

# THE NAIT **NUGGET**

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

## **GOLD RUSH AT NAIT**

**Men's hockey and b-ball teams champs, pages 9, 11**



Photo by Jesse Kushneryk

The NAIT men's hockey team celebrates winning the ACAC best-of-three championship series, capping a perfect 36-0 season. The Oaks downed Augustana 3-2 for the title in Camrose on Saturday, March 19.



# NEWS & FEATURES

## Competition part of picture



**NICOLAS BROWN**  
Issues Editor  
@bruchev

As students, we often have the opportunity to pursue some fantastic activities that just aren't available elsewhere. Once we leave the (supposedly) carefree life of a post-secondary student, we simply don't have the time to participate in things like case competitions and field schools. Of course, many of these things aren't even open to non-students either and for good reason.

Extra-curricular activities provide students an opportunity to test out those skills learned in class. To learn by doing is part of the NAIT experience, so it's no surprise that we are encouraged to participate in other activities outside of class.

Competition not only lets us display those skills, it also allows us to compare those skills. Case competitions are an excellent example of how students from different schools can get an idea of the calibre of the programs they study in and the skills they have learned. Obviously competitions aren't a method for determining which programs or schools are better, nor should they be. Yet they can be an avenue for students to test those skills.

The question is, are competitive situations the only way to learn? I say no and for one simple reason. Although competition lets students showcase their skills, many times there is no opportunity to learn from

each other in how those skills are applied. Often teams are bundled away back to school, only sometimes receiving feedback on their own work.

This focus on competition takes away a phenomenal learning opportunity. Students often differ not only in how they learn these practical skills but also in how they apply them. Creating a forum in which students could discuss the competition and what each team did would take the entire activity to a new level. Students could discuss what worked and what didn't work for each team, and this would ultimately lead to an even better competition in the following year.

Yet competitions seem focused on not letting students see how their peers apply the same skills. On some levels, it makes sense. No winning team is really willing to give away anything they might consider to be a winning strategy. After all, every team spends anywhere from one month to an entire academic year preparing for these competitions – and they want to reap the rewards of that hard work.

Competitions are also usually structured to prevent teams from comparing notes, at least during the competition phase. Teams are sequestered away so they can't hear other teams present. Although the final

round often allows teams who didn't make it past the first round to watch the presentations, those still competing still don't get to see the work of their peers.

I'm not asking for those who organize the competitions to loosen the rules – they serve a purpose and are a key part of making the competitions as successful as they usually are. I do believe that there is a missed opportunity here to further discussion and education for those students who participate. Let students compare those notes, discuss why they made the decisions they presented and everyone will come away feeling like a winner.



### LEARNING ABOUT CAREERS IN TECHNOLOGY

An instructor in the machinist program helps tween and teenage girls learn about technology and trades at the Northern Alberta Institute of Technology's career exploration evening for Pathfinders and Rangers, held Thursday, March 17. The event is hosted by NAIT Women in Technology and Trades (WITT). WITT's goal is to ensure prospective female students are aware of opportunities in technical fields, including the trades, science and technology.

## Nugget Positions

The NAIT Nugget student newspaper is interested in seeing your resume for the following positions:

Issues, Sports and Entertainment Editors

Please send your resume and a cover letter to  
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# Skies are falling?

By **NICOLAS BROWN**  
**Issues Editor**  
 @bruchev

Things were not quite of this world on campus last week, as students participated in a live mega-game called “Watch the Skies.” The premise? How does humanity react to the revelation of intelligent alien life? More specifically, alien life that wants to destroy humanity, though the players don’t know that.

The exact method of destruction can change with each game. In this run, the extra-terrestrial opponents had a goal of pushing humanity to destroy itself, utilizing subterfuge, cunning and technological advantages to reach its goal.

Humanity’s salvation? Why, nuclear disarmament, of course, with the in-game UN even securing much-maligned Russia’s co-operation in the accord. We could not confirm if players were purposefully attempting to imitate national stereotypes, though in-game press releases certainly gave that impression.

Yet it was Russia who was ultimately this game’s salvation of humanity. The alien plan involved exploiting the country’s reputation as the scapegoat to start a global conflict and ensure the self-annihilation of the human race. The crux of the plan revolved around the assumption that – of all countries – Russia *must* have kept a secret stockpile of nuclear weapons. Yet at the end of the game, it was revealed that the Russian team was the only truly honest country, as the only country to not have kept a secret stockpile of weapons of mass destruction.

It could be said the alien invaders bet on the wrong horse in this game. Yet this is one of the key aspects of the game’s design; humanity is unpredictable. A combination of nation-teams, the aliens, and non-player media to impact the course and progression of the game make this not only fun, but educa-

tional in exploring interactions between groups.

The end-game summary reads;

“At the end of the game, the forces of humanity were shocked to discover that the great nation of Russia, which had been so badly maligned in the world press and at the negotiation tables of the world, was in fact completely innocent. The Alien invaders, in an attempt to have us wipe ourselves off the map, had suborned

national communication lines in order to send consistent and false messages about the dangers posed by Russia. This alien force was forced to abandon its mission with the heroic Russian destruction of their moon bases, and the arrival of the flagship of the Commission for Galactic Oversight, which explained to humanity that the other aliens were in fact breaking numerous interstellar laws. A galactic wide

pledge drive was being raised to help the poor, long suffering humans, and with the on the ground assistance of Japan, who had mastered alien energy technology (sorry about all those nuclear meltdowns) humanity was to enter into a golden age of peace and prosperity.”

The NAIT game run featured teams of four people representing five major countries; Japan, Russia, France, the U.K. and the U.S. Four students took on the role of the aliens and three students took on the role of the media as non-player entities. Country teams were able to research new technologies and take all the actions we would expect from a world-level simulation game.

The added bonus? The interactive non-player role that participants could take on as the media, influencing gameplay almost at will through turn-based press releases.

Any group can organize a *Watch the Skies* game run with enough people. You can find more information on this mega-game at [watchtheskies.net](http://watchtheskies.net). We promise it’s not a conspiracy website.



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Photo by Michael MacComb

Some of the 35 players take part in the Watch the Skies event held in the NAITrium on Saturday March 19.

## 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](mailto:studenteditor@nait.ca).

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.



# NAIT competes with the best

By **NICOLAS BROWN**  
Issues Editor  
@bruchev

Everyone knows that NAIT offers hands-on, practical learning through its diverse programming – it's one of the reasons many students choose to study at



NAIT. If you want proof of how successful that approach is for NAIT's JR Shaw School of Business, look no further than case competitions. Last week, NAIT students participated in three competitions across Western Canada and took home final round credentials in each.

First off, two teams of students travelled south for the CPA Board Governance Case Competition March 16-18 at the Hotel Arts in Calgary. Divided into teams of three, these NAIT students vied against 11 other teams to present the best solution in a pre-selected case to an all-star panel of business professionals. After six hours of lock-down for preparation, teams were divided into four rooms for the preliminary round, with the winning team from each room moving forward to compete in the final round. NAIT's "Team 10" advanced into the final round to claim third place and a prize of \$2,000

for team members Paige McKendry, Jagrit Bajwa, and Nicolas Brown. Teams from Mount Royal and Athabasca University took home the first and second prizes, while Edmonton's MacEwan University rounded out the top four.

Next stop was beautiful Victoria, BC, where the NAIT team competed in the Royal Roads International Undergraduate Case Competition, hosted by Royal Roads University from March 17 to 19. Over 20 teams from post-secondary institutions across the world vied for supremacy in a competition that took three rounds of presentations, each with a different case to analyse and prepare. Antonia Stiucia, Justin Williams, Katie Spencer, and Tatianna Luzowski comprised this NAIT team and eventually took third place as well. Teams from the Dublin Institute of Technology in Ireland and the University of Alberta took first and second place, while the University of Saskatchewan team rounded out the top four in this competition.

NAIT students have performed well this year in other competitions, including the Alberta Dean's Case Competition, also held from March 17 to 19 in Calgary and the CME Global Trading Exchange, where NAIT

teams placed sixth and ninth out of 468 teams.

As for the value of the experience itself, it appears there's a unanimous opinion among team members.

"I had the honour of working with an exceptional team of NAIT students and coaches. I'd be lying if I said I didn't come home a changed person," said Royal Roads team member Tatianna Lazowski.

"The Royal Roads University International Undergraduate Case Competition was one of the most challenging, yet rewarding, experiences of my life."

Students were quick to connect the experience with their education as well.

"I am forever grateful for the amazing education that NAIT offers its students, as well as the consistent push from our instructors to achieve great accomplishments," said Antonia Stiucia, another member of the NAIT Royal Roads team.

NAIT's hands-on practical learning model has once again proven to be valuable in building critical thinking skills and adaptability for students. Yet it comes down to how those students apply the skills gained from their education, and in that regard, Paige McKendry summed it up with three words.

"We did awesome!"



**Royal Roads**  
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**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 [naitsa.ca/food-centre](http://naitsa.ca/food-centre)

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



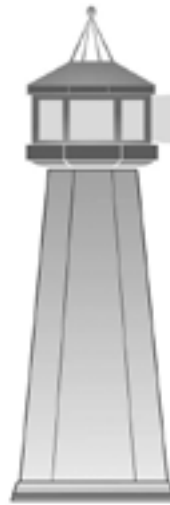


### NAIT Case Team

Members of the NAIT team which competed in the Royal Roads International Undergraduate Case Competition get together. They are Keven McGhan, coach, left, Tatianna Lazowski, Justin Williams, Antonia Stiucca and Katie Spencer. The event was held March 17-19 in Victoria.



Photo by Antonia Stiucca



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Flavoured Absolut Vodka

**FRIDAY**  
Bottle Pilsner

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# Point counter Point Books or e-books?



JOEL LECKIE

There is so much technology out there, but sometimes the best things are the old things. Now, I know you can store thousands of books on a flash card and have them always with you. But that is only one small point. It is the feel of the book, the sound of turning a page, even the smell of a book. These are some of the things that make them great.

As a child, I loved reading. Absolutely loved it. But now, when I load a book on my phone, it just does not feel right. The very weight of the book in my hand told me I was reading something of substance. I could glance at it and instantly tell how far I was and how much I had left to go. The black ink on the not quite white page looked right. And it did not hurt my eyes, even after hours of reading. If I tried on a phone, my hand would get uncomfortable or my eyes would get tired.

## Better focus

Reading at night, I had better focus if the book was a physical thing. If it was light reading, it would help me relax and get to sleep. That simply does not work when you have the bright glare of a screen on your face. If it was exciting, the turn of the page let me look forward to each new paragraph, or quickly look back if I needed to remind myself of all the things happening. Now, I need to scroll, scroll, scroll, then wait for the page to load.

Even while studying, I've tried e-texts and found that to study properly I need to go back to a paper copy. That's even the same when I write my notes. Putting them on a screen just loses them amidst all the other information there. With a paper copy, I find it easier to go back to it and reference it, despite my atrocious handwriting.

## Personal library

And finally, there is a certain sense of pride in having a bookshelf that is full of classic novels. You can browse through them, show them off, lend them out. People come to your house and see not just a shelf but a full library of books and they instantly know you are an avid reader. They know the books you love. And they can hang their head in shame that their meager collection comes nowhere close to what you have.

So whether it is reading for fun or reading to learn, take the little bit of extra effort and grab yourself a physical copy. You'll enjoy it more. You can show it off better. And it just makes for a better life.



CONNOR O'DONOVAN

If you choose a paperback over an e-reader, you're basically stabbing Mother Nature in the back. It's like she went and delivered to you some of the most bountiful bits of nature in existence and you're basically treating her like a Fed-Ex guy dropping off your online purchase a few days late. You're saying "gimme," and taking without a word of thanks. Sure, there are lots of trees in the world but you don't blow your entire paycheque in one day, do you?

Even with companies' increasing efforts to use recycled paper in their manufacturing process, studies have shown that e-readers are significantly more environmentally friendly than the polluting, energy and water intensive process of harvesting our beautiful oxygen-producing trees.

## Awesome features

On top of saving the environment by using an e-reader, you also get to use an awesome little piece of technology. The latest e-readers have the ability to hold thousands of books, books that can be downloaded straight onto your device from the comfort of your living room via Wi-Fi. Low power electronic paper technology allows for a readable screen in any light conditions with a battery life of weeks. The Wi-Fi connection also allows readers to connect to literature communities like Goodreads and will automatically remember what page you last read so that you can sync your account information to a different device and pick up where you left off. I like that some manufacturers have realized that you can be too connected and have left support for major social platforms off their devices.

My prime reading years were probably in elementary and junior high school and I, too, feel a bit nostalgic about holding my scholastic book fair purchases in my hands and running my fingers through all of the pages. E-readers can't quite replicate that feeling but they come close with page flipping effects and technology that uses actual ink particles.

## Portable

Some e-readers even have a feature that triggers haptic response on your fingers when you turn a page.

They're also lightweight, compact and extremely portable. They'll slip more easily than a book into your backpack or purse so you'll barely even notice the extra device you're carrying around.

They're available at most department stores and are sold at reasonable price points, with the actual reading material usually costing less in digital form than in print. Altering the traditional printing process of producing mass quantities and hoping everything is sold also allows publishers to be more strategic in their business models and more competitive in an entertainment market full of diverse interests.

Add cherries-on-top like dictionaries, encyclopedias and translation features and the choice is clear: e-readers are the way of the reading future.



# OPINION

— Editorial —

# Proud of Pride



**DANIELLE S. FUECHTMANN**  
Editor-In-Chief  
*@ellie\_sara*

“What’s the cheering for?” my classmate asked last Wednesday, curious about the jubilant voices in the hallway outside our visual communications class.

I was disappointed that morning that I would be unable to attend the parade because it landed right in the middle of one of my classes so I was thrilled to hear the participants walking through the HP Centre. I’m really proud that NAIT makes Pride Week such a visible and celebratory event on campus, from office decorations to a safe spaces workshop. It’s encouraging to see an institution follow through on their promises of inclusive environments and safe learning cultures.

## It’s still important

I’ve been asked a surprising number of times why, as a heterosexual cisgender woman (I’m a straight woman who identifies with the sex I was assigned at birth), I always make a point of attending Pride events with my queer friends and why these events are still important. In my experience, these questions have always come from a place of genuine curiosity and a desire to learn more.

Many of my close friends are queer and being privy to their experiences and stories makes it impossible for me to believe that we live in a perfectly accepting world. I’ve been able to be present for wonderful things, like putting on sunscreen and helping my best friend with his drag makeup before the Edmonton Pride Parade. But I’ve also received heartbreaking text messages from another telling me that she was yelled at and beaten up outside a bar in Red Deer after a karaoke performance to a classic Elvis tune.

## Build inclusive communities

I believe that most people mean well and that prejudice is usually unintentional, stemming from a lack of knowledge or understanding, which is why I think events like Pride are still incredibly important – it’s a celebratory environment but it also provides a welcoming opportunity for people to ask questions and learn. Whether you’re attending a safe spaces workshop or simply asking an LGBTQ friend (after asking their permission) about their experiences, taking the time to have an open mind and ask is a great way to help build an inclusive society.

NAIT President Dr. Glenn Feltham says that Pride Week is only a single part of NAIT’s approach to creating an inclusive and safe environment for all students and staff.

He’s proud to say that in “all of these things, student government has taken leadership. This has not been administration imposing things, this has really been a partnership.”

That every single person should feel safe, welcome, and comfortable in being themselves is at the core of the values NAIT and the NAIT Students’ Association has set for their direction.

Taking the time to learn about new perspectives and having the courage to stand up when we see people using language or behaving in unacceptable ways is one of the most powerful things we can do as leaders and while we’re

at NAIT is the perfect time to start.

“It is difficult. A lot of people will say they don’t mean it that way [but] this is the best opportunity for us to change the culture before people go out into the workplace,” says Michael MacComb, NAITSA VP Student Services.

If you’re interested in learning more about NAIT’s Safe Spaces initiative, their workshops or LGBTQ resources and universal washrooms on campus, you can find them online or in Room O-117 on Main Campus or at [safespaces@nait.ca](mailto:safespaces@nait.ca). [Pride@NAIT](mailto:Pride@NAIT), NAIT’s Gay-Straight Alliance, can be found on OrgSync or on Facebook.



Photo by Natalee Pon

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# SPORTS

## Do-it-yourself bracket



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

Ah, the sight of March on the top of the calendar, the first day of spring and my allergies acting up like Lebron's leg cramps in the playoffs. Maybe not so much with the snow now but second winter is a bitch! Nonetheless, March is an awesome time to be a sports fan. With the NHL playoffs just around the corner, Oilers fans don't have to worry about riots for yet another year and can look forward to winning yet another draft lottery (it's a 20 per cent chance now, Austin Matthews, here we come!) What's more, this is the month of basketball, NCAA March Madness basketball, that is. It has basically taken over most sports fans' TVs this month. Even though it may not be as big here as it is in the States, Canada is still well represented at this year's tournament. While Jamal Murray and Dillon Brooks may not be household names just yet, like Andrew Wiggins or Anthony Bennett, they are two of the top Canadians in the tournament this year.

In addition to the action on the court, many fans probably filled out brackets before the start of the tournament of who they think will win. Fantasy brackets were always a thing in sports (hockey, basketball, volleyball, etc) but it becomes ever more apparent when it comes to March Madness.

But hey, I get it if basketball or fantasy brackets aren't really your thing. I'll be the first to admit I'm terrible at brackets. In fact, I'm more than likely the one jinxing your team nine times out of 10 – sorry!

Luckily, there are other spinoff brackets that everyone could probably do with friends or could make themselves. Although, depending on what kind of bracket you end up making, it could result in a fist fight that could tear friendships apart.

Here's a list of some of the potential brackets you could be doing now that won't jinx anything or anyone: best pizza toppings, best desserts, Superheros, who would make a better president than Donald Trump, questionable band names, potato chips, best TV shows, best movies, childhood movies, cats vs. dogs, man-buns vs.

### 16 Team Single Elimination



### Make your own

mullets, best book, beer, memes, favourite curse word, grammar mistakes, pet peeves, Star Wars character tournament ...

Brackets aren't just for the avid sports fans; the possibilities are endless! I think

I've officially given up on trying to put out any sort of bracket because of my sheer bad luck, so this is a good alternative.

Let the fun of bracket challenges begin! May the odds be always in your favour!

## Exercising, the natural way

By **NIRBHIK SINGH**

Yoga is an ancient way to keep the body fit and healthy. By using its centuries old ways of self-awareness and devotion, it has become an effective method to do warm-ups and exercise naturally.

Many teachers chose this path to completely submerge themselves into yoga and meditation because of their purity of soul. They were going to a Gurukul (residential school), to forests, lakes, mountains or other peaceful areas to follow their guru's instructions to keep increasing their knowledge.

They not only found this to be effective but they lived for exploring their inner-self strengths. Through yoga, they stayed healthy and kept practising to improve their inner strengths until their soul became enlightened.

Yoga and meditation have incredible qualities that promote a peaceful life, clear the mind, rejuvenate the body, create a calm and pleasant personality and to gain confidence. It also builds self-esteem and banishes fear and aggression.

A calm and alert nature has the capability of making a person a healer and one who can give protection to others, often from a long distance away.

Yoga also has many beneficial properties that promote a healthy lifestyle. It has poses that gradually start to affect the body. Once you start a daily yoga and meditation practice, it can become addictive as your body gets used to different poses. This miraculous practice enable a person to stay fit and healthy despite busy schedules and is meant for everybody, regardless of religions or nationality.

Today, people have become computer machines and are programmed to run for long periods of time. In the 21st Century, we are now more accustomed to using to electronic machines to reduce fat and to get the slim and in shape.

Initially, people eat a lot of junk food and then go to exercise centres for fitness. People become unhealthy, lethargic and have no energy as fat starts to come back and they regain their weight once they stop going to the gym.

In yoga and meditation, we are talking about something natural and pure. It is simply a gift from the universe.

For example, "Surya (Sun) Yoga" is touted as a way to get food from the sun directly. How is this possible? The sun is said to be the ultimate giver of energy and human beings can use this energy for many

benefits. This kind of technique is only available in yoga.

Surya yoga is a source of energy that allows practitioners to survive without water and food and stay completely healthy. Today, many gurus continually practice yoga and meditation in the Himalayas for years. There are many benefits of Surya Yoga that many people are finally accepting the concept and want to implement it in their daily life to stay away from stress, anxiety, obesity, depression.

An ordinary person may consider meditation as a worship or prayer. But it is not so. Meditation means awareness; whatever you do with awareness is called meditation. Through this method you can be more aware of your breathing while meditating, and can travel long distances for a place to meditate.



## MEN'S ACAC CHAMPIONSHIP

# A perfect ending!

By FARYAL BASHIR

@faryal3

The most perfect season capped off in the most perfect way this past weekend as the NAIT Ooks men's hockey team struck gold to take the ACAC championship for the second year in a row, with a perfect 36-0 season. This is the second time in ACAC history the Ooks have finished with a perfect season; the first time was in 1984-1985. This is the second consecutive title win for the Ooks and a record 16th conference title. The Ooks won the best-of-three series 2-0 against their clos-

est opponent this season, the Augustana Vikings.

Game one was held at a jam-packed NAIT Arena Friday night. After a scoreless opening period, the Ooks were on the power play as ACAC Player of the Year John Dunbar got a nice feed from defensemen Jordan Abt and fired the puck in to get his team on the board. The Ooks carried the 1-0 lead all the way till the third when Ouk Riley Sheen pulled some sweet moves to put the puck past the Vikings goalie's five-hole for a 2-0 lead. Less than a minute after, Augustana's Jeff Lorenz strikes back to get his team on the scoreboard. With that goal came a second goal from

Ook John Dunbar less than 30 seconds after. Both teams played leap frog as Augustana scored two more times to tie the game, with their tying goal coming 19 seconds remaining in the third after a controversial icing call on the Ooks. Regulation time ran out as it the game went to overtime, where the play remained in the Vikings zone. But it didn't take long for Ouk Connor Hoekstra to score and lift his team to the 4-3 win in OT, and a chance to capture the championship on the road in Camrose the next day with a 1-0 series lead.

## Stakes high

Vikings fans packed the Encana Arena Saturday evening to see if their team could tie the series; both teams knew what was at stake and brought their A-game. Midway through the first period, Augustana drew first blood to lead 1-0. Shortly after, Ouk Tanner Dunkle sniped one in to tie the game. The Ooks scored early to take the lead in the second frame, this time a rocket from defenceman Chris Lijdsman. But that lead didn't last long as the Vikings scored right away to tie the game once again. It wasn't until late in the game when Ouk Jordan Wood took the puck behind the Vikings net and tried to pass it up front, only to have the Vikings goalie deflect in an own-goal as the Ooks led 3-2 with less than four minutes remaining. The Vikings were desperate to tie the game and the series, and pulled their goalie for the extra man. Ouk tendy Ken Cameron stood tall on his head to keep the Ooks championship dream alive.

## Gloves and sticks

As the clock ticked down, gloves and sticks flew to the air as the Ooks embraced around Cameron and captured the gold medal for the second year in a row with a 3-2 victory. Ken Cameron's 26 saves performance propelled the Ooks to their championship victory as he finished the playoffs with a 0.943 save percentage. The Ooks also finished with two of the top three scorers in the playoffs (1-Tanner Dunkle, 3- Jordan Wood). The Vikings gave the Ooks a run for their money over the weekend and were well deserving of the silver medal.

ACAC Coach of the Year, Mike Cabinet is the first coach since 2005-2006 to guide his team to an ACAC men's hockey title in his first year of coaching.

The 2015-2016 Ooks team are the 17th team in ACAC history to go undefeated in the conference playoffs. With the well deserved season finish, the Ooks will now rest until next season approaches.



The men celebrate their gold medal win.

Photo by Jesse Kushneryk

# Investing or gambling on pro teams?

By FARYAL BASHIR

Raise your hand if you're a sports fan. Maybe not literally, depending on where you are but good to know either way. If you raised your hand, then you're in for a treat. The World's First Sports Stock Market (All Sports Market) was recently launched. Still have your attention? Good. With ASM sports traders across the world can compete against each other to win cash. You can trade your favourite sports teams, including NFL, NHL, MLB and NBA with dividend

payouts after each win. ASM is essentially the NASDAQ of sports.

Now, we all know how important sports is and the impact it has in our lives. ASM just recently launched baseball since spring training has sprung. Not a baseball fan? Not a problem. Football will be launching in August, and hockey and basketball will launch in September as the seasons start up.

Ex-NHL Star Bernie Nicholls is the ASM spokesman and a big supporter of investing in a team's performance rather

than simply betting on them.

For those of you unfamiliar with Nicholls, he finished his career averaging over a point per game and was able to tally 70 goals and 150 points in the 88-89 season alone – numbers unheard of in today's game.

Since you already watch your favourite team, why not invest in them as well? That is now a reality, thanks to ASM. The limit is \$2,500 per year, per trader so you can't go too crazy.

For all of you smartphone lovers such as myself, ASM comes in an app form. Best of all, it's free. You can also visit [www.AllSportsMarket.com](http://www.AllSportsMarket.com) to register for free and use the free training platform to learn how to trade performance based sports stocks. Once you are ready, you can make a deposit and begin purchasing shares in MLB teams.

I know for sure I will be getting this app. And you probably didn't notice, but I also raised my hand, too.

## WOMEN'S BASKETBALL NATIONALS



Supplied photo

# Medals for the women

By **BRIDGETTE TSANG**  
Sports Editor

NAIT Oaks have added another new title to their ACAC championship – they are national bronze medallists.

The women proved they were a force to be reckoned with, opening their trip to Windsor, Ontario at the Nationals as they destroyed the VIU (Vancouver Island University) Mariners but fell in their next game against the Humber College Hawks and were forced to play an extra game to qualify for the bronze medal game.

In the bronze semifinal, the Oaks were back to their winning ways and advanced to the bronze medal game, where they tipped off against Dynamiques de Sainte-Foy in a tight game that went right down to the wire but the Oaks prevailed for a bronze medal.

## Steamrolled

Earlier, the Oaks steamrolled over the Mariners 74-36 in the opening game of the national tournament, scoring the game's first 11 points and finished the opening quarter 14-5. Although the Mariners strung together nine points right before halftime, the Oaks still led 26-14 at the half. They remained relentless both offensively and defensively as the score gap between the teams got larger. Malesha Petterson played a large role in the win. Petterson finished with a game high 17 points on the night to earn Player of the Game honours.

The next day, there was much at stake for the Oaks after the lopsided victory. Another win would mean a trip to the gold medal game. Winning a national championship would be the perfect ending to an already successful season for the Oaks.

To get there, they had to get past the Humber College Hawks, the No. 2 seed in the Ontario College Athletics Association (OCAA). The Oaks started off well

in the first quarter and led 13-11 but that would not hold up in the second quarter as the Hawks moved ahead 31-23 by halftime. Sloppy turnovers and missed assignments cost the Oaks in the second half of the game as the Hawks led by as much as 28 points in the fourth quarter. The Oaks were swimming upstream in this game and were not be able to close the gap, losing a tough one 78-58. Ook Chawncy McClenan put up 14 points, registered four blocks and cleared 12 rebounds as NAIT moved on to the bronze medal semifinal against the Nomades de Montmorency the next morning.

The Oaks were outscored 18-9 in the first quarter of the bronze semi, but rebounded quickly in the second for 15 more points and surrendered only seven more Montmorency points for the rest of the first half. They led 42-25 at the half. The score differential continued to grow as the Oaks found their scoring touch to stretch their lead to 24 points in the third. The fourth proved to be a different story, however, as Montmorency managed to come back and make it a one possession game at 56-54 late in the fourth quarter. Luckily, the Oaks were able to pull through and made a late push for an eventual 65-57 victory and advanced to the bronze medal game scheduled for the next day.

## Difference maker

Against Montmorency, Torey Hill was a difference maker for the Oaks as she recorded a double-double by halftime in that game, finishing with 29 points and 15 rebounds.

In the bronze medal game against the Dynamiques de Sainte-Foy, NAIT mounted a comeback in the second half after trailing 41-38 at halftime, to lead by eight in the fourth quarter. Once again, the game came down to a final possession; Sainte-Foy had the ball in the final play before the buzzer,

the Oaks were only up by one – next shot wins. A shot by Sainte-Foy missed the net, NAIT took possession and then the team erupted with emotion. The underdog Oaks, who never expected to make it this far, found themselves medalling at a national tournament.

Ook Nicole Ruptash finished off her college basketball career with a 16-point

performance, which included four triples, to earn Player of the Game honours.

In head coach Todd Warnick's sixth season with NAIT, this is the first year the Oaks have won a provincial title and their first national medal. Combined, the bar has been set for NAIT women's basketball, as we look forward to what they will accomplish next season.

## Player profile



**Player:** Tanisha Cronin

**Sport:** Volleyball

**Program:** Academic  
**Upgrading**

By **MIA SIMON**

**What made you start playing volleyball?** I was taller than most the girls in middle school so I got asked to play found out I wasn't that bad so I stuck with it.

**What is something people don't know about you?** I'm black ... not Asian.

**What three things can you not live without?** Pad Thai, my phone and my straightener.

**What type of music do you enjoy?** Gangster rap with a little bit of '90s pop.

**What are your hobbies in your spare time?** I eat a lot of brownie batter, does that count as a hobby? Also, brush my teeth a lot.

**What is your dream oasis?** Anywhere with a 24 and some good friends.

**Who is your childhood idol?** My brother.

**Which sports do you like to play other than hockey?** Softball lol (I love boys).

**Do you have a pre-game meal?** One half serving of chicken pad Thai and a mighty kale.

**Who inspires you the most?** Probably my mother ... raising me was for sure not easy lol.

**What is the best advice you've gotten so far?** "You can always retake a class but can never relive a party."

**What is something you would like to say about your team?** I hated all of you at the beginning but am glad I stuck it out. You are honestly my family, my sisters and I would go to battle for any of you! (Except Tara ... Tara I still don't like you!)



## MEN'S BASKETBALL NATIONALS

# Gold – against all odds

By **BRIDGETTE TSANG**  
Sports Editor

“It’s a dream come true!”

Those were the words echoed throughout the court after the men’s basketball team captured the national championship this past weekend in Fort McMurray. The underdog Ooks went into the ACAC playoffs second in the North Division and pulled off a remarkable run to win the ACAC title and then advanced to the CCAA Nationals this past weekend. The Ooks upset the No. 1 team in the nation (VIU Mariners) and advanced to the gold medal game where they excelled in a five-point victory to claim the CCAA National Men’s Basketball Championship.

## Mountaineers up first

The quarterfinals saw the ACAC’s fourth ranked NAIT Ooks up against the Ontario Colleges Athletic Association’s (OCAA) No. 5 seed Mohawk Mountaineers. The Ooks were in a tight game until the Mountaineers’ best player, Jeff Hunter, started to falter in the fourth. Ouk Adrian Curtis finished with 22 points on the night, along with teammate Jackson Jacob, who had 18 points and five steals to propel the Ooks to 85-84 victory to advance to the semifinals the next day against the nation’s top team, Vancouver University Island Mariners.

## Mariners very good

The Mariners were as good on the court as they were on paper but that didn’t bother the Ooks as they gave them a run for their money, setting the game’s pace in the first 10 minutes. Although the Mariners kept Jackson Jacob quiet for most of the night, the Ooks had other offensive weapons to fill the temporary void. Connor Dol-



Supplied photo

son sank three-pointer after three-pointer and, combined with his relentless defence, helped the Ooks maintain their advantage over the Mariners, which lasted all the way till the last buzzer, when the scoreboard read 87-82 for the Ooks. The win sent them to the gold medal game the following day against the Humber College Hawks.

Eight teams, 13 games but only two teams and one game mattered the most. The Ooks were about to embark on the game of their lives against the defending CCAA champion Humber College Hawks. NAIT led by two after the first quarter, but fell behind

in the second to trail the Hawks by only five at the half. With the gold medal focused on their mind, the Ooks came out firing in the third, outscoring the Hawks 19-12 to reclaim the lead, 55-53 heading into the final quarter. Connor Dolson, Sebastien Cava, along with fifth year Adrian Curtis and rookie Jackson Jacob proved to be a force to be reckoned with offensively and defensively the entire night for the Ooks. The fourth quarter was no different as they laid it all out on the court, as they watched the clock wind down and the final buzzer sounded, the Ooks bench fled to the remaining players, who looked to the

sky in disbelief and exhaustion, as the team embraced them.

“It’s a dream come true,” Jackson Jacob said as he was holding back tears. He was also named the Most Valuable Player of the national championship. “It is finally here. All the hard work paid off. Coach had us prepared for every game like he always does.”

That coach being Mike Connolly, who has been with the Ooks for four years and sported a well-deserving CCAA gold medal around his neck for the first time in his coaching career. This is NAIT’s third national title in men’s basketball.

## Athletes of the week, March 14-20

### Jackson Jacob Basketball

The NAIT Ooks men’s basketball team won the CCAA National championship and gold medal this past weekend at Keyano College in Fort McMurray. Jackson was named tournament MVP. He had 18 points and five steals in the Ooks quarterfinal win over Mohawk. It was in the semi-final versus the No. 1 team in the nation (VIU Mariners) that Jackson excelled. He was named player of the game while collecting 29 points. “Jackson made several big baskets down the stretch of all three games to help us win a national championship,” said head coach Mike Connolly. Jackson is a first year Automotive Technology student from Nassau, Bahamas.



### Jordan Wood Hockey

The NAIT Ooks men’s hockey team won the ACAC championship this past weekend with a two-game sweep of the Augustana Vikings in the best-of-three finals. The Ooks finished the season with a perfect 36-0 record. NAIT’s Jordan Wood was named ACAC playoff performer of the year. He assisted on NAIT’s final two goals in the 4-3 OT win Friday in Game 1 and added another two points in Saturday’s series finale, including the winning goal. “Jordan is the consummate teammate who always has a team-first attitude,” said head coach Mike Gabinet. Jordan is a fifth year Emergency Management student from Surrey, BC.



### Torey Hill Basketball

After capturing their first ACAC championship a couple of weeks ago, the NAIT women’s basketball team travelled to Windsor, ON for the 2016 CCAA National Championships at St. Clair College. Torey led the Ooks to a CCAA Bronze medal and was named to the first all-tournament team. Torey had a double-double in the team’s opening quarterfinal win over VIU. In the team’s bronze semi-final game, she had 29 points and 15 rebounds. “Torey has been a significant contributor to our team’s success this season,” said coach Todd Warnick. Torey is a fourth year Bachelor of Technology student from Viking.





# ENTERTAINMENT

## War – as in days of yore



By **JOEL LECKIE**  
Entertainment Editor

This past weekend I went to a medieval event with lords and ladies, kings and queens, knights, merchants, and more. It is part of a society that tries to recreate the best parts of the Middle Ages.

One part, which is my favourite, is the martial activities, particularly the armed combat, where we fight our friends from all across Western Canada with rattan swords and blunted arrows. It might not be for everyone but I find it great fun and a good chance to relieve the stress of school and work. I have thus composed a letter, as though from the battlefield, that occurred this weekend.

### War games

*My dear friends,*

*The King has declared that we must be ready for war, thus he has invited the armies from our neighbouring city (Calgary) to join us in war games. We meet upon the field of battle this morning. The bolts on my crossbow are blunted, my sword replaced with wood. I wear now a light leather armour, to be quick on my feet throughout the battle.*

*I could see our rivals to the south far before I was in range to shoot. They charged forward, shields raised high, to meet our forces. The great knights stood fast as our two armies crashed together. Behind them, I spied an archer ready to shoot an unaware soldier. I fired my bolt into his chest, knocking him to the ground. Two of his companions fired back at me, but I turned out of the way and let their arrows pass harmlessly by.*

### Pushed back

*Our warriors pushed them back and they retreated to a bridge. It was covered, protecting them from our arrows. Across the bridge, a soldier rested on his spear. I shot, landing square into the face of his helmet. Quickly reloading, I then shot his friend beside him before either had a chance to react*



Combatants do battle as they did hundreds of years ago.

Photo by Ian Racine

*to my presence. The villain of Bohemia fired, striking me in the hand. My hand numb, I drew a hammer from my belt, and threw it upon the enemy. It missed him but the next one struck the soldier beside him.*

*The enemies stood fast upon the bridge, so we drew them out, broke their numbers and drove them back farther to a second bridge. My hand had recovered, I went into the fray with my crossbow. Standing behind a row of shields, I fired bolt after bolt, unloading my quiver into the enemy. Each time an arrow struck, the army cheered in victory before naming another target for me to shoot.*

### Out of ammo

*Out of ammunition, I cast aside my crossbow into a nearby cart as we pushed the enemy back to a barricaded wall they had prepared. We charged at the gate, arrows raining down upon us. But their numbers had dwindled too much and we were able to break through. Defeated except for the last, their final standing knight declared single combat. He knocked aside a good dozen of our men, including myself, before finally succumbing to exhaustion.*

*The war games complete, I return home now. There is a party in the camp, with games and frivolity. But we shall be ever vigilant should a real attack occur.*



## NAIT SCHOLARSHIPS AND BURSARIES CELEBRATION

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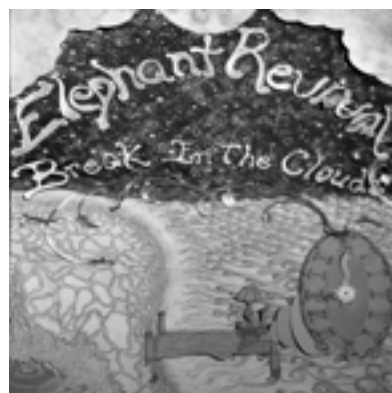
FOR YOUR LISTENING PLEASURE ...

**\$3.99 mixtape ...**By **JEREMY BLOCK**

As a musician, I often get asked, what kind of music I listen to. That is a question that requires a question in return: in what context? With it being closer to the end of the winter semester, it seemed appropriate to answer the question with music to listen to while late night studying. As a night owl, I often find that late night is the best time to get work done but the music from the normal daytime pop or rock playlists seems intrusive in the depths of evening concentration. That is when the flavour changes to more subdued folk but still maintains a gentle beat so as not to induce sleep when studying is the goal. I have chosen songs from a few of my favourite artists in this vein. Any of

their albums would fill the bill alone but together, the sound stays fresh.

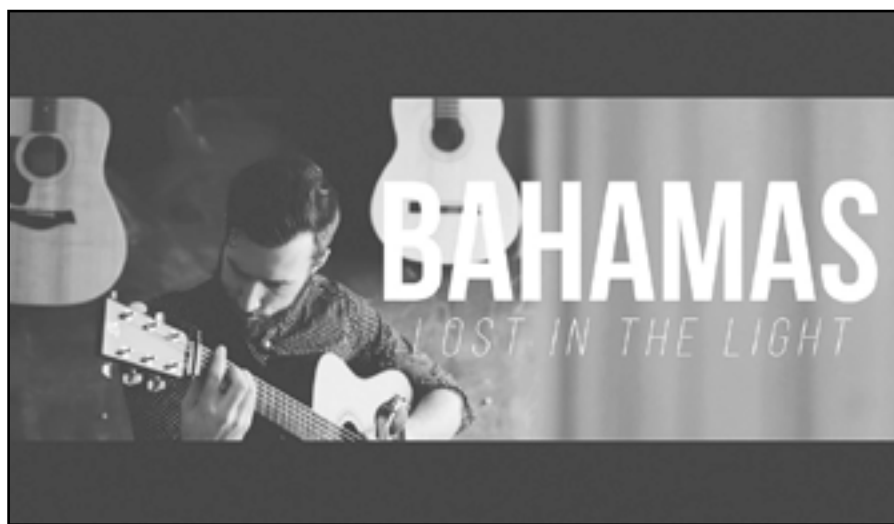
- Lost in the Light – Bahamas
- Keep Your Head Up – Ben Howard
- A Light (Night) – Charlie Winston
- Release Your Problems – Chet Faker
- Break in the Clouds – Elephant Revival
- My Silver Lining – First Aid Kit
- She Wants to Know – Half Moon Run
- Cherry Wine (Live) – Hozier
- Let It Go – James Bay
- So We Meet Again My Heartache – Melody Gardot
- Song for Zula – Phosphorescent
- Seasons (feat. The Fretless) – Red Moon Road



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**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 | HOWTO: 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

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Photo by Nanc Price

NAITSA's Next Top Model, Sangjune Lee, centre, is shown last Wednesday with second-place finisher Krysta Neary, right, and Sarah Carty, left, who finished in third place.

# A model guy!

By CONNOR O'DONOVAN  
Assist. Entertainment Editor

When Sangjune Lee's name wasn't among five announced during the final stages of last Wednesday's NAITSA's Next Top Model finale, he thought his night might be over.

"I was thinking, 'Oh wow they called five people already. I guess I'm not the winner,'" he recalled.

It wasn't the only thing dampening Lee's hopes that evening. The clothing he wore – ripped black jeans, a black and white striped turtleneck underneath a black tee, a brown coat and henna tattoos – wasn't his "Plan A" outfit. Plan A actually involved a corset and temporary tattoo sleeves but Lee says he wasn't sure he would move on to Wednesday's final round and didn't leave enough time to create the outfit.

"I actually lost quite a bit of hope when I couldn't find the specific outfit that I wanted," Lee said. "Yeah, I lost a bit of hope but I was really confident with what I had as Plan B."

His worries seemed unfounded though, as his "Plan B" didn't stop the panel of industry judges from crowning Lee NAITSA's sixth Top Model and the competition's first male winner. Lee beat out nine other models in the competition's finale which included a catwalk and a Q & A with the judges. Lee's prizes included a one-year modelling contract with the Phabrik tal-

ent agency, two passes for Western Canadian Fashion Week, a \$500 Kingsway gift card and a photo shoot, which will be seen on a Kingsway billboard.

"I wanted to ask the judges to judge it again," he laughed after the show. "I still can not believe it. Is this real?"

The evening's runners-up were Krysta Neary and Sarah Carty. This year's edition of the contest saw its highest applicant total yet, with 36 applying and 23 showing up for the first event, an industry workshop. From the workshop, 16 were invited to a series of three photo shoots. After each shoot, candidates were eliminated through online voting until 10 remained. Event co-ordinator Michelle Goulet said about 25,000 online votes were cast, also a record.

Among the panel of judges was last year's Top Model, Maranda Martiniuk. She said Lee was the "best fit" for all of the judges and complimented his personality, stage presence and confidence.

"My advice is to have fun," she said. "Be open and interact with everyone because everyone you meet is a networking opportunity."

Lee says he applied for the competition because his interest in fashion and clothing coincided with a desire to experience something new in his life. The accounting student says he hopes to continue pursuing modelling as a career.



Photo by Nanc Price

**Winner Sangjune Lee**



# Elwins take it to the Nest

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

Guitarist and keyboardist Feurd Moore is the sole member of the Elwins with ties to Edmonton. He was born here, actually, and attended Avalon junior high school until he was 14, at which point he and his family moved to Newmarket, Ontario.

That's where the ideas for the pop-fever inducing quartet began to germinate. It's also, presumably, where Feurd first began to tend the curls of his now well-manicured bandito mustache which was singled out at least once during the Elwins' Friday night show at the Nest.

The impeccable stache was just a supporting player, though, to a group clearly experienced in putting on a show. Feurd, vocalist and guitarist Matt Sweeney and drummer Travis Stokl met while attending high school in Newmarket almost ten years ago, and were joined by bassist Frankie Figliomeni about four years ago. Their latest record *Play For Keeps* was released last February and since then the band has toured through college crowds in the United States, Europe, Japan and Canada and have honed their performance accordingly.

Their energy rang out louder than Feurd and Frankie's vividly flower-printed shirts as the band lubricated the joints of around 100 fans and had almost all of them dancing by the

end of the night. The audience was at its most flexible during tracks like "Bubble" which had the band spending most of the song in mid-jump as Sweeney's catchy metaphors of infatuation ("you get me high like a bubble!") slid easily beneath echoing synth and guitar chords. The band finished with their single "So Down Low". (If you listen to Sonic or have seen a Fido ad in the last few months, you've probably heard it.) Feurd and Sweeney both made their way to the concert floor at points in search of high-fives and vocal assistance, and involved the crowd in an anthem friendly encore cover of Beyonce's "Countdown". (There second cover of the night. They also recreated Adele's "Hello" to eager approval.)

The Elwins will play in Edmonton again on March 31 at the sparkling-new Needle Vinyl Tavern with Willa and will likely appear in Calgary a few days later for the Junos where they've been nominated for Breakthrough Group of the Year.

The slightly spacier, more brooding sound of Saskatoon trio Close Talker opened for the Elwins. A smaller crowd stood farther back and was a bit more reserved during Close Talker's set, but the poppier crescendos of some of their tunes drew one happy spectator onto the dance floor early, and several others soon followed suit.

The show was the year's second event of NAITSA's concert series. Toronto rock band July Talk played a sold-out Nest in October.



Photo by Nanc Price

Close Talker opens for The Elwins.



Photo by Nanc Price

Matthew Sweeney and Frankie Figliomeni, foreground, of The Elwins perform at the Nest on Friday, March 18.

# ASK THE EDITORS

## *Why settle for just one opinion?*

*If you're replacing sleep with coffee you're not alone! This week, our editorial staff are sharing their tips for kicking the venti double-shots and improving your work/sleep balance.*

...

### Danielle Fuechtmann, Editor-in-Chief

I confess that I'm probably the worst for not getting enough sleep and trying to burn the candle at both ends. Lately I've been trying to get to bed earlier and give myself some time to relax before falling asleep. Things that are helpful include a hot shower (the drop in body temperature after is supposed to help you fall asleep), a cup of warm tea and a book or magazine.

Let's be honest, though, most nights I stay up working on my computer into the wee hours and for this I recommend f.lux. This handy little (free) program adjusts the lighting on your screen based on the time of day, minimizing the impact of the light on your sleep cycle. Newer versions also send notifications based on the time you set as your waking hour to remind you how long until you should wake up! Just remember that if you're working on anything in which colour is important, you'll need to disable it for a while or check your colour choices in the morning.

### Nicolas Brown, Issues Editor

Let's be honest – as students we never get enough sleep. Recommended 6 to 8 hours? Give me a break, I'm lucky to get four! But it is important to try to get as much sleep as possible. Why, you ask? Brain power!

A technique I've been trying out is simple time management. Set a sleep schedule and try to stick to it. Go to bed at the same time every night, even if it does end up being 11:30 – and force yourself to get up at the same time every morning. This gets your body used to the schedule and reduces those ups and downs of sleep deprivation. Plus, you'd be surprised how much more you can get done once you get used to waking up at the same time every morning!

...

### Bridgette Tsang, Sports Editor

Alright, so you're not getting enough sleep are ya? Good, neither am I, so we're in the same boat! I'm the worst for doing assignments last minute, which makes me stay up late doing an assignment that should've been done weeks ago that I've procrastinated till now. "This is an assignment that can't be done the night before"; challenge accepted.

My biggest advice is just to take nap

breaks whenever you can; bus rides, car rides, waiting for a ride, waiting for dinner to be ready, waiting for someone to do my assignment for me, etc. Coffee and energy drinks are temporary energy providers, and when you crash, it's not pretty, let's just say. So I would suggest scheduling off days or just time to get some shut eye, even if that means pushing off plans or night outs. Not enough sleep can lead to a lot of illnesses, and getting sick in the middle of finals season is not on my to-do list.

...

### Joel Leckie, Entertainment Editor

Sleep deprived? Suffering from chronic exhaustion? With so much going on at school, and a lot of students working on top of taking classes, I'm not surprised. There are a couple things I've found that will help, even though I may not be the best person to follow through on them. First off, find some time throughout the day to do some exercises. Use the NAIT fitness facilities or a nearby gym. Even getting a good solid walk in the evening can help. It doesn't need to be a huge workout, just something to get the blood flowing.

The other thing is to ensure you get a consistent, fully restful amount of

sleep each night. An all-nighter might seem like the only way to get an assignment done, but it will really start to take its toll. Try to make your room as dark as possible, and avoid too many bright lights before bed. This means turn the phone, tv, and computer off a bit early and relax. A short, good quality sleep will do more than a long, poor quality sleep.

...

### Connor O'Donovan

#### Assistant Entertainment Editor

My advice for those lacking sleep might come off as a little controversial, but hey, sleep's pretty important and I think it's worth breaking a few rules to make sure you can get the best nest you can. If you're like me and you've fallen way behind on shut-eye by this point in the semester, pick a sleep-in day, make sure any classes or work you miss can be made up for and try to stay in bed for at least 10 hours. This means clearing your schedule the night before too. Shut yourself off from any obligations you may have. This is a time to be selfish. Even if it's just once a week, I find a true 10-12 hour sleep can recharge me for a few days. If you have a couple of days free, you can even take a sleep-cation!

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## ANIME

# A simple, pure family story

By JOSH RYAN

I didn't watch a ton of anime growing up, partly because we didn't have channels and partly because but there was one film that we watched all the time when my aunt came over with her VHS tape. Yep, this dates me. Even after revisiting it as an adult, however, I still feel the same sense of warmth and wonder that I did as a kid. For a lot of people, *The Lion King* was their go-to family film. For us, it was *My Neighbour Totoro*.

The story is set sometime in the late '50s, where a university professor, whose wife is confined to a hospital bed with an unknown illness, takes his girls (May and Suki) out into the countryside to live with grandma in order to keep them closer to their mother. The two enjoy running around in the great outdoors but mostly they enjoy the interaction with a group of woodlands spirits, particularly a giant one called Totoro. As they go on during the year, they experience the ups and downs of life, with the backdrop of nature around them.

Totoro manages to capture simplicity and awe simultaneously, more than any other film in history. There's no gigantic battlefield or marble cathedral, just the great outdoors. Director Hayao Miyazaki has always shown his fondness for nature and the animation captures just why people love life outside the big city. Seeing the characters traverse fields, climb mountains and navigate the labyrinth of trees is absolutely beautiful.

The selling point though, is the simplicity of the story. There's no great evil they need to conquer or some sort of threat to the world.



marymemory13.wordpress.com

It's just two girls and their dad, running into shenanigans and learning how to deal with life not being fair. Even with the interaction with spirit creatures, you feel a connection with these two little girls, as you would in real life. There's no real stakes, it's just a family struggling to adjust to changes in life, yet you are engaged from start to finish.

It does help that the characters are very likeable. May is naïve and curious, Suki is growing through the early stages

of puberty, trying to be strong and mature, but still a kid at heart. The dad, Tatsuo, is a great movie dad, loving and responsible at the same time, not aloof like others. Minor characters like a neighbourhood boy and the grandma are fun, too.

It's no shock to say that the animation is just wonderful. It still has the strangeness of anime but rather than surreal and bizarre, there's a softer, friendlier look, particularly when it comes to the creatures.

They're about as round and fuzzy as anything you're going to come across in cinema. There's also a character called the "Cat Bus" that pops up later on that is a really fun design, too.

This may not pack adrenaline or ooze romance but it's as pleasurable a movie experience as you can ask for. If you missed out on this classic, head to the store and buy *My Neighbour Totoro* – the 1993 version, not the Disney repackaging.

## LESSONS FROM THE FELT

## Poker, life a balancing act

By KA CHUN YUNG

Millions of choices are made every day. With each decision, an inherent balance exists between the potential risks and the potential rewards. Most decisions involve low risk and offer no reward. When the risks or the rewards rise, the decisions become more and more important. Making the right choices can significantly impact your life. If you play poker, you will often be faced with balancing the risk-reward equation.

Anytime it is your turn to act in poker, you are forced to make a conscious decision and need to consider the risk-reward ratio. There are four major categories players need to contemplate: low risk-low reward, low risk-high reward, high risk-low reward and high risk-high reward.

The most boring situation involves players faced with a low risk-low reward decision. Folding is by far the most com-

mon example of such a case. By folding a hand, players will gain no reward, but also lose very little relative to their stack.

The most exciting case involves a low risk-high reward decision. For instance, if you're holding the best hand possible and your opponent goes all in on the river, you have literally zero risk and will either win the whole pot or at least half of it. Even if you call an all-in with Aces preflop, you will have a high probability to win a large pot with a small amount of risk. These are the situations we want to put ourselves in.

In contrast, players may fall victim

to poor play and make an extremely high risk-low reward play. An example could be when a player overplays his hand and makes a bet that will only be called by better. Even if you have a pair of Aces on a 6 4 3 flop, your hand won't be worth very much if you go all in for 100 times the pot and your opponent is willing to call. These situations need to be avoided!

The most interesting situations occur with high risk-high reward plays. As you play against better players, you will be placed in situations where you need to take more risks. Otherwise, your opponents will exploit you. An example could be if you hold a flush draw

and your opponent goes all in. Should you call or fold? The answer is, it depends! If it only costs a dollar to call a pot of \$100, then it's an easy call. If it costs you \$100 to win \$101, then fold. There's an equilibrium point at which the cost to make the call equals the odds of you hitting that flush. When this point is reached, there is no right or wrong decision mathematically. It then becomes a personal decision that could be either right or wrong based on your circumstances.

Risk-reward situations appear in your everyday life. You want to place yourself in more low-risk high-reward situations and avoid making high-risk low-reward decisions. When you are in a high-risk high reward situation, look at your own personal circumstances. What may be the right decision for a single parent of two kids, may be the wrong decision for a 20-year old college student and vice versa.



THE NUGGET PRESENTS:

# HOROSCOPES


**MADAME O**
**March 24-30**

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

**Aries (March 21-April 19)**

Take time this week to choose your emotions. Run into that frustrating classmate? Hang on, just take a moment and instead of being frustrated choose another emotion like disappointment.

Lucky number: 28.

**Taurus (April 20-May 20)**

What matters today? Prioritizing is a great tool. Feeling overwhelmed by

the to-do list? Give the to-do's a number; number one might be eat breakfast, number two, get to school on time or perhaps make that hangover cure.

Lucky number: 6.

**Gemini (May 21-June 21)**

Peace starts at home, just as treating the outside world as an extension of your home is the first step to ensuring your children have clean drinking water. Seek to understand and acknowledge peace in your own life.

Lucky number: 10.

**Cancer (June 22-July 22)**

What is community to you? Do you belong to more than one? Which one is your favourite and why? Ask yourself and get to know yourself better.

Lucky number: 3.

**Leo (July 23-Aug. 22)**

Anger is really only an expression of fear. So what makes you angry? Figure that out and you will have a good handle on what you fear. Bonus, once you know what you fear, your friends and enemies can no longer push your buttons!

Lucky number: 12.

**Virgo (Aug. 23-Sept. 22)**

Happy dance! Do your happy dance for no reason at least once this week! See if you feel happier or maybe even luckier? Lady Luck is absolutely attracted to happy people.

Lucky number: 1.

**Libra (Sept. 23-Oct. 22)**

It is proven, that honesty builds trust. Even if that honesty means telling someone something they might not want to hear, if you speak from your own opinion/heart, that honesty may just create a stronger relationship.

Lucky number: 8.

**Scorpio (Oct. 23-Nov. 21)**

Stretch yourself this week. That is, try something that you don't think you will be able to accomplish. The worst that will happen is you may not succeed. You may surprise yourself though since you are probably underestimating yourself.

Lucky number: 31.

**Sagittarius (Nov. 22-Dec. 21)**

Let go of something this week that is really not supporting your success. Be it spring cleaning the closet or weeding out the playlist, the weight

may only be in your head but clearing out the crap paves the way for new stuff and maybe some nonsense.

Lucky number: 5.

**Capricorn (Dec. 22-Jan. 19)**

Plan ahead for the future; start writing down your goals, open that savings account. Money and success will come to you if you're taking care of yourself.

Lucky number: 7.

**Aquarius (Jan. 20-Feb. 18)**

Accept what comes your way this week; moment to moment do not assume anything about what others say, what others might think. Think and do, leave second-guessing yourself, beyond a healthy focus on physical safety.

Lucky number: 2.

**Pisces (Feb. 19-March 20)**

Focus on creating your life this week. Choose to do homework, or not. It is your life and own your results. If doing your homework gets you a 90 yay, if not doing your homework gets you a zero, then yay, because you are in charge of your life.

Lucky number: 4.

## 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.

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## THROWBACK THURSDAY

# The joys of outdoor play

By JOSH RYAN

Kids these days. They are exposed too much to screens, be it TVs, tablets, Gameboys or phones. Yes, even six-year-olds now have their own phones, complete with apps and games. What happened to the simpler days where all kids had for entertainment was whatever happened to lay in their vicinity? Because, despite how lame that might sound, that's all we needed.

When sent outside (parents would often do that, just send the kiddos outside) you found things to do. The imagination could run wild with a few objects and open space. Who didn't love picking up a pair of sticks and having sword fights until one of them breaks in half and the opponent beats you mercilessly? Or those times where we stacked up rocks as if building a fort or sketched out really bad attempts at art on the grass, which didn't make dad very happy.

It doesn't necessarily mean we had a stick and a rock and ran around but maybe you played some street hockey. Maybe you dug holes in the dirt. Maybe you climbed onto the fence and tried to walk around the entire neighbourhood before falling off and injuring your ankle (don't do that actually, really bad idea).

The point is, we could make up stuff no matter our situation. People point out the cliché of people in prison cells bouncing a ball off the wall to pass the time. We did just fine even when there was no ball! Sometimes, we were content to peer over the fence at other yards, wander down a few blocks, go for a bike ride and maybe

observe animals, especially when birds flew by. Sure, sometimes we might've gone a little far by throwing rocks at alley cats or antagonizing the German Shepard locked in the grouchy old man's house but at least that was creative.

Sandboxes were also pretty rad. You could build castles, forts, walls, villages, military bases and then set your toys around inside, facing off in a massive battle (I know, a lot of dude stuff). You could even make moats thanks to the garden hose. And if you ran out of time before supper, you'd close the lid and then head back out as soon as you got your next chance to play.

Nowadays, I don't see kids playing outside. Sure, they're occasionally out there but there's a lack of authenticity. Half the time, they are busy using the touchscreen on whatever electronic device is in their hands. When they are actually engaging in some form of activity, it's usually only thanks to the monstrous new super soakers that Uncle Jim-bo got them last week. Don't get me wrong, I'm mostly just jealous that I didn't have those as a kid (and don't have them now) but that's automatically fun and doesn't require as much creativity.

With the amount of sensory overload that we all are subjected to, kids will never have the same kind of childhood that we did. Sure, in some ways that could be considered a good thing. But I think that they'll miss out on the joys and sometimes educational struggles, of having to make whatever is at your disposal into whatever you can make it.



Don't kids do this anymore?

blog.flipclass.com

## HOT 'N' SINGLE



Photo by Sheeba Lindseth

### Manjot Sandhu Medical Radiologic Technology

**What do you like to do in your spare time?** I like to keep busy and love hot yoga and Netflix. I also like hanging out with friends and driving.

**What do you find attractive in a guy?** Confidence, personality, manners ... maybe looks but looks don't matter to me as long as he's a good guy who is smart and treats me with respect.

**What's your ideal date?** Going out for long drive and then having lunch or dinner and lots and lots of chit chatting.

**What's important in a relationship for you?** Mutual understanding commitment and loyalty.

NETFLIX

# Roller-coaster of fun, chaos

By JOEL LECKIE

Deep and gritty or mopey and brooding? Sometimes, it is hard to tell exactly what *Angel* is trying to feel. A spinoff series from *Buffy the Vampire Slayer*, all the way back to the late '90s, *Angel* tells the tale of a vampire who was cursed by gypsies, providing him back his soul. Now, in penance for all the people he has killed over his 200 years, he seeks to help the helpless. He is joined by a mix of allies and the occasional former enemy.

Joss Whedon co-created the series, wanting to make something a little darker than the original *Buffy*. So he took about half the characters out of their high school environment and transplanted them onto the streets of Los Angeles, the city of angels. Each episode is a part of a larger story, though it is still possible to watch most of them on their own. Every now

and then, *Buffy* or *Angel* will reference its counterpart or have a cameo appearance by one of the characters to maintain consistency between the two stories.

There are a few parts that I felt were kind of forced, or worked around simply to make the show work at all. For one, *Angel* runs a type of private investigator business that focuses on the paranormal. This is meant to explain how they have an income to afford rent when they spend all their time hunting evil creatures. The other thing is the visions received by one of the companions. This is designed to explain how one vampire can continually stumble onto all sorts of trouble in a city as large as L.A. If you set those two things aside and ignore their obvious flaws, the show actually works quite well.

Now, what would a brooding

vampire with a soul have for main villains? The answer, of course, are soulless lawyers. They consort with evil, reign chaos, appropriate funds and do all sorts of nasty things. Of course, they have enough resources to have influence not only in the city, but several other dimensions around them. This means they can occasionally conjure up demons from other worlds to mess up *Angel*'s plans and ambitions.

The show can be a little repetitive in the short run. Each episode involves a new

baddie, with *Angel* learning late about its presence, then rushing in at the last minute to decapitate it and turn it to dust, ooze or some other no-clean-needed substance. There are a few unique things, but it is the overarching story that keeps things interesting. Even though the show is a bit old for some people, and doesn't have a lot of digital effects, there is a lot to like about it. The props, the jokes, the prosthetics and make-up; all of these are spot on. It is five seasons of a roller-coaster ride of fun and chaos.



www.netflix.com

David Boreanaz as Angel

## FASHIONISTA OF THE WEEKSTA



Photo by Natalee Pon

**Sakuma Tokuyama**  
DMIT

**Favourite Store:** Forever 21

**Favourite thing to wear:** Tights

**Favourite colour to wear:** Red

**Describe your style in three words:** Girly, cute, lacy.



# New Star Trek ... on the web

By RICHARD BLAKELY

Do you need some highly rated entertainment? *Star Trek Continues* is a new series deliberately similar but better than the original *Star Trek*. Although the original *Star Trek* has 79 episodes, *Star Trek Continues* has only five episodes yet, but the new episodes are free to view at [StarTrekContinues.com](http://StarTrekContinues.com).

Vic Mignogna acts as the new Captain Kirk. Unbelievably, William Shatner will be 85 this month. After 50 years of *Star Trek* shows and movies, and despite efforts of billionaires like Elon Musk, we have not yet built a base on the Moon or on Mars. The reason is simply gravity. Although gravity is easily created in *Star Trek Continues*, in reality, gravity makes it very difficult to land on the Moon or on Mars and gravity makes it even more difficult to return to Earth.

Musk should watch *Star Trek Continues* and donate, so that more episodes can be made. Musk does realize that we need a base on Mars or on the Moon to save humanity in case of nuclear war or a plague or some other horrible disaster on Earth. Instead of going to Mars or the Moon, he should build an artificial Moon.

It could be very large, hollow and orbit the Earth in a geosynchronous orbit. Such an artificial Moon would have almost no gravity and so it would be easy to reach and return from. It could have solar collectors, greenhouse farms, factories and apartments. It could be like Disneyland. But NASA has not decided to build an artificial Moon yet.

Like gravity, an expanding universe is not an issue in *Star Trek Continues*. Long ago almost everyone thought the Earth was flat. Now, almost everyone thinks the universe is expanding. Going beyond an obstacle allows us to overcome the obstacle. That is why we need to watch *Star Trek Continues*. We need to remember that simple solutions



[observationdeck.kinja.com](http://observationdeck.kinja.com)

Vic Mignogna, seated, is the new Captain Kirk.

to difficult issues are often overlooked. For example, it is likely that the universe is not really expanding. It is likely that redshift is actually a result of photons emitting gravity shock waves. Since photons have hardly any gravity, photons need to travel in space for billions of years to lose significant energy as gravity shock waves.

Another difficult issue solved in *Star Trek Continues* is energy. We have already solved part of that energy issue. That solution is the lithium battery. Driving to and from

NAIT on a new lithium-powered folding electric bicycle instead of an antique billion-dollar LRT is an example of using technology like it is used in *Star Trek Continues*.

The series was able to use trademarked and copyrighted possessions by maintaining a not-for-profit production. Use of Kickstarter provided money for production of episodes. The episodes were so superb that *Star Trek Continues* won a Best Web Series award in 2014. Critics have celebrated the excellence of the production.

## RESTAURANT REVIEW

# Derrick doesn't disappoint

By JENNIFER RAE

An outing to the Derrick Golf and Winter Club presented an awesome opportunity to attend an exclusive location. This is a members only club and the fees to belong are not light, so being invited here is an event in itself. The building is a beautiful sports facility that includes a pool and is surrounded by an attractively landscaped golf course.

The food is amazing, an absolute giant step above a student's usual hangouts. It is not infallible, however. While most of the fare on the evening in question was stellar, there was a rather inexplicable crab moment. Whether it was imitation crab, you know, that white fish with food colouring or it was real, it seemed to be overcooked and hard and I took a pass on it.

Back to the good stuff. This was a buffet, so there was the usual variety of salads, some leafy, some pasta, some bean. The greens were fresh and the dressings tangy or sweet and house made. The pasta and potatoes in their respective salads were perfectly cooked. The pickles were not just dill pickles, there were gherkins and bread and butter pickles, black and green olives and my

favourite (seldom seen on buffet tables) – the beautiful beet. Pickled beets just like my grandma used to make them – not too vinegary, just enough of the sour stuff to cut the richness of the lovely red beet.

Enough about the appetizers! The highlight was the gorgeous roast of beef. Crusty and dark brown on the outside and moist. Even the end cut was juicy. The centre cut was a perfect reddish pink and juicy. Both the end cut and the centre slice could be cut with a regular table knife. The gravy was filled with the savory seasonings that the roast was rubbed with. Now this is food porn! Oh, the roast potatoes were tasty and buttery, the fish was perfectly cooked and well spiced with a light cream sauce and the chicken jambalaya was excellent. But the roast with the fluffy Yorkshire pudding with jus and house made horseradish ... OK, there are no words. Prairie born and raised, a superbly cooked roast with all the trimmings is hands



Photo by Jennifer Rae

down, hands high, secret handshake, back flip in the hallway my favourite thing.

Oh, and the desserts were tasty. There was a lot of chocolate, so all in all the \$35 was well spent. An evening of wonderful

food in the company of friends watching the sun go down over the golf course, savouring a glass of wine, unbothered by servers wanting their tip. The only music was that of voices and laughter. Priceless.

## CARTOON REVIEW

# Canadiana in a cartoon

By JOEL SEMCHUK

One of the smartest cartoons to come out of Canada so far was the result of Teletoon's first Pilot Project contest. That is to say, rather than come up with an idea themselves, they outsourced it. The winner was *Fugget About It*.

The premise is New York mob boss Jimmy Falcone rats out his friends in order to save his cousin Cheech, the show's comic relief with the permanent drink in his hand. Witness protection puts Jimmy in Regina, Saskatchewan. He's there with his wife Cookie (who actually kind of looks like Wilma Flintstone), his promiscuous teenage daughter Theresa Maria, his nerdy son Peter Frampton and their younger daughter Gina. Their police handler is special RCMP Agent Straight McCool, a Dudley Do-Right parody right down to the accent and horse named Horse.

*Fugget About It* blatantly makes fun of Americans with how they're always carrying guns, how their speech is peppered with swearing (there are two F-words in the first 20 seconds of the first show) and their stereotypical views towards Canadians. At the same time the show also promotes Canadian culture, mostly with McCool correcting Jimmy's assumptions and explaining how to be less American and more Canadian. McCool is also known for going on long, wonderful rants about what makes Canada so great. His doorbell tone is the first four notes of *O Canada*.

A great deal of character exists in this cast, including the accents. While Jimmy and Cookie are more New



York, their daughter has more of an Italian accent, like Cheech. Gina is the mobster daughter; she is always stealing things and picking pockets and admonishing her father for not being a gangster any more. Her accent is the thickest "mob" accent of the bunch. I'm not sure about Petey ... he's just whiney American and is hard to place.

As for what these accents are saying, the wide range of personalities gives a never-ending stream of one-ups and quips, resulting in jokes coming and going at an impressive rate. They're all trying to come to terms with living in poverty in the cold in their own ways, all of them positive

and that makes it fun to watch. The way Jimmy weaves mob life in and out of his "retired" life is brilliant.

In a rare case for Canadian cartoons, *Fugget About It* got a lot better in its second season. The Canadian stuff became more of a focus without becoming didactic. It's probably not as funny as many other cartoons but what it lacks in humour it makes up for in smart dialogue, character and cultural references and comparisons. It was given a third season but I haven't seen any of those episodes yet. I'm confident that even if they're not funny, they will still have some kind of witty cultural repartee that makes them part of this great cartoon.

## MOVIE REVIEW

# Revenant – good, not great

By JOSH RYAN

I was as intrigued as anybody after watching the teaser trailer for *The Revenant*, Best Picture nominee and the film that finally got Leonardo DiCaprio his Oscar. The cinematography, subject matter and cast were all talking points, punctuated by having the director of *Birdman* at the helm, Alexander Innaritu, who had just won best director the previous year. For whatever reason, I never got to see it during the prime time of its run.

But after the results of the Oscars came out, I figured I best check it out, giving me a pretty different cinematic experience compared to people with different expectations.

Inspired by true events, *The Revenant* portrays frontiersman Hugh Glass (Leo) who is helping an 1820's group of trappers hunt for pelts. After an attack by Native Americans forces the crew to change course and Glass is mauled by a bear, he's left alone with a small group of the crew and his half-

native son. When a disgruntled member named Fitzgerald (Tom Hardy, *Mad Max*) tries to take matters into his own hands and leaves Glass for dead, a vengeance fuelled journey across the wilderness begins.

Starting with the good; I gotta say that this is the greatest cinematography I've ever seen on screen, period. Innaritu once again utilizes long cuts, not quite as frequently as in *Birdman* but enough that most of the film feels like one continuous shot. I can't wait to check out the special features when this hits home video to see how they made these elaborate action sequences work, where the camera is in constant motion. Things are exploding, sliding, getting thrown around and people are moving all over the place in the background.

Same goes for the now infamous bear scene. Obviously, it has to be CGI but the way in which DiCaprio is portrayed getting attacked is one of the more intense sequences you'll ever see, unrelenting in its brutality but riveting in its execution. It has also led to some absolutely incredible memes and gifs. Leo does handle himself quite well, having to carry several scenes by himself without any dialogue. I would argue that he's given better performances and there were much better performances this year but he's still good in the role.

The rest of the cast is excellent as well, specifically Hardy. He disappears into the role of Fitzgerald, a man who represents

the terrible jerk that everyone knows but it's entirely understandable why he could become that jerk. Domhnall Gleeson (*Ex Machina*) and Will Poulter (*The Maze Runner*) are great as well, along with a host of First Nations actors.

What's problematic about this film, however, is that it loses its poignancy with the storyline. Ultimately, it's a pretty basic revenge tale that ends in a predictable manner, with a bunch of imagery along the way condemning what has been done to indigenous people in North America. Worthy condemnation but it's done in a manner that detracts from the story and makes the film run far too long. Seriously, while the film is gorgeous on the big screen, don't drink anything before going in or you'll risk destroying your bladder putting off a bathroom break.

There are also a number of inconsistencies within the action that are distracting. The film is inspired by true events but going over a series of waterfalls and later living after jumping off a cliff, with nothing to break the fall, is pushing it. The latter sequence, which does look amazing, is about as ridiculous as anything in the *Fast and Furious* franchise.

Overall, while not quite the instant classic as advertised, this is still a memorable watch. It just isn't strong enough to earn repeat viewings the way other Oscar contenders have.



www.foxmovies.com

Leonardo DiCaprio in *The Revenant*



# How to manage your anger



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

In addition to affecting relationships with friends, family and co-workers, angry outbursts affect your self-esteem and your overall health. While anger is usually a reaction to stress, losing your temper has the overall impact, ironically, of increasing your stress levels.

The first step in anger management is to become aware of what triggers your anger. Look back at past situations where you have lost your temper and identify situations, people, types of people or stressors that have caused you to become unduly upset or to explode.

Next, identify the physical, mental and emotional signs that let you know that you are starting to get out of control. Rapid breathing, increased heart rate and muscles tightening in the upper body, neck and jaw are common physical signs.

And lastly, recognize that you can choose how you respond to a situation. It may not feel like it at the time, but we always have a few moments where we can choose our responses.

There are many alternatives to losing your temper.

- **Take a physical or mental time out.** If possible leave the situation until you can calm down. If this is not possible take deep breaths while you count to 10 slowly, or say the alphabet backwards.

- **Find ways to express your feelings in a calm way.** It is important not to hold anger in and stew on it. Stick to the current issue and do not bring up past problems. Keep your focus on finding a solution rather than on placing blame. Practice empathy by trying to see things from

the other person's perspective. If you cannot speak to the person that has triggered your anger try talking about it to a friend, family member or counsellor. For some people writing can help. However if you write something you want the person you are angry with to read it is best to wait a day, or at least a few hours, and to re-read it before you give it to them or hit the send button for an e-mail or text message.

- **Regular exercise is a great method for defusing overall stress.** For quick stress relief, a brisk five-minute walk, or some pushups or jumping jacks, can release pent up frustration.

- **Identify negative thinking that leads to your angry outbursts.** Your inner self-talk has a major impact on how you respond to stressful people or situations in your life. It often helps to keep a journal of what triggers your anger and of what self-talk goes on when you are triggered. Examples are self-criticism, over generalizing, all-or-nothing thinking, defensiveness, a need to always be right, or building things out of proportion. When you become aware of your usual pattern of inner messages you can work on changing your self-talk with the goal of creating messages that are more supportive and calming.

- **Learn to talk yourself down.** You can defuse anger with simple questions such as "How much will this matter in five years?", "Is this a reaction to the situation right now or to something from the past?", "Are my expectations realistic?" or "Is this person trying to make me angry on purpose?" (e.g. if a stranger cuts you off while you are driving it is very unlikely that they are trying to annoy you personally). If your anger is justified then it is important to talk yourself down with messages such as "I need to wait until I can think about this rationally" or "I can stay calm and relaxed" before you respond with words or actions that you might regret.

- **Try out a variety of calming techniques** to determine which ones are a good fit for you when you are stressed or starting to feel warning signs of anger. Try out deep breathing, brisk walks, thinking of something humorous, visualizing a relax-

ing place, positive self-talk, having a playlist of calming music on your cell phone, having a hot bath, candlelight, phoning a supportive friend or family member, doing a crossword or Sudoku puzzle, and any other things which may be calming for you. Carrying an object such as a smooth stone in your pocket and rubbing it when you feel your stress rising works as a quick calming technique for many people. Different strategies may work best depending on the situation. Once you have figured out which techniques work best for you in most situations make a written 'what to do' list for situations where you find yourself starting to escalate. Just having a list of options will help to give you a sense of control.

- **Incorporate some balance into your schedule.** Schoolwork is likely your priority but scheduling in even a few minutes of daily personal time, plus some time for social activities at some point in the week, can diffuse stress. A few minutes of daily meditation, listening to relaxing music, or doing a relaxing craft or hobby can provide some balance and satisfaction.

- **Believe that you can successfully manage anger.** While anger is a normal emotion that everyone experiences, it is not normal or healthy to fly off the han-

dle when you are upset. Many people believe that their angry outbursts are out of their control however everyone can learn strategies to manage anger in a more productive way. The more positive experiences you have in dealing with anger successfully the easier anger management becomes.

- **Seek help.** Talking about stressful situations in your life can help you see them from a different perspective. Relationship counselling can help couples develop more effective communication techniques. Individual counselling is free through Student Counselling while you are a NAIT student so take the opportunity to try it out while you are here. All appointments are confidential and there is no charge.

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

**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.

## 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](http://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](mailto:tutor@nait.ca) with any general inquiries.

**Chaplaincy Services** – [chaplaincy@nait.ca](mailto: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](mailto: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](http://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](http://www.nait.ca/volunteer-opportunities)

## 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](mailto:Matthew_hockey_17@hotmail.com).

For more information contact Matthew @ 780-886-2332

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

#### 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  
 So You Wanna Dance Practice  
 Log Rolling After School Log Roll  
 EDSS Learn to Render  
 EDSS Yoga w/ Dan

To get involved please visit [naitsa.ca/clubs/current-clubs/](http://naitsa.ca/clubs/current-clubs/)

#### 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  
 Mar 2-April 13 | 3:30pm-4:30pm  
 Mar 15-April 12 | 3:30pm-4:30pm  
 Thurs, Feb 4-April 22 | 12:15pm-1:15pm  
 Tues, Feb 2-April 19 | 12:15pm – 1:15pm

#### WHERE

Room E-225  
 Room X-215  
 Room X-111  
 Shaw Theatre Foyer  
 Room X-203  
 Nexen Theatre  
 Room T-210  
 Room S-112  
 NAIT Swimming Pool  
 Room L-256  
 Room L-005

### UPCOMING CLUB EVENTS

#### WHO

Bakers Club  
 Craft Club  
 BCX  
 Log Rolling  
 OHSSS  
 SFA  
 SFA  
 BTech  
 EDSS

#### WHAT

Easter Bake Sale  
 Craft-A-Thon  
 Etiquette Dinner  
 Mid-Morning Roll  
 Movie Night  
 Firearms Safety Course Restricted  
 Firearms Safety Course Non-Restricted  
 Club Logo Contest  
 Cookies & Ice Cream

#### WHEN

Mar 24 | 11:00am-3:00pm  
 April 9 & 10 | 10:00am-10:00pm  
 March 30 | 5:30pm-8:00pm  
 Thurs, Mar 3-April 21 | 10:00am-11:30pm  
 April 1 | 5:30pm-8:30pm  
 April 16 | 8:00am-2:00pm  
 April 9 | 8:00am-7:00pm  
 Mar 18-April 18 | All Day  
 April 1 | 11:00am-1:00pm

#### WHERE

South Lobby  
 407 Dunluce Rd  
 The Nest Taphouse Grill  
 NAIT Swimming Pool  
 Shaw Theatre  
 Room V-332  
 Room V-332  
 Online  
 Annex Main Floor

**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](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
 upcoming Important Clubs Dates