

LAST CHANCE TO VOTE FOR NAITSA EXECUTIVES TODAY

THE NUGGET

Thursday, February 17, 2011
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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

CANDIDATES SPEAK

Students running for Executive Council have their say, page 2

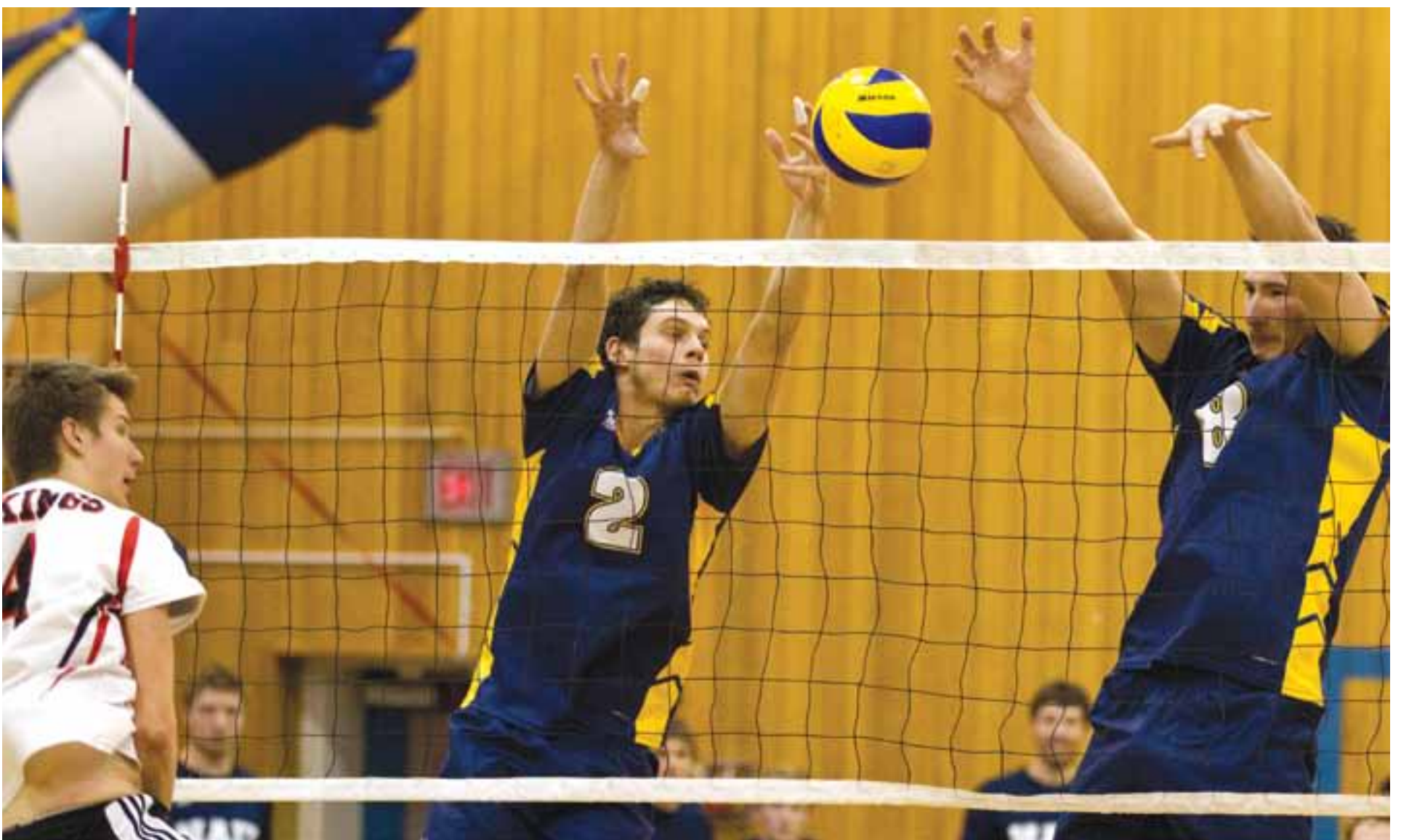


Photo by Laura Dettling

NAIT OVERPOWERS AUGUSTANA

NAIT Oaks Carsten Moeller (2) and Anton Borodyuk (8) block a hit by an Augustana player during a game on Saturday, Feb. 12 in the NAIT gym. The Oaks won 3-0.

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NEWS & FEATURES

Hopefuls make their pitch

By **MARC MAJEAU**

Students of NAIT got a first hand look at the candidates who are running in the 2011 Executive Council election this month at NAIT. Students put their Valentine's Day lunch plans on hold temporarily on Monday afternoon to see what the candidates had to offer. Almost all of the candidates got a chance to speak at the Shaw Theatre and here's what they had to say:

VICE-PRESIDENT EXTERNAL

Timothy Jobs is currently the NAITSA president, and is now running for Vice-President External. He wanted to stress that he has had a lot of experience at NAIT, as he is studying business management. He spoke

about wanting to get rid of "non-academic mandatory fees," and wishes to create a new way to regulate those fees. He says that some of those fees are "nothing more than tuition by another name, and that's unacceptable".

Jobs is running unopposed.

VICE-PRESIDENT CAMPUS LIFE

There are four candidates running for Vice-President Campus Life: Tyler Bernard, Curtis Guile, Thomas (Tommy) Klufas and Rahul Sharma.

Tyler Bernard was first up, and he spoke very passionately about wanting to help students reach their potential, and go above and beyond. He spoke about wanting to give the

students the right tools they need to succeed, with events like the Leadership Summit. Campus Clubs were also a priority for Bernard, as well as more "Involvement Based Awards". He wants to help break down barriers, and recognize people for their contributions. He also wants to make the campus a fun place to be. So more fun events will be in NAIT's future.

Curtis Guile was second. He discussed really wanting to connect with students, and stressed the fact that he has worked extremely hard to get where he is. He spoke to the Shaw Theatre crowd about some of the great ideas he has heard and how the majority of them have come from NAIT students.

"I will do everything I can to make those ideas a reality," he said. He added that he would put the students challenges ahead of his own, and that he wants to make the 2011-12 school year "the most enjoyable year of your life."

Thomas (Tommy) Klufas was third up, and he spoke about how all the schooling he has had up to this point. He spoke very candidly about how his platform isn't to change the system, it's to improve it. Klufas thinks students are under informed on events in and around school, and that he will combat that. Klufas said school should be a place that you enjoy coming to, and that he really wants to put a focus on boosting attendance at NAITSA events.

And finally, batting clean up was international student Rahul Sharma. Sharma is from India and he spoke passionately about bringing more fun and enjoyment to the NAIT campus, by expanding on such things as "Movie Night at the Shaw Theatre." Since Sharma is an international student, he understands the struggles that they go through. He would put an emphasis on more clubs and associations that would help out students going through a rough patch in their lives.

VICE-PRESIDENT ACADEMIC

After we met those four candidates, the candidates that are running for Vice-President Academic got a chance to speak.

Teagan Gahler is in her third year at NAIT, and

since then, she has learned new leadership skills. She spoke about how she loves the student body and her plans to get them more involved. Gahler is going to work closely with various elements of NAIT to ensure that your tuition stays at a minimum. She also had my favourite quote of the afternoon, by saying "I think extra fees suck." Yes, yes they do. She wants you to know where ever single dollar you give NAIT ends up.

Jim Houghton brings quite the resume to the table, with an impressive business background. He mentioned that all the best ideas that he has come across have all been from NAIT students and he wants to hear about their concerns on campus. He even spoke about how he valued the opinions of students in their final year of NAIT. He said that even though they are leaving, they spent a large amount of time and money at NAIT. Houghton wants to get feedback from them, so he can make it better for future NAIT students.

Melissa Mercer finished up the Vice-President Academic candidates, and she said she wants to be an advocate for student concerns. She spoke about getting a working knowledge of how NAIT runs, because she wants to represent the students the best way she knows how. Mercer wants to be aware of student concerns, and wants to safeguard the rights of every student that walks through the halls of NAIT. "I want to make the position more accessible, and more visible to students" said Mercer. She wants the student body to reach it's educational potential.

PRESIDENT

There are two candidates running for the position President. Christopher Hennig was absent from the candidate speeches, so Govind Pillai finished off the afternoon.

Pillai is currently Vice-President External, and joked about being at NAIT longer than most instructors (Pillai is in his fourth year). He spoke about understanding the difference between "climbing to the top," and staying there. He wants NAIT to stay at the top. Pillai said that he is willing to collaborate with everyone to help make student life better. Pillai wants every NAIT graduate to be extremely proud of the school they attended, and also wants to make better use of NAITSA fees. He said that all mandatory fees should go to the student body for approval before they are put into place. Pillai finished off his speech by saying "I will put students first every step of the way."

The Executive Election started online on Feb. 11 and the election runs until the end of the week, on the 17th. On the final day (Thursday), from 10 a.m. to 2 p.m., polls will be open at various locations throughout NAIT, such as the NAITSA office, outside the bookstore, the HP Centre as well as locations on other NAIT campuses. The end of online voting will be at 4 p.m. on Thursday.



Photo by Kim Krushel

Tim Jobs

The unopposed candidate for VP External speaks to the audience at the Shaw Theatre.



Photo by Laura Dettling

MONEY FOR THE CAUSE

Linda Henderson, NAIT Director of Athletics and Recreation, unveils an Ooks Hockey Alumni Association jersey on Feb. 5 during a ceremony marking a gift of \$200,000 to the institute's hockey program by the alumni group. NAIT Ooks captain Kyle Johnson looks on. See story, page 15.

Overseas travel chance

By **GRAHAM McCANN**

Nine young Canadian sports enthusiasts will have the chance to be a part of Commonwealth Games Canada (CGC) to spend a year overseas.

CGC, in partnership with the Commonwealth Games Federation, is looking for those with sports administration backgrounds to fill positions for Capacity Support Officers (CSOs), in their third year of its pilot program, which sees CSOs assisting with sports administration activities such as programming, fundraising, and communications.

They will also be a part of the implementation of the games management software program /zeus/.

"This is an incredible opportunity for

young Canadians to gain valuable work experience abroad," says Carla Thachuk, Manager of International Programs for Commonwealth Games Canada.

She added that the first two teams of CSO's found the experience very rewarding through the challenge, and that the experience will enhance their lives.

The first team is finished their 14-month placement, which was in Bermuda, Barbados, and Trinidad & Tobago. A second team is currently in countries throughout Africa, and will be finished in March.

All of the CSOs went to Delhi for the Commonwealth Games.

"Having worked closely with CSOs from [both teams], it was amazing to see

the development that these young Canadians went through," said Richard de Groen, Games Team Development Manager for the Commonwealth Games Federation.

"Their CSP experience has helped make them better people," he added.

The 2011/12 placement has expanded to nine countries throughout the Commonwealth, and includes partnerships with places such as Cayman Islands, Dominica, Falkland Islands, Grenada, and Sri Lanka to name a few.

The placements are open to Canadians who have studied sport management and/or administration, health, physical education, kinesiology, human kinetics

The third placement will run from April 18, 2011 to March 31, 2012

For more information and to apply, go to www.commonwealthgames.ca/ids

The deadline to apply is Sunday, Feb. 20 at 9:59 a.m. Mountain Time.

"This is an incredible opportunity for young Canadians to gain valuable work experience abroad."

**— Carla Thachuk,
Commonwealth Games
Canada**

Suspension of programs still pending

In the Feb. 10 issue of the *Nugget*, it was reported that the final hurdle to suspending seven NAIT programs had been cleared with a decision by the institute's Board of Governors to OK a motion that had been forwarded from the Academic Council.

In fact, the last step in the process requires approval by the Alberta department of Advanced Education and Technology. That decision could come as early as next

month. The *Nugget* will report the government's decision when it becomes available.

Programs facing the axe are Aircraft Skin and Structure Repair, Avionics Engineering Technology, Graphic Sign Arts, Marine Service Technician, Power Engineering – 3rd Class (full-time day program only), Records Management and Business Operations, and Telecommunications Engineering Technology.



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Submissions encouraged:
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The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Write us.

World's oceans big, scary



FROM SPACE TO SEA

CELESTE DUL
Issues Editor

As I mentioned in my first column, I am terrified of the ocean, fascinated, but you could not get me in that dark blue abyss.

There's something about all of the creatures and the unknown of the ocean that leaves me unsettled and, well, horrified.

Let me put things in perspective for you. We'll start off with the dangerous creatures that live there.

Creatures

You probably think I'm going to go on a rank about how sharks are big and scary, not true. Sharks are actually very calm creatures and most incidents involving sharks are a mistake. Cows, baseballs and vending machines kill more humans, than do sharks.

The typical unease about sharks is caused by video portrayals of them being aggressive and invasive. In reality, they're just curious. Previous shark attacks have been because they have been provoked or have mistaken humans for other animals. Sharks often mistake surfers for seals or turtles and don't actually like the taste of humans.

So don't mistake me for being afraid of a shark. I think they're amazing creatures who are given a bad reputation.

What I am afraid of, however, is one of the most venomous creatures in the world, and inhabits the ocean. The initial sting of this killer is typically mild and is followed, minutes to hours later, by vomiting, profuse sweating, headache, agitation, rapid heart rate and very high blood pressure.

The sting of a creature that only grows to 2.5 cm, and is known as the Irukandji jellyfish, causes all of these symptoms and can kill you if you aren't hospitalized immediately.

This jellyfish is incredible, but how can you protect yourself from something that appears invisible in the water?

This isn't the only thing that puts me ill at ease though. Another concern of mine is the little amount of the ocean that we've actually explored.

Exploration

We've discovered the basics of the ocean, reefs, shallow waters and some of the depths, but 95 per cent of this world remains unexplored.

I find it unsettling that we can be so unfamiliar with a mass that takes up 70 per cent of our planet. The National Oceanic and Atmospheric Administration is leading efforts to explore the ocean by supporting expeditions to investigate and document unknown and poorly known areas of the ocean. But until technology is improved it is nearly impossible to reach the depths without being crushed.

The fact that we don't really know what's down there is probably the biggest contribution to my fear. I can't help but wondering what's lingering in the depths. Maybe I've watched



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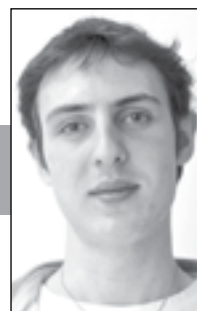
No bigger than a thumb tack the sting of the Irukandji jellyfish can be fatal.

a few too many sci-fi movies, but I can't help but picture an alien-like creature coming up to wreak havoc on humans.

I don't want to give the wrong impression. I love the ocean and everything about it intrigues

me, but underlying factors like these force me to admire it from afar. I'm always excited about the newest discovery and I hope that one day we'll be able to understand the biggest part of our world.

NAIT student dies in hospital



EDMONTON NOW

STEVEN DYER
Assistant Issues Editor

This week I thought I would take some time to bring to something important to everyone's attention. There was an unfortunate occurrence last week that I thought NAIT students would want to know about.

NAIT mourns the loss of one of their own, a 19-year-old NAIT Business student who died on Monday after an incident outside a bar last week.

Police say that Colby Baker-Buhay was assaulted outside the Buffalo Underground Night Club early Sunday (Feb. 6) morning and when they arrived on scene he appeared to be in stable condition.

At first, it appeared he had suffered minor injuries, but after being taken to hospital, his condition worsened and he was put on life support. It was later removed.

Baker was a football player and even a volunteer coach last year. Baker was also planning to get involved with the Sherwood Renegades again next season.

CTV Edmonton reported that the McNally High School football coach Senny Leong would be delivering the eulogy at Baker's funeral. Baker had played for the team when he was attending high school there. It seems like the team had made a big impact on him while he was on it.

Brent William Todd, 20, and Travis John Gabriel Martin, 22, have each been charged with one count of manslaughter.

They are set to make an appearance in court on Friday.



THE SKY IS NOT THE LIMIT

From her start as a typist in a dental office, Major (Ret.) Deanna Brasseur built a career that saw her become one of the first two female CF-18 fighter pilots in the world and the first female flight commander at C.F.B. Cold Lake.

Now a Member of the Order of Canada, Major (Ret.) Brasseur will share her inspirational story in two speaking engagements:

ESPECIALLY FOR NAIT STUDENTS

DATE: Thursday, March 17, 2:30 pm
LOCATION: Shaw Theatre, NAIT Main Campus
TICKETS: Free admission for NAIT students! Tickets are required: email mparket@nait.ca by March 1 to request your ticket.

AN EVENING WITH MAJOR (RET.) BRASSEUR

DATE: Thursday, March 17
6:15 pm: Reception with light refreshments
7:00 pm: Evening keynote
LOCATION: Shaw Theatre, NAIT Main Campus
TICKETS: \$21.50 (includes reception)
Available at the NAIT Bookstore on Main Campus, or online at www.nait.ca/brasseur

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Captain **BRYAN WILLOX**



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Capitaine **BRYAN WILLOX**



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Canada

Hats help homeless youth

By ANNA ESTANISLAO

There are approximately 65,000 homeless youth in Canada. Most people wonder why there are homeless youth in a country of vast opportunities and with support from the government. But before people judge homeless youth, they should walk in their shoes to fully understand their situation.

Feb. 8 was "Toque Tuesday," this is Raising the Roof's National Public Awareness Day. Specially made toques were sold across the country for a minimum donation of \$10 to call action for this year's theme: "65,000 Acts to support solutions to youth homelessness."

Raising the Roof is Canada's only national charity focused on working nationally, regionally and locally to create solutions to end homelessness. Since 1997, Raising the Roof has allotted over \$3 million to more than 117 partner agencies across Canada working to reduce homelessness at the community level.

Toques were sold all over Edmonton in select LRT stations and at the University of Alberta campus.

One of the agencies working with Raising the Roof is Homeward Trust Edmonton, a community-based housing organization that leads initiatives and programs, engages community stakeholders and partners, conducts research, creates awareness and funds housing and support projects. Since 2001, Homeward Trust has disbursed over \$100 million to 80 capital and 75 support projects, which created over 1,900 new housing units for the homeless.

Youth homelessness affects everyone in both

social and economic ways. The cost of keeping a homeless youth in a detention centre is \$100,000. In addition, an estimate cost of \$30,000 - \$40,000 per year is consumed to keep a displaced youth in the shelter system. Health care, criminal justice, social services and emergency shelter costs will continue to grow, if we ignore the possible ways to help out the homeless.

Most Canadian youth end up homeless because of family related issues such as poverty, violence, physical, psychological and sexual abuse, sexual and gender identity. The younger they are, the most likely they are to stay on the streets.

In Edmonton alone, taken from the 2010 Homeless Count, 166 homeless youth were observed from ages 0 to 16, which accounts for 7 per cent of the total 2,421 homeless counted. This figure does not reflect the "hidden homeless", those who are staying with friends or relatives.

There is still hope and potential for the homeless youth. Providing them with educational opportunities and employment training, stable/secure housing and life essential skills, we can help them move forward towards a brighter future.



Photo by Laura Dettling

A volunteer sell toques at NAIT on Toque Tuesday recently to raise money for some of the 65,000 homeless youth in Canada.

The Toque Campaign is not over yet. For those willing to donate or purchase a toque, raise awareness, and help in your own little way, you

may visit the Raising the Roof website (raisingtheroof.org) or their Facebook page (facebook.com/raisingtheroof) for more information.



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Ernest's a NAIT jewel

By ALI MAGEE

Recognized across the city as one of the most exquisite dining experiences in Edmonton, NAIT's School of Hospitality and Culinary Arts restaurant, Ernest's, offers a modern touch on fine dining and is regarded for its exceptional service.

Culinary Arts students prepare all of the food served at Ernest's. Most dishes are notable for their creativity in both display and taste.

"We have great instructors," said Marc Sutton, a fourth semester culinary student. "The teachers come up with menus and then teach us how to create them."

He explains that third semester culinary students are involved as well in creating the evening menus, appetizers and cold food.

Meals are affordable, with appetizers for as little as \$8, lunch dishes from \$14 and up and dinner dishes beginning at \$22. Although prices are no object when succulent entrées such as goat cheese and sweet potato agnolotti or Arctic char and Serrano ham sandwiches are available. During your meal, delicious selections of premium wine are at your fingertips and when the main course is complete, diners can enjoy one of Ernest's famous deserts, which include pumpkin and brown sugar crème brulee and tequila lime tarts.

"Students come up with specials, and the teachers make sure everything comes out properly," said Sutton. "There are four to five specials every day."

Sutton continued to explain that culinary and hospitality students are involved in almost



Photo by Jen Stacey

every aspect of Ernest's. Depending on the semester, culinary students cook everything from sauces and rotisserie meats to cold food, appetizers, and deserts.

Not only is the cuisine at Ernest's worthwhile, but the experience is also top notch. Ernest's is set up with cherry wood and brass

highlights, making the dining experience alongside excellent customer service beyond tasteful. Ernest's is available to host events, which have previously included Saturday wine dinners and fundraisers.

Servers come from NAIT's Hospitality Management program. Ernest's gives students

the opportunity to learn while creating a unique dining experience on campus.

Hours to dine are Monday through Thursday from 11:30 a.m.-12:15 p.m., and Tuesday through Friday from 6 p.m.-7:30 p.m. as well as a buffet time on Fridays from 11 a.m.-12:15 p.m. Reservations are required.

Top Five Ways to Pay Off My Student Loan

5. Collect empties from campus bar
4. Participate in medical experiments
3. Start a pyramid scheme!?!?
2. Move back home with Mom & Dad :(
1. Get a great job at Agrium!

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Virtually Speaking

Waiting for next Duke Nukem

**GRAHAM McCANN**

Duke Nukem: Forever coincidentally has a fitting title. The game has been taking forever to make.

Forever was originally announced in 1997 as a sequel to *Duke Nukem 3D*, released in 1996 and among the most important PC games from the '90s. Forever was delayed, and then another trailer was shown in 2001, and then delayed again. From constant problems and changes in the engine (Originally the Quake II Engine, and then the Unreal Engine), the game has been in development hell, and has become infamous

and a joke in the industry.

However, that was until Randy Pitchford, CEO of Gearbox Software, acquired the rights to Forever in 2009 from its developer, 3D Realms.

Now the game has a definite release date after 14 years: May 3 for the PC, 360 and PS3.

Some people at Gearbox (Developer of *Borderlands*) apparently were once with 3D Realms and worked on *Duke Nukem 3D*. It's fitting that the material is back in the hands of some of its creators.

However, after 14 years of development and hype, expectations are high.

I've seen screenshots and the game looks really nice graphically.

Gamespot.com has a preview article covering the demo that was showcased at the Penny Arcade Exposition (PAX) last year.

From what I hear in the article, the game is not trying to be revolutionary but is instead trying to play on the nostalgia factor and satisfy those who remember *Duke Nukem* from 1996.

The game is not really a satire, but it's a funny and entertaining adult oriented, crude and gory first-person shooter with the iconic titular character, Duke Nukem, as an egotistical, chauvinistic, wisecracking but badass hero who single handedly saves the world from an alien invasion.

After it finally being released, I am very curious about how the game will sell. It would be a damn shame for it to be a bomb.

In an interview with Kotaku.com, Pitchford spoke about his anxieties and hope for a successful release of *Duke Nukem: Forever*.

"If it does less than one million copies, that's bad," Pitchford said. "1.5 million? That means there's something there, maybe only curiosity."

"If it does two million, you're there. 2.5 million? OK, it wasn't just curiosity."

As for me, who fondly remembers *Duke Nukem 3D* back in the '90s on my Pentium 120, I must get myself a copy for my Intel i7 920 when it finally hits shelves – 14 years later.



Volunteer and see the world

**VIEWS FROM AN OUTSIDER****CATHERINE YE**

Here is a quick Q&A for you. Do you like travelling? Yeah, everyone likes it as long as we have money ... Another question, do you like volunteering? Yes? Then this column is definitely for you.

As an international student who originally comes from China, I rarely did any kind of vol-

unteering back home. After I came to Canada, however, I found out that volunteering is a part of Canadian culture. Recently, I heard that ISV (International Students Volunteers) is looking for volunteers for their projects and any student who is interested in it can go to the International Student Centre to apply for it. So, to help you find out what ISV is and what they are doing, let's talk about ISV and their programs.

International Student Volunteers is recognized as one of the highest rated volunteer organizations in the world. ISV programs run across six continents – in Australia, New Zealand, Ecuador, Costa Rica, South Africa, Dominican Republic, Eastern Europe and Thailand. These volunteer programs focus on local environmental and community development initiatives. They combine volunteer and adventure travel. Being a volunteer means being more than a tourist and becoming an active global citizen by contributing your energy.

Their program has two main goals. One

involves conservation projects, which are dedicated to making a difference to endangered species conservation, scientific research, habitat restoration and education concerning sustainable use and natural resource management. The other one is community development volunteer projects, which are specifically designed to make a difference in the lives of people in developing countries who struggle with poverty, communal resources (i.e. running water, basic health care, etc.), substandard housing and those who work to improve their community through sustainable development alternatives.

Daily project activities focus on tasks that directly benefit and relate to the local community. Such tasks may include basic-construction, painting, gardening, teaching English to children, initiating recreational activities and children's programs (i.e. music, theatre, games, dancing, clowning and magic).

As I mentioned before, ISV also offers

the volunteers chances to go sightseeing and even go adventuring. Volunteers can have a lot of fun during their trips to the host country. Such adventures include white water rafting, glacier climbing expeditions, snorkeling and scuba diving, hiking, cannoning and rappelling, horseback riding, cultural and city exploration, yacht cruises and island hopping and wildlife safari tours.

Are you excited about this amazing opportunity? That is good, but I just want to point out some details. The program does cost you money and you will pay for all your airfare. Besides that, I believe it's really a great chance for you to see the world. One more reminder – if you want to apply for the program, you can either go to the International Student Centre at NAIT to ask for an application form or just go to the ISV website to apply.

Go for it, to help the needy and to make friends. Build your memories and use our youth in a meaningful pursuit!

February is a worthy month

By DAVID ADOMAKO-ANSAH

February is a very special month. Of course, there is Valentine's Day, the day everyone likes to express how they really feel about each other. There's also that thing about it being the shortest month with only 28 days. But around the world, many people also celebrate February for two other reasons. For those who didn't know, the second month of the year is also dedicated to the Heart, as well as Black History.

Heart Month was founded in 1924, but

wasn't really made public until 1948. Basically, it was created to bring awareness to living a better lifestyle by not smoking, exercising eating right and helping people understand the dangers of heart disease, currently the leading killer in the United States.

Black History Month was started by Carter G. Woodson. It was originally called Negro History Week starting February 12th, 1926, the same day as President Abraham Lincoln's birthday, the same president who abolished slavery. In 1986, National Black (Afro-Amer-

ican) History Month marked 60 years of recognizing Black History and the contributions made to American by African-Americans. In the United Kingdom, Black History Month is actually held in October. Notable activists linked with Black History Month include Dr. Martin Luther King Jr., Rosa Parks, Malcolm X, Jesse Jackson, Rev. Al Sharpton, and recently, Oprah and President Barack Obama.

February has a lot of importance to it, and we should take time to remember everything that it's about.



OPINION

— Editorial —

What's more important?



RACHEL JACQUES
Editor-in-Chief

As I was perusing the *Edmonton Sun* the other day, I saw a little blurb on texting and driving. It caught my attention. I've lost count how many times I've been on the roads and seen someone with a cellphone in their hand. Whether it's talking, texting, checking a calendar of appointments or the many other things cellphones are now capable of doing. It's appalling, really. What does it take to keep people focused on the road and the task at hand, getting to their destination and concentrating on their surroundings?

I have to admit that I have absolutely no right to judge since I am positive that numerous other people have seen me doing the exact same thing during my commute. We all do it. There's no denying it. It's a constant thing in this day and age. I know some people (including myself) that send hundreds of messages per day. So what is this strange pull that cellphones seem to have on us and how can we stop ourselves from putting lives in danger on the road?

Just one message

One simple word has the power to change lives. "Yeah" took a sister away from her family. "Lol" was the reason a teen killed a man. "Where r" had the ability to cause substantial brain damage to a young man. In an AT&T documentary on texting and driving that I watched the other day, I was guilt ridden as I realized that this could happen to anyone.

The story that brought tears to my eyes, however, was of a young girl in Missouri who was on her way to watch a friend's game when she looked down for a second to read a text. Her car swerved and hit the concrete edge of a bridge. Her cap and gown were found in the trunk of her car. She was going to graduate the next day. The text that killed her read "Where u at."

I cannot wrap my head around how much guilt I would feel if a text that I sent a friend was the reason that they were dead. How in the world would you live with yourself?

When you take your eyes off the road, all it takes is a split second for something to go wrong. Statistics say that texting or talking on the phone while driving can make an adolescent's reaction time equivalent to that of a 70-year-old. You are also 23 times more likely to get in an accident if you are texting while driving. In 2008, almost 6,000 people were killed and a half-million were injured in crashes related to driver distraction. The most staggering statistic of all is that texting while driving is six times more likely to result in a crash than driving while intoxicated.

If someone were to ask you to drive down a road with your eyes closed for five seconds, would you do it? What if they asked you to check a text message and respond? According to a study conducted by the Virginia Tech Transportation Institute, "for every six seconds of drive time, a driver sending or receiving a text message spends 4.6 of those seconds with their eyes off the road." This makes texting the most distracting of all cellphone related tasks. It is nearly the same as driving down a road blindfolded.

One day it will

Statistics aside, I know that a lot of you don't think about it because it has never happened to you, but there comes a time when we all need to realize that one day it will. Saying to yourself that you can multi-task, that you won't hit anyone, doesn't make it true. It's a defence mechanism. Just because it hasn't happened yet, doesn't mean it can't. No one wants to think that they may one day put someone in the hospital because of a silly habit. It doesn't feel real until it's happened to you. I know what it's like to attend a friend's funeral. It doesn't hit you until you watch the casket being lowered into the ground. And I hope that none of you have to go through the same thing because of something as miniscule as a text message.

How can we prevent this deadly habit from getting any worse? We all need to be aware that everyone does it, but that it doesn't make it right. If you know a friend is driving, don't text them. Be the proactive one. Texting can wait.

We are all addicted to our phones. It's a pandemic. Parents should not be burying their children, friends should not be attending funerals and families should not be mourning loved ones.

So what's more important, those little words on a screen, or someone's life? You make the choice.

Editor's Note: To watch the AT&T documentary, go to <http://bit.ly/textingdoc>

"Lol no I'm nt bsy,
I'm only driving."



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SPORTS

MEN'S BASKETBALL

Two games till playoffs

By **PATRICK KNOWLES**

The Oaks men's basketball team played a pair of games at home this past weekend against The Wolves from Grande Prairie.

The team came away with victories in both games, Friday night NAIT crushed The Wolves blowing them out 130-82.

Saturday's game was much the same story with NAIT winning 116-86. The teams now have exact opposite records, with NAIT collecting its 15th and 16th victories of the season, while Grande Prairie takes away loss number 15 and 16 on the season.

Friday night's game saw NAIT jump out to a four-point lead after the first quarter and then broke it wide open in the second quarter, outscoring the Wolves by 19 in the second quarter to lead at half 62-39, a lead that the Oaks never gave up to cruise in the second half to victory. Leading scorer's on Friday night was Gerard Mozwa with 22 and Bol Kong with 20. Player of the Game honours went to Gerard Mozwa.

Saturday afternoon The Wolves came out fighting, taking the lead after the first quarter 17-15. After that it was all NAIT, which took the lead early in the second quarter and never give it up for the rest of the game.

Leading by only three at half time and for the second game in a row not playing well defensively, the Oaks battled hard on the boards and started to score with good ball movement, beating Grande Prairie down the court to score a lot of easy, uncontested baskets. When it was all over NAIT walked away with another easy win 116-86. High scorers for the Oaks on Satur-

day were Shane Cox with 24, while both Shane Reece and Bol Kong each added 21 respectively. Player of the game Saturday afternoon was Reece.

"I thought we took a step backwards in regards to defence this weekend," coach Don Phillips said Saturday's game.

"Offensively, we scored as usual. I would say that Grande Prairie is one of our tougher opponents because we know we are supposed to beat them. It's kind of tough to go out and be professional, but that's what we need to work towards because we can't afford to take games off and take steps backwards and I thought this was definitely a step backwards defensively."

"We need to have a good week of practice and work on some things defensively in order to get ready for the last two games of the regular season and looking forward to the playoffs," Phillips said.

"I'm not really worried about any of the other teams in the league. As a coach, I'm focusing on my team and it's all about doing us. If we do the things we need to do on defence and share the ball on offence, we are a tough out and I like our chances against any team in this league."

Up next for NAIT are the final two games of the regular season against Augustana this Friday and Saturday, which should be another two victories for the men's team and would have them finish on top of the North Division and second overall in the entire league. Both games are at 8 p.m., with Saturday's game being played at NAIT.



Photo by Anthony Houle

NAIT Oaks guard Corey Saban scores a basket during a game last Friday against the Grande Prairie Wolves. The Oaks won the game 130-82.

BADMINTON

Badminton banner year

By **MARC MAJEAU**

This has started off as a banner year for the NAIT Oaks badminton team.

The Oaks have battled hard all season, finishing first in the 2010-2011 ACAC regular season standings and the team has gotten support from every single player on the roster. This past weekend, the Oaks went down to Calgary for the ACAC championships and came back with four more titles. This caps a tremendous 2010-2011 season for the entire NAIT Oaks badminton team and head coach Jordan Richey.

First up, the Oaks were able to "three-peat", as they won their third consecutive team championship against the Concordia Thunder.

"It's a good victory over our rivals from Concordia," said head coach Jordan Richey. The Oaks defeated their cross-town rivals by a count

of 5-1 in the gold medal match.

The NAIT men's doubles team, which consists of Jonathan Chang and Jason Chou, were the victors in the ACAC men's doubles championships. Also, the mixed doubles teams of Joey Vandervet and Sinead Cheah were also able to win their third consecutive ACAC mixed doubles championship.

The success wasn't limited to just the doubles teams, as individual Oaks added some trophies. Dan Kai was able to capture the ACAC championship in men's singles and Sun Yang took home the ACAC championship in women's singles. This was quite the accomplishment for not only the team, but for NAIT Athletics.

All in all, the Oaks finished first in four out of a possible five events this past weekend, with Natalie Neumann and Jessica Yu finishing sec-

ond in women's doubles. Even though the duo didn't finish first, they will still be able to attend the CCAA championships in March, because the final two are able to advance.

Next up for the Oaks, it's the granddaddy of them all, the CCAA championships. For that tournament, the Oaks are going to travel across the country to Mount Allison University in Sackville, New Brunswick.

"NAIT will be sending eight players in total. That's quite an accomplishment for them, and they are all very excited to go," added Richey.

The CCAA championship is the final tournament of the season, and it consists of six teams from across Canada, including Atlantic Canada, Ontario, as well as British Columbia. The tournament takes place on March 3-5.



Jordan Richey

We're still champions



WAY OFFSIDE

KYLE GALLIVER
Sports Editor

The Oilers are last place in the NHL. The Eskimos missed the playoffs the year they hosted the Grey Cup. The Rush started the 2011 NLL season 0-5 before winning their last two games to get to a respectable 2-5. The Capitals missed the playoffs, the Edmonton Energy folded after only a few seasons ... The list goes on-and-on. Edmonton's professional sports teams are not really living up to the title of "Champions" these days. So are we still the "City of Champions"?

Hell, yes we are.

Earlier this week I had the opportunity to go to the World's Longest Hockey Game and I've got to say Edmonton, we have a lot to be proud of. Edmonton is a city full of people who have the "heart of a champion." The amount of

support and money that Edmontonians give to charities is unbelievable. In the two hours that I was out at Saiker's Acres, school buses full of children were driven to the game to take part in festivities and support the 39 men and one women taking part in the game. Some Oilers stopped by to sign autographs for people and take in the festivities. Even the Premier Ed Stelmach stopped by to throw his support behind the cause.

For those of you that don't know, the World's Longest Hockey Game is a charity game with 40 people who play for 10 straight days in an attempt to break their own record for the world's longest hockey game and they are trying to raise \$1 million for cancer research while they do it.

Every one of the people playing in the game are playing for someone they know who has been affected by cancer, and everyone of them has an army of people that come out to support them, regardless of the time of day or the weather conditions.

We were interviewing some of the players and they were telling us that there is almost always fan support out to watch the game. Even at 4 a.m.! There have been easily over 1,000 goals scored so far in the game and people were still clapping and cheering for each and every goal. If that isn't a love for sport and charity, I don't know what is.



canadabulldog.com

Just being there and experiencing the atmosphere out at Saiker's Acres was awesome. You feel like you are part of something when you are there and that's how it should be. The feeling of people coming together to support a good cause is something that can't

be imitated, and Saiker's Acres is oozing with that feeling.

It may be a while before we celebrate another championship (come on, Oilers 2015) but we are a city that is full of champions and we can celebrate that every day.

MEN'S VOLLEYBALL

Ooks finish season in 2nd place

By **PATRICK KNOWLES**

The NAIT men's volleyball team played their

last regular season games this weekend versus the Augustana Vikings, coming away with two

straight set victories on Friday night on the road and then Saturday night at home. Friday night set scores were 25-14, 26-24, 25-17, and Saturday's set scores were 25-20, 25-21, 25-13. NAIT was in complete control of the games, playing at a higher level than their opponents from Augustana.

On Friday night, player of the game honours went to Greg Mann, who had a full stat sheet with 10 kills, six aces and six digs. On Saturday, the player of the game was Trevor Langvand, who had 10 kills, five digs and two blocks.

NAIT finished the regular season in second place with a record of 16 wins and four losses, good enough for the second overall seed going into provincial play-downs and they will match up in the first round against the seventh seed, which will likely be Lethbridge College, who finished the season with an 11-9 overall record, but with games

still left to be played, the matchup for NAIT could change.

"To say that we are excited about going to the provincial championships would be an understatement," head coach Simon Fedun said after the weekend victories.

"Our league is so strong and I feel that all eight teams will have an opportunity to win if they play well. We are going to take it one point at a time, focus on the defensive side of the ball and leave it all out on the court," he said. "It's going to be fun."

Athlete of the week honours this week went to Anton Borodyuk, who coach Fedun is very impressed with.

"Anton was thrust into a starting role after spending most of the year coming off the bench. He was a force at the net with six blocks in our two matches versus Augustana," said Fedun.

Athletes of the week

Feb. 11-17

Kate Bilodeau
Volleyball



Kate helped her team sweep Augustana on their final weekend of the regular season. She had 14 kills, two stuff blocks, four service aces and 10 digs in the two-game set. "Kate has played very consistent for us in the second term, improving with every match, said head coach Erminia Russo Thorpe. "As one of our team captains, she has led by doing her job and being supportive of others." Bilodeau is a third-year Business Administration student from Grande Prairie.

Dan Kai
Badminton



Kai won the ACAC men's singles championship this past weekend at the ACAC badminton championships at Mount Royal University. It was Dan's third ACAC singles title in the past four years. He then went on to help lead his team to its third consecutive ACAC team championship on Sunday. Dan will now travel to Sackville, New Brunswick to compete in the CCAA Badminton Nationals and try to win this third national singles title. "Kai is the best badminton player to ever play at NAIT," said head coach Jordan Richey. "Having him on the team forces everyone to raise their game just to be able to compete with him in practices." Dan is a third-year player in his first year of the Business Administration program.

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Photo by Anthony Houle

NAIT Oaks basketball player Frankie Veenbass gets a push from a Grande Prairie Wolves player during their game on Friday, Feb. 11. NAIT lost 76-55.

WOMEN'S BASKETBALL

Women continue to struggle

By **ALI MAGEE**

The NAIT Oaks women's basketball team had another disappointing weekend, losing both their games to the Grande Prairie Wolves.

Friday's game didn't start smoothly for the Oaks, with the Wolves scoring 10 more points than the Oaks in the first quarter. The Oaks' defence stepped up before half time, almost matching the Wolves' points in the second quarter. The girls continued keeping the Wolves out of the paint and got four more points than their opponents in the third quarter. Unfortunately, they were not able to keep the strong momentum into the fourth and the Oaks lost the game with a final score of 76-55. Top points for the Oaks came from Rosalina

Hicks and Katrina Papenhuyzen, both with nine points. Leading scorers for the Wolves were Andria Carlyon, and Jaelle Buhler with 24 points and 18 points respectively.

The team started out strong Saturday, getting three more points than the Wolves in the first quarter. The Oaks kept their strength through the second quarter with Dale-Marie Cumberbatch making eight points before half time and were ahead the end of the quarter. To the Oaks' disappointment, the Wolves pushed forward and dominated in the third quarter, getting 10 more points than the Oaks. Unable to keep up with the power of Grande Prairie's Jaelle Buhler, who made 11 points in the second half, NAIT lost the game by 15 points

with a final score of 79-64. Rosalina Hicks, with 12 points, and Dale-Marie Cumberbatch, with 10 points, led the Oaks in scoring. The Wolves top point getters were Andria Carlyon, with 25 points and Jaelle Buhler, with 17 points.

"Despite the losses, I'm very proud of the team," said head coach Todd Warnick. "I think we played our best game of the year this weekend."

Grande Prairie is currently the highest ranked team in the North Division.

"They're working off a five-year building process and that's very evident in how they play," Warnick said. "We were able to match them on Saturday – being up one at half time."

The coach was happy with the performance.

"I am very impressed with the overall level of team play, with all 10 players hitting the score sheet. We can definitely take away some positive things on how we've developed."

Currently, NAIT Oaks Cumberbatch holds the second highest points-per-game average with 16.17 in the North ACAC Division and the women's team sits in seventh place. The team has yet to play the Augustana Vikings this season, but will face off against them this weekend in a pair of games. The games will take place on Augustana's home court this Friday at 6 p.m., and on the Oaks' home court on Saturday at 6 p.m.

Ooks ride five game win streak

By PATRICK KNOWLES

The NAIT men's hockey team is really hitting its stride at the optimal time. They are riding a five-game winning streak heading into the playoffs this weekend, which is something that they need heading into a battle with their cross-town rivals from Concordia.

This past weekend, NAIT played a pair of games versus the Portage College Voyageurs from Lac La Biche, coming away with victories in both games.

Friday night saw the last home game of the regular season for the Ooks and they sent the crowd home happy with a 3-1 victory.

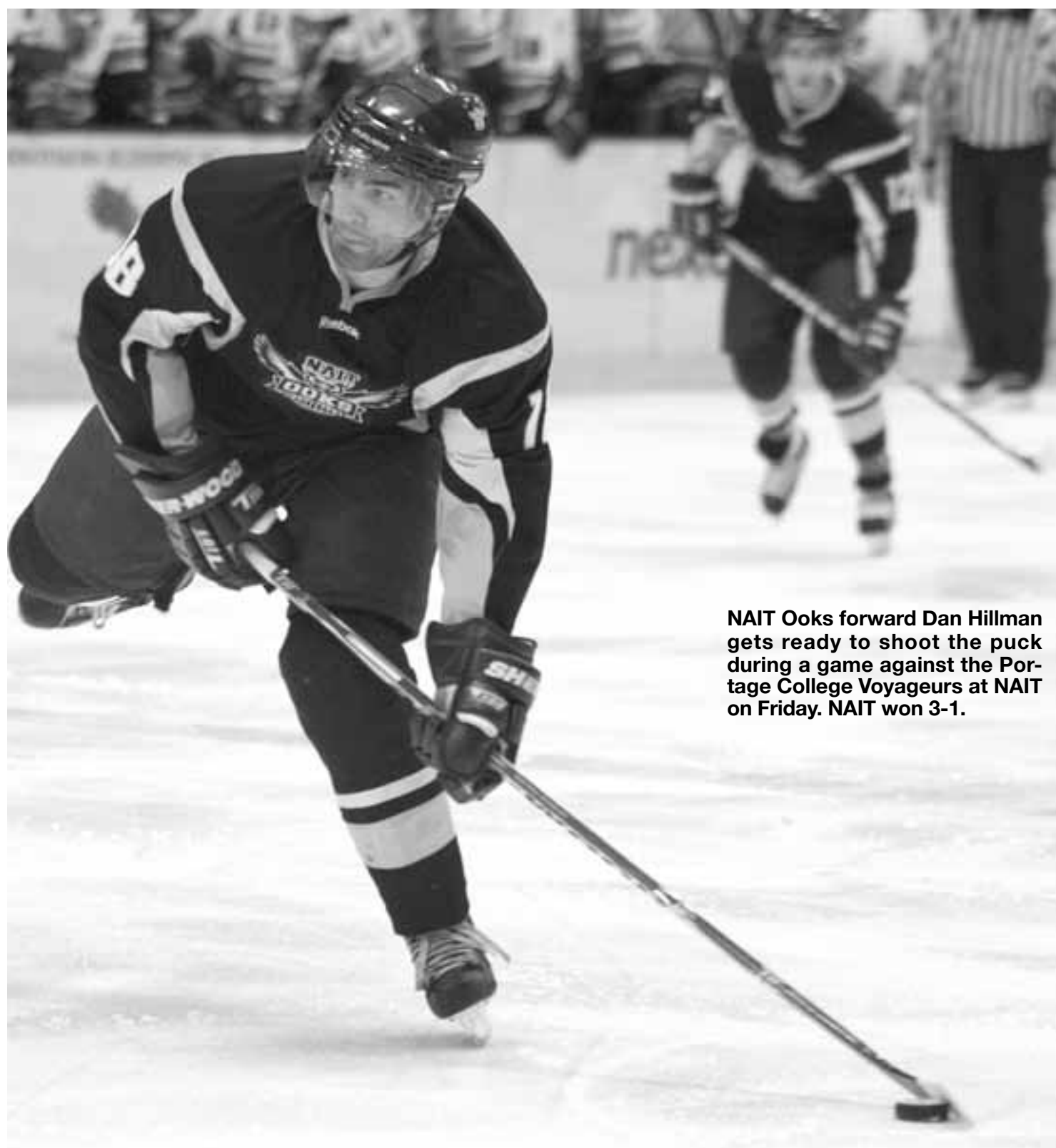
Jumped out to lead

NAIT jumped out to a 3-0 lead after the first period, scoring on three out of their six shots and chasing starting goaltender Dallas Ungurian from between the pipes. Ungurian was replaced in net by Shane Mainprize to start the second period, and he did a much better job than his teammate, stopping all 21 shots fired his way and keeping this game much closer than what it could have ended up being.

Ooks goal scorers on Friday night were Steven Pratt, Jiri Prochazka and Andy Willigar. Assists on Friday came from Dion Darling, Kyle Teague, Vincein Scott and Jiri Prochazka. Prochazka's goal was a thing of beauty, getting the perfect pass from Teague and going forehand to backhand on Ungurian, making him look silly, before putting the puck in the back of the net. Graeme Harrington got the win in net for NAIT, getting his third consecutive win in a row and making the key saves when called upon.

Early goals

Saturday, NAIT travelled to Lac La Biche to face Portage, where the game was much the same as the night before, with the Ooks winning 5-0. NAIT got goals early in the game and were able to hold off the Voyageurs pressure. NAIT was outshot in this game 32-23 but Graeme Harrington played a great game, not allowing a single goal and playing his best hockey right at the perfect time of the year, collecting his fourth win in a row and the Ooks



NAIT Ooks forward Dan Hillman gets ready to shoot the puck during a game against the Portage College Voyageurs at NAIT on Friday. NAIT won 3-1.

Photo by Laura Dettling

now on a five-game winning streak heading into the first round of the playoffs, which start this weekend. Goal scorers on Saturday for the Ooks were Jiri Prochazka, who had two, Kyle Teague, Max McCloy and Kyle Ceretzke each added a goal respectively. Assists came from Andy Willigar, Brad Sinclair, Kjell Reid and Dion Darling with two assists. Shane Mainprize was in net for the Voyageurs making 18 saves on 23 shots.

Coach Serge Lajoie was not at either of the games over the weekend because he is currently away at the Canada Winter Games coaching the U16 hockey team from Alberta and will not be back till the end of this week, either late Friday night or early Saturday. Taking over for him behind the bench while he is gone is assistant coach Ryan Marsh, who had this to say about this past weekend's games:

"We were happy with the effort this weekend. We were able to get some goals early, which ultimately allowed us to win the games. We were generally happy with our 60-minute effort, we had some big key saves and guys stepped up and made plays when they were needed to be made."

When asked about getting some players back from injury Marsh said it was "really nice to have a bit of depth in the lineup. Getting players like Max McCloy and Brennan Volcan back from injury and having their lines play

well respectively, and giving our team some more energy was nice to see. It's good to have them back in the lineup."

So that was the end of the regular season for your Ooks men's hockey team. They finished fourth in league play and match up against Concordia in the first round of the playoffs. NAIT has home ice advantage for this matchup, one that has not favoured NAIT this year. The Ooks have lost three out of the four games that they played

against Concordia, with the only win coming at home – a 3-2 victory in overtime to start the five game winning streak that NAIT is currently on. This should be a great series to watch, so come out and support your Ooks men's hockey team. Game times for this best-of-three series are:

Thursday, Feb. 17 – Concordia at NAIT, 7 p.m.; Saturday, Feb. 18 – NAIT at Concordia, 8:15 p.m.; Sunday, Feb. 20; Concordia at NAIT (if necessary), 6:30 p.m.

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The five hardest things



SAY WHAAAAT?

MATT DeBEURS
Assistant Sports Editor

In honour of all the pro sports out there, I decided to make a list of the hardest things in all of sports to do as decided by me.

No. 5 – Ride a Bull for Eight Seconds

It takes a big ol' set of balls to decide that jumping on a 1,000-pound bull is something you want to do for fun. Have you actually seen a bull up close? The smell alone is enough to scare me off. And once you're on the thing you have to stay on for eight seconds? Are you kidding me? I could barely stay on a big dog for eight seconds, let alone a full grown bull. They should be called cowmen and not cowboys. Who thought it would be a good idea to ride a bull in the first place? If you ever meet a full blown bull rider, treat him with respect. He could probably kick your ass.

No. 4 – Get Punched In the Face by a Heavyweight

So technically it really doesn't take anyone special to take one into the jiblets from a heavyweight, but to still be breathing takes a

special kind of person. Sure, the only people that get hit by heavyweights are other heavyweights, but does that make it any better? It's a lot like swinging a wrecking ball into a wall of bricks, it going to mess things up real good, and it's going to be fun to watch. Not only do boxers and heavyweight MMA fighters get hit in the chops on a regular basis, they have to keep on fighting after it happens. Something I definitely couldn't do. I'd be in the fetal position in an instant, or unconscious.

No. 3 – Hole In One

How many golfers are out there in this wide world? I'm going to say there's a whole lot. And I can say with almost certainty that most of them stink. I'm no exception to the rule either, of course. I guess what I'm trying to say is that golf may be the hardest sport out there that is accessible to the majority of us. And the hardest part about it? The elusive hole in one. How many people do you know that have gotten one? One maybe, if you're lucky, two. And if you're lucky enough to ever get a hole in one, you'll gladly buy drinks for the entire course because it's that big a deal. You may have shot 120, but if you got a hole in one, it was the round of a lifetime.

No. 2 – Landing a Quad

I am not a fan of figure skating at all. I'm not a fan of any sport that relies almost solely on judging to determine a winner. But having said that, have you ever seen some of the stuff those men and women can do on skates? Pretty darn cool. And the most impressive of all those weird moves is the quad. For those of you that don't know, the quad is where you jump from the ice and proceed to spin in the air four times. It happens so fast that you can barely count the revolutions. Only two women have ever landed it successfully and very few men have the stones to pull it off even at the Olympic level. Think it's not that hard? Try to spin twice on flat ground. Didn't go so well did

it? Now try four full rotations on skates.

No. 1 – Hitting a Baseball going 90 mph or Faster

This is the only thing on my list that I have actually done. And let me tell you, it isn't easy. I've played baseball my whole life and the first time I hit off someone throwing over 90 mph they made me look like I had just graduated from tee ball. Three straight heaters right down the middle of the plate whiffed on (I did hit a soft dribbler back at the pitcher the next time at bat to redeem myself). We get to see the pitchers in the majors on TV all the time, and you really have no idea how hard 90 mph is until you see it up close. It takes the ball less than a half of a second to reach the plate. You can hear the ball come out of the pitcher's hand and hiss angrily until it makes a thud in the catcher's mitt so loud that echoes throughout the whole diamond. I can guarantee those of you that think you can do it, you can't.



nams.ca

NHL power rankings – West

By **MARC MAJEAU**

1 – Vancouver Canucks

Lead by the Sedin twins, and Ryan Kesler, the Vancouver Canucks currently sit first in Western Conference standings. They have the best home record in the NHL, and were the last team to have double digits in the loss column. Enough said.

2 – Detroit Red Wings

The Detroit Red Wings are the "Coca-Cola" of the NHL. They haven't really changed that much in years, but they still deliver, time and time again. Henrik Zetterberg is on a point-per-game pace, and goaltender Jimmy Howard is near the top of the league in wins.

3 – Nashville Predators

Head coach Barry Trotz' window is closing. Slowly, but surely, it's closing. He's lead the Preds to regular season success, as well as playoffs in five out the past six seasons, but the Predators need to do something big this season. They've quietly put together a great season so far, and they also just added Mr. Carrie Underwood – Mike Fischer.

4 – San Jose Sharks

Everyone's favourite playoff under-achievers are at it again, putting up a phenomenal regular season. Dany Heatley and Patrick Marleau have handled the offense for the club, and Antti Niemi has played like a pro. We've seen the beginning of this story for the past four or five seasons, but it's the ending everyone is curious about. We'll see what happens in April.

5 – Dallas Stars

General Manager Joe Nieuwendyk turned heads this off season by announcing that the Stars wouldn't offer a contract to fan favourite Mike Modano, but the Stars haven't looked back since. Brad Richards looks like he did when he won the Conn Smyth with Tampa in 2004, and Loui Eriksson has been at a point per game clip all season.

6 – Chicago Blackhawks

The defending Stanley Cup champions lost a lot this summer, and it's shown in the first half of the season. Their core is still intact, with Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and I still wouldn't bet against the Hawks in a best of seven series ... Especially if they end

up playing the Canucks.

7 – Anaheim Ducks

Anaheim has put together a great first half of the season, and they have also been doing it under the radar. Net minder Jonas Hiller is keeping the puck out of the net, and Corey Perry, Ryan Getzlaf, and Teemu Selanne are putting the put in the other net, and doing so frequently. The Ducks also added to their blue line depth by re-acquiring defenceman Francois Beauchemin from the Leafs.

8 – Calgary Flames

Since the Flames cut ties with Darryl Sutter, they have been one of the hottest teams in the NHL. Their power play has been dynamite, and they have been getting contributions from all four lines. Unfortunately, they didn't cut ties with their hideous Heritage Classic Uniforms. When does Ronald McDonald suit up?

9 – Los Angeles Kings

The Western Conference is tight, and the Kings are right in the thick of the race. They are a very young team, and if they want to knock off the best of the west, they'll need some veterans up front. With the trade deadline looming, watch for the Kings to make a jump up the power rankings.

10 – Phoenix Coyotes

The Phoenix Coyotes are so hard to predict. In the past ten games, they haven't done anything to prove they are a playoff team, but they haven't done anything to prove that they aren't. The Western conference is so incredibly tight, and for a team to get in the playoffs, they are going to have to go on a nice run. The Coyotes don't have any one player that can single handedly put that team on his back.

11 – Columbus Blue Jackets

The Columbus Blue Jackets are in the purgatory of the NHL world. Not quiet good enough, not bad enough to blow it up.

12 – Colorado Avalanche

With Peter Forsberg's announcement that his comeback is over and he is retiring, the Avalanche are losing a player who could have been a mentor to younger players and play around 17



blogs.denverpost.com

Peter Forsberg Comeback is over

minutes a night.

13 – Minnesota Wild

Although they are currently battling for a playoff spot in the wild, wild, west, Martin Havlat and Mikko Koivu are NOT enough to lock the Wild into one of the top eight spots.

14 – St. Louis Blues

Name an offensive threat on the Blues. Wait ... you can't? Neither could I. David Backes leads the team in points, and that does not have any other teams in the Western Conference shaking in their boots. Jaroslav Halak has looked very good, but not his playoff self from last season, when he was hotter than a firecracker.

15 – Edmonton Oilers

At least nobody has died this season?

ACAC Standings

MEN'S HOCKEY									
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	28	23	21	2	0	3	136	56	49
Mount Royal	28	19	19	6	0	3	101	53	41
Augustana	28	14	14	7	2	5	130	91	35
NAIT	28	15	14	9	1	3	78	69	34
Concordia	28	10	9	12	2	4	108	113	26
Portage	28	9	8	17	0	2	85	108	20
Briercrest	28	5	5	17	0	6	74	131	16
MacEwan	28	3	3	23	0	2	60	151	8

RESULTS
Feb. 11
NAIT 3, Portage 1; Augustana 8, Briercrest 2; SAIT 2, MRU 0; Concordia 10, MacEwan 3
Feb. 12
NAIT 4, Portage 0; Augustana 6, Briercrest 3; SAIT 2, MRU 1; Concordia 12, MacEwan 0

WOMEN'S HOCKEY									
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	24	21	17	1	0	2	96	34	44
NAIT	22	11	11	8	1	2	53	48	25
SAIT	22	11	10	8	2	1	61	54	25
MacEwan	22	4	4	12	0	6	36	61	14
Red Deer	22	3	3	16	2	1	32	76	9

RESULTS
Feb. 10
MRU 4, RDC 3 (OT)
Feb. 11
SAIT 3, MacEwan 0
Feb. 12
MRU 6, RDC 0; SAIT 2, MacEwan 1

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
NAIT	18	16	2	32	1763	1379
Lakeland	18	15	3	30	1647	1355
Concordia	18	9	9	18	1431	1318
MacEwan	18	8	10	16	1355	1361
Keyano	18	7	11	14	1267	1391
Augustana	18	4	14	8	1394	1642
Grande Prairie	18	2	16	4	1386	1826
King's	18	0	18	0	1096	1626

South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge	18	17	1	34	1701	1250
Mount Royal	18	15	3	30	1544	1307
SAIT	18	10	8	20	1447	1438
Briercrest	18	9	9	18	1550	1560

Red Deer	18	8	10	16	1449	1447
Medicine Hat	18	6	12	12	1443	1573

RESULTS
Feb. 11
NAIT 130, GPRC 82; Lakeland 115, MHC 81; Lethbridge 77, Concordia 66; Keyano 57, SAIT 67; RDC 76, MacEwan 58; MRU 99, Augustana 60; Briercrest 85, King's 66
Feb. 12
NAIT 116, GPRC 86; MRU 70, Concordia 62; Lakeland 99, Briercrest 88; MHC 86, King's 69; Lethbridge 97, Augustana 54; RDC 85, Keyano 63; SAIT 85, MacEwan 73

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Grande Prairie	18	16	2	32	1312	1044
MacEwan	18	15	3	30	1343	1026
Concordia	18	15	3	30	1385	974
King's	18	9	9	18	1125	1129
Augustana	18	9	9	18	1401	1406
Lakeland	18	6	12	12	1129	1299
NAIT	18	4	14	8	950	1148
Keyano	18	0	18	0	924	1493

South Division						
Team	G	W	L	Pts	PF	PA
SAIT	18	17	1	34	1426	1008
Mount Royal	18	13	5	26	1227	1072
Medicine Hat	18	10	8	20	1253	1185
Lethbridge	18	6	12	12	1164	1264
Red Deer	18	5	13	10	963	1160
Briercrest	18	1	17	2	908	1302

RESULTS
Feb. 11
GPRC 76, NAIT 55; MHC 78, Lakeland 65; Concordia 75, Lethbridge 63; SAIT 90, Keyano 34; MRU 84, Augustana 51; MacEwan 48, RDC 42; King's 73, Briercrest 51
Feb. 12
GPRC 79, NAIT 64; Concordia 72, MRU 45; Lakeland 71, Briercrest 44; RDC 76, Keyano 63; Augustana 77, Lethbridge 63; MacEwan 61, SAIT 52; MHC 79, King's 66

MEN'S VOLLEYBALL						
Provincial Division						
DIV	Team	MP	MW	ML	GW	GL
S	Briercrest	20	17	3	55	16

N	NAIT	20	16	4	52	23	32
S	Red Deer	20	15	5	51	24	30
N	King's	20	14	6	47	29	28
S	SAIT	20	13	7	44	34	26
N	MacEwan	20	12	8	45	34	24
S	Lethbridge	20	11	9	43	35	22
S	Medicine Hat	20	10	10	38	36	20
N	Grande Prairie	20	9	11	34	36	18
N	Keyano	20	9	11	36	37	18
S	Mount Royal	19	7	12	30	40	14
S	Augustana	19	3	16	13	50	6
N	Lakeland	20	3	17	13	52	6
N	Concordia	20	0	20	5	60	0

RESULTS
Feb. 11
NAIT 3, Augustana 0 (25-14 26-24 25-17) Briercrest 3, SAIT 1 (25-12, 21-25, 25-20, 25-19) MRU 3, GPRC 0 (25-14, 25-16, 29-27) Keyano 3, King's 0 (25-18, 25-17, 25-14) Lethbridge 3, Concordia 0 (25-15 25-16 25-17) RDC 3, MacEwan 1 (25-15, 23-25, 25-17, 25-20) MHC 3, Lakeland 0 (25-20, 25-11, 25-19)
Feb. 12
NAIT 3, Augustana 0 (25-20, 25-21, 25-13) Briercrest 3, SAIT 0 (25-11, 25-17, 25-20) GPRC 3, MRU 1 (25-22, 23-25, 25-19, 25-21) King's 3, Keyano 1 (14-25, 25-13, 27-25, 25-14) Lethbridge 3, Concordia 0 (25-19, 25-16, 25-20) MHC 3, Lakeland 0 (25-21, 25-18, 25-21) RDC 3, MacEwan 0 (25-22, 25-22, 25-19)

WOMEN'S VOLLEYBALL						
Provincial Division						
DIV	Team	MP	MW	ML	GW	GL
S	Mount Royal	19	18	1	55	9
N	Grande Prairie	20	16	4	53	20
N	Lakeland	20	14	6	50	30
S	Red Deer	20	13	7	44	29
N	King's	20	12	8	42	36
N	MacEwan	20	11	9	37	32
S	Medicine Hat	20	11	9	39	32
N	NAIT	20	11	9	42	35
S	SAIT	20	9	11	36	39
S	Lethbridge	20	9	11	34	39
S	Briercrest	20	6	14	31	47
N	Keyano	20	5	15	24	49
N	Concordia	20	4	16	15	51
S	Augustana	19	0	19	3	57

RESULTS
Feb. 11
NAIT 3, Augustana 0 (25-5, 25-11, 25-14) Briercrest 3, SAIT 1 (25-27 25-16, 25-23, 28-26) GPRC 3, MRU 1 (18-25, 25-15, 25-17, 25-23) King's 3, Keyano 0 (25-22, 25-17, 25-17) Lethbridge 3, Concordia 0 (25-14, 25-22, 26-24) RDC 3, MacEwan 0 (25-18, 25-23, 25-20) MHC 3, Lakeland 2 (24-26, 26-24, 25-11, 16-25, 17-15)
Feb. 12
NAIT 3, Augustana 0 (25-7, 25-12, 25-12) SAIT 3, Briercrest 1 (25-19, 16-25, 26-24, 25-23) MRU 3, GPRC 1 (25-13, 21-25, 25-14, 25-18) King's 3, Keyano 0 (25-21, 25-21, 25-19) Lethbridge 3, Concordia 0 (25-9, 25-23, 26-24) Lakeland 3, MHC 1 (25-16, 23-25, 25-22, 25-22) RDC 3, MacEwan 1 (25-18, 26-24, 10-25, 25-19)

CURLING			
MEN			
Team	Fall	Winter	Totals
NAIT	5-1	6-0	11-1
Augustana	5-1	4-2	9-3
Olds College	3-3	4-2	7-5
Red Deer College	2-4	4-2	6-6
GPRC	4-2	1-5	5-7
Grant MacEwan U.	2-4	1-5	3-9
Lakeland College	0-6	1-5	1-11

WOMEN			
Team	Fall	Winter	Totals
NAIT	4-2	5-1	9-3
GPRC	4-2	5-1	9-3
Grant MacEwan U.	5-1	4-2	9-3
Concordia	4-2	4-2	8-4
Red Deer College	4-2	4-2	8-4
Lakeland College	5-1	2-5	7-5
Augustana	0-6	2-4	2-10
Portage College	1-5	0-6	1-11
Olds College	0-6	1-5	1-11

MIXED			
Team	Fall	Winter	Totals
NAIT	5-0	5-0	10-0
Grant MacEwan U.	4-1	3-2	7-3
Augustana	3-2	4-1	7-3
Red Deer College	2-3	1-4	3-7
Lakeland College	0-5	2-3	2-8
GPRC	1-4	0-5	1-9

Hockey alumni donate money



KYLE GALLIVER
Sports Editor

The Oaks hockey program recently received a big boost from some ex-players. On Saturday Feb. 5 the hockey program here at NAIT received a donation of \$200,000 dollars. The money was donated by the Oaks Hockey Alumni Association, which is an association made up of former Oaks from as far back as the '60s and Oaks that played just last year.

The alumni association raises they money through various fundraising initiatives. The majority of the money is raised through alumni run casinos. Linda Henderson, the Director of Athletics and Recreation at NAIT, says she is

grateful for the money and effort the association gives to the hockey program.

"We're very grateful for them coming together," says Henderson. "There's a lot of work they have to do to become an alumni association."

"These are players that want to give back."

The money will be used over the next five years to provide a \$1,000 scholarship to all 23 members of the men's hockey team and six members of the women's team. The money will also be used to give underprivileged kids the opportunity to attend Oaks hockey camps in the summer and will buy new equipment for the hockey program.

Henderson is thrilled about the donation and says it helps both of the hockey teams be competitive.

"They really want us to excel and be the best in the province," Henderson says of the alumni association.

The Oaks Hockey Alumni Association is the first of it's kind at NAIT and Henderson is hoping that other alumni from other sports at NAIT will jump on the giving bandwagon.

"What we'd like is for our other pro-

grams, like basketball and volleyball, to model what they've done, so they too can extend and offer scholarship money to basketball and volleyball programs," explains Henderson.

"So we're hoping that the model that they've set will be followed by other alumni

in other sports."

Both of NAIT's hockey teams are currently preparing for the ACAC playoffs which start this week., and with all the support they are receiving from former players, the Oaks should get used the annual trip to the post-season.

Commerce or communication?

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NAITSA EXECUTIVE

For President ...

Hello my fellow NAIT students. My name is Christopher Hennig and I am running for President of your Student Association. I have spent the last two years upgrading in the Pre-Technology Accelerated and Telecommunication Engineering Technology programs. For your NAITSA President, you want the best possible representation. You want someone who is outspoken, passionate, energetic and personable. By electing me for President you will soon discover that I make sure that I am always heard and I stand up for what I believe in, which - YOU, the Students of NAIT are. I possess the drive and determination to see that positive changes are made to in order to benefit the students of NAIT. I have the get-up-and-go attitude necessary to ensure that student concerns are addressed in a timely and efficient manner, and I love to connect with people. So, I encourage anyone to approach me at any time, whether it is to discuss an issue, or to have banter over a cup of coffee!

Every good NAITSA President should

possess these qualities when representing the student community, and I know that I will deliver.

Student Costs: I will continue to make your NAITSA fees work for you by redirecting them towards areas that are needed such as: improving study areas, increasing the number of microwaves and revamping common areas that are available to students. Student Housing: This is a very important issue; as most NAIT students are living on grants or student loans! Student grants and loans are just not enough to get by with today's housing costs. Speaking from personal experience, I know that \$380/month is not enough to pay the rent. NAIT does not currently offer affordable housing for students. This is a concern for those students that reside outside of Edmonton. I will make the inclusion of student housing a priority for any future plans that NAIT will be developing.

Apprenticeship Students: Apprentices make up a large percentage of students attending NAIT and therefore should be represented accordingly. I will continue to make sure that

their unique concerns are brought to the attention of the Student Association.

Transit: This remains an ongoing issue with all the campuses of NAIT. NAITSA is currently negotiating with the City of Edmonton to increase funding and improve the transit access at all of NAIT's campuses. Through NAITSA, I will ensure that transit does improve, making NAIT more accessible from all areas of the city, including continued advocacy for the proposed LRT expansion of 2015.

Satellite Campuses: Communicating with the students attending the Satellite Campuses (Patricia and Souch) is as valuable and important as communicating with the Main Campus Students. They all have their own concerns and need someone to speak out for them. I am dedicated to making frequent appearances to these remote campuses. From February 11-17 take the initiative to Vote "Yes" for someone who is going to Empower Students and make NAIT work for you. Vote "Yes" for Chris Hennig as your NAITSA President.



Christopher Hennig



Govind Pillai

My name is **Govind Pillai** and I am currently serving as your Vice President External and in the 4th year of my accounting degree. Over the years, I have had the opportunity to use many of the services offered to students by NAITSA and NAIT. Although there have been many positive aspects to my NAIT education, there is definitely room for improvement.

Our Concerns

I would like to clearly state the issues that we have faced in the past and express my commitment and enthusiasm towards advocating for each one.

- **Yes to Lowering Student Fees-** It is imperative that your leadership takes every opportunity to lower student fees and increase the amount of value for each of your student dollars.

- **Yes to a Reasonable Cost of Education-** I will continue the ongoing battle against unreasonable increases in tuition, costs of books, transportation and any other costs we must face. We cannot afford it, especially those of you who have left your homes to study in Canada.

- **Yes to Better Transportation-** In my 2nd

year I was forced to take a two-hour bus ride to and from NAIT. That is four hours a day spent in transit. There is much to improve around bus services to and from NAIT.

- **Yes to Mandatory Fees Being Voted on by Students!** NAIT must send all mandatory fees to the student body for approval.

- **Yes to Satellite Campus Engagement-** Developing our relationships with students at our satellite campuses is of the utmost importance. As Vice President External, I understand these needs fully and we must continue to close this gap.

- **Yes to Campus Expansion-** Albertan's know that NAIT is next in line for an expansion and the student body must collaborate with NAIT in order to achieve this. Together we will!

Why I'm the right Candidate

My engagement in the NAIT community started with co-founding Business Connex of NAIT, a prominent NAITSA club on campus, alongside James Guthrie, one of our own NAIT instructors. I was then elected as Senator of the JR Shaw School of Business and spent one year overseeing our NAITSA student leaders and directing the students' association. In our current year, I am serving as your Vice President

External and have been advocating on your behalf to all levels of government, NAIT and any other stakeholder that has an influence on your educational experience. This year I was also fortunate enough to be elected the Director of Finance for the Alberta Students' Executive Council who represents over 120,000 students in Alberta.

I am fully prepared to lead your students' association in the 2011/2012 year and I would be honored for the opportunity to serve you for the second consecutive year.

My name is Govind Pillai and as your President I will put students first every step of the way.

Thank you for your time and have a great semester!

For VP Academic ...

Hello again NAIT, my name is Melissa Mercer and I am currently enrolled in the Business Administration – Finance Diploma program. I am looking for your continued support in my campaign for Vice President – Academic for NAITSA Executive Council.

I am currently serving you and our student community as a member of the NAITSA Senate representing the J.R. Shaw School of Business. During my time on

Student Senate, I have faced many challenges and continue to maintain my commitment to my fellow NAIT students and their concerns. I am ready and prepared to take on new challenges, such as program cuts, and the concerns involved in the proposed 15 week module program length.

I will work tirelessly for the students at NAIT and ensure we get the most out of our Education and time here. I will use my excellent communication and organizational

skills to serve you the students of NAIT to the best of my ability. I will work hard to ensure that your voice is heard, and that your point of view is represented. Working together alongside the Executive Council at NAIT is a privilege and voting for the best Student Government is your right. So in the 2011 General Election, exercise your right to vote and give Melissa Mercer the privilege of serving you as VP – Academic for the NAITSA Executive Council.



Melissa Mercer

CANDIDATES 2011

For VP Academic (cont) ■■■

Hello Students! My name is **Teagan Gahler**. I am a third year business student majoring in Marketing. I obtained my Marketing Diploma December 2010 and have moved on to the Bachelor of Business Administration program. Welcome back to another great semester at NAIT!

I was the 2010 Shinerama Coordinator at NAITSA. Shinerama is a Canada wide fundraiser that 65 post secondary campuses participate in. Shinerama's primary focus is to generate revenue for the Canadian Cystic Fibrosis Foundation through innovative fundraising ideas. I was recently nominated as a campaign advisor on the 2011 National Shinerama Team; I will be mentoring up and coming campaign coordinators to ensure their success. I have also been involved with NAIT athletics for the past two years on the cross-country running team. In 2009 I received the golden shoe award, for outstanding leadership on

the team.

I would like to be the elected representative for Vice President Academic. My focus will be on how we can be providing the highest level of advocacy for students regarding the academic regulations, through identifying needs prior to them becoming issues and dealing collaboratively with issues that currently exist.

Tuition and ancillary fees will be a major area of focus; I believe that higher education should be reasonably priced. The second major area of my focus will be dealing with student grievances; these could be with an instructor, NAIT, or possibly another student. I am here to listen and understand problems and in turn find viable proactive solutions. I know what it is like to feel there are no alternatives when dealing with your school or instructors. I will guide students through this process and ensure all parties involved will have

chance to share their side of the story.

As your **Vice President Academic** there are a few key points that are important to me. They are as follows

- Open door policy – Come talk to me anytime for advice, problems, or just to chat.
- Satellite campus involvement – Souch and Patricia campuses are part of NAIT; I plan to include them
- Collaboration with NAIT – In the most effective manner possible to bring the best results for students

I am an upbeat, positive, and a determined person who would be honored to represent the student body. I believe honesty is the best policy and I am committed to working with the student body in an effective, collaborative, and constructive manner.

Remember vote Teagan Gahler Vice President Academic.



Teagan Gahler

Hello fellow students. My name is **Jim Houghton** and I am running for Vice President Academic in the upcoming NAITSA Executive Council election. I won't bore you with a long article, so I'll keep this short and to the point.

Over the past 2 years I have learnt and grown as an individual and I've met a lot of really amazing people, both student

and teacher alike. This is my opportunity to give back to the school and to the people who inspired me to get where I am today; I want to give students inspiration to be here. To do this, I will tackle any issues you may have with the school or students alike.

As a student, I have lived through a lot of stresses and concerns that many students experience. To me, addressing

students' issues is a top priority. As your Vice President Academic, I will make sure that all students have the opportunity to have their opinions heard.

As VP Academic, I plan on pursuing several initiatives in the coming year. I want to take on challenges such as making grants, scholarship, bursaries as well as other awards more easily accessible for students. By addressing your concerns, I

want to make the NAIT experience of every student a quality one. Above all else, I will approach every situation with subtlety, integrity and finesse.

I have great faith in myself and in the student body, and I believe that we can accomplish our goals if we work together. I will continue to dedicate myself to NAIT, whether it's as your next elected VP Academic or as student. I want to wish everyone in the election good luck and happy campaigning. To the rest of you, I look forward to meeting you in the coming weeks!

Be inspired.
Vote Jim Houghton
for VP Academic.



Jim Houghton



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Last chance
to vote!

Today (Feb. 17) is the last day to vote for your student executives.

Polling stations will be open today from 10 a.m. to 2 p.m. and online voting at www.naitsa.ca will be open until 4 p.m.

NAITSA EXECUTIVE

For VP Campus Life ...

Hello I would like to say Happy Chinese New Year; it is now the year of the rabbit. My name is Curtis Stanley Guile and I am in my second year of Digital Media and IT. I would like to take this opportunity to thank those of you who supported me in the senate elections earlier this year. I now ask for your support in becoming the Vice President: Campus Life of The NAIT Student's Association. I enjoy being a representative of the School of Information Communication and Engineering Technology so much that I want to take it to the next level. I want to benefit all students attending NAIT in a way I cannot possibly do without becoming a member of the NAITSA Executive council. If I am elected VP: Campus Life I want to create structured events that appeal to a wide variety of demographics. My main goal is to look out for your overall enjoyment and exceed your expectations of what student life should be.

I will make sure that all NAIT campuses are informed about upcoming events throughout the year.

During my time in the NAIT Student's Association Senate and Governance Committee, I have learned a lot about the internal works of the organization. Advocacy and representation are some of the things The NAIT Student's Association does for us. The people working at NAITSA work very hard and have the student's best interests in mind. I want to work with NAITSA staff this summer to plan out a string of events that will make the upcoming school year unforgettable. I can't do this entirely by myself, so I will make it my main priority to speak to as many students about their experiences here on campus. I will take their input back to the drawing board this summer. I will start by making myself widely available. During the election campaign period, you will see more of me in the hallways, so please share your

experiences with me! I am a very outgoing individual and would love to engage in a conversation that will potentially shape the events of the future. It's extremely important that I get feedback from you before the summer. I will be handing out business cards with an e-mail address. This is college - sure we are here to learn but let's have a blast while we do it! No more dull moments, we already have enough of those sitting in class ☺.

I will not sit here and tell you what I'm going to do; I want you to tell me how you want it done. I will promise to take your ideas and use them, given they will genuinely improve the student experience for all of us. If you want to voice your ideas to grow and become a reality next year, then vote for Curtis Stanley Guile in the NAITSA Executive Elections from February 11th to the 17th. Thank you for your time, good luck on your midterms!



Curtis Guile



Thomas Klufas

Hello fellow students! My name is Thomas Klufas. You more than likely have seen me around the school because I am heavily involved with NAIT on many levels. I work with the current NAITSA executive and staff from time to time on events trying to learn as much as I can for the best possible result. In fact, quite often you will see me around school promoting one of the events or just getting information out for general student awareness.

I feel I am best qualified for the job because of the time and effort I have already put into myself and learning about how things are done in regards to the student association. I have taken the time this year to find it in myself why I want the position of Vice President - Campus Life; I want to push for greater progress on all fronts.

Attending many of NAITSA's events and promoting them I have made many amazing friends but there are still many of you out there who do not know me. I stand

for honesty and good intentions behind everything I do but if there was one thing that defines me I would say it would have to be honor. I love having a code of honor because I always know that as long as I stick to what is right the outcome will be good. Behind my code of honor is a strong sense of business ethics. It is these virtues that keep me on my path to success.

Through the promotions I have learned one thing above all others. I learned that the students are not clear about everything that is going on and with some of my S.M.A.R.T. goals I know I will be successful in remedying that. It is important to me that the students and NAITSA's culture become more integrated. I want everyone to be aware of what's going on. Imagine it: going to school and having the choice to be plugged in to all that NAITSA has to offer beyond the scholastic endeavors that NAIT provides. My passion to realize this dream for all of NAIT's students has lead me to the doors of the current Vice President - Campus Life multiple times to not

only seek guidance on how the position works but how to best handle the situations that may arise.

Besides working with NAITSA's executive awith the student senate and managed to sit in on board of governors. I strive to keep myself up to date on everything going on within the school to increase my job performance.

The core of my platform is honor, building around that is my idea for a more integrated student body. I am ready for what lies ahead. All I need now is your vote and together we will create some incredible milestones.

Thank you for your time and I hope you enjoy the rest of your school term!

NAIT Students' Association now hiring Street Team members

Your NAIT Students' Association is looking for marketers and promoters to spread the word about upcoming NAITSA activities to other students on the NAIT main campus.

We are looking for students with an outgoing and positive attitude, a strong sense of creativity, a high level of energy, and the ability to have fun while talking to friends and strangers in the halls at NAIT.

Shift times are flexible and can be worked into your class schedule. These are paid positions.

If you are interested please visit NAITSA in E-131 with your resume and ask for Teagan.



Rahul Sharma

CANDIDATES 2011

For VP Campus Life (cont) ■■■

I am here as an incumbent because of one reason. There is only so much you can accomplish in one year. I've laid the foundation and now I have to take things to the next level and see them through. It's as simple as that. I am on a mission to leave this place better than when I came. My goal is to create the biggest impact that I possibly can on this campus before I am gone. I have been able to set the foundation for a lot of positive things on this campus. I've helped create a ten-year building plan in my first of two terms as a senator while in the Petroleum Engineering Technology program. I was a NAITSA Frosh Leader for two years, promoting our events on campus. I also worked part time as the volunteer coordinator in my second year where I brought the first ever 30 Hour Famine to our school, raising \$3400 for children in Africa.

My first year in office I feel I've added tremendous value to our students. I have

spear headed our frosh leader recruitment. We revamped the clubs program to offer support and tools for our students to succeed as club leaders throughout the year. We held the first ever leadership summit to be held on NAIT's campus, sponsored exclusively by Servus Credit union. We have changed our volunteer position, focusing more on community initiatives like Hope Mission and the Mustard Seed. I feel community involvement like this is important. It helps put things in perspective, and it helps us grow as individuals.

What is my plan for the future? I would love to see some newly created internal policy through to implementation. I am a part of NAIT's new Holistic Student Success project, and wish to see that through. This is important because the end result will be a more individual approach to student success. There will be involvement-based student awards next year, creating an endowment fund, which will last over

several years, for any student, international or domestic. I want to bring our clubs program to the next level, as well as the summit. I want both to be bigger and better. I will also look at our multi-faith room on campus, as I know it needs some tender love and care.

On a lighter note, we will be definitely doing our great party events again. I think it's all about keeping things balanced. For those of you who were at our pirate party or full moon party in the fall, you know we had a blast. Both places were packed and people were dancing.

Most importantly, I want to add value to our students. I want students to have a great time while their here; while attending a DJ party, learning how to play the guitar, feeding the homeless, or learning about leadership.

Please come talk to me about things on campus that matter to you. I'm in the NAITSA office.



Tyler Bernard

For VP External ■■■



Timothy Jobs

Hello fellow students, My name is Timothy Jobs and I am running for the position of NAITSA Vice President External.

I am currently your NAITSA President as well as a student studying Business Management. I am also the Vice Chair for the Alberta Students' Executive Council (ASEC) representing more than 120,000 Alberta students. In 2008/09, I served as your NAITSA Vice President Academic and ASEC Director of Finance.

Serving as NAITSA President has given me a unique perspective of how post-secondary education functions in Alberta and at NAIT. My experience has shown me where the students' association can step up to help you best. I am committed to using my experience and leadership skills to address important student issues.

Tuition

Tuition is going up \$14 per student per year next year as it is currently regulated; however, you will be faced with a \$140 non-academic mandatory fee NAIT is calling the Athletics and Recreation fee. In

response, NAITSA will be lowering your students' association fees by \$43, resulting in a net increase of \$97 per year. You have my commitment to lobby the provincial government to keep the tuition fee cap in place and regulate non-academic mandatory fees. These fees are nothing more than tuition by another name and are unacceptable.

Satellite Campuses

NAITSA has come a long way when it comes to maintaining a presence on our satellite campuses, but I think we can keep improving. You have my commitment to be at your campus talking to you about the issues that matter to you a minimum of twice a month. The students at NAIT's Souch, Patricia and Distribution campuses make up a large percentage of our student population and although you're not on main campus, you deserve to be heard.

Employment Insurance for Apprentices

NAIT is Canada's largest trainer of apprentices. I am aware of the struggles faced by apprentices when applying and waiting for Employment Insurance (EI).

Some of you are waiting between 3-7 weeks to receive your EI cheque while you still have to pay for transportation, housing and family expenses. You have my commitment to bring this issue to the federal government and lobby to make the EI system faster and easier for apprentices.

Student Funding

I have had the pleasure of being a leader in the provincial lobby efforts under ASEC for the past 2 years. ASEC's proposal, Serving Communities for a Better Alberta, will give students with loans the opportunity to work for non-profits in their spare time and receive compensation toward their student loan. This is an innovative way for students to give back to their community, while receiving needed loan relief. I'm proud to be part of the team who proposed the idea. You have my commitment to keep lobbying for this program to be implemented.

On February 11-17, I am counting on you to vote "Yes" for Experienced Leadership and a Commitment to Standing Up for Students. Vote "Yes" for Timothy Jobs as your NAITSA Vice President External.

EXECUTIVE ELECTION 2011

For poll station locations check www.naitsa.ca

VOTE ONLINE

www.naitsa.ca

February 11 - February 17

Poll stations open
February 17 only, 10am - 2pm

Executive Council Elections!

ENTERTAINMENT

Grammy grumble

By CHRIS THOMPSON

I will be the first to admit it, I don't have the most mainstream of musical tastes, but I was optimistic when I sat down to watch this year's Grammys.

With nominations for artists such as Neil Young, Tom Petty, Arcade Fire, Iron Maiden and the Black Keys, I figured the show would be more what the Grammy's are supposed to be about – music.

I have to say that "music" or what passes for it nowadays is generally just a giant spectacle and once you take away all the lights, backup dancers and special effects, there is nothing there. As far as the awards go, I won't be highlighting most of them because by the time this is published, the interwebs will have made this all common knowledge. This is going to be more about the performances.

The show started off with a tribute to Aretha Franklin. Christina Aguilera showed up wearing makeup looking like it was done by an undertaker. Nothing really special about the performance. I felt that it generally lacked soul, kind of ironic for a song dedi-

cated to the queen of such.

Lady Gaga would not have disappointed you with her performance if you were looking to see her in a weird costume with androgynous back up dancers in a poorly choreographed display of aimlessness.

Muse had a solid set. It was good to see people actually playing instruments at a mainstream event. I hoped that they would not be the only band to do so.

Next up was Bieber. Usher came up to give us some sentimental BS about their first meeting in a parking lot. "If it was meant to be then we would meet again," he said.

Bieber went on to attempt an acoustic version of "Baby." All he really achieved was to prove that he can't sing. Not even the Ninjas or Japanese drummers could save this.

Mumford and Sons' "The Cave" was part of a pretty solid set. These guys showed up with no backup and just played some good music without all the theatrics. I would have liked to have seen more attention given to the banjo solo, though.

Country music has never been on my list of favourite musical genres but Lady Antebellum (who won several awards) does have a good musical vibe, which was showcased during their performance.

Now I have mentioned that I am not one for excessive stage shows, but Cee Lo Green and the puppets did put on a good show. I just felt that it was a shame that he was not able to perform his song as originally recorded.

"Love the Way You Lie" was saved by Rihanna. Her dress didn't do much for me, but her vocals were among the best I heard in the show. Eminem was there but I couldn't understand a word he said. All I was able to take from him was that he was definitely pissed off about something.

Arcade Fire winning Album of the Year was highlight of the night. It was good to see a Canadian group take this award. Their show was up there with Mumford and Sons for top performance – the bikes on stage with cameras attached to them were cool, maybe a bit too strobe light heavy, though.

Overall, the night was better than average. I just hope next year continues the trend of showcasing people playing instruments and less of the hippity hoppity stuff.



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Lady Gaga

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By KENDAL GUINEY

Sure, the weather is getting nicer, well for the most part, but if you are anything like me, the last thing you want to do is get all dressed up in bar clothes and heels and go and stand in an outdoor line to get into a bar. This goes for guys, too. No, you aren't wearing heels, but it still isn't T-shirt weather. So for my mixtape this week I decided to give you guys 12 songs that you can play at home and get up, jump around and dance like you would at a bar – minus the groping from a random stranger. (Yes, I am aware these songs

are old, doesn't mean I stopped loving them)

1. "The Hangover" – YA BOY
2. "Lean Back REMIX" – Eminem ft. Mase, Lil Jon
3. "Shooting Star" – The Girls Can Hear Us!
4. "Your Love Is My Drug" – Kesha
5. "Out Here Grindin'" – DJ Khaled
6. "Give It To Me" – Timbaland ft. Justin Timberlake, Nelly Furtado
7. "Dutty Love" – Sean Kingston ft. Nikki Minaj



YA BOY

hiphopst.blogspot.com

8. "All I Do Is Win" – DJ Khaled ft. Ludacris
9. "Love Game" – Lady Gaga
10. "We No Speak Americano" – Yolanda Be Cool
11. "Party And Bullsh*t In The USA" – Biggie ft. Miley Cyrus
12. "React" – Eric Sermon Ft. Redman

VIRAL VIDEO OF THE WEEK

Showing what can be done

By KATRINA TAYLOR

Now, I may be a little biased seeing as this video was actually made by me, a student here at NAIT in my second semester of the Television Program.

However, I chose this video this week because not many people know what the Television Program at NAIT really is. People tend to think that it's all news stories and approaching random people in the Fresh Express eating area. I chose this video to hopefully show some students at this

school what we do, and what they could be doing. It's creativity at its best.

The class was instructed to make a music video; to film it, direct it, and edit it. I chose Eminem's "Love the way you lie", simply because I love the song and the video that goes along with it. Other songs students chose included Joel Plaskett, the Ting Tings, Norah Jones and even a couple original/local bands' songs.

Everyone loves to be creative and to share their creativity and you don't

have to be a television or film student to do so. Making a video or writing a song is a healthy way to stay in touch with yourself, and take any school or work-related stress away.

This video (at <http://www.youtube.com/watch?v=RE5AsgZFTI>) was extremely fun to make and the pride that comes along with sharing something you worked hard on is so rewarding. More music videos from students are easy to find if you search NAIT or RTA on YouTube.



EXECUTIVE ELECTION 2011

VOTE ONLINE

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February 11 - February 17

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Executive Council Elections!

POLL STATION LOCATIONS:

- South Lobby Kiosk
- HP Center
- Outside NAITSA Office E101
- Annex 1st floor
- Outside the Bookstore
- U Hallway
- Near Fresh Express
- South Campus
- Patricia Campus

Check the February 10 issue of The Nugget for candidate pictures and articles, and watch out for nominees campaigning across campus between February 3 - February 17!

Thank You for Voting!

www.nait.ca

Theatre-worthy rom com

By DAVID ADOMAKO-ANSAH

On Valentines Day, I went to Empire Theatres with my friends Alora and Michael and saw *Just Go With It*, starring Adam Sandler, Jennifer Aniston and *Sports Illustrated* swimsuit model Brooklyn Decker.

This romantic comedy starts with cardiologist-turned-plastic surgeon Dr. Danny Maccabee (Sandler) eavesdropping on a conversation between his soon-to-be-wife and her bridesmaids about how she doesn't really love him and how she cheated on him and plans to continue. At a bar, he picks up a woman by claiming to be an unhappy married man, which starts his game of using a wedding ring to pick up women.

Palmer (Decker) meets Danny and falls in love with him after a night on the beach (know what I mean?) Katherine Murphy (Aniston), his office manager and divorced mother of two, suggests that Danny tell Palmer he plans on getting a divorce, since she is so against being with a "married man".

This starts a whirlwind of events involving Katherine, her two kids and Danny's cousin Eddie (Nick Swardson) taking a trip to Hawaii to all get to know each other. Katherine runs into an old sorority sister Devlin, played by Nicole Kidman, and her husband Ian, played by Dave Matthews, to add to the confusion. Even Heidi Montag and Dan Patrick make appearances in the film.



Jennifer Aniston, Adam Sandler and Brooklyn Decker in *Just Go With It*.

altiusdirectory.com

The young talent in the film, Bailee Madison and Griffin Gluck, contribute a couple of good laughs to the movie. I won't tell you the ending, but I'll let you know that the movie was pretty good. This is one of Aniston's better performances, without a doubt. Sandler gave a great performance as well, and for her first ever movie roll, Brook-

lyn Decker held her own pretty well. If you guys wanna see some nice shots of Aniston and Decker, I highly recommend you see this movie in theatres. Bigger screen. Am I right? Deuces.



Watch the flick, catch the fever

By ALI MAGEE

Recapping the events leading up to his biggest performance in Madison Square Garden, Justin Bieber's 3-D movie *Never Say Never* is an inspiring look inside the teen star's life.

Through the struggles and hard times to the epic moments and rise to fame, the film uses interviews with Bieber's friends and family to provide insight into the lifestyle of the commonly criticized young celebrity.

Early stages of Bieber's life were easy to illustrate considering his family has videotaped him from the first signs of his talents developing. Unknown to many is Bieber's astounding skill at playing drums. Raised by a single mother, Bieber was able to get his first drum set through a church fundraiser. Small steps like this made Bieber's story motivational and made viewers feel closer to achieving their goals. The amazing way that Bieber was discovered online goes to show that you can accomplish your dreams regardless of your background or past. The film consistently supports the idea of never giving up on yourself.

The majority of the film was concert footage of Bieber performing on tour. This may have been disappointing if you were hoping for 90 minutes of pure Bieber narrative. Making the movie 3-D was

probably not a significant detail; there were only a few moments of 3-D magic and most were merely Bieber reaching out toward fans during live performances. This leads into my final criticism of the film — too many scenes of screaming girls. Yes, you have fans ... that is no secret and certainly not worthy of taking up so much time in the movie.

The film does a fantastic job of maintaining Bieber's positive public image. Throughout his rise to fame, the artist has managed to stay clear of controversy and keep an upbeat attitude despite a large amount of criticism of his music, looks and personality.

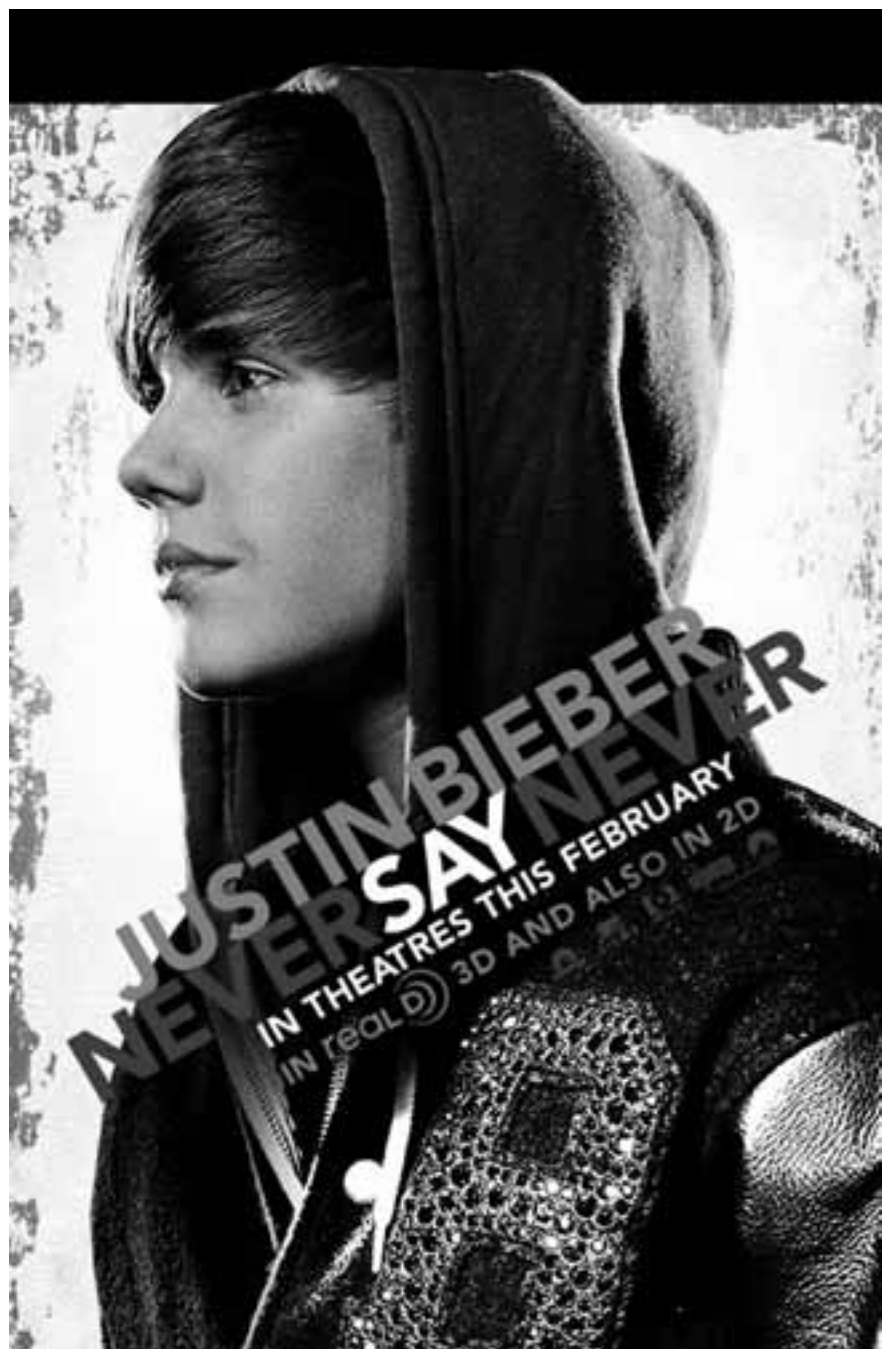
The story of how this young star made it to the big leagues is both inspiring and heartwarming. If you are on edge about your opinion on Justin Bieber, watching *Never Say Never* may just give you the fever that has affected thousands worldwide.



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Vanquish is almost a great one

By KITA MURU

Vanquish is a third person shooter developed by Platinum Games, the same developer that made the hack-and-slash action game *Bayonetta*. Like *Bayonetta*, *Vanquish* focuses on throwing a bunch of enemies at you, only instead of hacking and slashing them to bits, you're putting bullets into their heads.

You play as DARPA agent Sam Gideon, sent into a Russian colony in space to rescue a scientist and take down their leader after the Russians nuked San Francisco and before they are able to nuke New York. Sam gets strapped into the Augmented Reaction Suit (ARS) – a suit with rocket packs and bullet time. He's also equipped with the Battlefield Logic Adaptable Electronic Weapons System (BLADE), a weapon that can morph into various types of weapons whether it's guns, rocket launchers or sniper rifles.

Cold War goes hot

The story is essentially the Cold War going hot. It's all cheesy, although that's probably alright since from the get-go, this doesn't look like a game that has to be taken seriously. *Vanquish* looks great as you're moving around the Russian colony, which looks similar to the Citadel in *Mass Effect*. Although the game looks great, the enemies you face are mostly robots, so prepare to see a lot of grey. The sound design (especially the soundtrack) for *Vanquish* is what you'd expect for a game taking place in space, it's pretty much lots of techno with a bit of orchestral.

The game is balls to the wall action from beginning to end, as you rocket slide around (Yes ... it's truly awesome) and pop, blow up and chop up enemies. Cover is similar to *Gears of War*, in which you can maneuver in and out of it, but it gets destroyed and you can rocket slide out of it, so keeping on your feet is paramount, especially during the epic boss battles. The quick time events that occur in them are ridiculous.

No multiplayer

There are only two things keeping this game from greatness: the single player, which is short, and worse, there's no multiplayer, but it's hard not to enjoy it when played. *Vanquish* is a rare, high-octane mix of a fast-paced action game (*Bayonetta*, *Devil May Cry*) and a white-knuckle shooter (*Call of Duty*, *Gears of War*),

that warrants a rental if you're a fan of either genre.



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A different fashion show

By ALI MAGEE

Experience fashion, culture, and personal interaction with designers and models at this year's Spring Classic DJ and Fashion Competition.

Hosted by Wade Tompkins and Keith Clarke at the Treasury Vodka Bar and Eatery, the Spring Classic will not be your typical fashion week event. Unlike many designer shows happening during fashion week, the Spring Classic aims to focus on real interaction with the guests.

"The crowd will be varied quite a bit," co-host and promotions manager Clarke, estimates. "It won't be your average fashion week attendees."

Spicing up the night in another aspect is the DJ and dance floor setup.

"Our event is different than others," says Clarke. "The designers will be on the floor conversing with the crowd."

Top designers will be participating in an interactive competition where designers and models alike will be circulating the floor getting personal with guests to show off their talents and win prizes. Not only is this event an opportunity for designers and models, but also for stylists,

makeup artists and photographers as they take part in the night's action as well. Adding to the excitement of the evening is the voting of competitors done by the guests, as \$1,000 in cash prizes will be given away.

Hosts of the event say this won't be the last of its kind.

"We plan to make the Spring Classic an annual event," Clarke said.

"We would hopefully like to run off this event and make one for every season; summer, winter, and fall."

The duo anticipates that the event will bring change to a usually strict and formatted industry.

"We want to bring something new to Edmonton that will expand the growth of the industry," Clarke said.

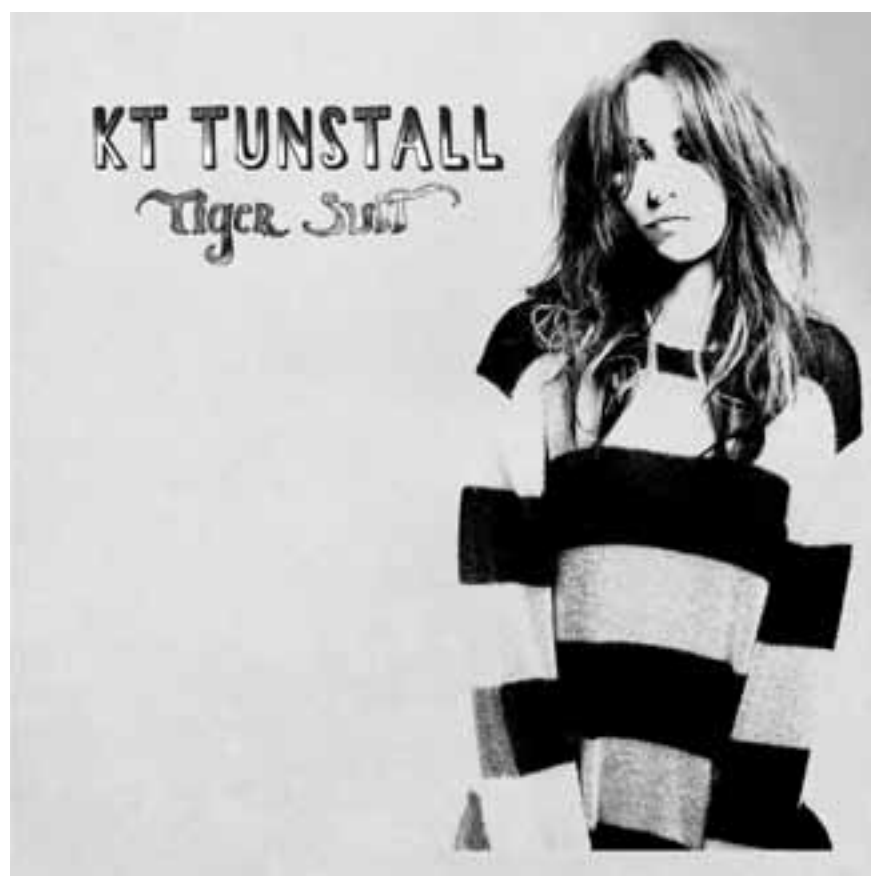
"Hopefully this allows other designers to try and start their own shows."

The Spring Classic will be starting at 7 p.m. on March 4. Tickets are available online at www.tkinsproductions.com, at Foosh and at the Bamboo Ballroom.

The event is cocktail and evening attire only, so guys, suit up and girls, get fancy for the first annual Spring Classic!



davidguetta.net



Worth a look

By GRAHAM McCANN

For those of you who haven't heard of K.T. Tunstall, she has released her third album, *Tiger Suit*, and it is worth a look.

You may remember her from the song "Suddenly I See" from her first album *Eye to the Telescope* in 2004, which was used heavily in the media, including the show *Ugly Betty*.

She has made a lot of good songs throughout these three albums, but unfortunately, whenever I hear Tunstall played on the radio, it is usually just "Black Horse and a Cherry Tree" from the first album. It's one of my least favourite songs of hers, and many more of her songs deserve to be played.

Tiger Suit isn't better than the last two (the second album is called *Drastic Fantastic*), but continues on the same level, and adds a lot more of a quirky presence.

Also worth noting is that Tunstall is from Scotland and that accent adds a nice flare to her music.

Tiger Suit is an alternative rock/pop sounding album, and most of the songs are very upbeat and

somewhat bubbly.

I can't choose a favourite track from *Tiger Suit*, because there are five of the 11 that I really like. One that comes to mind is "Lost," which has a very good and uplifting instrumental piece in the middle of the song.

Another is "(Still a) Weirdo," which is about herself and her eccentricities, and accepting her imperfections. It has a very addictive melody.

To compare her with other artists, Tunstall is somewhat in the realm of Vanessa Carlton, Katie Melua and even Feist.

If you like those artists, then *Tiger Suit* is something to pick up. And if you were a fan of the other two albums, then you must get this one.

My taste in music is all over the place, and I don't really have a huge preference for any genre. I just like what sounds good.

Tiger Suit sounds great, and if you are looking for something a little different, this one is a safe choice.



Ping pong tourney

By STEVEN DYER

Ever think of how awesome it would be to be able to say to people that you are the best ping pong player at NAIT?

Well you don't have to wait anymore, for the NAITSA Ping Pong Tournament is here!

If you want the chance to test your skills against your friends and win cool prizes, then this was made for you!

There is no skill required to enter the competition so even if you don't think you can play very well then you can give it a shot, and you might end up being better than you think!

"I've been a fan of ping pong ever since I was nine," said Television student David Adamako-Ansah.

"If it weren't for all the homework and assignments that I've been given, I'd

attend and try my luck at the title."

The best part is that the tournament is completely free! No costs whatsoever!

So if you think you have enough skills to compete in the NAITSA Ping Pong Tournament? Then come on down to the Gym on March 9 at 3 p.m. Registration will start on March 2 at the NAITSA office. You can register for male singles, female singles and doubles.



Best friends in business



SHOOT FOR THE STARS

LACE SENIO
Entertainment Editor

It might sound cliché, alright, of course it is going to sound cliché, but how can talking about best friends not be, well, cliché? I mean best friends, that cheesy term we use so often to describe the people that we are close with, it seems to get over used.

The truth is, however, we need our best friends. They are our support system. They are the ones we call when we have great news, and the one we call when we have terrible news. Our best friends are there for us through the thick and thin, sink or swim, feast or famine.

Mat Hollington and Mitch Coulter are exactly that. They also happen to be the owners and founders of Children of Nothing Records (CoN records). CoN Records is an Edmonton-based record label that was started up in Lloydminster. The label was created out of a sheer love of music, punk music, for that matter. It is obvious that music is something of great importance to Hollington and Coulter. You can tell by the way they talk.

The name, Children of Nothing Records, came from the Cancer Bats song, "Hall Destroyer." CoN Records is a year old, and has successfully released their first split 7-inch. The first release was a big deal for Hollington and Coulter, because they knew that if this release was a success, there would be a future in this business for them. Lucky for CoN Records, the release of the album went extremely well.

"Ben Olson, of The Old Sins, contacted us via Myspace and asked if we were pressing vinyl, and we were like, no, but it's something we have always wanted to do," Coulter says. Soon after that initial contact, the split 7-inch was put together with, another Edmonton band, SLATES, on the other side. The record is called SLATES/The Old Sins Split-7."

Hollington and Coulter are looking forward to the future of CoN Records and they are making plans for their next couple of releases. The record label consists of mostly vinyl, with the odd cassette release. Vinyl is crucial to the makeup of the label, it is the value of something made with art in mind, with more than just the profit of an album in mind. CoN releases on vinyl because the guys feel that music should not be disposable and slapped together for profit.

"CDs are very disposable. People buy them, and put them onto their iTunes, and then that's it," Coulter says.

"To me it is not just about the music, but also about the presentation of it all," says Hollington.



Photo by Lace Senio

Mat Hollington, left, and Mitch Coulter combine friendship and business with excellent results.

He goes on to describe the difference in the satisfaction of buying a large copy of Van Gogh's "Starry Night," as opposed to a smaller replica of the same painting.

With what started out as a music blog turned into an up and coming record label. The record label is focusing on punk, but will potentially branch out into the alternative folk genre for its next record, which the guys will not stop rambling about,

but will only give me hints as to who will be on it. Their biggest hint: two of Edmonton's greatest bands right now.

"We have sometime before the release of our next 7-inch, in the meantime we will be releasing a compilation cassette. It will either be free or by donation," says Coulter. "Any or all of your favourite Edmonton bands will be on it," says Hollington.

Hollington and Coulter may own a record label together, but first and

foremost they are best friends and that will always be the most important thing about CoN Records.

Talking with them about CoN Records was a lot of fun. Their humour and enthusiasm were infectious. Their friendship is strong, which is why CoN Records will be a lasting part of the Edmonton music scene.

Blood is thicker than water, but sometimes the ties of friendship are even stronger.

A whole lotta good goin' on

By ANNA MacLEOD

"Drunk and bloody. Lots of injuries – but only within the band," is how James Renton of Fire Next Time describes their shows. These dudes are intense. Right now there is a whole lot of good happening for Edmonton based band Fire Next Time.

Talking with Renton and bandmate Laine Cherkewick over pints, I was struck by how unassuming they were. Unassuming and intense may not be two descriptors you see together very often, but it succinctly describes the sort of gritty "realness" of the band and their music.

Even the origin of the band's name – a lyric from an American Civil War era slave song – belies a certain depth of character.

For all of that

intensity, they make sure that the shows are fun and that the music is accessible. The lyrics have no agenda – the focus is on storytelling alone.

"The shows are punk rock, the music is rootsy. We're often called gothic country."

Their top priority is to simply put on a good show – even if it's only for three people – never taking for granted any success, and certainly not their fans.

They have been successful in their aim

to make sure that their gigs are fun, having recently been nominated for the Edmonton Music Award's Best Live Performance of the Year. Also nominated in two other categories, Fire Next Time is having a good stretch. They've got a number of gigs coming up, not to

mention two tours, one across Canada, on the books for this year. There are also several 7-inch EPs slated for release, one recorded with the band's close friends Audio/Rocketry and the other with well-known local Liam Harvey Oswald.

It has been an interesting journey for these guys. The band itself started as Rent-

on's side project six years ago and their current bassist had no previous experience with music and started off selling merchandise at their gigs.

They give the distinct impression that they're playing it all by ear – but for these guys, I can't think of an approach any more appropriate.



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WHAT'S ‘TASH-INING’

NATASCHA BRUHIN
Assistant Entertainment Editor

Image is a funny but serious, important, yet trivial thing.

In Hollywood, image is everything. The higher your likability, the higher your paycheck. The same applies in real life. The more likable you are, the more likely you are going to succeed in life.

One of the better examples is celebrities and their many chances with the law. How many celebs have we now seen get charged with driving under the influence, and yet they walk away with nothing but a few volunteer hours under their belt? It seems to be following that illusive trend of being likable and well known and getting through tough times in a breezy manner.

However, some people seem to have more luck than others.

Let's look at Angelina Jolie. She is the queen of swaying the public to see her in a certain way. For starters, she ended up marrying Billy Bob Thornton after he cheated on his wife with her. Then, after that marriage ended in divorce, Jolie had an affair with Brad Pitt while he was still married to Jennifer Aniston. Yet, she wasn't branded a home wrecker like many other stars who have been in that same situation.

Jolie is seen as a gorgeous, giving, goodwill ambassador who has an incredible love for her children and partner, Pitt. Ironically, Aniston was the one who got handed the "unlucky in love" rep and it has stuck ever since. How did this work out, you ask? Thank Jolie's PR team. Perfect image? Yup, she can definitely check that off the list!

If you want to create a perfect image in real life, you don't need to have a professional publicity team to pull it off. All you need, quite simply, is a few trusted friends. A person is nothing without the people they surround themselves with. In other words: your resources.

Funny enough, the people who created the movie *Mean Girls* had it right: if you want to ruin someone's reputation, you need to cut off their resources.

"Regina George would be nothing without her high status man candy, technically good physique and ignorant band of loyal followers," Janis said about the queen bee in *Mean Girls*,



empowerednews.net

Angelina Jolie

and you know what? She's dead on.

So if you want to build up your reputation, you need to have your resources within arms' reach of yourself. Surround yourself with the people you want to be associated with and don't be caught with anyone or anywhere that could lead people to think something inaccurate of you – or at least something you don't want

people to think of you.

It's so simple, really. It's amazing that so many public figures still can't get those basic rules down pat. So Lindsay Lohan, perhaps take cue from people like Angelina Jolie and stop. Getting. Caught. Stop being so blatant because not surprisingly ... no one likes that side of you.

Reading Week travel bonanza

By **LACE SENIO and NATASCHA BRUHIN**

There is only one day left until Reading Week is officially in session and I cannot tell you enough how excited I am. There is nothing better than getting away and relaxing during reading week. I mean, we students work our asses off! We deserve a pina colada on the beach.

Here at the *Nugget* we are big on relaxing and we are big on vacation, so we have put together a little travel guide to make everything easier for you as you travel during this glorious break.

Five Best Travel Tips:

1. Ladies, do not carry your \$100 body lotion with you on the plane! I once had to witness my newly bought Dolce and Gabbana lotion be tossed in the garbage because it was over sized. Over sized my ass! I believe the lady who took my lotion away from me secretly wanted that lotion for herself and grabbed it out of the trash after I left. Just make sure all your makeup can fit into the ziploc bag airport security provides for you, and you'll be fine.

2. Do not lose your passport. Do not lose your passport! Make photocopies of your passport and confirm that all of your important papers are in one secure place. Lug travel products make fabulous, practical and fashionable travel wallets that are made for this sole purpose.

3. Always carry extra cash with you. You never know what might happen and it's not unusual for other countries to have minor "entrance" fees. Besides, how else are you going to pay for that duty-free bottle of Patron to take to Mexico with you?

4. Be courteous. A little courtesy goes a long way, especially if you are travelling. People are naturally stressed when they travel and airports can be a living hell if you are on the brink of a melt down. If you are calm and polite, you will have better service and your travelling experience will be better overall.

5. Aisle seats. Get one – you will thank us later. You will quickly realize they are the best things since sliced bread. You won't be squished by the smelly, senile guy on your right and the screaming brat on your left. Also, you will have easier access to the bathroom, and easier access to escape the plane, if say, it should crash. And the flight attendants are at your beck and call. Yes, you will be asking them for water. Those flights get dehydrating.

Top 5 Best Drinks on a Vacation:

While on vacation, why don't you order something from that cute bartender? I mean look at that tight little uniform! Tasty! The drink I mean ...

- 1) Pina colada, the ultimate beach drink!
- 2) Any type of margarita, because it is such a classic.
- 3) Mai Tai, a refreshing drink to keep your worries

and stress at bay.

4) Sex on the beach ... do I really have to explain this?

5) Cerveza, por favor, enough said.

Top 5 Reading Week Locations:

These five locations are popular for students because of the party atmospheres they present, the beaches and the relatively reasonable prices available. Spring break, or rather, reading week, is a great time to experience new places with your friends and have a really great time. Don't forget your sun block!

- 1) Mexico
- 2) Dominican Republic
- 3) California
- 4) Cuba
- 5) Jamaica

Top 5 Things to Pack:

Always be prepared when travelling. It is the best thing you can do to ensure your vacation goes smoothly and stress free!

- 1) Bathing suit, this is just common sense.
- 2) A camera, hello, Facebook photos!
- 3) Extra memory cards for your camera, just in case you lose your other memory card or get really crazy with the Facebook photos.

4) Something to keep you warm. You cannot predict the weather and it does rain on the beach.

5) Extra cash. I cannot stress enough how important this is. You may need extra cash in an emergency or you may want to buy yourself a guava drum. Either way, bring extra cash, just to be safe.

Top 5 Extra Things to Consider:

1. Once you're past security at the airport you're able to buy food in the stores around the waiting area. If you're a picky eater, we highly recommend stocking up on some snack items and drinks. Yes, the airline provides you with food and drink, but who is actually satisfied after a pack of peanuts? And when they give you a drink, it's only in a tiny little cup. So stock up on your favourite snack food and never endure a growling stomach on a 12-hour flight again!

2. Bring face wipes or a spray mister on the flight with you. Your body can get very dehydrated when on a plane, so being able to moisturize your face can be the greatest feeling after a few hours of being up in the air. It's also a great way to freshen up and look alive before landing at your destination.

3. Stocking up on a few magazines or a good book can be the smartest thing you do before boarding your plane. The airline gives you movie options but having something to read is a great change after watching several movies in a row.

4. Good hygiene is so important when travelling! Always carry mini bottles of lotion, perfume, deodorant, toothbrush and toothpaste with you in order to stay clean and fresh!

5. Dress in layers. This gives you the option of being able take off clothing items if you get warm or to bundle up if you get cold.



all-startravelonline.com



David Adomako-Ansah and Michael Gordon provide some support for Alora Paulsen as they take some time off from their radio duties at NR92.

Photo by Catherine Ye

Intrepid trio

By CATHERINE YE

What kind of magic can happen when three best friends get together to do a radio show? Well, in this issue, I am going to unveil the answers. I interviewed three good friends, Alora Paulsen, Michael Gordon and David Adomako-Ansah, who are the hosts of the NR92 show, *The Three Best Friends*.

Catherine Ye(CY): Why did you decide to name your show *The Three Best Friends*? Is there a story or meaning behind it?

Three Best Friends (TBF): Actually, the show was on last semester under its original name *A dose of Hip Hop*, but David was the only host. At the end of the semester, David asked Michael if he would like to help him host it, and Michael, of course, said yes. Then over the break, Michael realized that he has way too much on his plate with three shows, the others being *Drink The Current* and a chat show with Alora. So we combined the chat show with Alora, and got all three of us together to do a show that we were gonna call *Gotham City Beats*. That didn't take for copyright reasons. The main reason is because we are three best friends. We wanted something to reflect our love and affection for each other.

CY: What is your show about?

TBF: It's a hip-hop show. The show is about what we did during the weekend, things that annoy us. It's a variety show. We play David's music and also have to play what Alora wants. We try to have a specific theme and usually a guest every episode.

CY: What's special about your show?

TBF: The special thing about our show is our personalities. All three of us play off

each other really nicely. Moreover, we have a ginger!

CY: Where do you get your idea for the show?

TBF: We all wanted to have a radio show, so we decided to collaborate!

CY: Tell me your experiences being a DJ, as well as a student. Does this experience help you in your studies?

TBF: Sure it does. Having the show has helped us with our speaking and for the industry we are going into, that's important. We are more confident, no doubt. But we really try to keep the two separate in our life. The DJ-ing is really fun and we love doing it, and we have a lot of fun doing school work as well but they've never really mixed.

CY: What kind of audience do you want to attract?

TBF: Everyone! Our show is universal. Michael's grandma even listens to our show. Really, just anyone that has the time and likes the kind of comedy that we do.

CY: What will you do on your next show?

TBF: Next week we might be having a spring/summer theme, since reading week is approaching. Maybe we'll talk about David's girls, Jessica Gomes (SI swimsuit model) or Kim Kardashian! Our next show we will be getting drunk on air. And getting naked.

CY: When can students hear your show?

TBF: They can listen every Monday from 3-5 p.m. And for all the extra information that you may want, you can go to the Facebook page or even add us. Just make sure to message us and tell us that you added us because of the show.



The Alberta Union of Provincial Employees:

The union that represents NAIT support staff, the people who keep your facilities running.

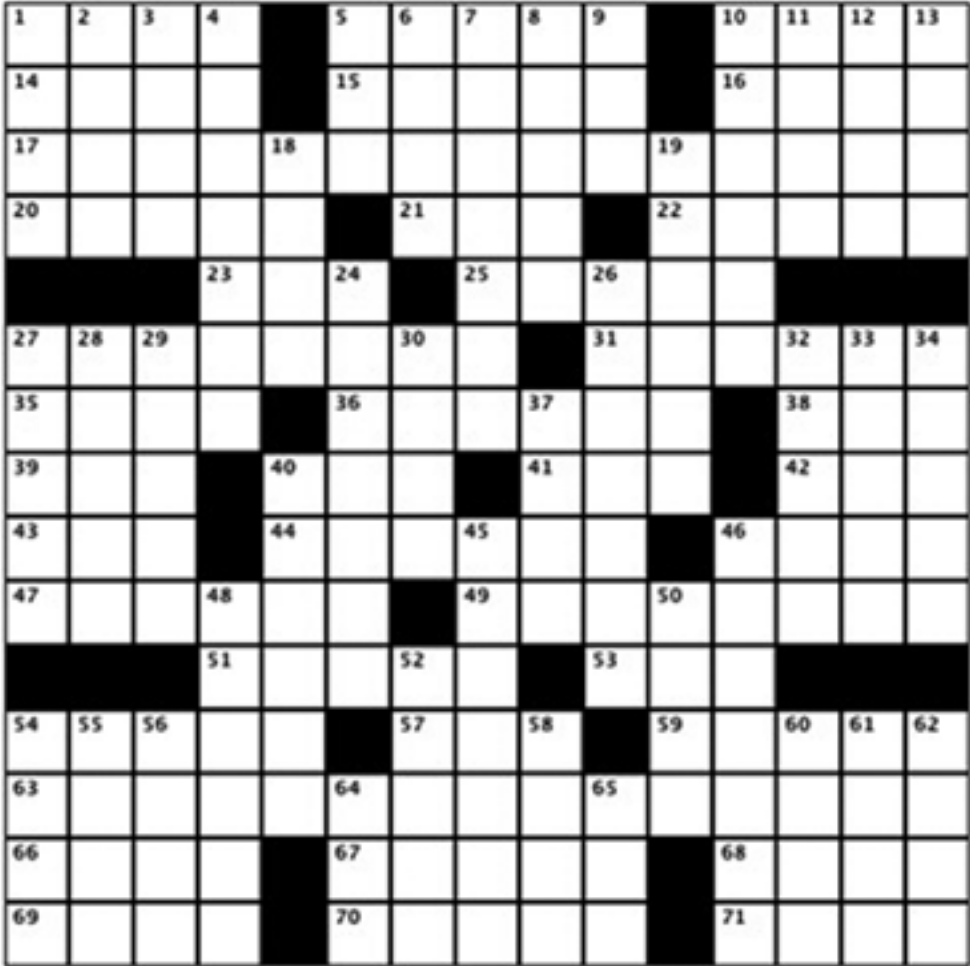
Alberta's largest union, representing more than 75,000 members province-wide, more than 9,000 Education Sector employees and more than 900 members of Local 038 at NAIT.

Alberta Union of Provincial Employees.
Your working people.
1-800-232-7284 www.aupe.org

AUPE
Alberta Union of Provincial Employees

CROSSWORD

- Across**
1- Not much
5- Tears
10- Calamitous
14- Ornamental fabric
15- Influence
16- Part of Q.E.D.
17- Eye doctor
20- First name in cosmetics
21- Direct a gun
22- Chinese martial arts
23- Madrid Mrs.
25- People and places, e.g.
27- Narrow braid
31- Names
35- Bloody conflicts
36- Land, as a fish
38- German article
39- Loss leader?
40- Put on
41- Gerund maker
42- Form of poem, often used to praise something
43- Bumped into
44- Place in bondage
46- Draft classification
47- Attractive
49- Large burrowing African mammal
51- Small branch
53- 100 square meters
54- Room at the top
57- Actress Peeples
59- Angry
63- Swollen nodes
66- Asian sea
67- Corrodes
68- Native Canadian
69- Nada
70- Doles (out)
71- Makes brown
- Down**
1- Burn soother
2- Knocks lightly
3- Zwei cubed
4- Hates intensely
5- Nipper's co.
6- First name in jazz
7- Candidate
8- Cathedral
9- Letters on a Cardinal's cap
10- Taste carefully
11- Coloured part of the eye
12- Impetuous
13- Famous last words
18- Mother of Ares
19- Possessing
24- An acrostic
26- As below
27- Slough
28- Western
29- Component of organic fertilizer
30- Coop group
32- Hotelier Helmsley
33- Bird that gets you down
34- Move stealthily
37- Currency of Turkey and formerly of Italy
40- Disengage
45- Least difficult
46- Perform in an exaggerated manner
48- Three-bagger
50- Faucet problem
52- Excessive
54- King of comedy
55- Neophyte
56- Counterfeiter catcher
58- Chip in



60- Gillette brand
61- At that time
62- Baby blues
64- Chair part
65- CIA forerunner

Puzzles provided by BestCrosswords.com (<http://www.bestcrosswords.com>).
Used with permission.

SOLUTION: Page 35

Student loans program faces squeeze

By **EMMA GODMERE**
CUP Ottawa Bureau Chief

OTTAWA (CUP) — According to a recent budget update report tabled in Parliament, the federal government requires millions of dollars to keep its Canada Student Loans Program afloat.

In supplementary estimates tabled Feb. 8, the federal government outlined it needs \$149.5 million to write off more than 60,000 debts for unrecoverable student loans. In addition, the government is seeking an extra \$311.2 million to meet the increased demand for national loans, a need that has also been amplified by a forecasted decline in repayments.

“It’s troubling,” said Dave Molenhuis, national chairperson for the Canadian Federation of Students.

“It’s not entirely unanticipated, but it’s definitely concerning that we’re continuing to move in this direction of more and more money being required for a higher number of students borrowing larger dollar amounts — and of course more government write-offs of bad debts.”

These requests for additional funding for the CSLP come only months after the Conservative government extended its national student loan lending cap by \$2 billion back in August, when the program was at risk of breaching its \$15-billion limit.

“We knew back in the fall ... that we would, in the not-too-distant future, run up against this ceiling again,” said Molenhuis, who noted that this is once again an ideal time for the government to consider changes to their CSLP legislation.

“We feel that not enough is being done to address this problem as evidenced by the fact that we have to make top-ups on the bad debts.”

A spokesperson from Human Resources and Skills Development explained that the 60,000 cases of bad debt only make up a small minority of borrowers – less than one per cent of the entire CSLP portfolio.

“The majority of Canada Student Loans borrowers repay their student loans on time,” read an email from the department.

“Each year, only a small proportion of student loan accounts are deemed unrecoverable and are recommended for write-off.”

In terms of increased demand, the department explained that in 2009-10, the CSLP experienced a 10 per cent increase in students who borrowed over the previous year. HRSDC is also estimating there will be an additional eight per cent increase in 2010-11.

“The Canada Student Loans Program is a statutory program and provides funding to all qualifying students, regardless of the number who apply,” their email explained. “For planning purposes, the Canada Student Loans Program spending forecasts are updated throughout the year and reported to Parliament.”

Molenhuis explained the CFS is continuing to keep an eye on the issue.

“In the wake of these top-ups for Canada Student Loans Program, we’ll be discussing with the political parties the urgency in the whole affair of dealing with this mounting student debt problem,” he said.

Along with requests for additional funding needed in other departments, the government is seeking an extra \$1.8 billion in total in the tabled documents. Supplementary estimates are presented to update Parliament on government spending when predicted expenditures outlined in the federal budget have changed. Additionally, Parliament must approve any new spending.

The federal budget for the upcoming fiscal year is expected to be presented next month.



Photo by Alex Smyth



Grand Re-Opening Tonight at 9PM!

Come see what a million dollar
facelift looks like.

REDISCOVER



WHYTE AVE.

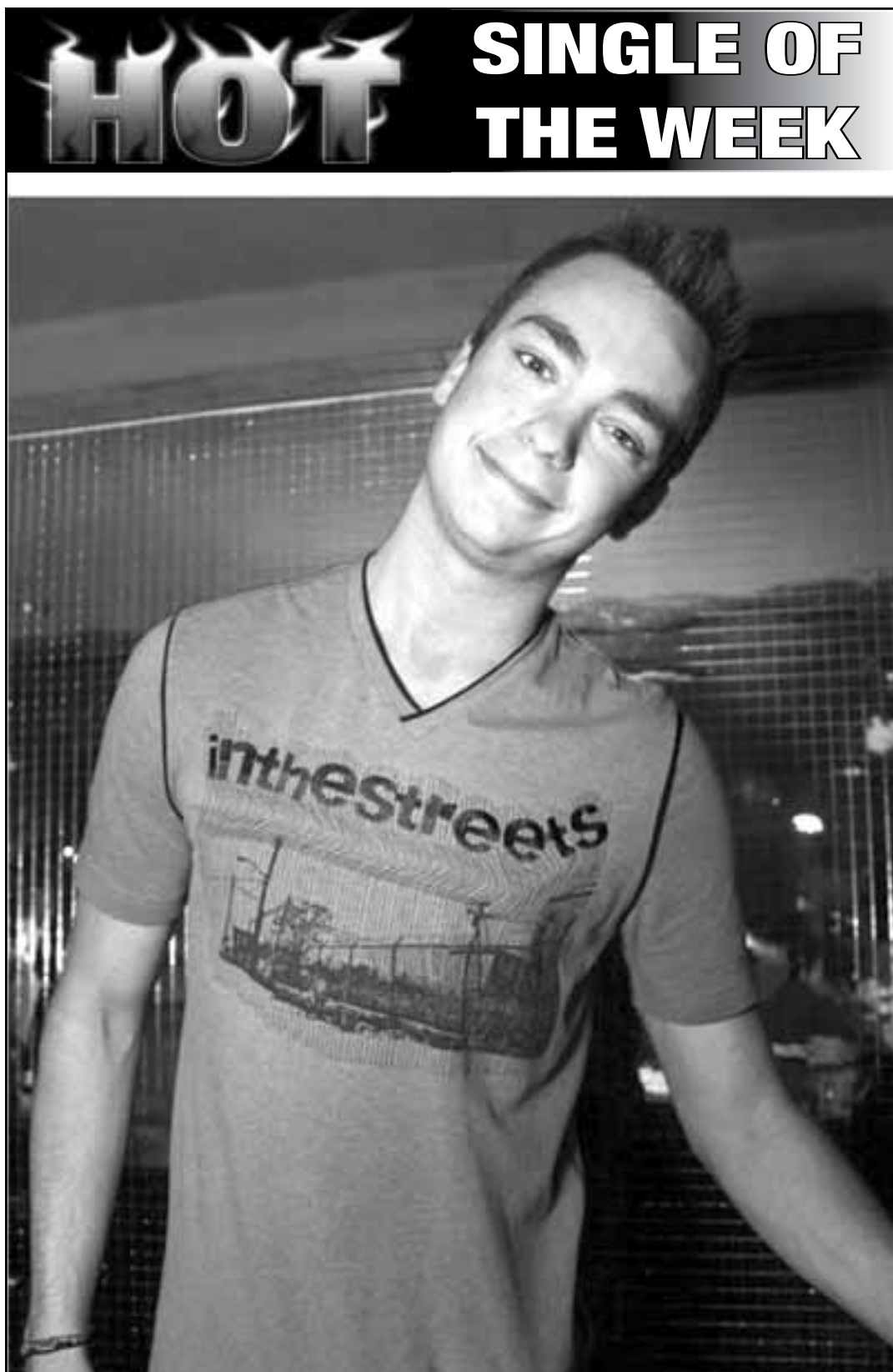


Photo by Tiffany Lizee

Darcy Hauser, 21 Management

Favourite movie? – 127 hours

DJ Name? – DJ D-Talks

So, you're a DJ. Where can we watch you play? – On Friday nights I play at Vinyl Retro Lounge, Saturday nights at the Pawn Shop and I'm guest starring on the TNA show on NR92 Feb. 17 and March 3. So tune in!

Favourite types of music? – Mashup, House, Electro and Dubstep.

Favourite song to play and why? – Take Over Control - Afrojack ft Eva Simons because the song takes over the crowd.

Drink/Shot of choice? – Belvedere with Redbull and tequila!!

First date, do you pick her up or does she meet you there? – I pick her up. It's respectful and chivalrous. Woman love chivalry!

How are your feelings towards Valentine's Day? – I feel you should spoil your girl on any given day, not just one. Plus, it is way better if she doesn't expect it.

Turn Ons? – Smart, mature, lingerie and when she gets along with my boys.

Turn Offs? – Cocky, seeks attention, no direction and a smoker!

Lace or silk? Heels or flats? Black or red? – Lace, heels and black!

Are you hot and single? E-mail us at entertain@nait.ca

Hash brown heaven!

CAMPUS FOOD REVIEW

By RACHEL JACQUES

The Nest is considered a great place to go to have some good food, a few drinks and a good time. Whether studying with friends, catching up on some homework or attending an event, the Nest always had good food.

Well, how many of you have tried their breakfast menu? A few of you may ask, the Nest for breakfast?! Yes, I say. They have a great selection for all breakfast lovers: omelettes, eggs, hash browns, bagels, toast; whatever your stomach wants at the time. The other morning I stopped by for

a quick bite to eat and thought I would try the loaded hash browns. They are definitely loaded. For you gravy lovers out there, this is a must try! The hash browns came with gravy, melted cheese and green onions. Basically, this was a breakfast poutine – a heart attack in a bowl. They were probably some of the greatest hash browns I've had.

If you skip breakfast in the future, I fully recommend taking a trip to the Nest and sampling some hash browns or eggs. The fully loaded hash browns get a 4 out of 5.



Alyssa Gardner

Indie Night

Sarah Burton performs last Thursday at the Nest.

Mainstream Ignorance

By GRAHAM McCANN

1. It is often heard that things were cheaper in the "old days." However, looking at inflation, things cost around the same. One dollar in 1950 is around \$9 now – but a low-end job paid about \$1/hour in 1950.
2. There is no data confidently linking cracking your knuckles to the likelihood of developing arthritis. Some doctors even say that it is unlikely.
3. People often lament about "natural" remedies and question modern medicine. However, before modern medicine, life expectancy wasn't nearly around 80 and people regularly died young of diseases we are vaccinated for.
4. Drinking alcohol only makes you think that it can warm you up, but whether you perceive being warm, it actually is still slowing you down and making you colder.
5. The only thing that can really make you sober is time. Coffee doesn't do it.

THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming events ...

MECSA

What: Beer Garden
When: February 18 3 p.m.
Where: Business Tower Lounge

PGC

What: Pub Night
When: February 17 8 p.m.
Where: Oil City Roadhouse

Chem Tech

What: Pub Night
When: Feb. 18 8:30 p.m.
Where: Suite 69

CCR

What: Galaxyland Fun Day
When: March 5, Tickets \$10
Contact: channy_staps@hotmail.com

Club News

Clubs Appreciation Social: Feb. 17 (4:30 p.m.)
 Grant #4 Deadline: Feb. 25 (5 p.m.)
 Giv'er Point Deadline: March 18 (5 p.m.)
 Presidents' Connection: March 21 (4:30 p.m.)

Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games
When: Fridays; 4:15-10 p.m.
Where: Room WC-312

Christian Club

What: Weekly Meetings
When: Hang Out & Learn Wednesdays
 12:15 p.m.-1:10 p.m. Room E-115
 Prayer Meeting Wednesdays
 7:30 a.m.-8:05 a.m. Room J-207
 (Multi-faith prayer room)

Latter Day Saints (LDSSA)

What: Weekly meetings
When: Thursdays
 11:15 a.m.-12:10 p.m.
 and 12:15 p.m.-1:10 p.m.
Where: Room E-221

Karate at NAIT

What: Weekly sessions
When: Mondays, Wednesdays
 7 p.m.-9 p.m.
 Saturdays 10 a.m.-Noon
Where: Room S-112

Clubs Centre Info

Hours: Monday-Friday, 8 a.m.-5 p.m.; **Phone:** (780) 471-8871
E-mail: campusclubs@nait.ca; **Website:** www.nait.ca
Location: Room E-133 – Main Campus
NOTE: The Clubs Centre will be closed Feb. 21-25

Come and
 laugh at/with

Ian Bagg

and support the Occupational
 Health and Safety Student
 Society (OHSSS) in the process.



WHO: Ian Bagg and opening acts

WHAT: Stand-up comedy

WHEN: Show starts at 8:00 pm on
 February 17, 2011

WHERE: The Comic Strip on Bourbon
 Street in West Edmonton Mall

WHY: Because laughter is good for
 you and fundraisers are good for
 us. It's a win-win situation.

Get your tickets from the NAITSA office for
 only \$20 each.

Please contact Lori Kruger at lorikrueger@hotmail.com if you need more information.



NAITSA Approval

Depression can be treated

By JESSICA SKELTON
 The Navigator
 Vancouver Island University

NANAIMO, B.C. (CUP) – For Nicole, her experience with severe mental health issues started in her senior year of high school.

While in her childhood, she had trouble coping with her absent mother, a bad relationship with her first stepmother and verbal bullying by her brothers and her peers. It was the move to B.C. from Saskatchewan with her dad and his third partner that threw her into the deep. She began feeling helpless, hopeless and bitter, and soon began isolating herself, have trouble sleeping, and thoughts of death and suicide.

At the time, however, Nicole didn't think that she had a problem.

"I felt doomed to be," she said. "I had lost hope that things would change, so I just accepted it."

According to the Canadian Mental Health Society, all of Nicole's symptoms are signs of clinical depression, a mood disorder that can strike anyone. Other symptoms include feeling worthless, changing eating habits, having difficulty concentrating, loss of energy and a decreased sex drive.

Most of these symptoms are normal feelings that everyone feels at some part in their lives. However, it's when these feelings become "severe, last for several weeks and begin to interfere with one's work and social life" that they become signs of a serious problem, the website says.

Depression can be caused by a number of things, from specific life events – be they

financial, personal, career or academic – to psychological factors and chemical imbalances in the brain.

Craig McGuigan, co-ordinator of Vancouver Island University's Counselling Services, explained that depression is a continuum that ranges from situational depression to bipolar disorder, and it's the intensity, duration and frequency of symptoms that determine the level.

Nicole showed clear signs of crippling depression. Yet nobody confronted her about it until she handed in an autobiography assignment that described her negative outlook on life to her English teacher. Her instructor recognized the mindset of her student was not healthy, so she gave the paper to the school counsellor.

At the start of her counselling, Nicole

didn't think it would help. However, after being prescribed an antidepressant and regularly seeing her counsellor, she started to see results after about a month.

"It felt good to talk to someone who would really listen," she said. "[My counsellor] seemed sincere and cared, not just because it was her job."

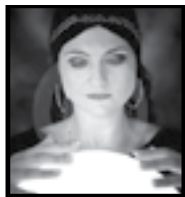
Nicole saw her counsellor once a week for seven months. During that time, she learned to look at both the negative and positive aspects of life and focus on the latter. She also trained herself to let things go and came to see the good in herself.

"As cheesy as it sounds, I'm a different person," she said. "I still have my faults ... but I have a better outlook on life."

"I'm ready to embrace life instead of hiding from it and feeling trapped."

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 17-23

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

Aquarius (Jan. 20-Feb. 18)

If you found that you were single

for Valentine's Day, Hope you made yourself something nice and checked craigslist.

Pisces (Feb. 19-March 20)

If you find Waldo, stay with him.

Aries (March 21-April 19)

Keep your feet firmly planted on the ground. Arial manoeuvres are not going to be your forte this week.

Taurus (April 20-May 20)

Push me, and then just touch me, till I can get my satisfaction. You should try using that line at the bar sometime.

Gemini (May 21-June 20)

Be sure and have some fun! Life is short and no one gets out alive anyways.

Cancer (June 21-July 22)

Beware of red, all red. Red hair, red nail polish, red hats. It's all bad.

Leo (July 23-Aug. 22)

Try a crepe. It's like a very thin pancake.

Virgo (Aug. 23-Sept. 22)

Change your name this week. Maybe Chester or Chad would suit you better.

Libra (Sept. 23-Oct. 22)

Be careful, the pesky camera will be trying to steal your soul this week.

Scorpio (Oct. 23-Nov. 21)

A polar dip is always an option at four o'clock in the morning ... just saying.

Sagittarius (Nov. 22-Dec. 21)

Airplanes are bad! Don't fly.

Capricorn (Dec. 22-Jan. 19)

Be prepared for a surprise visit from a special person this week. Remember to keep your house clean.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Make date safety a priority



Sexual assaults can happen when people are frequenting bars and night clubs or even just on a date. Below you will find warning signs and advice on reducing the risk of assault.

You should be especially alert if the person you are with:

- Ignores, interrupts or makes fun of you.
- Sits or stands too close to you or stares at you.
- Has a reputation for being a "player."
- Drinks too much or uses drugs; tries to get you to use drugs or alcohol.
- Tries to touch or kiss you or gets into your "personal space" when you barely know him or her.
- Wants to be alone with you before getting to know you or pressures you to be alone together.
- Does what he or she wants without asking what you want.
- Gets angry or sulks if he or she doesn't get what he or she wants.
- Pressures you to have sex or tries to make you feel guilty for saying "no."
- Behaves as if the two of you are more intimate than you really are.
- Behaves in a way that is unusual or excessively friendly in an attempt to manipulate or control you.
- Gives too many details about themselves that most people would not volunteer.
- Spends a lot of money on you and appears to be expecting something in return.
- Suggests that you do not trust him or her. Again, this is a form of manipulation.
- Doesn't accept no for an answer. If they do not accept no for an answer on something small, such as drinking alcohol, they may not in regard to sex, either.

To reduce the risk of drug-assisted sexual assault:

- Plan your night out, arranging your journey to and from home.
- Make sure someone knows where you are going and what time you will be home.
- When going to a pub, club or party, avoid

going alone. Friends can watch out for one another.

- Appoint a drink watcher (your non-drinking driver?).
- Alcohol is the most common rape drug, does affect your actions and reactions, as well as your ability to be alert to changing situations. Take care and monitor how much you drink. Stay aware of what is going on around you and stay away from situations you do not feel comfortable with.
- Never accept a drink from anyone you do not completely trust.
- Do not share or exchange drinks.
- Don't leave your drink unattended, even when going to the bathroom.
- Drugs can be put in soft drinks, tea, coffee and hot chocolate, as well as alcohol. There are a number of drugs that can be used to incapacitate you; the majority will not be easily detectable in a drink.
- Drinking from a bottle and keeping your thumb over the top is a good idea. Just remember that if you leave it unattended you may not be able to see if anything has been put in it.
- If you return to your drink and it has been moved, looks different, appears to have been topped off or tastes strange, don't take a chance.
- Do not leave the pub, club or party with someone you have just met. Always have a safe ride home with someone you know you can completely trust.
- If you begin to feel really drunk after only a drink or two, seek help from a trusted friend or a member of the club or pub management. It is important to get to a place of safety as soon as possible. You must be sure you have absolute trust in the person you are asking for help, no matter how long you have known them.
- This can happen to men as well as women and they have the same counselling and legal rights as women do.

You cannot expect to remember a long list of prevention advice every time you go out. Just be prepared, be alert and be assertive.

— Information obtained from the Edmonton Police Service

If you have information about a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477).

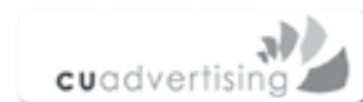
You will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information.

Everybody benefits, except the criminal.

This space is
Reserved
for your ad

Book your ad today and be seen.

Contact Shaun at : 1.866.867.0098
thenugget@cu-ads.org



THE NUGGET PRESENTS:



GRAPEVINES

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca or submit online at www.thenuggetonline.com

Dear The Three DMIT
Shouldn't you guys be playing world of warcraft or something?

– Reality

...

To Stace-Jam, how's a guy supposed to apply to be your Slam-Piece?

– Slam-Piece

...

Dear Yellow Mustang,

You're adorable. We see each other almost every day in the annex. I'm too shy to say hi, but I'd like you to take me for a long ride in your Mustang one day? Please?

– Annex girl

...

My love of my life!!! Laura in Business Admin i can't tell how much i love you and I really want to talk to you and ask you out but you are always with your friends and i just can't live without you!!! I hope i will get you and if you are reading this you will know who i am and how crazy i am about you!!!

– Love of ur life!!!

...

Dear gay boys at NAIT. Where are you? I feel like I am the only one *tear*

–Lost without you

...

To the cartoonist.
You aren't.

– Longhair in tower T

...

To the tv and radio girls, so we understand you'd rather have guys who could build you a house. Well we can build you a lot more then a house. Skyscraper

maybe?

– CON ENG Guys

...

Dear NAIT wireless internet,
I'm amazed I've stayed connected long enough to type this. Is anyone else being disconnected every five minutes, or is it just me? You're making my home-work much more difficult than it needs to be.

– Love, Why, Fi?

...

To 0.01% of NAIT of last week's submission to Grapevines - I couldn't state the facts of the situation any better. You have a very mature perspective and I appreciate reading your comment. It would be nice to say hello to you sometime. Thank you.

– The Cartoonist

...

Dear hot single of last week alex-andra, liking the tie dye, you and it are lookin good! Ps the whole romantic thing isn't me either.

Sincerely
Tie dye liker

...

God bless the cartoonist. Long live Mice With Spice!

– Atheist

...

Ladies no need to fight haha just make one huge group and just call yourselves girls in the XXX Wing. And we three just stroll through the X-Wing there is a very low chance that we are actually gonna stop and wait for you especially at such an open space like Chai's so if you really

want to talk just say hi we probably will just laugh and say hi back haha and if we say hi to you don't be all scared we are just saying hi. And to the guys who are saying we make DMIT look bad, we put DMIT on the map no one even knew we existed until we got in the Nugget so don't hate but appreciate.

– The Three DMIT

...

Tv/radio girls,

It's sad that you still consider automotive mechanics a greasy trade where all that's done on a vehicle is an oil change. Not to be redundant, but we obviously wouldn't be in school if all it took to fix a car was an oil change... Maybe you should take the time to make some friends, or at least acquaintances because it definitely isn't going to be a carpenter that's going to fix your daddy's BMW when it leaves you stranded on the highway looking all anthropomorphic.

–The "Greasy" Mechanics

...

To Erin, the cute first year paramedic
You can practice on us anytime ;)

– The AHT girls

...

Whatever idiot is ridiculing the comic in the Nugget, get a life. I hope you never reproduce. You are sick.

– Bio Stomp

...

Yo cartoon hater, suck a donkey's sack!

– yeehaw!

...

To the girl in radio and television

who is bad mouthing mechanics, first of all your grouping an large amount of people together creeps come in all different sizes, shapes, colors and professions from carpenters to mechanics to doctors to radio guys/gals. So dont group us all together because of a few bad apples respect is a two way street and whoever wrote that last article lost some of mine.

– from a so called "creepy mechanic"
p.s. just my job not who i am as a person

...

To Nugget Readers alias last week: Grow some nuggets! You're sick about feeding paint chips to a baby.

– KFC

...

Dear "TV Radio Girls",
RE:"creepy mechanics"

Perhaps you should consider getting yourself an education and taking care of yourself, then going to school to find a man who can build a house for you.

– Wife of "Creepy Mechanic"

...

Dear people with the wheely backpacks I have noticed over careful observation that you people are very annoying and lazy. If I have to follow, trip over or walk behind you going up the stairs while dragging your stupid backpack one more time. I will start a revolt and personally find all of you and saw those effing handles off myself! Then you will be forced to carry your backpack just like the rest of us non-lazy people. Muahahaha!

– Sincerely, the backpack ninja

THE NUGGET PRESENTS:



Dr.CONwisDOM

Dear Dr. CONwisDOM,

I've lost some weight recently and I'm really excited to show off my new figure. The only problem is I don't know how much skin is too much skin. Are my new revealing clothes making me look like a slut? How can I tell?

– Too much of a good thing

Dear too much of a good thing,

When it comes to dressing to look good follow one simple rule: always leave a little mystery. Use the finger rule when it comes to hem lines (skirt should not be shorter than your fingertips when your arms are relaxed to your side). When it come to cleavage and mid-drift- cover up. You don't need to look like a hooker to look good.

...

Dear CONwisDOM:

I have a problem. I'm not as well off as other guys are in certain areas, if you get my drift, and I find it really hinders my ability to have confidence and talk to girls. How can I be

confident in picking up a girl when I'm rocking a mini-tootsie roll for a penis? I know girls who aren't as "well developed" as other girls wear push-up bras or pad their bra, so is it ok for a guy to pad his pants? You know, maybe throw a banana in there before I head to the bar and pretend I'm king of the jungle. I really need help here, what do you think?

– Not Large, Not in Charge

Dear Not Large, Not in Charge:

First off, ha ha ha! I've never laughed as hard at a CONwisDOM as this. Are you seriously asking me if it's ok for you to put a banana in your pants to hide your tiny little wiener? What's going to happen when you actually pick up a girl and she's expecting King Kong in the sack and you give her peewee Herman? I'd say just man up, be happy with what you got and try to find a really tiny girl? Good luck my friend, good luck.

...

Dear Dr. CONwisDOM,

Last week I finally did it. I farted in front of my girlfriend. Normally I feel that this wouldn't be a big deal, but she was going down on me at the time. And since then she hasn't spoke to me. Not even a phone call. What can I do? I don't want a little unfortunate gas passing end our relationship.

– Deal It

Dear Dealt It,

Farting is nasty to begin with, but I do understand that it's going to happen from time to time. How would you like it if someone farted in your face? Probably not too much I think. But if you really do love this girl, you might have to make a compromise. You should let her fart on your face to get even. Then both of you would be on level playing fields.

...

Dr. Conwisdom,

I think I've recently developed hemorrhoids. The problem is I'm meeting my girlfriend later this week and she likes to put things in my ass.

Hey, generally I don't complain, but something tells me she might be a little disgusted. What should I do? Is it still safe to play downstairs when the basement isn't clean?

– Basement Dweller

Hey Basement Dweller,

It sounds to me that you do have quite the problem. Chances are if you've had them once they are going to return at some point, so tell your girlfriend to get used to them. But let's be honest with each other for a second, Dweller, if you have hemorrhoids, the only thing you should bet putting in your ass is a suppository...

...

Do you have any personal questions that you want to have answered? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!



KENDAL GUINEY

What are your plans for Reading Break?



"Seeing the Fab Four at the River Cree and going to Regina for a handball tournament."

Lyndon Suvanto
RTA



"Heading to Kelowna to see my cousin and visit old friends."

Brad Hamilton
RTA



"Catching up on my botany and avid bird watching."

Andy Ferguson
RTA



"Catching up on my sleep, and making up for lost party time."

Emily Vaughan
RTA



"Going back to B.C.!"

Hailey Mattson
RTA

THE NUGGET PRESENTS:

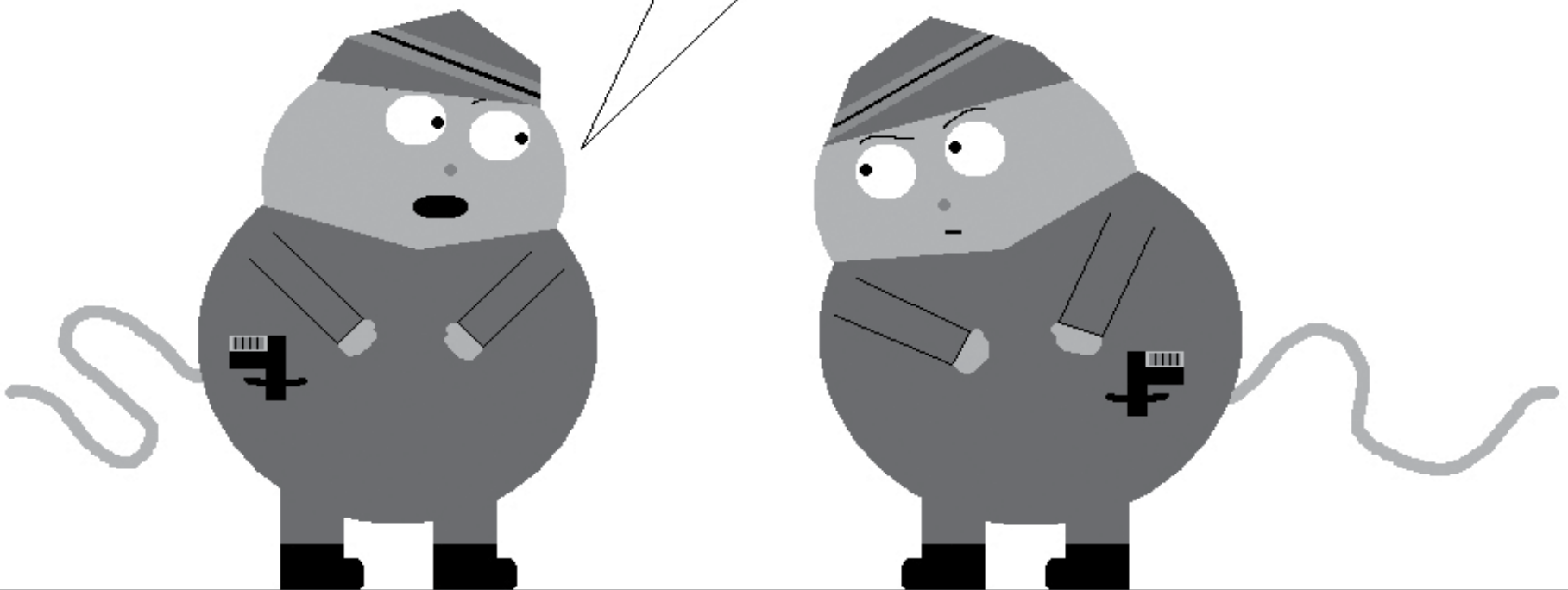
NUGGET COMICS

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WHY ARE WE CALLED THE
SECRET POLICE WHEN
EVERYONE KNOWS WHO
WE ARE?



Improving your concentration



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Concentration, or the ability to focus, is a learned habit. This is good news because everyone can improve their concentration. However to make improvements you must be persistent in developing better concentration habits.

- Step 1: Eliminate distractions**
- Take some time to evaluate your study environment. Ideally you should have a desk or table used only for study. Is your study area large enough to spread out your materials? Do you have good lighting? Is it away from noise and other distractions such as televisions or telephone conversations? Your study space should be comfortable but not so comfortable that you get drowsy. While you are studying or doing homework only materials related directly to the subject you are studying should be on your desk. Move any pictures or objects that are distracting including your cell phone or iPod.
- If you are struggling to concentrate ask yourself if there is a better study location. For many students it is better to stay at, or return to, NAIT to study as there are too many distractions at home ... the phone, the fridge, pets, laundry, the sports section of

- the newspaper ...
- When you are studying at home make your study time a priority. Alert your room-mates or family members that you are not to be disturbed.
- Step 2: Analyze other reasons for poor concentration**
- Note the exact time you start to study and then note the time when you first find your mind wandering. Jot down the length of time you were able to concentrate then analyze what it was that distracted you. Was it hunger, drowsiness or boredom? Were you feeling overwhelmed or anxious? Were personal problems interfering with your concentration? Did you start daydreaming? Or is your mind just out of the habit of focusing for longer periods of time?
- Step 3: Take action**
- Getting into a regular routine may be the single most important thing you can do to improve concentration. If you get into the habit of sleeping, eating and studying at regular times your mind automatically focuses more easily.
 - Adult concentration spans normally last from 20 to 50 minutes. This means that you should take a 10 minute break at least every 50 minutes, and for many people breaks every 30 minutes are more effective. Try doing something physical and/or having a glass of water during your break – both will help you focus.
 - Use your peak energy times for studying and start with your most difficult or most tedious tasks.
 - Alternate subjects. Do not study for longer than 50 minutes on a subject. If you need to go back to that subject do it after you have worked on a different subject (e.g. Physics, English, Physics)
 - Eat regular, healthy meals with

- snacks in between to prevent hunger and drowsiness.
- If you get distracted because your workload is overwhelming, break tasks down into small chunks – try setting small, achievable goals with a small reward after the completion of each goal.
 - If personal problems are interfering with your studying take some time to deal with these. Identify the problem, brainstorm solutions, come up with a plan and then get right back to work. Ask for help if you need it from friends, family or a counsellor at Student Counselling
 - Daydreaming is a problem for most students – every time you find yourself day-dreaming yell “Stop” in your head and get right back to studying. (Wearing an elastic band on your wrist and giving yourself a little twang when you yell stop can make this even more effective!) Although this technique sounds simple it will help to improve your concentration fairly quickly. Give yourself some downtime to daydream outside of study sessions.
 - Bored with what you are studying? Study your most tedious subject first. Alternate that subject with one you find more
- interesting. Challenge yourself to find something interesting in that course. You may want to try studying in a group or with a classmate for less interesting courses.
- Make your study sessions as active as possible – set goals, visualize as you read, read out loud, ask yourself questions, make flashcards or study notes, close the book and recite main points – anything that helps prevent your mind from drifting.
 - At your next study session challenge yourself to concentrate for two or three minutes longer than you originally concentrated. Set a timer or alarm clock. Practice at that length of time for a few sessions and then gradually add additional time. Aim for at least 30 minutes but no more than 50 minutes.
 - If you are still struggling, it is a good idea to book an appointment with a counsellor to determine other causes of poor concentration.
- Remember, counsellors are available to help with any academic or personal concerns. Phone 780-378-6133 to book an appointment, or book in person at Student Counselling, Room W111-PB in the HP Centre.

CROSSWORD SOLUTION

1	A	T	A	D		5	R	E	N	D	S		10	D	I	R	E	
14	L	A	C	E		15	C	L	O	U	T		16	E	R	A	T	
17	O	P	H	T	H	18	A	L	M	O	L	19	O	G	I	S	T	
20	E	S	T	E	E	21	A	I	M		22	W	U	S	H	U		
					23	S	R	A		25	N	O	U	N	S			
27	S	O	U	T	A	C	H	E		31	T	I	T	L	E	S		
35	W	A	R	S		36	R	E	E	37	L	I	N		38	E	I	N
39	A	T	A		40	D	O	N		41	I	N	G		42	O	D	E
43	M	E	T		44	E	N	S	45	E	R	F		46	O	N	E	A
47	P	R	E	T	T	Y		49	A	A	R	D	V	A	R	K		
					51	R	A	M	U	S		53	A	R	E			
54	A	T	T	I	C		57	N	I	A		59	I	R	A	T	E	
63	L	Y	M	P	H	64	A	D	E	N	65	O	P	A	T	H	Y	
66	A	R	A	L		67	R	U	S	T	S		68	C	R	E	E	
69	N	O	N	E		70	M	E	T	E	S		71	T	A	N	S	

Who You Gonna Call?

NAIT Services for Students

Academic & Personal Concerns – Student Counselling: 780-378-6133, Room W-111-PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan: 780-471-7730, Room E-125. (Note that you must opt out by Sept. 24 if you have alternate coverage.)

Housing – on-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury or minor medical concerns – Health and Safety Services: 780-471-8733, Room O-119 NAIT Security –7477

Part-time campus jobs/ Volunteering – NAITSA: 780-491-3966, Room E-131

Program-related concerns – Contact Program Chair or Program Advisor

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

Special Needs Students – Services to Students with Disabilities: 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office: 471-6248 (option 2); Room O-111

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A)

Peer Tutors – sign up in Room A-172. The cost is approximately \$15/hour

Violence or potentially violent behaviour, or extreme medical emergency – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 378-6133

Website: www.nait.ab.ca/counselling

... facilitating student success

EXECUTIVE ELECTION 2011



VOTE ONLINE

www.naitsa.ca

February 11 - February 17

**Poll stations open
February 17 only, 10am - 2pm**

Executive Council Elections!



POLL STATION LOCATIONS:

- South Lobby Kiosk
- HP Center
- Outside NAITSA Office
E131
- Annex 1st floor
- Outside the Bookstore
- U Hallway
Near Fresh Express
- South Campus
- Patricia Campus

Check the February 10 issue of The Nugget for candidate pictures and articles, and watch out for nominees campaigning across campus between February 3 - February 17!

Thank You for Voting!


**NAITSA
ELECTIONS**

www.naitsa.ca