

THE NAIT NUGGET

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Volume 53, Issue 24

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

VIBRANT VILLAGE

NAIT's cultural mosaic on display, page 3



Photo by Megan Yu

Rohan Wilson, left, and Ducaran Bonnick flank Yang Yu, NAITSA VP Academic, at the Global Village event held on March 24 outside Shop@NAIT.

NEWS & FEATURES



Photo by Kelsea Ivanyshyn

IT'S A NUMBERS GAME

DMIT student Ranjodh Singh ponders a puzzle during the Sudoku Challenge held at the International Student Centre on Tuesday, March 22. Ranjodh went on to finish well in the competition.

Be as good as your word!



NICOLAS BROWN
Issues Editor
@bruchev

Alright, I'll be honest – this is going to be one of those “do as I say, not as I do” kind of columns. The topic of the day? The importance of following through.

As students and as young professionals, we often forget about or downright ignore a lot of things. In the rush to complete assignments or prepare for exams, other things get left behind, such as remembering to help your neighbour with that weekend project you talked about or getting that information to a colleague. We don't seem to consider the ramifications of these actions.

Here is your wake-up call. Stop saying yes if you can't or don't intend to, actually do something. Doesn't matter if it's calling your mother or preparing a proposal for your boss as a side project. If you say you're going to do it – do it!

I have one good reason for you. Your ability to follow through has a significant impact on your personal and professional reputation. In other words, as a student and future professional, it can impact your ability to get a job.

I'll repeat that so it sinks in – your ability to follow through can impact your abil-

ity to get a job.

Just think about it. Every action becomes an example of your reliability. If you can't follow through or, worse, don't even bother to tell them you can't do it, people will be less likely to trust you with something important next time they need help. Soon you become the person who gets told to show up half an hour before the event actually starts just to make sure you show up!

You may not realize it but this is incorporated into every class you take here at NAIT. Class participation, minor assignments, things students often dismiss as not being worth the effort are all part of it. These activities demonstrate to your instructors that you are learning the material and following the progression of the course. Which could mean that two per cent difference between a 3.3 and a 3.7 GPA.

The bottom line here is simple. Only take on what you can actually do, and not what your ego makes you think you can. Better yet, break the expectations made of you. Go the extra mile with a project without telling people first, and they'll respect you even more. Nothing gains respect more than identifying where someone might need help without being asked.

Let's face it – knowing your limits and actually finishing things you've committed to not only make you look good but will significantly reduce the amount of stress you face as well. Sure, you may feel that you are missing out on some opportunities but in the long-run, you will accomplish a lot more if you stay within your limits and follow through.

Now if you'll excuse me, I need to make a few phone calls!

Nugget Positions

The NAIT Nugget student newspaper is interested in seeing resumes for Issues, Sports, Entertainment and Photography editors. Please send your resume and a cover letter to

Editor-In-Chief Danielle Fuechtmann, studenteditor@nait.ca



Photo by Megan Yu

Daniel Juan Toral, left, and Cesar Cebreros at their Mexico booth at the Global Village display area.

The world at NAIT

By **NICOLAS BROWN**
Issues Editor
@bruchev

NAIT students got a taste of culture last week as the campus was host to a cultural showcase sponsored by ATB Financial. The Global Village, organized by the International Student Centre, allowed students to experience a small selection of the various cul-

tures represented on campus by international students and staff.

Over 11 different countries were represented as part of the cultural fair held just outside Shop@NAIT on March 24. Other tables gave information about foreign currencies and languages or allowed students to place stickers on a map to show where they are from.

Students had the opportunity to learn to say hello in various languages at the language table, as well as the characteristics of different currencies used around the world.

"Global Village was significant in that it created space for students and staff to both share something about themselves – who they are, where they come from," explained Megan Yu, community engagement officer with the International Student Centre. "It was a great way for them to learn something about their community on campus."

There was also a literal taste of culture, as NAIT culinary students prepared different dishes for participants to enjoy. Of course, the first few taste testers had to go through the dishes blindfolded and guess what foods they were eating. Afterwards, other participants were able to enjoy the food without the visual restriction.

On the edible front, dishes were representative of Portuguese, Chinese, Vietnamese and Indian recipes, to name a few.

The afternoon wrapped up with a student talent show in the Shaw Theatre. Organized by international students, this was an opportunity for students to showcase their unique talents with a cultural flair. Examples of contemporary

cultural dancing and singing were mainstays in this display of skill.

"We often stick to our group of friends and classmates," said Yu, "so the Global Village offered a chance for students to meet new people and gain a greater understanding of the diversity that the NAIT community offers."

NAIT Counselling Services and NAIT Chaplaincy Services were also present at the event to provide information on how students can find support on campus. Fitting for an event that focused on cultural diversity, a number of NAIT chaplains were in attendance, reflecting the different religious beliefs that are prominent on campus.

There is a possibility that the Global Village will become an annual event offered by the International Student Centre. The centre organizes many events for students to participate in throughout the school year. These events help international students find support and get engaged on campus but is also an opportunity for all students to learn about different cultures and build friendships.

"Hopefully this event helped students to think about participating in intercultural experiences more often," said Yu.



Photo by Megan Yu

Ivette Suarez Castro, left, and Adriana Rondon Ferrer at the Colombia display.



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Letters

We want your views

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

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

We need to list your real name.

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

THE CENTRE FOR APPLIED TECHNOLOGIES BY THE NUMBERS



Starbucks and Full-service Tim Hortons

Estimated to serve 1500 people/day



90 Computers

16 additional student lounge spaces



110 Flights of Stairs

Equal to 1.3 times the Empire State Building (86 flights)



21,000 Cubic Metres of Cement

More than 2,000 cement trucks



3,325 Square Metres of Glass Panels

End to end, they would equal the length of 16 Canadian football fields



350,000lbs of Steel

Weight equal to approximately 70 RAM 1500 Trucks



1500 People

Have worked on the project to date



\$296 Million

Equal to approximately 58,800,000 terms of tuition



5,000 Students

Health, Business, Engineering Technologies and Sustainable Building & Environmental Management



Graphic by Danielle S. Fuechtmann

CAT Building almost ready

By DANIELLE S. FUECHTMANN

As construction nears completion on the Centre for Applied Technologies building, the next part of the project is about to start – transitioning staff, students and equipment from the Health, Business, Engineering Technologies, and Sustainable Building and Environmental Management programs. With only a few months left until the expected completion of the move, scheduled for July 29, the teams working behind the scenes are busy making sure the transition is as smooth as possible.

Clayton Davis, Executive Director, Human Resources, says that transitioning the staff has been a huge part of the process. About a year ago, they realized a lot of staff were nervous about the move, and, rather than ignore it, a team was created to focus on the transition.

For Davis, the most exciting part of the CAT project is “the opportunity, both for staff and students. It’s totally different from everything we have right now.”

From careful planning to create an inviting cafeteria that offers everything from grab-and-go sandwiches and reservable tables at a full-service pizzeria, to world-class architectural choices, everything is “being done in the best way possible.”

Unlike many institutional buildings that often receive an unfortunate cookie-cutter approach, the CAT building has been built with attention to detail and function. Whether you’re in the executive offices or student spaces, walking down a hall or popping into a washroom, you’ll notice the same calibre of craftsmanship. Washrooms are brightly lit and feature hand-set tiling,

lighting fixtures with a cloud-like component that acts as a sound barrier in common spaces and a bright colour palette. Also coming to campus is new signage – a company specializing in wayfinding is putting together a cutting-edge visual system to help people navigate effectively.

Micaela Brown, CAT Move-In and Transition Project Manager, has a plan for moving in the furniture. Each school has been working directly with the project team to ensure the move and settling into the new space goes smoothly. A bit trickier than coordinating furniture moves is the transition process, which will ensure that instructors know how to use all of the new technology and adapt to the new classrooms.

For the physical move, NAIT has called in the pros. Health Care Relocations (HCR), a large-scale move consultant, has

helped to create a plan to ensure everything is handled properly. Earlier this year, the move vendor was selected, ensuring things will actually be picked up and set into their new homes.

Brown says that they’re “continuing to work with HCR and our stakeholders to finalize the schedule and make sure we’re getting everything and everyone that needs to move over accounted for.”

Whether it’s someone’s beloved office plant, a box of essential files or an important piece of lab equipment, the plan is in place.

Still worried? The building has included lots of plug-ins and the building’s powerful WiFi network has more density and breadth than the rest of campus combined.

Sounds good to me!

Small fee increases coming

By **NICOLAS BROWN**
Issues Editor

The end of semester is frequently when students start to hear about what changes to expect in the tuition and fees they pay out each semester. The NAIT Students' Association will bring forward its proposed budget to the student Senate which will include a small fee increase for review and approval. It also includes changes to how services are funded.

For students concerned about the availability of services, you can rest easy. There is no indication of service reductions in next year's proposed budget for NAITSA. However, students can expect to pay a little more for some benefits next year. In addition to the already expected increase in U-Pass fees to \$170 per semester from \$162.50, NAITSA is also increasing the medical and dental fees to \$119 per semester, an increase of \$5.

The increase comes from a projected jump in claims made by students in the coming year, based on trends seen in the current academic year.

"The student benefit plan saw the same scenario play out in 2008-2009 and we had to raise premiums because claims went up," said Chris Chelmick, NAITSA executive director.

"We actually lowered fees the following year because the economy recovered."

This fee increase will not actually cover the



expected claims over the next year, requiring NAITSA to cover the shortfall from the Health and Dental Fund, which is another pot of money restricted to Health and Dental funding. Transfers from this reserve are expected to reach \$204,416 next year to cover the projected claims expense exceeding fee revenue.

"The primary purpose of the fund is to cover NAITSA in years where claims far exceed premiums collected, so that we don't have to drastically raise premiums from one year to the next," said Chelmick.

Despite this increase in cost for students, the health and dental benefits offered through NAITSA continue to provide significant value.

"With a group plan, the risk is spread over a large

group," explained NAITSA Benefits Co-ordinator Megan Brodeur.

"This lowers the premiums as a whole. An individual benefit plan can cost as much as five times a group plan."

Unfortunately, as with all group plans, the number of claims made in a year impact the group premium. In the case of NAITSA's plan, the fees are not directly paid by the students.

NAITSA is also on the hook for providing support for students to access the benefits. This leaves the Students' Association responsible for collecting enough fees to pay both the premiums and the cost of providing the on-campus support to students.

However, for the most part, this budget has a positive outlook on expected NAITSA operations in the next year. After mandatory transfers to the Building Fund and Shared Space Fund, the students' association will run a modest deficit of \$43,921, a decrease from the expected deficit for this year of \$225,206, which means expected revenues continue to match increasing expenses.

As with any NAITSA deficit, the shortfall is covered from the Operating Reserve. Projections on the balance of the Operating Reserve for the end of the proposed budget period are not currently available.

For more information about the proposed budget, contact the NAITSA office in Room E-131.



NAITSA SERVICE CENTRE

THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

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

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

QUESTIONS?

Email: studentplans@nait.ca

Phone: 780-471-7730

Tweet: @naitplan

For more information on what is covered by your student health & dental plan, please visit

www.mystudentplan.ca/nait

www.naitsa.ca

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

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

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

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



Pranks ^{counter} Pranks Prankster heaven



JOEL LECKIE

People have been pranking each other for years. It is no surprise that they have begun recording and posting their pranks online. Each year people are getting more creative as they try to one-up everyone else and become the most popular, most viewed. Even businesses have produced fake newsletters or fliers to promote products they have no intention of keeping in stock.

For me, the best pranks are the ones that don't cause any real harm. As a company, Google has made a wonderful tradition of showing their prowess by designing their pranks right into their software each year. It started in 2000 with the MentalPlex hoax. This page invited users to "project a mental image" but they would only receive a series of error messages about how the user was at fault.

Google Romance?

They have since introduced products such as Google Romance, a parody of online dating services. Of course, that service didn't really exist, except for a fake page encouraging users to "post multiple profiles with a bulk upload file, you sleaze." They have also toyed with the concept of time zones, announcing in 2008 the gDay search technology. In Australia, where the system was based, it would let you search web pages 24 hours before they were created.

These are not things they do on their own, either. The fake announcement of Virgle in 2008 combined videos of the founders of Google and that of the founder of Virgin. Together, they were going to put together a team to settle on Mars and asked for applications to join the settlement. They also paired with Game Freak and Nintendo in 2014 to allow users of the Google maps app to capture Pokémon on their phones.

Equator slipping?

The amazing thing with these is that they don't all turn out to be hoaxes. Though Google and Virgin don't have much to do with it, there is a team of people looking at sending a manned group of individuals to Mars. Related or not, Pokémon captured in real time on mobile devices through the use of augmented reality is going to be a real thing very shortly, as Pokémon Go is currently in development. That one is set to release later this year.

Perhaps one of the best recently is the scientific announcement that the equator is slipping. This "discovery" stated that the northern tip of Australia would become part of the Northern Hemisphere as soon as 2055. It came complete with "evidence," including charts, graphs and scientists' statements from their Sydney office.

Though not the most disruptive pranks, I think Google wins the prize as best prankster because of the sheer number of people they reach. It's one thing to catch a single person who is a friend. But these folks are pranking the globe; people who are their customers.



CONNOR O'DONOVAN

What has been the greatest prank ever? Well, there are a few ground rules surrounding the sacred art of prankage that must be met in order to ascend to the rank of caper. Firstly, the prank should be original. No copycats allowed here. Second, it should be universally appealing. Sure, inside pranks are great but they don't belong in the charts. Third, the prank has to be conducted in good fun, that is, the pranker should have no malicious intent and the prankee should be able to walk away without any serious psychological damage. It's for this reason that I chose not to consider Orson Welles's 1938 radio broadcast of *The War of the Worlds* that allegedly induced mass hysteria among its listeners. We're also not clear on whether Orson intended the broadcast to be a prank. He claims he did not but, let's face it, that guy had a wild mind.

Greatest prank

My pick for greatest prank of all time goes to National Public Radio's legendary April Fool's Day escapades. Nearly 20 years after Richard Nixon's resignation in the Watergate scandal, NPR announced that ol' Dick was once again campaigning to become the most powerful man in the world. His campaign slogan, announced by a comedian impersonating Nixon, read "I never did anything wrong and I won't do it again." Alongside this outrageous statement, NPR aired clips from Nixon's old campaign speeches.

Apparently, NPR's devoted listenership had gotten enough of their Nix fix in the '70s and NPR was battered with angry calls from people insisting that Nixon should never again creep anywhere close to the Oval Office. The NPR crew let the prank simmer just long enough before spilling the truth beans in the latter half of the show.

Great timing

This prank made great use of timing as presidential campaigning for the 1992 election was in full swing (The winner of that election, coincidentally, would become a scandal-raiser of his own). The perpetrators capitalized on a time-relevant theme that they knew would touch base with a wide audience. The use of a radio show, *Talk of the Nations*, that normally held serious discussions on current affairs was clever enough to sideswipe listeners during the day on which people typically raise their guard. And, 18 years between the prank and Nixon's resignation was just enough of a gap that the announcement was able to touch a nerve while not really ruffling anyone's feathers.

The 1992 NPR Nixon prank hit all points a prank should. It was creative, clever, wide-reaching and made light of a serious topic.



OPINION

— Editorial —

Social media morphs



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

I logged into Facebook last night to send a link to an article from the *Edmonton Journal* to my best friend and was puzzled when our message history didn't come up. A quick check of my friend's list showed me that he had deactivated his account. Many of my friends and other people I know have stubbornly refrained from getting accounts, have deleted their accounts or just declared a social media "holiday." Is the way we're using Facebook changing these days?

No privacy settings at first

I remember when Facebook was first opening up to high school students (previously it was just open to post-secondary students with .edu addresses) and my classmates were eagerly signing up. It was a strange world – there were no privacy settings to worry about and you could see the profiles and wall of anyone in your network. Of course, as teen girls, that inevitably meant that we spent most of our time either messaging each other, posting inane messages on each other's walls and looking at the profiles of our not-so-secret crushes.

I deleted my account after approximately a year and balanced out the excess of teenage drama in the school hallways with a peacefully quiet online life. While I think many essays about young teens and their online lives can be excessively fear-mongering and neglect recognizing that every generation has had their own challenges to deal with, I'm definitely glad I spent most of my teen years away from the Internet!

News from social media

Over the last few years, studies have shown that an increasing portion of the population is getting their news from social media sources like Facebook. For example, a recent study from the Pew Research Centre showed that 61 per cent of millennials (ages 18-33 at the time of the 2014 survey) said they got most of their political news from Facebook and only 37 per cent responded that local TV was their primary news source. In contrast, even Internet-using baby boomers (ages 50-68) report almost perfectly mirroring statistics. While this was a web-based survey taken of American adults with online access, I'm confident that similar results would be found in Canada. If our Facebook feeds are dominating our attention for how we get news, what is the information we're consuming? Does it affect the way we use Facebook now?

These days, my Facebook feed is an interesting mix of arts and culture writing, local news, splashy headlines and babies and engagement rings. I'm definitely keeping my own usual sources of news gathering. I primarily use Facebook as a messaging service – I use it to co-ordinate group projects at school and send quick messages to friends. I don't know if it's a reflection on the

way my friends and I use Facebook or not but I certainly wouldn't rely on it as a replacement for my usual process of media gathering!

I'm curious – is Facebook your primary news source or just a social network? Leave us a comment on Facebook or Twitter (or pop by our office in E-128B) and let us know what role social media has in your life.



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MISS AN ISSUE?

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SPORTS

Tennis needs a tune-up



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

Just a few weeks ago, I talked about the evolution of women in the sport media landscape and how having an increased number of women role models in sports is becoming a norm. It is important that young women be empowered to do anything they put their minds to.

Case in point, just last week at the BNP Paribas Open tennis tournament at Indian Wells, CA, a set of comments started by tournament director Raymond Moore, then followed by Novak Djokovic, set off a bomb on the topic of women's sports.

In the women's final, Victoria Azarenka pulled off a shocker as she beat the world No. 1 Serena Williams in straight sets. Moore commented that the WTA (Women's Tennis Association) rides on the "coat-tails" of the men's game. He also added that "if I was a lady player, I'd go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born because they have carried this sport."

Moore's comments also included a reference to Canadian Eugenie Bouchard and Garbine Muguruza, whom he described as "attractive prospects" and when asked whether he meant they were impressive physically or competitively, said: "I mean both. They are physically and competitively attractive. They can assume the leadership once Serena (Williams) decides to stop. I think they've got ... quite a few very, very attractive players."

Keep in mind, this was said by the CEO of Indian Wells, the host of the tournament who apparently doesn't recognize that women's tennis has been strong enough to perhaps be on par with the men. Players like Maria Sharapova, Victoria Azarenka, and Kim Clijsters have all won the tournament twice since the turn of the century. Caroline Wozniacki, Simona Halep, Justine Henin and Ana Ivanovic have also won. Outside of the tourna-



www.post-nigeria.com

ment, Serena Williams has won 21 grand slams. Comparatively speaking, she has won more grand slams than the men of tennis have. Roger Federer has 17, Rafael Nadal has 14.

Williams then served up a response more dominant than her service returns.

"Last year the women's final at the US Open sold out well before the men. I'm sorry, did Roger play in that final or Rafa or any man play in a final that was sold out before the men's final? I think not. There's only one way to interpret that. Get on your knees, which is offensive enough, and thank a man, which is not — we, as women, have come a long way. We shouldn't have to drop to our knees at any point."

Although Moore later regretted his comments, saying they were 'in extremely poor taste', the damage had been done, but

Djokovic only added fuel to that fire. Although he applauded the WTA for fighting for equal prize money and got it, he believes that men should still have a greater amount of prize money than women "because stats show that we have much more spectators for the men's tennis matches."

Known for his charisma on and off the court, Djokovic is one of a kind in the tennis world and an easy favourite. So to hear his comments about how "women should fight for what they think they deserve," rather than 'women should fight for what they deserve' upset a lot of fans, myself included.

After the fading of Roger Federer and Rafael Nadal in the tennis world in recent years, Djokovic quickly became the face of men's tennis. With that power, he had a golden opportunity to stand against sexism in tennis, but somehow made it worse.

FITNESS

A supplement that might help

By OLIVIA ADAMS

As a newer individual at the NAIT gym, I've been introduced to a supplement called L-Glutamine. I am a celiac who was diagnosed about five years ago. Like most people, I have a hard time cutting wheat products out of my diet. A friend of mine recommended L-Glutamine to repair my gut health, as I occasionally indulge in pizza or sandwiches. I have been taking this supplement for over three months now and I have discovered its other benefits!

With weight training, taking a day off

in between is healthy for your muscles to heal themselves. Glutamine plays a key role in protein metabolism and anti-catabolism. OK, so what does that all mean? It means that while taking L-Glutamine, your muscles can heal faster and regenerate from the stresses of weight lifting. Glutamine is needed in your body for optimal performance. It drops during workouts and this is why a person can feel sick and sluggish after. L-Glutamine boosts your immune system and does wonders for your small intestines! This is why supplementation is

so important, not only to gain muscles but for the balanced health of your gut.

If you're bodybuilding, then you should be taking about "10 to 15 grams of L-Glutamine a day," but what about the rest of us? For myself, I take L-Glutamine in my smoothie as a powder form. I have one serving of three grams every day and it has improved my digestion and recovery time immensely! An important thing to remember, though, L-Glutamine is already mixed into many protein powders so make sure you're reading the labels! The best time

to take L-Glutamine powder is in the morning, after a workout or at night before bed.

Lastly, it is important to do your research before introducing any new supplements into your diet. In a media frenzy of health and fitness information, everyone has an opinion. L-Glutamine is backed by a lot of research and websites with lots of information. I believe L-Glutamine has benefitted my overall digestive health and recovery time after lifting weights. I recommend it to fitness enthusiasts and those who are looking to balance their inner system.

Keeping Score

Ready for prime time?

Welcome back to *Keeping Score*, the weekly debate on a chosen topic in the world of sports. Blue Jays management announced Tuesday that Aaron Sanchez will be part of the team's starting rotation this season, after spending last year in the bullpen. Sanchez is a great talent and has looked very good in camp. But the Jays have other capable starters and could have used the bullpen depth. Do you think the Jays made the right decision? What do we think? Read on ...



JOSH RYAN
@JoshRyanSports

This is a good situation for Canada's lone MLB franchise, unlike their contract negotiations with sluggers Jose Bautista and Edwin Encarnacion. Aaron Sanchez coming into camp stronger and more accurate makes for exciting prospects this season. But the Jays might have made a mistake in promoting Sanchez to the starting rotation instead of giving him another year in the bullpen.

First off, the Jays had a solid starting rotation already. R.A. Dickey has another season or two left in him, Marco Estrada is solid and JA Happ is a veteran that's used to the rigours and poised to have a good year. Drew Hutchison, by the way, also looked good in camp. And, of course, Marcus Stroman is going to be the ace.

Hutchison now faces a much tougher task mentally, having to go down to Triple A. Staying in the bullpen is one thing, but a demotion to the minors? Tough pill to swallow.

Sanchez could've been a heavy duty bullpen guy, coming in around the fifth or sixth inning and pitching through most of the remainder of games. His increased strength would have helped him manage that load and solidify a

bullpen that could be lacking if he is not in it. That's something really important for every squad, having guys that come into a game and lock things down.

By next year, Dickey becomes a free agent and possibly retires, leaving a spot open. Plus, Hutchison will have either earned his keep or require moving by then. This would have given Sanchez another year to develop, save his arm and still be a very effective player for the Jays.

If one of the starting rotation players falter or get hurt, he'd have been the obvious choice to enter the rotation. He's strong enough mentally to understand his role in that scenario and then the Jays have options moving forward. Yes, he wanted to be in the rotation badly but moving him to start this year might not be the best possible situation for the Toronto Blue Jays.



BRENNAN KLAKE

When the Blue Jays announced that Aaron Sanchez would be in the final rotation, it made perfect sense.

The Jays saw Sanchez pitch through a remarkable spring training, posting a 1.35 ERA and 19 strikeouts in 20 innings. He also went through a conditioning program in the winter to gain 20

extra pounds to improve his strength. Sanchez knew his time was now and so do the Blue Jays. Who else was a better option than Sanchez to put in the rotation anyways?

Drew Hutchison really fell off the face of the Earth last season and isn't a reliable option. You don't want to move your top reliever, so Roberto Osuna didn't make sense. Gavin Floyd? He's a better reliever option, especially with an injury history that includes Tommy John surgery. I'm not sure if I'd want to give him a heavier workload at the start of the season.

The nice thing about Sanchez being in the rotation is his position as the fifth starter. If you want to manage his innings to keep him fresh and healthy, you can always swap guys in for him later, like the recently acquired Jesse Chavez or Gavin Floyd if he proves he can stay healthy. Sanchez will have to prove he belongs there – it's not a guarantee he's in the rotation all season.

Adding Drew Storen to the bullpen allows the relieving staff to still preserve some depth in different scenarios, regardless of what they do with Sanchez as they move guys around. Even though the Blue Jays lost David Price and Mark Buerhle, Sanchez and Marcus Stroman are two young pitchers that could absolutely dominate the AL for many years. Combine that with proven veterans like R.A. Dickey, J.A. Happ and last year's surprise Marco Estrada and you've got an adept rotation that might be able to still contend.

Sanchez is the piece that might allow it to all work. Someone has to replace Dickey eventually ... why not give Sanchez his shot now?



samepageteam.com

Aaron Sanchez

Hours for recreation facilities

Gymnasium – Informal Recreation Monday to Thursday

11 a.m.-1 p.m.; 3 p.m.-4:30 p.m.

•••

Sports Equipment Centre (E-026)

Monday through Friday until Sept. 18
10:30 a.m.-1:30 p.m.; 2:30 p.m.-9 p.m.

•••

Fitness Weight Centre

Monday to Friday

5:45 a.m.-9:45 p.m.

Saturday and Sunday

8 a.m.-2 p.m.

•••

Pool

Monday to Friday

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CRICKET

Cricket, anyone?

By CONNOR O'DONOVAN

NAIT Recreation Services is set to play host to the school's first ever Cricket Cup. The tournament will run over 4 days from April 4-7 with games taking place in the gymnasium.

"The idea came from talking to some other people and talking to some students here," said Intramurals Co-ordinator Trevor Turner. "We thought 'let's try something different.' We've never tried it before."

Because of their lack of cricket experience, Recreation Services has been working with fourth-year Finance student and life-time cricket player Utsav Moitra to organize the tournament. The format will likely include a round robin over the first three days with the top two teams facing off in a Thursday final. Games will be played between 11 a.m. and 1 p.m. and will be played to five or six overs.

At press time, four teams had signed up to play in the tournament, which is being advertised with posters around the school. High popularity in Southeast Asia, Australia and the UK has made cricket one of the most practised sports in the world, but

it has yet to become a mainstream game in North America. It has shown signs of popularity growth though.

Moitra pointed out that the Edmonton and District Cricket League, which started with 10 teams, has grown to over 30 teams and consists of multiple divisions.

"Looking at the different ethnicities of people coming to NAIT and the U of A and Grant MacEwan – definitely, cricket in Edmonton will grow," he predicts. "And at NAIT, once people start noticing cricket, I think the event will take off."

If the event gains enough popularity, Turner said Recreation Services hopes to continue the event in coming years, a sentiment echoed by Moitra, who was born in India and has experienced the sport's popularity firsthand.

"I would come home, drop my schoolbag off, head over to the field and play until 7 or 8," he said.

"When Trevor asked me to help with this I thought, 'Why not?' It's my last semester to get this going and leave something behind that NAIT students can enjoy."



Player profile



Player: Railene Hooper

Sport: Basketball

Program: Photography

By MIA SIMON

What made you start playing basketball? I started playing basketball 14 years ago because I loved sports and my mom used to play basketball.

What is something people don't know about you? Something people don't know about me, I love playing beer league baseball in the summer.

What type of music do you enjoy? I enjoy most genres. I'll listen to anything!

What are your hobbies? My hobbies in my very little spare time include photography, camping, going to the mountains, napping and eating!

What is your dream oasis? My dream oasis would be anywhere with a nice beach, mountains or palm trees!

Who is your childhood idol? I would have to say my grandpa.

Which sports do you like to play other than basketball? I like to play vol-

leyball and baseball!

Do you have a pre-game meal? My pre-game meal is always BPs because that's the only place we go as a team.

Who inspires you the most? My teammates inspire me the most. They are the ones constantly supporting me and pushing me to be better!

What is the best advice you've gotten so far? The best advice I have gotten would be, leave everything on the court, work hard and do your role the best you can. Because if you do that, you can look your teammate in the eye at the end of any game, win or lose and say you did everything you could.

What is something you would like to say about your team? I would like to just thank my teammates. Thank you all for making my last year so memorable and ending my career with a national medal. Love you guys!

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ENTERTAINMENT

Weather a joke



By **JOEL LECKIE**
Entertainment Editor

It's that wonderful time of year again, when you need to decide each morning whether to wear a winter jacket, a spring jacket or no jacket at all. When you need to check the forecast on a near hourly basis to see if it is 10 above and sunny or 10 below and snowing.

I'm not opposed to winter. There are some great winter activities, such as skiing, tobogganing, snowshoeing and sitting near a warm fireplace with a mug of hot chocolate. You can't do those things

properly the rest of the year. Unless, of course, if you spend your summer vacations south of the equator or in the high mountains. But after five months of the cold, it's about time for the snow to melt.

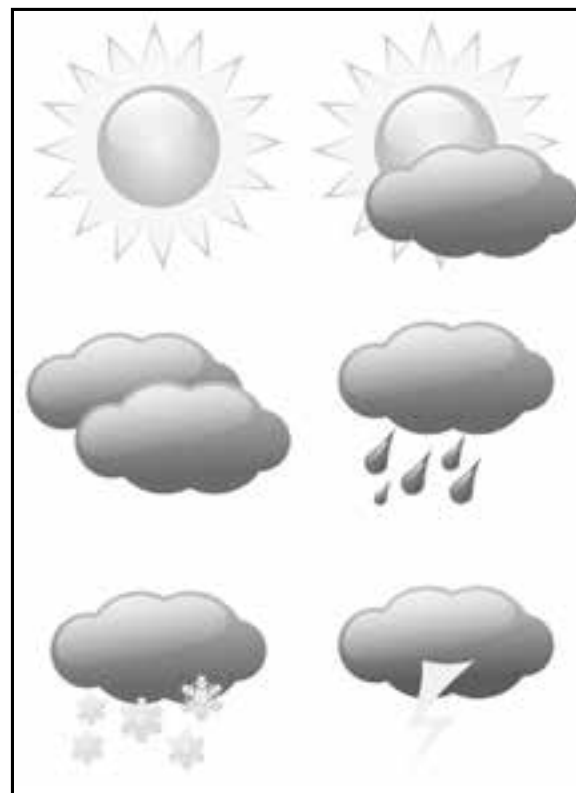
In the past, winter lasted even longer, sometimes a good seven months, so we are lucky in that respect now. It's one of the few good side effects of global warming. The winters are warmer and more frequently shorter. The summers are hotter and spring and fall are actual seasons instead of just week-long transitions between the other two. Unfortunately, the lack of snow means no moisture for farmers. It means a shorter and tougher ski season. And the summers have been getting really hot. Not as bad as in some areas but enough to get a nasty sunburn that can ruin your beach trip.

In high school, I looked forward to spring because that meant baseball season. Once the field was dry, we would go out for practice every chance we could. It was a short enough season that we needed to cram in as much playing

time as possible. And with hockey ending, a lot of the players needed something to keep them busy and in shape. So our team ended up comprised of a lot of the same people.

Now I look forward to spring because it indicates the end of the school term. Finals will be around the corner and we will soon be free of homework assignments. It used to be nice to sit outside in the sun, pretending to study. But there is no guarantee the sun will shine. There seems to be as much chance of getting hit by a blizzard. So we need to take it while its available and not be surprised when it isn't.

This isn't my first winter. Or my 20th, for that matter. In my experience I think Mother Nature does this to us on purpose. It's like all of spring is



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one big April Fool's joke. Here, have some warm weather ... nope, fooled you again. Every year. And we keep falling for it. We keep thinking, maybe it's finally over this time. And that's the biggest joke of all.

Television's getting real



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

There's a new Netflix Original series that debuted a few weeks ago called *Flaked*. It follows the story of Chip, a local philanthropist of sorts in Venice Beach, California.

After a life-changing drunk driving accident 10 years before, Chip has dedicated his life to sobriety and putting the welfare of other damaged personalities in his community ahead of his own – or so it seems. It slowly becomes evident that Chip isn't quite the saint he's advertised to be. As the story arcs we become increasingly suspicious of Chip's credibility and his true level of care for the lives he becomes responsible for.

Flaked has been getting solidly bombed

by critics. It has a 38 per cent rating on Rotten Tomatoes with many criticizing its lack of obvious purpose or direction and I'll agree, it does have a few storylines that seem too meandering or out of place to be fully made relevant in eight episodes.

The character of Chip, however, is what makes this show interesting. He's full of the kind of selfish streaks we've all experienced. There's an innate tragedy in his misdemeanours that sparks some kind of natural philanthropic rooting from the audience.

Chip is the latest in a growing series of TV show protagonists who evolve to become indistinguishable from the story's central villain. Think of Don Draper, the *Mad Men* lead whose alcoholism helped him build an advertising empire while leav-

ing everything else behind. We watch in awe and horror as he destroys every chance he's given to be humanized. Similar character development can be seen in another Netflix Original, *Love*, in which the blossoming of an against-all-odds romance is muddled by not one but both of the participants' character flaws. More popular TV anti-heroes include Frank Underwood of *House of Cards*, Dexter and, a few years back, Tony Soprano.

I find this kind of storytelling to be very interesting. It allows writers to plumb the complex depths of the human condition to create characters that are both original and relatable. These characters represent the villains of everyday life – antagonists, like abuse and addiction, that exact real harm on their surroundings.

Especially with the rise of on-demand content platforms like Netflix, it's becoming almost impossible for the average person to completely avoid television media. I think it's time, if you haven't already, to dismiss the notion that such programming can exist only as a form of

escapism. It seems that the problems plaguing some of these well-developed characters are becoming legitimate representations of those faced in real life and often times their subject matter are topics still under-discussed in face-to-face social interactions. Mental illness, for example, seems poised to be one of the next significant talking points of our society as its everyday implications and the widespread reach of its influence become better understood. Yet it takes a massive promotion like Bell's "Let's Talk" campaign to bring the topic to the forefront of public consciousness.

At some point, you've probably heard somebody complain about how much society is influenced by mainstream media. That's understandable, though, media is being consumed at a greater rate than ever. I think that addressing problems like mental illness on screen with realistic and relatable characters and situations can help lead to them becoming less taboo to discuss in real life. Maybe we should stop wondering whether media like television help support our society's judgmental practices and start asking how we can use its influence to our advantage.

Oh, and on an unrelated note – to whoever quickly returned my lost wallet to Guest Services at Southgate last week: right on brother, right on.



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CANADIAN

ANIMATION FEATURE REVIEW

Thoughtful, romantic drama

By KATRINA FORCHUK

I'm sure most people are familiar with at least one Studio Ghibli film, most notably *Spirited Away*, *Castle in the Sky* and *My Neighbor Totoro*. Fans of the studio may have been aware that one of the only Studio Ghibli films to not officially release in North America came to our very own Metro Cinema this past weekend.

Hard-core fans of Studio Ghibli will have already guessed the subject of this review but, for those of you who may not know as many of the studio's works, this review is about *Only Yesterday*.

This film follows the story of unmarried 27-year-old Taeko and her vacation out to the countryside. Sounds boring, right? Wrong. Just like all of Studio Ghibli's slice of life films this one comes packed with its own unique charms. While on vacation, Taeko goes on a journey of self-exploration, something many of us are familiar with.

The story itself is broken up into two portions, flashbacks of her life back in fifth grade where she is just learning of the realities of life and current day Taeko on her vacation. These flashbacks cover topics such as learning self control, finding something you're good at, the wonders of a first love and what it's like to be a girl adjusting to the transition of becoming a young woman, if you catch my drift. If not, I'm talking about periods. The present day por-



observationdeck.kinja.com

tion covers what Taeko's life is like and her feelings about how her life is going up to the time when the movie takes place.

While this film was initially released in 1991, the only audiences that were able to see it in theatres were people living in Japan at the time. Keeping this in mind, *Only Yesterday* has aged wonderfully. The animation has a hand drawn charm to it and the voice over was redone in English for the North American release. The voices, however, fall flat and with the odd attempts at creating diversity and thoughtfulness in

the acting there was a definite interruption in the flow of the story.

I absolutely recommend this film for anyone in the mood for a thoughtful romantic drama told with the classic Studio Ghibli charm, for fans of the series and people who are a little lost and stuck in a rut.

Editor's note: Studio Ghibli was founded in 1985 but stopped creating

new productions when founder Hayao Miyazaki retired in 2014. It is unknown whether the studio will ever produce another feature film. In 20 years, it produced multiple high grossing films in Japan. It is the only studio to produce a non-English-speaking film, *Spirited Away*, that received an Academy Award for Best Animated Feature.

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A new riddle will be posted on the @NAITNewsWatch Twitter account at noon each day beginning Monday, April 4 and finishing Wednesday, April 6.

All correct answers will be entered into a draw for the grand prize – a chance to have your picture and Twitter handle featured on NAIT NewsWatch. Be quick. The first correct answer posted each day will win a NAIT gift card! Submissions for the daily prize will be taken until midnight of that day.

The grand prize winner will be drawn on Thursday, April 7. The winner will be featured on NAIT NewsWatch for Saturday, April 9, when they will have their photo and Instagram/Twitter accounts presented on the broadcast.

NAIT NewsWatch is a student run and produced news program, broadcast nationwide on CTV-2 every Saturday at 6:00 pm MST.

Also, be on the lookout for the Riddler's henchmen between 8 and 9 AM, Tuesday, April 5 and Wednesday, April 6, across from Shop At NAIT on NAIT's main campus to practise your riddle solving skills and enjoy free coffee and pastries courtesy of NAIT Food Services.

Contest Rules

1. Participants must be following @NAITNewsWatch on Twitter.
2. The first to post a correct riddle answer to @NAITNewsWatch using the hashtag #RiddleMeNAIT will win a NAIT gift card.
3. All correct answers posted to @NAITNewsWatch with the hashtag #RiddleMeNAIT will be entered into the grand prize draw. The draw will take place on Thursday, April 7 at 9:00 AM. The winner will be contacted via Twitter and asked to send an email to riddlemenait@gmail.com by noon on Thursday April 7.
4. If the grand prize winner does not send their info by noon on Thursday, April 7, a new winner will be drawn.

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GAME REVIEW

DK64 stands test of time

By JOSH RYAN

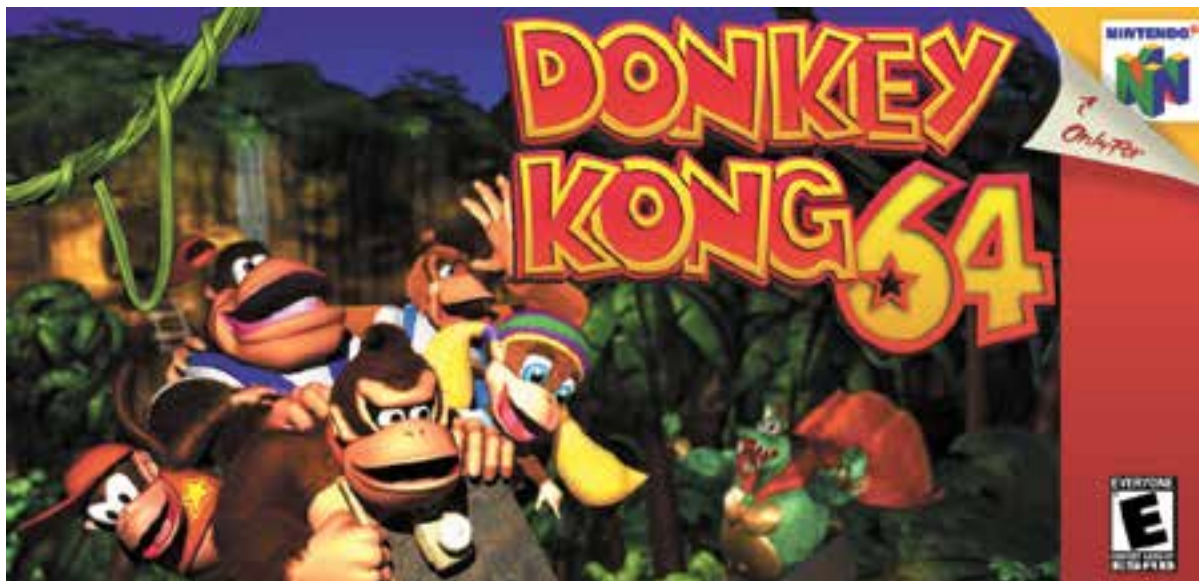
Who didn't love the *Donkey Kong Country* franchise growing up? The ultimate side scrolling experience, complete with bouncing tunes, fun gameplay and eye-popping graphics. People were hyped for the Nintendo 64 entry in 2000, but sort of let the game go by the wayside with the release of the X-Box and games like *Halo*. However, it's time to take a look back at a really solid game that was the last for a long time in one of the greatest franchises in video game history.

So, the plot is pretty basic. Donkey wakes up one morning and can't find any of his buddies lying around. Upon venturing outside, he sees King K. Rool has brought a mechanical island and has kidnapped all his friends. Donkey then takes off to free his mates, grab bananas and stomp on bad-dies' heads, working his way up to the big bad boss.

The gameplay is, unsurprisingly, quite fun. Like Mario and Banjo-Kazooie before it, DK 64 utilizes the advances in game graphics to a high degree while keeping the spirit and tone of the earlier games. The heroes can punch kick and jump their way through levels, while also having things to climb and swing on. Some fun new additions include guns that each character can fire, including a coconut shotgun and peanut pistols.

Donkey and Diddy are predictably back but joined by three new playable characters, Lanky, Tiny and Chunky. Lanky uses his long orangutan arms, Tiny is able to shrink down in small places and Chunky can ... brute strength his way through stuff. Each level forces you to utilize each character to unlock every secret in order to advance through the game.

The designs of each stage are pretty fun as well. There's some carry over from Mario and Banjo to an extent, having



thewolfgalaxy.deviantart.com

an ice level, haunted level, Aztec level, etc., but it's still fresh and unique enough to the DK series to work. Some of the bonus stages are also a lot of fun. The bosses play out better than most games before, with the degree of difficulty rising on each stage, unlike *Ocarina of Time*, where the bosses were a joke compared to the temples you had to navigate.

Sound, of course, is a major win. The DK games have always had fun soundtrack and great sound effects throughout, but once again here, DK 64 utilizes that in the new system nicely. The opening level, Jungle Japes, takes the original tune from the first DKC game and gives it a new spin.

There are a few caveats, though. First, why are the ani-

mal buddies barely in this thing? Only Rambo the Rhino and Enguarde the Swordfish make an appearance, and for both it's very brief. There are also some glitches and design flaws here and there that are annoying, not as bad as in Mario 64, but still problematic, such as camera angles.

The biggest disappointment is the multiplayer. Nintendo and Rare were obviously hoping this would be a major part of the game, it being something unlike anything in previous adventure games but the maps and gameplay are extremely limited. Despite this, however, it's still a great play through in story mode and is available on Wii-U Virtual download. Come on, go bananas with DK 64!

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LESSONS FROM THE FELT

Leave biases at the door

By KA CHUN YUNG

For a poker player to become good at the game, it is critical that they study and learn how their opponents think. Often times, players will play in a game where they have never seen most of their adversaries before. Poker is a game of information. The player with the best information will tend to have the most success.

At a live poker table, there are many clues that can be gleaned about your opponents even before a hand is dealt. How old are they? How are they dressed? Does everyone know them? Are their chips stacked up nice and tidy or is it a mess? Are they wearing headphones and sunglasses? The list goes on.

For online poker, it can be either much easier or much harder to obtain any data at all. Detailed statistics on regular and more advanced players may often be found with just a simple Google search. For others, the only information available may be a player's home country or, if you are lucky, you may sometimes search how many tables an opponent is playing on and for what stakes.

Based on first impressions alone, one could surmise that a young player

wearing a hoodie and expensive watch performing various chip tricks, is probably a very strong player. On the other hand, an old player with a digital watch wearing a tracksuit, might not be. None of these assumptions are based on any empirical evidence at all, but rather what you may have experienced with someone that appeared similar.

As more hands are played and you obtain more playing history, the focus needs to shift from what they look like to how they play. How often do they play hands? How aggressive are they? How big is their bet size normally? How do they play a flush draw? How often do they re-raise? These questions become far more crucial than what they are wearing. You can gather a better understanding as to what a certain action probably means based upon what they have done in the past.

It is important to keep an open mind and be able to alter and adjust the opinions you formed from your initial impressions when seeing actual evidence. The inability to do so will lead to errors. In poker, holding onto biases or prejudices that aren't true results in mis-



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takes that will cost you money.

The same can be applied to your everyday life. Everyone has their own unique style and personality. Maybe a part of you fits a certain stereotype of your race, sex or nationality. But many

other parts of you won't fit into that narrative. Keep an open mind when you form opinions of others. Base it on actual experiences and facts. Failure to do so will lead to poor decisions and big mistakes.

THROWBACK THURSDAY

Something special for all

By JOEL SEMCHUK

Anyone who enjoys paying \$12 for a latte has at least heard of *Neuromancer*. Even fewer are aware of the subtle mark its author, William Gibson, left on the science fiction world. *Neuromancer* was the pinnacle of a small body of work by a genius Canadian author who, once he found a voice, watched the world alter itself so significantly that he was forced to abandon the world he had created.

OK, back up. I can't really tell you

much about *Neuromancer* because any hint I give you will give away the central plot, so ... I can tell you that your understanding of this central plot builds as you read; the sharper you are the more you'll pick out, so full enlightenment of what's happening occurs to different people at different places.

I can tell you that it's about a burned-out, disenfranchised speed-freak hacker who is given one last shot on a criminal team. One of his partners is the evil Rivi-

era, who can create holograms at will. The other partner is none other than Molly Millions, whom of course most of you remember from *Johnny Mnemonic*, which before the movie was one of Gibson's short stories.

Johnny Mnemonic is from a book called *Burning Chrome*. The term cyberspace first appeared in this book and it's also the birthplace of modern-day cyberpunk: hacking is life-threatening, occurring in a crowded night-time world of drugs, guns and sex. The titular story of *Burning Chrome* is simply two guys hacking into another computer but they're inside the computers using virtual reality. This computer world is the basis of *Neuromancer*, and it's a gloriously dark world.

Also in *Burning Chrome* is the story *New Rose Hotel*. A personal favourite, it's a single guy in a Japanese "coffin" style sleeping chamber, waiting for the bad guys to find him. His story gets played out in reminiscences; corporate spies, abductions and, of course, a beautiful seductress. This story was turned into a very art-house movie starring the creepiest duo possible: Christopher Walken and Willem Dafoe. If someone's got a copy of this movie, you

buy them the latte. Then maybe they'll let you watch the two *X-Files* episodes Gibson wrote and directed.

Unfortunately, just as the world was starting to realize how amazing Gibson was, the Internet leapt into mainstream society, with grandparents getting e-mail addresses and home businesses getting websites – everything Gibson predicted had come true and now was commonplace. Gibson tried to roll with it but his work wasn't science fiction anymore and seeing his characters use smart phones and e-mails ruined the unique world he had created.

Not one to give up, Gibson changed his writing style around completely. He gave up predicting the future and created *All Tomorrow's Parties*. Here, Gibson took existing things and made them look like science fiction ... he basically re-wrote *Neuromancer* in a contemporary setting.

Nothing in your life will be remembered like the time you spend reading *Neuromancer*. It's the kind of novel that gives something new to science-fiction-saturated fans and turns non-believers onto the possibilities of the genre. It's an amazing read and, if you like it, there's a small body of work that's all just as brilliant, fellow nerd. Enjoy.



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ASK THE EDITORS

Why settle for just one opinion?

There are only a few weeks left of classes and that means it's time to start thinking about exams! Establishing good study habits now will help make exam season go much more smoothly. This week, our editorial staff give their advice for a successful study session.

...

Danielle Fuechtmann, Editor-in-Chief

My program doesn't really have exams to study for, but if there's one thing I think is essential to doing the best you can, it's starting early! When you're in a program that's project-based, there aren't many places you can cut corners. Either your program works or it doesn't and it's really obvious when a design is thrown together and mounted in a rush. Starting early means you have enough time to truly complete the project and still have time to fix any issues.

The sooner you start, the sooner you're done. If you're proactive and do your work early on and don't procrastinate on your studying, it will be significantly less stressful and you'll have time to relax after. Work first, binge on Netflix second.

...

Nicolas Brown, Issues Editor

I'll tell you the only study tip worth knowing, at least in my opinion. Don't procrastinate! As students, we're given all the information we need to explain, whether it is

in your assignments, your textbook or in the course syllabus. Read them, understand them and know what is expected of you.

Once you've done that, you control your success in class. No, that's not absolute – you could study hard all term and still receive a poor grade. But then you know that it was the material and the difficulty of the course, not your lack of effort. You are given a course calendar for a reason. Use it to prepare in advance and you should never struggle to learn the material and get your assignments finished on time.

I know, it's nearing the end of term and you're asking – what's the use of that? Well, hindsight's always 20-20, isn't it?

...

Bridgette Tsang, Sports Editor

If I told you I was a dedicated student who got A-plus on all her courses, I'd be telling you a pretty big lie (sorry, mom!) But hey, A-minus isn't so bad either. Truth is, studying is really hard and it's a task that many of us want to put off but can't because our student loans would be ridiculous if we had to retake all the courses we failed. My advice would be to make studying more fun. Put on your favourite tunes while you rewrite notes, write flash cards or just read through the textbook. Studies have shown that listening to music while studying helps the brain remember

more vividly, especially when you listen to those tunes right before your exam to jog your memory.

If tunes aren't really your thing when studying, you can always listen to podcasts or audio books about the topic you are studying. But the biggest thing to remember is to take breaks in between. Let the brain rest and refresh and remember things. Rock on, you studious students!

...

Joel Leckie, Entertainment Editor

Hitting the books early is not really my strong suit. The best study methods include starting early, keeping up on your reading, taking notes as you go. That's all well and good but if you haven't been doing that already, then it's a bit too late to start with finals on a few weeks away.

So, to catch up you need to focus on the weak and the strong. Identify the areas of the course that you are weak in (hopefully that's not all of it). Skim the topic headings and take notes of the main points. Then, as a break, review the areas you are strong in. Enhance your memory but also give yourself some confidence. Once that is done and it could be a couple days between, go back to your weak points and study hard. Your brain will have already started a subconscious process of learning when you first reviewed it. So this will reinforce what you know and

add in what you don't.

There is still time. My last piece of advice is to start early. Don't cram the night before. Your body and your brain will work better on a good night's sleep. Study during the afternoon, take a break, study before bed and don't stay up late. Sleep in, cruise through those first header notes you made to refresh the concepts.

...

Connor O'Donovan

Assistant Entertainment Editor

I'm gonna hit you with a bit of study science here. Apparently learning with a process called "interleaving," in which you learn multiple concepts blocked together in short stints, can lead to quicker understanding and retention of information. When you move between subjects that are in some way related to each other, your brain has to continuously distinguish the differences between them and this discrimination process helps seat the information in your mind. Studies of grade school students using interleaving studying have shown better test results than students who attempted to master a single concept at a time.

So when you're planning your studying sessions, schedule yourself so that you are constantly revolving through the different concepts you need to learn.

APP REVIEW

Reminder: Take note of OneNote

By **BRENDAN CHALIFOUR**

Whether you like to type, draw, or write, OneNote has options that'll satisfy all your note taking needs!

Let me back up for just a minute, though. Prior to OneNote, I used Evernote. While I was happy with the beautiful user interface, the app lacked functionality and I found it difficult to keep my notes organized. Last fall, I met an architect while I was in San Diego for a student engagement conference. She carried around an iPad everywhere she went and on it she had OneNote. I asked her what was so great about it, why it was so special and she showed me. After seeing how powerful and streamlined the design was, I decided to ditch Evernote and move my notes over to OneNote that very evening.

As an IT Business Analysis student, I take a lot of different classes, from computer science to business and organizational behaviour. I don't have one "style" of notes that I take. Whether I'm drawing a diagram on my iPad, typ-

ing on a computer or taking pictures of the board and inserting them on my iPhone, OneNote truly lets me take notes naturally. There is really nothing to learn or instructions to read, the app just works (which is quite surprising because it's made by Microsoft)!

There are three main components:

- First, you have Notebooks: think of them like real notebooks, so you can choose to have one for each of your classes or one per semester (which is how I do it).

- Sections: Within each Notebook, you will find yourself with different Sections. These are the tabs on the edge of the screen that allow you to flip through the different sections of notes you have.

- Pages: And finally, you have your Pages, this is really the note component.

The biggest reason why I love OneNote

so much is because it looks and feels like a real notebook – from the way that it's structured and organized to the way that it lets you type or draw anywhere on the screen. You really need to try it for yourself to see what I'm talking about.

Some more features if you're not convinced thus far:

- Ability to lock/password-protect a section, which makes for nice places to save passwords, financials, journals, etc.

- Syncs over the air to all of your devices via OneDrive

- Has versions for Windows, Windows Phone, Mac, iPad, iPhone, Android and Web.

- Easily insert tables, pictures, math equations, shapes and audio recordings.

- You can invite others to your notebook for collaborative projects.

Head over to onenote.com to get started. You won't regret it!



HOT 'N' SINGLE



Photo by Monica Kaup

Liam Mackenzie, 18 Photographic Technology

What is your ideal date? Listening to music and chilling.

What do you value most in life? Being happy and being able to express myself.

What do you look for in a man? Someone who inspires and challenges me to improve myself physically and mentally.

What is a typical day for Liam? Waking up, going to school, finishing projects, go home, and sleep.

RESTAURANT REVIEW

A treasure in St. Albert

By OLIVIA ADAMS

12 Acres is a family owned restaurant located in St. Albert just outside the downtown area. The restaurant opened in May of 2015 and has had nothing but amazing reviews!

Farm-to-fork or farm-to-table is not a new trend to hit the Edmonton area with a number of restaurants supporting local farms and fresh produce. It's a trend that I support as I believe in humane treatment of livestock and investment in real whole produce. The owners, Nathan and Courtney Henry, lead a wonderful team of servers, bartenders and chefs. We decided to make a reservation for Sunday morning after Easter Sunday church, as it is always very busy. The 12 Acres website works with Open Table so you can make a reservation online which is quick and simple!

Walking in on Sunday morning, my parents, boyfriend and I were greeted by Nathan and our bubbly server. We sat by an open window and it was wonderful to have the morning sun shine through. The menu given to

us was an iPad tablet that contained the brunch and drink menu. There were many options to choose from and I ended up picking the veggie eggs benedict.

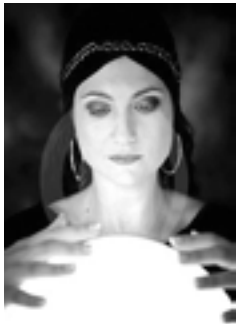
Our server was prompt with topping up our coffee and water. Our meals took about 15 minutes to come to the table and the presentation was beautiful! The homemade hollandaise sauce was delectable and the home-made biscuit was scrumptious! My meal was so delicious that I forgot to take a picture of it!

This isn't the first time that I have visited 12 Acres and it will not be the last. The restaurant decor is modern and sleek with comfortable seating. The menu is high tech and interactive which makes choosing items more on point to your taste. The service is impeccable and friendly which makes the dining experience more relaxed. St. Albert does not have a lot of family owned restaurants but this one would still be on top of the competition if the city did. I highly recommend checking it out!



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 31-April 6

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

Aries (March 21-April 19)

The college experience changes people, it doesn't matter how old you are. The true experience is finding yourself. Is the person you are becoming the person you want to be?

Lucky number: 89.

Gemini (May 21-June 21)

There may be times when learning is difficult; it is in these moments that you must persevere. Often, the day you

don't want to go to class is, if you do show up, a day that everything makes sense. You often hear the lecture that brings all the bits into focus.

Lucky number: 5.

Taurus (April 20-May 20)

Just breathe. In the moments between classes, in the middle of cramming for a test, when that assignment is due but isn't finished yet ... just breathe. Take a moment and focus on your breath. Breathe in, then sigh when you exhale, breathe in on a yawn and exhale.

Lucky number: 23.

Cancer (June 22-July 22)

Celebrate friends who are honest with you. Life can be confusing enough without your closest companions throwing red herrings in your path. Check out how honest you are with yourself, as well.

Lucky number: 9.

Leo (July 23-Aug. 22)

It is your turn to find ways to inspire your friends and yourself! What makes you excited to get out of bed in the morning? Did you find an awesome new app to share or figure out a new twist in

a favourite video game?

Lucky number: 27.

Virgo (Aug. 23-Sept. 22)

Every day is a new day, a fresh start. What do you want it to contain? Choose what you want to repeat and find something new to add to the routine. Creativity is not just expressed in art; it is also expressed in how you live each day.

Lucky number: 90.

Libra (Sept. 23-Oct. 22)

Focus on the bigger picture. Set a five-year goal if you haven't already. Look at your wardrobe and ask yourself what it says about you and if you are happy with the answer.

Lucky number: 51.

Scorpio (Oct. 23-Nov. 21)

Keep it simple. Think and do. Follow impulses that support your long-term goals. Over thinking goals, homework and exams can sabotage your success. So do your best and leave it at that.

Lucky number: 33.

Sagittarius (Nov. 22-Dec. 21)

What loving action can you take? Show yourself a little love. What does

love look like to you? Be your own best friend for seven days. Did acting as your own best friend change your behaviour significantly?

Lucky number: 72.

Capricorn (Dec. 22-Jan. 19)

Choose to be aware of your choices. If you choose to attend class, remember it is indeed a conscious choice. High school was, perhaps, seen to be mandatory. College and work are not. Your results will determine the success of your actions.

Lucky number: 3.

Aquarius (Jan. 20-Feb. 18)

When you are feeling overwhelmed this week, step back and take stock. Of everything that is going on. What is in your control and what is not? If it is beyond your ability to influence, then let it go. Focus on what you can do with the rest.

Lucky number: 15.

Pisces (Feb. 19-March 20)

Practise patience this week. Be patient with yourself, especially as school work mounts and the end of term approaches. Change is in the spring wind and it is worth the wait.

Lucky number: 8.

ARE YOU A NAIT STUDENT RETURNING TO CLASS IN FALL 2016?

THE NAIT STUDENTS' ASSOCIATION IS NOW ACCEPTING APPLICATIONS FOR THE FOLLOWING POSITIONS:

FRONT DESK ASSISTANTS

Shifts available Mon-Thurs over the lunch hour &/or Fridays 8am-4pm

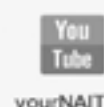
- Reception duties include answering the phone, faxing, ticket sales & giving directions
- Till or cash experience, the ability to multi task, strong communication skills & attention to detail are assets



HEALTH & DENTAL PART TIME STAFF

- This is a temporary job starting mid August and ending the first week of October
- Students need to work 3-4 hours/day, 4-5 days a week
 - Duties include helping students opt out of the student health and dental plan, and staffing booths at events to promote awareness
- Strong communication skills, customer service experience, and attention to detail are assets

Please submit your cover letter, resume & availability to
Leeanne Mills at leeannem@nait.ca | Apply by April 18, 2016



NETFLIX

Majesty of the mind

By OLIVIA ADAMS

If you're looking for a powerful and enlightening documentary, *My Beautiful Broken Brain* is exactly that. Executively produced by David Lynch, an American surrealist filmmaker, the film follows Lotje Sodderland, who remarkably survives a hemorrhagic stroke. A hemorrhagic stroke "is either a brain aneurysm burst or a weakened blood vessel leak. Blood spills into or around the brain and creates swelling and pressure, damaging cells and tissue in the brain."

Alternate reality

The first of three main parts of the documentary covers Lotje engulfed in an alternate reality than what she knew before. She is unable to process logic and language in a normal way, which is painful to watch. Lotje is often seen struggling for words and grasping for answers to basic questions. You can almost feel her pain, wanting to connect and understand the world around her but forced into near silence and confusion.

Though nothing can ever completely capture what it's like to be Lotje, *My Beautiful Broken Brain* does a wonderful job of explaining what it might be like to live in her world. The harrowing introduction makes the rest of the film all the more engaging and wondrous. When you see the interpretations of the colours and dimensions Sodderland sees on a day-to-day basis, they aren't merely interesting. They're tinged by sadness yet made all the more enchanting by the unwilling sac-

rifices she has paid for them.

Early on, Lotje compares how she experiences the world to the Red Room in *Twin Peaks*. It's one of those comparisons that simultaneously makes no sense and complete sense. However, as the film progresses, it becomes clear that our protagonist isn't just a fan of the universe Lynch has created. Lynch's work has helped Sodderland to internally normalize her altered life and relate to the world.

There are lot of amazing moments in this film, one of the most notable being the devastating consequences of her time as the subject of a neurological experiment. But I found the most interesting and moving moment to be Lotje's meeting with her idol – David Lynch. Before she meets Lynch, Lotje travels to the countryside of Gillette, France. It is here that she finds meditation.

'Undoubtedly the cure'

"This is undoubtedly the cure," she says. "The brain needs to be quiet to perform its function. Quiet. I feel much closer to my consciousness, a much more raw closeness to the self that is the essence of me."

Over 150 hours of video was collected from Lotje to compile this fascinating story of healing. *My Beautiful Broken Brain* is a film that explores how incredible and amazing the human mind can be but more than that, it's a film that explores the importance of community and what it means to be human.



netflixlife.com

FASHIONISTA OF THE WEEKSTA



Photo by Kelsea Ivanyshyn

Aisha Parmar Finance (BBA)

Where do you get your fashion inspiration from? Online.

What is your favourite label? Guess.

What is your favourite store? Zara

What is your statement piece? A cardigan.

What would you describe your sense of style as? A bit of everything.

What is your advice for anyone struggling with their fashion? Be confident in what you wear.

CARTOON REVIEW

All a comic should be

By JOEL SEMCHUK

Think of the most inappropriate, obnoxious and insulting response to any given situation.

Then think of something worse. And then something worse. Imagining shouting all this over and over. That was the essence of *Duckman*:

Private Dick/Family Man. Entire episodes are filled with speeches that had pushed the boundaries of appropriateness long ago, left

behind the realm of obnoxious and now were bordering on revolting but yet were delivered with a grandiloquence that would have made Mark Twain listen twice.

Originally a comic

Duckman was originally a comic from Dark Horse before it was turned into an animated series in 1994. The voice delivering those wonderful, endless rants (most of which are on YouTube) was Jason Alexander, who, to his credit, never once let a bit of George Costanza invade *Duckman*'s perfect antisocial psychosis. Maybe it was just a lot of fun getting to wax eloquently about humanity's darker thoughts or perhaps hiding behind a cartoon character allowed Alexander to bring such a focused craziness to *Duckman*. Either way, it left a permanent notch in the history of cartoons. Duckman is a private investigator, by the way.

And, of course, there's Cornfed, Duckman's partner. There has never been and never will be, a character like Cornfed. I'm not sure how to pin down his appeal but let's say it's like even though he's a living Swiss Army knife, a master of every art and trade known to man, a catch-all repairman to any situation imaginable, he's still human enough to empathize with. Played by Gregg Berger, he's quick to open up to Duckman and entire episodes are devoted to plumbing the depths of Cornfed's character. He proves

that no matter how perfect someone can be, or appear to be, everyone still has dreams, insecurities and faults. His voice is perfect. Perfect! It's impressive how it carries so much emotion with so little variance in tone.

By the time Cornfed says something funny, it's at the end of some philosophical soliloquy; most people have stopped listening. Then Duckman spouts off some complicated tawdriness and you forget the other stuff. Duckman's uselessness as a detective is always made up for by Cornfed's boundless ability but every cliché is delivered so well and wrapped in so much eloquent dialogue that the cartoon not quite but very nearly put an entirely new spin on an age-old genre. Every time I rewatch it I notice, hear or comprehend something new.

Best of all, weird

Duckman's everything a cartoon should be: funny, envelope-pushing, unique and, best of all, weird. The freak show that is his family includes a two-headed son for no other reason than to be weird, Duckman kills his same two stuffed-bear receptionists every episode in a different comedic fashion and the fact that human names aren't in the credits – I could go on forever about this show. On so many wonderful levels of art, rhetoric and crudeness, *Duckman* remains one of the greatest cartoons ever made.



www.newgrounds.com

JUST THE TIP

Long distance relationships

By THOMAS ARMSTRONG

Just the Tip is back with more dating and relationship advice. Today we ask our readers, are long distance relationships really a thing? In my experience, there are mixed feelings towards a significant other moving away or perhaps they even have been living in a different place. By the end of this reading experience, will we still want to consider a long distance relationship?

Long distance relationships ... let's face it, they aren't for everyone. The partner is either too far away or one is in school in Saskatchewan or one is travelling for a year or one lives in New Zealand and has a dog with a hernia, etc. What happens when you meet the one person that makes those feelings go pop and you don't know what

to do with your emotions as you would do anything to see this person? Just cool it. Let's evaluate the pros and cons of this type of relationship.

Have you ever written out a good versus bad list about this particular person? If not, I highly recommend that you sit back and rethink your life. According to a relationship therapist I have talked to, finding out why you want to be with this person, should be at the top of your list. So they live in another city. But what sets this person apart from others?

The good: They have the same career as you do, the same goals and aspirations, your taste in music is on point, Skype dates are better than text, you both love to travel, have great style and are good looking.

The bad: You live far away from each other and get-togethers are too few.

Whichever way we look at it, there are more positives than negatives. It's just up to you to make a judgment call. What kind of feelings rush through your body when you communicate via phone or speak face to face? If you have little feeling, are overwhelmed and there is no anticipation built up, isn't it time call it off? However, if there are strong feelings and much anticipation, it can be a sign you are on your way to the start of a great relationship.

Then there is trust. Trust can be a difficult part of any relationship, but more so when you are a great distance from each other. Trust and honesty are left up to each of you, to do with as you like. Although

trust and honesty can be thrown from the wagon when worry and anxiety sets in. If this happens, we tend to question the other's whereabouts and have thoughts they are keeping secrets. As long as there is communication, the trust and honesty will be a walk in the park for both parties.

Change is important for those that want to start a relationship. Change is good, it is your friend in the long distance world. Many a time I have tried to change the other person, to no avail. In order for you both to grow in a relationship, change is the moving part that can separate or bring each other closer together. These are some tips on what a long distance relationship can look like. I hope it brings good feelings!

DIY

Chord for emergencies

By **THOMAS ARMSTRONG**

Have you ever found yourself in the mountains, surrounded by an abundance of forest and in desperate need of help? All you need is 10 feet of Paracord and a guide on how to make the best survivalist rope bracelet you could ever imagine. If you are ever in a desperate survival situation, rope probably won't help you. Just trying to be optimistic, of course.

For ages, man has been able to tie his pants high and walk down the street with no fear in his mind. Rope is essential to the modern man. OK, so pants are held up by a belt but, at some point in history, don't you think someone used rope?

"A rope is a group of yarns, plies, or strands that are twisted or braided together into a larger and stronger form. Ropes have tensile strength and so can be used for dragging and lifting but are too flexible to provide comprehensive strength," says the man working at the local hardware store.

Nonetheless, it is very handy to have when in dire need. Anywhere from 10, 20 even up to 50 feet of chord can be used to make the survivalist's dream

clothing. Shirts, pants, and socks, too, Paracord is essential for everyone from the basic camper to the wilderness expert. Today, I will teach you the simple "cobra" weave.

What you will need to make this marvellous piece of technology is:

- 10 feet Paracord
- One foot of Paracord
- Ruler
- Scissors
- Lighter
- Knife

Taking your ruler measure out 10 feet of a chosen Paracord. Next cut it about two inches down from the 10 foot mark. Taking the lighter, melt the frayed ends individually. Be careful, they can get sticky and very hot.

Now cut an additional one foot long (this is the bracelet base) find the middle of this piece and match the two loose ends together.

Taking the 10 foot chord, find the middle and place it at the top of the one foot chord, giving a finger's width at the top. Make sure that the middle of the chord is sitting underneath the one foot chord.

Forming a "Z" shape with the right side of the rope (this is the part you pay

attention) taking the left piece, pull it overtop the bottom of the "Z" under the middle and under the one foot chord, then up through the top of the "Z." Remember to pull tight to keep the 10 foot chord in the centre.

Now, take the left side of the 10 foot chord and form an "S." Taking the right side, deliver the end overtop the bottom curve, then under the middle and up through the top of the "S" curve.

Repeat steps four and five until a sizable amount is big enough for your wrist.

Tie both ends and you are able to have 10 feet of rope sitting comfortably on your wrist. How's that for survival mode!



APRIL EVENT LIST

4 | "POSTSECRET" WITH FRANK WARREN

5 | HOW TO BIKE REPAIR

6 | FLASH MOB YOGA

7 | ALL YOU NEED IS LOVE TRADESHOW

11 | PATRICIA FOOD EVENT

12 | HOW TO DRAW

13 | SOUCH FOOD EVENT

14 | EVENING STUDENT APPRECIATION

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



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naitstudents



rm e-131

Changing bad habits



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

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

Poetry Corner

A flower for no one

Spring time is a nice time,
with the flowers that bloom,
butterflies and bumblebees,
zooming near you,
a flower I pick but who is it to?
some girl I haven't met yet,
I'm just an April fool.

By Brendan Chalifour

Red of Spring

The fleeting snow
Returning bliss
As love wafts through the air

A stuttering heart,
With shortened breath,
As the cherished one nears

Change of tide
Romantic ride
Where two liaise in peace

The deep of night
And dawn's true light
Forever linked as one

By Joel Leckie

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

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

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

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

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

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

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

8. Have a plan to deal with withdrawal symptoms. Whether your goal is to make changes to shopping, eating, smoking, drinking, gambling, procrastination, emotional outbursts or negative relationship habits, recognize that there will be some hard times ahead. After the novelty of change wears off it is the mind's normal response to pull you back to the older, more familiar habit. Be prepared! What positive habit are you going to replace your negative one with? What are you going to do when you feel drawn back to the old patterns? Remember that the first few weeks are generally the most difficult but the new habit gradually becomes second nature. Try these tips:

• **Have a plan for keeping on track.** Take the time to write down your plan.

• **Journalling.** Emotions, obstacles, successes, ongoing plans ... related to the change.

• **Have a friend touch base periodically** or have a list of people you can call for support.

• **Use relaxation techniques,** yoga, deep breathing or meditation can help you get through tough times.

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

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

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

as anxiety, anger or depression can easily weaken resolve.

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

If you would like further assistance book an appointment:

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

Chaplaincy Services – chaplaincy@nait.ca.

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

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

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

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

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

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

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

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

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

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

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

Volunteering – www.naitsa.ca/volunteer-opportunities

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/

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

Craft Club
 Log Rolling
 OHSSS
 SFA
 SFA
 EDSS
 EDSS
 MSA
 PSC

WHAT

Craft-A-Thon
 Mid-Morning Roll
 Movie Night
 Firearms Safety Course Restricted
 Firearms Safety Course Non-Restricted
 Cookies & Ice Cream
 April Fools Beer Garden
 Donation Boxes for EIRC
 Industry Night

WHEN

April 9 & 10 | 10:00am-10:00pm
 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
 April 1 | 11:00am-1:00pm
 April 1 | 3:00pm-9:00pm
 Mar 17-April 17 | All Day
 April 6 | 4:00pm-11:45pm

WHERE

407 Dunluce Rd
 NAIT Swimming Pool
 Shaw Theatre
 Room V-332
 Room V-332
 Annex Main Floor
 Tower Lounge
 Outside Bookstore and HP Centre
 Blind Duck

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates