the severity of their heart condition. If the patient is not a suitable candidate for medication, other options for treatment can include heart rhythm management therapies or even surgical procedures (which include the ablation of atrial fibrillation or the implantation of a pacemaker).

As far as NAIT is concerned, all of our athletes go through thorough medical tests before and during their season.

"In terms of medical evaluation, we do have pre-medical screening at the beginning of the year," NAIT's athletic therapist Matt Yaworski says.

"Essentially, the guys do an in-depth questionnaire asking about their history, if they have family history whether they have any problems, either heart or lungs or any general disorders. So we get that out front. And if they say that they've had any issues in the past, then we'll follow up with our team physician or, if they have family doctors, we'll also follow up with them. At the beginning of the year, we'll explore their medical history as thoroughly as we pos-

sibly can and see if we catch any issues before they arise."

Even though these athletes are medically cleared to play, there are many precautions that must be taken into consideration when it comes to a fast-impact game such as hockey. The slim chance of a situation happening to some of the most fit and young players in the game is a scary thought.

Just a few months ago, 26-year-old Kris Letang of the Pittsburgh Penguins suffered a stroke and was found on the ground at home

and alert but unable to function. The stroke was caused by a hole in wall of his heart which he had since he was born. Such a

hole eventually closes for a majority of those born with it shortly after birth. Fortunately, this did not happen during a game, and, luckily, he has been monitored closely by doctors and has been recently cleared to practise with the Penguins. Whether or not he will be able to play again this season is still unclear.

A scenario similar to the Peverley incident happened in 2005 in Detroit when Red Wings defenceman Jiri Fischer collapsed on the bench due to a cardiac arrest. After the incident, more uniform standards were put in place by the National Hockey League that played a role in saving Peverley's life a few weeks ago. Fischer was forced to retire from the NHL and is now teaching others how to use a defibrillator.

Again, Fischer's scenario happened away from the play on the ice. It is frightening to think that there are chances that cardiac incidents can happen on the ice, mid-play as well. In 1998, St. Louis Blues' Chris Pronger took a slapshot to his chest that stopped his heart and he fell on the ice unconscious. He was carried off the ice, quickly regained consciousness and his heart rhythm resumed to normal shortly after.

It is common for a defenceman or any player to sacrifice their bodies to block shots. Unfortunately, there are situations where this kind of incident can turn fatal. Just two years ago, Don Wheaton Midget AA defenceman Kyle Fundytus blocked a shot that struck his neck and triggered a cardiac arrest. Doctors gave him CPR and a tracheotomy (an incision in the neck to open up a direct airway) en route to the hospital. Fundytus was wearing a throat protector but succumbed to his injuries. He was 16.

Ooks' head coach Serge Lajoie recalls a similar situation.

"One of my former teammates at the University of Alberta died from blocking a shot. It didn't trigger a cardiac arrest. It hit him on the side of the neck."

There are many potential scenarios.

"Things happen so quick," Lajoie says. "It's such a quick game. You have 200-pound players skating at 25 or 30 kmh, might even be miles an hour, at full impact. Lots can happen."

Part 3: The importance of CPR, defibrillators and further exploration into player safety.

A scenario similar to the Peverley incident happened in 2005 in Detroit when Red Wings defenceman Jiri Fischer collapsed on the bench due to a cardiac arrest.

CURLING

Men take silver at Nationals

By **KEVIN MAHER**
@kevinmaher

The NAIT Ooks curling teams hurried their way to Sault Ste. Marie, Ontario for the CCAA Curling Nationals, hosted by Sault College. The men and women's rinks were looking to build off their gold and silver performances at the 2013 Nationals.

The men's curling team walked away with the silver medal and the women fought till the last shot to capture bronze in their respective games. However, that wasn't all the hardware that the Ooks curling teams brought back to NAIT, as the women's skip, Karynn Flory and lead Katie Roskewich were also named to the women's all-star team. On the men's side, second Ryan McMakin also received all-star honours.

In round-robin play, the women finished tied for third in the standings with a record of 4-3, good enough to qualify them for a tie-breaker with Mohawk College. The Ooks women's rink slid

past their counterparts with a dominating 8-2 victory, to advance to semifinal action later in the day against Humber. This game saw both teams in a back and forth battle but despite the women scoring two points in the ninth end, they fell just short of a comeback as the Hawks squeezed by with a 6-5 win.

On the men's side, the defending national champions finished the round robin action with a strong 5-2 record, good enough to finish second in the standings behind their close rivals, the MacEwan Griffins. In the semifinal match against host Sault College, NAIT scored five in the second to help pave their way to a 7-4 victory.

The win sent the Ooks off to face MacEwan for the championship. Both Edmonton rinks left it all on the ice, as they exchanged big shots throughout the game, but the Griffins proved to be the better team this time around. The Ooks came close but fell to the Griffins 7-4.



CCAA photo

NAIT men's lead Travis Jones, left, and second Ryan McMakin get ready to sweep during the CCAA Nationals in Sault Ste. Marie, Ontario.

ACAC HOCKEY CHAMPIONSHIPS

SAIT sweeps Ooks

By **BRIDGETTE TSANG**
Sports Editor
@BridgetteTsang

Last year's ACAC battle of Alberta final was played out again this past weekend when the SAIT Trojans and the NAIT Ooks met in the best-of-three championship series. Both teams ended the season one and two in the ACAC standings and were close throughout the season.

While the matchup was the same, the result was not as the Trojans avenged last year's loss with a two-game sweep of the Ooks for the ACAC title.

Two great coaches

Not only did this final match two legendary hockey programs but also paired two great coaches as well – newcomer for the Ooks Serge Lajoie and veteran coach Ken Babey of the Trojans. Babey made league history this year by setting the ACAC record for most wins as a coach with 510, making him the winningest coach in Canadian post secondary men's hockey program history.

Aside from individual season-ending awards, the Ooks had their eyes on a different prize; another ACAC title. Game 1 at NAIT arena started off in a hurry as both teams played the physical part, laying down hit after hit. Four minutes in, the Ooks got a powerplay but were unable to capitalize. The Ooks looked sloppy at times, giving away the puck more than they would have liked to. The Trojans got on the board first with a quick shot from Ben O'Quinn, and the Ooks trailed 1-0. Kyle Birch was

forced to make a few crucial saves to keep the Ooks in the game. In the middle of the frame, the Ooks got a four-minute powerplay off a double-minor and yet again, could not capitalize. With less than a minute remaining in the first, Sam Waterfield fired a huge shot from the point that was tipped in by Killian Hutt, and the game was knotted at one at the end of the first.

In the second frame, it was Waterfield again with a point shot that rang off the crossbar and in, and the Ooks had the lead for the first time. Not long after, Ooks' Scott Fellnermayr was pulled down on a breakaway chance and the refs pointed to centre ice for a penalty shot. Unfortunately, the score did not change.

The Trojans then capitalized after some swift passing to even the score 2-2. The pace of the game picked up drastically as both teams fought for the lead, but the Trojans struck again and led 3-2. After missing the penalty shot, Fellnermayr tipped in a shot by Tyler French and the game was all square at the end of the second.

Back and forth action was evident throughout the third period as both teams pressed hard. But after some costly mistakes and three goals by the Trojans, the Ooks were down 6-3 midway through the third. Waterfield wasn't about to let that lead intimidate him as he notched his second and third goals of the game to complete the hat trick making the score 6-5 with less than a minute left.

With an net empty for the extra attacker, the Ooks were desperate for the tie. The Tro-

jans gained possession of the puck to scored their seventh goal to hand the Ooks a deflating 7-5 loss and gain a 1-0 series lead.

The stage was set for Game 2 in Calgary at the SAIT Arena the next night. It was Saturday night hockey and a classic battle of Alberta.

The place was packed and Ooks fans who took the trip down were well heard throughout the night. The Ooks donned their iconic "N" jerseys to rev the crowd up even more. The crowd was probably louder than any Oilers game this season. The puck dropped in what felt like a Game 7.

Physical play took over the first period, with both teams exchanging hits and penalties. Birch was busy flashing the leather and not allowing any rebounds in a solid showing.

Glorious chance

The Ooks had a glorious chance but Trojans netminder Brayden Hopfe stretched his pads all the way across the crease to make a highlight-reel save in the scoreless first period.

The Ooks had a bad break two minutes into the second when Clayton Cuminsky scored on a breakaway and brought the partisan crowd to their feet and SAIT led 1-0.

The Ooks caught a break during a five-on-three power play as Michael Piluso finished off a nifty passing play to even the score 1-1.

But it wasn't be long before Cuminsky tipped in a shot at the other end of the ice to regain SAIT's one-goal lead. The bad



Serge Lajoie
Coach of the year

breaks kept on coming for the Ooks who coughed up the puck for an odd man rush to the other end and the Trojans capitalized once again and led 3-1 heading into the third period.

The Ooks needed a comeback in the third if they wanted to send the series back to NAIT for one more game. Game 1 player of the game, Sam Waterfield, hammered home his fifth of the post-season to make it a one-goal game with 10 minutes left. The Ooks pushed hard for the equalizer with the goalie pulled for an extra skater. Unfortunately, time ran out and their season came to a halting end, with a 3-2 loss.

The Ooks had fired 43 shots on Hopfe, but his phenomenal play between the pipes on both nights was the biggest reason for SAIT's championship win.

NAIT players honoured

It is the first title for the Trojans since the 2009-10 season.

On Friday night, at NAIT arena, the ACAC honoured players for their season play. NAIT was presented with four awards including ACAC Men's Hockey Player of the Year to netminder Kyle Birch; the Garnet Pawsey Memorial Award to forward Kevin Carthy and the Rod Hodgson GMC Top Scorer Award to Josh Lazowski. The Coach of the Year award went to Ooks' Serge Lajoie.

"Serge is very deserving of this award," Linda Henderson, Director of Athletics and Recreation said. "Serge has taught his student athletes that success is the reward from hard work, dedication, and commitment. We are so proud of his accomplishment and of this recognition by his peers."

Lajoie said earlier he has the utmost respect for his opposite number behind the SAIT bench, Ken Babey.

"When I came into the league, he was a measuring stick for me. It's part of that healthy rivalry that keeps pushing us to want to be better everyday because we know at the end of the year if we match ourselves up against SAIT, we've had a good year."

The competition between the two teams is a good thing for everyone, Lajoie said.

"I think it's a healthy rivalry. We have two teams who play a bit of a different style, but I have the utmost respect for Ken Babey and SAIT and how he has built an extremely strong program there.

Ooks goaltender Kyle Birch poke checks the puck away from SAIT forward Riley Paterson during play Saturday night at SAIT arena. The Trojans won 3-2 to take the best-of-three championship 2-0.



Photo by Jesse Kushneryk

Athlete Profile



Player: Adrian Curtis
Sport: Basketball
Position: Forward
Program: Open Studies

By KEVIN MAHER
 @kevinmahertv

What inspired you to play basketball?

My Dad coached my older brother's basketball team, I guess watching my older brother play inspired me to play basketball.

Do you have any pre-game rituals?

I have game socks and sweatbands that I have to wear for games, I'm pretty superstitious.

What are some of your hobbies?

I like to build city replicas out of LEGO (jk).

Who inspires you the most?

My mother ... she is my toughest critic, always pushes me to be better. I see how hard she works and strive to work as hard as she does.

What has been the best advice you've

been given so far?

If you don't love her, wear a rubber.

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

Energetic, rambunctious, loud, charismatic, passionate, strong and entertaining.

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

I love playing football and my favourite sport to watch is women's tennis.

What music can be found on your playlist?

Kendrick Lamar, Wiz Khalifa, Wu-Tang and Bob Marley.

What three things can you not live without?

Basketball, the opposite sex, and candy.

Where is your dream oasis?

Any tropical island with white sand.



Athlete Profile



Player: Jordan Enns
Sport: Basketball
Position: Forward
Program: Business Admin. Accounting

By KEVIN MAHER
 @kevinmahertv

What inspired you to play basketball?

My dad ... I didn't want to play basketball when I was younger because I didn't think I would be very good at it but my dad kind of forced me into it. Once I started playing, I loved it.

Do you have any pre-game rituals or routines?

Not really. I like to joke and dance around with my teammates. Singing to our pre-game music also helps to calm my nerves.

What are some of your hobbies?

Besides basketball, I enjoy reading, hanging out with my friends and family, and camping.

Who inspires you the most?

My parents ... they've always been there for me and are like my own personal cheering squad. They are my biggest

fans and without their love and support I wouldn't be who I am today.

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

Worry about what you can control.

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

Weird, loud, entertaining, funny, hard working, nerd.

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

My favourite sport to play outside of basketball is Ringette.

What music can be found on your playlist?

A little bit of everything. I even have some Disney songs on my playlist.

What three things can you not live without?

1. Chocolate. 2. Cheesecake. 3. Basketball.

Where is your dream oasis?

Somewhere warm and tropical.

Juice cleanse – mixed results

By LAUREN FINK
 @laurenfink_

I'm sure you've heard of it by now, the latest "fad diet" craze – juicing (no, not steroids.) We can all thank Joe Cross the creator and subject of the documentary *Fat, Sick and Nearly Dead* for this one. I myself am not a "fad dieter" but this specific one sparked my interest after I watched the documentary. Go figure.

So, I decided to embark on my own "reboot" as Cross calls it, based solely on wanting to reboot my body to crave healthy foods and clearer skin. I chose the second shortest cleanse of five days, living solely on juice. This sounds like a bad plan just writing it. Before I tell you if I recommend the cleanse, I'll tell you a bit more about my own personal diet and body history so you understand the basis for my opinion.

I have been on a vegetarian diet for two years. Within the last few months, however, I had fallen off the healthy vegetarian lifestyle and was on a diet of 50 per cent coffee, 30 per cent meals from restaurants and 20 per cent sugar (Over two days I consumed six bags of Cadbury Mini Eggs.)

I wanted to cleanse to reboot my diet because I knew what I was putting into my body wasn't helping it. As for weight, it has plateaued for the past few years and

fluctuates roughly four pounds.

I printed the recipe book and cleanse guideline off the "Reboot with Joe" website. Then, I bought a juicer by Hamilton Beach. It wasn't one of the "Reboot" recommended ones, but it was the cheapest at only \$90. It got the job done but I did end up having some issues with it. Next, I spent my life's savings on produce, which is not how I wanted to spend a chunk of my paycheck.

I was misled into thinking I would only be spending \$14 a day but I spent around double that.

I started my cleanse on a Sunday and quickly learned that it is quite tedious to make juice, especially when you have to make five per day (breakfast, lunch, snack, supper and dessert.) On Sunday, I followed the guidelines to a T and made sure to drink every ounce of juice and water I was told to, as well as some herbal tea before bed. I have a very busy schedule and I knew I would have to prepare juices the night before and, on Sunday night, I made enough juice to get me to supper the next

day. However, on Monday, I realized that's too much juice for me. After breakfast and lunch and, as snack time approached, I wasn't hungry.

I ended up drinking my snack for supper and only making one more juice that

night. After a day of juice I also noticed I was craving coffee, which I had to cut out completely for the cleanse but luckily I only noticed its absence for one day.

After Monday, I ended up cutting my juice intake to four a day, which is probably not recommended, and drinking the tea, which was reserved only for bedtime both in the morning (instead of the recommended hot water) and at night.

After making those changes, I never felt hungry, although I did have cravings for certain foods, most of which I don't eat regularly, (or even really enjoy) like pancakes and then some old favourites like the Cactus Club's quinoa salad. I never felt tempted to give up the cleanse, though, even when out for lunch with co-workers. When it came to days four and

five, I had grown used to only consuming juice. I had the preparation them down to a science and, although I still didn't exactly love the way they tasted, as some of the green ones were vile, I had grown accustomed to them.

I cheated twice, once by eating watermelon I was slicing for juice (which I decided was OK as watermelon is mostly water) and by eating four chocolate chips while making my family banana pancakes. When Day 5 rolled around, I didn't feel that the cleanse had made a huge impact on my body. I lost weight, roughly seven pounds but the appearance of my skin didn't improve. In fact, it worsened and, although I lost weight, I didn't feel any healthier. It did, however, have a huge impact on the way I perceive food.

Before, all I wanted to eat was candy and processed foods but, during the cleanse and in the days after, I haven't wanted that stuff nearly as much. I also realized how much food one mindlessly consumes.

I think the cleanse was beneficial in the sense that it made me want to eat better but I wouldn't do it again. The juice itself didn't detoxify my body in the ways it claimed it was going to and I don't think not eating solid food for five days, although it didn't bother me, is my idea of health.



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MEN'S BASKETBALL

Ook named All-Canadian

By **KEVIN MAHER**
@kevinmahertv

The NAIT Ooks men's basketball team may have fallen

short of their expectations for the season, however, the CCAA didn't ignore the stellar season of one player, in particular, on the

men's team. NAIT point guard Yonas Berhe was named to the All-Canadian Team. Berhe has been described as the best point guard in Western Canada and the Ooks veteran led the team in offence throughout the season with an average of 19 points per game and a total of 127 assists.

"It feels good whenever you get recognized for your accomplishments," said Berhe about the award. "It's always a good feeling."

As much as he feels proud of what he has personally achieved, he knows team accomplishments are more important. He also credits hard work and dedication to sport of basketball, both on and off the court, are the main contributing factors to his personal success.

His coach and teammates both believe that Berhe is deserving of this achievement.

"Yonas has worked very hard

over the years to achieve this award of CCAA All-Canadian," said Mike Connolly, head coach of the men's basketball team.

"We will miss Yonas's leadership and skill at his position but our recruiting is going well and we will have some difficult decisions next fall with our team."

Ook Chris Neptune couldn't have been happier for his long time teammate.

"I think that's awesome that Yonas was named to the All-Canadian Team. He had a great all around year; he's a great floor general and our leader. He earned it and I'm happy for him."

Berhe knows that he couldn't have done it without a little help from his friends.

"My teammates, they were great. They hit shots when I got them the ball, they were fun to play with – a great group of guys. I contribute most of my success to my teammates."



Yonas Berhe

The millwork and carpentry student didn't stop there when it came to thanking the people around him. He acknowledged the support of teammates, NAIT, the trainers and the coaching staff.

Berhe has a special appreciation for coach Connolly.

"He believed in me," Yonas said. "When someone believes in you, they are confident in you – it gives you confidence to do your job. He just wasn't a coach; he was a friend, a life mentor and a big brother."



File photo

NAIT Ook point guard Yonas Berhe drives against Concordia Saturday Feb. 1 during a game at the NAIT gym.

Oil Kings lead Prince Albert 3-0

By **DANIIL ANSELM**

The Edmonton Oil Kings have a 3-0 stranglehold in their playoff series against the Prince Albert Raiders after winning both games at home this past weekend and then one Tuesday at Prince Albert.

On Tuesday, Riley Kieser broke a 3-3 deadlock at 17:28 of the third period as the Oil Kings edged the Raiders 4-3.

Griffin Reinhart, Edgars Kulda and Brett Pollack also scored for Edmonton.

Game 1 in Edmonton was a strong one for the Oil Kings, as they won 5-3. Both goalies let in early goals in their first ever WHL playoff starts. The Oil Kings ended up chasing Nick McBride, while Tristan Jarry ended up gaining his composure and finished the game strong.

"It's my first playoffs and my first time starting in the playoffs, so I was a little bit nervous but as the game goes on you start to go in," said Jarry after the win.

Brett Pollack scored twice, while rookie Tyler Robertson scored the game winner to take the crucial first game of the series. Both players were also playing in their first WHL playoff games.

"It was great. Throughout the playoff run, you're going to have a new hero every night and we had a couple today," said Oil Kings forward Curtis Lazar, who set up both of Pollack's goals and added an empty netter of his own. "That's the beauty of playoffs: everyone's going to rise to the challenge."

In Game 2, defenceman Dysin Mayo and third liners Riley Kieser and Luke Bertolucci all scored in the third period to rally the Oil Kings to a 3-1 win.

"We played solid defensively and that gave us opportunities offensively," Kieser said. "My linemates played great, Pollock made a great play. I was lucky to be on the end of it."

The Oil Kings' top players have been assigned the task to shut down Prince Albert's Leon Draisaitl, a top 2014 NHL draft prospect who has racked up 105 points this season. This means that the other forwards need to step up offensively, which is what coach Derek Laxdal has noticed.

"We've got Curtis checking Draisaitl, so it takes him out a little bit offensively," he said. "The other guys have got to step up and that's where guys like Dysin Mayo and Luke Bertolucci can step up."

However, you can't win games without great goaltending and that's what the Oil Kings got on Sunday. Jarry, who was recently named as a finalist for the WHL's Goalie of the Year, made 31 saves after allowing an early goal to Josh Morrissey. Morrissey has a cannon from the blue line and was letting it loose in both games.

"He's a dynamic offensive player (that) we need to be wary of ... he's got almost 30 goals this season for a reason, he's got a major-league shot so we need to account for him off the rush and certainly on the power-

play he's their most dynamic threat," said Oil Kings associate coach Steve Hamilton.

The next game was scheduled for Wednesday in Prince Albert.

Athletes of the week

March 17-23

Ryan McMakin
Curling



Ryan was the second on the NAIT Ooks men's curling team that captured the silver medal at the CCAA National curling championships at Sault College in Sault Ste. Marie, Ontario this past weekend. The Ooks lost a tough final at the CCAA nationals 7-4 to their rivals from MacEwan. Ryan was selected as a tournament all-star after leading all other seconds in percentages at the event. "Ryan gradually improved throughout the season," said head coach Jules Owchar. "His performance at the Nationals was outstanding as he was one of the most consistent curlers in the event." Ryan is a third year Academic Upgrading student from Red Deer.

Karynn Flory
Curling



After skipping the Ooks women's curling team to an ACAC championship and CCAA silver medal last year, Karynn followed that up with a bronze medal at this past weekend's CCAA nationals held at Sault College in Ontario. Her team dropped a close 6-5 decision to Humber College in the semifinal to capture the team's third consecutive CCAA medal. "Karynn's leadership was once again evident this past weekend at the nationals," said head coach Jules Owchar. "Her calming demeanour was always present, no matter what the situation." Karynn is a second year Personal Fitness Trainer student from St. Albert.



ENTERTAINMENT

Festival season – yeah!



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

Well ladies and gents, festival season is right around the corner (man, it feels good saying those words.) With the summer coming in on fast approach, everybody's making plans for how they intend to spend the next four months. For most people, it's the pretty standard summer plan – work, relax and spend time with the family and friends but all I have on my mind is music festivals.

There's nothing better than taking three to five days with a group of friends and immersing yourself in live music. Now, there've been a few "music festivals" around the city of Edmonton. There was Boodang's Frequency a few weeks ago, Northern Lights was this past weekend and Iron Mic will be happening this April. But if you ask me, the events I just listed are not music festivals, just big indoor concerts. The best part of festivals, real music festivals, is that they combine all the best elements of summer. Live music all night, camping all day, meeting new people, eating amazing food, you name it. If it's fun, chances are you'll find it at a music festival!

With the way festival culture has absolutely exploded in the past few years, there's definitely no shortage of fun to be had here in Canada. On the west side alone we've got



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Shambhala, Boonstock, Big Valley Jamboree, Kraven, North County Fair, Bass Coast and a surprising amount more. Then on the other side of the country, there's an equally huge number but the one everyone's talking about is Osheaga in Montreal.



Osheaga's easily earned its reputation as one of Canada's premier music festivals and just looking at this year's lineup is enough to get the blood flowing. The diversity is incredible and with huge names like OutKast (who're on almost every festival's lineup this year), Skrillex, Lorde, Pusha T and Arctic Monkeys, it'll be a spectacle I will be truly jealous to have not witnessed. Happening that same weekend will be the 10th installment of the once Gibbons based, Boonstock Music Festival.

Boonstock was held yearly in Gibbons until this past

September when Sturgeon County's staunch council put an outright ban on the event. Boonstock soldiered on and is now being held in Penticton, BC. This is bad news for many Edmontonians as part of the reason that made Boonstock so sweet was the fact that it was right down the road. However, over the years Boonstock had become sort of a "white trash" event and looking around this past summer, it was pretty apparent. I remember multiple times where I looked around and thought "this is actually kind of greasy."

Nevertheless, the festival was still a time and a half and with the Okanagan as its new setting, there's hope a new crowd might be drawn as well. The lineup will have been released the day before this article gets published but it will likely include Knife Party and Sublime with Rome like it has in previous years. A few days ago Boonstock shared a link to the video for Disclosure's "Latch" which may be a hint that they will also be making an appearance, which would be sweet.

Since I'm talking about electronic music right now, it only seems right to point out the absolute plethora of EDM orientated festivals in Western Canada. There's Astral Harvest, Motion Notion, Bass Coast and my personal favourite, Shambhala. Each year, over 10,000 people gather in the mountains in BC to check their egos at the gate and have the time of their lives. Shambhala showcases an unbelievable sense of community and connection that most festivals don't. Shambhala's headliners were just announced the other week and anybody with a craving for bass would be more than happy to indulge in, Bassnectar, Excision, Datsik, Mt. Eden, along with hip hop powerhouse, Sweatshop Union and electronic veteran Moby (yes, the same Moby who got stomped by Obie in Eminem's "Without Me"). The best part about this announcement is that it contains less than one-third of the full lineup which will be released this upcoming April. Many are speculating that 2014 will be the best year at Shambhala yet.

The sad thing about this article is the word limit allowing me to only scratch the surface of the true beauty of music festivals. If you haven't already made plans for this summer, I believe I've listed three damn good plans to make. So grab yourself some costumes, buy yourself some tickets, load your van up and spend your summer submerged in deafening music, throbbing lights and amazing people.



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By KATIE PUIM

This week Katie has each song in place for a very particular reason, read on to see why!

"KeepSake" – Grace Potter and the Nocturnals: With a groovy bass that is recognizable, this song sure brings back a '60s vibe. It's super dancey. It's one of those songs that makes you want to dance around the house.

"Pumpin Blood" – NONONO: This Swedish trio based in Stockholm has come out with their first single. Pumpin Blood is a great blend of pop and dance music with a fun vibe. I have no doubt that Pumpin Blood will be reaching the Top 10 charts soon. It's a carefree track that will have anyone in the clubs dancing soon.

"Looking Hot" – No Doubt: No Doubt has been a band for quite some time now. So, it's not a surprise to see

"Looking Hot" being played in almost every clothing store you go into. It's a fun song to get dressed up to on a Friday night before you go out for wild weekend partying.

"Fold Your Hands" – Passion Pit: Even though Passion Pit may be back in the studio to create a new album, it doesn't mean we should totally dismiss their past albums. So until the new album drops, you may want to listen to a song off their first album *Manners*, "Fold Your Hands." This track is filled with synths and I find the lyrics more in-depth and more unique. It's that indie pop kind of track, so whether you're into pop music or indie, this track fits both your needs.

"Amsterdam" – Imagine Dragons: This indie rock band has a catchy song off the deluxe album *Night Visions*. The song is very unique and different from other indie rock songs. The song is very heartfelt and the lyrics are engaging. The song seems to almost like an apology but at the same time telling you that everything will be OK and everybody will eventually find what they are looking for. The beat is infectious and it will be stuck in your head all day.

"Hang On" – Weezer: If you currently like someone but they see you just as a "friend," this song might actually relate to your life. This nerd rock band really knows how to write a song that makes you have hope of breaking out of that "just friend" zone. It has rock vibe to it and Rivers Cuomo's voice really complements the song. You can feel the emotion in his voice as he says that one day he will be more than a friend and he will show that person. So if you are in need of a song that describes the frustration of being "just a friend," this one just might be for you.

"Changing of the Seasons" – Two Door Cinema Club: My favourite current breakup song, which is all about moving on and breaking out of that rut that you're in. The seasons are changing, so are you! You are moving on from bad emotions and finding someone better. This indie band from Northern Ireland really hit the nail on the head. Finding an empowering song, the drum beat at the start and the synths that follow really draws you into the song. And the guitar solo in the bridge will sure perk you up.

"Lisztomina" – Phoenix: I don't think I could have found a better upbeat positive song to start the day. It's one of those songs that you listen to while you cruise around in the car with your best friend. This song is for the pop and rock lovers. It's very pop influenced but does have a tiny bit of rock infused. The drums are really clear in this song and the rest of the instruments don't drown it out like most songs do, and that's one of things I like most about the track.

"The Night Out" – Martin Solveig: This one's for all you house music fans. I find "The Night Out" to be the perfect blend of pop and dance music. The beats are super catchy and really makes you want to dance.

"Circles" – Down With Webster: This Canadian band is getting really big in Canada and has a brand new album out called *Party For Your Life*. One track that really draws out the entire album is "Circles." It starts off with a guitar riff that really sets the tone for the song. I don't think many bands can pull off being a pop/rock band and have a rapper in it. But down with Webster can and so can this track. I really can't sit still with this song, it's just too fun to just listen to it.



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HOW DID WE DO?

Pictures or image making?

By **EVAN KIRBY**
@Evankirby

Social Media is the greatest trick we've ever played on celebrities. Social Media is the greatest trick celebrities have ever played on us.

I consider myself pretty savvy and up-to-date on social media sites. I've been at the start of them all, Nexopia, MySpace, Hi5 (was I the only one who had this?), Facebook, Twitter, Instagram, Vine – you name it, I've probably had an account on it and probably still stupidly update it in one way or another for all of my 14 friends. Eventually as social media got popular, so did it for celebrities, maybe originally because they are people like us and enjoy this kind of interaction, but, hey, let's face it, mainly to connect to as many people as possible to expand their brand.

To me, Instagram is the most revealing and fascinating of these sites in regards to celebrities, due to its nature of being picture-video based only. You are being sold on visuals and the fidelity of this image of the person you're following. Any publicist could be tweeting 140 characters out of a celebrity's account but with a picture, you're for the most part seeing everything, whether it's tailored or not. Sure, Kim Kardashian, Miley Cyrus and Rihanna are letting you peek into their lives but it's the curated lives they choose to show you. These aren't the pictures they'd show if only their close personal friends followed them. No, you're some nobody in some unpronounceable town in the middle of Alberta and you need to be impressed and sold a maintained image. This is me breaking down celebrity culture, but that's not fun, so let's talk about what matters.



celebmafia.com

Rihanna on her birthday

Damn! Have you seen Kim Kardashian's white bikini pic on Insta? I mean, you had to have, 1.1 million people have liked it. Holy jeez, Michelangelo couldn't have sculpted something that perfect. And have you seen Rihanna aka badgalriri's sets of vacation pics? She has the brilliant idea to, instead of bringing her friends to her birthday getaway in the mountains, she brings a full camera crew to recreate bikini poses in the snow! Rihanna be chilling in a hot tub in the mountains, smok-

ing a cigarette with some ski goggles on her head, and some thai tea type concoction cooling on the side, slap a black and white filter on it and bam – you got yourself a celebrity Instagram post.

Instagram isn't the true-life of celebrities. Hell, I bet you hardly post your true life on Instagram. Don't tell me you haven't screened a photo and thought better of posting it. Well, unless you're a 13-year-old girl, they post everything on Instagram,

good or bad and often within seconds of each other. But we love this stuff don't we, living vicariously through the social media accounts of celebrities or just laughing at how dumb they are. A Google search of "Miley Cyrus Instagram" gives me multiple new sources debating whether her new booty selfie went too far. Forget poverty, war, revolution, human rights and so on, what do you think about Miley's booty selfie? Too much or do you think it's #kiewt?

Try taking a digital sabbatical

By **MUHAMMAD WAQAS**

The first thing I usually do when I wake up is to check my cellphone to see if anyone sent me a text message or WhatsApp message or if there are any Twitter or Instagram updates or if anyone called me when I was sleeping.

Even in the middle of the night I wake up and check my phone for updates and I keep repeating this process throughout the day and I'm pretty sure there are others who do the same. It became a habit of mine, even if I don't have anything still I'll keep checking my phone. I hate when it gets stuck or has bad network reception because, in my mind, there is a perception that has built up that someone may be trying to reach me and for whatever reason, they cannot get hold on me.

Therefore, I keep my cellphone always charged and close to me so I can have easy access to it whenever I want.

Recently in my course 'Technology, Experts and Society' the instructor challenged the class to disconnect from any of our favourite digital communication technologies for one day and, of course, my favourite technology was my cellphone. If someone tells me to stay away from my cellphone, I'll just laugh but this was a challenge so I had to do it, but there was an anxiety building.

I was bit scared at the beginning that I might miss something important. At one point I was about to break my fast but then I said to myself, how bad can it be? Sometimes it's better to just let things go.

So my digital sabbatical started. In the beginning, I tried to spend my time on my

laptop checking Facebook, watching movies, playing games and watching TV, but my mind and eyes kept going back towards my cellphone. One thing I should have done was to turn off my cell phone but I didn't and it kept ringing the whole day, which was distracting. Even when I left my house, I kept it in my pocket.



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It took me a while to ignore my cellphone. It helped test my patience and I realized that I still have what it takes to control my feelings and thoughts no matter what the circumstances. I also realized that taking a day off from my cellphone was like taking a day off from all tensions and it made me challenge my fear of missing important things

or being left behind by others in the virtual world.

At the end of the day, it was a great experience, even though there was an anxiety in the beginning because of doing something out of my daily routine. However, as time passed, the fear faded and this activity showed me a clearer picture of me and my connection to this society through this technology and its importance in my life. It's true that this technology has brought people closer but it also makes the closer people far. Sometimes we don't realize that we are so into this technology and era that we forget our past. I highly recommend to everyone, just for one day try a digital sabbatical, because it will not only give you a release from all your tensions, but also help you to realize all the important things that are happening around you, which you have been ignoring.



Beer, pool and food

And a good girl-to-guy ratio

By DYLAN WOLFINGER

It was a pretty good Saturday night in March, walking down Jasper Avenue with a friend looking for a place to watch the Oilers-Flames game. We stumbled across the 1905 Pub and decided to head in after talking with some girls outside.

After exchanging pleasantries and a few rounds of shots, we headed for our table. It was right by the pool tables and facing one of the many televisions in the place. We had about an hour to kill until the game, so we ordered some drinks and played some pool. There were two pool tables and about half a dozen cues, both of them well cared for. It was \$2 per game and we played four games ... I lost them all. After I nearly broke a pool cue we sat back down at our table and ordered some food. My friend ordered the "Fat bastard burger" and I ordered a starter of baked goat cheese and the special of the day, which was ribs with a side of pasta. The food came reasonably fast. We split both meals.

We started off with the baked goat cheese. It came with a type of bread I can almost compare to pretzel bread, soft and doughy. The cheese itself was so thick and full of flavour that, between it and the bread, the appetizer went in no time. Next was the burger and it was delicious, with what tasted like a homemade patty, loads of bacon, lots of cheese and all the trimmings.

I'm not too sure why they called it the "Fat bastard burger" because it wasn't that big but the taste was and

I savored every bite. We followed that up with the ribs – a huge slab of beef with some tangy BBQ sauce. The meat fell off the bone and tasted like the most elegant hot dog I have ever tasted. It was truly a unique taste but something I would most definitely get

again. The worst part of the meal was the pasta. The sauce it came in was pretty bland and the pasta was under cooked, I ate about half and didn't finish. After the meal, we finished our drinks and tabbed up. It cost us about \$80 and that included beers, pool, an

appetizer, two meals and the tip. The atmosphere was fun. There was a decent girl-to-guy ratio and it really nailed that pub vibe.

If you're looking for a fun, low key place to chill, the Pub 1905 might be for you.



www.tripadvisor.ca

A classic, with classic games

By DYLAN WOLFINGER
@thewolfinger

Sept. 29, 1996 is a day that will live in every nerd's heart forever and, even if that day doesn't mean a thing to you, after you read this, it should. On this day, a pop-culture gem was released and the Nintendo 64 came out across North America and hit retailers like a phone book to the side of the head.

Marketed with the slogan "get in or get out" it seemed that everyone was in. It was released with two launch games *Pilot Wings* and the best-selling game of the system *Super Mario 64*, which sold almost 12 million copies. The second best-selling game of the system was *Super Mario Kart 64*, which sold roughly nine million copies. Although those were the highest grossing games, there are so many more classic games that made this system the 1996 Times Machine of the year. Epic titles included *Golden-Eye*, which took a huge step for-

ward in the first person shooting genre, with many different characters, weapons and levels.

Then there was the *Legend of Zelda: Ocarina of Time*, which pretty much set the bar for 3-D action adventure games. It was a wide open world, with all of your classic Zelda weapons and puzzles. and rubies, lot's and lots of rubies.

Let's not forget *Super Smash Brothers*, the game that brought together members from the Nintendo universe to beat the crap out of each other. I cannot remember how many times I wanted to pick up the console and throw it over the balcony because I lost to Star Fox.

This game has got to be one of the most addicting and competitive games ever invented ... it's so good. Finally, one more classic to make you feel warm and fuzzy on the inside. I'm talking about *Pokémon Stadium 2*; this game is truly a masterpiece for the ages. It's possibly the most adorable and unique chess

match ever. If you have ever played this game, then you already know what I'm talking about, if you haven't ... what are you waiting for? This legendary console had a life span of seven years and although it only spit out 387 games dur-

ing that span, its library included such a high number of critically acclaimed games that it will go down in the history of consoles as possibly one of the best of all time. So I leave you with this question ... Do you even 64?

Nintendo 64



MOVIES – THE KURT LOCKER



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On the set of *Exposing Héliosols*.

A forgettable indie film

The film is called *Exposing Héliosols*.

It's a French-language low budget mystery drama about Maxine Delorme, a journalism student in Winnipeg who, when the film starts is trying to figure out how to get into a Masters in Journalism program. She needs a good story for her application, something big.

Well, she ends up stumbling upon a leaked e-mail from a petroleum company that raises questions about the company's finances.

Maxine makes it her mission to expose this company, *Héliosols*, for whatever it is they're hiding.

With the help of her friend, David, she interviews a series of people from the company in an attempt to get some answers but mainly gets a lot of smiling faces and general public relations smokescreens. But

eventually, she gets to the truth.

OK, I'll get right to it. I got lost at several points in this film. The story just didn't grab me at all. The film never did a good job of making me care about this company being exposed or not. I never felt like anything was at risk here. The only true dramatic moment came when Maxine tries to submit her article to a big newspaper.

But as for the scenes in which we learn of this supposed "dirt" the company may be hiding; I just didn't care, quite frankly.

I've seen a lot of great films that deal with similar stories. Michael Mann's *The Insider*; Steven Soderbergh's *Erin Brockovich* or *The China Syndrome* with Jane Fonda and Jack Lemmon. These were films that made me want to know more

about the various topics and controversies after the film was over.

Exposing Héliosols just sort of bored me. Also, they try to add some romance to the film in the final act that came out of nowhere, in my opinion.

Now, the film does have its good points. While the writing is weak, the acting is better. The whole cast (including NAIT *Nugget* editor in chief Carly Robinson, in a nice cameo) does a nice job. Janique Freynet-Gagne in particular is a solid actress; it's just too bad it's with this weak script.

The film is very well shot for the most part. You can tell it's a very low budget film but there were a lot of scenes that looked better than I would think. Maybe it was the lighting, but a scene in a boardroom with windows overlooking Winni-

peg, I thought looked great.

There was one shot, though, an establishing shot of Maxine's house that looked ghastly, which shocked me, because the rest of the film looked so good.

I hate to knock a film like this that deals with environmental issues. You can tell the director and co-writer Gabriel Tougas has his heart in the right place.

And maybe he had limited resources, but I've seen better shoestring budget films than *Exposing Héliosols*. Good director, so-so screenwriter.

A good effort, but not a memorable film, sadly. *Exposing Héliosols* is available to purchase on DVD at Héliosols.ca/#acheter

★★☆☆☆

THROWBACK THURSDAY

That trusty recorder

By TAYLOR DENNEHY

If you still believe that you can't play a musical instrument, just throw yourself back to elementary school where you were forced to learn to play the recorder.

Hand any North American one of these flute-like instruments and they will play "Hot Cross Buns" like there's no tomorrow.

Do you remember how you and your friends would blow as hard as you could

into the flute to make that dreadful screeching sound? You may also remember how all the cool kids had the coloured plastic ones that you were so jealous of because you just had the regular beige or white one.

So now that you realize you are basically a musical genius, thanks to your grade three music teacher, go ahead and play that beautiful song we all know, "Hot Cross Buns."

Nugget positions

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

Editor-in-Chief

Section editors

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

Julios – I'll drink to that

By JORDAN WARDELL

Julio's Barrio. When I think of Julio's I think of getting day drunk in the summer on bulldogs. Well, for once I actually went during a season other than summer and actually remember what I ate. It is a super fun environment and the front opens up onto the sidewalk in the summer. They are even trying to make a sidewalk patio for this summer, lets cross our fingers and hope it happens.

I started with ordering drinks, as you usually do at a restaurant. But it took me close to 20 minutes to choose a drink. It really doesn't help that I'm an indecisive person but when you have over 10 variations of bulldogs alone to pick from, it's going to take a while. There were also eight flavours of margaritas to pick from and then if you didn't want tequila you could get them with rum or vodka. I can normally pick a drink relatively quickly but not with that many variations of margaritas. But the three ounce margarita I went with was delicious just in case you were wondering.

Next I had to decide about food. Now, if you don't like Mexican food then Julio's isn't for you, if you couldn't guess by the name. I ended up picking chicken enchiladas and I got three of them stuffed with chicken and cheese as well as refried beans, rice and a corn salad on the side. It was so much food, there wasn't a chance I was going to be able to eat it all. I ended up having lunch for the next day though and that was nice. You definitely get enough food for what you're paying. Plus they also brought chips and salsa while you decide what to order, which I ate a lot of just trying to make my drink decision.

I have always liked Julio's. And it isn't as busy on weeknights or in the winter. It will almost always be busy



www.tripadvisor.ca

in the summer but I was pleasantly surprised when we didn't have to wait for a table going out at seven o'clock. If you like Mexican food, tequila, really big drinks and having a good time, I 100 per cent recommend Julio's Barrio, especially if you want to grab dinner before a night out on

Whyte Avenue. I know that I can't wait for another summer of getting day drunk and shopping on Whyte Avenue. I do recommend shopping before drinking though because I have done it the other way around and spent a little too much on impulse buys.

MARCH EVENT LIST

3-28 NAITSA FITNESS CHALLENGE
(for more details about the Fitness Challenge visit 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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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.

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WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

Gamers of Dungeons & Dragons

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

WHEN

Wednesdays | 5:15pm – 11pm

Fridays | 5:15pm – 11pm

Saturdays | 8am – 8pm

WHERE

Room WA-114

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

Room T-015

Business Connex

Tuesdays | 4:45pm – 5:30pm

Room T-107

Latter Day Saints Student Association

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

Room WA-212

Investment Club

Wednesdays | 4:40pm – 5:40pm

Room T-509

Aboriginal Club

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

Room H-111

intoNAITion Toastmasters

Mondays | 4:40pm – 5:30pm

Room H-003

Christian Club

Fridays | 12:15 – 1:10pm

Room X-215

Btech Club

Saturdays | 12 – 5pm

Room T-212

Anime Club

Fridays | 4:15 – 8pm

Room F-106

Western Martial Arts

Mondays | 3:15 – 4:30pm

Studio

Improv Club

Mondays | 3:15pm

Room J-006

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

Studio (S-112)

Every Friday at 4pm-8:30pm

Studio (S-112)

Every Sunday at 11am-4pm

Studio (S-112)

Music Club at NAIT Jam Sessions

Every Thursday at 5pm-7pm

Room H-003

UPCOMING CLUB EVENTS

WHO

Club Culinaire

WHAT

Silent Auction

WHEN

March 27; 9am-4pm

WHERE

South Lobby-NAIT Main Campus

MECSA

Mini Career Fair

March 28; 10am-2pm

B-Building

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

Accounting Club

Tax Clinics

March 29, April 5 All day

Room T210 / T211

MRT 67

Club Rad-BYOB (bring your own banana)

April 1 11:00am-2:30pm

Outside NAITSA office, E131

Accounting Club

Resume Reviews

April 1; 4:30pm-5:30pm

Room X203 & X205

IET Club

Pub Night

April 4; 9pm

The Rack

Rangla Punjab

Baisakhi Raunek Mela

April 6, 3:00pm-10:30pm

Tower Lounge 8th Floor

BCX

MustardSeed DinnerVolunteering

April 8; 5pm

Mustard Seed

Petroleum Social Club

Industry Day Presentations

April 9; All day

L164A Area

Petroleum Social Club

Pub Night

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

Blind Duck

ASC

Round Dance

April 26, Day event

Enoch

CAMPUS CLUBS NEWS

WHAT

NAITSA Awards Night

WHEN

April 5, 2014

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

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



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other upcoming Important Clubs Dates



TAYLOR BRAAT

What are your thoughts on Alison Redford resigning as premier?



"I think it's great she stepped down. She should have, she took from the province and she was terrible (as premier)."

Matt Sawchuk
Electrical



"The big thing really comes down to, should a person really be terminated for misappropriation of funds and unethical use of money? In that regard, yes."

Cory Thorp
Electronics Eng. Tech.



"I think it's a good thing because of the pensions. My sister is in the union so it's close to home and she was trying to take that away from everybody."

Amy Wilkie
Business Admin



"Alison Redford resigning is like watching a pug trying to run, jump or do anything in a motion other than a waddle. It's completely amusing, exciting to watch and it benefits all of us."

Juliana Barnes
Nursing



"I'm glad. She had good intentions but she did a lot of back pedalling. She should have just owned up. After 43 years of the Tories being in power, she has crushed that and made way for a new regime."

Elise Laderoute
Mechanical Eng. Tech.

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THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

Simply makes you “Stranger”

By DERRICK McDONALD

Walking into the Art Gallery of Alberta downtown created a different feeling for me as my focus was immediately drawn to the Jill Stanton exhibit decorating the walls of Manning Hall. It may have been the exclusive use of colours telling a story of personal perceptions of the sub-conscious or it may have been the amazing amount of detail covering every inch of the display which left nothing out, I'm not sure which.

Immense effort

What I am sure of is the effort required to create such a massive piece of art was immense. From wall to wall; guests, onlookers, and critics can explore the world of sub-conscious interpretations in a totally different light. Creatures and non-creatures morphing in and out of the illusion of life across the canvas left me wondering what I missed after careful examination of the work from different angles. Emulated around D.I.Y. (Do-It-Yourself), poster work processes and street art, “Strange Dream”, is a must see for anyone who has ever questioned their recollection of thoughts in a day and, unless you only exist in the sub-conscious, that anyone includes everyone.

A poster of sample work is provided to guests upon entry into the gallery, with a brief description on the back of the poster about the artist and her use of techniques in the approach to creating the mural. Colour was limited to a small section of the canvas and the remainder was presented in black and white. Giving the impression of a much larger and unexplored world beyond our everyday scope of understanding when it comes to this surreal and psychedelic portrayal about the dense intellectual thicket occupying the mind.

Worth a look

Whether you're a fan of art, a student or just plain curious, Jill Stanton's mural, “Strange Dream,” is definitely worth a look. “Strange Dream” is scheduled to be on display from March 5, 2014 until Dec. 31, 2014 downtown at the Art Gallery of Alberta, 2 Sir Winston Churchill Square, Edmonton, Alberta. And is available for public viewing at no charge in Manning Hall except during private events.

Jill Stanton is an Edmonton based artist (jstanton.ca), and is well known for her independent comic books and graphic design illustrations. She also provides graphic design services, (hello@jstanton.ca), and can be followed on Twitter [@scenic_edmonton](https://twitter.com/scenic_edmonton).



Photo by Derrick McDonald

Strange Dream

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)

Don't worry about some minor issues that might come your way

this week. They're going to be inconsequential in the long run.

Taurus (April 20-May 20)

I bet you never knew that who you know would be more important than what you know. Welcome to the real world. Focus on relationships because acting like a cave dweller won't be salvaged by your 4.0 GPA.

Gemini (May 21-June 21)

Good news! You won't be run over by a bus this week. Spend some time celebrating. But not too much... I heard you hid at home all week so now you're probably behind on classes.

Cancer (June 22-July 22)

Someone unexpected is going to be an ally to you. Stop being such a judgmental jerk and you won't be so surprised next time.

Leo (July 23-Aug. 22)

It's probably time to start working out ... Those pants aren't looking so hot on you.

Virgo (Aug. 23-Sept. 22)

Spend some time focusing on yourself rather than who you're around. You won't always be able to be able to focus on yourself, so enjoy it now.

Libra (Sept. 23-Oct. 22)

Your dedication is paying off. If you're currently working, now is probably the time to consider making the leap to a better job- take your momentum and run with it. It's hard to change things up when you're burned out.

Scorpio (Oct. 23-Nov. 21)

Assholes will come your way. Respond in kind and don't care if people think you're aggressive in return. Sometimes you just need

to assert yourself.

Sagittarius (Nov. 22-Dec. 21)

Try to be kind to people this week. Life is hard and you sometimes don't know just how hard it is for the people around you.

Capricorn (Dec. 22-Jan. 19)

Focus on the basics- family, school, fun. In that order. Things will never turn out the way you want if you don't have your priorities straight.

Aquarius (Jan. 20-Feb. 18)

Stop being so creepy to that person you are just convinced likes you back. They don't.

Pisces (Feb. 19-March 20)

An instructor may behave towards you in a way you think is unfair. Try to be cool about it – sometimes we all need to have our staying power tested. Or they could just be a dick ... either or.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



ID protection and travel



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

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

Don't post holiday plans!

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

Luggage tags

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

Using GPS

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

Using geo-tags

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

Shield your pin and passwords

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

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

Credit cards

Use credit cards while travelling – they offer additional protection against criminal activity. Keep an eye on your card to avoid cloning and watch for the use of a skimmer.

Laptops

• Use your own laptop/tablet in public places.
• Delete your computer's temporary Internet files, cookies and history often.

Protect Your Passport

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

Lock Up Your Valuables

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

Passwords

Add passwords to each of your electronic devices.

Scams / Pickpockets

Watch for scams on the street. Children working with adults are notorious as pickpockets.

– Some information provided by Service Alberta.

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

the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information.

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

Everybody benefits, except the criminal.

Who to call?

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

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

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

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

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

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

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

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

NORTHERN LIGHTS MUSIC FESTIVAL

Edmonton conquered!

By TAYLOR BRAAT

There was a light show involved but it was not the kind that lights up the sky in high latitudes.

Northern Lights Music Festival conquered Edmonton this past weekend at the Shaw Conference Centre with a massive number of people attending. This was the festival's second year running and the stakes were raised with a stacked line-up.

Colourful outfits and upbeat moods lit up the venue with loud bass provided by PK Sound. The festival was headlined by Gareth Emery and Kaskade, who both put on unforgettable performances for a massive dancing crowd.

There were positive vibes throughout the Shaw Conference Centre for the entire weekend with smiles, laughs, hugs and kisses and last but, not least, blaring bass. The lineup included world renowned artists like TJR, Chuckie, Thomas Gold, MAKJ, Datsik and Adventure Club. There were also some newer, up and coming artists such as Diggs, Ruby, Poppa Squats and GCR.

Connected, Aqua Audio, Hot 107, Flipside and Sustenance all put their heads together and hosted the much anticipated event. The show was a success with many DJs flying into Edmonton from places as far away as the United Kingdom and the United States. All of these talented Electronic Music Artists joined together to make the massive crowd go wild. All you could see were arms flailing in the air and smiles all around.

There is a phenomenon with ravers in which they prepare little bead bracelets and necklaces to wear on their arms. People cover themselves with bracelets and jewelry at the festival and they call it "Kandi." When you see someone wearing Kandi, you go up to them and exchange jewelry in a ceremony called "PLUR."

They join hands in certain ways and trade a piece, unifying these two people in raver religion forever. It is quite heartwarming that you can see this happening frequently at these events because it truly is an awesome message. It means that they accept everyone for who they are. If you are not wearing a piece of Kandi, someone will almost always give you your first piece. At Northern Lights this weekend, there was a booth where people could go and make pieces of Kandi for free.

As of now, the social media hashtag #NLMF2014 is blowing up with party photos and memories. People will keep this weekend in their hearts until next year's show with an all new lineup that will blow away this year's with all new DJs and the newest music. People went wild and this was definitely a weekend for the books.

There are tons of Albertans hung over today and some have to make a long trip back to places as far as Calgary to get home. Hopefully everyone is safe and sound as they recover from the amazing weekend that they all experienced.

Next year's Northern Lights Music Festival will be greatly anticipated by thousands of Electronic Music fans.



www.facebook.com



Photo by Carol Tan

Brett Anderson, 20 Mitch Neufeld, 21 Carpentry

This week I went around campus and asked two hot and very single men a few questions.

What do you find attractive in a girl? – Brett: Having a job, can take care of herself and having a nice little body on her. Mitch: Someone who takes care of her body, someone who's outgoing and has a nice smile.

What are your hobbies? – B: I like long walks on the beach, walking my dog, doing stuff with my hands ... uh building stuff! M: Snowboarding, fishing, wakeboarding, hunting ... so your all around country man.)

What are your turn ons/offs? – B: Off: bad breath; On: small girls, cooking skills. M: Off: wearing too much make-up, bad attitude; On: someone who can hold a conversation.

Blondes or Brunettes? – B: Brunettes. M: Both.

Ideal first date? – B: I don't know. M: Going out for drinks somewhere social so it is not awkward. B: Yeah, what he said.

So ladies, who would you pick to go on a date with? Give them a call!

Brett: 780-803-1672 Mitch: 780-718-0787

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

NAITSA'S NEXT TOP MODEL

Night to remember

By **CARLY ROBINSON**
@carlydionne

"We want to marry you, Paige!"

Those were some of the cheers coming from the crowd as Paige Meyer won the title of NAITSA's Next Top Model. In its fourth year, the competition came to an end last Thursday night at the Nest.

For the winner, it was a dream come true. "I'm glad Paige won," said first runner-up Keegan Mabbutt. "From the beginning, it was clear she really wanted it."

Meyer was the recipient of a year-long modelling contract with CMAC, something she hopes will boost her career. She says from the time she was a little girl she wanted to be a model. Thinking she wasn't quite cut out for modelling, because of height, she still wanted to work in the industry. She is a business student at NAIT with the goal of working in fashion.

It was clear the final 10 gave it their

all in the competition. They walked the runway in their own clothes, showing off their individual style. One by one they were asked questions by a judge; with one last shot at proving they are right for the title of NAITSA's Next Top Model.

They stood in a row, waiting anxiously as NAITSA President and emcee for the night Jonathan Bilodeau let them know he had the results in his hands.

"Now, I'm ashamed to admit it, but I have seen *America's Next Top Model* ... but I did learn an interesting way to eliminate people."

He then called out five names, telling them to step forward. The excitement grew, waiting to see which row was the final five. As the top three were announced they received flowers and cheers from the full Nest.

Both first and second runners-up, Keegan Mabbutt and Mark Winget,

said they joined on a whim but they have already been offered opportunities because of the competition and will both be walking during Western Canadian Fashion week.

Before they took to the runway, I asked some of the finalists backstage what brought them to this point and they all agreed social media played a large role. With 30 applicants starting off, and 16 who qualified, there was an online vote to decide the finalists. They all participated in photo shoots with Vivid Vision, with images being displayed on NAITSA's website for voting.

Another part of the spectacle for those who came to the Nest for the show was the half time belly dancers. The two dancers from Luna Dance exuded confidence on the runway, with no heels needed.

Those who missed out on this event can look forward to the fifth edition next year.



Photo by Benjamin Sim

NAITSA President Jonathan Bilodeau emcees the event.

A contestant tells his story

By **MUHAMMAD WAQAS**

I had never considered being in NAITSA's Next Top Model competition. It was my friend who dragged me into this because he was afraid he might be the only guy in the competition as it was for one last year. On the first day, it was in my mind that I probably would not be getting selected. By my good luck or bad luck, I got the chance to be one of the Top 16 contestants.

The following weekend was the time for the makeup and photo shooting – two days and three photo-shoots. I have been in front of the camera many times in my life whether still-camera or movie but makeup was something new for me. At the beginning I hesitated to get it done but I didn't have any other choice. I had to do it. It turned out that getting it on was the fun part; the challenge was to get it off, which is another crazy story. After the whole process, my respect for women has increased. I now realize that women have to go through this process every day to look good for guys and they never complain about it.

When I joined this competition I wasn't expecting much. I thought I might not be able to last in the first round. I personally asked barely 10 people to vote for me in the first round and for the rest I used my Facebook to spread the word. It actually worked and, most important, the credit goes to my younger brother Kamran, who made it happen for me. It's because of him that I stayed in the competition. He acted as my marketer and promoted me everywhere, including in

my home country, Qatar and it wouldn't be wrong to say he was the reason that I reached the finals.

In the first round, I did not care about losing but when I reached the second round, my interest in the competition increased. People started noticing me more and started asking about the results and so many people voted for me without being asked. Sometimes they would come to tell me that they voted for me, which brought me an inner happiness that many people were starting to know me. Therefore, as the competition progressed, there was some anxiety, which was creating a desire to be one of the top models in the competition.

I reached Round 3, unexpectedly and the anticipation of reaching the final 10 grew more and more. Until the end of Round 2, I wasn't too concerned about

being in the final or even in Round 3. The third round was the one where I decided to promote myself and started requesting people to vote for me within NAIT.



Photo by Benjamin Sim

Muhammad, in modelling mode

Top Model. I started by inviting people to the finale.

The next tough part was getting an outfit that would wow for the final. As I've never shopped with that mindset, I had no idea what to wear. Buying the right outfit

Most of the people knew that I made it to the third round but some were shocked that I was still surviving in the competition and even I was shocked that I was still not out of it. I never kept my expectations high on making it to the end of this competition, but my friends' support got me to the finale and they wanted me to win, just so they could come to the party that I said I would give if I were to win.

Finally, I made it to the Top 10 for NAITSA's Next

Top Model. I started by inviting people to the finale. Most of the time spent before the finale was on getting my hair done, which took almost 20 minutes, which was even more time than the girls took, which I found that hilarious.

When I arrived home, I decided to go crazy with clothes. The final outfit turned out to be colourful and was a combination of formal and casual. Also, to top that, I ended up spending more money than my allocated budget. After the horror of shopping being taken care of, I headed straight back to NAIT for the finale's preparation.

Before the ramp walk, I got surprisingly nervous, even though I've faced large groups of people for different reasons in the past. The walk itself is a whole long interesting story for another day. All I can say is that apart from wearing unique clothes, it was a unique, a fun, crazy experience.

In the end, I would like to thank everyone who had faith and supported me in this.

NAITSA'S NEXT TOP MODEL



Photos by Benjamin Sim

WINNER AND RUNNERS-UP

NAITSA's Next Top Model for 2014, Paige Meyer, centre, is flanked by second runner-up Mark Winget, left and runner-up Keegan Mabbutt, right.

Local artists saluted in annual event

By **EVAN KIRBY**
@Evankirby

Hey, so the Edmonton art awards nominations have been announced and I bet you were waiting with bated breath to see which of your favourite local artists were nominated.

I don't know, maybe you were or maybe I'm a terrible person. These aren't just the Edmonton art awards but rather they're properly known as the Mayor's Celebration of the Arts as in our simultaneously nerdy and hunky Don Iveson's awards.

Now, I know Edmonton has always tried to pride itself on its arts scene, whether that is truth or not (I happen to think it's pretty great, actually) but doesn't our boy Donny got anything better to do, like deal with education, transit, construction and what have you then

enjoy another five-course dinner with intellectuals?

Anyways, politics are dumb, let's talk about the arts. The nominations were led by three primary mainstays in the Edmonton arts community and ones who maintain a different corner in the preservation of artistic expression in the capital region.

The ATB financial ambassador of the arts awards sees Jennifer Annesley, nominated for her visual artistry with water colours and charcoal, which is amazing because I can't even use finger paint properly. So using watered down paint and a carbon-based compound to make art is pretty outstanding to me, whether I'd even understand it or not.



The Prairie Dog Film and Television company is also nominated in the same category and of course they are. If I had told you to come up with a more Albertan name than "Prairie Dog" you wouldn't be able to do it. In fact I've been sitting here for 10 minutes trying to do so, and all I can think of is, Oil-Soaked Prairie Dog with a Cowboy Hat On Productions, but I guess that just doesn't have the same ring to it.

The much heralded Rapid Fire Theatre is also nominated and I'd make fun of them, but I've heard they're actually pretty good, and also I know nothing about them. If you didn't know they're Edmonton's premier improv troupe, and here's where I say my joke about how all improv groups should be renamed

to "improve." Improv is either hilarious or more painful than cutting a fingernail short. Yeah.

As you can tell, I'm the worst person possible to write about these awards nominations, but this is what you're going to get. I do think that Edmonton has quite the striving arts scene, whether it be in painting, music, theatre, film or whatever, but sometimes as it is in Canada, it's hard to get your hands on these types of things unless you seek them out. Basically, unless you're a hardcore fan of these genres, their happenings going on around you usually evades your surroundings and that sucks, but it's unlikely to change in any immediate time. Maybe, one of these winners will change everything, or maybe we'll be right back here next year.

YEG PARTY GUIDE

MARCH 27-29

CANADIAN COLLEGE FINALS RODEO

AFTER PARTY @

KNOXVILLE'S TAVERN

FREE PARTY BUS
Transportation each night of CCFR (near 27 to near 29) just outside of the Edmonton Expo Centre

THURSDAY STUDENT NIGHT
(USE YOUR CCN TICKET, STUDENT ID OR INDUSTRY PAYSTUB TO GET PRIORITY ENTRANCE & NO COVER)

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Please drink responsibly - don't drink and drive.

APRIL FLAVOUR OF THE MONTH

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THE PINT

#pintdowntown #PintEdmontonDT #thepint.ca

YOUR PRIZES AT THE PINT BEHIND YOU TO SHOW RESPONSIBLY. PLEASE DON'T DRINK AND DRIVE!

FRIDAY MARCH 26TH

Roarin' Twenties... PROHIBITION PARTY

Party like it's 1929!

\$4.00 OLD FASHION

Contact Cassandra for a free Limo Package! 780.267.1331

THE RACK

10044 - 82 AVE / 780.437.1333 / THEOLDTRATHONARACK.COM

SACE 19 DON'T DRINK & DRIVE. DRINK RESPONSIBLY.

Kokanee FREERIDE MOUNTAIN TOUR

SATURDAY APRIL 5

WIN 1 OF 50 FREE SPOTS ON THE KNOXVILLE'S PARTY BUS!

ENTER to WIN just by coming down to Knoxville's on APRIL 5TH!
(extra ballots available every Thurs/Fri/Sat night leading up to the event)

GET YOUR PICTURE WITH THE GLACIER GIRLS & THE KOKANEE SASQUATCH

Wear your best ski outfit to get NO COVER

Show your VIP CARD for 5 extra ballots for the draw!

KNOXVILLE'S TAVERN