

**NEXT ISSUE IN THE FALL – HAPPY SUMMER!**

# THE **NAIT** NUGGET

Thursday, April 14, 2016  
Volume 53, Issue 26

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

# **CIAO FOR NOW!**

**Last issue of the Nugget for 2015-16**



Photo by Jenny Lau

**Nugget editors enjoy a recent issue of the paper. They are, left to right, Assistant Entertainment Editor Connor O'Donovan, Entertainment Editor Joel Leckie, Sports Editor Bridgette Tsang, Editor-In-Chief Danielle Fuechtmann and Issues Editor Nicolas Brown.**

## **Nugget Positions**

**The Nugget is interested in seeing resumes for Issues, Sports and Photography editors. Please send your resume and a cover letter to Editor-In-Chief Danielle Fuechtmann, [studenteditor@nait.ca](mailto:studenteditor@nait.ca)**

# NEWS & FEATURES

## End of an era – for me



**NICOLAS BROWN**  
Issues Editor  
@bruchev

Sometimes it's difficult for me to believe that it's finally come to this – I'm graduating from NAIT after four amazing years. After months of studying, weeks of projects and hours of writing and preparing, I will walk out the doors of NAIT for the last time as a student in just a few short weeks. With that, I also leave behind the *Nugget*, something that has become near and dear to my heart.

The opportunities and experiences I have had here at NAIT and at the *Nugget* have been amazing. When I first started classes at NAIT, I had no idea what I was

missing out on. I originally started here at NAIT as a Continuing Education student, taking evening and online classes while still working full-time – something very common among NAIT students. Then I was laid off and I decided to bite the bullet that is the life of a full-time student. That's when I learned just how much I had missed out on.

I didn't start writing for the *Nugget* until the end of my second year. While attending a City of Edmonton event, they kept talking about wanting the student perspective and I thought, why isn't this being covered in the *Nugget*? I wrote a short piece on the event and then I'd done it – I'd been sucked in by the editorial staff and wasn't about to be let go anytime soon.

Back then, *Nugget* meetings were busy affairs, with standing room only in our tiny office in E-128. I developed a strategy of showing up 30 minutes early to grab food and stories and then run off to class before the rest of the writers showed up for the official meeting start at noon. In my second year, I also started exploring campus clubs, joining our campus Toastmasters club IntoNAITion Toastmasters, along with

some of the other business clubs.

Zoom in on third year, a year full of opportunities for a *Nugget* writer like me. Starting in that year, I started doing a lot more interviews in my stories. I managed to write two series on political parties and interviewed many political party leaders that year for those stories. This was also the first year I learned about the Canadian University Press, or CUP, and I got to travel to Ottawa to represent the *Nugget* at CUP's national conference. This was also the year I joined the editorial staff as the Issues Editor, joining the ranks of students I had come to admire for the past two years as the most dedicated and fun-loving students at NAIT.

Which brings us to this year – my final year at NAIT. I really had access to a phenomenal number of opportunities. Joining the NAIT Board of Governors, running IntoNAITion Toastmasters as club president, starting our campus firearms club and volunteering as a mentor in a number of capacities all while still serving as Issues Editor for the *Nugget*. We've made jokes throughout the year in various editorials about time man-

agement and following through on promises – many of those were inspired by me. Yet I couldn't have asked for a more supportive team and group of friends than my colleagues at the *Nugget*.

This year I could be considered by many to be a veteran of campus activities – I've worked with three different NAITSA executive councils and four different editors-in-chief while with the *Nugget*. I've explored our entire campus and learned things about NAIT most students will never know. But I'll never regret the opportunities I've had. It's been a fantastic experience, something I could not have done without the support of my colleagues. I hope that many of you decide to take the plunge next year to get involved on campus, whether it is through campus clubs, the *Nugget* or other extra-curricular activities. There are supports on campus to help you build skills and gain experience, all of which will be useful in your future careers. Take the bull by the horns my friends, become a leader here and you will be amazed by the opportunities that come to you.

## Friendly advice from alumni

By **NICOLAS BROWN**  
Issues Editor

Experience is the best teacher. That's why NAIT alumni were on campus last week to give advice to current NAIT students approaching the end of their programs at the Life after NAIT event held in the North Lobby. Students had the opportunity to ask questions and network with a small selection of experienced NAIT grads from various program areas.

The panel of NAIT grads explained some of their prime career strategies to the room of nearly 50 students, mingled among the NAIT staff members and industry professionals. Each panelist not only brought some unique experience forward as professionals, they also showcased the opportunities available to graduates as NAIT alumni.

Panelists included:

- Branko Culo (Business Admin – Marketing '08) – Franchise owner, Express Employment Professional
- Kimberly Kluthe (Business Admin –

Finance '98) – Entrepreneur - Utilities and Essential Services

- Owner/Partner, Kluthe Acupuncture
- Nigel Logan (Computer Engineering '08, BTech '14)

• Account Manager, Primal Tribe New Media – Campaign manager, 2015 federal election

- Luigi Scornaieni (Business Admin – Finance '89, Landscape Architecture '95)
- Michael Shi (Applied Business Admin – Accounting '12) – Controller, The Headhunters

• Troy Sullivan (Computer Systems Technology '03) – Co-founder

and partner, Emerging Market Strategies

- Wayne Land (Business Admin – Management '70) – President-owner-Broker, Oakwood Management Ltd.

Ranging from resume tips and personal branding strategies to advice on pursuing career goals, the panelists built a clear image of how NAIT students can catch an employer's attention during the application process.

“The event was planned to create an opportunity that inspires NAIT students and prepares them for their life after they complete their studies,” explained Sultan Almajil, a supervisor with the International Student Centre, which organized the event.

Following the panel and a presentation by ATB Financial Branch Manager Jack Christie on networking do's and don'ts, was a networking session when students could practise the tips they received over the course of the evening and build their own networks.

The practice is much-needed for most students.

“This event is a great opportunity that helps students to strategize and mentally prepare themselves for life after the classroom and graduation, explained Bola Fakuade, the International Student Adviser who took the lead in organizing the event.

“It is primarily a networking event. We use the event to highlight the import-

ance and the effective nature of networking. The education received at NAIT is valued by employers and our NAIT alumni are successful in their careers.

“Given the constantly changing job markets, events and activities such as

the Workplace Preparedness Series and Life after NAIT are there to ensure that students are also abreast with current trends in job search, resume and covers,” he said.

Networking and communication are valuable soft skills that students can build on campus through extra-curricular activities and volunteering.

ATB's Christie recommended Toastmasters International for those looking for ways to help build self-confidence and practise networking speeches.

Students can access career services on campus by contacting the Advising Centre in the HP Centre. The Advising Centre provides mock free interview practices and resume reviews by appointment for students and recent graduates.



**Troy Sullivan**



**Nigel Logan**

# Case for competition

By **NICOLAS BROWN**  
Issues Editor

Business students got a taste of competition this term from an unexpected venue. First and second year students had the opportunity to participate in the first ever NAIT internal case competition on April 2 and test out some of the skills they will need in their classes and their careers.

The idea for an internal case competition first arose from the 2015 Royal Roads Case Team after they returned to NAIT. The motivation behind the idea was to give an opportunity for students to develop the skills needed to compete in similar competitions.

## Eight teams

Organized by business students Gregory Gorbahn and Amanda Wowk, the competition pitted eight teams against each other in analyzing and presenting a business case to a panel of judges. Case presentations are based not only on the content of the presentation, but how well each team presents their information and responds to questions from the judges.

The focus of the competition was directed at developing practical skills more commonly gained in higher level courses at NAIT and prepare students for future opportunities on campus. Many of the relevant

skills gained from competition-style presentations are applicable to the workplace and recognized by industry professionals.

This event offered students “the opportunity to experience the benefits realized by those competing in competitions external to the school,” explained Keven McGhan, acting Chair of Management in NAIT’s J.R. Shaw School of Business.

Thirty two students, supported by over 40 volunteers, went through the process of analyzing the provided business cases and preparing presentations in a setting similar to well-established competitions such as the Royal Roads International Undergraduate Case Competition and the Alberta Deans Case Competition.

Teams were ranked based on the quality of their recommendations and presentations by the judges but the event wasn’t focused on just determining a winning team.

“Scores are good for bragging rights! We’re here to offer every student the opportunity to develop their skills to a higher level through participating in case competitions,” explained Don Ausman, an instructor who frequently coaches NAIT case competition teams.

“What is important is the student experience, the chance to advance their skill set and to enhance their resumes.”

A case presentation can encompass a

number of valuable skills, and allow students to apply the concepts they learn in many of their courses here at NAIT. In addition to their presentation skills, students must learn how to analyse information presented in cases, identify prominent issues and develop strategies. The ability to adequately support those strategies is not simply marketing or presentation skills. It frequently requires a confident group that stands behind their recommendations, rather than yielding to pressure.

## Build confidence

In this way, case presentations often serve to build student confidence along with valuable skills. This internal event provided an opportunity for first and second year students ahead of the prime time for external case competitions available to third and fourth year business students.

“We now have a base of students familiar with the benefits of learning by competing,” explained McGhan. “It’s our intention to offer the internal case competition every year.”

So buckle up, business students, there’s now a new venue to showcase your presentation skills while applying the concepts you’ve learned in class in a hands-on setting. You never know when these skills may come in handy.



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

For ads, 780-264-9900 or e-mail:  
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Photo by Alanna Fletcher

## HOW IT WORKS

Kevin Maxfield, of Schlumberger, explains to Josée Dequier, right and Jenna Haack, about pipes that are inserted deep into the ground to collect information for potential drilling spots. The heavy equipment demonstration was held at Parking Lot L on April 6.

## 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.

# Facing a post-NAIT future



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

Well, that's about all she wrote, folks – for me, anyway. In a week or so I'll be journeying through NAIT's halls for the final time. Of course, I'll likely still commute by the old institute on a regular basis, due to my current employment situation. But not long after graduation, however, we might become mere acquaintances, NAIT and I and no longer the inseparable chums of semesters past. We'll trade polite glances as I zip down 106 Street before heading east on 118 Avenue to avoid our woebegotten LRT. But they might not be the enduring, sultry stares once held when I would take 118th westward towards my V-building home. Maybe we'll simply acknowledge each other's existence with a daily, drive-by reminder of the relationship we once had.

I don't want your little friendship rations, though, NAIT – your friendship tea and biscuits. I want the friendship buffet – friendship filet mignon, slathered in

friendship gravy and sauteed mushrooms. Nobody likes being kept on friendship life support, to have their friendship hearts occasionally stimulated – an e-mail from an alumni association, perhaps – with a friendship defibrillator. Friends yearn for their hearts to beat in unison with those of their amicable amigos, to maintain benefit from their encounters.

I want to love you forever, NAIT. But can we go on as we were, full of promise, now that the kindling of our romance is threatening to burn out?

In a few weeks, the 2016 group of grads and I will stumble out into the post-college sunlight like a bear from hibernation, shielding our eyes against the harsh glare as we try to make sense of the real world. Like shaking off the sticky remnants of a deep sleep, we'll be forced to rid our-

selves of our rosy, optimistic college mindsets buoyed by big dreams and impressive nait.ca employment rates and face the stark realities of joining the workforce. We'll soon have to manage unpleasanties like job postings requiring wealths of experience we don't have, scarcities in the fields of work we spent years studying for and spending hours drafting perfectly worded resumes and cover letters, polishing them and proudly submitting them only to never hear a word of response. We'll have to consider moving to find work, paying obscene amounts for rent in big city centres or (gasp!) maybe even moving back in with our parents.

We might be quick to blame our old partner in crime for our misfortunes.

"I gave years of my life to you, NAIT," we might say. "And for what? Twenty five hours a week serving foamy lattes at Starbucks?" We might even be a few tough months and an unforeseen occupational gig away from renouncing our ties to NAIT and dismissing it into our memory pool of bad breakups.

We never hope that our relationships will fall to such a low. Sadly, they sometimes do. And to any of my classmates or fellow grads who find themselves at this point in their relationship with NAIT, remember, you two got together for a reason. There was a time when the risk of a breakup was outweighed by the reward, when you really believed that you and NAIT would go the distance. Relationships take work, though. They take time and effort and sacrifice and, at points, they can seem like they aren't worth much but you never know where they might end up.



Student hopefuls wait to register in their NAIT programs.

## WEEKLY SPECIALS

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

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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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

# ASK THE EDITORS

## *Why settle for just one opinion?*

### *What have you learned this year?*

•••

#### **Danielle Fuechtmann, Editor-in-Chief**

I think the biggest lesson I've learned during my time here at NAIT is that I never feel like I've learned enough. Now, I know that I could happily be a professional student - this is my second round of post-secondary and I'm already contemplating grad school - but I think this is an important feeling to cling to. No matter what program you're in, your learning shouldn't stop when you walk out of the classroom.

Working in creative fields, I'm always comparing myself to others and wishing I knew how to do something; I know that I'll never be satisfied with my work if I rely on the skills I gain in class. Never stop learning. Use Skillshare, read industry publications, practise, take a night class. Constantly learning new things keeps your brain healthy, helps you stay engaged with your job and keeps you on the forefront of what's happening in your industry.

•••

#### **Nicolas Brown, Issues Editor**

In my final semester here at NAIT, I've learned quite a few lessons - some of which I wish I had learned much earlier! The most important lesson I learned this semester

however, and the one I'm sure I will have to relearn many times over as time goes by, is the importance delegating tasks.

Now I know it's hard to delegate tasks if you don't have anyone to delegate to, but then you're not really in a position to delegate anyways, now are you? But when you are in a position to delegate, for the love of all that's good, do it! As much as we'd love to have team members who take the initiative and get work done before you even know it needs to be done, it doesn't always happen. I've been forced a number of times this term to delegate tasks to team members, and just how to do it. Learn how to delegate, and your group projects will go much smoother in the future.

•••

#### **Bridgette Tsang, Sports Editor**

One of the biggest lessons I learned this semester would have to be being able to cherish every moment and embracing it no matter what. There will always be ups and downs in the school year, but it's a matter of how we are able to manage our time as a student and balancing our other obligations that really define a person. Being present and living in this moment is something you should be proud of. Some of us will finish

school and jump straight into the working world and overlook our experiences as a student, (which is cool too), but the future is so unknown for some of us and things could change at just a drop of hat.

Look around you during your time here on campus and you'll realize that everyone is on a different journey, and so are you. Embrace it! Those last minute cramming sessions or your hard week full of projects due will only strengthen and prepare you for the future. After all, opportunity comes to those who are prepared.

•••

#### **Joel Leckie, Entertainment Editor**

Once again, it strikes me how important it is not to procrastinate. You would think after seven years of post-secondary education I would have figured that out by now. It's gotten better, certainly. I've no longer needed to pull an all-nighter to finish off an essay before it's due date. Of course, that might have something to do with the deadline being 11 p.m. instead of with my last program which was often 9 a.m.

In the real world of work, just as in university, it is dreadfully apparent that procrastination is one of the worst things. It cuts down on the quality of work. It

increases a person's stress level. All around, just bad things. The next step is to go back into the workforce. So don't wait on sending in applications (the resumes near the deadline might not even get looked at). Don't hesitate on getting those projects done for the boss. It gives things a chance to get reviewed and refined. Just start early and enjoy the relaxation that comes with finishing days before a due date

•••

#### **Connor O'Donovan Assistant Entertainment Editor**

If I had to deem one lesson learned this year as most important I would have to say that it is the importance of building an adaptable skill set. Finding employment in my field, like many, is becoming increasingly competitive as employers consolidate job duties and positions in order to save money. Mastering as many skills related to your industry as you can will increase the number of job positions with requirements you are able to fulfill. For me, this means being able to research, write, shoot video and photo, edit media content promote and analyze its response, duties that were once separated and reserved for different employees.

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# ARE YOU ATTENDING CONVOCATION 2016?

**Pick up your gown and tickets:**

Location: Shaw Theatre, NAIT Main Campus

**Wednesday, May 4, 2016 between 11:30 am - 7:00 pm**

**Thursday, May 5, 2016 between 11:30 am - 7:00 pm**

Tickets are handed out on a first-come, first-served basis.

(For additional information regarding tickets, please refer to the Convocation website)



**CONVOCATION**  
**FRIDAY, MAY 6, 2016 &**  
**SATURDAY, MAY 7, 2016**  
 Northern Alberta Jubilee Auditorium  
 11455 - 87 Avenue

For more information regarding Convocation 2016, visit [nait.ca/convocation](http://nait.ca/convocation) | #ookforlife

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

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

**WHO**

- LOL Weekly LAN Party
- Juggling Club Weekly Juggling Jam
- Craft Club Crafting Time
- Super Smash Bros. Club Meetup
- EDSS Learn to Render
- EDSS Yoga w/ Dan
- Log Rolling Mid-Morning Roll

**WHEN**

- Wednesdays, Jan 13-April 27 | 4:30pm – 7:30pm
- Mondays, Jan 11-April 30 | 5:00pm-8:00pm
- Thurs Jan 7-April 28 | 5:00pm-10:00pm
- Thurs January 21-April 21 | 5:00pm-10:00pm
- Thurs, Feb 4-April 22 | 12:15pm-1:15pm
- Tues, Feb 2-April 19 | 12:15pm – 1:15pm
- Thurs, Mar 3-April 21 | 10:00am-11:30pm

**WHERE**

- Room X-215
- Shaw Theatre Foyer
- Room X-203
- Nexen Theatre
- Room L-256
- Room L-005
- NAIT Swimming Pool

### CAMPUS CLUBS NEWS

**WHO**

- SFA
- MSA

**WHAT**

- Firearms Safety Course Restricted
- Donation Boxes for EIRC

**WHEN**

- April 16 | 8:00am-2:00pm
- Mar 17-April 17 | All Day

**WHERE**

- Room V-332
- Outside Bookstore and HP Centre

# NAITSA CAMPUS CLUBS CENTRE

### VISIT THE CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus  
 780.471.8457 | 780.471.8871  
[naitsa.ca/naitsa-clubs](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other upcoming Important Clubs Dates

# OPINION

— Editorial —

# Make summer count



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

This is the last issue of the *Nugget* for the year and I can't believe how quickly the year and semester have gone by. Since taking the Editor-in-Chief position in January, I've been incredibly lucky to work with a team of wonderful people that I'm proud to call both colleagues and friends. They're all graduating this spring and although I will miss them in the office, I wish them all the best as they jump into the world outside of NAIT.

If you're like me and not graduating this year, I'll confidently bet you're ready for summer break! Right now I'm dreaming about warm summer afternoons and sitting on the grass to read a book. Soon, right?

## Making a list

In addition to daydreaming about relaxing evenings and sundresses, I've been thinking about how to use the summer break to set myself up for next semester. Two of the things I'm thinking about are how I can make next year even more successful and what I'd like to learn during the summer break.

For the latter, I've been working on making a list of all the times I said, "I wish I knew how to ..." and figuring out how I can make it happen. I plan on using my Skillshare account and Lynda.com for some of the specific skills I want to learn. Online classes and resources are a great way to build on concepts you're already familiar with. For example, I want to really push my Illustrator and InDesign skills and I have a list of specific things I wish I was better at or find a few more shortcuts or tricks. I'm also looking at some of the things I know very little about and seeing how I can facilitate that. I've always wanted to know more about video editing, so I'm taking advantage of my advanced credits to take a class on that in the fall. Rather than settling and accepting the knowledge I have access to and being sad when I can't do something the way I imagine, I'm trying to find ways to make it happen!

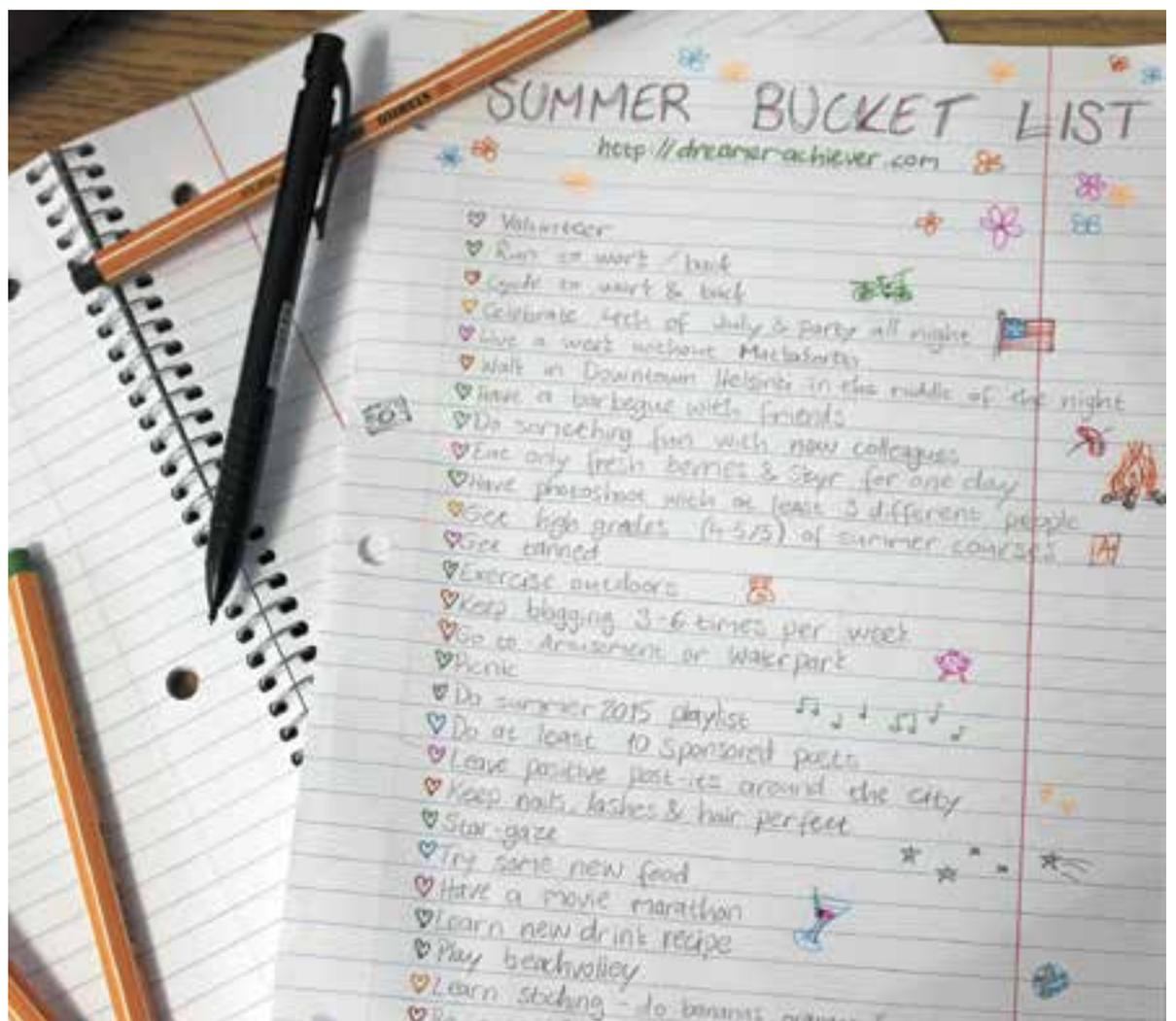
## Open Studies?

If you're interested in learning outside school or after you graduate, keep an eye on Open Studies classes and what resources are available for alumni. There are a lot of great ways to keep learning with NAIT. You should also look at other organizations, though. Places like the Edmonton Public Library offer incredible programs to the public, including their Makerspace and free access to digital services like Lynda.com (which is handy if you're not part of the NAIT community).

I'm also reflecting on the year and what did and did not work well for me. For example, I did not have the energy to cook when I got home after long days of class. Rather than telling myself to suck it up, I'm planning to work with that and prepare foods and snacks that don't require lots of prep. There's no point in pretending I'm actually going to roast vegetables if I don't get home until 7:30! One thing that did work well was allowing time to take breaks mid-day, even if it was sending a

quick "Sbux?" note to my friend on Facebook and taking a 15-minute break to walk over from HP to grab coffee and blab about our morning. Figuring out what helps you work best and what rewards you can give yourself will help you succeed in school and give you an idea of how you can succeed at work too!

Enjoy your summer! Whether you're settling into your career or working to pay next year's tuition, don't forget to take advantage of your free evenings and weekends.



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# SPORTS

## The power of sports



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

Sports has always been a part of my life. Whether I'm playing, watching or reporting about it, it is something that I cherish and is definitely a way of life in my world. There is something so exciting about sports; the raw emotions, the thrill of the moment, last-minute heroics, buzzer beaters, grand slams, the list goes on. It gives you motivation and something to work for and look forward to at the end of the day.

Without sports, we would live in a world with no real sense of team or unity, motivation, competitiveness or the need to practise and hone a passion and to be creative and innovative.

Growing up, I played basketball and badminton and I remember liking football and hockey a lot! Although I had really wanted to play more sports, my parents owned a restaurant and were always busy with their work, so adding another sports team in the mix wouldn't work out in their favour or mine, either. But what that taught me was to cherish what you have and to be thankful that you get to play a sport and belong to a team. Those were great memories that I still remember today and the lessons I learned from those experiences still apply to my everyday life.

At a young age, my parents appointed me to help out with their business, the lessons of leading a team, hard work and dedication and the unwilling-

ness to give up easily helped my family and me persevere through 10 years at the restaurant.

During those years, I vividly remember the Oilers '06 Cup run and how excited everyone was, not only in the restaurant but the entire city, which was buzzing with energy. That was the 'power of sport' in action; the ability to bring together the entire city and lifting the spirits of the community. Regardless of the result of that Game 7, that year was a year to remember for the city of Edmonton and it also left an unforgettable impression on the players of that team. And at that point, I realized that sports has every ability to transcend emotions and captivate, unite and excite people of all ages and I knew it was something I wanted to pursue for the rest of my life, one way or another.

My transition of playing sports to watching and reading about sports was a turning point for me. My goals quickly

shifted to sports journalism and hopefully having a career in that field one day. As a reporter in sports, you're telling a story to an audience that is invested and dedicated to that team or sport. Although the story may seem like reiteration of the game itself, I have learned time and time again that telling a story will captivate an audience more than a game summary will. It's the ability to relate to the athletes, the coaches and individuals involved in the game. It's a look into their lives.

A lot of reporters will go the easy route and just retell the game story, the heroes and the storylines going into the game. But telling a good story involves research and the drive to get more out of the story than you already have. That's why sports reporters or any journalist, for that matter, are so important to our community. They are able to pull together all the aforementioned lessons and experiences and immerse themselves into telling you a story.

## A great coach moves on

By **BRIDGETTE TSANG**

In Linda Henderson's eight years as director of Athletics, she has seen first-hand the success of NAIT's badminton program. She has also seen the growth of the sport of badminton in not only the province of Alberta, but throughout Canada as well. The denominator of all of this is head coach Jordan Richey, who just coached his final season here at NAIT.

"He really saved the badminton program, not only at NAIT, but he saved the sport of badminton in the province of Alberta," Henderson said recently.

"When coaches and programs were folding, he remained steady and led his group and then worked with the rest of the league in order to be able to put the sport back into Alberta," said Henderson.

"Not only did he do that but now he is doing that for the rest of Canada. So Ontario flourishes in badminton, B.C. is struggling and Alberta continues to flourish, so he's really working on a global perspective now."

Richey's passion for badminton started at a young age. The former ACAC badminton All-Conference player began the sport in high school before moving to Grande Prairie to play for the Wolves. He quickly made the transition from player to coach and coached Alberta at the Arctic Winter games, then transitioned to college coaching, first as an assistant coach and then, in 1998, head coach of the NAIT badminton program.

In his 17 years at NAIT, he has twice earned recog-



**Jordan Richey**

Photo by Jesse Kushneryk

inition as the CCAA badminton college coach of the year ('07, '12), and his players have won 17 national championships and numerous ACAC team champion-

ships. His leadership helped the Ooks host the CCAA national championships in 2002, 2010 and 2014.

"Not only did he win all those medals, but he really did a lot to elevate the Athletics program here in general at a time perhaps when it wasn't as strong as it is now," said Henderson.

In addition to his commitment to athletes on campus, Richey has been on the ACAC Badminton Sport Management Team for the last eight years and is the current CCAA National badminton convenor. He was also one of the first coaches at NAIT to recruit international student athletes and it was instantly successful with the likes of Dan Kai and Yang Sun.

And, as if he weren't already busy enough, Richey is also the communications officer for the Department of Athletics, a job he will continue to do for the department. But he will also continue to work with coaches.

"What he gave back to the sport and how he mentors coaches – pretty much every year he has a coach that he is working with and doing a mentorship program for the CCAA.

He is truly an amazing person."

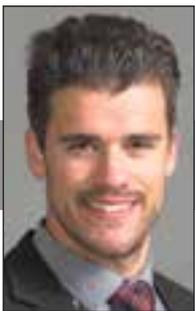
Richey leaves the program on a high note, with his team winning the ACAC team championship for a second year in a row and taking home three medals at the CCAA national championships, including golds in mixed-doubles (Rosanna Chan and Sam Kim) and women's doubles (Kai-Li Huang and Seulbi Kim).

The program will continue without him and the department is currently looking for a new coach.

## Keeping Score

# Pick the winners

Welcome to *Keeping Score*, the weekly segment in which two people debate a topic in the world of sports. For the last issue of the school year, we have two RTA practicum students facing off, former Nugget Editor Josh Ryan and seasoned Nugget contributor Brennan Klak. As the last topic, they clash over who will win the championship trophies for the three remaining major sports in North America – the NHL, the NBA and Major League Baseball. The Washington Capitals are the NHL regular season champs but could run into trouble if they face Sydney Crosby and the surging Penguins in Round 2. Out West, plenty of quality teams will attempt to dethrone the defending champion Chicago Blackhawks. On the hardwood, the Golden State Warriors come into the postseason as the greatest regular season team in NBA history but have to go through the San Antonio Spurs and possibly LeBron James to win back-to-back titles. And as the MLB begins, there are several squads that show promise, including the long-cursed Chicago Cubs and Canada's Toronto Blue Jays. What do we think? Read on...



**JOSH RYAN**  
@JoshRyanSports

### NHL

I know the Washington Capitals have proved very resourceful in finding ways to lose in the postseason, but I believe that this is finally the year where the red, blue and white breakthrough. Alexander Ovechkin and Nicklas Backstrom are solid, Braden Holtby is doing his best Grant Fuhr and the grittiness of this squad has risen dramatically in the past few years. Plus, the Caps are in a great situation with the Pens and Rangers having to duke it out in the opening round. If the Capitals remain healthy, they should make their way handily through the East before taking on a fatigued Hawks squad. There, Ovie's Caps win in six.

### NBA

As sexy as Dub Nation is right now, I have a feeling they're des-

tinued for doom at some point here in the playoffs. The Spurs excellence despite resting starters all season should be worrisome, as the Warriors haven't had Coach pop throw all of his tricks into the ring yet. Also, no one is talking about the possibility that the Warriors might suffer from fatigue as they enter the postseason. I think that this is the playoffs where Kawaii officially takes over as the Spurs best player and shuts down the Splash Bros to set up another matchup with LeBron James. We all know how things turned out last time those two squared off in the NBA Finals.

### MLB

Everyone who's panicking about the Blue Jays needs to relax. The bull pen will settle in and teams will soon suffer familiar frustration at having to go against the formidable batting power the Jays have. Donaldson is primed for another MVP level season and Marcus Stroman looks like he could make a case for ace status this year. Even more reassuring is how good Sanchez looks (I was dead wrong on that one). The only threat to Canada's team is health. True, the Cubs are going to make a case in the NL, as are the Giants, but no team can keep up with Toronto's lineup. Once the pitching settles in, watch out!



**BRENNAN KLAK**

### NHL

The parity in the NHL has never been greater. That being said, I am a believer in patterns. Here are the last four winners of the Stanley Cup: LA, Chicago, LA, Chicago. I have to continue the streak by taking the LA Kings to win it all. They lead the NHL in even-strength Corsi possession with over 56% of the shot attempts this season. They also have one of the best D-men in the league in his prime with Drew Doughty and a world-class centre in Anze Kopitar. Expect them to clutch-and-grab their way to another title. Can the Kings be a dynasty?

### NBA

Shifting attention to the NBA, some questioned the Golden State Warriors after their home winning streak was

finally snapped by the Boston Celtics... and then trampled on by Andrew Wiggins and the Timberwolves. Golden State even lost to the Lakers this year. Okay, enough of trying to spin a negative on this team, a 72-win juggernaut. Stephen Curry just dominated the San Antonio Spurs on the end of a back-to-back to end the Spurs home winning streak. This team has more wins than Shaq and Kobe could ever muster or any of the dominant Boston teams with either Bill Russell or Larry Bird. The Spurs will challenge, but expect to see the Warriors once again take the NBA championship.

### MLB

Even though the MLB season is just beginning, let's throw a World Series prediction at you: Look out for the Houston Astros. I've got a feeling that the team that once looked lost with the league's lowest payroll is now ready to play the underdog role once again. With ace Dallas Keuchel pitching and former Jay Colby Rasmus finding a groove, you wonder if this is the team that can take out Kansas City (as long as they don't choke like last fall). I love the Jays, but there's something charming about these wildcard heroes.

# Need a boost? Try cleansing

By **OLIVIA ADAMS**

With the semester winding down and healthy eating as well as exercise taking a back seat to studying, one can start to feel the affects on physical and mental health.

April 22 will surely be a welcome day and why not celebrate summer with a vibrant and energetic self! Melt away the studying weight and sluggish mindset with this cleanse.

The Wild Rose Herbal Detox Whole Body Cleanse created by clinical herbalist Dr. Terry Willard, did wonders for me last fall. It is important to cleanse your body every fall and spring as it nourishes your body and mind. Cleansing neutralizes and removes toxins from the body that slowly

build up illness and disease.

A health supportive cleansing routine will result in some weight loss, mainly by removing toxins that have been building up and stored in the fat cells of our bodies.

Your skin will look and feel healthier and your mind is cleared of harmful and unnecessary thoughts that result from over indulging and addiction.

"Internal cleansing is considered to be the cornerstone of good health by many natural health care practitioners. Pollutants from the environment – found in the air, water and foods that we eat – as well as wastes produced from normal bodily processes, can tend to accumulate within the body and lead to a state

of congestion," Dr. Willard said.

The D-Tox kit contains four supplements/vitamins that you take throughout the day. The program does not restrict calorie intake or how much you eat in one sitting; however, you do need to give up the good stuff for the entirety of this cleanse. No alcohol or bread was the most difficult for myself. I recommend starting with a 12-day detox program.

The D-Tox kit can be found in many locations in Edmonton and area. I picked mine up at St. Albert Health Foods and it cost me \$50. Wait until you're done for the semester to start, as the first few days are awful. Days 1-3, I felt like I had a bad flu. I was achy, tired and felt like I was walk-

ing around in a haze. Upon waking up on Day 4 I felt wonderful. My mind felt as clear and crisp like when you walk out your front door after it has rained. My food and alcohol cravings had subsided and I didn't need my usual afternoon nap. Days 5-12, I was a completely different person. My anxiety was gone and my mood never subsided from happiness. I lost 10 pounds that I was able to keep off after my 12 days were over.

I craved fresh vegetables and fruit instead of chips and dip. I had the energy to get back into the exercise routine that I had abandoned. If you're looking to jump-start your healthy lifestyle again or for the first time, this cleanse will be your a trusted ally.

## MEN'S HOCKEY

# Undefeated to the end

By **FARYAL BASHIR**  
@faryal3

The NAIT men's hockey team finished a magnificent year without a loss, setting the bar high for many years to come for the program. Let's take a look at the season as a whole and reflect on how they were able to maintain their pace and strength to a perfect season.

The Oaks knew early on that this would be a special season and were set on defending the institute's title in ACAC men's hockey. The new season came with a new head coach, Mike Gabinet, replacing Serge Lajoie, who went on to become head coach for the U of A Golden Bears.

Gabinet came to the Oaks after playing nine years of professional hockey and had coached alongside Lajoie for three seasons. He quickly proved he was the right fit to guide this team to success after beating Lajoie's Golden Bears in exhibition play at the Brick Invitational Tournament, winning 4-3 in overtime after trailing 2-0 going into the third and then went on to win the tournament.

Perhaps you could say that Gabinet was destined to be a head coach; after all, he is the grandson of the 'dean of coaching' himself, Clare Drake. Fittingly, Gabinet won his first game as a head coach in the arena

named after his grandfather.

The Oaks continued their winning streak from then on, going perfect all the way to their ACAC championship victory. The team matched the 1984-1985 Oaks season and became the second Oaks team in their 51-year ACAC history to finish a perfect season. The 84-85 Oaks were coached by Perry Pearn, former NHL head coach and current assistant coach for the Vancouver Canucks.

"Our team was full of great character guys and early on our coaches instilled good habits in us and we were able to improve every week," reflected the fourth year captain, Scott Fellnermayr.

"We were the hardest working team and we all had confidence in each other," he said.



Photo by Jesse Kushneryk  
**Ook defenceman Tyler Yaworski celebrates a perfect season.**

This is a year in his collegiate hockey career that Fellnermayr will never forget. He won the Athletic Director Award for Excellence for being a strong ambassador and leader for the team, the athletic department and the institute as a whole. And that isn't just shown by the numbers he put up but by his leadership and sportsmanship throughout his four years. In the 30 games he played this season, he had 17 goals and 21 assists, placing him fourth in ACAC scoring.

His leadership rubbed off on his teammate, John Dunbar, as he became the leading scorer in the ACAC for the second year in a row and finished with 26 goals and 57 points on the year.

"It was an unforgettable season with

a very special group," the Calgary native said. Dunbar received the President's Award for Male Intercollegiate Athlete of the Year for the second year and received the MVP award for his team again to finish his college hockey career. He has signed with a professional team in France for next season.

With more than a quarter of the team graduating this year, recruiting fresh talent is something coach Gabinet will need to be vigilant about in the off season. Klarc Wilson is one of five rookies on the team. The Edmonton native played for the Western Hockey League for many years and came to realize that NAIT was the right fit for him.

"Best group of guys I've been around, never seen a team gel so well together and we were confident we would win every night." Klarc played 28 games and finished with 16 points in his first season with the Oaks.

Goaltending was a big part of the Oaks championship year. Kyle Birch, Kenny Cameron and Brendan Jensen were all part of the journey. Birch was in his fifth year and played nine games with the team. Brendan Jensen played three games but three good ones as he ended with a 0.955 save percentage. Kenny Cameron played the majority of the season with 21 starts and 1,244 minutes of ice time, finishing with 0.933 save percentage.

## WOMEN'S HOCKEY

# ACAC silver for the women

By **NATHAN SPENCE**

The NAIT women's hockey team had a roller-coaster season full of ups and downs. They started the season 3-10, had a 10-game winning streak and made an appearance in the ACAC final for the fourth straight year.

With a team full of rookies and a lack of veterans, it took the women some time to start firing on all cylinders. This year came as an opportunity for the younger players to get accustomed to their new environment and head coach Deanna Martin's systems. Their big wake-up call came at the halfway mark of the season, when they realized that if they continued to play the way they had been, they would not make the playoffs. That was clearly what clicked with the players as they only suffered one more regulation loss and finished second in the ACAC with a record of 13-8-3.

In the playoffs, the Oaks faced off against their crosstown rivals, the MacEwan Griffins. In the first game, NAIT hammered the Griffins for a 6-2 win and a 1-0 lead in the best-of-five quarter final series.

However, the second game turned into a defensive showdown. There were no goals scored until midway through the second. The Oaks got on board with a greasy one from Montana Kitt, after she battled behind the net and tried to make a centring pass out front, but

the puck banged off the Griffins' goalie's legs. The Oaks went on to score two more goals and carried a 3-1 lead into the final five minutes.

Though the Oaks were up by a pair, the Griffins pulled their goalie with just under five minutes to go and put on relentless pressure. Stellar goaltending by Ook Tehnille Gard and great defensive play helped the Oaks lock down the game and clinch their fourth straight berth to the finals.

The best and most intense game of the women's season unfortunately came in what would end up being their final one. The Oaks were down 2-1 in their best-of-five final series against the Red Deer College Queens. After the Queens jumped out to a 2-0 lead in the first period, it looked as though it was going to be a blowout loss for the Oaks, which was absolutely not the way they wanted to end their season on home ice. Things started to turn around when early in the second period, Ook Carlin Boey wired a shot into the net on the power play and closed the deficit to one. The Oaks scored two more in the next five minutes and went ahead 3-2, which almost blew the roof off NAIT Arena. Late in the third period, the Queens pulled their goalie for the extra attacker. A Queens defenceman fired a point shot through traffic that banged off a couple of bodies and found the back

of the net to tie things up at three with only 15 seconds to play. The resulting 10-minute overtime period was not enough to settle the game but about five minutes into the second OT, the Queens fired a knuckler on net that squeezed through Gard's five hole and just barely crossed the line.

NAIT's reign as three-time ACAC champions had come to an end. Although it was not the result they were hoping for, Ook rookie Kendra Hanson said it was still one of the best

games she had ever been a part of.

"We made a huge comeback and fought like hell and I'm sure we had the whole crowd standing on their toes. I've never felt so much adrenaline before."

Unfortunately you can't win the championship every year but this season showed what a team is capable of if they stick together, buy into the system and play for each other. A silver medal is a huge feat for a young team.



Photo by Jesse Kushneryk  
**Ooks forward Breanna Frasca takes a shot during playoff action.**

**BASKETBALL**

# Men the best in the land!

By **MIA SIMON**

Now that the 2015-2016 ACAC and CCAA season has come to an end, it's time to reflect on the record-breaking seasons that both the men's and women's basketball team had.

For the men, it was an ACAC and a national championship and the women managed a first in the ACAC playoffs and then went on to a highest-ever bronze finish at the nationals.

The men began their improbable journey to the top of the college ranks by finishing second in the ACAC North division with an 18-6 record.

They then went to Olds College for the ACAC championships where Ooks rookie guard Jackson Jacob was selected to the North All-Conference team.

They won the quarter final 99-81 against the host Olds College Broncos. Ooks Connor Dolson dropped buckets and finished with 19 points, while Player of the Game Jacob scored 28 points.

The squad then battled it out against the Red Deer Kings and managed to get the big 99-94 win and moved on to the final, in which they pulled out a gritty 71-69 win over the Medicine Hat Rattlers to take the championship.

Tournament MVP Jacob finished with 36 points, four rebounds and five assists

in the championship game, as the Ooks advanced to the nationals, hosted by Keyano College in Fort McMurray.

In the opener, NAIT took on the fourth-place seed Mohawk Mountaineers. The Ooks won 85-84 with stellar performances by Player of the Game Adrian Curtis (22 points) and Jackson Jacob (18 points).

During the semifinal, fifth-year Ooks Connor Dolson drained numerous three pointers to defeat the No. 1 seed Vancouver University Island Mariners 87-82. The defending CCAA champion Humber Hawks were next and, when the final buzzer sounded, the scoreboard read 79-74 in favour of the Ooks as the players flooded centre court and embraced.

"It's a dream come true. It is finally here," said Jacob, holding back tears. "All the hard work paid off. Coach had us prepared for every game like he always does."

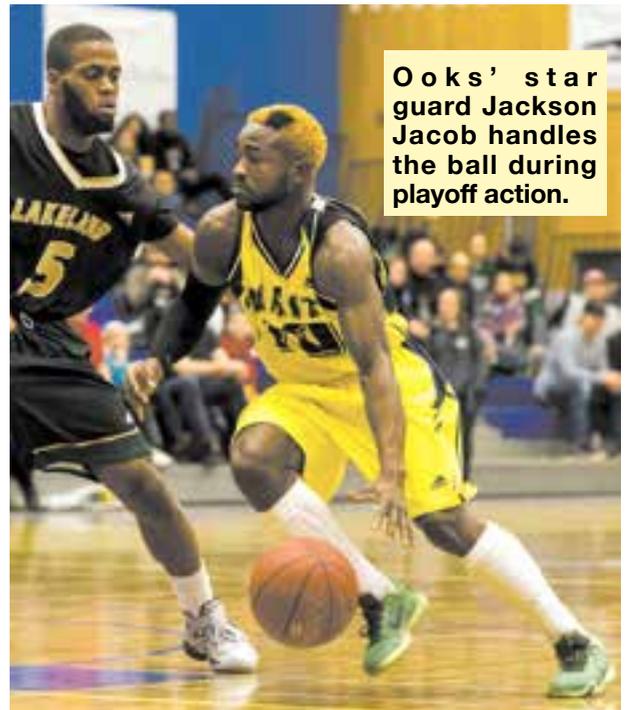
With the win, head coach Mike Connolly earned his first national gold medal. Jacob was named MVP of the CCAA championship.

Meanwhile, the women, who finished their regular season with a 20-4 record, good for second in the ACAC North, moved on to the provincials March 3-5 at Lakeland College. Shea-lynn Noyes and Torey Hill were named to the North All-

Conference team.

In their first game, the Ooks dictated the pace of their quarter final matchup against the Medicine Hat Rattlers en route to a 91-54 victory. For the semifinal, the Ooks pulled off the biggest upset of the tournament, knocking off the top ranked team in Canadian national rankings, the Lethbridge College Kodiaks, 72-69 and advanced to the provincial championship game. The Ooks prevailed in a thrilling 69-66 victory over the St. Mary's Lightning. Ooks Malesha Petteerson scored 18 points and tournament MVP Torey Hill scored 17, as the Ooks moved on to the nationals, March 17-19.

They opened the CCAA championship with a lopsided victory over Vancouver Island University in Windsor, Ontario. The following game, the Ooks fell 78-58 to the second-ranked Humber College Hawks. But the Ooks did not go down without a fight and knocked Montmorency out of the



**Ooks' star guard Jackson Jacob handles the ball during playoff action.**

Photo by Jesse Kushneryk

tournament in the bronze medal semifinal with a 65-57 win.

Ooks Torey Hill, named player of the game, recorded a double-double by halftime and finished with 29 points, 15 rebounds and a pair of blocked shots and steals.

Both the ACAC championship and the CCAA national bronze were firsts for the NAIT women's basketball program.

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- 6 | FLASH MOB YOGA
- 7 | ALL YOU NEED IS LOVE TRADESHOW
- 11 | PATRICIA FOOD EVENT
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# ENTERTAINMENT

## Nothing lasts forever



By **JOEL LECKIE**  
Entertainment Editor

Now is the time we get to say goodbye to all our new friends. In less than two weeks, if you have not already established a lasting friendship, there is a good chance you'll never see someone again. People graduate, they change programs, they drop out, they transfer to another institution. Because people come together from all over the globe, there is no guarantee of even crossing paths again.

With our new digital age, there are a number of social media apps that try to alleviate the concerns over friendship drift. When you don't see someone every day, it's really easy to forget they even exist. Out of sight, out of mind, so they say. But even with social media, it isn't really enough. There aren't any major conversations at random, as in

before class. There isn't as much motivation to get together with people for activities.

Is there really anything we can do about it? Any way to make the status quo? Not really. Maybe for a few people some lasting friendships will be made. But for the rest of us, there are other places to move on to. We'll be going to new jobs and meeting people there. We might have different schools to go to, maybe even go home or go somewhere new.

Social relationships seem so fleeting. We come together with a single common interest and, just as suddenly, everything changes. It's plain to see that everything is temporary. Jobs, electronics, people – we have a fluid culture. Try as we might, there is no way to freeze the good times. They become memories. With every new day we make new memories with new people.

But don't despair; it doesn't mean that it's a bad thing. It doesn't mean that society as a whole is slipping away, it's simply a fact. We go about our lives, doing what we do. Future and past are kept separate, apart from the experiences that shape our interactions.

But on the other side, perhaps there are relationships that can be taken further than the four months of brief in-class time and occasional group projects. For some, I'm sure there are people we call friends in school who will continue being friends far and beyond. We can meet them regularly, share a drink, play a game, shoot the breeze. It

can last for many years to come, even into old age.

So do what you will with it. We are here now, but gone tomorrow. Nobody is perfect and nothing lasts forever. But if you should be so inclined, take a hold of what you can and maintain it. You never know what the future will hold. At some point, we must say goodbye. So farewell and enjoy and remember to keep your head up as life can change at any moment.



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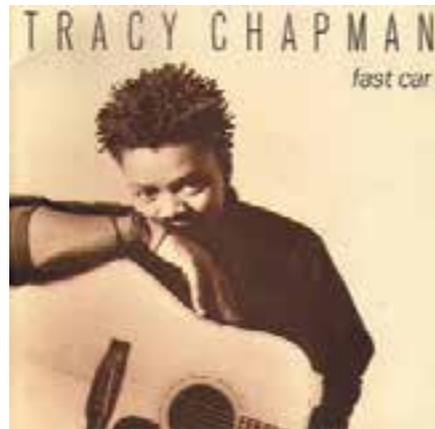


By **BRENDAN CHALIFOUR**

Life can get busy with the many meetings, classes, and time spent with friends. At the end of a long and exhausting day, I like to wrap it all up with some great music. With this next playlist, try to reflect on your day and get lost in these lyrics from the '70s to today:

- Ophelia – The Lumineers
- Fast Car – Tracy Chapman
- Whispers – Passenger
- Lover Come Back – City and Colour
- Angela – The Lumineers
- The Park – Feist
- Fuel for Fire – M. Ward
- Northern Sky – Nick Drake
- Youth – Daughter

- You're The One That I Want – Angus & Julia Stone
- Broken Glass – Jack Savoretti
- Lisa Sawyer – Leon Bridges



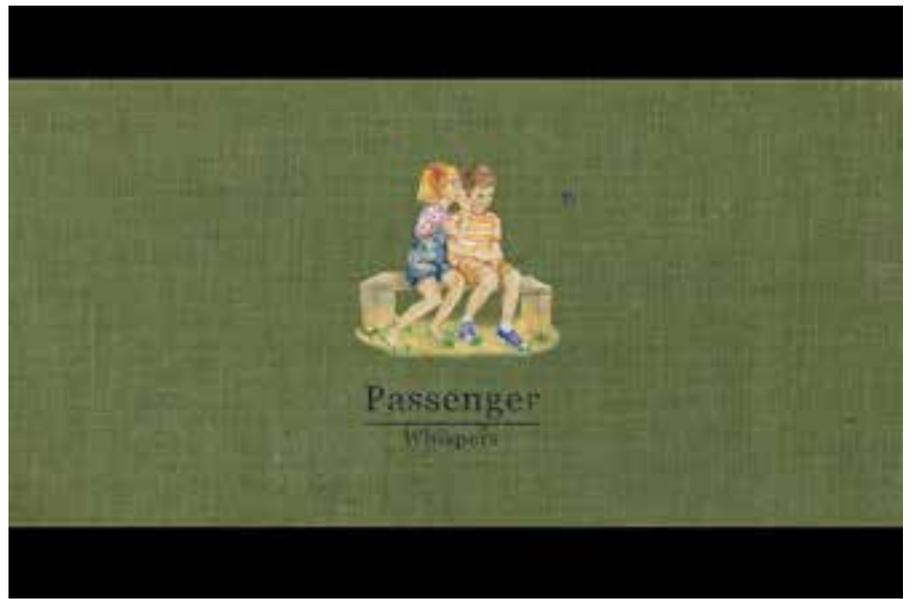
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NIRBHIK SINGH

# What are your summer plans?



"I am going to work full time this summer at Starbucks and try to study part-time in school. I also plan to go on vacations with my family."

**Baldwin Kah**  
Digital Media and IT



"This is my final semester in school so I am very happy that I am graduating. I am going to find a full-time job with a software development company this summer and I will visit Hong Kong."

**Hubert Lin**  
Digital Media and IT



"I am graduating from the program, so I will look for full time job this summer. I am happy that I am graduating. I will go camping with friends and family this year."

**Kaela Raimundo**  
Digital Media and IT



"I am going to work full time and go for vacations with my family on a cruise ship. My dad is coming back from abroad, so we will be going to enjoy a visit."

**James Joseph**  
Digital Media and IT



"I am going to work in my parents' office. They have their own business and it is my very first time working with them. Also, I will go to movies with my friends and family."

**Kobe Tuastombon**  
Digital Media and IT

# My Top 10 movies of 2015

By JOSH RYAN

Each year, it feels like we wail about how crappy Hollywood has become and how few truly great films there are every 12 months. And yet, when we go about making our Top 10 lists, we're pleasantly surprised that there were far more quality flicks than we had previously thought. The past year (2015) was no exception.

Following is my take on the top 10 films of the year. This list is based on three factors: box office success, critical reception and my own opinion. If you don't agree, well, tough.

## 10. *Ex Machina*

A stylized sci-fi flick with a lot of interesting themes and creative cinematography. All three of the lead actors (Domhnall Gleeson, Supporting Actress winner Alicia Vikander and Oscar Isaac) are fast becoming household names.

## 9. *Creed*

Instead of a greedy excuse to capitalize on fandom, this sequel-spinoff to the Rocky franchise is the best sports film since *Warrior* (great movie btw). Michael B. Jordan continues to live up to the hype he's received since *Friday Night Lights* finished its run and Sly Stallone should've won the

Oscar for best supporting actor.

## 8. *Sicario*

It's tragic that this action thriller about federal agents going after a Mexican drug cartel received so little attention at awards season. Very hard watch but magnificently shot and brilliantly acted, especially Benicio Del Toro. A sequel is on its way.

## 7. *The Revenant*

While I didn't love the film that finally got Leo his Oscar, it's still a marvel aesthetically. Some of the best cinematography ever, like ever and a showcase on creating heart-stopping action sequences. Great acting as well, from the supporting cast just as much as Leo, #TomHardy.

## 6. *Room*

Harrowing story about a young mom and her son trapped in a small space. It's a fascinating look at people trying to make sense out of devastating events. A lot of Canadian content, as the child actor Jacob Tremblay is a Canuck and filming took place in Toronto.

## 5. *The Martian*

Who knew a movie about an astronaut stranded on Mars could be so entertaining? Ridley Scott's best film in years was a smashing success, with audiences and crit-

ics alike. This marks three mainstream successes about astronauts in space over the last couple of years, along with *Gravity* and *Interstellar*.

## 4. *Star Wars: Episode Seven – The Force Awakens*

The cinematic event of the year, no question. While there were a couple things I didn't like, namely the botching of a major emotional scene in the finale, this still helps to take away the sting of the prequels (though I've learned over the years they're not quite as terrible as we remember). P.S. there's a pair of fun cameos from Simon Pegg (Scotty from the new *Star Trek*) and Daniel Craig (James Bond). Can you find them?

## 3. *Spotlight*

What I loved most about this film's telling of the Boston journalism team that blew open the child sex abuse scandal with the Catholic Church, was how delicately they told this story. They don't make the film to burn Catholics at the stake, rather, they showcase pure journalism in its search for truth, while still shining a light on the atrocities that occurred. I'm really glad this film won over flicks like *The Revenant* and *The Big Short* ...

## 2. *Mad Max: Fury Road*

Though it wasn't the best film nominated, I think it's one that will, more than anything else in 2015, stand the test of time as something unique and special. It's one of the few films that leaves you exhausted at the end but in a good way. An incredible blend of music, stylized cinematography and eye popping colour. Best action film of the decade thus far.

## 1. *Inside Out*

As great as *Mad Max* is, this is still the best film I saw last year. The idea of emotions inside a girl's mind, guiding her every move, is brilliant enough but this film went so much farther with its storytelling and character development than I could've thought. It alternates between hilarious and sad so often, it's the closest thing to an emotional roller coaster. It's the only film I've seen with males in their 20s where everyone was fighting back tears.

There's my Top 10 from 2015, what's to look forward to in 2016? *Captain America: Civil War* could be the summer smash, but I think the *Star Wars* spin off *Rogue One* could top it. Happy movie watching, everyone.

## CARTOON REVIEW

# Sci-fi, lots of sex and Chode

By JOEL SEMCHUK

Sex. Sex, sex, sex. Now that I have your attention, how about: *Tripping the Rift*? That's pretty much all this cartoon is: sex ... and science fiction and a big blob named Chode.

Chode runs a rag-tag group of smugglers. I'll get to his crew in a minute but whenever you mention *Tripping the Rift* to anyone who knows about it, the first thing they say is, "Six!" Yes, Six. Her name is a play on Seven of Nine from *Star Trek* and it's just one of hundreds of subtle allusions to popular sci-fi. On that note, the show (including the opening credits) is a veritable garden of nerd-eggs, to be spotted through the marijuana smoke and raved about online.

## A cyborg

Perhaps more in tune with the show, Six's name sounds remarkably like sex. She is a cyborg that was originally designed as a sex slave. Chode stole her from his antagonist Capt. Adam Francis Shatner (again, the name) but the two have been known to work together or, at least, blackmail each other occasionally. Six was upgraded and now is the science officer but she's still more or less Chode's concubine and she's used often to seduce people for Chode's needs.

From that, there's the ship's robot, Gus. Gus is openly gay but still in denial and his world is all about science-fiction robotic sex toys and innocent innuendo. Chode's nephew, Whip, is a prepubescent ball of hormones and T'Nuk is a cow-like being who is more or less there for the highly sexualized crew to make fun of. This all adds up to super-sexual space adventures.

## Released in 2004

*Tripping the Rift* was released in 2004, right when nerd culture was pulling itself out of the basement that the rest of the world had pushed it into. This show proved that science fiction didn't all have to be about ontological comparisons of culture and sociology. There didn't have to be a message or a hero, it could just be a bunch of smugglers flying around the universe getting into trouble and hooking



www.ipetitions.com

up. Also, no one ever thought of science fiction as being a platform for comedy and *Tripping the Rift* changed all of that. Unfortunately, there wasn't enough of an audience at the time to enjoy a new presentation of an age-old genre, so American networks stopped airing the show.

Thank goodness for Canada's Space and Teletoon networks: *Tripping the Rift* was allowed a rare (for Canada) three seasons and even, wait for it ... a straight-to-DVD movie! The movie and all three seasons manage to keep the sexualized nature of the show alive and current.

So this is the last article I'm writing for the *Nugget*. If you're still reading this article, thank you! If you've read my articles throughout the year, thank you. And, thank you to the inspiring team of editors who kept these articles more or less identical to what I submitted. It's been a wonderful year dusting off my antediluvian nerd gear and arranging it all into these epistemological offerings and I hope you had as much fun with it all as I did. Thank you all, and have a wonderful summer.

## NETFLIX

# Commando – for study breaks

By JOSH RYAN

As we head to towards exams and all the "fun" this period entails, the temptation to procrastinate and put off the face-palming, stress eating and steady loss of sanity is great. TV shows are dangerous for this. With so much material to binge watch, it's important to choose a movie instead. This gives a sense of closure and is hard to follow up with continued screen watching. Even better is an unintentionally funny movie, a nice break from studying. To help you choose, I will give you one of the all-time classics when it comes to guilty movie pleasures and one of the definitive flicks on the Governor's filmography, *Commando*.

This classic from 1985 features Aaaahold as retired Delta Force operator Col. John Matrix, who spends his days going for ice cream with his daughter, a very young Alyssa Milano. A disgraced former

member of his old unit, along with mercenaries, kidnaps his daughter in an attempt to force Matrix to carry out a political assassination to get her back. Rather than a slow build of the man complying before eventually turning the tables on his enemies, *Commando* doesn't mess around, as Matrix goes on a video game-like rampage.

As you may have guessed from the description, this flick is not a good movie. Its plot is bare boned, the dialogue is corny and the set pieces are beyond ridiculous. Sequences where Matrix stands in one spot, shooting hundreds of bad guys who themselves can't hit the broadside of a barn



Arnold Schwarzenegger

are as unrealistic as almost anything in the *Fast and Furious* franchise. He also manages this pin-point accuracy while firing from the hip, a hilarious trend in '80s movies.

Even the music choices are terrible. There's a scene in which Schwarzenegger lands on a beach and gears up with guns and explosives, set to fist-pumping action tunes. As soon as the violence commences, the music disappears and you're left with the constant firing of the hero's heavy duty machine gun. It's very much a crazier, more cartoonish version of *Rambo 2*. The difference here is that Arnold is a much, much, much worse actor.

Not for one second is this film ever unwatchable, though. The run time is short, the pacing is quick and not one moment is ever too serious. Several of Arnold's greatest one-liners are also in here, such as "Don't disturb my friend, he's 'dead' tired" and "I eat Green Beret's for breakfast. And right now, I'm hungry!" The side characters all serve their purpose, especially Australian actor Vernon Wells as his former squad member turned mercenary. When he goes nuts, it's one of the funniest moments during a fight scene you'll ever see.

When you make it from the start of the film to the end, it's basically like gorging on a bag of super buttery popcorn, except it's a smaller bag, so you don't leave the theatre bloated. If you like Schwarzenegger, this is must see entertainment, but even if you don't this is something that's very easy to laugh at. Happy studying.



Supplied photo

### PING PONG CHAMP

Instrumentation Engineering Technology student Nadeem Ahmad shows off the award he won in the NR92 Ping Pong Kings Court Championship at the HP Centre, Thursday April 7. The event was sponsored by NAIT Campus Recreation Services, NAIT Athletics and Monarch Transport. About 35 students participated. It was hosted by NR92 NAIT campus radio.

## RESTAURANT REVIEW

# BP's – nacherly!

By JENNIFER RAE

Nachos! Who doesn't love sitting on the patio drinking beer and sharing a huge platter of nachos with the gang? Well Boston Pizza has knocked it out of the park with their new and improved nacho platter.

I asked for the half order of the new regular nachos which cost \$15.99 and I loved the fact that they were loaded with spicy peppers, cheese sauce and cheese along with fresh tomatoes and lettuce. Very filling. They come with a choice of chorizo sausage, spiced ground beef, BBQ chicken or spicy chicken. We chose the chorizo sausage and, while it was tasty, it was not my first pick. The sausage was a little heavy in combination with the cheese sauce. This was a lot of nachos and I ended up taking half home, they ought to make a great breakfast.

The standard sides are tomato salsa and sour cream, for another \$3 you can get guacamole. The sour cream cut the heaviness of the chorizo but I didn't have the guacamole as that can be quite rich. I think the spicy chicken would have been a better choice than the chorizo sausage.

It is worth noting that the restaurant has launched another two nacho platters with cactus cut

chips. These are larger platters and when asked, the waitress described the cactus cut chips as thick-cut chips that are coated with a spice mix.

The service, as always at Boston Pizza, was fairly quick and the waitress was pleasant and courteous. She was also attentive, as I clumsily spilt my drink half way through the meal and she quickly noticed and came and cleaned it up. While she did not offer to refill the drink, at the end of the meal I noted that I had spilled over half my drink and she promptly offered to have it taken off the bill.

As usual, I enjoyed the food and the service was reliably timely. I always think that the menu has good deals for students but on the weekend they seem to have family specials. I would suggest going for their weekday \$10 lunch specials as these look very rounded and filling.



Photo by Jennifer Rae

## APP REVIEW

# This app is picture perfect

By NIRBHIK SINGH

Nowadays, almost everybody is a fan of mobile technology. A cell phone is not just for them to make and receive calls or text messages. It's become more than that. They have started entertaining themselves with their mobiles. People have started developing new habits day-by-day. Seeing the craze amongst selfie-addicted people, Android developers keep launching new photography apps and updating them with new styles and features.

One new photography app, launched with incredible response from the market, is called Photo Collage – InstaMag by top developer Fotoable, Inc. This app became the app of the month after being downloaded by 50 million people. It contains over 10,000 possible layouts in modern style and over 300 elegantly designed themes in magazine style. Users can create amazing-looking collages in seconds. You can manage filters and easily search through those frequently used. The updated edition was launched last month with a superb five out of five stars across the world. The current version 4.0.1 takes 43 MB of space and requires a minimum of Android 2.3.3 to run.

This app is especially recommended for entrepreneurs to help make profile pics, logos and product pics as part of their marketing strategy. They can use it for frequent updates on social media and with edits, too. The app never fails users,

working on time every time and has a lot of fun stuff the user can do to pictures. *Photo Collage* has the ability to cheer up dull pictures. It's very easy to use and adds great value to photos. I am always using this great application, adding it to the other great uses on my phone.

User friendly, *Photo Collage – InstaMag* lets you decorate your pics by applying fantastic filters and adding text in just a few seconds. You can make your life unforgettable and even happier with this app. You can



www.cutoutandkeep.net

combine photos into shareworthy grids with perfect design layouts for Instagram. These features are loads of fun and the application contains a powerful photo editor that lets you quickly achieve a professional or expert level, despite never having edited a photo before. There are many effects, stickers and features to apply to photos.

**Main Features:** *Photo Collage-InstaMag* has powerful image editing, more than 300 elegantly designed themes and 10,000-plus possible collage layouts in modern style. It has hundreds of tools, filters and effects in the photo editor, which is a comprehensive editing program. You can create an amazing looking photo grid in seconds with this photo editor. New collages are updated twice a week, including manga style, screentone and additional stickers. It comes with three powerful collage modes: magazine, music book and modern.

It's the best editor that I have encountered, with the best dramatic effects and creative ideas. You won't regret downloading this app and you don't have to buy things to add to its value. All you need is to just download all the features, which provide a lot of choices. It's an amazing app and an amazing way to share photos of loved ones. It's very handy for changing your pics into different models and especially useful if you like to keep your pics in music book.

**Negatives:** Not a single one I can think of. Smile on!

THE NUGGET PRESENTS:

# HOROSCOPES


**MADAME O**
**April 14-20**

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

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

Often, all that is needed is to start a project. Large tasks can look overwhelming but, once started, they create a momentum that will keep them moving. Keep focused on your end result and that momentum will continue in the right direction.

Lucky number: 6

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

Keep it simple and don't bite off

more than you can chew. Learning your limits can be difficult. However, this is necessary in order to learn what you need to know to expand those limits.

Lucky number: 18

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

More surprises are on the way for you. Take heart, change is a part of life and, though it is often dreaded, it is actually necessary for healthy growth.

Lucky number: 3

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

Relationships can test your patience. It may seem that the road is rocky just now but keep the faith and ride out the bumps and everything will work out for the best.

Lucky number: 10

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

It is the small things that count most over the next few weeks. Beware the details, for they can make a huge difference to the end result. Slowing down to double check will only ensure peace of mind and may well be the difference between success and failure.

Lucky number: 50

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

Waiting is part of life, so when others delay your plans make use of that time. Do some of the research you have been putting off or put the finishing touches on a long idle project.

Lucky number: 4

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

Something may not seem quite right and it will only make you ill at ease to focus on it. Do your due diligence to ensure that plans and relationships are on the right track and then let it go. This feeling may just be a sign that you are growing outside your comfort zone.

Lucky number: 1

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

Money matters are in the forefront now. Focus on being fiscally responsible; keep the wallet in the pocket as much as possible without being stingy. It can even benefit you to be generous ... within reason.

Lucky number: 42

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

It is sometimes difficult to be in a sincerely positive frame of mind.

Remember that when you are down on yourself or your life, simply changing the language you use can impact your energy. On a bad day, find one positive thing. For example, acknowledge the sunshine or purposely stop and give a friend a hug.

Lucky number: 67

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

Keep some cash aside for unexpected expenses. They may not show up but you will feel easier if you are prepared.

Lucky number: 8

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

There are times to let others lead and times to take the reins. Observe what the clues are that will inform your choices over the holidays. Work life will go that much smoother when the group sees that you are flexible.

Lucky number: 5

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

Now is the time to be aware of your reputation and avoid putting it at risk. Honesty, even when it seems difficult, will serve you well and show others the quality of your integrity.

Lucky number: 2

**LESSONS FROM THE FELT**

# Do what you love to do

**By KA CHUN YUNG**

No matter what your skill level is, most people enjoy playing poker because it's fun! Poker can be challenging, exciting, competitive, engaging and, if you're lucky, profitable. When amateur poker player Chris Moneymaker won the 2003 World Series of Poker Main Event, there was an explosion of poker. It appeared everywhere on television, hundreds of online poker sites began to pop up and casinos across North America started to offer more poker games and tournaments. Many people fell in love with the game and some of them have become very wealthy as a result.

The amount of money to enter a tournament has progressively increased over the years. When Moneymaker won, a buy-in of more than \$10,000 was rare. Today, super high roller tournaments with buy-ins as much as \$1 million have become more frequent. We are only talking about the money to enter a tournament!

Many of the professional poker players that participate in high roller tournaments would have never dreamed of playing such high stakes events when they first began.

These types of tournaments never existed when most of these guys began to play! Many started out by playing small stakes with friends or online. They didn't get to be in the position to play these events because they were wealthy business owners, they got there because they

relished playing and as a result put in the hard work necessary to become successful.

Mike McDonald was one of the many players that began playing during the time of the Moneymaker boom. He got started at a very young age and his passion for the

game is evident. He spent time studying the math. He watched training videos of other good players. He even sent an embarrassingly long e-mail asking WPT winner Steve-Paul Ambrose if he could visit and watch him play online. Steve said yes and began to mentor him. People would never do what Mike did unless they loved playing poker.

McDonald's joy for the game helped motivate him to become one of the best poker players in the world. He has won over \$12 million in tournaments and plays many high stakes events. He has become a well-respected and exceptionally successful player. The money he has won was not what first inspired him to become so good, it was his love of the game.

People who find happiness in what they do, will be eager to learn, study, discuss and work on their craft. Sure, some parts might not always be fun but they are willing to put in the time and effort to improve and get better. When you love what you do, the work isn't as difficult and it becomes easier to achieve things that you once never knew were possible.


**Mike McDonald**
[www.pokernews.com](http://www.pokernews.com)

# Managing your anxiety



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

If you have ever had a panic attack, you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, light-headedness, feeling unable to catch your breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. Anxiety can cause a pounding heart, sweating, stomach upset, shortness of breath, headaches and insomnia. Highly stressful times, like end of semester exams and projects can bring on anxiety or panic attacks in students who are susceptible. The good news is that managing high anxiety and panic attacks is possible. Here are some tips:

**Focus on breathing slowly and deeply.** Breathe in through your nose to the count of five, hold your breath and then exhale through your mouth for at least five counts. As you breathe, focus completely on your breath coming in and going out of your body. Try to draw your breath deep into your body. Do this at least five times. It can also be helpful to carry a balloon with you. Focusing on blowing up a balloon can prevent full-blown attacks. However, make sure never to let the air come out of the balloon into your mouth or the CO2 could make you feel dizzy.

## Poetry Corner

### Hello there again

It has been so long  
These years have just flown past us

Do you remember me?  
We used to be so close

I see you again and remember  
The laughs  
The fun  
It all comes rushing back

How have you been?  
It has been too long

By Brendan Chalifour

**Keep something with you that will immediately help you become grounded.**

Carry a pebble or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.

**Move your body.** During a panic attack, a lot of adrenaline is released. Shaking your hands and arms can provide immediate relief. A regular exercise routine helps reduce overall stress and anxiety. Many students find a brisk five to 10 minute walk before an exam or interview helpful.

**Never avoid situations out of fear of having a panic attack or becoming extremely anxious.** Avoiding gives the control to the panic or anxiety and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.

**Have a plan.** You shouldn't expect to have a panic attack, however, it is calming to have a plan for what you would do if you did have one. For example, being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted friends or classmates aware that you experience panic attacks can also be calming.

**Have supportive statements you can substitute for anxiety-producing thoughts.** When anxious feelings start up it is helpful to have a statement ready such as 'My thoughts are not helpful right now. Instead, I am going to focus on something supportive and healthy such as my cat playing with his ball.' or 'It is normal to feel anxious in this situation. When this is over I will be glad that I did it.'

**Maintain as regular a routine as possible.** Regular times and habits for going to bed and getting up, eating, exercising and other activities in your life can decrease overall stress.

**Read and talk about panic.** *From Panic to Power* by Lucinda Bassett and *Overcoming Anxiety* by Reneau Z. Peurifoy are two good resources. There is plenty of information online as well.

**Seek help.** See a counsellor to discuss other options to deal with stress and panic. Free and confidential counselling is available through NAIT Student Counselling.

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

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

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

Campus front office.

NAIT Student Counselling at Main Campus will remain open in July but will

be closed the first three weeks of August. Souch and Patricia campuses will be open until the end of June.

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)



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ANIME

# Seven Deadly Sins wins

By OLIVIA ADAMS

Thanks to Netflix, *The Seven Deadly Sins* is now available to stream in North America! This review does contain some minor spoilers, so be advised before continuing. *The Seven Deadly Sins* is a 24-episode action/adventure/fantasy anime based on the manga of the same name. It follows the story of Elizabeth Liones, princess of the Liones Kingdom which has been taken over by the venerable Holy Knights, who had supposedly saved the Kingdom from the Seven Deadly Sins, a group of knights originally in service to the Liones Kingdom that had supposedly plotted to overthrow the Liones family.

Seeking a way to save her kingdom, Elizabeth tracks down Meliodas, leader of the former Seven Deadly Sins, asking him to help free her kingdom from the Holy Knights and rescue her father. Meliodas and Hawk, a talking pig, join Elizabeth to save Liones Kingdom. But first, they're going to need help. And to Meliodas that means only one thing: It's time to get the Seven Deadly Sins back together.

It follows the *One Piece* train of

thought, gathering a team together and slowly but surely pulling in a growing cast of characters. It has every stereotype from the blood thirsty, badass Ban to the adorably cute but, immensely strong, Diane (my favourite character) and the princess Elizabeth. Unlike *One Piece*, which I've always felt shafts its female fighters, either putting them in situations where they need to be rescued or giving them battles that feel more like filler than necessary plot points, Taizai uses Diane very well, making her feel just as strong as the show claims her to be. However, when it comes to the non-combatant characters of the show, Elizabeth is used poorly. Throughout the show's run she remains a damsel in distress and it's only in the final moments of the story that she rises to any kind of significant importance, allowing our heroes to defeat their ultimate foe (for this plot line, anyway, the story is far from over!)

Because the anime followed the chapters of the manga so closely last year, we might see a second season come our way in 2016. A-1 Pictures studio has renewed the anime for a second



blackmannrobin.com

season and this is great news!

It is not yet known when Netflix will receive the new season as they delay updates in Canada. According to when-will.net on March 28, 2016, "A second season of the highly-rated anime series *The Seven Deadly Sins*, which was earlier announced by the production

studio, turned out to be a four-episode OVA. The OVA is slated to be released in August of this year. It is still unclear whether a full-sized second season will be produced."

Much like *Attack on Titan*, we will be patiently waiting for this anime's return.

# Rent for Less this Summer



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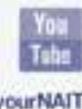
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