

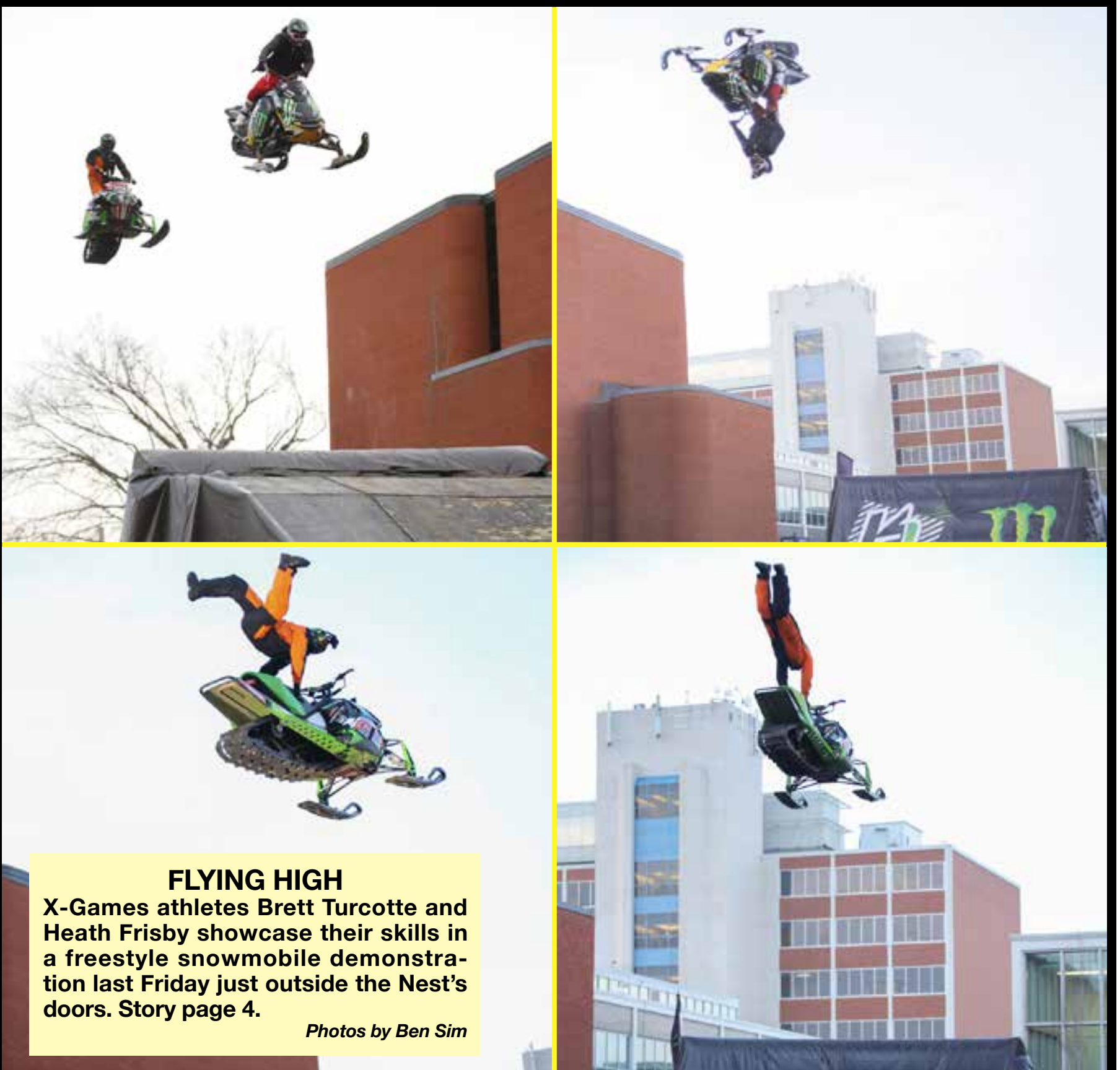
THE NAIT NUGGET

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

B-BALL DOUBLES UP

Men's and women's teams off to nats, pages 10, 11



FLYING HIGH

X-Games athletes Brett Turcotte and Heath Frisby showcase their skills in a freestyle snowmobile demonstration last Friday just outside the Nest's doors. Story page 4.

Photos by Ben Sim

NEWS & FEATURES

Racism takes many forms



NICOLAS BROWN
Issues Editor
@bruchev

Alright everyone, it's unpopular opinion time. With every passing year, we see new advances in society, in policies and in our expectations. We've gone from a society that segregated individuals on the basis of religion or race to a generally open and accepting society in a little over 100 years, which is undeniably a good thing!

Absolutely horrific and terrible acts have been committed for the sake of race or belief, religious or not. And even today, prejudice threatens families and restricts opportunities that should be open to everyone.

Yet, as we continue to move forward as a society, we should remember to stop and reflect on what we are driving towards. Is it possible to go too far? In our pursuit of equality and inclusivity, do we risk becoming

ing exclusionary?

There are many directions this discussion could take but let's look at one of the larger concepts – racism. I'm not an English major or a linguist but I firmly adhere to Webster's dictionary definition of the term – "racial prejudice or discrimination." That's it, a nice clear cut definition in my mind.

It doesn't seem to be so clear cut for others, however, and there are even people trying to change that definition. A popular social perception of modern racism is a condition in society in which a dominant racial group benefits from the oppression of others, which effectively translates into racism only being possible from a dominant group or position of power.

There are many people in our society today, some of them very prominent in their fields, whether it is politics, business, or social policy, who strongly believe that you can't experience racism if you are not a member of a minority group.

I have two very glaring reasons why I disagree with this belief and this apparent trend in our society.

First, the "dominant group" is never the same, and as is common when we have social trends in Western culture, we seem to think only North America and Europe matter when dealing with social policy. We

are dedicated to eliminating social injustices but it's an extremely Euro-centric or Western-centric view. A common refrain is "if you're white, you can't experience racism," generally because those of Caucasian descent are considered the majority in North America and Europe. Yet, is it at all possible that they are the minority in other countries and may experience racism? Or could an individual still experience racism when they are a member of a "majority" group?

A definition is all-encompassing, and should apply to the concept it defines within a language in a global-sense (barring regional differences).

Secondly, racism isn't about dominance or numbers. It's about the irrational prejudice against or discrimination of an individual or group held by another individual or group. The domination or size of one group over another has absolutely no influence on this.

Let's take South Africa's history as an example – a country reviled for having segregation for many years and rightfully so. Segregation is a terrible concept that, for the most part, our global society has managed to address with success. Racism was the major influence in that system of segregation, which allowed, ironically enough, a minority group to maintain power.

Yet, if you look at South Africa now, is it not possible to say that racism, perhaps even systemic racism, still exists in that country? Those pushing for a more "modern" definition of racism would likely disagree, since the racism that remains in South Africa is primarily against those of Caucasian descent.

I am not saying that racism doesn't still exist – we all know that it does, and in some cases occurs with frightening frequency. And I am not saying that the actions taken in the past have not been terrible and inexcusable in any decent country or society. I am simply asking that if we want to pursue a truly equitable and open society, we need to stay in perspective.

I could write much longer about this, because this is an incredibly complex topic. I have barely scratched the surface but if it encourages even one person to sit down and think, then I would deem this column successful.

Racism still exists and it affects every single one of us, whether we know it or not. We need to continue fighting entrenched social norms and educating people about how prejudices and discrimination impact those around them. But we need to acknowledge that it impacts everyone, regardless of race or we simply perpetuate the problem.



Nugget photo

WORK PROGRESSING

The new 530,000-square-foot Centre for Applied Technologies (CAT) building, under construction north of the HP Centre, is scheduled to open in September to house business, health sciences and other programs.



Urban sketch by NAIT student Cecile Novel.

Photo by Jennifer Rae

Workshop draws fans

By JENNIFER RAE

The Environmental Design Student Society (EDSS) hosted an urban sketching workshop March 4 and 5 on campus. While this event was open to students, industry professionals and the Edmonton chapter of Urban Sketchers, it was staff and students of the Landscape Architectural Technology program who primarily attended.

This “program provides specialized training for the production of man-made environments that are ecologically appropriate, functionally successful and aesthetically pleasing” to quote the NAIT program website. Sketching proposed architectural landscapes is a fundamental component of the program.

Workshop

James Richards, a prominent landscape artist and urban designer from Texas, was invited to NAIT to instruct a workshop on hand rendering. While computers and programs like CADD (computer-aided design and drafting) are used extensively in architectural design, there is an industry standard for sketching by hand and a need for architectural technologists and designers who have the ability to sketch clearly and quickly. Students are trained to hand render for illustration but what is often required is an ability to listen to a concept and render it during the brainstorming phase of the design process.

While there was only one session on Friday afternoon, those who attended on Saturday enjoyed two distinct sessions: The fundamentals of urban sketching in the morning followed by the design con-

cept session, which covered putting a perspective scene on paper, quickly. Each session had two parts, a theory tutorial and a practical application where the students actually sketched and coloured alongside the instructor.

Richards who has travelled widely and worked in many different capacities in the architectural design and drafting field, advocates practising the fundamentals every day, just as a music student would run through their scales. This entails practising shading techniques, drawing people and using perspective. Training these techniques into the muscle memory allows for ideas to be translated to images quickly.

He also suggests travelling extensively, sketchbook at the ready, in an effort to create a mental portfolio of images that can be drawn on when articulating a new design.

Richards explained that hand rendering has distinct advantages over computer design programs. Sketching can be done quickly and it can be detailed or it can be a rough approximation, perhaps only a few lines. This versatility and the need for little or no equipment are ideal in the field. The seemingly effortless image helps to clarify ideas being discussed and those who respect the artist’s time and process are more likely to present changes to the original drawing when such little effort is expended in its creation.

“It is important for people to understand that you don’t have to be an artist to be able to draw,” said Bev Bruyere, associate chair of the Landscape Architectural Technology program.

The students who were interviewed

reiterated that everyone can draw; it just takes getting over the fear of the blank page. Even Richards is stymied when faced with a new slate, so he starts with what he knows – the principle common denominator of every urban space: the people that are enjoying it.

If you missed this informative and creative workshop, keep an eye out next year at this time as EDSS is hoping to make this an annual event. There is student friendly pricing for those attending NAIT as Richards, NAITSA and NAIT come together to help with funding. For those who would attend, supplies are provided along with lunch. Attendance has been consistent with 40 to 50 participants.

Edmonton group

For those interested in sketching the urban environment, the Urban Sketchers group in Edmonton meets the first weekend of the month, check out their website at edmontonsketchers.wordpress.com. Urban Sketchers is a non-profit group that is dedicated to the artistic, storytelling and educational value of artists who practise on-location drawing.

Richards is currently an Associate Professor of Landscape Architecture at The University of Texas at Arlington, co-founder of the urban design firm Townscape, Inc, and a member of the advisory board of the global non-profit Urban Sketchers.

His book, *Freehand Drawing and Discovery*, is available on amazon.com. Check out his blog at jamesrichardssketchbook.com.



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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.

No snow? No problem!

By **NICOLAS BROWN**
Issues Editor
@bruchev

There may not be snow on the ground but that didn't stop some airborne antics in the Nest parking lot on Friday, March 4. NAITSA partnered with Monster Energy and others to bring X-Games athletes Brett Turcotte and Heath Frisby on campus for an aerial spectacle.

Turcotte and Frisby showcased their X-Games skills in a freestyle snowmobile demonstration, launching upwards into the sky and flying from ramp to ramp just outside the Nest's doors. The lack of snow didn't inhibit the mobility of the snowmobiles, as they had small wheels installed on their skis to ensure mobility.

The freestyle show was a new outlet for NAITSA to engage with students and the partnership with Monster Energy allowed the Students' Association to bring a large event to campus for a relatively low cost. Monster

Energy took on most of the costs in organizing the event, allowing NAIT students to enjoy a free show and have the opportunity to win free prizes.

The athletes themselves also have their own claim to fame. Both medalists in past Winter X-Games, Frisby and Turcotte have demonstrated considerable skill in the sport. Frisby landed the first ever front-flip at the 2012 Winter X Games and demonstrated that feat over the asphalt. Turcotte has pulled off back-flips in competition and also demonstrated the accomplishment last week for the students in attendance.

Between airborne sessions, students gathered in the Nest to listen to the experiences of the athletes through their careers. The event was wrapped up with autographs and questions from students. This event may be the first of many sponsored by Monster Energy, so NAIT students may be able to look forward to similar events on campus in the future.



Heath Frisby wows the crowd.

Photo by Lori-Anne Gaydosh-Cote

You don't have to sit in school to stand among greatness.

Winston Churchill: Victorious Visionary

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EPS SPOTLIGHT

From cabinetmaker to city police officer

By KYLE UMBACH

The Edmonton Police Service is looking to fill over 160 positions in the coming months and is reaching out to graduating post-secondary students to fill the ranks. Contrary to popular belief, you don't need to study law enforcement or a related program to qualify. Here we'll highlight some NAIT alumni who are now of EPS officers.

Name: Bryce Finstad**Current position:** Southwest Patrol Constable**NAIT Program:** Cabinetmaker

1.) What skills from the program do you find most useful as a police officer?

Attention to detail and organization. Creating cutting lists, using effective time management and organizing building plans while looking at the fine details are skills learned in Cabinet-making. In policing being organized with your time, paperwork and looking into the fine details to piece together a crime are all important.

2.) What are some of the biggest challenges you face as a police officer? How did your program help prepare you for these challenges?

Priorities are extremely important in policing and knowing what needs to be completed first. When working in a cabinet shop prioritizing what needs to be completed first and assembled first is essential. In policing, identifying

priorities at any call are essential to ensure the proper resources are allocated and the investigation is completed thoroughly.

3.) Can you recall your favourite experience while attending NAIT? Is there anything you wish you did, but never got a chance to do?

While attending an apprenticeship program you meet new people and make new friends in your class. After eight weeks you go back to work and I would stay in contact with a few people I met. It was always nice to go back each year and meet up with the people you made friends with the year before. I also enjoyed building the final fourth-year project, a roll top desk. The desk is in my house by the door and reminds me of NAIT and working with wood all of the time.

4.) Do you have any advice for NAIT students interested in a career with the EPS?

Look into a career in policing. Attend an information session through recruiting. Policing was always something I was interested in and is definitely the job for me. While there are serious times and lots of pressure in stressful situations, there is a lot of fun. The people you work with are amazing and there is always something going on. If you do end up in policing I recommend having a hobby and the courses you take at NAIT may just be that hobby.



Photo by Kyle Umbach

Const. Bryce Finstad



APPRENTICES! ARE YOU COMPLETING THE FINAL PERIOD OF YOUR APPRENTICESHIP PROGRAM?



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SATURDAY, MAY 7, 2016
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Point counter Point Free tuition?



JOEL LECKIE

We all know the impact of rising tuition costs and the ongoing debate about government subsidies for tuition. But one of the things that hasn't really been expressed as a possible solution is revising the process of student loans. There are a ton of scholarships and bursaries available but they can be a pain to sift through. And some people cannot afford to go to school without working full time and even that won't always pay all of the bills.

Canada is more fortunate than the United States. Here, a lot of tuition costs, for local students at least, are subsidized. However, continuing to do this can place a huge burden on the government when it comes to students who go in for a partial program they don't complete. There is no overall gain, only costs. So what about having a student loan system with an enhanced loan forgiveness program?

No need for full-time job

It would work like this: prospective students apply, are accepted and then go to the loans department and apply for a student loan. The loan is approved and the student is able to pay for school bills, rent and a little extra for necessities, such as food. This frees a student from the burden of needing a full-time job while taking full-time classes, a situation that can be unreasonably stressful.

As with loans now, there is no principle payment or accrued interest while the student is in school or registered to return to school. He or she will still need to work over the summer to earn enough income for summer rent and expenses but won't need to come up with thousands of dollars again for the fall. That loan has already been approved and, with the new term, new amounts are added to the existing loan.

The difference

Under this plan, the difference comes when students finish their program. After a year, two years, four years or however long it takes the program to be completed, the student will submit a completed program report to the loans office, proving they achieved what they set out to accomplish. Then, for the next year or so, they provide a progress report. This can be as simple as type of work they are doing and where they are living. When the job is in the appropriate field and the work is relatively local (i.e. in Canada), then it shows they are stimulating the economy. A percentage of the loan, based on the industry, will then instantly be forgiven.

Costs \$20,000 to go to business school for four years? Since you work in local business you now only owe \$5,000 on your loan. Thank you for contributing. The catch? If you drop out or move out of the field, that education is virtually useless to the government and the full amount owing remains.



CONNOR O'DONOVAN

I'll be the first to admit that the concept of free college tuition poses a lot of questions for our conservative society. Many are being brought up for public discussion now that the Ontario government has announced plans to provide free tuition to students whose parents make less than \$50,000 a year.

Is this threshold fair to families and individuals making just over the \$50,000 mark? What about those working extra jobs or overtime to make their financial ends meet? And who is going to pay for it? Surely taxes will be raised somewhere but why should the burden fall upon those who worked hard to pay for their own education? Will these tax dollars go to waste on students who aren't truly committed to their studies? And what would be deemed legitimate as post-secondary education?

Justification

Answering these questions suitably would surely require a great deal of thought, creativity, trial and error. Here's the justification for the effort – education is a human right. A proper education is necessary for survival and always has been. Once upon a time, education might have involved learning how to properly hunt bison. In today's society, the lessons are different but the goal of providing for oneself remains the same.

Education – including institutions of learning utilized beyond grade school – is the foundation upon which all of the world's innovations are built. Advancements in the fields of medicine, engineering, ethics, politics and the arts are all owed to the education systems of their innovators. The homepage of Google Scholar is bannered with the phrase "Stand on the shoulders of giants." Malala Yousafzai said "With guns you can kill terrorists, with education you can kill terrorism." Education's importance falls only slightly behind that of the air we breathe.

Special tax rate?

The first and biggest barrier to free college tuition is probably cost (obviously it can't technically be "free"). There are numerous European countries that already offer free tuition, countries with tax rates not that much higher than our own. Perhaps the costs could be subsidized by a special tax rate applied to those who have received free tuition. The tax could apply only if a student graduates and finds employment in his or her respective field.

The danger of wasted resources lurks within the high percentage of students who drop out during or after their first year of studies. This number could potentially be exacerbated by removing the motivation of expense incurred by tuition cost. I've heard some suggest making only the first year of education free. Maybe the first year is the only one that students should have to pay for. It would significantly lower overall post-secondary cost and provide incentive for students to succeed in their senior years.

I can foresee an argument over whether or not all faculties of education should be offered at no cost. Keeping enrolment limits low could prevent the supersaturation of particular skill markets and promote the development of more adaptable skill sets through increased competition.

As far as who should qualify for free college tuition, I agree with a recent *Toronto Sun* columnist's argument that we needn't create another way for income levels to divide us. You might remember this quote from your high school Social Studies class, "Education is the great equalizer." Equal opportunity should available to all.



OPINION

— Editorial —

Feeling the burn



DANIELLE S. FUECHTMANN
Editor-In-Chief
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I've been sitting at my keyboard for a couple hours now, slowly clicking away at an assignment and trying to find direction for this editorial. As students, we're expected to juggle a lot of tasks – going to class, doing assignments, working and taking care of whatever other commitments that we have, like volunteering or just spending time with family and friends. I love being a student, I really enjoy going to school and I thrive on being busy.

Until I got too busy.

It's real

Burnout is a real thing. I know I'm not the only student who is probably relying on trenta coffees, eating on the go and spending far more hours with their computer than their significant other or friends. Until recently, I embraced my busy-ness with a sense of pride. I could skip home after class or my office hours at *The Nugget*, tackle a pile of homework and still have the time and energy to go out or work on a personal project.

This week, however, I woke up exhausted. Not the kind of tired that can be easily masked by some coffee and under-eye concealer, either. I would confidently bet that I'm not the only student on campus feeling the same way this week, especially after the rush of midterms and assignments!

Focus on learning

Right now, I'm trying to put everything in perspective. As much as the grades we get are important – and I'm definitely not claiming that I'm giving up on my pristine GPA – I think it's essential to focus on actually learning. It can be easy to confuse rote memorization and repetition for understanding. Sometimes there is a big divide between being able to get 100 per cent on an assignment or exam and being able to apply that knowledge. I think it is generally far more valuable to accept an imperfect grade in pursuit of genuine comprehension. After all, once you start applying your education in the field it won't be in the form of a clearly outlined assignment or multiple choice question.

Being able to balance your life with time for school while allowing yourself time to relax and recharge can be difficult but it's a big key to success. Walking through life and sitting in classes when you're feeling burnt out makes it difficult to give your best to anything. One of the lessons I'm learning is that it's much

better to try to do a bit less and do it well.

If what I'm talking about sounds like something you can relate to, I encourage you to slow down and look at all of the things you're currently juggling. Is there anything you can stop doing (sometimes saying no can be incredibly empowering if you do it positively). Are you too stressed out about getting perfect grades? Are you taking time to get enough sleep and take care of your health? All of these

things are important to being successful, both as a student and in your daily life.

NAIT also has some great resources and student services. If you're feeling overwhelmed, reach out to one of your instructors or visit Student Counselling in Room W-111PB, HP Centre. Take advantage of some of the supports that are available. It can be really helpful when you're feeling overwhelmed!



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SPORTS

We are the champions!



BRIDGETTE TSANG
Sports Editor
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It's hard to understand what 'winning' is when you live in the same city as the Edmonton Oilers (unless, of course, you're talking about the draft lottery ... winner!) But as our former slogan boasted, "The City of Champions," I think our city rightfully deserves to maintain that same mentality in its people and for our community as a whole.

Despite the record of the Oilers, Edmonton continues to be a mecca for successful sports teams – hockey, football, basketball, badminton, volleyball, curling, etc. The Edmonton Rush won the NLL title right before they moved to Saskatchewan. This past season, the Edmonton Eskimos won the Grey Cup. The Edmonton Oil Kings were WHL champions and Memorial Cup champs just two seasons ago and the U of A Golden Bears and Pandas teams have won multiple national titles in just the

past three seasons.

And you don't have to look far to find a winning team here, either. The NAIT Ooks have excelled in every sport they play – count 'em, all 10 teams! Hockey, basketball, volleyball, soccer, badminton and curling.

The NAIT men's hockey team just finished its regular season undefeated and scored a bye right to the semifinals this weekend. The team has been to the finals four seasons straight, and are ACAC champions twice in the last three years.

The NAIT women's hockey team is currently in the ACAC finals for the fourth season in a row, having won three-consecutive championships and are hoping to bring a fourth one home in as many years.

NAIT's basketball teams made history this past weekend with a golden sweep of the ACAC. The women's basketball team won their first ever ACAC championship in their 35-year history. The men's basketball team won its seventh ACAC championship after a finishing second in the ACAC North this past season. Both teams will proudly represent NAIT and Alberta in the CCAA Nationals next weekend in Ontario.

Oh yes, there's more. This past weekend, the NAIT badminton team dominated the CCAA Nationals with two gold medals and a bronze. At the ACAC Championships hosted here at the NAIT Gym a few weeks ago, the team won four of the five



Photo by Jesse Kushneryk

Ooks forward Charles Wells tries to tip in the puck in a game against Concordia at NAIT arena on Feb. 20. The team went on to a 32-0 season.

events after winning the ACAC team championship the previous tournament. In total, NAIT badminton has 18 national titles.

NAIT's volleyball teams are in contention for the playoffs every season. The men volleyballers took home an ACAC bronze last year and hosted the ACAC Championships this past season where they finished fifth.

Curling has been a part of NAIT's winning culture as well and, with a gold and a bronze at this year's ACAC Championships, are headed to nationals at the end of the month.

So, if you want a reason or team to cheer for, look no further than what's close

by. What's more, watching your fellow NAIT students compete at such a high level in sports they are passionate about, while proudly representing your institute is enough reason to get out to a game. And if you think school work already bogs down your schedule, these student athletes put in hours and hours of practice and playing games on top of an already busy school schedule.

Although being a champion doesn't necessarily always have to relate to winning, it is that mentality that will lead to success. Let's celebrate what it means to be a champion!

SOCCER SEASON RECAP

Soccer teams had great year

By MIA SIMON

Now that the 2015-2016 ACAC season is nearing the end, we must not forget about the NAIT Ooks men's and women's soccer teams who worked very hard this season.

The men finished their regular season with a record of 8-1-1 and second place just below their North Division rivals Keyano Huskies. The 2015 ACAC men's provincials were hosted at Keyano College in Fort McMurray. Before the provincial playoffs began, some Ooks received awards. Luis de la Torre Navarro, Igi Broda, Sebastian Cabrera, and Jordan Teliske were chosen for the North Men's Soccer All-Conference teams, selected by the ACAC men's soccer coaches. Sebastian Cabrera was selected as 2015 ACAC men's rookie of the year for his talented and skilful play.

The men's team went into the first game of provincials driven and showed the Red Deer Kings what they were about. Luis de la Torre Navarro scored a hat trick as Cody

Ashworth, Igi Broda and Sebastian Cabrera added one each. The final score was 6-0 for the Ooks as they advanced to semifinals against the Lethbridge Kodiaks. In that match, Igi Broda had the lone goal for the Ooks as the Kodiaks won 4-1.

Head coach Charles O'Toole said that the team still performed very well, despite the result.

The Ooks outshot the Kodiaks 24-9 and had the majority of the possession. The Ooks eventually played in the bronze medal game and beat the SAIT Trojans 4-1, taking the medal back home to Edmonton! The NAIT men's soccer squad had a fantastic season and is now regrouping and re-building for the upcoming season!

As for the lady Ooks, they went for another undefeated 10-0 regular season record this past year. The Ooks finished first in

the North Division and travelled to Grande Prairie for the 2015 provincials where they had a bye and went straight into the semis.

Before the games began, Kassy Jajczay, Kayla Michaels, Megan Loyns, Marissa Webb and Kelsey Mitchell were selected by the ACAC women's soccer coaches for the all-conference award. Marissa Webb was also chosen as the 2015 ACAC Rookie of the Year.

The NAIT Ooks played a composed and gritty semifinal game against the host Grande Prairie Wolves and won a solid 1-0 game. The lone goal was scored by Kayla Michaels. In the gold medal game, the Ooks prevailed over the Concordia Thunder 4-1 to claim another championship.

Kayla Michaels completed a Texas hat trick and scored all four goals for the Ooks to steal Concordia's thunder as the Ooks advanced to the 2015 CCAA

National Championships hosted by Fleming College in Peterborough, Ontario. At the CCAA awards banquet, Michaels was named a 2015 CCAA All-Canadian for the second straight season while also making the CCAA All-Conference with teammates Kassy Jajczay and Kelsey Mitchell.

The Ooks won the first game against the Mount Saint Vincent Mystics from Halifax 6-0 with goals from Jajczay, Michaels, Marissa Webb, and Rayna Hamieh. In the semifinals against Douglas College in BC, the Ooks played a hard-fought game and won 2-1 from a set play free kick at half.

Unfortunately, the squad fell to Garneau Élans 5-1 in the gold medal game, making it the second straight year the Ooks lost to Garneau in a national championship final.

The NAIT women's soccer squad overall had an incredible season and are looking forward to next season!





Supplied photos



MEDALS GALORE

Happy Ooks, top left, pose with their medals at the national badminton championships held at Vancouver Island University in Nanaimo BC March 2-5. They are: Sam Kim, left, gold, mixed doubles; Jeff Ko, bronze, men's doubles; Rosanna Chan, gold, mixed doubles; Seulbi Kim and Kai-Li Huang, gold, women's doubles and Nick Roque, bronze, men's doubles. Above right photo, Rosanna Chan and Sam Kim in action in mixed doubles and left photo, Jeff Ko congratulates Nick Roque during one of their matches.

BADMINTON

NAIT scores at nationals

By BRIDGETTE TSANG

Badminton has always been a strong sport for NAIT. But head coach Jordan Richey will tell you that it's not without hard work and dedication to the sport that has put the institute to where it is now.

After all, the reigning ACAC coach of the year knows what it was like to be a student athlete having been a former All-conference player himself. His coaching style reflects that of his playing style greatly. Under his regime thus far, NAIT athletes have won 15 national championships, including CCAA Gold in Men's Doubles

last season. Richey has twice earned the CCAA Badminton Coach of the Year award ('07, '12), and is continually an advocate for the sport of badminton.

It's not every day you see passionate individuals so committed to their craft, especially Richey and it has rubbed off significantly on the rest of his players and associate coaches as well.

At the CCAA Nationals last weekend in Nanaimo, BC, the Ooks came away with two gold medals and a bronze to cap off their season. Nine players represented NAIT at the tournament held at Vancouver

Island University.

Before the start of the national tournament, the Ooks came away with some hardware already. Ouk Nicholas Roque was named the CCAA Male Player of the Year and All-Canadian award at the banquet the night before the start of the tournament.

But that was only a foreshadowing of the hardware that the Ooks were about to get. Ooks Rosanna Chan and Sam Kim captured the national championship in mixed doubles with a straight sets win over Humber College in the final. In women's doubles, the powerful duo of Seulbi Kim

and Kai-Li Huang took the gold away from Seneca College in the final to claim their own CCAA National title.

In men's doubles, the dynamic duo of Nicholas Roque and partner Jeffrey Ko were unable to take the third set in extra points in the semifinals but were able to take back the win in the bronze medal game to claim the medal from Redeemer College.

Although the Ooks didn't medal in men's singles, Jason Rausch finished fifth in that event. While in mixed doubles, the team of Mac Rymes and Susan Fong finished sixth at the CCAA Nationals this year.



Supplied photo

Team members celebrate after their win at the ACAC championships on March 5 at Olds College.

BASKETBALL

Men win the provincials!

By BRIDGETTE TSANG

The 24-game ACAC regular season has its ups and downs. Luckily for the Oaks men's basketball team, there were more ups than downs this season. After finishing 18-6 and second in the ACAC standings, the Oaks knew their strengths going into the first round of playoffs, but chose to also tackle their biggest weakness – inconsistency.

2nd quarter opened up

The Oaks started the tournament off the way they were hoping to against the host Olds College Broncos. After a close first quarter, the second quarter opened up a bit for the Oaks as they led 46-38 heading into the second half. The Oaks came up short in the third but their relentless defence and powerful offence silenced the crowd in the final quarter and sent the Olds College Broncos and their fans home with

a 99-81 loss. Of the five Oaks that put up double digit points on the night, Sebastien Cava was named player of the game as he finished with 25 points and 16 rebounds to advance to the semifinals the next day against the Red Deer College Kings.

In the semifinal, the Oaks offence was quite consistent throughout in what was becoming a tight game. Although the Oaks led 47-43 heading into the second half, the Kings were just as good and proved to be dangerous if the Oaks let up defensively or ran dry offensively.

To the third quarter it went as it was evident to see why Jackson Jacob was named on the North All-Conference team this past season. His ability to lift his team in times of urgency was crucial for the Oaks this past season and especially in the game against the Kings. Along with Adrian Curtis, the pair are the Oaks' strongest and most dangerous players on the court.

With the Oaks only leading by two heading into the final quarter 74-72, every play mattered. Led by Jacob, the Oaks came up with a huge 25-point fourth to pull through 99-94 and advanced to the gold medal game the next day against the Medicine Hat Rattlers.

Stage set

The stage was set for the final game of the tournament, winner takes gold. The Oaks were down 37-29 at the end of the first half, with the momentum on Medicine Hat's side. But that quickly shifted in the second half as Jackson Jacob lit up the scoreboard and tied the game at 52 before Adrian Curtis sank a sick three to reciprocate the Rattler's last point to tie the game at 55. Jackson Jacob continued to break ankles out on the court as he ran through three Rattlers for the easy layup. The Rattlers led by only one point halfway through

the last quarter, 66-65 the score was, as Jacob once again restored the Oaks' lead.

The final two minutes of the game proved to be critical for both teams as it came right down to the wire. The Rattlers missed six straight free-throws – all of them taken by Pietro de Andrade. Oak Samson Cleare with a chance to put his team up by two at the line, and he did just that, 71-68 with 59 seconds left. De Andrade missed yet another free-throw as the Oaks led by two and had sole possession of the ball to kill the remaining time on the clock as they gathered at centre court lifting up Jackson Jacob in celebration of their gold medal victory to take the ACAC championship and are also headed to the CCAA Nationals!

The Oaks will head north to Fort McMurray, Alberta on March 16th to 19th for the CCAA Nationals, hosted by Keyano Huskies.

BASKETBALL

Women match the men's team

By BRIDGETTE TSANG

Ooks basketball history was made this past weekend as the women's team completed a golden sweep of the ACAC; with this being the first championship for the women's basketball team ... and for the men's.

After a rather disappointing post-season for the women's team last year, the Ooks were anxiously awaiting to start this post-season right and they did just that last week at Lakeland College in Vermilion.

The ladies were hot to start the playoffs, with a huge 91-54 win against the third in the South, the Medicine Hat Rattlers. Ouk Sydney Hurlburt had a season high 22 points to power her team to advance to the semifinals against the Lethbridge College Kodiaks. The Ooks led by only four points heading into the second half of that game but the Kodiaks surged ahead in the third quarter, outscoring them 17-6 to lead 56-49 going into the final quarter. But the Ooks were propelled by their powerful veterans, Torey Hill and Shea-Lynn Noyes, as they rebounded in the fourth quarter in a nail-biter game to win 72-69 and upset the nation's top seed. That victory earned them their rightful spot in the ACAC gold medal game the next day against St. Mary's University College Lightning.

The Ooks fell behind early in that game, as the Lightning struck with 25 and 14 points by quarters to lead the first half 39-27. But the Ooks had their eyes

set on gold and were not going to let anyone or anything get between. The Ooks' strong offence combined with their relentless defence in the third quarter zapped the energy out of the Lightning as the Ooks led 52-43 heading to the final 12.

An ACAC gold medal would mean everything for graduating Ooks Alysha Zuczek, Nicole Ruptash (who are both fifth year players), Jordan Enns and Chawncy McClenan (fourth years) in their last ACAC game in their collegiate career.

Down to the final 39 seconds of the game, the Ooks up by three 67-64 with no timeouts left, the Lightning would tack two more points onto their total, as did the Ooks. As the final buzzer sounds, the NAIT Ooks bench erupted and rushed to centre court in pure elation after winning their first ever ACAC gold medal in the institute's history and are heading to the CCAA Nationals! Ouk Torey Hill won the tournament MVP after putting up a combined total of 45 points in this year's playoffs. The memorable night would be marked by all the players on the court, the banner and medal presentations and, of course, the ceremonial cutting of the net by all members of the 2015-16 Ooks team.

But there's more basketball ahead for the ladies as they will have to quickly switch their focus to the CCAA Nationals in Windsor, Ontario from March 16-19, hosted by St. Clair College.



Supplied photo

Ook forward Torey Hill with her award for tournament MVP at the ACAC championships at Lakeland College.



Photo by Andrew Brethauer

The women enjoy the moment after winning the ACAC championship at Lakeland College.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
NAIT-yz	32	32	30	0	0	0	193	58 64
Augustana-z	32	19	17	8	2	3	114	84 43
Keyano-x	32	16	15	12	1	3	107	106 36
Red Deer-x	32	16	16	13	0	3	107	91 35
SAIT-x	32	15	15	13	0	4	103	94 34
MacEwan-x	32	14	13	14	3	1	120	95 32
Portage	32	9	8	16	0	7	77	107 25
Concordia	32	8	7	19	3	2	89	140 21
Briercrest	32	3	2	28	0	1	67	202 7

x-clinched playoff berth,
y-division winner,
z-first-round bye

PLAYOFF RESULTS

March 4

Red Deer 6, SAIT 1
(RDC leads series 1-0)

MacEwan 6, Keyano 1
(MacEwan leads series 1-0)

March 5

Keyano 5, MacEwan 4 (2OT)
(Series tied 1-1)

SAIT 6, Red Deer 1
(Series tied 1-1)

March 6

Keyano 3, MacEwan 2
(Keyano won series 2-1)

Red Deer 3, SAIT 2 (OT)
(Red Deer wins series 2-1)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer-y	24	18	14	3	3	73	37	39
NAIT-x	24	13	11	8	3	60	53	29
MacEwan-x	24	14	12	10	0	62	48	28
SAIT-x	24	10	8	10	4	50	50	24
Olds	24	5	4	18	1	31	88	11

x-clinched playoff berth, y-division winner

PLAYOFF RESULTS

March 3

NAIT 2, Red Deer 1
NAIT leads series 1-0

March 5

Red Deer 5, NAIT 1
(Series tied 1-1)

MEN'S BASKETBALL

North Division							
Team	GP	W	L	Pts	PF	PA	
Keyano-x	24	19	5	38	2000	1685	
NAIT-x	24	18	6	36	1932	1702	
Gr. Prairie-x	24	15	9	30	1955	1911	
Lakeland-x	24	12	12	24	1816	1842	
Concordia	24	9	15	18	1851	1902	
King's	24	8	16	16	1802	1937	
Augustana	24	3	21	6	1639	2016	
South Division							
Red Deer-x	21	16	5	32	1981	1674	
Medicine Hat-x	21	15	6	30	1702	1554	
Olds-h	21	15	6	30	2008	1828	
Lethbridge-x	21	15	6	30	1981	1776	
Ambrose	21	8	13	16	1746	1900	
St. Mary's	21	7	14	14	1813	1982	
SAIT	21	6	15	12	1669	1851	
Briercrest	21	2	19	4	1584	1919	

x-clinched playoff berth, y-division winner

PLAYOFF RESULTS

March 4

NAIT 99, Red Deer 94
Grande Prairie 91, Lethbridge 90
Lakeland 84, Olds 78
Medicine Hat 91, Keyano 63

March 5

NAIT 71, Medicine Hat 69
(NAIT wins gold, Medicine Hat silver)

Lakeland 108, Grande Prairie 99
Keyano 97, Red Deer 82
(Keyano wins bronze medal)

WOMEN'S BASKETBALL

North Division							
Team	GP	W	L	Pts	PF	PA	
Lakeland-yh	24	24	0	48	1659	1120	
NAIT-x	24	20	4	40	1734	1154	
Gr. Prairie-x	24	14	10	28	1347	1388	
Augustana-x	24	10	14	20	1374	1515	
Concordia	24	9	15	18	1412	1466	
Keyano	24	7	17	14	1427	1532	
King's	24	0	24	0	955	1733	
South Division							
Lethbridge-y	21	21	0	42	1797	1128	
St. Mary's-x	21	18	3	36	1658	1233	
Medicine Hat-x	21	13	8	26	1495	1357	
SAIT-x	21	10	11	20	1317	1361	
Olds	21	10	11	20	1593	1366	
Red Deer	21	9	12	18	1399	1287	
Briercrest	21	2	19	4	1080	1752	
Ambrose	21	1	20	2	978	1833	

x-clinched playoff berth, y-division winner

PLAYOFF RESULTS

March 4

NAIT 72, Lethbridge 69
Medicine Hat 71, Augustana 61
SAIT 59, Grande Prairie 48
St. Mary's 70, Lakeland 66

March 5

NAIT 69, St. Mary's 66
(NAIT wins gold, STMU silver)

Medicine Hat 73, SAIT 63
Lethbridge 90, Lakeland 61
(Lethbridge wins bronze medal)

MEN'S VOLLEYBALL

North Division							
Team	MP	MW	ML	GW	GL	Pts	
Keyano-y	24	19	5	62	30	38	
Augustana-x	24	17	7	56	35	34	
King's-x	24	16	8	60	31	32	
NAIT-h	24	14	10	54	43	28	
Lakeland	24	9	15	37	57	18	
Grande Prairie	24	7	17	37	61	14	
Concordia	24	2	22	24	70	4	
South Division							
Red Deer-y	24	23	1	71	14	46	
Medicine Hat-x	24	16	8	56	36	32	
Lethbridge-x	24	13	11	53	43	26	
SAIT-x	24	12	12	50	49	24	
Briercrest	24	11	13	46	49	22	
Ambrose	24	8	16	36	60	16	
Olds	24	1	23	12	71	2	

x-clinched playoff berth, y-division winner
h-championship host

PLAYOFF RESULTS

February 25

Red Deer 3, NAIT 0
(25-21, 25-20, 25-18)
Augustana 3, Lethbridge 0
(25-19, 25-22, 25-22)
Keyano 3, SAIT 0
(25-20, 25-22, 25-22)
Medicine Hat 3, King's 2
(24-26, 25-20, 25-19, 22-25, 15-12)

February 26

NAIT 3, Lethbridge 1
(11-25, 25-21, 25-19, 25-22)
Red Deer 3, Augustana 0
(25-20, 25-23, 25-17)
Keyano 3, Medicine Hat 1
(27-29, 25-22, 25-22, 25-23)
King's 3, SAIT 2
(21-25, 20-25, 29-27, 25-20, 15-12)

February 27

Gold Medal
Red Deer 3, Keyano 1
(25-19, 25-13, 17-25, 25-12 RD Gold)

Bronze Medal
Augustana 3, Medicine Hat 0
(25-17, 25-23, 25-17)
Fifth-sixth place
NAIT 3, King's 2
(25-19, 25-23, 18-25, 23-25, 15-10)

WOMEN'S VOLLEYBALL

North Division							
Team	MP	MW	ML	GW	GL	Pts	
King's-y	24	21	3	66	23	42	
Grande Prairie-x	24	18	6	59	23	36	
Lakeland-x	24	16	8	58	30	32	
Keyano-x	24	13	11	42	44	26	
NAIT	24	11	13	43	47	22	
Augustana	24	5	19	28	63	10	
Concordia	24	0	24	6	72	0	
South Division							
Briercrest-y	24	19	5	61	26	38	
SAIT-x	24	17	7	57	30	34	
Red Deer-h	24	16	8	56	33	32	
Olds-x	24	13	11	45	44	26	
Medicine Hat	24	11	13	42	48	22	
Ambrose	24	5	19	28	59	10	
Lethbridge	24	3	21	18	67	6	

RESULTS

February 25

Briercrest 3, Keyano 0
(25-19, 25-20, 25-21)
Grande Prairie 3, Red Deer 2
(25-22, 26-24, 24-26, 14-25, 15-10)

SAIT 3, Lakeland 1
(25-21, 19-25, 25-19, 25-23)
King's 3, Olds 2
(25-21, 25-23, 23-25, 23-25, 15-12)

February 26

Briercrest 3, Grande Prairie 2
(27-25, 23-25, 25-22, 22-25, 15-8)
King's 3, SAIT 0
(25-18, 31-29, 25-17)
Rede Deer 3, Keyano 1
(25-14, 16-25, 25-22, 25-15)
Olds 3, Lakeland 0
(26-24, 33-31, 25-17)

February 27

Gold Medal
Briercrest 3, King's 0
(25-21, 25-20, 25-20)
Grande Prairie 3, SAIT 1
(25-18, 19-25, 25-18, 25-22)
Red Deer 3, Olds 2
(18-25, 25-9, 21-25, 25-13, 15-11)

Player profile



Player: Veronika Kuzelova
Sport: Hockey
Program: Personal Fitness
Trainer

By MIA SIMON

What inspired you to start playing hockey? The 1998 Winter Olympic Games in Nagano. The Czech Republic (the country I am from) won the hockey tournament and, even though I was four years old, I still remember being super excited about it and playing with my mini stick in my room and making so much noise and driving my mom crazy. She could only handle that for four more years and then let me start playing real hockey.

What is something people don't know about you? I used to play ball hockey back home and I played at two ball hockey world championships.

What three things can you not live without? My mom is first and hockey (with all my teammates included) is a close second. The third place is a split between naps and five cent candy from the Mack's store.

What type of music do you enjoy? I enjoy pretty much everything but metal. I hate metal. So annoying.

What are your hobbies in your spare time? Umm, what's spare time?

What is your dream oasis? A tropical island with a huge palm beach where I can lay with my best buds in our coconut bras for the whole day and catch sun rays while

drinking lots of super sweet pineapple juice or any other kind of juice. Or tequila. And then go to a beach party.

Who is your childhood idol? Jaromir Jagr – he is a Czech hockey legend. In Jagr we trust!

Which sports do you like to play other than hockey? Besides hockey, I enjoy ball hockey a lot. Other than that, I pretty much enjoy any sport. Sports are fun.

Do you have a pre-game meal? Anything I find in my fridge. I'm a poor imported student and my budget doesn't allow me to be too picky, haha.

Who inspires you the most? Hard to say. There are a lot of people in my life who inspire me and teach me stuff, even though they probably don't even realize it. All the people I'm around have something that inspires me. And it can be anything, really – their passion, determination, wisdom, skills, hard work, sense of humour ...

What is the best advice you've gotten so far? Be focused on the things that you can change and that are within your control.

What is something you would like to say about your team? Thanks for an awesome season; it's been a hell of a year! Friends are fun. And let's kick @\$ in finals!

Athletes of the week

February 29-March 6

Sam Kim, Rosanna Chan
Badminton



NAIT badminton's mixed-doubles team of Rosanna Chan and Sam Kim won the 2016 CCAA National championship and gold medal with a straight sets win in the final over a team from Humber College of the OCAA conference. Chan and Kim were unbeatable throughout the championships held at Vancouver Island University in Nanaimo, BC. The pair never lost a game and posted a 7-0 match record at the event. "Sam and Rosanna were truly the class of the mixed-doubles field," said head coach Jordan Richey.

Rosanna is a Medical Laboratory Assisting student from Edmonton while Sam is a second-year ESL student from South Korea.

Seulbi Kim, Kai-Li Huang
Badminton



This year's women's doubles event at the CCAA National badminton championships was never in question. Kai-Li and Seulbi went undefeated at the event held at VIU in Nanaimo, BC winning the gold medal with a perfect 7-0 record. In the final, the NAIT duo defeated an Ontario team from Seneca College 21-10 and 21-12. The most points that were scored against Seulbi and Kai-Li in a game were 16 and they allowed single digit points in 7 of their 14 games. "Seulbi and Kai-Li were remarkable at this year's

nationals," said NAIT head coach Jordan Richey. "It was almost unfair to have these two great players play together as they made the competition look easy." Seulbi is a first-year ESL student from South Korea while Kai-Li is a second-year ESL student from China.

Athletes of the week

February 29-March 6

Torey Hill
Basketball



The NAIT Ooks women's basketball team captured their first ACAC championship in program history this past weekend at Lakeland College with a 69-66 win over the St. Mary's Lightning in the final. Torey was named tournament MVP after collecting 17 points and 13 rebounds in the Gold medal game, including an amazing eight offensive rebounds. "Torey has been the anchor for our team at both ends of the floor," said NAIT head coach Todd Warnick. "Torey was critical in our team winning our first ever championship." The team will now travel to Windsor, Ontario for the CCAA Nationals March 17-19. Torey is fourth-year Bachelor of Technology student from Viking.

Jackson Jacob
Basketball



Jackson helped lead the NAIT Ooks men's basketball team to a Gold medal at the ACAC championships this past weekend at Olds College. He was named tournament MVP. Jackson had 28 points in both the quarter-final and semi-final victories before exploding for 36 points in the final in a 71-69 win over the Medicine Hat Rattlers. Jackson shot 15 for 25 from the field adding 5 assists and five steals in the Gold medal game. "Jackson has been our leader all season long," added head coach Mike Connolly. "His performance in the final was simply amazing. He refused to let us lose." The NAIT Ooks will now compete in the CCAA National Championships in Fort McMurray March 17-19. Jackson is a first-year Business Administration student from New Providence Island, Bahamas.

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ENTERTAINMENT

The tipping conundrum



By **JOEL LECKIE**
Entertainment Editor

These days, it is not just a question of how much to tip, but also where to tip. In what circumstances is it appropriate to leave a tip? Maybe it's just a personal pet peeve of mine but I think people expect it a little bit too much. To me, tipping is a nice gesture that one does after someone has provided good service that is above a minimum standard but even that theory doesn't hold up to when I expect myself to tip.

We went out to a concert this week and, of course, they were selling merchandise during the show. But they also had a tip box at the merch booth. That one stumped me a little. Do the people there get paid to sell? Surely, they must. But are they not paid

enough? Or is the tip box simply there as an in-case, not an expectation, for everyone to leave one?

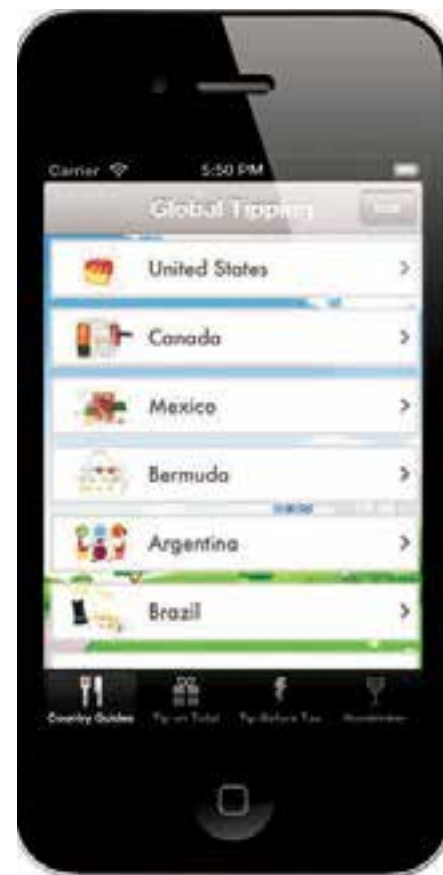
We've all tipped at a restaurant. It's the thing to do to show appreciation for a good meal and a good server. But I've seen the tip button come up on the machine at a pizza parlour where we've gone in for pickup. Maybe it's just built into their system but it seems odd that I would provide a tip when I've gone to get my own meal and all they did was cook it and ring it up. When it gets delivered, that's different, because you are getting personal service from someone. But even then, it's not like it's out of their way. This is their job.

So then, do we tip when we get a chance to interact with a person and get good service? No, that doesn't fit either, because then we would be leaving tips to retail employees as well. Is that because they are earning commission on the sale? Well, not all of them are. Having worked in retail, there is a lot of misconception on that type of service. Sometimes the workers really are trying to help and not just make an extra buck. Do we tip in those circumstances? Doesn't look like it. But I've received a tip when I've helped with

a carryout. Not all the time but enough to see the person's appreciation. It certainly wasn't expected, though.

That brings me to the question of how much. As a student, I don't have a lot of disposable income. So the tips I provide are a bit modest but not nothing. But some people now are saying that an appropriate tip is 20 per cent. That sounds huge. Maybe if you get exceptional service over and beyond but for a person just doing their typical job with no extra effort? Others go with the loose change approach and just aim to round their bill to the nearest convenient dollar figure. Makes sense if your bill is \$18.45 and you just want to leave a twenty. Doesn't work all the time, though.

My final issue comes with places requiring a mandatory gratuity. That just seems redundant. If you are going to charge me an extra 18 per cent, why not just calculate it into the cost and say tip included? This is mostly for major catering delivery. But if it is expected, then why don't places just include it in the costs, include it in the wages and let a tip go back to being exceptional service, not just for the bare minimum.



www.globaltippingapp.com

Deadpool speaks to me



By **CONNOR O'DONOVAN**
Assist. Entertainment Editor
@oadsy

The works of William Shakespeare are noted for many things

Did you know, for example, that the iconic Renaissance rambler coined some of the most popular phrases and idioms used in the English language today?

He spoke of "bated breath" in *The Merchant of Venice*, of "breaking the ice" in *The Taming of the Shrew* and bid "Good Riddance" in *Troilus and Cressida* (you're welcome, Billie Joe Armstrong).

Shakespeare's plays are also well known for their use of asides – a method of presenting a character's personal thoughts

amidst an experience otherwise full of dialogue. The asides were spoken directly to the audience and all other characters are unaware of them.

In *Macbeth*, the title character uses an aside to express his true feelings about the murderous acts he is about to commit. In *Merchant*, Shylock reveals his opinions of Antonio, to whom he has been requested to loan money.

Though the Shakespearean aside has not disappeared from today's stage, a more modern ancestor of it has evolved. The cinematic theatre's version of the aside could be represented by the cinematic style of "breaking the fourth wall." The most recent example of this technique is *Deadpool*.

On multiple occasions, *Deadpool's* crass lead character directly addresses the camera (in terms and phrases we can-

not print in this paper), providing the audience with the most personal perspective of the lead character's story. By breaking the fourth wall, *Deadpool* gives us an honest glimpse into his personality, about which

viewers would otherwise have to speculate. His monologues add a refreshing layer to the film. He directly mocks the many stereotypes and clichés of the (in my opinion saturated) superhero film genre. He even acknow-

ledges breaking the fourth wall within one of his digital asides ("That's like 14 walls!")

Deadpool is a breath of fresh air from an industry that seems to be struggling to create original and engaging content. It utilizes a tool much needed by a form of entertainment that is increasingly at odds with our touch-friendly standards of amusement.

Most of the time, when we line up in

theatres on Friday nights, empty out our wallets onto counters strewn with popcorn and sit through increasingly lengthy commercials, we do it for one reason – to be entertained. What do people want most from entertainment? To be involved. That's why people go to comedy shows where they risk becoming the butt of the joke, why they sit in splash zones at theme parks knowing full well the watery danger that lurks in front of them or roar at hockey games when the Jumbotron demands that we "Get Louder."

Movies are a form of entertainment that put a certain distance between the action and the participant. Breaking the fourth wall is a clever way of involving interaction in a somewhat disconnected entertainment experience. It engaged us in a conversation with *Ferris Bueller* about everybody's need for a day off. It allowed the *Wolf of Wall Street* the chance to explain the finer points of stock-market fraud to the common man. And it helped a *Fight Club* remind us that we "are not our f***** khakis."

Sure, there's lots of movies that *speak* to you. I want to see more of the kind that talk to us.



io9.gizmodo.com

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **BRENDAN CHALIFOUR**

When it comes to music with me, anything goes. Rock, country, oldies, I love it all. Sometimes I get weird looks from my friends when the next song comes on. It'll go from 1959 Ella Fitzgerald to 2016 Hoodie Allen. Perhaps my music taste is a bit skewed but, nonetheless, I'm sure that you'll enjoy my workout playlist. With a balanced mix of modern day and oldies, this upbeat soundtrack will give you the energy to keep on going!

- Rollercoaster – Bleachers
- The Way We Touch – WE ARE TWIN

- Oogum Boogum Song – Brenton Wood
- Oh My! (feat. B.o.B) – Haley Reinhart
- This Head I Hold – Electric Guest
- Love Machine – The Miracles
- Can't Feel My Face – The Weekend
- Make a New Dance Up – Hey Ocean!
- Rivers – Thomas Jack
- Sexotheque – La Roux



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ASK THE EDITORS

Why settle for just one opinion?

Midterm season is a stressful part of being a student; juggling deadlines, classes and preparing for exams can be exhausting. This week, our editors are chiming in about what they advise you do after you hand in your last Scantron slip.

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Danielle Fuechtmann, Editor-in-Chief
Don't forget to breathe!

It's far too easy to get caught up in a cycle of stress and too little sleep at this point in the semester. Whether you aced your exam or you're less than pleased with the grades you received, take a few days to recharge and rest before getting back into your study and work schedule. Taking care of your health (mental, physical and emotional) is also an important key to your success!

While it's important to take stock of your responsibilities and prioritize them, don't feel guilty about taking some time off, whether it's a weekend or 20 minutes on social media. Short breaks will help you stay focused in the long run. Finally, don't fret if your midterm marks weren't what you were hoping. Meet with your instructor, figure out where you're having issues and get ahead for your next batch of grades.

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Nicolas Brown, Issues Editor

When it comes to that brief, usually hazy period immediately after midterms

when you're still recovering but not yet thinking about those end-of-year assignments and final exams that are rapidly approaching. I have two approaches for recovering from exam stress and preparing for the rest of the term.

Probably the most effective, although maybe not the most fun, is the efficiency approach. Clear out the clutter and you'll find yourself feeling refreshed and ready to take on the rest of the term. We all know that household chores and personal projects tend to pile up and be ignored during exam week. Take the time to catch up, and you'll find yourself feeling more at home in your own space.

The other option to recharge yourself is to take a day for a personal activity that matters the most to you. It doesn't matter what the activity is. It could be going for a walk through the river valley, playing a game of pick-up sport or going for a yoga session. Take the time out of your schedule to reset through an activity that relaxes you. It's only effective if you force yourself to stop thinking about everything else, though!

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Bridgette Tsang, Sports Editor

I know that whenever I'm stressed out or just need a break from something, a walk around anywhere or a brief fitness break always helps (insert *Body Break* theme

song). It helps refresh my mind so when I do go back to studying, I have a fresher perspective. Although sometimes when I don't have enough time for a fitness break, I'll do the opposite and have a piece of chocolate or two or three ... I lose count easily, whatever! But I recently got turned on to chocolate coffee beans by my boyfriend and haven't looked back. It gives you that caffeine jolt you need, while keeping it sweet with chocolate – best of both worlds.

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Joel Leckie, Entertainment Editor

For most students, midterms have now almost passed. But not everyone will come out with full confidence on how well they did. This is a great opportunity to revise your habits and notes for the second half of the term.

Every teacher has a style and different subjects will be tested differently. Most midterms serve as practice for the final exam. Take the style of the midterm, the types of topics that were tested on and the cues provided by your professors as how to study for the final. If it is multiple choice, focus your notes on quick reminder words and phrases. Something that will jog your memory and provide a broad scope of information. If they are short answer or essay, focus on narrowing your topic options and having a few good things you can say on each.

This will give you a basis to build your notes. It is the opportunity to change poor practices into good ones so that you will be that much more prepared.

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Connor O'Donovan
Assistant Entertainment Editor

Ah, midterm season!

It's a casual reminder of just how little of a life you have and just how far you have to go before the end of the school year. Don't panic, though, soldier. Maintain a clear head and steady nerves. Keep calm and Chive on.

No wait! Don't Chive on! Don't procrastinate at all! Embark on an app demolition spree. Delete Facebook, Instagram and Snapchat. Forget about Netflix. Now is the time to focus and cut down on the distractions in your life. Prioritize the parts of your life that matter most – your girlfriend, your mother, caffeinated beverages, this newspaper – and sever ties with proper nutrition, bathing, any semblance of fashion sense and all other trivial pursuits.

You have less than two months left, friends. Really, it's a paltry span of time to hate your life in the grand scheme of things. Buckle yourself to your desk, put your Internet blinders on and concentrate on your studies. We'll talk again next week.

CD REVIEW

Kanye West's latest – meh

By **ETHAN JOHNSON**

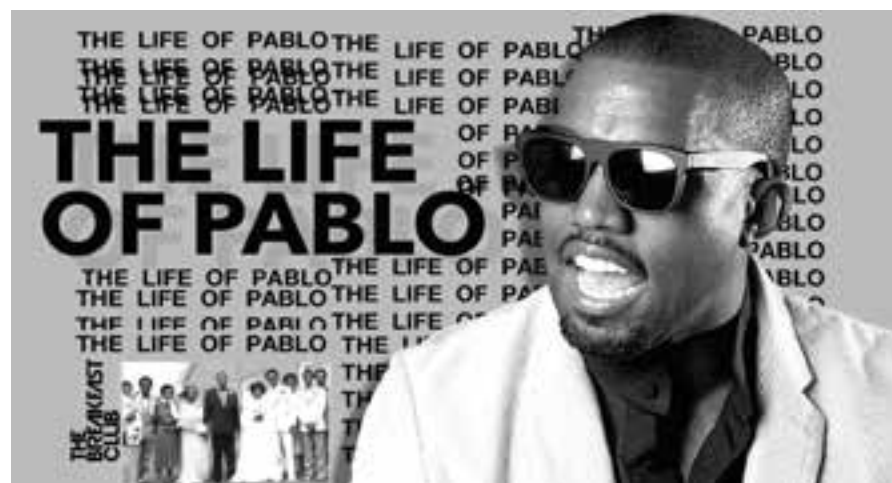
The Life Of Pablo, Kanye West's newest album since 2013's *Yeezus*, is stacked with big names, from hip hop legend Andre 3000, to pop star The Weeknd. All these features keep the 18-track album from sounding monotonous but half the time they add absolutely nothing to the track. For example on the track "Wolves," Frank Ocean hops on for nine lines just to repeat the same melody Kanye had already established.

On the other half, the features usually outshine Kanye's vocals completely, like on the opening track "Ultralight Beam." Chance The Rapper just kills it and makes it one of my favourite songs. The next two tracks, "Father Stretch My Hands Pt.1 & Pt.2," are both totally questionable. With cringe worthy lyrics on Pt.1 like, "If I F*** this model and she just bleached her a** hole and I get bleach on my T-shirt, Imma feel like an a** hole." Pt.2 isn't any better, the instrumental is just a remix of Designer's single "Panda," with some unpleasant autotuned singing from Kanye thrown in.

Thankfully, the next song, "Famous," is an absolute banger. All the beat changes in this song actually match it, unlike most of the time on the album and Rihanna's fantastic feature on the track deserves a shoutout. This momentum carries over to "Feedback," the next track, which has an infectious sample of screeching electronic sirens whirring all over it, while Kanye spits a constant flow which is a nice change of pace from the tracks before it.

After this, the album loses momentum, with a nice two-minute interlude track with a woman speaking throughout. It does have a beautiful message, although, confusingly, the next track has nothing to do with the interlude. Instead, the first half of the track has jumbled auto tuned singing everywhere, with Kanye saying some hilariously egotistical lines about how he wishes his penis had a GoPro camera.

The record doesn't add anything interesting musically until the 11th track, "FML." It's got a spacey, slow feel throughout, tailor made for The Weeknd's feature.



www.youtube.com

The slow beat also flows nicely into the next track, "Real Friends." This track and "No More Parties In LA" are the standout songs for me. They both have legitimate topics, with Kanye delivering some very personal lyrics that aren't showcased this well on the record. The colourful production by Madlib on "No More Parties In LA" adds so much personality to the track and combined with Kendrick Lamar's playful

verse, makes it very memorable.

The Life Of Pablo isn't a consistent enough record for me. Start to finish, half of the tracks are just unfinished ideas, with weird beat changes everywhere and some pretty self-centred lyrics. The rest of the time Kanye does build a well crafted beat and slowly builds it to create some beautiful moments. Unfortunately, there's just not enough of these.

MOVIE REVIEW

Bewitched by dark mystery

By ERIC AN

When modernity clogs the mind with an overabundance of shock and sensations, the classics can refresh us. After waves of jump-scares and gores, *The Witch*, directed by Robert Eggers, is that refreshment in modern horror movies. It delivers a terror in unsettling, oppressive air like the classic gothic tales of Ann Radcliffe or Edgar Allan Poe.

This is a movie that needs to be recommended with a warning, for horror is a subjective feeling. *The Witch* deviates from modern horror's sound and fury and delivers quiet but nervous terror. If your definition of horror is a jump-scare every five minutes until you are too tired to scream (or care), this film will not be effective for you. But if you have been yearning for psychological horror with a gothic feel, you will cry with joy and fear.

The movie is set in New England during 1630s. After being banished from a plantation for religious disagreement, Thomasin (Anya Taylor-Joy) and her family struggle to survive on their new farm. But strange supernatural phenomenon, combined with the series of misfortunes in the family, slowly break them apart.

Robert Eggers' debut film is based on several folktales about witchcraft and follows the gothic tradition of dark and mysterious settings. The dark forest near the family's house is a malignant place where supernatural threats reside and the home provides more anxiety than comfort. The characters' psyches deteriorate when they are faced with failing crops and their isolation,



www.comingsoon.net

Anya Taylor-Joy as Thomasin in *The Witch*

making any form of traditional salvation impossible. The movie is filled with grim scenes and builds up an overwhelming anxiety as the viewer follows the family's ordeals. There are some blood and jump-scares but they are used economically to heighten the sense of terror rather than to tire the audiences. With the high degree of tension, a few drops of blood can create more shock than constant bucketsful. *The Witch* performs this feat wonderfully and leaves

the audience with a lingering sense of discomfort even after the ending.

The cast gives wonderful performances in delivering the sense of dread and madness. Anya Taylor-Joy does a superb job in portraying a young girl trapped in the hopeless place called home and supernatural terror and makes this gothic tale even more nerve-racking to watch. Harvey Scrimshaw, who plays Thomasin's younger brother Caleb, is another excellent young actor. He portrays a young boy's frustration

with growing up in a repressed and isolated family and, in one pivotal scene, delivers an intensely terrifying performance. Ralph Ineson and Kate Dickie portray the sad, yet terrifying, parents and they are also great to watch.

The Witch is packed with an intense and oppressing atmosphere and awesome performances. It is a definite candidate for the horror movie of the year, and perhaps will be remembered as a classic in the future.

LESSONS FROM THE FELT

Discipline the key takeaway

By KA CHUN YUNG

One of the most important lessons you can learn from the game of poker is discipline. To become good at anything, you need to put the time and energy into it. In his book, *Outliers*, Malcolm Gladwell discusses the 10,000-hour rule. Gladwell postulates that for one to master a particular skill, they must spend 10,000 hours of deliberate practice. Poker can help people to focus and develop the patience and discipline required for success on and off the felt.

Playing poker often involves a lot of folding pre-flop. As the number of players increase, the starting hand requirement to get involved in a hand also needs to be stronger. Folding pre-flop isn't exactly the most exciting aspect of poker. Players will routinely run into long stretches of unplayable hands. It's easy for players to give into temptation and try to make plays that they probably shouldn't. Good players will restrain from such temptation. Instead they look for good opportunities and better situations where they can exploit their image to win hands they probably shouldn't.

Poker players also exercise great control when dealing with their finances. Unlike most occupations, a bad

day at work will often mean a player has lost money. Losing can easily end up with poor judgment and bad decision making. Virtually all poker players have gone on tilt early in their playing careers. After some time, most players learn to correct these mistakes. They've trained themselves to detach themselves from the actual result and concentrate on what they can control. Not necessarily because they want to, but because they need to or they could easily end up broke.

Another aspect of poker that requires a great deal of discipline is studying. Playing poker can be very fun and exciting. Studying poker isn't exactly either of those two things. Most players don't spend enough time reviewing, discussing and critically thinking about hands they have played or seen. The best players in the world will often analyse and dissect hands they've played where they faced a difficult decision. They will come up alternative and better strategies that can be added to their arsenal in the future.

Discipline is not a subject discussed much. Even the



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thought of it is dull. Nevertheless, it's a critical part of development. A lot of people lack this quality. How often do you see a classmate skip class? Have a friend always showing up late for dinner? Or know someone that lacks the commitment to eat healthier? These characteristics could be modified with the right attitude and training. Playing poker helps people exercise the patience and discipline required to learn and master skills that will lead to success later on in life.

CONCERT REVIEW

Three bands, four hours

By **JOEL LECKIE**
Entertainment Editor

This week, my fiancée and I went out for the first time in months, catching a sold-out concert at the Winspear Centre. There were three bands playing – Delaine, Sonata Arctica and Nightwish. That made for a very long, very full concert night.

One of the great things about the Winspear Centre is that it is designed for acoustics. The speakers are high up, so even with our nosebleed seats we could hear everything clearly. And the theatre is built vertically, so there is a lot of high balcony and gallery seating but that means you don't need to scramble to find a good view. Everywhere has a good view of the stage.

Symphonic metal

The first band, Delaine, is one that I felt I had heard of but couldn't really place any of their songs. Turns out two of their band members are from Within Temptation. They are a Dutch symphonic metal band, and their sound was good. The singer was really able to hold her own, and the musicians kept a good pace. But the group didn't seem to have much stage presence. For a metal band, they didn't give the type of showy performance I was expecting. Other than the main vocalist, there wasn't anything for backup vocals. It didn't really have the drive to hold their own but it was a good opening warm up. Worth checking into a few of their CDs for the singing, though.

Next came Sonata Arctica, a band we've seen in concert before. This Finnish power metal band had a driving perform-

ance. Having been headliners for a North America tour before, they knew how to get the audience ramped up. All parts felt good, with strong vocals, blasting guitar and powerful drums. They had a sound that really carried through the concert hall.

Finally, the headliner Nightwish came onto the stage. The main vocalist in a flowing blue cape and powerful voice ramping up the energy even more. As they are touring to promote their new album, we didn't recognize a lot of the songs yet but the sound was familiar. Another symphonic metal band from Finland, they too knew how to carry the stage. The lyrics were written with care, a bit more personal than their earlier mythological works. One great, somewhat unexpected thing to see was Troy Donockley, who played a wide assortment of instruments that managed to fit in really well with the overall sound. This included the uilleann pipes, a kind of Irish bagpipe that sounds much cleaner than a Scottish bagpipe.

No standing

Overall, it was a good concert but I can't say it was a great concert. With three bands, we were there for just over four hours and the seating was cramped. Normally, we would be standing for a lot of it but the hall was not built for that. As is typical these days, some of the lyrics were hard to understand because of the overpowering nature of the other instruments, contrary to a lot of the album tracks. But it was definitely worth seeing, and we can't wait for the next tour, which Sonata Arctica said they would do as headliner.



soulmonium.blogspot.com

Nightwish

FASHIONISTA OF THE WEEK



Photo by Kaitlyn Hoover

Bree-Lynn Mistol, 20

Where do you shop? "My favourite place to shop is Anthropologie but I love thrift shopping as well!"

How does your style represent you? "I try not to stick to a specific style. I like to wear whatever I feel like wearing that day."

Where do you get your inspiration? "I get my fashion inspiration from pretty much everything. YouTube, magazines, photos, etc."

Mastering assertiveness



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Do you have trouble saying no? Find yourself trying to please others or putting others' needs above your own? Think it is important not to make waves? Get irritable or lose your temper when you feel unheard? These can be signs that you could benefit from communicating more assertively. Assertive communication is the ability to express your feelings and needs openly and honestly without being aggressive.

- Body language sends a message, not only to others, but to you. If you are hunched over, avoiding eye contact and talking quietly, you are sending a completely different message than if your body posture is erect, you are facing the person directly and you are making eye contact – and that is before

you even say anything!

- Using a calm steady tone of voice sends an assertive message. Whining and talking softly or yelling and arguing send the opposite message.

- Communicate with 'I' messages. Rather than "You never listen to me" you might say "I feel hurt when you don't pay attention to what I am saying".

- Send direct messages. Don't expect the other person to read between the lines or hear what you really want to say.

- Eliminate "should" and "have to" statements and substitute them with "choose to" or "want to" statements.

- Avoid qualifying statements such as, "This probably sounds silly" or tag questions such as "Is that OK?"

- Be non-judgmental. Statements that blame or insinuate will only get the other person into a defensive mode.

- Focus on behaviours, not personal attributes. Rather than "You are such a slob," you might say "Will you please keep the bathroom clean and tidy?" Stick to factual information.

- Stick to the present. Bringing up past behaviour or old arguments will likely get right back to old patterns of communication. Focus on the behaviour you are concerned about now.

- Be prepared to repeat your message. Don't get sucked into arguing,

having to explain yourself or giving up. You often have to use the "broken record technique," which means repeating your point in a calm, even manner.

- Deal with criticism without taking it personally or buying into it. Making excuses or feeling like you have to explain your performance can lower your self-esteem. Instead, leave it at statements such as "You are right, I did not do my best work on that assignment." Evaluate criticism to see if it is justified. If the criticism is valid, look at how you can use it to improve. If it is not valid or important, ignore it.

- Learn to say "No." Don't feel you need to elaborate or justify. If you are unsure if you want to do something, don't commit right away. (e.g. "I'll check my calendar and get back to you" or "I'm not sure. I'll let you know later.") Take some time to think about where your boundaries are in various areas of your life and then stick to them. If you find yourself becoming irritable or angry, it is often a sign that you have been too passive or that you are going outside your boundaries.

- Learn from the past. You can't expect your communication to change overnight. Evaluate how you feel after an interaction. If you don't feel good about

yourself, think about what you could have said or done differently and then mentally rehearse a more assertive response. And if you know an uncomfortable interaction is coming up, mentally rehearse your assertive response beforehand.

It isn't always appropriate to use assertive communication and it doesn't always work to get you what you want. But practise becoming aware of when you are feeling unheard, mistreated or unsatisfied with results and gradually take steps to increase appropriate assertive communication.

Counsellors at NAIT Student Counselling are available to help you with this or other personal or academic problems.

Main Campus: Counsellors are available Monday, Thursday and Friday from 8-4:30, Tuesday from 7:15-4:30 and Wednesday from 8-5:30. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

Souch Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153.

Patricia Campus: A counsellor is available Tuesdays. Book by calling 780.378.6133 or through the Patricia Campus front office.

Poetry Corner

Unicorn Poem

Last night I made a rainbow for the unicorns to eat,
Then I sat and watched the sun go down and drank fermented wheat.
I mused upon my life's success, my draws and my defeats,
And then I drank some more, and listened to the milk-goats bleat.
Dancing in the moonlight appealed somewhat to me,
But I didn't want to upset all my friends, the willow trees.
(They're used to dancing with me, and they're prone to jealousy)
Even though they trip me on their roots ... constantly.
Last night I switched to bourbon, and as the night's raccoons drew near,
I changed my thoughts to rainbow trout, aardvarks, snakes and deer.
I thought about what you think about when the night is halfway through,
And you're half-drunk, bored and lonely and you're wondering what to do.
So, then: Last night all the animals, they kept me company.
And this morning when I woke up they were all still there with me.
The unicorns were playing and the goats were running 'round.
And the day was filled with happy,

playing, well-fed animal sound.
I suppose I should get started; there's so much stuff to do ...
And I've got to learn a bunch of stuff; most of it is new.
I guess I'll make more coffee; there's so much stuff to read ...
'Cause there's school to learn and things to do and unicorns to feed!

By Joel Semchuk

Beyond Slip

Tremble, crumble, slip nor fall.
To not have seen the whole world, yet feel it all.
In this time of duplication
Grant a matter for exploration.
Save the soul though letting go
Taking off down legendary roads.
No going back, follow thy code
Don't stop, keep afloat.
Look at the world and tell your soul
Smile with the present ground beneath your feet
Blessed beauty in human being nudity.
Hanging on rocks edge
Black or white.
Tremble, crumble, slip nor fall
Stars gazed
Every day I'm amazed.

By Kaitlyn Hoover

Who to call?

Academic & Personal Concerns – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

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

Chaplaincy Services – chaplaincy@nait.ca.

Emergency Loans – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

NAITSA Emergency Short Term Loan Program – estl@nait.ca, Room E-131

Food: emergency assistance – NAITSA Food Centre, 780-491-3966; Room E-131

Health Insurance Coverage – Student Health & Dental Plan, 780-471-7730, Room E-131. Students must opt out by Sept. 25.

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

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

Job-related Resources & Workshops – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

Special Needs Students – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-3056, Room O-111

Violence or potentially violent behaviour or extreme medical emergency – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

Volunteering – www.naitsa.ca/volunteer-opportunities

CARTOON REVIEW

Dating Guy edgy, Canadian

By JOEL SEMCHUK

Watching *The Dating Guy* could initially make one wonder why they didn't just make it a sitcom. The titular character could refer to either Mark, the 25-year-old ad copywriter or Woody, his cool, black bartender friend and roommate. The two of them go through roughly one relationship per episode. The comedic relief is VJ, who sleeps for free in a hammock in the others' apartment and Sam, a girl who lives in their building in downtown Toronto.

There's a ton of sex, of course. Explicit and blatant but still tasteful. Even the crude jokes are still tasteful ... some even make you think for a second. These four characters go through the antics of a live-action show, so why the animation? *The Dating Guy* occasionally exaggerates reality but doesn't do so blatantly. Sam, (who is a concert promoter) holds up a bag of weed for the band and says, "I also lined you guys up some hookers." Irwin, perhaps the greatest character to grace a cartoon, is a Chinese Dragon Boy who only speaks through cigarette smoke. VJ's pet raccoon is a pothead. Mark gets to sleep with his new girlfriend, if he survives being hunted overnight by her father.

It's these slight exaggerations that keep *The Dating Guy* off the radar. Most people who enjoy cartoons do so for the fantastic possibilities, so a cartoon that doesn't really do that doesn't get much attention. That's a shame, because it can be enjoyed on many levels for multiple audiences. It's smart, slow-paced and funny but also crude and impossible in its own quiet way.

That's also about it, cast-wise. A really interesting cop character, one of the darkest characters I've ever seen, has an episode to himself and he appears here and there. A veteran Nazi hangs out at the bar sometimes where Woody



The cast

www.justwatch.com

works and the waitress there is a very innocent Mormon who every now and then drops a hint to the effect that she lived on an incestuous religious cult compound, with her easy-to-miss hints being typical of the show's erudition.

The small cast is no doubt one of the reasons why it never got past two seasons. Maybe also the style of humour; it was so laid back and subtle that it never got

the press or following that the outlandish, crude, over-the-top stuff gets. That said, most Canadian cartoons aren't that good beyond Season 2 anyway; it's like we run out of things to say by then. So maybe it's good this cartoon was curtailed at the peak of its uniqueness. I like having it in my collection. *The Dating Guy* remains a rare gem amongst Canadian cartoons.

THROWBACK THURSDAY

Slater finds his way back

By JOEL SEMCHUK

Imagine my surprise to see an old face pop up – appropriately enough as a quasi-homeless person on a subway – during the opening of *Mr. Robot*.

Welcome back, Christian Slater; it's nice to put a face back onto that voice, because voice is where Christian was until now, kinda, as he dragged himself back into Hollywood's A-list.

He dragged himself out of a world of heroin and cocaine. Slater never pulled off Charlie Sheen's marketability or Philip Seymour Hoffman's dedication and as such he got sent to the back burner and sent to jail. Seeing him roll off that subway seat showed that he's just not giving up until he's once again in the leading role on the big screen.

Slater started out with such promise. His evil, brooding smile, his weird voice and identical hair (it's been the same since 1983), earned him a kind of niche. Known for darker, sinister roles in art-house movies, Slater was turning into the next Christopher Walken. He even dated Winona Ryder.

Unfortunately, Slater wasn't able to develop his brooding character and everyone started getting tired of seeing the same thing over and over. The poor fellow started

to take mainstream roles and his inability to act beyond an angst-ridden loner didn't get him great reviews. You can time his problems with his movies: In 1989 he was first arrested for reckless driving, just after *The Wizard* came out. Starring with Fred Savage must have made Slater realize what kind of path he was on.

That path led right to *Bed of Roses*, Slater's one and only attempt at a romance

movie, and then the mundane, commonplace and forgettable summer action flick *Broken Arrow*. He was doing a lot of cocaine and heroin at this time, a habit which culminated in him beating his girlfriend and then grabbing for a cop's gun in 1997, which resulted in watching *Hard Rain* from jail.

Have you ever seen *Hard Rain*? I'm sure Morgan Freeman denies being in it. It's just such a bad movie I can't even, really ... it's

so bad ... Anyway, I've always wondered how Christian Slater felt sitting in jail watching himself in one of the worst movies ever made.

It made him stop doing heroin, that's for damn sure.

Then, in a rare display of modesty from a Hollywood big name, he fell back into supporting roles in a wide variety of movies like a nutcase in *Very Bad Things* and he allowed himself to get killed off early in *3000 Miles to Graceland*.

He went back to the stage and performed in *Side Man* (and others) on Broadway. Slater unglamorously appeared in dozens of smaller, low-budget projects, and he did voice work for cartoons like *Robot Chicken* and *Archer*. He humbled up and paid his dues, as it were.

The results are clear: Golden Globe for Best Supporting Actor in *Mr. Robot*. Of course, we'll soon see him again playing the lead as a tortured-soul lone wolf with a sinister but benevolent agenda but maybe now after everything he's been through and all his hard work, he's found the character development that eluded him in the '90s and he will be, once again, an actor to be impressed by.

Christian Slater in *Mr. Robot*

www.usanetwork.com

RESTAURANT REVIEW

Pristine poutine

By JENNIFER RAE

The Westin Hotel in downtown Edmonton has a unique take on poutine, that ultimate comfort food which originated in Quebec. The former executive chef of the Westin chose to use duck fat to cook the French fries. This is a technique often used in France, as duck fat is lighter on the palate than beef tallow yet also remains stable at high temperatures. It is also healthier than many alternatives as it has a high proportion of monounsaturated fats.

The poutine is made with potato wedges as the traditional French fry becomes too crispy when fried in the duck fat. The cheese curds incorporated in the dish look like they came fresh from a Quebecois fromagerie (cheese maker) and the little crispy fried onion bits on top help to balance the dish. The gravy is the downfall. It is very thick with a lot of flour and very little seasoning. A more successful choice might be thinner “jus” style gravy with salt and pepper. All in all it is a nice snack in a quiet lounge and although it looks like it is heavy to digest, it is actually not that bad, which is likely due to the duck fat.

This is a higher end establishment, yet the small order of poutine was still a healthy portion and cost under \$10, which is the same price as a glass of house white wine.

In comparison, Sailin’ On’s Irish poutine is extremely popular with Edmonton’s food truck crowd. It

is less traditional than the Westin’s recipe and the ingredient list does not sound appetizing. Sailin’ On’s Irish is a vegan food truck and all its offerings are health conscious, so much for comfort food? Curry chips, vegan cheddar, vegan garlic mayo, cabbage, carrot, green onion, are not generally on the comfort food ingredient list, well maybe the chips. Individually not all that yummy sounding but put them together and what is meant by umami begins to make sense. This is one dish that definitely transcends its components.

Summer will be here soon and the food trucks will be back on the streets. Check out your favorite truck on its social network for locations. Sailin’ On has a website by the same name (.ca of course), twitter @sailinon780.

There are other great options for poutine in Edmonton. For something you can customize, La Poutine at 109 Street and 87 Avenue can be quite good. Be prepared to pay a bit more, though.

A classic poutine with excellent gravy is NY Fries. It can be ordered with various meats and other toppings. I suggest trying simply mustard and ketchup, which surprisingly balances the gravy. For under \$6 for a small, this poutine is both economical and filling. While the cheese curds may not be quite the fresh light ones found at The Westin, the overall taste is consistently balanced and it is available winter and summer.

HOT 'N' SINGLE

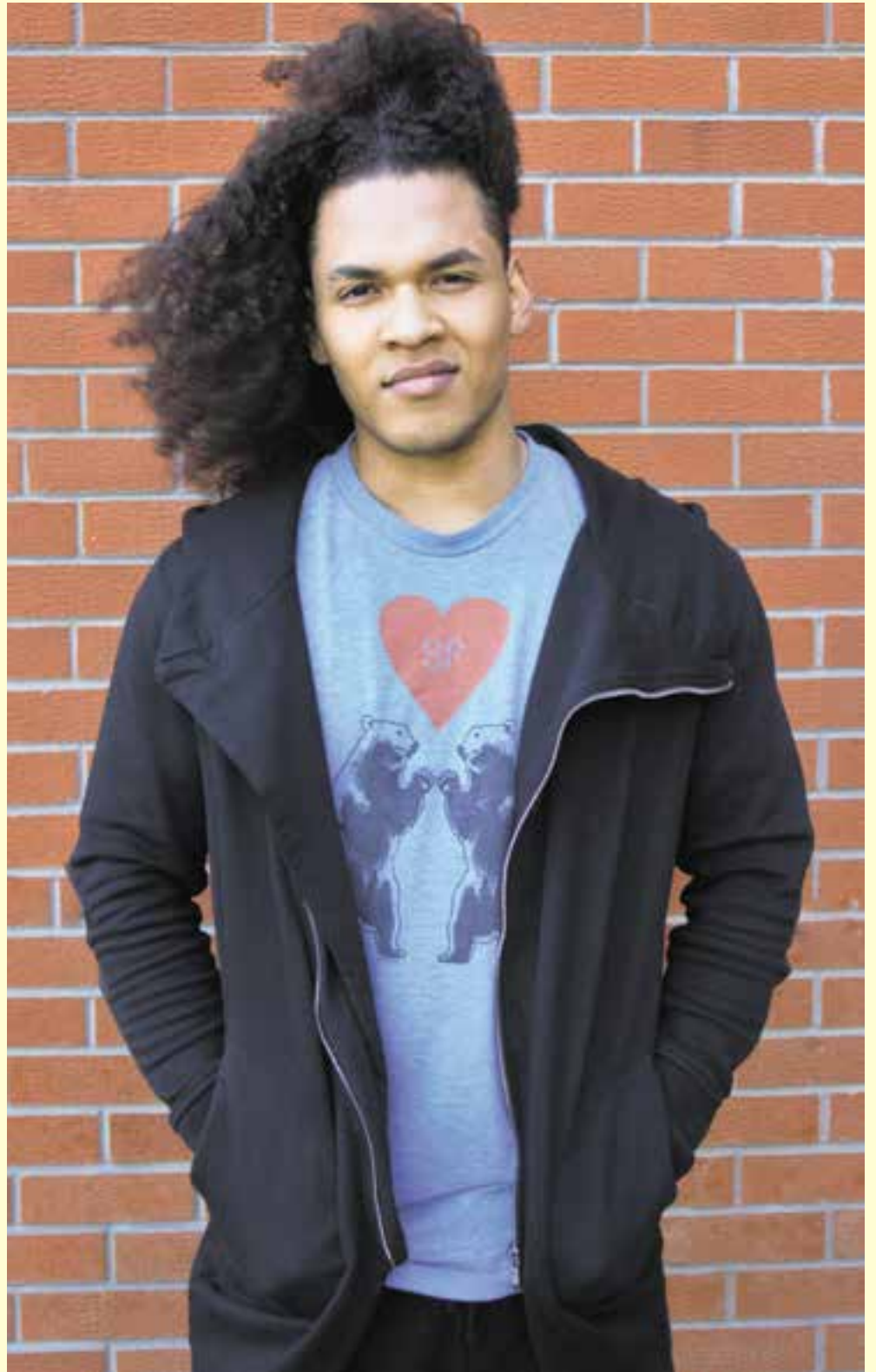


Photo by Kaitlyn Hoover

Trent Turner, 20 Marketing

About yourself?: “I would define myself as a designer of space and time. An artist, musician, craftsman following with mastering the physical body, which is another passion of mine. I love yoga, I love powerlifting, I love calisthenics. I don’t believe I’m exceptional at any of them but striving to be the best version of myself is the never-ending goal.”

Program at NAIT?: “I’m currently taking a business diploma in Marketing, I don’t really care for it but it does have its benefits.”

What’s your motto?: “Everything’s gotta be epic or else what’s the point! Ha,ha.”

What are you looking for in a girl?: “Cute, bubbly, strong, independent and empowering, with an adventurous take on life.”

Ideal date night?: “Nothing overly complicated, something simple with a little twist ... resulting in a spontaneous adventure and without a doubt, coming back with an epic story worth telling.”

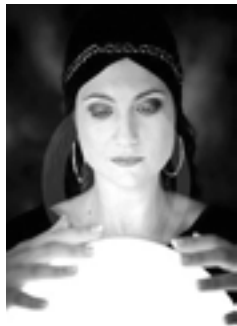
Dolphin or elephant?: “100% Elephant; their loyalty is among the most admirable!”



Photo by Jennifer Rae

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 10-16

(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Pisces (Feb. 19-March 20)

Take time this week to watch a sunrise or sunset. Do you see the colour? Can you tell what the weather will be by the colour of the sky? Watch every day and see if there is a relationship between the colour of the sky and the temperature or precipitation.

Lucky number: 6

Aries (March 21-April 19)

Take time to pick up a book, a real hardcover book. Read a paragraph, a page, a chapter. Here is a cool title – *Of*

Hen's Teeth and Horses' Toes. Check out some weird titles and try and guess what the book is about.

Lucky number 12

Taurus (April 20-May 20)

Take time this week to tune into the radio. Step outside your box. If you already listen to one, try a new station. The point is, give your brain the shock of a whole new perspective.

Lucky number: 10

Gemini (May 21-June 21)

Take time to consider your social media posts. Guess what? You are a content creator. Didn't think you were creative? Think again. Every time you post for the world to see, that is content and you created it.

Lucky number: 30

Cancer (June 22-July 22)

Visit someplace you haven't been before, like the library or the art gallery, maybe even the museum. Have you visited the big grey animal at the zoo? It is places like these that have served to keep boredom at bay for generations.

Lucky number: 90

Leo (July 23-Aug. 22)

Take time this week to understand the lion in the zodiac. Under-

standing yourself helps you to understand others. In fact, it is difficult to empathize with others if there is no self-understanding.

Lucky number: 9

Virgo (Aug. 23-Sept. 22)

Take time this week to read up on what your sign means. Do you feel you fit into the perfectionist side of the Virgo sign? If not, check out what the others say about you. Some outside perspective is more in tune.

Lucky number: 5

Libra (Sept. 23-Oct. 22)

Take time this week to fully appreciate the weather. Stand outside, feel the cold, play in the snow. Appreciate the breeze. This is especially useful if you are feeling stressed or overloaded with work. Even five minutes just looking at the clouds can ease the mind.

Lucky number: 8

Scorpio (Oct. 23-Nov. 21)

Take time to hug a tree. That is right, hug a tree. A millionaire once said that just communing with a tree helped to clarify his thoughts, especially when he had important decisions to make.

Lucky number: 67

Sagittarius (Nov. 22-Dec. 21)

Take time to just accept your feelings, as they are best felt and not acted upon. Act on your intuition. Feeling angry? Take yourself away to a safe place and let yourself feel angry. Chances are that allowing the feeling will ease it. Feelings are transient and are an indication that things are going right or going wrong. Find out what triggers the feeling before taking any action.

Lucky number: 19

Capricorn (Dec. 22-Jan. 19)

Take time to draw something, anything at all. You may think you cannot or aren't creative enough. If you are spending a lot of time on social media or the Internet, it is a good bet you like images and therefore will have an ability to reproduce them or create your own.

Lucky number: 54

Aquarius (Jan. 20-Feb. 18)

Take time to listen to some classical music. Bach is said to improve math skills. How about Beethoven or Liszt? What goes through your head? Where do the melodies take you? What instruments do you hear? The music that is in your favourites list has some relation to these classical compositions. Can you spot the similarities to your favoured songs?

Lucky number: 3



NAITSA SERVICE CENTRE

THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

Students with coverage can download their MyBenefits Card online at www.mystudentplan.ca/nait

Download the GroupNet Mobile app to easily submit your claims on the go.

QUESTIONS?

Email: studentplans@nait.ca

Phone: 780-471-7730

Tweet: @naitplan

For more information on what is covered by your student health & dental plan, please visit www.mystudentplan.ca/nait www.nait.ca

THIS YEAR, NAITSA IS PROUD TO ANNOUNCE THE LAUNCH OF THE NAITSA FOOD CENTRE

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are in need of a hamper, you can request one either in person at the NAITSA office in E-131, or online at nait.ca/food-centre

Non-perishable food donations are always welcome. More information can be found by emailing foodcentre@nait.ca, or by calling 780-491-3966.



Get set, draw!

By **BRENDAN CHALIFOUR**

Are you an artist? Maybe you're even considering a transfer to an art school to pursue an education there. Well, if that's you, then hold your horses because I want to let you know about a free app that will allow you to express your artistic abilities right in the convenience of your own home!

Have you every heard of an app called *Draw Something*? This app was at the top of the App Store in 2012 ... and we're bringing it back! Challenge your Facebook and Twitter friends to guess what you have drawn for them. No drawing skills required!

Here's how it works: Each round, you get to choose between three words (easy, medium and hard – harder words earn you and your opponent more coins). From there, you get to draw out the word using black, red, yellow and blue. You can buy additional colours with the coins that you collect each round. (Note: If you have all the colours, you may be addicted.) Then your opponent tries to guess your word from a letter box of 12 letters. You get a video replay of their struggle before guessing what they have drawn.

But nothing is perfect and no app comes without a few downsides, so here they are: the app has a free and paid version. The free version is great for newbies so they can

try out the app before investing \$4 for the full version but you will have to put up with some ads. After you send a drawing off to your dearest friend, you get a popup from the game maker that wants you to download some of their other games. You can also watch 30-second ads in exchange for "bombs." These bombs allow you to blow some letters off your screen when trying to guess a drawing. These are helpful if



your friend is an awful drawer and you have no idea what the heck they are doing. And last, the limited colour palette gives me trouble because it makes it much trickier to draw something. Once, I had to draw a forest and since there is no green I used blue for the forest floor ... now is that a green grassy forest or a blue sea ocean, nobody knows. You can buy additional colours with the coins you win each round but those colours are expensive!

Since this app was a raging success in 2012, my friends think I'm a total weirdo for being obsessed with it four years later. But I say "I'm bringing it back." I absolutely love the concept because it's basically Pictionary ... but in your pocket! And who doesn't love drawing? So download *Draw Something* on your mobile device and feel free to start a new game with me (bchali4) because, together, we'll bring *Draw Something* back!

EDMONTON

FIREFIGHTER

Join our team of dedicated and skilled firefighters.

Applications will be accepted from *March 1 to March 31, 2016*. For full details, visit

www.edmonton.ca/firerecruitment



Edmonton

WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

WE HAVE 4 FULL TIME STUDENT EXECUTIVES

The VP Student Services is here to help foster student life at naif. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at naif.

WE HAVE THE STUDENT SENATE

The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
Located by the pool | 780.471.8540 | nevtaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-129 | 780.471.8544 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS
studentplans@naif.ca | naifsa.ca | NAITSA Service Centre Room E-131

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS
foodcentre@naif.ca | naifsa.ca | NAITSA Service Centre Room E-131

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl@naif.ca | naifsa.ca | NAITSA Service Centre Room E-131

WE ADMINISTER THE U-PASS
upass@naif.ca | naifsa.ca/upass | NAITSA Service Centre Room E-131

WE PROVIDE DISCOUNTED TICKETS

To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Petrie Campus.

WE SUPPORT & FUND OVER 70 CLUBS
engrinc@naifsa.ca | NAITSA Club Centre E-125

WE COORDINATE FUN STUDENT EVENTS ON CAMPUS
Check the boards and our social media for updates!



NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAIFSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?

POST A BOOK

FIND A BOOK

ROOMMATES?

NEED A ROOMMATE

FIND ROOMMATE



WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit nait.ca/clubs/current-clubs/

WHO

IntoNAITion General Meetings
LOL Weekly LAN Party
IntoNAITion Tuesday Meetings
Juggling Club Weekly Juggling Jam
Craft Club Crafting Time
Super Smash Bros. Club Meetup
ICON General Meeting

WHEN

Mondays, Jan 5-April 11 | 4:45pm – 6:00pm
Wednesdays, Jan 13-April 27 | 4:30pm – 7:30pm
Alternating Tuesdays, Jan 5-April 12 | 4:45pm – 6:00pm
Mondays, Jan 11-April 30 | 5:00pm-8:00pm
Thurs Jan 7-April 28 | 5:00pm-10:00pm
Thurs January 21-April 21 | 5:00pm-10:00pm
Thurs January 21-April 13 | 4:15pm-5:15pm

WHERE

Room E-225
Room X-215
Room X-111
Shaw Theatre Foyer
Room X-203
Nexen Theatre
Room T-210

UPCOMING CLUB EVENTS

WHO

Club Culinaire
AHT16
EDSS
EDSS
BCX
Log Rolling
So You Wanna Dance
AHT16
OHSSS

WHAT

Begin Reading Week with a Bang!
Pamper Your Pooch
Learn to Render
Yoga w/ Dan
Etiquette Dinner
Mid-Morning Roll
Practice
Easter Bake Sale
Movie Night

WHEN

Mar 11 | 3:00pm-10:00pm
March 20 | 10:00am-2:00pm
Thurs, Feb 4-April 22 | 12:15pm-1:15pm
Tues, Feb 2-April 19 | 12:15pm – 1:15pm
March 30 | 5:30pm-8:00pm
Thurs, Mar 3-April 21 | 10:00am-11:30pm
Mar 2-April 13 | 3:30pm-4:30pm
Mar 21 & 22 | 9:30am-1:00pm
April 1 | 5:30pm-8:30pm

WHERE

Annex Dock
Whitemud Creek Veterinary Clinic
Room L-256
Room L-005
The Nest Taphouse Grill
NAIT Swimming Pool
Room S-112
HP 2nd Floor
Shaw Theatre

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates