

NEXT ISSUE ON MARCH 7

THE

NAIT **NUGGET**



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

STUDENT DISH WINS

Culinary creation headed for store shelves – Story, page 2



Photo by Kevin Tuong

TIGHT CHECKING

NAIT Ooks forward Dante Borrelli is checked in front of the Sait Trojans' net during a game Friday at NAIT arena. The high-flying Ooks were grounded by the resurgent Trojans as they lost both weekend games to their Calgary rivals. See story on page 11 and Borrelli's athlete profile on page 13.

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NEWS & FEATURES

Holidays all have a history



SARAH STILWELL
Issues Editor
@sarah_stilwell

We celebrate for them, we drink for them, and we buy boxes of chocolate for them - but often we don't really know what holidays are all about or why we even started them. I've always been interested in the history of holidays. I mean, I do want to know what I'm celebrating for. And there are definitely some interesting holidays out there, or they might have started for some very different reasons than why you believe they did.

1. Valentine's Day

Despite what Hallmark has turned the holiday into, Valentine's Day hasn't always been about romantic love.

Actually, Geoffrey Chaucer, the author of "Canterbury Tales", and his clique were the first people who started relating Valentine's with courtship.

There are many theories as to how Valentine's Day first came about. What we do know is that it goes all the way back to the Roman Empire, a man named Valentinus (or Saint Valentine) was involved, and that he was marrying people secretly.

He wasn't just marrying anybody, though. Valentinus was marrying soldiers, who were forbidden to marry, and Christians, who at that time were being persecuted by a majority of the Roman community. This was because at that point in time, the Romans thought that they were bad for society. It also didn't help that Roman religion was very public - ceremonies and sacrifices were major events, and many prominent people in society were cult leaders.

After that, Saint Valentine got a little messy on the history timeline, since they decided to start calling many martyrs Saint Valentine.

2. Saint Patrick's Day

Saint Patrick's Day isn't actually recognized as a national holiday in Canada, and many other countries. Of course the Irish recognize it as one, but that's because Saint Patrick's Day largely celebrates when Christianity became accepted.

In Canada, Newfoundland and Labrador is the only Canadian province or territory that recognizes Saint Patrick's Day as a provincial holiday. Guinness (among other businesses) has lobbied to try to make the holiday a national

holiday. Why wouldn't you lobby for that? It is the day that Guinness sells tenfold what they usually do.

Now we're going to skip ahead a few months and travel around the world to Russia.

3. Russia - Sept. 12: Day of Conception

Essentially, this is a holiday for Russians to "get it on". Russian citizens are given the day off work, and if all goes well, procreate.

Sept. 12 coincides nicely with Russia Day, which lands exactly nine months after the day of conception, on June 12. Mothers who give birth on that day are usually treated to money and prizes. It's actually a really big deal there. But hey, they are hopefully raising future politicians and world leaders.

Sadly, babies born at 12:01 am on June 13 get no prizes.

4. Oct. 30: National Candy Corn Day

The United States has a bunch of crazy laws for Halloween. It is illegal to dress up as a priest in Alabama, and you will be fined for using silly string in Hollywood. But they definitely win me back for having National Candy Corn day. It's the pre-candy hangover for your candy hangover on the 31 of October.

No research has found the origin or creator of this holiday.

5. Christmas

Contrary to what many believe, the Bible doesn't actually mention a specific date for

Jesus' birth. In the 4th century, the Catholic Church decided to recognize Jesus's birth as an official holiday, and Pope Julius I chose Dec. 25. So that's how that happened.

Rudolph and Frosty are another story.

Rudolph the Red-Nosed Reindeer got his start as an advertising ploy. He was created to lure customers into the Montgomery Ward department store.

Frosty the Snowman couldn't escape the clutches of advertising, either. Frosty, however, brought a different kind of "cheer". Frosty sold alcohol. He advertised for Miller, Jack Daniel's, Chivas Regal Scotch and many others.

6. New Year's Eve

Ring in the new year is often seen as purifying yourself for the new year. That was kind of true in Rome, except those crazy Romans would pretty much kiss each other until they passed out.

In England, you would kiss the first person you met in the new year, and the tone of your encounter sets your tone for the rest of the year.

Now, here in Canada and many places worldwide, the kiss symbolizes - in theory - the strengthening of friendships and bonds.

Whatever holidays you choose to celebrate this year, I hope they're good. I also hope that you might try to take part in new holidays - because who doesn't love a holiday for Candy Corn?

Student's dish a \$1,000 winner

By **DARTANION JOHNSON**
@Dartanion

It started with 10 NAIT Culinary students, but only one could be chosen as best. Trinh (Tracy) Phan has been found as December's Tokyo Express Challenge Champion here at NAIT.

Students had four hours to prepare cool or microwaveable dishes for a panel of five Tokyo Express chairmen. The students had to pick from a list of ingredients and fashion the recipe themselves. They also had to follow requirements for total meal cost, including the cost of all ingredients chosen.

Tracy Phan's dish, an orange chicken chow mein, is a sampling of chicken, onions, garlic, shallot, oyster sauce oranges and coconut milk.

"Cathy Ma, the president of Tokyo Express, called my name and I was very surprised! It was great!" says Phan, on hearing the announcement. She received \$500 and a bonus \$500 for taking top honours. Other \$500 winners included runner-up Marshall Bell and his Asian Coleslaw, and second runner-up Nick Thompson's Asian Pasta Salad.

Tracy Phan was nervous when she started cooking the dish, but that

quickly passed because she was confident in her food choices.

"My family has a restaurant in Vietnam. We sell egg noodles and rice noodles, so I know noodles. I picked the orange chicken at random, I like the flavour of sweet and sour it gives," stated Phan, in regards to her ingredient selection.

Phan will have her signature on the Tetsu Chef line dish, carried by many retailers including Sobeys, 7-11 and Save On Foods across Alberta. Phan is an international student who plans to continue school and carry on after this success.

"I hope to open my own restaurant. I love food. I love to eat!" she said.

Tokyo Express is an Edmonton based company that has been serving Japanese cuisine for the past 10 years. The menu ranges from rice bowls and tempura to udon noodle and sushi. Tokyo express is proudly partnered with Sea Choice, which helps Canadian businesses and shoppers take an active role in supporting sustainable fisheries and aquaculture at all levels of the seafood supply chain.

Tokyo Express clearly believes that in order to be well, we must eat well.



Photo by Kevin Tuong

Tracy Phan, centre, winner of the Tokyo Express challenge to create a new dish, is flanked by runner-up Marshall Bell, left, and Nick Thompson.



Photo by Janine Esplin

FROM WOMAN TO WOMEN

Pamela Strand, above, speaks to a crowd attending a NAIT Women in Technology and Trades event at The Shaw Theatre last Friday, Feb. 8. Strand, who has been a professional in the world of minerals for over 25 years, talked about following passions, taking risks and what it's like to be a woman in a traditionally male-dominated field. In addition to presenting, Strand also donated \$6,000 in scholarships designed for women in non-traditional technology and trades programs. She is currently the president of Firestone Ventures Inc.

Green theme at MacEwan

By LUCAS ANDERS

MacEwan University is gearing up for Common Ground with a Focus on Sustainability Week this March. The Students' Association aims to lead by example during their green initiative, and is encouraging students to do the same. MacEwan Students' Association President Jed Johns had a lot to say about Common Ground week.

"It's a week where we're promoting the role of MacEwan students in sustainable living. We encourage students to live up to the mandate of Dr. Grant MacEwan, our founder, to leave the vineyard better than we found it."

MacEwan will stage a number of events and will host speakers throughout the week, with a number of talks and presentations on food security and a living healthy lifestyle.

And what better way to get students excited about the initiative than bring in Toronto journalist and talk show host George Stroumbouloupoulos.

"We're bringing George and he is going to be one of our key events," said Johns.

Stroumbouloupoulos was a key figure in the successful "One Million Acts of Green" campaign, asking Canadians to do one small thing to reduce their carbon footprint. He will be coming to MacEwan on Friday, March 15 to talk to students about actions they can take to create sustainable living.

"He will be talking about the sustainability and our generation's role as activists. He is hoping to bring in the student crowd," said Johns. "It's a question of how do we get engaged and what do we do to bring the subject to the forefront of our thoughts."

Stroumbouloupoulos, a six-time Gemini Award winner for best host in a talk series, is in his ninth season on CBC. Stroumbouloupoulos's show has seen many changes over the years, more recently in moving to prime time. Part of his success has been his ability to interview and he has consistently produced interviews from moguls of media like Barbara Wal-

ters, Oprah and Don Cherry, and show business stars like Michael J. Fox, Tom Cruise and Clint Eastwood. Stroumbouloupoulos gives celebrities, politicians, artists, authors and musicians a voice and helps them relate to an audience. He has been a leader and activist on many global issues and he is the first Canadian National Ambassador Against Hunger for the United Nations Food program. He even received the Queen's Diamond Jubilee Medal in recognition of his contribution to public life, and is one of three Canadians to be honoured by the World Economic Forum as a Young Global Leader in 2012.

Tickets will be available online at <http://samuspeakerseries.eventbrite.com> and students from other institutions (NAIT) will also be able to take advantage of student pricing. Be sure to get your tickets so you don't miss this opportunity. Join the SAMU Speaker Series with Stroumbouloupoulos on March 15, at 5 p.m. at MacEwan's City Centre Campus.

NAIT officially penny-less

By STEPHAN SUTCLIFFE

@stephansutclif

The death of the penny is only the beginning of cash's fall into obsolescence. Plastic rules our wallet and the only paper we seem to carry is the receipts from our debit and credit transactions. The reality of losing our nation's smallest denomination has hit NAIT and some students are frustrated by the rolling out of the school's penny-less policy.

Business at NAIT will not be accepting the penny any longer, and will round up or down to the nearest five-cent increment. There are several signs around campus at your favourite food destinations.

Losing the penny will no doubt help businesses, for no matter how little, every penny counts. Although it is only a small boost, rounding up on cash purchases will be counted as a

boost of cash in merchant's registers.

It's been a long time coming. The penny is near worthless, at least if you want to buy something. Maybe you keep a penny on you for luck, or you have a far greater idea for what a penny can be. Weightless, but the penny meant something. The days when you could put together the exact amount of a purchase by adding a couple pennies were exhilarating, but that little circle of copper has found itself a new life.

The reusable art community has found its own ways to utilize the penny. Being that it's no longer currency, it may now be reformed and transformed in entirely new ways. For those unaware, it is 'illegal' to deface Canadian currency. But no longer being currency, the penny has become an



inspiration to many art sculptors. Melting the coin gives you an alloy free to be shaped into any artist's desired form. Don't have an oven capable of melting coins? Not a problem, that glue gun you bought in junior high will finally come in handy again. In other words, don't cash in your pennies for a couple dollars, because only weird people have a large enough coin collection to make giving your pennies to a financial institute worth it. Instead, get creative and

shape something out of your imagination. Who knew that losing such a small piece of our society could affect it so much? Maybe we'll regret not picking that penny we saw on the ground, all those times we calculated the work it would take, and if it was worth it. Turns out our government felt the same.

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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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.

The resurrection of 118 Avenue

By JOSH YAWORSKI

As our city ages, communities fall in and out of favour. Stores move in and out. Neighbourhoods change into new and different demographics and, as a consequence, crime may enter a community in ways it never had before. Many areas of Edmonton have seen themselves fall into crime and disrepair but some are putting up a fight.

Nearly five years ago, the Community Empowerment Team stumbled onto a very real representation of the fall of the 118 Avenue. A 12-year-old child walked into a grocery store and purchased a machete from a display featuring hundreds more, laying alongside crack pipes and other paraphernalia.

From that moment, We Believe in 118 has stood up to the crime that attempted to steal the neighbourhood and has forced it out. The neighbourhood once was host to six businesses that carried these dangerous items and now there is only one, after four ceased sales and one was forced to shut down entirely.

NAIT student Matt Ayache has watched the neighbourhood slowly push back its past, and tells the *Nugget*: "I like it. I think it's become



Photo by Tyler Frith

Signs of community awareness are visible all over the 118 Avenue area.

ing a nice neighbourhood where I look forward to take summer drives and visit the festival. The window posters are a great reminder that people are looking out for this community".

NAIT alumnus Rania agrees, confessing that it's "a beautiful, evolving neighbourhood, where a great deal of good work is being done.

But it hasn't come all the way around. I'm still scared there sometimes".

This inspirational action has been witnessed by people throughout our city. Petrolia Mall and its surrounding community were once bustling with commerce and potential. But since then the mall, and by extension the community, have fallen.

Safeway's legal leavings have barred the existence of any grocery stores in that lot for the foreseeable future and Giant Tiger's recent departure left the mall without any anchor store. It was inevitable that those remaining businesses swiftly fall into disrepair. But, as Esther Link of the Royal Gardens Com-

munity League told the *Edmonton Journal*, "Rather than sitting around grumbling and complaining, let's attempt to get a voice at the table."

Esther and many other concerned citizens are now taking action to reclaim Petrolia Mall, planning the redevelopment of the area themselves, intending to sell the plan to the land owners.

It is moments of strife when man sees its full potential. We now we see the areas of our fine city once downtrodden resurrected and held aloft as symbols for the ever expanding hope that is our civilization.

Beer leagues dry

By LUCAS ANDERS

The city of Edmonton has decided to crack down on post-game hockey team beers, finally enforcing their no alcohol policy for public facilities. The city has rolled out a newer, stricter policy and has since sent out a memo to teams and leagues that the policy will be enforced.

"We certainly increased awareness of our users and have seen a change of behaviour as result of this increase in education," said Arena Operations Supervisor Teresa Miller-Grayston.

Canada is well known for our love of beer and sports. They go together, ingrained in the fabric of our culture. The World Junior Hockey Tournament took place in North Dakota, close to the border of Canada, and many Canadians crossed the border to take part in the games.

The host arena ran out of beer, unfamiliar with the appetites of WJHT fans and participants alike, forcing them to scramble to restock. This drinking culture extends even into the players' domain, with post game beers common amongst athletes of many sports.

Miller-Grayston doesn't attribute the city's campaign to any one incident. The city merely set out to educate the public that this is not an acceptable practice in its facilities.

The city will enforce this with random checks from both police and bylaw officers. A team in the Alberta Men's Hockey League was recently suspended for their post-game celebrations.

Alberta Men's Hockey league President Reinier Groeneveld spoke to the issue.

"We visited each team's dressing room at the first game of each team's season to let them know what the alcohol policy was and what the possible potential consequences could be if they were found to have been consuming alcohol at the arenas," he said.

"Each team was warned."

Groeneveld has taken steps to prevent teams from consuming post-game alcohol and spoke with the city on ways to prevent future issues.

Teams are not impressed with the crack-down on alcohol in the dressing rooms.

"It's a social thing we're missing out on," said hockey player Rob Nessel. "We used to sit as a team and discuss the game, have a beer and bond and we can't do that anymore."

Although all officials believe there has been a change in behaviour, there is still speculation that teams are consuming alcohol after games.

City worker Braeden Holmstrom has seen a change but isn't convinced that all teams have kicked the habit.

"Whether it's been because teams have been taking their cans and things like that with them or that their just not drinking were not sure," said Holmstrom, "but there has been a lot less incidents within the city for that."

The city believes they have seen a change, but, as with any subculture, there will always be room for those who break the rules. Beer will always be a part of Canadian culture, and teams will most likely continue with the post game ritual of beers. They just might have to take it to the local pub.



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Point counter Point Chewing on fluoride



JOSH YAWORSKI
Assistant Issues Editor

We are told that there was once a dark era in dentistry; that we once battled cavities and tooth decay weaponless, hoping only for help from the great nanny state, screaming “please, take care of me, because I cannot take care of myself or make medicinal decisions and bestow consent.” And then from on high the golden gods of politics plugged in the fluoride jug and we were saved.

But I don’t remember asking for the fluoride. I asked my parents if they did and their parents, but no one can remember being asked if they wanted to be exposed to fluoride. When I walked through Kingsway Garden Mall, terrifying patrons by lumbering up to them and asking for a comment, no-one could remember hearing anything or of a public discussion of any sort into fluoride.

Without any public inquiry, without any consent, fluoride found its way into our bodies. But what did we know about it then? And what do we know about it now? The NAS, National Academy of Sciences, have been America’s foremost leader in science since they were established under President Lincoln. At the request of the public, they investigated the possibility that the national maximum 4 mg/L maximum is too much. And as it turns out, it’s way too much.

Levels as high as the maximum of 4 mg/L can cause dental fluorosis, a relatively minor cosmetic malady. But those levels in at-risk age groups (i.e. the old and young) can lead to bone fractures and stiffness, Alzheimer’s, lowered IQ, and may even alter hormone behaviours throughout the body. And that’s at levels some United States cities maintain.

Consent needed

The last time chemicals this dangerous were mass released to the public in an unknowing and unwilling fashion such as this, a code of ethics were convened to prevent it ever happening again. The code was the Nuremberg Code, and it was created in the aftermath of the Nazi experimentation on their prisoners. First on the Nuremberg Code’s list of concerns, and the most applicable to this discussion, is the requirement that patients consent be received before any experimentation or medication occurs. It requires that all participants be aware of all risks and that all be able to give consent. Moreover, all experimentation and medication must occur under the supervision of qualified medical professionals. None of these requirements are met in fluoridated drinking water.

It’s as simple as rights. As people we have the right to determine for ourselves what medications and experimentations are enacted upon us. And this willing transgression brings to light a startling truth: if the government is willing to withdraw our rights for an issue as minuscule as cosmetics, what will they do to say, stop a revolution?

Makes us passive?

There exists a theory that there is another reason we are consistently exposed to fluoride in the amounts we take in: it makes us passive. Based on absolutely no scientific data (which is, they claim, because the government is suppressing the data), these people believe the fluoride is in amounts capable of placating the population, and altering brain behavior. They also believe it makes us more susceptible to brainwashing and subliminal messaging. And that isn’t something we want. Particularly since no tinfoil hat can protect us from something already inside our bodies.

Poisoning. Human rights violations. Mind control. And all for our teeth. Fluoride is a step too far in the direction of a controlling, medicating and monitoring nanny state. This must not be allowed to continue, as it is the representation of a potential for an irrevocable breach of all peoples security at the whim of our governing parties.



By **CHRIS FIGLIUZZI**

We find ourselves in a period where the government can do no right in some peoples eyes. Josh is one of the people who firmly believe that. No matter what is going on there is always some ulterior motive behind the action, no truth is ever revealed.

The latest thing to come under their microscope is fluoride in our drinking water. During the late 1940s and ’50s, at the height of the “Red Scare,” when many right wing activists would argue that adding fluoride to the water was part of an attempt to turn the U.S. into a socialist or, worse still, a communist country. Why they thought trying to prevent tooth decay would lead to socialism or communism I am not sure, to me it seems more like they were trying to prevent the U.S. from turning into jolly ol’ England ... get it? Cause they have bad teeth ... and fluoride helps prevent tooth decay ... ah, forget it.

This argument has long since fallen to the way side, at least for rational people, though many now claim that adding fluoride to water is a direct violation of the Nuremberg Code. For those of you that don’t know, a group that included myself until now, the Nuremberg Code is a set of 10 principles for human experimentation that was set in place as a result of the Nuremberg Trials following the Second World War.

Far from an experiment

Of these 10 principles it is No. 1, “The voluntary consent of the human subject is absolutely essential,” that many see as being violated by the addition of fluoride. They feel that since it is, in their opinion, impossible to get consent from every person that consumes the water it is in direct violation of the Nuremberg Code.

That being said, though the use of fluoride in water is far from an experiment and has been conclusively proven in a number of studies to reduce tooth decay leading to cavities, missing, and filled in teeth. As one fellow I talk to who I’ll simply call Vern, put it, “I moved here in the ’70s and have been drinking the water ever since. The fact that I still have all my own teeth should be evidence enough that it works.”

Furthermore, we as a society expect our government to act within our best interest by working to prevent any reasonable threat to our safety, health, or general wellbeing. By adding the fluoride, the government is acting to improve the health of our mouth and thus our quality of life. Can you imagine having to live with teeth like Austin Powers?

Best offence a good defence

Another point of contention is the money put towards adding fluoride to our water, money that many feel could, and should, be better spent on health care, infrastructure or education. Now, while I understand their argument, and am far more likely to listen to their non-conspiratorial ideas, I have to disagree with them. It has been said time and time again that the best offence is a good defence, and fluoride is providing us with an excellent defence against tooth decay. By providing this defence against tooth decay we are also preventing an incalculable cost to our health care system, not only monetarily but also in terms of time.

The government has implemented and maintained something that everyone is always asking them to do ... a successful program. By adding fluoride, tooth decay has nearly been eliminated in our society and yet still we complain about our government for doing this. I talked last week about how those of us in Western society have lost touch, this is yet another example of that. How can anyone be anything but thrilled that our government has put in place a program to make us healthier? Fluoride is here to stay, folks, and if you don’t like it, maybe it’s time to throw on some Austin Powers and ask yourself if the alternative is really worth it.



Photo by Tyler Frith

WHAT'S GOING ON AROUND CAMPUS

WHO LAT2013
WHAT Valentine Flower Sale
WHEN February 13/14; 11:00am – 4:00pm
WHERE Annex, Common Market, HP Centre main floor

WHO AHT2014
WHAT Bake Sale
WHEN February 14; 7:30am – 1:30pm
WHERE NAITSA (Room E131 main campus) and "E" wing main floor near staircase to pedway

WHO Bakers Club
WHAT Valentine's Bake Sale
WHEN February 14; 10:30am – 1:30pm
WHERE South Lobby (main Campus)

WHO Muslim Students Association
WHAT Islamic Awareness Booth
WHEN February 25 - 12:00pm – 1:00pm;
 February 28 – 8:00am – 3:00pm
WHERE HP Centre 1st floor; South Lobby

CAMPUS CLUBS NEWS

February 18-22 Clubs Centre Closed



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 There is everything from "program specific" clubs to outdoors, gaming, business, sports, personal improvement, faith based, book, and movie clubs!
 Check out NAITSA.ca for a list of all the cool clubs around campus.

NEW PILOT PROGRAM
 Campus Clubs is excited to be partnering with NAIT Athletics to run a pilot program for sports and fitness clubs. This partnership will make it easier for NAITSA clubs to benefit from the resources available through NAIT Athletics, such as booking studio space and coaching. It has never been easier to start a recreational sports club.
 For more information feel free to drop into the Campus Clubs Centre in E-131.

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OPINION

— Editorial —

Dino soars at museum



NICOLE MURPHY
Editor-In-Chief
@NicoleMurphySt

The Friends of the Royal Alberta Museum Society (FRAMS) have donated a replica Allosaurus dinosaur head to the Discovery Room at The Royal Alberta Museum.

The Discovery Room is a room for children from kindergarten to Grade 2. The room founded in 2009 focuses on an interactive learning style. Unlike traditional museum environments, children are encouraged to touch everything in the room.

"Ideally, you would love students to be able to touch and feel every single object in this museum, that would be ideal but obviously with things that are fragile or millions of years old you know you just don't want to chance it," said Peggi Ferguson-Pell, president of FRAMS.

Lived one million years ago

The Allosaurus lived millions of years ago and the name means "different lizard." It was one of the largest land carnivores. Looking at the replicated dinosaur head takes you back to a time that humans can only imagine.

The Allosaurus head is the a great way for kids to become connected to the past in a modern and fun way. The dinosaur head is set up at a station in the Discovery Room where children can admire the sharp teeth and put there hands through the bone cavities. No longer is there a rope with sign that says "NO TOUCHING." Instead, children get up close and personal with the Jurassic creature.

When children first interacted with the Allosaurus head it sparked tons of questions in their minds. Ferguson-Pell remembers "one little boy said 'where's his tonsils' that is the sort of questions children ask because they're here touching and thinking did he have a tongue? It fires their imagination to be looking through here (dinosaur head), another little boy said, OK, so the walnut brain it was probably here."

Harsh beauty

The harsh beauty of the Allosaurus head was impossible to resist. My first reaction to the bony head with sharp teeth was to touch it, even as an adult.

Understanding history and where we come from as Albertans is very important.

"Alberta is so rich in history, in a lot of ways it is dinosaur central, how exciting is that, and if you know about your past, if you know about your natural history, then I believe you will respect the environment," said Ferguson-Pell.

Around 35,000 to 40,000 students visit the museum each year. Nine thousand of those young kids visiting the Discovery Room learn about the excitement of the past that will shape their future.

FRAMS continues to be a major sponsor of the Discovery Room, creating a fun interactive learning environment for children.

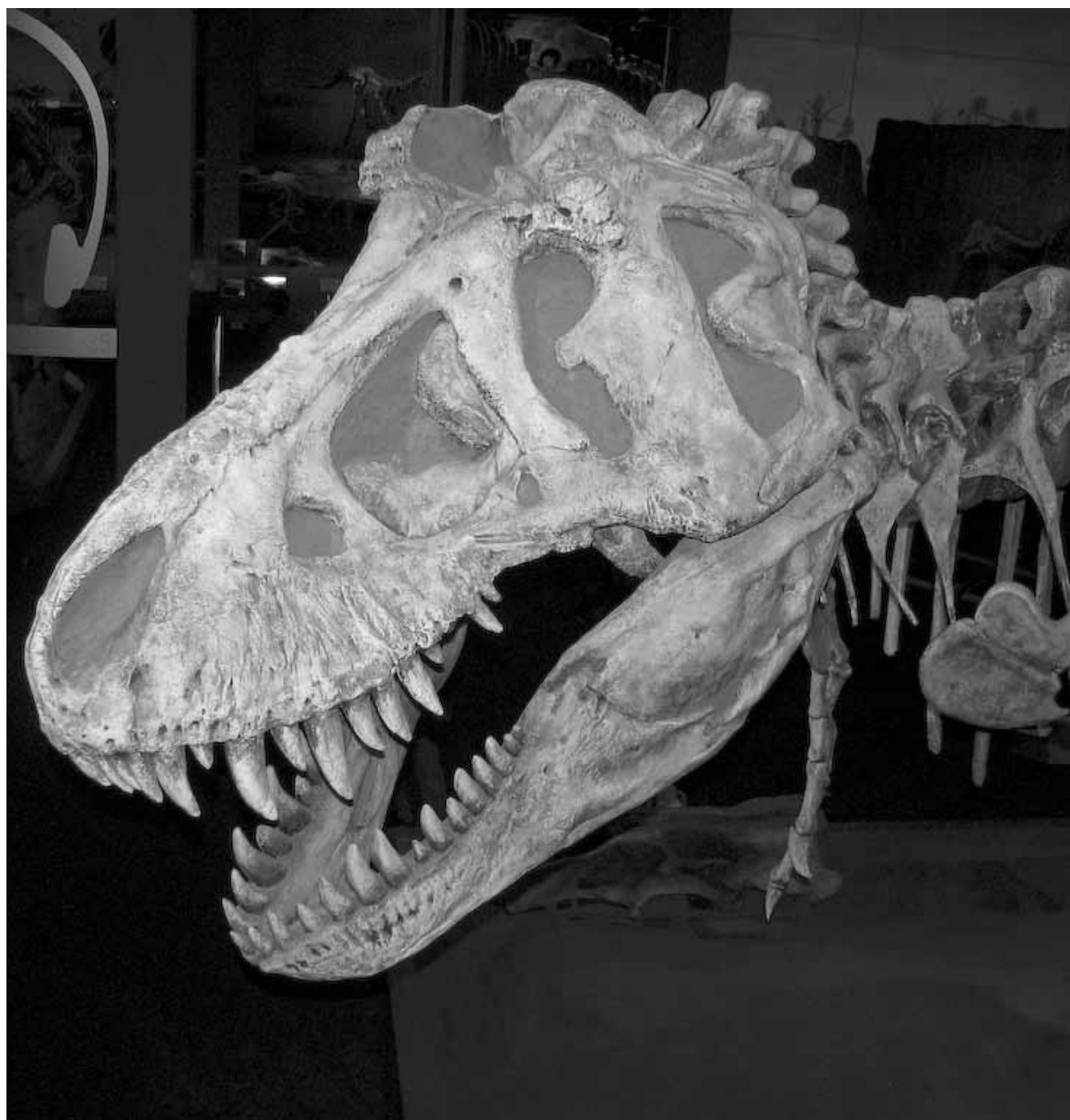
FRAMS also operates the Go! Program which allows for free admission to the museum for Albertans who may other-

wise not get the opportunity. They also support an Aboriginal internship program in museology and interacts with the community.

Peggi Ferguson-Pell seemed excited about the gifts they are able to give the Royal Alberta Museum and the future improve-

ments that can be made.

It is easy to support the Friends of the Royal Alberta Museum Society is easy by visiting <http://www.framsociety.ca>. Memberships starting at \$20 allow you to have certain perks other members of the community do not.



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Allosaurus



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SPORTS

Love is just another game



LAUREN FINK
Sports Editor
@laurenfink_

Fun Fact: Superstition says that on Valentine's Day, the first guy or girl's name you read in the paper, or hear on the TV or radio will be the name of the person you will marry ...

Just sayin'.

Valentine's Day isn't exactly a Sports topic, I know, but, as Chris Figliuzzi tells me, "Love is a contact sport."

Figliuzzi is right. Love is a contact sport. We put ourselves on the line in love; either triumphing or forfeiting, just like when we play our favourite sport.

We either celebrate our successes or we bemoan our losses. We walk onto the playing field with our best game and hope we can walk away with a win, but as we all know, sometimes in sports or love, we don't. Just like hockey, soccer or other contact sports, we hope passion will spark the first time we play, but as some know, it

doesn't. Just like love.

And that's how you justify a Valentine's Day article in a sports section.

"I love love," says Nicole Barber, a Hospitality Management student who plans on enjoying fondue with her fiancé this Valentine's Day.

Barber is one of the lucky 61.8 per cent of people who will celebrate the holiday. She may also be among the people who spend on average \$116.21 on someone else, and will add to the 85 per cent of women who buy Valentine's Day cards, making her fiancé a recipient of one of the 180 million Valentine's Day Cards sold annually. Barber's fiancé may also contribute to the 73 per cent of men who buy flowers, possibly 12 out of the 196 million roses produced for Valentine's Day alone.

"I like Valentine's Day because it's a sweet, pink, sugary holiday. This is the one time of year that everything turns pink, red, with hearts," Barber adds.

On the opposite side of the spectrum is Gillian Wilson, a Business student who also is engaged.

"It's forced, I like to be surprised when I get a gift of love," Gillian said. "You should be showing your partner you love them every day, not just on a specific day. A big pink heart and purple gor-

illa don't tell me you love me."

Wilson and her fiancé haven't made any plans for the evening.

"If we do anything, it will be a happenstance that it's Valentine's Day."

Let's hope for their sake they stay clear of restaurants and movie theaters.

Tonight, (Feb. 14) many of you will get all dolled up, wearing your hearts on your sleeves

like Barber, going to a fancy restaurant with a stomach full of butterflies to enjoy the night with your sweetheart.

Others will go about their day like Wilson, as if it were a regular Thursday. Some will spend the night with friends or family at home (or alone,) and the rest?

The rest will be getting all dressed up and heading to their favourite bar to forget about their relationship status and enjoy the night with friends or to pick up their mr./ms. Right-Now (Just keep this in mind ... 11,000 babies are conceived on Valentine's Day alone.)

If you are trying to pick up a "special someone," I've done the leg work for you and picked out a few pickup lines for you to try out tonight:

Does he/she have amazing eyes?

"Excuse me, I think you have something in your eye. Oh wait, it's just a sparkle."

If either of you are into aviation:

"Is there an airport nearby or is that just my heart taking off?"

Does she/he look lost?:

Are you lost ma'am [sir]? Because heaven is a long way from here.

If they question your sobriety:

I'm not drunk, I'm just intoxicated by you.

If you haven't been hitting the gym lately:

This isn't a beer belly, it's a fuel tank for a love machine.

Unoriginal? Stick with these classics:

Was that an earthquake, or did you just rock my world? If you were a booger, I'd pick you.

Can I have directions? [To where?] Your heart.

Do you have a Band-aid? I just scraped my knee falling for you.

Did it hurt? [Did what hurt?] When you fell from heaven? With a face like that, you must be an angel.

And, if those don't work, just say:

"Hey, do you want to make out?"

Hopefully, those work. If not, just be yourself! And, remember, no matter what your relationship status on Facebook says, just have a great day. Surround yourself with the people who matter most, those you love and enjoy life.

(Make sure to check out Barber and Wilson on the NAITSA website Feb. 25 for the voting launch of NAITSA's Next Top Model. But, remember, they're taken.)



VOLLEYBALL

Women in playoffs

By LAUREN FINK
Sports Editor

The women's and men's volleyball teams were back at it this past weekend, facing King's University College both Friday and Saturday and the Keyano Huskies on Sunday.

Friday's away game saw the women set up a win against King's College taking three out of the five sets the teams played. King's started off strong, winning the first set 25-18. However, the Oaks quickly fought back, winning the next two sets 25-19 and 25-20. Their opponents weren't going to let the Oaks bump them out of the game just quite yet, as they took the fourth set 25-13. The fifth set saw the Oaks obtain the third and final win they needed to come back home with a victory.

Saturday saw the Oaks at home once again facing King's College, where they hoped to continue their winning streak. Unfortunately the home court advantage wasn't enough, as they fell to King's, winning only one of the four sets played. King's arrived to the NAIT gym ready to play, as

they took the first two sets 25-21, and 25-19. The Oaks fought back winning the third set, 25-16. Unfortunately it wasn't enough as the fourth and final set ended in the King's court with a score of 25-22.

"The games were a roller coaster and the team who made the least amount of errors dominated each set," said backup setter Alison Mullock about the games against King's.

Mullock added: "Saturday, we did not come out to play. We usually win the Friday night game and come up short on Saturdays. I hope we can change this up for provincials that are approaching."

Sunday saw an easy win for the women, as they faced the Keyano Huskies. They took the game, in an easy three set sweep, 25-9, 25-7 and 25-14.

The women will advance to the ACAC championships which are held Feb. 21-23 at Red Deer College. We wish the women the best of luck!

Friday saw the Oaks men's volleyball team take on King's College as well, and unlike the women, the men weren't as lucky on Friday. The Oaks

won the first set 25-18, but fell short for the following three 25-17, 25-11, 25-20, allowing King's to walk away with the win.

Saturday the Oaks were back at home, and hoping to win in front of the home crowd. The Oaks took the first two sets in close matches 25-21 and 25-20. However, in the third set King's would fight back, making it a 27-25 nail-bitter in their favour. The men bounced back and took it to King's, taking the fourth and final set 25-17.

The men hoped their home court advantage would allow them to keep their winning streak as they faced the Keyano Huskies on Sunday. However, it unfortunately did not. The first set was a battle as the Oaks and Huskies fought hard, but it was ultimately the Huskies who would win it 29-27. NAIT kept fighting regardless, and the second and third sets were close games between the two. The Huskies, however, took them both 25-21 and 25-22.

Sunday's game was the last of the season and unfortunately the men will not advance to the ACAC playoffs.



Photo by Chad Steeves

NAIT Ook Sarah Watson jumps to make a kill against King's College Saturday at NAIT gym. The women lost the game 3-1.

WOMEN'S HOCKEY

Weekend sweep of Red Deer

By CECILE NOVEL

The women's hockey team showed once again why they are strong contenders for the ACAC banner, as they won both of their games this weekend against the Red Deer College Queens. The Oaks travelled south to Red Deer on Thursday where they forced the game into overtime and won 3-2, afterwards heading home to snatch a 6-3 win and climb to the top of the league standings.

"There were some moments where we witnessed a championship team. The finals will require more of that on a consistent basis," said head coach Deanna Iwanicka of her team's performance this weekend.

A little sloppy

It was the Oaks' first game in almost three weeks, and you could tell as they started off a little sloppy. There were not many shots allowed by either side. This period saw lots of penalties called by the referee as physical battles turned aggressive at times. The Queens opened the scoring in the first 10 minutes with a power play goal after a tripping call on NAIT. The Oaks then countered late in the period with a goal by Renata Mastná, a first-year talent from Třebíč, Czech Republic.

The second period turned out to be more physical than the first, with most battles for the puck split evenly between the two teams and the play going back and forth. In the last minute, RDC turned a fumble on their blue line into a two-on-one at the other end, capitalizing on the opportunity to take the lead and make the score 2-1.

Did not back down

The Oaks did not back down easily, however, as they went into the third period high on energy and looking to tie up the game. At the halfway mark of the third period, Jill Mathieson blew a shot by the Red Deer goaltender, which forced the game into overtime. The stage was set for scoring leader Sherri



Photo by Chad Steeves

NAIT Ook forward Taryn McCormick chips the puck ahead to elude a Red Deer player during a game at NAIT arena on Saturday. The Oaks won the contest 6-3, completing a weekend sweep against the Queens.

Bowles, as she found the back of the net early in the overtime frame.

Saturday saw the Oaks playing in front of their home crowd in yet another very physical game, where they came out with a 6-3 victory to guarantee them a playoff spot. NAIT came out strong and scored early with a goal from Bowles that was assisted by McCormick from a two on one. The Queens showed signs of life as they responded

quickly, scoring only a minute later. The second period saw the goal light up four times in total, the first two scored by NAIT in the first half of the period, followed by another quick response from RDC to make the score 3-2, before captain Danni Brown added another goal to the lead after a selfless pass from McCormick across the crease allowed the Oaks some breathing room.

The third period saw the Oaks find the net

two more times, before RDC saw the puck hit the net after a scramble. NAIT held on to the lead as the final whistle blew, marking their 12th win of the season.

The Oaks will play their last home game of the regular season against the MacEwan Griffins on Feb. 15, which will also serve as the Ook's Hockey Breast Cancer Awareness Game, before playing their last game of the season on Saturday the 16th.

Spare your noggin a floggin'

By SPENCER VAN DYK

The Fulcrum (University of Ottawa)

OTTAWA (CUP) – The risk of concussion is a reality that comes along with many types of sports. By the time athletes reach the university sport level, many of them will have experienced a concussion or several. Dr. Blaine Hoshizaki, a professor at the University of Ottawa, specializes in this type of head injury and is studying concussions and the risk factors in specific sports. Concussions may seem like a common occurrence, especially within the sports realm, but the damage they can do to your brain is serious.

"The brain is relatively soft," said Hoshizaki.

"What happens is it actually gets sheared. It's like Jell-O. If you try to compress it, it won't compress, but if you shear it, that's what a concussion is. That's what people don't realize, is that the brain is mostly liquid and jelly-like, so it resists compression very well, but shearing it can't resist. The brain only has to

move three to five millimetres and that's the damage. The brain is very robust, but if you hit it hard enough, it damages the tissue and can interfere with the physiology."

Athletes, especially those who have grown up in the culture of contact sports, are generally familiar with concussions and the risks of head injuries. One such group of athletes is the University of Ottawa women's hockey team.

"These players have been playing for 15 or more years, so they're aware of those dangers," said hockey coach Yanick Evola. "We just try to talk to them and give them a couple of exercises here and there to help prevent [concussions]. It happens quite a bit. With the girls getting better and better, hitting harder shots and skating faster, they're at a higher risk, unfortunately. It happened last year and it happened this year; it's a pretty frequent thing."

According to Hoshizaki, there are two types of injury that could cause concussions: rotational and linear dynamic head injuries. These types of injuries cause different stresses

and damage to the brain. A rotational dynamic head injury occurs in a situation like being punched in the jaw. Hoshizaki explained that getting hit in the jaw or on the chin can create high angular acceleration, which could knock you out. Alternately, falling and hitting your head, causing it to stop suddenly, is considered a linear dynamic head injury. The consequences of these two types of injuries are comparable, but affect different parts of the brain in different ways.

"What we do primarily is try to understand the mechanisms of concussions and relate the event to the risk of injury," said Hoshizaki. "If someone has a concussion, we can then recreate the injury to understand how the brain tissue is affected from that particular accident."

Samantha Delenardo, a former forward for the Gee-Gees women's hockey team, said she has experienced three concussions that she can remember.

"My first one was in junior [hockey] before coming to U of O. That was a pretty

bad one; I was out for about a month," she said. "Immediately after I got hit, I forgot the score of the game. I knew where I was, but mostly forgot important details. Since then, I've been more susceptible to them. I received my second one in third year – I took a slap shot to the side of the head ... In my last year playing for the Gee-Gees, I got one at practice. I hit a teammate, and she's a lot heavier than me, so I got the worst of it. I don't remember much from it. I was benched for about a month and a half."

Hoshizaki said the treatment of concussions and other head injuries depends not only on the circumstances, but on the brain itself and that side effects and consequences of these types of injuries are unpredictable.

"In some cases, people can fall down and get right back up," said Hoshizaki. "In other cases, they can get knocked out. That is partly because of the parts of the brain that are involved and the effect, so it's quite unpredictable."

BADMINTON

Highly touted Oaks off to nats

By KYLE HARRIS
Assistant Sports Editor

Twitter @TheHarrisShow20

Call the airline company, and book the tickets. NAIT's badminton team is off to the CCAA national tournament in Barrie, Ontario. The Oaks will have seven players represent the school at the big dance with players in men's singles, men's doubles, women's doubles and mixed doubles.

Looking back at last year's national tournament, the Oaks hit the podium in three different divisions in Kamloops, British Columbia, and are hoping to do the same in Barrie.

The Oaks went into the ACAC Championships and National Qualifier this past weekend here at NAIT and did not disappoint the home crowd, winning four out of the five events.

The defending national champion for men's singles, Dan Kai, will be making his presence felt once again as he will attempt to be the first player in CCAA history to win five national championships after his victory this weekend.

Kai's teammates, veteran Jason Chou and first-year Andy Ko took the men's doubles, making it Chou's third consecutive provincial title and Ko's first. They too will be taking a run at national supremacy.

Ellexis Lathan and Renee Au won the women's doubles division in an exciting game against Concordia's Sam Wong and Lindsay Ross Saturday, and will be gearing up to repeat NAIT's national success last year with another gold.

Mixed doubles Jessica Yu and Lei Chen will also be looking to bring home gold in the division, where last year saw the Oaks bring home a silver.

The NAIT badminton team was ranked third in the latest CCAA national rankings (Jan. 29), and the highest in the ACAC, where they are four spots above city rival Concordia Thunder, and only behind the Humber Hawks and the Douglas Royals nationally.

Head coach Jordan Richey was obviously thrilled with this weekend's results saying,

"The team played great. They were the favourite going in but

they had to deliver and they did just that. Our players heading to the nationals are a great combination of experienced veterans and talented first year players so it should be exciting."

Richey will be a busy man preparing the team for nationals, but being a former ACAC standout and last year nominee for the nation's badminton college coach of the year, he shouldn't have an issue gearing the team up for the tournament. While under the 'Richey Regime' the Oaks have seen nothing but success, having

won nine national championships.

The tournament in Barrie will begin on Feb. 28 and end with championship games on March 2.

We'd like to congratulate all the athletes who played on the badminton team this year, and wish all the best to those representing our school at Nationals.

Next year NAIT will host the 2014 CCAA national championship.



Supplied photo

Badminton team members going to Nationals are: left, Jessica Yu, Lei Chen, Dan Kai, Renee Au, Ellexis Lathan, Andy Ko, Jason Chou and coach Jordan Richey.

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MEN'S HOCKEY

SAIT is tough competition

By STEPHAN SUTCLIFFE

@stephansutclif

Sneaking up the ACAC standings as if they ride a Trojan horse themselves, the SAIT men's hockey team has gotten hot at the right time. Coming into the weekend, the Oaks sat four points up on their technology institute rivals from Cowtown. NAIT Oaks forward Kyle Harris spoke about the importance of the games heading into the weekend.

"Depending on the weekend's outcome (two Trojan wins in regulation) we could be tied atop the ACAC."

Behind early

The Trojans rolled into Edmonton on Friday to face off against the Oaks at the NAIT Arena.

An early goal from SAIT on a tipped shot from a Trojan blueliner had the Oaks behind early, but getting the puck on net and causing sustained pressure turned the momentum in NAIT's favour. The Oaks Michael Piluso's heroic individual effort, splitting two Trojan defenders and jumping between them with the puck tied the game at one a piece. A short-handed goal from Blaine Bokenfohr gave NAIT a 2-1 lead exiting the first.

Momentum from the first and SAIT's parade to the penalty box had the Oaks applying almost endless pressure on SAIT goalie Michael Tadjdeh. The Trojans' four penalties in the period couldn't go unpunished and, finally breaking through on the power play, Oak Harris batted the puck out of the air to establish a two-goal NAIT lead.

One-timer

But, before the clock could wind down on the second period, SAIT went on a power play of their own and Clinton Pettapiece made no mistake on a cross-ice pass, one-timing it into the net. NAIT led in shots by 11 after two and on the scoreboard 3-2, and the two rivals played a hard fought game that wasn't without its antics after the whistle. A player from each institute was penalized 10 minutes at the end of the second for misconduct.

SAIT goalie Tadjdeh's save off an Oaks two-on-one caused a shift in momentum and two NAIT penalties didn't help the cause as the Trojans capitalized on a five-on-three power play opportunity. Pressure on the Trojans late couldn't get the Oaks a go-ahead goal leav-



Photo by Kevin Tuong

NAIT Oaks left-winger Jordan Draper goes horizontal as he chases the puck during a game against the SAIT Trojans Friday night at NAIT arena. The Oaks lost the game 4-3 in overtime.

ing the game tied 3-3 after regulation. NAIT's momentum once again carried over into overtime but failing to find the back of the net on their chances proved costly after a breakdown in the offensive zone left Oak Tyler French the last man back. French had the puck poked past him and the Trojans made no mistake, capitalizing on the odd man rush for the win. However, the Oaks did pick up an important point in the game.

Down the QE2 for the rematch, the Oaks hoped for a better start. Down a man early in the game for interference, the Oaks fell behind on a Trojan power play goal just minutes into the game.

The frustration from the goal got the Oaks a bench minor penalty, putting the Trojans on the power play again. Making no mistake, Garrett Watson scored his, and his team's, second goal of the game. Leading in shots, the Oaks no doubt had their chances but couldn't find the back of the net.

Continuing to outshoot SAIT in the second, NAIT played well in front of goalie Kris Moore, getting the start in his hometown of Calgary. Three power plays in the period gave the Oaks opportunity to come back but the goals didn't materialize. An early third period goal chipped away at the Trojans two-goal lead,

and pulling goalie Kris Moore with a minute remaining was NAIT's final last ditch effort to overcome the deficit. But the one goal would be as close as they'd come, falling to the SAIT Trojans 2-1.

Facing a SAIT team riding up the ACAC standings proved a litmus test for the Oaks. An overtime point collected on Friday proved to be important as it allowed NAIT to remain looking down from their perch atop on the ACAC. A late season test and defeat could be the best thing for NAIT men's hockey team as playoffs sit right around the corner.

Keep the faith with your team

By BRONTE JAMES

The Brunswickan
(University of New Brunswick)

FREDERICTON (CUP) – You turn the channel to Sports Centre, The Sports Network (TSN), or *Hockey Night in Canada*, and you see those colours you cheer for every game, and the players' names typed out perfectly on the back of the jersey; but, are you cheering for that name, or for the shirt it's printed on?

I am an avid follower of the Toronto Maple Leafs – I know a few readers will laugh at my choice, but hey, I'm an optimist – and I have my favourite players on the team, such as James Reimer or Mikhail

Grabovski, but I cheer for the team collectively. When a player gets traded to another team, it's not as though I instantaneously hate them for betraying the team, or at the same time stop following a team because of a single player trade.

Instead, I continue cheering on my team because it is not made up of one single person but rather what each athlete has to bring to the table.

The maple leaf stitched on the front of the blue and white jersey, worn since 1917, is symbolic of all the players over the course of 96 years. As a fan of the Leafs, I have had my fair share of being let down. I mean, I wasn't even alive the last time they

won the Stanley Cup, but with my optimistic attitude I continue to turn on *Hockey Night in Canada* every time they play, and hope they will take a victory. Each player has their strengths, yes, but without all the players together, it would just be really tall and bearded guys skating around without an end goal.

Sure, you can have favourite players on a team, but what about the others players to whom you don't necessarily give as much attention? They are working just as hard and are an integral part of the team. Without them, your favourite player would have no one to pass to or assist in goals or keep the puck away from his net.

So, the next time you stop watching or following a team, for example, the Canucks, because Roberto Luongo has been traded, just remember, you loved him as a Canuck and can't turn your back on the team that allowed him to become a great player. That's like not cheering on team Canada at the World Juniors or Olympics because your favourite player is on the US team. Would you do that? I didn't think so.

Keep that in mind next time you shy away from a team you were dedicated to for so many years.

The old adage, 'You win as a team and lose as a team,' is a cliché for a reason; it's true.

BASKETBALL

Women drop two to King's

By DEXTER WATTY

@DWattySports

The NAIT Oaks women's basketball team was back in action this weekend with a pair of games against the King's College Eagles. Charged with a tough matchup against the second-best team in the division, the Oaks came out Friday and played a well rounded game. This contest was a nail-biter, coming down to the final possessions for both teams and both put up a great fight, although the Eagles eventually came out on top 67-62. Josephine Peacock was the game's leading scorer with 18 points and Breanna Synowec earned Boston Pizza Player of the Game honours for the Oaks due to her late three-pointer that brought the Oaks to within one possession.

"If you saw my face, no, I didn't think it was going in. That was a prayer," Synowec said. "Most players had three or four fouls. We tried to get stops and get to the line."

Saturday's game didn't go the way the Oaks wanted either, with a final score of 67-75. Brie Gray was the leading scorer in the game, dropping 22 points. The Oaks fall to 13-7 as the Eagles climb to 17-2.

The men's basketball team went up against the King's College Eagles on the weekend as well and split the two games.

On Friday night the Oaks played at home against the Eagles although you wouldn't have been able to tell. There was no support for the boys in their own gym, as the crowd grew louder after every bucket made by the Eagles. The game was a close one that came down to a few buckets, and, without a doubt the Oaks would have benefited from a little more crowd support. This game came down to execution for both teams as the refs let the boys play through a little contact on both sides of the ball. Brock McMillan was the game's leading scorer with 15 points, and he hauled in 10 rebounds.

The Oaks came out on Saturday looking for revenge and got the result they wanted to boost their record to 9-10. The Oaks took a nine-point lead into halftime and never looked back. Matthieu Johnson was the game's leading scorer, finishing with 25 points and David Kohler chipped in with 22 points as well for the Oaks, dropping the Eagles to a dismal 6-12.

Both the men and women will play their final games of the regular season at home on Saturday, Feb. 8 against the Olds College Stampeders at 6 p.m. for the women and 8 p.m. for the men.

Come out and cheer your Oaks on to victory, admission is free for NAIT students!



Photo by Kelsey Somers

NAIT Oak Josephine Peacock goes in for a layup on Friday in the NAIT gym. Peacock was the leading scorer in the game with 18 points, but it wasn't enough as the Oaks lost to King's College 67-62.

Extreme Fitness Challenge wraps up



Photo by Chad Steeves

David Hanson climbs a wall.

By DAVID HANSON

Boxing

Early January, as I looked at all the posters for this Extreme Fitness challenge, there was one event that excited me the most, Boxing. By joining this challenge and going to Panther's Boxing gym, I got to relive all those childhood fantasies from watching Rocky to playing *Punch Out*. First impressions of the basement gym were promising. It had all different kinds of punching bags, workout equipment and an actual Boxing ring!

When I met the owner, Benny "The Jet" Swanson, he was panting. He told me that he personally spars 15 rounds with various students in his gym and that he is a former professional boxer!

With my partner Lucas Anders, Swanson taught us various punching techniques by hitting our partner's gloves. Anders and I stared into each other's eyes, turning from friends to bitter rivals. I was already drenched in sweat but that wasn't even the workout! We went to various stations practising what we just learned. After that we got back into pairs and did some more combos. Swanson would then tell us to stop and do either burpees or push-ups to his count. I now have a picture of the sweat angel I made on the ground. We finished off with some kicking combos, since Panthers also teaches Karate and Muay Thai. You would think that a boxing gym would be a hostile environment. Instead, Panthers was welcoming. Benny "The Jet" Swanson was friendly and cheerful, with tons of life lessons to impart. Even the other boxers were eager to stop what they were doing and help. So if you want a safe but legitimate place to learn self-defence and make friends along the way, I would highly recommend Panthers Boxing Gym.

Rock Climbing

Our last event, rock climbing, took place at Vertically Inclined. Every wall simulated the side of a mountain with various rock shaped handles and padded floors. The staff had to sit us down, outfit us with these skimpy little shoes and harnesses and teach us how not to fall to our deaths. Lucas Anders and I tried a few walls. One would climb while the other spotted from the ground. Once we'd overcome any fear of heights, the staff decide to make things interesting by introducing us to some challenges, like climbing a wall with a partner literally attached at the hip, following paths on the wall marked with tape, racing, climbing on the roof of a cave and using a rope only your arms. I was eager to attempt the rope, even though I weigh close to 200 pounds of fragile pride. By the end, my hands and forearms were so stiff that handshakes and doorknobs were difficult. The staff invited us to sign up for some of the many classes they offer, including an intensive 10-week course that will prepare you to climb any mountain. I don't know about a mountain but I wouldn't mind finally reaching the top of that accursed aqua climb wall!

It's been a rewarding month. I got to step outside my comfort zone, try new things and learn more about myself.

As for that \$50 reimbursement, I've decided to have dinner after all, but with the people who attempted this challenge with me. There's a special bond you make with the people that you struggle alongside with as you share in each other's trials and successes. I've learned that the human body is an amazing tool and there so many different ways to refine it.

To the people reading this, I recommend challenging yourself to try something new, make goals and see what your capable of (which is anything). Thank you for following me on my fitness journey.

Winning streak snapped at 10

By **KELSEY LYDYNUIK**
@kelseylydynuik

Hot off their 6-0 sweep of the Medicine Hat Tigers and eighth consecutive win, the Oil Kings continued on the road to Prince Albert, home of the Raiders for a Feb. 5 matchup.

This was the fourth time these two top teams would meet and Edmonton was still looking for a win. WHL goaltender of the month, Laurent Brossoit, got the start in net and the game remained scoreless through the first.

Early in the second, Mike Winther put the Raiders on the board 1-0. It wasn't until five minutes into the third the Oil Kings evened the score, with Mitch Moroz roofing a shot to tie it up.

Less than a minute later, Prince Albert's Leon Draisaitl capitalized on a rebound and gave the lead back to the Raiders. Shortly after, on the power play, Davis Vandane extended the Raiders' lead, leaving the Oil Kings trailing by two.

Michael St. Croix netted a power play goal to shorten Prince Albert's lead to one. Just over a minute later, Stephane Legault was able to find the back of the net to tie up the game and ultimately send it into overtime. Three and a half minutes into overtime, David Musil scored the game winner and gave the Oil Kings their first win over the Raiders this season and their ninth consecutive victory.

The Oil Kings were back at it that Thursday (Feb. 7) in Regina. Tristan Jarry got the start in net and Edmonton absolutely dominated the Pats. Goals from Henrik Samuelsson, Michael St. Croix, Martin Gernat, Dylan

Wruck, Keegan Lowe, TJ Foster and Moroz, with four of them scored on the power play, gave the Oil Kings a 7-0 win over the Pats. Jarry recorded his sixth shutout of the season and is tied with Mac Carruth of the Portland Winterhawks for most shutouts this season. In addition to that, Lowe's 13th goal set an Oil Kings record for most goals in a season by a defenceman.

Friday night was the Royal Rumble in Brandon, and where Jarry got back-to-back starts. Trevor Cheek opened the scoring and after back and forth play throughout the first and second periods, the Oil Kings dominated the Wheat Kings in the third. Edmonton walked away with a 6-2 win.

On Sunday (Feb. 10), the Oil Kings looked to notch their 11th consecutive win and end their roadie on a high note in Swift Current. Halfway through the first, Adam Lowry opened up scoring for the Broncos and they carried the one goal lead into the second, until Richard Nedomele extended it to two at the midway mark of the game. A power play goal from Wruck shortened Swift Current's lead to one until a power play goal from Lowry gave them back the two-goal lead. Despite many chances throughout the third, the Oil Kings were unable to capitalize and fell 3-0 to the Broncos.

The Oil Kings went 4-1 on the road and are back in action at home this Sunday, against the Victoria Royals for the last Sunday home game of the regular season.



Athlete Profile



Player: Kennedy Ilnicki
Sport: Volleyball
Position: Right Side
Program: Business

By **ALISON MULLOCK**

What made you start volleyball? – It runs in my family! All of my family members play volleyball, so it always felt right.

What does it mean to be an Ouk? – It means to respect your school, be a good athlete, attend and succeed in school and participate to the best of your ability 100 per cent of the time.

What was your most exciting moment as a volleyball player? – Definitely my first game in the ACAC when I went on and got a kill! Such a great moment and I will never forget it.

How many shoes do you own? – I'd say in total I have about 30 pairs of shoes.

What are your favourite shows to watch?

– Well I like to watch reality TV. I'm a pretty huge *Jersey Shore* and *Real World* fan.

Do you have any pre-game rituals? – I like to eat a lot before games, listen to loud music to get me pumped up and visualize what I will do when I go in.

Do you have a lucky number? – Yes, I do, No. 4, which I couldn't have this year because Jasmine Hemsing took it. I had it in soccer when I was younger and have carried it for the rest of my life.

Do you have a volleyball idol? – Destiny Hooker from the US National team. She is just amazing at everything she does, kind of like Sarah Watson.

Athletes of the week

February 4-10

Jillian Mathieson
Hockey



Jillian helped lead her NAIT Ooks women's hockey team to a pair of wins over the Red Deer College Queens on the weekend, vaulting the Ooks to top spot in the ACAC. Aside from tallying two goals and an assist in the two games, Jill was sound defensively and her veteran leadership was a calming influence with her teammates. Jillian was also a primary organizer in this upcoming weekend's Breast Cancer Awareness games. "Jill had an impactful weekend," said head coach Deanna Iwanicka. "The little things she is doing resulted in a couple of points for both her and the team." Jillian is a third-year Geomatics student from Spruce Grove.

Dan Kai
Badminton



In his final year, Dan Kai won his fifth provincial men's singles championship this past weekend, defeating Connor Reinson of Concordia in the final 21-8, 21-5. Kai was never challenged in the event and will now look to make history as he attempts to be the first player to win five CCAA Nationals men's singles championships. Dan and six of his teammates will compete at this year's CCAA Nationals hosted at Georgian College in Barrie, Ontario Feb. 28-March 2. "It will be exciting to see if DK can get his fifth title this year," said NAIT head coach Jordan Richey. "He is definitely the best player that NAIT has ever had and most likely the best player to ever play college badminton in Canada." Kai is a fifth-year Business student from Xi'an, China.

Athlete Profile



Player: Dante Borrelli
Sport: Hockey
Position: Centre
Program: Academic Upgrading

By **MORGAN BLACK**

When did you first become passionate about hockey? – Probably as soon as I strapped on my first pair of skates, when I was about four years old.

What has been your proudest moment playing for the Ooks so far? – The season we've strung out at this point. (20-1-1-1)

What do you feel is the biggest misconception about hockey? – How time consuming it is. All the work we put in in the off season, and during the season.

Now that the NHL is back, are you watching it as much as you used to? – Actually, I'm watching it more. I have to catch up on all the hockey I've missed.

Is there a certain hockey player that you admire? – Martin St Louis, No. 26 (Borrelli wears No. 26 for the Ooks) from the Tampa Bay Lightning. He's been my favourite hockey player since I can remember.

What do your other hobbies/interests include? – When I'm not playing hockey, I go snowboarding when I can and dirt biking. Working out regularly as well.

Hockey has some words that are uniquely its own, define these three? Muck.[laughs] – Muck? Working the corners, getting dirty. Just doing greasy plays. **Plug** – A bad hockey player. **Grinder/grind** – Grinding means just in the corners working hard. That's pretty much grind. Working hard.



ACAC Standings

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GAPts			
NAIT	26	21	21	2	2	1	132	46	45		
SAIT	26	19	18	3	0	4	120	53	42		
Augustana	26	18	17	4	0	4	138	73	40		
Portage	26	12	11	12	0	2	105	94	26		
Concordia	26	11	11	11	0	4	96	85	26		
Keyano	26	7	7	15	3	1	72	120	18		
MacEwan	26	7	6	19	0	0	69	115	14		
Briercrest	26	1	0	25	0	0	38	184	2		

RESULTS

February 8

SAIT 4, NAIT 3 (OT)

Augustana 10, Briercrest 2

Concordia 3, Portage 2

Keyano 2, MacEwan 1

February 9

SAIT 2, NAIT 1

Augustana 8, Briercrest 1

MacEwan 4, Keyano 3 (OT)

Concordia 6, Portage 2

February 12

NAIT 5, Concordia 3

WOMEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
NAIT	16	12	11	2	1	1	68	40	26		
Red Deer	16	11	11	4	1	0	55	29	23		
MacEwan	16	5	3	10	0	1	27	46	11		
SAIT	16	3	2	11	2	0	33	68	8		

RESULTS

February 8

MacEwan 3, SAIT 2

February 9

NAIT 6, Red Deer 3

MacEwan 4, SAIT 3 (OT)

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
x-Briercrest	S	18	10	7	17	1	24
x-Red Deer	S	18	6	8	14	4	22
x-Lethbridge	S	20	8	6	14	6	20
x-Concordia	N	19	9	4	13	6	17
Keyano	N	19	7	4	11	8	15
Augustana	N	19	7	4	11	8	15
MacEwan	N	19	7	3	10	9	13
Medicine Hat	S	18	4	4	8	10	12
Lakeland	N	19	8	2	10	9	12
NAIT	N	20	8	2	10	10	12
SAIT	S	20	5	3	8	12	11
Olds College	S	19	2	3	5	14	8
King's	N	19	4	2	6	13	8
St. Mary's	S	18	3	2	5	13	7
Grande Prairie	N	21	0	1	1	20	2

x-secured playoff spot

Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.

RESULTS

February 8

King's 72, NAIT 62

Briercrest 96, Medicine Hat 89

Concordia 83, Augustana 66

MacEwan 77, Grande Prairie 76

Lakeland 92, Keyano 91

SAIT 89, Lethbridge 95 (OT)

Red Deer 101, Olds 67

February 9

NAIT 86, King's 76

Briercrest 81, Medicine Hat 71

MacEwan 106, Grande Prairie 97

Lakeland 75, Keyano 73

Red Deer 97, Olds 69

SAIT 78, Lethbridge 73

Concordia 65, Augustana 58

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
x-Augustana	N	19	11	7	18	1	25
x-King's	N	19	10	7	17	2	24
x-SAIT	S	20	10	5	15	5	20
x-MacEwan	N	19	7	6	13	6	19

NAIT	N	20	8	5	13	7	18
Lakeland	N	19	5	6	11	8	17
Olds	S	19	11	3	14	5	17
Medicine Hat	S	18	7	3	10	8	13
Concordia	N	19	5	4	9	10	13
Grande Prairie	N	21	4	4	8	13	12
Keyano	N	19	0	4	4	15	8
Red Deer	S	18	5	0	5	13	5
Briercrest	S	18	3	0	3	15	3
St. Mary's	S	18	0	1	1	17	2
Lethbridge	S	20	2	0	2	18	2

x - secured playoff spot

RESULTS

January 24

Augustana 87, King's 74

Olds 102, Lethbridge 52

January 25

NAIT 72, Concordia 67 (OT)

MacEwan 58, Keyano 45

Lakeland 68, Grande Prairie 59

Red Deer 54, St. Mary's 42

SAIT 74, Briercrest 41

January 26

NAIT 68, Concordia 60 (OT)

MacEwan 73, Keyano 56

Lakeland 77, Grande Prairie 67

SAIT 81, Briercrest 33

Olds 93, Lethbridge 67

Red Deer 51, St. Mary's 48

Augustana 80, King's 71

MEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
x-S Red Deer	20	19	1	58	18	38
x-S SAIT	20	16	4	55	21	32
x-N Keyano	20	16	4	53	17	32
x-S Medicine Hat	20	15	5	51	33	30
x-S Briercrest	20	14	6	47	32	28
x-S Lethbridge	20	12	8	43	32	24
h-N King's	20	11	9	44	45	22
N MacEwan	20	10	10	37	37	20
S Augustana	20	8	12	35	41	16
N Grande Prairie	20	5	15	23	52	10
N Lakeland	20	5	15	27	48	10
N NAIT	20	4	16	23	49	8
N Concordia	20	3	17	18	58	6
S Olds	20	2	18	20	56	4

x-secured a playoff spot

h- hosts Championship qualifier

Note: NAIT forfeits Oct. 25 game vs. Concordia

RESULTS

February 8

King's 3, NAIT 1

(18-25, 25-17, 25-11, 25-20)

MacEwan 3, Grande Prairie 1

(25-22, 25-27, 25-16, 27-25)

Keyano 3, Lakeland 1

(22-25, 25-21, 25-22, 25-20)

Medicine Hat 3, Briercrest 2

(20-25, 19-25, 25-20, 25-20, 16-14)

Red Deer 3, Olds 0 (25-10, 25-14, 25-22)

SAIT 3, Lethbridge 0 (25-19, 25-16, 25-17)

Augustana 3, Concordia 0

(25-17, 25-19, 25-16)

February 9

NAIT 3, King's 1

(25-21, 25-20, 25-27, 25-17)

Augustana 3, Concordia 2

(15-25, 25-23, 22-25, 25-19,15-9)

Lethbridge 3, SAIT 2

(26-24, 25-19, 21-25, 17-25, 18-16)

Red Deer 3, Olds 0 (25-13, 25-18, 25-21)

MacEwan 3, Grande Prairie 0

(31-29, 25-22, 25-23)

Keyano 3, Lakeland 0 (26-16, 27-25, 25-22)

Medicine Hat 3, Briercrest 0

(28-26, 25-15, 26-24)

February 10

Keyano 3, NAIT 0 (29-27, 25-21, 25-22)

WOMEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
x-S Red Deer	20	18	2	58	18	36

x-N Lakeland	20	17	3	53	16	34
x-N MacEwan	20	15	5	50	25	30
x-N NAIT	20	13	7	47	28	26
x-S Medicine Hat	20	12	8	43	35	24
x-S Olds	20	12	8	41	40	24
h-N Gr. Prairie	20	12	8	44	35	24
N King's	20	11	9	45	33	22
S Briercrest	20	8	12	39	45	16
S SAIT	20	8	12	33	39	16
S Lethbridge	20	5	15	29	49	10
S Augustana	20	5	15	19	50	10
N Keyano	20	3	17	13	54	6
N Concordia	20	1	19	12	58	2

x-secured a playoff spot

h-hosts championship qualifier

RESULTS

February 8

NAIT 3, King's 2

(18-25, 25-19, 25-20, 13-25, 15-8)

Grande Prairie 3, MacEwan 1

(26-24, 25-20, 15-25, 25-17)

Lakeland 3, Keyano 0 (25-15, 25-12, 25-10)

Medicine Hat 3, Briercrest 0

(25-23, 25-13, 25-16)

Red Deer 3, Olds 0 (26-24, 25-12, 26-24)

SAIT 3, Lethbridge 1

(22-25, 29-27, 26-24, 25-9)

Augustana 3, Concordia 0

(25-21, 25-20, 25-18)

February 9

King's 3, NAIT 1

(25-21, 25-19, 16-25, 25-22)

Concordia 3, Augustana 1

(28-26, 25-17, 25-27, 25-19)

Lethbridge 3, SAIT 1

(25-22,18-25,30-28,25-23)

Red Deer 3, Olds 0 (26-24, 25-21, 25-15)
Grande Prairie 3, MacEwan 2
(25-19, 16-25, 25-13, 15-25, 18-16)
Lakeland 3, Keyano 1
(25-20, 20-25, 25-11, 25-16)
Medicine Hat 3, Briercrest 2
(25-21, 29-27, 20-25, 14-25, 18-16)

February 10

NAIT 3, Keyano 0 (25-9, 25-7, 25-14)

CURLING

MEN

Team	Fall	Winter	Final Results
NAIT	5-1	4-2	9-3
MacEwan	3-3	6-0	9-3
Augustana	3-3	5-1	8-4
Lakeland	3-3	3-3	6-6
Red Deer	3-3	2-4	5-7
Grande Prairie	4-2	1-5	5-7
Olds	0-6	0-6	0-12

WOMEN

Team	Fall	Winter	Final Results
NAIT	5-1	3-3	8-4
MacEwan	6-0	2-4	8-4
Lakeland	3-3	5-1	8-4
Red Deer	1-5	5-1	6-6
Grande Prairie	3-3	2-4	5-7
Olds	3-3	1-5	4-8
Augustana	0-6	3-3	3-9

MIXED

Team	Fall	Winter	Final Results
Lakeland	5-0	2-2	7-2
Augustana	4-1	2-2	6-3
Olds	1-4	3-1	4-5
Red Deer	1-4	2-2	3-6
Concordia	1-4	1-3	2-7
NAIT	3-2		-

HOME GAME SCHEDULE

MEN'S HOCKEY

TUE FEB 12 @ 6:45PM

VS

Breast Cancer Awareness Hockey Games

WOMEN'S HOCKEY

FRI FEB 15 @ 7:00PM

VS

MEN'S HOCKEY

SAT FEB 16 @ 7:00PM

VS

BASKETBALL

SAT FEB 16

WOMEN'S @ 6:00PM

VS

MEN'S @ 8:00PM



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ENTERTAINMENT

Hurry up, summer – please



ALISON MULLOCK
Entertainment Editor
@alimullock

Getting through my first Edmonton winter has definitely been a struggle. I am currently sitting in my basement suite, my Christmas onesie on underneath my pink duckie onesie, wool socks underneath all that with slippers covering my feet as a fourth layer and my big blanket draped over me. This all might sound a bit ridiculous, but I kid you not, I am still chilly. I wish they made gloves that would be so skin tight I could still functionally type. You might just say, “Turn on the heat, ya dummy!” and I will rebut with, “I don’t know where the thermostat is located and my landlords don’t speak English.” Seeing as there aren’t many options, I am dealing with this in the best way possible.

As most know, I am a Vancouverite and cold weather isn’t my thing. It is a different kind of

cold in Vancouver. It is a wet kind of cold that compares to the feeling you get in -20 here (-40 with a wind chill has no comparison in Vancouver whatsoever). It rains practically every day there and when it snows, the city shuts down.

This is due to the combination of Vancouver not having the correct supplies and machines to take on a snowfall, and people in Vancouver frankly being too scared to leave the house in conditions other than rain in the winter. The amount of snow days/weeks I have had in my life is shocking to many Edmontonians.

So far, the winter hasn’t been terrible. We have had a couple of extremely cold days, and definitely some heavy snow falls. One of the best things about an Edmonton winter is the amount of sun we see. The reflection against the snow banks is pretty blinding and sunglasses are necessary, but the sunny, blue sky days are beautiful. Getting ready for school is also rather easy. You know it will be cold and not raining. Doing your hair and wearing enough layers isn’t really an issue or major problem.

I am currently sitting in my basement suite, my Christmas onesie on underneath my pink duckie onesie, wool socks underneath all that with slippers covering my feet as a fourth layer and my big blanket draped over me.

The one complaint I have about Edmonton winters (other than -40 and the wind nightmares) is that I haven’t seen grass in months. It snowed for the first time in the beginning of October and there hasn’t been a spec of grass showing since.

Don’t you miss the grass? Don’t you miss seeing green trees? I know I sure do, and when I went home for Christmas break people thought I was crazy for being that excited over the color of natural green.

The fact we haven’t seen grass in months and spring doesn’t

seem like it’s around the corner, has me nervous. Not only did we miss out on fall but will we even get a spring? The colors of the leaves and grass changing are one of my favourite things about the year. I love dominant seasons and the beauty it brings. People here miss out on some of the most amazing spring/fall colors and views (and no I am not referring to the lack of oceans and mountains). Snow for 6-7 months gets pretty boring. Living in Edmonton definitely helps me appreciate the seasons. Not saying that I hate the snow, but I do miss a longer fall and spring.

One thing that the snow does is it gets you excited for summer. I have never been so excited for summer before. The thought of wearing shorts and tank top outside is mind blowing. It seems almost unfathomable at this moment. I ran outside today in pj pants and a tank top to put my garbage out and felt so alive; this probably makes me sound crazy, which I am. This summer will be the best summer because I will fully appreciate not having to layer up every day, not having to wear big blue (the name of my winter jacket) out, not having to have a touque, gloves and scarf on whenever I plan on leaving the house. Not having to double up on onesies just to get a nice warm sleep. Summer warmth will never be taken for granted again.

The best part of switching from winter weather to summer weather will be the wardrobe change. Usually, my favourite thing to do four times a year is the switching of climate specific clothes (in Edmonton you only have to wardrobe switch over twice for the two seasons). When I return home and I get the luxury of doing this in April, it will be glorious.

This isn’t to bash Edmonton winters at all, they are different and take a lot of adjusting. There are tons of positives as I have mentioned but also some negatives. Enough said; Hey summer, could you hurry up, please?

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SARAH STILWELL
Issues Editor
@sarah_stilwell

I hope this playlist suits whatever endeavours you have on the go this Valentine's Day. While some might Bump N' Grind the night away, maybe a little "I Hate Valentine's Day" fondue party is more your style and you can never go wrong with a crazy night out with some of your friends at the bar.

Whether you're cosying up to that special someone or a cheap bottle of wine, I hope these tunes provide the soundtrack for your night.

1. The Cardigans – Lovefool
2. Jack Johnson – Banana Pancakes
3. Semisonic – Closing Time

4. R. Kelly – Bump N' Grind
5. Justin Bieber – Boyfriend
6. Ke\$ha – Sleazy
7. Nelly – Hot in Herre
8. Rihanna – We Found Love
9. Motion City Soundtrack – When You're Around
10. Cee Lo Green – Forget You
11. The Rural Alberta Advantage – The Breakup
12. Brand New – Jude Law and a Semester Abroad
13. Linkin Park – Valentine's Day
14. Puddle of Mudd – She Hates Me



sattumansanelemat.blogspot.com

VIRAL VIDEO

Derpina perfect for Valentine's Day

By KODY DAVIDSON

It's that time of year where love is in the air, so why not a musical? Specifically a musical about the Internet meme Derpina. This is Derpina REAL LIFE – The Musical. It is just a charming video. Playing off the meme well, the video focuses on the fact Derpina is alone, with a tune that is warm and just at the right pace. It makes you feel happy even if you cannot explain why. Perfect for Valentine's Day, isn't it?

The Made by the AVbyte brothers, a channel that makes a musical every week. The vid-

eos are random but all have a similar style with great references to pop culture. I really like their YOLO Musical and Tumblr Musical. But you'll have to check those out on your own.

Derpina is just infectious. They hit the look and feel perfectly and that damn tune will be stuck in my head forever. I really wish I could explain it but the video just makes me feel happy, and the tie-in with the meme is a nice touch. If it were just a normal girl as opposed to Derpina, I might not like it as much, so I could be biased.

A bit of a short video, clocking in at about two minutes, but if you're like me, you end up

playing it a couple of times, as it's addicting. I am going to recommend it anyway. I just don't know why I like it so much. You're just going to have to watch it and see for yourself. One thing for sure is it's a happy video and makes me feel happy and hopefully will make you feel happy. Even if you're forever alone.

You can watch Derpina REAL LIFE – the Musical here: <http://www.youtube.com/watch?v=GBEOGHxhw0>

You can watch Behind the Scenes here: http://www.youtube.com/watch?v=knCXRw_P8Xw



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EDMONTON MUSIC AWARDS

And the nominees are ...

By CHRIS FIGLIUZZI

@chrisfigliuzzi

The Edmonton Music Awards announced their nominees on Feb. 4 and for the most part I agree with them.

The list is made up of some amazing local artists that have been working hard and greatly deserve all the recognition they get.

The only real problem I have is that Corb Lund is included on the list. Now don't get me wrong, I enjoy Corb Lund, their fun brand of country and I know that the band is Edmonton based, but the Edmonton Music Awards should really focus on the talent that is staying local, the unrecognized, the bands looking to breakout.

Corb Lund is a huge band that tours the world over with shows coming up in Canada, U.S., Australia and has received tons of praise and recognition. The Edmonton Music Awards should be local focused and give more Edmonton based bands the recognition they so desperately need instead of back slapping already huge established acts that, in all honesty, probably won't even notice or acknowledge the event.

With that being said, here are the rest of your Edmonton Music Award nominees.

Album of the Year

Corb Lund "Cabin Fever"
 Mitchmatic "It's Probably Raining"
 Owls By Nature "Everything Is Hunted"
 The Collective West "Fire & The Ocean"
 Wool On Wolves "Measures Of Progress"

Single of the Year

Jay Sparrow "Cold Winter Song"

Mitchmatic "Why Don't You Know?"
 Owls By Nature "Hurricane"
 Scenic Route To Alaska "All These Years"
 Shelbi "Smooth Whiskey"

Group of the Year

My Sister Ocean
 Owls By Nature
 Scenic Route To Alaska
 Shelbi
 The Collective West

Male Artist of the Year

Asim Chin
 Bryan Finlay
 Corb Lund
 Jay Sparrow
 Mitchmatic

Female Artist of the Year

Ariane Mahryke Lemire
 Danielle Lowe
 Michelle Molineux
 Nuela Charles Rend

Underage Recording of the Year

Benny T
 Danielle Lowe
 Rebecca Lappa
 Shay Esposito
 The Command Sisters

Pop Recording of the Year

Asim Chin "Road Designed For Two"
 Bryan Finlay "Good Times"
 Flash Jam "Brite Nights (Volume One)"
 Jay Sparrow "White"
 Michelle Molineux "Explode"

DJ/Electronic Recording of the Year

Benny T "For The Money"
 Brother Octopus "Yukilo"



www.barsnbands.net

Shelbi

IRATA "Tesla"
 Jay Sparrow "White"
 SIINNES "Diskosn0"

Rap/Hip Hop Recording of the Year

Edmontosaurus "Edmontosaurus"
 Kemo Treats "Wino"
 Mitchmatic "It's Probably Raining"
 My Sister Ocean "On Top Of The World"
 (Featuring DannyMac & Chips)
 Politic Live "Ellipsis"

Country Recording of the Year

Corb Lund "Cabin Fever"
 Danielle Lowe "Patient"
 Jake Ian & The Haymakers "Sad & Lonely Broken Man"
 Kira Lynn Hladun "Something Like Love"
 The Give 'Em Hell Boys "Barn Burner"

Music Video of the Year

BuckNKD "The Facebook Song"
 Corb Lund "Getting' Down The Mountain"
 Jay Sparrow "Careless"
 Mitchmatic "Why Don't You Know?"
 My Sister Ocean (Featuring DannyMac & Chips) "On Top Of The World"

People's Choice

Corb Lund
 Jay Sparrow
 KingDoom
 Mitchmatic
 Owls By Nature

Scenic Route To Alaska
 Shelbi
 SIINNES
 The Collective West Wool On Wolves

Artists To Watch

Ben Disaster
 Craig Ryan
 Etoroma Trio
 Jenie Thai
 Lindsey Walker Mars & Venus One Day Late
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BEAUTIFUL CREATURES, PART 2

Like acting class – with pay

By DARTANION JOHNSON

@Dartanionj

I recently was a part of a press conference for the upcoming movie, *Beautiful Creatures*. This is Part 2 of three of the interview series with Thomas Mann, who plays Link and Zoey Deutch, who plays Emily Asher.

Both of you are fairly new to feature films, how has this movie helped you progress as actors?

Thomas: It was cool because it was one of the biggest movies for some of us, some of us our first movie. We're all sort of jumping off from the same point.

Zoey: We all came in as equally scared and excited.

Thomas: It was daunting in the same way for all of us. It was really nice – you sort of share that experience and it makes you feel more comfortable. The older actors we worked with were so nurturing and open to teaching us everything they knew. It was the greatest acting class just getting to watch them work.

Zoey: We got paid to go to acting class. Like, come on! It was very fun and I didn't feel judged. We all really got along. In terms of us being relatively new, I feel personally very fortunate to have had this experience and to have had it so fun and exciting. The reaction so far is wonderful and if this serves as a platform for Thomas and me to get more work and for people to acknowledge that this is what we want to do and we are actors, then that's great! It's fantastic. It's a really amazing thing.

How do you think having promising but virtually unknown talent lead the film will affect how it's perceived?

Thomas: Hopefully people are open to the fresh faces. That's us – me, Zoey, Alden and Alice. It's really a big scary new thing for us to do something like this. In a way it's sort of our introduction into the film world. We couldn't have asked for a better project. Getting to work with Emma Thompson, Viola Davis and Jeremy Irons, it's like a master class in acting that we are paid to attend.

Zoey: So life is looking pretty OK!

Thomas: Yeah, we are incredibly lucky and it's really fun with these people. There are no egos and it's not like everyone has been through it all and is sick of it. It's still very exciting and everyone is still excited by the process. It was just really comforting.

What was it like working with a younger cast and with actor veterans?



Thomas Mann as Link

collider.com



www.justjared.com

Zoey Deutch and Thomas Mann

Thomas: It was great. It really added a summer camp vibe. It was a great time and really everyone did get along. People like me and Zoey who weren't in every scene had a lot of down time in New Orleans, which gave us time to go and explore. It was a great experience.

Zoey: We had time to become the two best friends anyone could ever ask for. Alligator tours!

Thomas: Cajun food is just amazing!

What was the most challenging part of making this movie?

Thomas: The challenging part for me was getting the accent down and not making it over the top. I wanted Link to feel like a real small town kid, not too sophisticated or cool. I just wanted him to feel simple. He grows up in a small town and he has a very narrow world view, so I wanted it to seem that way. So I had to stop being cool.

Zoey: The hardest part for me was finding ways not to judge the character. I play Emily Asher who is wildly manipulative, entitled, spoiled and closed-minded. She represents everything that Lena isn't. I had to find a way not to judge her and to understand where she is coming from. Also to understand her role in the story, which is to show why Ethan really doesn't like his path.

What will set this film apart from others?

Thomas: I don't think people are expecting it to be funny but Alden (Ethan) is so funny in the movie.

Zoey: Alden is soooooo funny. So charming!

Thomas: He's not your typical brooding cool leading guy. He's real and he's vulnerable. He reads a lot of books.

Zoey: I don't know who came up with this idea that it's not sexy or cool for men to be vulnerable that it defines weakness, but Ethan is in love with someone and he goes after her, and he is so charming and funny in it. I think that's what sets it apart from other franchises or other books turned into movies. It's also from the male perspective and it's the girl who has the power. I appreciate that.

Were there any scenes that were your favourite to film?

Thomas: My favourite scene was my first scene with Alden where the characters are introduced as friends. We talked a lot with Richard LaGravenese (director) about their history. In rehearsals, we did a lot of improv to build a history there, so they felt very familiar like they've grown up together. It was a lot of fun shooting that scene. There was a lot happening. I'm backing out of a driveway and we're having our fun banter. It felt like me with my guy friends.

Zoey: I had a good time with all the classroom scenes. They were all really fun in their own way. I'm really excited for

people to see it. I think they will relate and appreciate the story and what it has to offer.

What in the movie will really appeal to fans of the book?

Zoey: I believe it's important to understand that the movie and the book are separate entities but that the fans are going to be very happy because it truly stays honest to the original story and characters. The authors of the series are very happy with the movie and have seen it like five times! Thomas and I have only seen it once. Thomas agrees! He has nothing to say. He thought my answer was so great, he was like, "You know I'm just going to let her kill it."

Thomas: You got it!

A producer of the film called Beautiful Creatures a Romeo and Juliet story with a fresh take on it. What do you think about that?

Zoey: Well, at the core of the story is a love story.

Thomas: It's like star-crossed lovers. People who really just want to be together, but outside forces make things so difficult for them. It's sort of a heightened reality of high school life because when you're in high school everything feels like the end of the world.

Zoey: You have your heart broken for the first time, or you love for the first time. You genuinely feel like you could burst windows or create lightning. Life doesn't really feel real. I feel the movie does a really beautiful job of portraying that. People are going to be able to relate to that.

Thomas, you also star in Hansel and Gretel: Witch Hunters, which is another fairy tale type movie. What parallels do you see between the two?

Thomas: I think of them as very different movies in the way they are presented and the overall tone of them. I think they were made for different reasons, too. They do share a whimsical theme.

Zoey: Another witch movie!

Thomas: Yeah, I say I only do witch movies now. They are very different though. *Hansel and Gretel* is a fun action packed movie that doesn't take itself seriously and *Beautiful Creatures* really is a coming of age love story with supernatural elements.

Zoey: There is also a lot of social commentary on socially conservative, religiously extreme elements of small towns in America. It touches on some very controversial interesting topics. So *Beautiful Creatures*, has in my opinion something for everybody.

Check out the next issue of the *Nugget* for the final part of the interview series with Emmy Rossum.

CONCERT REVIEW

Manson thrills fans new, old

By SCOTT PEDRICK

Marilyn Manson left an impact on musical culture in the '90s like few others did. Con-

troversy courted as heavy as his is rare these days. It hasn't been an easy decade, though. Manson's type of shock-rock doesn't seem as

appalling in the wake of off brand imitators and fellow boundary pushers, a la Gaga, and that's hurt his reputation. Still, I went to the Shaw on Saturday night expecting some aggressive gothic spectacle, and boy howdy, I think I got one before I even got in the door.

I've found that Edmonton's concert going scene has some consistently distressing behaviour and a lot of it was fairly evident before I even got inside. The sidewalk leading up to the Shaw from the parkade I came from was littered with empty mickeys of liquor and beer cans from every cheap brand imaginable. I started crafting an image in my head of how rowdy this epic tailgate party was, and what I found downstairs basically matched my prediction.

Instantly upon my reaching the lobby, a fight broke out between a Bearded-Guy-On-Drugs and a Wasted-Bearded-Guy, both got separated and detained by police. The whole venue smelled like the inside of a can of Molson Canadian filled with cigarette butts, and there were signs posted everywhere that sure won't be there in a few weeks for Tegan and Sara. I feel like having to specify the "Only one person to a bathroom stall, anyone caught violating this rule will be ejected" is something the average person would just abide by ... I guess drug fuelled industrial goth sex romps need not apply? Yes, the stage was set well before Manson was on it.

The crowd inside was packed fairly tightly to the front and the excitement in the room was contagious. Every time one of the backing

house tracks ended, they screamed and shouted, only to be silenced by another one starting. Everyone who was there wanted this show to start so badly. Once the lights went out and the amps started blaring, everyone went wild.

I have to say, Manson's show may not be what it used to be, but being a newcomer to his stage persona, I was quite impressed. The guttural growls and coos, the screeching wails, and the disdainful melodies that permeate his vocals on studio cuts were all evident. There wasn't any shadow of what apparently plagued him on stage in Saskatoon, he was even more talkative than I'd expected.


The production wasn't anything to sniff at either, particularly for a show at the Shaw. Manson committed himself to a variety of costume changes, thematic events and stage props, including but not limited to: shredded Bibles, simulated ejaculation, knives, automatic guns spewing fog, confetti cannons, Catholic Cardinal's robes and various bondage masks.

The sound was well mixed, but echoed in the halls of the Shaw, a common issue. It didn't matter during "Sweet Dreams," his ever popular Eurythmics cover, or during the dark pulsing anthem "The Beautiful People," everyone was singing and thrashing along. The show didn't run very long, just over an hour, but it was still time to fit in a 14-song set, with plenty to talk about and remember. I don't know if I'd go again but I can say I've seen Marilyn Manson now and surprisingly, I enjoyed the hell out of it.



Marilyn Manson

Photo by Jessica Symington



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LOCAL BAND SCENE



Kickupafuss the real thing

By CHRIS FIGLIUZZI

@chrisfigliuzzi

A real honest to god rock band is hard to find these days. Bands today are so caught up with their personal image and what goes on online, that a lot of them lose their personality. Kickupafuss is not this band. They are a band that understands what being a rock band is all about – fun, girls, friends and, of course, amazing music. The sheer energy expelled over the crowd is amazing. The band leaves it all out there, forcing their will on their audience, forcing them onto the floor and into the music.

“We don’t like to take things too seriously ... we like to make people dance and have a good time,” said band member Brandon Jansen.

This attitude comes through in spades in songs like “Dance Floor,” with its fast driving sound that grabs you from the first note and never lets go. This is a song that has been in rotation on The Bear and it’s easy to see why. Or “Supernova” off their upcoming EP, with guitar riffs that unapologetically reach out and force you to pay attention, complementing lead singer Jesse Thorsen’s vocals amazingly.

I must admit, though, that I had a hard time pinpointing the band influences at first, with them sounding a bit like Muse combined with The Bravery at times and then swinging over the other way and showing glimpses of early punk influences. After meeting the band, it’s easy to see why. Each member



vueweekly.com

Kickupafuss

brings their own unique view and musical experience to the band and the writing process as a whole. As they put it, “being in a band is like having three girlfriends. We’re close enough that we can be assholes to each other.”

The band is currently working on their upcoming EP and anticipating having five songs ready to go and recorded in time for their upcoming performance at Boonstock. You can find out more about Kickupafuss on their Facebook page.

As always, if you are in a band or know of a band that demands attention, let me know via e-mail: chrisfigliuzzi@gmail.com, on twitter @chrisfigliuzzi, or by yelling at me as I walk down the hall ... on second thought, don’t do the last one, I frighten easily.

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THROWBACK THURSDAY

Wrestling memories of youth

By DEXTER WATTY

Long before my passion for pro sports existed, I spent countless hours investing my time in something else. Like many others my age, Monday and Thursday nights were occupied by something other than the National Football League. *Monday Night Raw* and *Thursday Night Smackdown* were weekly occurrences in my household.

Although we now both prefer basketball, my older brother and I originally gathered around the television to watch pro wrestling. There is a certain sense of nostalgia

that I feel when I reminisce on the days of old, everyone from the Macabre of Kane and his brother The Undertaker, to The Cerebral Assassin:



Triple H, to the charismatic ego of Chris Jericho, to the ass-kicking, beer drinking, hell raising Stone Cold Steve Austin, down to the self-proclaimed "Most Electrifying Man in Sports Entertainment" Dwayne "The Rock" Johnson. So sit back while I detail what made wrestling what it is today to me.

1) Storylines – The World Wrestling Federation was like a weekly soap opera, except without all the corniness ... just men in tights who beat each other up.

2) Merchandise – I got a wrestling ring one year for Christmas and my neighbour would come over every day and we would set up fake matches with our toys and then go play the same match on PS2. The ring was eventually stepped on and destroyed, as was the PS2.

3) Theme Music! – I still have no idea why wrestlers never came to the ring until their song had played. That's something that always has and always will baffle me. Imagine



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Jim Ross and Jerry Lawlor

your best friend getting into a fight but you can't help him out until you start playing a certain song from your phone.

4) Pay-Per-View Events – The thought that eventually somebody would be slammed through the Spanish announcement table and there was nothing anybody would do to stop it, was something I always looked forward to. My favourite match of all time was the main event at Wrestlemania X7. I was eight years old and this was the first time I ever got to stay up past my 8:30 bedtime. In one of the best wrestling matches ever held, Stone Cold Steve Austin defeated The Rock with the help of Vince McMahon after a grotesque

amount of blood was shed.

5) Commentators – The King's love for "puppies" and JR's expressive distaste for anything that was disrespectful. The playful banter between the two was timeless. I loved how they discussed certain wrestler's preparation for matches, although we all know that it's fake. They gave a great play-by-play for a sport where it was mostly unneeded and developed a chemistry like no other. Two talented men on the mic and on the mat, Jerry Lawler and Jim Ross, will live on forever in the ears of even the most casual wrestling fans.

ALBUM REVIEW

Something new

By MORGAN BLACK

While the majority of artists in the pop realm seem to be releasing music that is entirely supported by their "brands," (Justin Bieber, Katy Perry), or lyrics that seems to stem from multiple personas (Nicki Minaj, Marina Diamandis), there's something remarkably refreshing about hearing the authentic thoughts of an artist. *Heartthrob*, Tegan and Sara's seventh studio album, is exactly that. It's raw, there is no pretension. They mean this.

Despite the title, make no mistake, this is an album about heartbreak. It is a reflection on young love, but because these are 33-year-old women, not hormone-soaked girls, they can approach such volatile memories with deeper consideration. The Calgary natives, identical twin sisters Tegan Rain Quin and Sara Keirsten Quin, bring something to the familiar melodies of a 'relationship gone wrong' that other artists lack. At their most poignant

and they are not broken, they are empowered.

Heartthrob's 10 songs play like a hits collection and at a delectable 37 minutes, there is no room for filler. Each note hits with precision. It is clear that the duo knows what they are doing. With "Closer," a pulsing electro beat with lyrics that speak of a crush before things get physical, the twins have finally got the radio recognition they deserve.

"We've made everything different," Tegan told *Spin* magazine last year.

"If we could change our band name we would. It was time to shake things up."

Heartthrob is indeed a new sound, they have been making such a transition for some time, gravitating slowly towards it since *So Jealous*. *Heartthrob* is merely the album that cements that the twins' sound has evolved.

Eighties synths, nineties attitude and a 21st Century drum combine to create a near perfect pop record. Most important, underneath the infectious sound there's a soul. Many of the songs, such as "Drove Me Wild," reveal themselves to be more than just an entrancing beat. What starts off as a tale regarding the kind of passion that makes your head spin, ("I think of your smile, and it drives me wild") upon closer inspection, one realizes that the lover is withholding, ("You carried romance in the palm of your hand, you put the brakes on this"). It is safe to say that the Quin twins have produced an anomaly of a record. In typical Tegan and Sara tradition, I will likely obsessively listen to this album for many months to come. This time, though, there will be significantly more dancing.



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Oscar poll – enter to win prizes!

By SCOTT PEDRICK

Oscar season is upon us. Seth MacFarlane is hosting the show on Feb. 24, the nominations are set in stone and there will no doubt be plenty of surprises. Everyone has an opinion, but these votes could go anywhere.

This year, the *Nugget* and the Nest are bringing you The first annual NAIT *Nugget* Oscar Contest!

Here's how to play: cut out the ballot in this article and choose one winner in each category. Print your name and e-mail in the space provided, and drop your ballot off in the drop box outside the *Nugget* office, across from NAITSA.

The draw will be open until Reading Week, and the winners' names will be published in the March 7 issue of the *Nugget*. As for the prizes, our sponsor spared no expense! First place winner will receive a \$100 gift card to the Nest, second place will receive \$50 to the Nest, and third place will receive \$25 to the Nest. In the event of a tie, a draw amongst the winners will occur!

So fill out a ballot! Mark the boxes. You have nothing to lose and Nest gift cards to gain!

Name: _____

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Best Picture:

- ☐ *Beasts of the Southern Wild*
- ☐ *Silver Linings Playbook*
- ☐ *Zero Dark Thirty*
- ☐ *Lincoln*
- ☐ *Les Miserables*
- ☐ *Life of Pi*
- ☐ *Amour*
- ☐ *Django Unchained*
- ☐ *Argo*

Best Director:

- ☐ David O. Russell, *Silver Linings Playbook*
- ☐ Ang Lee, *Life of Pi*
- ☐ Steven Spielberg, *Lincoln*
- ☐ Michael Haneke, *Amour*
- ☐ Benh Zeitlin, *Beasts of the Southern Wild*

Best Actor:

- ☐ Daniel Day Lewis, *Lincoln*
- ☐ Denzel Washington, *Flight*
- ☐ Hugh Jackman, *Les Miserables*
- ☐ Bradley Cooper, *Silver Linings Playbook*
- ☐ Joaquin Phoenix, *The Master*

Best Actress:

- ☐ Naomi Watts, *The Impossible*
- ☐ Jessica Chastain, *Zero Dark Thirty*
- ☐ Jennifer Lawrence, *Silver Linings Playbook*

- ☐ Emmanuelle Riva, *Amour*
- ☐ Quvenzhané Wallis, *Beasts of the Southern Wild*

Best Supporting Actor:

- ☐ Christoph Waltz, *Django Unchained*
- ☐ Philip Seymour Hoffman, *The Master*
- ☐ Robert De Niro, *Silver Linings Playbook*
- ☐ Alan Arkin, *Argo*
- ☐ Tommy Lee Jones, *Lincoln*

Best Supporting Actress:

- ☐ Sally Field, *Lincoln*
- ☐ Anne Hathaway, *Les Miserables*
- ☐ Jacki Weaver, *Silver Linings Playbook*
- ☐ Helen Hunt, *The Sessions*
- ☐ Amy Adams, *The Master*

Best Animated Feature:

- ☐ *Frankenweenie*
- ☐ *The Pirates! Band of Misfits*
- ☐ *Wreck-It Ralph*
- ☐ *Paranorman*
- ☐ *Brave*

Best Documentary Feature:

- ☐ *Searching for Sugar Man*
- ☐ *How to Survive a Plague*
- ☐ *The Gatekeepers*
- ☐ *5 Broken Cameras*
- ☐ *The Invisible War*

Best Documentary Short:

- ☐ *Open Heart*
- ☐ *Inocente*
- ☐ *Redemption*
- ☐ *Kings Point*
- ☐ *Mondays at Racine*
- ☐ *Snow White and the Huntsman*

Best Music (Original Score):

- ☐ *Anna Karenina*
- ☐ *Argo*
- ☐ *Life of Pi*
- ☐ *Lincoln*
- ☐ *Skyfall*

Best Music (Original Song):

- ☐ "Before My Time" from *Chasing Ice*
- ☐ "Everybody Needs A Best Friend" from *Ted*
- ☐ "Pi's Lullaby" from *Life of Pi*
- ☐ "Skyfall" from *Skyfall*
- ☐ "Suddenly" from *Les Misérables*

Best Short Film, Animated:

- ☐ *Adam and Dog*
- ☐ *Fresh Guacamole*
- ☐ *Head over Heels*
- ☐ *Maggie Simpson in The Longest Daycare*
- ☐ *Paperman*

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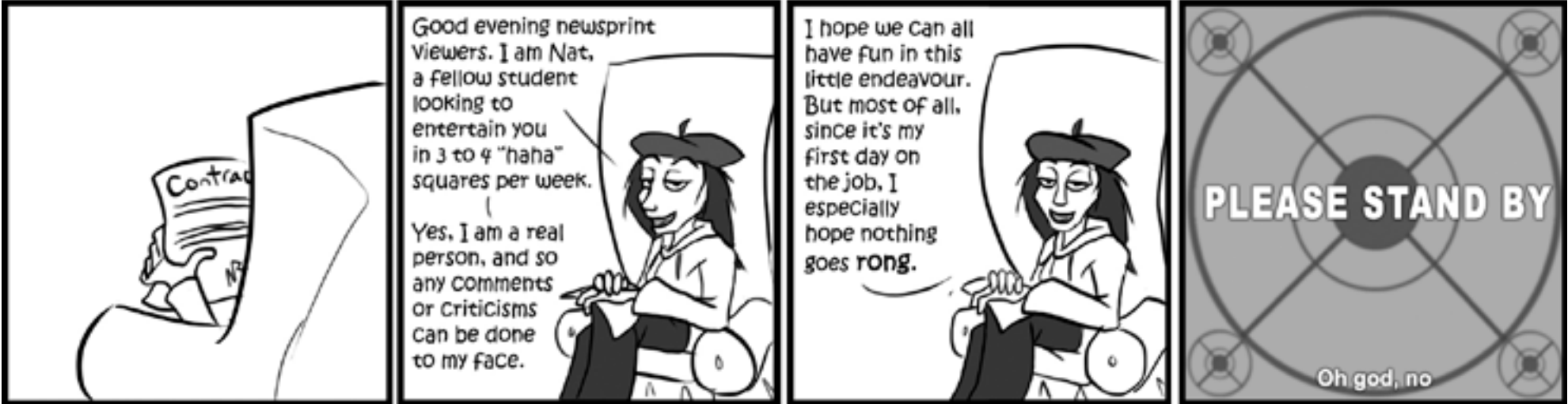
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NUGGET COMICS



Comic by Rory Fidler

Outlandish



Natalia Bouajram

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,
I had a dream that involved my boyfriend a few nights ago. It wasn't sexual or anything, but it did involve a lot of animals. I looked up what it meant and the animals don't seem to mean great things. What should I do?

Sincerely,
A dream is a wish your heart makes

Dear A dream is a wish your heart makes,
I actually did my dissertation on dream analysis but without knowing what the animals were in your dream, all I can say is, dreams are nothing but nonsense and a product of eating before bed and being bored while sleeping. I've had dreams where I was chain smoking with a gorilla, and then we got in a fight over rent money and the tree house we lived in was a wreck. I confided in the baby couple living in the plastic playhouse next door and they told me that I should move to the Galapagos with my sea turtle Ferdinand. Was it the 711 taquitos covered with free chili and nacho cheese I ate before bed?

Or was it somehow a reflection on my life? I'll bet it was the nacho cheese because I don't even know anyone named Ferdinand. My advice to you, is to go about all your future dreams as if they aren't real life or else they'd be happening in real life. Then you're screwed.

Dear Dr. CONwisDOM,
I want to do something really special for the guy I've been seeing this Valentine's Day. Do you think he'd like lingerie?

Sincerely,
That thong, thong, thong, thong, thong

Dear That thong,
Don't waste your money. Men don't care about lingerie. Women care about lingerie. They're not going to notice the stitch pattern or how much lace is on the bra. If you want to impress someone with lingerie, become a lesbian or spend Valentine's Day at a lingerie party with your friends.

Dear Dr. CONwisDOM,
I've been with my girlfriend for three years and I want to propose to her on Valentine's Day. Fourteen has been a really significant number for us throughout our entire relationship. Should I go through with it, or should I wait?

Sincerely,
Soon to be a one-woman man

Dear Soon to be a one-woman man,
I think proposing on Valentine's Day is a great idea! While you're at it, make sure you can get tickets to a sporting event and propose over the JumboTron! Of course it's a terrible idea!! What are you crazy!?!? Even if the number 14 is significant to the relationship, don't propose on Valentine's Day! Don't do anything on Valentine's Day. No offence, but 50 per cent of marriages fail, so you have a pretty good chance of having this thing blow up in your face. Do you want your impending failed marriage to tarnish the worst day of the year every year for the rest of your life? Since you're asking for my advice I'm going to give it to you.

Forget Valentine's Day! Forget love! Forget about everything you thought was good and decent in this world and just give up! Sell the ring! Sell your apartment and just move back in with your mother who is the only woman who will ever care for you the right way!

Dear Dr. CONwisDOM,
Things have been getting a bit too serious with my boyfriend and I think he's going to propose, but I want to break up with him.

Sincerely,
Not ready to be a one-man woman yet

Dear Not ready to be a one-man woman yet,
Good.

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

RESTAURANT REVIEW

Urban China offers flavour

By KEVIN TUONG

Seeing as it's Chinese New Year this week, I felt it was fitting to review a Chinese restaurant.

Since no Chinese New Year is complete without some busy and loud Dim Sum I chose Urban China, which sits just a hair north of downtown on 101 Street. For those of you who do not know, Dim Sum is a Chinese dining style mainly reserved for lunch, which involves carts of fresh food being pushed around from table to table, and then diners simply pick out which items they want to eat.

The place is as modern as the name sounds, which is surprising since the old restaurant that used to be at this location was a fairly run down Rosie's Bar & Grill. First, they have a pretty good sized parking lot, which is good to know if you're planning to go in for lunch at noon on a weekend.

Urban China has one of the nicer looking interiors when compared to surrounding Chinese restaurants. It's modern and yet warm. The main colour scheme is red, black and white, which feels very Chinese but at the same time very Canadian because it reminds me of the Team Canada hockey colours. Although the interior may look nice, it's not very big in comparison to other Dim Sum restaurants. This is a problem because servers are pushing hot carts of food around and there simply isn't enough room for them to manoeuvre around easily. So if your jacket or your arm is sticking out into the aisle, there's a good chance that you or your jacket will get a burn or at least a bruise.

This also means that carts with food move around the restaurant very slowly and by the time they reach your table, they're either cold or have a lack of options – that is if they ever arrive at all. When you call over a server for some drinks or to ask them to bring a certain item over because no carts have come to your table, they tend to forget easily and you end up becoming frustrated. The servers also don't seem to have very good manners or etiquette; even the manager and partial owner of the restaurant has never cracked a smile in all the times that I've visited this restaurant.

When food eventually does arrive at your table, it's actually quite good. The rice paper is prepared well enough to the point



Photo by Kevin Tuong

Durian Pastry

where it's strong and won't tear, but is still soft yet not chewy, and the deep fried shrimp won tons used a lighter skin than most restaurants do, which makes it feel not as greasy and deep fried. Instead, it's light and crispy, which was a refreshing take on the item. We also ordered a rice noodle stir fry dish in XO sauce, which kept making me want more, but I was already too full. Overall, the flavours of each dish (too many to mention) were strong and unique. In simple terms, everything was pretty tasty.

One downside about the food, though, aside from it taking its sweet time to arrive at your table, is that it is a little bit too greasy, even by Chinese food standards. Another negative point about the food is that there isn't very much Dim Sum variety

when compared to some other restaurants in town.

The food at Urban China is tasty, that's for sure, but with its poor service and lack of variety, I feel like I could get the same flavour satisfaction elsewhere. I'll definitely still come back to Urban China from time to time but it wouldn't be the first destination on my list.

Urban China
10604 101 St.
(780) 758-1888
www.urbanchina.ca

★★★★☆



Photo by Kevin Tuong

CHINESE NEW YEAR

A crowd gathers on Feb. 10 at the Chin Yin Buddhist Temple at 12688 148 Ave NW Edmonton to watch the Lion Dance performed by Jing Ying Martial Arts Group. Members of the audience touch the dragons for good luck and prosperity in the new year.

Evaluating your relationship



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Relationships are tricky. Adding the pressure of school can strain even the best of relationships. Here are some ways to evaluate your relationship.

• Ask yourself the following questions. If you can honestly answer 'yes' you are probably in a healthy relationship:

- I feel like I can be myself
- I feel comfortable sharing my feelings with my partner
- We respect each other's differences (opinions, feelings)
- We can negotiate and compromise when we don't agree
- We don't hold grudges
- We can say "I'm sorry"
- We enjoy each other's company
- We both have an equal say in the relationship
- We trust each other
- We are honest with each other
- We don't take each other for granted
- Humour and fun are part of our relationship
- I look forward to seeing my partner
- My relationship brings out the best in me.

One in 10 students will experience some form of violence in their relationships. Beware if you can answer yes to any of these warn-

ing signs:

- I have felt pressured to do things that I find uncomfortable
- I have been threatened
- I feel controlled in this relationship
- My partner is very jealous
- My partner does not respect me
- We often shout or yell when we disagree
- I often feel put down by my partner
- My partner tries to isolate me
- I feel like I am losing my identity in this relationship.

• I am dependent on my partner to make me feel good about myself.

• Did you give yourself time to get to know your partner before you got too serious?

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you from potential problems.

• Are you and your partner willing to talk about and resolve problems? People in healthy relationships are willing to work at the relationship, and recognize that compromise and flexibility are part of a healthy relationship.

• Do either of you keep score? One-upmanship or constantly keeping track soon undermines a good relationship.

• Do you have a strong sense of commitment to your partner and does your partner have the same feelings? If you find yourself comparing your relationship negatively with others or looking outside the relationship, it may be time to move on.

• Are you sensitive to each others needs? Do you respect each other's differences, consider their feelings and empathize with their views and feelings?

• Do you or your partner take the relationship for granted?

• Is affection expressed regularly in your relationship? Regularly giving and receiving affection is a significant factor in relationship satisfaction.

• Do you have unrealistic expectations of each other? No relationship can meet all needs. Too much dependence on a partner will drain the vitality from a relationship.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful, get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication?

See a counsellor for this or any other academic or personal concern. Appointments can be made in person at Student Counselling, Room W-111PB in the HP Centre or by calling 780-378-6133.

Mental Health Awareness Committee

Would you like to participate in a committee that will help heighten awareness of mental health issues, decrease the stigma of mental health concerns and create a more positive and accepting atmosphere at NAIT?

We are looking for students with a few hours to spare who are interested in mental health awareness. This is a great opportunity to make a difference at NAIT. Please contact Margaret a mmarean@nait.ca or 780.471.7550 if you are interested.

Who to call?

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

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.naitsa.ca under "Get involved."

Program-related concerns – Contact Program Chair or Program Adviser.

Scholarships, bursaries – Student Awards Office, 780-491-3056, Room O-101.

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

Student loans, grants – 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 8:30 a.m. to 4:30 p.m. Monday to Friday. Also 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. Cost is approximately \$15/hour.

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.

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 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 be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.



Binge viewing is the future

By SCOTT PEDRICK

Somewhere around 2005, once VHS tapes had finally been eradicated and every home seemed to have a DVD player, studios got wise to a consumer habit that had largely been neglected on home video before – television box sets. Sure, they existed, but how many people had them? Tapes took up so much space, they had to be rewound and it was this lack of accessibility that made viewership figures on television what they were. When box sets came into being, traditional seasonal programming began to decline and an entirely separate form of viewing arose: binge viewing.

It has only recently been defined but it's probably been around for almost a decade. The binge view involves acquiring an entire season (at minimum) of a television show and blowing through it in an unreasonable amount of time, usually a weekend, maybe less. Some shows developed their cult followings after they were long over, shows like *Arrested Development* or *Veronica Mars*, but many utilized the release of box sets to let new fans catch up in the television off-season and then become part of the live viewing in the fall. Lost was a prime example of this and that's one of the main reasons why a show so confusing managed to maintain such a loyal fan base.

Netflix is still fairly recent to Canada, but it's been around in the United States almost as long as DVDs and online streaming has made their content library extremely diverse. Full seasons of television are consumed on Netflix arguably at a more rapid pace than they ever were on DVD. Netflix heads began to take note and many believe that online viewing is the way television is heading.

The PVR, the on-demand generation is here and it's likely here to stay. Therefore,



it's time to start catering to them.

Enter *House of Cards*, a scathing and cunning political drama set in Washington, D.C. and Netflix Production's first real stab at the heart of premium cable providers HBO, Showtime and AMC. It's come at a price tag of \$100 million for two 13-episode seasons (so far), but it carries with it the clout of true Hollywood talent in star Kevin Spacey and executive producer David Fincher (*The Social Network*, *Fight Club*).

Netflix dropped the entire first season on Feb. 1, and is playing one of the biggest gambles in recent media memory. Will the nominal \$7 per month fee for Netflix con-

tent pay off, will the show draw viewers to the service or bring back those who wanted something fresh?

With Netflix not requiring any contracts for subscription terms like HBO, users could pay for one month, binge on the series and be done with it until the next season. It seems like it should work, and it probably will, but Netflix is playing its cards close to the chest (pun recognized, and not wholeheartedly unintended), and not releasing official viewing figures.

The quality of the program doesn't matter here, but as an aside, it is fantastic. *House of Cards* stands right next to anything

you've ever seen on HBO and sets a high benchmark for any future Netflix Studios endeavours.

The real test for Netflix now is to see the response to this style of production and viewing. The company touts itself as having no rules, with no studio heads weighing the creative process down and it seems evident thus far.

Binge viewing certainly makes things move faster and the content will need to reflect that as well.

Whether Netflix Studios becomes the next HBO remains to be seen but it has certainly put its best foot forward.

CROSSWORD

Across

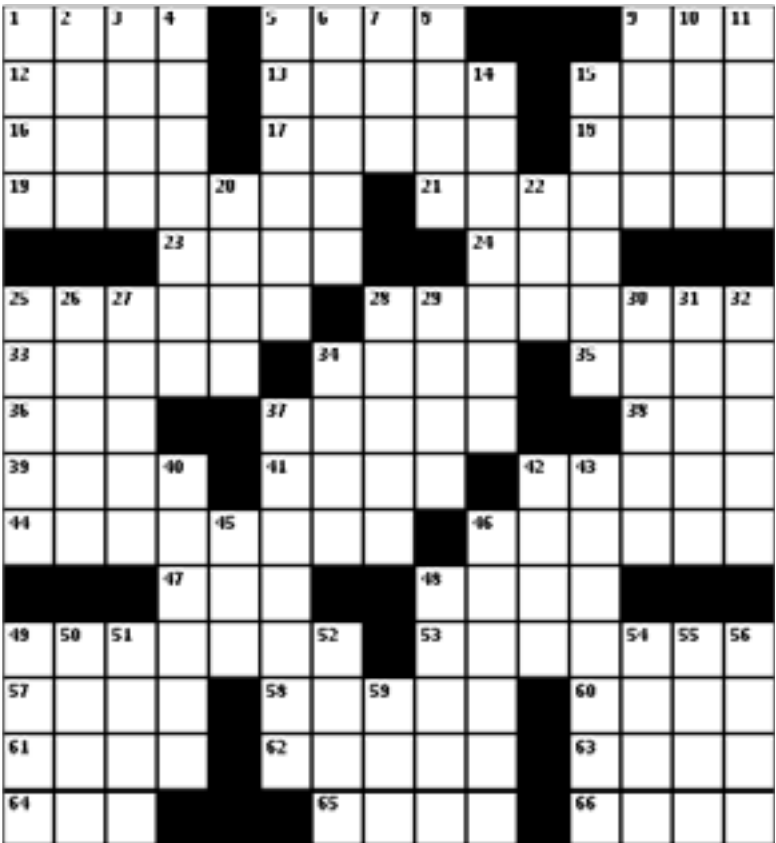
- 1- Not many
- 5- "The Time Machine" race
- 9- Shamus
- 12- Cordelia's father
- 13- Partly melted snow
- 15- Type of song, sung solo
- 16- Longfellow's bell town
- 17- European capital, in song
- 18- Gave temporarily, holy period of 40 days
- 19- Shoot-'em-up
- 21- Least difficult
- 23- The Stooges, e.g.
- 24- Plaything
- 25- Although
- 28- Temporary inactivity
- 33- "Mule Train" singer
- 34- Person who is liable to tell untruths
- 35- Injure
- 36- Sitcom planet
- 37- Arranges in groups
- 38- Cry out loud
- 39- Always
- 41- Fastens a knot
- 42- Machine for lifting heavy loads
- 44- Stately Spanish dance

- 46- Trader
- 47- Seminary subj.
- 48- Not a dup.
- 49- Erased
- 53- Military person
- 57- Cameo shape
- 58- Temporary paper currency
- 60- Capital of Norway
- 61- Start of a counting rhyme
- 62- Musical sounds
- 63- Go the distance
- 64- Compass dir.
- 65- ___ a soul
- 66- Caustic substances

Down

- 1- What there oughta be
- 2- Celebration
- 3- Hearing organs
- 4- Expressed in writing
- 5- Lively wit
- 6- Grassy plain
- 7- ___ Town
- 8- Aha!
- 9- Corner
- 10- Half of zwei
- 11- Suffragist Carrie
- 14- Radiators
- 15- Immigration of Jews to Israel
- 20- Pennsylvania port

- 22- Non-dairy milk
- 25- Healing plants
- 26- Insect stage
- 27- Member of a motorcycle gang
- 28- Ventilated
- 29- Cave dwellers
- 30- Like Fran Drescher's voice
- 31- Hag
- 32- Cinder
- 34- Beef cut
- 37- Least fresh
- 40- Seldom
- 42- Slather plaster on the upper surface of a room
- 43- 4 Seasons No. 1 hit of 1964
- 45- You ___! Sure!
- 46- Edema
- 48- Bendable twig, usually of a willow tree
- 49- Evil is as evil ____.
- 50- Nights before
- 51- Narrow path for walkers, cars or ships
- 52- Pest control brand
- 54- Brit's exclamation
- 55- Otherwise
- 56- Spoils
- 59- Genetic material



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

SOLUTION
Page 28

HOT SINGLE OF THE WEEK



Photo by Lucas Anders

Elyssa Teslyk Marketing

What is your Ideal date? – They have to be themselves!
What is your favourite music? – I don't have a favourite, I just like it all!
What hobbies do you do? – Lots – exercise, reading, friends and movies.
If you were stranded on desert island with one other person who would it be? – Honestly at this point in time probably my ex-boyfriend because he is a super wiz at survival. If the world ended, that's who I would go to.
What is your stance on unicorns. Are they majestic creatures or abominations against God? – Majestic, totally!
Do you have any goals? – I am in Marketing and I want deliver a message that's meaningful to the next generation. I don't want them to be materialistic and marketing is a way to go about delivering strong messages.
Are you hot and single? E-mail us at entertain@nait.ca

Maple bacon poutine

RECIPE

By TYLER WARREN

(No substitutions! You either eat it in its full glory or don't eat it at all.)

Ingredients

- 2 cups of straight cut french fries (you can make 'em or buy 'em, either works here)
- 300 ml of beef gravy
- 2-3 cups of mozzarella cheese curds (not shredded)
- 200g-500g of bacon, cooked and chopped up finely
- 50 ml-200 ml real maple syrup (none of that \$2 stuff here)

Method

- Step 1: Cook up the bacon and french fries
- Step 2: Chop up the bacon if it isn't

already

Step 3: Lay down a foundation in this order: french fries, cheese curds (repeat these steps if the food doesn't fit on the plate) drizzle on that gravy, followed by the real maple syrup and then spray that bacon on like silly string on your best pal.

Step 4: demand respect from your peers.

If you managed to somehow survive all of these steps, then behold thy creation. Made of 100 per cent Canadian magic, this dish is sure to bring a new fire to your life. You'll be singing a whole new tune after just one bite. Goes great with either root beer, beer beer, fresh glacier water, and, if you're real crazy, gravy works here as well. Enjoy the dish, and welcome to the bright side.

CROSSWORD SOLUTION

1	A	2	F	3	E	4	W		5	E	6	L	7	O	8	I		9	T	10	E	11	C
12	L	E	A	R					13	S	L	U	S	H				15	A	R	I	A	
16	A	T	R	I					17	P	A	R	E	E				18	L	E	N	T	
19	W	E	S	T	20	E	R	N						21	E	A	22	S	I	E	S	T	
				23	T	R	I	O						24	T	O	Y						
25	A	26	L	B	E	I	T			28	A	B	E	Y	A	30	N	31	C	32	E		
33	L	A	I	N	E				34	L	I	A	R			35	H	A	R	M			
36	O	R	K						37	S	O	R	T	S				38	S	O	B		
39	E	V	E	R	40				41	T	I	E	S			42	C	43	R	A	N	E	
44	S	A	R	A	45	B	A	N	D					46	D	E	A	L	E	R			
				47	R	E	L							48	O	R	I	G					
49	D	E	L	E	T	E	D			52				53	S	O	L	D	54	I	E	R	
57	O	V	A	L					58	S	C	59	R	I	P			60	O	S	L	O	
61	E	E	N	Y					62	T	O	N	E	S				63	L	A	S	T	
64	S	S	E						65	N	A	R	Y					66	L	Y	E	S	



A well-established Drywall company is looking for Journeyman Tapers, Framers, Boarders (I.S.M's). Preference given to individuals with a ticket. Must have your own tools and a reliable vehicle.

Send resumes to:
Fax: 780-939-2876
Email: jobs.siminteriors@xplornet.ca

Also looking to train individuals for an apprenticeship to start a rewarding career in the drywall industry. Must be willing to purchase/provide your own tools. Must have a reliable vehicle.

CLASSIFIED

ELIZABETH'S ANTIQUE AND COLLECTIBLE SALE

Alberta Aviation Museum, 11410 Kingsway Ave., Edmonton, AB
March 15-16, 2013 – Friday 2-8 p.m. & Saturday 10-4 p.m.
\$5 Admission. Free Parking. Over 140 tables!

WHAT'S GOING ON AROUND CAMPUS

WHO LAT2013
WHAT Valentine Flower Sale
WHEN February 13/14; 11:00am – 4:00pm
WHERE Annex, Common Market, HP Centre main floor

WHO AHT2014
WHAT Bake Sale
WHEN February 14; 7:30am – 1:30pm
WHERE NAITSA (Room E131 main campus) and "E" wing main floor near staircase to pedway

WHO Bakers Club
WHAT Valentine's Bake Sale
WHEN February 14; 10:30am – 1:30pm
WHERE South Lobby (main Campus)

WHO Muslim Students Association
WHAT Islamic Awareness Booth
WHEN February 25 - 12:00pm – 1:00pm;
 February 28 – 8:00am – 3:00pm
WHERE HP Centre 1st floor; South Lobby

CAMPUS CLUBS NEWS

February 18-22 Clubs Centre Closed



CHEM TECH'S "SOLUTION" FOR READING WEEK
 Fri Feb 15
 All Proceeds go toward CHEM TECH
 Grad Fundraising Initiative
 The peak is 12 between 10am-4pm

THE OLD STRATHCONA RACK
 10544 - 82 AVE / 780.437.7225 / THEOLDSTRATHCONARACK.COM
 RACK UP! DON'T DRINK & DRIVE. DRINK RESPONSIBLY.

Dental Assistants
 bring you a
VALENTINES BAKESALE!!

Find us **FEB 13th**
 at the bottom of
 the business tower

&

FEB 14th on
 the 2nd floor of HP
@ 11:45AM - 1:15PM



DO YOU KNOW?
 There are over 60 active clubs at NAIT, with new ones starting up every day!
 There is everything from "program specific" clubs to outdoors, gaming, business, sports, personal improvement, faith based, book, and movie clubs!
 Check out NAITSA.ca for a list of all the cool clubs around campus.

NEW PILOT PROGRAM
 Campus Clubs is excited to be partnering with NAIT Athletics to run a pilot program for sports and fitness clubs. This partnership will make it easier for NAITSA clubs to benefit from the resources available through NAIT Athletics, such as booking studio space and coaching. It has never been easier to start a recreational sports club.
 For more information feel free to drop into the Campus Clubs Centre in E-131.

PRESENTED BY
enactus
 NAIT

THURSDAY FEBRUARY 14
FLYIN SOLO?
RED SOLO CUP PARTY

\$4 DRAUGHT & \$4 HIBALLS
 Speed dating starts at 9pm sharp - DJ at 10pm
 Tickets for speed dating through Elise 780-267-9806 or Emilie 780-716-2151

THE PINT
 THEPINT.CA / DOWNTOWN: 10125 - 109 STREET

NAITSA
CLUBS
365

VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus
 780.471.8457 | 780.471.8871
 campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 14-20

(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)

Honesty- Your honesty and trust is irreplaceable as your confide in your closest friends something of importance soon. You will be freed from that burden that you carry and will finally be able to relax.

FASHION

Spring and what it brings



MEAGHAN WILLIS
Assistant Entertainment Editor
@meaghan_willis

With this past week's warmer weather, I couldn't help but think about spring being just around the corner (I hope). Soon enough, the snow will melt and we won't need to rely on heavy coats and winter boots to keep us warm. All of this means one thing – new spring fashions.

I think spring has always been my favourite shopping season. I can't help but love ditching my winter duds and throwing on something light and colourful. You can almost imagine your summer filled with dresses, shorts, tanks, flip flops and open toe high heels.

This spring/summer brings a whole new list of trends for you to choose from when you're out picking up your new wardrobe. Whether you have the money to shop for new clothes or you're looking to reinvent your current wardrobe by applying these new trends to old pieces, hopefully this article can give you some tips on where to start.

Black and White

Two huge colours, or shades if you will, are

Pisces (Feb. 19-March 20)

Money- An interesting monetary transaction is headed your way soon. Be smart with this as many people depend on you and you will soon need this money.

Aries (March 21-April 19)

Energy-Your contagious energy has proved to be an inspiration to many. Keep this up and many great things will soon be on your way as the universe conspires to make your plans work.

Taurus (April 20-May 20)

Procrastination- This is a good time to get ahead and finish assignments on time for once. Procrastination will prove to be your downfall if you don't act soon.

Gemini (May 21-June 21)

Family- Family is important during a time as hectic as this. Make time for them even though it might seem like you have other things to do. Call your relatives to see how they are doing.

Cancer (June 22-July 22)

Love- A potential love interest will come in contact with you in this coming week. Give love a chance and open up to people as different opportunities arise and these will be significant.

Leo (July 23-Aug. 22)

Obstacles- You will come face to face with an obstacle that you cannot overcome by yourself. Reach out to others and ask for help from the people that surround you and you will soon overcome this.

Virgo (Aug. 23-Sept. 22)

Strength- Strength is one thing you have lacked up to now but this week will be different as you reinvent yourself and find a way to draw strength and courage from the people that surround you.

Libra (Sept. 23-Oct. 22)

Humility- Bring your feet back to the

ground as you get swamped with tasks to complete. Putting things into perspective will help make you realize what truly matters.

Scorpio (Oct. 23-Nov. 21)

Hard work- Your hard work and perseverance is finally paying off as that which you aspire will soon be within your reach. Keep up the good work.

Sagittarius (Nov. 22-Dec. 21)

Dreams and aspirations- The weird dreams you have been having lately is the universe trying to deliver a message to you. Open your inner eye to this channel to acquire a valuable piece of insight.

Capricorn (Dec. 22-Jan. 19)

Patience- Be patient with others as you attempt to finish the task at hand and you become distracted by them. They might be trying to tell you something important, so listen.

break
FREETOBACCO
REDUCTION
PROGRAM

- Free counseling
- Free nicotine replacement products
- Personalized stop smoking plans
- Free quit kits

For more information, visit
Health Services, Room O-119
or contact
Evelyn Gorecki, Tobacco Reduction
Co-ordinator – 780.471.8733 or
egorecki@nait.ca



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS



What do you think about Valentine's Day?



"I think Valentine's Day is nice for couples but kind of crappy for people that are single."

Josee Twerdoski
Personal Fitness Trainer



"I think it's a normal day, just like any other day, maybe just because I'm single."

Michael Maru
Civil Engineering Technology



"I think it's the worst day. I don't know how people can make Valentine's Day a day of love when you have 365 days a year to do that."

Wissam Khaddij
Civil Engineering Technology



"For those that don't get to spend every day with their lover, I think it's a good opportunity to do something special. But those of us that do should do those cute little things for each other often."

Nikki Dunlop
Bachelor of Technology



"Well I think it's always such a romantic holiday. It's a great time of the year to really be around the ones that you love the most in your life."

Chantal Froehler
Personal Fitness Trainer



CHINESE NEW YEAR

Photo by Kevin Tuong

Fruits and gifts are displayed on a table as an offering to the gods and ancestors on Feb. 10 at the Chin Yin Buddhist Temple at 12688 148 Ave. during Chinese New Year celebrations.

Beers, burgers & slapshots.

We are showing EVERY Oilers game live on our high definition TVs with spectacular sound!
Enjoy interactive games and prizes throughout the game.



**\$4 Pints of Coors Light
and Molson Canadian**

\$3 Mini Burgers



Hockey **Central** SOCIAL HALL

CentralSocialHall.com | 109 St & Jasper Ave

RED SOLO CUP

★ **SUNDAY** ★

FAMILY DAY LONG WEEKEND

FEBRUARY 17TH

**GET YOUR RED SOLO CUP FILLED
WITH A DOUBLE OF YOUR
FAVOURITE DRINK FOR ONLY \$6**

Red Solo Cup Contests! Prizes! Decor!
Even Red Solo Cup Fashion Accessories!
Visit theranchroadhouse.com for your FREE admission pass!



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