

THE **NAIT** NUGGET

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

BUDGET BREAK?

NAIT's funding fine – for now, story page 2



Photo by Lauren Hucal

A PAUSE FOR THE CAUSE

An NR92 Radio team takes a break in the South Lobby this week from their duties promoting NAIT's student station. They are, back, left to right, Jesse Kempenaar, Courtney Bell, Emilee Senchyna, Katherine Svenkeson and front, left to right, Austin Litwinowich and Sam Vaughan. See story page 4.

NEWS & FEATURES

An ongoing process ...



NICOLAS BROWN
Issues Editor
@bruchev

After weeks of heated speculation, the provincial government released its newest budget last week. With oil prices at all-time lows, leaving a massive hole in the government's revenue projections, concerns were widespread over the future of the services provided by the province. Although many areas received cuts, the province in general chose to hold the line on funding. However, with no budget increases to even match inflation, it means provincial departments need to continue doing more, with less.

Now what does this mean for students? The budget outlined a commit-

ment to examining the way the province funds post-secondary education over the next five years. In the short term however, this means no further cuts beyond the current four per cent reduction announced in the budget.

"The Honourable Robin Campbell (Minister of Finance) in the Budget Speech stated, 'We will work with the post-secondary institutions to preserve high demand, high value programs ...'" said NAIT President and CEO Dr. Glenn Feltham.

"On a very positive note, this is consistent with the alignment of our programs to Alberta's labour market needs," Dr. Feltham said. "In the coming months and years, we will work closely with our ministry and the Government of Alberta to ensure that NAIT achieves our vision and fulfills our promises to Alberta, to industry, to our students and to our staff."

It is important to note that NAIT offers training for 33 of the 41 occupations the Government of Alberta has identified as being high demand for the future.

Meanwhile, the NAIT Students' Association is optimistic about the effect the recent budget announcement has on NAIT students.

"The budget isn't too bad," said NAITSA President Hasib Baig.

"NAIT didn't get a huge cut in the first place so from the students' side it shouldn't be a concern for our members because, compared to U of A or MacEwan, NAIT is in a pretty good shape," he said.

"The only concerning thing that was reported in the budget was the wording around the lines where it said that post-secondary education should rely less on public funding. This is a public institution, a publicly funded institution and it's so important for Alberta's economy to be able to receive funding from the government for post-secondary institutions going forward so we can educate properly and go from there."

The distribution of government funding to post-secondary education has been a sore issue with significant cuts being passed down in recent years. Although the newest round of budget changes has been kinder to post-second-

Budget 2015

alberta.ca

ary funding, that doesn't limit concerns. Outside of actual funding for post-secondary education come other rules and restrictions, like the tuition cap.

'Good news'

"We were in a meeting with the Minister [of Innovation and Advanced Education] and to quote what he said, 'there's not going to be any imminent changes,' which is the good news," said Baig.

"So based on that, I think that it's going to be pretty good."

A change in the tuition cap would require moving away from holding tuition increases to the rate of inflation. There are other alternatives, however.

"Since he said there's not going to be any changes, we're going to be looking at stakeholder contributions from all across the province, probably the Post-Secondary Learning Act will open as well, which means there's going to be people from every part of the sector," said Baig.

Groups to be involved

"Every group is going to be involved and contributing as to what should change, what should be looked at and what should not be looked at. Where do we need to make changes, whether it's about tuition cap, whether it's about non-instructional mandatory fees or whether it's about anything else, all those things will be looked at as well. But I don't think the tuition cap is going to be removed right away."

With the possibility of a snap election on the horizon and the uncertainty of Alberta's oil economy still rocking the provincial budget, there's no way to tell what the future will hold. All students can do is lobby for better consultation and representation and to make sure the political leaders are listening.



www.thestarphoenix.com

Alberta Premier Jim Prentice congratulates Finance Minister Robin Campbell on March 26 in the Legislature when the 2015-16 provincial budget was unveiled.

Our red and blue

By **NICOLAS BROWN**
Issues Editor
@brucev

This article is the 10th in a series by Nicolas Brown on Canada's federal political parties, of which there are 17. This week, he looks at the Liberal Party of Canada and the Conservative Party of Canada.

It's time to bring another series to a close – we've come to the last two political parties in our federal spectrum, the heavyweights, the big guys, the Liberal Party of Canada and the Conservative Party of Canada. These are the parties most Canadians know about, the parties which have formed government in Canada.

Starting with the Liberal Party of Canada, we've got the main progressive party of Canada. The Liberals are often seen as the balance between the Conservatives and the NDP, the party positioned in the centre of the politic spectrum.

Liberal MP Ted Hsu spoke on the party's position on post-secondary education.

"The overall idea towards Liberal Party policy on post-secondary education is to try to make post-secondary education access-

ible to more people, because in the future, more and more jobs are going to require some kind of post-secondary education. It could be a skilled trade or a university degree, so Justin Trudeau has spoken about getting the post-secondary attainment rate up to 70 per cent and there are two aspects about it," Hsu said.

"One is that a lot of people don't even think about post-secondary education and we want to make sure the federal government participates in letting people know why Canada needs more people to do more post-secondary education and the reason is that the jobs that we see being created in the next few decades are going to require a post-secondary education.

"Secondly, sometimes there is a financial barrier and it can be a little bit scary, especially the upstart cost for education. Justin Trudeau has said that there will be financial support for post-secondary students."

For those interested in learning more about the Liberal Party of Canada, you can

check their website at www.liberal.ca or contact your electoral district association.

To view the other end of the spectrum, we can review the Conservative Party of Canada. Led by Stephen Harper and forming the government since 2006, the CPC represents the progressive conservative interests of Canadians. Although the party has received criticism in its environmental policies, among other things, it has received enough support to form government in three consecutive elections. Unfortunately, no response was received from the party when an interview request was submitted and their website does not list any post-secondary policies. For students who would like to learn more about the CPC, contact your electoral district association or check their website at www.conservative.ca.

This series will wrap up next week with an article with Elections Canada to present some more information on voting and regulatory requirements for our political system in Canada. As always, students are encouraged to research the political parties that reflect their beliefs and make sure their voices are heard.



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Letters

We want your views

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

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

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



Photo by Nicole Pelchat

A representative from the restaurant industry answers questions at a job fair for hospitality students recently in the South Lobby.

All the hard questions

By Courtney Bell

If you passed through the South Lobby during lunch this week you may have noticed a gaggle of yellow clad NR92 radio students, asking all the tough questions, like would you rather have forks for legs or spoons for hands or would you rather fight 100 duck-sized horses or one horse-sized duck? Hard questions, indeed.

The NR92 “Would You Rather” team is made up of six second semester radio students – Courtney Bell, Emilee Senchyna, Sam Vaughan, Jesse Kempenaar, Katherine Svenkeson and Austin Litwinowich.

The reasons they were there other than having a good ol’ time was to launch the official NR92 radio Snapchat. It’s an ambitious task but the response has been phenomenally positive with very few pictures of wieners being sent to the NR92 Snapchat, which the team said they were expecting. If you don’t already know what Snapchat is, it’s a picture and video app that’s been taking young people’s phones by storm. The app was brought into the spotlight by young adults setting time restraints on how long personal content could be viewed, which led to many users using it for sending pictures of their junk. That has since somewhat changed and the app has become a prevalent form of communication between young adults.

The motivation behind creating the Snapchat was simple – to interact with NAIT students and make them feel connected with their campus radio station. NR92 started broad-

casting in 1973 and has been a pillar of NAIT ever since. It broadcasts live from the V-Wing, South Lobby, and the NAIT Bookstore. Every semester a new batch of eager radio students hit the airwaves and get to show off their entertaining personalities in preparation for a rewarding career in the radio industry.

Other than stumping the students of NAIT with those incredibly difficult “Would You Rather” questions, the crew also teamed up with NAIT Food Services and gave away some tasty Popsicles and ice cream treats. You are still able to add NR92 on Snapchat by adding the username NR92radio or



scanning the QR codes on posters around NAIT campus. You can check out all the happenings of NR92, from getting to know the jocks to getting a sneak peak behind the scenes of an actual radio station.

You can listen to all your favourite personalities and listen to the future voices of radio on NR92.com. They have a large variety of shows playing seven days a week! NR92 is your campus station. Show your school spirit and support your fellow NAIT students.

The week has been a great success, for not only the NR92 “Would You Rather” team but for the station as well. They would like to thank everyone who participated and answered all the weird, hard hitting “Would You Rather” questions. This has been an amazing learning experience for them and they hope to see your snaps soon! Add them, right now, NR92radio. It’s the station for the students, by the students.



Photo by Benjamin Sim

SPECIAL AWARD

Chris Chelmick, executive director of the NAIT Students’ Association, presents the prestigious Golden Torch Award to Gillian Wilson, vice-president of Student Services, at NAITSA’s annual awards night on Saturday March 28. This award is given to an executive member who has been judged by peers to have shown leadership qualities, achievement, co-operation, school spirit, sportsmanship and to have made an overall contribution to NAIT.

Tattoos – take a test run

By TANIA BOYKO

Tattoos. A lifelong bond between your skin and ink that represents some of the worst and best decisions in your life. Tattoos have risen in popularity and are continuing to trend. With many struggling to find the right design and placement, fake tattoos are a great way to test the waters.

By wearing a fake tattoo you will be able to get a taste of how the finished product will look like and feel without the permanence. After that needle touches your skin, it is hard and expensive to turn back if you don’t like the finished results.

Placement in of itself is just as important as the tattoo’s design. The way it catches the light, the amount of wear and tear that area of your body faces and the curves can affect the way

the design is showcased in ways you couldn’t imagine. For instance getting a tattoo on the outside of your foot or along your bra line will cause your tattoo to be rubbed on a daily basis. This could cause your tattoo to fade quicker than other locations. Also, after a couple days you may find that the design doesn’t suit you. That’s where the use of temporary tattoos can come in handy. Below are the materials and steps that you can use to get started.

Materials:

- Tracing paper
- Pencil
- Chocolate chip cookies
- Your desired image
- Eyebrow pencil (any colour)
- Baby Powder
- Soft bristle brush

- Liquid spray bandage
- Washcloth
- Rubbing alcohol
- Cotton balls

Step 1: Print your design and trace over it onto the trace paper using your pencil.

Step 2: Flip your trace paper over and redraw overtop with pencil to ensure the drawing is dark.

Step 3: Cut out your design.

Step 4: Prepare your skin where you want the tattoo with a cotton ball damp with rubbing alcohol.

Step 5: Dampen your washcloth with lukewarm water.

Step 6: Place the trace paper right side up on you skin and apply the washcloth and gently rub the tattoo to transfer it.

Step 7: Peel off the trace paper to

reveal a light outline of your design.

Step 8: Go over your design with the eyebrow pencil. Depending on your design you can use different colours.

Step 9: Sprinkle baby powder on top of your tattoo and brush off the excess.

Step 10: Spray the liquid bandage onto your design for a long lasting hold.

Something to keep in mind is that the liquid bandage spray smells really bad. It’s best to spray it outside and make sure nobody’s standing downwind. You do not want this stuff near your eyes. The temporary tattoo will last three to four days, depending on where you have placed it. If you place it on your hand, it will stay for one to two days, max. If it lasts longer, you really need to straighten out your priorities and wash your hands more.

A finger on the “pulse”

By TAYLOR BRAAT
Editor-In-Chief

Mission ImPULSEible, the student food product development competition, was held at Ernest's on March 23 and this was its seventh year.

Three culinary student groups from the U of A put their best foot forward to prove that they had the best “pulse.” A pulse is a food which includes chickpeas, lentil seeds, beans

and peas. They are foods that will satisfy your hunger, while holding many health benefits. The name “Pulse” is derived from the Latin word “puls” meaning thick soup or potage.

“It’s an opportunity for post-secondary students to learn about pulses and to be able to take an ordinary pulse and elevate it to a new level,” said Mission Impulseible Co-ordinator Debra McLennan, registered dietitian and with Alberta Pulse Growers.



Peamon tart

Supplied photo

**MISSION:
IMPULSEIBLE**
STUDENT FOOD DEVELOPMENT COMPETITION

“It’s an opportunity to learn how to do different types of food products with pulse products. It’s not just about whole beans, whole peas or whole lentils, it could be chick pea flour, it could be black bean flour and any of those products that they can use.”

It was an enlightening event but not one to be taken lightly. These students put many hours of hard work into creating these pulses and were truly proud to show it all off. After tasting all three, the judges and guests all sat down for the team’s presentations, which had nutritional information, market competition facts and multi-media visuals. The winner of this competition will move forward to the national competition, which is in Calgary at the Canadian Special Crops Association Convention.

The three teams included one which made a chickpea nugget, the only dinner themed item and quite delicious. The second team created pulscotti spread, which is a gluten free, nut free and dairy free cookie butter

made from chickpea flour. This team’s edge was that there are not very many items like this on the market. It was fascinating to find that there are only three main savoury spreads (Cheez Whiz, peanut butter and mayo). The last team created a dessert called the peamon tart, which is made from canned red kidney beans, chickpeas, romano beans and great white northern beans. There were so many types of beans included in the recipe, which was shocking, as it looked exactly like a lemon tart and tasted magnificent.

The fact that young people are so excited to create such innovative food products is inspiring. The team of U of A culinary students who placed first and will be moving on to the national competition in Calgary is made up of Andrea Roman, Kaixing Tang and Minghua Yu. Their peamon lemon tart is innovative, delicious and sustainable! I can’t wait for next year’s competition.

*“Success is not final,
failure is not fatal:
it is the courage to
continue that counts.”*

› Winston Churchill: Victorious Visionary

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Point counter Point

Where there's smoke ...



By **QUINTON BERGER**

Smoking laws are a prime example of things being taken too far. I'm all in favour of good health and I'm all for not infringing on others' comfort but smoking laws cross the line. There are literally no buildings you can smoke cigarettes in these days. Now, I completely agree with not having it in most places but, consider this, if I want to open a bar and make it a "smoking bar," I should be allowed to do that, right? Wrong, you can't do that! This is where I think it becomes unfair. An independent business owner should be allowed to permit smoking on their establishment and if folks don't like it, they can go somewhere that smoking isn't allowed. That seems reasonable, right? Well, nowadays people are so terrified of smoke, you can't smoke in front of some buildings, let alone in them. It's just unnecessary rules. Part of being free is being able to do things others don't agree with. So why must smokers be forced into designated areas like cattle? Smokers are slowly being phased out like the tobacco in the cigarettes they enjoy.

Why such heavy warnings?

Why must the entire cigarette pack have a warning on it? I agree that they should have some kind of surgeon general's warning but why do tobacco products get such heavy ones while alcohol only gets "drink responsibly" in fine print? Now don't get me wrong, I'm fully aware of how destructive cigarettes are but I'm also fully aware of how destructive things like alcohol and terrible food are. These days, we're sitting at a 50/50 chance of getting cancer, yet smokers sure don't make up 50 per cent of our population. Other products out there cause disease as well, so why aren't there big warnings on those products? Why are cigarettes being singled out as the big black killer? Sure, they're terrible for you but why only put focus on one thing that isn't particularly awesome and not on other things that aren't particularly awesome? I guess because you can't sway public opinion on the alcohol and fast food that they love so much. I never had lobbyists come to my school to preach about poor diet or tanning beds, yet those can also cause cancer.

Outrageous prices

Finally we arrive at the absolutely outrageous prices of cigarettes! I don't even smoke, yet it hurts me to see us Canadians get hook-line-and-sinker'd like this. Last time I checked, smokes were like \$5 a pack in the U.S. and \$3 in Mexico. Yet here, people are paying \$12 a pack. Once again, I see the logic behind it but I can't stand the thought of us being saved from ourselves. People should make their choices based on simply wanting to or not wanting to. They shouldn't have to be forced out of wanting to. Let's keep in mind that lots of these laws are fairly new, too. I remember when restaurants had smoking sections and cigarette packs only had little warnings and I'm 20! The smokers are being systematically phased out of society, one bogus law after another ...



By **NATE BRYANT**

Thank god for smoking laws. I don't mean to be rude, but smoking is gross. Cut that stuff out, OK? Even smokers know it's a filthy habit. That's why so many of them constantly complain about trying to quit. You know deep down you hate it. This isn't about constitutional rights and freedoms or whatever America uses as an argument, it's about health and common sense. We are cracking down on smoking because it's horrible for your health and the health of those around you and we all know it. If marijuana is illegal with no related deaths or proven negative health effects, why is smoking legal when we know it's killing us all? I think it's totally fair that we ban smoking in some places, especially those that are family oriented. Your health is one thing, but what about the children? Won't somebody think of the children?

Getting drunk and not smoking

Now, I'm a little too young to have gone into bars back when you could smoke in them but I do remember when the law passed, making it illegal. Sure there was a backlash, but at the same time, a lot of people were like "Oh well, guess I'm just going to deal with getting drunk and not smoking." People survived. It was a long and hard battle but, in the end, humans prevailed. Some, including my mother, even quit because of it. She swears it's because she loves us but I know better than that. Even if you were too young to go into the bars then, can't you imagine how disgusting and smoggy it would have been? I mean, sure, having someone slip drugs into your drink is bad but cigarette butts? Yeah, no thanks. I don't think we'll ever go back to smoking in bars. Why? Because we know better. This isn't the '60s, and doctors aren't telling you that smoking is good for your health. I honestly can't believe they ever did but, whatever, that's another stupid point. No, now we have the government telling us where and when we can't smoke. Normally, I'm super not down with the government telling me where and when I can and can't do things but I'm definitely on board with this one, because I actually

feel like it's common sense. Don't smoke in places heavily populated with people who don't want you smoking. It isn't a right. No one ever said "humans deserve to fill their lungs with tar whenever and wherever they are."

Need these laws

Some people believe access to water isn't even a human right and we allow companies to sell it to us, with some not getting it. The truth is, we need these laws because in this particular instance, people seem too stupid to survive on their own. People are babies, angry that their government mommies are telling them they can't fill their lungs with rat poison and tar. Grow up and get over it. Go smoke somewhere else while you can or quit. Smoking doesn't make you look cool anymore. Tattoos do.



File photo

OPINION

— Editorial —

Taylor (self) made



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

Taylor Swift, a.k.a. T-swift or T-swizzle, has been a hot-button topic for a while now but it seems like lately, she's in our newspapers and magazines on the daily. Well, the girl may be a serial dater and is perpetually heart-broken but she has got a good head on her shoulders and sure knows how to stir up the right amount of drama.

Her drama isn't like our drama, where we get annoyed 'cause someone bought the same coat as we did or is dating our ex. Taylor has full-on media engrossed wars with Katy Perry, Diplo, John Mayer and Harry Styles. Diplo has just said in a recent interview that dissing Tay was the worst career move he ever made, due to the overwhelming backlash he got from her fans. Yeah, I wouldn't publicly diss her butt unless I wanted 50 million Swifties going after me either, Diplo. Whether we want to pick a side or not, Tay Tay always wins. The reason is that she is always going to be known as country music's good girl and she doesn't even make country music anymore!

Not afraid to be different

Not only is Taylor Swift one of the sweetest girls in music today, she has a good head on her shoulders. I like her because she isn't afraid to be different. I relate to her not only because we share the same name and love cats but I like to dance to the beat of my own drum, too. This girl literally dances to the beat of her own drum. Just search "Taylor Swift dancing," on YouTube. You're welcome. I love it, though, because she's truly enjoying the moment and throwing away any care in the world that people may talk about it the next day on TMZ. Taylor shakes it front row at the Grammys, while I sing along to the words to music with my headphones in on the train.

Soul sisters

Yeah, we're pretty much soul sisters. Don't get me wrong, I am soo not fan-girling out right now. I am just spotlighting someone in the celebrity world who really knows what's up. She is using her star power to the best of her ability and I admire that. She's making all the right moves while standing up for what is right, like throwing shade at "the Biebz" when he broke Selena's heart.

You heard it here first. OK, maybe you heard it last week, actually but Taylor Swift just bought a bunch of website domains. Yeah, weird, right? She has the best reason for this though. Tay bought website domains such as TaylorSwift.porn and TaylorSwift.adult because she would

rather own porn site domain names that could be about her, rather than some guy in Malibu who has a fetish about her. Really smart girl. Whether she's insuring her legs for \$40 million one day or buying all of the possible porn site names that relate to her on another, she's saving face, (before it needs to be saved).

So, let's go back a year and look at the whole Grammys/Kanye West debacle. Not only did a ton of people have her back, including Beyonce, she capitalized on the moment. At the Grammys this year, she was seen speaking with Kanye and Kim and was said to be talking about a collab with Kanye. I don't know what that song would sound like but I'm guessing something along the lines of her "Thug Life" collab with T-pain from 2010. The girl can do anything. From country to pop to rap, she isn't afraid to try new things musically and personally. It takes a lot of guts to change genres but she did it and she hit it out of the park. Hold on a second, imma let you finish

but, Taylor Swift is awesome.

In the very midst of writing this article, Taylor Swift was named Artist of the Year at the iheartradio Music Awards. She not only gracefully accepted the award for best artist but took home the song of the year award for "Shake it Off," proving once and for all that she really does not mind the haters. Can't forget the best lyrics award, which also went to her for "Blank Space." The girl cleaned the place out at the iheartradio Music Awards but when does she not? Taylor is killin' everyone in the game right now.

I love Taylor because she knows what it's like to be on top and she has seen the bottom. She used to be bullied and I believe that people who know what it's like for life to just suck, can really appreciate when life is great. There's not a lot of stars I can say that I respect but Tay Tay is definitely one of them because she has integrity not only in her music but herself.



entertainthis.usatoday.com

Taylor Swift



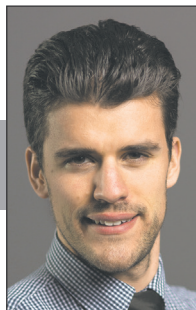
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SPORTS

Great hockey, good price



JOSH RYAN
Sports Editor
@JoshRyanSports

Edmontonian hockey fans are naïve, and somewhat blind. Harsh, I know, but it's a fact that needs voicing. Since the Oilers secured the Western Conference basement once again back in late October, fans have finally showed frustration with management and less interest in attending games. If only there was a good hockey team in town eh? Well ...

has anyone ever bothered to read a newspaper? We have two fantastic men's hockey teams in Edmonton that have recently won championships and provide entertainment for fans every single game. One squad also competes in Rexall Place, the other ... right here at NAIT. That's right, the Edmonton

Oil Kings and the NAIT Ooks are great brands of hockey at a far more affordable price than the Oilers.

Since the Oil Kings were reborn in 2007, the franchise has steadily become one of the most consistent teams in the WHL. The EOK has made postseason six times, won the WHL championship twice and are currently in defence of the Memorial Cup. In the past five seasons, the squad has won at least 31 games each year. Remember, these are Major Junior hockey players, on the doorstep of playing in the NHL.

The speed and the skill is just one step down and the players all play with purpose and desire that rivals NHLers. There's a certain charm to these kids. They all want

to make it to the show and wear their passion front and centre for those in attendance.

Attendance at an Oil Kings game comes at a price that puts a much smaller dent in your wallet.

Club seats are around \$35 and some tickets go for less than \$20. That's insane, especially considering getting an Oilers ticket under \$100 is lucky. A family of five can attend a game for the same cost of one Oilers ticket. Would you rather see the Oilers lose 6-0 and have to work extra hours

or see the Oil Kings win a thriller and have money for dinner afterwards?

Even more cost effective than attending an Oil Kings game is going to a NAIT Ooks tilt. The public pays under \$20, including tickets and parking, kids get in for less than \$10 and students get in for free.

That's right, NAIT students pay zilch to see their team play, a bargain for the quality of hockey on display. ACAC hockey athletes are all former junior players, some even from

Major Junior and they also feature a high degree of speed and skill. The Ooks have co-dominated the league along with the SAIT Trojans and are fresh from reclaiming the ACAC title. In using the family-of-five example again, an evening watching the Ooks will cost half as much as an Oil Kings game. Let's not forget, if the men aren't in action, there's the three-time defending women's champions at NAIT as well.

So there are two fantastic male squads to watch for miniscule prices. Why doesn't anyone watch them?

In Game 3 of the Oil Kings quarter-final series against the Brandon Wheat Kings, the lower bowl hadn't sold out at Rexall and no one sat up high. Such a

disappointing showing for a good brand. There's plenty of additional entertainment during the game as well, such as a T-shirt gun, trivia contests, local dancing talents between periods and more. It's quite the night, yet many people don't experience it.

Ooks games also have surprisingly low attendance numbers. Some of that comes from having no campus residence and attendance numbers are growing every year but there are so many hockey fans on campus who are

capable of attending games here that don't. Every NAIT student that's sick of the Oilers' losing ways has a solution that costs nothing outside of parking and the goodies purchased at the concession stand. And if you use the bus, you're saving money on parking, too.

So, hockey fans of Edmonton and area, start looking past the blue and orange. I could tell you there is a whole new world out there with tons of great hockey teams to follow but you need not look outside the city for that kind of on-ice action. There are two teams that provide a great product every evening. Save yourself some time and cash, cheer for the Oil Kings and Ooks.



Mountain hiking tips, trips

By **CONNOR O'DONOVAN**
@oadsy

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

Day Hikes – Gear

Hiking Boots: A lot of day hikes can be done with running shoes simply because if weather conditions become wet, you'll be back at your vehicle by the end of the day anyways. Still, I'd recommend picking up a pair of boots, just for extra comfort and peace of mind. Make sure to wear them around town before you hit the hill to break them in.

Backpack: For a day hike, your school bag should suffice. As long as there's room for trail mix and water, you're set.

Clothing: I usually just bring a jacket, although sometimes I'll pack waterproof pants if the forecast is iffy. Again, not absolutely necessary but will make you feel a lot more comfortable if the heavens decide to open. If you're gaining decent elevation, it's smart to bring a sweater because the summit can be chilly, even in harsh sunlight.

Food/Water: Try to pack at least two litres of water or more if you can fit it, because you can never be too hydrated. As for food, go nuts! Seriously, pack nuts – trail mix is quick, easy and tasty on the hill. I also like to treat myself on shorter hikes. Sometimes I'll toss some chili in a thermos, or even yoghurt and granola. Summit beers are commonly found in my pack.

Sun Screen: Maybe the most important supply, after water and food. Always wear sun screen! Listen to your mother! Those UV rays are extra intense at high altitude.

You can get away with hiking naked, as long as you screen up.

Bear Bells/Mace: In my opinion, the best prevention against wildlife attacks is to hike in groups.

Money: Most worthwhile hikes in Alberta are in National parks, so you'll have to drop some cash on a park pass to avoid a fine. For a group of two or more, a day pass runs around \$20 (per vehicle).

Morrow Peak

Trailhead: Accessed from Yellowhead, about 16 km east of Jasper and a couple hundred feet east of where the Yellowhead crosses the Athabasca. Approximately 3.5 hours from Edmonton.

Distance: About 3.5 km round trip; four to six hours round trip

Elevation Gain: Approximately 650 metres.

Best season: May-September

You may have seen and wondered about the wooden cross sticking out of the top of this mountain from the highway below. Hike this route to get a closer view.

One of the best things about Morrow is its early season accessibility. With this hike you can achieve good elevation (about 1,700 metres) in early May. It finishes with spectacular views of the Yellowhead highway route and the surrounding peaks.

It should be noted that Morrow peak can be defined as a scramble, meaning the trail is not maintained and requires slightly more effort than your average tourist route. It's easy, though, as far as scrambles go. There is some route-finding required but frequent trail markers and other hikers will make sure you don't get lost.

Pro tip: If you're hiking in the early season, make sure to periodically check for ticks along the trail and do a thorough check before you get back in your vehicle. They are plentiful in May and June and they can carry Lyme disease. Trust me, I've found one on me a day later and it is not a pleasant experience. Tick repellent offers peace of mind but physical checks are the best way to avoid them.

NATIONAL CURLING CHAMPIONSHIPS



Flickr

The womens curling team pose with their national bronze medals on the weekend in Olds. They are, left to right, Tegan Dutton, second; Katie Roskewich, lead; Amanda Moizis, second; Richelle Baer, third; Karynn Flory, skip and head coach Jules Owchar.

Bronze for gals!

By KEVIN MAHER

The NAIT womens curling team came away from the CCAA national championships with a bronze medal last weekend at Olds College.

This matches the third place finish from last year's tournament for the women while the men couldn't repeat the silver finish from 2014 and ended up out of the medals for the first time since 2012. The men, under skip Matt Brown, walked away with a disappointing 3-4 record, not good enough to qualify for the playoff round.

Early portion of the tournament was a long one for both teams. Thursday's schedule had both squads play at 8:30 in the morning and the evening.

"It was a long day but no one was complaining," said head coach Jules

Owchar. "Not everyone gets to go to Nationals."

On the women's side, the Oaks finished the round-robin play with a 5-2 record, good enough to set them up for a semifinal match against Fanshawe College. However, NAIT came up short of

playing in the gold medal final as the Falcons defeated the Oaks 6-3. The loss relegated the women to a third-place bronze finish. The Falcons went on to slide past Humber College 4-2 to win the national championship. However, that wasn't all the hardware the women brought back to NAIT, as Oaks lead Katie Roskewich was named to the women's first all-star team. In the end, the Oaks

women's rink is still happy to bring home a medal from Nationals.

"It is a good feeling to medal for

sure," said Oaks skip Karynn Flory. "I know it's not the one we wanted, obviously, but we were the only Alberta team to medal, so it's something to be proud of, for sure."

In round-robin play, the men had a tough first match against their Avonair Curling Club rivals, MacEwan University, dropping the game 7-5. After that, the men just couldn't get some of their crucial shots to go their way in the remaining games. Despite not qualifying for the playoffs, the Oaks men's skip, Matt Brown, was still pleased with his team's effort.

"Overall, the team played very well and had we gotten a few more breaks, we could have been in the playoffs very easily," he said.

"Both teams played well," added Owchar. "This was the most competitive Nationals in my time here."

Next year, both squads return several players and look to get back to the podium. The road back isn't an easy one, but the Oaks are up for the challenge.

"Next year only the Top 3 go, so that adds some pressure," said Owchar. "But it's always competitive at Provincials. We have a couple of good rookies coming and could be really good next year."



Matt Brown

NAIT AT NATIONALS Wednesday, March 25

Draw 1 – 11 a.m.

Women vs. Fanshawe – Lost 8-7

Men vs. MacEwan – Lost 7-5

Draw 2 – 3:30 p.m.

Women vs. Mohawk – Won 6-4

Men – Bye

Draw 3 – 7:30 p.m.

Women – Bye

Men vs. Fleming – Lost 8-4

Thursday, March 26

Draw 4 – 8:30 a.m.

Women vs. Augustana – Won 6-5

Men vs. Fanshawe – Won 7-6

Draw 5 – 12:30 p.m.

Women – Bye

Men vs. Olds College – Lost 11-5

Draw 6 – 4:30 p.m.

Women vs. MacEwan – Won 7-5

Men – Bye

Draw 7 – 8:30 p.m.

Women vs. Holland College – Lost 11-6

Men vs. Sault – Lost 8-3

Friday, March 27

Draw 8 – 8:30 a.m.

Women vs. Olds College – Won 8-2

Men – Bye

Draw 9 – 12:30 p.m.

Women vs. Humber – Won 11-3

Men vs. Red Deer College – Won 8-3

Draw 10 – 4:30 p.m.

Women – Bye

Men vs. Augustana – Won 8-6

Saturday, March 28

Semifinals – 4 p.m.

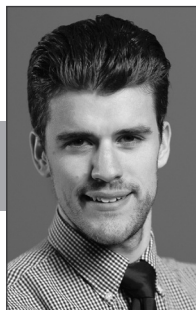
Women vs. Fanshawe – Lost 6-3

NAIT women win bronze

Keeping score

MVP debate begins ...

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former Nugget Sports Editor (and current Saskatoon Blades video intern) Connor Hood over various topics in the world of sports. This week, we move our discussion from the ice to the hardwood to pick the National Basketball Association's MVP. The frontrunners in 2015 are Golden State's Steph Curry, Houston's James Harden, Oklahoma City's Russell Westbrook and Cleveland's LeBron James. Curry's Warriors are dominating the league, Harden's an offensive wrecking ball, Westbrook is posting ridiculous triple-double numbers and LeBron is still LeBron. What do we think? Read on...



JOSH RYAN
Sports Editor
@JoshRyanSports

The Most Valuable Player award in the NBA doesn't go to the player most valuable to his team. It goes to the league's best player during that season. Normally, that player is LeBron James, with Kevin Durant in waiting. This year, that player is the Golden State Warriors star point guard, Steph Curry.

The former Davidson Wildcat and son of the Charlotte Bobcats all-time leading scorer Del Curry, has lit up opponents since the season opener. He's among league leaders in almost every major statistic, he's made more three-pointers than any other player and he also leads the league in real plus-minus (or RPM). This stat measures the impact a player has on both ends of the court and how

much better that player's team is with him on the floor. James Harden is second in the league, LeBron is third. Curry is also first in defensive RPM, a nice achievement for a point guard called a defensive liability a year ago. Curry is over plus-12 in raw plus-minus. When he's off the floor, G-State is more than a full point worse.

Whenever Curry has the ball, he's a threat to score from anywhere on the court. When he gets a hot shooting hand, the momentum of the game shifts. These stretches of Curry becoming unstoppable are the most exciting aspect of the NBA, and that includes everything LeBron, Durant and Russell Westbrook bring to the table (Russ is a close second). Whenever opposing teams take away the long ball, Curry goes to the rim with ease or dishes inside with a flair reminiscent of Steve Nash.

Plus, Curry is the best player on the best team in basketball. G-State has no equal through 70-plus games and looks pretty heading into the first round of the playoffs against a depleted OKC squad. Without Curry, the Warriors are a good team but nowhere near the juggernaut that's dominated the league.

If the MVP had fan participation, I'd vote Steph Curry.



CONNOR HOOD
@connorhood27

In almost every sport, the MVP of said league is almost always determined on who is having the best statistical season – who has the most points, touchdowns or home runs. And when it comes to the NBA, it's no different. Steph Curry and James Harden are the two favourites for this year's MVP award and they are both having their best year statistically. But when it comes to who is the most valuable player in the NBA, it isn't Harden, Curry or even Anthony Davis. It's LeBron James.

I know what you're thinking, LeBron again? He is by far the most valuable player to his team. Who has led his team to four straight finals appearances, including two titles? That's right, LeBron. Without James, the Cavaliers are a borderline playoff team,

and not nearly the powerhouse they are now. Without Harden or Curry, the Rockets and Warriors are still title contenders with players like Klay Thompson and Dwight Howard on their rosters. Just take a look at the Miami Heat, James's former team. With LeBron, they averaged 56 wins per season. This season they are clinging to the final playoff spot, winning only 33 games.

And what about his current team? James spent some time on the bench recently with a knee injury and the Cavs were struggling to stay over .500 during that time span. After his return, the Cavaliers have gone 28-8. The Cavs add over 16 points per 100 possessions with LeBron in the lineup compared to when he isn't, by far the biggest swing made by any one player in the NBA. There is a reason he has won four MVP titles already.

The biggest deterrent for voting in favour of the King is voter fatigue. He has won four already, he doesn't need another one. Let somebody else win! They couldn't be more wrong. They should be looking at his body of work, not his award history when it comes to voting for this year's award. I am as big a fan of Steph Curry as there is but when it comes to the most valuable player in the league, it's King James.

Athlete Profile



Player: Nathan Obrigewitsch
Sport: Basketball
Position: Wing
Program: Business Administration

By CHARLIE ZHAO

1. What made you start playing basketball? I loved to play sports when I was a kid and I loved to play in elementary gym class.

2. Who is your childhood idol and why? I didn't really have one.

3. What are your hobbies during your spare time? I like to watch Netflix and work out.

4. What type of music do you enjoy? I like R&B, hip hop, reggae and country.

5. What sports do you like besides basketball? I love baseball and snowboarding.

6. Who inspires you the most? Probably my dad. I admire his hard work ethic.

7. What three things can you not live without? My faith, my family and my fiancée.

8. What is your dream oasis? Somewhere on a beach or mountain ski resort.

9. What is the best advice you've been given? Work hard because hard work beats talent when talent doesn't work hard.

10. What do you want to say to your team? This is my favourite team I have ever played for. Looking forward to next year and I'll miss the guys who aren't coming back.

Athlete Profile



Player: Chawncy McClenan
Sport: Basketball
Position: Guard
Program: Personal Fitness Training

By CHARLIE ZHAO

1. What made you start playing basketball? I started playing because of my friends.

2. Who is your childhood idol and why? I didn't really have one.

3. What are your hobbies during your spare time? I like to chill, play Call of Duty and watch Netflix.

4. What type of music do you enjoy? I like old school R&B, hip hop and reggae.

5. What sports do you like besides basketball? I used to play soccer and run track.

6. Who inspires you the most? Probably one of my younger sisters. She was

born blind but has surpassed me in school. I love her drive.

7. What three things can you not live without? My music, my bed and my good friends.

8. What is your dream oasis? Somewhere on a tropical beach.

9. What is the best advice you've been given so far? Never give up on your dreams, always follow your heart and don't let others bring you down.

10. What do you want to say to your team? I love you guys and I'm happy to have played with you this year.



Photo by Sergei Belski

NAIT Ook Katie Roskewich accepts her award as a member of the All-Tournament team at the CCAA national championships at Olds College.

Athletes of the week

March 23-29

Katie Roskewich Curling



The NAIT Ooks women's curling team won the Bronze medal at the CCAA National Championships hosted at Olds College this past weekend. Katie was the team lead who was named to the All-Tournament team. The Ooks finished the round-robin 5-2, tied for first place before falling 6-3 to Fanshawe College in the semifinal to earn the bronze medal. "Katie was unreal at the nationals," said head coach Jules Owchar. "She curled 98 per cent in a game and was easily the top lead at the championships." Katie is a third-year Chemical Technology student from Gibbons.

Karynn Flory Curling



After leading her NAIT Ooks women's curling team to the ACAC championship, Karynn skipped her rink to a bronze medal at this year's CCAA National Championships held at Olds College. Karynn led her team to a tie for first place after the round-robin only to drop a close semifinal to Fanshawe 6-3 to capture the CCAA bronze medal. "Karynn has had a magical year," said head coach Jules Owchar. "She skipped a team to the Alberta Scotties, won an ACAC championship and took home a bronze medal at the CCAA Nationals." Karynn is a third year Bachelor of Business Administration student from St. Albert.

APRIL EVENT LIST

6 | HOW TO BUDGET

7 | HOW TO WRITE A RESUME

8 | HOW TO DRESS FOR SUCCESS

9 | RANDY & MR.LAHEY IN THE NEST

13 | STRESS FREE: FORTUNE COOKIES

14 | STRESS FREE: PET THERAPY

15 | WELLNESS WEDNESDAY MESSAGES

15 | STRESS FREE: FLASH YOGA

16 | STRESS FREE: COOKIES

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ENTERTAINMENT

Four fabulous festivals



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

What happens when you poorly attempt to hold a massive event, place it in the searing heat, then hire slap-dash security who go around dumping out people's water while they wait in line and accompany said security with slap-dash medics? Well, a few people die and over 80 get sent to the hospital.

This was the scene at last year's Boonstock Music Festival so it shouldn't come as a surprise that the festival won't be returning for an 11th installment in 2015. Most "Boonstockers" can pinpoint when money became

Boonstock's top priority, which resulted in poor planning, overcrowding, an increasingly incompetent staff and the slippery slope which resulted in the death of the festival, the promoter's reputation and, worst of all, people's lives. So Boonstock is no more, what can ya do?

Oh yeah, go to any number of the other awesome festivals out there. Western Canada alone is home to a variety of insane festivals to show former "Boonstockers" what a quality festival is like. You have Tail Creek, Pemberton, Squamish, Astral Harvest and my personal favourite, Shambhala just to name a few and, the way things are looking, no matter where you end up, it's going to be an unreal festival season.

Let's talk about Squamish first. This festival has always brought us amazing artists. In past years, Eminem, Bruno Mars, Weezer, Queens of the Stone Age and The Tragically Hip appeared, just to name a few. Well this year, they've spared no expense for a star-studded lineup. This year, Squamish has Drake, Sam Smith, Mumford & Sons,

ScHoolboy Q, Slightly Stoopid, Porter Robinson, The Kills and the list goes on. If you want to not only have a great time but also shed a man tear or two, hit up Squamish. I'd be there myself if it didn't fall on the very same weekend as my home away from home.

If you're into electronic music, then Shambhala is pretty much as good as it gets. This festival features six different stages, each with its own unique vibe. Shambhala released the headliners for 2015 a couple weeks ago and ho-lee shit! This year, Sham brings us legendary hip-hop DJs DJ Jazzy Jeff (who produced the Fresh Prince theme song) and Mix Master Mike (resident DJ for the Beastie Boys) along with dubstep heavyweights Skrillex, Excision and Datsik. More into house music? Fine, they've got Kygo, Justin Martin, Worthy. Say funkier beats are more your jam, well I guess you could go see GRiZ, Stickybuds, The Funk Hunters ... you get the idea. This festival's got something for everyone so if you're into letting your freak flag fly, I highly recommend going.

Pemberton released its lineup and it covers everything pretty well. In rock, we've got The Black Keys, Weezer, Sam Roberts Band, Hozier and Billy Talent. Rap has Kendrick Lamar, Kid Cudi, J. Cole, Missy Elliot and electronic has Tiësto, Bassnectar, RL Grime and then there's Pemberton's comedy tent, which this year features Cheech and Chong! Of course this is only a sliver of Pemby's massive lineup, ensuring that no matter what you're into, you'll have fun.

Tail Creek also gave us a taste of what they've got and while I'm not crazy about the rock lineup, you might be. This year, we've got Billy Talent, Art of Dying, Sublime with Rome, Pop Evil, Gob and Bad Religion. I'm super crazy about the electronic lineup, though. This year features Zeds Dead, GRiZ, Pretty Lights, Koan Sound and more. There's also two country artists, Brantley Gilbert and Tim Hicks as well as motor sports. Should be fun!

There you go folks, four top notch events to replace the hole in your heart left by the grease pit that was Boonstock.

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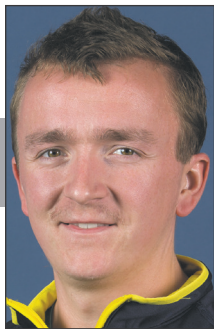
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FOR YOUR LISTENING PLEASURE ...

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By **CONNOR O'DONOVAN**

We all love to daydream. Whether it be on a bus, on a plane, at your grandma's house or in class, dreaming about better times in great places can be key to getting you through the day. This can be especially true in these late semester days, with that blue sky and sunlight peaking through the classroom windows. So here's a playlist for your distant eyes and distracted cerebral hemispheres. Albert Einstein himself said "I live my daydreams in music."

We'll kick it off with a little hip-hop and Nas's "If I Ruled the World."

"Life, I wonder, will it take me under? I don't know."

This classic hip-hop duet stretches a laid back beat over contemplative lyrics that both entertain and provoke thought.

Of course, a good daydreaming playlist wouldn't be complete without a couple of tunes about having a few dollars more in your pocket. I had to throw the Barenaked Ladies in there, sorry.

Day dreaming isn't all about looking towards a better future. Sometimes all you can think about is the past. Bryan Adams can help you with that. "Summer of '69" is one of the greatest look-back nostalgia tunes out there. Then, if your high school summer escapades don't quite live up to Bryan's, Noel Gallagher reminds to keep your jaded eyes on the road in front of you.

Next we'll honour the best kind of daydreaming: thinking creepily about that special someone you've always wanted to take on a hot date. There's Van Halen's track, "Hot for Teacher," about that politically incorrect crush that we've all had. If you're one of those sappy, emotional dreamers, skip to the Yeah Yeah Yeah's "Maps." Wait! They don't love you like I love you!

Finally, we'll end the list off with possibly the cheesiest song I could have included. Dream on, my friends, dream until your dreams come true.

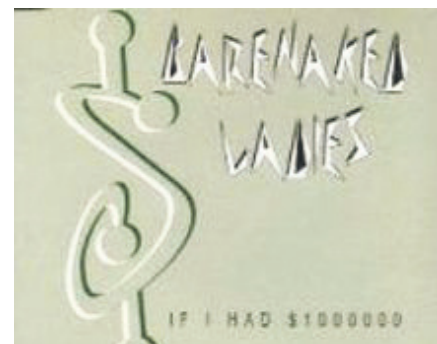
• Nas Ft. Lauryn Hill – If I Ruled the

World (Imagine That)

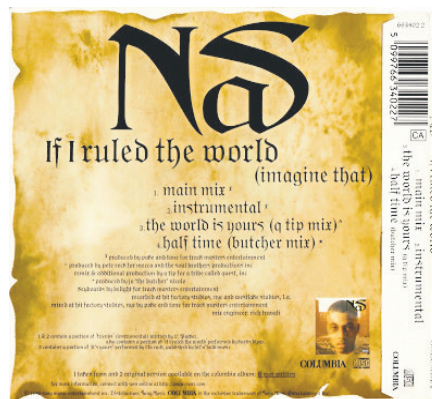
- Gang Starr Ft. Inspectah Deck – Above the Clouds
- Guru – Moment of Truth
- Barenaked Ladies – If I Had a Million Dollars
- The Flying Lizzards – Money (That's What I Want)
- Travie McCoy Ft. Bruno Mars – Billionaire
- Bryan Adams – Summer of '69
- Oasis – Don't Look Back in Anger
- The Beatles – Yesterday
- Van Halen – Hot for Teacher
- Yeah Yeah Yeahs – Maps
- Aerosmith – Dream On



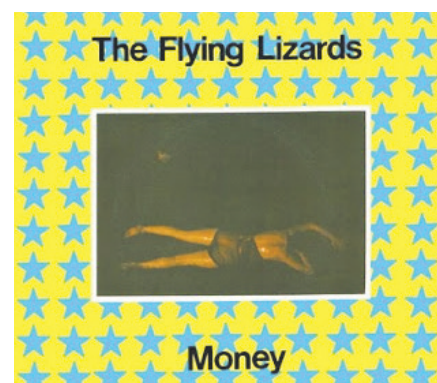
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en.wikipedia.org



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WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (1lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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MADAME O

April 2-8

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

Pisces (Feb. 19-March 20)

Take out that notepad and paper that you have stored away in the closet. Your creativity needs to be unleashed. Write a song, make a

piece of art, do something out of the ordinary! Your lucky craft store is Michaels.

Aries (March 21-April 19)

This week is your week! Although recent setbacks have affected you, the coast is clear now. Go ahead and get it done! Your lucky number is 65.

Taurus (April 20-May 20)

Look out for the vengeful Leo this week. No, like his actual name is Leo. Be on watch because he will distract you from your goals. Stay strong! Your lucky celebrity is Chris Evans.

Gemini (May 21-June 21)

Although you're feeling energetic this week, try to cool down for the next one. You'll feel like you're in a slump and you need to store your energy for then. Your lucky flavour is Berry Blue.

Cancer (June 22-July 22)

You've been helping a lot of people lately but you're under appre-

ciated. Let them see what it's like when you aren't the first to help out. Your lucky pie is rhubarb.

Leo (July 23-Aug. 22)

Maybe Taurus didn't understand their horoscope or something but if someone is eyeballing you for some reason, it's because they're jealous of your horizontally symmetrical body. Your lucky pizza is Hawaiian.

Virgo (Aug. 23-Sept. 22)

Don't let that incident at the coffee shop impact the rest of your week. You're better than that! It's not the your fault they didn't get your drink right. Your lucky candy is No Name Sour Patch Kids from Bulk Barn.

Libra (Sept. 23-Oct. 22)

OK, slow down. Yes, you're beautiful and talented but that doesn't mean that other people aren't. Step back and let others show their skills this week and see what happens. Your lucky currency is Medieval Islamic Terra-Cotta Tokens.

Scorpio (Oct. 23-Nov. 21)

You may have noticed that your friends are spending less time with you. Don't take it personally. They just can't handle your stunning presence any longer. Give them a little space. Your lucky star is the Sun.

Sagittarius (Nov. 22-Dec. 21)

Take advantage of the warm weather while you can. Go outside and sports around for a while. Your lucky popcorn flavour is Dill Pickle.

Capricorn (Dec. 22-Jan. 19)

There's an opportunity for you to shine this week. Look for it and take advantage of it because you may not have a similar opportunity for a while. Your lucky time is 9:41 a.m.

Aquarius (Jan. 20-Feb. 18)

People around you need your help and they don't want to ask for it. They're going through a tough time and all they need is for you to ask if they're really doing OK. Your lucky toilet paper brand is Charmin.

JUST THE TIP

What's wrong with virginity?

By FREAK FLAG

From the beginning of history, sex was looked at as a private matter between two people. Anyone who talked about it or strayed from that norm was considered dirty and shunned from the social community. As you can see in the photo, chastity belts were a reality and not something that was considered a joke. If you can't tell from the photo, that chastity belt in particular is meant for men. It ensures that nobody, not even the wearer, could touch the second member because that would be blasphemous and unnatural.

Thankfully we do not live in times where uncomfortable garments like that are necessary and we're in a time when human sexuality is celebrated not berated. However, while people are becoming more open and accepting of sexual exploration in and out of relationships – really, kudos to you – there are rising stigmas against those who remain virgins in their 20s and beyond.

I've been around conversations where people talk about their sexual adventures like they are better than others because they are no longer a virgin. A lot of people try to hide the fact that they are virgins because they want to feel accepted. They don't want to feel socially isolated because they haven't had that shared experience with their peers.

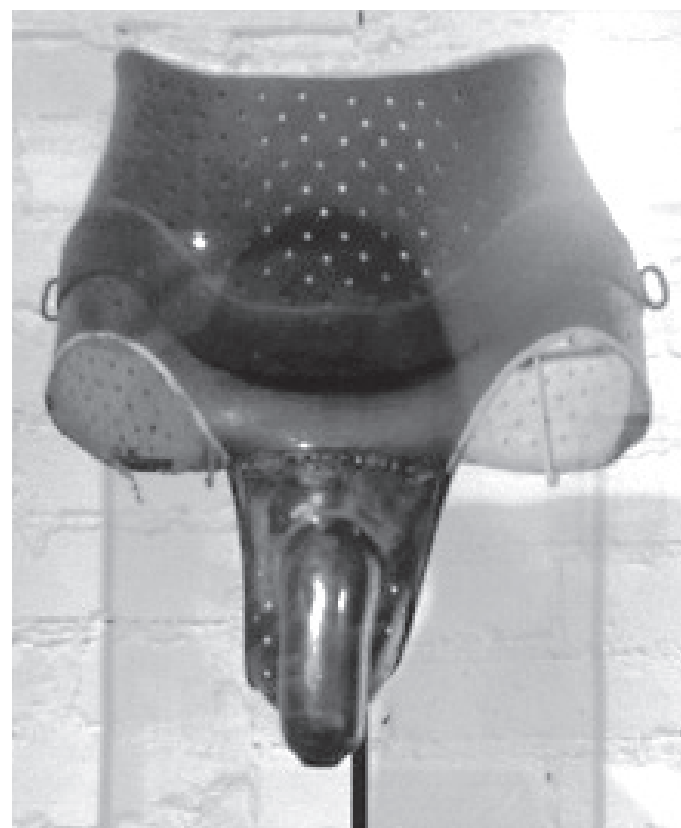
Some people even think virginity is adorable and that your views are dated or unrealistic. It's 2015 and people need to accept one another's choices. Be that they have chosen to have sex with however many people or if they have chosen nobody. I am single,

I am a virgin and I am not ashamed of it. I mean, I don't shout it from the rooftops but it has been my choice.

I am not a prude. I talk to my friends about their sexual experiences and laugh over their awkward encounters. Over the years, I have gotten really good at giving others advice. I'm not socially isolated and I love to have a great time at bars or wherever the night has taken me. I have had opportunities to have sex but it was my choice to decline. Whatever reason somebody has for remaining a virgin is nothing to be ashamed of and the reason behind it is nobody's g-damn business other than yours and your partner's.

The assumption that those who are older and remain virgins are either waiting for marriage or are too geeky is a dated stereotype. Steve Carrell's *40-Year Old Virgin* was hilarious but does not represent the ordinary virgin. If your reasons are religious or you want to wait until marriage to do it with 'the one,' hats off to you. At the same time, there are some who are asexual, some who haven't met anyone they trust to share that experience with or just have other priorities.

Virgins can get creative if they really want to. There are other ways to get release that sex provides for others out there. The point is let your freak flag fly, be it a sexually adventurous one or a virginal one. No flag is better than the other and both should be accepted. If your flag is more like a kite, own that kite and fly it like Mary Poppins is smiling down on you.



Anti orgasm device created by the Ferier Brothers in Paris displayed in the Museum of Sex Collection. "Created during the Victorian Era, this device was intended to deter young boys from engaging in the act of masturbation, or 'orgasm,' which was historically believed to have both negative and social consequences."

TELEVISION

Disney needs convincing

By **GERVAISE BRANCH-ALLEN**

Let me start off by saying I am not a hardcore *Star Wars* fan. At the same time, I definitely enjoy the outstanding franchise and the *Star Wars: The Clone Wars* animated series is no exception. After Disney purchased Lucasfilm and *Star Wars*, *Star Wars: The Clone Wars* was cancelled with many episodes still in the works. Fortunately, the crew behind the series managed to finish a few episodes to finish the sixth season. To help ease the pain of the beloved series, Disney released the episodes on Blu-ray and DVD as *Star Wars: The Clone Wars – The Lost Missions*.

Tough situations

In the episodes included in this set, characters are forced to overcome tough situations. Characters die, secrets are revealed and darkness looms over the galaxy. These particular episodes include heavy ties to *Star Wars Episode III – Revenge of the Sith*. The Clone Troopers and Yoda, in particular, experience great battles with darkness as they take the lead for most of these episodes. Anakin Skywalker, Count Dooku and Chancellor Palpatine have great roles throughout these episodes, as well.

The animation is absolutely gorgeous, and if you purchase the Blu-ray version, all the air battles, lightsaber duels and blaster showdowns will absolutely glow in front of your eyes.

All of the sounds are quite sharp and the voice actors are as brilliant as ever. Matt Lanter completely sells Anakin, James Arnold Taylor is excellent as Obi-Wan Kenobi, Tom Kane is great as both Yoda and the narrator and Tim Curry very nicely takes Ian Abercrombie's place (R.I.P.) as the chancellor. Other amazing voices include Corey Burton as Count Dooku, Phil LaMarr as Bail Organa and Terrence T. Carson as Mace

Windu. Arguably, the best voice comes from Dee Bradley Baker, who voices all the Clone Troopers. Well, there's also a few characters voiced by legends but mentioning them would be spoilers.

I have no plans to spoil the episodes, but here are the general descriptions. In the first story arc, a Clone Trooper loses his mind, forcing Anakin and Captain Rex to take action. This storyline takes a dark turn as secrets are revealed. In the second story arc, Padme Amidala finds herself in the middle of a bank plot and meets an old friend. In the third story arc, Mace Windu joins Jar Jar Binks (you read correctly) to stop an evil plan involving dark magic. In the fourth story arc, Yoda discovers the trippy side of the Force.

Balanced stories

While many of the episodes are steeped in dark plots and secret plans, the action, character development and occasional humour (AC-3!), manage to balance out the stories. While these episodes take place after Season 5, you don't need to have seen those episodes to know what's happening, though fans of the series will be at an advantage. Also worth noting, a few characters are missing from these episodes (C-3PO, General Grievous, Asajj Ventress, Ahsoka Tano).

Bonus features include a documentary and four story reels. The documentary is a solid (if a bit short) look back at the series. The story reels (available for Blu-ray only) are episodes in the animatic stage because they weren't completed in time. Trailers for *Star Wars Rebels* (great show), *Big Hero 6* (great movie) and *Maleficent* are included.

If you haven't already watched these episodes on Netflix, I highly recommend you buy this set and help convince Disney to release more *Star Wars* sets

(*Rebels* Season One). The Clone Wars and more. May the Force Be With You. Legacy lives on through comics, novels Always.



Photo by Ciaran Boyle

Victoria Brown Landscape Architectural Technology

Instagram: VictoriaBrown7

What are some of your interests? – Music, art ... and trucks.

Describe a perfect evening. – Honestly, it could be something super simple like drinks on a tailgate or something like an amusement park or speeders.

What are some major turn-offs for you? – Someone who has no manners or can't stop talking about going to the gym. Like, come on, guys.

What do you find attractive in a guy? – Someone tall with tattoos and manners.

What do you like most about yourself? – My tattoos! I have five and I can't wait to get more. I'm slightly addicted.

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



schmoesknow.com

ALBUM REVIEW

30 years young

By CONNOR O'DONOVAN

I decided to do a throwback for the CD review this week and look at an album that actually came out three years before I was born. That is U2's *Rattle and Hum*. I uncovered an old copy recently while cleaning and realized it had been a while since I had listened to it. I currently, of course, have all of the songs on my phone but somehow fell out of touch with the band and a record that I adored growing up. I'll be a U2 die-hard forever but their music hasn't really stood out for me recently, not like *Rattle and Hum* did.

It's got a great mix of live and studio recordings that showcases a band full of passion, energy and motivation. It also features a couple of awesome covers and some of the most legendary acts in the history of western music.

At 17 tracks long, the album is U2's longest. It opens with a fiery cover of the Beatles' "Helter Skelter," recorded live at a concert in Colorado. Bono's opening quote, "This is a song Charles Manson stole from the Beatles. We're stealing

it back," still gives me chills. The album features three more songs from the Colorado concert, including a powerful version of "Bullet the Blue Sky," a song that was originally released on their previous album, *Joshua Tree*. The song is one of U2's most overtly political and you can feel the passion in Bono's snarling spoken word verse and Edge's cascading guitar slides.

"Van Diemen's Land," the album's second track, is a haunting power ballad actually sung by the Edge and tells the tale of the Tasmanian island that was once an Australian penal colony. From there, things pick up with "Desire," one of the band's best tracks. Featuring a blistering electric guitar track from Edge and rollicking lyrics from Bono. The atmosphere of "Desire" is echoed in "Angel of Harlem," an homage to jazz songstress Billie Holiday. It features Bono's vocals at their finest. In my opinion, "Angel" could compete for the title of best U2 song.

Like I mentioned before, the album also has appearances from some musical greats.

B.B. King joins Bono for "When Love Comes to Town." One of the most memorable scenes from the companion movie released with the album shows King and Bono meeting before performing the song live. You can see the shyness in Bono's face when he greets the big man but all inhibitions are lost once King fires up the blues guitar. Bono is also joined by Bob Dylan on "Love Rescue Me," which the two co-wrote. Dylan's troubadour poetry mingles easily with Bono's anthemic spirit here. Jimi Hendrix also makes an appearance on the album, which includes his iconic electric "Star Spangled Banner" instrumental at Woodstock in 1969.

U2 covers Dylan's "All Along the Watchtower," also recorded live with the same fervour as on "Helter Skelter." That energy is prevalent throughout the album, including on "I Still Haven't Found What I'm Looking For," which is a staple on



www.amazon.com

U2's tours to this day.

Rattle and Hum is one of those records that just keeps on giving, no matter how deep you dig. Once you've listened to its better known tracks, you can close your eyes and put your finger on any of the others and it will be just as full of pure devotion and passion for music. It may be nearing its 30th birthday but for me it's as exciting as the first time I slid it into a CD player.



How to change bad habits



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Being aware of habits that are impeding our progress, or that may have been useful in the past but are no longer beneficial, is the first step to change. For most students the end of term is stressful – finals are looming and projects are due – so this may NOT be the best time to make major changes. However it IS a great time to look at changing habits that aren't serving you well academically such as procrastination, perfectionism and inability to make decisions. It may also be a good time to start considering habits that will improve your long-term success. Here are some tips:

1. Learn from the past. If you have tried to make changes in the past consider what factors prevented your long-term success? What triggered you to go off track, what could you have done instead, and how could have handled side effects, social situations, public reaction or other factors differently?

2. Know yourself. When would be the

best time for you to make a change? Which of your personality traits will help you and which might get in your way? Should you change gradually or go 'cold turkey'? Are you a private or a public person?

3. Work on changing one habit at a time. Ensure that you set realistic goals and timelines.

4. Know your motivations. Write down reasons for making the change – physical health, mental health, saving money, looking better, or any other benefits. Keep expanding your list and have it on hand to look at when you are feeling weak.

5. Make your goal public. Tell friends and family about the change you are planning to make and be specific about what is and is not be helpful in terms of support. If possible do not tell anyone that you feel will belittle your goal or be unsupportive. Even if you are a private person, it is usually beneficial to tell at least one other person.

6. Set specific short-term goals. If you are gradually cutting something out be specific about how much, when, where, etc. If you are quitting cold turkey ensure that your timing is right and your supports are in place.

7. Give yourself realistic rewards for going a day, a week, two weeks, a month, etc.

8. Have a plan to deal with withdrawal symptoms. Whether your goal is to make changes to shopping, eating, smoking, drinking, gambling, procrastination, emotional outbursts or negative rela-

tionship habits, recognize that there will be some hard times ahead. After the novelty of change wears off it is the mind's normal response to pull you back to the older, more familiar habit. Be prepared! What positive habit are you going to replace your negative one with? What are you going to do when you feel drawn back to the old patterns? Remember that the first few weeks are generally the most difficult but the new habit gradually becomes second nature. Try these tips:

- Have a plan for keeping on track. Take the time to write down your plan.
- Journalling. Emotions, obstacles, successes, ongoing plans ... related to the change.
- Have a friend touch base periodically and/or have a list of people you can call for support.
- Use relaxation techniques, yoga, deep breathing or meditation can help you get through tough times.

9. Clean up your environment. Get rid of things that are likely to trigger you like ashtrays for smokers, ice cream for overeaters ... This may mean letting go, at least temporarily, of relationships that foster your bad habit. Re-arranging your furniture or moving around some pictures can reinforce that you are making new, positive lifestyle changes.

10. Surround yourself with success – positive people, environments that you feel good in, hobbies or pastimes that you enjoy. Think of activities that are not compatible with your bad habit such as going for a run, cleaning a cupboard, doing a

crossword, dancing to some music or calling a friend.

11. Be mentally prepared. What are you going to say and do when you feel the urge to backslide? Telling yourself how you are getting stronger, fitter, happier or more effective can keep you on track as can imagining the benefits when you succeed. Giving yourself positive messages such as "I am a smoke-free person" or "I can feel myself getting healthier" or "I am strong and I can do this" will increase your motivation. Emotions such as anxiety, anger or depression can easily weaken resolve.

12. Get support. While you have to make changes on your own it is often helpful to get professional help. There are programs to help with smoking, over or under eating, compulsive shopping or other habits. While friends and family can be supportive most often they cannot be objective about your situation. Professional counsellors at NAIT Student Counselling can facilitate your progress towards changing unhealthy lifestyle habits, or work with you on any other personal or academic concern. All counselling is free and 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.

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

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

THEATRE

A satire with heart and humour

By MATT MOSEWICH

If you're looking for wholesome family fun ... look elsewhere. Unless your idea of wholesome family fun includes female castration, aids and frog screwing. *The Book of Mormon* played for six days last week from Tuesday to Sunday at the Northern Alberta Jubilee Auditorium. I was at the sold out Wednesday night showing.

Music and satire

The Book of Mormon is a religious satire musical that was created by Trey Parker and Matt Stone. If those names ring a bell, congratulations, you've been blessed with the genius that is *South Park*. If not, drop what you are doing and watch all 18 seasons of the classic cartoon right now, then thank me. I grew up on *South Park*. It was a staple of my childhood. So needless to say, I went into the show expecting it to be really good. It exceeded my expectations in every way and further enhanced Matt and Trey as comedic geniuses.

Matt and Trey first came up with the idea for *The Book of Mormon* in 2003 and after nearly seven years of development, the show opened on Broadway. The show was met with exceptional critical response and set records in ticket sales. The show took home nine Tony Awards, theatre's version of the Oscars, including Best Musical. The show also took home the Grammy for Best Musical Theatre Album.

The Book of Mormon tells the story of two young Mormon missionaries sent to a remote village in northern Uganda, where a brutal warlord is threatening the local population. Naïve and optimistic, the two missionaries try to share the Book of Mormon but have trouble connecting with the locals, who are more worried about war, famine, poverty, AIDS and scrotal maggots than about religion.

The two-and-a-half hour show is brimming with the profane humour we've come to expect from the men who thought up the likes of Eric Cartman and Randy Marsh. It's riddled with profanity and even manages to make "baptism" a dirty word. And, of course, there are also countless jokes at the expense of Mormonism. But for all the criticism they heap on Mormons, the show is never hateful. Sure they mock Mormons' unwavering optimism and their faith's origin story but the message is never anti-religious. Mormonism is simply a front to point out all the troubles in life. And, in mocking religion, the show is, in a way, endorsing it. The message is that if you need an absurd story to get you through the horrible parts of life, no matter what that story is, then by all means, have it.

As is the case with most of Parker and Stones' works, the vulgarity is always combined with a ton of heart and warmth, which leads to the true heart of the show. They give the main characters a naïve vulnerability and sweetness that lets them get away with joking about extremely serious subject matters that will get even the most prudish person to laugh. Which leads me to one of the biggest surprises of the night. I expected a younger crowd but was surprised to see an older and, in my opinion, a stuffier crowd, who, from my eye, really enjoyed the show.

Music brilliant

The musical numbers are brilliant. Co-written by Robert Lopez of *Avenue Q* fame, they are hilarious and catchy. You'll be whistling them as you leave the theatre. The set is imaginative and well thought out. It moves flowingly with the story and never takes away from the actors. The different characters in the show – ranging from Jesus to Satan, from Darth Vader to Hitler – all add to the laughs. The writing is sharp and, as an avid *South Park* fan, was reminded of that show. In conclusion, this is a must see. I laughed so hard I gave myself a headache ... a good headache. So if you get the chance to see this show, do it.

THE BOOK OF
MORMON



artistviewblog.com

FASHIONISTA OF THE WEEKSTA



Photo by Wallace Zuzana

Kate Puim Digital Media and IT

Kate is specializing in graphic communications and game design. She is a huge gamer. Her favourite games are Mass Effect, Dragon Age and Portal. Kate also loves fashion. Her favourite style is INDIE. Her idols are radio broadcaster Megan Edwards, British musician Natalia Kills but her most favourite of all is musician and designer Gwen Stefani.

Kate is wearing a dress from Garage, shoes from Payless, earrings from Budha shop and Ray-Ban glasses. Kate is very geeky, nerdy, spiritual. She is a cos player as well and likes dressing up. She is also a musician, sings, plays guitar, keyboard and writes songs. A solo artist, she plays at cafes around the city. Her biggest dream is to perform at K-Days.



What's your favourite pastime on campus when you don't have class?



"Snackin' in the NAITrium."

Jay Vick
Biological Sciences



"Working out in the gym."

Justin Schell
Instrumentation



"Hanging out with my friends."

Easton Wigley
Architectural Technology



"Liquor drinks at the Blind Duck."

Tyler Suteau
Geological Technology



"Sleeping in the library."

Amy Locke
DMIT

THROWBACK THURSDAY

Are stores on the way out?

By **KYLE MATZ**

For the longest time, we as humans have gone to physical locations to purchase items that we need. Since the wide-spread acceptance of the Internet, the number of retail stores operating is slowly decreasing. As an example, the iTunes Store launched in 2003 offering digital content in the form of music, movies and TV shows. Blockbuster, and many other DVD/VHS rental houses slowly lost business to the point where they had to close. Blockbuster announced that it would close all of its Canadian stores in August of 2011. Although the iTunes Store is not the sole reason the company went out of business (piracy was what the company blamed their demise on), it was one of the main reasons. People just wanted the ability to get a movie without having to leave the house.

The same thing is happening with other markets. Although it may not necessarily be cheaper to purchase things on the Internet, it is more convenient for certain items. For example, if you purchase a TV from Best Buy online, it includes free shipping to your house. This is especially useful to someone that may not have the means to transport the product they buy back home.

Even though this is Alberta, not everyone has a truck or SUV with a large trunk.

The most recent development in this story is the announcement of the closure of 131 Future Shop locations across the country. Sixty five of those will be converted into Best Buys. In a written statement, Best Buy said that this move was made to strengthen the company's position in the market. It comes at a time when people are spending more and more online and, even in the statement from Best Buy, the company said that, as a part of this merger, they're going to spend more time on developing the e-commerce portion of their site.

What does this mean for the future of retail stores? Will there be a future where we wouldn't need to leave the house to buy anything?

What about groceries? In select U.S. cities, Amazon has started a new program called AmazonFresh that delivers fresh local products to your house and, if you order more than \$50 worth, you get free same-day shipping. This program, in conjunction with their drone initiative, really shows that the future for retail stores may be pretty bleak. All of these stores that we

used to need to visit may become obsolete in the coming years, being converted to fulfillment and distribution centres for online giants.

Though one thing that the digital works cannot compete with is the ability to try out a product in person before investing money in it. That is one thing that a retail store does better than a digital counterpart. You'll never know exactly

how a device works or how it feels in your hand, unless you try it out first.

We've gone full circle in this throwback from looking back at stores we had that we don't need any longer, to stores that we have that we may not need in the future. Although I'm not a futurist, I can tell you that things are going to change and it will change into things that we never anticipated.



www.zerohedge.com

Amazon is working on a drone service to deliver merchandise.

MOVIE REVIEW

Song of the Sea enchanting

By CONNOR O'DONOVAN

I first saw *Song of the Sea*, just released for DVD and download, when I was in Toronto over the holidays. It was showing at the Toronto International Film Festival theatre and I had an afternoon to kill. I had already seen *Citizenfour*, which I'm pretty sure was the only other film showing in English at the artsy cinema, so the decision to go was more impulsive than researched or motivated. I wish I could do that kind of thing more often because there's something about seeing a film that you know absolutely nothing about that adds to your suspense and anticipation.

It definitely added to my growing sense of wonder while watching *Song of the Sea*, an animated account of the traditional Irish legend involving the ocean and the Selkies, magical creatures that are seals below the water and humans above. The film, directed by Irishman Tomm Moore, is centred around Saoirse and her older brother, Ben, who live on an island in a lighthouse with their father. In the film's haunting prologue, the siblings' mother passes away after giving birth to Saoirse, a tragedy that leaves Saoirse unable to talk and Ben with a jaded view of his little sister. Cut to a few years later and the family still lies in pieces. Saoirse, unaware of what transpired at her birth, navigates through her confusing world with a playful curiosity, wondering wide-eyed at her brother's anger and her father's depression. This curiosity leads her to find a magical sea shell instrument that belonged to her mother and with it she begins to understand what troubles her family.

But before she can fully explore the sea shell's meaning, she and her brother are whisked away to the mainland with their grandmother, leaving their father and the sea shell behind. Thus begins the young duo's adventure to return to their lighthouse,



moviemezzanine.com

discover the magic of the Selkies and reunite their family.

What really makes *Song of the Sea* stand out, apart from its deep, family driven storyline, is its beautiful, hand drawn animation. There is something enchanting about the way the characters and environments are shaped and shaded to reveal emotion and atmosphere that sets the movie apart from today's computer animated flicks. The style of the artists is more clearly on display, giving the film a chance to become truly unique. The art enralls, entertains and inspires all at once in a manner reminiscent of the original *Snow White* or *The Iron Giant*.

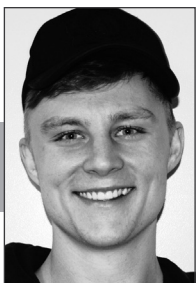
The film's eerily beautiful soundtrack also enhances the

mood and atmosphere of *Song of the Sea*. Ranging from gentle to piano, to intricate acoustic guitar, the soundtrack draws from the likes of Irish singer-songwriter Lisa Hannigan and accomplished French composer Bruno Coulais, who created the score for Tomm Moore's first film, *The Secret of Kells*.

Song of the Sea achieves the aesthetics necessary to allow an animated film to truly inspire the imagination. I remember watching certain animated films when I was young, like *The Fox and the Hound*, that really made me feel the emotions of the characters. *Song of the Sea* does this consistently with its purposeful animation, plot-leading sound and heart-warming family themes.

DJ-ING 101

EDM becoming mainstream



BRETT BOHL
@djBohLd

Electronic dance music is everywhere. What used to be an underground movement is leaving modern day "hipsters" searching for the genre that will become the next big thing.

Festivals like Electric Daisy Carnival in the U.S. are grossing more than \$40 million in profits, translating into history repeating itself with massive crowds of dance loving youths gathering with a united passion for the genre.

The culture's terminology is being rebranded as it has been taking on more followers. DJs in 2015 are becoming the new rock stars. What society once termed a rave is now called a festival.

EDM has formally grown out of its name of "Techno." The popular elec-

tronic dance music drug MDMA has even adopted its own brand "Molly," and headliners of the events are taking in \$20-million profits.

Raves started out in the 1990s and over the past 20 years, EDM has slowly begun to take over the modern North American concert revenues. The word festival is now represented by promoters as something drawing the line between a '90s rave and the EDM concerts of today. The music of '90s hasn't changed the way people are dancing nowadays but the music itself has changed.

The music has become much more complex, becoming a rehash-mash of trance, house and electro combined. With technology improvements always advancing, the genre will never stop growing and changing. Multiple artist collaborations are being combined into masterpieces of music and are then even being remade into newer and improved remixes. Our dance DJs are selecting only the best when you go out to dance.

The venue promotes the DJs and the DJs promote the venue. Other endorsements are following the advertising these two entities, cross promoting their prod-

ucts and services through the popularity of dance music. Big corporations that were once reluctant to take part in any sort of EDM relationship (mainly because of the drugs associated with its hot-spot rave locations) are now looking past what was once assumed to generate negative publicity and realizing that these raves are attracting big crowds and are the places where there is big money.

Today, EDM has come a long way from its early days of house and techno when the DJ booths were often tucked away in a corner compared to being up on stage with live dancers. Thousands of people purchase tickets for some of these major events and now not everyone is facing in the same direction, looking at the same place at the same time. They are meant to get lost in the psychedelic futuristic sounds, lost in the dance floor in a sea of people, becoming a collective member of the intimacy of some giant extravaganza only growing larger day by day.

These massive events require no-expense-spared LED graphics and cutting-edge visual technology. The dance music has become so mainstream and popular it's entering the Top-40 billboard charts.

As many of billboard-hit lovers attend these massive concert congregations, the venues have begun to compel the required permits to host such events. Even more intense security, with extreme entrance search checks and overall safety provisions have been implemented along with the development

Venues that were once abandoned buildings and remote farms have progressed to deliberately thought out, in plain-sight locations, advancing from football stadiums all the way up to desert wilderness excursions.

A couple of examples are the week-long Black Rock Desert festival in northern Nevada called Burning Man and the largest longest-running, five-day, four-night electronic music festival Shambhala.

Without the people making music, the people promoting these venues and the people paying for the EDM experience, the expansion couldn't continue. What used to be underground is now a long-term plan that will always continue building. The day an EDM concert turns out to just be a regular concert is the day that I am not going to be inspired anymore.

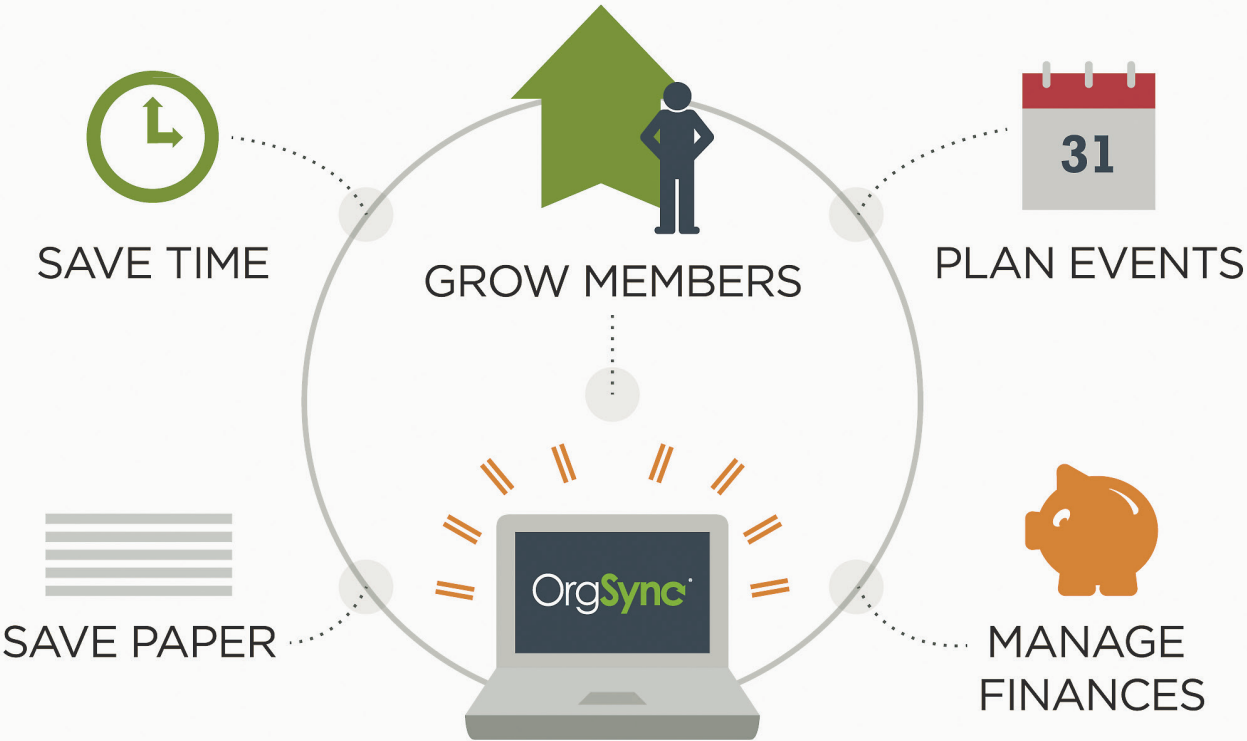
WHAT'S GOING ON AROUND CAMPUS

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



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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