

LAST NUGGET ISSUE NEXT WEEK!

THE NAIT NUGGET

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

4.8M TO STUDENTS

Over 3,850 receive scholarships, bursaries, pg 3



NAIT photo

Second-year student Dawit Tesfazghi, left, is congratulated last week on receiving the A. Golbeck Bursary. Andrew Golbeck, right, created the award within a year of graduating from the Construction Engineering Technology program in 2012. It is awarded annually to second-year students in the School of Trades and the School of Sustainable Building and Environmental Management.

NEWS & FEATURES

Voting – ins and outs



NICOLAS BROWN
Issues Editor
@bruchev

When it comes to Canada's political system, there is only one place where you are guaranteed to find the right information – Elections Canada. This independent, non-partisan agency reports directly to Parliament and is responsible for conducting federal elections and referendums, along with administering provisions of the Canada Elections Act. As the agency's website (www.elections.ca) proudly displays, their mission is to ensure that Canadians can exercise their democratic rights to vote and be a candidate. So what else does Elections Canada, more formally known as the Office of the Chief Electoral Officer, offer to Canadians?

Elections Canada has a wide-reaching mandate when it comes to Canadians'

democratic right to vote. Not only does the agency conduct all federal elections, by-elections and referendums, it also monitors compliance with electoral legislation. This ensures that the electoral process is kept as fair and equitable as possible.

Electoral laws aren't the only focus of Elections Canada, however. They also focus on education, promotion and research. For students, Elections Canada offers both education and information on how to exercise your right to vote.

"We work with post-secondary institutions to help ensure that students have the information they need to be ready to vote," says Diane Benson of Elections Canada. "This is especially important for students who are living away from home when an election is called."

Not only does it offer education programs on the electoral process itself, the agency conducts public information campaigns on topics including voter registration and how to vote.

"To vote, electors must prove their identity and address," Benson said.

"Electors vote in the riding they consider to be their home. A student's vote counts in the riding they consider their home, whether it's where they live while at school or where



they live while not at school. Once they choose which place they will consider their "home", they have to prove their identity and residence," explains Benson, "Note that having the right ID to prove address may be difficult for some students, so we encourage them to find out what they will need and to register to vote ahead of time." You aren't left high and dry when it comes to looking for information, as it is all available on the Elections Canada website.

For identification, providing one piece of government-issued ID that has your name, photo and current address is generally your best bet – however, you can also show two pieces of ID which include your name and current address, such as a health-care card and phone bill, or a debit card and current bank statement.

As for registration, once again it is as simple as visiting the Elections Canada website and following the links to

the voter registration process. With a few short steps, including entering your name, date of birth, and address, the system will either confirm, or create, your voter registration for your chosen home. The website won't ask for your SIN number, so be sure that you visit the correct website and only provide the information you are comfortable sharing.

Finally, Elections Canada also provides support to other activities promoting the democratic process. In addition to supporting the independent commissions which can adjust the boundaries of federal electoral districts, Elections Canada also carries out studies on alternative voting methods and provides assistance on electoral matters to electoral agencies in other countries. When it comes to supporting the democratic process, Elections Canada is right there with the information Canadian voters need.

Temperature set to rise

By BRANDON HESS
Meteorologist in Training

We could be close to 20 C as we head into April 10. An upper ridge of high pressure pushes in from the west. This means warmer temperatures and fair weather conditions. An upper ridge is a "bubble" of warm air in the upper atmosphere. Warm air aloft prevents the air from rising. If we were to see cool air aloft, it would mean clouds and showers because we would be what we call "unstable." Instability is where we get the warm air rising into cooler air to create clouds, showers and storms.

We will see stable weather to close off the week of April 5-11. Expect a lot of sunshine and temperatures well above the seasonal average. Average high near the end of this week is 9 C. Actual forecast temperatures are in the high teens. I am looking for a high of 13 C Wednesday, 16 C Thursday and 18 C on Friday. On the last day of March just a few days ago, we were 18.3 C. We could get to this temperature again on Friday (possibly even warmer).

We have a vigorous cold front coming

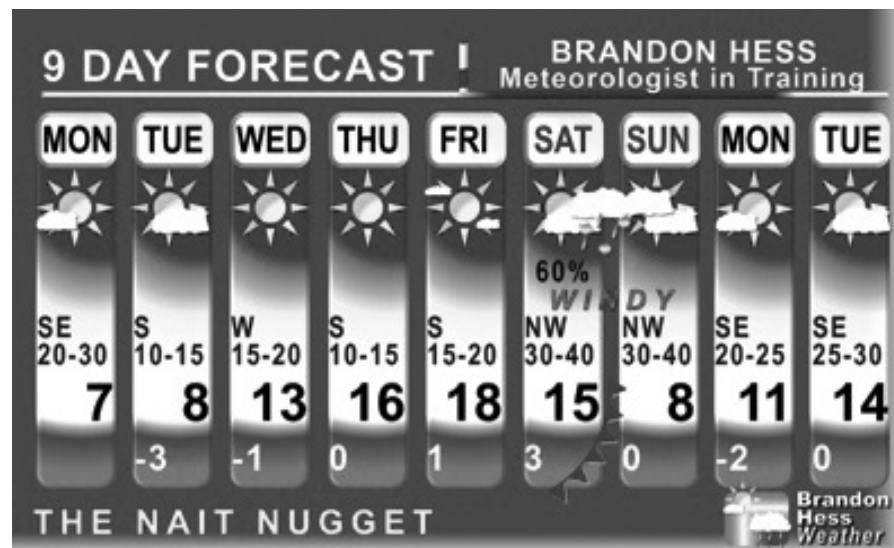
through this weekend. The shift will start to take place Saturday. Our peak in temperatures will be Friday at 18 C. Then, with the passage of the cold front, we start to cool into Saturday and Sunday. There will be possible precipitation along this boundary as a result of the cold front digging down and creating lift. Wind picks up out of the northwest by late Saturday and Sunday. Pressure changes are

going to be happening. The ridge shifts east. Temperature will only be near 8 C behind the front on Sunday (still fair). Then we get a rebound back to warmer temperatures for Monday and Tuesday.

As you probably know, the Edmonton City Centre Airport has shut down. Of course, all our weather observations have been coming from that airport's weather station.

Recently, it was replaced by the "Edmonton Municipal/Edmonton Blatchford" station. Operational since 1996, this station does not observe sky conditions. Therefore, we now only have two weather stations around Edmonton that observe sky conditions. The stations are Edmonton Namao (Edmonton CFB) and the Edmonton International Airport. Of course, if you want to know what the current weather is right now, all you need to do is look outside. Both Edmonton Namao and Edmonton International operate using "manned" weather stations. This offers better accuracy. The previous Edmonton City Centre Airport observation weather station was "automated."

This did not always offer the greatest representation of current weather. For example, sometimes it would report sunny when it is cloudy. Why does it do this? It is because the automated weather station has limited features. It can only see so far above itself into the sky. It will mistake high cloud (cirrus veil) for a clear sky. Automatic weather stations also never report thunderstorms because they are not equipped to see lightning or hear thunder.



Funding celebrated

By **NICOLAS BROWN**
@bruchev

Last week, NAIT celebrated student success across campus at the second annual scholarships and bursaries celebration. Students from all programs who had received NAIT scholarships and bursaries this academic year were invited to meet with donors and staff to celebrate their success.

NAIT's Office of Advancement has projected that by the end of this academic year, over \$4.8 million will have been distributed to over 3,850 students at NAIT. That works out to over \$1,200 per student in funding this year alone.

"This is only the second [scholarship and bursary] celebration we've had that is institution-wide," said Mike Meldrum, associate vice-president of the Advancement Department.

"It was exciting last week to see the room so full and to see such great energy and the engaging conversation that was going on between donors and students," he said.

"To me, that's where the magic happens. A donor is normally coming forward

and donating because they want to make a difference and to have a student recipient come forward and thank the donor is a very powerful thing."

A large majority of NAIT's scholarships and bursaries come from private donors, including staff and alumni.

For many students, scholarships and bursaries are a funding alternative to help cover the cost of their education at NAIT or serve as a supplement to their provincial and federal student loans.

However, they also serve as a reward for academic performance, community involvement or student leadership. For many donors, scholarships and bursaries are an opportunity to give back and reward the hard work of students.

That appears to be reciprocated by the students receiving the awards as well.

"One of the comments I've heard from students is, 'I'm looking forward to being in a position to pay that forward in the future,'" said Meldrum.

"It's a very positive feedback loop that's formed when you have people making a difference by giving back and supporting education."

Starting a scholarship or bursary for students at NAIT is relatively simple. According to NAIT's website, you simply have to choose the type of award, the type of funding and the conditions for each award. Whether you choose to support an annual scholarship or to set up an endowment, you will provide significant value to students.

As for students, the application process for NAIT scholarships and bursaries are simple and streamlined. Once a student selects awards to apply for online, the system will generate one application for all of the scholarships selected.

Should a scholarship require an essay or other submission, a prompt at the end of the application process allows a student to upload any additional information. There are a variety of scholarships and bursaries available, which include funding for those with financial limitations, awards for academic achievement and awards for community involvement or student leadership.

"It's a nice way to end the year – to celebrate student success and celebrate the gifts that help make that success possible," Meldrum said.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Taylor Braat
studenteditor@nait.ca

Issues Editor

Nicolas Brown
issues@nait.ca

Sports Editor

Josh Ryan
sports@nait.ca

Entertainment Editors

Quinton Berger
Maria Tagliente
entertain@nait.ca

Photo Editors

Ciaran Boyle
Tegan Dutton
photo@nait.ca

Online Editor

online editor@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

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Photo by Lauren Hucal

INDUSTRY DAY

Jeff Mann, NAIT Petroleum Tech. grad in 2014, brings his work vehicle to NAIT on Wednesday for the 10th annual Industry Day in Parking Lot L. Mann was hired by Baker Hughes as soon as he graduated.

Letters

We want your views

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

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

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

Point Counter Point Animated discussion



By NATE BRYANT

Animation, yea whatever, it's fine, I guess. I mean, it's no live action. How can you capture the emotion and the humanity of the world when you draw it out? There's no aging, no real problems, no risk of someone dying – animation is just boring. People only talk about like, eight seasons of *The Simpsons*. Do you know why? Because that's how long any good show should last. But it was kept alive on a crutch because it's animated. So as long as they had a flowing stream of artists to draw this played-out family, it continued. After eight seasons without anyone aging, it just got old. In live action, the characters are going to age, so it's all written around that. Imagine *Full House* if the kids never aged. It would have been so creepy. Live action gives us the humour, the drama and the action we want without having to make it so unbelievably fake. Yeah, I mean a lot of live action is fake but it looks real and we love that. If wrestling were animated, there would be absolutely zero viewers.

Funnier in live action

Sure, animated shows give us a lot of insane things that we would never see in live action but what if we did? Isn't it funnier to see it in live action? In *Danger* (it's on Netflix and it's amazing) there's a character with an eagle head. Just a giant fake eagle head. No one ever says anything about it and it's hilarious but if it were animated, I mean, whatever. People draw eagle heads all the time. Seeing it in poor production live action has a way higher humour value than seeing it drawn. You just can't capture that same feel and atmosphere. People would rather see other people act out these impossible scenarios than Peter Griffin. Plus animated shows only play to a very narrow demographic. You have until someone hits like, 27, and then maybe they'll watch *Family Guy* and *South Park*.

Animated shows just die out

Animated shows just die out, people get so sick of them. All people talk about is how *Family Guy* sucks now, or how *The Simpsons* suck now or how *South Park* sucks now. You get the point, people love to just rip on animated shows. If that happens to a live action show, it knows it's the end and it bows out. Too much of a good thing can be a bad thing. At least with live action, the shows have the decency to load the shotgun, point it at themselves and fire.

Things can't go on forever. Matt Groening and Seth MacFarlane will never learn that. I mean, wasn't it like, two years ago when *The Simpsons* said they should probably stop and they'll look at ending soon? When is that happening? Let's take a moment to remember just a few of the greats of live action. *That '70s Show*, *Scrubs*, *Friends*, *Brooklyn Nine-Nine*, *The Fresh Prince of Bel-Air* and that's just TV comedy.



By QUINTON BERGER

Usually, people watch TV so they can “get away” for a bit. So why on Earth would you watch a live action TV show about realistic people facing realistic problems? Cartoons are where it's at! In the wonderful world of animation, anything can and does happen. Think about it – would I rather watch a bunch of teenagers face relationship issues and smoke pot in a basement (*That '70s Show*) or watch a mad scientist and his grandson outsmart intergalactic con artists and accidentally destroy the world (*Rick and Morty*). Of course I'd rather watch the second because it's something I haven't experienced. I lived the first one so why would I want to watch it on TV. Television is a temporary escape from the hustle and bustle of the world, so why watch other people hustlin' and bustlin' when I can watch crazy wacked-out situations that could never happen in the day to day life I'm trying to escape?

No need for continuity

Another great thing about animated shows is that there's no need for continuity. You can pick up anywhere any time and it'll essentially be the same thing each time. No more of that “oh, I haven't seen Season 1 so I won't know what's happening.” No more plot twists and no more spoilers from other people. Everything on the show will be back to normal in the next episode, so there's nothing to spoil. Or, say continuity is a big concern. Well, you can run an animated show for 25 years and not have to worry about cast members aging, appearances changing, etc. Hell, a cast member can die on an animated show and if they find a good replacement, you'd have no idea. You think the original voice actor for Looney Toons is still doing the voices? Get real, son.

Endless possibilities

The best part about animation, though, is that the possibilities are truly end-

less. Anybody can be anything. Hell, some people can be multiple things. Did you know that the majority of *The Simpsons*' voices are done by only a few people? Did you know Bobby Hill is a hot girl in real life? Probably not but that's the joy of animation. Where else can you be a shape shifting dog, as well as a drunken robot. Now, I realize that with where CGI is at, you can do many of these things in live action but to have it done right and looking good costs a metric shit load! With animation, you can have all kinds of crazy stuff happen and have it happen for less money, which translates into more episodes, thus more entertainment for you, the consumer! Animated shows are able to reach a whole other level that live action shows can't and they can do it for smaller budgets and casts. It's obvious which medium is superior.



Photo by Taylor Braat

OPINION

— Editorial —

Addicted to Facebook



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

WWW dot-f ... enter. The thing we type into the address bar when we are headed to the wonderful, the glorious, the infamous Facebook. Love it? Hate it? Have it? Deleted it? Aaah, Facebook. What would society be like in 2015 if it were never invented by Mark Zuckerberg back in 2004 and hadn't exploded world-wide in 2007? We might have different friends, be married to different people and do different things. Facebook has changed us and the world so much. It has changed the way we interact and who we interact with.

No love left

I could overgeneralize and say that we as a society have a love-hate relationship with Facebook but I really don't think there is any love left in that relationship. I think it is a toxic past lover that we once had a flame with. Unfortunately, it's an ex that we bought a house, boat and cottage with. We've got six kids together and we just can't let go. We can still put up with the thing but if we didn't have so many loose ends to seam, we would have taken the dog and boarded the next plane to Vegas. We are emotionally invested and there are so many reasons why we need to let go.

De-activate or delete? The decision is a tough one that crosses my mind quarter-annually. What is this website doing for me besides wasting my time, frustrating me or making me jealous? The thing is awful for our well-being for a few reasons. If we didn't have this backup, never fail thing to do on the Internet, would we go on the Internet as much? When I get super bored with the Internet, I get off and, without Facebook, this would happen a lot faster. You've got to admit, the first three to four minutes of Facebook are sort of interesting ... if someone has reached out to you or it's your birthday.

Everyone has an opinion

So, whenever you "like" a page, such as a radio station or a product, you begin to see posts where comments are welcomed. Looking through these comments makes me disappointed in the human race. Everyone has an opinion and these pages have a great way of bringing out every opinion possible. One person shares their very "white" opinion and then 45 other people respond with their very "black" opinion. These people need to realize that not everything is black and white, it's grey and heavy topics should not be spoken about through comments on a

post (not that the actual page who is posting cares). These pages love it. They think the more people who comment, the more successful they have become, when really, its imbecility exposed. Put down the tablet people, and get a hobby.

Jealousy is a fungus and Facebook grows it. Picture this. It's spring break, you didn't end up going anywhere and it's Sunday morning before the break is over. Your hair is up, you're wearing pyjamas and scrolling through the book of faces. All of a sudden, bam! Miami, beaches, Parties, Celebrities. The girl you went to high school with and haven't seen in three years has travelled to Miami and is now sharing all of her photos with the world through the social media platform of Facebook. How can you not be jealous of the warm weather, the beautiful people and the awesome time that everyone is having? It's like a mirage, and it is so out of reach. It's kind of an empty feeling, and the worst part is, you did it to yourself. The thing is, Facebook is a reel of the best moments of people's lives, the moments they thought needed to be photographed, and

shared. While you're probably sitting at home scrolling, scrolling... scrolling.

I am no longer interested in what these people have to say (or complain about) yet, I keep it, and not just keep it, go on it daily. The thing is, I feel as though my life would be more complicated without it, because it does hold a lot of usefulness. No, I am not talking about Candy Crush, I am talking about the productive groups we are a part of and use to communicate with certain people. I am also talking about the distant family members we can keep in contact with and see pictures of. Now, I know there are other ways to contact these family members and ways to communicate with colleagues, but I'm OK with how I do it now. Facebook is not adding to my well of happiness but I am not ready to delete it. I may just go on a Facebook sabbatical because I'm weak and I don't want to be that guy who deleted their Facebook and then got it again a year and a half later. When I am ready to delete it, I'll know but for now I think I'll continue to post, scroll and like.



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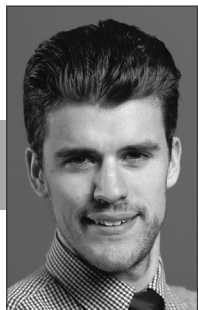
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Submit letters with your real name and phone number to: studenteditor@nait.ca.

SPORTS

Give the Spurs a break!



JOSH RYAN
Sports Editor
@JoshRyanSports

Playoff season draws near for both the NBA and the NHL. As brackets are constructed and fans speculate, we always endure days of TV analysts giving their bogus opinions. OK, not all of the material from TNT, ESPN and other major sports broadcasting giants is foolishness masquerading as intelligent thought but why do so many so-called “experts” always forget about or count out the Spurs? San Antonio has done everything one can ask of a professional sports franchise. The Spurs are competitive every year. They’ve won multiple championships and they play a very unselfish brand of basketball. So, with such a great track record and current success, why is there such a lack of appreciation and confidence in the squad’s future championship prospects? Well, I believe there are multiple reasons. Some are more speculative than others but all of them are unfair and shouldn’t factor into the coverage and analysis of the team.

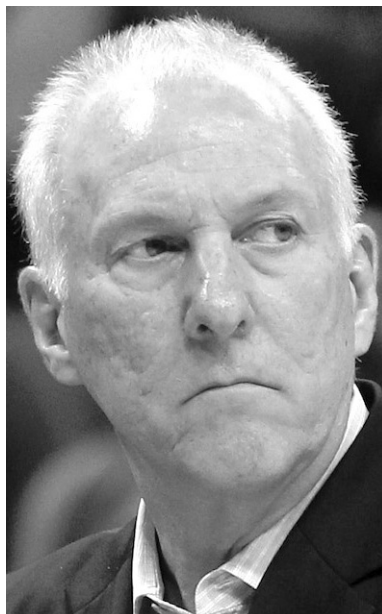
The first reason that the Spurs are undervalued is because of the players on

the roster and the style of play. This is for no other reason than both don’t lend themselves well to what sports networks cut together for highlights. The Spurs don’t have a LeBron or KD that can dominate a play with their athleticism, particularly when dunking. San Antonio relies on ball movement, depth and intelligent shots, (although Manu Ginobili occasionally disrupts that flow), traits that rarely make the nightly recap on Sports Centre.

Some absence in the nightly sports news is expected, especially when teams like the Clippers rely heavily on beating teams with athleticism but when a franchise wins at least 50 games every season, it warrants a little more time in the spotlight than a 30-second mention at the end of all the highlights. Plus, the Spurs do have some athletic players, like Tony Parker and Kawhi Leonard, which make highlight reel plays on a nightly basis and the league’s fan base is showing a greater appreciation for team oriented basketball, rather than simply tuning in for the latest iso-play from Carmelo Anthony. Basketball fans like the Spurs, casual fans like the Spurs and

it’s time for the NBA to like the Spurs.

The second reason the Spurs are undervalued is their geographical location – San Antonio. Networks always cater to larger or sexier markets, like New York, Los Angeles and Miami but still focus on smaller markets when those teams win. Oklahoma City is the best example from the past few years,



Gregg Popovich

while Golden State is enjoying a similar increase in coverage. Yet the Spurs have won more games than any other franchise over the past 20 years and are still placed on the back burner when it comes to prime time. I’ve never been to San Antonio, so it’s entirely possible that the city itself is dried turd getting even drier under that hot, Texan sun but that doesn’t justify passing over the best team in basketball.

The third reason and keep in mind my conspiracy hat is on, is that the NBA hates Gregg Popovich. Yep, it’s that simple. The league office, the owners and especially the media, all hate Coach Pop. The resting of players when they’re healthy and grouching his way through interviews has seeped into the minds of those who control the coverage



of the league. I understand, to an extent, how frustrating these things are for the league and the media but they ought to rethink how this actually has an effect on the league.

His team is always great and always plays a pure style of basketball, so that brings the league great publicity. His grouching is incredibly entertaining, just skim through YouTube for a few minutes and you can find hours of Pop content.

Finally, his decision to rest starters has generated media coverage and sparked debates over whether professional athletes should rest to prevent future injuries or dress every possible game to reward the paying customer. All of these factors help promote the league. Why not maximize the potential?

Systems are greater than talent, building is done through the draft and teamwork trumps ego. That’s the San Antonio Spurs, the best team in basketball over the past decade and a strong contender once again this season. Hopefully after they win back-to-back championships for the first time, the Spurs will cement themselves in history as Pop and Tim Duncan walk off into the sunset. Perhaps then, the experts will shower them with praise other than when it’s just convenient.

FITNESS

Overnight in the Rockies –

By **CONNOR O'DONOVAN**

Summer is almost upon us! It may be coming slowly, with 10 degree teases followed by repugnant springtime snow dumps but it is coming surely. That means barbecues, patios, ball diamonds and, if you know what’s good for you, hiking season. The fresh air! The views! The exercise! Here is a basic guide to get you trekking this season, featuring one of my favourite overnight routes (Berg Lake Trail), a gear guide for that particular endeavour and some insider tips to make sure you get the most out of your experience.

Overnighters Gear

Hiking Boots: I would say hiking boots are a necessity on this trail, because of the likelihood that you’ll encounter wet

conditions. I’ve worn runners on Berg Lake – but hikers offer the extra level of support and protection needed for a multi-day hike.

Backpack: If you’re going for more than one night, try to take a bag with at least a 65-litre capacity. They’re expensive but often feature innovative storage and support methods that allow you to carry big loads conveniently. A good bag is also very durable and, with care, can be a long-term investment.

Clothing: Pack for the classic three-layer clothing system on an overnighter. That means wearing close fitting, sweat wicking fabric underneath heavier, insulating clothing underneath a water and wind-proof shell. If you air out your base layer overnight you can get away with packing just one or two pairs of bottoms and tops

without getting too greasy. I also like to bring both smartwool socks – warm and breathable.

Food and water: I like to bring at least two litres of water storage capacity. With that you can fill up along the trail and purify with a filtration system, iodine tablets, chlorine solutions, boiling or even UV light. A filter-iodine combo is the best way to get rid of all bacteria, viruses and pathogens while still removing particulate. In a full, eight-plus-hour day of hiking, you should consume three to four litres of water.

The best way to keep up your caloric intake is to take freeze dried food with you. Two or three bags can get you through a day and the flavours are plentiful, ranging from mac and cheese to chicken jambalaya.

You’ll need some method of boiling water to properly consume these meals.

Ultralight stove: These can be expensive but are super handy. Modern stoves are very compact, energy efficient and can boil water within minutes. You only need one per group.

Sun screen: Lather up!

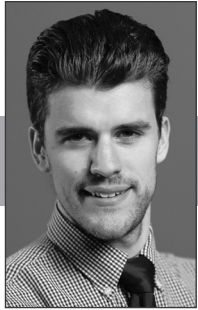
Bear bells/Mace: These are comforting to have but, in my opinion, the best animal attack deterrent is hiking in loud, rambunctious groups. A ranger once told me there has never been a documented bear attack on a group larger than four.

Money: In Alberta and BC, expect to pay around \$30 for camping per night per person on top of the park pass.

Entertainment: It’s nice to have a deck of cards or a small Bluetooth speaker for

Keeping Score Dynasty or parity?

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former *Nugget Sports Editor* (and current *Saskatoon Blades* video intern) Connor Hood over various topics in the world of sports. This week, we discuss whether it's more beneficial to professional sports leagues if there's parity among teams or if there's a dynasty that draws everyone's attention. Hockey's last dynasty was the Detroit Red Wings of the late '90s-early 2000s, football sees new teams win every year and basketball is enjoying a new level of parity as the NBA playoffs roll around. Some say parity attracts more sports fans, others say having "dream teams" makes for bigger headlines, and thus, a bigger audience. What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

Dynasties are a lot of fun but what happens to the average fan's interest when those great teams aren't playing? There are 30 teams in both the NHL, the NBA and Major League Baseball and 32 in the NFL. If there are only a few teams worth watching, then these leagues don't have brand value each and every night. Besides, it's not much fun watching a few teams blow everyone else out each night. Dynasties come and go but having quality teams each night provides entertainment for all fans.

The stability of each league depends on increased parity. Without consistency, the leagues cannot demand TV deals and other corporate sponsors. ESPN might love broadcasting the Lakers but won't show the same interest in watching the pre #WeTheNorth Toronto Raptors. When you have quality teams that can win on any

given night, then more games end up on television because more people care about what is on screen.

Fans gain the most with parity. If you're paying a couple hundred bucks for a ticket to a game, then you always risk picking a dud but parity reduces that risk significantly. Now there are more exciting games, more rivalries and more opportunity for a fan to sprout up in places like Indiana or Texas. There's still a chance that you'll witness a stinker but a greater chance of witnessing a classic.

Specifically speaking about playoffs and championships, there's even more to gain from parity than from dynasties. Those dominant teams are fun to watch but when they destroy opponents on the first round, it often kills the early playoff buzz (very much the case with the Miami Heat in recent years). Now, there's a chance that the NBA Western Conference playoffs will continue the trend from last year where the first round mirrors the NHL. If you make the playoffs in the NHL, then you now have a shot at winning and that makes every series dramatic.

The reason this sells is the uncertainty. When the audience has no idea what is going to happen, then the product is working. People love March Madness, Olympic hockey and the NFL precisely because of this fact. More quality teams, more drama, more happy viewers.



CONNOR HOOD
@connorhood27

Most sports fans say they always root for the underdog, that cheering for the overwhelming favourite is boring. They would all be lying to you. Dynasties are what fuel all sports fans. Dynasties create legends, all-time best players and teams, and stories that live on for generations. What do hockey fans think of when someone mentions the 1980s? Oilers. '90s? Red Wings. Now? LA Kings.

Without a doubt, dynasties are sport leagues bread and butter.

One of the most recent dynasties, or the closest thing to one, was the LeBron James led Miami Heat that managed four straight finals appearances and two titles. When a team is on a roll like the Heat was, you were cheering for them. When they rattled off 27 straight wins, you wanted them to get to 28. You'd

check TSN or Sportsnet just to see how the Heat did that night. You couldn't help yourself. Even if you hated the Heat, you were drawn to the spectacle of a dynasty in the making.

And as a member of the media, I love nothing more than a good dynasty. They fuel TV ratings, sponsorships and merchandise. Let's be honest, how many of you want to watch an Atlanta Hawks versus Memphis Grizzlies NBA final? A New York Islanders versus Nashville Predators Cup final? That's right, nobody.

Dynasties turn good players into great players and great players into all-time greats. Would Michael Jordan still be considered the best of all time had he not won a single championship? Or Kobe Bryant? How about Tom Brady? Sure, they would be considered great players, but not some of the best to play their sports. The true greatness of players is determined on winning, and specifically, winning championships. The more titles, the better. How does one accomplish this?

Being on a dynasty team.

Even if you hate dynasties, you love to hate them. They give you reason to watch the game. And if you really are a true fan of parity, have fun watching the Milwaukee Bucks take on the New Orleans Pelicans, I know I won't be..

what to take, where to go

after you make camp.

Berg Lake Trail

Trailhead: At the Mount Robson Visitor's Centre, off the Yellowhead about 90 km west of Jasper, approximately 4.5 hours from Edmonton.

Distance: 12 km round trip to first campsite; 42 km round trip to Berg Lake camp site.

Elevation gain: About 800 metres to Berg Lake.

Best season: Late June to early September.

Berg Lake Trail is, in my opinion, the all round best multi-day trail in the Rockies. If you go the full route, you'll climb through a mountain rain forest, past multiple pristine lakes, through the Valley of 1,000 Falls (count them),

along the rapids of Robson River and across a vast river basin to Berg Lake itself. The lake is flanked by massive glaciers and lies beneath the mighty Mount Robson, which towers at 3,000 metres and is the highest peak in Canada's Rockies.

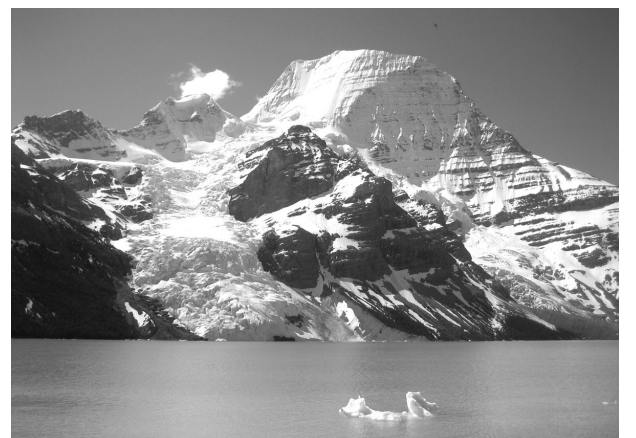
The trail is spectacularly maintained, making it one of the premier backpacking trips in Canada. The path from the Emperor Falls Campground to the Berg Lake site could almost be called paved. Expect to hike with big crowds but enjoy it and make some friends. The travellers tend to be a mix of nationalities, so hiking Berg Lake is a great chance to mingle with some different cultures.

There is also a large community cabin with a wood burning stove at Berg Lake.

It can be very nice (and very crowded) if you happen upon colder weather. It also can become a bit of a party location on some nights.

Pro tips: Just after the Whitehorn Campground you will start climbing past some serious waterfalls – we're talking frightening. Don't be afraid to meander from the trail and get up close and personal with one of them. It's a pretty big rush.

Like I said, the trail can be fairly busy due to its popularity but you can actually



server.schmitztech.com

Berg Lake and Mount Robson

travel past Berg Lake to Rearguard Campground, which is smaller and can give you more isolation.

Athlete Profile



Player: Laura Wagner

Sport: Hockey

Position: Goal

Program: Personal Fitness
Trainer

By CHARLIE ZHAO

1. What made you start playing hockey? My brothers were playing so my parents just threw me on the ice when I was three.

2. Who is your childhood idol? Shannon Szabados by far! She is amazing.

3. What are your hobbies during your spare time? Napping is my life.

4. What type of music do you enjoy? Basically, everything from country to my gangster beats.

5. Which sports do you play besides hockey? Soccer, badminton and volleyball.

6. Who inspires you the most? Yet again, Shannon Szabados – there is so much to look up to.

7. What three things can you not live without? My family, Netflix and my special reaction ball.


8. What is your dream oasis? Laying on a hot beach with a drink in both

hands.

9. What is the best advice you've been given so far? Don't let the fear of striking out keep you from playing the game.

10. What do you want to say to your team? Three-peat!!!!!!!



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It takes 4 weeks for your body to adapt to new changes in exercise and diet. It takes another 4 weeks for you and others to really see the difference. 40 Days of Fitness Challenge runs over 8 weeks, which will allow you to see your best results.

Each participant will receive:

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- Access to 1x/week Wellness Sessions
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- 1 After picture
- Swag bag (given out on day of pre-assessment)
- Giveaways and prizes to be won throughout

A value of \$550.00!

How much does it cost?

Students: \$150.00 +GST
Staff: \$200.00 +GST
Non-Member: \$225.00 +GST



Fitness classes included are:

40 Days of Fitness Challenge Bootcamp

Tues|Thurs 6:30-7:30am
Tues 12:15-1:00pm
Thurs 4:45-5:45pm

Yin Yoga

Mon 12:15-1:00pm

Flow Yoga

Tues 4:45-5:45pm

Spin & Core (Maximum 14 people)

Wed 12:15-1:00pm

Pumps & Iron (Maximum 12 people)

Thurs 12:15-1:00pm

Aquabox

Tues 12:15-12:45pm

Hardcore Workout (Pool)

Thurs 12:15-1:00pm

Wellness Sessions

Fri 12:15-1:00pm



DROP-IN INFORMATION

**Can't commit to the whole program?
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available for \$12.00/class.**



For additional information contact Amy Eversley at aeversley@nait.ca

Class schedule subject to change based on enrollment

ENTERTAINMENT

Lost, almost, in paradise



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

This is where I normally would have some semi-clever remarks about some current event in pop culture but I've just been way too amped about festival season to pay attention. The other week, festival lineups were dropping left and right and as of Saturday, we now have the full Shambhala lineup. Festival season becomes a bit of an obsession for me this time of year. So here's a fun story from Shams.

If you've never been, Shambhala is a veritable melting pot of counter cul-

tures; a marvellous conglomerate of hippies, ravers, psychonauts, partiers and everyone in between. Everywhere you go there's nothing but smiles, glow sticks and signs. People are decked out in full costume by night and by day they wear very little, if anything at all. All along the grounds you see lights, lasers and, no matter where you are, you can hear the rumble of bass.

We arrived at the festival on Wednesday and, while Shambhala is an absolute paradise, even the best places on Earth have imperfections. All day, every day, in a campsite not far away from us, some guy had his generator running (and I mean all day, every day). I don't know if this was the doing of a concerned parent who really didn't want their daughter (I say daughter because daughters are harder to let go of) or maybe this person got sick as soon as they got there but there was a non-stop hum every time we were at camp.

This didn't sit well with Kenyon. Each time we heard this generator, Ken-

yon made sure to express his resentment for "Generator Guy."

"Man, what the hell's this guy's problem?" "Why doesn't this guy go down to the grounds?" "Yeah, cause no one wants peace and quiet," "This guy's so inconsiderate," etc. etc. Pissing and moaning, I tell ya! I mean, I wasn't fond of Generator Guy either but I wasn't gonna let it bug me. Kenyon had other plans, though, till one night we were saved by the very man that Kenyon held such passionate disdain for.

Saturday night, he and I had just finished getting crushed with bass at the Village stage and went back to camp to grab some more beer. We were trying to make our way back to camp and, after walking for close to half an hour, we realized that we had no idea where we were. Shambhala takes place in the mountains, so when it gets dark, it gets pitch black. After this sudden realization, we start to panic. "OH MAN, GAME OVER MAN!" "HOW ARE WE



GONNA GET BACK TO CAMP?!" "WHAT ARE WE GONNA DO, WE'RE SO LOST."

After a moment of panic, we decided to calm down and think and that's when it hit us! Off in the near distance, just a stone's throw away, we heard a "hhhhuuurrrrrmmmmmbbbb."

"Oh my god, the generator!" It was the very same generator that Kenyon had spent all weekend condemning! The agitating piece of noise pollution wound up being the veritable star that guided these wise men to the manger (manger in this case being a 1979 camper van). I hope Kenyon learned something after that "ugly duckling" type of lesson about not being judgmental because really, the goal of Shamb is to leave a humble person with an ego checked at the door.

APRIL

EVENT LIST

6 | HOW TO BUDGET

7 | HOW TO WRITE A RESUME

8 | HOW TO DRESS FOR SUCCESS

9 | RANDY & MR. LAHEY IN THE NEST

13 | STRESS FREE: FORTUNE COOKIES

14 | STRESS FREE: PET THERAPY

15 | WELLNESS WEDNESDAY MESSAGES

15 | STRESS FREE: FLASH YOGA

16 | STRESS FREE: COOKIES

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Energy, mud and music

By NATE BRYANT

We all miss Boonstock. When we had Boonstock, it was a hell of a time, and a great way to experience a lot of music, both rock and EDM. But Boonstock has left us. It's gone. It isn't coming back, we ruined it and it was chased away by an evil witch. Last year you could catch it in Penticton but Alberta filled the hole in its heart with Tail Creek.

Tail Creek is a newer festival, so maybe you didn't hear about it or just didn't want to spend the cash, but it was an amazing time. If you loved getting down and dirty at Boonstock, you'll love Tail Creek. This year's lineup has Billy Talent, Sublime with Rome, Zeds Dead, Pretty Lights and even country artist Brantley Gilbert. The headliners this year on the rock side for the main stage might fall flat but the lower acts are going to put on a show that will leave you with a whole weekend of memories. Bad Religion, Art of Dying, Gob, Pop Evil, The Trews – it's crazy.

This year's rock lineup is going to drive you up the wall with energy. I've seen almost every one of these bands and it isn't just their music that's amazing. Their No. 1 priority seems to be providing you with the best show of your life. The festival doesn't have any huge names on their headliner but you can see huge artists whenever they tour and they tour all the time. Huge bands don't care about the show as much, they've been doing it forever. These bands will hit you in the face with pure adrenaline. One of the returning bands, Pop Evil, played with so much intense fire and energy that they were easily one of the most memorable acts.



tailcreek.ca

On the EDM side, you have Pretty Lights and Zeds Dead. Pretty Lights is a glitch hop legend who through the years has moved through almost every genre of bass music with his own unique production style that always carries a nostalgic feel. Aptly named, Pretty Lights always has intense and complex laser and light display. It's definitely going to leave you in awe and that alone is a good reason to jump over to the EDM side. Then there's Zeds Dead. Now, Zeds Dead is a Canadian bass duo that constantly brings exciting and heavy sets to crowds with some of the filthiest bass lines in the genre. A few more acts I would say are

definitely worth checking out on that side are GRiZ and Longwalkshortdock. I'm not huge on the electronic scene but this lineup has me pumped.

And there's more than just music. This is Tail Creek Mud and Music festival. There are some crazy motor-sports that take place and, even if you normally don't dig that scene, you'll get so sucked into the culture that after a couple of beers the true Albertan in you will surface. The festival is June 25-28 and tickets are already on sale along with camping passes. You can grab tickets and see the full lineup on Tail Creek's web page.

MOVIE REVIEW

'71 stark, suspenseful

By CONNOR O'DONOVAN

Yann Demange's directorial debut *'71* paints a startling picture of Belfast in the height of the Troubles, Northern Ireland's infamous political conflict. The subdued colours project the frustration and hopelessness that must have been felt at the time. There's the cold and metallic grey of the menacing British armoured vehicles, the dark green of the battered army jeeps and, of course, the dark crimson blood running on the cobblestone streets. Like any good conflict film, *'71* delivers a stark and unfiltered portrayal of the horrors of war.

'71 stars Jack O'Connell, recently seen in Angelina Jolie's *Unbroken*, as Gary Hook, a British soldier fresh out of boot camp who is sent to Belfast to join the security force policing the conflicted streets of Belfast. During a house-intruding orientation exercise on Falls Road, the main border between Irish Nationalist and British Loyalist neighbourhoods, Hook becomes separated from his squad as the scene decays into a riot. He escapes the riot but is left behind in the streets as his squadron flees. What follows is a crushingly tense night behind enemy lines as Hook attempts to elude multiple factions in a city at total war.

As compelling as the scenario is on its own, the panic of the situation is fantastically emphasized by the film's Bourne-esque cinematography. There are several riveting sequen-

ces featuring slightly shaky, hand held cinematography frequently present in the action scenes of the Jason Bourne franchise. You can really feel Hook's distress as the situation on Falls Road worsens. Women begin smashing garbage lids on the ground as the troop arrives, leading to increasingly angry shouts from the growing crowd of enraged Nationalists.

The camera swirls around Hook as he frantically surveys the scene, trying to gain some kind of composure, allowing the audience to experience the confusion and mayhem along with the soldier. The technique is featured again following an unexpected explosion that Hook barely avoids. The handheld camera work gives the viewer Hook's harrowing perspective as he staggers through the horrific aftermath of destruction, flames and death.

O'Connell gives a convincing performance as a soldier thrust into battle before he really knows where he is. Often, his feelings and emotions are transferred without words, instead projected with increasingly stoic facial expression. Another of the film's standout performances is by youngster Corey McKinley as a member of one of the loyalist factions shackled up near Falls Road. He discovers Hook as the soldier hides in an alley and goes on to bring him into Loyalist territory with an Al Pacino-like swagger and bravado.

The brief relationship between Hook and the young loyalist also adds a bit of character



variety.com

Scene from '71.

depth to *'71*, one of the area's where the film is lacking. The natural connection the two have mirrors the one seen early in the film between Hook and his younger brother just before Hook is deployed. It is hinted that the younger brother is the only family that Hook has but their relationship is not really explored enough to add a layer of humanity to Hook's character.

That's not to say that the film doesn't present a human aspect. There are themes of humanity and morality amid the chaos, such

as when a Nationalist woman screams "He's had enough" as Hook and a fellow soldier are being beaten during the riot. The rarity of such occurrences in the film echoes their importance in real life conflict which adds to *'71*'s realism. Overall, *'71* does a fine job of balancing the line between exhilaration and respect with a fictional story whose historical subject matter is bound to provoke conversation.



THE NUGGET PRESENTS:

HOROSCOPES


MADAME O
April 9-15

(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)

Focus and commitment. That will be your mantra this week. Commit to those things that you have feared. Do not let doubt cloud your desires. Focus on the steps that will allow you to meet your commitments.

Taurus (April 20-May 20)

Keep your eyes on the prize. Good things are sure to float your way but you have to be paying attention and focus on the important things in your life. Those good things will pop up from places you would least expect.

Gemini (May 21-June 21)

The sun is shining and so is your inner fire. Your desire to enjoy the good things in life is rising to the surface and making your skin itch. Release your inhibitions and let loose once in a while to prevent any blowups.

Cancer (June 22-July 22)

It's time for you to buck up! Gather that courage and face the issues you've been having head on. Say what's on your mind and deal with things so you can move on and enjoy yourself.

Leo (July 23-Aug. 22)

Loosey goosey are the words to live by right now. It's time to take a step back and reevaluate your priorities and passions in life. Try and find a balance between the work and the lighter things in life.

Virgo (Aug. 23-Sept. 22)

Time to lay low and keep your nose out of things that aren't your business. The people around you will come to you when they deem it necessary, but don't overstep. Those around you value your opinion and will seek you out when the time is right.

Libra (Sept. 23-Oct. 22)

It's time for you to have a little faith. Things are stressful right now and it seems like things are coming at you from every direction. Stay calm, take a breath, and just keep swimming. What is meant to be will be.

Scorpio (Oct. 23-Nov. 21)

What you think is extremely important may not be as important as you perceive it. It's time to take a step back and get some perspective on what you're dealing with. Only then will you find yourself to lead a happy life.

Sagittarius (Nov. 22-Dec. 21)

You cannot bulldoze your way to get what you want without leav-

ing disgruntled people in your wake. Those people will ultimately be your demise. Subtly would not hinder your campaign in getting what you want.

Capricorn (Dec. 22-Jan. 19)

Luck does not seem to be on your side this week. Avoid compromising positions and inserting yourself into fights that aren't yours. Keep your wits about you and you should be fine. Eating a bowl of Lucky Charms would not hurt either.

Aquarius (Jan. 20-Feb. 18)

Your intuition is your strongest asset. It will serve you well in the upcoming week in ways you cannot begin to anticipate. Trust it and you will soon see some amazing things happen.

Pisces (Feb. 19-March 20)

It's time to snap out of it and get everything in order. Close that Netflix window and log out of Facebook. It's time to get your stuff together and get your personal life in order before everything catches up with you.

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (1lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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LOCAL BAND

I likes Yikes!

By NATE BRYANT

This week I'd like to turn the spotlight to a band out of Sherwood Park called Yikes. Yikes is a group of awesome, fun loving dudes who love to play classic rock. That's really it, they're a modern band but in many ways they are a classic rock band. The band's influences span decades and the sound that comes out, while varying, is continuously more classic. I'm talking a late '60s and '70s vibe. They have songs that are reminiscent of the early '80s, or the '90s, but in general, I would characterize this band as a 21st Century classic rock band.

Yikes started a little over three years ago and, until recently, was a five-piece with three guitarists, a bassist and a drummer. After losing a guitarist and the drummer, they found a new drummer and decided to remain as four. In the end, it's worked out really well for them. They say it's never been better and the flow of writing and recording songs has just become so much easier. The band released their debut CD last month and threw together a release party to go with it.

Their first album is called *In Space*. If you don't get it, I'll give you a moment. Yikes. *In Space*. Yikes *In Space*. It was a theme that basically wrote itself and on the album they include three short little, oh, let's call them scene pieces, short little scene pieces that paint the picture of space. Besides that, they have 10 songs on the album and they're in the process of another five or so. The band has

survived a lot and they aren't going anywhere.

Their main problem right now is being in Sherwood Park. They have all talked about just how hard it is to get out there and play in Sherwood Park, with practically no venues to play all-ages shows. The band now consists of members who are all over 18 but that wasn't always the case. While it's always hard to get heard in a city where you can't even play a lot, it's a challenge Yikes has taken on. The band plays as much as they can in the Park and branches outside of the county as well. They normally play shows in Edmonton but recently they haven't been able to get out there as much. The band says that they've been at a bit of a standstill for shows with the album, but now that it's finished, they're looking at getting out there.

Their release party was the first chance I had to see the entire band with the new drummer and, if there is one thing that band likes to do, it's put on a show. The amount of energy they drive into each show demonstrates the dedication and the strife of trying to get out of the Sherwood Park scene.

In Space, is available on Bandcamp, as well. Their first single is "Evol," a song about a poisonous relationship one of the band members had but my personal recommendation is to check out "Leather Soul." You can support the band and check them out on Bandcamp by just looking up Yikes. It'll be the one with the space theme.



Photo by Taylor Braat

Kyle Matz

@mrkylematz

Radio and Television Arts

Why are you still single? – With school and work, I just don't have enough time to dedicate to a relationship right now.

How does a gal impress you, what do you look for in a lady? – A good smile and a soft spot for wearing pajamas and watching Netflix. That last one is pretty important.

What's your ideal first date? – An activity that allows me to demonstrate my highly-tuned athletic abilities, like mini-golf.

What's the craziest thing you've ever done? – I went parasailing in Mexico once.

Mad Men or House of Cards? – House of Cards because I love how the show is shot.

Breaking Bad or Game of Thrones? – Breaking Bad because I haven't seen Game of Thrones. Sorry.

What are your favorite movies? – My Dinner with Andre, Interstellar, and Up.

Who is your favourite musician? – Iron & Wine.

Seven word autobiography – Taking it one step at a time.

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

DIY

Have your own hammock

By TANIA BOYKO

Summer is fast approaching and with that comes parties, camping, and relaxing outside in the warm summer breeze. Most of us will be going through the transition into the summer jobs and money will be tight. The best way to relax on the cheap is in a hammock with a drink in hand. Whether you're camping or in your backyard this DIY will show you how to make a hammock that can be mounted between any two trees.

Materials:

- Canvas drop cloth
- Sewing machine
- 1/2-inch grommet kit
- Hammer
- Rope (250 lb-plus weight limit)
- Metal hoop or carabiner with a weight capacity similar to the rope

Step 1: Cut the canvas fabric into a four-by-seven-foot piece. If the edges are finished (has a stitched hem) ignore Step 2.

Step 2: To finish you edges, the long side edges should be folded twice at a

onequarter inch and ironed in place. Finish with a straight stitch. For the short ends, fold twice over at 1.5 inches and iron in place. Stitch the inside edge of the fold at one-quarter inch with a straight stitch. Make sure all folds are directed downwards.

Step 3: Measure out and evenly space nine holes on both ends of the fabric.

Step 4: Follow the directions in the grommet kit to attach the metal rings. Use the hammer to help cut the holes through the folded layers of fabric.

Step 5: Cut 18 lengths of rope at seven-feet each. Loop a piece of rope through each ring and gather the ends together on either side of the hammock.

Step 6: Loop the 18 ends through the large weight bearing metal loop. Secure with another small piece of rope. Repeat steps on the other end of the hammock.

Step 7: Put hooks into the trees and hang the hammock up!

You can further customize your hammock in many ways. You can dye the fabric before attaching the grommets.

Another option to make the hammock more you is to utilize fabric paint to make any desired pattern. As seen in the photo you can sew trim onto the edges to give it more character.

When you choose your rope and metal hoop or carabiner, keep in mind who will be using the hammock. If you know that a lot of people will be using it are bigger or if you plan to cuddle on it with someone else, choose the strongest materials possible. If you want to make a hammock for four people, double the materials but make it the same way as the 1-2 person hammock described above. Although, you would have to find four trees that are approximately spaced equally.

One caveat if you plan on using the hammock in different areas you are restricted to a specific distance between trees. So when choosing the length of rope, keep in mind the distance between the trees that you will be using and allow for slack to let the hammock swing. So kick you feet up and relax in your new hammock!



themerrythought.com/diy/diy-hammock

Preparing for final exams

**TIMELY TIPS**

MARGARET MAREAN
NAIT Student Counselling

Developing a plan and starting to build in some review time now will not only improve your chance of success on finals but will take away some of the anxiety that goes with last minute cramming.

Here are some strategies to consider:

Strategy 1: Develop a schedule for reviewing every subject that you have a final for. Consider which subjects you find hardest, which your marks are lowest in and the weighting of the exam. Delegate your time accordingly.

Strategy 2: Be diligent about ongoing review. Do a daily review of the major points you learned in class, and do a more thorough review at the end of the week, noting the material you will have to focus on for the final.

Strategy 3: Prioritize what you need to learn. Look at the course objectives, at what the instructor emphasizes in class, and at the homework assignments. Don't spend time

reviewing what you already know; focus on the topics that you are weakest in.

Strategy 4: Decide which study strategies work best for you. Are your current strategies working (based on midterm marks and how you are coping)? If not, what new strategies can you add? Some suggestions are listed below and there are more in the Strategies for Success manual available free at www.nait.ca/counselling (under on-line resources). Counsellors at NAIT Student Counselling can also help you to determine your most effective study strategies.

Strategy 5: Ask for help. Instructors, classmates, the Tutorial Centre (Room A-133) or a hired peer tutor can help you to understand areas that you are weak in. Counsellors can help with personal issues, study tips or managing exam anxiety.

Strategy 6: Have a plan for your major review. Determine how, what, when, and where you will study. Begin one to two weeks before the exam. (Ideally this should be a review and touching up on weak areas rather than trying to learn all the material.)

Strategy 7: Create Review Tools. Checklists, summaries, flash cards and mock exams will help you learn the material thoroughly and feel more confident going into your exam.

Study Tips:

- Practise the tasks you will do on the test
- Create flash cards, charts, mind maps or diagrams
- Develop mock tests by using old homework questions or developing questions from your notes and course materials

• Some people work well with a study partner

- Try teaching another person
- Make sure your notes are complete
- Learn from past exams
- Attend review classes
- Identify weak areas and focus on them

Techniques for math and science:

- Do as many questions or problems as possible.
- Be clear about which formulas are used for which types of problems.
- Make sure you are clear on the steps for doing each formula.
- Learn from past mistakes.
- Practise scientific attitude – accuracy, precision, fact.
- Master your calculator
- Learn and understand the process rather than just memorizing.

How to cram (if you must):

- Cram as close to the exam as possible.
- Be realistic: prioritize and focus on basics.

• Get some sleep!

Psychological preparation:

- Be realistic about your goals for finals. Setting your standards too high will add unnecessary stress.

• Get yourself mentally ready by thinking positively and being as prepared as possible. Do not get stuck in negative thought patterns like "I should have studied more" or "I never do well on finals."

- Practise stress reduction techniques such as slow, deep breathing, muscle relaxation and

visualizing a positive place.

Days leading to an exam:

- Take care of yourself. Prioritize eating regularly, getting enough sleep and fitting in a bit of exercise and/or relaxation.
- Stick with your routine as much as possible.
- Be careful not to compare yourself with others.

Day before an exam:

- Be positive.
- Keep the exam in perspective.
- Eat, drink plenty of water, take some time to relax.
- Have all necessary items packed and ready to go the night before the exam.

• If you experience exam anxiety, use stress reduction techniques before and after the exam. A brisk walk right before the exam can be helpful for many students. For people with exam anxiety it is often helpful to avoid studying on the day of the exam and to stay away from classmates who might add to your stress.

• Don't discuss the exam with peers before or after the exam.

Counsellors are available to assist you with this or any other academic or personal concern. Book an appointment at:

Main Campus: Counsellors are available Monday to Friday. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

Souch Campus: A counsellor is available on Thursdays. Book in Room Z-153.

Patricia Campus: A counsellor is available Wednesday afternoons. Book in Room P-133

THROWBACK THURSDAY

Cellphones – so far, so fast

By KYLE MATZ

Cellphones have come a long way since the Motorola DynaTAC was released in 1983. At that time, it cost \$3,995 (or \$8,820 adjusting for inflation) and only offered 1G cell technology.

Because of the price barrier, only high-profile individuals were able to get it. As the cell technology advanced, we got 2G, which was just converting the analog 1G signals into digitally encrypted 2G signals. This meant that phone calls and text messages could be encrypted for ultimate privacy and only the person receiving the communication would be able to understand it (in theory). 2G also brought about the ability to send photos and videos in MMS messages.

Although 2G is the default fallback when our 3G phones fail us, many phone companies are announcing that they're shutting down those services so they can open up those radio frequencies for other uses. 3G was then introduced and it upgraded the data bandwidth available to the user, enabling streaming and downloading videos in addition to mobile TV. 4G basically increased the bandwidth and also the speed of data transmission.

Although cell technology is one part of

the whole puzzle, you can't forget about the devices that work on that technology, cellphones themselves. The first cellphone I had was an LG Rumour. Everyone I knew had one, too. One of the things that everyone liked was the full QWERTY keyboard that you could slide out from behind the screen. This made texting nice and easy, though the buttons were a little difficult to press.

Another phone that was really popular (or at least I thought it was popular because of how often it is featured in TV and movies) was the Danger HipTop, more commonly known as the Sidekick. The original version released in 2002 featured a headphone jack that doubled as an accessory port used for plugging in the optional camera.

Since then, I've upgraded to an iPhone. I love how easy it is to add functionality to the phone by downloading a new app from the App Store. One app that I particularly enjoy using is the navigation app, Waze. It basically combines Google Maps with a social network. Users can report different road hazards or traffic jams. That information is then used to reroute other "Wazers" in the area for a faster route. I love how technology is being used like this to make

everyone's day better.

Phones have changed dramatically in recent history but I'm most looking forward to how phones are going to change in the future. With the implementation of fingerprint scanners, higher-resolution cameras and wireless technologies like NFC,

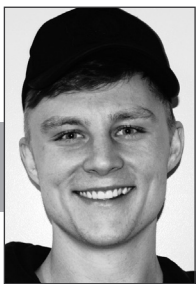
Bluetooth and next generation Wi-Fi, the phones of the future will be able to do more. Already, phones are being used to pay for groceries via Apple Pay and Google Wallet. Although some people are nervous about how the phones of the future will be used, I'm hopeful that tech companies will make responsible choices.



Sprint LG Rumour

DJ-ING 101

Lighting often overlooked

BRETT BOHL
@djBohLd

There are many professions within the dance community and many of them are composed of people who work behind the scenes.

Have you ever wondered how everything comes together, how the lights will simultaneously respond to the music?

The lighting of a room can (and will) affect the mood, energy and overall atmosphere of every single person inside the venue.

The primary function of the lighting at an indoor event is to make the stage more visible. The way the stage is lit has a major impact on the way the audience perceives the stage, the images they see and therefore, the entire overall performance.

Dance lighting is always unique at each individual performance. Dancing comes with body movement and every artist has a diverse style of music. The focus of the lighting in a room will subconsciously

influence a person's body language to where and how their body will move.

How does it all get co-ordinated? Imagine an entrance to a large-scale indoor venue, such as Edmonton's Shaw Conference Centre, then picture a red carpet on the floor leading the way from the entrance all the way into the centre of the dance floor. The natural rhythm of people is to follow the carpet to wherever it leads. The same principle applies to the lighting. If the red carpet were to be replaced with a red light instead, the natural rhythm of the crowd is to follow the path of the light on the floor.

Now, if the lights were moving on the floor in multiple directions, bodies would move without thinking and without noticing, a person could end on a path heading in the wrong direction from where they were planning on ending up.

Lights act on the subconscious to determine how a person's mood, energy and body movement take place. Moving lighting placed in the correct places is a science that involves pre-planning and a constant trial and error response to the individuals in the room. This is a skill nearly impossible to ever fully master.

When the lights are synced to the music, an experienced lighting professional can light up the dance floor visually and is able to achieve a design that can

reinforce the overall impact of the show's production.

Lighting that is in time to the beat can increase someone's energy and therefore boost their mood to start moving around and eventually initiate dancing. A skilled lighting illuminator can go above and beyond just beat-matching the lighting to bass drums and begin to harmonize the light show to flow with each and every individual song transition by the performers on the stage.

My background as a DJ has influenced me to take a new interest in the profound operations and logistics of the

lighting techniques behind the scenes inside popular nightclubs and music venues. I have only had one opportunity to take part in the science behind the lighting of a concert but I found it fascinating! I feel that I already understood the regular and natural progressions of the tempo of music and sound. Knowing this allows me to understand some of the core principles and basic techniques that contribute to the success of many of the most qualified lighting engineers in the world. While DJing will always be my core passion, lighting could very well become a valuable side skill to focus on.



Photo by Brett Bohl

Northern Lights Music Festival 2015 at the Shaw Conference Centre.

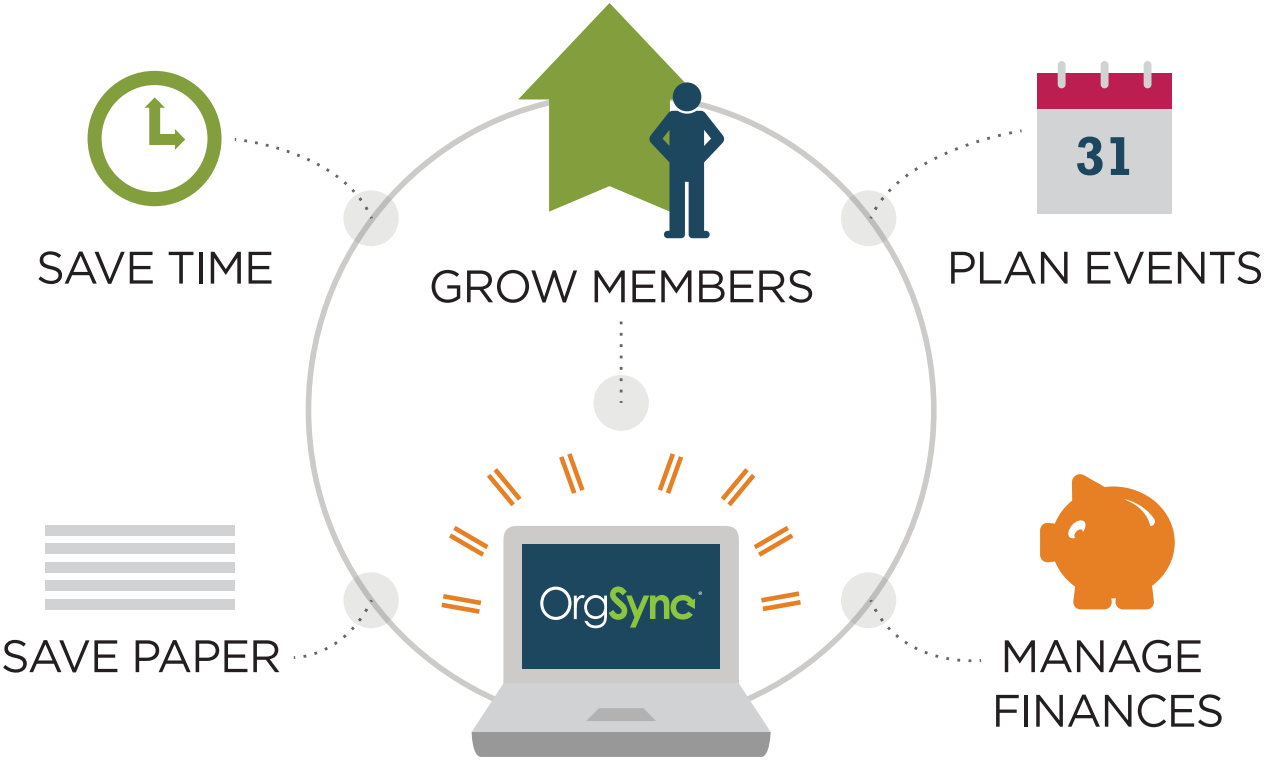
WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAlTion Toastmasters	Every Monday from Sept. 15, 2014 -April 20, 2015	Room X-105
Aboriginal Students	Every 2 weeks on Monday's Jan 12-Apr 20 3:30pm-4:30pm	Room H-111

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Btech	Connecting Through Btech Seminar Series	Thursday, Apr 9 4:30pm-5:30pm	Room X-205



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