

LAST NUGGET – SEE YOU IN AUGUST!

THE NAIT NUGGET

Thursday, April 16, 2015
Volume 52, Issue 26

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

TRAILER PARK PARTY

Mr. Lahey, Randy captivate crowded Nest, pg 14



Photo by Ben Sim

Mr. Lahey and Randy take a selfie with NAIT Business student Marco Bombino at the Nest on April 9.

NEWS & FEATURES

Time to vote – do it!



NICOLAS BROWN
Issues Editor
@bruchev

Albertans are at it again. After changing leaders four times in the past five years, the Progressive Conservatives have dropped the election writ a year early and forced Albertans to endure another \$28 million round of signs, debates and ballot boxes. While the politicians fight it out on TV, average Albertans are faced with a difficult decision of who to support this election. That decision, which all Albertans eligible to vote must make on May 5, will have long-lasting effects on the province's future.

What are the stakes in this election? Judging by the state of the province's

economy, it could be all of Alberta – and the future livelihood of all Albertans. With oil prices and the Canadian dollar looking more depressed than ever, Alberta's financial stability is at risk. A projected \$5 billion deficit this year, which a number of fee and tax increases failed to dent, has provided some political ammunition on both sides. The Tories are calling for cuts to services to "tighten the belt" whilst conveniently ignoring our 10 per cent corporate tax rate – still the lowest in Canada, while critics are saying the crisis is indicative of mismanagement by the PC party for the greater part of 40 years (although ignoring what many believe were the "golden years" of Ralph Klein).

We shouldn't care about the talking points, though, because it's the hits to our bank accounts and the services the government is supposed to provide to us that we, as average Albertans, should focus on.

Now, those things that we should focus on, they aren't doing very well. The new budget by the "Prentice Team" is taking a bigger bite out of our wal-

lets, while simultaneously cutting funding to services we rely on most; health care and education. Sure, as students we generally won't face the brunt of these changes – we don't make enough to be subject to the new "progressive" income tax structure, or to pay the new health care premiums (the pay more to get less system). However, gas taxes, cigarette taxes and liquor taxes all affect users and all new fees and taxes will affect us in the long run.

Cuts to education and health care, however, will affect us immediately. Already emergency room wait times are detestable (I've personally waited over six hours in a waiting room a couple of times) and access to family doctors is suffering, even in cities like Edmonton and Calgary. With further cuts, inevitable to frontline positions, service will continue to decline and the blame almost certainly laid at the feet of the workers left to shoulder the burden. Cuts to education are also leaving post-secondary students high and dry, as the Prentice Team is calling for post-secondary institutions to stop their reliance on provin-

cial funding. Let's repeat that – the provincial government is asking public institutions to stop relying on public funding. With rumours still not settled on the fate of the tuition cap even with promises of "no imminent changes" by the minister of Innovation and Advanced Education, post-secondary students face a real possibility of tuition increases and service losses as institutions seek to stretch their budgets.

This all circles back to the provincial election. This is the last issue of the *Nugget* this academic year, so it's my last chance to urge every single NAIT student to get out and vote this election! I don't care who you vote for but exercise your democratic right to have your voice heard. If you're unhappy with the re-introduced health premiums or the stagnating corporate tax rate, or if you're happy with how your MLA represents you in the legislature – make sure you are registered to vote, and go to your polling station on May 5. Information on registering to vote is available on the Elections Alberta website at www.elections.ab.ca.

LEAD – another good year

By NICOLAS BROWN
Issues Editor
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As another academic year comes to a close, so too do extra-curricular activities wind down for the summer. One such program is the Student Leadership Award of Distinction Program, better known as LEAD. Students who successfully completed the program requirements were rewarded for their dedication.

Approximately 20 students were rewarded with certificates and tokens of appreciation by program co-ordinator Michele Parker at a celebration on April 1. The celebration opened with two students who completed the program's second level this year, speaking on their experience through the program's changes and what they learned over two years in LEAD. After that, each student received a certificate and many spoke about their experience in the program.

"The LEAD celebration is a way to recognize and commend all the students for their hard work this past year within this program," said Parker.

"They received a parchment indicating their level, as well it will be noted on their

transcript as a co-curricular activity," said Parker, co-ordinator of student engagement in NAIT's Department of Student Life.

"They were a fantastic group of students (Year 1 and 2); eager to learn and integrate leadership skills into their daily lives. They were busy fulfilling the criteria for their level and did so with commitment and excitement; in fact, part of the criteria is for the students to volunteer or lead projects within the NAIT community and the external community. This year, it totalled approximately 950 hours of time involved."

Every student participating in the program had to have a mentor guiding them through their goals. Many chose staff members in their program areas as their mentors. The second-year LEAD students also had to mentor an individual or group to meet their program requirements. The second year students also presented on a leadership topic during the leadership training offered to the first year students; gaining experience in presenting and interacting with a larger group.

This all comes back to what the program offers to students – the opportunity to develop their leadership skills.

"The Student Leadership Award of Dis-

inction (LEAD) program is a personal development and leadership in action extra-curricular program where students work towards an Aspiring Leader level of achievement (Year 1) or Evolving Leader level of achievement (Year 2)," said Parker.

The LEAD program is another opportunity on campus for students to get involved and meet new people.

"I am very proud of all of their achievement and growth, and have had the privilege to see firsthand how they have developed, learned and enhanced their leadership skills through their involvement in LEAD, Parker said.

"I truly feel honoured to have been able to work with these students and do appreciate their commitment they made to LEAD. The skills they have taken away with them and integrated will certainly benefit them as they move along their career path."

The LEAD program restarts in the Fall term for students who are interested in participating in the program. More



Photo by Nicolas Brown

Business student Tania Pineda receives her certificate of achievement from Michele Parker, LEAD program co-ordinator, at an awards ceremony on April 1.

information is available online at www.nait.ca/LEAD. You can also contact Michele at distinction@nait.ca or book an appointment to meet with her at her office, located in the Offices of Student Recruitment and Student Engagement in the South Lobby.

Housing for all?

By **CONNOR O'DONOVAN**

A University of Alberta student is hoping to raise awareness and provoke action in Edmonton regarding the current state of housing attainability in the city.

Geneva Ricks, who is in her fifth year in the U of A's Criminology program, is working with the university's community service-learning educational program and the Edmonton Coalition on Housing and Homelessness to create a two day conference centred on Edmonton's current housing situation. The long term goal of the conference, which will take place on June 5 and 6, is to see all Edmontonians living in secure and affordable housing.

"There is a lack of safe, secure, affordable housing for Edmontonians," said Ricks. Not just for the homeless or those occupying the lower rungs of society, but for middle class and upper middle class as well."

The conference will feature prominent speakers in the field of housing security and hopes to have at least 100 people attend. The conference will look at housing issues for both adults and youths and will focus on four themes. One theme regards traditional indigenous understanding of home.

"The indigenous people traditionally have lived in a very cyclical manner. They've made decisions through consensus. Things were shared and they were nomadic. There wasn't that sort of land ownership," Ricks explained.

Buildings such as the Rosedale power plant near the Walterdale Bridge were built on traditional indigenous land.

The other themes involve examination of how public policy in the last few decades has contributed to the housing situation of today. Conference speakers will talk about how changes in the political framework has affected the circumstance in the city.

"Some of the autonomy that landlords are given now is making it difficult for people to maintain their homes when they're facing difficulties," Ricks said.

Ricks has worked extensively on community projects in Edmonton in the past, including the Youth Restorative Action Project. Her background in community work is what led to her enrolling in a community service-learning course at the university last year. She came up with the idea for the conference after participating in a Tocho Morochio event that celebrated the talents of multicultural seniors in Edmonton. She then brought the idea for the conference to the Edmonton Coalition on Housing and Homelessness.

"It's something that they've wanted to do for some time but never had the funding to do," said Ricks.

After receiving funding from Community Service-Learning, Ricks and the ECOHH were able to move forward with mobilizing the conference. Ricks hopes the conference will result in attendees becoming educated in the field of housing security and be willing to take action in order to create change.



Supplied photo

Geneva Ricks
Conference June 5-6

ing security and be willing to take action in order to create change.

"By recognizing it as a social injustice, people will be encouraged or will want to mobilize to act. We're trying to not just educate people but also to gain activists who want to act against these injustices," Ricks said.

The conference will also include a guided walk from the Milner Library to Giovanni Caboto Park. Registration fees are \$75 or \$40 for students and low-income individuals.

Forest fire funds cut

By **TANIA BOYKO**

Budget cuts are being seen across the board in Alberta, especially with the recent economic downturn that the oil industry has faced. To save money, the Alberta Government has unveiled a plan that could compromise the safety of Alberta residents and the landscapes that they call home. Alberta Environment is looking at a \$35 million budget drop with roughly half the savings coming from 150 dropped jobs, says department spokeswoman Carolyn Stuparyk.

Approximately \$6.5 million from the budget cut is planned to come from the Firesmart program. This program allocates money for crews to remove trees and brush from forested communities that face higher probabilities of fires. Additionally, \$2 million is set to come from cutting the number of air-tanker teams from nine to eight. Air-tanker teams consist of an aircraft that scouts areas for fires and one or more air-tankers that release water on fires.

In 2014, there were more than 1,400 wildfire responses in the Alberta forest zone destroying approximately 230 sq km of

land. As of March 1, the 2015 wildfire season has officially begun with more than 24 forest fires recorded thus far. It is difficult to predict how a wildfire season will pan out, especially with climate changes says NAIT Wildfire instructor Christian Klitbo.

"Extreme weather events, both dry and wet, are becoming the norm," states Klitbo.

As with the case of Slave Lake in 2011, where the area faced wildfires and then, two weeks later, dealt with flooding.

It looks like the province is preparing itself for a slower wildfire season in order to save money but what will that cost the province in the long run if their projections are wrong?

"Whenever anything like wildfire threatens communities, we will take whatever steps necessary to protect Albertans," said Stuparyk.

This involves bringing in staff and equipment from the rest of Canada and requesting emergency funding. If their predictions are wrong, Alberta will be relying on Mutual Aid Resource Sharing agreements to fill any holes. This was the case in

2011, when BC was able to send fire crews to other provinces during a slow season. Last year Ontario faced one of the wettest fire seasons to date and was able to aid the Western provinces when the need arose.

For this provincial strategy to be financially successful, it is crucial that extreme wildfires don't occur across Canada at once. Economically, the loss of 150 jobs in the environmental sector will only add to the province's rising unemployment.

It is unknown how the recent budget cuts will affect NAIT graduates of the Forest Technology program if at all. Klitbo says that students seeking seasonal employment on firefighting crews haven't been facing many problems finding jobs. However, it has been heard that Alberta Environment and Sustainable Resource Development department may be holding off on hiring for entry-level positions as they wait to see what happens.

The provincial government is playing with fire, but only time will tell if this money saving strategy will pay off or not.



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Letters

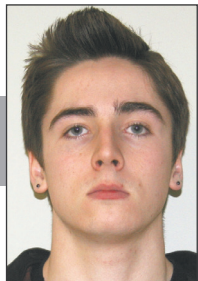
We want your views

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.

Point Counter Point Vinyl versus digital



By NATE BRYANT

It's a different time, where it's the same time as years past. Vinyl is thought to be an outdated platform. Wrong. Vinyl is awesome. People still collect it and it's making a huge comeback. Records aren't just for your parents and your grandparents anymore, it's totally normal to collect them, so I fully encourage anyone who's sitting on the fence about buying a record to just do it. What's the worst that's going to happen? You don't play it? Well, if it's a great record, frame it, throw it up on your wall and whenever people come over just point to it. You don't even have to say anything. Once people see it, they'll just be like, "Daaaaaaaamn, is that an original release *Dark Side of the Moon*?" and you can just nod. Your friends' minds will be blown. Now, if you framed a CD or a USB with a bunch of downloaded tunes on it, people might call you crazy.

The main question I get asked about collecting vinyl is, "Why?" Uh, because it's cool? No, but really, there are a lot of super interesting things about vinyl you don't get with a CD or downloading off iTunes. For instance, most of what I collect is coloured vinyl. Now that is so cool, you won't get CDs in amazing colours and you certainly aren't getting coloured MP3 downloads. Well, not yet anyway. When I say coloured, I don't mean boring colours. Sure, I have a lot of solid colour vinyl. Blue Nirvana, Purple Evanescence but my favourites are weird colour designs. There are records that look like swirled colours! I have one that's blue and black and it looks like an amazing, beautiful eye. I have one that looks like it's smoke. There's one coming out on record store day that looks like cheese pizza!

A collection

Finally, it's collection. We collect vinyl because we think it's rad. No one collects it because they think the sound quality is going to be better, that's ridiculous. Sure, CDs and downloads can give you amazing sound quality, but it's boring. It's not fun to have an iPod listening party but we have record parties where everyone brings over records and we just play them. Everyone's collection is different. Mine is mostly the '90s to today, my friend's is strictly classic rock and one friend, I don't know, she has weird stuff. But it's all different, so we share it.

I like sharing music. When you talk about a band to someone and you say "Oh I'll give you their CD/a USB with their music" they all say "nah, I'll just download it." There is a feel about vinyl. You aren't just listening to the songs, you're feeling the music. The sound of the needle on the vinyl, the pop from making a scratch on the record, it makes music feel real. Maybe in 30 years kids will collect CDs because that's retro and cool but for now, I'll keep growing my extensive vinyl collection and if you want to borrow an album, find me.



By QUINTON BERGER

Digital download is the way of ... well, the present. And why wouldn't it be? It's adaptable, affordable and so unbelievably vast. Sure, vinyl is cool and all but being cool is only a small part of why we invest our money in technology. Technology is meant to make our lives easier. Now, don't get me wrong, it's not hard to throw on a record if you happen to be in a room with a record player but a digital download can be played anywhere and you can't beat the mode of transportation. Records are cool but they take up a lot of space.

Let's do some math. My iPod has exactly 7,620 songs on it and, for arguments sake, we'll say every vinyl record has 15 songs on it. You would have 508 records, which would be really cool but you couldn't transport all of them hassle free. My iPod fits in my pocket, I can take it anywhere. I have music on my phone that isn't on my iPod, which also fits in my pocket. I have songs on my computer that are neither on my iPod or my phone. Well hey, I can throw those bad boys on a flash drive, which is a fraction of the size of both my iPod and my phone. My phone accesses the Internet, for god's sake! I have an endless supply of tunes in the space a record can't even fit in.

So affordable

Digital downloading is so affordable, too! Records cost more than a lot of digital downloads. Hell, for a lot of people, digital downloads cost nothing! Really, you should pay for music but I'm willing to go on record and say that a lot of my music library was downloaded from torrent sites (do as I say, not as I do). So, for those of us who choose to live as criminals, I have let's say, 6 000 songs that were illegally downloaded versus 1,620 that were either paid for or made available for free. Assuming each vinyl record costs even \$10, you'd still have to pay \$60,000 for all the songs I got for free thanks to digital

downloads. Let's say you're a good person and pay for all your music, you can still accumulate the same amount of music I have for a fraction of vinyl's price. Due to the digital revolution, tons of artists are releasing music for free! Digital download 2, vinyl 1.

There's music that's only available online for free via digital download that you don't even have to pay for, meaning not only can I access virtually every song ever released on vinyl digitally but I can access a virtually endless world of music that isn't even on vinyl. I can listen to literally anything I want via digital download while with vinyl you can only listen to *almost* anything you want. This really seems like yet another win for digital download. There you have it, being "cool" just isn't worth it.



Photo by Taylor Braat

OPINION

— Editorial —

Change and grow ...



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

Ch-ch-ch changes ... Turn and face the - OK, so my whole article is not going to be about the David Bowie song, *Changes*. It's going to be about Tupac! Just kidding ...

Some people hate change. Some people rue the day that anything in their life is uprooted in any way. They like everything just so, because it is what they are used to. They like it how it is, because that's the way they like it, OK? Me, I thrive on change. I can't stay in one place for too long and I am happiest when I am in constant motion. Being in constant motion tends to make life pretty interesting, because how can things stay the same when everything is always moving? My life is a roller coaster that never stops but I love it. I can't stay in one place for too long because everything is rapidly becoming out of date, expiring and, oh, so passé. Isn't that what life is made for? Experiencing everything you possibly can? Walking each side of the earth, whether it be metaphorically or literally?

Ever since I first walked through the doors of NAIT,



anappleaday.net.au

my world has been and is still being completely and totally altered in every way. The bottom got hemmed. The sleeves? Off. The collar is deeper and those buttons are now a zipper. Being in the Radio and Television program has made me grow up. I've become a responsible (ish) young lady, with goals and aspirations. I've become part of the *Nugget* in a big way, which is also still in the process of improving me as a leader. The biggest thing I've learned throughout the past year and a half, though, is that life is hard work and nothing comes easy, at least if it's worth it. I'm a work in progress but all I can do is keep trying.

I've always been a very emotional person. I take pretty much everything to heart and everything I do, is my heart. I try to give all that I possibly can to my work and that's why when it gets critiqued, I can get a bit defensive (which I realize is

totally irrational). This journey through a program that teaches not only skills but personal momentum has been a true blessing. I think back to the time before I was in school and I had so many dreams and so many thoughts that were not being put to good use like they are now. The first step is to make one.

My world is changing right now. I have no idea what tomorrow will bring but I am loving every moment of it. I put out a small fire here but there's one right behind me. Little tests are all part of the voyage and it may not always go the way I want it to but at least it's happening. To you, my beloved reader, I thank you for listening to me. Thank you for joining me on this journey through the *Nugget* and NAIT and Radio and everything in between. I am always being pushed to my limits but I do think it's a good thing, because, "if it doesn't challenge you, it won't change you."

Temperatures higher next week

By BRANDON HESS
Meteorologist in Training

This Thursday as *The Nugget* is getting published will be a windy one. A cold front sags down over the region, bringing a chance of showers. Winds will be 30-40 km/h and in a northwesterly direction because we are getting in behind a cold front. The pressure gradient is tight as we see pressure change rapidly over a short distance. This is what we call the "pressure gradient force" in meteorology.

Friday should be dry for the most part. We see a shift to winds directly out of the south. They will be lighter winds. That will be a nice break after a windy few days this week. Should be just a mix of sun and cloud for most of the day. But yes, there is always the but! We have a cold front coming through on Friday night through Saturday. It is still a bit uncertain as to when the showers will actually hit but I think we have a decent chance of seeing something. Model runs are going earlier, while an older

run wants to go later. The cold front coming through lifts things up and, of course, allows the wind to switch to northwesterly. So, be prepared for showers either late Friday or early Saturday. I think the showers, no matter what time they decide to hit, should be finished by late Saturday. Temperature on Saturday will be cooler in behind the front. We generally see drier air and rising pressure behind cold fronts.

So, before the cold front comes through, we will be in the warm sector seeing southerly winds on Friday. Should see our temperature peak near 17 C on Friday. This past Friday if you remember back was 19 C!

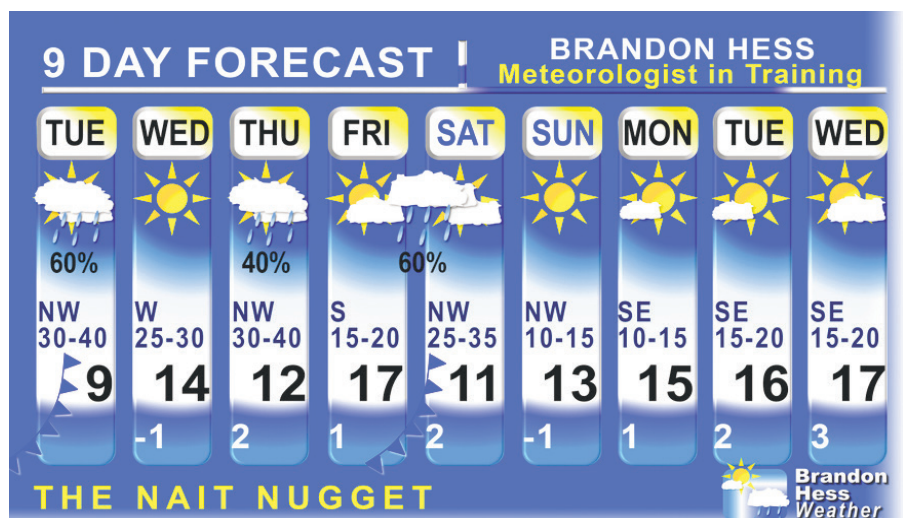
To put our temperatures into perspective, the average high for Edmonton is now into the low to mid-teens. So, temperatures in the mid-teens will not simply be considered "overly warm" anymore, just normal.

Temperatures as we head into next week should climb. We may start with a sub-zero morning low on Sunday morning

but we should rebound nicely into the low teens. Then, we should get into the mid-teens for most of that week.

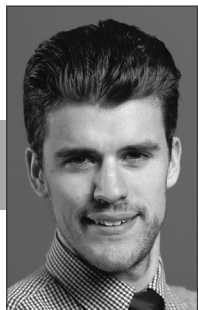
Let me take this time now to say thank you for a great time with *The Nugget* over the past eight months. This is the last *Nug-*

get being published until the fall. So, I will see you in the fall when I return. For daily weather updates throughout the summer, follow me on Twitter @edmontonwxab or visit my website www3.telus.net/edmontonweather.



SPORTS

Nugget and its lessons



JOSH RYAN
Sports Editor
@JoshRyanSports

My my, how time flies. Has it really been four months since I started writing this column back in January? I guess when you're busy or enjoying life, you lose track of the time.

Since I started working for the *Nugget* shortly after New Year's Day, I've seen two conference championships, a pair of hockey final series, some incredible comebacks, agonizing losses and just about every other memorable thing one can associate with sports. I've also worked with amazing people, eaten lots of free food (speaking at banquets has wonderful perks, I highly recommend it) and learned many lessons along the way. I love doing lists and haven't written one in a while, so I thought

the last issue is as good a time as any to share what I soaked in from the past academic year, specifically for sports writing and sports editing.

Working a beat takes actual work. It's a ball covering Oaks athletics. You're getting real experience taking notes, getting quotes and seeing a victorious athlete gloat but getting all of the necessary information on the printed page takes time, patience and efficiency. Taking shortcuts results in an inferior product. Apply that mantra to cooking chicken as well, another lesson I learned the hard way.

Never stop repeating instructions: No matter how many times you say "shoot for 500-550 words," there are still submissions less than 400 or more than 800. Always specify what you are looking for.

Talk to coaches right away: Coaches don't like to hang around after wins or losses. If you want to grab quotes, then act quickly, there are postgame speeches to get to.

Always have a recorder: Don't try to store anything by memory. You might think you've got a *Good Will Hunting* level device inside your cranium but trust me, you don't. Never take the risk that you might misquote someone, so at the very

least, have a recorder app on your phone. If you are quick and clean with a pen, unlike myself, then bring a note pad as well.

Don't be shy: The athletes and coaches are very open and cordial in working with any students reporting on the action. They recognize the role we play in promoting their work. And the huge guys don't bite. Donny Moss, Anton Borodyuk, they're a bunch of big ol' softies.

Always have a copy of the CP Style Book: That's the *Canadian Press Style Book*. If you ever wonder what the proper format for putting in a date, number or other various things into print, it's in there.

Get rid of Netflix: At least for a little while. Netflix is simultaneously an amazing source of entertainment and the bane of productivity. Until you get done for the school year, cancel that subscription, you don't need the temptation. Summer time and movies, here I come!

Proofread, proofread, proofread: Your writing and others' writing, needs more than one quick look over. Take the time to grasp everything that's said on the page, especially for work sent to you and get someone else to scan your work as well. Also, when you get a script for pub-

lic speaking at an athletic awards banquet, you can never read it out loud beforehand enough. #Men'sSoccer

People are keen ...or they're not: No matter how many times or how many ways you sell writing (such as for the *Nugget*? Next year, free food at lunch on Tuesdays and 10 bucks an article), people will only take on an assignment if they are into writing. If people don't like writing, then they won't do it, no matter how many benefits are at their fingertips. Focus on finding people who enjoy the process that comes with reporting and writing.

Have fun while taking the process seriously: Writing/reporting is fun if you make it fun, especially sports. Aren't jobs more fun when you care about what you're doing? Allow your personality into your writing and have a sense of humour about yourself. However, remember that everything you put into print has your name attached to it and reflects upon you for future job opportunities.

Thanks so much to everyone that read my work and gave me feedback. Already looking forward to the fall. Have a great summer, enjoy the NBA and NHL playoffs and Go Flames, Go! #CofRed.

Cheers.

Season marked by success

By **CONNOR O'DONOVAN**

As the semester winds down and the Alberta Colleges Athletic Conference hands out its final individual awards, it's time to look back on the 2014-2015 NAIT Oaks Athletics season. There were highs and lows, surprises, drama and a lot of hardware. Yes, the Oaks brought home seven championships, a pair of silver medals and one bronze at the ACAC Conference Championships along with Canadian Collegiate Athletic Association gold, silver and bronze.

Even more impressive from the blue and gold was the overall level of competitiveness from the entire Athletics program. Every single Oaks squad qualified for the postseason and NAIT earned at least one conference medal in six of the nine sports in which the Oaks compete. Here are some of Oak Nation's highlights this year:

Badminton Brilliant: NAIT's badminton squad remains the best in the ACAC by a large margin. It won team gold, a men's singles silver for Jason Rausch and a pair of doubles titles (Sam

Kim/Andy Ko for the men and Kai-Li Huang/Hellena Fedoretz for the women). Kim and Ko were also golden at Nationals while Huan/Fedoretz took home CCAA bronze.

Basketball Bullish: While our basketball squads didn't end their respective seasons the way they wanted to, both had impressive campaigns nonetheless. Both teams set new program highs for wins in a season and were nationally ranked all year. Donny Moss won Male Player of the Year and was joined on the All-Conference team by teammate Alvin Parker. The women saw Shealynn Noyes and Torey Hill all-conference as well. Men's coach Mike Connolly earned Coach of the Year honours.

Curling Crafty: The men and women slid and swept to good showings at the Final Four, with the women grabbing gold and the men taking silver. At Nationals, the ladies also took home a

bronze. Nine players were named to the all-conference team and Kathryn Florry won the ACAC women's Curler of the Year award.

Hockey High: Double gold for Oaks hockey again this year as the ladies completed the three-peat while the men redeemed the previous season's loss in the final. The Oaks had seven all-stars, two scholar athletes of the year (Kenny Cameron and Breanna Frasca), two playoff MVPs (Sherri Bowles and Mike Piluso), two coaches of the year

(Deanna Iwanicka and Serge Lajoie) and one player of the year (John Dunbar). What a season for NAIT hockey!

Soccer Sensational: The men's and women's soccer squads both won gold this past fall. The ladies went undefeated until the National Championship game while the men finished fourth at the CCAA tournament. Six females and four males made the all-conference team, including women's Player of the Year Kayla Michaels, who set a new record for goals in a season with 26.

Volleyball Versatile: Both V-ball squads took a step forward this season. The ladies overcame a 6-6 first half to finish the second half 11-3 before losing to Red Deer in the opening round. Red Deer went on to win the national championship. The men improved on their eighth place finish from the previous year and took home bronze, the program's first medal since 2006. Tiffany Evans won women's volleyball rookie of the year.

There's some of what NAIT athletics experienced this year. Come out next fall and cheer on your Oaks!

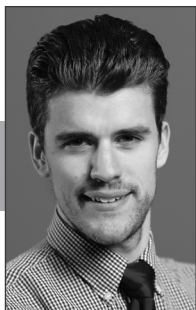


Kayla Michaels
Record for goals

Keeping Score

And, in conclusion ...

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 end the winter semester of 2015 with a three-for-one special edition of *Keeping Score*. Playoffs are around the corner in the NBA and the NHL, while *Ooks* athletics is packing up for the summer. Connor and I pick the winner on the hardwood and the ice, while lending some thoughts on the next steps in growing *Ook Nation*. What a pleasure it's been working with Connor on this every week. It only feels right to add something extra to the final issue, so here are my championship picks and some *Ooks* thoughts.



JOSH RYAN
Sports Editor
@JoshRyanSports

NHL: Despite everyone's lack of faith in the Blueshirts, King Henrik and his boys emerged as the NHL's best regular season team. Rick Nash is an elite goal scorer once again, Keith Yandle fits in nicely and Henrik Lundquist is, well, Henrik Lundquist. Cam Talbot deserves credit for his work in relief and Alain Vigneault deserves a nomination for coach of the year (right after Bob Hartley). While some teams in the West might pose a challenge, New York has an easier path to the finals in a wide open Eastern Conference and that should serve them well. Get ready for Glen "Slats" Sather smoking six-inch cigars after the Rangers take down the Hawks in six games.

NBA: Despite no one picking San Antonio to win the NBA championship, the Spurs are once again on a path to glory. This time, the Spurs will do the one thing

they've never done – win back-to-back championships. Doing so cements Tim Duncan, Tony Parker, Manu Ginobili and Gregg Popovich forever in NBA history, along with the Jordan-led Bulls and Magic Johnson's Lakers. There's just no way to play defence against San Antonio and when the ball gets moving, it's moving poetry. Plus, they're finally healthy! I love Golden State and LeBron (James) is LeBron but the Spurs are going to prove everyone wrong, again. Can't wait to watch Kawhi Leonard shut down every opposing star player.

NAIT Ooks: Connor and I have both written about this topic in the past year but it bears repeating. There just aren't enough fans at *Ooks* games for such quality athleticism and entertainment, not to mention for all the hard work put in by the NAIT Athletics staff, top down. Every team is competitive, every event well organized and NAIT provides plenty of perks for either attending games or watching online. I do think that the Athletics staff are moving things in the right direction. Attendance has slowly increased, the facilities (while still old) are in better shape than they were a few years ago and the *Ooks* social media presence is a strong one. Having residence buildings and new facilities a few years from now will help that trend but it sure would please the eyes to have a few more folks out to games this fall.



CONNOR HOOD
@connorhood27

With the beginning of April upon us, it's finally time for my favourite season, the post season. The NHL and NBA seasons are coming to a close, so it's time I make my championship predictions.

NHL: This may be somewhat biased, seeing as I am a diehard fan of this team, but my Stanley Cup pick is the Tampa Bay Lightning. Despite being knocked out of last year's playoffs in four games, I believe this year's Bolts squad is the team to beat. They boast the best offensive unit in the entire league, scoring over 3.2 goals per game and have four of the league's premiere offensive weapons in Steve Stamkos, Nikita Kucherov, Ondrej Palat and Tyler Johnson. The Bolts also have lanky goalie Ben Bishop to mind the crease. His absence in last year's post season was noticeable, to say the least. Their challenger out of the West is harder to predict but it's hard to bet against Chicago. And with Patrick Kane ready for Game 1, they are loaded with weapons and have the experience most teams don't. However, Tampa in seven.

NBA: I have to go with everybody's favourite team, the Cleveland Cavaliers. When LeBron James is in their lineup, they are the team to beat in the Eastern Conference. James brings the playoff pedigree with him from Miami,

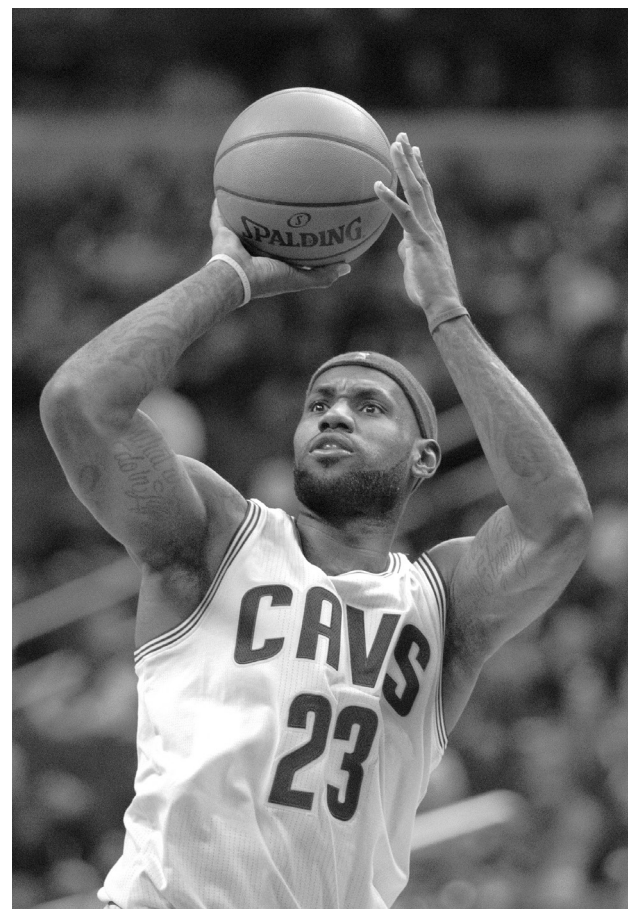
winning two titles in four years. I don't quite have enough faith in the Atlanta Hawks to upset the Cavs in the East. As for the West, it's hard to pick against the Warriors but I am. The Spurs have been the NBA's hottest team since the all-star break and always seem to play big when it matters most. This year, though, LeBron gets a little revenge. Cavs in seven.

NAIT Ooks: Despite being one of the premier athletic programs in the ACAC, there are still problems with our NAIT sports teams. The main issue is fan support. I wrote an editorial about this issue last semester and feel that it is still problematic. When NAIT has one of the top programs in the province and getting 30 people out to a Friday night hockey game is a struggle, how does that make the *Ooks* look? Perhaps new facilities would help, as our arena isn't getting any younger. The last thing we want is players committing to other schools based on fan support. Lets face it, playing in front of a packed crowd is much more appealing.



Tim Duncan

www.si.com



Lebron James

en.wikipedia.org

FITNESS

Summer activities

By CONNOR O'DONOVAN
@Oadsy

Edmonton has plenty of fitness opportunities this summer for those who don't dig the gym. Get a tan, have some fun and stay active with these awesome outdoor events and activities.

Beach volleyball

Did you know that Edmonton has several beach volleyball courts available for use in the summer? There are beach volleyball courts that host summer leagues in Garneau and at John Fry Park. You can sign up as an individual or team and prices vary from around \$80 per person for a team of six, to about \$100 when registering as an individual. The playing season starts around the beginning of May and runs into September, with different leagues having seasons of different lengths. Everybody loves beach volleyball, so give it a shot and feel the sand between your toes! If you close your eyes and ignore the beeping of a large truck backing up somewhere, you might even think you're near the ocean.

Fun runs

Fun Runs (for lack of a more encompassing term) have skyrocketed in popularity recently. This means that many of the uber popular races you've read about on the Internet are making their way to Edmonton.

The Underwear Affair, which raises money for "below-the-belt" cancers, goes down on June 20. As the name of the race implies, the dress code for this race is underwear outfits only and the more outlandish, the better. The five

and 10 km runs include prizes for best team and best individual costumes.

Head down to Rundle Park on July 3 for the Color Me Rad 5K. Taking inspiration from the Hindu festival of colour, Color Me Rad involves your most disposable white clothing and dangerous amounts of vividly coloured liquids, powders and gels. Event staff hurl the colour at you as you make your way through the course to its climactic finish line. At that point you'll join hundreds of race goers in hurling a "colour bomb" into the air for the most Internet-worthy crowd photograph of the year.

New on the calendar this year is the Blacklight Run, which is similar to Color Me Rad. Also five kilometres, the Blacklight Run adds a glowing neon touch to its colour toss. The Edmonton date for this event has not yet been determined.

Giant slip 'n' slide

A 300 metre long slip 'n' slide is coming to Edmonton. Yes, you read that correctly. Slide the City is bringing their ridiculous creation to the capital city on July 25 and 26. Unfortunately, at \$30 for three slides, it is a bit pricey. But think of all the exercise you'll get climbing back up to the top! Register now before the price increases.

North Saskatchewan canoe trips

Edmonton Canoe offers weekend trips on the North Saskatchewan River. They supply everything you need to see Edmonton and its surrounding environment from a new viewpoint. The trips are offered on both Saturday and Sun-



lifeisbetterred.com

Color Me Rad

day and travel the river from Devon to Emily Murphy Park in five to six hours. You just have to make your way to Emily Murphy Park, at which point the company will shuttle you to the Devon boat launch where your aqua-chariot awaits. Cost is around \$60 per person. Edmonton Canoe also offers two-day trips from Genesee to Edmonton for around \$100 per person.

Athlete Profile



Player: Eleze Munro
Sport: Badminton
Program: Sonography

By CHARLIE ZHAO

1. What got you started in badminton? When I was in junior high school, we started playing it in gym and I discovered I had a bit of a talent for it, and the more I played the more I loved it!

2. Who is your childhood idol? My childhood idol is Steve Carell. I grew up watching *The Office* and can't imagine a funnier and more exciting man. Off camera he's such a motivational and inspirational person.

3. What are your hobbies during your spare time? In my spare time I enjoy gaming and reading! *Skyrim*, *Fallout* and *Bioshock* are my favorite games, and Ken Follett is my favourite author.

4. What type of music do you enjoy and why? I enjoy all types of music except country! It never really spoke to me, I guess. My favourite artists are Kings of Leon, U2 and Franz Ferdinand.

5. Which sports do you enjoy besides badminton? I play soccer competitively and

it has to be one of my all-time favourites. My guilty pleasure is watching tennis although I haven't ever played it.

6. Who inspires you the most? My dad. He is such a strong and caring person, and does so much for other people and never gets the credit he deserves. He just wants to make people happy!

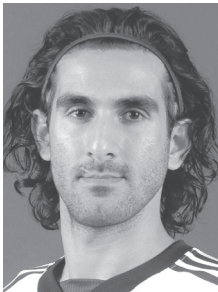
7. What three things can you not live without? My iPod, my pets and chocolate!

8. What is your dream oasis? My dream oasis is being on a road-trip in Jasper or BC, listening to favorite songs, staring at beautiful scenery and being with people I love.

9. What is the best advice you've been given so far? "No one can ruin your day unless you give them permission."

10. What do you want to say to your team? I want to wish the rest of my team luck at our National qualifiers. Also, I have had the funnest time being a part of this incredible team. We may be small in numbers but we are great in passion

Athlete Profile



Player: Kais Hanna
Sport: Soccer
Position: Defender
Program: Academic Upgrading

By CHARLIE ZHAO

1. What got you into soccer? Cultural. I started at a young age.

2. Who is your childhood idol? Cristiano Ronaldo, he was so creative.

3. What are your hobbies during your spare time? Playing hockey and watching a lot of soccer.

4. What type of music do you enjoy and why? Rap, hip hop, rock

5. Which sports do you enjoy besides soccer? Hockey.

6. Who inspires you the most? My mom. She's been an inspiration.

7. What three things can you not live without? My phone, sports, family.

8. What is your dream oasis? On a beach, retired at a young age.

9. What is the best advice you've been given so far? If you are getting involved, give it 100 per cent.

10. What do you want to say to your team? Fourth place was rough at nationals last year, I want a national title with the group we have.



Athletics honours its own

By **CONNOR O'DONOVAN**

The NAIT Ooks Athletics 2014-2015 campaign finally came to a close this past week with the 2015 Athletics Awards banquet. A plethora of awards were handed out celebrating the success of NAIT's student athletes this year. The top honours of male and female Athlete of the Year went to hockey stars John Dunbar and Sherri Bowles. Bowles was also given the Athletic Director's Award for Excellence while John Dunbar came away with awards for top scorer, team MVP and ACAC Player of the Year.

A fifth-year Ooks graduate, Bowles finishes her career third in all time ACAC points with 101 regular season points, and 112 total points. Sherri has been a team representative on the student-athlete council since it began and this year she participated in the NAIT LEAD program to enhance her leadership skills.

John Dunbar, who hails from Calgary and is enrolled in NAIT's Business Administration program, won the ACAC scoring title, tallying 28 goals and 37 assists for 65 points in 32 games. "John has been a tremendous addition to the NAIT men's hockey program in every aspect as well as an exemplary ambassador for NAIT Athletics and Recreation," said coach Serge Lajoie.

"His play on the ice speaks for itself, leading all scorers in the ACAC ... His contagious work ethic has been instrumental in creating a successful environment for the hockey team this season. Being recognized as ACAC Player of the Year is well deserved."

The evening began with a brief dinner before players, coaches and staff filed into the Shaw Theatre for presentations and highlight videos showcasing spectacular moments from the past two semesters. The opening presentation was for Student Athletic Therapist of the Year, which went to men's volleyball's Ryan Havin. Afterwards, each team came to the front of the theatre following their team's video to accept team specific awards. Several NAIT officials were present for the ceremony, including VP of Student Services Karen Bennet, Director of Government Relations Thomas Djurfors and Dean of Health Sciences Ellen Hughes, who will retire this year. NAIT's Director of Athletics, Linda Henderson, was also on hand.

The highest recognized individual team award for every NAIT squad is the Silver Torch Award. This is presented to the athlete deemed to have contributed the most to his or her team's success. This year's winners were: Sarah McMaster (x-country), Luke Steeden (golf), Karynn Flory (curling), Sam Kim (badminton), Harris Kevac (men's soccer), Kayla Michaels (women's soccer), Alvin Parker (men's basketball), Torey Hill (women's basketball), Scott Fellnermayr (men's hockey) and Breanna Frasca (women's hockey).

A number of ACAC and CCAA honours from the season were recognized as well. Michaels, Donny Moss (men's basketball) and Nick Roque (badminton) joined Dunbar as ACAC players of the year, with Michaels also earning that honour from the

CCAA. Roque, Hill, Moss, Cailynn Newman (women's soccer) and Bruno Zebie joined Michaels as CCAA All-Canadians. Hill, Roque, Jason Rausch (badminton) and Brendan Akins, Alex Wolfe and Richelle Baer (curling) were CCAA Academic All-Canadians. If hockey was a CCAA sport then Kenny Cam-

eron, Tyler Yaworski, Bowles and Frasca would've joined the academic all-Canadian's list. Some Ooks (including Cameron and women's volleyball's Alex Blanchette) earned a 4.0 GPA.

All in all, it was an excellent night celebrating NAIT Athletics.

Complete Awards List

President's Award

Male Athlete of the Year – John Dunbar, men's hockey

Female Athlete of the Year – Sherri Bowles, women's hockey

Athletic Directors Award for Excellence

Sherri Bowles, women's hockey

CCAA All-Canadian Awards

Nick Roque, badminton

Torey Hill, women's basketball

Donny Moss, men's basketball

Cailyn Newman, women's soccer

Kayla Michaels, women's soccer

Bruno Zebie, men's soccer

X-C Running

The Golden Shoe Award (Most Improved) – Jackson Schneider

Silver Torch Award (MVP) – Shelby Crackston – Sarah McMaster

Golf

The Titleist Award – Stephanie Huising

Silver Torch Award (MVP) – Luke Steeden

Curling

Dennis Chrenek Memorial Award – Tegan Dutton

Silver Torch Award – Karynn Flory

Badminton

Eileen Harle Award (Most Improved) – Eva Zawalak

Team Recognition Award – Jason Rausch

Silver Torch Award – Sam Kim

Men's Soccer

The Kevin Jones Award (Leadership) – Igi Broda

The Stuart Brown Rookie of the Year Award – Bruno Zebie

The Concordia Master-Gerry Neumann Most Improved Award – Jose Dominguez

Graham Wood Coach's Award – Ryan Gillie

Silver Torch Award – Harris Kevac

Women's Soccer

The I.M.C. Stanley Engineering Award (team recognition) – Megan Loyns

Price Waterhouse Team Building Development Award – Sabrina Jhamandas

Silver Torch Award – Kayla Michaels

Men's Basketball

Ian Pinnell Memorial Award – Chris Mooney

The Sixth Man Award – Nathan Ogrigewitsch

Silver Torch Award – Alvin Parker

Women's Basketball

Marci Cooper Rookie of the Year Award – Leah Vandenboogaard

Lois Bredo Memorial Award (Most Improved) – Jordan Enns

Silver Torch Award – Torey Hill

Men's Hockey

R.G Meadus Rookie of the Year Award – Kenny Cameron

Dennis Silzer Award – Matt Yaworski

The United Cycle Coaches Award – Richard Sabourin

The Garnet Pawsey Award – Kevin Carthy

The Bert Carriere Award – Michael Piluso

Dr. Stan Souch MVP Award – John Dunbar

Ron Hodgson Top Scorer Award – John Dunbar

Silver Torch Award – Scott Fellnermayr

Women's Hockey

Elite Sportswear Ooks Pride Award (Team Recognition) – Nicole Dunlop

Ooks Defensive Player of the Year – Lindsay Brouwer

Ooks Rookie of the Year – Alyssa Imler

Top Scorer Award – Breanna Frasca

United Cycle Most Improved Player Award – Jocelyn Racic

The Coach's Award (Hardest Worker) – Jill Diachuk

Silver Torch Award – Breanna Frasca

Men's Volleyball

Derek Mittlestadt Award – Sean Renaud

Elite Sportswear Most Improved Award – Oliver McSwain

Silver Torch Award – Bryce Cardinal

Women's Volleyball

Teammates Award – Alex Blanchette

Ooks Award (Leadership) – Joslynn Peters

Silver Torch Award – Candice Hughes

ACAC Player of the Year

Kayla Michaels, women's soccer

Nick Roque, men's badminton

John Dunbar, men's hockey

Donny Moss, men's basketball

CCAA Academic All-Canadians

Torey Hill, women's basketball

Nick Roque, badminton

Jason Rausch, badminton

Brendan Akins, curling

Alex Wolfe, curling

Richelle Baer, curling



Photo by Jesse Kushneryk

Female Athlete of the Year Sherri Bowles and male Athlete of the Year John Dunbar hold their trophies after they received their awards April 9.



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

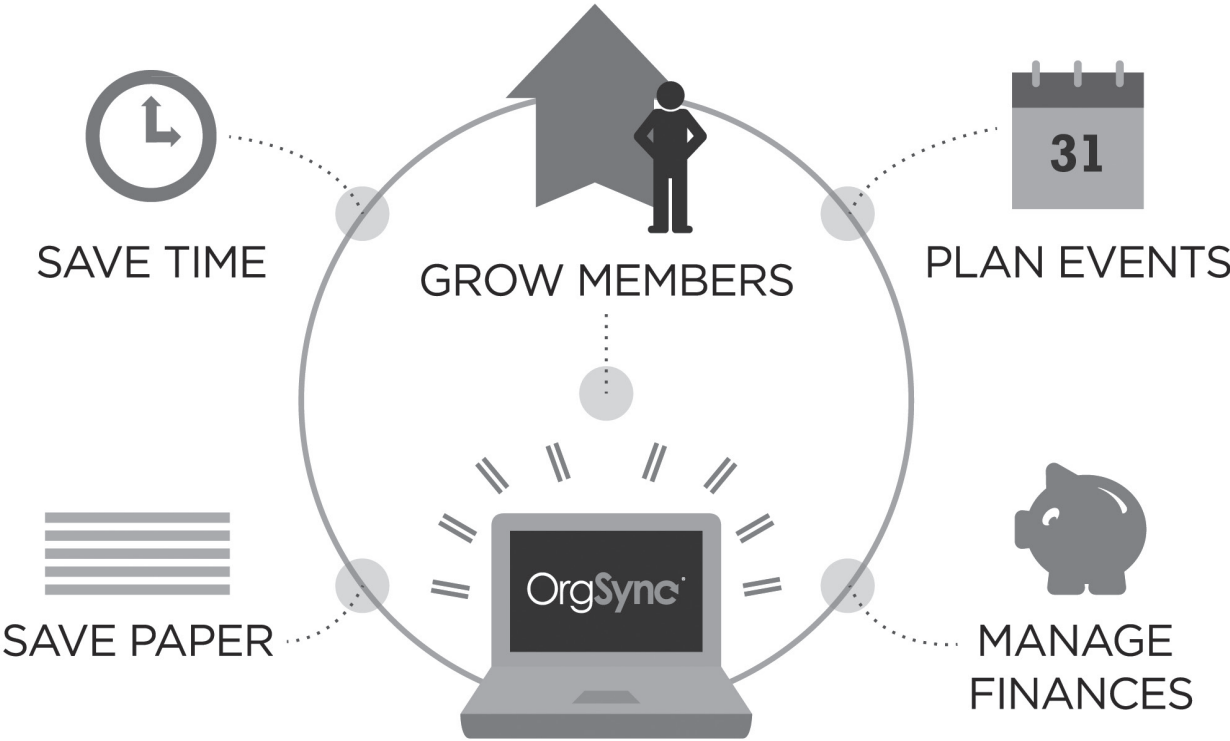
WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
ASC	Logo Design Competition	Thursday, Apr 30 All Day	Online
IntoNAITion	Brain Food Bake Sale	Mon/Wed/Fri, Apr 13-17 1:15-3:15pm	E-Wing by Bus Stop
IntoNAITion	Presidential Roast	Wednesday, Apr 15 4:00-6:00pm	Nest Taphouse Grill



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

ENTERTAINMENT

It's been an experience



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

For most of us, the end of the school year also means the end of certain rituals. For some it's getting up early and heading to NAIT's gym before class and for others, it's getting a specific drink from a specific place here at NAIT. Maybe it's getting a beer at the Nest at lunch but, like yours, my NAIT related ritual is about to end. This is the last night I'll sit at my computer, with a rum and coke by my side, writing an article for the NAIT *Nugget*.

I'm about to graduate, meaning my reign as Entertainment editor for this paper

has come to an end. I can honestly say I couldn't be happier that I did and I couldn't be more grateful for the opportunities this paper has presented me. Between going to Ottawa as part of the Canadian University Press absolutely free to interviewing The Sheepdogs, it's been a hell of a ride. All of the late night writing sessions, scrambles for ideas and drunken photo shoots (by which I mean I got really drunk and went to photo shoots) have only helped make me a stronger writer, team member and really added to my whole "college experience."

But why is any of this relevant? Why am I talking about it right now? Well, because I feel like a lot of us around NAIT that we aren't really getting much of a "college experience."

You may be looking back on this past semester wishing you'd done more, ventured outside of the Business Tower or even called NAIT services on something that was bugging you about campus. Or maybe you're just broke as shit and need to make some extra dough. Well, I invite you to do all of these things by checking us

out next semester. Come make your voice heard, stir the pot and write a controversial article (after all isn't that what a student newspaper is for?). Worst that can happen is you realize you don't like it and get free pizza and \$10 per article in the process. It's win-win baby!

I want to give a big shout-out to our papers' amazing staff (especially Frank MacKay who runs stuff) as well as everyone I've worked with over the past two years and NAITSA for making this a payable gig, because who doesn't love getting paid to be creative. I also want to thank the paper for keeping me around while on practicum, basically giving me a job I could do from home, while drinking (which is the dream, right?) I wish this entire school the best in all of your future endeavours. I'd also like to leave you with a Biggie quote: "Stay far



blavity.com

Biggie Smalls
Sky's the Limit

from timid, only make moves when ya heart's in it and live the phrase Sky's The Limit."

Peace out NAIT, it's been real.

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

NEST
TAPHOUSE GRILL

OPEN MON-FRI 9AM-8PM | NESTTAPHOUSEGRILL.COM

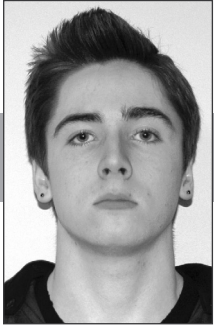
ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

REVIEW US ON:
urbanspoon

yelp

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By NATE BRYANT

Last week the playlist was all about daydreaming and thinking. Well, buckle up and kiss your fingers, kids, this one's all about doing. It's about ripping off those tearaway pants and dropkicking a monkey skull into the theoretical bell of the now. This playlist is about two things, hard rockin' jams from the last 10 years and tracks you can use to live through the most stellar of times.

Kick off with "Get Thru This" by Art of Dying. Why? Because maybe you need reminding that life happens and we work around it. It's also a rockin' Canadian band. Not fully boosted out of that slump? We've got "Lift Me Up" by Five Finger Death Punch and it's got the metal vocals of Rob Halford to back it. Rela-

tionships got you bummed? Psh, Halestorm's "Love Bites" will replace your broken heart with broken memories.

Alright, you're out of your slump, so let's burn into it! Double Riots! Three Days Grace and Bullet For My Valentine! Should I have only used one Riot? No way, we're going straight Montreal here, the more Riots the better! Your blood is boiling, you need some "Adrenaline" by In This Moment, then a full swig of some local power, Striker! Second Attack is going to wind you down in the end, just a bit, we don't want your heart exploding.

Pop Evil's going to ramp you right back up with "Goodbye My Friend," then we hit you hard with "Sweet Things" by The Pretty Reckless! What's that? Breathing time? Nope! Too much hard electricity to get through! "One More Night" by We Are Harlot sends thrills and chills down your spine. You can't stop it and then "Hell Yeah" by Rev Theory completes the mind control of complete apocalyptic fury! And just when you think it's all done, "Kickstart My Heart" by Motley Crue! Yea I know, its older than 10 years but I'm not going to make a rockin' playlist without it.

• Get Thru This – Art of Dying

- Lift Me Up – Five Finger Death Punch
- Love Bites – Halestorm
- Riot – Three Days Grace
- Riot – Bullet For My Valentine
- Goodbye My Friend – Pop Evil
- Sweet Things – Pretty Reckless
- One More Night – We Are Harlot
- Hell Yeah – Rev Theory
- Kickstart My Heart – Motley Crue



www.pinterest.com



hardrockdaddy.wordpress.com



en.wikipedia.org

APRIL EVENT LIST

6 | HOW TO BUDGET

7 | HOW TO WRITE A RESUME

8 | HOW TO DRESS FOR SUCCESS

9 | RANDY & MR. LAHEY IN THE NEST

13 | STRESS FREE: FORTUNE COOKIES

14 | STRESS FREE: PET THERAPY

15 | WELLNESS WEDNESDAY MESSAGES

15 | STRESS FREE: FLASH YOGA

16 | STRESS FREE: COOKIES

TO FIND OUT MORE INFORMATION
ON ANY OF THE ABOVE EVENTS
PLEASE VISIT NAITSA.CA



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rm e-131

COMEDY REVIEW

Trailer Park comes to town

By CONNOR O'DONOVAN

The fine constabularies of Sunnyvale Trailer Park took over the Nest last Thursday. Trailer park supervisor Jim Lahey and his associate supervisor (and part-time lover) Randy Bobandy brought their shirtless, whiskey drinking, pot smoking, foul-mouthed live routine to NAITSA courtesy of NAITSA.

Oh, and in case you didn't know, Lahey and Bobandy are characters from the Netflix comedy *Trailer Park Boys*, played by John Dunsworth and Patrick Roach.

"I'm the winner of Trailer Park Supervisor of the year," Lahey proclaimed after entering to raucous applause. "That's the International Association of Trailer Park Supervisors and Assistant Supervisors."

He then gestured to Bobandy, who came out wearing a buttoned-up shirt hiding his famously orbital gut, which has become a defining feature of his character. Bobandy went on to describe how the stuck-ups (he used a slightly more abrasive term) at NAIT wouldn't let him take it off. However, after some gentle prodding from Lahey, the shirt came off to thunderous approval from the crowd.

The show featured two hours of outrageous and politically incorrect humour. The duo performed in front of a menagerie of toys and props laid out on a

table behind them, frequently utilizing both them and the audience. One prop, which they apparently sell on a website somewhere, wasn't much more than a garbage bag with a clear window attached. Lahey kindly asked the audience if anyone had any materials to smoke, at which point one man dashed out to his car and returned with some kind of substance rolled into a tiny slip of paper. Lahey then went on to trumpet how his creation allows him to smoke inconspicuously anywhere he wants, such as on a plane for instance.

The event, which began at 4:30 in the afternoon, packed the Nest to capacity and some people even resorted to watching through the windows in the hall outside. *Trailer Park Boys* has acquired a massive Canadian fan base. It first aired in 2001 on Showcase and enjoyed a seven-season run, with the addition of a feature length movie before being dropped by Showcase. However, the show's popularity continued and after another feature film, it was revived by Netflix. The stage shows began after the original airing of *Trailer Park Boys* finished and helped contribute to its continued popularity. There is also one featuring Ricky, Julian and Bubbles, the show's primary antagonists.



Photo by Lauren Hucal

John Dunsworth, left, and Patrick Roach, aka Mr. Lahey and Randy, entertain at the Nest on Thursday, April 9.

"I've been watching *Trailer Park Boys* forever," said Lee Horton, a fourth year Business student attending the show. "They're pretty much exactly what you would expect after watching the show!"

The crowd then joined Lahey and Bobandy in a rousing rendition of "Oh Canada," which can be seen on NAITSA's

Instagram page. The performance was likely the raunchiest on NAITSA's event calendar.

NAITSA's next offering is guided meditation sessions running on Monday at 12:30 in WA-212. These sessions, guided by NAIT's Buddhist chaplain, should offer a slightly more relaxing atmosphere.



Mr. Lahey and Randy onstage at their show at the Nest on April 9.

Photo by Ben Sim

THROWBACK THURSDAY

Remembering Poke'mon

By NATE BRYANT

I probably had a pretty good childhood, but the fact is, I don't know. I was in the first generation where the TV basically parented for you. I spent so much time glued to that thing I couldn't tell you if my dad was actually there for most of my life. I don't regret it, because as most of us found, *Poke'mon* was a badass show. Seriously, *Poke'mon* just took over my life. When I wasn't watching the show I had the game and I even collected the cards. I wouldn't say I have an addictive personality but I was definitely hooked on this show. I'm just glad *Poke'mon* can't screw you up like heroin or cigarettes.

That show was my life. Do you remember the old episodes? Ash's first day, when he was so psyched to choose his first poke'mon and he couldn't make up his mind. I still remember

that intro when he was talking to himself. It was the coolest episode ever! The first episode where he set off with Pikachu and they started to fight and Pikachu was a total dick, was one of the most heartwarming episodes as a kid. For many of us, watching Ash sacrifice himself to the Spearows for Pikachu was one of the first times things got extremely

suspenseful for us and we'd shut up, which is probably why my parents played it for me on VHS all the time. I owned like six episodes on VHS, plus the movies. You know the ones, *Poke'mon The Movie* and *Poke'mon 2000*. Those movies were mind blowingly awesome as a kid! Lugia was so badass and Moltres was my favourite. And the Mew and Mew Two storyline! Ahhh! How did parents not understand our deep obsession? Plus, Misty was totally my first crush.

Then there was the game. I mean, I still play



universe-geek.blogspot.com
Ash

Poke'mon games as they come out, but nothing beats your first play through. For me, it wasn't even Red/Blue/Yellow, it was Gold. To this day, I maintain the Gold/Silver are the greatest *Poke'mon* games. Any moment I wasn't glued to that TV, I was playing. I chose Cyndaquil, as if it was really a choice and named my opponent Butt. When you see your starter evolve into his final form for the first time, it's the biggest thing to you as a kid. You're like, "Holy crap, this thing is amazing!"

My Typhlosion wrecked. Then, like a

stupid kid, one day I decided to start a new game, without beating it. Then I played with Totodile and beat it. Why? Because I saw my opponents Feraligatr and thought that was the coolest poke'mon. I remember collecting the cards because I thought it was cool. I mean, none of us knew how to play, we just owned them. And yes, I was that kid with a holographic Charizard card, which is easily the best poke'mon of all time. I went on to learn how to play that card game. It's OK but it doesn't mean a framed holographic Charizard!

HOT 'N' SINGLE

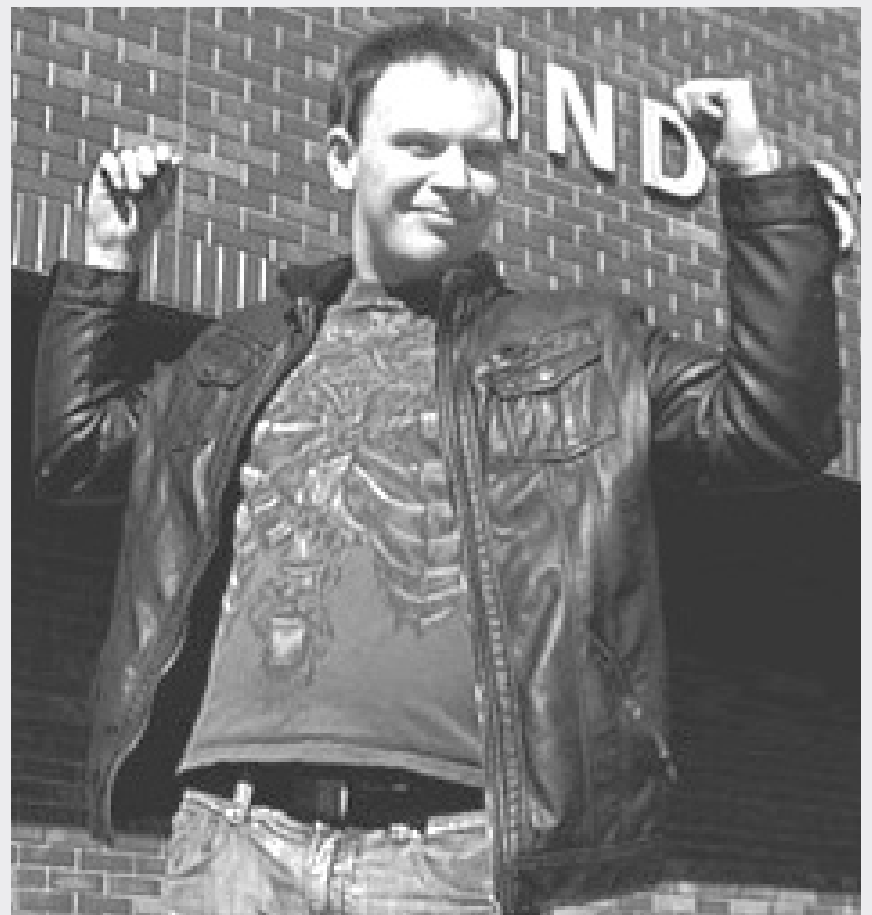


Photo by Allison Johnson

Austin Litwinowich Radio and Television

What is your biggest turn on for a girl? – Someone who's funny and loves to laugh.

What's your biggest turnoff? – Someone who has nothing to say.

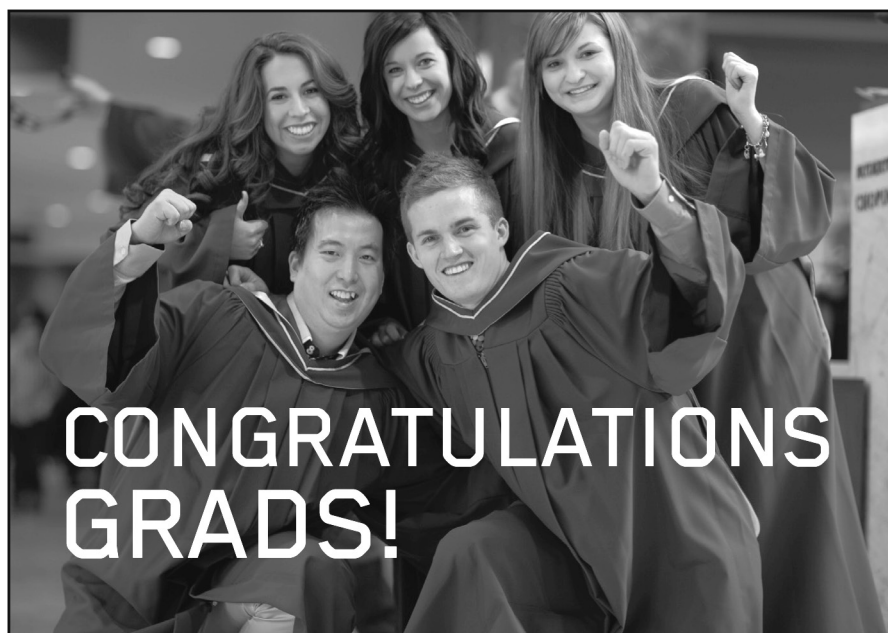
What is your idea for a perfect first date? – I think dinner at a nice restaurant, you know, someplace where we can get to know each other.

Would you rather date the world's most beautiful woman or the world's smartest? – Smartest, because I want someone who is able to understand the world we live in and be able to talk about it.

What is your favourite love song? – I have a lot. "I'd Really Love to See You Tonight" by England Fans Up There. I love "Far away" by Nickleback and "Every Rose Has Its Thorns" by Poison.

Anything you'd like to say to the women in the world? – Just be honest and don't play games. No good can ever come from it.

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



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OOK FOR A LIFETIME



ALBUM REVIEW

Let Go still a winner

By NATE BRYANT

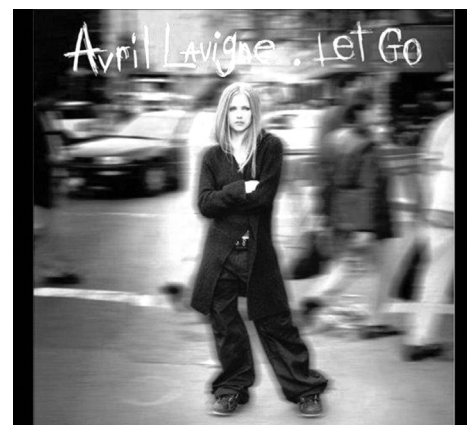
I wanted to review a recent album this week, but nothing phenomenal, or even decent, came out this week. So I got up, gave a hefty sigh, and lumbered over to my CD stand, and started thinking about an album I could review. I thought, what's an album that one group of people would love, and everyone else would just hate it and I could persuade them. Well I started looking through my metal albums, and then I said, no, Nate, people would expect that. Then I saw it. She was on the top shelf, my shelf of favourite albums and I grabbed her and I knew I had to review the amazing childhood emotion-ride that was *Let Go* by Avril Lavigne.

Now, like I said, I know a lot of you are going to judge, so let me share a bit of a personal experience with this album. I would have been eight when this came out, back in 2002, and yea, I rocked the hell

out to "Sk8er Boi", which I refuse to spell any other way. My mom bought it for me, and I popped it into my Discman with three exciting coloured changing covers and I hit play at the beginning of a long cross country drive. Or I think it was cross country. I was eight, it could have been a trip to Calgary. The point is, I got so lost in this album, because the only songs I knew were "Complicated" and "Sk8er Boi" but everything else was a journey. When I rediscovered it back in Grade 12, I was in love again. The first song reminds me that we all thought she was so cool, so punk. But it's still a nice, rhythmic pop song. "I'm With You" follows and I always remembered this song. It was the first one I listened to while I looked out the car window and pretended I was in a dramatic music video. It's a slower, very pleasant tune that always

brought a smile. It's one of the Avril songs that feels real.

There's so much rhythmic acoustic guitar in this album. I love it and it's why I loved her fourth album, too. A lot of the songs are these very pleasant, calm sounding tracks that are loud but a medium-slow tempo. Sometimes it feels like it's a bit more rock but you can tell this just works better for a nice relaxing day in your backyard. There are a couple more in-your-face tunes, like "Unwanted" but even then it's a polished tune. There are definitely things I missed as a kid, whether intentional or not. Like in "Things I'll Never Say," when she says "I Wanna Blow You ... Away." Sure, that was probably more of singing stylistic choice, but, come on. Overall this album holds up, if you aren't going into it expecting



www.youtube.com

that punk princess that she is famous for portraying, it's a really good de-stressing album. I have anger issues but when Avril comes on, it always puts a smile on my face. I definitely recommend this album for a listen now that we've grown up.

Sleeping well for success



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Did you know ...

- Humans spend one-third of their life sleeping (about 25 years).
- 17 hours of wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05 per cent.
- 12 per cent of people dream only in black and white.
- 10 or 11 days without sleep can kill you but it takes up to two months without food to starve.
- You burn more calories sleeping than you do watching television.
- Cramming all night for exams can cause more harm than good. If you have to do it, focus on the main points and try to get at least some sleep.

We cycle through five sleep stages during the night. The cycle length varies for each individual but the average is 90 minutes. The deepest stage, REM sleep, occurs in bursts totalling about two hours per night and usually begins about 90 minutes after falling asleep. While you sleep:

- Your brain recharges
- Your cells repair

- Your body releases important hormones
- You recuperate physically, mentally
- Your immune system rejuvenates
- You may process emotional issues that occurred during the day

Sleep deprivation affects:

- Energy level, ability to focus, ability to concentrate and learn, decision making and critical thinking skills, judgment, reaction time and even visual alertness.
- Mood. Depression and irritability increase and ability to handle stress decreases.
- Appetite (which increases and can therefore cause weight gain) and your sex drive (which decreases).
- Incidences of motor vehicle accidents due to decreased focus and alertness.

In addition:

- Chronic sleep deprivation may contribute to diseases such as diabetes, high blood pressure, heart disease and mental health problems, as well as lowered immunity.
- Sleeping less than seven hours each night reduces your life expectancy.

You are sleep deprived if:

- Your alarm clock wakes you up.
- You have trouble getting out of bed in the morning.
- You fall asleep in five or less minutes at night. The ideal is 10-15 minutes to fall asleep, which means you are still tired enough to sleep well but not exhausted.
- You nod off during the day.
- You need coffee or energy drinks to keep you alert.

When and how much?

- The optimal amount of sleep time for college-aged students is eight to nine

hours per night. Students are often sleep deprived and, over time, this begins to feel normal.

- As a group, 18- to 24-year-olds deprived of sleep suffer more from impaired performance than older adults.

- Some research shows that the most restorative sleep occurs between 10-12 p.m. Where?

- You need a consistent sleep environment free of distractions. Your bedroom should not be used just for sleep.

- Your bedroom should be cool and dark and your bed should be comfortable.

- Keep your sleep environment clutter free and remove study materials from sight. If you do study in your bedroom, try to tidy up before you go to bed.

- The light emitted from electronic devices, including LED lighting on alarm clocks, can affect sleep. If you use an LED alarm clock, point it away from you.

How to improve your sleep?

- As much as possible, have regular sleep and waking hours. A regular eating routine is also beneficial.

- Develop a regular bed-time routine, including something relaxing such as reading a novel, listening to music, a warm bath or meditation.

- Avoid your computer for at least two hours before bed. The light from computers mimics daylight and triggers your brain to become alert. You should avoid watching television the hour before bed as well.

- Stop eating within three hours of sleeping. Eating too close to bedtime interferes with release of melatonin, which is important for sleep. Some people find a high protein snack, such as a small handful

of almonds before bed, helps them sleep.

- Caffeine remains in the system for six to eight hours so avoiding caffeinated foods and beverages after lunch can be beneficial.

- Regular exercise can help reduce cortisol, a stress chemical that interferes with sleep. Thirty-second bursts of intense exercise several times a day can also reduce cortisol levels. Avoid intense exercise within two hours of bedtime.

- The optimal time to study is between 6-8 p.m. Your brain is most alert during those hours. Finish studying at least one hour before going to bed. This gives your brain time to organize the material and to relax and wind down before you sleep. (Early afternoons are usually the time of least alertness.)

- Have a realistic study plan and stick with it. Knowing that you are doing the best you can will alleviate some of the stress that interferes with sleep during final exams.

For problems with sleep, stress or any other personal or academic concerns see a counsellor at NAIT Student Counselling. Counselling is free to registered NAIT students and is completely confidential.

If you would like further assistance, book an appointment:

Main Campus: Counsellors are available Monday to Friday. Call 780.378.6133 or come in person to Room W-111PB, HP Centre. Hours will be reduced in July and August.

Southern Campus: A counsellor is available on Thursdays until June 25. Book in Room Z-153.

Patricia Campus: A counsellor is available Wednesday afternoons until June 24. Book in Room P-133.

DJ-ING 101

Radio DJ has “mixed” tasks



BRETT BOHL
@djBohLd

A cool way to get some exposure as a DJ involves taking DJing to the next level!

Radio mixing is broadcasting music to an unknown and unseen audience of listeners.

Compared to any other style of DJing, becoming a radio mix show host is much more advanced than any other way of mixing beats. Mobile, night club and wedding style DJing environments are all difficult to do but the bonus is being able to read an audience's reaction.

When mixing on-air, a DJ's job is to carefully select each song he or she is playing. A song that is out of place can steer a listener away from the station.

The skill of performing a live broadcast involves vigilantly watching the music charts to what is trending at that exact moment. What works today will not tomorrow and an experienced DJ will never be able to play the same set twice.

It's great to only pick all of your own songs but choosing the whole show typically will lose the interest of other listeners. While playing your own songs at home in the basement may be great fun, it won't flex a DJ's musical muscles and will become amateur after a period of time for any professional DJ.

People will often call in, text in or contact the DJ with the use of an app. People enjoy the feeling of being connected with a radio station and, by getting involved with a DJ's mix show, can voice their own opinions. The DJ has to have an entire music collection and be able to take the requests of their listeners. It's even more important to know when their song choices are valid ones and, additionally, if the rest of the station's listeners will appreciate such music. What is one person's favourite track could also be another person's least favourite song.

Certain song requests can never be played by a radio DJ. The main reason these songs cannot be played is due to explicit content. Radio DJs must always put the station's best interest before that of an individual listener and swearing on air is rarely tolerated. Other songs may not fit the radio station's image. These may be tunes from an older generation, a different genre or a completely different format of music.

A club DJ residency is often more



exciting than a radio gig because in radio, a DJ is confined to a small room and is unaware of the audience listening, as well as who may be enjoying the mix-show. In a live venue, a DJ can gauge what is working and what isn't based on crowd reaction. Its exhilarating seeing people dancing and having fun when playing live music but that all changes when a DJ is broadcasting.

Technically speaking, the best DJs will always be growing. As music is constantly changing and continuously developing, talented DJs must keep up with the times and be familiar with which songs are currently trending. While still maintaining their own flavour and style, a broadcast DJ must have

a plan to appeal to the widest variety of listeners, and still stay within the station's programming philosophy.

Landing a regular spot on the radio can be godsend but a DJ must know what they're doing and why they are doing it!

To keep the position, they must constantly be putting in the effort to stand apart from other DJs. Being consistent with exciting song choices, along with regularly learning new technical mixing skills and a witty entertaining personality are only some of the many tools required for becoming a radio DJ broadcasting live on-air as a mix show host.

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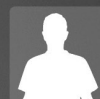
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Superheroes and others

By GERVAISE BRANCH-ALLEN

During the summer, you can spend your time working, visiting friends and family, taking summer courses or just hanging out. One of the best ways to hang out is by going out, playing games or watching the latest movie. This summer, quite a few movies are releasing including the highly anticipated *Avengers: Age of Ultron*.

In this installment of the Marvel series, Tony Stark creates a peacekeeping initiative to reduce the number of threats the Avengers have to avert. The result is an artificial intelligence named Ultron, who is programmed to end the threats to the world. However, Ultron deems humanity as the true threat to Earth and concludes that all human beings must be eliminated. Now it's up to Avengers Iron Man, the Hulk, Thor, Captain America, Black Widow and Hawkeye to put an end to a villain who exists because of them alongside new allies Scarlet Witch, Quicksilver and the Vision. The finale of this film will change the Avengers forever and will likely leave Tony Stark guilt-ridden.

Long list of stars

The long list of stars include Robert Downey Jr. as Tony Stark/Iron Man, Scarlett Johansson as Natasha Romanoff/Black Widow, Chris Evans as Steve Rogers/Captain America, Jeremy Renner as Clint Barton/Hawkeye, Chris Hemsworth as Thor, Mark Ruffalo as Bruce Banner/Hulk, James Spader as Ultron and Samuel L. Jackson as Nick Fury.

I'm extremely excited to see this film, because one of my favorite comic book villains, Ultron, is making his first live-action appearance in film. Also, the aftermath of this film will lead to huge ramifications in the third Captain America movie. Expect a lot of hype right before the film releases and a big box-office weekend. *Avengers: Age of Ultron* releases May 1 to start the summer movie season.

Mad Max: Fury Road stars Tom Hardy as Max and Charlize Theron as Furiosa who team up to stop Immortan Joe's (Hugh Keays-Byrne) gang in a post-apocalyptic desert. This fourth installment in the influential series will feature more of the dystopian themes and high-speed racing the series is known for. *Mad Max: Fury Road* releases May 15.

Tomorrowland stars George Clooney as Frank and Britt Robertson as Casey who find themselves in a utopian world known only as Tomorrowland via a pin. This film seems to be focused on the spectacle of discovery and wonder rather than the grim and gritty films that usually release in the summer, making this film a breath of fresh air. *Tomorrowland* releases May 22.

Jurassic Park series returns

Jurassic World stars Chris Pratt and Bryce Dallas Howard in the sequel to the popular Jurassic Park film series. After 14 years, the series returns with the imminent threat of a genetically modified mutant dinosaur. Today's advancements in visual effects are sure to enhance the experience of a dinosaur park. *Jurassic World* releases June 12.

Inside Out is an animated comedy film focused on the "colourful" emotions of a young elementary girl named Riley as she adjusts to her new life in San Francisco. Voice actors include Amy Poehler as Joy and Lewis Black as Anger. *Inside Out* releases June 19.

Terminator Genisys stars Jason Clarke as John Connor in the battle against the machines. In 2029, Connor sends trusted ally John Reese (Jai Courtney) back in time to save his mother Sarah's (Emilia Clarke) life, leading Sarah and Kyle to team up with the old Terminator (Arnold Schwarzenegger) against overwhelming threats. *Terminator Genisys* releases July 1.

Minions is the animated spin-off movie to the popular



The Avengers: Age of Ultron

Despicable Me animated film series starring the little guys in yellow. *Minions* releases July 10.

Ant-Man is the latest installment in the Marvel Cinematic Universe as Hank Pym (Michael Douglas) trains thief Scott Lang (Paul Rudd) on how to be the size-shrinking superhero Ant-Man. This film has been in development since about 2005 and, a decade later, *Ant-Man* finally receives a release date: July 17.

Mission: Impossible – Rogue Nation is the next installment in the praised *Mission: Impossible* franchise once again starring Tom Cruise and Simon Pegg as the agents face the Syndicate, an organization of assassins and rogues. *Mission: Impossible – Rogue Nation* is to release July 31.

Other films releasing this summer include *Pitch Perfect 2*, *Entourage*, *Love and Mercy*, *Ted 2*, *Magic Mike XXL*, *Pan*, *Pixels*, *The Man from U.N.C.L.E.*, *Hitman: Agent 47*, and *War Room*. So I implore you to check out some of the awesome movies releasing this summer (like the Avengers!), and start your summer off with a blast!

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A go-to city burger joint

By **ALLISON JOHNSON**

T.G.I.F. – For most, this means a night of partying and making terrible life choices. For me, a Friday night and a pay cheque equals one thing ... burgers.

After hearing such rave reviews and seeing countless pictures of cheesy beefy goodness on Instagram, I figured Friday night would be the perfect time to try the new burger joint in town, The Burger's Priest.

Located just at the mouth of Jasper Avenue on 109th, their neon signs and mesmerizing lights had drawn me in like a shepherd to his flock. I arrived there at around 8 p.m. and the lineup was nearly out the door. Fearing I wouldn't get a table in time, I decided to hold back and wait in the parking lot till things settled down. At around nine I thought I'd head in.

Turns out, The Burger's Priest was not a fancy burger restaurant but your typical burger joint. You go in, they take your order and then you're out the door. They did have a seating area for dining but the tables were occupied by starved and stressed college students from the MacEwan campus near by.

I assumed with a name like "Burger's Priest" the setup would be more toward a church theme but instead it was just very nice, so nice it was almost forgettable.

Choosing a burger posed a bit of a challenge, there were just so many options. At first, my mind was eyeing their infamous and ever tempting "Vatican City," which is a double patty burger sandwiched between two grilled cheese buns. Just typing that is clogging my arteries. It seemed to be a

favorite but my boyfriend is lactose intolerant and I would feel guilty eating all that cheese in front of him.

Instead, I went for their "California Classic" but I doubled up on the patties (If I can't have two grilled cheese sandwiches, I'll get two beef patties, dagnabit.) The word classic in the title does not fall short. The toppings consisted of your average American burger with pickles, lettuce, tomatoes and all condiments. My boyfriend ordered "The Red Sea," which is a double hamburger with chili on top.

There are single-patty options for both of our burgers but where's the fun in that? We also ordered a large fries between the two of us. The two burgers and large fries came to a fairly priced \$25, which isn't bad, considering we got dirty and ordered double patties and extra bacon.

The wait was less than expected. The kitchen was well staffed and the girls working the till were friendly and quick (very tip-worthy). Right off the bat I knew my burger was going to be good because my takeout bag already had grease seeping through. The temptation was too strong on the car ride home and we devoured our fries.

The menu claimed that the fries are "freshly cut" and, for a refreshing first, they weren't lying. The Burger's Priest fries are a dead ringer for the fries my mom makes at home, which makes me believe that the staff really do cut and deep fry them in-house.

When we got home we couldn't wait a minute longer to undress our feast. Mine



www.edmontonjournal.com

came in your typical wax paper but I knew my boyfriend's burger was going to be a hot mess because his came in a Styrofoam box. Their motto at The Burger's Priest is "redeeming the burger one at a time" and this was not false advertising. Everything from the beef to the cheese tasted fresh and well prepared. The California classic had a beautiful smoky flavor which paired heavenly with the saltiness of the cheese and the ever satisfying crunch sealed the deal as the best (classic) burger I ever tasted. After taking a bite from my boyfriend's Red Sea, I sort of regret playing it safe with my classic toppings. It was my first time ever having chili before and I became a full fledged fan. Because I'm new to the dish, I wasn't sure what classified as "good chili" but if "good chili" consists of not-to-much sauce and heavy on the beef, then their chili was a knockout. This particular burger is not for

the faint of heart, it's a lot of meat at one time. If you're looking for meat-on-meat action, then I highly recommend the Red Sea. My boyfriend (who is a personal fitness trainer and perpetually hungry) complained about the size of his burger. They nestle perfectly in your palms so if you're a light eater then they would be more than filling but if you're perpetually hungry, order two.

Over all, my experience was better than expected. Before my trip to The Burger's Priest I was constantly on the hunt for Edmonton's tastiest burger and although I have not hit up every burger joint in YEG, I can finally rejoice that I now have a go-to burger place. My final verdict for the Burger's Priest comes from a quote by Hollywood sweetheart Samuel L. Jackson, who played Jules Winnfield in *Pulp Fiction*.

"That is a tasty burger."

Cat lovers – this is for you

By **TANIA BOYKO**

Cat lovers better prepare themselves for the second annual Edmonton International Cat Fest presented by Nutrience. It will be purring down doors Saturday, May 30 at the NAIT gymnasium.

Linda Hoang, NAIT television graduate and current digital communications specialist with NAIT's Marketing and Communications Department, has made Edmontonian cat lovers' dreams a reality with Cat Fest.

Hosted by NAIT in partnership with the NAIT Animal Health program, it seems the institution has its paws all over this.

With a fiery passion for animals, cats in particular, Hoang set out to create something special for Edmonton residents. When she caught wind of a travelling cat film festival coming to Canada in 2014, an idea started to form.

"I thought it would be a great opportunity to create a festival of our own – that goes beyond just the film-cat video aspect," Hoang recalls.



presented by **Nutrience**
Saturday, May 30, 2015

we are not kitten you right meow!

"It's a chance to come together with other cat lovers to celebrate cats and raise money and awareness for non-profit organizations who do such great work helping homeless cats."

Keeping our feline friends in mind, all ticket sales and donations go to the Edmonton Humane Society, SAFE Team Rescue and Little Cats Lost. These three non-for-profits focus on improving the welfare of local cats and finding them a suitable family.

Last year's event drew a crowd of approximately 600 kitty lovers and raised

almost \$9,000 for the Edmonton Humane Society. How will they raise the bar this year? This year's event will host even more cats than last year. Visitors can pet and cuddle to their hearts content. There will be adoptable cats and breed/show cats that will melt everyone's heart. They are even flying in celebrity feline Nala, the most popular cat on Instagram, for a meet and greet.

"Cats dominate the Internet," said Hoang. "We're excited to give Edmontonians the chance to meet Nala. She's got more Instagram followers than Grumpy Cat!"

The festival will include:

- A lineup of international feline footage (Internet Cat Videos)
- A local Internet cat video competition with judging, plus prizes
- A cat photo "beauty pageant" (who will be named Mr. and Mrs. Purr-fect?)
- A photo contest for festival goers – dress up in your best cat-themed clothes!
- Meet and greet with Nala, the most popular cat on Instagram

• Adoptable cats from the Edmonton Humane Society, Little Cats Lost and SAFE Team Rescue

• Show cats and unique breeds from the Edmonton Cat Fanciers Club (plus a mock cat ring demo!)

• Fantastic presentations from local cat enthusiasts including presentations on The Crazy World of Cat Entertainment Technology, Cats in Popular Culture and more!

• Vendors featuring cat clothes, jewelry, art, books and accessories.

• The London Drugs CATivities Centre – featuring cat crafts and cat apps

• A "cat cafe" (sip coffee among tons of stuffed animal kitties)

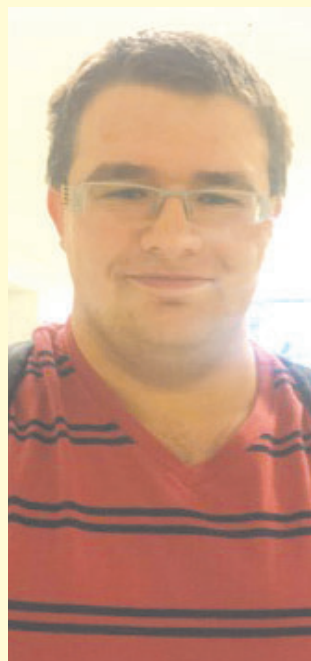
Sailin' On food truck and Atilla the HUNgry food truck.

Whether you have a cat or not, Cat Fest is a great way to kick off your summer break and give to charity.

For more information of the event visit their website at Edmontoncatfest.com, follow them on twitter at YEGCatFest or like their Facebook page EdmontonCatFest.



If you could punch one singer in the face at a Denny's in Lethbridge, who would it be?



"Justin Bieber."

Colten
Nanotechnology
Systems



"Justin Bieber."

Stephen
Applied Information
Systems Technology



"Robin Thicke."

Ben
Digital Media and
Technology



"One Direction."

Bhavagar
Personal Fitness
Training



"Kanye West."

Christopher
Radio and Television

Tips for last minute studying

By JULLIET KATENGA

Do you want to score the best with less stress? Then you are on the right track! Studying can be tiresome, cumbersome and uninteresting for most people. We all want to get done with it and do something else. But in the end, who wouldn't prefer an 'A' to a 'B' or 'C'?

We usually think that preparation is pretty simple and there is enough time but life usually gets in the way. We get too busy and preoccupied and then realize we are on the eve of an exam. Anxiety builds when we realize that there isn't enough time for cramming, studying or prepping.

The finals are knocking on the door and it's worth a try to use your last minutes with time saving preparation tips to help you pass with flying colours. So take these useful pointers and harvest success!

First and foremost, keep in mind that all preparations can be useless if one has no idea what the exam will cover (syllabus). Reviewing topics and questions you will never be tested on is the last thing you want.

- Peruse summaries

Reading large chunks of material and cramming word-for-word all the chapters in

the last few days may work well for some people but it's rarely the best and easiest way to absorb material. Take advantage of chapter summaries and answers to learning objectives that are usually found at the end of each chapter in most textbooks. This will enable you to know the main points of the chapter so that you can study those parts more carefully if you get extra time.

Don't forget to give a second glance to the bolded or italicized key terms in each chapter. This is not only useful for definition questions in exams but may enlighten you on formulas and important concepts related to the topic.

Do you have any handouts or lecture notes from your instructor? Flip through them, as they could save your life!

- Question yourself.

Study by questions rather than notes after you have gone through the chapter summaries. Answer questions from previous class tests and quizzes, end of chapter problems or multiple choice and application questions. Check for answers or look back to your chapter notes when stuck. Do this literally with pen and paper if you have more time. But why should you take the

trouble to do all this?

- It saves time, rather than drilling through 10 chapters only to realize that you have no clue or can't remember what you just read.

- It improves concentration and makes you active while studying (no dozing).

- The exam may have similar questions!

- It's the ideal time to practise (timing yourself while doing these questions enables you to spend the right amount of time in the exam).

Do you know that we only make assumptions about the information we read until we really test our recall? Well, take this chance to test your recall and improve your memory.

- Teach yourself!

How does it feel to teach someone about something you are really good at? Chances are that you will become pro at that issue and you will never forget it. Choose a subtopic or piece of information, skim through it, lay it aside and try to explain it to yourself or any willing listener. You can shout it out loud, think or do this quietly. This shouldn't take your whole day,

just focus on the things that seem complicated and remember to do this using little chunks of information.

- Find help.

If you can't understand something even after reading it 10 times over, don't panic. Because you are running out of time, the last thing you should do is spend hours on a complicated piece of information. Google it or share your problem with a friend, study group or tutor. If this doesn't work, follow the instructor and you will get helpful insights.

If all of these suggestions are not possible due to time constraints, don't waste more time. Focus on what you know and become better at it.

Most of all, there is one trick that works like magic! That is re-writing. When you come across complicated information, read it and try writing what you understand without copying. This could be done two to three times in order to get the material imprinted in your memory. This polishes your understanding and can be useful for cramming.

"Whatever the mind can conceive and believe, it can achieve."

– Napoleon Hill

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 16-22

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

Aries (March 21-April 19)

You thirst for blood. Anger is within you, whether you regularly show it or not. This week a blood moon will rise and you will fulfill your destiny as the wolf who devoured a population. Do not hide your true nature, be the beast you were born to be. Your spirit music is "Single Ladies" by Beyonce.

Taurus (April 20-May 20)

The party never stops for you. You grab life by the horns. Heh. Taurus. Horns. Anyway, take a moment this week to slow down and take a moment for yourself. The black wolf will eat you under the red moon. Your spirit music is anything with bass.

Gemini (May 21-June 21)

Out of the Gemini twins, you are

the one who is just never there. Show up to your plans this week, because you might miss something big. The black wolf will eat you under the red moon. Your spirit music is pop punk.

Cancer (June 22-July 22)

You're a people person and everyone is just naturally drawn to you. You might be a little quiet but that's OK, because this week you're going to have a chance to prove you're outgoing. The place to be is executions. The black wolf will eat you under the red moon. Your spirit music is musical theatre soundtracks.

Leo (July 23-Aug. 22)

Your personality is all over the place. You love all types of everything or so you say. Don't like this week? Put down your fake persona and be real for a moment. People will respect you more for it. The black wolf will eat you under the red moon. Your spirit music is whatever's cool to be into right now.

Virgo (Aug. 23-Sept. 22)

You're incredibly hyper, you run around a lot and, while some people like it, some people get a little annoyed. Throw out all of your fresh fruit because a plague is coming. The black wolf will eat you under the red moon. Your spirit music is opera.

Libra (Sept. 23-Oct. 22)

You've been working at something for a long time, and it shows, keep at it. You're pretty dedicated but you eat too many of NAIT's hash browns. Stay away from Eastern Canada. The black wolf will eat you under the red

moon. Your spirit music is Rush.

Scorpio (Oct. 23-Nov. 21)

Sarcasm is a deadly weapon and you are the wielder of this mighty blade. It will take you to the edge of an anger attack but watch your temper because it could lose you connections. The black wolf will eat you under the red moon. Your spirit music is anything that isn't from the UK or featured in a musical.

Sagittarius (Nov. 22-Dec. 21)

You are an extremely attractive and kind person. People love you or so you tell yourself. Say less this week. The black wolf will eat you under the red moon. Your spirit music is alternative rock.

Capricorn (Dec. 22-Jan. 19)

If there is one thing you can't stand, it's fruit. This week you might be tempted to poison a batch of oran-

ges but you must resist. Talk to a friend about anything on your mind. The black wolf will eat you under the red moon. Your spirit music is old vinyl comedy albums.

Aquarius (Jan. 20-Feb. 18)

You're a jokester or a leader, but not both. This is the week for a haircut! Get out there and make some positive changes this week! The black wolf will eat you under the red moon. Your spirit music is Chinese Democracy by Guns N' Roses.

Pisces (Feb. 19-March 20)

You're a fun person who does crazy things for your friends. Be gentle this week, as one of your friends will need you when they are most vulnerable. The black wolf will eat you under the red moon. Your spirit music is nu metal.

FASHIONISTA OF THE WEEKSTA



Photo by Wallace Zuzana

Kennedy Pawluk Radio and Television

Who is your biggest style influence? – The zombies from the walking dead.
Do you prefer buying new or thrift shopping? – Thrift but it's not really shopping when it's your dad's closet.
Vans or Converse? – I wear my chucks on my right foot and my vans on my left.
How important are socks to your wardrobe? – You have to keep your hands warm somehow.
If there's one item of clothing you would bring back from the '80s or '90s, what would it be? – I miss when it was cool to wear your food. Oh and ass-less chaps.

Who ya gonna call?

Academic & Personal Concerns – Student Counselling; confidential appointments. 780-378-6133; Room W111-PB, HP Centre.

Health Insurance Coverage – Student Benefit Plan; 780-471-7730; Room E-125.

Housing – On-line housing registry at www.rentingspaces.ca

Injury, Minor Medical Concerns – Health Services; ph: 780-471-8733; Room O-119

NAIT Security – 780-471-7477

Part-time Campus Jobs/Volunteering – NAITSA; 780-491-3966; Room E-131

Program-related Concerns – Contact program chair or program adviser

Scholarships & Bursaries – Student Awards Office, 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities, 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-5564, Room O-111

Academic Support Services – Visit www.nait.ca/tutorial for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. Email tutor@nait.ca with any general inquiries.

Violence or Potentially Violent Behavior, or Extreme Medical Emergency – Security (780-471-7477), 911 the Police Complaint Line at 780-423-4567 if appropriate.

Lotsa music on the way

By NATE BRYANT

With summer practically here, there's a list of amazing albums coming out. I'd say it kicked off this past Tuesday on April 14 when Halestorm's *Into The Wild Life* came out. It's the third studio album from the group and it's some intense chick-fronted hard rock. I say that it kicked it off, because if you're going to fire off your summer album playlist, you're going to want energy. The album fully delivers power, with the band recording with their live show equipment, instead of traditional studio equipment. Then, on April 21, we have *To The Stars* by Tom DeLonge, the first of four albums to be released before we see 2016. The first single, "New World," is out already. The album is the first thing DeLonge has done since his departure from Blink-182. The album is pretty much evidence that he won't be going back to Blink-182 any time soon. There are also rumours that some unheard Blink demos will be on the album, so it may be worth a listen.

On the same day, Passion Pit releases their new album, *Kindred*. They released their first single off the album back in February, called "Lifted Up (1985)" and if you're already a fan of Passion Pit, the album should be a great summer release.

Next, Mumford and Sons are releasing their album, *Wilder Mind*, on May 4. This might be the most anticipated of the

summer right now, with all the buzz about the lack of banjo on the recent tracks that have been released. A new song, "Wolf," was recently released as the second single off the album and, like the first, had a surprising lack of banjo. The new tunes are still really amazing and the album is sure to be a hit.

We have Django Django releasing *Born Under Saturn* on May 5 and Snoop Dogg with *BUSH*. Snoop has already released a single from the album, called "Peaches N Cream," and I know this isn't a music video review but go check it out. I refuse to tell you anything about it, just go check it out and you'll either be in love or weirded out.

Eighties bands Whitesnake and Faith No More are both releasing new albums on May 19. Faith No More hits shelves with *Sol Invictus* and Whitesnake with *The Purple Album*. I was particularly interested to hear that Whitesnake was still a thing but, yup, they have a new song and everything, called "Stormbringer." God bless the '80s.

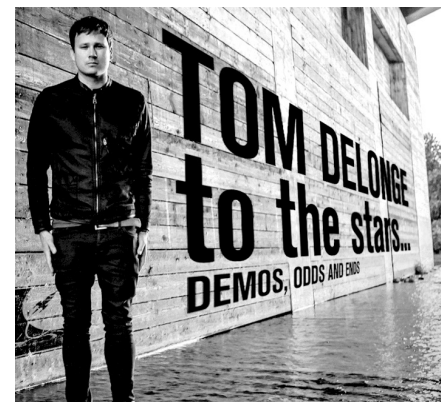
For the rest of the summer, we have Zedd with *True Colors* also May 19, Punk rockers Anti-Flag with *American Spring* on May 26, and Florence + The Machine with *How Big How Blue How Beautiful* on June 2. Then we get closer to the end of summer with Muse – *Drones* on June 9 and Breaking Benjamin – *Dark Before*

Dawn on June 23. That's just what's coming now and there's sure to be more announcements. You can bet we'll be reviewing a bunch of these albums in the new school year!

- Halestorm – *Into The Wild Life* (April 14)
- Tom DeLonge – *To The Stars...* (April 21- first of four)
- Passion Pit – *Kindred* (April 21)
- Mumford and Sons – *Wilder Mind* (May 4)
- Django Django – *Born Under Saturn* (May 5)
- Snoop Dogg – *BUSH* (May 12)
- Faith No More – *Sol Invictus* (May 19)
- Whitesnake - *The Purple Album*
- Zedd - *True Colors*
- Anti-Flag – *American Spring* (May 26)



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JUST THE TIP

Don't like it? Don't look!

By ALLISON JOHNSON

Do you get uncomfortable when you see a couple getting a little too "coupley" in public? It's called PDA and although it sounds like some sort of sexually transmitted disease, it actually just stands for "public display of affection." Most people are disturbed by it, in fact, most people's reaction when they see PDA is "get a room" but is it really all that bad?



collegetimes.com

I'll admit it, before I got into a relationship I was in the same boat as the people who were bothered by PDA. Whenever I saw a couple making out, whether at the mall or on the street, I would shake my head in judgment. Once I got into a relationship, my views on public affection soon changed. Maybe I'm biased because my partner openly kisses me in public but, to be honest, it does make me feel special being on the receiving end. Whenever my partner and I get a little too up close and personal in public I'm not really thinking of the people around me. I mean, why would I be when I have a hot bearded man who openly wants to share his affection? As rude and inconsiderate as that sounds, I'm not even sorry. I now take back all of the harsh feelings I once shared on PDA because, really, is it anyone's business? Let me retract, there is a time and a place for everything. You won't find me and my partner open tongue kissing at funerals or in the hospital parking lot, that's just disturbed but if we're on a fancy date and the moment hits, then you better avert your eyes.

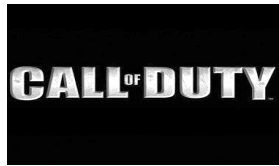
Now that I'm a receiver of PDA, I often find myself thinking about why it bothered me to begin with. I hate to admit it but a big part of my disdain for public affection was jealousy. I'm a bit ashamed to come out and say it but when I was single, I hated seeing other couples happy. That might sound terrible on my behalf but jealousy is a natural thing. I learned that what I hated about PDA wasn't the fact that I was uncomfortable with what they were doing, it was because I hated the fact that I wasn't

the one doing it. I know not everyone feels the same way as I do, some of you genuinely don't like seeing public displays of affection and that's fair but there are those out there (like me) whose negative feelings come from their own insecurities.

I sometimes hear people refer to different situations as good PDA and bad PDA, although I wasn't aware of the difference. When I asked a handful of my friends about what they thought each meant, the majority of them described the "good PDA" as holding hands, pecks on the cheek and closed mouth kissing. The big and scary "bad PDA" as they said is open mouth kissing, inappropriate grabbing, and any sort of sexual act in public. I got confused when I heard a lot of their answers, I understand what they mean by French kissing and inappropriate grabbing but do you really see people having sex in public enough to label it as a part of PDA? Maybe it's Las Vegas where they let certain things slide but, in Edmonton, how often does it happen? This is just my personal opinion but if I saw two people take part in any sort of sexy act in public, I wouldn't think "Oh, god, PDA, those two should get a room."

I would think "Oh, those two are doing it in public, what am I seeing?" which are two very different things.

Although the social norms for public displays of affection have expanded, there is still a time and place. Whether you like PDA or not, I think we can all take into account a very simple rule we all learned in elementary: If you don't like it, just don't look.



DLC finding its way

By GERVAISE BRANCH-ALLEN

DLC (downloadable content) is an expansion included in a video game following its release. This bonus material can be quite enjoyable, and a fun way to expand a game beyond the included content, yet DLC has a negative reception from many video game players. Why is DLC so divisive?

I really enjoy the chance to buy new content for a game once I've completed the main campaign and any side quests from the game itself. When in-game features are locked away, and can only be unlocked with a code or purchase from a digital shop, players understandably become upset. Content that players should be able to access has been hidden away by the developers, forcing players to buy expansions that should have been available in the first place.

Most gamers (myself included) would like developers to release completely finished products and if additional content is developed after the main game is completed, those extras can be released as DLC.

Day One DLC features, expansions on the same day the game releases! That could mean the content was cut from the game and re-included... for a price. Many consumers argue that players should have

access to all the content on the disc, even if the extras weren't made in time to include on the disc. Gamers feel like they are purchasing DLC they already paid for when they purchased the game.

Other complaints for DLC include overpricing. Many players believe DLC is overdone and isn't special when too much is included in one game.

Frequently, DLC is used to patch, repair, or fix broken or glitch-filled games. It's OK when a game has a few errors that need to be fixed for a better experience. Actually, that's great because the publishers recognize that the game could be even better with a little tweaking. When a game releases with multiple game-breaking issues or bugs, that's unacceptable. The year 2014 was notorious for its incomplete/erroneous games such as *Assassin's Creed Unity*, *Driveclub* and *Sonic Boom*.

With so many incomplete games releasing on store shelves, no wonder the gaming community has taken notice. AAA titles like *Call of Duty: Advanced Warfare* and *Battlefield 4* required patches and updates within days following their release. For \$60 games, fans expected to be purchasing quality titles. Some critics blame pre-ordering. Often players will receive special bonus content such as costumes, weapons



and extra levels as rewards for pre-ordering games.

Fortunately, many developers have delayed games such as *Batman: Arkham Knight*, *Uncharted 4: A Thief's End* and *The Legend of Zelda* (working title) to give the games the development time they need. Nintendo had a great year in 2014 because they had few to no bugs in their games and focused on releasing quality titles, rather than releasing in time for the holiday sales. *Donkey Kong Country: Tropical Freeze* was delayed from its holiday 2013 release date to ensure the game was completed and Super Smash Bros for Wii U was in the debugging stage until weeks before the

game released in November 2014 to avoid major issues.

Nintendo has also been doing a great job with their DLC such as DLC packs for *Mario Kart 8*. Sadly, third party companies rarely support Nintendo consoles. For example, the Wii U version of *Batman Arkham Origins* did not include the expansion pack/season pass (collection of DLC).

Overall, I think DLC is amazing, because it can increase the replay value of a game beyond the on-disc features. However, when abused, DLC can become a mess. I hope developers know how to use DLC in the future to avoid the stigma of downloadable content.



ARE YOU ATTENDING CONVOCAATION 2015?

Pick up your gown and tickets:

Location: Shaw Theatre, NAIT Main Campus

Wednesday, April 29, 2015 between 10:00 am - 7:00 pm

Thursday, April 30, 2015 between 10:00 am - 7:00 pm

Tickets are handed out on a first-come, first-served basis.

(For additional information regarding tickets, please refer to the Convocation website)



CONVOCAATION
FRIDAY, MAY 1, 2015 &
SATURDAY, MAY 2, 2015
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For more information regarding Convocation 2015 visit nait.ca/convocation



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