

THE NAIT NUGGET

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

STUDENT STARS

Achievements celebrated at NAITSA and athletic award banquets, pages 3, 4, 11



Photo by Ben Sim

SMILE FOR THE CAMERA!

The incoming NAIT Students' Association executives get together for a group selfie on Saturday April 2 at the annual NAITSA awards banquet at the Chateau Louis Hotel. They are, front to back, VP Academic, John Perozok; VP Student Services, Tamara Russell; President, Allannah Wrobel and VP External, Katie Spencer. The group takes office May 1.

NEWS & FEATURES

Sick? Take care of it!



NICOLAS BROWN
Issues Editor
@bruchev

It seems to be making the rounds across campus in the past few weeks – call it whatever you want; a flu, a cold, it is still some kind of illness. And that illness can significantly impact your performance in class, on your assignments and on your rapidly approaching exams.

I'm not going to claim medical expertise but, as students, we tend to forego many things in the struggle to maintain grades. So I'm going to discuss some of the things you should try to remember in these last few weeks of the academic term when facing stress and illness.

First, like all our mothers always said, get some rest! Lack of sleep and stress are a terrible combination that not only make it harder for you to retain important course information, it increases the likelihood that you do get sick. As much as you are tempted to stay up late to cram every last piece of textbook information into your brain, stop it! Getting a consistent amount of meaningful sleep every night will make a world of difference, believe me.

Now whether you are already coming down with something, or you want to prevent that from happening, the next step is to remember to eat properly in the next few weeks. I'm not saying forego the pizza and beer (if that happens to be your average sup-

per, the more power to you), but try to incorporate some healthy eating habits into your schedule. Eating a wholesome breakfast will help wake you up and get you through those morning classes, and will reduce the likelihood of you snacking on low energy snack foods throughout the day. Making sure you eat a relatively healthy lunch and supper will keep you energized throughout the day and your body will thank you for it.

If you do get sick – do something

about it! The worst thing you can do is try to “power through” an illness and not do anything about it. You also put your classmates at risk, by coming to class sick, since you're bringing whatever infectious bug you're dealing with onto campus with you. Yet we can't always skip classes, either. The best thing to do, though, is see your doctor as soon as possible. Even if you find out it's just a simple cold, at least you know what you're dealing with.

There's all kinds of different advice to deal with those common maladies we inevitably deal with every year, and as many theories debunked on how to deal with them. However, nothing does better than rest, good food and good hygiene.

So, as we're coming up on arguably the most stressful time of the year – rest up, eat healthy, and for god's sake, wash your hands! Now if you'll excuse me, I'm off to the doctor.



Photo by Jenny Lau

CAN WE TALK?

Frank Warren, creator of PostSecret, speaks to students last Monday at the Nest. Warren has been collecting people's private thoughts since 2005. He started the site as an experiment to provide a safe venue for people to share their secrets and now does speaking engagements about secrets in today's society and mental health.

Nugget Positions

The NAIT Nugget student newspaper 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



Photo by Ben Sim

DINNER WITH THE PRESIDENTS

Justin Nand, outgoing NAIT Students' Association president, left, gets together last Saturday with NAIT President Dr. Glenn Feltham and NAITSA Advocacy Director Jason Roth at the annual student awards banquet held at the Chateau Louis Hotel.

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

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Printing to go

By JENNIFER RAE

Have you sat in traffic on the way to school, fuming because the paper is due and you aren't going to have time to print it out before class? Those days may soon be behind you.

"A mobile print service is under construction and will soon be available to students," according to Steven Hood of the NAIT Print Solutions work unit, which is part of the Learning Teaching Commons. This innovation has been in the works for about a year now.

Other post secondary institutions already use this service. Also known by such trademarked names as FollowMe, Find-Me, Global Print and Personal Printing. Essentially the technology is called Pull Printing. The concept being that the user's print job is pulled to the user from a cloud or server. This allows flexibility and it is seen to cut down on wasted paper as the user has control over where the job is printed. The added advantage is the security. The job is not printed until the user

swipes their card or otherwise enters their information and therefore is not left sitting where others may accidentally pick it up.

NAIT has chosen to call it mobile printing since it encompasses the ability to print from a mobile device. Be it a smart phone, tablet or laptop, you will soon be able to send your documents to print while you are sitting in traffic, in class, or ultimately from home. Whether you choose to submit your document by downloading the mobile app or by accessing a webpage, your print job will go to the NAIT Follow-You print queue. The NAIT Follow-You print queue releases the document to whichever printer you swipe your student ID into. This sounds incredibly simple and students won't have to stress about waiting for a free computer just to print a document. How long the document will live in the NAIT Follow-You print queue is still in question.

Print Services is anticipating that this will be a service improvement to all students and will increase their options to print.

The mobile application and web submission page are still being developed, students will have to wait a few months for the service. It is anticipated that the NAIT Follow-You printing service will be in full operation by the fall of this year.

This service has been implemented in response to student concerns that computers are not always available. The computer commons are very busy and there is hope that being able to send to print from students' personal devices will alleviate the congestion.

Print Services has already established the Follow-You print option in the NAITSA computer commons and is looking forward to making it available campus wide. There are also some long-term plans to have this available for students to use from home.

Information is on the new website, nait.ca/printing and when the service is fully operational, students will be able to access instructions on that web page.

Letters

We want your views

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

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

We need to list your real name.

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



Photo by Ben Sim

OUTGOING NAITSA EXECUTIVES

This year's student executives get together on the stage at the NAIT Students' Association awards banquet at the Chateau Louis Hotel on Saturday April 2. They are, left to right, VP Student Services Michael MacComb, VP Academic Yang Yu, VP External Allannah Wrobel and President Justin Nand.



NAITSA SERVICE CENTRE

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

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

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

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

NAITSA SERVICE CENTRE

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ASK THE EDITORS

Why settle for just one opinion?

Summer is just around the corner and the Nugget team is getting excited! This week, we're sharing some of the ways we're planning to make the most of our summer break.

•••

Danielle Fuechtmann, Editor-in-Chief

Oh, the sweet promise of summer; slowing down, getting enough sleep, and spending some time on personal projects and learning some new skills. I'm hoping to make use of my Skillshare account and Lynda.com to learn some snazzy new things without adding to my usual workload. Also, my woefully neglected reading list!

I'm excited for summer at the farmers' market; spring and summer brings the promise of amazing fruits and vegetables. I look forward to fresh raspberries, garlic scapes, and more beautiful produce to choose from.

I'm also planning at least one road trip and (hopefully) a trip to Las Vegas with my best friend at the end of the summer. Usually, I am more of a stay-cation kind of gal, so this will be a fun getaway!

•••

Nicolas Brown, Issues Editor

When we wrap up classes for the year,

we all have something we look forward to. Whether it's working a full-time job to pay off some bills, or go on some adventures. For me, there's one thing I always look forward to every summer – horseback riding.

I don't normally get the chance to do many equine activities over the winter – that generally requires significantly more money than any student has. So summer-time is when I can get back into one of the activities I will probably never get tired of. Every year I volunteer with the Canadian Pony Club, which lets me help others enjoy equine activities, and gives me the opportunity to spend time with my horse and get a little bit back into shape!

•••

Bridgette Tsang, Sports Editor

The fact that we're talking about summer already is making me even more pumped to be finished school and sitting on my deck with a drink in my hand, soaking in the sun. But other than the lazy things that we all indulge in during the summer, it's also a good time to reflect on the school year that you had (good or bad), and to plan ahead for the new school year, job, or just how you're going to start your career. Sum-

mer is a great time to find an internship or a job close to what you are studying. It gives you that extra 'experience' employers are looking for and gives you ample time to improve your skills (communication, practical, etc) and get you set for whatever lies ahead.

•••

Joel Leckie, Entertainment Editor

Summer is great, with it's warm weather and long sunny days. To me, that means camping season. Taking a few weekends of the year to get away and enjoy nature. Technology is minimal (can't completely get away from the phone). It lets the demands of regular life disappear.

Most of my trips are with a good group of friends, all in camps. One buddy will bring a kitchen in a box and we will take turns making meals. The evenings are spent chilling out around a campfire, drinking mead, beer, or wine. With so many conflicting schedules, it's one of the few times we can catch up, tell stories, play games. It truly is the best part of summer. Something that is a lot tougher to do when you are bundled up, hiding from the cold.

**Connor O'Donovan
Assistant Entertainment Editor**

I've compiled a short list of things you need to do, see and experience this summer: warmth, sandals, shorts, t-shirts, shedding the T-shirt, tanning, getting tan lines, borrowing expensive sunscreen from your friends, swimming, Pembina river, Sylvan lake, Horseshoe lake, beaches, beach volleyball, beach soccer, patios, patio lanterns, mojitos, sangria, fish tacos, summer menus, citrus-flavoured beers, picnics, potato chips, barbeques, smokies, hot dogs, burgers, regular beers, frisbee, walking places, cycling, skate boarding, hiking, mountains, wildlife, road trips, camping, taking time off work to camp, fold out chairs, campfires, doucheey campfire guitar players, marshmallows, s'mores, tents, trailers, music festivals, food festivals, heritage festivals, rodeos, rodeo fairs, Hawrelak park, the river valley, "Summer Girls" by LFO, farmers' markets, fresh cherries and blueberries and peaches, buskers, iced cafe beverages, popsicles, ice cream, "Summer of '69" by Bryan Adams, Eskimo games, Prospects games, fireworks, friends, family, westbound country roads at sunset, sleeping under the stars and thunderstorms.

Graphic students by design

By BRENDAN CHALIFOUR

Branding and identity is such an important aspect of running an organization or business. It's what allows people to recognize you. That's why NAIT's Graphic Communications students engage with the community and help out those organizations that just might not be able to afford it. Every year, the program works with five different non profit or

community organizations, delivering custom branding and identity created by its very own up and coming design gurus and experts.

This year, students had the opportunity to work with the Alberta Aviation Museum, Flynn (NAIT's assisted therapy dog), First Responders Half Marathon and the All Saints Anglican Cathedral. With the Alberta Aviation Museum, students were invited to a hangar where they were presented with what the museum wanted and was looking for out of this experience. Student were able to engage with them and ask questions directly. All organizations get to present to the students and, from there, they just run with their ideas.

Each organization has one thing in common: they need a brand. While each organization's needs vary, students come up with ideas and designs for logos, business cards, letter head, brochures, posters, flags, T-shirts and much more! All of this is created by students, sometimes in

groups and sometimes individually.

Associate Chair Norm Peterson says the Graphic Communications program has been doing this for over 15 years and that students really enjoy it because it's hand on.

Often times in schools and in classrooms, students complete projects and follow instructor specifications but their work doesn't really go anywhere (other than their own flash drive). With these community projects, students' work is given a purpose. They are enabled to engage directly with real organizations and people in order to deliver amazing results to these non-profit and community organizations.

Another bonus is that some companies will actually sponsor or donate honoraria to these projects. This means that, in some cases, the winning design gets prize money or that money may go to output expenses such as printing a flag for the Alberta Aviation Museum. These community projects are essential, in

the same sense that NAIT is essential to Alberta. It is so important that this program gives students a way to engage and give back to their community.

Or, as Peterson put it, "We help out where we can."

These organizations benefit because they are gifted with a new brand and the students benefit, too, with this opportunity and real world experience. Community projects are done towards the end of the students eight-month program, which sets them up with a new unique portfolio piece and the confidence to hit the ground running.



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OPINION

— Editorial —

Tired of jerks online



DANIELLE S. FUECHTMANN
 Editor-in-Chief
 @ellie_sara

The Internet is a wonderful thing – it gives us unprecedented access to information, has enabled expansion of global networks and has provided ways for people to build new social groups and make connections with others.

But people on the Internet can be jerks.

While the Internet provides lots of opportunities to create safe spaces and bring together groups that may be marginalized or even just offer platforms for people to participate in other social groups, the relative anonymity makes it much easier to treat others poorly. After all, it's just an online comment, right?

Address inappropriate behaviour

We joke about flame wars or how we shouldn't read the comment section but why don't we address the fact that these behaviours are inappropriate? Most people would self-censor these behaviours in their daily lives. Most people wouldn't engage in a comments-section-worthy screaming match in a public forum as regularly as they do online! I'd argue that the Internet is a magnifier, allowing positive movements and connections to flourish while also allowing mean and hurtful actions to grow unchecked. After all, most penalties for unacceptable behaviour in online communities are easy to get around. It can be as easy as creating a new account.

It's so much easier to excuse your own bad behaviour online because, most often, you don't have to see the results of your actions. Some guys wouldn't think twice about sending unsolicited dick pics but they'd probably think a bit longer before flashing someone and risking charges. Entire forums exist where women gossip about popular bloggers and judge what they do and figure out personal details of their lives.

Consider other opinions

This kind of behaviour would be considered a troubling example of bullying but online it's just a fascinating click-bait forum. We often stop filtering what we say and forget to consider other opinions. Yes, that essay or article might go against what you think or that commenter might be completely wrong but you could probably have a better debate and exchange of ideas if you didn't write it in all-caps and sandwich it between a few slurs and profanity.

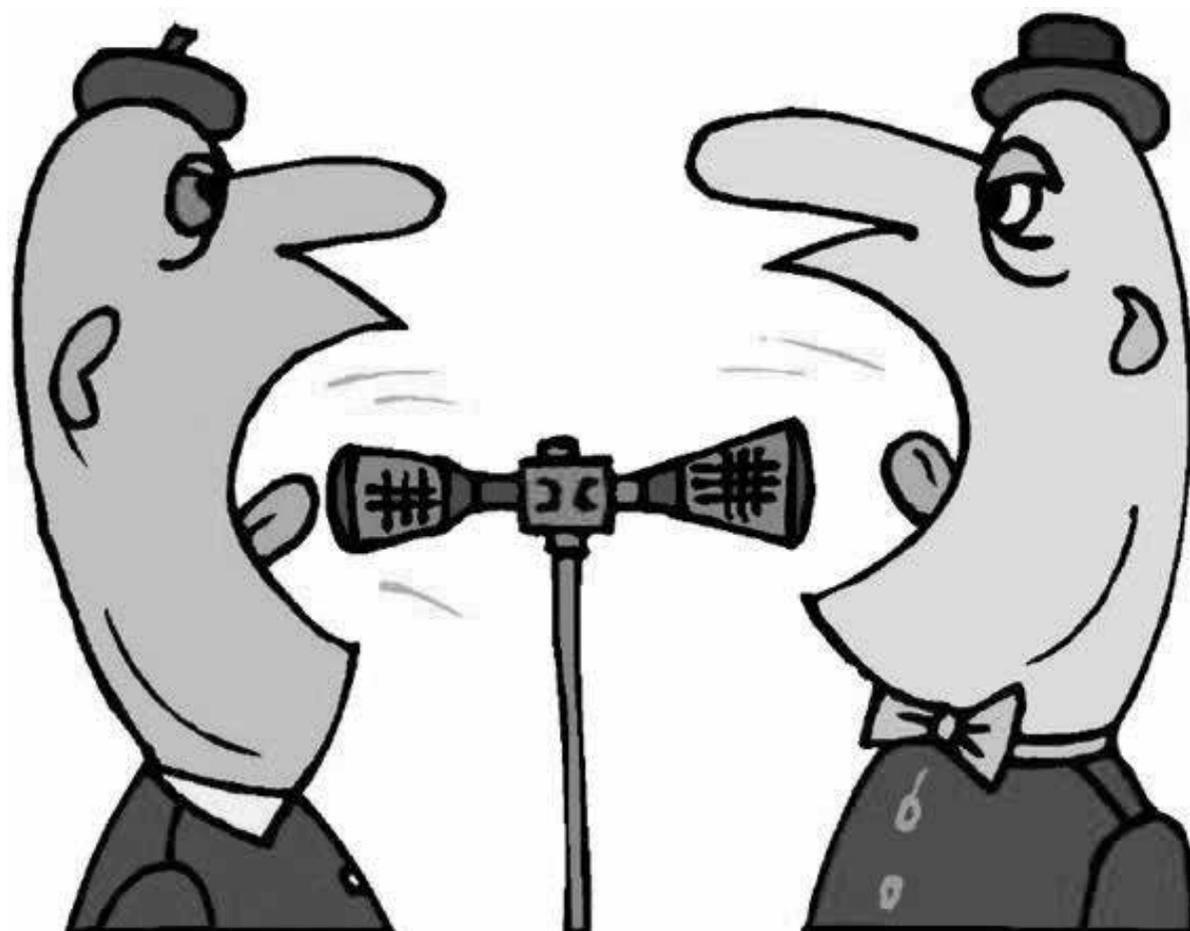
Even though the disconnect from other people can make it easy to forget that their experience of the situation is just as real as yours, it's essential to remember that they're experiencing your behaviour in a very real way. That unsolicited

dick pic is another time that young woman has to experience unwanted sexual advances (remember, just because someone has an online dating profile doesn't mean that they're inviting that kind of attention or that they'll automatically be interested in you). Those cruel comments on forums are visible to everyone, including the person being discussed; pulling up their personal information, doxxing them or digging into the lives of their family and friends is hurtful at the very least and can seriously put them in an unsafe situation. Those comment-section flamewars? Those make you look foolish and impulsive while only exacerbating problems.

We have so many opportunities online to lift each other up

and build stronger communities if we don't fall into the easy trap of being jerks online! Next time you feel the siren song of the comment section, resist or be critical about what you're going to say. Does it add positive value to the conversation? Swiping away on Tinder? Rather than be mean to the fat chick who's totally not worth your time, just swipe left until you find someone you do find attractive. Hate-reading a blog? Instead of going onto a forum to tear their crappy post and life decisions apart, close the tab and find something else to read.

The Internet is a massive, beautiful thing. I wish more people would remember that there are real people, with real feelings, behind every username.



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SPORTS

Oil's decade of futility



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

It's never a good feeling to lose, especially as a team. You feel frustrated, angry and even a bit of remorse that you didn't step up enough. This is an all too familiar theme with the Edmonton Oilers. It has been a decade since the Oil have made the playoffs. I was just entering my teens the last time they were in it and I'm now in my 20s (wow, I think I just aged myself a little there.) Since the Oilers last made the playoffs, so many things have happened! We hadn't seen an Oilers playoff game in HD, no one could Tweet about the Oilers yet, there was no fear that embarrassing photos of post game partying on Whyte Avenue would be posted on Facebook, the Toronto Maple Leafs made the playoffs, Ryan Smyth got traded away, then came back and retired in that time and Jordan Eberle hadn't yet learned how to shave.

But really, to put it into perspective, the Oilers have fired four head coaches, won three lotteries and picked three first overalls, hired back the first coach to replace the last GM and are about to tank another season in their last hoorah at the 'Coliseum.' Tanking can only do so much for a team before it becomes a joke. The Oilers have seen this storyline play out too many times in since 2006 and any brief glimpse of hope has been quickly squashed by disappointment. What is wrong with the Oilers? Many fans have wondered about that and have been thinking of scenarios and trades they hoped to see. But they never



edmontonjournal.com

Oilers Justin Schultz, Jordan Eberle, Ryan Nugent-Hopkins and Taylor Hall celebrate a goal.

envisioned that with the likes of Connor McDavid, Taylor Hall, Jordan Eberle, Nail Yakupov, and Ryan Nugent-Hopkins that the team would still be dead last in the league.

But is this really tanking or just another season playing out for them because the excuse of 'rebuilding' this team is no longer valid? Perhaps we leave it to fellow Albertan and long time NHLer Shane Doan to solve the problem of this so called tanking.

"The day you're mathematically eliminated, you start accumulating points. When you get to the end of the year, whoever's accumulated the most points gets the first overall pick," Shane Doan told AZ Central Sports' Sarah McLellan.

Could it solve the problem? Would it make the Oilers less-than-impressive season more impressive because of how they finished after they were mathematically eliminated? It would definitely allow teams out of the playoff race to bring up young talent in order to get the first overall pick in the draft. What's more, watching your team battle it out for the first overall pick is way better than hoping they lose every game in order to land that pick because no one likes watching sloppy hockey.

Doan has a point and it would definitely make watching an Oilers game more interesting if we could fight for the first overall instead being on the losing end of the stick.

FITNESS

Aim for 10,000 steps a day

By **OLIVIA ADAMS**

You may have heard the general recommendation to walk 10,000 steps per day. Your Fitbit, for example, defaults your steps to 10,000 a day as your goal. And while this may not be the first time you've heard that goal, it might be more meaningful, and motivating, to understand its origin.

The Japanese first started using the 10,000 steps a day number as part of a marketing campaign to help sell pedometers during the 1964 Tokyo Olympics. Pedometers became all the rage in the country as Olympic fever swept through Japanese society. One company came out with a device called a manpo-kei, which means "10,000 step meter." Since the initial cam-

campaign however, health experts around the world have agreed that 10,000 steps a day is a healthy number to strive for. 10,000 steps a day is roughly equivalent to 30 minutes of activity a day. It should be enough to reduce your risk for disease and help you lead a longer, healthier life. The benefits of obtaining your daily steps goal include: lower BMI, reduced waist size, reduced risk for Type II diabetes and heart disease and increased energy!

Wearing a pedometer or fitness tracker is an easy way to track your steps each day. Start by wearing your pedometer every day for one week. Put it on when you get up in the morning and wear it until bed. If you choose to wear a pedometer, record you

daily steps in a log or notebook. Most fitness trackers will record your steps on an app on your phone. By the end of the week, you'll know your average steps. You might be surprised how many, or how few, steps you take each day.

There are many ways to increase daily steps. Here are a few suggestions that I had used to up my count:

- Take your dog for at least a half an hour walk.
- Park your vehicle a block from NAIT and walk to your class.
- Take the stairs whenever they are accessible.
- Every commercial break, do a lap around the inside of your residence.

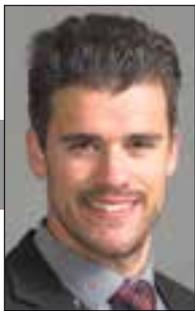
- Ask your family or friends to go on a walk in the River Valley.

- Go window shopping at West Edmonton Mall and lap the mall three times.

Continue to track your daily steps and keep notes on how you feel, how your body is improving, or other changes you are making to improve your health. Taking the first step, no pun intended, of 10,000 steps a day is a great starting point for anyone trying to change their lifestyle. As any student can relate to, time and energy are a huge factor in choosing not to exercise. Another reason to do it? It's convenient, free and simple so committing to small changes in your everyday schedule will allow you to succeed in your step goals!

Keeping Score

Rate the rematches



JOSH RYAN
@JoshRyanSports

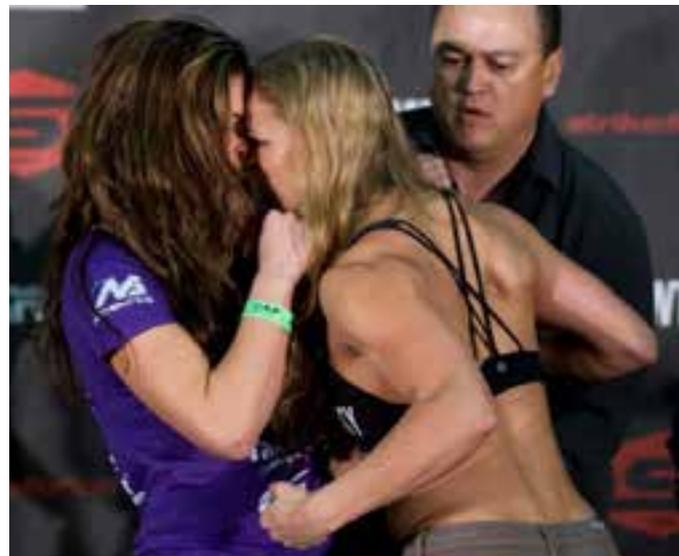
We've got two juicy rematches to look forward to with Ronda Rousey facing off for the third time against Miesha Tate and Conor McGregor getting a shot at redemption against Nate Diaz. Both are guaranteed to bring plenty of attention for the UFC, from the prefight to the actual event. McGregor-Diaz will probably generate more soundbites on TV but I can't wait for Rousey-Tate.

Think about how this one is set up. Those two fighters have plenty of history, from competition, as well as the ultimate fighter show. Plenty of bad blood, plenty of trash-talk. Rousey, of course, dominated Tate in each of their meetings, but that dynamic somewhat changes with the recent upset of Holly Holm. Few picked Tate to win against the woman who destroyed Ronda Rousey, but now she stands ready to take on her rival for a third time.

Just how will Rousey come out? There are plenty of pundits who stated that she wasn't sharp, possibly due to the amount of time she spent outside of training, whether it be talk show appearances or filming movies. Now she's beared down and spent more time in the

gym. Will she be proven to be something of a one hit wonder, unable to repeat the success she held previously, or will the most dominant female athlete in the world return to form?

The bravado of McGregor is certainly entertaining, but he's still not the face for the UFC that Rousey is. She's become one of the most famous athletes in the world and has anchored the sport since GSP left. That fight may well be a better fight, I'm less interested in whether McGregor can manage against a heavier opponent than if Rousey returns to glory. People forget that McGregor has moved up a few weight classes and that creates a unique challenge for the witty Brit. Rousey could start up another dominant run or fade into obscurity with another loss. That's more intriguing.



Miesha Tate and Ronda Rousey go head to head.



ZANE TOMICH

Conor McGregor is already inching for a chance to have a rematch against Nate Diaz. After a dramatic victory that saw Diaz beat the Irishman Conor McGregor by submission in the second round of UFC

brought this fight to a point of high excitement and entertainment. Bad blood between these two fighters makes for an intriguing theme for a rematch bout. McGregor wants revenge, Diaz has to defend his honor, what a terrific headline. What makes things even more interesting is the fact that McGregor went up in weight class in order to fight Diaz. The Irish fighter adds a tremendous amount of flavour and spice to a rematch fight. Everyone will be expecting a clash of titans because these two fighters absolutely hate each other.

Interestingly, a rematch fight will probably be even more successful in terms of UFC reputation and the high amount of revenue that will be made from viewers watching or attending the fight. A rematch has unlimited potential for success and excitement. This fight could blow away the laughable hugging match we saw in the Floyd Mayweather and Manny Pacquiao super boxing fight. A rematch between McGregor and Diaz is much more appealing than seeing Ronda Rousey take on Miesha Tate.

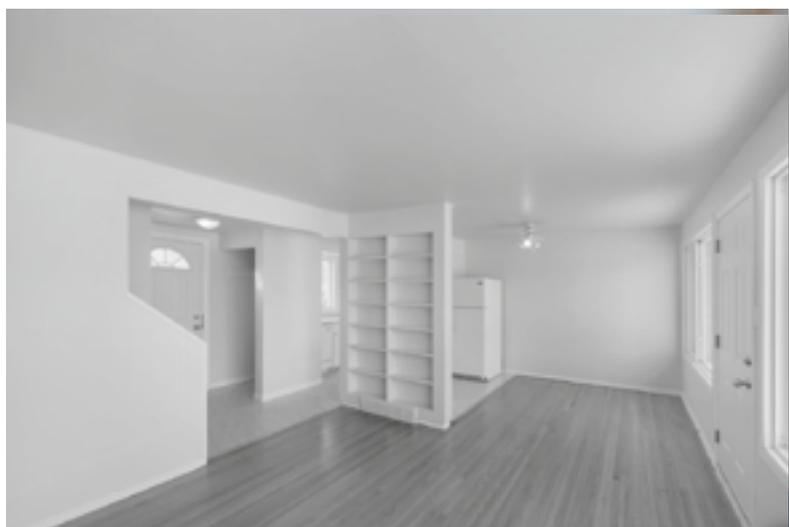
When it comes to publicity, there is much more potential with McGregor and Diaz, especially with the negativity they have towards each other.

Rousey simply has to fight someone she has no history with so its really just a regular fight between two ordinary fighters with no emotional ties.

McGregor and Diaz will be more interesting.

196. A shocking upset to say the least. 19-3 McGregor and his cocky mantra were bested by the 19-10 Diaz. As soon as the fight was over, a rematch was already brought up and McGregor himself even assured fans it will most definitely be happening.

The beef between McGregor and Diaz really



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Athlete of the week

March 21-27

Karynn Flory
Curling

Karynn skipped the NAIT Oaks women's curling team to a Bronze medal on the weekend of March 25-26 at the Canadian Collegiate Athletic Association national championships in London, Ontario, hosted by Fanshawe College.



After winning bronze at the Alberta Colleges Athletic Conference (ACAC) championships, Karynn led her team to a 5-2 round-robin record at the Nationals, which included a game where she drew to the button in the final end, stealing a win from Red Deer College. The Oaks earned a spot in the two vs. three semi-final against the host team Fanshawe Falcons but gave up a couple of three-point ends and fell 7-2 to the Falcons and took home the bronze medal. "Karynn had an outstanding season," said head coach Jules Owchar. "She is a very

steady player and would always have her team ready to play after a loss. I am very proud of the girls winning both the ACAC and CCAA bronze medals." Karynn is a fourth year Bachelor of Business Administration student from St. Albert.

Player profile



Player: Sebastian Cava

Sport: Basketball

Program: Business

By MIA SIMON

1. What inspired you to start playing basketball? I started playing soccer when I was a kid and that was my first love, but after watching my mom play basketball, it motivated me to start playing and I fell in love with the game right away and ever since I was 10, I've been playing ball.

2. What is something people don't know about you? I've no idea, to be honest.

3. What type of music do you enjoy? Gotta love my Spanish music.

4. What are your hobbies in your spare time? Lay in bed and watch Netflix, hang out with family and friends.

5. What is your dream oasis? Somewhere in a nice beach where it is hot all year, maybe Bora Bora.

6. Who is your childhood idol? I grew up watching Kobe and he has always been my favourite player.

7. Which sports do you like to play

other than basketball? I like volleyball, soccer and pretty much any sport except hockey because I can't skate.

8. Do you have a pre-game meal? I didn't have one until playoffs this year when we had pasta for a pre-game meal and it became super superstitious because we kept winning.

9. Who inspires you the most? My parents because they've worked so hard to be where they are today and they've always pushed me to be where I am today. I would not be where I am if it weren't for them.

10. What is the best advice you've been given so far? Never give up. Work hard in silence and let your success be your noise.

11. What is something you would like to say about your team? Love my team and that this year is a year I'll never forget and I'm so thankful for them. FTB and NATIONAL CHAMPS, BABY!

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Photo by Jesse Kushneryk

NAIT President Dr. Glenn Feltham and Athletics Director Linda Henderson flank this year's major trophy winners for athletics. They are Scott Fellnermayr, left, Athletic Director's Award; Kayla Michaels, Female Athlete of the Year and John Dunbar, Male Athlete of the Year.

NAIT athletes honoured

By BRIDGETTE TSANG
Sports Editor

There was much to be celebrated at the 2016 NAIT Athletics Awards after a history-breaking season for the Looks which saw four national CCAA championships and six Alberta Colleges Athletic Conference (ACAC) championships.

Approximately 160 NAIT student athletes filled the Shaw Theatre on Friday April 1 to reflect on their accomplishments.

The night's three biggest awards went to graduating players.

The most prestigious award of the year, the Athletic Director's Award, went to the men's hockey team captain Scott Fellnermayr. This award is given to a student athlete who is a leader on his or her team, who has contributed to the community and has achieved well academically.

"Scott is somebody you want leading any group of people," said NAIT Athletics Director Linda Henderson. "He is articulate, he understands the vision and knows how to rally people to support the vision, and he supports his coaches, the athletic department – he is just the epitome of what every student athlete should be. He is an amazing young man."

Kayla Michaels (women's soccer) was named the Female Athlete of the Year.

"Kayla is incredibly talented and is a leader within the soccer program," said Henderson. "Over her two years here, I had the opportunity to travel around with the team and she's just really fun to be around and very supportive of her teammates."

Male Athlete of the Year went to John Dunbar (men's hockey) for the second year in a row. Dunbar finished the season as a run-away for top scorer and points leader.

"I think what it means for me is a vision that is being fulfilled," said Henderson.

"Eight years ago when I came here, I was tasked to take the department in a different direction. So for me, it's a personal achievement," she said.

"It really verifies what we've had with regards to the right hiring of people and the leadership we have in the department and the buy-in to that vision."

That vision continues to be something the Looks strive towards and this year was just a huge step forward.

The men's soccer team finished the year with a bronze ACAC medal. Head coach Charles O'Toole presented the team's Leadership Award to first-year defender and his son, Sean O'Toole. Igi Broda was named team MVP, while Sebastien Cabrera was rookie of the year.

The women's soccer team represented NAIT at the nationals for a second year in a row and took home silver medal once again after clinching the ACAC league championship for the second year in a row. Kayla Michaels repeated as MVP for the team, and Marissa Webb was named rookie of the year.

"Eight years ago when I came here, I was tasked to take the department in a different direction. So for me, it's a personal achievement."

– NAIT Athletic Director
Linda Henderson

Making it into nationals is a huge feat for many teams but winning it all takes a special group of athletes and coaches, as was the case with both the NAIT basketball teams this year. The women's team won their first ACAC championship in the history of the program and then a bronze at the national championships. Shea-Lynn Noyes was named team MVP, while three players shared the team's Leadership Award – Nicole Ruptash, Ashley Zuczek and Rae Hooper.

The men's team had to overcome many injuries en route to their national championship this season, and looked to their leaders during the season. Leaders such as Cam Smith, Connor Dolson, Troy Barnes and Adrian Curtis were vital in the team's journey. First-year guard Jackson Jacob was untouchable at the nationals and propelled the Looks to their championships this season.

This was also a history-making year for the NAIT men's hockey team, going a record 36-0 and repeating as ACAC champions for a second time. The ACAC's leading goal scorer, John Dunbar, took home the MVP award, while Riley Sheen was named the team's rookie of the year.

The women's hockey team's four-peat was cut short in Game 4 at the ACAC finals. Goaltender Tehnille Gard stood on her head

the entire season for the Looks and was named the MVP. Kendra Hanson (rookie of the year) and Montana Kitt (Leadership Award) also took home awards from the team.

In his last season as head coach of the badminton team, Jordan Richey took the team to three more national championships to add to an already illustrious list. Nick Roque and Kai-Li Huang shared the MVP award, while Mac Rymes (rookie of the year) and Jason Rausch (leadership award) were also winners on the night. Henderson presented Richey with a plaque thanking him for his 17-year coaching career with NAIT and establishing such a strong badminton presence for the institute.

Although the men's curling team was not able to make it through to the medal round, the women were bronze medallists at the CCAA nationals. Skip Karynn Flory and Matt Brown shared the team's MVP award.

Women's volleyball was the only team left out of the playoffs this year. Despite that setback, the team is full of potential for next year, with libero Lauren Smith, who was named rookie of the year and setter Megan Smith, who won the team's Silver Torch Award (MVP).

The men's volleyball team placed fifth in league play this year, with four players graduating, including their leadership award recipient, Ethan Redman. The Rookie of the Year Award went to libero Isaiah Stime, while fourth year Trevor Zemlak took home the Silver Torch award for his team.

ENTERTAINMENT

Are you allergic to spring?



By **JOEL LECKIE**
Entertainment Editor

Know what really grinds my gears? Allergies. Allergies suck. There are so many cool things in the world but your body just says nope. And with the summer, there are more allergens floating around to mess with your sinuses.

I have a few particular allergies that can be annoying, though luckily nothing deadly. But late spring can be the worst time of it. I am allergic to the oils in cat hair, as well as horses and certain breeds of dogs. This is terrible, because I love pets. The spring is when they shed their winter coats. That causes cat fur to be flying everywhere. It gets on the furniture; espe-

cially on the bed, so I can't even get a full night's sleep because I am sneezing and my eyes are watering.

I grew up in the country, so I'm not a stranger to farm animals, despite not actually coming from a farm myself. But if I want to go over to a friend's for a horseback ride ... nope, allergies strike me there as well. I can't get more than 20 minutes into a ride before I start sneezing. And the horses don't appreciate either when the person on their back starts going into sneezing fits. Add that to the fact that my eyes start to water and I can't really see where I'm going. Let's just say I hope the horse is well trained on how to get home without my guidance.

Environmental allergies take so many more forms than just animals, too. A lot of people suffer from hay fever and various types of seasonal allergens. Spring is the time when pollen starts to fly through the air wreaking havoc on poor outdoor people like myself. I could lock myself indoors for a couple of months but there's no fun in that. There is an opposite problem in the fall, when the furnace in the house starts to kick in after being dormant for a few months. All that collected dust and pollen



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gets shot right back into the air. Now, all of a sudden I can't survive indoors anymore.

All of that aside, it is still nice to enjoy the weather and go for a bit of a run. There is one thing that many people are not familiar with but which can strike an occasional unlucky few. I don't think it hits me too badly but it does still seem a little too close for comfort. It's called cholinergic urticaria, which is a hyper-sensitivity to heat. You may have heard someone say they are

allergic to their own sweat. This is a more likely cause. Hot weather, hot showers, aerobic workouts, even emotional stress; this can raise the body temperature to cause a break-out of hives.

Seasonal allergies are really a no-win situation. There are pills but they don't always stay effective. There are shots but that means taking them constantly, maybe the rest of your life. Or, like me, if it's mild enough you can just live with it.

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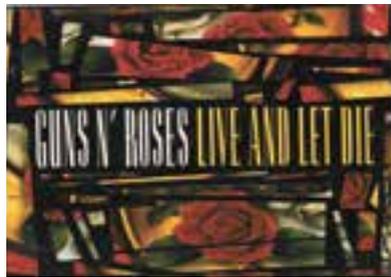


By PAIGE McKENDRY

In short, a cover song is a song that was previously played by one artist and is readapted by another artist to take on a new sound. There are many examples of great music covers over the last 50 or so years. There are also many examples of covers failures or flops.

This shuffle is meant to illustrate some of the greatest covers by rock and roll artists. This will focus on songs that were originally not rock and roll, such as blues, jazz or country that were adapted into a rock and roll sound. Some of the songs are rock and roll covers but done in a manner that makes them into something new. Many of these songs take on a new meaning or a new feeling when played to the tune of rock and roll.

- The Sound of Silence – Disturbed (Simon and Garfunkel)
- Nessum Dorma – Manowar (Opera Turndot)
- Psycho Killer – Velvet Revolver (Talking Heads)
- Another Brick in the Wall – Korn (Pink Floyd)
- Hurt – Nine Inch Nails (Johnny Cash)
- Feeling good – Muse (Nina Simone)
- Mama Said Knock You Out – Five Finger Death Punch (LL Cool J)
- Hey Hey, My My – Battleme (Neil Young)
- Son of a Preacher Man – Katey Segal & the Forest Rangers (Dusty Springfield)
- Live and Let Die – Guns and Roses (Paul and Linda McCartney)



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ANIME

Translation worth the wait

By OLIVIA ADAMS

Whether you're a long time fan of the anime and manga or not, *Dragon Ball Z: War of Gods* is worth two hours out of your day. From its witty, yet corny humour to its heartfelt and feel good moments, you won't be disappointed with this crisp animated featured.

Although it was worth the wait for Funimation to translate and produce this movie in English, I did want to blast my own Kamehameha through all the filler scenes. However, you can't expect any less from a storyline heavily influenced by Akira Toriyama. For all of you *Dragon Ball Z* fans out there, the thought of seeing the whole gang back together is motivation enough to catch this flick. Throw back to my YTV days, it was nostalgic to see all of my favourite characters with their original voice actors. And, of course, a handful of brutal fight scenes made the experience all too familiar.

If you're unfamiliar with *Dragon Ball Z*, don't worry! The first few minutes of the anime reviews the key points in the series as well as some history. After that, we're first introduced to Whis, who then wakes Beerus, a cat-like creature and the God of Destruction. Although never introduced or even uttered during *Dragon Ball Z's* 291

episodes, we learn how Beerus played a major role behind the scenes. Beerus ironically "catnapped" his way through some epic battles. It is interesting to see his reaction to Frieza's demise after instructing him to destroy planet Frieza. The whole scene basically acts as a Saiyan history lesson for those who aren't quite up to date on how the powerful, gold-haired fighters work. While the recap is nice, I was also hoping to see an example of Beerus's strength here but, instead, he simply reveals his vision of a mighty Super Saiyan God who looks exactly like Goku and how he must take this archrival out, even if it involves destroying Earth.

Soon after this, Whis and Beerus head to King Ki's planet to investigate Goku and find out if he has knowledge of Super Saiyan God. Here you are reminded of the signature fight scenes *Dragon Ball Z* is known for. Soon Whis and Beerus make their way to Earth, where Bulma is celebrating her 38th birthday. With Beerus's short temper, King Ki warns Vegeta telepathically to keep him happy. This is where the movie starts to drag and it becomes a massive filler scene. However, hilarity does ensue, which is quite entertaining. When the Super Saiyan God finally appears, he



buzzerg.com

and Beerus duke it out in an explosive, fast paced battle. In my opinion, this is the best animation fight scene done for the *Dragon Ball Z* saga. The last 20 minutes seem to be set up for the new *Dragon Ball Super* series that I am beginning to dive into. My verdict

on *Dragon Ball Z: Battle of Gods* is that it has a lot of what you'd expect from any full season of the show. While I would have appreciated seeing more signature abilities, it's still a treat to jump back into this world once again.

Baseball flicks worth a look



By CONNOR O'DONOVAN
Assist. Entertainment Editor
@oadsy

There are just a few weeks left in my NAIT career and the kickoff of the 2016 Major League Baseball season has me wondering if, in another life, I might have been the sports editor at the *Nugget*. To build a career writing about sports is a golden pursuit, after all, and more than once my eyes have drifted past entertainment to the sports section on our story board. One shouldn't speak in hypotheticals, though, so I've decided to sneak a story in about which baseball movies will enhance your opening week experience.

If baseball makes you smile, laugh and cry: *Moneyball*

Moneyball is the 2011, Best Picture nominated recreation of the Oakland A's no-name brand 2002 roster and

the team's improbable season. It's got an expressionless, yet oddly satisfying, Jonah Hill in a rare dramatic role as a baseball *Good Will Hunting* full of pragmatic strategies.

It has a disenchanted (but still charismatic, of course) Brad Pitt whose broken dreams have left him just resentful enough to want to rebel against the old boys management club. What really makes this movie a winner though, is its insistence on highlighting the human aspects of baseball in a sports world flooded with statistics.

If you need a little something extra to spice up your ball game: *No No: a Dockumentary*

On June 1970, Pirates pitcher Dock Ellis threw a no-hitter – on acid. Some people find baseball a bit boring compared to other sports but dropping LSD to make things more interesting? That's extreme. Maybe old Dock just forgot he was supposed to pitch that day, dropped a little LSD and had it set in his mind that he was gonna have a good night. Whatever Dock's motives were, *No No* throws us an interesting look at the issues surrounding baseball in Ellis's time and proves there can be a little more to the game than meets the eye.

If this weekend's Blue Jays home

opener has you feeling nostalgic: *Sandlot*

I have a friend who never shuts up about *Sandlot*. It's his favourite movie, he quotes it constantly and he was appalled when I told him that I wasn't sure if I'd seen it. "You're kiddin' me, smalls?" he'd ask with a concerned look on his face. So one evening we sat down and watched *Sandlot* and, as it turned out, I had seen it. In fact, I'm pretty sure every kid who started playing sports before 1996 has. Trust me, you'll remember it – the underdog new kid on the block, the big, bad and scary dog in the backyard at the edge of the outfield, the s'mores, the classic look-back narration? It's pretty much the sports movie gateway drug.

And, if the sport is a joke to you: *Major League*

Baseball cliches can be so delightfully cheesy – the hot dogs, the nachos,



www.baseballreliquary.org

No-hitter on acid?

the popcorn – and this movie is full of them. Through a bizarre set of circumstances, an "exotic dancer" has inherited ownership of the Cleveland Indians. She doesn't dig the Cleveland clime, though, so she signs a gang of outrageous characters to guarantee the Indians will tank and give her an excuse to move the team south. The new players somehow all arrive in perfect sequence to the team's first practice. There's the down-and-out former greats, a voodoo obsessed cult leader who could probably have starred in *Blade*, the actual star of *Blade* (Wesley Snipes) and a rebellious Charlie Sheen. The eccentric group eventually discovers the owner's dastardly plot, of course, and sets out against preposterous odds to field a winning season. If you don't like baseball, this flick will at least help you laugh at it.

LESSONS FROM THE FELT

Balance – in poker and life

By KA CHUN YUNG

Balance is an important concept that applies not only in your life but also on a poker table. Generally, a poker player plays only a limited amount of hands against the same opponents. It is common to be playing against many people you have never come across before. In these situations, the best way to play a hand is often what you believe to be the most optimal. Once you start playing the same players over a longer period of time, what is most optimal for one hand might become a less effective overall strategy.

Deception plays a substantial role in poker. Over the course of time, good opponents will pick up on your tendencies. They will notice the small differences in your bet sizing, the frequency of how often you play, the situations where you like to re-raise before the flop, the type of hands you get involved with from which position and so on. When you become predictable, you become an easier target for your opponents.

One example of being too predictable and particularly easy to play against, is someone who never bluffs. If they only bet and raise with very strong hands, it makes it tremendously easy for their opponents to fold marginal hands and only get involved with the very best of it. Other situations you would want to avoid include only re-raising certain hands, playing a small and predictable range of hands and changing the size of your bets based on the actual strength of the hand.

The top players will disguise their hands and force their opponents to guess more often. They make their bluffs and their value bets appear similarly. They balance the types of hands they will play and size their bets appropriately

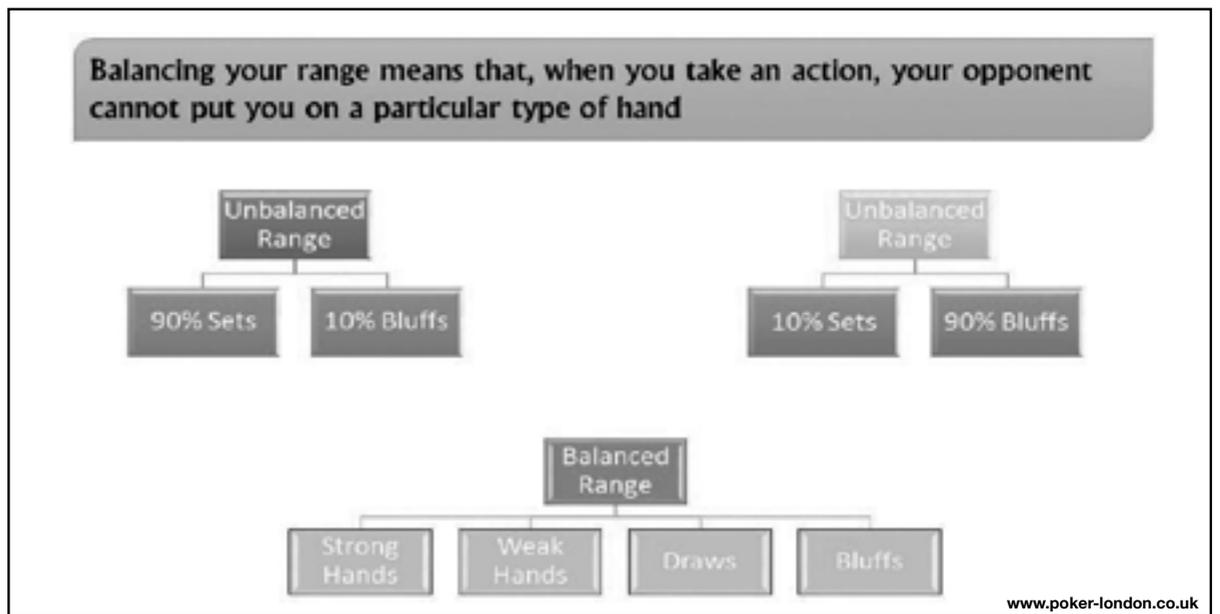
for the situation. They will sometimes play a flush draw aggressively and other times more passively. The key is that by balancing their actions, they introduce more variables and make themselves more difficult to play against.

The same balance is essential in living a healthy lifestyle. Too much of any one thing probably isn't good for you. Even water! Just ask the DJs that were fired when a woman died from water intoxication in their, "Hold Your Wee for a (Nintendo) Wii" radio contest in 2007. You want to spend your time and energy on all the things key to you

and not focus your attention on only just one area.

Just like in poker, when you only look at an individual hand, you'll ideally want to optimize the way you execute a specific task.

Whether it's school work, exercise, diet or even spending time with your friends and family, dedicate your time to perform that task well. But you also need to focus on what is best for you universally. It's essential to sometimes take a moment to ensure that you are living a healthy well-balanced lifestyle.



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CARTOON REVIEW

One Mr. Hell of a show

By JOEL SEMCHUK

Seeing as how they're historically responsible for you reading this right now, I thought I'd pay a tribute to the British by lionizing one of my favourite cartoons to come out of that country: *Aaagh! It's the Mr. Hell Show*. That's the title. Really. If that's not British enough for you, it will be, soon enough.

Some of the best shows are one season long; this one proves that indefinitely. The show was technically a British/Canadian collaboration but it remains heavily Limey. The voice range is rather interesting; everything is some kind of Commonwealth mix. The exception is Mr. Hell himself, he sounds American.

Mr. Hell is a big red demon. He's the show's host but he also appears in sketches about his life as a deadbeat dad (he knocked up Angelina the angel). Despite his coming and going, however, he is just a small part of a rather complicated show. Mr. Hell brings you into a world that's just big enough to enjoy as splendidous but not big enough to get lost in – recurring characters mix with the sketch comedy, which mix with sketches about Mr. Hell's life,

mixed with Mr. Hell's regular host duties. As said, it's a complicated show but it's a fun show and when a sketch ends you have really no idea what is coming next.

I've never seen a British comedy show that didn't mess with the closing credits somehow and this one is no different. My favourite is when a female Asian stick figure walks out and introduces herself as one of the people drawing the cartoon and begs for help while describing her sweatshop lifestyle.

Oh sure, being British, there's all that class stuff and jokes about royalty and things like that. The Queen herself appears in many sketches. At one point, Mr. Hell licks her cheek and comments that she does in fact taste like a postage stamp (ask your parents). Having royalty means there are going to be jokes about the working class, of course, and everything in between. A really sharp recurring sketch is a British, Victorian-era female detective, with the gag being that she can't even leave the house. One of the Canadian elements is Serge, the psychotically homicidal baby seal cub. His parents were clubbed for their fur, so Serge wants to



fallytv.com

exact revenge on the fashion industry but he always ends up killing all the wrong people.

And yet, despite all of this presentation and history and maybe even didacticism, Mr. Hell's humour level manages to remain in the low-brow annals of low-est common denominator. It's maybe not as deep as some other shows but enough to make you burst out in surprise laugh-

ter once in awhile. As said, it's a complicated 20 minutes but it's a lot of fun and it has one of the widest ranges of comedy I've ever seen. If you're looking for a cartoon that's everything you want in one with something just a little bit different by dint of being from our global-dominating ancestors across the pond, then it shouldn't be too hard to find a copy of Mr. Hell.

MOVIE REVIEW

Entertaining, disappointing

By JOSH RYAN

Movie goers are totally split on the first live-action theatrical pairing of the world's two most famous superheroes: Superman and Batman. Most audience members have come away enthused, while critics are united in their hatred for the latest comic-book spectacle from director Zak Snyder (*300*, *Man of Steel*). Usually I can find

some voice that fits somewhere in the middle but the hype for this film and the subsequent impact its success or failure will have on future entries, is building the wall up on both sides. Is *Batman V Superman: Dawn of Justice* the fulfillment for millions of fans who've dreamed of seeing the two icons on the big screen or is it the dingy, schizophrenic, bloated mess that critics think it is?

Is it something else? Does it matter?

The film opens with a pair of sequences establishing the character of Bruce Wayne (Batman – Ben Affleck), one of which takes place during the final battle from *Man of Steel*. A year and a half later, Superman is a controversial figure throughout the world and Bruce Wayne is trying to figure out how to contain him. The plot soon comes about, sending these two titans on a crash course, along with billionaire mogul Lex Luthor (Jesse Eisenberg, *The Social Network*). In other words, a lot of stuff sets up Batman and Superman to fight.

First, there's a lot of elements put into creating a cinematic universe to rival what Marvel has with the Avengers. On that front, several things are well executed here. Having the number one criticism of the previous Superman film addressed throughout the movie is smart and even a little humorous at times. The utilization of Wonder Woman (Gal Gadot, the *Fast and Furious* franchise) is solid, not taking away from the crux of the story and adding nicely to the action. And, while there could be a little more humour here and there, Warner Bros. deserves some credit for choosing to do something completely different from Marvel and making several bold choices in the process, both narratively and character wise.

The issue is that many of those choices are poor ones. Eisenberg's much younger

Luthor comes across as annoying rather than brilliant and ruthless, the creature used in the final battle looks like a giant computer generated turd and the dialogue, always dramatic and serious, comes across as far too corny; rather than the grim tone the film is shooting for. Many of the performances work just fine but great acting can only go so far when the script itself is sub-par.

BVS is also such a hodge-podge editing wise, some people will likely suffer motion sickness. Snyder can craft extremely beautiful images but when the story flips all over the place, amidst largely darkly lit scenes, it's hard to tell what's going on at times.

The main saving grace of the film is Affleck as Batman. While there are elements of the character that don't stay faithful to the source material (at all), the actor/director's portrayal of Gotham's Dark Knight is the best depiction of billionaire playboy, haunted orphan and caped crusader that I've seen onscreen, eclipsing Christian Bale and blowing the likes of Michael Keaton, Val Kilmer and Adam West out of the water. I would take a Batman solo film over everything else that this flick has.

Some other issues exist, but give away too much plot detail to go into. Overall, while a disappointment, there's still plenty of entertainment value in it and it's worth a trip to the theatre to decide for yourself.



Batman V Superman: Dawn of Justice

deadline.com



Delux Burger Bar

centuryhospitality.com

Burgers to the next level

By **BRENDAN CHALIFOUR**

Last week, my friend took me out to Delux Burger Bar for lunch. As soon as you walk in, you will notice the modern interior design and welcoming ambiance. The bar is a nice spot to grab a drink with friends or even for a date and the spacious booths and tables make for a great sit-down experience as well.

The name may have given it away but their feature item is burgers. With beef, chicken and veggie patties on the menu, Delux caters to everyone, especially with their BYOB (build your own burger). Some notable toppings available include blue cheese, house made chipotle mayo,

avocado, fried egg and the list goes on. I went with the Urban Classic Burger, with bacon on top. The beef patty was absolutely amazing, a real patty packed with juicy flavour. My mouth is watering for one right now! The fries were really good but tiny, as if they were cut wrong or something. I didn't make a comment but if it happened again I would probably say something to them.

With a wide variety menu, Delux has everything from classy lobster nachos to an all Canadian bacon cheeseburger poutine. Next time, I'd like to try their Caesar salad as well and maybe finish off with some donuts or even a banana split. Seriously, friends, this place has a great menu! And I must not forget, at the end of your dining experience you're delivered a package of cotton candy to satisfy your sweet tooth.

My overall experience at Delux was very good. I will definitely be back very soon! Some pros: a variety menu featuring wholesome ingredients, the beef patties are hormone and antibiotic free, most sauces are house made and a great wait staff.

Some cons: the burgers are frozen! This actually shocked me, for a burger place I expected otherwise. I have heard people claim that their food is overpriced or expensive but you have to remember that you are supporting a local business that uses real and fresh ingredients unlike franchise restaurants.

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FASHIONISTA OF THE WEEKSTA



Photo by Natasha Brumwell-Blessing

Isabel Klapwyk Photographic Technology

Where do you shop the most? Thrift stores.

Where do you get your fashion inspiration? I like to think it's mainly my own ideas but I am a fan of a lot of Japanese modern styles and pick what I like out of which ever style I'm feeling for the day.

How would you describe your sense of style? Whatever I think looks good that day. I don't strictly stay in one style. I have everything from white lace dresses and heels to Tripp pants and combat boots.

What's your favourite thing to wear and why? That's a tie between my black lace up wedges and my leather jacket, both are super comfortable and go with just about everything.

Poetry Corner

End of the Year

This school year was a new year
With friends I did not know
But learning and laughing allowed
me to grow

Here comes the time already so soon
This school year is over
But it already feels like two

Departing now for a summer escape
But I'll be back soon
Perhaps sooner than you think

By *Brendan Chalifour*

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 7-13

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

Aries (March 21-April 19)

There is more to life than social climbing. It is good to have goals and to pursue them; there are also times to let go of actively pursuing money, success and goals in general. Give yourself time to re-energize.

Lucky number: 24

Taurus (April 20-May 20)

Being mysterious can invite people to ask what makes you tick. Sometimes they will be surprised at

what they find. Sometimes, though, you are just enjoying being still and contemplative.

Lucky number: 2

Gemini (May 21-June 21)

Integrity is a precious commodity today. Make every effort to do what you say you are going to do. Saying one thing and doing another undermines people's trust in you.

Lucky number: 85

Cancer (June 22-July 22)

Listening to sob stories can become tedious and unhelpful. Being approachable and peaceful may attract others who are looking for a consoling ear. Remember to disengage when your patience is at its end.

Lucky number: 1

Leo (July 23-Aug. 22)

Challenge yourself this weekend to do that thing you have been putting off. Ignore all those distractions that surround you and put in some time. You will feel more free to move in new directions next week.

Lucky number: 18

Virgo (Aug. 23-Sept. 22)

Step out of your shyness and be

charming. Spend some money on your friends even if it is a cup of coffee or beer. Surprise them with your thoughtfulness. It takes only a moment to change a person's day.

Lucky number: 4

Libra (Sept. 23-Oct. 22)

Taking risks in relationships can be a good thing. Think it through though, before committing to anything extreme. Small steps forward in trust are as important as giant leaps.

Lucky number 30

Scorpio (Oct. 23-Nov. 21)

Do you have a sense of the ridiculous? Spontaneously playing with friends can be fun just make sure you are watching for any clues that you might be going too far. When you can see you are pushing the envelope, pull back. Your friends will appreciate the sensitivity and will be all the more willing to play the next time.

Lucky number: 72

Sagittarius (Nov. 22-Dec. 21)

Where finances are concerned, now is the time to be circumspect. Be wary of over committing funds to any project. Money is a tool, it will

support your success only if you understand how to use it.

Lucky number 45

Capricorn (Dec. 22-Jan. 19)

Remember to talk through tough decisions with people whose opinion you respect. It is still your decision what path you take. Having another perspective or knowing that others have had to make a similar choice can give you much needed insight.

Lucky number: 3

Aquarius (Jan. 20-Feb. 18)

Knowing when to keep quiet is as important as knowing what to say. This is as true in an interview as it is about what you choose to post on social media. Silence is golden and in the right places has more power than any words.

Lucky number: 8

Pisces (Feb. 19-March 20)

What is polite behaviour to you? Where is the line between being polite and kind and allowing people to take advantage of your good nature? How can you respectfully assert yourself in those situations?

Lucky number: 15

NETFLIX

Fine film, sobering experience

By JOSH RYAN

After the buzz of daily news on the all-white Oscar nominations back at the beginning of the year, we were all able to take a moment and think about which actors, actresses or directors that could've or should've been nominated. There were a lot of selections that some would've loved to see, such as director Ryan Coogler for *Creed* but ultimately there was really only one that truly feels like a snub when going over the nominees. That was Idris Elba for supporting actor in a little Netflix film called *Beasts of No Nation*.

From Canadian director Cary Joji Fukunaga (*True Detective*), this film, which is based on the 2005 novel of the same name, tells the story of a boy named Agu in an unnamed West African country who loses his family and becomes a child soldier in the midst of civil war.

Throughout the film, he witnesses unbelievable horrors alongside hundreds of other children forced into a life of savagery. Elba plays the brutal commander that Agu fights for, appearing at first as a charismatic, if ruthless, leader, who soon is revealed to be much more, and much worse.

Scene from *Beasts of No Nation*

It's hard to believe that this film was shot for just \$6 million, as it is a phenomenal display of cinematography, capturing the brutality of war in mesmerizing fashion. This is a very difficult film to watch because of its subject matter and imagery but it's hard not to admire the way Fukunaga displays the war sequences. There's one extended take that I'd recommend everyone check out to compare it to some of the great long shots in movie history, were it

not for the atrocities the soldiers in the scene commit.

Abraham Attah, in his first role, is tremendous as Agu, one of two incredible child actor performances this year along with Jacob Tremblay in *Room*. He has to carry the entire film, a difficult task for a seasoned actor but he does just that. It really is a credit to how good Elba is that he overshadows every other character in the film. You can't take your eyes off him in

this role, no matter how much you want to for how disgusting a human being he is.

Other war films tend to get preachy at some point but this story allows for any lessons to occur organically. War is hell and this sort of experience has transpired for decades and still does to this day. It's not entertaining, though certainly harrowing and captivating and will turn off a lot of viewers looking for a good time. This isn't a good time folks, though it's incredible filmmaking.

In regards to Elba, it's understandable how he didn't garner a lot of media attention during the Oscar season. Netflix isn't exactly on that audience's radar and a lot of nominations occur from the campaigning that studios do, so a small film like this would never have the resources to make a run. But it's too bad, as Elba gave arguably the best supporting turn in 2015 and could have helped prevent a winter of controversy.

In summary, this is a tough watch but one I'd recommend to get a full understanding of how ugly war truly is and how much of a struggle there is in parts of the world. It's one of the finest films of last year and a sobering experience.

Preparing for finals



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

By this time of year most students are feeling exhausted and just counting down the days until school ends. Unfortunately there are still several important weeks to go. Incorporating the following tips should help:

- Focus on self-care as much as possible. Adequate sleep, eating regularly and taking time to relax are even more important with the added end-of-semester stressors. If you are into an exercise routine, this is not the time to quit, although you might want to modify your routine a bit due to time pressures. If you don't exercise, incorporating a brisk daily 10-minute walk can help reduce stress, get blood flowing to your brain and perk you up.
- Write up a schedule for the weeks before and including exams. Having a plan helps to reduce stress and ensures that you are effective at allocating time to all subjects. A plan will hopefully eliminate last-minute cramming. Allow enough time to study each subject as thoroughly as possible.
- Make a study guide for yourself. Include lists of key points, terms

and ideas, as well as any other important information you find difficult to remember.

- Learn information in the same format that you need to remember it for exams. For example, brainstorming questions from your notes and making up a mock test similar to the one you expect will be given is one of the most effective ways to study. Ask instructors if they have practice tests available.
- Schedule breaks. Taking a short break every 30 to 50 minutes is recommended. Your brain cannot learn material efficiently without breaks.
- Vary what you study. While it isn't always possible, you will retain information most effectively when you alternate courses while studying. For example if you start with a math-based course take a break and then move to a theory-based course.
- Use short periods for review. When waiting for the bus or in the shower, recall and review material that you have studied. Remember, the more frequently you review material the more easily you will remember it and the more it will broaden your understanding.
- Think positively about your abilities. Don't allow yourself to get down on yourself about all the studying you should have done in the past, or to compare yourself to others who you perceive to be smarter or more organized than you are.
- Study what you don't know. This seems obvious but a lot of students spend time going over material they already know well.
- Plan a reward for the end of term

... and maybe some smaller rewards for sticking with your study schedule along the way. Having something to look forward to can be motivating.

- Book an appointment with a counsellor at Student Counselling if you are feeling anxious or overwhelmed. Whether it is study tips, relaxation techniques or feeling positive about your abilities, we will do our best to assist with your success.

For more assistance, book an appointment:

Main Campus: Counsellors are available Monday, Thursday and Friday from 8-4:30, Tuesday from 7:15-

4:30 and Wednesday from 8-5:30. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

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

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

NAIT Student Counselling at Main Campus will remain open in July but will be closed the first three weeks of August. Souh 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

Confession on NR92

April 4-9 SLIP SECRETS in the RED BOXES

TUNE IN to NR92.com

Hear NAIT students' secrets

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WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit nait.ca/clubs/current-clubs/

WHO

IntoNAITion General Meetings
 LOL Weekly LAN Party
 IntoNAITion Tuesday Meetings
 Juggling Club Weekly Juggling Jam
 Craft Club Crafting Time
 Super Smash Bros. Club Meetup
 ICON General Meeting
 So You Wanna Dance Practice
 Log Rolling After School Log Roll
 EDSS Learn to Render
 EDSS Yoga w/ Dan
 Log Rolling Mid-Morning Roll

WHEN

Mondays, Jan 5-April 11 | 4:45pm – 6:00pm
 Wednesdays, Jan 13-April 27 | 4:30pm – 7:30pm
 Alternating Tuesdays, Jan 5-April 12 | 4:45pm – 6:00pm
 Mondays, Jan 11-April 30 | 5:00pm-8:00pm
 Thurs Jan 7-April 28 | 5:00pm-10:00pm
 Thurs January 21-April 21 | 5:00pm-10:00pm
 Thurs January 21-April 13 | 4:15pm-5:15pm
 Mar 2-April 13 | 3:30pm-4:30pm
 Mar 15-April 12 | 3:30pm-4:30pm
 Thurs, Feb 4-April 22 | 12:15pm-1:15pm
 Tues, Feb 2-April 19 | 12:15pm – 1:15pm
 Thurs, Mar 3-April 21 | 10:00am-11:30pm

WHERE

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

UPCOMING CLUB EVENTS

WHO

Craft Club
 SFA
 SFA
 MSA

WHAT

Craft-A-Thon
 Firearms Safety Course Restricted
 Firearms Safety Course Non-Restricted
 Donation Boxes for EIRC

WHEN

April 9 & 10 | 10:00am-10:00pm
 April 16 | 8:00am-2:00pm
 April 9 | 8:00am-7:00pm
 Mar 17-April 17 | All Day

WHERE

407 Dunluce Rd
 Room V-332
 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
nait.ca/naitca-clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates