

NEXT NUGGET ISSUE AFTER READING WEEK – MARCH 8!

# THE NUGGET

Thursday, February 16, 2012  
Volume 49, Issue 20



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## NAIT OFF TO DUBAI

Culinary Arts students challenge the world's best, story page 3



Photo by Paolo Caringal

### SORRY ABOUT THAT

NAIT Ooks Trevor Conrad takes out a lineman during a game against Briercrest last Friday. The Ooks dominated the visitors and ended up with an 11-2 victory. The linesman was not injured. Story, page 7.



Love long  
weekend Sundays?  
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February 19, Long Weekend Sunday.  
When the next day is a holiday,  
we call it Party Night in Canada.



# NEWS & FEATURES

## Valentine's through the ages



**BALJOT BHATTI**  
Issues Editor

When you read this, Valentine's Day will have come and gone. For some of you, it held the exciting prospect of new romance and for others, the comfort of a familiar companion, and a day to celebrate that love.

For most people however, Valentine's Day comes as an arrow to the gut, that annual day of fawning couples and saccharine cards full of love and those disgusting cinnamon hearts.

For those of us perpetually luckless in the game of love, I've created a kind of timeline so you can chart the progress of a "holiday" that adds more to your depression than fluorescent lights and funerals combined. This

will show you the insidious and often heinous origins of this day of love.

Consult your history books on these dates though, this timeline might not be 100 per cent "factually accurate."

**269 AD** – St. Valentine (there were actually several St. Valentines who were martyred, but we'll just go with this date) was beaten with clubs and beheaded after trying to convert the Roman Emperor Claudius to Christianity. We're off to a great start with this romantic holiday!

**270** – Realizing that Christmas hadn't really been invented yet and President's Day was still centuries away, Hallmark of Florence decided to capitalize on St. Valentine's execution by turning it into some kind of day about love. Historians are still scratching their heads on that one.

**1096** – The Pope is bewildered when he's sent some candy hearts by the Great Seljuq Muslim empire. The hearts were originally intended as an envoy of love and peace, but the Pope thought it was an assassination attempt (because they tasted so gross). This misunderstanding led to the First Crusade.

**1348** – An unnamed sailor, coming back to England from China, gives his sweetheart a new mouse as a pet for Valentine's Day. The ensuing Black Death kills almost 100 million people – how romantic!

**1382** – Geoffrey Chaucer writes a poem about Valentine's Day, popularizing it in the King's court.

*For this was on seynt Volantynys day  
Whan euery bryd comyth there to chese  
his make.*

No one knows what this means. Several first-year English students are attempting to build a time machine so that they can go back and beat up Chaucer for making their lives so difficult.

**1492** – Christopher Columbus, desperate to find a gift for his needy and demanding wife, announces he'll set sail to the New World. He sends her back slaves and stolen gold. It's unknown whether or not she was finally satisfied.

**1847** – The first mass produced Valentines in the U.S. were made by Esther Howland. Overheard at the announcement: "Aye, this is becoming just another Hallmark holiday. Also, what's a holiday? We all work 120

hours a week."

**1929** – Notorious gangster Bugs Moran is sent a love letter from his rival Al Capone, in the form of the Valentine's Day Massacre, where seven of Moran's associates were gunned down. Knowing how much old Bugs loved theatrics, Capone sent his guys to do the hit dressed as police officers. Isn't that cute!

**2012** – Here I am writing this article, a day before Valentine's Day.

I'll admit, the noxiousness of Valentine's Day really doesn't affect me that much. It's insipid and incredibly corporate (just in the UK, \$2.6 billion are spent on cards, chocolate, flowers and other gifts – in one day), and a lot of marketing, advertisements and movies paint a very inaccurate picture of romance and relationships in general.

Beyond all that though, I think it's pretty harmless. And if we have days that celebrate talking like a pirate or taking off our pants on the subway, then we should have a day that celebrates love. Can we stop buying those cinnamon hearts, though. Seriously, those things taste like death.



**SWEETS FOR YOUR SWEETY**

Photo by Laura Dettling

Chennae Lapatak, left, and Jesse Poitras sell chocolate Valentines on Tuesday for anyone still looking for a treat for that special someone.



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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?

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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.



Photo by Claire Theobald

NAIT Culinary Arts student Francis Flores is one of the seven team members selected to represent the institute at the Emirates Salon Culinaire competition in Dubai.

# Students off to Emirates

By **CLAIRE THEOBALD**  
Editor-In-Chief

NAIT's Culinary Arts team is gearing up for its latest challenge and is ready to prove its skills on the world stage at the Emirates Salon Culinaire competition in Dubai.

"We have been winning all along," said Vinod Varshney, program chair for the School of Hospitality and manager of Team NAIT.

"So, most likely we should come back with medals again."

**First time to Middle East**

This is the first time a culinary team from NAIT will be competing in the Middle East. However, Team NAIT is no stranger to international competition, making appearances throughout Europe and Asia.

"Somewhere along the line, I want to be able to say our students at NAIT have competed all over the world and have made very good accolades there," Varshney said.

In this competition, students will travel to Dubai for a four-day cooking competition, competing against 1,300 other professional chefs. Team NAIT is competing in two practical cooking competitions and will have to prepare a salmon dish and a lamb dish with only one hour each.

"We have to be very creative to be able to do things in one hour," said Varshney.

The team, consisting of seven students, has been training for three months already, now practising twice a week until they leave.

Students had to earn their spot on the team

through a competitive application process where they had to write a letter proving their dedication to the team and then had to prove their kitchen prowess in a cook-off.

NAIT Culinary Arts student Francis Flores is one of the lucky few who made the final cut.

"I feel proud, because it's really hard to get in," Flores said. "Forty students tried out and now there's only seven of us."

Not only do students have to create their own recipes and sharpen their culinary skills, they are also in charge of fundraising for the money they will need to travel to Dubai. Varshney predicts that it will cost each student about \$5,000, money which the program can't afford to swallow alone.

Students have found external sponsorships, but also host catering events and special events at Ernest's to make up the difference.

All of this means a big time commitment, but for Flores it is well worth it.

"Lots of sacrifices," said Flores. "I mean, weekends we practise, after school we practise, we're basically here 24-7."

Varshney says there are few culinary competitions geared specifically for post-secondary students, so Team NAIT will be competing against industry professionals from around the globe. Varshney takes this added level of competition in stride and his confidence is well deserved, as in the 2008 Culinary Olympics hosted in Germany, Team NAIT came home with two silver and two gold medals.

"They are preparing very hard," said Varshney. "And they are to the level where they can work side by side with the professional chefs."

For the students, this means an opportunity to learn from professionals and compare what they do with what others are doing in the field. As well, it allows students exposure and networking opportunities on an international scale, which they otherwise might never get.

"[It's] nerve-racking but at the same time it's exciting," Flores said. "I mean, it's almost like a once in a life time experience."

Another added bonus is the exposure NAIT's Culinary Arts program receives from this level of competition. Team NAIT has developed a reputation for success, which has spurred interest in NAIT's program.

**'A visible identity'**

"Since we have been winning a lot and our students are doing well, we've become a very visible identity," Varshney said. "And when we go to the competitions, people are watching us."

Students in NAIT's Culinary Arts program compete from the start, with the application process seeing as many as five applications for every open spot.

Although Team NAIT will continue to practise right up until the competition begins on Feb. 19, Varshney is confident his students will be well prepared for the event.

"Now, it depends on the day of the competition and how well they will perform it," Varshney said.

After Team NAIT returns from the Emirates Salon Culinaire, students will have to turn around and start preparing to compete again in the 2012 Culinary Olympics.



### Readying rebar

A worker guides some rebar into place Wednesday on the new \$24 million parkade north of L-Building, slated to be finished at the end of this year. The 12-storey structure will have nearly 1,000 stalls.



Photo by Laura Dettling

# NAIT to host VEX competition

By MATT INGLIS

Alberta's tech world is getting ready for a clash of the robotic nature. On Feb. 18, NAIT will be host to the Alberta Regional VEX Competition.

Every year, VEX Robotics of Greenville, Texas, sponsors and helps organize an international robotics competition for middle school, high school and college students. These competitions consist of teams of engineers, programmers or hobbyists battling head-to-head against one another in a challenge of imagination, wit, innovation, skill, strategy and expertise.

The Robotic Education Competition Foundation comes up with a game, or challenge, that teams of participants compete in using robots that they design, build, program and control. Teams consist of groups of mechanical and electrical engineers, computer programmers, coaches, mentors and even marketing experts.

The teams spend weeks or months putting together the perfect robot for the year's challenge, then put it all on the line in VEX competitions around the world, with the hopes of heading to the World Finals.

This year will be NAIT's first time in the competition as a team, as they are hosting five local Edmonton-area schools, along with competitors from Lloydminster, Lacombe and Fort McMurray who are looking for their shot at the Robotics World Championship.

Each competition offers a series of awards, including Tournament Champions, Excellence, Design, Amaze, Sportsmanship, Enthusiasm, Driving Skills, and Programming Skills. The winners of the Excellence award will be

given a straight shot to the World Championship in Anaheim, California, July 18-21.

The tournament winners will qualify for the British Columbia VEX Championship-A Division, at the British Columbia Institute of Technology.

VEX Robotics Design System is a robotic equipment developer and provider for students

and educators alike, in the fields of science, mechanics, technology, math and engineering. There are over 3,500 teams from 20 countries playing in over 250 VEX tournaments worldwide, with more being added weekly.

The Alberta Regional VEX Competition will be held at the NAIT Shell Manufacturing Centre (Building B, on the main campus).

## NAIT in Top 55

By STEVEN CRESSWELL

NAIT has been recognized as an all-around great place to work.

Our school made the Top 55 in the annual Alberta's top employers competition, organized by the editors of Canada's Top 100 Employers.

NAIT President Dr. Glenn Feltham was not surprised with the victory.

"I am proud of this recognition because it reflects what NAIT is and what matters," Feltham said. "We are all passionate about NAIT, our students and each other. And we celebrate together — because there is so much to celebrate. It's the NAIT way."

The judges emphasized a long list of qualities that make NAIT a great workplace. That list included ongoing employee development, financial bonuses, training programs, excel-

lent support of new mothers on maternity leave and retirement planning assistance.

NAIT employees seem to agree.

"This is a great place to work," said a NAIT employee. "Being able to tell the NAIT story, it's almost a celebration being at NAIT. It's a no brainer, to be honest, that'd we be recognized as a top employer in the province."

NAIT stood out in the competition for a policy that allows workers on maternity leave to earn up to 95 per cent of their regular salary.

As well, many NAIT employees receive top quality retirement benefits, showcasing NAIT's commitment to caring for its employees.

"At NAIT, people matter," Feltham said.

**LOL--LOOK WHAT I RENTED FOR THE WEEKEND!!! :-P**

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# OPINION

— Editorial —

## Time to get in the game



**CLAIRE THEOBALD**  
Editor-in-Chief

The Alberta Liberal party kicked off their campaign for the upcoming spring election season by putting forward a proposed budget that makes big promises for Albertans.

Under Dr. Raj Sherman's new leadership, the Liberals have promised that, if elected, they will improve health care, seniors care, provide better support for families, take care of new citizens, as well as work towards an end to tuition fees by 2025.

"How can we have a knowledge-based economy when we don't educate our children, our future?" Sherman said.

Sounds good, doesn't it? But let's face it, if I had a nickel for every time a politician promised me a better tomorrow, Canada wouldn't have been in such rough economic shape in the first place. However, "Rajinhood," (Sherman's most recent media nick-name) intends to follow through on these lofty promises by increasing taxes on large resource-based corporations.

### What's the catch?

Alberta's economy is supported by our oil industry, but as Sherman puts it, Albertans have been "bent over a barrel" when it comes to how much we get in return for letting large corporations sell the resources beneath our feet.

Sherman hopes that by increasing taxes on corporations by as little as two per cent, the Liberals will be able to pay for all of their lofty promises while having a balanced budget and without ever having to take an extra dip in the pocket of the tax payer.

Alright Raj, what's the catch?

Critics of the party believe that these promises are a ploy to reach out to young voters. Sherman didn't disagree but said that although these particular interests would appeal to a younger demographic than parties in the past have pandered to, his party promises that the reforms would make Alberta a better place for all Albertans.

"Ours is not to win votes from a certain segment," Sherman said. "Ours is an investment in a new Alberta. Who are we? And who do we want to be five, 10, 15, 20 years out?"

If you have paid any attention to recent politics in Alberta, you may hear echoes from the campaign of Alison Redford, now premier.

### Came from behind

After the first round of votes at the Tory leadership convention, it looked like Redford didn't stand a chance. Conservative Party members and supporters saw this woman as a wolf in sheep's clothing, or more specifically, a right-wing politician with leftist ideas.

However, under the watchful gaze of campaign strategist Naheed Nenshi, Redford came from behind for a surprise victory. But how?

She didn't appeal to the traditional Conservative fan base, instead she turned an internal party election into an external issue, gathering new supporters that wouldn't have batted an eyelash, much less voted, at a Conservative leadership convention.

Case in point: Politically, I've always leaned left (I even part my hair on the left side), but after seeing an opportunity to take the Conservatives down from the inside, I bought a \$5 membership and cast my ballot for Redford.

Elections Canada estimates that less than 40 per cent of voters between the ages of 18 and 24 actually vote. Political minds

of all stripes have argued over why young people don't bother to vote, but I believe it all boils down to apathy caused by politicians who cared more about victory than the greater good.

Put quite simply, 'why should I vote when nothing will change?'

Politicians have long been able to ignore this demographic, shrugging off the youth vote as a lost cause, leaving the future of Alberta without real representation. However, it seems politicians are now looking to harness the power of a largely untapped political market.

Generation Y is a demographic that is not only socially aware but looking for positive change. In light of recent events like the protests across the Middle East where demonstrators are looking to free themselves from dictators, to the first African American winning the U.S. presidential election with a promise of "change," it is clear the world is hungry for a better tomorrow

and is willing to fight for it.

If the Alberta Liberals are smart, they will continue to pursue the youth vote and will find themselves having to make positive change for the province to do so. Not only are we a well educated and involved generation, we are not easily fooled and understand that promises mean nothing unless they bring about measurable results.

However, in order for our politicians to change, we must change as well. If our generation is to expect a better future, we have to become active members of the political picture.

It's not as difficult as it may seem and I promise I won't ask you to sleep in any parks or chain yourself to any old growth. All you have to do is cast your ballot.

If we are to make politicians really understand that we are a powerful force to change, we have to show them. Let's beat them at their own game and get involved.



Liberal Leader Raj Sherman

edmontonjournal.com



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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.

Trust us on that. Write us.

# SPORTS

## MEN'S VOLLEYBALL

# Red Deer too much

By AVRY LEWIS-McDOUGALL

The Oaks men's volleyball team had two tough losses over the weekend, falling to the Red Deer Kings 3-2 on Friday night in Red Deer and 3-2 on Saturday night at home.

The Kings, who are on top of the ACAC standings, were able to get the two wins thanks to the play of Tucker Leinweber, who had 19 kills and Quentin Schmidt who had 15 kills on Friday night.

NAIT head coach Simon Fedun had this to say about his team's performance over the weekend: "It was a tough weekend. We had opportunity to win both nights, but just were not as sharp as you need to be in important moments. Too many errors in the fifth set and that was the difference."

The final set was what did in the Oaks as they had the lead a few times, but the Red Deer Kings showed why they are on top of the ACAC rankings with the wins and moved to 16 wins and four losses at the end of the regular season to take the top seed for the post season.

There were bright spots for the Oaks as Lyndon Mercier was named player of the game on Friday night with 17 kills in the losing effort on Friday and the Hinchey brothers, Blake and Austin, battled hard in the Saturday game at NAIT.

The Oaks finished the ACAC regular sea-



**Ook Austin Hinchey plays the ball on his back during a game against Red Deer Kings on Saturday. Red Deer won the match 3-2.**

Photo by Chad Steeves

son with a record of 12 wins and eight losses to finish in sixth place behind Red Deer, Briercrest, Mount Royal, Keyano and Lethbridge.

The Oaks male Athlete of the Week is Anton Borodyuk, who had 18 stuff blocks combined over the weekend and was one of the most consistent players for the Oaks, who showed they wouldn't go down without a fight to one of the best teams in the nation.

NAIT is off for the weekend and even with the losses they still qualify for the ACAC Championships, to be held at Briercrest College from Feb. 23-25.

## WOMEN'S VOLLEYBALL

# Split with Queens

By AVRY LEWIS-McDOUGALL

The women's Oaks volleyball team split a pair of games this weekend versus the Red Deer College Queens with a 3-2 (25-12, 17-25, 25-17, 22-25, 15-13) match win in Red Deer on Friday night. However, they suffered a 3-0 loss to the Queens at the NAIT gym on Saturday.

Rebecca Merasty, who had 28 digs on Friday, as well as Jasmine Hawryliw with 16 kills and Tayler Smith with 11 kills led the Oaks on the night.

Saturday night was a different story, as the Queens were able to get the 3-0 set win 25-13, 25-17, and 25-10, thanks to the play of Megan Brower and Jaclyn Neufeld, who led Red Deer all night long.

Saturday was still a game that showed that the Oaks always battle until the final moment. Although NAIT lost, they were still able to dig the ball skillfully. Sarah Watson, Tayler Smith, Jasmine Hawryliw and Rebecca Merasty combined for 55 digs in Saturday night's loss.

Service aces also kept the Oaks in the game as they put up five, compared with only one for Red Deer.

Stephanie Brown also played big for the Oaks over the weekend with 10 kills, 12 digs,

two service aces and two stuffed blocks.

NAIT's head coach Erminia Russo Thorpe said the team wasn't up to par for Saturday's match.

"It's disappointing, considering we won last night (Friday)," Russo Thorpe said.

"We won in five, and I think for some of the girls, it was disappointing that we came out a little bit flat on Saturday.

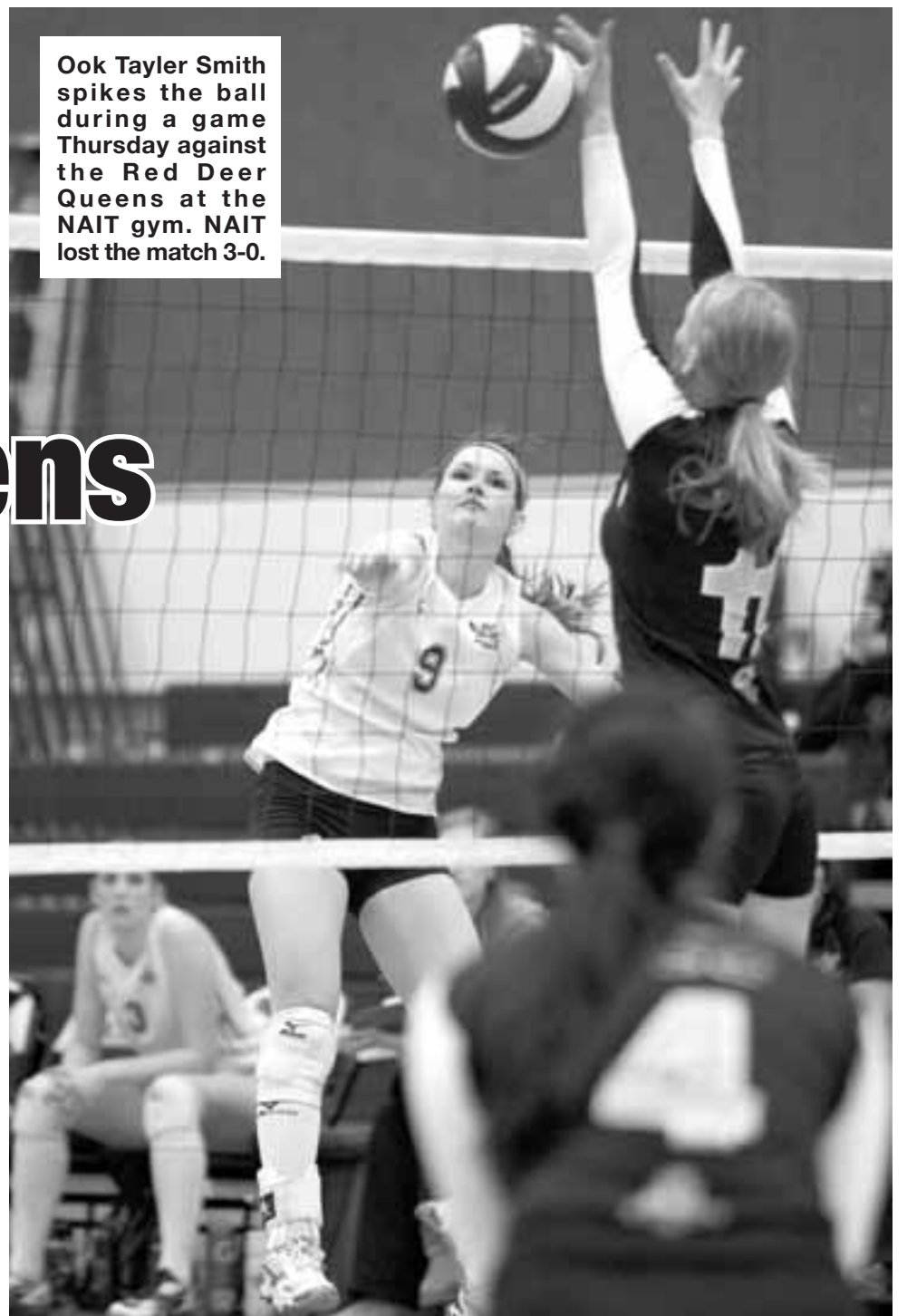
"It was tough, too because we won 15-13 in the fifth game on Friday night. But, you know, for us it didn't matter necessarily to the standings. It's the fourth or fifth team that we're going to play."

It's important now that the team concentrates on the future, Russo Thorpe said.

"Our club will not dwell on the loss going into the playoffs. We just have to move on. I mean, you can't let something like that carry on over to the playoffs. That's not how we play. We just have to move on and we start all over again."

The Oaks finished fifth in the ACAC standings and will have a rematch against the fourth-place Queens in the first round of the playoffs.

The ACAC championships will take place in Medicine Hat and run from Feb. 24-26.



**Ook Tayler Smith spikes the ball during a game Thursday against the Red Deer Queens at the NAIT gym. NAIT lost the match 3-0.**

Photo by Chad Steeves



MEN'S HOCKEY

# Ooks buying into team plan

By STEPHEN KACZMAR

The men's hockey team took on the lowly Briercrest Clippers this past weekend and expectations were high for coach Serge Lajoie's Ooks despite a few keys players out of the lineup. On Friday night, from start to finish, it wasn't even close.

Early in the first period, Steele Boomer potted the first of many NAIT goals on the night. The one-sided affair continued as Jordan Draper and Jiri Prochazka had their way in Clipper territory. Draper and Prochazka would eventually both record hat tricks.

Graeme Harrington played well when called upon, making a few nice stops, but the shutout was not meant to be as Briercrest spoiled the party with a pair of goals in the third period.

The NAIT Ooks in every aspect of the game outmatched Briercrest as the depleted Ooks came out with fierce determination and prevailed by a score of 11-2.

"It was nice to see the puck finally go into the net. These guys have been working real hard in the second half (of the season)," Lajoie stated after the game.

Clearly, in Friday's game, the Ooks players responded. "I think it shows a buy-in," he said. "We've asked our players to play a very simple game and to take what they give us and look to support the puck and move the puck forward."

After this weekend, Jordan Draper, despite only playing 10 games this season, now has 13 points.

"Everything was going our line's way, actually our whole team's way," Draper said. "We got the bounces tonight. It was pretty fortunate."

He's confident that the Ooks will be ready to go come playoff time. "We have the team, if we get some guys back, to go a long way and do some damage in the playoffs."

It's never easy playing without a full roster, but Lajoie insists that simplifying the game will bring positive results.

Colton Yaremovich lugs the puck during a game against Briercrest Friday night at the NAIT arena. The Ooks won 11-2.



Photo by Paolo Caringal

"It has to be by committee. When you only have nine forwards and five defencemen, you're expecting everyone to play good, simple, sound hockey."

It's something Draper is buying into.

"We're just trying to take short shifts so we don't get burnt out. At the same time it's nice to get a lot of ice time."

The two teams met again on Saturday afternoon. Briercrest came out with a better effort

but it wasn't enough as the NAIT Ooks edged out a victory 3-2.

With the pair of wins, the Ooks improve

their record to 16-8-2 and look to get some healthy bodies back in time for a run in the ACAC playoffs.

## Athletes of the week

Feb. 6-12

### Courtney Willis Basketball



Courtney was instrumental in the Ooks sweep of the GPRC Wolves this past weekend, hauling in 19 rebounds in two games while shooting an impressive 75 per cent from the field. "Courtney did everything that the coaching staff asked her to do this past weekend," said head coach Todd Warnick. "Courtney's performance this past weekend was an outstanding example of team play and buying into one's role for the benefit of the team as a whole." Courtney is a third year forward from Beaverlodge and is in the Chemical Engineering program.

### Danielle Brown Hockey



Danielle scored both goals in the Ooks 2-0 win over the SAIT Trojans Friday night in Calgary. Danielle was also a dominant force in all areas of the ice, creating several scoring chances and power-play opportunities for her team. Brown also scored the tying goal on Saturday and assisted on another. "Dani was the difference maker in this series, without a doubt," said head coach Deanna Iwanicka. "She was the best player on the ice for both teams." Danielle is a second-year Personal Fitness Training student from Cold Lake..

### Steele Boomer Hockey



Steele was amazing this weekend for the NAIT Ooks men's hockey team in a two-game home set with the Briercrest Clippers. Steele had two goals and two assists Friday night in the team's 11-2 win then added another two goals and an assist Saturday, including scoring the game winner in the Ooks' 3-2 win. "Boomer was dominant in the offensive zone all weekend," said head coach Serge Lajoie. "It was truly spectacular to watch him work." Steele is a first-year Business student from Edmonton..



NAIT OOKS  
HOME GAME SCHEDULE

WOMEN'S HOCKEY

Fri. Feb. 17  
at 7:00pm

 vs 

BASKETBALL

Fri. Feb. 17  
Women at 6:00pm  
Men at 8:00pm

 vs 

MEN'S HOCKEY

Sat. Feb. 18  
at 7:00pm

 vs 



# Athlete Profile



**Player:** Michelle Pochapsky  
**Sport:** Hockey  
**Position:** Centre  
**Program:** Chemical Technology  
**Age:** 18

By MATT INGLIS

**How long have you been playing hockey?** – This would be my 14th year.

**What made you choose hockey?** – I started playing at such a young age that it became my life. I couldn't see myself doing anything else.

**What is your jersey number, and why?** – 19. It's just been the number I've worn for a while I suppose. I have a strong dislike for even numbered jerseys.

**What is your favourite NHL Team?** – The Edmonton Oilers.

**Do you have any pre-game rituals?** – Pop the ear buds in and visualize.

**Who is your biggest competition this season?** – Mount Royal has definitely been the team to beat.

**What would you say is your biggest strength on the ice?** – My size. Being six-foot is a major advantage.

**What are your plans after school?** – I haven't really thought that far ahead. Maybe do a bit of travelling.

**Do you have any secret guilty pleasures?** – That would have to be pizza!

## MEN'S BASKETBALL

# In playoff mode

By KEVIN MARTIN

The men's basketball team was on the road this past weekend as they played the struggling Grande Prairie Wolves. The Wolves are the worst defensive team in the ACAC, allowing a staggering 97.5 points per game.

The Oaks are one of the best defensive teams as they only allow 73 points per game. Understandably, NAIT went into the weekend as the overwhelming favourite.

In sports, sometimes the favourite does exactly what everyone expects them to do, and that's crushing the underdog.

Friday's game featured NAIT's explosive offensive capabilities.

The men played solid interior defence, which caused the Wolves to take a large number of shots from outside the paint.

Kyrie Coleman was the difference under the basket as he hauled in 17 rebounds throughout the contest. The talented Oaks were having their way with the Wolves as they went into half time with the score 50-35 in their favour.

With a sizeable lead, the Ooks perimeter players caught fire from behind the arc. The men hit a combined total of 12 threes and went on to win comfortably by a score of 107-75.

The dominating win was spurred on by the 22-point, 17-rebound performance of Coleman. Head coach Mike Hansen says that Coleman's play is nothing new.

"Kyrie Coleman is a proven commodity. He comes into this season with two years of experience and he has been a dominating force all year long."

The Saturday afternoon game was more of the same story.

NAIT's post players hauled down rebound after rebound and kept the Wolves offence at bay with nine blocked shots. The offence was equally distributed as all 11 Ooks players scored, with five players posting double digits.

Fifth-year perimeter player Jordan Reiter hit from downtown five different times.

The 109-75 game was never really close as NAIT travelled home

with two wins.

When discussing the importance of going into the playoffs with confidence, coach Hansen was quick to point out the importance of this upcoming weekend.

"It is more than just momentum. If we can go take care of business against Augustana then we lock up the second seed. This means we get to play some games at home. We are in playoff mode mentality right now. Every game is a must win for us. Home court advantage for the playoffs is so crucial."

Come be a part of the playoff atmosphere in NAIT's main gym as the Oaks play the Vikings this Friday. Tipoff is at 8 p.m.

**NAIT Ooks Kyrie Coleman goes up for a shot during a game Jan. 26 against King's College. In last Friday's game against the Grande Prairie Wolves, Coleman pulled down 17 rebounds and scored 22 points in a 107-75 NAIT victory.**

# Athlete Profile



**Player:** Kyrie Coleman  
**Sport:** Basketball  
**Position:** Point guard  
**Program:** Continued Education  
**Age:** 22

By JENNY OATWAY

**When did you start playing basketball?** – At the age of 10.

**What made you start?** – My father wanted me to be a football player or a boxer, but my mother encouraged me to try basketball.

**Why play college ball?** – It's a good opportunity for me.

**What are your strengths and weaknesses on the court?** – My strengths are rebounding, scoring and blocking shots. My weakness would have to be my three-point shots.

**Pre-game rituals?** – I like to eat pasta before the game. I just do it. I've been doing it for the past five years.

**Who is your biggest competition?** – Lakeland College.

**What do you do during the off-season?** – I just work out and try to maintain my body.

**What are your plans for when you are finished upgrading?** – To become a physical education teacher.

**Favourite athlete?** – Kevin Durant.



Photo by Laura Dettling



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ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal	26	22	18	1	1	2	122	58	47	
Augustana	26	18	15	5	1	2	127	69	39	
SAIT	26	18	18	6	1	1	115	66	38	
NAIT	26	16	16	8	0	2	96	68	34	
Concordia	26	8	8	13	2	3	87	130	21	
Portage	26	6	5	16	2	2	74	112	16	
MacEwan	26	6	6	18	1	1	75	105	14	
Briercrest	26	3	3	22	0	1	65	153	7	

**RESULTS**  
**February 10**  
**NAIT 11, Briercrest 2;**  
Augustana 6, SAIT 2;  
MRU 8, Concordia 1;  
Portage 3, MacEwan 1;  
**February 11**  
**NAIT 3, Briercrest 2;**  
SAIT 7, Augustana 2;  
MacEwan 6, Portage 2;  
MRU 9, Concordia 2;

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal	22	14	13	6	2	0	69	34	30	
NAIT	22	13	10	8	0	1	51	51	27	
MacEwan	22	10	9	5	2	4	45	39	26	
Red Deer	22	7	6	11	1	3	31	48	18	
SAIT	24	6	5	12	2	4	41	65	18	

**RESULTS**  
**February 9**  
RDC 2, MacEwan 1  
**February 10**  
**NAIT 2, SAIT 0;** MacEwan 4, RDC 0;  
**February 11**  
**NAIT 4, SAIT 2**

MEN'S BASKETBALL							
North Division							
Team	G	W	L	Pts	PF	PA	
Lakeland	18	18	0	36	1925	1359	
NAIT	18	14	4	28	1575	1319	
Keyano	18	14	4	28	1619	1366	
Concordia	18	10	8	20	1305	1264	
MacEwan	18	7	11	14	1396	1354	
Augustana	18	5	13	10	1355	1617	
King's	18	4	14	8	1219	1501	

WOMEN'S BASKETBALL

Ooks feast on Wolves

By KEVIN MARTIN

The women's basketball team travelled to Grande Prairie this past weekend to play two games against the Wolves.

Head coach Todd Warnick and the Ooks players knew that these were two crucial matches. A sweep of the Wolves would guarantee them a birth in the ACAC playoffs.

With so much on the line the, Ooks played some of their best defence of the season on Friday night. The girls were consistently putting pressure on the ball and causing turnovers. The

Wolves had no answers for the suffocating defence of the Ooks, as they repeatedly turned the ball over and took contested shots.

The score was 34-22 at half time in favour of the Ooks and NAIT closed out

the game with ease for a 68-38 win.

Katrina Papernhuyzen was named player of the game as she led the Ooks with 14 points and four rebounds.



Todd Warnick

Coach Warnick commented on his team's dominating performance.

"It was a total team win. We got key minutes and contributions from every player on the roster. Our defence was stifling all night," he said.

The Wolves didn't appreciate being embarrassed at home, so on Saturday they were looking for redemption.

The game was an entertaining one. There were multiple times that it looked like the Ooks were ready to pull away from their opponents but Grande Prairie always had an answer.

NAIT prevailed by a score of 64-57.

Grande Prairie	18	4	14	8	1307	1755
South Division						
Mount Royal	17	14	3	28	1440	1130
Red Deer	18	11	7	22	1475	1444
Medicine Hat	18	10	8	20	1490	1406
Lethbridge	18	6	12	12	1423	1589
SAIT	17	5	12	10	1329	1466
Briercrest	18	3	15	6	1338	1643

**RESULTS**  
**February 10**  
**NAIT 107, GPRC 75;** Keyano 98, SAIT 83;  
King's 94, Briercrest 92 (OT);  
MacEwan 75, RDC 73;  
Lakeland 106, MHC 85  
**February 11**  
**NAIT 109, GPRC 75;** Keyano 96, RDC 83;  
Lethbridge 101, Augustana 95;  
Lakeland 119, Briercrest 77;  
MacEwan 90, SAIT 61;  
MHC 70, King's 61

**WOMEN'S BASKETBALL**  
**North Division**  
**Team** **G** **W** **L** **Pts** **PF** **PA**  
MacEwan 18 18 0 36 1326 921  
Lakeland 18 12 6 24 1272 1148  
Augustana 18 10 8 20 1285 1190  
**NAIT 18 9 9 18 1122 1037**  
King's 18 9 9 18 1242 1223  
Concordia 18 7 11 14 1110 1157  
Grande Prairie 18 5 13 10 1006 1227  
Keyano 18 4 14 8 1019 1325

South Division						
Mount Royal	17	14	3	28	1268	1004
Lethbridge	18	13	5	26	1104	1086
SAIT	17	11	6	22	1152	1007
Medicine Hat	18	10	8	20	1155	1120
Red Deer	18	2	16	4	970	1248
Briercrest	18	1	17	2	847	1159

**RESULTS**  
**February 10**  
**NAIT 68, GPRC 38;** SAIT 71, Keyano 59;  
King's 76, Briercrest 62;  
MacEwan 91, RDC 47;  
Lakeland 65, MHC 60  
**February 11**  
**NAIT 64, GPRC 57;**

Lethbridge 71, Augustana 65;  
Lakeland 59, Briercrest 36;  
Keyano 74, RDC 47; MacEwan 78, SAIT 61;  
MHC 60, King's 51

MEN'S VOLLEYBALL							
Provincial Division							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer-x	20	16	4	53	31	32
S	Briercrest-x	20	15	5	48	29	30
S	Mount Royal-x	20	14	6	49	29	28
N	Keyano-x	20	14	6	47	31	28
S	Lethbridge-x	20	13	7	48	33	26
N	NAIT-x	20	12	8	46	34	24
N	MacEwan-Q1	20	12	8	47	29	24
S	SAIT-Q2	20	11	9	42	41	22
S	Augustana-Q2	20	9	11	40	40	18
N	King's-Q1	20	9	11	33	43	18
S	Medicine Hat	20	8	12	37	43	16
N	Grande Prairie	20	4	16	29	48	8
N	Lakeland	20	3	17	18	55	6
N	Concordia	20	0	20	9	60	0

x-clinch playoff spot  
Q-playoff qualifier series  
**RESULTS**  
**February 8**  
MRU 3, SAIT 2  
(18-25, 25-21, 13-25, 25-19, 18-16)  
**February 10**  
**RDC 3, NAIT 2**  
**(25-20, 12-25, 25-27, 25-23, 18-16);**  
Augustana 3, MHC 1  
(21-25, 27-25, 25-21, 25-20);  
SAIT 3, Concordia 1  
(25-23, 18-25, 25-14, 25-10);  
Keyano 3, Lakeland 2  
(25-21, 16-25, 16-25, 25-20, 15-9);  
MRU 3, Lethbridge 1  
(21-25, 25-21, 25-20, 25-21)  
King's 3, GPRC 0 (30-28, 25-18, 25-23)  
**February 11**  
**RDC 3, NAIT 2**  
**(25-21, 16-25, 22-25, 25-14, 15-12);**  
Lethbridge 3, MRU 0 (25-16, 25-19, 25-19);  
SAIT 3, Concordia 2  
(23-25, 23-25, 25-20, 25-17, 17-15);  
MHC 3, Augustana 0 (25-21, 25-21, 25-18);

Keyano 3, Lakeland 0 (25-16, 25-20, 25-19);  
King's 3, GPRC 2  
(21-25, 16-25, 25-15, 25-14, 15-6)

WOMEN'S VOLLEYBALL							
Provincial Division							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	Mount Royal-x	20	18	2	56	18	36
S	Medicine Hat-x	20	18	2	57	16	36
N	MacEwan-x	20	16	4	51	21	32
S	Red Deer-x	20	13	7	45	27	26
N	NAIT-x	20	13	7	45	29	26
N	Grande Prairie-x	20	12	8	40	34	24
N	King's-Q1	20	9	11	39	41	18
S	Lethbridge-Q2	20	9	11	36	38	18
S	SAIT-Q2	20	9	11	34	39	18
N	Lakeland-Q1	20	9	11	34	38	18
S	Briercrest	20	6	14	31	45	12
N	Keyano	20	4	16	20	53	8
N	Concordia	20	4	16	19	51	8
S	Augustana	20	0	20	6	60	0

x-clinch playoff spot  
Q-playoff qualifier series  
**RESULTS**  
**February 8**  
MRU 3, SAIT 1 (25-17, 25-20, 21-25, 25-16)  
**February 10**  
**NAIT 3, RDC 2**  
**(25-12, 17-25, 25-17, 22-25, 15-13)**  
MHC 3, Augustana 1  
(25-10, 17-25, 25-17, 25-14)  
SAIT 3, Concordia 1  
(22-25, 25-8, 25-13, 25-22)  
Lakeland 3, Keyano 0 (25-14, 25-17, 25-18)  
MRU 3, Lethbridge 0 (25-20, 25-20, 25-18)  
GPRC 3, King's 1  
(25-15, 25-21, 22-25, 25-17)  
**February 11**  
**RDC 3, NAIT 0 (25-13, 25-17, 25-10)**  
MRU 3, Lethbridge 1  
(25-12, 25-17, 25-27, 25-13)  
SAIT 3, Concordia 0 25-22, 25-9, 25-21)  
MHC 3, Augustana 0 (25-22, 25-14, 25-23)  
Lakeland 3, Keyano 1  
(25-18, 25-18, 22-25, 25-12)  
GPRC 3, King's 2  
(25-15, 25-19, 24-26, 18-25, 17-15)



Photo by Chad Steeves

NAIT Ouk Katrina Papenhuyzen takes a foul shot in a game on Feb. 3 against MacEwan. On Friday, Papenhuyzen was named player of the game as she powered the Ooks to a 68-38 win over Grande Prairie.



## WOMEN'S HOCKEY

# Ooks take two from SAIT

By MATT INGLIS

NAIT's women's hockey team took to the ice last weekend in a show of intensity and determination.

The Ooks played a home and away stand, starting the weekend off with a dominating 2-0 victory over the SAIT Trojans in Calgary. The Ooks carried the momentum over to Saturday's home game against SAIT, walking away from that game with the 4-2 victory and another notch in their wins category.

NAIT head coach Deanna Iwanicka talked about her team's execution going into the weekend.

"The game plan for both nights was simple. Compete and win."

NAIT executed that plan well as a team, but certain individuals took it to another level. Ooks team captain and leading scorer, Danielle Brown, had a phenomenal weekend. Brown netted both goals in Friday's game against SAIT and added another goal and an assist in Saturday's victory. After her shutout performance on Friday, NAIT stuck with goaltender Jill Diachuk in the second match against the Trojans on Saturday.

NAIT's special teams showed improvement, too. The Ooks tallied a power-play goal and effectively killed a five-on-three advantage.

The Ooks head coach mentioned that the team was in a bit of a slump after the Christmas break, but Iwanicka was quick to mention that her team has really turned it around.

"The ladies have really broken through in the last week. They have shifted their intensity and their focus to a new level."

Coach Iwanicka also added: "The team communicated effectively and brought good energy to both games."

Ooks rookie forward Michelle Pochapsky, who had two assists in Saturday night's game, also had a few words to say.

"The set of wins over the weekend felt great. It really adds motivation to our team for this upcoming weekend."

With the two wins, the Ooks slide into second place in the overall standings, just three points behind the first place Mount Royal Cougars.

Coming up, NAIT has a chance to push for first place going into the play-offs when they play the fourth place Red Deer Queens on Feb. 16 and 17.

**Ook Danielle Brown (18) celebrates after a NAIT goal against the SAIT Trojans Saturday. The Ooks won the game 4-2.**

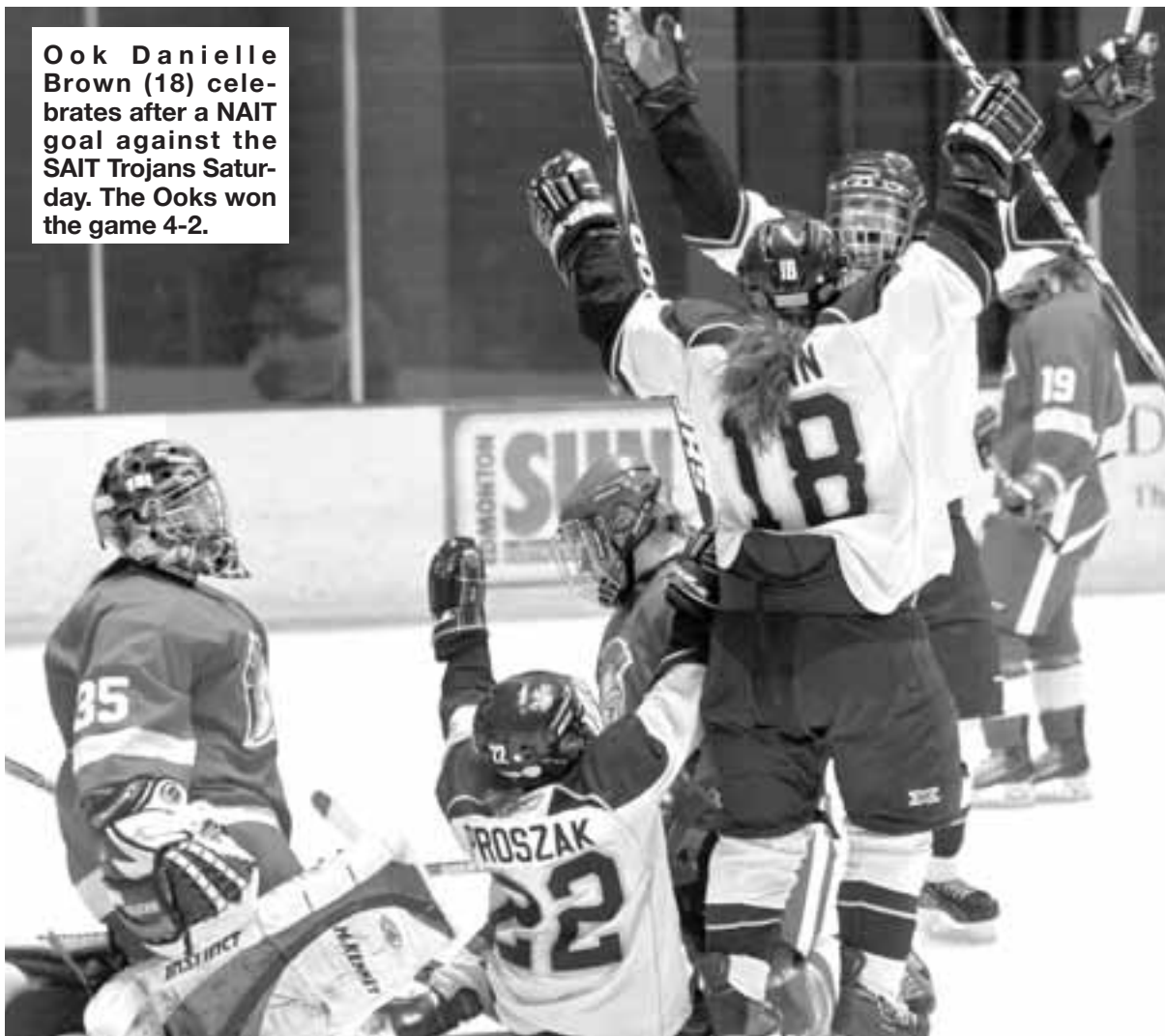


Photo by Kevin Tuong

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Ryan Murray

# Teams eye young stars

By **STEPHEN KACZMAR**

With the Oilers all but out of the play-off picture, fans in Edmonton are starting to turn their attention towards the NHL draft in June.

With the trade deadline not too far away and the Oilers one of the few sellers, more draft picks could be on the way via trade. Currently the Oilers have only one first-round draft pick.

It's projected that pick will be anywhere from the first overall pick to eighth overall, depending on how the Oilers perform in both the rest of the regular season and draft lottery.

The Oilers have plenty of holes on their blue-line, and, with the club currently quite comfortable with their forwards, it's safe to say the Oilers will be using their first pick in the draft on a defenceman.

## May trade down

They may trade down if they do end up with a top-two pick – would they pass on generational talents like Nail Yakupov or Mikhail Grigorenko? That's a story for another day. Let's say the Oilers end up with the third overall pick.

There are three defenceman vying to be the first defenceman chosen in Pittsburgh at the 2012 NHL Entry Draft – Ryan Murray, Matthew Dumba and Jacob Trouba. They all seem interchangeable at this time and each possess plenty of talent to be the first defenceman chosen.

You really can't go wrong with any of three, but if the Oilers get their choice, it shouldn't come to anyone's surprise that it will be Murray. He rarely makes mistakes and his hockey IQ is exceptional for his age. He'll chip in offensively and stay responsible defensively, exactly the type of player the Oilers can build around on the back end. Currently he's racked up 21 points with the Everett Silvertips of the WHL.

## Latvian on the rise

Forward Zemgus Girgensons hails out of Riga, Latvia – an underrated hockey hotbed. However he's played his hockey in North America since he was 15, currently playing with the Dubuque Fighting Saints of the USHL.

He's an all-round forward who works hard every shift and is a player the opposition doesn't like playing against. Zemgus leads his Fighting Saints with 36 points, continuing to score on a point-per-game average at the USHL level.

He's committed to playing for the University of Vermont next year in the NCAA. He'll most likely be the highest picked Latvian ever, surpassing Lat-

vian hockey legend Sandis Ozolinsh, who was taken 30th overall in 1991 by San Jose.

Many hockey sceptics don't know what to make of him because the USHL isn't quite the most competitive junior league around but he has performed well

against tough competition on the international stage.

Some comparisons are being made to current NHLer Anze Kopitar; however it's unlikely Zemgus will be in the NHL by the time he turns 19, something Anze managed to accomplish.

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## What's Going on Around Campus...

WHO Anime/TCG

WHAT Weekly Meeting

WHEN Thursdays; 4:15pm - 6:10pm

WHERE WC316

WHO Christian Club

WHAT Weekly Meeting

WHEN Wednesdays; 12:15pm - 1:10pm

WHERE E201

WHO Gamers of Dungeons & Dragons

WHAT Weekly Meeting

WHEN Fridays; 4:30pm - 9:00pm

WHERE WC312

WHO MSA

WHAT Islamic Awareness Week

WHEN February 27 - March 2, 2012; 11:00am - 1:00pm

WHERE South Lobby (Main Campus)

WHO Anime/TCG

WHAT Magic Tournament

WHEN March 2, 2012; 5:00 - 9:00pm

WHERE X213

WHO Respiratory Therapy 2014

WHAT Bake Sale

WHEN February 28, 2012

WHERE HP Centre - 7:45am - 12:45pm  
NAITSA - 10:00am - 12:45pm

WHO Latter-Day Saints Student Association

WHAT Weekly Meeting

WHEN Thursdays; 11:15am - 12:10pm and 12:15pm - 1:10pm

WHERE J006

WHO Muslim Students Association

WHAT Weekly Prayer

WHEN Fridays; 12:15pm - 1:10pm

WHERE J111

WHO Dental Assisting Graffiti Bar Night

WHAT Pubnight

WHEN March 2, 2012; 9:00pm

WHERE Oil City Roadhouse

WHO Animal Health Technology 2013

WHAT Pubnight

WHEN March 2, 2012; 9:00pm

WHERE Ranch Roadhouse

WHO Club 5 Star

WHAT Guys In Ties/Girls In Pearls Pubnight

WHEN March 10, 2012; 8:00pm

WHERE Canadian Brewhouse Downtown Tickets  
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GRANT INTAKE #4

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**1st PLACE**

### Clubs Showcase Standings:

Placement	Club Score
1st: Business Connex	152
2nd IntoNAIT Toastmasters	149
3rd Latter Day Saints Student Assoc.	142
4th International Club	139
5th SIFE	120
6th MECSA	115
7th Club 5 Star	113
8th Outdoors Club	100
9th Karate Club	89
10th MRT 65	85
11th Anime/TCG	81
12th Chinese Students Assoc.	68

**1<sup>st</sup> Place** club receives 1000 GIV'er points  
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**2nd PLACE**

**3rd PLACE**

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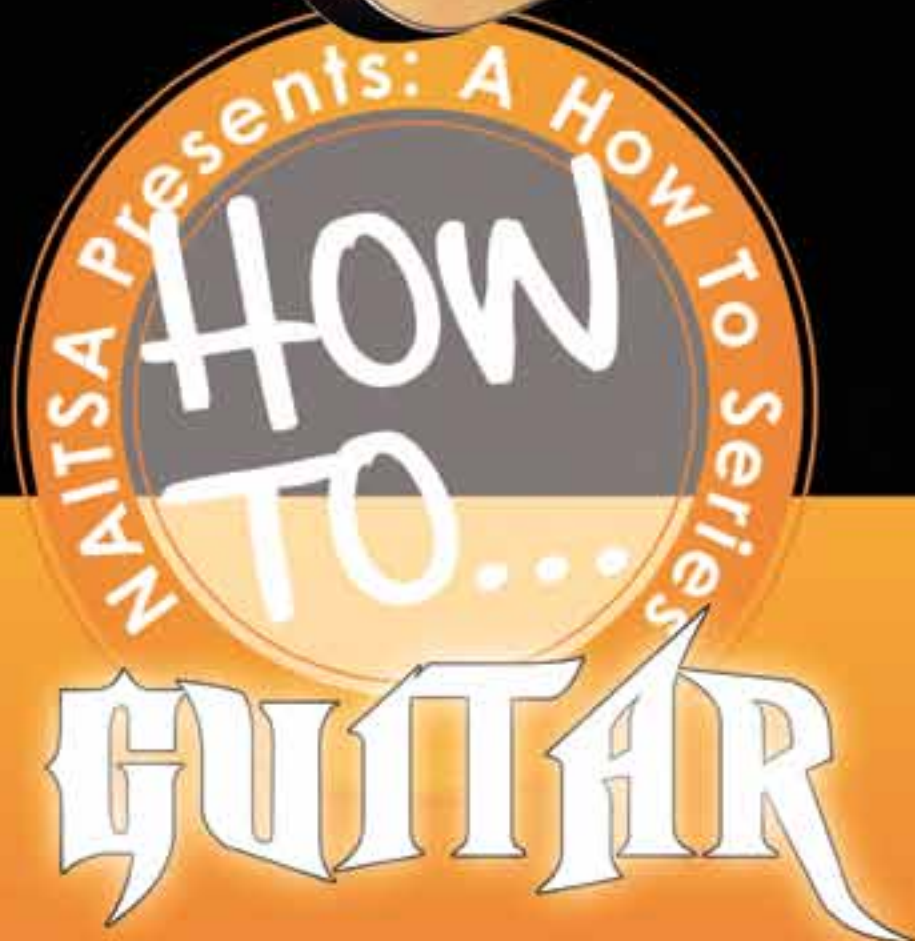
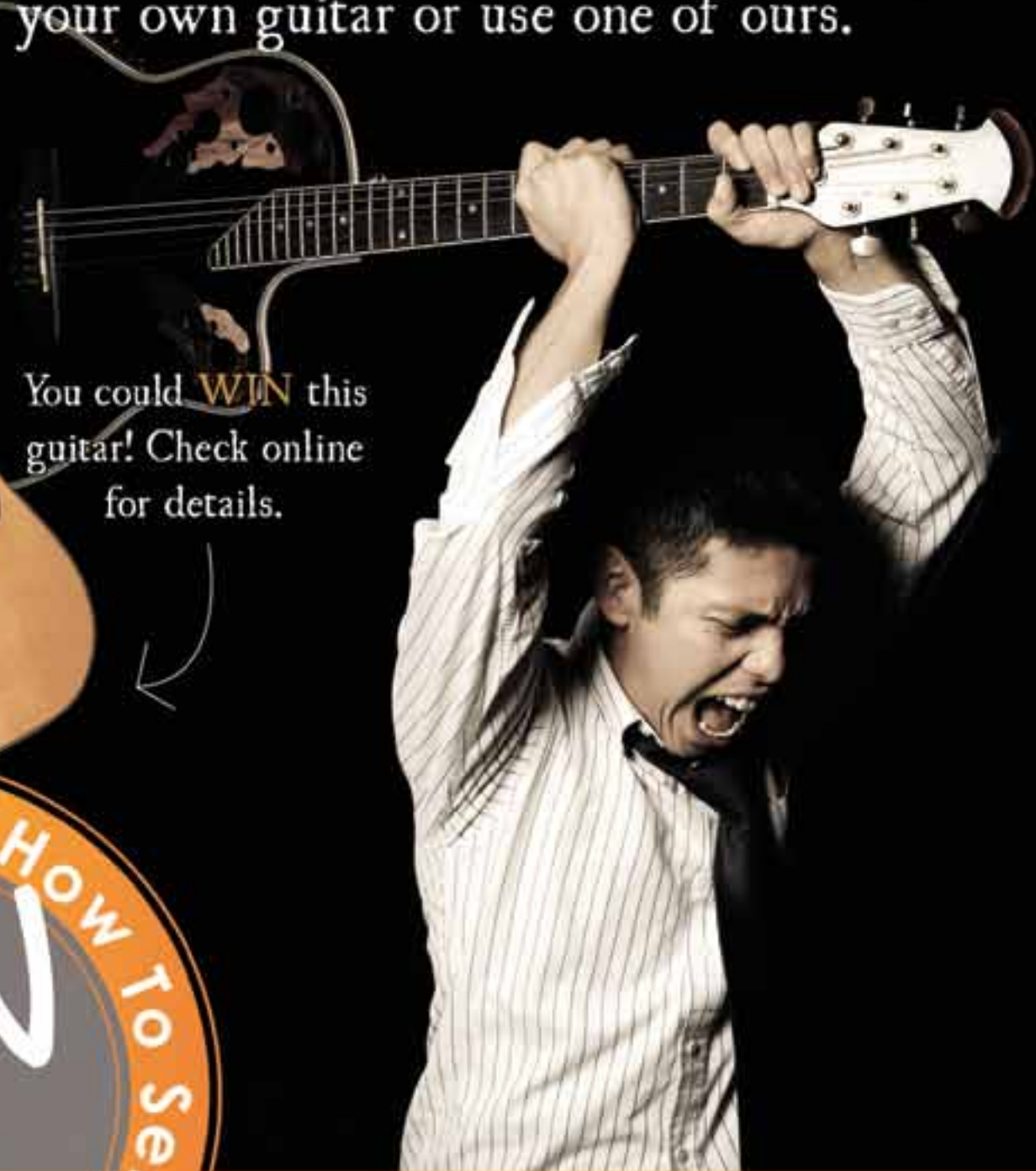
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# ENTERTAINMENT

## Grammys miss the music



**CHRISTINE VU**  
Entertainment Editor

This past Sunday marked the 54th Grammy Awards ceremony. A night that began years ago as a dedication to the hard work of musicians and singers is now a showcase for “performers.”

“Performer” is a more accurate term for people like Katy Perry and Nicki Minaj. While elaborate costumes and stage performances are nothing new (remember David Bowie, Prince and the late Freddy Mercury of Queen?), it seems that most “artists” these days depend on it rather than raw talent.

The unique costumes donned by artists in earlier decades served as a statement of individualism but now I can’t help but think it is a statement for the sake of making a statement. The more jaw-dropping and bizarre, the better.

I used to love Lady Gaga when she first burst onto the worldwide music scene. Now, I’ve grown tired of her seemingly desperate attempts to stand out. I don’t even remember what she wore that night and don’t even have the slightest temptation to look it up even for the purpose of this article.

By now it’s not news to anyone that a real artist like Adele swept the Grammys with six wins but what everyone is still talking about days after the awards are the performances, particularly the outlandish exorcism of Nicki Minaj’s alter ego, Roman.

Minaj started out the performance by rapping to a priest in

confession. It then cut to a mini movie clip that mirrored a scene from *The Exorcist*. I’m pretty sure I heard laughter from the audience over the clip, probably the last kind of emotion Minaj wanted to elicit from what she believed to be a very thought-provoking production.

After the clip, viewers returned their eyes to the live stage where altar boys in risqué outfits danced as Minaj continued rapping and making aggressive facial expressions.

Some fans of the aforementioned performers might be a little disgruntled with what I’ve said but I’m honestly lamenting the fact that Minaj used to be a badass. She did things for herself and now it’s just become too much. She, like many others before her, has taken it too far and has lost any credibility that she once had.

Their genuine message of individualism has turned into who can top whom.

The competition has moved from the stage onto the red carpet as well, which I find a little bizarre. There is a time and a place but to take it to the point where you have people wishing they aren’t sitting anywhere near you for fear that you might block their vision or worse, poke their eye out with your ridiculous headpiece is a little too much, in my opinion.

Lady Gaga has said herself that she would rather die than be seen out of heels. She went to her younger sister’s graduation ceremony in head-to-toe Lady Gaga garb. For one day that is supposed to be about the graduates she couldn’t stop being Lady Gaga and just be a sister?

The Grammys cut out 31 categories and it seems that all that did was to make more time for performances that aren’t even about the music. It’s sad that such a big event has completely transformed and has nearly lost all of its meaning.

Hopefully it isn’t long before all the “performers” pass their prime and it goes back to real music ... but even then I’m sure Madonna will still be around to make a comeback.



Nicki Minaj at the Grammys.

[huffingtonpost.com](http://huffingtonpost.com)

## Parka patio – a work of art



**ANNIKA NOTTVEIT**  
Assistant Entertainment Editor

A patio party in the winter usually doesn’t sound too appealing. Latitude 53 Contemporary Visual Culture is about to change that!

Latitude 53 is a non profit art organization and their gallery shows local artists. The staff is small and they get help from volunteers.

Tyler Sherard, the assistant development co-ordinator, is excited about this upcoming Parka Patio. It’s their first time showing art outside during winter.

“We’ve run a summer patio series for the past four years in the summer. It’s been quite successful,” he says.

“We waited to take the energy from that series and changed it to the winter. It gets a little difficult sometimes because it’s the winter. We wanted to celebrate the hardiness of the people.”

This is a great winter to be bringing activities outside, Sherard says.

“There’s going to be a variety of programming. There’s going to be two different DJs and art video projections outside.” The event starts at 8 and a dance will happen later in the evening.

When guests first arrive they will be offered a complementary drink. A mug of mulled wine simmered with spices and fruit will be available. Food is coming from local restaurants such as Upper Crust Café, Elm Café and The Bothy.

A big tunnel going from outside on the patio roof to inside the gallery is being installed. It will be made of wood, branches and pelts. Jes McCoy is designing it.

Going with the outdoor winter theme, a huge igloo has been created. It is pink! The reason? It was the choice of the artists, Rachelle Bowen and Mackenzy Albright. The

igloo is inside the gallery and people will be able to enter the space. It will also be decorated inside.

This would be a great little post Valentine’s



Day activity. In year’s past, Latitude 53 did an event that was called 53 Ways to Leave Your Lover.

Sherard says, “we wanted to change that event a little bit. We’re absorbing that event.”

Anyone can show their work in the Latitude 53 gallery. A submission guideline is available that shows the requirements.

“We focus on bringing in the most experiential artwork. We like when artists push the boundaries with material or content,” Sherard said. “That’s the spirit we like to bring into the events as well.”

An auction is happening inside. The artists that are taking part in the auction will be in attendance.

Latitude 53 is located on the corner of 106 Street and 104 Avenue. It is on the second floor of the historic Creamery Building. Tickets are available online at [www.latitude53.org/parka](http://www.latitude53.org/parka). All the profits will be used to pay the artists, install the shows and support all other programs.

A great experience will be offered with these tickets, you will not be disappointed!



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By KEVIN ALLES

Ah, February. The month when we are bombarded with hyperbolic advertising and reminders to buy our BF/GF the chocolates, flowers, jewelry, expensive meals, balloons and undergarments they deserve. With February the month of Valentines, I thought it'd be appropriate to share some of my favourite songs with the word "love" in them. Why wait for next Valentine's Day to enjoy a candle-lit dinner with your sweetheart or take part in a Mountain Dew-fuelled Skyrim marathon with your Doritos? These songs will get you in the mood for love any time of the year. (Results not guaranteed)

Love is All Around – The Troggs  
 Can't Buy Me Love – The Beatles  
 I Would Do Anything For Love  
 (But I Won't Do That) – Meat Loaf  
 I Want To Know What Love Is  
 – Foreigner  
 What Is Love? – Haddaway  
 Lovers In A Dangerous Time  
 – Bruce Cockburn/Barenaked Ladies  
 Where is The Love? – Black Eyed Peas  
 Motherlover  
 – Andy Samberg & Justin Timberlake  
 Crown of Love – Arcade Fire  
 Skinny Love – Bon Iver  
 The Weight of Love – Snow Patrol



VIRAL VIDEO

# Super Bowl – ads galore!

By MIKE JONES

It's Super Bowl time! And although the Giants came out on top in a nail-biter and MIA flipped the entire world the bird, the general public cared about one thing, and one thing only ... commercials.

They sure didn't disappoint. In addition to a dozen great movie trailers (including Disney's *John Carter* and *The Hunger Games*), Priceline.com killing off their spokesperson William Shatner and Budweiser crashing a recreational league hockey game, here are the best Super Bowl ads of 2012.

**Chevy Silverado "2012"**

A great commercial featuring Barry Manilow's "Looks Like We Made It," features a man and his dog driving through a post-apocalyptic world to meet his Twinkie-equipped friends. Unfortunately, "Dave" didn't make it, "Dave drove a Ford."

<http://www.youtube.com/watch?v=XxFYYP8040A>

**Honda CR-V "Matthew's Day Off"**

Matthew Broderick plays himself calling in sick for a day on set and relives moments taken straight from *Ferris Bueller's Day Off*. The highlight of the commercial is the valet nonchalantly calling "Broderick .... Broderick ..."

<http://www.youtube.com/watch?v=VhkDdayA4iA>

**Volkswagen Beetle "The Dog Strikes Back"**

A cute commercial featuring "Bolt" a lazy, overweight dog who is inspired to get in shape after trying to chase a 2012 Volkswagen Beetle. The commercial then shifts to a certain intergalactic cantina where 2011 Volkswagen commercial star and Sith Lord Darth Vader makes an inspired cameo.

<http://www.youtube.com/watch?v=VhkDdayA4iA>

**Acura NSX "Transactions"**

Jerry Seinfeld tries to become the first person to own the new Acura NSX but first he has to convince No. 1 on the list. Jerry offers him the Soup Nazi ("I own all the characters"), the last living Munchkin and a dancing holographic monkey. But all of these things fail to impress him. He finally seems to make the sale by offering the man access to Seinfeld's own personal zip line in Manhattan, but not before Jay Leno shows up with a jetpack and steals the sale.

<http://www.youtube.com/watch?v=WUFSHzT2xuY>

**M&M "Sexy and I Know It"**

A party-goer believes a brown M & M is naked and she gets offended. Of course the red M



Jerry Seinfeld in Acura NSX ad.

& M crashes the party and removes his shell to the tune of the LMFAO's "Sexy and I Know It".

<http://www.youtube.com/watch?v=j1OYL8l7gBo>

**Samsung "Thing Called Love"**

In one of the rare ads that was actually shown in Canada (which brought the house down at Hudson's), Samsung presents nationwide lineups (presumably for the new iPhone). Eventually, The Darkness lead singer Justin Hawkins appears and belts out the band's biggest hit "I Believe In A Thing Called Love" in an expensive over-the-top commercial that introduces gospel choirs, skateboards, motocross riders and even a human cannonball. One of the best (and likely most expensive).

<http://www.youtube.com/watch?v=CgfkZidYq0>

**KIA "A Dream Car. For Real Life"**

The theme of expensive commercials and past their prime rock bands continues as a man lives out his fantasies on the race track with the new Kia Optima while Motley Crue perform "Kickstart My Heart." Other cameos include super model Adriana Lima and ex-UFC fighter Chuck Liddell. A crowd full of bikini clad women and the pyrotechnics seem a strange contrast for the ad's slogan "A Dream Car For

Real Life". Um ... what?

<http://www.youtube.com/watch?v=IHZbXvts0LE>

**Doritos "Man's Best Friend"**

On the other side of the price spectrum, perhaps the cheapest (and one of the most loved) commercials, which allegedly cost just \$20, was about a dog offing the family cat. Then he paid his owner off with Doritos.

<http://www.youtube.com/watch?v=STb6ZSo5CPw>

**Pepsi "King's Court"**

In one of the most star-studded commercials of the Super Bowl, Elton John, Flavor Flav and X-Factor winner Melanie Amaro face off in a medieval music showdown.

<http://www.youtube.com/watch?v=Rcf01QTcO6E>

Other great celebrity endorsements included a scantily clad David Beckham for H & M, LMFAO (again) for Budweiser, Kim Kardashian for Skechers and Clint Eastwood for Chrysler and Detroit.

Of course, thanks to CRTC regulations, we were only able to see a handful of these. Fortunately for us, the CRTC does not control the Internet. Check YouTube!



Elton John in Pepsi ad.



Free Show  
March 8 at the Nest  
Starting at 4:30pm

Featuring...  
"Mr. Attraction," Ryan Clauson

*"An amazing mix of comedy & dating advice!"* **Northeastern University**

*"Ridiculously funny!"* **Dartmouth College**

*"The best show we've ever had on campus!"* **Wesleyan University**

# Comedy night



Check out [naitsa.ca/events](http://naitsa.ca/events) more more information





 **NAIT STUDENTS' ASSOCIATION**  
presents

# SOUL.JAH FYAH

**FRIDAY MARCH 9**  
DOORS OPEN AT 4:30PM AT THE NEST

SPACE IS LIMITED. NO MINORS  
**\$3.25 CANS OF KOKANEE**

TICKETS AVAILABLE ONLINE AT [NAITSA.CA](http://NAITSA.CA) & IN ROOM E-131





# And now, something different ...

By **RIANNE McDONALD-ZWICKER**

NR92, the campus radio station, has a ton of sprouting new talent. *Oats & Bros* is no exception. It's a modern rock radio show with a twist. If you are looking for new music or just a good laugh, Jenny Oatway, Mike Jones and Evan Degenhardt will be sure to provide you with either of those and with much more.

**Nugget (N):** What made you decide to have this show?

**Jenny (J):** I don't know, we really have nothing in common and we really don't really like each other, I'm not sure why.

**N:** What style of music do you guys play?

**J:** Modern rock.

**Mike (M):** Alternative.

**Evan (E):** You're going to find the stuff that we play on your iPod but there's a lot of music that I never even heard before and we play it on *Oats & Bros*.

**M:** We try to have good balance between upbeat and more mellow songs and between well-known and lesser-known artists.

**J:** We all contribute music to the playlist so from Mike you might get something a little bit more hard edge, a little bit more rock and I'll contribute more of the folksy end of it, a little bit more mellow. And Evan is all over the place.

**E:** I just don't contribute.

**J:** Yes, he does.

**M:** There is a lot of cross-over too.

**N:** Name one thing that would surprise your listeners about the show.

**M:** We do it in the nude every week.

**J:** Mike Jones, everything out of his mouth.

**E:** No filter Wednesday, usually nobody's here by the time we're on ... except for ... nobody so you can get away with some pretty crazy stuff, I mean I had a sword in the studio at one point.

**M:** We were playing dice in the studio one week.

**J:** We were playing Yatzee.

**N:** Why should students listen to your show?

**E:** I know for myself, my iTunes library was just getting old. I needed new music. *Oats & Bros* will have new music for you every week and it's guaranteed stuff you haven't heard before.

**M:** Stuff you will probably like too. We like to think if we had a sponsor it would be Shazam or Sound Hound because everyone is like "What's that song?" And we also like to try to post it on our Facebook page.

**N:** What's something unique that each of you brings to the show?

**E:** Uuuuh yea ... I don't really bring anything.

**J:** Sauciness.

**E:** I bring the saucy comedic timing, no skills whatsoever.

**J:** He kind of keeps me and Jones ...

**M:** Grounded?

**J:** What's the word I'm looking for?

**M:** Level? Off our pedestals?

**E:** These two just bring so much knowledge about music and good info for people and good radio that it makes it easy to connect with all three of us, I think.

**J:** He reins us in sometimes when we get a little crazy.

**M:** I bring the "Oh my god, did he just say that?" moments.

**E:** Yup.



Photo by Rianne McDonald-Zwicker

**Mike Jones, left, Jenny Oatway and Evan Degenhardt of Oats & Bros.**

**M:** It's nice because last semester I was the guy that reeled everybody in.

**N:** What is the biggest challenge with the show?

**J:** The time slot.

**E:** And just trying to continue with the new music and continually get enough stuff.

**M:** Get enough good stuff.

**E:** So that people stay interested because when you say you're a show that produces new music you better do that, otherwise you're going to be a cop-out.

**J:** We try not to repeat songs too much. It takes a fair amount of prep just to make sure we are playing different music.

**N:** What's the craziest thing that has happened so far?

**E:** Janet Jackson's anatomy was mentioned on air right after puppies and kittens so you can fill in the rest.

**M:** We were talking about the Super Bowl.

**N:** If you could have any super power what would it be?

**E:** Invisibility for this guy or the power to move things with my mind.

**N:** Telekinesis?

**M:** Telekinesis would come in handy on those lazy Sundays.

**J:** I would have the power to move through time and space.

**E:** Ooh good one, good one.

**M:** Mind reading.

**E:** You creep.

**M:** Especially girls because no one knows what they're thinking.

**J:** Even creepier.

**M:** Yea, because invisibility isn't creepy.

**E:** I said telekinesis! Damn it!

**J:** All right! I'm the only not creepy one here.

**M:** It would be if you walk in on your parents doing it.

**N:** Who or what inspired you to go into radio?

**J:** My old boss, Sara Buchan, she is the news director at Free FM in Grande Prairie.

**E:** Is it cliché to say Radio Free Roscoe? I

just had a passion for comedy and broadcasting. Got into radio in high school and the guy that was there gave me a really good opportunity. He took me in and I got on a show with him. He told me a lot about radio and the industry. He said if you want to go for it, go for it.

**M:** I've always been really passionate about it but if I had to name a specific person, it would be Fearless Fred or alternatively Dave Albright (Radio teacher) from taking the evening class.

**J:** Ooh suck up.

**E:** Watch out Dave, he'll read your mind.

**N:** How did the idea of *Oats & Bros* come about?

**J:** I had the idea last semester because my last name is Oatway I wanted to have a show called *Oats & Bros*. So then, I needed to find two bros to do a radio show with me. It started with Mike Jones because he and I are both musically ...

**M:** Inclined.

**J:** And then we approached Evan.

**E:** They brought in the true talent.

**J:** We needed someone who would be entertaining.

**E:** To keep these two crazy cats on musical track.

**J:** Yea, to keep us from being snobs.

**N:** Who is your guys' favourite artist?

**E:** Asking that question to a bunch of radio cats is like saying which one is your favourite ...

**J:** I have an answer.

**M:** I have an answer, too.

**E:** Damn it, I don't have one.

**M:** I don't mind picking my favourite child.

**E:** I will never pick a favourite child; all music is delicious to me.

**J:** Mine is the Boxer Rebellion and Jonesy's is Rise Against.

**N:** You guys know each other well.

**M:** Well, it's not like she doesn't talk about the Boxer Rebellion every waking moment of the day.

**J:** Every single day.

You can check out *Oats & Bros* weekly on Wednesday nights from 9 p.m. to 11 p.m. To tune in, go to the radio station's website, NR92.com. You can also find a list of all the other shows on the website.



Catch NAIT NewsWatch  
Saturday at 6 pm on CTV2





# Student work ready to show



By **STEPHEN SHAW**

The NAIT photography program is getting ready to showcase their work. The annual Thesis Night gives students a chance to deliver their own show and select the best of their personal works.

Laura Dettling, the current photo editor for the *Nugget*, is excited for the show but admits that it does come with some relief.

"It is definitely really difficult to do, a lot of people carefully select their works, and it does take up time. But in the end, it is so worth it" Dettling says.

The students prepare for the Thesis Night by choosing a topic of their choice, and compile 15 images that represent what they have chosen.

"The topic I chose was companionship, so, people with pets, that kind of thing," Dettling said.

"The topics the students have chosen are really interesting. They range from tattoos to fantasy and scarves to sports, so it is really great to see what can come from all the creative minds in this program.

"You get to pick the music that runs with your show as well, and it's great to be able to put on this kind of production on your own."

Thesis Night also gives NAIT a chance to show the community the talent and skill students have learned as they hone their craft.

The show is also entirely self-funded by the program, which humbles the 19 students involved.

"We sometimes get industry professionals who come out to the show," Dettling said. "They come to preview what we as students have in our portfolios and some have even



The Photographic Technology class of 2012 takes a break from getting ready for Thesis Night to pose for the camera. Supplied photo

landed jobs as soon as they graduate."

Dettling is also no stranger to the hectic schedule of the program.

"It does get pretty difficult when you have so little time to create your topic, on top of the assignments that they do give you in the course,

which is why time management is key.

"But in the end, it is worth seeing how far you have grown in your knowledge of photography. It definitely is a great feeling."

Dettling also says that the feedback from the professionals can be daunting.

"The feedback can sting you a bit, but it will only help you become a better photographer, so you get used to it after a while".

The photography Thesis Night takes place Thursday, Feb. 16 at 7 p.m. in the Shaw Theatre. Admittance is free.

## CD REVIEW

# Back with a vengeance

By **MIKE JONES**

Richmond, Virginia's Lamb of God are back with their seventh studio album *Resolution* and it marks a return to their early heavier albums such as 2003's *As The Palaces Burn* and Lamb of God's biggest selling album from 2004, *Ashes of the Wake*.

The previous two albums (2006's *Sacrament* and 2009's *Wrath*) saw the band experimenting with a groove-metal influ-

enced sound.

Despite a return to earlier sounds, *Resolution* retains *Wrath* producer Josh Wilbur. *Wrath* gained the band back-to-back Grammy nominations in the now defunct Best Metal Performance category.

*Wrath*'s gritty raw production values return as *Resolution* hits you like a wall of sound. What's most impressive however, is the technical proficiency of the band.

Lamb of God comes out of the chute hard with opener "Straight For the Sun," accentuated by Randy Blythe's guttural growls. It leads straight into "Desolation," which features powerful chugging riffs courtesy of unconventional rhythm guitarist Willie Adler and breakneck drumming from Adler's older brother Chris.

The relentless aural assault takes a reprise, albeit a brief one, as lead single "Ghost Walking" kicks off with an atypical southern rock influenced acoustic guitar intro. Of course, the brutality returns right away as Blythe screams "There's no one left to save" and the song is topped off by a particularly melodic solo from guitarist Mark Morton.

Morton and Adler show off some of their most proficient riffing to date on "Guilty" and the Slayer-like "The Undertow" but it's on "The Number Six" that the whole band really comes alive in a true moment of brilliance with an unexpected spoken-word breakdown that might be the most adventurous endeavour the band has ever attempted thus far, and the album isn't even half done.

After a dynamic bass riff from John Campbell that's given space to shine, the angry onslaught returns with the especially passionate gang vocal "You dug your own grave."

Lamb of God takes another risk with the melodic instrumental "Barbarosa," which brings across a Metallica "Call of the Ktulu"-esque vibe, before launching into the bass-heavy "Invictus" which features particularly motivational lyrics like "I name

it an honour to face what arises; to remain unconquered."

The band showcases its hardcore roots with the punk-like "Cheated," which is guaranteed to contribute to many a circle pit when the band invades Europe this summer (a West-Coast U.S. and Canada tour is still in the works). The song even includes the punk staple "1-2, 1-2-3-4" count in.

The band continues the onslaught with "Insurrection," in which Blythe varies between clean and screamed vocals. "Terminally Unique" and "Visitation" pick up the pace with Chris Adler's well-known heel-toe technique on full display.

The band throws a huge curveball with seven minute album-closer epic "King Me," which features operatic female vocals and orchestral arrangements, a very strange anomaly for the band.

The haunting lyrics seem almost autobiographical as the mostly sober Blythe ominously croons "I've been running away so long. When I finally caught myself; there wasn't much left." The swirling intensity comes into play, of course, but the album ends with heavy breathing and one last grunt from Blythe.

All in all, *Resolution* showcases Lamb of God at their raw best and shows them taking chances to change things up. *Resolution* will be high on the playlist for any Lamb of God fan and any virtually any metal fan will find something to take away.



Lamb of God

hnmzine.blogspot.com



CROSSWORD

Across

- 1- A dish with many ingredients
- 5- Attack a fly
- 9- Disconcert
- 14- Ripped
- 15- Mata \_
- 16- Rate
- 17- Support beam
- 18- Extend
- 20- Flirt
- 22- Brit. lexicon
- 23- Bottom of the barrel
- 24- Mex. miss
- 26- Heroic adventure tale
- 28- Temerity
- 32- Pertaining to the mind
- 36- Be in debt
- 37- Praying figure
- 39- Bring out
- 40- Makes lace
- 42- Clogs, e.g.
- 44- Complacent
- 45- Betelgeuse's constellation
- 47- Angry
- 49- 401(k) alternative
- 50- Pay as due
- 52- Having three feet
- 54- Islamic call to prayer
- 56- Split
- 57- "The Clan of the Cave Bear" author
- 60- Chatter
- 62- Resounds
- 66- Seaplane
- 69- As to
- 70- Curt
- 71- Kiln for drying hops
- 72- Approached
- 73- Handle
- 74- Gusto
- 75- Break, card game;

Down

- 1- Auricular
- 2- Timber wolf
- 3- Oil-rich nation
- 4- Attack
- 5- Breaks
- 6- Move from side to side
- 7- Golden Fleece ship
- 8- Wearies
- 9- Prince Valiant's son
- 10- Barren area
- 11- End in \_ (draw)
- 12- Dimensions
- 13- Makes a row?
- 19- According to the Bible, the first man
- 21- Cube creator Rubik
- 25- Japanese beer brand
- 27- "Fancy that!"
- 28- Chopper topper
- 29- Alert
- 30- Take hold
- 31- Nasal grunt
- 33- Bombastic
- 34- Legend maker
- 35- Juridical
- 38- Eye drops
- 41- Member of a lay society
- 43- Short dagger
- 46- Pince- \_
- 48- Heroic
- 51- Sturdy wool fiber
- 53- Morals
- 55- Influential person
- 57- P.M. times
- 58- Peter Fonda title role
- 59- Bronte heroine
- 61- Male swine

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18				19					
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			54			55		56						
57	58	59			60		61		62			63	64	65
66				67				68			69			
70						71				72				
73						74				75				

- 63- Son of Judah
- 64- Humorist Bombeck
- 65- Leak slowly
- 67- "The Matrix" hero
- 68- Faulkner's " \_ Lay Dying"

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

SOLUTION – Page 29

Too much of a good thing?

By JENNY AITKEN  
The Martlet (University of Victoria)

VICTORIA (CUP) – “You are suffering from overhydration,” Dr. Wayne Smith said, running a hand through his greying hair. “You are drinking so much water that it is becoming like a poison in your body.”

I stared at him in disbelief. Beside me sat my metal water bottle, its flower pattern chipping from overuse. My tongue felt like sandpaper and I wanted nothing more than to take a gulp from it. But, from that moment on, it was no longer an option.

Disrupts electrolytes

Overhydration occurs when there is a disruption of electrolyte levels in the body due to overconsumption of water. In today’s society, with most new diets and weight loss plans recommending drinking large amounts of water, more and more people, like myself, are unknowingly putting themselves in risk of water poisoning.

Dr. Smith went on to explain that as a result of all the water I had been drinking, I had developed an extremely low sodium level, and my kidneys were essentially drowning with fluid. Tears pricked my eyes as he listed off my transgressions until, in self-defence, I exclaimed, “But I thought drinking water was healthy!”

I had always believed that water was the best thing to be drinking, because it has no sugar or calories and is often linked with

healthy weight loss.

Although the Canadian Food Guide does not specify a certain quantity, it does recommend water to help with metabolism, stating that it can help ease food cravings. The reason they do not recommend a specific amount is that the fluid needs of each individual are different.

Fitness magazines and speed diets often promote water as a crucial factor in weight loss. As both a fitness enthusiast and an insecure university student, I clung to this idea that water would help me avoid weight gain. It’s not as if I forced myself to drink obscene amounts of water, but I conscientiously tried to stay hydrated throughout the day. Apparently, I had been trying too hard.

Leaving Dr. Smith’s office, I walked to the bathroom at the end of the hall with stiff legs, as if trying to stall myself. Finally, I reached the sink and poured out my entire water bottle. I looked at myself in the mirror, my skin pale and free of makeup. I stared at my reflection, wondering how I could have been so foolish, how I could have let this happen. It was there that I finally let myself cry.

I had been given direct orders: I was only allowed to drink 500 millilitres of water a day, which included any coffee or tea. Everything

else had to have salt in it, but I was mainly to drink Gatorade to replenish my electrolytes.

With my limited background in biology, I had nodded my way through my doctor’s appointment, while he threw around words like “osmosis” and “concentration gradient.” It was only later, once I had time to digest the information, that I felt ready to learn more.

According to Dr. Brian Christie, an associate professor of medical sciences at UVic,

drinking too much water causes the fluid outside of the cells to be very low in sodium and electrolytes. When this happens, it causes the water to shift into the cell, causing the cell to swell. Christie says, “Like a balloon, if the cell continues to swell it will just pop.” This results in a leaking or damaged cell.

Although this is bad for any organ, it can be particularly detrimental to the brain, because the swelling causes a buildup of intracranial pressure.

During the doctor’s appointment that day, Dr. Smith had asked me if I ever got headaches. “Do you get light headed or often feel confused?”

I nodded. “All the time.”

Apparently, these were some of the minor

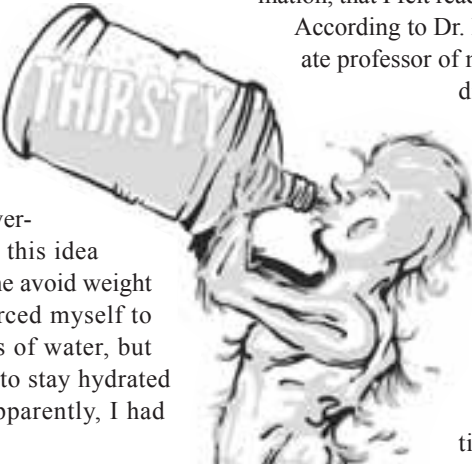
symptoms of overhydration. It could also cause muscle weakness, intense thirst, fatigue and changes in behaviour. It seemed like everything I had simply attributed to school stress or PMS had actually been warning flags of an unexpected and dangerous condition.

People always told me it was strange how much water I drank. Once when I met up with my brother Eric for lunch he asked, “Why do you drink so much? It doesn’t even taste like anything!” I tried to explain that I liked water. How I felt like I was always thirsty and that nothing else would work. He said it wasn’t normal to “pound back” three or four glasses of water during one meal. He was right.

Can be fatal

While reading up on overhydration, I discovered a long list of cases of people who had died from drinking too much water. I felt connected to the victims, and couldn’t help feeling that it could have been me.

Jacqueline Henson’s death in 2008 hit particularly close to home. She was a 40-year-old woman, who was trying to lose weight using the Lighter Life Diet Plan. The diet suggested drinking four litres of water throughout the day. Jacqueline drank that entire allotment during less than two hours, while she sat watching TV. A healthy kidney can excrete a maximum of one litre of water a day. Since her body was unable to excrete the fluid, it led to a build up of intracranial pressure. She died the next day of internal bleeding.

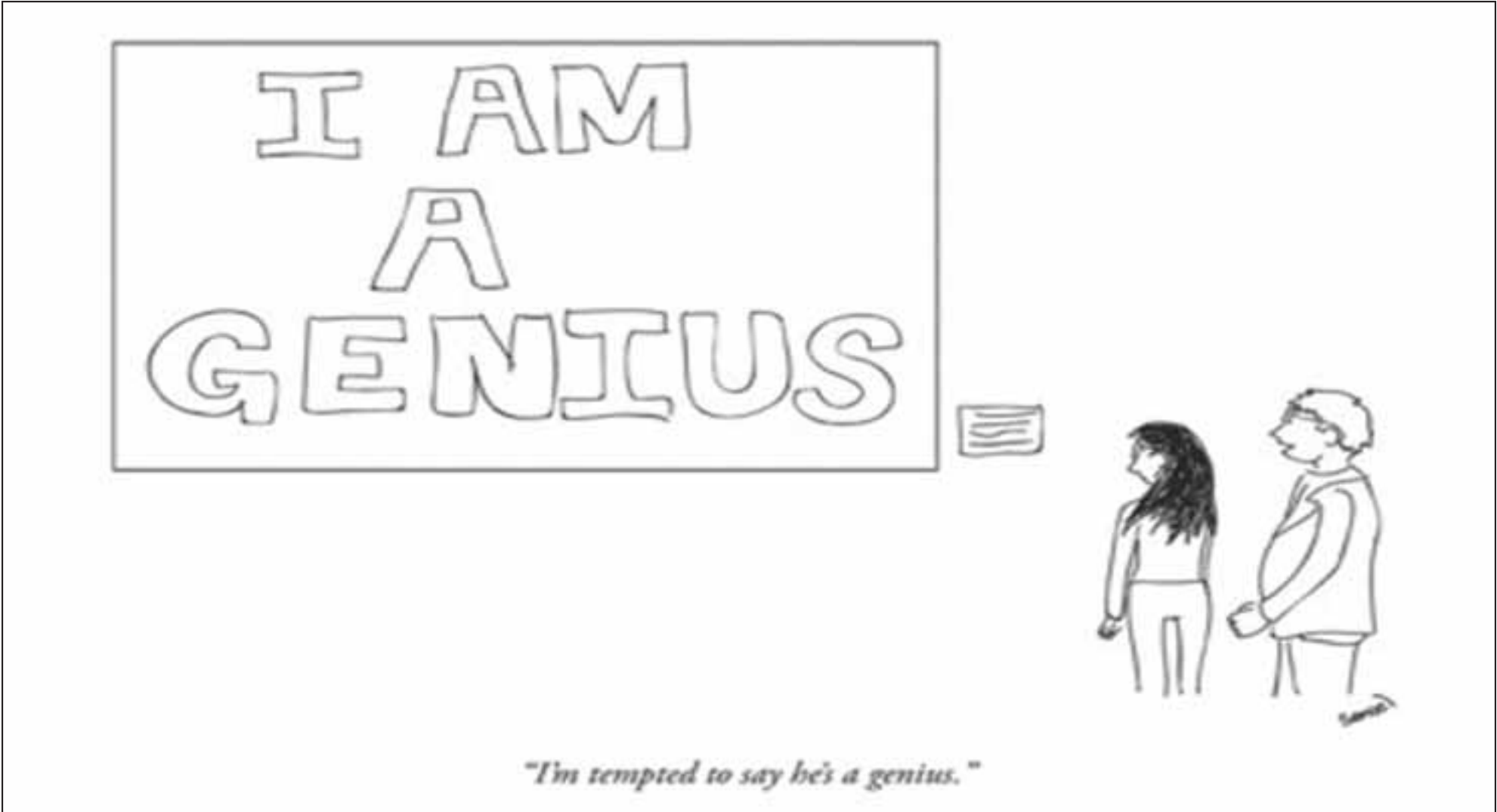


Graphic by Ryan Haak/Martlet



THE NUGGET PRESENTS:

NUGGET COMICS





## MOVIE REVIEW

# Throwback to simpler time

By EMILY FITZPATRICK

*The Artist* is a throwback to a simpler time in cinema – a time when movies were less about special effects, massive budgets and DVD sales and more about making people happy by helping them escape their routine lives for at least an hour or so at their local theatre.

*The Artist* is really a movie within a movie, actually it's several movies within a movie. And yes, as you've likely heard or read, it's a silent film apart from a few important words at the very end.

*The Artist* focuses on George Valentine, a silent movie star in the 1920s. In fact, George is "the" silent movie star of the era, banging out movie after movie as the strong-jawed, dashing, handsome action hero. But a chance encounter with a young woman outside one of his premieres changes his life, although he does not realize it at the time.

The woman is Peppy Miller, an aspiring actress who will soon begin a rise to stardom as part of the new era in Hollywood: "the talkies," movies in which the actors actually speak.

*The Artist* is a thoroughly enjoyable film with great performances by the entire cast including the four-legged star: a little Jack Russell terrier who steals many of the scenes.

If you have any doubt that you can be entertained by a film with no dialogue, then you



arts.nationalpost.com

need to see *The Artist*. Just as the silent movies entertained so many people in the 1920s, I pre-

dict *The Artist* will win over a new generation of movie goers.

★★★★★

## Bridle Party finding its way

By KEVIN ALBUS

The *Nugget* got in contact with the Bridle Party, a band nominated for artist to watch.

The Bridle Party consists of Brittany Ayotte. She plays the piano, provides the vocals and writes the songs. Jude Mugford on drums and Bailey Webster on bass guitar. We got the chance to ask Brittany some questions about her band.

**Nugget:** Why Bridle Party? What was the inspiration for the band name?

**Brittany:** The Bridle Party. It's a play on words. I wanted it to explore the constraints that we (humans) willingly put on ourselves ... I think that marriage is one of the most obvious cases. I thought it was interesting how, in a way, we let ourselves be broken in, but it's seen as such a rewarding thing. And it very well could be. I'm not really sure yet (but don't tell my boyfriend that, ha ha).

**N:** What's your opinion on being nominated for artist to watch?

**B:** We're extremely honoured to be nominated for artist to watch this year. The last two years have been pretty great: we've released an album (*Class Act*), played in some wicked venues and met a lot of really talented people (including Van Funk &

The LeBarons, another band nominated for artist to watch). It's nice to be recognized for the work we've done, and gives us motivation to work even harder to get nominated for the more notable awards next year.

**N:** What inspired you to make a band or get into music?

**B:** I think all three of us have been into music since a very early age. I know that I've been singing since I could remember and I've been playing piano since I was seven. It was when I hit my teens that I really wanted to get into a band. I was online all of the time, reading tour stories from the bands I loved. The culture around them seemed so vibrant and purposeful. Unfortunately, I was a very shy kid, so I wrote songs and played them alone from about the age of 15 to 18. Then I started playing with Jude and Dylan in 2008 and my world kind of exploded. When you play alone for so long, you really appreciate the added layers; the sheer impact of collective sound.

**N:** Who are your musical influences? Or people in general that you look up to?

**B:** My biggest influence is probably AFI. I was listening to them habitually when I started writing my

music. It wasn't only their music though, it was also their fans – I found almost all of the music I love today by talking (online) to other people who loved AFI: The Dresden Dolls, The Cure, The Static Age, etc. My dad also influenced what I listened to quite a bit. He gave me a real appreciation for all of the classics: Supertramp, Led Zeppelin, Pink Floyd and Alan Parsons.

**N:** Out of all the songs you've made, which one do you like the most? (I know it's like asking which one of your kids is your favourite)

**B:** My favourite song at the moment is called "Do You Know?" but we haven't recorded it yet. It's mostly about weird energies and intangibilities, if that makes any sense. Things like memory and astral projection. Jude's favourite song is "I Am I Am I Am", and I'm not sure if Bailey actually has a favourite song.

**N:** What's your opinion on your genre of music?

**B:** Finding a genre has been really difficult for us. We don't fit in anywhere! And I'm not saying that because I think that we're so special or anything. It would actually make me feel great if I could find another band that plays the kind of music we do. We call it "Gloom Pop." I see it as dramatic, sometimes dark/depress-



ing, catchy music. It's really fun and cathartic to play, but it limits our venue choices. I've always been kind of worried about someone listening to us in a bar, getting super sad, and resolving to do something unpleasant. You definitely have to be in a certain mindset to get it.

**N:** Last question, what goals do you have in your future that you would want to attain?

**B:** We've been talking about doing small tours around Western

Canada in the coming year. At this point, it's mostly about letting people know that we exist and hoping that a percentage of them will get and connect with our music. It would be great if we could eventually sustain ourselves on music alone, but that's secondary.

Thanks again, Brittany, for taking the time to answer some questions. Look for the Bridle Party on their MySpace page and take a listen to their songs.





edmontonsun.com

Merrily We Roll Along at Grant MacEwan

# Grant Mac musical rolls along

By **CHRISTINE VU**  
Entertainment Editor

Grant MacEwan University's Theatre Arts program has taken a once failed Broadway musical and has given it new life.

*Merrily We Roll Along* originally opened in 1981 but, unfortunately, did not last long. After multiple revisions, it finally began to see some success and is what some would say one of the most under-rated musicals. Now it has hit the stage at the John L. Haar Theatre to great reception and will be playing through Feb. 18.

*Merrily We Roll Along* is a unique musical in many ways. It is a story that spans 20 years

and is told in reverse. The complicated plot revolves around three best friends. Main characters, Mary Flynn and Charley Kringas, serve as practically sidekicks to the boisterous and the fame-hungry Frank Shepard. The play starts in the '70s and we see where the characters are in their lives and throughout the play we learn more and more about the decisions and sacrifices that got them there.

The production is not full of the usual bubbly and cheer of a typical musical but it most certainly has the signature sound of acclaimed composer and lyricist Stephen Sondheim. The multiple award winner is known

most for his work in *West Side Story*, *Sweeney Todd* and *Into the Woods*.

The local version of the musical stars Corben Kushneryk as Frank, Steven Angove as Charley and Jillian Willems as Mary. All three actors are students in the Grant MacEwan Theatre Arts program and as Willems puts it, in the same place in their lives as the characters in the play.

"It's about friendship and how to keep it together and do you grow together," says Willems. "I think that's a question that we have been asking ourselves in real life, too."

While the actors in the play can agree

that they can relate to the story in one way or another, Kushneryk believes the play will strike a chord with anyone at any age.

"It's applicable to anyone who's ever had a friendship," says Kushneryk. "and what about the play is the life that it's been given. I think it's really become an excellent musical that's been overlooked."

Whether life imitates art or art imitates life, *Merrily We Roll Along* is something not to be missed. Advance tickets are only \$12 for students and are available through Tix on the Square. The last performance will be on Saturday, Feb. 18.

# Punk rockers show some heart

By **MIKE JONES**

This Friday, the Pawn Shop is hosting an epic night featuring some of the capital region's top-tier of punk rock, but with a special twist. Not only are all proceeds going to the Edmonton Food Bank but two bands will share the stage at the same time for some epic back and forths and potentially some impromptu jams.

Former Sonic Band of the Month, The Weekend Kids' lead guitarist Pete Nguyen said, "basically it will be two bands at the same time, doing two songs each, back and forth. Two drum kits on stage. No one's switching equipment, just non-stop playing."

The Weekend Kids will share the stage with a band they toured cross-Canada with this past summer, The Old Wives. On that tour, the two bands played a hall show, which was the inspiration for Rock-Off.

Two other bands sharing the stage are Freshman Years and ska-punk band Feast or Famine.

"They're really old friends of ours," said Nguyen. "I think there's gonna be some collaborative stuff happening on the fly."

Both Pete and lead singer Andrew Nguyen will be celebrating their birthdays that night.

"We never play on our birthday," said Nguyen. "Because it usually becomes a mess, but we had the opportunity to do this show and we couldn't pass it up."

The Weekend Kids, who have played numerous hall and club shows across the city, wanted the chance to give back, so they got in touch with the Pawn Shop, which, in turn, contacted the Edmonton Food Bank.

"We wanted to put a show together and do a birthday thing but we didn't really care much to make money from it," Nguyen said.

"So we wanted to get someone involved and (the Food Bank) has been needing a lot of help this year.

"They got really excited, and they're actually going to come down."

In addition to the bands, several local companies have hopped on board, including Permanent Records and Long and McQuade, to help out by donating raffle prizes. In addition, two tickets to the upcoming Social Distortion and the Toadies show on April 20 at the EEC will be raffled off.

Nguyen said one of the biggest helpers has been The Pawn Shop itself.

"They've been really pushing this show," Nguyen said. "And they've brought in a few liquor sponsors too."

Rock-Off for the Edmonton Food Bank goes down this Friday and admission is \$8

with a non-perishable donation for the Food Bank or \$10 without. DJ Nick the Greek will be spinning tracks before, in-between and after the bands.

The Pawn Shop is located on 105 Street and 82 Avenue, above Lucky 13. Come down and support a good cause!



ourstage.com



THE NUGGET PRESENTS:

## HOROSCOPES



## MADAME O

## February 9-15

(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)

You are going to get a special treat this week, and not just because it's Val-

entine's Day. It's because of you, Aquarius. You have made a good deal of difference in someone's life. Don't stop, you must be doing something right!

## Pisces (Feb. 19-March 20)

It's probably about high time you got out - before it's too late.

## Aries (March 21-April 19)

This is going to be a quiet month, Aries. I know it can be hard for you, but you must do it. Waves are coming, and only your voice can control them - once the time is right.

## Taurus (April 20-May 20)

It's time, time to exact your revenge. That, or grab a teddy bear and a blanket and watch the Notebook. But if you decide to take the first route, don't blame Madame O for the consequences!

## Gemini (May 21-June 21)

Oh, Gemini. Your ego will be the end of you. Pull your face away from that mirror, and take a look at someone else! Someone who's been looking at you for quite some time!

## Cancer (June 22-July 22)

Surprise! It's a boy!

## Leo (July 23-Aug. 22)

It's time to throw off those chains. It's been way too long. Let loose! Give YOURSELF something for a change!

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

Do it. Just do it. You've been waiting way too long to pass this opportunity up, Virgo. The one is waiting, and you know they know it too.

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

Sometimes you get flustered too eas-

ily and say the wrong things. You've hurt people. But this month you have a chance for redemption - you just have to find it.

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

First of all, what the hell were you thinking? This week, you're going back to step one. This is no good. Madame O doesn't even know what to tell you ...

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

I'd suggest strawberry, but who am I to tell you what to do? You are going to make someone very happy, Sagittarius. Don't underestimate the power of fruits.

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

Stop dragging everybody down! Life's hard, but you need to become a wild horse. Break free! Bolt! Get out of that pen and find the greener grass.

THE NUGGET PRESENTS:

## GRAPEVINES

Grapevines is a chance to speak your mind. E-mail [grapevines@nait.ca](mailto:grapevines@nait.ca)

To the long haired brunette walking with her friend in the technical trades end of the main campus on Friday the 10th. I was wearing my Oil Kings jersey, with a white Nike hat. Our eyes locked as we passed, and I'm kicking myself for not going back and talking to you. Let me know where you are so I can stop kicking myself!

— King of the Trades

Dear caffeine craving: you must be more specific! That or indulge in your craving.

— Lil miss latte

I am Zero! I am the terror that flaps in the night. You'll never guess my secret identity. Vive La Capes!

— I'm Batman

I hate how every time I want to use the squash courts, they are always booked up! Who wants to play squash at 9 p.m.? WHO???

— Squash man

Thanks a lot for ripping me off, Nest lady. Not cool.

— 4 pitchers for the price of 5

Have you ever noticed how women's button front shirts have the buttons on the opposite side of men's?

— Too much time

Girls watch hockey for the same reason guys watch "The L Word." Don't deny.

— Hockey Buff

Anyone else not get any cell reception in the V-wing? SO frustrating!!

— Missed call

Hey hot photo guy! All I want to know is do you do private sessions? ;)

— Extreme close up

Hey Bakers! Stop making such delicious bread, it's killing my thighs ...

— Celiac Wannabe

How is it fair that women volleyball players compete in spandex, but men don't have to?

— Disappointed

The best part of the LRT expansion has to

be all of those hot construction workers right on our front door. OWW OWW!!

— Cat Call

Dear library girl, the only thing I want to check out is you!

— Study Break

## Who ya gonna call?

**Academic and personal concerns** – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

**Housing** – Online housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

**Injury, minor medical concerns** – Health and Safety Services, 780-471-8733, Room O-119.

**Special needs students** – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

**Student loan/grant assistance** – Financial Aid Office, 780-491-3056, Room O-111.

**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 online to get or to be a tutor by e-mailing [tutor@nait.ca](mailto:tutor@nait.ca). The cost is approximately \$15/hour.



MIKE MARSHALL  
AKA Dr. CONwisDOM

... Dr. CONwisDOM is taking a day off.

**NAIT STUDENT COUNSELLING**  
Room W111-PB, HP Centre, Main Campus  
Telephone: 780-378-6133  
Website: [www.nait.ab.ca/counselling](http://www.nait.ab.ca/counselling)



# Refining your public speaking



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Public speaking can be public enemy #1 for many students. It isn't easy to get up in front of a classroom of your peers and it is not uncommon to think that public speaking is more difficult for you than for anyone else. In reality, almost no one is a "natural" public speaker; other students empathize with how you feel and they want you to succeed.

Rate your presentation skills:

#### Preparing your talk:

☐ I choose topics that I am really interested in.

Usually you will have some choice in the topic so take the time to choose something you can really get passionate about.

☐ I research the material thoroughly.

☐ I prepare an interesting introduction.

The opening should clarify your topic and why it is important. Using a personal

story, humour or a quote draws the audience in and makes them more interested in what is coming next.

☐ I practise.

Going through your speech out loud is really valuable. You can monitor your time, clear up any areas that don't flow well, practise projecting your voice and iron out any areas that you might stumble over. The more you practise, the more confident you will become. Speaking too softly and/or too quickly are the main criticisms of new speakers – practising out loud several times, ideally at least once in front of friends or family members, can help with this. Video-taping yourself can be a really valuable way to evaluate changes you might want to make and to watch for distracting phrases such as "uh," "kinda," "like" ...

☐ I use cue cards or a PowerPoint.

Reading out a speech or having every word written on a PowerPoint is not very effective, but it is important that you have cues that will remind you of your main points.

☐ I use visuals to take the focus off of myself.

Posters, PowerPoints, handouts, charts, graphs, pictures or objects focus attention away from you and give the audience something interesting to look at.

☐ I prepare dynamic conclusions.

This is the time to sum up your points, present your conclusion and end with something that makes your speech memorable.

#### Before your speech:

☐ I do something to relax such as deep breathing or going for a brisk walk.

☐ I visualize myself presenting clearly, calmly and confidently.

☐ I take a bottle of water with me. This helps with the dry mouth that often accompanies anxiety. In addition, taking a moment to sip some water can help you get your thoughts organized if you get flustered.

☐ I expect and accept that I will be nervous. I realize that even seasoned speakers feel anxiety before they speak, and that I will be much more aware of my nervousness than the audience is.

#### As you are speaking:

☐ I start with a deep breath and smile at the audience. I make eye contact with some people I feel comfortable with. (If looking at people makes you uncomfortable speak to the wall just above their heads, or visualize them all as pumpkins or clowns).

☐ I speak slowly, changing the pace to add interest.

Most new speakers talk much too quickly. Make a conscious effort to speak more slowly than seems normal. It can be helpful to write reminders to slow down on your cue cards or notes.

☐ I speak loudly, clearly and confidently.

New speakers tend to end statements as questions as if they are unsure of their material. Remember, you are the expert on your topic. You have done the research and

know more about it than the audience.

☐ I show enthusiasm about my topic. Enthusiasm is infectious!

☐ I am not afraid to pause.

Pauses seem much longer to the speaker than to the audience. Take a moment to sip some water or take a deep breath if you get flustered.

☐ I don't focus on changing movements or gestures.

Be you! If you talk with your hands don't try to bury them in your pockets. If you move around in front of the audience, or if you don't, that's OK.

☐ I evaluate when I finish a speech.

Assess what went well and what could improve. Be gentle with yourself but always strive to learn from your experience.

Remember, being over-prepared and practising are your best defences against being too nervous. The more public speaking experience you get, the more confident you will become. Did you know that we have a Toastmasters Club at NAIT? It is a great way to gain skills and practice. To find out more go to the NAITSA website at [www.naitsa.ca](http://www.naitsa.ca)

If you are really anxious about public speaking, counsellors are available to help you with relaxation and presentation tips. Book an appointment for this, or any personal or academic problem, by calling Student Counselling at 780.378.6133 or coming down to our office, W-111PB in the HP Centre.



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# Textbooks or tablets?

By KATIE FLOOD

The Cord  
(Wilfrid Laurier University)

WATERLOO (CUP) – “I’m really just looking at it to read books and share pictures, I guess – and maybe textbooks, hopefully textbooks,” said Klara Raic, justifying her purchase of an expensive, but increasingly popular piece of technology: the tablet.

The Wilfrid Laurier University second-year business student bought the Lenovo a1 tablet during boxing week sales for \$200. While she hopes to use her new tablet for storing photographs and portable Internet access, like many other students who have purchased tablets and e-readers, Raic was motivated by hopes of saving money on textbooks.

## Is investment worth it?

“This semester, I don’t have any more textbooks that I can buy online ... but in the future, I would definitely continue using it and putting my books on here,” explained Raic.

While tablets and e-readers undoubtedly offer an advantage for avoiding the lines on campus to buy new and second-hand books – typically ranging from \$200-\$500 – are they worth the investment? Raic thinks so.

“I’m thinking of just getting the online code and using this as my textbook and not spending the extra \$120 dollars on the textbook itself ... which is half of the price of this [tablet],” she said.

The second-year student explained her theory that after buying one or two e-textbooks online instead of in print, the cost of the tablet is likely made up in money saved.

While e-textbooks save money in the short term, Laurier’s Bookstore manager of academic material Mika Zybala pointed out that e-textbooks are usually a rental service, through which students miss out on resale value of the book.

“We’re seeing that bit of divide because general book reading is definitely moving in the e-book direction, where the traditional textbook is more in that access code, so it’s a short term

access ... you do not own that e-book,” said Zybala, explaining that students do not save as much money with e-textbooks as they would expect.

Coursesmart.com offers a first-year cultural anthropology textbook for \$44.98 compared to the Bookstore’s price of \$108.75, but the e-textbook can only be rented for 180 days.

“You’re not able to sell that material back to the store at the end of the semester, so that’s really where the biggest difference is,” he said.

When asked which she would buy from if books from a second-hand book fair and an e-textbook resource were priced the same, second-year student Vanessa Frey agreed that there is an advantage to buying print books. “[Second-hand] resale value, you can still sell it back for thirty bucks.”

But with the iPad 3 rumoured to be released in upcoming months, tablet popularity is increasing despite the fact that e-textbooks do not save as much money as students expect.

“We’ve definitely seen some strong sales through the tablet ... there’s definitely a lot more interest in a tablet than the traditional desktop,” said Zybala, referring to the bookstore’s technology sales.

## ‘A useful tool’

“On a personal level, yeah I wouldn’t mind a tablet for convenience of everything, for Internet access, for being able to access email ... I think they’re becoming a bit more of a useful tool that can be used in multiple aspects,” said Zybala, who bought the Kobo e-reader last year.

Despite the trouble with tablets saving students money on textbooks, Zybala predicts that like Raic, students will continue to use the multipurpose e-textbooks because of convenience and the Bookstore will need to adapt in order to survive.

“It will definitely have an impact on our business,” Zybala said.

“I think [the tablet] has its place and I still think that the printed book will have its place as well. I think, in general, it’s all about choice.”

# A marvellous mix

## RECIPE

By BRETT PLAXTON

Reading week is coming up and I am spending it by going back out to my farm by my hometown, Sangudo, Alberta. One of the things I like to do out there is cook for my family. I usually have to cook quite a bit since there are seven other people in the house. I don’t have a problem with that, because I love to cook. If you have read my reviews before, you’ll see I usually write about main courses. But, I also like to make snacks for my friends and family. One of my favourites is called campfire mix, from my trusty 4-H cookbook. This is a very simple recipe that can be made in a matter of

minutes. A fair warning, once you have a bit, you won’t want to share. Enjoy!

### Ingredients:

1 box of Crispix cereal  
2 boxes of Mini Ritz Crackers  
2 bags of Pretzels (½ cup)  
Salad or canola oil 2 pkg.  
Ranch Dressing Mix (Make sure it’s the dry stuff in the pouch)  
1-2 tbsp. dill.

### Method:

Mix all ingredients in a brown paper bag or a bowl with something covering the top. Mix well and enjoy.

# HOT

# SINGLE OF THE WEEK



Photo by Emily Fitzpatrick

## Shannon Giebelhaus, 21 Alternative Energies

**What’s your type?** – Athletic, adventurous, funny and genuine.

**What’s your ideal date?** – Going somewhere to listen to live music, or doing something active and outdoorsy.

**What are your pet peeves?** – People that chew with their mouths open. Also, when people text when it’s just the two of you.

**What are some of your turn-ons?** – A great sense of humour, being passionate about something, also being able to laugh at yourself.

**What’s your favourite food?** – Stir fry or anything healthy.

**What’s your favourite movie?** – Serendipity. So sappy but so good.

**What are some of your hobbies?** – Hockey, drawing, painting and listening to music.

**If you could go anywhere right now, where would you go?** – Somewhere in Europe, maybe Finland.

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



TIP OF THE WEEK – FROM NAIT PROTECTIVE SERVICES



# How to avoid theft

Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens we feel a sense of outrage and wonder how it happened.

The NAIT Protective Services website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit [www.nait.ca/security](http://www.nait.ca/security).

To avoid theft, Protective Services suggests the following:

**At home**

- Lock your doors/windows whenever you leave your room or residence.
- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables, including descriptions and serial numbers.

**AT WORK OR SCHOOL**

- Do not work alone in an unlocked office or classroom.
- Do not bring large sums of cash with you to work or school.
- Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.
- Secure your locker with a good quality lock.

**At the library**

- Do not leave personal property unattended, even for a minute.
- Keep your personal property in view at all times.
- Do not bring valuables with you to the library.

**At the gym**

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Lock valuables in the high-security lockers provided or leave them at home.
- Keep your locker locked whenever it is unattended

**From your vehicle**

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

If you have information about a crime, contact Protective Services at 780-471-7477. If you see a crime in progress, call 911, then Protective Services. 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.

Everybody benefits, except the criminal.

# Tucker Max – a hilarious jerk

By BRETT PLAXTON

One of my favourite authors released a new book this month. Tucker Max is the author, and his new book is called *Hilarity Ensues*. You either love his works or you absolutely hate them.

For those of you who are unaware of who Tucker Max is, he prides himself in getting excessively drunk at inappropriate times, disregarding social norms, indulging every whim, ignoring consequences for his actions, mocking idiots and poseurs, sleeping with many women and just generally acting like a complete jerk.

He feels the best way that he contributes to the world is that he writes about these experiences and dubs them, The Tucker Max Stories. His first book, *I Hope They Serve Beer in Hell*, was published in 2006 and has made the *New York Times* bestseller list every year since.

I first started reading Tucker's books after my sister told me about a book she had recently read called *I Hope They Serve Beer in Hell* and told me to read it. I read it and it still goes down as one of the most hilarious books I've ever read. At times, there were tears rolling down my face because I was laughing so hard.

He has since written three other books, called *Assholes Finish First*, *Hilarity Ensues* and *Sloppy Seconds: The Tucker*

*Max Leftovers*. I am such a fan of Tucker Max that I pre-ordered *Hilarity Ensues* and I was finally able to pick it up on its release day, Feb. 7.

*Hilarity Ensues* acts as a wrap-up of his stories of drunken debauchery. Some stories include how he skipped two months of law school to live and work in Cancun, Mexico, why you shouldn't accept homemade treats from a hippie in a van, what happened when a pageant girl tried suing Tucker for doing nothing but tell the truth and why Halloween is always awesome.

From the moment I got this book, I couldn't stop reading it during my spare time. I think the best was when I would read it on the bus and people would glare at me when I was laughing hysterically at it. I even had one girl ask me what book I was reading, because she could tell I was enjoying it.

Another thing I thought was sweet that Tucker did is that the eBook copy of *Sloppy Seconds* is available for free; his way of saying thanks to all of his fans for supporting him for all these years. I just started this one as soon as I was done *Hilarity Ensues* and it is just as funny as the other three.

If you are unsure if you want to read this book, I recommend you check out his website first, [www.tuckermax.com](http://www.tuckermax.com), to see if you like his stories. If you do, read *I Hope They Serve Beer in Hell* first and then whichever one's next, the rest aren't in chronological order. See if you laugh as hard as I did when I read them.



Tucker Max

## CROSSWORD SOLUTION

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40	T	A	T	S		42	S	H	O	E	S		44	S	M	U	G
45	O	R	I	O	N		47	I	R	A	T	E		49	I	R	A
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57	A	U	E	L		60	G	A	B		62	E	C	H	O	E	S
66	F	L	Y	I	N	G	B	O	A	T		69	I	N	R	E	
70	T	E	R	S	E		71	O	A	S	T		72	C	A	M	E
73	S	E	E	T	O		74	B	R	I	O		75	S	N	A	P

## CLASSIFIED

### PUBLIC SERVICE ANNOUNCEMENT

Experience the power of "We!" The Tamaraneh Society for Community Development and Support is hosting their annual dinner fundraiser on Feb. 18 at the Alberta Avenue Community Hall from 6-10 p.m. The fundraiser boasts delicious food by African caterer Weyone Events and recent footage from local projects on site. Entertainment is by Women of Sierra Leone and Melo Divine. Tickets are \$60 each or \$420 for a table of eight.

E-mail [info@tamaraneh.org](mailto:info@tamaraneh.org) or call Marie at 780-993-1062. All proceeds support clean water and education in Romano Village area, Northern Sierra Leone.





MEAGHAN WILLIS

# What are your plans for reading week?



"Studying for midterms."

**Breanna Ostermayer**  
Business



"I'm babysitting with my girlfriend, studying for exams and we're going to take the baby to the mall."

**Jeffrey Cabral**  
Biological Science



"No plans, our program doesn't get a reading week."

**Jeremy Stav**  
Electrical



"I have a bunch of projects to finish up and I'm going to see a couple of local concerts."

**Karen McCutcheon**  
Mechanical Engineering



"Relaxing, working, drinking. No studying whatsoever."

**Daylan Vanhees**  
Academic Upgrading

# Fish & chips – old country style

By KEVIN TUONG

Have you ever watched a movie or TV show that featured English people or was based in England and isn't about magical people with sticks, that featured the actors eating fish and chips and therefore it made you crave some? I know I have.

So where do you go for good fish and chips in Edmonton? Well, that's a tough one ... a lot of places here simply offer generic 'fish' with fries and that worries me. It's like offering steak, but instead of specifying what type of steak, the menu simply says "cow."

Now there are Canadian styles of fish and chips, but if you're going to refer to fries as chips, then it darn well better be British styled fish and chips.

So – Brits Fish & Chips, just the name alone should tell you that it's British. The best part about Brits is probably the fact that they don't offer "fish" and chips on their menu. There's cod, haddock, sole, hake, basa, turbot and halibut.

Brits also offers a lot more UK styled goodies than just fish. Goodies like mushy peas, white pudding, haggis, Cornish pasties, various seafood options and endless deep fried foods, including pizza and Mars bars. However, I've never tried this side of the menu because I fear for my health.

I tend to stick with just one piece of haddock and chips. Now, you may be thinking 'one piece? That seems so little!' That is, until you see just how big the piece of fish is. If you're brave, go for the two pieces but aside from being extremely full, your heart may just stop.

What makes Brits so good is also what makes Brits so bad. The fish is really greasy but their batter ends up being extremely crispy and their fish is just endlessly moist and flavourful. The fries are cut fresh each day and are in a similarly greasy state. Throw some tartar sauce into your grease basket and you can easily fall into a food coma and have good dreams.

Have you noticed how I've mentioned just how unhealthy this is? Let me put it into perspective for you. After your first bite, your lips will be smoother than any chap stick or lip balm application. If you can get over this

grease, then it's a really, really good meal.

The interior is supposed to look like a British pub, and half of it does. The other half is kind of plain ... nothingness ... You order at the counter and then find a seat somewhere. It tends to be a bit busy during peak hours, so this can be a bit annoying.

If you wish to get take out, then rest assured that your food will be wrapped in white paper, then re-wrapped with newspaper, just the way it should be. It just feels more authentic that way. However, the paper will absorb the mass amount of oil coming from the fish, and the fish will become soggy. The secret is to ask them to put the fish between two

plates, then wrap the two plates, to retain crispiness.

As delicious as Brits Fish & Chips is, I can't get over just how unhealthy and greasy they are and therefore they lose a star. If however, you really don't care or you're just extremely depressed, then feel free to go wild. However, I don't recommend eating here more than once a month if you wish for your heart to continue beating.

Brits Fish & Chips Central  
11603 114 Ave.

Brits Fish & Chips South  
6940 77 St.



Photo by Kevin Tuong





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**Paul Campeau, BMgt '04**  
Partner, Henderson Campeau LLP

**experience** • *n.* 1 actual observance; acquaintance with facts or even skill resulting from this. 3 a an affecting one (an unpleasant experience). • *vt.* 1 have experience or be affected by (an emotion etc.)



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After graduating from college with a business administration diploma, Paul Campeau applied to the University of Lethbridge to complete his management degree with a focus on accounting.

Campeau graduated from the U of L in 2004 and began working on his Chartered Accountant (CA) designation while articling at Deloitte & Touche LLP in Edmonton.

Two years later, with a CA designation under his belt, Paul travelled to Bermuda and Amsterdam, gaining valuable work experience in his field.

When he returned to Alberta, Campeau and his future business partner Will Henderson began laying the groundwork for an opportunity to control their own destinies; their accounting firm, Henderson Campeau LLP.

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