

THE

# NAIT NUGGET

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

# THREE IN A ROW!

Womens hockey team champs again, page 10



Photo by Jesse Kushneryk

Retiring Ooks Jill Diachuk, left, Lindsey Brouwer and Sherri Bowles proudly hold the championship banner after NAIT's 2-1 clinching win over the Red Deer Queens on March 14 at Red Deer.

# NEWS & FEATURES

## Notes on networking



**NICOLAS BROWN**  
Issues Editor  
@bruchev

Last week students, staff, and alumni gathered on the eighth floor of NAIT's Business Tower for a presentation and networking session held by the Department of Advancement and NAIT's Alumni Association.

Attendees listened to a presentation on networking fundamentals from Keven McGhan, associate chair of management in the School of Business and were given the opportunity to network with each other throughout the evening. Although the majority of students in attendance were business students, networking is a crucial part of anyone's professional life.

The ability to network effectively is, of course, a challenging skill to develop but it can form the basis for a successful career and be the difference between landing a dream job and working as a barista at Starbucks.

McGhan explained a number of key points to follow for networking, including strategies to get out of long winded conversations and get introduced to new people, as well as basics like having a supply of professional business cards always available. "When you are considering

your goals for networking, don't forget to focus attention on how you can add value ahead of what you might get for yourself out of a networking opportunity," said McGhan.

Adding value is key to success when networking – not only are you seeking value for your interactions, you must prove that you can provide value to those you are speaking to. Networking is always a give and take, an interaction that promises reward to both parties involved.

Events like this, part of a Lifelong Learning series, would not be possible without NAIT's Department of Advancement.

Nicole Rose, Alumni Relations Officer, speaks about the event, "We were very happy to see such a great turnout for this event and that so many alumni are interested in continuing their education after they graduate. Learning never stops," she said.

"In the Alumni Relations department, we're pleased that we can provide a valuable service to alumni and students alike. A couple of years ago we started using the #lookforlife hashtag and it's taken some time to catch on, but events like this show that when people graduate they really are connected to NAIT for life. It was great to see so many people in the room that were proud of their NAIT education.

"As NAIT graduates continue to excel in their particular field, we will certainly see that NAIT truly is "Essential to Alberta."

Students may not be aware but not only does NAIT's Department of Advancement employ a number of alumni relations officers, NAIT also has its own Alumni Association. The association, primarily led by NAIT Alumni but sharing connections with both NAIT and NAITSA, holds a number of events throughout



Photo by Nicolas Brown

**Keven McGhan**

the year, as well as negotiating discounts for both students and alumni. Often sponsors of events, such as last week's sponsor, Manulife Financial, also provide the benefits and discounts that the Alumni Association negotiates. For those students interested in learning more about the Alumni Association, you can e-mail [alumni@nait.ca](mailto:alumni@nait.ca).

## Weather website on campus

By **BRANDON HESS**  
Meteorologist in Training

NAIT students! NAIT now has a new weather website offering you the latest in current weather observations across campus.

The Alternative Energy Technology program has launched this website to benefit the learning needs of the students in this program. It is also a great tool for any NAIT student to keep up-to-date on the weather on campus. The weather stations are located on different roofs around the institution.

As you know, the weather is constantly changing, can be unpredictable and is of significant importance to our city. The weather plays a huge role in what we choose to wear out the door each morning, on the way to school or work. The new website will offer current weather data on temperature, dewpoint, humidex, pressure, solar intensity, humidity, wind chill, wind speed and the wind direction. You may be wondering what some of these terms mean exactly.

The temperature is, of course, the temperature observed on the top of the roof at these NAIT weather stations.

The dewpoint is a measure of how moist the air is. The higher the dewpoint, the more moist the air is. We often look to high dewpoints for the development of severe thunderstorms during the summer because more moisture acts as fuel for storm development. The closer the dewpoint is to the temperature, the closer the air is to saturation. Saturation occurs when the temperature and the dewpoint meet and the relative humidity nears 100 per cent. This means fog development because the air is saturated at the boundary layer.

The humidex is mostly of significance during the summer. The humidex is also known as the "feels like" temperature. The humidex does not use a degree sign because it is not an actual temperature. The humidex takes the dewpoint (moisture) and temperature. A high humidex can be found on a hot and sticky summer day!

Pressure is also known as the barometer. It measures the atmospheric pres-

sure. Low pressure systems bring lower pressure and high pressure systems bring higher pressure values on the barometer. When we see an Arctic high move down for example, the pressure rises. When a low pressure system approaches, we see the barometer value drop. We also look at pressure to determine the location of warm fronts and cold fronts. For example, pressure in behind a cold front will gradually rise as the high pressure system moves in from in behind.

Relative humidity shows how moist the air is. Generally, the dewpoint is a better indicator of moisture than the humidity value. Humidity is expressed in a percentage value with a lower value indicating drier air.

The wind chill is a value when you take the temperature and the wind speed. The wind chill is mostly used during the cold months. The wind chill will take the actual temperature with the wind speed to give a unitless value of what it "feels like" outside. A higher wind speed will make it feel colder to the average person. Cars, build-

ings and objects cannot feel a wind chill, but we as humans can. A wind chill below minus 40 can create frostbite on exposed skin within a few minutes.

The wind speed is stated in the direction the wind is coming from. A south-east (SE) wind for example means that the wind is coming out of the south-east. A northerly wind is 0 degrees, an easterly wind is 90 degrees, a southerly wind is 180 degrees and a westerly wind is 270 degrees.

Generally, a northwesterly wind comes in from in behind a cold front and a southwesterly wind is in behind a warm front in what we call the "warm sector" of the low. Southeasterly winds come out of the high pressure system in a clockwise manner in advance of an approaching low or warm front. Easterly winds tend to keep our temperature steady. They rush out of the high pressure system. Northeasterly winds are on the backside of a low rushing out of the Arctic high and bring in cooler air. Westerly winds can help to clear the sky out for us.

# Tax tips – for free

By ELYSSA TESLYK

Tax season can be daunting. Where am I going to get them done? How much does it cost? Does it vary in cost? Does this person even know what they're doing? Do I even know what they're doing? What don't I know about what they're doing? Should I keep the same accountant? Should I just do it myself?

Luckily a student club, the Accounting Club of NAIT, offers a free tax clinic on March 14, 28 and April 11 for students. Events like this free tax clinic are not only beneficial for students who need help with their taxes, it helps give students real-life experience which can help them in the future.

Aaron Huizing, Vice President Internal for the Accounting Club of NAIT explains, "The benefit for students is that it's a free opportunity, instead of going somewhere else and paying \$60-plus. It's not only getting your taxes done, you're helping students get the experience they need," he said.

"They are definitely knowledgeable, we require that the students doing the clinic have at least TAXX3304, which is a third year level class, it is more than enough to file a student return. It's pretty much an opportunity for NAIT students to get their taxes done and for accounting students to get the experience they need," he said.



Photo by Elyssa Teslyk

Accounting student Christina Keroack, centre, helps a student with his tax return.

This is the first year I've done it, but NAIT's been holding this for many years. In the past I've heard of up to 300 students over the three-day period. We have a certain criteria that pretty much limit the students that can come to the tax clinics to very simple returns. You have to be under a certain income and can't have business income – for our purposes, it's sufficient."

An amazing turnout indeed, but how to make it better is the question! With an average of about 300 students coming to the clinic annually out of the many thousands who attend NAIT, is it that a) NAIT students have someone who does their taxes for them, b) NAIT students were not directly communicated to or c) NAIT students do not qualify? Criteria that must be met include NAIT students only, maximum individual income of \$30,000, maximum income for couples of \$40,000, one adult, one child combined: \$32,500.

Save yourself from a stressful situation during the tax season by letting NAIT's Accounting Club keep it fast and simple.

Not only are you helping yourself by saving money and time, you're supporting the success of your fellow students by providing them with the work experience they will require when they are in the work force.

# Tech leader speaks

By NICOLAS BROWN  
Issues Editor  
@brucev

The doors of the Shaw Theatre were thrown wide open last week as students were given the opportunity to listen to HackerYou and Ladies Learning Code founder Heather Payne speak on the challenges of being a leader in the technology sector. A graduate of the Richard Ivey School of Business in London, ON, Payne quickly discovered her entrepreneurial desire and forsook the corporate world for the adventure of being her own boss. Brought on campus as part of the Women in Technology and Trades speaker series, Heather spoke on her history and answered students' questions in a session entitled "Navigating Change, Decrypting the Solution."

Kristen Flath, Manager of Student Engagement, spoke about the event later.

"The Women in Technology and Trades (WITT) annual speaker series is an opportunity to reach out to women, girls,

and the community to share the experience and insights of a female leader," Flath said.

"Heather's dedication to building a space for women to try something new and her courage to create what she wanted to see in her community are powerful examples of being a force for positive change."



www.thelavinagency.com

Heather Payne

By bringing leaders such as Heather Payne on campus, the speaker series provides an opportunity for students to learn from those who have already passed through the trial by fire that every professional must endure.

What are HackerYou and Ladies Learning Code? Ladies Learning Code was first founded by Payne in 2011, an opportunity for women interested in learning more about basic coding or computer programming. Introductory workshops proved successful, leading Ladies Learning Code to expand to over 19 cities across Canada, and the launch of Girls Learning Code, which eventually expanded to Kids Learning

Code. Kids Learning Code is a series of workshops and camps, similar to Ladies Learning Code's structure, aimed at teaching children between the ages of eight and 13 years old the fundamentals of coding. HackerYou, on the other hand, is Canada's first programming bootcamp which focuses on hands-on, project based learning and a strict student-to-teacher ratio. With an almost 10:1 ratio of students to teachers, HackerYou focuses on providing the best learning experience for those interested in technology.

Originally founded in 2006 as the Women in Technology Task Force and renewed in 2012 as the Women in Technology and Trades Advisory Committee, WITT identifies the barriers to technology and trades programs at NAIT experienced by women, creates infrastructure to ensure NAIT is an equitable place for women to study and learn, supports women currently studying in technology or trades programs, and supports women in the transition from students to the workforce. Part of the program's work includes lunch and learns, industry meet and greets and its annual speaker series. For those interested in learning more about Women in Technology and Trades, you can find more information on NAIT's website, or you can contact the program at [witt@nait.ca](mailto:witt@nait.ca).



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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](mailto:studenteditor@nait.ca).

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

# Protective Services and you



By **NICOLAS BROWN**  
Issues Editor

NAIT Protective Services are our very own men and women in uniform on campus. Often erroneously called “security,” Protective Services serves both students and staff. Not only is NAIT Protective Services stepping up their enforcement duties, they are also expanding their prevention and education work, as the department recently announced its new Community Liaison program.

Protective Services’ primary duties are to ensure the safety and well-being of everyone on campus. Serving as first responders, these sworn Peace Officers respond to a range of calls from suspicious persons, thefts, 911 emergencies to physical altercations in and around campus. With the authority to hand out provincial and municipal tickets, they also regulate parking on campus and enforce traffic regulations. This is not the sole duty of the staff at NAIT Protective Services, as community outreach is also a focus of the department’s operations.

Certain members of Protective Services will now act as Community Liaison Officers. These officers are tasked with going around campus and interacting with students and staff

and increasing the public profile of the department. Although officers already often take time during campus patrols to visit staff offices or talk to students in the hallway, CPO Stephanie Harris and CPO Gina Swan, assigned to the main campus, along with CPO Daniel Knipe stationed at Souch Campus and CPO Margaux Connelly at Patricia Campus, they will focus primarily on community outreach. All of the new Community Liaison Officers will be available to assist staff, students and visitors weekdays between 8 a.m. and 4 p.m.

Moving into the modern era, the department also operates its own Twitter account (@NAIT\_PS) where they tweet safety tips, traffic conditions, emergency alerts and campus events. Their twitter account also showcases some of their community outreach, as officers interact with students and staff across campus. More importantly, staff assigned as Community Liaison Officers will now focus on providing information, serving as media contacts and giving presentations to groups and at new student orientation.

While this change won’t be affecting the normal deployment of NAIT Protective Services personnel, it is an excellent opportunity for students to learn more about what Protective Services offers on campus. Insp. Craig Skelton explains, “These positions have been established to provide departments and the community at NAIT a better means of working together.”



Photo by Nicolas Brown

As NAIT’s main campus continues to grow, staff and students will be seeing NAIT Protective Services more often across campus. This is indicative of how inclusive NAIT’s campus will increasingly become, as the campus becomes more integrated and services become more co-ordinated.

Staff and students who are interested in learning more about the services provided by NAIT Protective Services can find out more on their website at [www.nait.ca/protectiveservices](http://www.nait.ca/protectiveservices) or follow their Twitter account @NAIT\_PS. Protective Services does not take complaints via Twitter as their feed is not monitored 24/7.

To report suspicious activity, request a safe-walk or if you have a question or a complaint, contact Protective Services at 780.471.7477. For parking inquiries, contact the parking office at 780.378.6986 or at [parking@nait.ca](mailto:parking@nait.ca).

## Green teams

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

*This article is the eighth in a series by Nicolas Brown on Canada’s federal political parties, of which there are 17.*

*This week, he looks at Animal Alliance Environment Voters Party of Canada and the Green Party of Canada.*

The environment has been getting a lot of attention in Canadian politics recently, as laws change and pushes to further grow the oil industry through the construction of pipelines, notably the Keystone XL and Northern Gateway pipeline projects. Although most parties have environmental policies, two political parties whose primary focus is on the environment are the Green Party of Canada, and the Animal Alliance Environment Voters Party of Canada (AAEVPC). The AAEVPC goes one step further, with their website stating, “We are North America’s first federal political party dedicated solely to the protection of all animals and the environment.”

Originally formed from the Animal Alliance of Canada and Environment Voters, the AAEVPC is focused on the protection of animals and intelligent environmental policies. Lead by Elizabeth White, a long-time animal rights advocate, the party utilizes its political status to share information about animal rights and environmental issues during elections. Although the party has been unsuccessful in gaining seats, it has worked extensively with other animal advocacy groups across the country for the past 25 years.

“I think our contribution to the post-secondary discussion is the kind of courses or curriculum that are offered in this regard. As I’ve seen it, in a number of universities, there’s very little intellectual debate in the

universities about animals and their rights, or their welfare, or their protection. I think we have the possibility to offer some advice and encouragement to post-secondary educators to begin including alternative considerations.” Elizabeth White, AAEVPC Party Leader.

The Green Party of Canada on the other hand, has a more rounded platform, outlined in six parts on their website. Focusing on the economy, climate change, environment, people, international affairs and good government, the Greens appear intent on competing with the other major parties. Having won a few victories in past years, with party leader Elizabeth May winning her seat in the 2011 federal election and attracting former NDP MP Bruce Hyer, the party is showing an ability to attract Canadians to the party’s vision.

As part of their “people” policy, the Green Party has a number of goals in their post-secondary education policy. These include a focus on reducing post-secondary tuition, increasing participation in apprenticeship programs and consolidating government support programs such as the Millennium Scholarship Fund to create a single needs-based program for supporting students financially. According to the party’s website, “the Green Party sees education as instrumental in developing creativity and equality as the foundation of safe and healthy communities,” which is echoed in the party’s policies, including a goal to increase full-time employment and reducing the length of the average work week.

Although both parties hold environmental, the true measure of a political party is its ability to attract volunteers and voters. For those interested in learning more about these parties, you can visit their websites [www.greenparty.ca](http://www.greenparty.ca) and [www.environmentvoters.org/](http://www.environmentvoters.org/) or contact your riding association.

## EDMONTON

### FIREFIGHTER

Between **March 1 to March 31, 2015**, Edmonton Fire Rescue Services is accepting applications from individuals interested in becoming a firefighter.

If you’re interested in a challenging and rewarding career, visit [www.edmonton.ca/firerecruitment](http://www.edmonton.ca/firerecruitment) for more information about the application process.

Join Edmonton Fire Rescue Services in our mission to protect life, property and the environment. Apply now.

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# Weekend flurries – maybe

By **BRANDON HESS**  
**Meteorologist in Training**

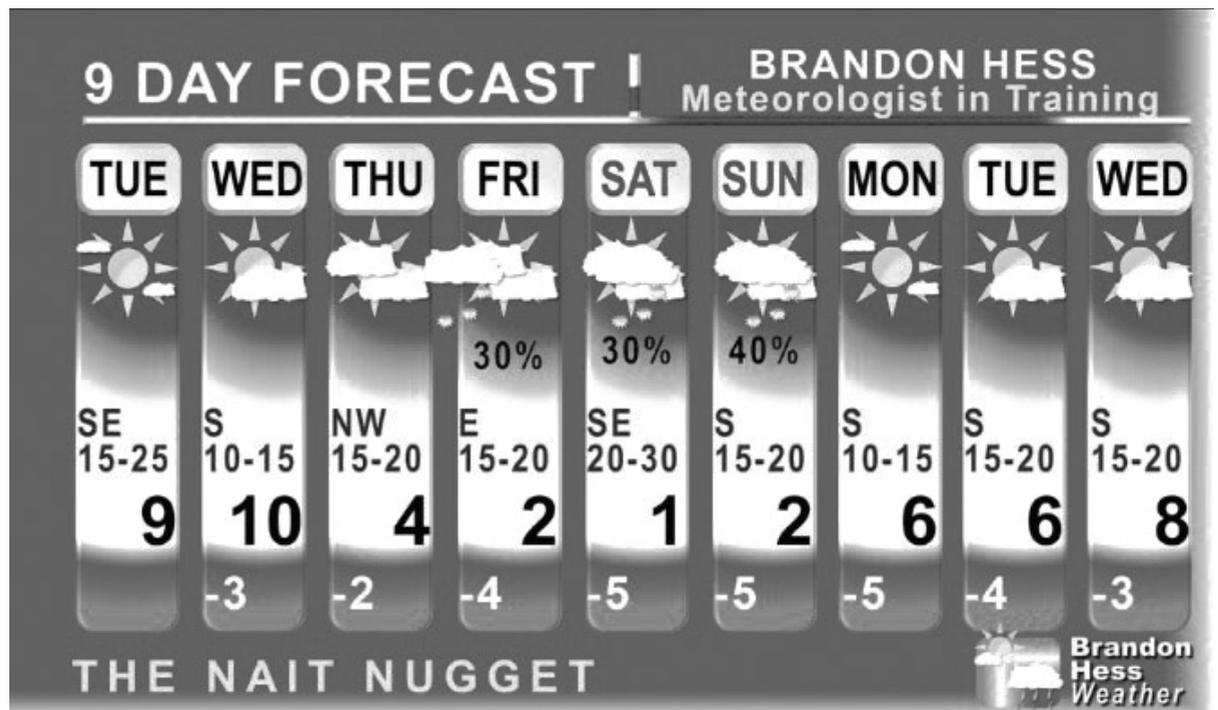
We hit 17 C on March 14 at Edmonton City Centre. The record that day was 18 C so we came so close. On March 13, we reached 15.1 C, breaking the previous record of 14.4 C from 1910. I did forecast highs near these observed temperatures so the forecast worked out very well. I did call for highs of 15 C Friday and 16 C or 17 C Saturday. Temperatures were highest in what we call the warm sector of the low where the winds come in out of the south in behind a warm front.

At the start of the week of March 15-21, we saw a little cool-down in temperatures. But, believe it or not, we were still above the average high for this time of year. Temperatures towards the middle of the week were closer to 10 C. As we head towards the end of the week, temperatures will be closer to 2 C. We have an Arctic high pushing down and we will be getting an east wind coming right out of the high pressure system.

There is a chance of flurries Friday, Saturday and Sunday. No accumulating snow expected (snow that sticks around) as temperatures should stay above freezing at the surface. Above 0 C, surface temperatures, of course, mean melting. Looking at temperatures in the mid-levels, we should be cold enough to only support snow and not rain. That is, if we see any precipitation at all.

As we head into the following week starting around March 23, temperatures start to warm slightly with more sunshine expected.

How are we doing with highs above 0 C? So far we



have remained seeing highs above 0 C since March 5 (consecutively). As I explained in last week's *Nugget*, if we stay above 0 C to the end of the month, we would have seen 27 consecutive days with highs above 0 C. That would leave this March 2015 second from the top March in 1988 where we saw all days with highs above 0 C (consecutively). It could get extremely close on this Friday, Saturday and Sunday. If we stay above 0 C on these days, we have a higher chance of staying

above 0 C until the end of the month, leaving us with 27 consecutive days above 0 C.

I have been getting many tweets on Twitter asking if it is safe to put the shovels away yet? It is still early and way too soon to say if we will need them again for the season. I would keep it handy as you know it is Alberta weather and it can be very unpredictable.

Spring begins on Friday, March 20. Meteorological spring began March 1!

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

› **Winston Churchill: Victorious Visionary**

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# Point Counter Point

# Open or shut case?



By **QUINTON BERGER**

Times are changing. We don't live in the carefree "say and do what ya feel" days that our parents grew up in. People are becoming more impressionable, entertainment is getting raunchier and cultures are diversifying. This is why censorship is a must have. Think of the children, won't someone think of the children? Kids these days are exposed to so much, it's unbelievable. In the era of Internet and satellite TV, any sweet young child can tune into the ghastly amount of filth that's out there. This would corrupt their fragile little minds, which is why we have password protection. It's a common opinion that the kids of today are uncontrollable hellions and I blame the lack of censorship out there! You may not think it's a big deal to let little Suzy see that R-rated movie or listen to that Nicki Minaj mixtape but her sponge-like brain absorbs it all and before you know it she's drinking, smoking and getting knocked up, all before she's even old enough to drive a car! Still think we don't need censorship?

## Censorship beneficial for adults, too

Children aside, we as adults could benefit from censorship, too. We live in such a diverse culture with so many different views and opinions and some people's views and opinions offend others. Making everyone feel comfortable and included is a top priority, which is why we need people to go "hey, you can't say that." Offending people is quite possibly the worst thing a person can do. There are plenty of real things to be upset about without someone saying or posting something that you find inappropriate. We need to make sure that our words and actions are appropriate for everyone. We live in Canada, the all-inclusive melting pot and, if something said or done offends someone, then we've failed as Canadians. So while you may think you're "exercising your rights" or "telling it like it is," just remember that "how it is" is subjective, so it's better to not say anything at all. Just sit down, keep quiet and try not to provoke any controversial discussions.

## An art form

Pushing the envelope has become an art form of sorts and some people live for it. These people are commonly referred to as trolls. Trolls are those nasty people who are willing to do and say anything for shock value. This isn't a respectable way to get attention and it's downright upsetting. We need to go straight to the source and just instill more censorship. Any time that any person starts rocking the boat, we censor them, any time anyone starts upsetting people, we censor them! Eventually, the trolls will realize that their attempts to get reactions are futile because they'll be stopped in their tracks. No more will people be vile and crude just for the sake of being vile and crude, they'll have to gain a more respectable platform for attention. It's win-win. So there you have it! I've painted you a picture of a utopia where children's minds are clean, the adults are all on the same page and nobody's getting too rowdy. Censorship is our way to nirvana.



By **NATE BRYANT**

Censorship is a complete crime against us as a people. We are lied to and told that there are things we don't need to know. We are not given a choice, we are told what we cannot see and hear, what must be changed to protect us. Do we need to be protected? From villains and thieves maybe, but from information? Where do we draw the line on where we get a say? It's our lives, our futures, our message and, to have the information that is fed to us and the information we share with others edited and removed because some people might be offended, is belittling. The world and the Internet is an expansive plane of information that we can choose to observe or ignore. We do not need to be told what we can't say or hear or be protected from it. It is those who don't want the truth spoken about them that want to be protected.

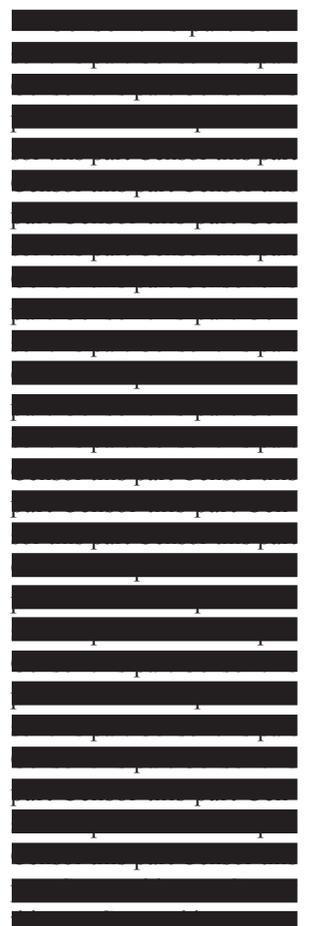
## Variety necessary

When you get on the Internet, you do not expect that every single website will match your views, your beliefs and your sense of freedom. If you prefer peanut butter to jelly, you would not be upset by a raspberry jelly fan website. So why do you get upset about websites that support others' religions, political views and language? Why do we need to change how we say things for you? Why do we get in trouble for voicing our own opinions on the people higher up in our world? If we elect someone for a position, we have the right to discuss how we feel about them. The entire "if you don't have anything nice to say, don't say anything at all" saying is for children. You don't want people putting others down but we live in a world where voicing all opinions is necessary to ensure everyone can see things from different angles. It's so we make sure we elect people who are fighting for the right reasons. Which brings me to the government.

## Censored



File photo



# OPINION

— Editorial —

# People need people



**TAYLOR BRAAT**  
Editor-in-Chief  
@TaylorBBraat

When we were young, we were told not to talk to strangers but as we grow older we realize that's the only way to make new friends or meet people to have relationships with or to network to further a career.

Talking to strangers is always a risk but on a Monday afternoon in a Timmy's, I don't think speaking with the nice old man who is a regular will get you into much trouble. It is scary to talk to new people and I must admit that for me, I typically need to be in a certain mood or have a motive to do it. Sometimes these motives don't always come up in a room full of people you are dying to know more about and I get that but there is a difference between being closed off and being approachable. Talking to new people for no apparent reason is hard but making yourself approachable is easy. Meeting new people can be as committed as joining a club or as simple as smiling and making eye contact. Either way is good and is a step in the right direction.

### Wonder about people

Whenever I look at someone I can't help but wonder about their life. I wonder why they are wearing the clothes they are, why they're in this place and what they're feeling at this moment. Before I creep you out, I'll get to my point. Everyone you see has so much to say and to give. Never underestimate anyone's mind because there is a wonderful story to be told and a great person to get to know. Everyone in life is a possible friend. No matter what their age or race or gender, every single person you see can show you or tell you something you never knew. I hope that everyone knows not to take people for granted. We are all human, and there should be no limit to the number of friends or even just friendly acquaintances we keep.

### How to make friends

How do we make friends these days? Our society is undergoing a major shift in how we interact with each other and I believe it is largely due to smartphones and the technological revolution. When smartphones and apps all became popular years ago, we were mesmerized, fascinated and head over heels in love with these new little devices. Now, we are almost like drones, obsessed and incapable of going on without them. "There's an app for that," is the rule of my existence. Some commercials these days claim that there is no other way to meet people than

to get the app for their dating website. There are so many things wrong with that, "I can't even." But really, people need to stop thinking this way and giving into the idea of "everyone's doing it, so I probably should, too." This idea is feeding on our emotions and brainwashing us. The bad news is, it's working for them. These dating websites, smartphone developers and app developers are succeeding in making us do exactly what they want, at our cost. Oh yeah, I forgot to mention, none of these new ways of doing things are free. It costs an arm and a leg to keep riding this bandwagon, and once you're on, you're probably not getting off.

Just because technology has infiltrated our lives in almost every way, doesn't mean we can't continue with the good old fashioned way, too. We can talk on the phone instead of text. We can delete Tinder and join a club or go somewhere new. We can give a compliment instead of a "like."

Humans today need to consciously make an effort to keep their heads up (especially when walking), simply because you never know who you could pass by or have an enlightening conversation with. Life is very short and I think we all need to start realizing that playing on our phones is not a meaningful way to spend it.

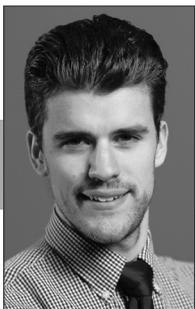


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Submit letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

# SPORTS

## How to choose an MVP?



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

For those who don't know (which I imagine is 99.5 per cent of the student body here at NAIT) I've written a blog on the ACAC men's volleyball season this year. Now that the season is over, I'm trying to finish my final entries, one of which is about awards picks. While constructing the piece, I've had a hard time with the Most Valuable Player (MVP) pick. Trying to make this decision has led to an internal crisis of what qualifies a player for MVP consideration. In fact, I have to ask the

question ... what are the criteria for MVP?

This question feels like it shouldn't require much debate but no one ever agrees on what qualifies athletes for MVP consideration. For some, it should always go to the consensus best player in the league. By that logic, LeBron James and Sydney Crosby would win every year. What happens when Syd the Kid misses another 40 games? So let's remove that logic, especially if James or Crosby are hurt. Some say always trust stats but then you devalue the efforts of defensive players. Phil Kessel scores a lot of goals but back checking is a recurring issue.

Next is the idea that you pick the player most valuable to his or her team. This creates two issues. One, it helps players on a bad team and hurts players on a good team. Based on that argument, James Harden should win automatically because without him the Houston Rockets stink and Steph Curry loses because the Warriors can still win games without him. Switching over to football, Cam Newton

is arguably more valuable to his team than any other player but does that make him a better quarterback than Aaron Rodgers, Tom Brady or Peyton Manning? I don't think so.

The second issue with the most-valuable-to-his-or-her-team argument is specific positions in certain sports. Goal-tenders in hockey and pitchers in baseball can essentially win games single-handedly, a la Carey Price and Nolan Baumgartner. A team with little talent on paper can advance in the playoffs simply because the goalie or pitcher steals games. Therefore, voting for the player most valuable to his or her team seems pointless when that should go to those positions by default.

Another argument with MVP voting is the importance of team success. A number of experts believed Jarome Iginla was the NHL's best player in 2002 but lost to Jose Theodore because the Flames missed the postseason. Anthony Davis received some consideration early on this NBA sea-

son but was dismissed by most because the Pelicans weren't in a playoff position. Is it unfair to penalize an athlete because the supporting cast isn't as good or do the greats bring their teams to bigger and better things?

With all that said, what approach do I take with the ACAC MVP pick? If I picked the player most valuable to his specific team, then I could easily take Savannah Walkingbear from Lakeland. However, there are several players on the Ooks I'd take ahead of him.

The single most dominant player I saw this year was Matt Powell from Keyano but he couldn't get his team into the conference championship. The league's pick, Sam Brisbane, is a very good ball player but would he have the same success if the average height of his teammates wasn't six-foot-six? My little brother Luke won the championship tournament MVP a couple weeks ago but does a one-week span matter more than five months of work?

### MENS HOCKEY ACAC CHAMPIONSHIPS

## Ooks in final vs SAIT

By **JOSH RYAN**

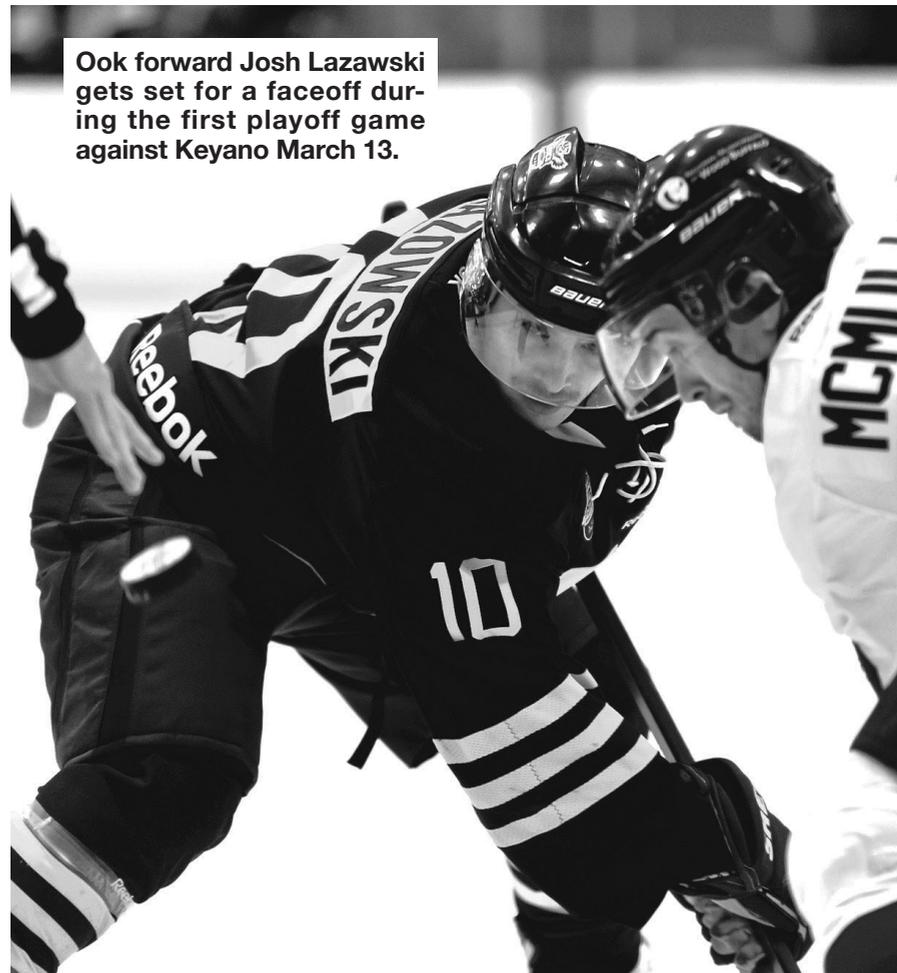
After a year of waiting, the NAIT Ooks men's hockey has another shot at gold. The ACAC's top regular season squad swept the Keyano Huskies 4-2 and 5-1 on home ice last weekend, advancing to the championship series for the third straight season. NAIT came into the series with a 3-1 record against Keyano, who upset Grant MacEwan in their first playoff appearance since entering the league in 2012.

The Ooks carry a four-game winning streak into the final against archrival, SAIT. This is the fourth straight trip to the finals for NAIT's men's team.

On Friday, the visitors came out determined to silence the home crowd; scoring just over a minute into the game. The Ooks were unfazed, however, scoring three goals in a two minutes span to take a two-goal lead. Keyano struck back in the second to cut the deficit to one, but a Tyler French power-play marker restored NAIT's two goal lead. The Ooks dominated play for the rest of the game, outshooting the Huskies 14-7 in the third period and 38-17 for the game, giving goaltender Kenny Cameron 15 saves. NAIT also shut down Keyano's power-play, successfully killing seven penalties in a game that featured 28 penalty minutes.

The Ooks came out firing in game three, outshooting the Huskies 18-8 and getting goals from Tanner Dunkle, Connor Hoekstra and Josh Lazowski. This momentum continued into the second, where the Ooks added to their lead with a John Dunbar tally from Lazowski and Michael Piluso. Keyano played with desperation in the final period, getting on the board just over the 11 minute mark. However, a Piluso goal (from Dallen Hall and Lazowski) put the Ooks back in front by four. Despite Keyano getting 15 shots on net, NAIT shut down the Huskies offence the rest of the way. Cameron stopped 28 shots to go 2-0 in Ooks playoff action.

With the Semi's out of the way, the Ooks have only the SAIT Trojans in the way of ACAC glory. The Trojans swept NAIT in last year's final, but the Ooks come in determined to grab gold from the defending champs. The best-of-three series begins at the NAIT Arena on Friday, Mar. 20, with puck drop coming at 7 p.m. All Ooks supporters are encouraged to dress in full blue. The following night, the Ooks are off to battle the Trojans in their barn, same puck drop. If the two games are split, NAIT hosts a deciding third game Sunday evening at 6:30.



Ook forward Josh Lazowski gets set for a faceoff during the first playoff game against Keyano March 13.

Photo by Jesse Kushneryk

# Keeping score

## Expand or stand pat?

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former *Nugget Sports Editor* (and current *Saskatoon Blades* video intern) Connor Hood over various topics in the world of sports. This week, we discuss the possibility of NHL Expansion. Rumours abound about new franchises taking root in Seattle and Las Vegas, along with bringing back a team to Quebec City. However, the NHL office remains vague in its responses on the matter and many feel the league gains more from relocation than expansion. What do we think? Read on ...



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Since doubling in size in 1967, the NHL has expanded another 10 times. We now have 30 franchises, the majority of which are stable financially but the league doesn't need any more expansion. It's possible for relocation to work but even that has its challenges.

Since 2001 when the current 30 team structure began, we've had two lockouts, one team relocated from Atlanta to Winnipeg and another has been on the verge of relocation for basically a decade (Phoenix). NHL hockey is still on the rise but Phoenix and Florida are still two dead-weight franchises that need to be dealt with first. I'm not sure either team will ever gain financial stability and until they do or are relocated, then the NHL shouldn't sprout up in a new location.

Just look at the options available. Lots of talk about Vegas but that means you're

relying on the ticket sales to come primarily from tourists. Not a great home barn and not a great situation for selling merchandise. Seattle seems attractive because of the short distance from Canada but that city already lost a professional sports team. How certain are we that enough fans will support a hockey team? Of course, most folks north of the border want a team back in Quebec City but if Winnipeg's barely big enough to house an NHL franchise, what's the guarantee it works this time around out east?

Even relocation has issues. Obviously, each of these cities still hold the same drawbacks as mentioned above. But from a scheduling and layout standpoint, it creates a ton of work. Let's say Florida becomes Las Vegas. Now you have to find a way to get Vegas into the Western Conference and move another team into the East. Same goes for Seattle. Quebec is in the East, but moving Phoenix there would create another hole.

The NHL needs to focus on improving the game in other areas. It needs to find a way to improve the All-Star Game, continue to grow hockey in far-away countries, specifically China or Japan, figure out how to make everyone want a World Cup instead of the Olympics and, please, get ESPN back on hockey. Not everyone in the States watches Versus.



**CONNOR HOOD**  
@connorhood27

When dealing with NHL expansion, there is only one question that comes to mind. Why hasn't it happened yet? The NHL has 30 franchises, 16 in the West, and 14 in the East. By expanding to 32 teams, the huge issue of unbalanced conferences is finally solved. Having an even 16 teams in each conference, similar to that of the NFL, is the easiest and most logical decision to level the West and the East.

Assuming 32 teams, we have to then start thinking about future locations of the franchises. Three places come to mind above any others – Las Vegas, Quebec City, and Seattle. While Seattle is currently without a facility to host an NHL team, the market in the Northwest U.S. has proven it can handle multiple major sports franchises (Seahawks, Mariners.) A team in Seattle would also create a larger fan base, which would include Portland and it would create a natural rivalry with Vancouver. If a new arena becomes a reality

in Seattle, watch a NHL team follow quickly.

Las Vegas is currently without a major sports franchise and the NHL seems like they want to be the first to tap into the potential sports marketplace. The NHL has already committed to a test season-ticket drive in the city and seems optimistic about the results. There is also a 20,000 seat arena currently being built on the strip, which would be completed in time for the 2016 season. While hockey in the desert has had mixed results in the past, Vegas has a large enough population, tourist base and sporting history to be able to sustain an NHL team.

Quebec City should come as no surprise, as it was only 20 years ago they lost the Nordiques. The Canadian economy is substantially stronger than it was in 1995 and the fan base in QC has been clamouring for a team to return. Quebec City is also currently building a new 18,000 seat arena – a missing piece for the city in 1995.

The NHL is at its best right now, with all-time highs in merchandise sales, ticket revenue and the \$5 billion TV deal they made with Rogers Sportsnet this past summer. With the added bonus of a reported \$500 million expansion fee, the NHL has never been so ready for another set of expansions. It isn't a matter of if or should the NHL expand, it should be when will it happen. Time to start ordering your Las Vegas Blackjack jerseys ...

**NAIT Ooks forward John Dunbar dekes a Keyano player on March 13 at NAIT arena during the first game of a best-of-three ACAC semifinal playoff. NAIT won the game 4-2 and won the second game the next night 5-1 to take the series and win the right to meet the SAIT Trojans in an ACAC best-of-three final series.**



Photo by Jesse Kushneryk



Photo by Jesse Kushneryk

Members of the NAIT Ooks women's hockey team pose for a picture after their ACAC championship win over the Queens in Red Deer.

# Time to celebrate!

By FARYAL BASHIR

Ooks women's hockey is golden again! The defending champs defeated the Red Deer College Queens 2-1 in games three and four to win the championship series with Game 3's winner coming in second overtime.

RDC came into the weekend with momentum after taking Game 2 on home ice but the Ooks' focus and effort proved to be too much. With the win, the Ooks are ACAC champs for the third season in a row and the second team to win three consecutive titles in ACAC history. Last two seasons Red Deer took home bronze and silver, respectively.

It was a lively atmosphere as the fans in the NAIT arena for Game 3 witnessed a tight contest. The first and second periods were scoreless – both teams had equal chances to score and pushed with equal force on the defensive side of the ice.

In the third period, the action started to pick up. Right winger Jor-

dyn Tibbatts fired her first goal of the series to put the Ooks in front. The home team began falling back to play a more conservative style with the lead. With the game coming to an end, the Queens pulled their goalie to add an extra attacker and scored to tie the game, sending the two squads into overtime. Ten minutes went by with no score before Haley Vandepoele notched the winner in the second overtime. This is the second time Haley has scored an OT winner against the Queens, as she fired home the clincher in last year's semifinal series to advance the Ooks against the Grant MacEwan Griffins. Goaltender Jill Diahcuk stopped 31 of 32 shots in the win.

"Each game was so close. It forced us to be better. Red Deer played hard and never gave up," coach Iwanicka commented.

Heading into Game 4 of the series, the Ooks came out determined to secure the championship in Red Deer on Saturday afternoon. Both teams came out of the first period scoreless but five minutes into the second, the Queens scored to take the lead. A minute later Ooks forward Veronika Kuzelova scored her first goal of the post season with assists from Lindsey Brouwer and Livia Lucova. The Ooks escaped the period with a tie despite being outshot 10-7. The third period proved tight again until captain Sherri Bowles ripped in her third goal of the ser-

ies seven minutes in, with assists coming from Vandepoele and Renata Mastna. Red Deer couldn't muster the tying goal as time ticked down and the Ooks, 2-1 winners, stormed onto the ice to celebrate the threepeat. Diachuk made 20 saves in her final ACAC win.

"It is great to see our fifth-year players go out on a high note, they deserve it," said Iwanicka. "I think roles, leadership and goals were vital to our success."

Iwanicka is the first head coach for women's hockey to take the team to three straight ACAC championships.

The title caps another fantastic season from the Ooks and is a nice send off for fifth year players Bowles, Diachuk, Brouwer and Mastna.

Ooks defenceman Jocelyn Racic took a moment to savour the win.

"We worked really hard all season with everyone contributing every step of the way and this championship truly means the world to us," she said.



Deanna Iwanicka

# Crashed Ice a chill thrill

By CONNOR O'DONOVAN  
@oadsy

There's a pretty good chance that you were in the river valley on Saturday night. About a one in 10 chance, that is, because almost 10 per cent of Edmonton's population gathered around the Shaw Conference Centre for the city's first time hosting Red Bull Crashed Ice.

An estimated 70,000 people descended upon the region to watch Red Bull and adrenalin-fuelled athletes barrel downhill on an ice-covered track at speeds reaching 70 kmh. The 415-metre circuit was full of deadly drops, massive jumps, tight corners and a 45-metre elevation drop. The Edmonton event was the final stop of the 2015 Crashed Ice World Tour, which also included stops in St. Paul, Minnesota, Helsinki, Finland and Belfast, Northern Ireland.

At the end of the night, American Cameron Naasz rose out of the men's field of 64 competitors to win Edmonton's race, followed by Canada's Scott Croxall. American Tommy Mertz finished in third.

## Croxall champ

Croxall, however, won the night's biggest accolade. He was crowned the overall champion of the 2015 World Tour. He accumulated the most points over the four city championships after winning all three previous events.

"You're wild, Edmonton! Thanks for cheering me on. It's amazing. I couldn't be happier," said Croxall after the race.

Salla Kyhala of Finland won the women's race. She also took the top spot in the St. Paul edition of Crashed Ice, and finished the women's world tour with the most points. In Edmonton, she was followed closely by a pair of Canadians. Elaine Topolnisky finished second and Tamara Kajah came in third.

There was also a team event held on Friday night. The group "Living the Dream" won that contest, which drew about 15,000 spectators. The team included Croxall, Naasz, Scott's brother Kyle Croxall and Canadian Adam Horst. In the team event, six riders (three from each team) compete at the same time with points awarded for each finishing position.

## Downtown electric

Horst finished sixth in the men's event while Kyle Croxall finished 15th.

The occasion electrified the city's downtown core over the weekend. The region was a sea of smiling faces, of all ages, more than happy to stand in the muddy, soggy fields for hours to get a glimpse of the weekend's festivities. Saturday's warm weather definitely pumped up attendance, with temperatures hovering around 10 degrees at race time (although it wasn't enough to



Photo by Ciaran Boyle

## Competitors get some air during competition at the Crashed Ice event Saturday night in Edmonton.

soften the ice on the track, which was kept cool with 36,000 litres of coolant running beneath the surface). Some spectators arrived hours before the races began in order to secure a trackside viewing location. Crashed Ice also brought

food trucks, beer gardens, live music and heated patio parties to the downtown core. Both #crashedice and #yeg were trending nationally throughout the evening.

There has been no word on whether or

not the event, which was previously held in Quebec City, will return to Edmonton next year. The scale of the event's monetary success in the capital city will likely be a big factor when the time comes for making that decision.

# Athlete Profile



**Player:** Livia Lucova

**Sport:** Hockey

**Position:** Forward

**Program:** ESL

By CHARLIE ZHAO

**1. What made you start playing hockey?** I started playing hockey because my dad and my brother did.

**2. Who is your childhood idol and why?** Pavel Datsyuk. He is the most skilled forward in the NHL. No one in the NHL has the hand-eye co-ordination that Datsyuk does.

**3. What are your hobbies during your spare time?** Going to the gym, reading and cooking with my roomie.

**4. What type of music do you enjoy and why?** I enjoy most genres of music except country music. My favourite band is Maroon 5 I could listen to them all day.

**5. What other sport(s) do you like besides hockey?** Nothing is better than

surfing in the summer and skiing in the winter.

**6. Who inspires you the most?** My dad. He inspires me to reach for my goals, never settle for less and to be the best at anything I want to be just by being the amazing person that he is.

**7. What three things can you not live without?** My phone, lucky charm bracelet and chicken.

**8. What is your dream oasis?** To travel around the world, to make an Olympics and a big house with the view on the ocean.

**9. What is the best advice you've been given so far?** Put your head down and work hard. Never wait for things to happen, make them happen for yourself through hard work and not giving up.

## FITNESS

# Fuel for fitness

By MUHAMAD ALI

What should you eat, before, during and after you work out?

Everyone knows that athletes must plan and time their meals and snacks very carefully to reach their performance goals. But what about the rest of us? You try to squeeze in 30-60 minutes of exercise most days of the week. Do you have to be careful about what you eat before and after your workouts, too?

If you're eating a healthy diet and getting enough calories to support your activity level, you can probably rely on your own appetite, energy levels, and experience to tell you whether you need to eat anything before or after exercise and what it should be. The basic rule here is: Find out what works best for you, and do that.

There are some advantages to knowing how your body works and what it needs to perform at its best. The bottom line for healthy weight loss and fitness sounds simple: You have to eat fewer calories than you use up – but not fewer than your body needs to function at its best.

The size, timing, and content of your pre- and post-exercise meals and snacks can play an important role in your energy levels during your workout, how well your body recovers and rebuilds after your workout, and whether the calories you eat will be used as fuel or stored as fat. Here's what you need to eat and drink to get the results you want!

Before exercise:

- Have a small meal an hour or two before working out to have enough energy for the level and duration of the exercise.

- Avoid simple sugars, such as those in candy and chocolate bars, because they can lead to low blood sugar levels and a crash in energy during exercise.

- Hydrate your body. Most people don't drink enough water especially when they exercise. Water is very important, because it's critical for optimal physical performance. Water keeps your body temperature normal.

During exercise:

- Drink a lot of water. Sports drinks can also be useful during a workout.

Post exercise:

- Recover, rehydrate, refuel, build muscle and improve future performance.

It's very important to eat carbs after working out because it will lead to better next day performance. It restores glycogen equally over a 24-hour time period.

Also, you need:

- Protein. Eating protein after workout helps prevent muscle breakdown and stimulates synthesis, leading to increased or maintained muscle tissue.

- Low calorie beverages are important if you are watching your weight.

- Fruit (banana, orange, blueberries, pineapple, and Kiwi) are all good choices

- Nuts help build muscle.

# Athlete Profile



**Player:** Alyssa Imler

**Sport:** Hockey

**Position:** Defence

**Program:** Personal Fitness Training

**1. What made you start playing hockey?** I started playing hockey when I was four because my parents made me. They had to force me to go to practice but I love it now.

**2. Who is your childhood idol and why?** My mom. I just always wanted to be like her growing up because she's great.

**3. What are your hobbies during your spare time?** What is spare time?

**4. What type of music do you enjoy and why?** All kinds, because I like variety.

**5. What sports do you like besides hockey?** Football. I will probably play again when my hockey career is over.

**6. Who inspires you the most?** All the people who say I can't.

**7. What three things can you not live without?** Food, friends, phone.

**8. What is your dream oasis?**

A million-dollar house, right off the ocean and with lots of windows and a slide from the top floor to main floor, because ain't nobody got time for



stairs.

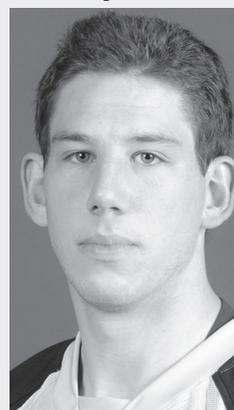
**9. What is the best advice you've been given so far?** Haters gunna, hate, hate, hate but I'm just gunna shake shake, shake, shake it off.

**10. What do you want to say to your team?** Somebody or nobody.

# Athletes of the week

March 9-15

**Tyler Yaworski**  
Hockey



The NAIT Ooks won their best-of-three ACAC men's hockey semifinals series this weekend over the Keyano Huskies two games to none and Tyler's defensive play was a major factor. The Ooks defeated the Huskies 4-2 Friday and then 5-1 Saturday to advance to the ACAC championship best-of-three series this upcoming weekend versus the SAIT Trojans. "Tyler was a strong presence for us this past weekend in our semifinal series against Keyano," said head coach Serge Lajoie. "His experience and veteran leadership has been a big key to our success this season. He will be relied upon this weekend to continue his strong play." Tyler is a first-year Academic Upgrading student from Sherwood Park.

**Sherri Bowles**  
Hockey



After getting three points on the Ooks' four goals in the first two games of the ACAC women's hockey best-of-five championship series, Sherri continued her strong play this past weekend, leading the NAIT Ooks to their third consecutive title. The Ooks defeated the Red Deer College Queens in four games and Sherri had five points, including the winning goal in Saturday's 2-1 clincher. "Sherri has had an unmatched ACAC career," said head coach Deanna Iwanicka. "Rookie of the year, all conference, top scorer and player of the year and now to finish her career by scoring the game winning goal in the championship is simply amazing." Sherri is a fifth-year Bachelor of Business Administration student from Elkhorn, Manitoba.

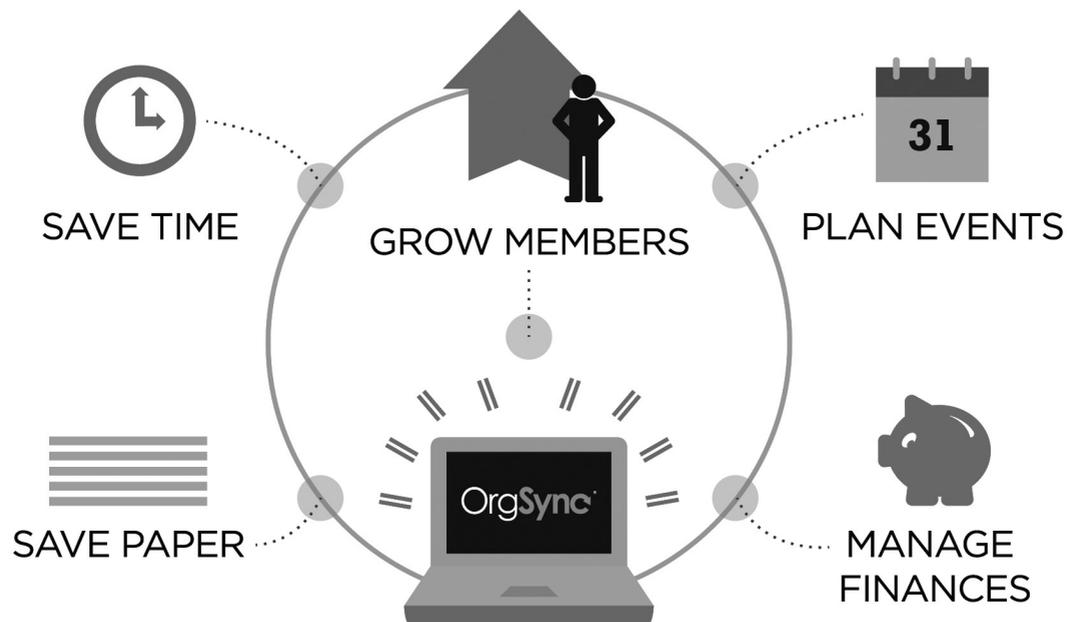
# WHAT'S GOING ON AROUND CAMPUS

## WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAITion Toastmasters	Every Monday from Sept. 15, 2014 -April 20, 2015	Room X-105
Aboriginal Students	Every 2 weeks on Monday's Jan 12-Apr 20   3:30pm-4:30pm	Room H-111

## UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
CETSC	Clothing Drive	Nov. 24-Mar.25   All Day	NAIT Campus Wide Donation Boxes
BCX	Clothing Drive	Tuesdays Jan 31-Apr 14   2:30pm-4:30pm	Outside NAITSA Office
Ahmaddiya Astonishing Story of Prophet		Wed. Mar. 25   4:30pm-6:30pm	Shaw Theatre
Nanotech	St. Patty's Bake Sale	Tues. Mar. 17   11:00am-1:15pm	TBD



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# CAMPUS CLUBS CENTRE

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[naitsa.ca/clubs](http://naitsa.ca/clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates

# ENTERTAINMENT

## 1984 speaks to 2015



**QUINTON BERGER**  
**Entertainment Editor**  
 @QuintonBerger6

George Orwell was more than just a brilliant author and enticing storyteller. If you've been paying attention to Canadian politics lately, it appears Orwell also had the power to see into the future.

In his ground breaking novel, *Nineteen Eighty-Four*, Orwell tells the story of Oceania, an oppressive police state overseen by an all seeing government known as the "Inner Party," which has the ability to monitor anyone, anywhere, at any time. Anybody caught disagreeing with the Inner Party or challenging the

status quo are found guilty of thought crimes and are inevitably disposed of.

This brings us to Bill C-51, which is Canada's answer to America's Patriot Act. In these troubling times and with the constant reminder of home-based terrorism, our political leaders have cooked up a bill that will essentially allow them to do everything I just described from the novel. Bill C-51 will allow police to conduct searches and make arrests without warrant, pre-emptively arrest people and detain them indefinitely. Protesting things or speaking out against the government will be made a huge no-no and any and all of your online activities can and will be monitored (even though I have a feeling they already are anyway). It doesn't stop there, though. Oh-no! Bill C-51 will allow agencies like Health Canada and the Canadian Revenue agency to share your info with the RCMP. How screwed up is that?

Think about it – any and all privacy you have is virtually out the window. You have to watch everything you do or say because stepping out of line could land you in the hot seat

and you'll be deemed a threat and if you speak out and call bullshit on something that is in fact bullshit, you can be silenced in the name of national security. You can literally be incarcerated for your thoughts and expressions. You will be made a thought criminal. This isn't far off at all from the picture that Orwell painted in *Nineteen Eighty-Four*. Don't get me wrong, we do need security but not from terrorists. We need it from Stephen Harper and his thought police.

Then, of course, there's the classic argument of "if you've done nothing wrong, then you've got nothing to hide." That's not the point, buddy. The invasion of privacy is wrong, whether you're doing wrong or not. Privacy is

a right of every human being and shouldn't be invaded. Whether you have anything to hide or not, having your basic right to a private life infringed on is a travesty and no one, not even our government should have the right to do so. That's the point of living in a free country.

I encourage all of you to read George Orwell's *Nineteen Eighty-Four*, then take a look at Bill C-51 and tell me how strikingly similar they are. We're about to enter Oceania, ladies and gentlemen. Better stay away from your telescreens. So while we still have the privilege, question authority, think outside the box and make your voice heard if you disagree with something. It's not illegal ... yet.



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### WEEKLY SPECIALS

#### FOOD SPECIALS

**MONDAY**

\$7 Canadian Poutine

**TUESDAY**

\$7 Nest of Wings (1lb.)

**WEDNESDAY**

\$6 Deep Fried Wontons

**THURSDAY**

\$7 Vegetable Spring Rolls

**FRIDAY**

\$6 Rockfish Potato Cakes

#### \$4 DRINK SPECIALS

\*All liquor served is 1 oz

**MONDAY**

Sno Cone Cocktail

**TUESDAY**

Rye, Rum, Vodka or Gin Hi-ball

**WEDNESDAY**

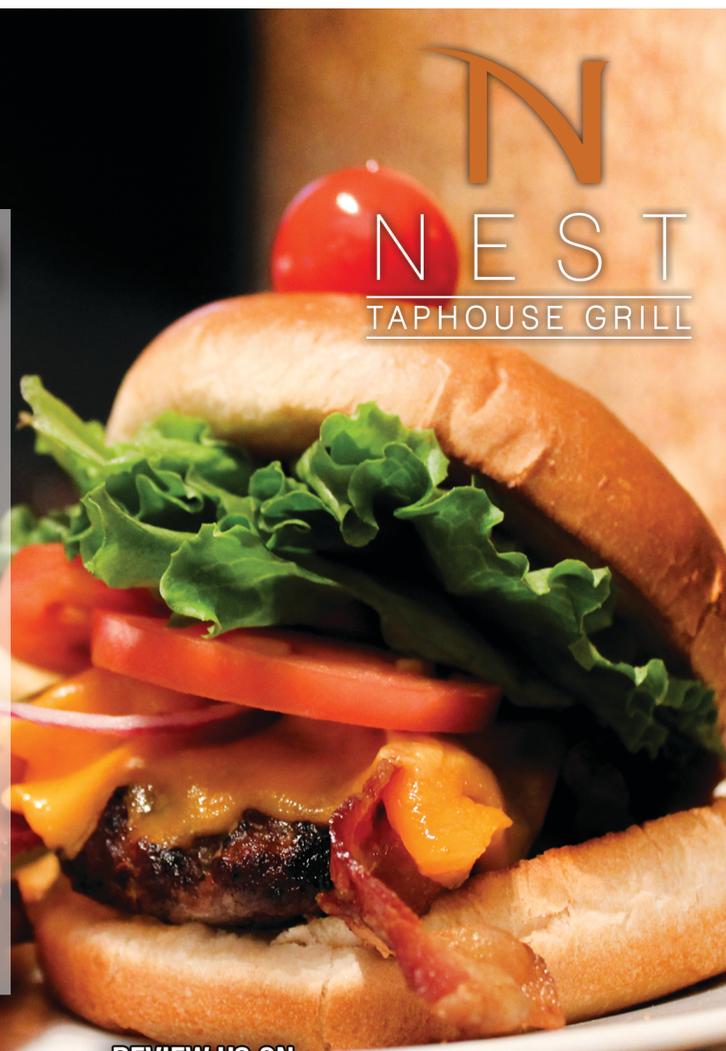
Domestic Pint (20 oz)

**THURSDAY**

Flavoured Vodka Cocktail

**FRIDAY**

Domestic Bottle



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By **KYLE MATZ**

*“Now people think a good [pump-up] mix should rise and fall. But people are wrong. It should be all rise, baby!”*

– Barney Stinson.

Barney makes a good point. The whole point of a pump-up mix is to get pumped-up! So gather some of these classics and a few more modern favourites and you’ll have the best pump-up mix around!

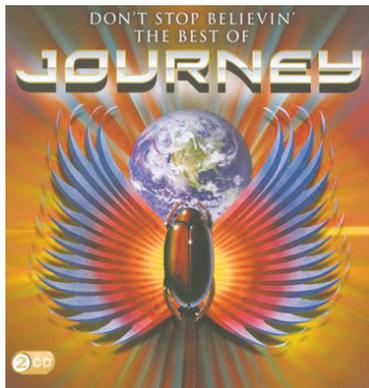
To begin, we start with the classic “Don’t Stop Believin’” by Journey. This song kicks off the playlist because of its slow start that, over the course of the song, builds into this climax of raw energy. Next up is “You Make Me” by Avicii. The

whole song’s built on a solid electronic beat that keeps the energy rocking. Next up is a song from the Tron Legacy soundtrack, “Derezzed” by Daft Punk. I really enjoyed the soundtrack to Tron and many of the tracks from that movie could be played in the place of this one. The next song in the list is “Barbra Streisand” by Duck Sauce. This classic song, known for its repetitive nature and easy to follow lyrics, makes a great addition to any pump-up playlist. Next up is the classic track from Europe titled “The Final Countdown.” This song has pump-up built into its DNA. The song starts on the popular electronic synth melody which kick starts the whole band to join. The rest of the playlist is available below.

- Self Destruct – Monstercat
- Requiem for a Tower – London Music Works and Clint Mansell
- Oh Yeah – Yello
- I Love Rock ‘n’ Roll – Joan Jett and The Blackhearts
- Ballroom Blitz – Krokus
- I Love You Like a Love Song – Selena Gomez and The Scene
- Eye of the Tiger – Survivor
- We’re Not Gonna Take It – Twisted Sister
- Raise a Little Hell – Trooper



www.youtube.com



www.allmusic.com

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## ALBUM REVIEW

# Decade by decade ...

By JORDAN WARDELL

*American Beauty/American Psycho* is Fall Out Boy's sixth album. The group has moved away from their more rock influenced sound on this album. The 11 tracks have more of a pop/dance influence while still having a classic Fall Out Boy sound.

My favourite part of this album is that every song has a different feel that is influenced by a different decade of music. "Uma Thurman," has a sample from *The Munsters* theme song. But that isn't the only song to sample another song. "Centuries," samples "Tom's Diner."

I enjoy the tracks that contain samples from other songs because upon first hearing them they are familiar. But, not so familiar that it is boring or anything like the original song. I really got a different feeling from every song. "Immortals," is the song I find to be the most different from all the rest. It has a futuristic Asian feel but, that would be because the song was for the Pixar movie *Big Hero 6*, an animated movie that involves robots in a futuristic Japan.

There are a few songs that remind me of Fall Out Boy from the mid 2000s. Like "Novocaine", which has the most angsty sound on the whole album and "Twin Skeleton's" which is

more rock influenced. To me the song "Irresistible," brought me back to my first impression of Fall Out Boy. My first Fall Out Boy song was "Sugar, We're Goin' Down." Now these two songs may not be overly similar but both of these songs have choruses that get Patrick Stump's voice stuck in my head. I also find both of these songs equally satisfying to belt out when I'm alone in my car.

Overall, I really enjoy this album. All of the songs are catchy and it has a good balance of upbeat dance type songs to rock/punk type songs. Unlike some albums, I wasn't getting bored listening to the same sound for 11 tracks. Listening to this album brought me back to my Grade 6 self who loved Fall Out Boy, Good Charlotte and Simple Plan. But now I'm a more sophisticated version of that self, one that can drive a car and go into liquor stores.

I have been listening to this album on shuffle for probably two weeks now. I know I'm a little late and it came out over a month ago but I'm really enjoying it. I'm even considering buying the CD to leave in my car because there isn't a song on the album that I don't like.



THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

### March 19-25

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

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

Goldeen is your Pokémon match. Don't rest on your outer beauty; let others see your strength to go against the current to seek what you want. In dire times, don't be afraid to ram haters out of your life.

### Aries (March 21-April 19)

Charmander is your Pokémon match. You wear your emotions on your sleeve and it's hard to mask your true feelings. This month, stick by your electric best friend and let that fire inside you burn bright.

### Taurus (April 20-May 20)

Eevee is your Pokémon match. You are extremely sensitive to your surrounding environment. Depending on what circumstances arise in your life, you are able to adapt and evolve to face that challenge head on.

### Gemini (May 21-June 21)

Zubat is your Pokémon match. You thrive in the night and going to school in the mornings and the afternoons are starting to really get to you. Hang on for two more months and then you will be free to soar into the night.

### Cancer (June 22-July 22)

Krabby is your Pokémon match. You are tough and able to bounce back from setbacks quickly. You know how to handle yourself and with school almost out, the beaches are calling your name.

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

Growlithe is your Pokémon match. You are a loyal, protective and diligent bunch. While you are normally quite friendly, you have to work at keeping your jealousy in check. Stand up to your foes and keep your friends close.

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

Pikachu is your Pokémon match. Your smile and positive vibe brings an electric burst of positive vibes to any group. You easily make friends and when someone threatens to take away your ketchup, they get lit up like a BBQ.

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

Vulpix is your Pokémon match. Your beauty grows with time and each year you get stronger. You are a clever little fox that uses your intelligence and craftiness to get out of sticky situations.

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

Slowbro is your Pokémon match. Your hermit like demeanor is not to be overlooked. While you prefer to avoid conflict, you are extremely intuitive. Your mental strength is a force

to be reckoned with, but you prefer to spend your days relaxing by the sea.

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

Ponyta is your Pokémon match. You may have been considered weak in your early years but you have evolved to have a thick skin. Your strength allows you to make your own path in life. If anything blocks your path you are able to trample your way through it with a fierce determination.

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

Diglett is your Pokémon match. You tend to burrow your way through life and only pop your head up once in a while for air. With a strong connection to earth, your spirits are lifting as the snow melts to expose the earth hidden beneath.

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

Squirtle is your Pokémon match. Slightly introverted, you have a tendency to hide yourself from the world by hiding in your shell. However, when you come out of your shell, you make friends that will last a lifetime and everyone gets a chance to see what a playful person you are.

DIY

# Writing your own story

By TANIA BOYKO

Have you ever read a novel or story that you couldn't put down until the end? There are stories that grip you right away from the opening scene and when you are done, their memory lingers with you long after the story ends. Don't have any story ideas? No problem, as every writer starts from a blank page, and this is how you can write a story that will blow your readers' minds.

• **First of all, you should think of an experience.**

Our life experiences – like survival from an accident, winning a competition or a loss in the family, make a better personal essay rather than a story because they rarely engage the readers' emotions, unless they are carefully presented. A powerful story does not plainly describe writer's feelings but stirs emotions in the readers. This can be achieved by avoiding excessive details and 'showing instead of telling', for instance "she was nervous.." can be written as "she bit her fingernails.." and within the right context a reader will

draw their own conclusion about the extent of that nervousness.

Reading other stories before you begin your story can be helpful. Stories like *The Emperor's New Clothes* or any other kind of story can trigger your creative writing imagination.

You could get wonderful ideas by picking topics that are associated with the public, like bullies at school and social networks, and add twists into them.

However keep in mind the age group of your intended readers. For instance, young people mostly prefer youthful topics.

• **Choose a point of view.**

A point of view is telling a story from the perspective of the first, second or third person.

The first-person point of view (involves the use of "I"), can be the easiest perspective to use if this is your first story, but it can limit readers' connection to other characters in the story.

The second person point of view (involves the use of "you") is a good way of completely engaging the reader in the story. This is rarely used in stories and can

end up being exaggerated.

A third person point of view (involves the use of "he or she") enables you to explore all of the character's thoughts and motivations. Moreover you can choose how much of the character you want to expose to the reader.

However, from whatever point of view you choose, it's advisable to tell most of your story through the eyes of only one character, as this develops concern and interest in a reader for the main character and the plot.

• **Write a first catchy sentence or paragraph.**

The first sentence of your story could make a reader put the story away or stick to it till the end. Your first sentence or paragraph should jump right into action. It should involve a conflict or tension. A good tip can be making your first sentence a question and starting your story very close to the climax or action.

• **Develop your story.**

– **Style and tone**

Mostly use direct quotes like, "Get out!" instead of 'she told him to go out.'

– **Characters**

Your reader needs to know just enough about a character, that is the looks, speech, actions and thoughts. Breathe life into your character by showing how they react and change in different situations, just like in real life.

– **Conflict**

Make the conflict more tense or exciting as the story goes. Create opposition between characters and increase the number of obstacles the characters have to face in order to get a resolution. Don't reveal everything in one go, keep your readers anticipating.

– **Climax**

In simple terms, this is the highest point of the tension where the character finally realizes what he or she never knew and decides to act. Writing the climax too late can make readers irritated or impatient.

– **Setting**

Rather than excessively describing the setting, population, climate and land, give more explanation of how the character feels or views his or her surroundings. Include details that only matter to the story.

GAME REVIEW

## Guacamelee – funny and fine

By GERVAISE BRANCH-ALLEN

*Guacamelee!* (Super Turbo Championship Edition) is an action-oriented platformer game from Drinkbox Studios. Players play as Juan, a quiet farmer turned luchador, who has to save his childhood friend (and love interest) from the vengeful Calaca. This game impressed gamers with dynamic combat and challenging platforming.

I really enjoyed this game. The entire story is inspired by Mexican culture and is brimming with references to all kinds of games and other media (which I won't spoil here). The winks and nods in this game are sure to bring a smile to your face. The dialogue (while in text and never voice-acted) is amusing and pokes fun at the idea of another "princess" being kidnapped as the main plot of a video game.

The gameplay is filled with numerous platforming sections that range from moderate to difficult. Some sections require players to use combat moves to reach platforms and the timing must be perfect. Mess up and you'll have to try insanely difficult challenges again. As you play through the game, you'll unlock difficult combat moves. From there, players can go back to previously unlocked areas to break coloured blocks and explore different areas. The combat involves varying moves of grabs, punches and throws as you fight skeletons, evil armadillos, small tikis and more. You can upgrade your attacks, and use a special super-powered move called Intenso for a limited time to greatly damage enemies. Sometimes, you'll have to battle in kill rooms, closed off areas with swarms of enemies.

Two worlds exist in the game: the Land of the Living and the Land of the Dead. Players can switch between both versions of the world to platform through the environment or battle enemies who can only be attacked in the other world. The game also features slightly darker story elements involving the Land of the Dead but nothing that

made me feel uncomfortable.

The game features many villages where you can take a break from brutal bosses and punishing platforming to talk to villagers, travel to the next location or complete side-quests. These features nicely expand the game, so you don't feel like you're doing the same thing over and over again.

*Guacamelee* has a crazy sense of humour, as you can also turn into a chicken and enter locations Juan could never fit into. You can even fight in chicken form, though you do minimal damage, at best.

The music in this game has a fun Mexican vibe. The sounds are upbeat and dynamic, just like the game. The graphics are quite colourful and nicely represent the environment the game is representing whether wet and natural or warm and festive.

In every version of the game (excluding the PlaySta-

tion Vita version), you can play with a second player called Tostada, who helps Juan along his journey. The game is available for PS3 and PS Vita with DLC including costumes and additional levels. The game has been re-released as Super Turbo Championship Edition with the previously released DLC and even more content woven into the main game for Wii U, Xbox 360, Xbox One and PS4.

With a strong cultural theme, intense action, self-aware humour, beautiful art, an enjoyable soundtrack (to say the least), treasure, upgrades, side-missions and more, this game may be a dream come true for fans of "Metroidvania" inspired titles. As long as you can handle difficult showdowns and spicy fiestas, I highly recommend *Guacamelee!*

If you're interested in writing a video game review or an article on a video game that interests you, e-mail the Entertainment Editor, [entertain@nait.ca](mailto:entertain@nait.ca).

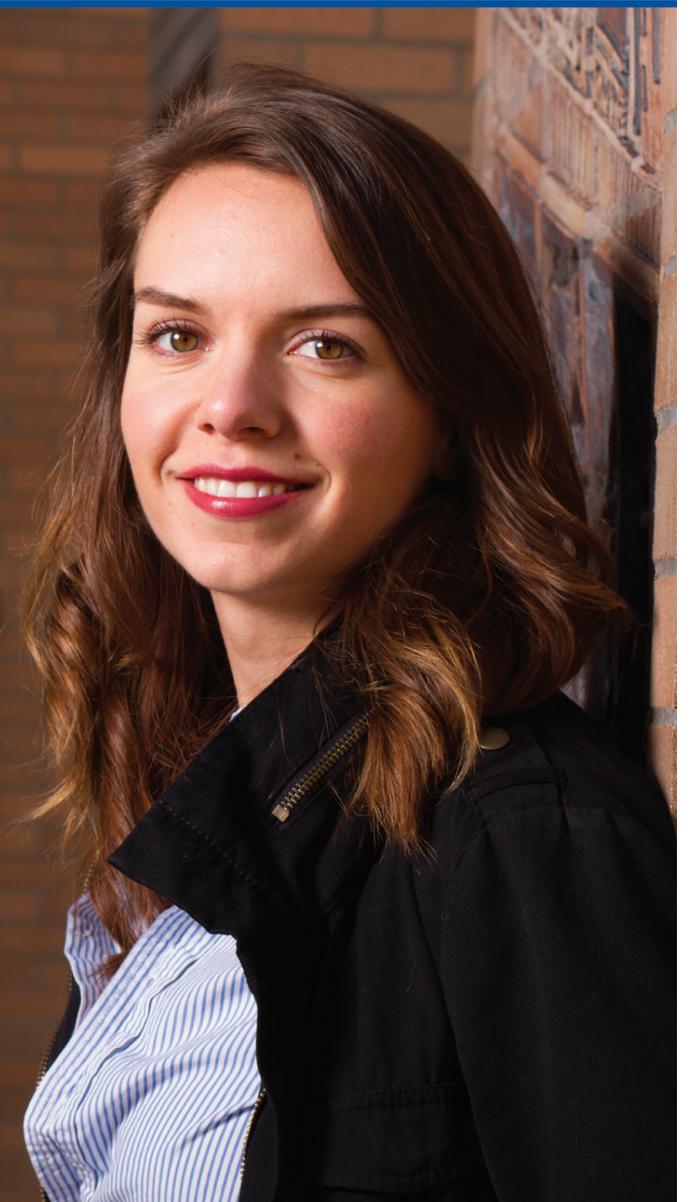


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opportunities outside the classroom –the same opportunities that put Courtney on the path to her future career.

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Courtney see Hillary Clinton give a speech at the Department of State, she also witnessed human rights advocacy first-hand.

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MOVIE REVIEW

# Ad made a movie

By KYLE MATZ

Time travel. Have individuals done it before? Is it even possible? In *Safety Not Guaranteed*, Kenneth (played by Mark Duplass) takes out a classified ad in the local paper seeking a time travel assistant.

This is what his ad said: “WANTED: Someone to go back in time with me. This is not a joke. You’ll be paid after we get back. Must bring your own weapons. I have only done this once before. Safety not guaranteed.”

This ad gets the attention of a writer at *Seattle* magazine and he brings along a couple of interns to write a story about the man behind the ad. Time travel is only a small part of this movie. It also addresses the value of having someone in your life you can trust, someone that you can completely rely on. Kenneth isn’t just looking for a time travel companion, he is also looking for a life companion. He forms a strong bond with Darius, one of the interns played by Aubrey Plaza. They both aren’t truly accepted by their peers. Kenneth doesn’t have any friends and he lives alone on an acreage. Darius has difficulty getting a job because of her quirky social skills.

Over the course of the movie, Kenneth begins to trust Darius. The once foreign woman is now learning all the skills she needs for time travel. Although this movie is well

shot and the story tolerable, there are parts of the movie that just bug me.

For example, the once apprehensive Kenneth develops into a forward individual who shares his feelings and emotions with Darius. This sort of character change is the type of change that would take place over the course of a couple months or even longer but in the movie, it takes place over a couple weeks. All in all, *Safety Not Guaranteed* is a lovely Sunday afternoon movie. Watch it with someone you care about and make some popcorn. *Safety Not Guaranteed* is available to stream on Netflix.

The ad that the movie is based on was written for a magazine in 1997. The author, John Silveira, actually worked at the magazine. He was responsible for creating filler content for the classified pages when they couldn’t cover the whole page. These cover blocks were usually just jokes and a few word puzzles, but then John asked his supervisor if he could make some fake ads, and he was given the green light. The ad actually had a real P.O. Box and John has said that he got a whole bunch of letters from individuals who shared on how their weapons would be beneficial to the trip or how their martial arts training will assist if they come across adversaries. He still has the key to the box and responses keep coming in.

## SAFETY NOT GUARANTEED

AUBREY PLAZA MARK DUPLASS JAKE JOHNSON

from the producers of **LITTLE MISS SUNSHINE**



WANTED: Someone to go back in time with me. This is not a joke. You'll get paid after we get back. Must bring your own weapons. I have only done this once before. SAFETY NOT GUARANTEED



becunningandfulloftricks.com



# Happiness and finding it



## TIMELY TIPS

MARGARET MAREAN  
NAIT Student Counselling

A common response to the question “What do you want out of life?” is “I just want to be happy”. But when asked “What does happiness mean to you?” most of us don’t have a clear answer. There are many things that you can do to improve your happiness immediately and throughout your life.

**Define what happiness means to you by asking:**

- What does true happiness mean for me? Think about all areas of your life – physical, emotional and mental health, family, friends, relationships, career, recreation, community involvement and finances. (Hint: while it is important to have your basic needs met and to have a sense of security, research shows that the new shoes, the bigger house, the new car or the higher income do not bring long-term happiness).

- How will I know when I get there? (keeping in mind the old saying ‘happiness is a journey not a destination’). It is import-

ant to have an endpoint in mind even if that endpoint changes over time.

- Does my definition depend on someone else (I will be happy when I meet the right partner), something out of my control (I will be happy when I win the lottery), something unlikely (I will be happy when my parents admit they were wrong) or things that are always in the future (I will be happy when I finish school)? If so, it is important to rework your definition so that your happiness is based on things that are within your control.

**Choose to be happy.** Once you recognize that happiness is a choice, and realize that you can choose to react to things positively or negatively, you have taken a big step towards becoming happy.

- Give yourself permission to feel good and enjoy your life.
- Find things that you are grateful for.
- Monitor negative self talk and change your language to be kind and forgiving to yourself.
- Look for silver linings in negative situations.

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

**Nurture relationships.** Too busy to get together with a friend? Then chances are you always will be. Research shows that social relationships have the highest correlation with happiness so schedule in some

time for coffee dates with people you have neglected.

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

**Take control of your environment.** Surround yourself with happy, nurturing people, things you love, and an organized work space. Whenever possible avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you and if not, what needs to change. Sometimes small changes can make a big difference.

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

**Achieve.** Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. Procrastination might feel good in the moment but overall it creates stress and guilt. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However make sure your whole life is not about achieving goals. Balance is important.

**Take risks.** Trying new things, even if

it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a new risk every month.

**Stay in the present.** Worry is focused in the future and guilt is focused in the past. Neither help you to move forward. Ask “What is the best use of my time right now?” and then follow through. Taking action steps towards something you are in control of is a confidence and happiness booster. Staying stuck on things that are out of your control is deflating.

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

**Many factors can contribute to happiness.** If feeling good is a constant struggle for you, or if you have other personal or academic concerns, it may be helpful to seek help from a professional.

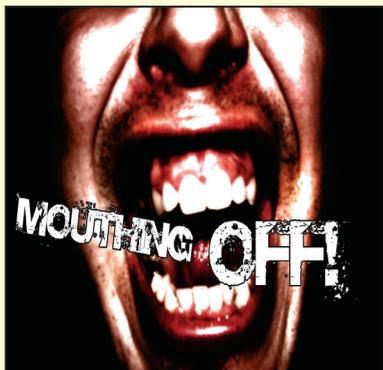
Counselling is free to registered NAIT students and is completely confidential.

If you would like further assistance book an appointment:

Main Campus: Counsellors are available Monday to Friday. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

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

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



TANIA BOYKO

# What are you most excited about this summer?



"Travelling and getting drunk."

Akemi Maribojoc  
Architecture  
Technology



"To be free! Spend some time with friends and family."

Jessica Li  
Architecture  
Technology



"Tanning my pasty Pillsbury Doughboy body."

Jon Purgas-Lovlin  
Landscape Architecture  
Technology



"BBQs, camping and Motion Notion music festival."

Codie Van Damme  
Landscape  
Architecture  
Technology



"To relax and have lots and lots and lots of sleep."

Donna Verceles  
Academic Upgrading

# MARCH EVENT LIST

2-6 | NNTM ROUND 2 VOTING

10 | NEST BEACH KARAOKE

9-12 | NNTM ROUND 3 VOTING

13 | HOW TO COOK THAI FOOD

16 | DIRTY BINGO

18 | NNTM FINALE IN NEST

20 | CONCERT

31 | HOW TO BE A GRILL MASTER

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NOTICE FROM THE OFFICE OF THE REGISTRAR

**ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2015?**

**IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2015**

Friday May 1, 2015 and Saturday, May 2, 2015

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

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

Patricia Campus Bookstore, Room P135

or at Souch Campus – Room Z155A

**Deadline for ordering gowns: FRIDAY, MARCH 27, 2015**

For more information regarding Convocation 2015, visit NAIT's website at [www.nait.ca/convocation](http://www.nait.ca/convocation)

**Friday Evening Ceremony  
May 1st, 2015 – 6:30 p.m.**

**School of Information Communication and Engineering Technologies**

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

**Apprenticeship Programs**

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

**School of Sustainable Building and Environmental Management**

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

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

**Saturday Morning Ceremony  
May 2nd, 2015 – 8:30 a.m.**

**School of Health Sciences**

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

**School of Information Communication and Engineering Technologies**

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

**School of Trades**

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

**Apprenticeship Programs**

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

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

**Saturday Afternoon Ceremony  
May 2nd, 2015 – 1:30 p.m.**

**JR Shaw School of Business**

- Baking
- Cooking
- Culinary Arts
- Hospitality Management
- Professional Meat Cutting and Merchandising

**Apprenticeship Programs**

- Apprentice Baker
- Apprentice Cook

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

# Morning makeup

By JORDAN WARDELL

I woke up like this. This ever so popular phrase has become a huge influence to the trend of the “no makeup” make up look. To me this is the perfect every-day look for spring and transitioning into warmer weather.

If you are one of the lucky ones who wake up every day looking effortlessly stunning with perfect bone structure, glowing skin,



www.examiner.com

and look wide awake with no dark circles, well then you probably can actually wear no makeup. For the rest of us though, it will take about 15 minutes until we achieve the effortless yet magically flawless look.

Start with moisturizer, always start with a moisturizer. This is going to make sure your skin stays well hydrated and your makeup is less likely to melt off your face as the day goes on. Not to mention that you will avoid those dry patches that makeup likes to cling to and make it look like you have a small patch of desert on your face. If you need a lot of coverage or are uncomfortable with any flaws your skin may have, you can use a foundation. I prefer to keep it lighter and use either a tinted moisturizer or a BB cream. This is going to be the base to your flawless complexion. If you feel you want an even smoother look, then I suggest using a pore minimizing primer before foundation.

The point of using a foundation or tinted moisturizer is to even out skin tone. Often, after this step you look washed out and you need to bring life back to your face. This is my favourite step, highlighting. You want to draw light to certain parts of

your face. The easiest way I have found to do this, is to use a light weight concealer that is about a shade lighter than your skin tone. This concealer isn't going to be for blemishes or any spots. Use this

lighter shade in a triangle shape under your eyes that goes up towards your temples. This will brighten dark circles and make you look more awake. The other place that I highlight every day is the area in the centre of my forehead right above my eye brows, between my brows and down the bridge of my nose. This is going to draw light to the centre of the face and also make it look like the nose is straighter.

After highlighting, you can focus on your eyes. For a no makeup look, I would just take a super neutral light eye shadow in a cream or champagne shade all over the eyelid to get rid of any shine and to brighten things up. If you want to look even more awake I take a nude coloured eyeliner and use it in my water line to make my eyes look bigger and brighter. For a more drastic look you could use a white eyeliner. Then curl your lashes and finish with mascara.

To add some colour back to your face I would add a blush in a shade that compliments your skin tone well and warms up the cheeks, maybe a peach or soft rose type shade. To add that extra glow to your skin, you can use a shimmery highlighting powder on the tops of your cheek bones and on your brow bone. Connect these lines and make a soft angle shape with the point of it being on the temples. To finish off the look, you can add a subtle contour to the cheeks. To tie everything together, pick a favourite lip colour, nothing too bold, though, just a soft pink colour or even a gloss.

## HOT

## 'N' SINGLE



**Carol Tan**  
Radio and Television

- Best quality** – My height. Good things come in small packages.
- Best quality for a guy** – Loyalty is the key, someone who gets me and is there for me. Being able to hold a conversation is important, too.
- Deal breaker** – As shallow as this sounds, having close to no hair for me to run my fingers through ... also, someone who thinks the world of himself. I want to be the one to sing your praises.
- Ideal first date** – A simple date where we can talk – nothing fancy to impress me. Even a drive around town works!
- Guilty pleasure** – Cake. Anything sweet, really and Friends (the TV show).
- Favourite way to spend a day off** – A lazy day is the best. Blankets, movies and a cuddle.
- Cats or Dogs** – Cats, definitely cats. I won't want the dog to be bigger than I am, I'm five feet tall.

*Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)*

JUST THE TIP

## Not tired – what to do now?

By KIM LEE

You just had the perfect night. It was hot, sweaty and a little loud. You roll over, catching your breath and see that it isn't even 10 o'clock. Well, if you are the person who needs to be asleep by 10 or 11 every night, then everything worked out perfectly. You got your 45 minutes of action and you can go to sleep at a reasonable hour. But, if it isn't bed time yet, now what?

Do you wait for your guy to recover to go at it again? Do you put your clothes on and go do something else? There are so many possibilities for the night when the main event has gone down between nine and 10. This was my Saturday night.

We were sweaty and out of breath with at least a few hours of the night still left. I curled up into his chest and we turned the TV on. He went from playing with my hair, to his hand on my shoulder and gently rubbing it, the small of my back, then my butt and a little bit lower until his hand was between my legs. I don't need any time to be ready to go again. So his hand had a warm and still wet greeting.

I let out a small sigh and he just kissed my forehead and continued watching TV. It was so comfortable. Just laying there naked, watching TV and doing some hand stuff. There wasn't any rush to get things going again. We were just fooling around like a couple of teenagers but a lot less awkward.

We watched a couple of episodes of *Friends* on Netflix and I propped myself up on his chest. I wanted a Slurpee. I'm going to reminisce and be a sappy girl for a minute now. After our very first night together, when we were 17, we went and got Slurpees. The best way I can describe that night was awkward, uncomfortable and pretty great. But who's first time isn't awkward? And if someone tells you it wasn't well, they're lying straight to your face.

Back to the present. I told him I wanted Slurpees. He looked at me and laughed, then told me how weird I was. I wasn't going to explain that frozen, slushy, sugar drinks made me think of our first time. I

just asked him to think about it and when we had gotten them together, he would eventually figure it out. He told me I was cute and then flipped me on my back and went down on me until I finished. When he was done down there he asked me if I still wanted a Slurpee. I just smiled and nodded.

So, we put our clothes on and went to a gas station at 11 o'clock. We got back to his house, put Netflix back on, took our clothes off again and continued our night. It was more of the same, some kissing and hand stuff. By the very end of the night all of our fooling around had led to him being very ready to go. So you could say the night had a very happy ending.

DJ-ING 101

# Music trends in 2015



**BRETT BOHL**  
@djBohLd

Whether you happen to be a hater or a lover of the changing trends in our music – it doesn't matter, because they won't be going anywhere, anytime soon.

What is a trend? The word "trend" is defined as a "general course" or "veering in a new direction." Trends are the stuff popping up in whatever is popular in our society.

Trends typically tend to change each year

but are now beginning to change faster. One new genre of music might take off more than another. This is likely due to the genre being intertwined with two or more others.

Predictions I heard by various EDM artists in 2013 stated that corporations would start incorporating EDM into their promotional and marketing strategies. These producers predicted there would be greater focus on future brand partnership, including pairing with electronic dance music parties and events. Other artists were saying that Dubstep producer Skrillex would bring back that genre and it would flourish within the next two years ... ultimately becoming the next new trend again.

Some of the trend predictions came true, while others were not quite as accurate. For example, this past Saturday, Red Bull's Crashed Ice took advantage of dance music while hiring a DJ to perform at their live event.

Nearly three months into our new year, we

have begun to get a feel for some of the new trends in the electronic music scene, and many have even started capitalizing on them ... The underground artists over the past three years that only a few people knew about are some of the people who are up and comers in 2015.

The producers, who are at the forefront of the EDM scene and who want to stay there, are always going to be more and more diverse with their live DJ sets.

When you are out at the club next time, listen to what songs are being played in that bar or nightclub. In any DJ's set, you may notice a song titled "Higher State of Dada" by Dadalife as an example of how a throwback '90s dance tune can be refreshed and remixed to meet current dance music standards. Songs like this track make us all remember how many great timeless songs we have really got out there.

The female electronic duo, NERVO, are currently working on a remix of "The Drill."

Imagine how much a challenge this will be

for them, because if you listen to the original you'll think that the original was so amazing alone, how can it be made any better?

It is exciting remixes like these that give me so much passion for dance music and its evolution. Hearing about a new remix being made of some popular older music makes me begin to anticipate how the song is going to go through a rebirth and come back again, balanced by many newer and modern formats.

Both songs can hopefully be heard by you, too, as well as many more songs of course, all of which will be brought to your ears by your DJ sets in 2015.

The thing that interests me most about 2015 is how DJs are always finding more interesting ways to perform electronic music. The DJs are now going beyond just the DJ decks. Whether that's through the use of one or multiple midi-controllers or using live instruments or live vocals, the popularity of being more creative drives me as a DJ in 2015.

# Balderdash just wants to have fun

By AARON BORDATO

What is there to say about Balderdash? They are just a group of three local guys who like to play fast and loud punk rock music. There are no gimmicks, no false egos and no pretension about them. Formed in February 2013, Balderdash have been playing shows around Edmonton to both empty and packed rooms alike. The three-piece, comprised of vocalist and guitarist Nick Lucas, vocalist and bassist Blake Basaraba and drummer Matt Bordato, deliver a fun, high energy performance that sparks the punk in all of us. Playing under the banner, "Mediocrity at its finest," Balderdash seek to blow minds and, most of all, have fun.

"We just want to play shows, drink beer and have fun," says Bordato. "We try not to take ourselves too seriously. When we started the band, all three of us agreed that we would do this to have fun, not to try and become famous and definitely not to play music that isn't

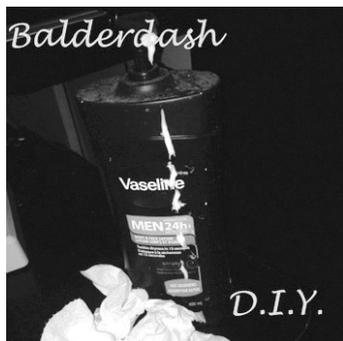


Photo provided

representative of who we are as people. The worst bands are bands that play music they think others want to hear, as opposed to what they truly want to write and perform."

As someone who has been to multiple Balderdash shows, I can confirm that their modest attitude is truly reflected in their performance. Regardless of whether or not the venue is empty or full, the boys give a performance that shows how much they genuinely enjoy performing. While sloppy at times, their set includes many fast, hard-hitting tunes. Drawing influence from such

iconic punk bands as Bad Religion, NoFX, and Lagwagon, Balderdash has a sound that fills listeners with feelings of nostalgia and memories of the Tony Hawk's Pro Skater soundtracks.

This past summer the band released their first EP, entitled *D.I.Y.* (or Do It Yourself). *D.I.Y.* is a completely independent effort, with all of the recording and mixing done themselves.

"I really wanted to take the challenge of engineering and producing the whole thing and see how good of a job I could do" says Lucas. "I took my crappy old laptop that's literally held together with duct tape and we just went for it".

Recording the EP took several months to complete but with a lot of second takes and learning curves along the way, *D.I.Y.* is something the guys are really proud of.

At the moment, they play every show they can get. "We are hungry to play. Being on stage is one of the best feelings in the world" says Bordato. "We just want to share our music with as many people as we can. If they don't like it, that's OK. It's not music for everyone."

And that pretty much sums up the entire experience that is Balderdash. At more than one show a fight has broken out in front of the stage, the battlers no doubt incited by excessive drinking and aggressive dancing. So it is safe to say that if you do not like loud, fast and drunk musicians, you probably should not attend a Balderdash show. However, if you like to rock out, sing loud

and have a good laugh, you should consider checking out their Facebook page and keeping up to date on upcoming shows.

Their music can also be found on bandcamp.com. Do the right thing, support local, independent music.

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