

THE NAIT NUGGET

Thursday, March 17, 2016
Volume 53, Issue 22

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

SCHEME FOR BEANS

Biz students market a NAIT produced product, page 4



Photo by Natalee Pon

TAKING PRIDE IN THEIR STRIDE

Michael MacComb, left, NAITSA VP Student Services and NAIT President Glenn Feltham lead more than 200 staff and students on the second annual Pride Week Parade on March 16 at lunch-time. Pride Week events are running until March 18.

NEWS & FEATURES

Reach out, touch someone



NICOLAS BROWN
Issues Editor
@bruchev

There seems to be a common theme in many nonprofits and membership-based organizations in the past few years. “Membership is low” or “the number of volunteers is down” seem to be constant reminders in these organizations of the supposedly changing times.

I disagree with the sentiment, although not for the reason you might think. Yes, membership really is down in many of our vaunted service organizations like Rotary, Lions and Kiwanis, and many organizations that rely on volunteers continue to struggle with manpower issues. However, I believe these organizations are not focusing on the root of the issue. Rather, they are focusing on symptoms, looking at expenses, cutting programs and frequently increasing membership fees to cover rising costs in the face

of low membership.

What these organizations are lacking is engagement. There is no real shortage of volunteers – let’s be honest, with very few exceptions we all have plenty of extra time that could be better used volunteering in our community. The value in membership really stems from the networks and programs those memberships offer – which can become a bit of a chicken and egg argument, I know.

The point I want to emphasize, however, is that I believe organizations are not addressing the root issue, which is engaging those people. Yes, some organizations are advertising and fundraising frequently but those activities have a limited reach.

Instead, there should be a focus on the younger generations, especially post-secondary students, to build future engagement. How many of us can say we have had a member of Rotary or Lions or another organization approach us or our classmates about their groups? I was actually involved in Rotary when I was in high school, yet I haven’t seen a single Rotary member or presentation on campus at NAIT in my four years on campus. Even Toastmasters International, an organization that provides a lot of opportunities that would help students in their studies, fails to reach out to the younger demographic.

In order for these organizations to survive and grow in the future, they need to engage the younger generations. It is unsustainable to rely on senior members, many of whom are becoming less mobile or who may not be able to take the lead on as many projects or programs as before. This means organizations need to start thinking more about in-person engagement. Promoting at youth events and giving presentations at post-secondary institutions should be a low-cost method of driving and building awareness. Yet I’ve seen very few organizations, nonprofit or professional, giving regular on-campus presentations.

Membership costs are another area where logic doesn’t seem to prevail. Yes, expenses need to be covered but it seems programs are being cut even as fees increase. Frequently, there isn’t even an attempt to create sustainable membership fees by acknowledging both the limited budgets of students and the fixed income of current membership demographics for voluntary organizations. Certainly, having multiple membership fee levels makes administration a little more difficult but look at the benefits.

Reduced fees for students would encourage them to engage when they have more free time and really need to access the benefits of the networks and programs offered by organizations. They are far more likely to

remain members and pay regular dues when they have seen the value that membership provides. Likewise, organizations should seek to keep as many senior members as possible because of the experience, knowledge and mentorship capacity they represent. Yet these considerations don’t seem to even factor into membership discussions for these organizations – at least not that I can find from the public perspective.

Is the younger generation partially to blame for low engagement? Absolutely. We’ve fallen into the trap that is social media and sound-bite advertising – and the jokes about decreasing attention spans are becoming frighteningly accurate. But I believe that organizations should share at least some of the blame. I’m not even saying that they need to adjust to what are considered “modern” methods of engaging people through social media and online engagement. Those activities have merit but often prove to have extremely little staying power that is critical for membership growth (just look at the long-term momentum of most social media campaigns – how many are around even a year later?).

I am urging organizations to go back to the tried and true methods to build membership – engaging people face-to-face and demonstrating its benefits.

Media students get message

By JENNIFER RAE

The NAIT Radio and Television Program (RATV) hosted a Media Workshop on Saturday March 12 in the Shaw Theatre. This event was open to NAIT students in Radio and Television, as well as students in media programs at SAIT (Southern Alberta Institute of Technology), Mount Royal College, Lethbridge College and Grant MacEwan University Journalism and Communications programs. Rogers Communication has provided funding for these workshops, which have been connecting students to industry professional for seven years.

“My friends and I have a thirst for anything we can get, really and decided to make the drive up,” said Britt Jones of Calgary, who is attending Radio Broadcasting at SAIT.

Those attending from other schools were enthusiastic about the professionals in attendance and the opportunities to interact with personal favourites like Yukon Jack.

Evanka Osmak and Ken Reid of Rogers Sportsnet were invited to give the keynote address in which they created a fun and informative dialogue on how and how not to build stories. They also sat on a panel with local industry experts, Yukon Jack (The Bear), Vinesh Pratap (Global Edmonton), Dez Melenka (CTV Edmonton), Michael Jorgenson (Oscar-nominated documentarian currently a member of the faculty NAIT Digital Media and IT program) and Karen Unland (Seen & Heard podcast). This panel used anecdotes, personal experi-

ences and insights to inform approximately 80 attendees on how to be a good storyteller, and how to get into the industry, which quickly became a discussion on social media.

“Social media and how that has affected broadcasting, I think you could do an entire workshop simply on that because it’s become a big part of what we do on a daily basis and is something that even as students they can get involved with, you can have a Twitter account or a YouTube channel without having a job,” said Yukon Jack in an interview at the end of the workshop.

In the afternoon, the participants broke into two groups for an opportunity to demonstrate their work and receive feedback from the industry professionals.

The students interested in television had an opportunity to read news for a panel that included Evanka Osmak and Ken Reid. The students were then given a recording of their performance and feedback.

Radio students prepared demo tapes beforehand for feedback on both technical expertise and production quality. The students valued their sessions with on air personality Yukon Jack and producer Albert To.

“I think it was really kind that we had some industry professionals that were willing to sacrifice pretty much a



Yukon Jack

whole Saturday to be here to be a resource for us ... I am grateful that they put this on,” said Jesse Setka, who came to the NAIT Radio and Television program from theatre.

Radio and television careers rely a great deal on mentorship and branding. It was mentioned several times that the broadcasting community in Canada is still quite small and so a person’s reputation is very important. For those of us who are students in the program, the instructors continually reinforce that everything from meeting deadlines to how we interact with our teams to what we say or depict on social media will create results that will influence our ability to find work in the industry.



Photo by Jennifer Rae

Members of the Camosun College winning team at the HRC West Case Competition with their certificates.

HR skills competition

By JENNIFER RAE

NAIT was host to a relatively new human resources competition on Saturday March 5. The Human Resources Institute of Alberta (HRIA) provides professional association services for 6,000 members across Alberta and was approached in 2014 by a professor at the University of Alberta to create a human resources case competition as there appeared to be a need among the many competitions already existing to help business students improve their skills.

This was the third annual HRC West Case Competition for human resources students to demonstrate skills they have learned by analyzing a case and presenting their solutions to a judging panel. The morning of the competition the students had three hours to prepare. Then, in the afternoon, solutions were presented within a 20-minute time frame after which the judges had 10 minutes for questions.

The competition's first year, at the University of Alberta in 2014, saw five teams compete. When it was held at the University of Calgary in 2015, seven teams took part. This year, 10 teams entered, travelling from Manitoba, British Columbia and parts of Alberta.

Each team chose a name so that their identities and the school they came from would remain anonymous until the winners were revealed. The 12 judges are HRIA members and generally alumni from competing schools.

The judges volunteer their time and enjoy participating in student activities and the opportunity to mentor students.

HRIA is now working with HRMA (HR Management Association of British Columbia) and there is a possibility that the competition will be held at a British Columbia school next year. There are also plans to add some workshops to the event so that there are other activities available to the students attending.

Case studies encourage students to build their business acumen. HR professionals are more successful when they have an understanding of the corporate culture in which they work. For example, if they understand the working conditions of the employees in their workplace they will be able to choose the most appropriate benefits package for the company.

Therefore, this competition is an appropriate opportunity for students to test and deepen their knowledge. They prepare three to four months in advance for the two-day

competition by practising analyzing and providing solutions in a short time frame, rather than the three or four days they may have in the field.

The team that demonstrated the strongest ability to identify the core issue, choose and implement an appropriate solution as well as give a skillful presentation of their findings was Camosun College's team The Four J's were Aidan Love, Rebecca Verwolf, Hannah Dougherty and Marcella Lima (Alternate). Team Elevated Organizational Solutions from Okanagan College placed second and MacEwan University's The HR-Gonauts placed third.

NAIT teams

Interest Based Solutions

- Stephanie Decker
- Dylan Pruden
- Anna Borodyuk
- Barb Anderson

Elite Innovators

- Reema Minhas
- Melissa Chow
- Cassidy Cooper
- Niyati Panchal

Applications for next year will be posted fall of 2016 on the HRIA website, www.hria.ca.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 780-471-8866
www.thenuggetonline.com

Editor-in-Chief

Danielle Fuechtmann
studenteditor@nait.ca

Issues Editor

Nicolas Brown
issues@nait.ca

Sports Editor

Bridgette Tsang
sports@nait.ca

Entertainment Editors

Joel Leckie
Connor O'Donovan
entertain@nait.ca

Photo Editor

TBA
photo@nait.ca

Online Editor

Danielle Fuechtmann
onlineeditor@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

For ads, 780-264-9900 or e-mail:
glenda@playhousepublications.ca

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.



Supplied photo

Four business students who participated in a Capstone program to bring to market a gluten-free bean product, developed by Culinary instructor Maynard Kolskog, show off the food packages. They are Kevin Carthy, left, Jesse Koch, Scott Fellnermayr and Maria Tagliente.

An exercise in marketing

By **NICOLAS BROWN**
Issues Editor
@bruchev

Who knew there was value in beans? NAIT Culinary instructor Maynard Kolskog did when he approached the NAIT Business program's Capstone program with his idea last year.

Kolskog wanted to create a gluten-free bean product for people living with celiac disease. The result is a selection of savory recipes that are healthy and accessible for those with dietary restrictions. The concept began with three different flavours: French Lentils, Spicy Vegetarian Red Beans and Pinto Beans with Andouille Sausage.

The challenge for Kolskog and the Capstone team? Taking this product into the market.

"This was almost the perfect project," said Terry Goudreault, the NAIT instructor who teaches the course.

"We had a sponsor who needed more information in terms of commercializing their pulse/bean recipes and products

and they didn't have the resources to do it themselves,"

NAIT students Maria Tagliente, Kevin Carthy, Jesse Koch, and Scott Fellnermayr, the first team of business students to participate in the new Capstone program, were up to that challenge.

"We had a very strong Capstone team who were ready to use their business skill and knowledge to help the sponsor," said Goudreault. For this particular project, the team had to research a number of areas outside of their comfort zone but all within a business context.

For a food related project, special attention needed to be placed on health regulations, recipe costing and dozens of small topics, a different spin on the ubiquitous case study that is usually limited to a handful of major issues which most business students are familiar with in their regular courses.

As the end of term approaches, the team is expected to wrap up the final stages of the project as well. For the first capstone team to go through the

program, Goudreault is confident in the value of the experience the students have gained.

"I think the students have been really lucky to help develop a commercial product from this very early stage in a product's life cycle," said Goudreault, "it will be a great addition to all their resumes."

By the end of the semester, the BEA-Nurished team plans to have Kolskog's product on the shelves of the NAIT retail meat cutting store for regular purchase. The BPA-free packaging will also feature a logo created by NAIT graphic design student Lindsay Burchill.

"My favourite moment may have been seeing the team cooking and packaging the test products down in the NAIT culinary kitchens," said Goudreault. "They all looked pretty darn fine in their chef outfits!"

NAIT's business Capstone Program is a newly revamped course offering for business students similar to capstones regularly seen in other programs on campus, includ-

ing the Bachelor of Technology Management program. Students have the opportunity to form teams and match with an industry client looking for a resolution to a business need.

Broken into two course sections, the full Capstone Program (course codes CAPS4485 & CAPS4486) is spread across two academic terms. Students spend the first term reviewing information provided by the industry client, looking at factors that relate to the business issue and bringing forward a recommendation for the client to consider. In the second term, the same team gets the opportunity to put their recommendation into action by developing an implementation plan and evaluation plan.

Unlike general course registration, registration for the September 2016 section of the BBA Capstone program closes on May 1. Only business students entering their fourth year of the Business Program can participate. More information is available on the NAIT website or by visiting the Business Information Centre.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit naitsa.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

AHT16
EDSS
EDSS
BCX
Log Rolling
So You Wanna Dance
AHT16
OHSSS
BTech
Toastmasters
International Club
SFA
SFA
BTech

WHAT

Pamper Your Pooch
Learn to Render
Yoga w/ Dan
Etiquette Dinner
Mid-Morning Roll
Practice
Easter Bake Sale
Movie Night
Spring Mixer
Speech Contest
Zumba
Firearms Safety Course Restricted
Firearms Safety Course Non-Restricted
Club Logo Contest

WHEN

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
Mar 23 | 4:00pm-6:00pm
Mar 23 | 7:00pm-9:00pm
Mar 17 | 8:00pm-9:00pm
April 16 | 8:00am-2:00pm
April 9 | 8:00am-7:00pm
Mar 18-April 18 | All Day

WHERE

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
The Nest Taphouse
Tower Lounge
Room S-112
Room V-332
Room V-332
Online

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

Point counter Point Fanny pack fight



JOEL LECKIE

You know, sometimes a name can have a dramatic effect on an object. That old “a rose by any other name” saying? Yeah, not if you start calling it stinkweed. Happy anniversary, have a dozen stinkweed. No? Perhaps a little bit of rebranding can bring back an old friend in the fanny pack. Perhaps we should just call it the hip pouch. In fact, several designers tried to revive them in 2011 as belted satchels.

Don’t have any pockets on you for your morning jog? Try using a hip pouch. There are a variety of pockets to hold your phone, mp3 player, earphones when you aren’t wearing them and even a little snack to keep your energy up. It’s a lot easier and safer than trying to keep your phone in a pocket. Most shorts and track pants have loose open pockets, if any at all. And not all of us can fit our devices into an armband if we don’t have the high end, well known name brand version.

Tourism

Perhaps the thing I think about most in relation to the hip pouch is tourism. For much the same reason, a lot of tourists are not going to be heavily burdened with pocketed clothing. You need to have your camera on you, a small bottle of water, a snack. In the past, you also needed an itinerary and map. That can all be on your phone but if you are out of country, you might not have Internet access to reference a map. So anything you need printed can be fitted nicely into your hip pouch.

If you are worried about how they look, then you can change the style. The classic black fake leather is not the only kind available. You can get a small subtle one for single purpose or get different colours to blend with your outfit. The hip pouch can make a bold statement. They are super practical and ultra convenient. And yes, there are famous people who have been caught wearing hip pouches on occasion.

Comfortable

These little pouches are actually really comfortable. By wearing one on your hip and not using a shoulder bag or backpack, it distributes the weight better, saves your shoulders and keeps your hand free. They sit just a little loose, so you can sometimes almost forget that it is there at all. The smaller size also makes you prioritize a little. Keys, e-book reader, snack, done. Still room for a couple of other choice necessities.

So maybe it’s time we gave the hip pouch another chance. It won’t be for everyday use but they can definitely still be usable given the right circumstances.



CONNOR O'DONOVAN

I get it, fanny packs have some practical use.

It’s an accessible, easy to reach pouch capable of helping you carry your compass, topographical map and tape measure with you wherever you go. Wait, you say you’re not an archaeologist sifting through Saharan sand dunes for pointy rocks? Then what the hell are you carrying in there? Chapstick?

The closest you should get to resembling a kangaroo is when you’re wearing a hoodie, and when you are, you have more than enough room to carry the things you need. Cell phone? Right pocket. Keys go in the left and the wallet in the back. If you’re toting something that doesn’t fit in any of those orifices, you’re approaching backpack territory.

Lifeguards

The lifeguards at my pool wear fanny packs. They’re carrying CPR masks and other things that help them save lives. I don’t see any rescue materials in that neon pouch-purse rave accessory

you plan on sporting this weekend. It’s more likely stocked with MDMA and barbie-sized Ziploc lunch bags full of ambiguous white powders. Those things don’t save lives, they end them.

Google fanny packs, check out the image results and you’re sure to see the much memed photograph of Dwayne “The Rock” Johnson rocking a belly bag circa 1995. The dude can bench press like a thousand pounds but that little black gut-garnish makes him seem more likely to be doing jumping jacks in a Richard Simmons video than suplexing Stone Cold Steve Austin at Wrestlemania 15.

Just plain ugly

Bottom line: fanny packs are just plain ugly. Dress them up with mesmerizing colour or patriotic designs, it doesn’t matter. They’ll always be unnecessary and unappealing fashion accessories, like novelty belt buckles, only fanny packs give your profile the look of someone who’s been chowing a few too many triple baconators.

There seems to be a celebrity-inspired fanny-ssance invading boutique stores everywhere. They come in finely stained leather with shiny buckles and multiple outfitting arrangements and hide behind fancy names like “hip bag” and “waist traveller.” Some of these designer sacks look like they’re built to contain throwing stars or potions to cure leprosy. Steampunk is never going to catch on, guys. Ditch the fanny packs.



OPINION

— Editorial —

Is DST worth it?



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

Ahhh, daylight saving time. A delight in the fall when the time goes back an hour and our social media feeds are home to charming “Turn Back Time” Cher puns but in the spring it simply means the inconvenience of switching all of your manual clocks and dragging your feet as you crawl out of the bed in the morning. It seems a bit pointless, especially with some provinces and countries opting out of the bi-annual hassle, but there was a clever purpose when it was originally proposed.

Since 1700s

The idea of daylight saving time has been around since the late 1700s, often erroneously credited to Benjamin Franklin. The idea was that pushing the time an hour forward in the spring would allow people to take advantage of the early summer sunrise, spending less energy to artificially light their homes and increase the hours they could do productive work outdoors. In the fall, the hour would be adjusted back to make the most of the later sunrise. However, it took a long time for the idea to finally take hold and it wasn't until William Willett brought the idea back into common conversation that Germany became the first to adopt daylight saving in 1915 in the interest of energy conservation. Many countries in Europe, Canada, and the United States would also adopt it during the First World War but most discontinued the practice afterward.

The idea never quite went away, however, and different variations were tested off and on throughout the Second World War and the first half of the 20th Century.

Followed U.S. lead

In Canada, the decision to follow daylight saving time is left up to the provinces and most – with notable exceptions of most of Saskatchewan and pockets in Ontario, Quebec, and British Columbia – have followed the lead of our neighbour to the south, closely following the United States' annual daylight practices.

But is the practice of turning the clock back and forth worth the trouble these days? Recent studies have been finding that the transition between DST and regular time appears to have a negative impact on many people's health as well as an increase in vehicle collisions.

Some of the data found by Carnegie Mellon University in 2007 shows that pedestrian fatalities from cars increase after 6 p.m. shortly after clocks are turned back in the

fall after the end of daylight saving time; statistics show that pedestrians are three times as likely to be killed by a vehicle after the switch than they are in the month prior to the transition, researchers believe this is likely due to drivers needing to adjust to the earlier dusk period.

In addition to the visual adjustment required by drivers, daylight saving also takes a hit on our health. While people can generally adjust to shifts in their sleep schedules with relative ease, people who already have insomnia or difficulty sleeping can find the jump jarring. A 2007 study in Germany found that while people appeared to be equally affected by the time switch in the fall, people who typically stay up late are affected more drastically in the spring, often taking weeks to adjust. In Sweden, a study published

by the *New England Journal of Medicine* in 2008 says that there might be benefits to turning your clock back – but not forward! After studying two decades of records, they found that the number of heart attacks dropped on the Monday after the clock moved back in the fall but the jump forward was marked by a jump in heart attacks, especially for the first few days after the switch.

Does daylight saving time still have a place in our world? I'd argue not. With our globalized world, we're already becoming adept at managing time zone differences and eliminating the need to emphasize convenient trading and adopting a consistent schedule that optimizes our daylight year-round without the disruption to our bodies is far more valuable.



www.huffingtonpost.ca

MISS AN ISSUE?

find us online at thenuggetonline.com

FOLLOW & LIKE US!

@nuggetonline

facebook.com/thenaitnugget



SPORTS

A broadcast trailblazer



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

A lot has changed in the sports media landscape in the last decade. Gone are the days when we crowded around the television to watch highlights or even a game itself. Scores and the latest news about our beloved teams are available at the touch of a button on our smartphones, etc.

But one thing that has continually progressed positively is women entering the sports media business. Many women have made their mark in the sports industry. To put it into perspective, 56 per cent of women identify as sports fans but nearly all voices covering it are male. When you watch Sportsnet or TSN, you will now often see a women anchoring the desk. It wasn't like that before.

When I was in the television program here at NAIT, I was the only girl in my class who was up for the sports position in our weekly rotation for NAIT Newswatch. It was sad to see that no other girls in my class took interest in covering sports or were prepared to just gave it a chance.

I was fortunate enough to have a mentor in the industry who gave me some solid

advice. But she wasn't just any mentor, she was someone I looked up to. Although we were never able to meet face to face, the fact that she took the time out of her busy schedule to look at my stories and give me critical feedback is something I am truly grateful for and I hope more students have that opportunity as well.

First on HNIC

If you watched *Hockey Night in Canada* before George Stroumboulopoulos took over (the good old days, if you will), you might remember Andi Petrillo. She was responsible for the iDesk and you would see her during intermissions, along with Ron MacLean and the panel. In that role, Andi became the first woman to serve on a full-time basis on HNIC.

She told me the story of how hard work and dedication got her to the position she is in today. Andi recently became the first woman in Canada to host a daily sports radio talk show (Leafs Lunch on TSN 1050). She started out volunteering at her local station covering sports – editing, writing and shooting her own stories while also hosting for Junior A hockey games on a weekly basis. Her hard work soon earned her a position as a reporter for the Toronto Maple Leafs; again, the first female reporter to work for the team.

Not all smooth

But it wasn't all smooth sailing for her when she first started out. People didn't care about the hard work she was doing but judged her because of her gender. Some reporters felt she was flirting when she was seen talking to a player, when truthfully,



www.youtube.com

Andi Petrillo

like any reporter, she wanted to get a good story out at the end of the day. She ignored all that and focused on her work.

By becoming the 'first woman' in many areas in sports, Andi has paved the way for many women in Canada to pursue their dreams in sports media. Ryerson University's RTA School of Media announced the production of a first all-female sports broadcast. This means a new generation of female students will one day work in the sports media industry. Sports biggest media engine, ESPN, has recently launched

the first ever sports radio talk show hosted by three women. Although the show will cover mainstream sports news, it is unique because it incorporates new and different stories about female athletes and women's sports that nobody is talking about.

It's important to talk about women thriving in sports. They bring something new to the table and a fresh perspective. It's time to end the stigma and to encourage the women to do what they love and not be judged by their gender but by their ability.

VOLLEYBALL ROUNDUP

Season of mixed results

By MIA SIMON

The NAIT Oaks men's volleyball season was one that ended too early. The men finished their regular season with a total of 14 wins and 10 losses, which placed them fourth, behind nearby King's University College. With the NAIT Oaks hosting the 2016 men's volleyball provincials at home court, left side Jordan Teliske and fifth year middle Ethan Redman were named by the coaches to the 2016 ACAC North all-conference team.

With the NAIT Oaks placing fourth in the standings, they were matched against the first-place team in the South Conference, Red Deer Kings, who had 23 wins and one loss. The Kings showed why they are the top ranked team in the nation as

they defeated the host Oaks in straight sets, 25-21, 25-20 and 25-18. It was a tough first game for the Oaks as they fell three sets to zero.

NAIT came out flat in their quarter-final match against the Lethbridge Kodiaks, who served their way to a 25-11 first-set win. The Oaks woke up in the second and scored the final seven points in a 25-21 win. That was the spark that NAIT needed and they rode that momentum to take the next two sets and the match. Player of the game for the Oaks was No. 11 Justin Knight with eight kills and an amazing eight service aces.

The fifth-sixth-place match saw the host NAIT Oaks take on the King's Eagles. The Oaks came out on fire, capturing the

first two sets by scores of 25-19 and 25-23. As they had all tournament long, the Eagles responded nicely, taking the next two sets 25-18 and 25-23. The fifth set saw the Oaks jump out to an early lead and finish strong, winning the set 15-10 and the match 3-2. In the final game of his career, NAIT's Ethan Redman was named player of the game. Overall the NAIT men had a fantastic season and are looking forward to the next!

As for the lady Oaks, their season ended earlier than the men. The Oaks finished their season off with 11 wins and 13 losses in their regular season games. They finished fifth in the North Division. The girls' season got off to a rough start, as they lost four straight games to the King's University Eagles and the Grande Prairie Wolves.

"It was not until they faced Augustana Vikings that they finally started to win some games," said head coach Benj Heinrichs. "The biggest thing we need to improve on going forward is our toughness to keep battling in the close games or when we are behind. We have to get more comfortable playing when the game is uncomfortable."

The girls were in a difficult situation near the end of the regular season. They needed to sweep the Keyano Huskies in their final games to make the playoffs but fell to the Huskies in both games.

Overall, the girls have worked hard and fought with Oak pride and will be back stronger and more determined next season.



Photo by Jesse Kushneryk

NAIT Ook forward Tyler French moves in on the Red Deer Kings goalie during the first semifinal ACAC playoff game, played at NAIT arena on March 11. The Oaks won the contest 6-1 en route to a two-game sweep of the Kings and a berth in the final series against Augustana Vikings. First game of that series is Friday March 18 at NAIT arena.

MEN'S HOCKEY PLAYOFFS

Ooks overpower Red Deer

By FARYAL BASHIR
@faryal3

After a week of mental and physical preparation, the NAIT Oaks men's hockey team started their post season run in the semifinals by taking on the Red Deer Kings. Red Deer won 2-1 against the SAIT Trojans in a best-of-three series in the quarter finals. The Oaks finished first in ACAC standings, gaining a first-week bye in the playoffs.

Game 1 against the Kings took place at the NAIT Arena on Friday March 11. You could say the first period was a bit of a nail-biter waiting for one of the teams to light the lamp first. But late in the first frame, Ook Tanner Dunkle struck to put his team

on the board. And just when you think the buzzer was about to go off, Ook Charles Wells kept the play in the Kings zone and captain Scott Fellnermayr came around and swept in a beauty of a backhand to put the Oaks up by two at the end of first. In the second period, the Oaks scored twice more putting them up by four. Entering the final 20, Ook Kevin Carthy put in a pair only a few minutes apart. The Kings ran out of time to get their hands on the puck as the Oaks took Game 1 of the semifinals 6-1 and outshot the Kings 47-22.

Both teams knew what was at stake the following night at the Penhold Arena in Red Deer. The first had a faster start than the night

before. Oaks captain Fellnermayr drove in the biscuit giving his team the early lead. Minutes later, the Kings responded by playing tic-tac-toe in the Oaks zone and tying up the game. However, it didn't take long for the Oaks to regain control and score two more times to lead 3-1 at the end the first. The rest of the game consisted of plays in the Kings' zone and the Oaks lit the lamp two more times to win the game 5-1 and advance to the finals for the fourth year in row.

According to head coach Mike Gabinet, it looks like the first week bye paid off.

"A number of our players elevated their game and we played with a team-first mindset," said Gabinet. "I thought our guys played

extremely hard and with great structure on Friday night. We played with courage, went to the hard areas and were rewarded."

The Oaks now advance to the ACAC finals after defeating RDC 2-0 in a best-of-three series. They will play Augustana Vikings in the final for the first time since 2011-2012 and third time in history for the championship. Augustana beat the Keyano Huskies in their semifinal series.

As for Gabinet, he hopes his team continues to elevate their game against their closest opponent this season.

"I'm looking forward to this week of practice as we prepare for a tough opponent," he said.



Photo by Jesse Kushneryk

NAIT forward Kendra Hanson is hauled down by a Red Deer Queens' defender at NAIT arena during the second game of the best-of-five ACAC championship series. Red Deer won that game 5-1 and, eventually the series, three games to one.

WOMEN'S HOCKEY CHAMPIONSHIP

Ooks' 3-year run is done

By NATHAN SPENCE

The NAIT women's hockey were fighting to keep their championship streak alive last weekend. The Ooks headed into their final three games of the best-of-five championship round tied with the Red Deer College Queens 1-1. The teams exchanged road wins with NAIT taking the first game 2-1, then losing the next game 5-1. The two teams have faced off in the finals the last three seasons with NAIT sweeping all three and looking to go for an unheard of four-peat.

Electric atmosphere

Game 3 was in an electrified Red Deer Arena as the home team took advantage of the atmosphere and came out firing 18 shots on net in the first period. Queens' Jayna Kitchen eventually snuck a shot past Ooks netminder Tehnille Gard and gave the Queens a 1-0 lead at the end of the first period. In the second period, the Ooks started to show some life when Lindsey Roth banged one into the back of the net off the nice pass by Jody Rammel to tie things up 1-1. The Ooks got two power

plays before the end of the second but good defensive efforts by the Queens outlasted the Ooks' offensive power as the Queens killed off both man-advantages. Gard single-handedly kept the Ooks in this one as the score remained unchanged heading to the third.

In the third period, both teams showed off their offensive prowess but got stymied by great goaltending at both ends. With just under four minutes to play, Queens forward Julia Murrel set up d-woman Cassidy Murrel who managed to find a crack in Gard and scored what would eventually turn out to be the game winner – 2-1 Queens. The Ooks were out-shot 45-26 in this one and, if not for the stellar play of goaltender Gard, things could have been a lot worse.

The Ooks three-year reign as ACAC champions was on the line on Friday. The Queens held a 2-1 series lead and looked to claim their first title since the 2002-03 season. The Queens couldn't have asked for a better start. They stormed out to a 2-0 lead on goals by Emily Swier and Jade Petrie as it was all Red Deer in the first and they led by two and had a 14-6 shot advan-

tage. In the second, things got crazy. Ooks defender Carlin Boey blasted a shot home to cut the lead in half. Less than three minutes later, with the Ooks on the power play, Chelsea Gauchier made a nice dangle down-low and slid the puck five hole on the Queens goalie making the game 2-2. The Ooks took the momentum and ran with it. Ninety seconds later, Montana Kitt took a shot and the Queens netminder made the initial save but gave up a rebound in front. A scramble ensued and eventually Lindsey Roth cleaned up the trash and banged it home to give the Ooks their first lead since Game 1. The period finished 3-2 in favour of the Ooks.

Huge save

There was some great back and forth action in third, including a huge short-handed save by Gard to help maintain the lead. The Queens pulled their goalie with just over three minutes to play. There was a very sketchy icing call in which Ooks Montana Kitt was clearly all alone chasing the puck down in the Queens zone but the play was whistled dead for the infraction. With 20 seconds to play, the Queens pressure paid off after a point shot by Cassidy

Anderson was redirected by Ashley Graf, stunning the Ooks and tying the game 3-3 with 15 seconds left to play.

The Ooks played their best hockey in the first overtime but it wasn't enough to solve the Queens netminder. They peppered seven shots on net but Queens goaltender Jen West had an answer for every one of them. One overtime period wasn't enough as the game headed to a second OT. Seven minutes into the extra time, the Queens took possession of the puck and streaked up the left wing, threw a shot on net as Gard went down in the butterfly but it was too late. The puck managed to trickle through the five hole and over the line. NAIT's three-year run as ACAC champions ended abruptly as the Queens claimed their first ACAC championship in 13 years.

Despite losing in the final and seeing their run come to an end, it was still an amazing season for the Ooks. After struggling in the first half of the season and sitting as low as fourth in the five-team division, the girls turned their season around and finished second and then going on a 10-game win streak before losing in the finals.



WORKING IT OUT

A group leader oversees a fun exercise session with staff and students on Tuesday in the South Lobby. The event was organized in conjunction with Pride Week.

Nugget photo

FITNESS

Yoga – for the mind and body

By NIRBHIK SINGH

Yoga is a self-realization technique which improves communication skills, offers peace of mind and clarity, enhances the personality, heals, refreshes and energizes. In meditation, when the mind is calm, alert and totally contented, it is very powerful and healing can happen.

An ordinary person may consider meditation as worship or prayer. But it is not so. Meditation means awareness – whatever you do with awareness is meditation. “Watching your breath” is meditation, listening to the birds is meditation. As long as these activities are free from any other distractions, they are effective. Meditation is not a technique but a way of life. Meditation means “a cessation of the thought process.” It describes a state of consciousness in which the mind is free of scattered thoughts and vari-

ous patterns. The observer (one who is meditating) realizes that all the activity of the mind is reduced to one. These days it is commonly understood to mean some form of spiritual practice where one sits down with eyes closed and empties the mind to attain inner peace, relaxation or even an experience of God. Some people use the term as “my gardening is my meditation” or for jogging or art or music, hence creating confusion or misunderstanding.

Yoga is the ancient self-realization path of the Himalayan masters in simple, understandable and benefi-

cial ways, while not compromising quality or depth. Meditation, contemplation, mantra and prayer converge in a unified force directed towards the final stage, piercing the pearl of wisdom called Bindu, which leads to the Absolute!



Swami Vivekananda

www.daytodaygk.com

With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by scientists.

The history of yoga can conveniently be divided into the following four broad categories i.e. Vedic

Yoga, Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga and Modern Yoga (after 1893).

The history of modern yoga is widely thought to begin with the Parliament of Religions held in Chicago in 1893. It was at that congress that the young Swami Vivekananda – swami (svâmin) means master – made a lasting impression on the American public. At the behest of his teacher, Ramakrishna, he had found his way to the States where he didn’t know a soul. Thanks to some well-wishers who recognized the expertise in Jnâna-Yoga (the yoga of discernment), he was invited to the Parliament and ended up being its most popular diplomat. In the following years, he travelled widely, attracting many students to yoga and Vedânta. His various books on yoga are still useful and enjoyable to read.

ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
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	
<i>x-clinched playoff berth, y-division winner, z-first-round bye</i>										
ACAC 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 wins series 2-1)										
Red Deer 3, SAIT 2 (OT)										
(Red Deer wins series 2-1)										
March 11										
NAIT 6, Red Deer 0										
(NAIT leads series 1-0)										
Augustana 4, Keyano 2										
(Augustana leads series 1-0)										
March 12										
NAIT 5, Red Deer 1										
(NAIT wins series 2-0)										
Keyano 3, Augustana 2										
(Series tied 1-1)										
March 13										
Augustana 4, Keyano 3										
(Augustana wins series 2-1)										
Note: NAIT meets Augustana in best-of-three final, starting March 18 at NAIT										

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		
<i>x-clinched playoff berth, y-division winner</i>										
ACAC 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)										
March 10										
Red Deer 2, NAIT 1										
(Red Deer leads series 2-1)										
March 11										
RDC 4, NAIT 3 (2OT)										
(Red Deer wins gold, NAIT silver)										
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				
<i>x-clinched playoff berth, y-division winner</i>										
ACAC 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

x-clinched playoff berth, y-division winner

ACAC 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

x-clinched playoff berth, y-division winner

h-championship host

ACAC 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)

**ATTENTION NEW
WINTER INTAKE STUDENTS**

YOUR HEALTH & DENTAL PLAN IS NOW ACTIVE!

**DOWNLOAD YOUR
MYBENEFITS DIRECT
BILLING CARD ONLINE AT
MYSTUDENTPLAN.CA/NAIT
FOR INSTANT SAVINGS.**



**NAITSA SERVICE
CENTRE**

Room E-131 | Phone 780.471.7730 | Email studentplans@nait.ca
Information mystudentplan.ca/nait | Twitter @naitplan | naitsa.ca

ENTERTAINMENT

Kitty cats with your coffee?



By **JOEL LECKIE**
Entertainment Editor

Sometimes, you just want to sit and read. Other times, you just want to sit and have a tea. Other times, you just want to sit and pet a cat. So what happens when you want to get out of the house and still do all three of those things? It's not an unheard of concept, to have a tea or coffee shop with lounge chairs and a lending library. But what if instead of lending books, they lent cats? A type of pet rental facility with in house food service.

Picture for a moment sitting in a nice, soft, comfy chair with a freshly brewed drink delivered to you by a barista. You set your book down and onto your lap hops a small black cat with white paws. It curls up and falls asleep as you slowly sip your drink. Mutual respect of the people and the

cats are a necessity, so it is considered very rude to disturb a sleeping cat. You also need to take care not to overwhelm the animals, so the café needs to have a safe place for them to escape to.

It might not be for everyone but man, does that sound like the best day off ever. Cats can be super therapeutic, as can a nice hot tea. Putting them both together should be as simple as peanut butter and jelly. It's so much better than each one individually. The cats provide a welcome addition to the relaxing atmosphere. And it would be so easy to decorate, with all the other cat related products already on the market.

Cat cafés have been around for a little while already, almost 20 years. It is attributed to Japan, since that is where the concept has become most popular but it actually started in Taiwan in 1998. They will usually charge a cover or an hourly fee on top of what you purchase from the café. Some of them specialize in certain colourations or breeds.

There are only a few cat cafés currently in Canada and none yet in the Edmonton area. The idea has been formed, though, as one Edmontonian has expressed the desire to open a café but no word yet on whether they've been able to get the licensing and permits required. There are a lot of health



www.japantimes.co.jp

regulations to consider when you want to mix animals and food, so a separate serving area and lounging area is the current thought.

This can also serve as a great way of keeping cats out of the pounds. So many

people find they are unable to care for a cat shortly after adopting one. This gives you the option of visiting a cat without the commitment of 15 years of ownership. It also gives an alternative place that is able to adopt cats and give them a loving home.

Bromance blooms stateside



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

Cool handshakes, inside jokes, playful put-downs ... it's official. We have a bromance on our hands.

#Trubama burst out of Washington last week to grace our social feeds, newspaper headlines, the 6 o'clock news, even Sportscentre. Yes, the first official visit to the States by a Canadian prime minister since Jean Chretien met Bill Clinton in 1997 seemed well received. Hundreds lined up for a glimpse of the duo, wielding both smartphones and miniature flags

as the heads of state made their way across the White House lawn. It appears our prime minister is, well, cool.

And while being cool may not be the most important qualification of a country's leader, I think it definitely has its benefits. You can't deny that the images these two men project has an impact on the way both Canadians and Americans view the countries' relationship.

That relationship is, to some extent, characterized by stereotypes, on both sides of the border. For the most part, the cold-weather, hockey-centric, gravy-covered jabs are friendly and good natured but, on their own, they don't exactly promote the level of respect that should be layered beneath the teasing.

Justin Trudeau and Barack Obama acknowledged the stereotypes as soon as they took the podium on the White House lawn ("It's about time, eh?"). But they spoke of them in the greater context of the friendship they believe Canadians and Americans should have and observing amiability between a pair of leaders that doesn't com-

mand attention simply because of their job titles has a certain influence on public interest that wouldn't otherwise be achieved. It brings about a level of comfort and confidence in our decision makers that they plan to act with the other's interests at heart.

"As prime minister, your election and your first few months in office have brought a new energy and dynamism not only to Canada but to the relationship between our nations," Obama surmised from the podium.

Of course, these eloquent words and charming interactions don't guarantee profitability in Canada and the United States' partnership. It's easy to be cynical about the visit – to look at the expensive desserts covering the fine tablecloths or the designer clothing or the Hollywood celebrities at the star-studded state dinner and claim they distract from more important reasons for the visit. Trudeau came to talk about things

like trade, energy, the environment and global welfare, after all.

An entire country shouldn't be represented by a single person, either. No matter the words he may speak, Trudeau can't possibly embody Canada's dynamic cultural make up. We are a socially diverse populace that doesn't have to agree with or see eye-to-eye with Barack Obama.

Barack won't even be president, for that matter, in less than a year's time. It's hard to imagine Trudeau standing alongside Donald Trump or Hillary Clinton with such easy accord.

Still, it's important to set a precedent upon which the Canada-USA relationship should be built. Friends don't always agree, and they certainly don't always meet to the thunderous applause of spectators or attend lavishly catered dinners. In the best of times, though, they do, and that's what this "bromance" symbolizes.



montrealgazette.com

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **CHRIS WALLACE**

A run down a mountain; a run down memory lane. Not all these songs are from my childhood but a good portion of them are. Every one of these song are a good companion if you like to rocket down an icy hill. One of them was made for that, with a good base and an upbeat pace. This playlist can accompany a busy study period or a run in the River Valley. Rock out and don't take that Kill the DJ literally or you might end up in hell where, "All the things you type to hide will be revealed on the other side."

- Song for Dot – Space Raiders
- The Fresh Prince of Bel Air – DJ Jazzy Jeff & the Fresh Prince
- Ain't No Rest for the Wicked – Cage the Elephant
- Red Flag – Billy Talent
- ThisKidsNotAlright – Awolnation
- Sex Blood & Booze – Green day
- Point/Counterpoint – Streetlight Manifesto
- Kill the DJ – Green Day
- Hell – Streetlight Manifesto



rateyourmusic.com



www.youtube.com

Rent for Less this Summer

Only pay half the rent from May to August when you live with us!*

* Some conditions apply. Must show a valid Student ID. Offer available to existing Residents and new move ins.

587-600-1922
www.bwalk.com

BOARDWALK
RENTAL COMMUNITIES
Bringing You Home

ASK THE EDITORS

Why settle for just one opinion?

Classes end in just over a month and that means most of us are probably starting to think about employment, either summer jobs or the perfect permanent fit. It can feel a bit daunting as you start your dive into the job postings but once you get into the swing of it, you'll be pro! This week, our editorial staff are sharing their tips for application season.

•••

Danielle Fuechtmann, Editor-in-Chief

I think it's safe to assume you know to spell check your cover letter and resume but I also recommend having someone give it a quick once over or reading it aloud. Some things can slip through digital proofreading and you don't want an embarrassing typo to land your application in the recycle bin.

My biggest piece of advice? Spend some time thinking about who you are and what makes you unique. What talents do you have that make you a better candidate for the job? Do you have any unusual experiences or skills that set you apart? Highlight those and customize your pitch for each job - having a custom cover letter for each job you apply for allows you to highlight the reasons you're a great fit for each employer you're interested in.

•••

Nicolas Brown, Issues Editor

Oh the joys of the job hunt! I know we are

all going to feel the pinch this summer because of the economic times: new graduates, especially. Keep your chin up, though, because there are always some ways to give yourself that step up while pounding the pavement.

Not only do you need to network with employers and managers, network with those recruiters who are best connected to find you those job openings. Not all jobs are posted online and recruiters are the ones who can find them. On top of that, their flexibility and reach is far greater than your own. They can find you short-term contracts, permanent positions, specific roles and even specific pay rates.

Yes, some recruiters are not helpful and can even be downright damaging to your job hunt but it's the same risk as many of those less-than-reputable companies that also lurk in the shadows. Yet there are some extremely competent and reliable recruiters in every city and they are an excellent resource.

•••

Bridgette Tsang, Sports Editor

I think the most important advice I can pass along about job hunting is to just be yourself; know what you want before you start looking and aim for it. You know yourself more than anyone will, and no one can tell you what to look for if you don't know that yourself. This becomes especially important if you do get called for an inter-

view. Not being yourself during the interview process is a dangerous game and not one that I would recommend. Knowing what you value and what talents you can contribute to the job is as important as what the job can do for you. But of course, if you're a weirdo like me, try to keep it professional and still maintain some of that quirkiness. After all, how boring would the workplace be if everyone was the same?

•••

Joel Leckie, Entertainment Editor

If you are anything like me, job hunting is a lot easier when you are able to meet an employer and explain yourself in person to them. Some of them have to go through dozens, even hundreds, of resumes for a single position. You may have a great looking application, with awesome work experience and superb references. But that can get buried to the bottom of the pile. The position might be filled before they get to yours.

So go out of the basement, off the computer, and find these employers. Dress professionally, speak professionally, and meet the people you want to hire you. If you make a good enough impression, they will make a note of your name and go looking for it in their pile of resumes. Keep an eye on career fairs and any guest speaker events. These are great opportunities to meet the hiring managers.

Soon, they will start looking for you. So be sure you've applied through the required channels so they can find you when they do.

•••

Connor O'Donovan
Assistant Entertainment Editor

Resumes and cover letters are little words with big implications. The goal of these documents is to prove why you are qualified for the position to which you're applying. They can set you apart from other applicants. While they make the first impression an employer will have of you, you shouldn't be intimidated when writing them. Review the responsibilities and requirements sections of the job posting and make sure each cover letter you write is uniquely tailored to express your personal answer to each of the employer's expectations. They might require something abstract like "strong communication skills." Specific answers and examples will stand out in a sea of average responses. Also take note of the language used in job postings, and try to replicate it in your application. Some companies use software that filters out applications missing certain keywords.

Coming out of school, you're going to face a lot of competition for entry level jobs. Apply early and often. The more you do so, the easier your resumes and cover letters will be to write and greater will be your chances of success.

MARCH EVENT LIST

4 | FREESTYLE SNOWMOBILE SHOW
9 | EVENING STUDENT APPRECIATION
10 | CATALINA WINE MIXER @ THE NEST
11 | SNOWSHOE/HIKE NIGHT
16 | NAITSA'S NEXT TOP MODEL FINALE @ NEST
17 | ST. PATRICK'S DAY KARAOKE @ THE NEST
18 | THE ELWINS @ THE NEST
19 | SHUT UP & SIT DOWN MEGA GAME
22 | HOW TO: BE A GRILL MASTER
23 | WELLNESS WEDNESDAY
24 | DIRTY BINGO @ THE NEST

28 | PAINT NITE @ THE NEST
28 | PATRICIA CAMPUS FOOD EVENT
29 | SOUCH CAMPUS FOOD EVENT
30 | BLOOD DONOR CLINIC
31 | BLIND DATE

NAITSA CLOSURES
25 | GOOD FRIDAY

FOR MORE INFORMATION ABOUT ANY OF THE
ABOVE EVENTS, CHECK OUT NAITSA.CA



naitstudents

naitsa

yourNAITSA

naitsa.ca

naitstudents

rm e-131

NETFLIX

Jericho cancelled too soon

By JOSH RYAN

Once again, the limits of original programming on Netflix force me to look elsewhere. Fortunately though, there's a number of shows on this streaming service that people missed when they aired on their initial TV run. One of those shows that was cancelled tragically early was a little post-apocalyptic gem called *Jericho* that died well before it should have.

Small town in Kansas

The series centres on a small town in Kansas following a nuclear explosion in Denver, Colorado. Residents learn to work together and fight against enemies that pop up over the course of the first season, while information about the origin of the attack is slowly revealed. The principle characters are the Green family, particularly long lost son Jake (Skeet Ulrich) and Robert Hawkins, a man with a mysterious past whose intentions and background are also slowly revealed. Each episode continues the main storyline while exploring how people try to live normal lives in a post-apocalypse world.

Responses explored

I really enjoyed how *Jericho* explored the responses of people right after this traumatic, world changing event. This isn't off into the distant dystopian future, where nearly all remnants of technology are gone. Instead, many aspects remain but people try to maintain normal lives amidst the disruption. The relationships between several characters, romantic and otherwise, are present throughout as well. While very sentimental



moviepilot.com

at times, there's still an earnestness there that keeps those elements from brining the rest of the show down, while letting the strong points flourish, primarily the pasts of the two key characters. Ulrich is excellent as the family screw-up, who got mixed up with the wrong people. Over the course of the series, he becomes more of an alpha dog and a great leading man. Hawkins, however, is the true highlight. British actor Lennie James (who most people will recognize as Morgan from *The Walking Dead*) oozes charisma as the mystery man, bringing a likability and

unpredictability to the role. He's easily one of the coolest characters that most people never got to enjoy watching on the screen.

While Season 1 has some issues when it comes to the relationships and certain production elements, the second season has no such problems. Essentially they cut out every single part of the first season that was average or subpar and focused on the good stuff. It's six episodes of action, suspense and great acting. James and Ulrich carry each episode against a sympathetic antagonist, (played by TV veteran Esai Mor-

ales). It also ends on a triumphant note, which makes the series' early cancellation so much more heartbreaking.

This is a show that came around at the wrong time, similarly to HBO's *Rome*. Had it hit a couple of years later, when TV budgets had grown and audiences had emerged for this sort of entertainment, I feel that it would've had a much longer run. That being said, it's still a solid watch for a little over 30 episodes. If you want a different sort of post-apocalyptic show or movie to watch, try out *Jericho*.

LESSONS FROM THE FELT

Bluffing requires planning

By KA CHUN YUNG

The elite poker players in the world don't all have a similar playing style. Many of them tend to have a unique style that are successful for them, but not for others. Despite some differences, all of them share many common characteristics that allow them to become some of the best. One such aspect is the art of bluffing. The best players use sound deductive and logical reasoning to pull off more bluffs successfully.

Although players like Daniel Negreanu may appear to be mind readers at times, professional poker players are not using any voodoo or magic. These players have a lot of experience and intuition but they also recognize that not all bluffs are created equally. The biggest difference between a good bluff and a bad bluff is often planning.

Poor bluffs are more likely to get called. These bluffs are generally not as credible as they don't fit the overall narrative of the hand. For instance, say a player were to re-raise large before the flop and represent a high pair or ace-king type hand. It wouldn't make sense for them to continue to bet big on a connected board like 10-9-8-7. Even with Aces, they must be concerned with how easy it is for their opponent to make a straight.

An high level player takes into consideration many factors when they choose to bluff. They consider how their

opponent has played previous hands, whether they can fold big hands, their emotional state and what their hand looks like from their opponent's prospective. They plan for the situation to ensure their bluff is believable. This may be best illustrated with an example.

Say we're holding Jd 9d, and the flop comes Kc 10s 7c. Our opponents bets, and we make the call and hope an 8 or Q comes to complete our straight. The turn comes a 5s. Our opponent bets again. An 8 or Q will still most certainly give us the best hand. However, we also can identify many other cards that could present us with the opportunity to bluff. We can decide what our play is on the river right now, even before we see the last card.

If the river comes an Q or 8, we simply bet large and hope to get paid off. Although that is the ideal situation, it's usually not enough to justify the turn call. We simply won't hit our straight often enough for the turn call to be a good investment. We must explore other ways to win without the best hand.

If a club or spades falls, we can represent that we hit a flush draw and make it difficult for our opponents to call our large bet. The same case can be true if an Ace, 9, or 6 hits the river. If the river is any other card, we simply give up. The important aspect of playing this hand this way,

is that if we did hold a flush or open ended straight draw instead, we would play the hand the exact same way.

Just as in poker, if you spend a little time to plan ahead, you will tend to find more success in life.



www.888poker.com

THROWBACK THURSDAY

Jackal remake pays homage

By JOEL SEMCHUK

(This article has spoilers for the original and remake of *The Jackal*.)

Every now and then a movie set allows whole lot of great things to come together. Remakes seem to channel this in a different way; everyone from the actors to the director to the sound person always seem to exude a kind of extra effort and you end up with a final project that excels on dozens of levels, not just the performing.

For the remake of *The Jackal*, the performances are stocked with what was already a great cast. Right off the top is Sidney Poitier. Poitier's background as a serious actor known for powerful, relevant movies ensures that *The Jackal* isn't going to just be another action movie. Richard Gere, who is similarly picky in terms of work, is a convincing ex-terrorist and he keeps his accent through the whole show.

This is the film I use when I stress that Jack Black is capable of doing more than just another stupid movie about Baby-Boomer music. Black shows in *The Jackal* that he's capable of playing a quieter, humbler character who actually is evil at heart. And speaking of evil at heart ...

Every time I watch *The Jackal* I'm

blown away by just how cold and scary Bruce Willis is. Willis isn't really known for playing the bad guy but in this case, he makes the character someone really unique in how he balances pure evil with the smiling, outgoing facades of his disguises. Willis pulling out a gun after waving at Gere still sends a chill up my spine. Willis's deadpan speech and expressions are also disturbingly eerie.

Beyond the acting, the movie plays tribute to the original spirit, tone and presentation of *The Day of the Jackal* (the original) in a way that is actually really impressive. What made the original book and movie so enjoyable is the tribute paid to so many European cultures. *The Jackal* assumes a variety of cultural disguises or resources to move through the different countries, to obtain his supplies and, ultimately, to get into position for his shot at de Gaulle. *The Jackal* doesn't have as many cultures to work with but playing on the differences between Canadians and Americans is still a nod to what the original was all about. Willis getting his fake ID from a British forger is as exotic as the original Jackal getting his gun from a Belgian, say, and I've always figured that's why Gere is Irish and the bad



www.youtube.com

Bruce Willis in *The Jackal*

guys are Russian; they just wanted to cram in as many cultures as they could.

It's also beyond appreciated that Willis, like the original Jackal, gets his shot, sorta ... However, it's a shame that Willis's shot doesn't miss for a cultural reason like the original did. There are no North American actions that would make someone suddenly duck their head the way de Gaulle did when he kissed the soldier's cheek. Also,

The Day of the Jackal is a long, meticulous show of a team of investigators slowly working their way through the impossible and the remake remains Hollywood right down to its little subplot. That being said, *The Jackal* remains an all-time favourite for the stellar performances which create an exciting, enjoyable and nail-biting movie that manages to remain faithfully dedicated to the original.

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
MONDAY Butter Chicken Poutine	MONDAY Bottle Coors Light
TUESDAY Nest of Wings	TUESDAY Crushed Ice Long Island Iced Tea
WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

REVIEW US ON: **yelp**

NEST TAPHOUSE GRILL

OILERS & ESKIMO GAME DAY MENU

WE'RE OPEN MONDAY-FRIDAY FOR OILERS GAMES!

\$4 PINTS (160Z)
MOLSON CANADIAN & COORS LIGHT

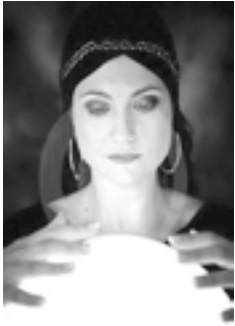
ENTER FOR YOUR CHANCE TO WIN TICKETS IN OUR BI-WEEKLY DRAW!

*Nest Taphouse Grill is here to serve the NAIT community!

MOLSON CANADIAN

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 17-23

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

Pisces (Feb. 19-March 20)

Take time this week to study beyond what your instructor has asked of the class. Read an extra chapter in your textbook. Take one word at random from your notes and look up its meaning. The dictionary may just surprise you.

Lucky number: 2

Aries (March 21-April 19)

Take time this week to nap. Feel-

ing distracted in class? Get a glass of water and shut your eyes for five minutes between classes. You might be surprised the difference it makes to your ability to focus.

Lucky number: 8

Taurus (April 20-May 20)

Take time this week to colour a picture. There is a reason that colouring books are the new executive toy. It improves hand-eye co-ordination and kick starts the creative side of the brain.

Lucky number: 7

Gemini (May 21-June 21)

Take time this week to snap the best selfie ever! Celebrate your favourite hobby by taking a selfie and sharing your creativity with your online community. It can seem risky but sharing what you find fun can connect you with others who you never knew enjoyed the same hobby.

Lucky number: 9

Cancer (June 22-July 22)

Take time this week to visit Flynn, NAIT's therapy dog. He is a great listener and is always happy to see you!

Lucky number: 3

Leo (July 23-Aug. 22)

Take time this week to feel disappointed. That's right ... disappointment is a part of life and if you do not understand the feeling, it can actually become an obstacle to moving forward with your career goals. So when you feel it niggling at the back of your mind, sit down, relax, accept it and own it.

Lucky number: 12

Virgo (Aug. 23-Sept. 22)

Take time this week to pose a difficult question, one that you feel is hard to ask. Like the ugly dog, the anticipation of asking is most likely the most difficult part and the answer may well surprise you.

Lucky number: 6

Libra (Sept. 23-Oct. 22)

Take time this week for a walk, a real walk, for an hour, outside in the sunshine. Admire the trees without their leaves. Soon the random paths created by branches and twigs will be covered with summer green.

Lucky number: 4

Scorpio (Oct. 23-Nov. 21)

Take time this week to try a new food. A student budget may only allow for trying the other beer on the happy

hour menu but if you have never tried it before, who knows?

Lucky number: 1

Sagittarius (Nov. 22-Dec. 21)

Take time this week to discover the gym or try a new workout routine. Summer is coming and it can feel ooohhh so good to ditch the winter clothes and discover that you are actually two sizes smaller without the coat and sweater instead of only one.

Lucky number: 15

Capricorn (Dec. 22-Jan. 19)

Take time this week to follow someone new on Twitter or Instagram. Make it something you are interested in. There is a wealth of happy images there and, while you are at it, take a minute to unfollow one person or group that isn't supporting your peace of mind.

Lucky number: 14

Aquarius (Jan. 20-Feb. 18)

Take time this week to smell the flowers, literally. Stop in at a florist shop or a store that sells essential oils and just take a deep breath. There are health benefits from admiring a beautiful flower and savouring its scent.

Lucky number: 5

CARTOON REVIEW

Superjail mindless mayhem

By JOEL SEMCHUK

The preamble is always identical: "I'm not saying you're going to like this. In fact, you're probably going to hate it. All I'm saying is, It's going to blow your mind."

And it has, every time. Not one person I've shown this to has done anything but sit on the couch and stare into space after the 15-minute-long show ends. For yours truly, I spent a day at work feeling ... dirty. Like I had seen something I shouldn't.

Here's the premise: This guy, The Warden, is a cross between Willie Wonka and John Wayne Gacy. He wanted to build the greatest jail in the world and he did, and by the end of each episode everyone is dead. He's in love with his one guard, Alice, and running the jail is Jared, the show's counterpoint. Jared was a hapless, nervous, everyday accountant who didn't know he had been working for the mob and ended up there. There are also two humanoid alien things that are just there to add to the mayhem.

Here's what you get: Every opening scene is Jackknife pulling off some petty crime and then Jailbot flying in and grabbing him and flying him back to Superjail to the tune of the (very catchy) theme song. Jailbot is basically a whirling dervish of unlimited weaponry attached to dozens of long arms. In order to catch Jackknife, Jailbot destroys everything in his way and Jailbot keeps order at Superjail in the same fashion.

This mayhem is what makes Superjail what it is. During the first four or five minutes the plot is established and, even at this point, there are bodies in the background, people being maimed, two guys beating the crap out of each other, etc.

Then the real craziness starts and everyone starts kill-

ing each other in a kind of surreal, multicoloured blood-bath of destruction, magic and violence. No one just dies in Superjail. It's kind of like, say, (and this is just an example) one guy rips out another guy's heart but then some kind of alien comes out of the heart and bites the head off the guy next to all this and the guy with no heart stabs the other guy before he dies but then a block of concrete lands on everyone and the alien jumps on to someone else. Jailbot is known for finishing off the occasional lone survivor.

That. For 10 minutes.

After sitting through all of this, it just stops and you're left staring at credits, trying to process what you just saw and heard. Your mind has been blown, as promised. For the love of God, please don't think I'm endorsing Superjail. I'm just telling you what it is: a show of pointless, redundant excess that is unique in how unabashedly horrible it is and if you're the kind of person that appreciates a darkly specific project then you will certainly enjoy this. As Voltaire said, "Once a philosopher, twice a pervert." However, don't say I didn't warn you ...



APP REVIEW

Not just any notepad ...

By NIRBHIK SINGH

The newly launched *Notepad by PowerAPP* for Android has reached five million downloads; across the world it has received 4½ stars out of 5. Fast, simple and easy, with a beautiful design, it is the best notepad app. Add in the accessibility and you get exactly what people are looking

for – a great Android notepad where those who are creative have a place to store their work.

Positive Points: *Notepad by PowerAPP* is always at your fingertips. You just have to write down what you want to do or make a note so you don't forget. There is no need to save it, since the app saves automatically for you. Notes can be written in different colours and you are able to share notes with friends or relatives who also have the program. The ability to make new notes of different types is impressive – text, image, video and voice. This is a brilliant advantage over other apps, as those addicted to pics of the moment can add text and share it with friends. If you use a Galaxy Note with the writing pen, you can create your own masterpiece.

If you like to write a lot of notes and tend to lose track of them, *Notepad by PowerAPP* will easily find the one you want. This handy search function is great for students writing crib sheets, as well as other features, such as freehand drawing, automatic saving, exporting images

onto an SD card and password protection. Its handy painting function gives you customization over colour and brush size, as well as saturation and transparency.

Negative Points: Every app has its downside, too. There is no buy option, so you can't remove the ads. There is a possibility of losing your notes when you update the app, as it overwrites the whole program. That is easily fixed by exporting the files before updating and then importing them back in. If they are able to fix these two problems, *Notepad by PowerAPP* would get an instant five stars. The lack of a recovery function makes it a bit dangerous

for essential information but it is still very useful for short-term note-taking.

Suggestions: With a bit of precaution, *Notepad by PowerAPP* is a great, simple, functional program. Make sure you check through the user's feedback and comments before passionately following the crowd on any new program. This can save your precious data and time, once you know ways to back up your information, since there is no way to go back in time once data is lost. Most important, not every available product is meant for everyone. But this is very useful for those who have the right need.



fr.androidpro.net

COMPUTER PROGRAMMER WANTED

Want to be a part of an upcoming startup? Want to help create something the entire world might use? College Startup is looking for a computer programmer to help build a minimal value product for an upcoming start-up. We are looking to hire an individual with technical skills with an knack for entrepreneurship. Knowledge in front-end and back-end development is needed for this

position. Deep knowledge in at least one back-end language such PHP, python, ruby etc. is necessary. If you are a proactive, professionally presented person and want to be part of growing startup, this could be your next long term role.

Please e-mail your resume to Matthew_hockey_17@hotmail.com.

For more information contact Matthew @ 780-886-2332



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.



RESTAURANT REVIEW

Passable fare at The Burg

By JENNIFER RAE

Downtown Dining Week is presented every year by The Downtown Business Association. This year it runs March 11-20.

It's a great time to sample foods at various downtown restaurants, with surprisingly student friendly pricing. Two-course offerings start at \$15. If you are feeling wealthy, you can choose options that are either \$28 or \$48 for two or three courses.

I chose to stop on 104 Street and 102 Avenue at The Burg. This great, not-so-little establishment specializes in – wait for it – burgers. Their \$15 two course lunch offering consists of a choice of appetizer and a choice of entrée. Service was excellent as the server was attentive and the food came quickly.

I chose the deep fried pickle spears with ranch dipping sauce to start. The spears were actually more like a small bite, which, other than the misleading description, were easier to eat than the spears would have been. Unfortunately, the ranch sauce was thin.

For the entrée, I went with the classic burger with lettuce, tomato and onion and special sauce. Well, The Burg's special sauce was quite good but spread a little thin and the ground beef patty was a bit dry. The ketchup I added went quite well and admittedly I would rather a well cooked, slightly dry patty than a juicy one that is underdone.

All in all, this meal was tasty and the beer on special (\$5 before tax for a 16-oz glass), a local Yellowhead Brewery lager, was an excellent example of its breed – crisp with citrus notes yet containing a balanced undertone of hops.



Photo by Jennifer Rae

Still, it did make me wonder if The Burg had opted to use less expensive ingredients in order to present two courses at that price point. If I were a business person involved in a festival that is meant to draw new clients to my door, I believe I would take the loss-leader approach – an attitude that would entail using the very best ingredients no matter the cost with an eye to impressing new customers that they could become loyal customers.

The ambiance of The Burg is rustic with exposed brick walls and bare wood floors. It is a huge bright space that

advertises all that is wonderful about open concept design. Despite its openness, sound is still muted so there are no echoing voices or cutlery sounds. Wrought iron fencing creates the illusion of different rooms and private space. The menu is on their website theburg4st.ca and check out their mystery beer promotion ... it will keep you guessing!

Also, check out #dtdw on Twitter to see food photos and check out what is trending and favourite locations at the event. There is also a link to participating restaurants and menus at edmontondowntown.com/dining-week.

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 naitsa. 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 transcripts or issues regarding your studies at naitsa.

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 | 780-471-8842 | www.nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780-471-8844 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS
studentbenefits@naitsa.ca | naitsa.ca | NAITSA Service Centre Room E-121

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPER
foodcentre@naitsa.ca | naitsa.ca | NAITSA Service Centre Room E-121

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl@naitsa.ca | naitsa.ca | NAITSA Service Centre Room E-121

WE ADMINISTER THE U-PASS
upass@naitsa.ca | naitsa.ca/upass | NAITSA Service Centre Room E-121

WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events! Available in the NAITSA office (E-121) on the Main Campus or at the bookstores on South & Porticia Campus.

WE SUPPORT & FUND OVER 70 CLUBS
orgsync@naitsa.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.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?

POST A BOOK

FIND A BOOK

ROOMMATES?

NEED A ROOMMATE

FIND ROOMMATE

naitsastudents
naitsa
you@NAITSA
naitsa.ca
naitsastudents
naitsa.ca

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2016?**IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2016**

Friday May 6, 2016 and Saturday, May 7, 2016

The Northern Alberta Jubilee Auditorium, 11455 – 87 Avenue, Edmonton, Alberta

Gown orders are currently being taken at the following locations:

NAIT Bookstore, Room X114 or by contacting 780-471-7717

Patricia Campus Bookstore, Room P135

or at South Campus – Room Z155A

Deadline for ordering gowns: Thursday, March 24, 2016For more information regarding Convocation 2016, visit NAIT's website at www.nait.ca/convocation**Friday Evening Ceremony
May 6th, 2016 – 6:30 p.m.****School of Information Communication and Engineering Technologies**

Bachelor of Applied Information Systems Technology
 Biomedical Engineering Technology
 Computer Engineering Technology
 Computer Network Administrator
 Electrical Engineering Technology
 Electronics Engineering Technology
 Instrumentation Engineering Technology
 Materials Engineering Technology
 Mechanical Engineering Technology
 Nanotechnology Systems
 Network Engineering Technology
 Wireless Systems Engineering Technology
 Bachelor of Technology in Technology Management

Apprenticeship Programs

- Communication Technician
- Electrician
- Instrument Technician
- Power System Electrician
- Powerline Technician

School of Sustainable Building and Environmental Management

Alternative Energy Technology
 Architectural Technology
 Biological Sciences Technology
 – Environmental Sciences
 Biological Sciences Technology
 – Laboratory and Research
 Biological Sciences Technology
 – Renewable Resources

Chemical Engineering Technology
 Chemical Technology
 Civil Engineering Technology
 Construction Engineering Technology
 Emergency Management Certificate
 Emergency Management Diploma
 Engineering Design and Drafting
 Forest Technology
 Geological Technology
 Geomatics Engineering Technology
 Interior Design Technology
 Landscape Architectural Technology
 Occupational Health and Safety
 Petroleum Engineering Technology
 Power Engineering – 4th Class
 Power Engineering Technology
 Water and Wastewater Technician

**Saturday Morning Ceremony
May 7th, 2016 – 8:30 a.m.****School of Health Sciences**

Animal Health Technology
 Combined Lab and X-Ray Technology
 Dental Assisting Technology
 Dental Technology
 Denturist Technology
 Diagnostic Medical Sonography
 Emergency Medical Technician
 Emergency Medical Tech. – Paramedic
 Magnetic Resonance
 Magnetic Resonance, 2nd Discipline
 Medical Laboratory Assisting
 Medical Laboratory Technology
 Medical Radiologic Technology
 Medical Transcription
 Optical Sciences – Contact Lenses
 Optical Sciences – Eye Glasses
 Personal Fitness Trainer
 Respiratory Therapy
 Veterinary Medical Assistant

School of Information Communication and Engineering Technologies

Captioning and Court Reporting
 Computer Systems Technology
 Digital Media & IT
 Graphic Communications
 Photographic Technology
 Radio and Television (Radio)
 Radio and Television (Television)

School of Trades

Auto Body Pre-Employment
 Automotive Pre-Employment
 Building Environmental Systems
 CNC Machinist Technician
 HVAC Specialist
 Industrial Heavy Equipment Technology
 Millwork & Carpentry

Apprenticeship Programs

- Auto Body Technician
- Automotive Service Technician
- Boilermaker
- Cabinetmaker
- Carpenter
- Crane and Hoisting Equipment Operator – Boom Truck
- Crane and Hoisting Equipment Operator – Mobile Crane
- Floorcovering Installer
- Gasfitter
- Heavy Equipment Technician
- Insulator
- Ironworker
- Lather – Interior Systems Mechanic
- Machinist
- Millwright

- Outdoor Power Equipment Technician
- Painter and Decorator
- Parts Technician
- Plumber
- Refrigeration & Air Conditioning Mechanic
- Rig Technician
- Roofer
- Sheet Metal Worker
- Steamfitter-Pipefitter
- Structural Steel and Plate Fitter
- Welder

**Saturday Afternoon Ceremony
May 7th, 2016 – 1:30 p.m.****JR Shaw School of Business**

Baking
 Cooking
 Culinary Arts
 Hospitality Management
 Professional Meat Cutting and Merchandising

Apprenticeship Programs

- Apprentice Baker
- Apprentice Cook

Applied Banking and Business
 Business Administration – Accounting
 Business Administration – Finance
 Business Administration – Human Resource Mgmt.
 Business Administration – Management
 Business Administration – Marketing
 Bachelor of Applied Business Admin. – Accounting
 Bachelor of Applied Business Admin. – Finance
 Bachelor of Business Administration

Happiness can be yours, too



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

When I ask students who come for counselling what they want, many say “I just want to be happy.” But when I ask “What does happiness mean to you?” most don’t have a clear definition. It takes work but there are many things that you can do to improve your happiness immediately and throughout your life.

- Define what happiness means to you. If you want something, it is important to be clear on what it is that you want. What factors make up happiness for you and how will you know when you get there? (keep in mind the old saying ‘happiness is a journey, not a destination’). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? Does it depend

on the media’s image of happiness, on what makes your best friend happy or on what you think “should” make you happy? If so, you need to rework your definition so that you are in control of your own level of contentment.

- Choose to be happy. Once you recognize that happiness is a choice and realize that you can choose to react to things positively or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self talk and change your language to be kind and forgiving to yourself. Practise looking for silver linings in negative situations.

- Take care of yourself both physically and mentally by exercising, eating regular nutritional meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy and having things to look forward to. By prioritizing self-care, you are automatically fostering happiness.

- Nurture relationships. Too busy to get together with a friend? Then chances are you always will be. Research shows that social relationships have the highest correlation with happiness, so take the time for coffee dates or activities with people you have neglected.

- Acts of kindness also correlate highly with happiness. Not only will doing nice things for others make you feel better about yourself, you’ll probably get kindness in return.

- Take control of your environment. Sur-

round yourself with happy, nurturing people, things you love and an organized work space. Whenever possible, avoid people or situations that cause you to feel stressed and negative. (Of course, this does not mean avoiding stressors like attending classes or doing group projects as this will decrease your chance of success and future happiness). Evaluate whether your routine and lifestyle is working for you and, if it is not, what needs to change.

- Laugh. Don’t take yourself too seriously. “Laughter is a marvellous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, blood pressure and boosts immunity function.” (From *Be Happy: Tips to Banish Bad Moods* by T. Satrioglu).

- Achieve. Find things you are passionate about and engage in them. Working hard and reaching goals create satisfaction. While procrastination might feel good momentarily, overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However, it’s not just about achieving goals; balance is important.

- Take risks. Trying new things, even if it is just doing something you already do differently, makes life seem fresher. Challenge yourself to learn something new every day or to

take a risk every month.

- Don’t worry. Worry and guilt use a lot of mental energy and foster negativity. Try to stay focused on the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

- You are OK just the way you are. Perfectionists are usually disappointed in themselves and this leads to self-criticism, which fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn’t perfect.

Many factors can contribute to happiness. If feeling good is a constant struggle for you or if you have other personal or academic concerns, it may be helpful to seek help from a professional. Counselling is free to registered NAIT students and is completely confidential.

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 to Room W-111PB, HP Centre.

Souh 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

Unrevealed feelings

I’m not here to play a game,
I know you might find it lame,
We are not by any means the same,
As society might claim,
I don’t know how all these feelings came,
But I guess I lost control over my heart and brain,
And maybe saying it is a shame,
But I honestly can’t stop this flame.

By Maryam Lary

(Poem)

This morning I wake,
and a rainbow appear,
is my mind playing tricks,
for it’s only March here,
I see a small man,
hiding there near,
a green leprechaun,
and some gold hidden near,
for this is imagination,
and no clovers appear,
but Happy Saint Patrick’s Day,
please do have a beer!

By Brendon Chalifour

Opportunity came knocking

Opportunity came knocking
I was sleeping and did not hear

Opportunity kept knocking
My eyes opening, there was a noise at the door

Opportunity came back to knock yet again
I looked out the window to see what was there

Opportunity came knocking
I unlocked the door

Opportunity persisted, it knocked yet again
The door was stiff and stuck with ill use

Opportunity kept knocking
The sunshine was bright as I oiled the hinge

Opportunity knocked
I opened the door

Opportunity smiled
Stepping into my future, I found what was lost.

By Jennifer Rae

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.nait.ca/volunteer-opportunities



Is your student debt stronger than your morning coffee?



The Northwest Territories has tons of opportunity and one of the best student financial assistance (SFA) programs in Canada.

If you've got talent and an adventurous spirit the NWT is waiting for you.

Visit our website to discover how NWT SFA can accelerate your financial future.

BringitNorth.ca

Government of
Northwest Territories

