

THE NAIT NUGGET

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MODEL STUDENT



Supplied photo

Maranda Martiniuk, right, was named NAITSA's Next Top Model last Wednesday at the Nest. Sanita Suhovarov, top right, was first runner up, followed by Elena Balueva, top left. Page 2.

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Photo by Brandi Guzman

NEWS & FEATURES

Marvelous Maranda!

By CONNOR O'DONOVAN

"I was in shock! I can't believe it, I just won NAITSA's Next Top Model!"



Maranda Martiniuk
'Very excited'

Those were the words spoken by a beaming Maranda Martiniuk moments after being crowned the winner of NAITSA's annual modelling contest last week. Even in the stark fluorescent light filling the hallway outside of the Nest she gave off an aura of elegance and her dancing golden earrings reflected the vibrancy of her personality as she contemplated the implications of her victory.

"I'm going to take advantage of the scholarship to be part of the PHABRIK modelling agency," she said.

The one year contract with the Edmonton based modelling outfit was only part of the grand prize of the contest, which is in its fifth year. She will be the subject of a photo shoot by Ernest DeJesus, who has shot for PHABRIK's fashion magazine, the *Edmonton Journal* and is one of the sought after photographers for the Western Canadian Fashion Week. She also won a pair of passes for the Fashion Week, a \$500 gift card to Kingsway Mall and will be the face of the 2016 edition of the contest.

"I get to be in a photo shoot for next year's competition, so I'm very excited

for that," she said of her continued involvement with NAITSA's Next Top Model. "I'm excited to work with everyone again."

Maranda was one of 16 finalists selected from the pool of applicants in late January after a workshop containing modelling advice and lessons from local industry leaders. The finalists then attended a two day NAITSA photo shoot in February. These photos were the subject of three rounds of online voting that concluded March 15 and narrowed the field to 10. These contestants were given \$200 to select an outfit at Kingsway Mall before crossing the catwalk at the Nest in front a judges' panel of industry heavyweights and previous Next Top Model winners.

The panel judged the models based on things like appearance, personality, poise, creativity and the reactions from the large crowd gathered to watch the event.

Sanita Suhovarov was this year's runner-up. The event has seen a surge in popularity since its inception five years ago. The previous two years, in particu-

lar, have seen drastic increases in both the number of applicants and the size of online participation as well as a large expansion in sponsorship. The past two Top Model competitions also saw an increase in the number of men throwing their caps into the ring, and two of the 10 finalists this year were male.

Michelle Goulet, NAITSA's event co-ordinator, estimates that this year's voting total was in the thousands.

"It's something for students to do on campus that's different," she said. "We do lots of variety events but this is probably the most out-there event that we do."

She also commented on the opportunity Next Top Model gives for its participants to build memories and relationships, a sentiment echoed by Martiniuk.

"I had so much fun. I got to meet so many new people," she said.

For now, the first year Business Administration student plans to return her focus to her studies. She has plans to further make her mark on the fashion industry by starting her own clothing business once she graduates.

NAIT students all business

By NICOLAS BROWN
Issues Editor
@bruche

NAIT students once again showcased their abilities this year, as a team of NAIT business students took home the top prizes in two major competitions – the Alberta Business Deans Case and the Chartered Financial Planner (CFP) Case Competitions. These teams competed against major post-secondary institutions from across Alberta and Western Canada.

Congratulations to the CFP Case team; Charmaine Carrier, Brent Slavik, Arly Caluag and Badour Hassona, as well as the Deans Case team of Tyler Yamiolkowski, Megan Schott, Kaylee Banky-Sword, Humza Hydri and John Perozok.

NAIT students also took part in a number of other competitions, including the CPA Board Governance Case Competition and Chicago Mercantile Exchange (CME) Competition, which illustrates just how competitive NAIT's business program is.

"For us to win this competition affirms the quality of the education we provide, which is why we are so very proud of it," said Anna Beukes, chair of Finance Programs in the Business Program.

"Last year we didn't place in this competition, so to now get a first prize is a

sign of the dedication of our faculty who worked tirelessly and the quality of our students this year who did it so very well."

With some major wins in past years, case competitions have also provided NAIT business students with invaluable experience.

"The School of Business has always hit slightly above our weight class in these competitions that we participate in ... so if we're close, we say it's a good experience for the students, it's good exposure, it's a good way for industry to see us in action. But if we win, it's like a bonus, and it affirms the quality of education that students get at NAIT and at the Business school at NAIT," Beukes said.

"So to win both the CFP Case competition and the Deans Case competition on the same weekend is incredibly affirming for our students and our faculty."

Ignoring some of the more tangible benefits of these competitions – namely trophies, recognition and occasionally cash prizes – case competitions greatly expand students' practical experience. Teams must take classroom knowledge and apply it in a real world scenario presented in the case. Students are required to analyze the case to make a recommendation entirely without guidance. This means teams must learn



Supplied photo

Winners of the CFP Case Competition were NAIT Business students Arly Caluag, left, Charmaine Carrier, Badour Hassona and Brent Slavik.

to identify and address issues on their own, while relying heavily on teamwork

For those business students who think they know their formulas or guidelines; they're in for a rude awakening, as the classroom concepts only provide the foundation for a team's case analysis.

Despite the difficulty, and the often gut-wrenching fear in presenting an analysis

and recommendation to the panel of judges – often industry experts and executives – these competitions are an amazing opportunity for business students.

Those interested in learning more about the different competitions are encouraged to speak with their instructors or program assistants. Competitions run every year, so there is always an opportunity to compete.

Looking for a niche



NICOLAS BROWN
Issues Editor
@bruchev

This article is the ninth in a series by Nicolas Brown on Canada's federal political parties, of which there are 17. This week, he looks at the Bloc Québécois and the Christian Heritage Party of Canada.

It's time to cover two niche political parties now in our federal politics – the Bloc Québécois, and the Christian Heritage Party of Canada. Both parties serve a unique section of the population, more so than any other party in the political spectrum. What they offer to students, and Canadians however, is much different.

First, the infamous Bloc Québécois. Well-known for their separatist policies, the Bloc Québécois is an exclusively Quebec party, campaigning only in the province of Quebec during election periods. Holding strong, but informal, ties to the provincial Parti Québécois, the party has ridden the rollercoaster of popularity in its 24 years of existence. Sweeping in during their first election in 1993, the BQ won 54 seats out of 75 in Quebec, securing the rookie party the coveted role of offi-

cial opposition in the House of Commons. Their fortunes soon dimmed however, as they have won progressively fewer seats in every election, ending the 2011 election with a mere four seats, which dwindled by the end of the year to two seats through defections.

Now, for NAIT students it might seem that a purely Quebec party doesn't have much to offer them, unless you hail from Quebec originally. However, the influence of different parties in Parliament can have national consequences, and should the BQ regain their former numbers in the House of Commons, we may see their decisions affecting even the average NAIT student. Although it is difficult to tell what the party will push for, with no website to visit (only a donation page) and outdated



policy books from the 2011 election floating around the internet, we can be sure that Quebec voters may still wish to have their voice carried by the party which carries the name of "la belle province."

Now for another interesting party in federal politics – the Christian Heritage Party of Canada. An odd creature in our secular government, the CHP aims to bring Christian values to federal government. Labelling itself the only pro-life federal political party, the CHP seeks to apply Biblical perspectives to Canadian government. While it is difficult to cover this party's policies without touching on arguments regarding the secular nature of our current government, this portion of the article will



strive to cover only relevant policy points, and not discuss the finer details of the secular/non-secular debate that the Christian Heritage Party evokes. Of particular interest is the party's policy promise to institute a tuition voucher system, which sees federal post-secondary funding redirected to direct tuition vouchers paid to eligible students. The CHP also proposed altering the federal student loan program into an interest-free loan with a 10-year repayment freeze to allow graduates to become established in their careers.

Meanwhile, the party is calling for a restructuring of the post-secondary curriculum, including the removal of programs that the party calls unmarketable or even "dangerous", such as gender studies.

The party boasts a comprehensive website outlining other policies that affect Canadians and NAIT students. For more information on the Christian Heritage Party of Canada, students can contact their electoral district associations or visit www.chp.ca.

An interesting selection of parties in our national political sphere, there's no doubt about that. Whether you believe in Quebec sovereignty, Christian values, or like the past article, the legalization of marijuana, there is a political party out there that wants your support. As this series wraps up, students will hopefully have learned a little bit more about what groups are vying for political power in our country and maybe even found a cause to fight for. Always remember that in the end, all Canadians have the right for a voice – make sure you exercise that right.

Food Centre sets up

By NICOLAS BROWN
@bruchev

For students in need, NAITSA has your back. In the past, NAITSA has had boxes around NAIT's three campuses for students to donate food or take food when necessary. Now, the Students' Association has found a formal home for a new campus project dubbed the Food Centre. Officially launching this September, the Food Centre will spend its first year in Room T-004 in the basement of the Business Tower, before eventually finding a permanent home in Room H-202A. The goal of the Food Centre, to put it simply, is to help make sure students are able to eat while studying at NAIT.

The push for the Food Centre began just over a year ago with the start of the current NAITSA executive term. That push finally came to fruition on March 17, as the two locations allotted for the program were approved by a safety inspector. Matthew Pecore, currently the U-Pass service co-ordinator at

NAITSA, will add administration of the new Food Centre to his duties at the NAITSA office. With an official home, the Food Centre will provide expanded services to students utilizing the service, as greater capacity and organization takes the program from humble origins.

NAITSA VP External Justin Nand commented on the recent success.



"I'm very happy to find our food bank a home, thanks to Joylyn Teskey (NAIT Facilities Management and Development). Working with our Advocacy Director Jason Roth, our Administration Director Leanne Mills and our U-Pass Service Co-ordinator Matthew Pecore, who will run the food bank, I know this service will help many NAIT students for years to come."

Now, students are a proud bunch and often do not want to be seen needing assistance. Societal pressures make it difficult for some individuals to reach out for help or support when they need it, whether for mental health, sexual orientation or simple financial sup-

port. And while society is slowly improving, with mental health awareness, support for the LGBTQ community and increasing financial programs for students in need, students may fear the stigma some still place on programs like food banks. The Food Centre name was chosen to combat that stigma, and hopefully encourage students who may be shy about using it to get in touch and utilize the service.

The new project may even garner support from off-campus, as it shares a directive with Edmonton's Food Bank. Tamisan Bencz-Knight, manager of strategic relationships and partnerships at Edmonton's Food Bank, welcomed the announcement.

"It would be lovely to connect and work with the NAIT Students' Association on their Food Centre," said Bencz-Knight. As NAITSA continues to add to its services for students, there may be even more community connections in the years to come.

For students interested in learning more about the Food Centre, contact NAITSA or visit the office in Room E-131.



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Letters

We want your views

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

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

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



Photo by Colin Krywiak


UNIVERSAL MESSAGE

Joan Cowling, president of the John Humphrey Centre for Peace and Human Rights, speaks at This Is Our Canada Edmonton Youth Forum at Telus Centre, University of Alberta Campus, on March 21. That day marks the International Day for the Elimination of Racial Discrimination.

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failure is not fatal:
it is the courage to
continue that counts.”*

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City takes over NAIT LRT line

By **NICOLAS BROWN**
Issues Editor
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The handover process for the NAIT Metro LRT line has now officially begun, with Thales Rail Signalling Solutions Inc. handing over the majority of the required documentation, including a safety certificate, to the City of Edmonton on March 23.

Signalling Solutions Inc., part of Thales Group, was the third-party contractor hired to design the new signalling system for the new line. The City of Edmonton remains “cautiously optimistic” for a spring 2015 opening.

Dorian Wandzura, general manager of the city’s Transportation Services, outlined the process at a Monday news conference.

“Now that Thales has initiated the handover, our next step is to review and

evaluate the documentation, which should take approximately one week,” said Wandzura.

Once the review is complete, the city will spend approximately four to six weeks training operators and staff on the new system before the official opening.

It appears that Thales did meet their deadline set back in January.

“We are happy to report that we have submitted our safety certificate and handover material to the City today [March 23],” said Mark Halinaty, Thales Canada president and CEO.

“Our collaboration with the city will

continue in the coming days and weeks to ensure Edmonton’s residents get the state-of-the-art Metro control system they deserve.”



Dorian Wandzura

The project was marred by continuous delays and problems merging the existing LRT system with the new signalling technology.

The NAIT Students’ Association, however, is looking forward to the opening of the new line that will end in front of the institute’s main campus.

“We’re certainly looking forward to this key handover,” said NAITSA President Hasib Baig.

“Once it’s all ready, we’ll have the LRT going here in May and students are going to

be able to take advantage of it in the summer and also into the fall.”

Meanwhile, Edmonton Transit is expanding the Ookspress bus service from NAIT to Churchill Square into the evening with three pick up times, an extended service that will last until the Metro LRT line opens in May.

The new line is the first step in an expected further expansion of Edmonton’s public transportation network. The line is expected to add 13,200 weekday riders to the LRT network and will link NAIT, the Royal Alexandra Hospital and MacEwan University to the rest of the network.

Although this winter term will be finished before the line is expected to open in May, NAIT students will be able to take advantage of the new service at the start of the fall term in September.

NUGGET WEATHER

Prepare for freezing, thawing

By **BRANDON HESS**
Meteorologist in Training

Edmontonians woke to snow covered roads and vehicles to start the spring season. It was ironic to see a decent snow to start the season but a name change does not mean the weather will all of a sudden turn warm with no snow at all. Living in Alberta, this is nothing to get shocked by. After a nice warm stretch and an absence of snow, this came as an adjustment to many. Depending on your perspective, you may have complained about the snow or embraced it.

We get snow when the warm, moist air and cold, dry air collide. Some reports came in at over 10 cm. Snowfall warnings were issued for central Alberta in the first weekend of spring.

I hope you kept your winter coat and gloves out of storage. You still needed them! The good news is that this snow will not stick. Temperatures will climb back above 0 C. This means let the melt begin. We are going to get back into the cycle where roads get slushy again. With some morning low temperatures below 0 C,

freeze and thaw comes into place. Some surfaces are slippery, so use extra caution when walking on sidewalks or in parking lot roads. Roads were almost completely snow free before this snow event but we are now going to have to be patient and let it all melt again.

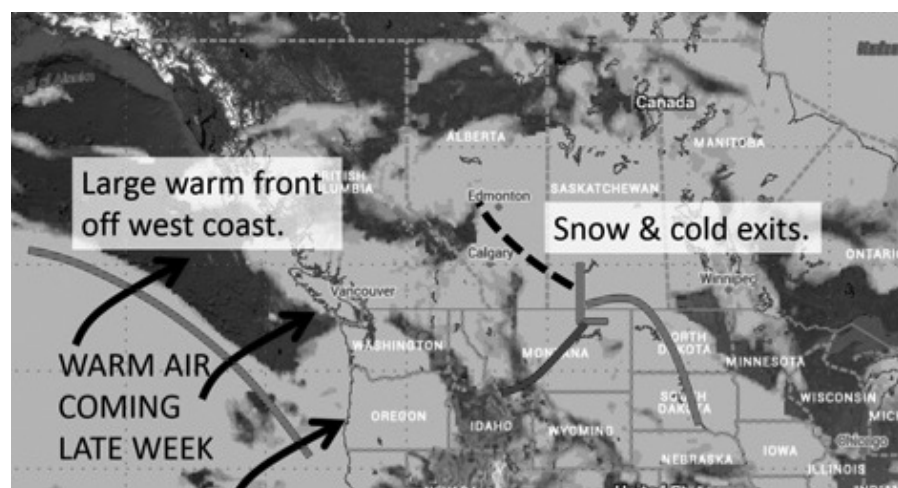
If you have been reading the *Nugget*, you would know that I have been talking about how many consecutive days with highs above 0 C we might see this month. The official number is in. We slipped below 0 C on March 20. This brought the consecutive day stretch of highs above 0 C to a screeching halt. Our above 0 C stretch started on March 5 and lasted until March 19. March 19 was our last day with a high above 0 C. So with this said, we have seen a total of 15 consecutive days with highs above 0 C this month. This is nowhere near the top compared to previous years as you saw in my stat graphic last week.

Somebody on Twitter asked me if we are safe to put the shovels away. This was a few weeks ago. With the recent snowfall, it would have been a good idea to have

kept it handy. I would say to still keep it handy. You never know as this is Alberta weather we are talking about. It can definitely snow on the May long weekend in Alberta. The May long weekend is “considered” the unofficial start of summer.

Meteorological summer begins June 1.

FUN FACT: With the exception of July, we have seen snow in every month of the year. That is what it is like living in Alberta. You can be camping the mountains in August and encounter snow.



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Point counter Point Music and money



By **QUINTON BERGER**

The piracy of music is something that folks in the music industry are just going to have to deal with.

Quite frankly, I don't see anything wrong with it and nowadays many artists don't either. Rather than fight it and resist change, many are taking the ball and running with it. They're adapting to the change in culture. Griz said "I'm not going to charge you for my music because music should be free." He's right!

Music is such a big part in all of our lives. Music is the escape. We listen to music for lots of reason and a major one is to help us through the bad times. If I'm having a hard time and I've hit a financial low, then how can I escape if people are expecting me to shell out even more money for said escape. Music is a gift that people give to the world. It shouldn't be a service that we get charged for.

Forces them to do better

Another plus of music piracy is it holds artists accountable for their product and forces them to do better. Nowadays, most of an artist's income is from merchandise and live performances, so they better make sure people actually want to hear their songs. The better the songs are, the more people want to hear them performed. Look at Griz. Here's a producer who gives all his music away for free but he's still headlining festivals and playing sold out shows. His music is amazing and thousands want to hear it live. I mean, realistically shouldn't it be about the music, anyway? If you're just doing it for the money, then you're not a real artist. Then again, some of it isn't real art. Have you ever paid for a CD, only to find out there were only a couple good songs on it? That sucks but thanks to downloading music, we don't get cheated. Plus, the artists now have to make sure that all 16 songs on their albums are great, otherwise people won't be buying merch or going to their shows. It's win-win. They end up becoming better artists and we get to see and hear better art.

You may not agree with what I just said but I'm about to say something you can't disagree with and it's that downloading music isn't going anywhere. Whether we like it or not, people are still going to do it.

Too late to stop it

It's far, far too common to even try and stop, so people might as well embrace it and get with the times.

Artists can spend their lives fighting the current but they will ultimately drown if they do. Change is a part of life and it's important to embrace change. This just means that artists will have to find other ways to profit from music, rather than record sales. Hell, making records isn't even that pricey anymore since good technology can be produced for relatively cheap and, in the Internet era, you can pretty much teach yourself to how to do anything. Anyone can make good sounding music and if the music actually is good, people will want to hear it. If it's not, they won't. Sorry guys, pirating music is here to stay.



By **NATE BRYANT**

Music piracy steals money from up and coming artists who need it. With a growing number of independent artists releasing albums, stealing their music is directly choosing not to support them. If you love their music so much, why would you not want them to get bigger and create more great music? It goes for all genres, no matter what the style, artists have to start somewhere and often that is taking whatever little money they can get. You are not just stealing from the big record companies, you're taking from the artists who work hard to put out their music for you. Just because a band has a CD in stores doesn't mean they are big and don't need the sale. They work hard to get out there and your love for them isn't showing by stealing their music.

Need the money

Like I said, I know local bands. I know one that just toured Europe and are about to hit a US tour. They're signed, and they have three albums, you can find them in HMV and, to get by, they work multiple jobs when they are home. Just because an artist you're downloading is signed, doesn't mean they don't need the money. Not to mention the rising number of independent artists. Look at Monster Truck or any number of DJs. These artists are constantly playing shows and touring because they want to bring their music to you but they also want to get paid.

Imagine if you showed up to your job, and you worked hard and everyone said you did awesome but when you went to grab your paycheck, you were missing half of it. You would be pissed. It's great being appreciated but if you have to take a second job to make next month's rent, you'd be pretty disappointed. Bands are out there doing what they love because you enjoy their music and they need any money they can get.

Five cents for every dollar

A lot of people say they don't want to pay for music because the record companies get

most of it anyway. They do and the artists know that when they sign. But they still need that five cents for every dollar. It seems small when it's one album but they need that money. If you want to support the band even more, pick up some merchandise, go to a show but at least pay for the album. If you really love music, you pay to support it. I know not all of us have enough money to support our music needs but they don't have money to keep playing if you don't buy their albums. It may seem like a victimless crime now because you aren't living it. That's why bands break up and artists stop playing. Life gets real for them, and they realize they just aren't making enough money from this, because no one is paying for their music. Stop living in a delusion and buy your album. Besides, "you wouldn't download a car."



File photo

OPINION

— Editorial —

Storm in a K-cup



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

Keurig. The best thing to happen to coffee since Starbucks. Both have made coffee easily accessible and ready to drink in a pinch of the time a coffee maker can. Making a pot of coffee the old fashioned way is just preposterous. Ugh, measuring out three scoops of coffee and pouring water into the back, like really, what are we, cavemen? I hope you can tell that I am being completely sarcastic because I am totally against Keurig and I will tell you why. Besides, even the inventor of Keurig, John Sylvan admits regret for ever creating the darn things. In today's world, there is always an argument going on about whether a product is environmentally friendly. Normally, that product's company gets in trouble and has to go back to the drawing board and tweak it, so it isn't under fire anymore.

Not recyclable

Well, out of the settled dust, a new environmental discussion has risen. Keurig Green Mountain is in the spotlight of this controversy as their K-cups are proven to be non-recyclable and the creator himself argues this fact. John Sylvan recently told CBC's *As It Happens* that he sometimes wishes he never created it because, "they're kind of expensive to use ... plus it's not like drip coffee is tough to make." In this same interview he went on to talk about their ecological footprint and in summary, K-cups generate vast amounts of plastic waste that does not biodegrade and cannot be recycled.

While the company might say otherwise, John disagrees and said, "You can't recycle that package, I don't care what Green Mountain says."

He elaborated on his reasoning.

Impervious to oxygen

"The issue with coffee is that once it is exposed to oxygen it starts to go bad, so you need a long shelf life for the coffee. What they typically package coffee in the stores is aluminum, which is 100 per cent impervious to oxygen, so you need a plastic that approaches that capability."

It does not take a genius to figure out that this is detrimental for our environment. Even more, he went on to say that it is a pain when people do recycle them because they need to be broken down into four parts and most recycle facilities don't do that, so it makes everybody's job harder down the road. In 2014, 9.8 billion K-cups were sold worldwide, and if lined up end to end, those discarded pods would contain enough plastic to circle the globe more than 10 times.

Ironically, John Sylvan originally created the machines to neutralize the amount of waste from individual coffee cups from places like Dunkin' Donuts, and Timmy's. He thought that instead of stopping for a coffee on the way to work, he would get people to bring their own mugs and use the Keurig. This speaks volumes about never really knowing what is going to happen. Funny thing is, when John was asked how he makes coffee now, he said "I make a pot of coffee in the morning using a thermal carafe."

Keurig says that they are in the works of creating an environmentally friendly pod, while also trying to keep the quality of coffee intact and have made a pledge to do so by 2020. 2020 hey? What will the landfills be like in 2020? That

is not soon enough, Keurig. That's like saying "my car is broken, so I guess I'll just tell my boss that I'll fix it by 2020 and, in the meantime, I don't think I'll make it to work."

Our landfills are filling up, our oceans are getting polluted and our Earth can no longer stand any more damage. We've already gone way too far with destroying this planet, and one little coffee maker is making great strides in doing this by itself. That's not to mention all of the other single serve coffee machines. For the next five years, Keurig better turn off their lights on Earth Day, because they sure as hell aren't celebrating the Earth on the other 364 days of the year.



There are other ways to make coffee.

www.walmart.com



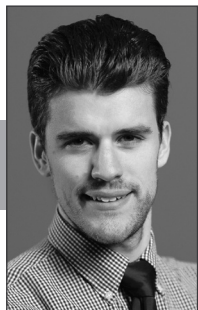
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SPORTS

Moms, dads, take a bow



JOSH RYAN
Sports Editor
@JoshRyanSports

Most of the sports stories revolving around parents from the past year are dark ones. Columbus Blue Jackets defenceman Jack Johnson and his parental-induced bankruptcy. New regulations for kicking players off teams if the parents cause trouble. Hardly a winning endorsement for those responsible for raising the next generation. However, sometimes we need to remember that not all sports dads and sports moms are angry, conniving or just insane. Most up-bringers of children are in fact reasonable people that donate an incredible amount of money and time to give their kids an opportunity to participate in sports. Despite all of the headaches kids provide, parents generally display extraordinary

patience and love, putting the needs of their young ahead of their own.

Listen to this scenario. Mom is home early from work, getting things around the kitchen cleaned up and ready for dinner. She takes out the hockey socks and practice jerseys from the dryer and throws them into the hockey bag for the evening's practice. The boys get home from school, are possibly sent upstairs to finish homework, then they are downstairs to eat supper. After supper they might have more homework, maybe some down time, then everybody hops in the minivan and heads off to practice.

After helping the boys get their gear into the dressing room, mom heads out to the van to grab some groceries, drop off mail or some other errand. Then an hour or so later she's back at the rink, ready to help her kids wheel the gear out to the van.

For the most part, every single athlete can identify with that scenario. Maybe it's dad not mom, maybe it's basketball instead of hockey and maybe he or she sticks around for the whole practice, either helping out as a coach or encouraging from the stands. Regardless, this picture has happened a thousand times to almost any ath-

lete that's played sports since a young age. Parents devote a portion of their day, five days a week (sometimes more), to helping their kids enjoy sports and develop into better athletes.

There's adult league volleyball, book clubs, a night out with the guys or a date at the movies but there's always something that parents are sacrificing in order to let their kid play and have fun.

This time commitment is even more ridiculous when it comes to tournaments. That's hours on the road, burning up gas, trudging around with gear and drinking lots of coffee to stay sharp. With hockey parents, it usually involves freezing at some rink that's colder than PEI was earlier this month. Let's not forget stressing over potential injury when the kid's getting clubbed in the head or dealing with a nut job projecting profanities left and right. As soon as the tournament ends, it's back in the car and back on the road. Forget resting at home, too, because everything needs tidying once you've arrived.

All this talk and I haven't even gone into finances. The average hockey parent spends around \$3,000 a year. This covers registration, equipment and travel accom-

modations. Other sports aren't quite that expensive but even a sport like volleyball or basketball is costing parents at least a grand.

Construction worker Dwight may pine for a new boat but that will have to wait until little Dwight has finished playing sports around \$1,000 later.

The biggest, most important function for sports parents, however, is the guidance they give their kids through the good and bad. Parents tell you "good job" when you went the extra mile to learn a skill in practice. Parents scream wildly when you score a goal, make a save or hit a home run. Parents say it's gonna be alright when you lose in a playoff game. Parents keep you grounded when success is starting to get to your head. And parents do these things over and over and over again. I know we have a lot of folks that fail in this capacity. Parents that try to live through their kids, treat people poorly and think selfishly are definitely a problem in North American youth sports and require attention. However, I just wanted to acknowledge all the great men and women who constantly sacrifice their own time and desires for their children to succeed and enjoy being active. Here's to them.

FITNESS

Snacks before working out

By JOSH RYAN

Last week we had a summary of what sort of things to eat before and after workouts to help with fitness maintenance but what about specific foods or meals? Students struggling with courses, jobs, relationships and more often overlook proper nutrition to save time in their day. Well, there are many great meals that don't take a lot of time to make and are excellent for pairing before and after workouts. Here are a few pre-workout munchables.

Strawberry banana milkshake: One of the best pre-workout meals, especially in the morning, as it provides sufficient energy and taste. A banana on its own has enough natural sugar in it to get the average person through exercise without anything else involved. Adding some frozen strawberries gives a little more energy and a lot more flavour, while also providing the cold texture.

There are several choices for the liquid portion, as some people like to go with almond milk, but I'm a one per center myself. Finally, add a scoop of protein powder and you have your perfect pre-workout and early morning



countrycleaver.com

great pre-workout meal. The yogurt is easy on the stomach (unless you're lactose intolerant) and has a mixture of carbs, protein and fat. The trail mix needs to have nuts and dried fruit, again providing natural sugars and coming in handy for when



dandydonuts.com

breakfast. There are a variety of other combinations of fruit and vegetables that make for a good shake, but this one is the best. Just throw everything in a blender and then, blend.

Greek yogurt and trail mix: Another great pre-workout meal. The yogurt is easy on the stomach (unless you're lactose intolerant) and has a mixture of carbs, protein and fat. The trail mix needs to have nuts and dried fruit, again providing natural sugars and coming in handy for when your insulin levels drop during exercise. Don't overdo it on the nuts though, as they take a while to digest.

Oatmeal and fresh fruit: Oatmeal is great for gradual energy release into your system and the fruit will help keep you hydrated while

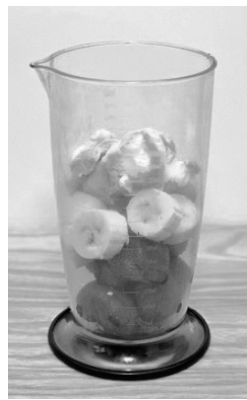
also providing energy. The best thing about oatmeal though, is how easy it is to make. If you don't have time to get a pot going, measure out your portion, add double its size in water and pop into the microwave. That takes no more than a few minutes.

Chocolate milk: Of course everyone sees the commercials for chocolate milk as a post-workout drink but there is value in using it as a pre-workout drink, too. The combination of carbs, fats and protein is perfect for a workout and the water content is necessary to replace what's lost by sweating. Another option not favoured by the lactose intolerant community but great for those you love a little chocolate flavoured milk in their diet. Like every other meal though, give yourself some time between eating and exercising.

Those are just a few options that don't take longer than two-three minutes to prepare. Hopefully that helps you keep your timeline while keeping you healthy as you head to the gym.



dairygoddess.files.wordpress.com

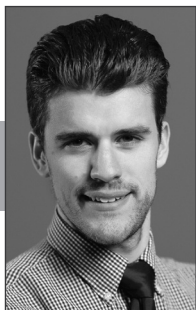


wikihow.com

Keeping score

MVP debate begins ...

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 the NHL Most Valuable Player race heading into the final weeks of the regular season. There are several worthy candidates this year, including Montreal goaltender Carey Price, Islanders forward John Tavares and, of course, Pittsburgh's Sidney Crosby. But who has done the most this season to earn Hart Trophy honours? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

The biggest problem with the Hart Trophy is that its criteria states that the award goes to the player deemed most valuable to his team. By that logic, a goaltender should win the award every year as ultimately teams all live or die off their goaltending. However, the NHL usually awards the MVP to the player that has the best regular season stats. This year, the best player happens to play between the pipes and his name is Carey Price.

Since the 2014 Olympics, Price has dominated the hockey world. He led the Habs to the Eastern Conference Finals and currently leads the NHL in goals-against-average, save percentage, shutouts and wins. If he maintains this pace, Price will become the first goalie in history to lead all four major goaltending cat-

egories in one season. Think about it – even greats like Dominik Hasek, Patrick Roy and Martin Brodeur have never managed this feat.

The more impressive stat is the fact that Price plays for the Montreal Canadiens. Without him, the Habs are a fringe playoff team at best but, thanks to Price's season, they are second in the East. Despite scoring only one or two goals a game, Montreal is a legitimate favourite to win the Stanley Cup. How can you not pick this guy for the Hart?

As stated before, goaltenders are always the MVP to some extent, especially come playoff time.

But Price's statistics, especially on the team he plays for, are unprecedented and unmatched in the NHL. Sidney Crosby leads the NHL in scoring but is barely over point-per-game pace.

John Tavares, who many are praising for the job he has done leading the New York Islanders, is only scoring at a point-per-game pace.

Also, both of these captains play on teams benefitting from great goaltending, particularly the Islanders (Jaro Halak is playing lights out). While it pains me to say this, because I'm a massive Habs hater, there is one choice for the Hart Trophy this season. Vote Carey Price.



CONNOR HOOD
@connorhood27

There is currently a huge problem with how the NHL MVP trophy is handed out. Fans and vote givers are always hung up on how many goals or points a player has and it wrongly affects the outcome of the Hart Trophy decision. He scored more points than anyone else? That has to mean he's the most valuable! Wrong. The Hart Trophy should be awarded to the player who is the most valuable and, this year, it's John Tavares.

Last year Sidney Crosby won his second Hart trophy in seven years largely based on his NHL best 104 points. Problem is, the Pittsburgh Penguins are still a Stanley Cup contender even without Crosby in their lineup. Players like Evgeni Malkin, Kris Letang and Marc-Andre Fleury are all superstars in their own rights and are more

than capable of leading the Penguins in the absence of Crosby. The Islanders, on the other hand, are a fringe playoff team at best without Tavares, and are likely closer to a Top 5 draft pick than the Stanley Cup without him. Tavares is clearly the most valuable player to his team this season in the NHL. Tavares was recently held pointless during a four-game stretch and the Islanders lost all four. His leadership, playmaking and offensive talents make him not only one of the best players in hockey but this year's Hart Trophy favourite.

Some fans argue that Montreal goalie Carey Price should receive not only the Vezina Trophy for best goalie but also the Hart Trophy, as well. Without Price, however, the Canadiens are still an Atlantic Division favourite with players such as Brendan Gallagher, Max Pacioretty and P.K. Subban. Take last year's Eastern Conference finals, for example. The Habs lost Price early in that series and the series still went six games playing with a replacement goalie against the stacked New York Rangers.

It's time to give credit where credit is due and, this year, the credit is due in Nassau County New York. Forget about the point race or how many games Price plays, the Hart Trophy deserves to go the Islanders captain. John Tavares, you're the real MVP.

MEN'S BASKETBALL

Hard lesson, well learned

By **JOSH RYAN**
Sports Editor

Perspective. It's something in sports we tend to lose when the results on paper don't meet expectations. For NAIT's mens basketball coach Mike Connolly, however, perspective is exactly what he preached after the early end to his team's season.

"I said I didn't want this weekend to reflect what we did over the year. It's unfortunate, they say you're only as good as your last game but we did something pretty special by finishing 23-1."

Indeed, it was a special season for the Oaks. Nationally ranked in the Top 5 all year long, they lost just one game to Lakeland in the second half and even got a few wins in exhibition play against CIS schools. Fifth-year player Donny Moss won ACAC Player of the Year and he was joined on the All-Conference Team for the North Division by fellow fifth-year Oaks Alvin Parker. The big man from the

Bahamas averaged over 22 points per game, shot 50 per cent from the floor and had a solid average of nine rebounds in games.

"Donny may be one of the most talented athletes I have had the opportunity to coach," said Connolly. "He is constantly smiling and that positive nature rubs off on his teammates."

However, a championship at season's end never came. In the quarter-final round of the Conference tournament against Olds College, Moss was sidelined just a few minutes in with a pulled hamstring. After that, the Oaks weren't the same, falling 97-104.

"We just didn't have the same defensive energy," said Connolly. "And Olds shot the ball very well. We battled back but just couldn't quite finish."

Despite the disappointment of losing the first game, the team played well in the next two games, defeating Lakeland 97-69 and losing a tight game to Red Deer (another elite team knocked out in the first round) 79-87. Parker led the tournament with 35 points and over six assists per game. As soon as the team landed back in Edmonton, Connolly had a group hungry for redemption.

"The attitude was 'let's get ready for next year,' and 'when can we get going?' That's good to see, because I don't want them to lose track of all the good things we did this year. Could we have done some things better? Yes but we live and learn and now we'll come back with a vengeance next year."

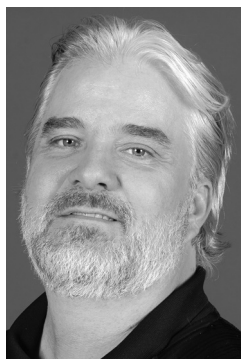
Chances are the Oaks vengeance con-

tain even more firepower than the current roster. Despite losing Moss and Parker, the squad returns the main core of the roster and several local talents are committed to joining the team in the fall. This group is headlined by all-star guard and member of the 4A provincial championship team from Ross Shepard, Mon Lueeth. The players are training in the offseason starting May 1. The schedule includes a detailed fitness program and participation in a summer league.

"They all made a commitment to next year, so it's our job as coaches to help them honour that commitment," said Connolly. "We won't have two superstars like we did this year but we'll have even more chemistry and plenty of guys who can shoot and move the ball."

Mental toughness is going to improve.

"I think the guys recognize that we weren't as mentally tough as we needed to be and now they're focused on that going into the fall."



Mike Connolly

MENS HOCKEY ACAC CHAMPIONSHIPS



Photo by Jesse Kushneryk

The NAIT Ooks locker room was a scene of jubilation after the team clinched the ACAC championship Saturday at SAIT.

Men sweep Trojans for gold!

By JOSH RYAN
Sports Editor
@JoshRyanSports

The ACAC hockey season is over and the golden celebration is paired with a little blue. The NAIT Ooks men's hockey team made a triumphant return to the championship series by dethroning the defending champions, and bitter rivals, the SAIT Trojans. The Ooks took an early lead in the best-of-three series in dramatic fashion on home ice, beating SAIT 4-3 in overtime on Friday night, before trouncing the Trojans 6-2 in Game 2 at SAIT on Saturday.

The win is a sweet one for head coach Serge Lajoie and the veteran squad after losing to the Trojans in last year's final. NAIT takes home the program's 15th championship and second in three years, finishing the season with a 30-5-0-1 record.

The Ooks wasted no time in the series' opening frame, with fourth-year left winger Jordan Wood finding the net just over three minutes into the period. All-Conference forward John Dunbar and Dallen Hall picked up assists. NAIT doubled the visitors in shots but only led by one after 20 minutes of play.

All-Conference forward Michael Piluso put the Ooks up by two just 26 seconds into the second (with an assist from Josh Lazowski), but the Trojans cut the deficit back to one two minutes later. Those proved to be the only scores of the period, although the teams did combine for 10 penalty minutes.

NAIT jumped back ahead by two off an early power-play tally by Wood, (Charles Wells and Tyler French assisting) but the Trojans dominated the middle of the third, scoring two goals just under three minutes

apart to tie the game. Things got rough as both teams went at each other every play but regulation time ran out, sending the game to overtime. A little over six minutes into the extra frame, SAIT got dinged with a too-many-men call, putting the home team on the powerplay. The Ooks needed only 19 seconds as Piluso fired in his second of the game, off Dunbar and All-Conference defenceman Sam Waterfield. Goaltender Kenny Cameron continued his fine play between the pipes with 22 saves.

NAIT outshot the Trojans 42-25 in the game.

Despite the fun involved with winning at home, the Ooks had no intention of letting the series continue past Game 2 in Calgary. The Ooks' streak of good starts continued with goals in the first half of the opening period. Piluso, Dunbar and Lazowski pocketed the stats for both goals,

with Dunbar grabbing the first goal and Piluso grabbing the second. Trojan forward Brenden Forbes got his team on the board late in the first but the Ooks stretched the lead to three midway through the second, with an even-strength goal from Wood and a power-play marker from Kevin Carthy. Despite another late goal from Forbes, the Ooks' depth was too much for the Trojans as Piluso and captain Scott Fellnermayr put the game away in the third. The only ugly part of the game was several unsportsmanlike conduct penalties, all but one going to the Trojans. Cameron made 24 saves to solidify the win.

Winning the championship marks another successful campaign for the Ooks hockey program. In addition to sweeping men's and women's hockey, the win over the Trojans is the sixth ACAC championship won by NAIT Athletics this year.

MENS HOCKEY ACAC CHAMPIONSHIPS



Photo by Jesse Kushneryk

The men pose for a team picture after the win on Saturday in Calgary.

HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

Decades ago, former Premier Ralph Klein introduced us to Martha and Henry - the average Albertan couple.

How are their kids doing?

The kids are worried. Not just about dignity for their parents, but also the lack of schools and affordable child care spaces.

You can count on the Alberta Liberal Opposition to ask the tough questions.

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Athlete Profile



Player: Karli Reeve
Sport: Hockey
Position: Forward/Defence
Program: Business

By CHARLIE ZHAO

1. What made you start playing hockey? My brother was the main reason I started playing. He played hockey and through being at the rink and watching him I wanted to be just like him and follow in his footsteps.

2. Who is your childhood idol and why? My childhood idols would have to be my grandparents. I admire them for their hard work, generosity and support.

3. What are your hobbies? During my spare time I like to hang out with friends or spend time walking in the river valley with my bestie, Becky Wall!

4. What type of music do you enjoy and why? Honestly, I like any type of music. Any time there is music on you can usually find me dancing.

5. Which other sport(s) do you like besides hockey? Baseball. I played ball for the majority of my life as well and about three years ago I stopped playing competitively.

6. Who inspires you the most? My biggest inspiration in my life has been my family.

7. What three things can you not live without? My cell phone, my music and my car!

8. What is your dream oasis? Somewhere warm! Mexico, Hawaii ...

9. What is the best advice you've been given so far? The moment you're ready to quit is usually the moment right before a miracle happens. Don't give up.

10. What do you want to say to your team? I would like to say that I am proud of each and every person involved with the team. For some, this was their first championship and for some it was their last shot at it and I am glad that everyone got to experience this journey. Each individual truly contributed to the success of the team and played their roles in helping us win! I would also like to say that all the girls that are leaving after this season, you guys will be missed!

Athlete Profile



Player: Whitney Thorp
Sport: Hockey
Position: Forward
Program: Personal Fitness

By CHARLIE ZHAO

1. What makes you start playing hockey? I started playing hockey when I was about 12 ... because I was a gymnast and that obviously wouldn't have gone anywhere.

2. Who is your childhood idol and why? My mom, gosh she's a good lady.

3. What are your hobbies during spare time? Is sleeping a hobby?

4. What type of music do you enjoy and why? Whatever is playing in the dressing room on game day, because it's game day.

5. Which other sport(s) do you like

besides hockey? Ball hockey.

6. Who inspires you the most? My teammates. They are always pushing me to be my best.

7. What three things can you not live without? My cell-phone, my partners in crime and food (candy specifically).

8. What is your dream oasis? Anywhere with a beach and a bar.

9. What is the best advice you've been given so far? "Buckle up."

10. What do you want to say to your team? DOF as Sherri, Lindsey, and Jillian would say ...



EDMONTON

FIREFIGHTER

Between **March 1 to March 31, 2015**, Edmonton Fire Rescue Services is accepting applications from individuals interested in becoming a firefighter.

If you're interested in a challenging and rewarding career, visit www.edmonton.ca/firerecruitment for more information about the application process.

Join Edmonton Fire Rescue Services in our mission to protect life, property and the environment. Apply now.



Athletes of the week

March 16-22

Mike Piluso
Hockey



The NAIT Ooks men's hockey team won their second ACAC championship in three years this past weekend with a two games to none best-of-three series win over the SAIT Trojans. The Ooks defeated the Trojans 4-3 in Game 1 Friday at NAIT Arena with Piluso netting two goals, including the overtime winner. In Saturday's series-clinching 6-2 victory at SAIT, Michael contributed with another two goals along with two assists to give him six points in the two-game series. "Michael definitely elevated his play this past weekend," said head coach Serge Lajoie. "He scored timely goals for us and his compete level was instrumental in setting our team on a championship path." Michael is a fourth-year Open Studies student from Maple Ridge, BC.

John Dunbar
Hockey



Before Friday's Game 1 of the ACAC best-of-three championship series, John was named ACAC men's hockey player of the year and first team All-Conference. He then went out and helped his NAIT Ooks defeat the SAIT Trojans 2-0 in games and win the ACAC championship and gold medal. After leading the league in scoring during the regular season, John added another four points in the two-game final series. "It is always good when your elite players are able to serve as a role model for the rest of your team," said full-time Associate coach Mike Gabinet. "John is that guy whose high compete level in games and in practice rub off on his teammates." John is a third-year Business Administration student from Calgary.



40 DAYS OF FITNESS CHALLENGE

If it doesn't challenge you, it won't change you.

What is it?

The 40 Days of Fitness Challenge is an all-inclusive fitness program to help you with your health & wellness goals. The challenge will run May 4-June 26 (8 weeks total) with no classes running on May 18th. Pre and post assessments will be scheduled once you have registered.

Why 40 days?

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:

- 1 Pre-assessment fitness test
- 1 Before picture
- UNLIMITED ACCESS to ALL Fitness Classes, included in this package
- Access to 1x/week Wellness Sessions
- 1 Post-assessment fitness test
- 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?
No problem! Drop-in passes are
available for \$12.00/class.**



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

Class schedule subject to change based on enrollment

ENTERTAINMENT

Kanye-esque entitlement



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

If Kanye West was capable of feeling bad about himself, he might be upset about the recent anti-Kanye petition that's surfaced in the UK. In case you missed it, Kanye is scheduled to headline England's Glastonbury Festival and people are upset.

In fact, one man was downright pissed, so pissed that he took it upon himself to draw up a petition to have the festival replace Kanye as the headliner. I imagine if he petitioned against a dif-

ferent headliner, this guy would just be considered a loser and a crybaby but this petition's gained over 100,000 signatures! The petition, titled, Cancel Kanye West's headline slot and get a rock band by Neil Lonsdale reads: "Kanye West is an insult to music fans all over the world. We spend hundreds of pounds to attend Glasto and, by doing so, expect a certain level of entertainment. Kanye has been very outspoken on his views on music ... he should listen to his own advice and pass his headline slot on to someone deserving! Let's prevent this musical injustice now!"

Now before I start, I'd like to say that I'm not a big Kanye fan. I find him irritating and I thought *Yeezus* sucked. That said, Lonsdale's petition is stupid.

Kanye West is a very musically talented individual. He's an obnoxious douche and while I don't particularly like his music, refusing to recognize someone's talent just because you don't vibe with their music is something

arrogant people do. It's something that Kanye West does. Do you really want to be like that? So, saying that Kanye is an insult to music fans all over the world and insisting that Glastonbury "get a rock band," ultimately just makes you look like a whiner. Yes, Mr. Lonsdale, because if there's one person who knows good music, it's you! You're the absolute pinnacle of musical taste and if there's one person this festival should listen to, it's you! Go make seven platinum selling albums and then maybe you can tell a 45-year-old festival who to book!

Lonsdale has never even been to this festival! This guy actually has the audacity to bitch about an artist he doesn't like headlining a festival he's never even attended ... are you kidding me? If you've never been to a festival, you don't know the festival's vibe, so how do you even know who would be a good fit and who wouldn't? That's right, you don't.

"We spend hundreds of pounds to attend Glasto and, by doing so, expect a certain level of entertainment"... dude, you just now have spent hundreds of pounds. Until earlier this year, these people who have been putting this event on for over 40 years haven't received shit from you! Now you have the gall to speak out publicly about how it doesn't suit your liking. The amount of entitlement here is sickening!

Friedrich Nietzsche once said "And when you gaze long into an abyss the abyss also gazes into you."

Well, that's what's happened with Neil Lonsdale. He's outraged about Kanye being there because Kanye has characteristics that Lonsdale exhibits so evidently with his petition. Congratulations, Mr. Lonsdale, for being self-absorbed, self-righteous and thinking others should bend to your liking. We've actually found someone who's a bigger douche than Kanye West and his name is Neil Lonsdale.

MARCH

EVENT LIST

2-6 | NNTM ROUND 2 VOTING

10 | NEST BEACH KARAOKE

9-12 | NNTM ROUND 3 VOTING

13 | HOW TO COOK THAI FOOD

16 | DIRTY BINGO

18 | NNTM FINALE IN NEST

20 | CONCERT

31 | HOW TO BE A GRILL MASTER

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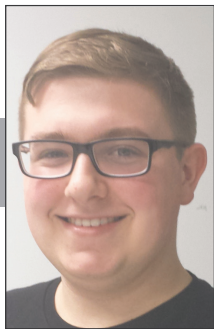
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rm e-131

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **KYLE MATZ**

One of the best things about good weather is being able to roll down all the windows in your car and crack open that sun roof and blare some great tunes! I really enjoy doing this at night while driving on the highway. Unfortunately, the weather that I had this playlist in mind for is no longer here but once the sun clears the snow, this playlist will be perfect for those nights cruising with that special someone.

Driving at night with that special someone is one of the best moments you can share with that person, in my opinion. The wind is whipping around you, the rumble of the road is near deafening, though the small speakers in your car manage to distribute the song throughout

the vehicle and out the windows.

This playlist kicks off with the “tunnel song” from the movie *Perks of Being a Wallflower*.

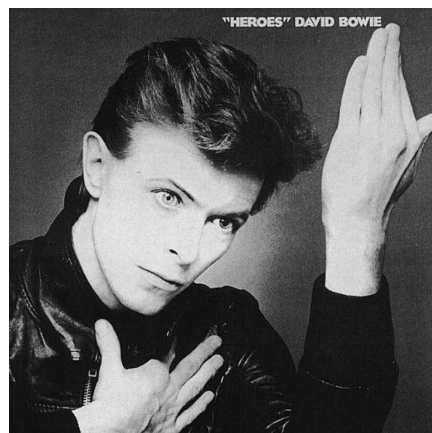
When they hear this song, the main characters roll down the windows of their truck and one of them gets in the bed of the truck. They don’t talk to each other or try to interrupt the moment, they just sit there in the peace and simultaneous chaos created by the wind outside the truck. The song from the movie is “Heroes” by David Bowie.

Another song that works perfectly for this playlist is called “Ruby” and it’s by Louise Burns. I found it under the free section of iTunes a while back and I love it. This song takes the whole idea behind the “tunnel song” and amplifies it even more. This song is one of my favourites for driving with the windows rolled down at night.

Here is the full playlist:

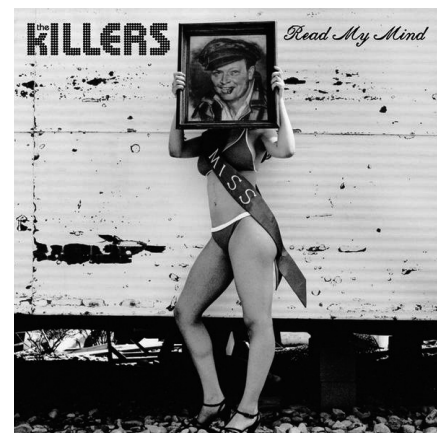
- Heroes – David Bowie
- Ruby – Louise Burns
- Read My Mind – The Killers
- Darkmatter – Andrew Bird
- Ramona – Beck
- Riptide – Vance Joy
- The Enemy – Andrew Belle
- Elysium – Bear’s Den

• 10,000 Emerald Pools – Borns



tvtropes.org

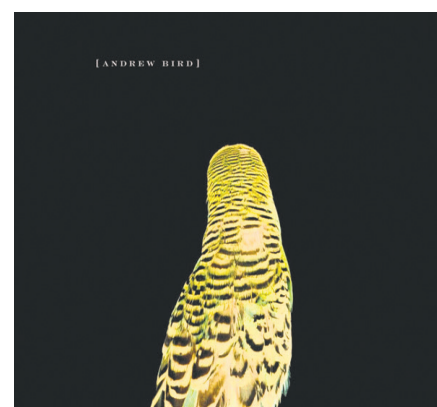
• I Love the Unknown – Clem Snide



en.wikipedia.org



www.lightorganrecords.com



en.wikipedia.org

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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GAME PREVIEW

Get ready for Splatoon!

By GERVASE BRANCH-ALLEN

In the upcoming video game *Splatoon*, players will be able to play as squid like people called Inklings as they shoot ink at each other with guns in a turf war. It sounds outlandish but Nintendo's latest IP for Wii U is looking quite impressive.

In a team of four, players play the Inklings and try to cover the arena in the colour of ink they wield. Whichever team has the most ink spread across the territory wins. The action is intense as players can use a main and sub weapon to ink the terrain and shoot their opponents. They can defend their side of the map to stop enemies from spreading their ink or they can charge forward to spread their ink everywhere they can. If players run out of ink, they can turn into their squid forms, jump into their colour of ink and swim around. Doing this reloads the ink supply. If you get shot and die, you can pick a location on the touch-screen of the Wii U Gamepad where your team's ink is spread and get back into the battle with your teammates.

The game features local and online multiplayer where battles are sure to be fierce. Additionally, *Splatoon* features a single player mode, which allows players to embark on a campaign to stop the villainous octopi.

The idea of Nintendo creating a new shooter game sounds unlikely and hard to believe but the colourful, all-ages tone of *Splatoon* casts all doubt aside. This game isn't a hardcore violent third-person shooter with military based maps and realistic weaponry. The game looks packed full of creativity and even non-shooter fans look like they might have a fun time with this game.

Splatoon has more surprises up its sleeve than expected. The game features a plaza where players can wander around, similar to Wii U exclusive *Nintendo Land*. You can earn in-game currency to spend on weapons and clothes for your character. Yes, clothes are available to purchase. While they can be used to embellish your looks, they can also change your characters' statistics. Many different sea-based animals also appear in the game, such as a shrimp and jellyfish shop owner.

The game does feature some diverse decisions such as four-on-four online multiplayer matches only with the CPU, meaning players might have to wait in lobbies to get enough players. Local multiplayer is currently described as one-on-one, meaning some players in the same location might find themselves missing out on the multi-person action of the online mode. Also, online mode lacks communication features so friends playing online

might have to figure out how to communicate with each other outside of the game itself.

Despite these somewhat unappealing features, the game still looks set to impress.

Rumours have even begun to surface implying that the amiibo, Nintendo figurines, will be compatible with the game. Though, that rumour hasn't been confirmed, the amiibo could make a big splash in the game by including special costumes, weapons or maps to play (and spray) on.

So far the action looks fluid and the inventive ideas are tantalizing. I can't wait for *Splatoon* because this game looks like a colourful, happy blast of inky fun! The

music is quirky, the designs are unique, and the colour is ... colourful! *Splatoon* is planned for release this May. The game can be described as *Super Mario Sunshine* meets *Jet Set Radio*, which sounds awesome! Am I excited? Yes! Should you be excited? Yes!

If this game is as good as I hope it will be, Nintendo can check off one more excellent title exclusively for the Wii U. With even more news likely before the game releases, you should definitely keep a lookout for it.

If you're interested in writing a video game review or an article on a video game that interests you, e-mail the Entertainment Editor of the *Nugget*.



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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 26-April 1

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

Pisces (Feb. 19-March 20)

Your Nicki Minaj Lyric is from "Moment 4 life." "This is my moment, I waited all my life I can tell it's time. Drifting away I'm one with the sun-

sets, I have become alive. I wish that I could have this moment for life, for life, for life. Cause in this moment I just feel so alive, alive, alive."

Aries (March 21-April 19)

Your Nicki Minaj Lyric is from "Moment 4 Life." "I fly with the stars in the skies, I am no longer trying to survive. I believe that life is a prize, but to live doesn't mean you're alive."

Taurus (April 20-May 20)

Your Nicki Minaj Lyric is from "Marilyn Monroe." "I can be selfish, be so impatient. Sometimes I feel like Marilyn Monroe. I'm insecure, yeah, I make mistakes. Sometimes I feel like I'm at the end of the road."

Gemini (May 21-June 21)

Your Nicki Minaj Lyric is from "All Things Go." "Lemme make this clear, I'm not difficult, I'm just 'bout my business."

Cancer (June 22-July 22)

Your Nicki Minaj Lyric is from

"Come on a Cone." "My ice is so cold, it should come on a cone."

Leo (July 23-Aug. 22)

Your Nicki Minaj quote is like no other. "True confidence leaves no room for jealousy. When you know your are great, you have no need to hate."

Virgo (Aug. 23-Sept. 22)

Your Nicki Minaj Lyric is from "I'm The Best." "Got the eye of the tiger the lion of Judah. Now it's me and my time it's just me in my prime."

Libra (Sept. 23-Oct. 22)

Your Nicki Minaj Lyric is from "All Things Go." "Cherish these nights, cherish these people. Life is a movie, but there'll never be a sequel. And I'm good with that. As long as I'm peaceful."

Scorpio (Oct. 23-Nov. 21)

Your Nicki Minaj Lyric is from "Moment 4 Life." "Shout out to my haters, sorry that you couldn't faze me. Ain't being cocky we just vindi-

cated, best believe that when were done, this moment will be syndicated."

Sagittarius (Nov. 22-Dec. 21)

Your Nicki Minaj lyric is from "Fly." "A sea full of sharks and they all see blood. They start coming and I start rising. Must be surprising, I'm just surmising. Win, thrive, soar, higher, higher, higher, more fire."

Capricorn (Dec. 22-Jan. 19)

Your Nicki Minaj lyric is from "Super Bass." "I said, excuse me you're a hell of a guy. I mean my, my, my, my you're like pelican fly. I mean, you're so shy and I'm loving your tie. You're like slicker than the guy with the thing on his eye, oh."

Aquarius (Jan. 20-Feb. 18)

Your Nicki Minaj lyric is from "Four Door Aventador." "Hit me on the celly, watching Belly. God, son, I can see they study MaKaveli. Peanut butter Benz, got the jelly at the deli. If you feeling like a ninja I got a machete."

GAME REVIEW

A win for gaming industry

By GERVASE BRANCH-ALLEN

Shovel Knight is a side-scrolling platformer game developed by Yacht Club Games (comprised of former Way-Forward developers). Players play as Shovel Knight, a heroic knight, who loses his best friend, and separates himself from the world. When his kingdom is in danger from the Enchantress and her Order of No Quarters, Shovel Knight springs back into action to stop this threat. This game has impressed gamers and critics alike with its endless references to classic NES titles and solid gameplay.

Shovel Knight uses, you guessed it, a shovel to attack enemies, dig up treasure, and bounce on top of enemies and items. The shovel is simple, yet versatile. The gameplay features multiple platforms, dangerous enemies to fight, secret passages to discover and treasure to dig up. When you die, you return to the checkpoint with less loot than you had before. You can return to the area where you died, and try to retrieve to gold in the forming of floating bags of money. You can also destroy checkpoints and receive immense amounts of gold but you'll have to respawn further away if you die which adds a risk/reward element to the game.

Like I stated above, the entire game is inspired by numerous NES titles such as DuckTales, Mega Man 2, and Super Mario Bros 3. All these elements make the game nostalgia packed, yet unique. It doesn't feel like the game is copying multiple games before it, but instead expanding upon these ideas to become it's own experience, and it should be commended for taking excellent ideas and building upon them.

The graphics and music are both themed like they were made in the 1980's. The artwork looks cool, bright and sharp. The character designs look like sprites and shine behind the strong backgrounds. The soundtrack has a very "classic" feel as the music is inspired by games of the past. The composer of the game is Jake Kaufman (*Mighty Switch Force!*), with contributions from Manami Matsumae (*Mega Man*). I recommend listening to the boss music for Specter Knight to get a feel for the excellent chiptune music.

Players traverse on a map, where they can take on the Order of No Quarters, eight villainous knights, working for the Enchantress. Each level is based on the boss knights and includes some very unique and elaborate ideas. Bosses are



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usually fast and deadly, so it's up to the player to figure out the enemy's tactics and avoid taking damage.

The game also includes two villages, where you can talk to villagers, upgrade your abilities and interact with interesting characters. The village helps make the world feel lived in with some very helpful civilians.

Shovel Knight includes many rewards and unlockables. Players can find treasure chests and mounds of gems to shovel up. Music sheets are also spread throughout the game and encourage you to explore locations beyond what the player can see and diverge from the linear path. Returning to the village allows you to return the sheets to a Bard who will play the songs for you at any time. The game also includes feats and in-game achievements. Only Wii U owners can use the diary, an in-game use of Miiverse. Only 3DS owners can use the StreetPass function in the game.

Shovel Knight was funded via Kickstarter, a global crowdfunding platform. Kickstarter helps fund creative projects through people interested in supporting the project. Only a

few of the features Yacht Club Games promised to include made it into the final project, so free updates will be added to the game which will include additional content such as a challenge mode, new campaigns and a battle mode. If you beat the game, you can unlock New Game Plus mode, a more difficult version of the game with the upgrades you received the first time you played through the game.

Shovel Knight is available on PC, Wii U and 3DS with a recent announcement that the game will also be available for PS3, PS4 and PS Vita owners with a cameo from the *God of War* protagonist Kratos.

While I have yet to fall in love with this game (I still have plenty to play), *Shovel Knight* is a complete victory for its developers and the gaming industry. The soundtrack, wonderful animation, inventive level design, compelling narrative, NES references and appealing lineup of post-release content makes *Shovel Knight* more than worth the money. If you can handle the occasional old-school difficulty of this game, *Shovel Knight* is recommended! Feat achieved!

Little Snapchat is growing up

By TANIA BOYKO

Originally Snapchat was a way to send photos or videos lasting 10 seconds, updating your friends with small moments in time. Whether you're sending it to a specific person or adding it to your 24-hour story, it was limited. Recently Snapchat has released an update that is more than just a reformatted app. The new feature brings Snapchat to a new level.

Later upgrades allowed you to add photo filters, paintbrush effects and text.

Now there is an update that will change the way you use Snapchat forever.

New Feature: Hello

The sub-feature Hello allows you to chat live via video while in the Chat screen. You can access this feature by continuously pressing down the blue camera button on the right of your screen. The colour of the camera will alternate between yellow

(offline) and blue (online), depending on whether the other person is online.

During your broadcast you are able to change the direction your screen is facing.

New Feature: Money Transfers

In a 2014 partnership with Square, Snapcash was born. This new feature allows those aged 18-plus to send money to their friends at any moment. Currently this feature is only available to US residents with a debit card. To use this feature you enter your debit card information, swipe into the chat that you wish to send the money to and type the dollar sign followed by the amount. The transaction ends with the press of a green button. It is currently unknown when or if this feature will be available to Canadians.

New Feature: Discover

An unexpected feature, Snapchat Discover is a way to navigate stories created by different "editorial teams." The grid includes CNN, Cosmo, Daily Mail, the Food Net-

work, People and Snapchat's own Snap Channel. Every 24 hours the stories are refreshed to a new set similar to the My Story feature. Discover can be accessed by swiping to the right to bring up the options.

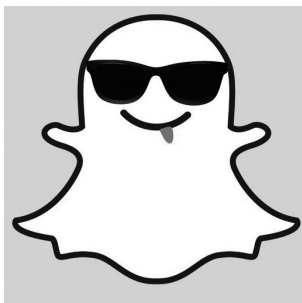
New Feature: Literally Can't Even

This new venture is an original series accessible through Snap Channel in Discover. This venture is co-created and written by Steven Spielberg's daughter Sasha Spielberg and John Goldwyn's daughter Emily Goldwyn. Premiering in January, each episode

runs up to five minutes and portrays "comedic versions" of the two women traipsing through Los Angeles. Every Saturday a new episode is released and is available for 24 hours.

While most of the features above make the app more dynamic, there are serious issues that the money transfer feature brings. While the feature is meant for the exchange of money for goods, there are some services that can take advantage of the new feature. A red flag arises with nude photos and videos being sent in exchange for money. Additionally, there are issues people are having with the ability to abuse the app by using the payment to access illegal activities such as child pornography.

Although the app maintains the feature is meant for users 18-plus, kids in the digital age are easily able to get around that barrier. It will be interesting to see how Snapchat will handle how the new feature is utilized.



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A transfer student from Lethbridge College, Courtney Lockhart had always wanted a career in politics. Her degree from the University of Lethbridge took her all the way to Washington, D.C.

Ranked as one of Canada's top-three universities, uLethbridge provides students learning

opportunities outside the classroom –the same opportunities that put Courtney on the path to her future career.

She secured a co-op position at Washington, D.C.'s Global Centurion, an organization dedicated to the abolition of modern slavery. Not only did

Courtney see Hillary Clinton give a speech at the Department of State, she also witnessed human rights advocacy first-hand.

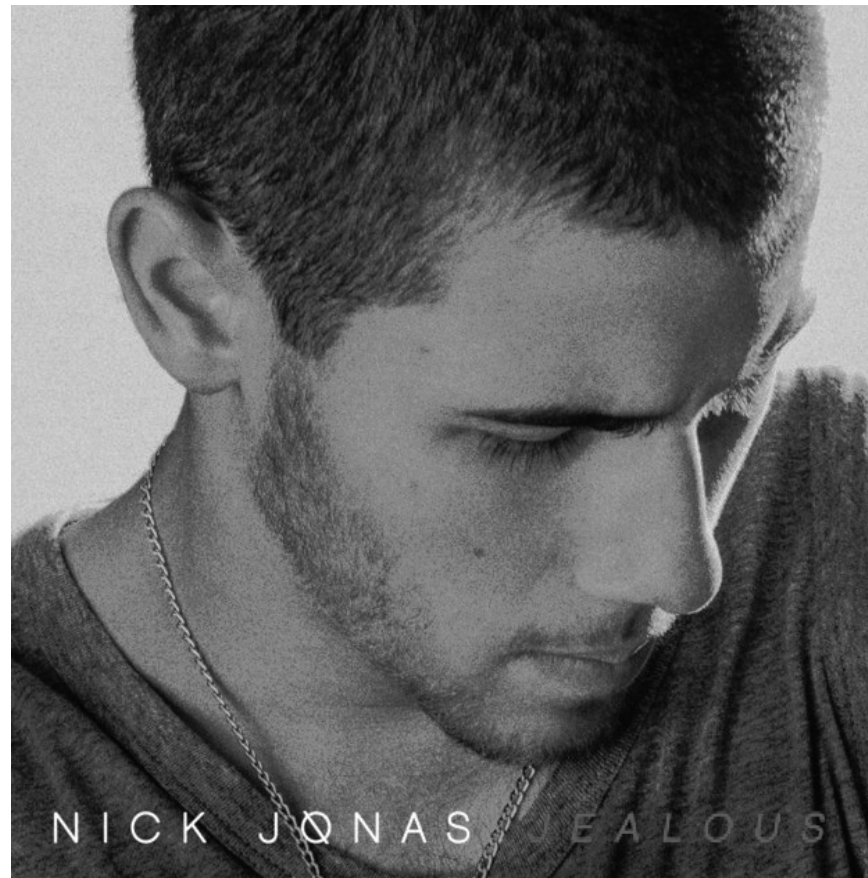
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ALBUM REVIEW



pop-break.com

Two of 14 ...

By JORDAN WARDELL

Nick Jonas's self-titled album is an alternative R&B/pop style album. The album has 14 tracks and a couple collaboration songs. I was a fan of the album's second single, "Jealous." I thought it was something different, it was catchy and showcased Jonas's voice well. That song made me curious about the album. I was hoping for an entire collection of catchy, different, head bopping type songs. Sadly, I was disappointed. While there are a few songs that I enjoy, the ones I don't love outweigh the number of songs I do.

I think my favourite song is "Teacher." I find it to be upbeat and a song that I can't sit still when I listen to it.

That's how I judge if a song is catchy. If you find yourself moving when it comes on, then it's a winner. Unfortunately, this is the only song that passed my little test.

I was just overall disappointed with this album. I found a lot of the songs to sound the same and there is something about them that kind of bores me. I can't put my finger on it but when I put the album on to listen to it I would

listen to about half the song and then get bored of it. It's just unsatisfying to listen to. I found that it had a Frank Ocean type feel to it. I know that some people love him but I just don't get Frank Ocean music. It's just not my cup of tea.

"Chains," the first single for the album is an OK song. And I just mean OK, like the first time I heard it I thought to myself, meh, this is OK. It is a song that when it comes on the radio I will listen to it but I never feel like I just really want to listen to it.

I walked away from this album liking two songs, which made me wish that I only bought two songs instead of a 14 track album. It saddens me that I don't like the album because Nick Jonas is an attractive human being. But, I just really don't care for most of his music. This is his first solo album so maybe he is still finding himself as a solo artist. I might give his next album a chance but I wouldn't buy it before hearing it next time. I was just unimpressed and found the songs to be a little boring.



Enhancing your self-esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

People with high self-esteem have positive, yet realistic, views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are and not depending excessively on the approval of others in order to feel good about yourself. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is usually unrelated to ability but rather the result of setting unrealistic standards for performance and of focusing too much on the expectations of others. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. However, you can improve your self-esteem at any time of your life. To enhance your self-esteem, check off the strategies you already

use and then choose one other strategy that you can work on over the next month:

- Identify your self-defeating thought patterns and work towards changing them. Examples are:

- **All or nothing thinking**, such as "I am a total failure when my performance is not perfect."

- **Magnifying negative details** such as focusing on a single criticism or slight and/or minimizing of positives by downplaying successes. For example "She didn't say hi to me so nobody likes me" or "I got five A's but the one C really shows my abilities."

- **Jumping to conclusions** by deciding that things are bad without any definite evidence.

- **Emotional reasoning** rather than considering facts, such as "I feel ugly/stupid/unpopular so it must be true".

- **Overemphasis on "should" statements**. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. (I "should" be getting straight A's).

- **Labelling**. If, instead of saying "I made a mistake and I can learn from that," you tell yourself, "I am a loser and it is all my fault." You are giving yourself a negative label and lowering your self-esteem.

- **Difficulty accepting compliments**. Many people find it difficult to accept compliments. You are enhancing this if you tend to say things like "You like this outfit? I think it makes me look fat,"

instead of a simple "Thank you"

- Use Positive Self-Talk. Stop listening to your negative inner "critic." When you notice that you are doubting or judging yourself, tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do things perfectly.

- Develop life-enhancing skills. Learn and practise the skills that you feel you are lacking and that would add value to your life. Accept current limitations and learn to live with those that can't be changed as well as those that you don't want to put the effort into changing.

- Set realistic goals. Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step.

- Take realistic risks. Approach new experiences as opportunities to learn rather than as occasions to win or lose. Give yourself credit for everything you try rather than focusing just on the end product. Expect to make mistakes as part of the process. Feeling good about trying something new, making progress and increasing your competence will increase your sense of self-acceptance.

- Experience success. Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch – but don't overwhelm – your abilities. Allow yourself to acknowledge and feel good about your successes.

- Procrastination lowers self-esteem. Take action!

- Be assertive. This means looking after your own needs while being respectful of the needs of others. Trust yourself to make good decisions and to deal with the consequences.

- Rely on your own opinion of yourself. Evaluate feedback from others but do not put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you.

- Let go of the past, of unhealthy relationships, of anger you are holding onto. Identify what really fulfills you and move forward by respecting your own needs and wants.

And remember – there is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

"Today is yours to make it whatever you want it to be"

– H. Johnson

If you would like further assistance with self esteem or with other personal or academic concerns, contact NAIT Student Counselling.

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

Souh 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.

MOVIES

Women heroes are super

By **GERVAISE BRANCH-ALLEN**

Over the past few decades, the most popular superheroes have been male: Spider-Man, Batman, Superman and Wolverine. But the world is changing. And more female superheroes are showing the world equality matters. Feminism is criticized for multiple reasons, yet these characters aren't being used to promote feminism. They are just receiving attention for telling great stories with great characters.

In 2010, *Iron Man 2* was released in theatres. One of the main characters in the

film was Black Widow, played by Scarlett Johansson. Black Widow is a superspy with a deadly past, and even more deadly battle tactics. There was talk of a spinoff movie after *Iron Man 2* was released but the audience still didn't know a lot about her. In 2012, the highly anticipated *Avengers* film released to critical praise, specifically for Black Widow. After that film, the excitement for a Black Widow movie was increasing and 2014's *Captain America: The Winter Soldier* only helped the anticipation as the audience understood the char-

acter more, discovering her playful side as she worked alongside Captain America. Now in animation, video games and the upcoming *Avengers: Age of Ultron* and *Captain America: Civil War* films, Black Widow has received popularity like never before. It's only a matter of time until a film starring Black Widow as the lead character is finally announced by popular demand.

More attention

Thanks to Black Widow, more female characters, such as Lady Sif and Sharon Carter, received attention in media. In 2011, *Captain America: The First Avenger's* lead female, Peggy Carter, received a lot of positive buzz. Agent Peggy Carter was a trained fighter who battled as part of the Allies in the Second World War. Two years later, a short film was released starring Peggy Carter in the lead role. Fans embraced the short and now the character has a short TV series that just finished its first season.

In 2012, *Arrow* began airing on TV. Focused on the superhero Green Arrow, the show received tremendous success, often being noted as the beginning of superhero popularity in live-action TV. In the second season, a character named Black Canary was introduced into the series to positive reaction. Black Canary is a hand-to-hand fighter with a supersonic scream who battles organized crime. Now the character is planned to star in her own ongoing comic series this June.

DC and Warner Bros. Pictures announced a Wonder Woman movie to release in June 2017. Not long after, Marvel and Walt Disney Pictures announced a Captain Marvel movie to release in July 2018 and is now planned for November 2018.

These two films will be the first to feature a female super hero as the protagonist during the newfound popularity of superheroes.

This popularity has definitely displayed support in the home of superheroes: comic books! Characters like Captain Marvel, a space based human superhero and Batgirl, ally of Batman, have received increased support in their ongoing comic series. Brand new characters like Spider-Gwen, an alternate universe Gwen Stacy who becomes a superhero instead of Peter Parker and Silk, an Asian time-preserved web-slinger alongside Spider-Man, have received universal praise, which have led to their own ongoing series as well.

One of the most popular new characters is Ms. Marvel. The original Ms. Marvel became Captain Marvel as mentioned above. The newest Ms. Marvel is a young Pakistani girl named Kamala Khan. Her praise has spread to the real world, as pictures of the character have been posted over anti-Muslim bus advertisements in New Jersey.

Next – Supergirl

The next hero about to make the leap in popularity is Supergirl, who stars in a new live-action series this fall on TV. This May, Marvel plans to release an ongoing comic titled *A-Force*, focusing on the female superheroes of the Marvel universe. Many characters will receive attention, including Scarlet Witch, Wasp, Black Widow, Storm, She-Hulk, Medusa and Elektra.

I could go on listing the female characters that have received further attention in the world such as Rescue (Pepper Potts) and Gamora. Jessica Jones, a former hero, is receiving her own Netflix series from Marvel and Vixen, an African hero, is receiving her own animated mini-series from DC. While some female superhero movies have failed in the past (Catwoman, Elektra), we are living in a new age, where diversity is demanded and the rest of the world is finally listening.



community.usvsth3m.com

Scarlett Johansson as Black Widow

DIY

Turmeric for skin and teeth

By **TANIA BOYKO**

As the hours of daylight increase, even with Edmontonians under siege of a second winter, everything is becoming more visibly pronounced. The endless coffee consumption during the two semesters of school has taken its toll on your teeth and your skin feels and looks like it has come back from academic battle.

To get those glorious teeth and that brilliant skin back to their former glow on the cheap, homemade products are the way to go. Not only are most ready made product expensive, the cheaper ones are often pumped with fillers and unnecessary toxins. Whitening strips can be extremely harmful to your teeth when used more than twice a year and their whitening effects don't last for long.

Turmeric, a bright yellow spice from the ginger family hailing from southwest India is your natural answer. This powerful spice is great for both inside and out of your body. Don't let the staggering colour fool you, this spice will get the job done.

Teeth whitening materials:

- 1/8 tsp organic turmeric powder
- extra toothbrush (optional)

Step 1: Run your toothbrush under the faucet and dip it into the turmeric powder.

Step 2: Brush your teeth as normal and instead of rinsing your mouth, allow the turmeric to sit on your teeth for three to five minutes. Don't freak out if your teeth turn a gross bright yellow; its results will not have a yellow tinge at all.

Step 3: Rinse and spit out the turmeric. Brush your teeth with your regular toothpaste. If there are any yellow spots on your mouth, simply wash off with some soap.

You may or may not notice a difference after the first use but stick with it for a few more days and you'll be happy with the results. You won't get the unnatural Hollywood bright whites but your teeth will be a healthy shade of white in no time.

Turmeric face brightening mask:

- 1/4 tsp turmeric powder
- 1 tsp milk
- 1 tsp organic honey
- 1 brush (optional)

Step 1: Wash your face with a gentle face wash that will remove surface oils

and any makeup you may be wearing. Use warm water so that your pores will open up. Pat dry when face is clean.

Step 2: Mix ingredients in a small bowl.

Step 3: Using clean hands, smear the mask onto your face in a thin layer.

Some will choose the option of utilizing a brush instead of their hands. Leave on for approximately 10 minutes or until the mask is completely dry.

Step 4: Rinse off the mask with water or a gentle face cleanser.

If your nail beds appear to be yellow, you may have to let your hands soak for a little bit. While the bright yellow can be daunting, it will leave your teeth whiter and your skin brighter.



Photo by Ben Sim

Jason "Human Kebab" Parsons of USS lets loose at the Nest last Friday night to a packed house that also saw a performance by Said the Whale.



Photo by Lauren Hucal

These students show off their attire at the Anything But Clothes night at the Nest before USS and Said the Whale took to the stage.

MOVIE REVIEW

Not just for fans of jazz

By CONNOR O'DONOVAN

The opening scene in Damien Chazelle's *Whiplash* is an exercise in perspective. There is a musician – a drummer. He's young and passionate and all he can see and hear is his kit.

He plays with a mesmerizing intensity, consumed by the thunder of his toms, the rattle of his snare and the high-pitched hiss of his cymbals.

Then there's a teacher – a conductor. He's watching the drummer play from the length of a dimly lit hallway. He advances slowly, not towards the player but to what he is hearing – musical potential. Like a predator towards prey he creeps unseen and, armed with the element of surprise, he is set on capturing that raw talent.

The drummer is Andrew Neyman (Miles Teller), a first-year at one of America's most prestigious musical academies. He lives in a dingy New York apartment but he can't see beyond his drum set anyways. The conductor is Terrence Fletcher (J.K. Simmons), an instructor at the academy and a maestro of sound, known for doing whatever it takes to create the perfect symphony. Fletcher cherry picks Neyman to vie for a spot in his elite studio band and their relationship is immediately decaying and volatile.

This pair of mindsets, oblivious to anything but their own goals, dominates the cast, plot and conflict of *Whiplash*. There are other characters – a would-be girlfriend, a concerned father – but they are blurred to the background. They are white noise. There is only the musician, the teacher and the music: jazz.

And what a treat it is to encounter a movie serenaded by swinging jazz with its big shiny brass, its knee-thumping syncopation and its legendary improvisation. It's a soundtrack, headlined by the likes of Buddy Rich and Charlie "Yardbird" Parker, incredibly rare in mainstream cinema these days, at least in its traditional form. This lack of fash-



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Myles Teller and J.K. Simmons in Whiplash

ionability is hinted at in the movie. At one point Fletcher, Neyman and their prestigious studio band perform before a scarce crowd of 60-somethings, juxtaposing their fiery fervour for the music against a genre 70 years past its prime. The scarcity of jazz in popular music works in *Whiplash*'s favour, though, as it places the music high on a pedestal. All of the movie's musical compositions stand out for their complexities and the effort it takes to perfect them. That's where Teller and Simmons come in.

They both give incredible performances as perfectionists pushed to the brink of sanity in pursuit of their craft. Simmons frightens and excites as he rampages about the stage and classroom. His veins bulge out of his arms as he punches the air to signal a cease in playing.

The deep lines in his weathered face

accentuate the evil in his voice as he smacks Neyman on the face to the count of four, in an attempt to show him that he was playing out of time. Our hatred for the tyrant deepens as he hurls physical objects and colourful slurs at his pupil, claiming it's all for the student's benefit.

Teller is equally intriguing in his role as a student battling impossibly high expectations.

He is the film's protagonist, and yet, the audience is continuously wondering if this is actually so.

Instead of bucking Fletcher's iron fist and pursuing freedom of the art form, he strives to become more and more methodical, playing right into Fletcher's hand. We watch as the joy on Neyman's face from being behind the kit transforms into a sweaty, hyper-concentrated grimace. We sit in awe and fear

while Neyman rejects every opportunity to be humanized as he tapes up his bleeding hands and obeys Fletcher's every order.

At times, the obsession that defines the film borders on being ridiculous and almost laughable. (There is a scene involving a rapidly approaching showtime and a car accident.) Yet the thematically high paced rhythm of *Whiplash* keeps the viewer firmly in his seat, skepticism at bay. We are kept guessing even as the movie roars towards its climax at breakneck speeds, which is something every thrilling film should do. This is a film you shouldn't avoid any longer, even if you aren't a fan of jazz. In fact, when you discover the true motives of the characters, it's probably better if you aren't.

★★★★★

JUST THE TIP

Embarrassing ... and funny

By FREIDA BREST

Awkward moments are fun, right? Or maybe just awkward like the term, awkward moment would describe. I find that awkward moments can be hilarious at times though. Not every awkward moment is funny but when they happen during sex ... well that's funny.

Awkward moments in the bedroom can be humiliating if you take yourself to seriously or if you are trying too hard to be impressive. I think that if anything awkward or embarrassing happened during a one night stand or something then, it may not be so easy to laugh it off. This, my friends, is one of the

major benefits of being in a relationship. You can just laugh about it. Sex is supposed to be fun and feel good and I don't think it should be taken too seriously. But, take it seriously enough that you don't...you know, create a human being in the process. I guess I mean to not take yourself too seriously.

If you think about it, there are a lot of really unflattering things about sex. Bodily fluids, bouncing body parts and they don't call it bumping uglies for no reason. I remember once I was doing it doggy style or something similar, not my favourite but that's not the point. Well, the angle of it or something caused some air to get forced in down there.

The air needed to get out, and we all know that air or gas being expelled from your body can be a little noisy. As you may know this ever so flattering noise is a queef and it happened to me. My boyfriend gave me a look and asked me if I just farted. I didn't and that's what I told him but he was convinced because, well, he heard it. So there I am, turning beet red and bare naked, explaining that I had queefed and why.

This was the first time I was mortified by something my body did during sex. It's not an attractive or sexy thing to happen but it also isn't something you can control. Unlike a fart, you can't hold it in. So as I became more and

more red, it happened again. I looked at my boyfriend and we both just burst out laughing. Fart jokes are funny so just imagine combining a fart joke with a vagina.

Bam, instant comedy. This was the moment that I got over awkward things happening in bed. I wasn't humiliated any more. It was funny. It still happens every once in a while and I can't help but giggle.

I really think these funny little embarrassing moments can bring you closer to someone. But again, if you are just having a one night stand, then it's probably just embarrassing and you should put your clothes back on and leave.

RESTAURANT REVIEW

Urban Diner rad, creative

By TANIA BOYKO

Urban Diner. Fresh. Local. Real. That is how this restaurant identifies itself in the Garneau community. Located on the south side of the High Level Bridge, this eatery is nestled in a great location next to Edmonton's river valley.

"We are Urban Diner – one part rad, one part retro, all real. We're passionate about fresh, local fare and honest food at an honest price."

Vegetarian and vegan

This treasured diner offers breakfast, lunch and dinner that includes vegetarian and vegan alternatives. The lunch menu is slightly different from the dinner menu with portion sizes, prices and a few extra options. With free parking in the back, you enter into an open restaurant that is decorated like no other. Paintings hang on the walls and it takes a while for you to notice a lot of the artwork includes stencilled gnome heads in multiple colours.

Appealing to a group atmosphere, the breakfast menu includes some amazing Dutch poffertjes. Dutch poffertjes are loonie-sized pancakes sprinkled with icing sugar accompanied by maple syrup and chocolate sauce dipping options. Not only do they provide options to take care of those with a sweet tooth, the amount of choice will have you coming back for more.

All-day breakfast

Straying from the traditional egg dishes, the diner hash and breakfast dogare are likely to bring an agreeable silence to any table. For all those breakfast lovers, this diner offers all-day breakfast.

Lunch brings on a whole new ball game of options. A standout is their diner mac 'n' cheese made with cavatappi noodles, sharp cheddar and garlic toast. This is will make you realize how far KD is from traditional mac 'n' cheese and reconsider future meal choices. For all those poutine lovers out there, Urban Diner offers up five variations. Those include traditional, chili (vegetable), helper ("Hamburger Helper"), pulled pork and brisket.

After 5 p.m., the menu switches for the dinner crowd and gives you a few more selections than what's offered



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on the lunch menu. There is shepherd pie, diner meatloaf, schnitzel, fried chicken, baked salmon, home roasted turkey and liver, bacon and onions. Another menu stand out is the grilled cheese. This sandwich is a triple-decker layered with cheddar, Swiss, and Havarti cheese. This sandwich takes 'ooey gooey goodness' to a whole new level.

Your drink options are just as vast as the food menu. Your dry choices include a selection of old school Boylan Bottle Co. soda and an array of milkshakes.

The alcoholic beverages are as creative and rad as the diner itself.

For dessert, you can make your way to the vertical

show case that displays an amazing collection of cakes and pies for the picking.

If you've enjoyed your stay and noticed the sick T-shirt designs worn by the staff, you can purchase them. One design features a group standing in front of a VW Bug wearing gas masks printed on American Apparel shirts. If you won't take my four-star review seriously, you can watch an old episode of *You Gotta Eat Here* from Food Network Canada, Season 1, Episode 18.



DJ-ING 101

Crossing your boundaries



BRETT BOHL
@djBohLd

When you decide it's time for a night of dancing, you must first choose a suitable venue for such an occasion. You don't always know what type of music you will be moving your body to later in the evening. While you usually have a rough idea in your mind and you may already have some suggestions for the DJ to play, your brain

cannot comprehend the sounds that await your arrival on the dance floor.

It's the DJ's job to figure these future sounds out, not yours! The DJ is the mastermind behind the dance floor and the creator of rhythm with a responsibility of organizing and arranging a creative mixture of tunes that shall flow through both ears of each person inside that room. It's his or her job to establish an atmosphere that will move you to the melodies and bass lines.

The DJ must carefully select songs with vocals familiar to you, ones that encourage your mind to sing with excitement.

Whether you are the person who is looking to dance or the DJ looking to make people dance, each venue is different and has its own set of predetermined guidelines of the type and genre of music to be played

throughout the evening.

DJs and people will more often than not search out a venue that is playing their style of music.

Each venue is typically only going to be playing one or maybe two types of music, thus limiting the possibilities of discovering any other new innovative forms of music.

However, there are a small handful of locations designed around an "open format" which dabble in all genres of music. These venues are ones expecting very inconsistent ranges in demographic age groups. When venues expect their customers to be ranging in age, the DJ must incorporate a wider selection of different genres into his or her performance.

As time passes, new trends always

emerge in music. Different age groups are accustomed to more diverse genres than the typical Top 40 radio hits. A DJ must then expand the boundaries of what they are used to playing and dive into older, more classical tunes, mixed with newer hits and creative twists.

The science behind being an outstanding musician and an amazing DJ is to step out common boundaries and discover new ways of blending a mix of new and old songs together. By doing so, the DJ will be appealing to all age groups.

For example, if you are into electronic dance music and decide to visit a venue focusing primarily on hip-hop, you may be intrigued by how many good songs within the genre there were that you didn't already know you liked.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT

IntoNAITion Toastmasters
Aboriginal Students

WHEN

Every Monday from Sept. 15, 2014 -April 20, 2015
Every 2 weeks on Monday's Jan 12-Apr 20 | 3:30pm-4:30pm

WHERE

Room X-105
Room H-111

UPCOMING CLUB EVENTS

WHO

BCX

WHAT

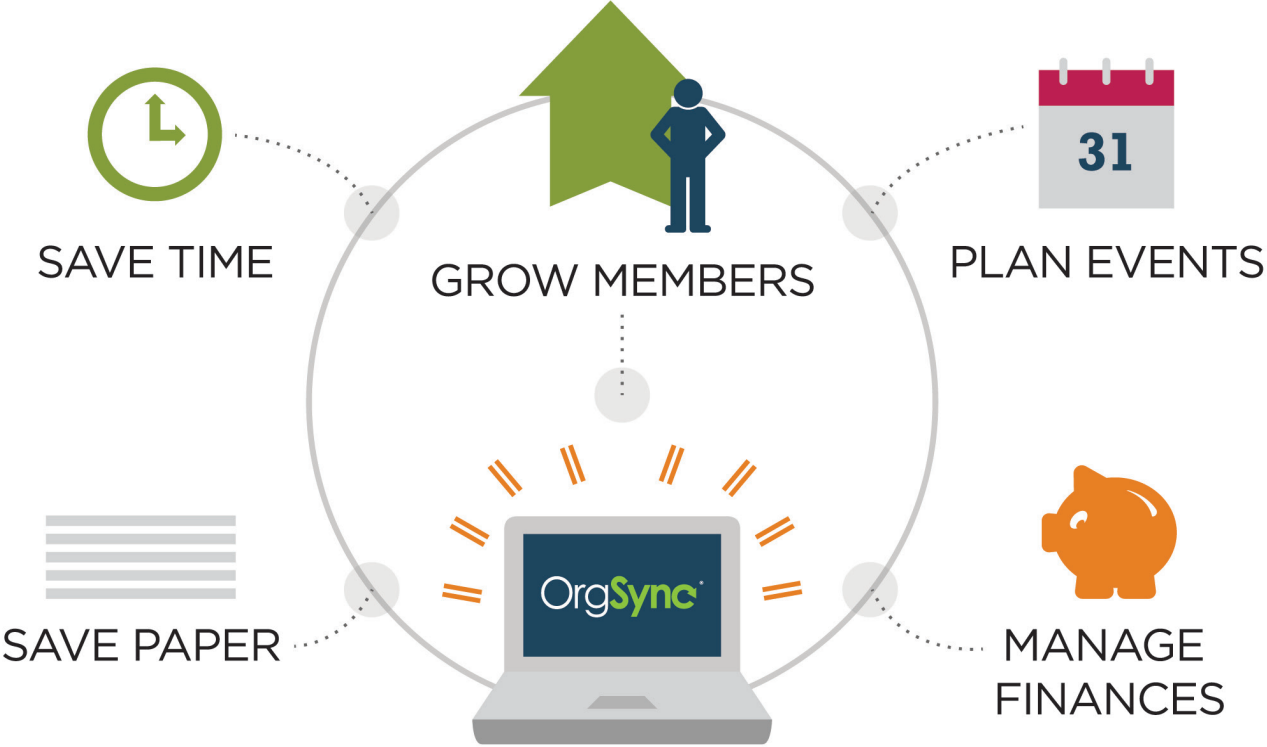
Clothing Drive

WHEN

Tuesdays Jan 31-Apr 14 | 2:30pm-4:30pm

WHERE

Outside NAITSA Office



Get OrgSync. Get Involved.

NAITSA

CAMPUS CLUBS
CENTRE

VISIT THE
CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitsa.ca/clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates