

ENTER THE NUGGET OSCAR CONTEST FOR PRIZES - SEE PAGE 24

THE NAIT NUGGET

Thursday, February 7, 2013
Volume 50, Issue 19



Please recycle this newspaper when you are finished with it.

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

\$20K FOR NEW BIZ

Company formed by NAIT grads wins award, story Page 3



Photo by Jesse Kushneryk

TEAMING UP TO BEAT CANCER

NAIT Ooks Josephine Peacock fires up her teammates before a game against the MacEwan Griffins at the NAIT gym on Thursday, Jan. 31. The Ooks wore their pink uniforms to show solidarity with efforts to find a cure for breast cancer. See game story, Page 10.



4+1=5 Great Locations

www.O2s.ca

Whyte - 8217-104 Street

West - 11066-156 Street

North - 13509-127 Street

South - 10390-51 Avenue

Now Open at
11026 Jasper Ave.



NEWS & FEATURES

Staying sane in school



SARAH STILWELL
Issues Editor
@sarah_stilwell

With NAIT and many other schools in the Alberta Students' Executive Council (ASEC) fighting for mental health funding, it is important for us to recall what we can do to calm ourselves down in times of stress or anxiety.

Currently, many schools in Alberta are in need of the \$1.5 million that ASEC has made available for the schools that they represent, such as NAIT, SAIT, MacEwan and Olds, among many others representing a total of 175,000 students across the province. While NAIT's Counselling Centre has three helpful and diverse staff, Olds College only offers about 10 hours of counselling available per week for its 1,200 full-time students.

Being in a specialized and hectic program here at NAIT, like many others here, it can be hard just trying to keep up. As soon as I get one assignment done, three more have crept up on me.

I spoke with a counsellor at NAIT's Counselling Centre last week. After the appointment, I left wondering what I could do throughout the week to help me feel like my head is still on my shoulders and not exploding through the atmosphere. So this week, I documented it.

1. Wasting Time on the Internet

Do you often read articles on BuzzFeed and Cracked? Well, if you don't, you should probably start. On BuzzFeed, their articles are aptly named things like "19 People Who are Having A Worse Day Than You", or "11 Reasons You Should Be Happy It's Monday", which I just finished reading before I started this article.

If I ever need a pick-me-up and don't feel like getting off of my butt, I know exactly where I'm going online.

Well that, and Cracked.

Cracked is better for when I don't feel like "awwing" at something; the humour is a

little bit darker most of the time – and usually hilarious. Again with the apt names, "6 Ways Your Brain is Sabotaging Your Sex-Life" or "5 Terrifying Origin Stories Behind Popular Children's Songs" are a couple of the articles you can take a look at, the latter being one of my favourites. Who would have thought that "London Bridge Is Falling Down" is actually about children starving to death?

It's not necessarily happy, but it's really entertaining – and will probably tell you something awesome that you didn't know about.

Most articles on Cracked and BuzzFeed aren't too long, so if you can do something like treat yourself to an article after every chapter you've read in your textbook, you're really not wasting too much time. Just don't click another article on the right hand side of your screen after you finish one. It's tempting, but don't do it.

2. Making Something with Cheese in it

Who doesn't love comfort food? Some home-made mac 'n' cheese or grilled cheese with cheese baked into the bread, and I'm pretty much in heaven. Perhaps I'll put that recipe into the *Nugget* sometime soon. It's something everyone needs to enjoy.

When I'm feeling lazy, cheese and crackers does the trick.

I must stress, this is not eating because you're bored! Cheese is a privilege. Make yourself earn that thousand-calorie goodness.

Moral of the story, just make something with cheese. You'll feel better.

3. Putting My Body in Strange Positions

It makes me feel better, OK? Doing some downward dog, sitting in child's pose or even doing a handstand or a bridge against the wall – whatever my body feels like, maybe I'll even go for a run. If I've been sitting in the same position for a long time, I owe it to my body to move it around. Plus, it cures "Study Neck" – the neck pain you get from looking down at your computer or a book for too long.

4. Trying To Not Stay In The Same Place For a Long Time

When I'm on hour four in the same location, something needs to change. My brain isn't working as well anymore and I'm really just sick of the surroundings. There are so many places to go around NAIT.

Hey, maybe you can check out that building with the nice elevators. When was the last time you saw leather chairs in your building?



Exactly. Go to another place. Plus, going for walks is awesome.

5. Watch A Movie You've Seen A Thousand Times

I call it my "Study Movie," and everybody needs at least one. If you're watching a movie you've never seen before, you're probably going to be watching more of it than looking at your homework. Don't do this, just watch a movie you know pretty well.

One of my favourites is *Marie Antoinette*, the 2006 Sophia Coppola interpretation of the doomed Queen of France. It's eye candy and I know how it ends. I also know when all of my favourite parts happen.

Another few of my "Study Movie" suggestions are *Superbad*, *Nick & Norah's Infinite Playlist*, *American Beauty* and *Up*.

Note: Study Movies vary by personal taste and by how many times you've seen them.

And finally,

6. Talk to your Friends.

Text them, grab a drink with them, have a coffee. Socializing is so important for me in order to keep myself in check. Sometimes, I really cherish that alone time but I know when I need to talk to someone. A good laugh or talk about that hilarious panda/sloth/cat picture I saw can really lighten the mood.

YOUR CAREER STARTS HERE

Entrepreneurial? Business minded? Energetic?
Then join our team!

PATTISON

pattisonoutdoor.com

recruitment@pattisonoutdoor.com



Photo by Courtney Bergen

NAIT President Dr. Glenn Feltham, left, awarded HATCH business plan competition winners Andrew Grundler, Housam Jammaz and Nathan Shankoff with a \$20,000 prize on Feb. 1. With them is Steve Chattargoon, digital media and IT chair and far right, Edmonton-South West MLA Matt Jeneroux. Absent is the fourth winner on the team, Scott Germain.

Animation biz wins prize

By STEPHAN SUTCLIFFE

Four teams comprised of current students and recent NAIT alumni competed in the Hatch Business Plan Competition to move their business ideas forward.

Contestants pitched ideas to a panel of industry judges for \$20,000 in seed money to be spent on initiatives directly related to the winner's business plan. The Hatch competition is organized by novaNAIT in association with ENACTUS NAIT, and the Alberta Innovates Technology Futures, part of the provincial government's research and innovation system.

The contest winner was announced on Friday Feb. 1, before a group of guests, including a representative from the provincial government. Edmonton-South West MLA Matt Jeneroux spoke about the government's priority to encourage entrepreneurs and mentioned NAIT's role as an education institute in that initiative.

Presenting the award was NAIT President Dr. Glenn Feltham, who talked about the ingenuity

and foresight of NAIT students and encouraged the contestants with an inspiring message.

"There can only be one winner but your spirit will carry you through your career," he told the contestants.

Then, with a flare and podium drum roll, Dr. Feltham presented the winners, 8-Bit 3D, the award.

After 8-Bit 3D accepted the award, their instructor took the podium with obvious enthusiasm and expressed his emotions about the team of three which won the contest.

"These are three of the hardest working people I know. I'm beaming and very happy for them."

After leaving NAIT, Scott Germain, Andrew Grundler, Housam Jammaz and Nathan Shankoff noticed a lack of digital media animation studios in Edmonton and decided to establish 8-bit 3D. All NAIT DMIT grads, the 8-bit 3D team members describe themselves as a small studio that can create big results, making animation feel real

by adding emotion. An engaging video demonstration was shown.

Following their graduation from NAIT in spring 2012, the group had difficulty finding jobs in animation close to home. The majority of animation studios are in Montreal or Vancouver, so the trio came together to create the 8-Bit 3D Studio here in Edmonton.

8-Bit 3D plans to target production companies, movies and television, but is also well equipped to approach the business community, specifically oil and gas industry leaders to produce 3D animations of concepts and prototypes. Now that they have the prize money, Andrew Grundler of 8-Bit 3D expressed what they want to do first.

"Upgrade hardware and hire a sales manager," Grundler said. "We're creative artists and we're working off laptops."

Finding a hole in the animation market and rethinking how animation can be used in business puts 8-Bit 3D in a position to succeed.

THROUGH INTERNATIONAL EYES

Festivals the world over

By YINING XIONG

One of the grandest festivals in North America, Christmas, just finished last month. While some foreign nations celebrate Christmas, they also have their own traditional festivals.

Thailand

"In Thailand, the most traditional festival is Songkran Festival, it starts from April 13 and lasts for three days," said Wu, a current ESL student at NAIT.

For Thai people, April 13 means the end of the year. People hold a wide range of activities to celebrate the ending of the current year. In the morning, people hold ceremonies, and Buddhist monks worship items. Later in the day, people clean the Buddha statues. April 14 is the preparation day when families get together and prepare for the next morning. At night, people decorate the pagodas with colorful flags and flowers in celebration. April 15 marks the beginning of the Thai New Year and is the most important day of Songkran Festival, when people will visit elders to get their blessings.

India

Diwali (Diwali Festival) is an important Hindu festival. To greet the Diwali, every household lights candles or oil lamps, symbolizing brightness and happiness. There is no formal ceremony, it is similar to how some countries celebrate Christmas or New Year. To show respect for God, people clean and paint the house, dress in new clothes and wear intricate jewelry. In the evening, every household and shop turns on lights and the sky is filled with fireworks. During the festival, friends and families get together to share snacks, dried fruit and gifts.

Japan

Meeting the dawn of a New Year is a major event for the Japanese, so starting in late December, families will clean their homes and some will hang a rope above the door, believing that it can expel ghosts.

When the New Year arrives, many Japanese dress in traditional kimonos and visit temples or shrines. The temple bells toll

108 times, proclaiming that in the New Year all can make 108 wishes. It is also believed that listening to the bells will purify hearts. Children will receive "lucky money" from the elders in the New Year. The adults started in December to exchange New Year greeting cards to ensure that all of the cards will be delivered into the hands of people prior to New Year's day.

On the fifth day of the new year, shops and companies will resume business. An interesting phenomenon will happen on that day, when the seafood market will be crowded by lots of customers early in the morning. All of them are coming to buy globefish, believed to be good luck when eaten.

Not only these three countries have their own traditional festivals and ways to celebrate. There are many international students from all over the world studying at NAIT and it is interesting to learn more about their countries' cultures and traditions. Go and chat with them and share in their national heritage.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Nicole Murphy
studenteditor@nait.ca

Issues Editor

Sarah Stilwell
issues@nait.ca

Assistant Issues Editor

Josh Yaworski
issues@nait.ca

Sports Editor

Lauren Fink
sports@nait.ca

Assistant Sports Editor

Kyle Harris
sports@nait.ca

Entertainment Editor

Alison Mullock
entertain@nait.ca

Assist. Entertainment Editor

Meaghan Willis
entertain@nait.ca

Photo Editor

Chad Steeves
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

Racism alive in Alberta?

By **SCOTT PEDRICK**

Alberta, Saskatchewan, the Prairies in general, can sometimes be held to an unfortunate set of stereotypes. Being classified as the hicks or hillbillies of Canada isn't something anyone would proudly associate with in any fashion other than joking. Nobody really wants to believe in the ideas behind deep-rooted issues of race and religion associated with the South of the United States, right? There isn't a perpetuating undertone of racism running throughout Alberta, is there? It's not a simple answer, unfortunately.

This article isn't going to be bipartisan. I'm taking a firm stance on the issue, and the issue is racism in our generation.

One of my dear friends, the one who inspired me to write this article, is what most people would call "fair." She's got a very light complexion, strawberry blonde hair and blue eyes. I joke that she's one of the whitest girls I know and it's hard to argue. She is dating one of the nicest, most soft spoken guys I've ever met. He studies psychology at the U of A, plays soccer and has a big family. He's also black.

To most people, there's no issue to be had here. Anyone with, what I deem to be, "Canadian beliefs," doesn't have problems with races. Canada is such a cultural mosaic, why at any point would issues (and I stress, there aren't any) of race come in to play? If I ever

was present for some kind of racially charged conflict, instigated by a bigot, I'd probably lose sight of my calm mentality, which is why it's a good thing I didn't find myself at The Pint on Jasper Avenue a few weeks ago.

My friend, who I'll refer to as Emily, was waiting at the bar for her boyfriend. We'll call him Kevin. She was, as most good-looking and unaccompanied young women are at the bar, approached by a young man. He was, as Emily describes him, a preppy looking guy, slight stubble, Hollister Polo, pleasant enough. He started conversation, and, like any girl, Emily figured she'd get a drink out of the exchange. Once Emily's boyfriend arrived, she, out of instinct, greeted and kissed him and preppy looking guy left.

But that wasn't the end of things. When Kevin decided to go to the bar to get a drink, preppy looking guy came back. He proceeded to start a conversation again with Emily as if he hadn't noticed Kevin's arrival. Politely, Emily told him she was with Kevin, the guy who'd arrived a few minutes ago. Preppy looking guy quickly replied, "Your father must be really disappointed."

It doesn't take a rocket scientist to figure

out what he was referring to.

Emily was immediately furious. "Excuse me?" She threw him a dirty look, and he only looked confused as to what he possibly could have said to offend her. Appalled, Emily left to go tell Kevin what happened. When he made eye contact with preppy looking guy, who had a friend with him, they proceeded to stare down Kevin for well over an hour from across the bar. Terrible night, and that should have been the end of it.

Later, while Emily was dancing, preppy looking guy approached Kevin and proceeded to strike up a conversation. Trying not to escalate an

already fragile situation, Kevin listened politely while this guy tried to explain, "It's the way I was raised. I was raised that it's wrong."

He also said "I have a daughter, man, and I wouldn't want my daughter dating a black guy. It's just how I feel."

Preppy looking guy asked Kevin, who sat there and took this, to "hug it out, man." Kevin politely explained that preppy looking guy could expect a handshake at best but that wasn't good enough. He grabbed Kevin and forced him in to a hug, which ended up being the last straw. Kevin forced preppy looking guy

off and his buddy came running and they proceeded to demand that Kevin finish this outside with them. Continuing to not engage, Kevin walked away from the situation and I heard about it the next night from Emily.

There are so many reasons why this is wrong. It's appalling to begin with, but then the guy attempts to rationalize his behaviour by stating "it's how I was raised." It's alarming to think that there are places in Canada where that's common practice.

It's not uncommon for a mixed-race couple to receive looks, says Emily.

"Usually it's from older people," she said. "I understand their generation came from a different time, and no one has ever actually said anything."

Until those few weeks ago, there hadn't really been a flat-out incident. Kevin says that he definitely feels profiled in certain situations, and sometimes people could be more sensitive when pushing the boundaries of what's appropriate, but usually people keep to themselves.

I know how I feel about this, I think I've made that clear. Canada, on principle, has no grey area in this matter. We're a multicultural nation, respectful and welcoming. If Edmonton has an issue with this, it had better shape up quickly, or that "hillbillies of Canada" label might not be a joke anymore.

There isn't a perpetuating undertone of racism running throughout Alberta, is there? It's not a simple answer, unfortunately.

One more step

By **DARTANION JOHNSON**

@Dartanionj

Important gay figures have been around forever. One of the first recorded historic lesbians was in ancient Greece. Sappho was a lyric poet loved for the beauty of her writing. She was born on the island of Lesbos where the word lesbian is derived from.

Now the newest public figure to add to the list is Kathleen Wynne. Kathleen will be appointed Premier of Ontario on Feb. 11. She was minister of Municipal Affairs and Housing and Aboriginal Affairs until resigning to run as a candidate for the leadership of the Ontario Liberal Party. Wynne will become the first female premier of Ontario and the first openly gay premier.

So what does this mean for Canada and the Lesbian Gay Bisexual Transgender (LGBT) community? Canada has been trying to move forward in gay rights since 2003 when provinces started to recognize gay marriage. Nearly every major city

also has some kind of pride week or festival. This week is Winter Pride and is being held in Whistler B.C. until Feb. 10. These events are a great way to see many different walks of gay life in an accepting environment.

I don't think that having a gay premier necessarily means a change within our society. What this does, is that it gives the LGBT community another platform to feel accepted. Gay hate crimes are still one of the most accepted forms of prejudices within our society. From the military's "Don't ask, don't tell" campaign, to boy scouts discrediting gay members, it seems that this battle for equality isn't ending soon. The typical high school student hears anti-gay slurs 25.5 times a day found Lambda.org. Lesbian, gay, and bisexual youth are at a higher risk of attempting suicide (28 per cent vs four per cent of heterosexual youth) according to statistics by Canada's Crisis Centre.

Some people think that being gay is a sub-



cdn.muckrack.com

Kathleen Wynne, Ontario premier-elect

species of the homo sapiens. Being gay holds no special standings, or a different way of living. What being gay does do to a person is that it creates an extra level of stress and self doubt. Lambda reports that 80 per cent of gay and lesbian youth report severe social isolation. The subject is something to discuss and educate yourself on. Gay people are all around and are responsible citizens.

Wynne has been judged for using her sexual-

ity to win votes and taking advantage of the high number of gay people in Toronto. If Wynne's position can make one gay person feel accepted, then Canada will be moving in the right direction. It's time not be afraid and ask questions. Talk to someone that is LGBT, they will appreciate it and you can help lead the way to stop hate crimes.

June 8, 2013 is Edmonton's Gay Pride Parade. Will you show your support?

Poll clerks needed

Duration: Feb. 14, 2013

Compensation: \$15/hour

- Poll clerks are needed on Feb. 14 from 10 a.m.-2 p.m. for the NAITSA Executive Council election.
- Must have a strong command of English and a complete and clear understanding of the democratic election process.
- All poll clerks must attend a

paid training session on Wednesday, Feb. 13 at 4 p.m. in Room E-129.

- Poll clerks must have a complete understanding of the online voting process and be comfortable providing guidance to students.
- Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.



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

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.

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.

Point counter Point

A 'frank' pizza exchange



JOSH YAWORSKI
Assistant Issues Editor

There is one plain and simple truth: man is at the top of the food chain. I mean, sure there are some scary things out there that will quite literally rip your face off, but when it comes down to it, man is No. 1 – because we have been just evil enough to come up with fun new ways to kill things. And because of that, we deserve nice things. Because we stopped doing it in caves, because we started cooking our food, because we realized that we could train instead of hunt our prey, we deserve to eat the best of everything. But we have a problem. How do we know what is the best of everything? We need to try everything.

We've done a good job of trying everything so far. We've taken living creatures and cut them into tiny little pieces and then soaked them in juices from a plant from the other side of the world and then lit them on fire. We've fed different animals different grains so they'd taste better. We tugged on an udder and then drank what came out! Who does that? Who thinks that would be a good idea?

A genius

A genius, that's who, because corn flakes with Adventure Time would not be quite as delicious without milk.

The miniature minions of the food police might tell you that there is a point that is too far, where good sense has failed, but that mustachioed matriarch seems to forget what we learned from the Double Down: there is no such thing as too much. There can always be one more patty and there will always be room for one more order of bacon. It was in that spirit that we put cheese in our pizza crust. And it was in that spirit that we slid a hotdog into our pizza crust.

And then there it was. Not unlike evolution's accident, the platypus, we took a whole bunch of things that had no business being together and forced them into a strangely delicious genetic mismatch. The frankfurter stuffed crust pizza is a logical step in mankind's evolutionary journey from eating strangely coloured berries and hoping we don't die from the poison they contain, to the deep fried pizza flavoured ice cream – the breakfast cereal of the future.

Only by sticking frankfurters in the strangest of places can we stumble across the secret of the next world changing cuisine. This is the only way we can tap into the greatest of the creative gifts man has; namely that which is associated with things we put in our mouths.

A story

There is a story told by a biology teacher in the Elk Island School District that is not true but does suit this argument. As the story goes, a scientist named Alexander Flemming left out a sandwich while he was working in his lab. He gets ill, and comes back a couple of days later, still suffering from an infection. By accident due to drowsiness or by the powers of fate, he ate the sandwich, which now was host to a very specific type of mold. And it was later that evening that he began to feel better. Because that mold was penicillium rubens.

Now, that was not at all how it happened but it certainly could have been. By telling the world that they aren't, in fact, permitted to take a risk and put peanut butter with pickles, or fries in ice cream, we risk preventing the accidental pairing of tasty and fantastic. Who are we to say something can't be tastestastic.

Only by sticking frankfurters in the strangest of places can we stumble across the secret of the next world changing cuisine.



By **CHRIS FIGLIUZZI**

At the age of 28, I find myself debating the merits of frankfurters in a pizza crust. My incredibly misinformed counterpart would have you believe that mankind has earned the right to combine any foods they see fit no matter what the consequence. I, on the other hand, believe that food is something to be cherished and not manipulated.

Food is a unique experience to human beings. We have the ability to make and manipulate anything and everything we consume. At NAIT alone, we have hundreds of students who are, right now, dedicating their lives to discovering the best ways to prepare food, manipulate flavours and create dining experiences that cannot be topped ... and yet we still somehow think that hot dogs in pizza crust is a delicacy.

How is this allowed to happen? In what world does hot dog stuffed pizza crust compare to anything else we have the ability to eat?

According to Josh, the best way to create new, delicious foods is to combine various foods that we have already perfected. In principle, I agree. The best way to advance any field is through experimentation.

An open mind

That being said, experimentation can only be successful when approached with an open mind and without bias. To say that the hot dog stuffed pizza crust experiment has been a success would not only be a lie but a travesty to culinary students and professionals alike.

To be blunt, hot dog stuffed crusts are the epitome of what is wrong with our society. We have no identity, no culture, no history of which to speak. We are left scrambling, trying to find something, anything to cling to and claim as our own. In this pursuit of finding ourselves we have somehow lost our way and now see it as our duty to combine random things simply because we can. We have deep fried chocolate bars, waffles with chicken and bacon-flavoured everything.

Our society is decaying and the hot dog stuffed pizza crust is perhaps the greatest indictment against it. We have become a glutinous, lazy society where everything from our bodies to our food is seen as being inadequate, insufficient and in need of improvement. No longer are we satisfied with what we have or who we are. For some reason we feel the need to constantly change things in the hopes that we stumble onto an improvement. We need look no farther than the XFL, new Coke, mini disc players and coloured ketchups to see this. This may all seem unrelated and like the nonsensical ramblings of one man that's a hoodie away from being the uni-bomber, but I see this as a symptom of a severely flawed society.

Why constant need for change?

Why do we feel this need to constantly change things? To constantly feel like what we already have is inadequate or somehow not enough? Our society is at an impasse. We are at a place where it seems like everyone and everything are constantly on the lookout to make change for changes sake. I ask you, why? There is no need to make change simply for the sake of change. There is no need to constantly feel as though what we have is inferior to what we could have. Take the time to enjoy it, to treasure it. Value it, you never know when it could be gone.

You might have noticed that this isn't just an article about hot dog stuffed crust. This is an article about us as people and how we seem to have lost our way, and have begun to confuse experimentation with innovation. I agree wholeheartedly that experimentation is a key to moving forward. That being said, we must also understand that experiments also fail. We must recognize these failures and move past them, not turn a blind accepting eye to them. So join me! Join me in saying NO to the hot dog stuffed pizza crust and more importantly NO to change for change's sake.



Photo by Tyler Frith

New Advanced Ed minister

By **APRIL HUDSON**
The Gateway
(University of Alberta)

EDMONTON (CUP) — Alberta Premier Alison Redford announced downsizes to her cabinet on Feb. 4 following months of speculation on the upcoming provincial budget.

The move is being touted as a way for the government to lead by example with a smaller, more focused cabinet, amid fears of budgetary cutbacks, according to a press release from the office of the Premier. Two cabinet ministers — Stephen Khan, Minister of Enterprise and Advanced Education and Christine Cusanelli, Minister of Tourism — will no longer be serving in their offices, effective immediately.

“These changes will allow us to continue to build Alberta by putting a priority on economic diversification and growth,” Redford stated in the release.

Khan’s position, which oversees government relations with post-secondary institutions such as the University of Alberta among other duties, is being replaced by Deputy Pre-

mier Thomas Lukaszuk, a few weeks before the 2013 provincial budget is set to be released.

“The premier is refocusing ... in view of the budget, in view of our priorities, and she has picked a team that she thinks will deliver,” Lukaszuk said during a press conference Monday afternoon.

“We don’t know yet how big the cuts will be. But it’s not always all about the money — it’s about how you spend the money you currently have, and what you focus on.”

Lukaszuk said if the government focuses on post-secondary institutions, it may be possible to capitalize on some of the research coming out of places like the U of A.

“I’m not going to be focusing on making

leaders of institutions happy. I will be focusing on making sure our students receive the best education possible,” he explained.

“I will be making sure that our post-secondary education is as attainable and available to our students, [and] also make sure that post-secondary institutions play a vital role in our economic development.”

He added that if educational institutions can align themselves with these goals, there will be “very happy” post-secondary presidents.

“I don’t see the presidents as my clients. I see students and the rest of Albertans as my clients, and

I will be expecting them to work with us hand-in-hand,” he said.



Thomas Lukaszuk
In



Stephen Khan
Out

www.stalbertgazette.com

Scheduling on Senate agenda

By **DANIEL STILWELL**

On the evening of Jan. 30, the NAITSA Senate meeting took place to discuss issues involving students and student welfare around campus. Although it was an extremely short meeting, many hot topics were discussed. The meeting focused mostly on the restructuring and redesigning of scheduling, and to offer more mediums of learning, but the U-Pass Referendum was also mentioned.

The meeting kicked off with Senator Joslyn Black’s inquiry into NAITSA’s meetings with other local post secondary institutions. The meetings with other schools are intended to share knowledge of how to gain access to the diverse student bodies on their respective campuses and add new, fresh content with our ever evolving community.

One event mentioned was the success-

ful “Heads vs Feds”, the debate about the legal status of marijuana, which “[was] totally different from something we’ve ever done before”, said President Teagan Gahler. Another idea referenced was the speaker series that MacEwan University is currently holding.

The question period turned in the way of the layout and design of the course schedule and how NAITSA is looking to help revamp it, so it will be easier to use.

“In a lot of committees we sit on,” said Jackie Albert, vice-president Academic.

“We represent the student voice and, a lot of times, even though a part of that committee thinks that what they’re doing had the best intentions for students, that’s not always the case.”

Issues handled were that of having classes on opposite sides of campus with no turnaround time between classes and the aesthetics of the

online scheduling system. The design is already set for the 2013-14 school year, but a pilot for a revamped system should start by the following year and then go into full effect for the year after that. This also follows with a proposed launch of a new academic model.

The discussion took a turn when the mediums of learning were questioned by some of the senators. The council is looking to extend the offerings of learning by adding choices for online or physical copies of materials.

“Right now there is a pilot that’s going to be proposed to NAIT Administration,” said Jonathon Bilodeau, VP Student Services.

“Part of that pilot is dealing with the pricing structure and the revenue model that comes with the course packs.”

The senators questioned whether the move would make a decrease in costs for students,

but Bilodeau replied, “A lot of the details I just unfortunately cannot get into due to the nature of it, but I’m definitely working towards it right now.”

Senator Black was concerned with the move as some students may not have the funds or tools available to access content supplied on the Internet or other devices.

“The brief, high level details discussed in the committee was that there might be a model where you can get all the different delivery options available to you for one price,” said Bilodeau.

“Again, it’s all kind of coming back to this pilot which will take place over the next few years.

The Senate is also currently seeking representatives to head up the side that does not support the U-Pass for the upcoming referendum starting on Feb. 8.

OPINION

A case for keeping the U-Pass

By **KRIS JOHNSON**

Feb. 8 to 14, 2013 are the days for the referendum regarding continuation of the U-Pass program. And if you’re reading this, I hope you cast your vote in the affirmative.

The phrase “Keep Moving Forward” kept reappearing in my mind when thinking of a positive, dynamic slogan for the YES campaign. Obviously, there is motion in that phrase and thus, synergy with transportation. Voting YES for U-Pass is about continuing the work that has already been done for students through U-Pass. “Keep Moving Forward” reinforces the continued need for progress, forward motion, and evolution. If U-Pass disappears, we regress; voting YES for U-Pass keeps the wheels of the bus turning in the right direction. It’s my hope that the majority of the NAIT student body is on-board.

U-Pass gives NAIT students unlimited use of regular transportation services for ETS, St. Albert Transit and Strathcona Country Transit systems. Not only is transit a wise choice for the environment, students pay over 50 per cent less than the regular monthly fare. If the referendum passes, the new fees are just \$147.50 per semester (for 2013-2014), increasing just \$7.50 per year for the next four years. When compared with the \$640 a student would pay for transit (reg. fare for 2013-2014 and rising), the discounted U-Pass makes good financial sense. Your U-Pass fees are also tax deductible — keep this in mind when filing taxes this year and in the future!

U-Pass would be mandatory for all credit students at NAIT, with the exception of apprentices and students who take all of their classes online. Additionally, students who

have a valid CNIB registration, DATS, SCAT, or Handibus registration, work for one of the transit services, or have a practicum outside of the service area for longer than eight weeks will be able to opt out of the U-Pass.

Do not mistake my fervour for the YES vote as blindness to those who oppose the fees or lack of understanding for objections. But, for those who oppose U-Pass, I implore you to consider the student body as a whole along with the significance of U-Pass to the majority. I also ask you to consider that the student body encompasses future students as well those currently studying. Think of U-Pass as part of the legacy you can help pass along. The LRT will be operational at NAIT by 2014; LRT and bus lines are also set to expand throughout the city, ushering in a new era of transit accessibility. Keep-

ing the U-Pass at NAIT sends a positive message that students desire, deserve, and require affordable and convenient public transportation options.

For more positive reinforcement about U-Pass programs, look to the hundreds of thousands of other students across the nation who have endorsed their U-Pass programs. This is a program that works for students.

Help support the YES vote on Facebook.com/YesUpassNait, follow me on Twitter @thekrisjohnson, and talk to your friends about U-Pass.

February 8-14, 2013, please vote YES for U-Pass to “Keep Moving Forward”, online at naitsa.ca.

Kris Johnson
Denturist Technology Student
NAIT School of Health Sciences

OPINION

— Editorial —

Hunger ... for a cause



NICOLE MURPHY
Editor-in-Chief
@NicoleMurphySt

Every day students go to school hungry. These students are not necessarily college students that spent their food money on drinks. These students are elementary school students right here in Edmonton. Every day these kids are expected to achieve and grow without the fuel to do so. A car could not run without gas, a remote without a battery would not work. Yet every day children around the city have to work the engines of their brain without food.

Enactus NAIT is a student run organization that focuses on community and making it a better place. Enactus NAIT consists of four project managers that come up with ideas, and other members of the group support the ideas, making them come to life.

Feeds elementary students

Project manager Mary To came up with the idea of the 27-Hour Hunger Challenge based on the idea of the 30-Hour Famine. Students got pledges to not eat for 27 hours. The money, however, would be going to making Edmonton schools a little better. Enactus teamed up with E4C. E4C is an Edmonton based organization that feeds elementary school students by implementing hot lunch programs at schools around the city.

Mary To remembers having the lunch program at her school as a child. She remembers how much she loved it and wanted to give back. She started organizing and planning. With the help of the help of members of Enactus, all the pieces of Mary To's vision started to come together. She explained, "I had a vision that was hard to explain in words," she found this the hardest part of the process. Putting into words what she wanted to see. Then on Jan. 31, all the pieces came together.

There was a big pancakes breakfast early in the morning on Jan. 31 as a last meal before the challenge began. When the clock struck nine, 18 NAIT students stopped eating for 27 hours.

Night in the NAITrium

That night the participating students slept in the NAITrium. Some pulled an all nighter, painting each other's nails, watching movies and sharing the feeling of how hunger affected them throughout the day.

Alisha Lewis participated in the challenge and was surprised at how hard it really was. She said "absolutely it was hard to do. I thought I would have so much energy but I felt tired in class, couldn't focus and didn't feel like doing anything." Others who participated described the hunger as feeling like a hangover.

They all went to class as normal the next day and came together at noon Feb. 1 when they would be able to eat again.

Arlene Thompson, program co-ordinator of E4C, came to the NAITrium to accept the money raised and make a short presentation on her organization at the end of the 27 hours. She spoke of all the grateful children who receive the hot

lunch program around the city, many of whom do not receive much food at home. Thompson told us shocking statistics of how one in six children live in poverty in the city. Also, a short video was presented showing the amazing contributions E4C makes to the community. From the hot lunch programs to garden programs teaching children about nutrition, E4C is a great gift to Edmonton.

The grand total raised during the 27-Hour Hunger Challenge was \$1,967.50. Sandra Spencer raised \$495 of that total, making

her the participant who raised the most.

You cannot always tell if someone is hungry by looking at them. Thanks to groups like Enactus and E4C there is a helping hand.

Mary To from Enactus hopes that the 27-Hour Hunger Challenge can perhaps become an annual event, having more participants each year.

For more information on E4C's contribution to youth in Edmonton or to make donation, visit www.e4calberta.org



Photo by Thomas O'Hara

Arlene Thompson, E4C program co-ordinator, speaks about her organization.



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. We're a newspaper, not an encyclopedia. Give us a break!

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

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.

SPORTS

The great outdoor rink



KYLE HARRIS
Assistant Sports Editor
@TheHarrisShow20

Every year winter comes, and Canadian's flock to the outdoor rink. It can be the backyard, the local community rink, the pond, lake, or river, but where ever there is solid ice you can count on a Canadian to be out on that surface skating around carving up the ice.

You can be a hockey player, a figure skater, a recreational skater, or someone who just wants to get better at skating – the outdoor rink is where all of these people meet. It unites people, turns strangers into friends. The outdoor rink is something that is a part of Canada.

Growing up in Canadian winters, no matter how cold, it was just natural to strap on the skates and go out on the rink and play hockey. Some of my fondest childhood memories are outside on the local community rink. It's where I took my first strides while being held up by my father, Dave and then eventually making my way to pushing a chair around for balance and doing it for laps on

It didn't matter if it was a friendly game of sticks in the middle, you could always count on an intense game regardless of everyone's skill level.

end. I can remember being out on the ice playing shinny with friends, right from when school ended all night till the rink rat shut the lights off. I remember getting home, dropping all my gear off at the doorway and making a cup of hot chocolate while my parents asked where I was all this time.

Canadians not only take pride in winning but when it comes to hockey, winning is the only thing that matters. It didn't matter if it was a friendly game of sticks in the middle, you could always count on an intense game regardless of everyone's skill level. If there were no goalies, we would play posts. If that wasn't good enough, we

would throw the nets down and use the top of the netting as the goal. It was about playing with people you've never met before, uniting as teammates, all trying to out-compete the other guys on the opposing team. There was nothing better than after a game feeling the lumps on the shins from the slashes, the sore upper bodies from being rubbed out along the boards or the sore back from being cross checked and realizing you were just part of Canada's game.

Sure, it wasn't the NHL or an organized game in a league, but you were part of something special. Playing on the outdoor rink, emulating your favourite player, pretending it was Game 7 of the Stanley Cup finals – that's what made those moments so great, that's what made everyone feel like they were in the big time under the rink lights. Sure it wasn't Rexall Place, Madison Square Garden, or the Bell Centre, but for that moment you could pretend you were playing anywhere.

Something special started

Here in this very city, the Edmonton Oilers started something special on Nov. 22, 2003. They hosted the first ever outdoor regular season NHL game, taking on the Montreal Canadiens in front of 57,000 people at Commonwealth Stadium. Weather conditions hit close to minus-30 with wind chill but that didn't stop players or Canadians from taking in the great spectacle on the outdoor ice rink on the frozen Commonwealth grass. This special game, being outdoors, and with the special connection it has to fans, has become an annual tradition for the National Hockey League.

In 2008, the Buffalo Sabres hosted the Pittsburgh Penguins in what most hockey fans would say is the most memorable outdoor game as it went to a shootout in which the face of the league, Sidney Crosby, scored the game winner.

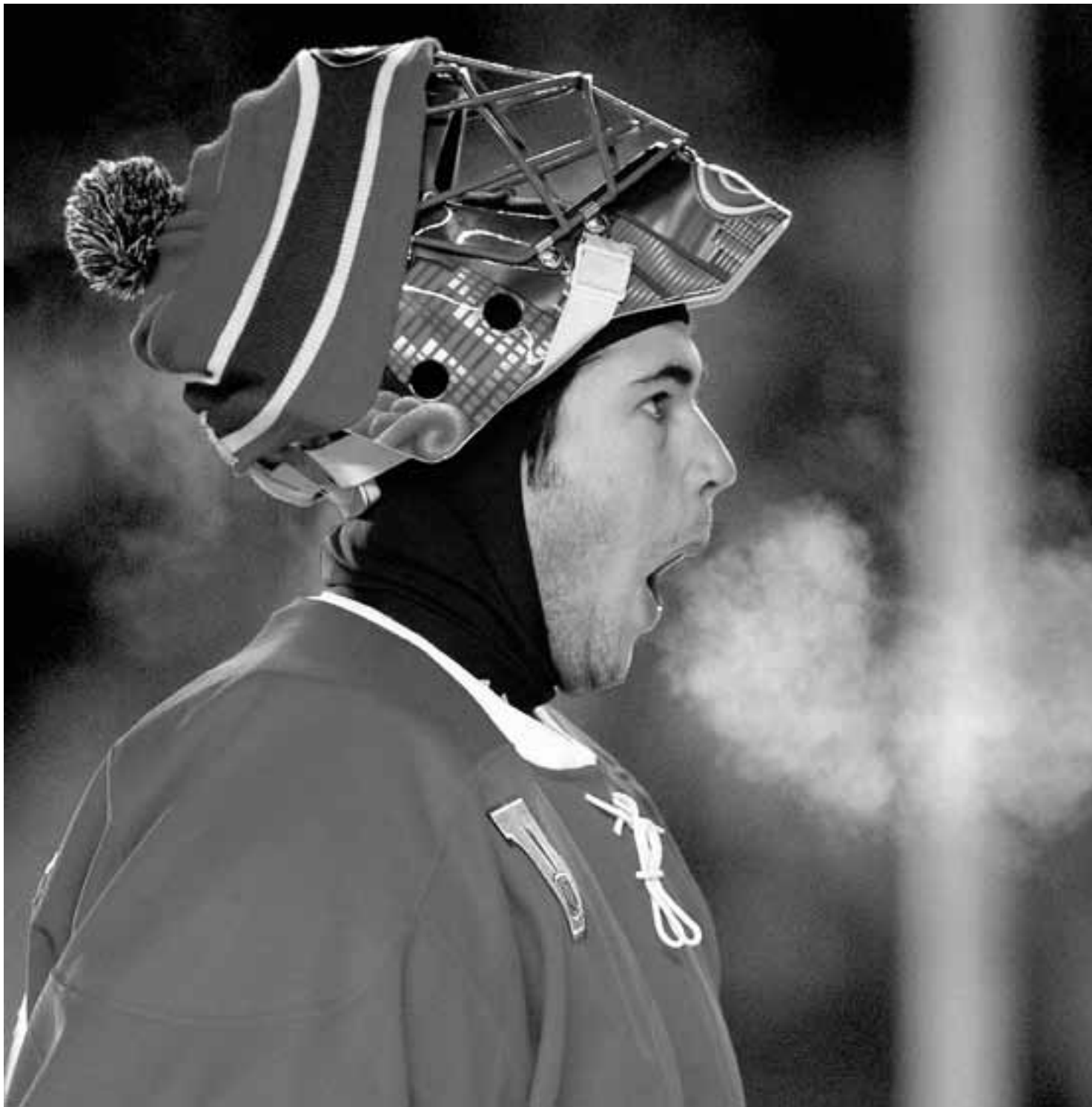
In 2009, historic Wrigley Field in Chicago hosted the Chicago Blackhawks against the Detroit Red Wings and the following year had Fenway Park in Boston hosting the Bruins and Philadelphia Flyers.

Crosby vs Ovechkin

It was the following year, (my personal favourite) when the league put the two best in the game head to head on Heinz Field in Pittsburgh with Sidney Crosby and the Penguins duelling it out against Alex Ovechkin and the Washington Capitals.

Last season, the league put up another great game between two rivals, the Flyers and New York Rangers. The Winter Classic has become an annual tradition that fans have become accustomed to. Weather conditions are unpredictable, ice surface conditions are never that great and the players bring more passion and intensity to the big stage, in front of 50,000-plus spectators and millions of viewers at home.

Whether you're just someone who likes to go out and skate outdoors or play a game of pickup, we all can make a connection to one another in that regard. We may not be the professionals in the big game for the winter classic, but when we were outside on the rink we can pretend to be anyone and playing anywhere we wish. That's what the great outdoor rink is all about.



proicehockey.about.com

Montreal Canadiens goaltender Jose Theodore exhales during the NHL's first Heritage Classic that was played at Commonwealth Stadium in Edmonton. The Canadiens defeated the Oilers 4-3.



Photo by Chad Steeves

NAIT Ooks forward Joshua Lazowski lets loose a shot against the MacEwan Griffins during a game at NAIT on Wednesday, Jan. 30. The Ooks won the game 3-0.

MEN'S HOCKEY

Three-game sweep against MacEwan

By BRIANNE SAKOWICH

The NAIT Ooks men's hockey team took on the MacEwan Griffins this past week. On Wednesday, the two teams played a makeup game, the original matchup was put on hold on Nov. 9 after the NAIT ice plant went down. Before this game got underway, there was a special presentation. The Ooks Athletic Association presented a \$200,000 pledge to support student athletes at NAIT. When the presentation was over, it was game time.

The first period was back and forth, but remained scoreless as the buzzer sounded for the end of the period. The second period was almost identical to first, aside from the amount of penalties that were given out. Most were given out to the Griffins, all minors. The period came to a close, with zeros still posted on the scoreboard.

Lazowski broke deadlock

The third period began, and as the minutes went by, it seemed as though the game would go into overtime scoreless. But, a goal by Ook Josh Lazowski got the scoring started. A short while later Jesse Koch put another past the Griffins goalie making it a 2-0 game. With about a minute remaining, Griffins pulled their goaltender and Tyler French sealed the deal with an empty netter for a 3-0 victory. Players of the game were Shawn Proulx of MacEwan and Ook Jesse Koch.

The Ooks would then have back to back games against the Griffins on Friday and Saturday night. On Friday night the Ooks were able to hold off the Griffins once again with a 6-1 win. Friday night's game was played at Bill Hunter arena. The men played with a lot of grit and put together one of their best complete efforts in a long time. Scott Fellnermayr scored two of the six goals for the Ooks, while Michael Piluso, Dante Borrelli, Riley Marsh and Tyler French scored the other four goals that gave the Ooks the win. While Shawn Proulx scored the lone goal for the Griffins. Kris Moore made 20 saves to improve his record to 6-1-1.

Crashing and banging

Saturday proved to be a hard fought game, as both teams came out crashing and banging. The Ooks chased goaltender Jesse Weitzel, after putting four past him. Dallas Ungarian came in to try and stop the bleeding, but he received the same treatment, giving up three goals on 15 shots. The Ooks saw goal scoring from a variety of players. Piluso, Harris, Lazowski, Conrad, French, Darragh and Krankowsky all netted goals in the 7-3 stomping. While Shannon Szabados recorded her league-leading 12th win. Although the Ooks took all six points in the three-game set, Kyle Harris tipped his cap to the Griffins.

"They're a hard working team, that didn't allow us to take any periods off. They forced us to play hard and step up our game."

The Ooks lead the ACAC with 42 points. The SAIT Trojans are right behind them with 38 points. The Ooks will be going into the final five games of the regular season with a 20-1-1-1 record. The men are back in action this weekend with back to back games against the SAIT Trojans. Friday night's game will be played at NAIT, puck drops at 7 p.m. Saturday's game will be played in Calgary. Come out and support your NAIT Ooks on Friday night at the NAIT arena, free admission for all students.



Photo by Chad Steeves

Darren Aughtrey, left, treasurer of the Oaks Athletic Association, presents a cheque for scholarships to NAIT Athletics Co-ordinator Gregg Meropoulis, who is also president of the association, and Linda Henderson, Athletics and Recreation Director, on Wednesday Jan. 30.

BASKETBALL

Women split vs MacEwan



By **RACHEL PRAZAK**

The NAIT Ooks women's basketball team (13-5) faced the MacEwan Griffins (11-6) this past weekend where they split the two-game set, losing the first match on Thursday and winning the next game on Saturday.

On Thursday night, the Ooks sported pink jerseys in support of Breast Cancer Awareness month. The game was a back and forth battle between the Ooks and Griffins. Heading into the fourth quarter, the women saw themselves down 44-37. The Ooks fought hard to the final buzzer, but ended up losing 65-55. PJ Wells led the scoring for the Ooks with 14 points, 12 of those points coming off three pointers.

The Ooks went into Saturday's game looking for revenge against the Griffins at the Grant MacEwan gym. NAIT got off to a fast start leading the Griffins 14-8 at the end of the first quarter. The Ooks continued to gain momentum as they went on to lead 31-27 at the half. In the third quarter, the Griffins started to claw their way back into the game, they put up 21 points to NAIT's 15. NAIT responded to the Griffins third quarter success and added 21

points of their own, to seal the deal against Grant MacEwan. Josephine Peacock led the NAIT Ooks in scoring with 14 points.

"I thought on Thursday night, Grant MacEwan controlled a lot of the tempo of the game. On Saturday, we responded and played well. We got the split," said head coach Todd Warnick.

The NAIT Ooks are currently ranked third in the ACAC behind Kings and Augustana.

The men's team (9-9) was also in action this past weekend with two games against MacEwan (11-6) in a home and home series. The Ooks had home court advantage in the first game Thursday night.

NAIT got off to a strong start in the first quarter. They headed into halftime with a 36-28 lead over the Griffins. The third quarter was a lopsided battle with the Ooks scoring eight points while the Griffins capitalized on their opportunities and scored 26 points. The men put up 26 of their own in the fourth, but it wasn't enough to beat the Griffins as they continued on their hot streak and added 21 points in the final quarter. The final score was 75-70 for the Griffins. Gumacho

Ibrahim was the leading scorer for the Ooks with 14 points.

The Ooks started off Saturday's game with a 20-13 lead in the first quarter. NAIT added to their lead and headed into the locker room at halftime with a three point lead for a score of 37-34. The Ooks scored 22 points in the third quarter while holding the Griffins to only 13. At the beginning of the fourth quarter, NAIT led the Griffins 59-47. The Ooks started to run out of steam as the Griffins fought their way back into the game and put up 30 points to lead MacEwan to victory. The scoring leaders for the Ooks were Shaquille Bedminster with 16 points and Gumacho Ibrahim with 13 points.

"In order to be successful moving forward, we need to play the full 40 minutes of the game," head coach Ben Julius said.

"That hurt us in the final quarters of both games. Grant MacEwan capitalized on our mistakes."

This weekend, the men and women take on Kings University at home on Thursday, Feb. 8 at 6 p.m. (women) and 8 p.m. (men) and at Kings on Friday at 6 p.m. (women) and 8 p.m. (men). Come on out and cheer your Ooks to victory!



Photo by Jesse Kushneryk

NAIT Ooks Shea-Lynn Noyes dribbles around a MacEwan defender in the NAIT gym Thursday, Jan. 31. NAIT lost 65-55.

Curlers finish on good note

By **KELSEY LYDYNUIK**

@kelseylidynuiik

This past weekend, the NAIT curling teams were at the Avonair Curling Club, playing in the Winter Regional, which was hosted by Concordia.

Friday night, the men's team started the Winter Regional off with two games and one new addition to the team. Their first game of the weekend was against the Lakeland Rustlers

which the Ooks won, 8-5. Their second game that night was against the Red Deer Kings and they also won that one, 9-4.

The next morning the men were back at it, with an action packed day. Their first game of the day was against the Grande Prairie Regional College Wolves, the second last team in the standings and the Ooks defeated them 7-2. The Ooks had a one-game bye and were back at it later that night to take on the Augustana

Vikings. After a close game, the Ooks unfortunately fell 7-6 to the Vikings. The men finished off their Saturday night with a game against the MacEwan Griffins, one of the top teams in the league and fell to them 10-7.

On Sunday, the Ooks had one team left to play, the Olds College Broncos, the last place team in the league. They were able to squeak out a win, with an 8-7 triumph. On the weekend, the men's team went 4-2 and it is a two-

way tie between MacEwan and NAIT for the top spot in the standings, with both of their records sitting at 9-3 on the season.

The women's team also fared well at the tournament, although they were missing a few of their players, as they were up in Fort McMurray for the 2013 Canadian Juniors. Due to the absence of these players, the mixed team was scrapped, however, the women's team was able to find two replacement curlers, and "the replacements did what they were supposed to and did a super job," said head coach Jules Owchar.

Just like the men's team, the women played a double header. Their first game was against Lakeland and the Ooks took a 7-5 win. Unfortunately, their second game of the night, against the Red Deer College Queens, did not have the same result as their first game and they fell 6-5 to the Queens.

Saturday, the women's team got the two early back-to-back games, first taking on Grande Prairie and then taking on Augustana. They unfortunately were swept 7-2 by the Wolves, and fell 9-6 to the Vikings. The Ooks had the rest of the day off to rest up for Sunday, to finish off the tournament on a high note.

The women's first game on Sunday was against the Grant MacEwan Griffins and they were able to sweep a win away from that Griffins beating them 6-5. The last team that the Ooks had to play was Olds College and they won 6-4. On the weekend, the women went 3-3, putting them in a three-way tie for first with MacEwan and Lakeland.

Although the Ooks get an automatic bye into Nationals, coach Owchar made it clear that "the qualified teams are good" and he still thinks it's important for the Ooks to earn their spot at Nationals. At this point it looks like they are well on their way there, and with all the players back in the lineup they very well could be.



Photo by Tyler Frith

NAIT Ooks men's second Steven Stewart delivers a rock during the Winter Regional curling matches at the Avonair Curling Club last weekend.

Trying a (little) triathlon

By DAVID HANSON

Two weeks down and now we're approaching the home stretch. To recap, I joined the Extreme Fitness Challenge in the beginning of January. So far I and the rest of the group have completed the following challenges: Zumba, TRX, Spin and Yoga.

Bootcamp

This wasn't what I expected at all. What do you think of when you hear Bootcamp? What do you expect the instructor to be like? I pictured the whole workout being nothing but pushups while a Tommy Lee Jones-like figure bends down just so he can shout in my ear while I do them. While I was preparing to have sore arms (and ears) after this, I wasn't expecting to catch a miserable flu beforehand. I think the parasite wanted to see how badly I wanted the \$50 back – truthfully I needed it back! When our instructor did show himself, I was pleasantly surprised to see a very cheerful man named Steve. Unfortunately, just like with Spin class, the acoustics of the studio room made hearing Steve an obstacle, which is especially challenging when he's telling you to do something completely out of the ordinary. He had a very different, unorthodox approach to fitness. He had us use each other as obstacles or weights instead of traditional equipment. Each move was completely foreign to me. Doing squats, leaning back to back with my partner, doing pushups while my partner does more squats holding my legs or even jumping lunges arm to arm with a group of people. What I was baffled by was the instructor stressing that above all these unorthodox exercises, he wanted this to be "fun." So, if your workout routine has become stale and you want to mix it up, try a Bootcamp with Steve. You've never tried anything like it (trust me).

Try a Tri

A triathlon is one of life's greatest physical



Photo by Kevin Tuong

Working out in the pool is part of preparing for a triathlon.

benchmarks. People go through gruelling training regiments just to attempt one. In this spirit, we got to try a mini one. A traditional triathlon involves swimming, cycling and long distance running one after the other without rest. While usually done outside, that's not an option for Canadians in January. Luckily, NAIT has facilities allowing us to hold a mini triathlon. Michelle once again stepped up as our instructor and we started at the pool. She led us in drills that would help train for an actual triathlon, like: treading water, swimming laps

and sprinting end to end in the water. Following that we dried off and changed to go cycling in the Spin room. That day I found out swimming makes everything a lot more difficult afterwards. I remember having a much easier time in a previous engagement with Spin class. I couldn't tell if it was a profuse amount of sweat or pool water pouring from my face but it ended up all over my bike. To finish it off, we went up to the track around the NAIT arena and ran off whatever energy we had left. This may have been the hardest I've worked in an event

(or to get a refund). So do I need to sell you on the merits of training for a triathlon? No. Because it's not "should you do a triathlon," it's "can you do a triathlon"? I can't and that goes for most people. That's why NAIT has a class dedicated for triathlon training that will humble even the most proud athlete.

With Week 3 in the books, I'm sure next week won't disappoint. It's the grand finale and they saved the best for last. Pick up your copy next week as I take a boxing class and climb a rock wall.

Oil Kings on a winning streak



Laurent Brossoit
Back-to-back shutouts

www.thescoutingreport.org

By KELSEY LYDYNUIK

@kelseylidynuiik

After an action packed third period against Lethbridge last week, the WHL's 2012 Scholastic Team of the year promoted playing hooky and held their annual hockey hooky game. The game was held at 11:30 a.m. to allow kids to play hooky from school for the day and go watch the Oil Kings take on the Ice. Goals from Luke Bertolucci, TJ Foster, Cody Corbett and Curtis Lazar gave the team a 4-2 win over Kootenay and young Oil Kings fans were able to make their way back to class with smiles on their faces.

Friday, the Oil Kings played their Pink at the Rink game against Swift Current. The team wore special pink jerseys and used pink equipment that would later be auctioned off, with proceeds going to Compassion House, the Canadian Breast Cancer Foundation and the Alberta Cancer Foundation. The team ultimately raised upwards of \$35,000 for the three charities. The Oil Kings set the tone early, with Lazar scoring after three minutes of play. Lazar went on to score another goal on the power play. The Oil Kings kept their two-goal lead over the Broncos until halfway through the third, when David Musil notched his sixth goal of the season to make the score 3-0.

Just like the game a week ago against the Hurricanes, tempers flared as a plethora of fights broke out simultaneously. Keegan Lowe and Tanner LeSann, Travis Ewanyk

and Daniel Dale and Edgars Kulda against Bobby Zinkan got at it. After the line brawl that broke out at the end of the game against Lethbridge and with one almost breaking out the end of this game, it may become common practice for the team. However, Lowe said, "It's just coincidence that it happens at the end of the game."

After yet another dramatic finish, the Oil Kings took the Broncos 3-0.

Edmonton has the No. 1 ranked power play and penalty kill in the league, but Swift Current has the second ranked power play, trailing Edmonton by just over three per cent. However, goaltending is key on the penalty kill, which explains why the Oil Kings are ranked No. 1 on that, too. Laurent Brossoit "made a couple key saves at key times and that's what's important," said Lowe, and that's why they are consistently able to hang onto that top spot.

Saturday, they were in Medicine Hat taking on the Tigers. This marked the beginning of their five-game road trip. They were clearly able to transfer the momentum that they had at home to Med Hat, as a late goal in the first by Ashton Sautner got the ball rolling. Goals from Lazar, Henrik Samuelsson, Michael St. Croix, Foster and Trevor Cheek gave the Oil Kings a 6-0 sweep over the Tigers. Brossoit also recorded back-to-back shutouts and gave the Oil Kings their seventh consecutive win, their longest streak this season. They look to keep that streak going as they continue on the road this week.

Ravens champs

By **STEPHAN SUTCLIFFE**

Mismanagement early in the game by the 49ers had the Ravens and Joe Flacco behind the ball and driving down field early. Scoring on their first possession, Flacco threw to Boldin in the end zone to put the Ravens on the board. Colin Kaepernick responded, throwing the ball down field to Michael Crabtree, which opened up the San Francisco running game. The 49ers chipped away running the ball and attempted some risky throws downfield, but ended the promising drive with a field goal in the first quarter.

A chippy, physical, in your face game showed the intensity of both teams as they channeled their energy and emotions around the intensity of their coaches. Baltimore continued to drive the ball down field giving it to their big receivers, ending up in the end zone multiple times in the first half. A 49ers' field goal going into the Beyonce show had the Ravens leading 21-6.

A San Francisco kickoff had Raven returner Jacoby Jones eight yards into his end zone, but Jones had it in his mind to take the ball out and he did in a big way. He took the ball up the field with authority, broke one tackle, saw a hole and exploited it with his speed. Jones tied an all-time NFL record with his 108-yard return stretching the Baltimore lead to 22.

Lights went out, forcing play to be suspended for 35 minutes. Sideline reporters took

over momentarily before the pregame and halftime crew facilitated the remainder of the break. Predictions were being made about the 49ers grabbing momentum from the stoppage and they lived up those predictions.

Kaepernick and his San Francisco teammates turned their game around; the lights turned off and San Francisco turned on. Scoring 17 points in four minutes, the 49ers turned the game around, and in true recent Superbowl fashion this game would come down to the final minutes.

A 15-yard dash into the end zone showcased Kaepernick's speed and ability, but the 49ers failed to convert on a crucial two-point



conversion. Boldin made a clutch catch for the Ravens on third down that lead to a Baltimore field goal, extending the Ravens lead. San Francisco mixed up running and throwing plays, driving them to the goal line with under two-minutes to go. A controversial no call in the end zone drew the ire of 49ers coach Jim Harbaugh. The

referees showed consistency in letting the players be physical. The Baltimore punter ran down the clock shuffling in the end zone before conceding a safety San Francisco didn't see coming. The Ravens punted the ball to the 49ers with four seconds remaining. San Francisco ran out the clock on the return, giving Baltimore their second Superbowl in team history honouring former owner Art Modell and retiring future hall of famer Ray Lewis.

Athletes of the week

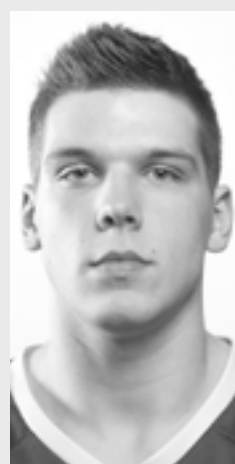
January 28-February 3

Sarah Watson-Kostaniuk
Volleyball



Sarah led the charge for the NAIT Ooks women's volleyball team, giving the team a split with the visiting Grande Prairie Regional College Wolves. Sarah had an amazing 32 kills, two blocks and 29 digs in the two matches this past weekend. "Sarah was outstanding in her attack with a very low ratio of errors," said head coach Lorne Sawula. "We need that leadership on the court if we are to achieve our goals for the year and if she continues to play at this level those goals will be realized." Sarah is a fifth-year Diagnostic Medical Sonography student from Edmonton.

Bryce Cardinal
Volleyball



Bryce was instrumental in the NAIT Ooks volleyball team's sweep at home this past weekend over the Grande Prairie Regional College Wolves. Bryce acquired nine service aces and 35 points in the two matches and his work ethic was unmatched by anyone on the floor. "Bryce had an excellent weekend offensively," said head coach Doug Anton. "His serve was outstanding and he did a great job limiting his errors." Bryce is a second year Academic Upgrading student from St. Paul, Alberta.

Athlete Profile



Player: Shannon Giebelhaus
Sport: Hockey
Position: Goalie
Program: Alternative Energy Technology

By **CECILE NOVEL**

What made you want to start playing hockey? – I played ringette for 10 years and I was in the hockey academy, just to get the ice time. When I was done with ringette I wanted to keep playing and hockey was the natural choice.

Do you have any superstitious pre-game rituals? – Nothing specific, I just need to get really warmed up, so just whatever I have to do to make that happen. Might run a 5 K.

What is the highlight of your career so far? – When I got to play against team Japan at the beginning of the year in an exhibition game. They played a different style of hockey. It was really fun.

How hard is it to balance playing at a varsity level and going to college? – It takes a lot of commitment to your studies, a love for what you are doing, both in school and on the ice, and finding time to spend with people you care about.

What's your favourite thing about playing in net? – The speed, intensity, pressure and the adrenalin you get when you

make a save that you didn't know you could make or that maybe other people didn't expect you to make.

Do you have a goalie that you look up to the most? – I looked up to Keely Brown when I was growing up. My favourite goalie in the NHL is Antti Niemi. I love his style and his speed.

What makes you different from other athletes? – I enjoy training more than anything in the world. I would literally miss anything to go train and lift weights. I just love it.

If you could go anywhere in the world right now, where would you travel to? – Anywhere in Germany! I just want to go and experience Germany.

Describe your dream job – I'd like to combine creativity with the outdoors and physical activity. If I can merge those three things, I think I'd have found my dream job.

Who is your favourite band? – Kings of Leon.

If you have any free time, how do you like spending it? – I like to paint, read, be outdoors, bake, and just hang out with friends.

Athlete Profile



Player: Josh Lazowski
Sport: Hockey
Position: Centre
Program: Online Learning

By **KYLE HARRIS**
@TheHarrisShow20

Why did you start playing hockey? – I think it was just because of my dad teaching my older brother and I just wanted to join in.

What is your favourite hockey memory? – Probably being a part of the Spruce Grove Saints (AJHL) team that only lost four games in a 60-game season and then capped it off by winning the league championship. We also had a great seven-game series against the Vernon Vipers for the Doyle cup, which we lost.

Who is your favourite team and player? – I have a home town attachment to the Oilers but I like the Pittsburgh Penguins because of Sidney Crosby. Joe Sakic would be my all-time favourite player, though.

What is your typical pre-game meal? – I try to have some chicken, bread and something

green. However I used to have a basic cheese pizza before every game.

If you could play on a line with any two players, who would they be? – Sidney Crosby and Evgeni Malkin because I feel like they would make the game pretty simple.

Do you have any superstitious or routines? – I'm not very superstitious, I always like my skates sharp and feeling perfect for games but, other than that, I usually just go with whatever.

What sport would you pursue if hockey didn't work out and why? – I love NFL football. That would be awesome, but I also enjoy the relaxation and stress free feel of golf.

What have you enjoyed most about being an Ook? – The guys on the team. I always look forward to coming to the rink and being a part of this team.



VOLLEYBALL

Men sweep Grande Prairie

By ALLISON KARCH

The Ooks' volleyball teams squared off against the Grande Prairie Regional College Wolves twice last weekend, and both the men's team and women's team took wins on Friday.

As part of their Breast Cancer Awareness Weekend, they warmed up in pink Ooks T-shirts, which were also for sale at the game. The push for breast cancer awareness continued through the

game, with the women players sporting pink socks. Even the ball boys and umpires wore pink, and the announcer filled in gaps in play with facts, statistics and myths about breast cancer.

The women got the weekend started right with an exciting match against the Wolves. Both the Ooks and the Wolves did a great job of keeping the ball in play, with lots of long rallies that made it an edge-of-seat game right from the beginning.

The Ooks took the lead out of the gate, including one point garnered when the ball hit the top of one of the gym lights – and stayed there. They hung onto their lead for the entire first set, though the Wolves were never far from their heels. Many times, the women on both sides managed to dig in and keep a good rally going. The Ooks took the first set 25-18.

The two teams were well matched and fast-paced play continued through the second set. The score was frequently tied, but in the end, the Wolves took the second set 25-22.

With both sides showing great communication and excellent defence at the net, the Ooks and Wolves played a tight game all the way. The third set ended in a score of 25-21 for the Wolves.

The women were clearly feeling some pressure as they soldiered through the fourth set. The Ooks managed to create a bit of space between themselves and the Wolves with some amazing plays. They hung on to their lead, winning the fourth set 25-20.

True to form, both sides played a tough fifth set. The Wolves took the first point with a serve error by the Ooks, who quickly tied it up. The

two teams battled fiercely for the upper hand, but ultimately the Ooks won the fifth set 15-13.

It was a gruelling, hard-won victory for the women, some of whom watched the men's game with ice packs taped to their bodies.

Ook Ashlee Lee won the Player of the Game distinction. In the first two sets alone, she was responsible for 12 kills.

"We pulled it out," said Lee later. "Hopefully from here on out, it's just up."

She also was elated to win in five sets.

"We've been having a tough time getting through that fifth set – hard teams are coming against us – and we finally did that, so this was a big stepping stone for us."

Before the game, assistant coach Tammy Thomas said that one of the team's big strengths is the mental aspect of competition.

"When we get into tough situations, we're still able to keep what we call NAIT volleyball going," said Thomas.

"That means keeping our heads straight and focused on what we're doing on our side of the court, and not focusing too much on what the other side's doing."

Coach Lorne Sawula added that maintaining communication between players and coaches is another important aspect of NAIT volleyball.

"You can bring in new tactics or reinforce old ones or whatever it might be," he said.

Sawula is hoping for a good position going into the Provincial Championships, which start Feb. 22.

"It's the playoff run," he said. "We're getting to the point that every game counts."

The women played such a thrilling game that

the men had a tough act to follow, but they started out strong. Though the men are certainly able to put more power behind the ball, the rallies usually didn't seem to last as long as in the women's game. That made it an exciting game of a different sort, and the score was close all the way. Great defence by the Ooks helped keep the Wolves at bay for the first set. After tying at 22, the Ooks eked out a few more points to win the first set 26-24.

The second set saw a similar battle, with tight scores and great defence all around. The men got more and more long rallies in, which added to the suspense, but the Ooks took the second set, too, with a score of 25-20.

Play was consistent in the third set, with both sides pushing to take the lead. An intense rally tied it up at 14 all, but the Ooks pulled ahead. The end of the third set became tense after the Wolves took the lead with 25 points to the Ooks' 24, but to no avail – the Ooks managed a 27-25 win, which garnered them the game.

Both the men's and women's Ooks teams met the Wolves again on Saturday, but the women's luck didn't last. They won just one set to the Wolves' three. The men, however, held steady and beat the Wolves 3-0 for the second day in a row.

The women's and men's volleyball teams will be at it again this weekend at King's College at 6, and 8 respectively. As well as on Saturday at home against King's, and Sunday against Keyano at 1 p.m. and 3 p.m. NAIT students get free admission to home games, so make sure you check out the games on Saturday night and Sunday afternoon.



Photo by Christophe B  nard

NAIT Ooks Allison Warick spikes the ball against two Grande Prairie defenders on Friday. The women won the match 3-2.

KICK OFF SPRING BREAK AT KICKING HORSE MOUNTAIN RESORT

FEBRUARY 15-17

PRICES STARTING AT **\$209.00**

SKI & SNOWBOARD BREAK TRIP

visit naitsa.ca/ski for more info

BACKSIDE TOURS | STUDENTS ASSOCIATION

...need help?

March 4, 6 & 8

RM E-102 | 4:30PM | FREE

BYOG (Bring your own guitar or use ones provided)

Sign up online at naitsa.ca or at the NAITSA office (E-131)

HOW TO... GUITAR

NAITSA Presents: A How To Series

STUDENTS ASSOCIATION | Long & McQuade MUSICAL INSTRUMENTS

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	23	20	20	1	1	1	123	37	42
SAIT	24	17	17	3	0	4	114	49	38
Augustana	24	16	15	4	0	4	120	70	36
Portage	24	12	11	10	0	2	101	85	26
Concordia	23	9	9	10	0	4	84	76	22
Keyano	24	6	6	15	2	1	67	115	15
MacEwan	24	6	6	18	0	0	64	110	12
Briercrest	24	1	0	23	0	0	35	166	2

RESULTS

January 30

NAIT 3, MacEwan 0

February 1

NAIT 6, MacEwan 1

SAIT 5, Portage 1
Concordia 6, BC 1
Augustana 5, Keyano 3

February 2

NAIT 7, MacEwan 3
Concordia 6, Briercrest 3
Augustana 7, Keyano 0
SAIT 4, Portage 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Red Deer	14	11	11	3	0	0	50	20	22
NAIT	14	10	10	2	1	1	59	35	22
MacEwan	14	3	2	10	0	1	20	41	7
SAIT	14	3	2	10	1	0	28	61	7

RESULTS

No league games on the weekend

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Briercrest	S	16	8	7	15	1	22
Red Deer	S	16	4	8	12	4	20
Lethbridge	S	18	7	6	13	5	19
Concordia	N	17	7	4	11	6	15
Keyano	N	17	7	4	11	6	15
Augustana	N	17	7	4	11	6	15
Medicine Hat	S	16	4	4	8	8	12
MacEwan	N	17	5	3	8	9	11
NAIT	N	18	7	2	9	9	11
Lakeland	N	17	6	2	8	9	10
SAIT	S	18	4	3	7	11	10
Olds College	S	17	2	3	5	12	8
King's	N	17	3	2	5	12	7
St. Mary's	S	18	3	2	5	13	7
Grande Prairie	N	19	0	1	1	18	2

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

RESULTS

January 31

MacEwan 75, NAIT 70

February 1

Briercrest 95, Red Deer 90
Concordia 86, Keyano 82
Augustana 93, Grande Prairie 87
Lakeland 96, King's 84
Medicine Hat 75, SAIT 66
Lethbridge 86, St. Mary's 58

February 2

MacEwan 77, NAIT 75
Briercrest 96, Red Deer 95

Keyano 73, Concordia 69
Augustana 86, Grande Prairie 76
King's 82, Lakeland 65
Lethbridge 100, St. Mary's 69
SAIT 83, Medicine Hat 72

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Augustana	N	17	9	7	16	1	23
King's	N	17	8	7	15	2	22
NAIT	N	18	8	5	13	5	18
SAIT	S	18	8	5	13	5	18
MacEwan	N	17	5	6	11	6	17
Olds	S	17	9	3	12	5	15
Lakeland	N	17	3	6	9	8	15
Concordia	N	17	5	4	9	8	13
Grande Prairie	N	19	4	4	8	11	12
Medicine Hat	S	16	5	3	8	8	11
Keyano	N	17	0	4	4	13	8
Red Deer	S	16	5	0	5	11	5
Briercrest	S	16	3	0	3	13	3
Lethbridge	S	18	2	0	2	16	2
St. Mary's	S	18	0	1	1	17	2

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
S	Red Deer	16	15	1	46	18	30
S	Briercrest	16	14	2	45	20	28
S	SAIT	16	13	3	44	15	26
S	Medicine Hat	16	13	3	42	25	26
N	Keyano	15	11	4	38	16	22
S	Lethbridge	16	9	7	34	26	18
N	King's	16	9	7	37	37	18
N	MacEwan	16	8	8	30	30	16
N	Grande Prairie	16	5	11	22	39	10
S	Augustana	16	4	12	23	37	8
N	Lakeland	16	4	12	22	39	8
N	NAIT	15	2	13	16	40	4
S	Olds	16	2	14	18	44	4
N	Concordia	16	2	14	14	46	4

RESULTS

January 25

MacEwan 3, NAIT 1
(25-20, 25-20, 21-25, 25-16)
SAIT 3, Briercrest 2
(21-25, 25-22, 26-24, 21-25, 15-11)
Grande Prairie 3, Lakeland 2
(18-25, 27-25, 25-18, 23-25, 17-15)
King's 3, Keyano 2

(22-25, 25-22, 18-25, 25-22, 15-13)
Lethbridge 3, Augustana 0
(25-14, 25-22, 25-19)
Medicine Hat 3, Red Deer 1
(25-18, 25-22, 16-25, 25-23)
Concordia 3, Olds 2
(22-25, 19-25, 25-20, 25-19, 15-11)

January 26

MacEwan 3, NAIT 2

(22-25, 20-25, 25-17, 25-22, 15-11)

Olds 3, Concordia 0 (25-22, 25-22, 25-15)

Briercrest 3, SAIT 2

(25-17, 24-26, 25-15, 22-25, 15-13)

Grande Prairie 3, Lakeland 1

(25-18, 25-15, 22-25, 26-24)

King's 3, Keyano 1

(25-22, 20-25, 25-16, 26-24)

Lethbridge 3, Augustana 1

(23-25, 25-19, 25-23, 25-16)

Red Deer 3, Medicine Hat 1

(23-25, 25-21, 25-22, 25-23)

January 27

Keyano 3, NAIT 0 (25-18, 25-15, 25-22)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	16	14	2	46	14	28
N	Lakeland	16	13	3	41	13	26
N	MacEwan	16	13	3	41	19	26
N	NAIT	15	10	5	36	18	20
N	King's	16	10	6	38	23	20
S	Olds	16	10	6	35	33	20
S	Medicine Hat	16	9	7	33	28	18
N	Grande Prairie	16	9	7	33	28	18
S	Briercrest	16	8	8	33	33	16
S	SAIT	16	6	10	24	31	12
S	Lethbridge	16	4	12	25	39	8
S	Augustana	16	4	12	14	41	8
N	Keyano	15	1	14	6	43	2
N	Concordia	16	0	16	7	48	0

RESULTS

January 31

MacEwan 65, NAIT 55

February 1

Red Deer 68, Briercrest 59
Concordia 59, Keyano 39
Grande Prairie 76, Augustana 72
King's 63, Lakeland 59
SAIT 58, Medicine Hat 47
Lethbridge 60, St. Mary's 51

February 2

NAIT 67, GMU 55

Briercrest 52, Red Deer 50
Concordia 71, Keyano 43
Augustana 94, Grande Prairie 75
King's 70, Lakeland 63
Lethbridge 74, St. Mary's 53
SAIT 64, Medicine Hat 50

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	-	-

Poll clerks needed

Duration: Feb. 14, 2013

Compensation: \$15/hour

• Poll clerks are needed on Feb. 14 from 10 a.m.-2 p.m. for the NAITSA Executive Council election.

• Must have a strong command of English and a complete and clear understanding of the democratic election process.

• All poll clerks must attend a paid training session on Wednesday, Feb. 13 at 4 p.m. in Room E-129.

• Poll clerks must have a complete understanding of the online voting process and be comfortable providing guidance to students.

• Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.



HOME GAME SCHEDULE

BASKETBALL

FRI FEB 8

WOMEN'S @ 6:00PM
MEN'S @ 8:00PM


VS


MEN'S HOCKEY

FRI FEB 8 @ 7:00PM


VS


WOMEN'S HOCKEY

SAT FEB 9 @ 7:00PM


VS


VOLLEYBALL

SAT FEB 9

WOMEN'S @ 6:00PM
MEN'S @ 8:00PM


VS


SUN FEB 10

WOMEN'S @ 1:00PM
MEN'S @ 3:00PM


VS


VOTE FOR YOUR EXECUTIVE COUNCIL REPRESENTATIVES

Online Voting

Feb 8 12am - Feb 14 4pm

Poll Stations

February 14 10am-2pm

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre
Engineering Technologies Annex Building | North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus) | South Campus | Patricia Campus

For **more information**, to hear our stories
and to **vote visit us online** at naitsa.ca/ec



**STUDENT
ELECTIONS**

your voice, your vote



naitstudents



naitsa



yourNAITSA



naitsa.ca/ec



780.471.8855



rm e-131



Disclaimer: The submissions included in this information piece were written by each candidate and are published as submitted. The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.

candidate biographies

Candidate for President

Hasib Baig

Hello STUDENTS OF NAIT! My name is Hasib Baig and this year I am running for the President of NAITSA. What makes ME a good president? As we are all aware that our education at NAIT comprises of not only academic achievement but also any extra-curricular activities that most of us do take part in. I fully understand that this position is all about putting STUDENTS FIRST with any of their issues and concerns during their stay at NAIT. Therefore, my plans are all based on the past two and a half years I have spent at NAIT talking to different students and helping them solve their problems.

My plan is based on Success and Satisfaction for STUDENTS which starts from their VISION, MISSION and VALUES. Vision is to create more and more opportunities for students, mission is to establish those opportunities which will benefit students such as a better health care program and value is to put STUDENTS first before anything. Some of my major plans include increasing number of scholarships and bursaries available for students and for those mature students who get funding from the government or prospected employers, better and affordable transportation system, subsidized common market for lower prices of food and much more.

I have previously been experienced as assisting the manager of the city in community services and I am well aware of what students and people out there would WANT and need. In the last couple of years, I have had a chance to make friends and talk to them in almost all nine departments at NAIT which helped me understand what every student in all different departments lack and ways I can make it better. I will not waste your time disclosing the same boring and conventional words but I am a person who believes in



work more than words. We have to change the debate from now on to actually putting them into practice. And I KNOW WE CAN DO IT!

The vote a candidate running for President receives from YOU is your trust and faith and I am confident that I will not let any of my fellow students down. I know what your problems are as I have mentioned above as well because I have faced them during my stay. YOU have to stand by ME now and lets work for difference and to make NAIT a better and more rewarding institute.

With your support and votes I can do it all!

Good luck with your studies and future! I wish you all the best.

VOTE FOR HASIB BAIG!!!

Candidate for President

Jonathan Bilodeau

Hello, My name is Jonathan Bilodeau, and I would be honored to be the next President of your NAIT Student's Association. I feel as if my previous term serving NAITSA as Vice President Student Services has given me a very unique skill set. Over the past year I have been given incredible opportunities such as: establishing and fostering relationships with NAIT administration; advocating to the Minister of Advanced education on behalf of students; hosting amazing campus events; and so much more. This experience has given me insight into what the student cause really means. I know that students are passionate about the issues that occur on campus like health care, Upass, tuition, textbook prices, microwaves, fees and the list goes on and on. These issues have brought students to my door and I have had the pleasure of listening to students and understanding what is really important. I know that students are concerned with the quality of education they receive, they want opportunities to be social and establish life long relationships, and at the end of the day every student wants to leave this place as a better individual. I too share this desire. I have discovered in myself a passion for the student movement and want to carry on serving students. It is not only my passion, dedication and understanding that qualify me, I also have goals that will continue to improve on our already stellar association. First I would continue to work with administration keeping students priorities first. I have found that a lot can be accomplished through conversation and hard work. Building these relationships and finding "win-win" situations will not only benefit students immediately, but will build a better NAIT for students to come. Secondly I would work to improve the already amazing Student's Association making it more



welcoming and helpful. Through continued communication with the student body, this association can serve students on a much deeper level. Finally my last goal is to be the voice of NAIT students. Whether I am in front of government, other student associations or simply speaking to the community at large, I will be an ambassador of NAITSA and will make the student body proud. It is for all these reasons that I believe I am the best candidate to be President. With all of this information on the table, I only have one question for you. Are you ready to experience quality leadership? Vote to elect me, Jonathan Bilodeau, the best candidate for President. Thank you.

Candidate for VP Academic

Jackie Albert

Hello NAIT Students! My name is Jackie Albert, and I'm asking you to RE-ELECT me, as your NAITSA Vice President Academic. Since May 1st, I have acted as your student representative for all things Academic, and have worked with the rest of the Executive Team, to ensure a fulfilling & positive experience for all NAIT students.

Since May, I have been working with NAIT to represent students with respect to the New Academic Model. Whether you know it or not, the way you navigate your education here at NAIT, is going to change come September 2013. Students will need a strong advocate, with their best interests in mind. That is what I offer. I understand the changes that are coming, as I have been apart of the planning and implementation of these changes. I understand and foresee the challenges students will be facing, and if re-elected, I will continue to work through the summer to ensure all students have access to the required resources to make the transition into the new academic model as seamless as possible.

As VPA, I have had the privilege to accomplish many incredible feats for Students. This year's election will be run in conjunction with the U-Pass referendum. The choice of whether or not U-Pass is right for Students, is entirely up to the Students. However, I'm proud to say I have been part of the EC Team, that has successfully negotiated the current U-Pass contract. If it passes, the fee is as affordable as possible for Students who use transit, and also for those who don't. If you have any questions regarding the upcoming contract, please visit me in E-131.

Furthermore, as VPA, I have had the opportunity to be a member of the Alberta Student Executive Committee, an organization that represents the interests of Alberta



Students. As a member of the policy committee, my proudest accomplishments has been the awarding of \$1.5 Million to ASEC by the provincial government, for the Alberta Campus Mental Health Innovation Fund. A fund designed to tackle the issue of Mental Health among Post-Secondary Students.

Other committees I'm apart of include, the Timetabling and Student Space Committee, which is designed to create more convenient scheduling for students, and the Academic Standing Committee, formed to redefine and standardize requirements for Honors Standing in the New Academic Model. I'm very excited to continue working on these committees as they both address significant matters that students face, and ask for you to Re-elect me, so that I may continue to work for Students.

Prior to being elected as Vice President Academic, I was a member of the NAITSA Senate for 4 and a half years, and an Orientation Fresh Leader for four years. I have a certificate in Pre Technology, a diploma in Instrumentation Engineering Technology and am currently working on my B.Tech degree. I understand the challenges all students face, and would be honoured for you to vote to Re-elect Jackie Albert as NAITSA VP Academic. February 8th-14th at www.naitsa.ca.

Candidate for VP Academic

Meagan Strachan

No article submitted





VOTE ONLINE AT NAITSA.CA/ELECTIONS

FEBRUARY 8 - FEBRUARY 14

POLL STATIONS OPEN FEBRUARY 14 ONLY, 10AM - 2PM

Poll station locations

- South lobby kiosk
- HP Center (near Bytes)
- Outside NAITSA Office (E-131)
- Annex (1st floor)
- Outside the bookstore
- U Hallway (near Fresh Express)
- South Campus
- Patricia Campus

Candidate for VP Student Services Maximillian Foerster



Hello? Is this thing on? "ahem" Hello fellow students! My name is Maximillian and I am campaigning to become your new VP Student Services! If elected, I will be working closely with Campus Life and the many NAIT clubs to throw you sweet parties and other great events. I will also get to sit in stuffy boardroom chairs and discuss more pertinent matters such as the U-Pass referendum. What's this, something's happening with the U-Pass? If this is news to you, I highly recommend checking out NAITSA.ca or the Nugget for more information as this may impact how you get to school each day! Or, should you run into me in the halls, don't be afraid to ask me personally! One of my most important jobs is to interact with you, the student body. Are there things that you really like about campus life at NAIT that you would like to see more of? Or perhaps there is something that really rustles your jimmies. Your feedback is appreciated and much sought after. I want to know what it is that you would like to keep or want to change. I want to know how your day is going! I want to know YOU. Whatever the case may be, I will meet you with a smile and willing ear. After all, I am a student as well; I put on my pants one leg at a time. That is, unless I sleep in. Then I ascend to pant ninja.

Candidate for VP Student Services James Head



Hey everyone, my name's James Head and I want to represent you as NAITSA's VP Student Services! I've been at NAIT for three years now, and I can say that no one is more **prepared** to take on this position than I am. I have always been heavily involved with NAITSA, highlighted by my two terms on Senate and my two terms as an executive with Business Connex - one of the most successful clubs on campus. I've also been a Fresh Leader and volunteered countless hours at NAITSA events, so I'm familiar with the organization, the operations, and the people.

I've spent three years building a **strong network** of students across campus as well as staff, both at NAITSA and NAIT, so not only can I fairly represent students' desires, but I have the relationships in place to help make changes happen.

As VP Student Services, **my goal is to be available to you**, the students, to find out exactly what you want - from better events, to improved study spaces, to better food... whatever you want - and do everything in my power to make those things happen.

I also bring to the table a good balance of work and play. As enjoyable as the NAITSA Executive Council experience can - and should - be, I'm not on this ballot to get elected and have a party next year. I will have fun and maximize this experience in every way possible, but this is a full-time job funded by student fees, so when you vote for me, rest assured that **your dollars** will be returned to the student body in a manner approved by you, not wasted on my own personal agenda.

In everything I've done in life, I've always displayed an unmatched desire to succeed, and in this role, every win I can get for

the students is a success. I love to represent my fellow students and NAIT, and I have a genuine desire to improve the on-campus experience for you, and for everyone. A vote for me is a vote for your voice being heard and a vote for NAIT getting even better. So please, make the obvious choice and vote for Head. **Thank you!**



Disclaimer: The submissions included in this information piece were written by each candidate and are published as submitted. The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.

STUDENT ELECTIONS

candidate biographies

Candidate for VP External Jacqui Fraser

Fellow students, I'm asking you for your vote for VP External in the 2013 NAITSA Executive Council election.

My personal mission is to be a connector, to incubate ideas and to make things happen. I get involved in activities which are closely aligned with my values and passions. I believe these qualities will be valuable in your Vice President External.

I'm currently a 2nd year DMIT student and will continue with BTech in the fall. I'm a mature student with over 10 years of industry experience in Government, Private sector, and Non-Profit. I bring the relationships I've built along the way and a dynamic real-world perspective. I have experience dealing with a demanding and diverse workload. I'm an organized and detail oriented individual who's always looking for improvements.

I'm very active in my community, on and off-campus. On-campus I sit on NAITSA student senate, NAIT Academic Council, NAIT Women in Technology and Trades advisory committee, and I'm a Gold level NAIT Leadership Award of Distinction participant. Off-campus I am a co-chair of Social Media Breakfast Edmonton, a Toastmaster, and an Edmonton Fringe team leader. In recent past, I have been VP on my Condo Board, held several community league board positions, and was a working committee member on Edmonton's Next Gen.

On the lighter side, I love to read. I like adventure or puzzle video games and am a board game fanatic. I have three cats, but you'll only ever see two, and a bearded dragon.

But enough about me, let's talk about what's in it for you.

Your VP External is responsible for:

- Communicating/developing relationships with students and staff at all satellite campuses
- Acting as the official representative to



all ad-hoc campus development committees to advocate for student space/services

- Advocating for full time, part time, international, apprenticeship, and continuing education students to NAIT and all levels of government

- Represent NAITSA with external advocacy organizations of which NAITSA is a member

By voting for me as your Vice President External you are voting for someone to represent you. I'll be your voice to advocate a position or express an opinion on any matter of concern to students. I have the skills/experience necessary to take on this role and work for you, the student body. There's a good saying - "If you want something done, give it to someone who is busy and they will make it happen." I am asking you to put your trust in me to be that representative for this upcoming academic year. Let's have a conversation about what you want and what you need. Reach me by email Jacqueline.M.Fraser@gmail.com on Twitter [@SavageTiner](https://twitter.com/SavageTiner) on LinkedIn <http://linkedin.com/company/515166> or Facebook <https://on.fb.me/YzOP10>. If we haven't met yet, well there is no better time than the present.

Voting opens Friday February 8th and closes on Thursday February 14th at 4pm. I am asking for your support now so I can support you later. Please take the time to vote for Jacqui Fraser as your Vice President External. Thanks!

Candidate for VP External Abdul Rahman Hadawi

Hi My name is Abdul Rahman Hadawi and this year I am running for VP External for NAITSA. A little bit about me, In 2009-2010 I took Pre-Business in NAIT and I enjoyed it, and now I came back to NAIT this year to finish my Business Administration Diploma, and I look forward in becoming part of NAITSA.

Previous experience I have, in 2009-2010 I was the Co-founder/ VP for the MSA (Muslim Student Association of NAIT) and that is still running till now and I try to help as much as I can. I have volunteered for some events at NAIT and I'm looking forward to stay active at this great school.

My plan for this year's election is simple but huge! The (U-Pass Referendum) that is my goal is to negotiate with the city of Edmonton for another 4 years. Please take this seriously when voting because if you don't vote for the right Candidates, you can end up with no bus pass.

Also if anyone has any questions or concerns, please come up to me and feel free to ask me any questions or any problems that you may have, and I will try my best to help you out. Remember that I am just a student so don't be afraid to ask me anything. You can reach me at my email abdulhadawi@gmail.com

I like to be honest and simple, I don't like big words that will result in small actions, so vote for me and you'll see Big Actions!!!! Vote Abdul Rahman Hadawi



Candidate for VP External Daryn Rainer

Support a proven track record: vote Daryn Rainer for Vice President External. I am a third year Business Administration student, and a direct person, so let's cut to the chase: Why should you make the right choice and vote for me?

I am ready - I've known for over a year that I would be running for this executive position. In the meantime I've done everything I can to be prepared... I successfully ran for the NAIT Board of Governors to improve my relationship with NAIT administration and help shape the direction NAIT is heading over the next several years. I understand the issues we are facing, from a variety of different perspectives. I've even adjusted my course loads and schedule, so I can focus on the job, not on beating my brains out with advanced accounting classes if elected! This means, that as your VP External I will devote my energy to projects that matter.

I am experienced and connected - My experience in the last three years at NAIT as Business Connex club president, NAITSA Frosh Leader, Shinerama volunteer, and as NAITSA Campus Clubs Initiator means I have fantastic working relationships with the entire NAITSA office. I can skip the "get to know everyone" phase and truly hit the ground running. I've sat on NAIT Academic Council for two years now, which has led to great working relationships with key NAIT staff. In other words, I already have the connections and know exactly who to approach to make things happen!

My Commitment

- **Airport Lands** - With redevelopment beginning in late 2013 / 2014 this is a key year. I will work hard to balance the interests of current students and students



10, 15, 20 years down the road.

- **Transit** - Regardless of the UPass referendum results, there is always room to improve the overall transit situation at NAIT.

- **Advocacy** - I aim to run for a board position on ASEC, a provincial lobby group that represents over 175,000 Albertan post-secondary students, in order to ensure your voices are being heard at all levels.

- **Open Door** - I cannot effectively represent students unless I stay tuned into emerging challenges and issues. I promise to make myself available to receiving your input, both during my campaign, and once elected. At 6'7" I am pretty hard to miss... Come and talk!

- **Communication Task Force** - I will work with the executive team and communications department in order to ensure everyone is equally connected to all of the great opportunities at NAIT, regardless of what program or building you are in.

Once elected, I will represent your best interests. I am a strong leader and a dedicated team player who is very excited to embark on this new challenge.

Vote for a sure thing: check off **Daryn Rainer for VP External**. I will let my actions speak louder than my words.

VOTE ONLINE AT

NAITSA.CA/ELECTIONS

FEBRUARY 8 - FEBRUARY 14

POLL STATIONS OPEN FEBRUARY 14 ONLY, 10AM - 2PM

Poll station locations

- South lobby kiosk
- HP Center (near Bytes)
- Outside NAITSA Office (E-131)
- Annex (1st floor)
- Outside the bookstore
- U Hallway (near Fresh Express)
- South Campus
- Patricia Campus

Your NAIT Students' Association connects you to your future.

PREAMBLE

The NAIT Students' Association has negotiated a new U-Pass contract with Edmonton Transit Service, St. Albert Transit and Strathcona County Transit, which would continue the U-Pass program for another four (4) years and contains the following main points:

1. The U-Pass would provide unlimited regular usage of Edmonton Transit Service, St. Albert Transit and Strathcona County Transit during the fall and/or winter semesters.
2. U-Pass will cost per semester:
 - \$147.50 for 2013/14
 - \$155.00 for 2014/15
 - \$162.50 for 2015/16
 - \$170.00 for 2016/17
3. U-Pass will be mandatory for all credit students at NAIT, with the following exceptions:
 - Apprentices
 - Students who take all of their classes online
4. Students who have a valid CNIB registration, DATS, SCAT or Handibus registration, work for one of the transit services, or have a practicum outside of the service area for longer than eight (8) weeks will be able to opt-out of U-Pass.

**SHOULD U-PASS CONTINUE
AT NAIT (UNDER THE
ABOVE CONDITIONS)?**

VOTE YES OR NO FEB. 8-14

FOR MORE INFORMATION VISIT NAITSA.CA



naitstudents



naitsa



yourNAITSA



naitsa.ca



780.471.8855



rm e-131

ENTERTAINMENT

Two stories of courage



MEAGHAN WILLIS
Assistant Entertainment Editor

Being a television student makes my life extremely stressful and busy, but there is always an upside to working as hard as I do. I get the chance to interview interesting people and share their stories with the world.

When I was 19 years old I worked as an event co-ordinator for the Canadian Paraplegic Association, planning their annual Red Carpet Affair. While I was there, I learned a lot – how to plan an event, how to multi-task and how to work as an adult. But more than anything I learned from the people I worked with.

Working with people who have disabilities taught me how precious our bodies are and how much we take them for granted. Although, after spending a couple months with my new co-workers it became clear to me just how able everyone actually was. I was working with some of the

most hard working, accomplished people I have ever met.

The Canadian Paraplegic Association is there for those with spinal cord injuries and other disabilities. They work with people who have spinal cord injuries and help them to adjust to their new lives. CPA wants to make sure their clients are independent and are participating in their communities.

This September I got a call early in the morning and almost didn't pick up but I decided to in case "something bad happened." It was one of my best friends and she had terrible news. She told me that the night before our friend was at a wedding on a park swing set when the swing chain snapped in mid-air. My friend Cara fell and because of the way she landed she broke her spine.

Cara was flown to Vancouver General Hospital and put into surgery, but when she woke she was told she would probably never walk again. That weekend I flew to Vancouver to be with her and it was one of the hardest weekends of my life, but I learned just how brave my friend is. We were all there trying to be strong for Cara but she was the one giving strength to all of us.

It's amazing what people are capable of doing when they have no choice but to persevere.

Through all of the problems, bad news and adjustments, Cara was facing she had a smile on her face and a determination about her. I left Vancouver that weekend with so many different feelings but most of all I was proud. I was so proud to be friends with such a courageous girl.

Six months later and Cara is working hard in rehab. She posts videos on Facebook so we are always up to date on her progress. She still has

no feeling in her legs and is considered a paraplegic but I know if she keeps working hard she can accomplish anything. If there is anyone out there capable of making a miracle happen it's Cara.

This week I had the pleasure of going back to the Canadian Paraplegic Association to do an interview with their peer program coordinator, Brian McPherson. Brian was injured in an ATV accident when he was 17 years old, but unlike Cara he didn't handle the accident so well. Unable to cope Brian turned to alcohol to help heal his wounds but became so dependent on it that he was living on the streets at one point.

Luckily Brian had a self-realization and sought the help of CPA to get sober and turn his life around. CPA found Brian housing and worked with him to overcome the challenges he was facing since being injured.

Brian is the prime example of not only overcoming life difficulties but has gone on to do so many amazing things with his life. After Brian took advantage of CPA's resources he began focusing on something he had always been passionate about, playing sports again. Playing wheelchair basketball for several years led Brian to take on a new sport and he began playing sledge hockey. Before long, Brian was putting on a red jersey as a member of the Canadian national sledge hockey development team.

Brian's focus today is on bobsledding. He is the first adaptive bobsledder in Canada and takes training very seriously. When I interviewed him for NAIT NewsWatch, I learned just how passionate he is about the sport. The way he described the feeling he gets when he's racing down that course made me feel almost as excited as he is.

Brian and Cara remind me of how strong a person can be. Both of them have overcome so many obstacles and will continue to do so. Because they are both such strong and hard-working people, having a spinal cord injury will not dictate the course of their lives. They are a reminder to me and to everyone that you have to be grateful for what you have. Live your life to the fullest no matter what your circumstances are. They are inspirational and an example of the fact you can do anything if you believe in yourself.

Live your life to the fullest no matter what your circumstances are.

CONCERT REVIEW

An over the top performance

By **SCOTT PEDRICK**

Muse's last show in Edmonton was a spectacle, and a near sold-out one. Last Sunday's show had an attendance that definitely suffered from Super Bowl fever, but once Muse hit the stage, Rexall came to life. The band shattered any preconceived glass ceilings regarding their 2010 show.

On a stage designed to evoke images of *Close Encounters of the Third Kind*, the band was seemingly feeding off the energy of the LCD screens surrounding them. The performances were electric, with genuine instrumentation displayed. The band's ambition to make live music exciting couldn't be any clearer than when they hit the stage to play current album highlight, "The 2nd Law: Unsustainable." It's a dubstep song. Dubstep played live with guitars, drums and bass. It's a sight to behold in this age, and it's even more amazing that the

band opened their show with it.

Once that tone was set, the hits kept coming. The set list had moderate changes night to night on the tour, so fans got to hear songs like "Map of the Problematique," as well as an extremely rare airing of "Feeling Good," with Bellamy showing off his piano prowess. Chris Wolstenhome played a light-up bass and even took to the mic for an aggressive track off the new album, while drummer Dom Howard and Matt revolved behind him on a spinning drum kit.

Edmonton did have a standard "Oh, I know this one song!" moment, when mega single "Madness" was aired. For everyone who finally stood up, the crowd could have sung much louder but the emotion on stage was there. Bellamy wore glasses that displayed the song's lyrics in neon lettering and grabbed an overhead video camera to sing close up into it, a true Bono moment.

As for the folks on the floor, they rarely had a moment's rest, thrashing to their heart's content to songs like "Knights of Cydonia" or the live favourite, "Stockholm Syndrome," which was chosen over "New Born" from a giant digital roulette wheel.

The band's catalogue has grown to the point where it's hard to believe they still have hits to close a show with, but once Starlight's piano riff chimed in, Edmontonians rallied for the surprisingly loudest sing-along of the night.

Bombastic Olympic theme "Survival" closed the show and watching it performed live, it almost feels like a joke the band is in on. The song is so over the top and ridiculous, but Matt Bellamy, Dom Howard and Chris Wolstenhome have built a career on rising to the top and climbing right over. Muse thrilled Rexall and they'll probably be back in a few years to do it again.



Photo by Jessica Symington

Matt Bellamy of Muse belts out a song at Rexall Place.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By LUCAS ANDERS

I travelled south of Calgary to the little town of Nanton for a bonspiel. For those of you unfamiliar with a bonspiel, it's a curling tournament that includes

food, drink and celebrating the sport. Curling can be a challenging sport and a fun way to spend the weekend with friends. We weren't too successful that weekend, losing the tournament, but we sure had a lot of fun taking part in the weekend long 'spiel. It got me thinking how lots of different sports get anthems and a lot of playlists dedicated to them. Why not curling? So, in an effort to give curling a proper tribute, I have compiled a list of songs to rock out and bring down the house. It is one of Canada's most popular pastimes. Why not celebrate a sport that has a history of over 500 years. Curling must be

doing something right with over 1.5 million people tuning in to the Brier final last year. It should be great way to gear up for the Brier that is coming to Edmonton in March. At the Brier, the best men's curling teams from every province meet in a city to compete for Canadian curling supremacy. It's a part of Canadian culture and tradition. So hurry hard and download these songs to rock your day.

1. We Will Rock You – Queen
2. Roll Away Your Stone – Mumford & Sons
3. Hit Me With Your Best Shot – Pat Benatar



4. Slip Sliding Away – Paul Simon
5. Peeling Away – Star of Track and Field
6. I'm Shipping up to Boston – Dropkick Murphys
7. Block Rockin Beats – Chemical Brothers
8. Feel it turn – Great Big Sea
9. Rollin', Rollin', Rollin' – Joel Plaskett
10. The Ends – Naked and Famous

VIRAL VIDEO

Now, something a little longer



By KODY DAVIDSON

I think it's about time we watch a long video. From the guys who brought you Red vs Blue, comes some of the funniest Let's Plays I have ever seen. If you like video games, then I am sure you have heard of a little game called *Minecraft*. Using *Minecraft*, the employees of Rooster Teeth create little games and challenges, all to win the "Tower of Pimps." A four block high tower made of gold. The winner gets to erect on the obsidian block in front of their house (except Ray, he gets a dirt block.) The winner gets to keep the "Tower of Pimps" for one week. Then on Friday they play another game. A new video is made every Friday and has become the best part of my Fridays.

There is a ton of them now but I can only talk about one and I am choosing one of my favourites, Wool Collecting. The challenge in this one is to collecting all 16 types of wool and put them in

your canvas in the same order as the master canvas. As always they are allowed to kill each other, steal from one another, and do whatever it takes to win the tower. Geoff, Ray, Gavin, Michael and Jack all have mics and the camera changes from each player's perspective. The fun comes in hearing their commentary, commonly insulting each other, and sometimes attacking each other in the office while they play. This sounds like a total mess but it's great! None of them are particularly good at *Minecraft* making it even more fun to watch. Now I am not going to spoil the ending to Wool Collecting but I assure you it is hilarious. This one is a two parter but well worth the 59 minutes and 27 seconds to watch.

You can watch Part 1 here: <http://www.youtube.com/watch?v=0XBqbquQIC8> You can watch Part 2 here: <http://www.youtube.com/watch?v=5xf49jd28hk>

LOCAL SCENE

Nothing unfortunate here

By CHRIS FIGLIUZZI

@chrisfigliuzzi

Bands are very unique and when a band does well it commands attention and loyalty from its fans. Fan loyalty is rewarded with songs and music that they identify and connect with. Of course, a band is not a static thing, and is always looking for themselves and their own sound. This is a situation that Tanner Gordon & the Unfortunates found themselves in the past. On their debut album, *Calm Down This is Only The End*, the folk influence, brought to the table by Gordon who started out as a solo folk performer at the age of 14, can really be heard.

As the band spent more time together, they began to build more and more off each other's influences. Tim Plamondon, bassist and hair enthusiast for the band, said "It all comes together. You can hear every influence in our songs and it's really strange how it came to this sound. I derive a lot of my bass lines from very hooky pop sounding bass lines that are very, very uplifting. Bryce (Thornton) tends to play a lot heavier parts with heavier choruses and brings a really loud presence. Tanner (Gor-

don) has that classic clear guitar that just cuts through everything and even Brendan (Urban), he kinda plays whatever the song's needs are." This mixture of influences has resulted in an album, *We Talked of Shadows*, that is able to flawlessly jump from slower haunting tracks like "Don't Speak" and "White Wristband," that can literally leave the listener with goosebumps, to fast paced, hard, driving tracks like "Shadows" and "Hurt No More."

We talked of Shadows does an amazing job of grabbing the listener right from the first cord of the very first song and not letting you go for a moment, while painting a beautiful and heart-wrenching picture of love and loss.

Nowhere is this pure raw emotion better seen than at a live show. When you see Tanner Gordon & the Unfortunates live, (and if you haven't yet, what the hell are you waiting for?!) it becomes crystal clear that they put absolutely every piece of themselves into their music. The sheer raw emotion and power conveyed by the whole band forces you to stand up and take notice. Simply put, Tanner Gordon & the Unfortunates are not a band you can afford to pass up.

As always, if you know a band or are in a band based in Edmonton that you feel should be featured, send me an e-mail at chrisfigliuzzi@gmail.com, tweet me @chrisfigliuzzi, or stop me in the hall and threaten me until I agree ...

OK, maybe don't do the last one.

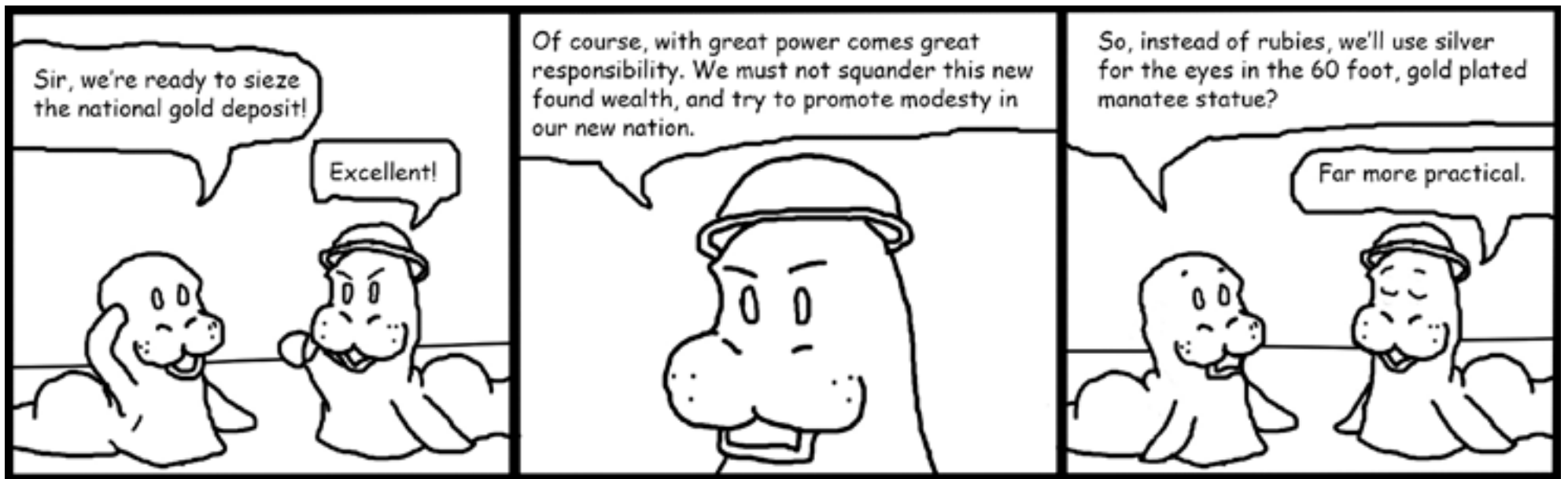


Tanner Gordon & the Unfortunates

www.vegag.ca

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

Perfect folk pop album

By CHRIS FIGLIUZZI

If you have been reading the *Nugget* the past couple of weeks you already know that I am a huge fan of the local music scene here in Edmonton. This week I decided to dig through my stacks of CDs, yes I still collect CDs, to see if I can find a hidden gem from a local artist and I couldn't be happier with what I found. *Hollow Ponds* by 100 Mile House is, in my not so humble opinion, the perfect folk pop album. 100 Mile House is comprised of Peter Stone and Denise MacKay and multi-instrumentalist Scott Zubot.

Hollow Ponds provides the listener with a toned down authentic sound that grabs your attention right from the first strum. You then combine this with the smooth vocals provided by Stone and MacKay and you have the making of an amazing folk record.

As is the case with every album though, their are standout tracks. The opening track "Hollow Ponds" is a wonderfully simple song using only the piano with Stone and MacKay's vocals to paint a wonderfully haunting song about reflection and losing yourself and your past. "Because You're Mine" is a quicker paced fun song with a

folky country sound to it – think honky tonk Bob Dylan. It's a unique, fun song that gets your foot tapping right from the start. "Better Still," my personal favourite track on the album, is an amazingly performed song with an introspective feel. The song takes the listener into Stone and MacKay's world, allowing the listener to connect on a much more meaningful level.

From start to finish, *Hollow Ponds* by 100 Mile House engages its audience, leaving you entertained and tapping your foot along with the music. This is one album that any music fan simply must experience.

100 mile house hollow ponds



100milehouse.bandcamp.com

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,

I've been getting a lot of encouragement from friends and family about my new girlfriend. It's almost too much encouragement. Everyone seems surprised that we're dating and they come up to me all the time and say stuff like "Way to go" and "Good on ya." Should I be offended?

Sincerely

I have a super hot girlfriend

Dear I have a super hot girlfriend

If people seem surprised that you have a hot girlfriend, they probably are. I don't know what kind of person you are, but if you're writing in to me to complain about having a hot girlfriend I'm assuming this doesn't happen to you a lot. If you want to get people to stop encouraging you on your choice of partner (or I'm assuming in this case, sheer dumb luck) either get rid of her and date someone homely, or get your head out of your butt and realize, you have a hot girlfriend! Do you know how many good things there are about having a hot girlfriend!? If you're having problems

adjusting to this unbelievable phenomenon, try running this scam: Take her out to a bar and watch guys buy her drinks all night. Then when the guy turns around to talk to his friends or go to the bathroom, swoop in and make out with your girl! It makes other guys super mad and saves you a ton of money. Enjoy your girlfriend...while it lasts.

•••

Dear Dr. CONwisDOM

I just got out of a really serious relationship and I want to get back out there, but I don't want any commitment. Any tips on how to keep things casual?

Sincerely

I can't handle anything serious just yet

Dear I can't handle anything serious just yet
When I first read this I thought it was a classic bro trying to get it in, but you seem like you're really hurting. Here are some tips to keep things super-casual:

1. Buy a prepaid phone for the weekend (girls won't be able to get a hold of you later than Sunday)

2. Use a fake name (they can't get a hold of you if they don't know your name)

3. Go in it alone (bringing your friends with you will only create more opportunities to screw up)

4. Tie up all loose ends (don't mention any names of anyone you know, they could trace back to you)

5. Wear a condom (you could catch something)

Repeat this process for four to six weeks and you should be ready to talk to women for more than five minutes again.

•••

Dear Dr. CONwisDOM

My boyfriend likes to bring food into bed with us. It started with popcorn during movies in bed, but it has now escalated to sandwiches while we're having sex. What should I do?

Sincerely

Mustard stains on the sheets

Dear Mustard stains on the sheets

If your guy is bringing food into bed it may mean that he is unsatisfied with your love life.

Instead of trying to get him to stop bringing food into bed, have fun with it. Try bringing chocolate syrup and whip cream into bed to spice things up. You may need to buy a set of sheets just for nights that tend to get messy, but you can buy cheap sheets anywhere. Surprise him one night with pizza in bed (watch for the hot cheese) or sharing a lumberjack sandwich together completely naked. There are a number of ways to heat it up in the bedroom so your boyfriend doesn't have to find other ways to get pleasure. Extra tips: keep an eye out for a growing ant problem, don't try to "heat things up" with hot sauce and if he starts having sex with the food instead of you, it's time to move on.

•••

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!

Coachella needs to work harder

By SCOTT PEDRICK

Musical tastes are as about as diverse as anyone's legitimate palate. Thusly, this article can't be a matter of opinion without igniting aggressive reaction; so simply, the facts need to speak for themselves. This is a deconstruction of why the Coachella 2013 lineup is a disappointment.

First things first, the Rolling Stones issue must be addressed. It's well known that Goldenvoice (the promo company behind the lineups) has been trying to land the Stones since they finished the "A Bigger Bang" tour in 2005. Coachella's profile has grown exponentially, and this year, the Stones celebrated their 50th anniversary with some monumental shows. Heavy hints at festival dates for 2013 were abundant. If Coachella had a shot at ever booking the band, this was it. And they didn't.

It's probably not the money. Coachella passes are the most expensive in North America. It's held over two weekends and the ticket prices increased this year by almost a third. Some people believe the Stones were in and backed out last minute.

That's unlikely. The music business lives and dies by contracts, if the Stones backed out, it would be massive. No PR firm could keep that quiet. No, Goldenvoice simply couldn't book the Stones for Coachella and probably never will.

When it comes to the headliners, the facts are all wrong. Blur and The Stone Roses are massively successful ... in the UK. No one would deny they can headline a festival ... in the UK. But stateside? Between them, there's a decade-old radio hit and nothing else. If either act were to play a show in a large arena, they'd likely struggle to sell out. The festival needs them to entertain many more people than an arena, twice. The American music festival attending public are the ones who had Tiesto headline Coachella in 2010. They're simply not interested in reuniting decades-old Britpop nostalgia.

Phoenix are headlining the second night. This is the biggest gamble that Coachella has going. Many thought the band would split a slot with the Yeah Yeah Yeah's and that would be enough. Phoenix have long delayed their follow-

up album to 2009's *Wolfgang Amadeus Phoenix*, and despite having a title, it has no release date. If a band is booked as a headliner ahead of an anticipated album, they need a set worth of hits to fall back on. Phoenix have two songs that everybody knows. It's a risky move.

Lastly, there's the Chili Peppers. Last year would have been perfect for the band to headline – they were about to embark on a new North American tour. This year however, they're on the wrong side of a world tour and they've played five shows in California alone. The shows have received tepid reviews and the audiences are dwindling. Mathematically and geographically speaking, everyone who has wanted to see the Red Hot Chili Peppers this year, already has.

Most festival attendees know headliners don't make a festival but they're essential to the spectacle of a music festival. In 2012, everyone watched Dr. Dre, Snoop Dogg and the now-infamous Tupac hologram. It became a moment in musical history and that's what Coachella 2013 had to have. It needed Bowie, The Stones



www.besteveralbums.com

Blur – hugely popular ... in the U.K.

or Daft Punk. It needed to book acts that haven't played several times recently. It had to dig deeper and look to what music fans are truly anticipating, like Queens of the Stone Age or Atoms For Peace.

The festival sold out again this week. There is a silver lining, however, it took a day and a half to sell out, as opposed to last year's hour. Maybe it's a sign that next year, Coachella has to work harder.

CONCERT REVIEW

NAIT alumnus wows crowd

By BRIANNE SAKOWICH

It's been said that you know it's been a good concert when you leave without a voice. That is exactly what happened when NAIT alumnus Dean Brody took over the Winspear Centre last week. Dean Brody is a Canadian country singer from Jaffray, British Columbia. After mentioning that he attended NAIT, he finally said he was part of the pre-technology program. He may be not all that well known but to the fans that do know of him, it's not hard to fall in love with his voice. This *Canadian Girl's* lover sang to a sold-out crowd on Jan. 31.

But before Dean wowed his crowd, Small Town Pistols took to the stage. Small Town Pistols is a band made up of Amanda and Tyler Wilkinson. They were originally from the band the Wilkinsons with their father. Their 40-minute opening act was amazing and to top it off they sang *The Fresh Prince of Bel-Air* theme song!

After a short intermission it was time for Dean Brody to take the stage, opening The Dirt Tour with none other than the song "Dirt." That song set the tone for the rest of the concert. Brody played some of his most known songs, keeping the crowd energized and excited for whatever was coming next. He got the

crowd singing along with "Roll that Barrel Out." After playing a few more of his well-known songs, he played the song I had been waiting for him to play all night "Bob Marley." This was about mid-way through the concert so it was about now that people's voices were starting to leave. He then sang his song that is pretty relatable if you have a common last name or are from a small town, it was called "That's Your Cousin." While he sang "Underneath the Apple Trees," which is the song for his newly released music video, the stage was set up like a little campground. We knew it was time for a bit of bluegrass style music. There was no better way to start off this part of the show than by singing about honey bees and little lady bugs, which he shockingly told us the "Little Yellow Blanket" is normally a song requested by a male.

Two songs later the stage was once again put back to a stage and Brody then sang what he said would be his final song of the night. It was all about his favourite part of Canada, it's "Canadian Girls." I must admit it is one catchy song. Brody then received a standing ovation. When you play a concert like he did, the standing ovation was greatly deserved. Unlike most singers though, he sang two songs instead of the normal one and

fans greatly appreciated that. Brody was one of the best concerts I've attended. Whether he be a NAIT alumnus or a Dirt Road Scholar, this concert was one for the books.



cadencemag.com

Dean Brody

THROWBACK THURSDAY

Recess stands out from the rest



www.disney.co.za

By TYLER WARREN

I still remember the days of elementary school. Back when playgrounds were our paradise, where imagination had no limits, and best of all, time spent watching cartoons with friends and family. Shows came and they went, some great, others not so much. But one stood above the rest in its time. That show is called *Recess*.

Flash back to 1997. There was a group of fourth graders. The main leader, TJ Detweiler, who loves comics, movies and knows how the playground world works. Along with his friends Vince, a sports enthusiast; Gretchen, a scientific prodigy who's intellect surpasses that of a university professor; Spinelli, a hard-nosed kid who loves to fight and wrestle with others, Mikey, a giant kid who's heart is even bigger than he is and Gus,

the new kid who's father's a military general, something Gus wishes he could be.

The animated show revolves around their day-to-day life and does complete magic in showing so. They deal with things such as a dictator playground king, when recess is closed due to a rainy day, what lies past the schoolyard fence, how to survive a cookie tax, finding a \$100 bill – you name it, they encountered it and many other adventures to come.

Spanning 126 episodes across six glorious seasons, with two special episodes, seasonal episodes and having their own movie, *Recess* proved to be a great success and is still appearing as re-runs today on TV.

Now, *Recess* wasn't all about what happened on the playground and always about wacky events. It also developed around the problems that kids had to

face, whether it be with higher authorities or amongst themselves. They learned to overcome whatever life had to throw at them, and it helped the viewers themselves learn about what they could do.

They learned how to keep entertained when recess was closed, how to acquire the fully pumped dodge balls without violence, how to tell parents that you did something wrong and how to make compromises. But most important, they learned what friendship really is, and why we should cherish it. Friendship doesn't just come and go; it stays when times get hard and is even stronger if you let it.

Well, it's about time that I wrap up this article, but I do have a confession: I never watched the *Recess* movie. However, I suppose that now's as good a time as ever to fix that.

BEAUTIFUL CREATURES

An interview with the stars

By **DARTANION JOHNSON**
@Dartanionj

I recently was a part of a press conference for the upcoming movie, *Beautiful Creatures*. This three-part interview series starts with the main characters played by Alice Englert and Alden Ehrenreich.

What's the story about, who are your characters and how do they relate?

Alden: I play Ethan Wate. I'm a young guy, living in a small town, who is desperate to get out of this town and I meet Lena Ducchannes who is the new girl in town and I have all these visions of adventures and the life I want to live outside of the town. When I meet her she embodies everything that's exciting with her personality. It turns out she's a caster and we have to struggle against the forces of her family that are trying to keep us apart, so we can stay together.

Alice: *Spoiler Alert!* Ethan teaches Lena about her humanity, which in the end actually redeems and elevates the casters again. *Did you enjoy and both go to high school?*

Alice: No we lived in a cave. I'm sorry I'm being a silly Billy. We both went to high school. I didn't like it that much. It's good that it finishes.

Alden: I loved it. *Could you relate to these characters?*

Alice: I was very familiar with the "moving around" side of Lena's personality and that barrier you put up to deal with "hello," then "goodbye" that follows so quickly. I understood having to go to a lot of different schools and having to introduce yourself constantly, to have that performance of being strong, alone and being attached to that – wanting someone to reach out and be a human being to you, to be honest. I really understood the insecurity that she carries with her in the beginning.

Alden: I felt like when I was in high school I had the restlessness and a desire for more out of life and more than what you are given. That's really what Ethan's struggle is. He lives in this small-minded town where everything is the same. He just wants something larger than that life to rupture that monotony.

How did working on this film compare to others?
Alice: Every project is different. All the films I have been able to work on so far have been so different. The different genres and different budgets, it's just such a variety that it's hard to find a comparison.

Alden: It's the biggest movie that either of us has ever done. It's a different experience. It's a great experience to have the support

of money behind all the departments, which means those people can do their jobs at the highest professional level. What I love that Richard LaGravenese (director-screenwriter) created here was the conversations we were having about characters and scenes were the same if we were making a \$5 million character driven movie. So that made this feel just like other films that I have done, which are much smaller.

Were there any conflicting theories between the author of the book and the director of the movie?

Alice: Richard is a master of adaptation and I think the writers understood that a lot would be adapted but Richard is very keen to keep the essence of the book. I never noticed any friction. There was a lot of support from the author.

Alden: The writers were thrilled to experience their work on the big screen.

What inspiration did you take from the novel?

Alden: I think both of us weren't familiar with the books before filming, so we really worked on Richard's adaptation of the characters. He really kept the spirit of the characters. I feel they are same in the movie as in the book.

Alice: I agree *How did Lena's powers affect the relationship with Ethan?*

Alice: What is so interesting about her particular brand of supernatural abilities that it involves her emotional sensitivity actually manifesting into her surroundings and the weather, which I found metaphorical for the experience of being a young person and the intensity of the emotion you are feeling actually colouring the world around you. This makes her vulnerable and her feelings are out there. I like that the tension in their relationship comes from an honest place.

How do you feel about Beautiful Creatures being compared to Twilight?

Alice: Haven't heard that one! Sorry, I do apologize.
Alden: I feel like it's the same demographic and genre but I have not seen the Twilight movies so I don't know how similar they actually are. Hopefully people have a fraction of the enthusiasm for this film that they did for those films. This film has its own very distinct identity and voice and signature and cast.

Alice: I agree. I understand why the comparisons are being made. It's very natural. It's a new genre to have such a large audience. It's interesting to see what about the fantasy genre is so largely



Alden Ehrenreich (Ethan) and Alice Englert (Lena) in *Beautiful Creatures*. www.fangirlish.com

appealing.
What about the script stood out for you?
Alden: A big part of it was the humour. Sometimes you see these genre films that take place in these fantastic realities and they take themselves very seriously. I appreciate that from Day 1 this story never did. There is a lot of humour and that to me makes this movie really enjoyable. You don't feel like you are being force-fed a story you are supposed to believe when it's so unbelievable. I loved playing Ethan.
Alice: I was attracted to the film for similar reasons. The supernatural quality really stands out in what is based in the human world. It felt real to me. The magic seemed not just to be there for spectacle, but was an extension of these people and their lives.
Make sure to check out next week's *Nugget* for Part 2 of with actors Thomas Mann and Zoey Deutch. Part 3 concludes with Emmy Rossum.

Oscar poll – enter to win prizes!

By **SCOTT PEDRICK**

Oscar season is upon us, fellow students. 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 dropbox 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. Any good Oscar party host knows that the person who guesses all the answers usually does pretty well! You have nothing to lose, and Nest gift cards to gain!

Name: _____
E-mail: _____
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*

Strategies for taking tests



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Be prepared. This, of course, is the most important strategy for exam success.

- While studying test yourself on an ongoing basis to make sure you really know and understand the material. Just reading and re-reading is the least effective way to learn. The Strategies for Success manual (downloadable at www.nait.ca/counselling under Online Resources) outlines many effective study techniques.

- Doing mock exams not only assesses your knowledge, it also helps to decrease exam anxiety.

Use your time effectively

- Skim the entire exam first to get a feel for the length and weighting of questions.

- Budget your time and check periodically to make sure that you are on track, but don't get obsessed with the clock.

- Don't be disturbed about other students finishing before you do. Take the time you need to put in your best effort.

- Use any extra time to review your answers. When you review them more slowly you may eliminate careless errors or find that there is a better answer. When you complete a test you tend to relax a bit and you may find that some material you had forgotten comes back to you. Don't hand your exam in too quickly when you finish.

Don't get hung up on difficult questions

- If you are unable to work out a question, go on to the next one and come back to it later if time permits.

- When you come back to the question brainstorm everything you can think of about the subject. Often, by doing this, creative solutions will pop into your head.

- Try to write something down for every question.

Manage your anxiety before and during the test

- If possible, go for a brisk five to 10 minute walk right before the exam.

- Arrive early enough to be organized and ready instead of in a panic, but not so early that you have a lot of time to sit and worry.

- Don't talk about the test with classmates immediately beforehand. This usually raises anxiety levels.

- Find some questions you know well to start with in order to increase your confidence.

- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it for awhile and return to it later.

- Use relaxation techniques such as deep-breathing, visualization or tensing and releasing exercises before and/or during the exam. Counsellors can help you learn effective use of these, and other, techniques.

Make sure you are answering the question

- Read each question carefully and completely before marking or writing your answer. Re-read the question if you are not totally clear on the meaning.

- Try not to read more into the question than is there, or to expect trick questions.

- Ask your instructor for help in interpreting a test question that is unclear or ambiguous. S/he will probably want to clear up the misunderstanding for everybody if the question really is confusing or misleading.

For problem/formula questions

- Write down hard-to-remember formulas, equations and rules before you actually begin working on the test problems.

- Identify the type of problem to be solved.

- Think about the process needed to solve the problem and outline your method.

- Underline key facts and then plug them into the process.

- Cross out facts once you have used them.

- Do your calculations carefully.

- Check to see that you have answered the question that was asked, and that you have used the correct units.

- Make sure to show all the steps in your work; you may get partial marks even if your answer is not correct.

- Take the time to write legibly and make your corrections, if any, as neatly as possible. Most instructors react subjectively to the appearance of papers to be graded, so let neatness work for you

rather than against you.

For Short Answer/Essay questions

- Read the question twice to make sure you are clear on what the examiner is asking.

- Underline key words to make sure you interpret the question correctly.

- Outline your answer, considering all points.

- Develop each point as it refers to the answer.

- Keep the weighting of the question in mind so that you can spend more time on the questions worth the most marks.

For multiple choice questions

- Anticipate answers before you look at the multiple choice selections.

- Read over all of your options and choose the best.

- If you must guess, keep in mind the following tips:

- Eliminate highly implausible answers.

- Quite often lengthy or highly specific answers will be the correct choice.

- Be aware of extreme words like "always", "never", "only", "must", "all", "none" and "completely". These are often the wrong answers since there are many exceptions to rules. Answers including the words "seldom", "generally", "most", "tend to", "usually", and "probably" are often correct, however never change an answer based just on these tips.

Change multiple choice answers – but only if you are sure your original choice was wrong

The popular belief that "your first hunch is your best hunch" is wrong. Research has shown that changes from wrong answers to right answers are at least equal, and probably improve your test scores. However don't change your answer unless

you have a convincing reason to do so. And if you know that you have changed a lot of your initial answers to wrong answers in the past, stick with your original answer.

Remember to give yourself a pat on the back for a job well done.

You have likely put in long hours and pushed yourself to the limit. Physically and mentally you will need some time to unwind and recuperate. Plan something to look forward to when finals are over.

And remember, counsellors at Student Counselling are available to help you with any academic or personal concerns that may be interfering with your success at NAIT. To book an appointment, come to Room W111-PB in the HP Centre or phone 780-378-6133. We're open Monday to Friday, 8 a.m.-4:30 p.m.

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 ya gonna call?

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

Housing – Online housing registry at www.rentingspaces.ca

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.nait.ca under "Get involved."

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.



Protecting your home



Your home is the most valuable asset you have and it is worth protecting. Here are some tips to help you keep your home safe.

When at home

- When in your backyard, lock your front door and vice versa.

- When in the home, it is a good idea to keep your doors locked.

- Consider keeping your blinds/curtains closed at night because people can see in.

When on vacation

- Arrange to have your mail picked up and consider stopping newspapers.

- Remember to have the grass cut, the

leaves raked or the snow removed as necessary.

- Use timers on a few lamps in rooms where the light will be noticed from outside the house.

- Have a neighbor check both inside and outside the house every few days. Ask them to pick up items delivered while you are away.

- If you have a clearly designated outside parking space (as is the case in many town-house neighborhoods), ask a neighbor to park their car in your space.

In your yard

- Trim trees and bushes that could conceal burglars, especially around windows and doors.

- Keep your yard maintained to give the

house a lived-in appearance. Cut grass, rake leaves, remove dead branches and debris.

- Install outside lights to brighten dark areas around doors or windows.

In your community

- Get to know your neighbours – residents should become familiar with the routine in their neighborhoods.

- Be aware of strangers and look out for each other.

- Leave keys and emergency phone numbers with a trusted neighbor.

- Keep up appearances – a well-tended neighbourhood is less attractive to criminals

and vandals.

- Get involved in crime prevention programs.

Information obtained from the Edmonton Police Service

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

WHAT'S GOING ON AROUND CAMPUS

WHO Latter Day Saints Student Society
WHAT General Meeting
WHEN Thursdays, 11:15am – 12:10pm and 12:15 – 1:10pm
WHERE Room J-006

WHO Gamers of Dungeons & Dragons
WHAT General Meeting
WHEN Fridays; 4:15 – 10:00pm
WHERE Room WC-316

WHO intoNAltion Toastmasters
WHAT General Meeting
WHEN Mondays; 4:45pm
WHERE Room H-003

WHO Investment Club
WHAT General Meeting
WHEN Mondays 5 – 7pm Rm T212 and
 Thursdays 3:30 – 5:30 Rm T115

WHO Christian Club
WHAT General Meeting
WHEN Mondays 12:15 – 1pm Rm H105;
 Wednesdays 11:15am – 12:00pm Rm T212

WHO Anime Club
WHAT General Meeting
WHEN Thursdays; 4:30 – 7:00pm
WHERE Room T-615

WHO Business Connex
WHAT General Meeting
WHEN Tuesdays; 4:30pm
WHERE Room T-103

WHO Civil Club
WHAT General Meeting
WHEN Wednesdays 4:15
WHERE Room L-164A

WHO MSA
WHAT General Meeting
WHEN Fridays; 12:15 – 1:10pm
WHERE Room E-020

WHO CETSC
WHAT Fantastic Video Games Hour
WHEN Fridays; 10:00am – 12:00pm
WHERE Room L-164A

WHO CETSC
WHAT Council Meetings
WHEN Wednesdays, 12:15pm
WHERE Room L-164A

WHO MSA
WHAT Islamic Awareness (Dawah) Booth
WHEN February 28; 8am-3pm
WHERE South Lobby Kiosk

WHO BioSci
WHAT Valentine Guessing Game
WHEN Feb 11 – 14; 11:00am to 1:00pm
WHERE Feb 11/12 HP Centre main floor; Feb 13 NAITSA
 (Room E131 main campus); Feb 14 "G" Wing

WHO RT2015
WHAT Bake Sale
WHEN February 12/13; 7:30 – 11:00am
WHERE HP Pedway, 2nd floor

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 near
 main doors to bus stop

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

CAMPUS CLUBS NEWS

February 7 Grant #3 Deadline
 February 18-22 Clubs Centre Closed



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.

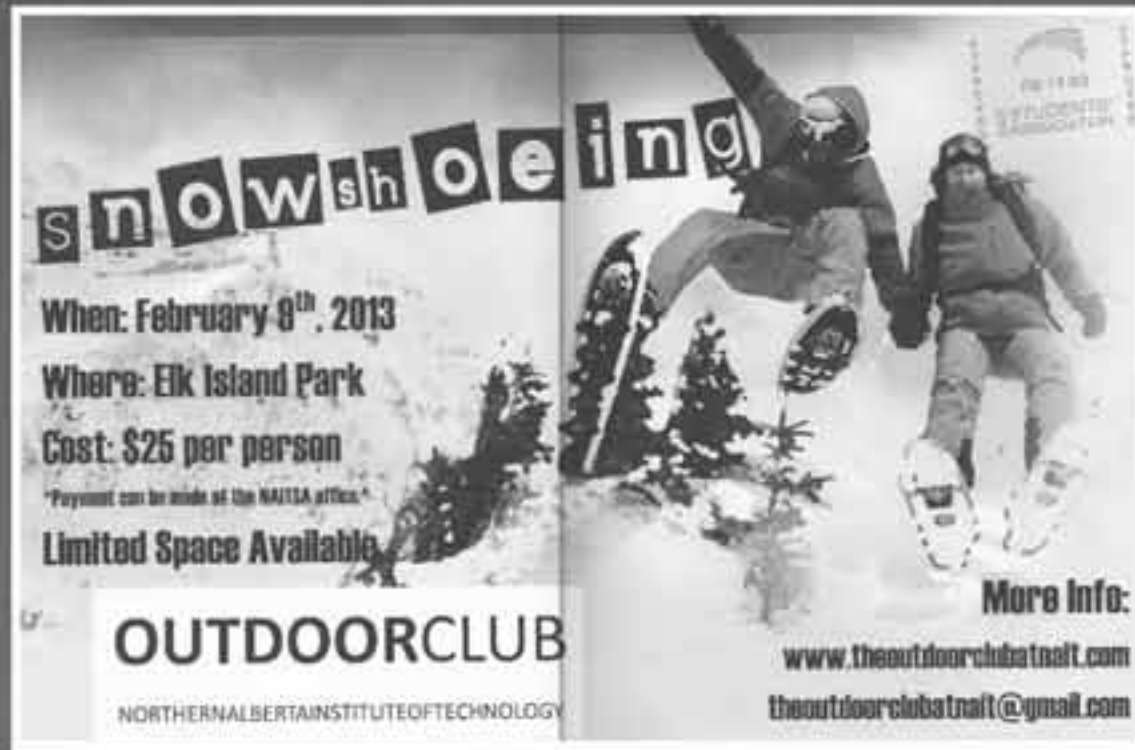
For more information feel free to drop into the Campus Clubs Centre in E-131.

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

NAITSA
CLUBS
365



snowshoeing

When: February 8th, 2013
 Where: Elk Island Park
 Cost: \$25 per person
*Payment can be made at the NAITSA office.
 Limited Space Available

OUTDOORCLUB
NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

More Info:
www.theoutdoorclubatnait.com
theoutdoorclubatnait@gmail.com

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

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 780-267-9606 or Emilie 780-716-2151

THE PINT

THEPINT.CA // DOWNTOWN: 10125 - 109 STREET
YOUR FRIENDS AT THE PINT REMIND YOU TO DRINK RESPONSIBLY. PLEASE DON'T DRINK AND DRIVE.

NAITSA

CLUBS
365

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

HOT SINGLE OF THE WEEK



Photo by Renee Mandziak

Travis Petersen, 22 Millwright, fourth year

Hobbies? – Horseback riding, wrestling cows, playing and watching hockey.

Music: Country music and a few club songs.

Ideal date: A good cheesy horseback ride or walk, followed by a picnic.

Pet Peeves: Smoking and bad hygiene.

Goals: A career and move back home to Rimbey.

Looking for? Someone not afraid to get their clothes dirty with a little dirt or mud.

Also, someone who's social.

If you were stranded on an island with one other person, who would that person be? My grandma.

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

Cauliflower bites

RECIPE

By LAUREN FINK

There are three days of every year when foodies and tasters gather and feast on meals slaved over by mothers, father and friends; Christmas, Thanksgiving and Super Bowl Sunday.

I'm one of those tasters who joyfully await the days where I can forget healthy living and devour whatever is in front of me. However, within the last year I became a vegetarian and it has become increasingly difficult for me to enjoy these feasts as much as I used to. You'd be surprised how boring sides and salads can be.

So I decided to take matters into my own hands this past Sunday and do a vegetarian take on chicken wings. Below is the recipe, that I retrieved off this Pinterest site www.Skinnytaste.com. I have yet to decide if this was a Pinterest fail or success.

Spicy Buffalo Cauliflower Bites

Ingredients:

- 1 cup water
- 1 cup all purpose flour
- 2 tsp garlic powder
- 22 oz (6½ cups) cauliflower florets
- ¾ cup Frank's Hot Sauce
- 1 tbsp melted unsalted butter

Directions:

Preheat the oven to 450°F. Lightly spray a large non-stick baking sheet with oil.

Combine the water, flour and garlic powder in a bowl and stir until well combined.

Coat the cauliflower pieces with the flour mixture and place on the baking sheet. Bake for 20 minutes.

While the cauliflower is baking, combine the hot sauce and butter in a small bowl.

Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional five minutes. Serve with skinny blue cheese dressing (or ranch) if desired and celery sticks.

Nothing sounds worse to a vegetarian than "we bought you a veggie-tray," so try this recipe next time you have your vegetarian friends over for a sporting event and it might be a huge hit! However, I wasn't the biggest fan, but all the carnivores at my house devoured them. That could have been because they needed something to do in the 35-minute power outage, though.

Skinnytaste.com

Servings: 6

- Size: About 1 cup cauliflower
- Calories: 119.4
- Fat: 2 g
- Protein: 4 g
- Carbs: 21.4 g
- Fibre: 3 g
- Sugar: 0.2 g
- Sodium: 1,172 mg

Apps worth a look

NEW WESTMINSTER (CUP) — The New Year has come and gone and the world is abounding with resolutions to improve our lives. In the midst of the pressure to self-improve, why not work on your app addiction. Spend some time with your phone, where you can watch videos, play games, learn how to use chopsticks and watch celebrities beat up citizens.

1. StumbleUpon Free for iOS/Android

Bored? Like, so absolutely bored out of your freakin' mind that you'll pull your hair out and yell in everybody's face? Relax. With StumbleUpon, your interest level will hit an all time high. This app loads up websites customized to your liking and there you will find – or stumble upon – unfamiliar websites. You can discover rare pictures, advice columns, stories, and useless facts while you are bored. And if you like to share useless facts with your friends, StumbleUpon has an excellent social media sharing tool so you can look like the smart one. 5/5

2. The Cracked Reader Free for Android/\$0.99 for iOS

No, it's not what you think. And no, App Man does not know where to get you some. Cracked.com, a website known for its humour and parodies, is now available for mobile devices. Just like its namesake, Cracked offers an addictive experience, only now more streamlined and easier to browse. Be warned:

only a couple of articles are published each day, meaning you will have to wait the next day for more. 4/5

3. Zenonia 5 Exclusive for Android (Free)

The ever popular, melodramatic RPG is back! Hack and slash your way through cute monsters and rise to the top with four classes: mechanic, berserker, wizard and paladin. You can customize and challenge your character in an online battle with your peers via the PVP system. With cute graphics, a stupid story, and an addictive hack-and-slash system, the Zenonia series returns, and this time, with something mellow to offer. 3/5

4. Smash Lights Exclusive for Android (Free)

Do you have quick reflexes? Good. In Smash Lights, your goal is to – surprise – smash lights. The app offers common modes such as Time Trial to see if you are the fastest person in the world to smash lights. With an easy-to-use interface and quick learning curve, Smash Lights is an addictive app. 4/5

5. Running Fred Free for iOS/Android

Remember Fred from YouTube? The kid who always talked in a high pitch and tried to be funny, but he isn't? Well, Fred's back, and this time in an app where you prevent him from being killed. Running Fred is a 3D platform game where you control Fred and protect him from harmful obstacles. 5/5

CLASSIFIED

ELIZABETH'S ANTIQUE AND COLLECTIBLE SALE

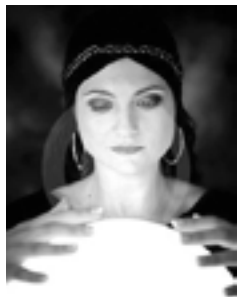
Alberta Aviation Museum, 11410 Kingsway Ave., Edmonton, AB

March 15-16, 2013 – Friday 2-8 p.m. & Saturday 10-4 p.m.

\$5 Admission. Free Parking. Over 140 tables!

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 7-13

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

Aquarius (Jan. 20-Feb. 18)

You're sharp and quick. Use your abilities to rock that project or score a big win on your recent goals. As the moon moves away from your birth sign, it's leaving you more energy. It resembles skating on ice on a warm day. The ice is still frozen, giving you the ability to skate but the warm weather outside is allowing you to skate longer.

Pisces (Feb. 19-March 20)

It's a new cycle for Pisces. Stick to the big picture and at the week's end you will be laughing. You know to build

your foundation strong before you build a house, so first ensure you're making the right final decision.

Aries (March 21-April 19)

This week, Aries, is about expressing yourself. Your natural talent of inspiration and your optimistic attitude is going to put you ahead of the game. Keep in mind, Aries, take a break when you need to, a low key dinner or movie will do the trick.

Taurus (April 20-May 20)

Try something new. The routines you have are healthy but live a little this week. A Leo may find a way to guide you. However, be aware of the sources of information. Don't be fooled, investigate.

Gemini (May 21-June 21)

To learn is your domain. To be versatile is your nature but be aware that it's best to enjoy what you can't control. Take a step back this week and really soak in what is happening around you. Good changes are coming your way.

Cancer (June 22-July 22)

Family and friends are important to you this week, so prioritize yourself. Unwind and take yourself out of your shell. Get connected! New stretches or exercises may help you loosen up.

Leo (July 23-Aug. 22)

Cold weather brings you warmth inside. You will find a large variety of people around you this week. A good night's rest will help you be recharged and ready for anything.

Virgo (Aug. 23-Sept. 22)

Your constant truth and honesty shines. Keep up what you are doing because it's obviously working. Remember as your birthday bud Robert Frost once wrote that he "took the road less travelled by and that has made all the difference" in his poem, *The Road Less Travelled*.

Libra (Sept. 23-Oct. 22)

This week is about you. A Libra needs their liquids, so drink lots of water, types of antioxidants or tea. An Aquarius is in your alignment, they will help bring balance to you this week.

Scorpio (Oct. 23-Nov. 21)

Your talent for observation, analyzing or gathering information makes you lucky this week. Friends, family and/or colleagues are going to really acknowledge your talents this week. Don't be surprised if you get an unexpected compliment or two.

Sagittarius (Nov. 22-Dec. 21)

Lovely Sagittarius, your exuberant self-expression may scare a Virgo at the end of this week. Be jovial as always but don't let your thunder set a flame to a fire. Money looks to be coming your way soon.

Capricorn (Dec. 22-Jan. 19)

The hard work you have put in recently will start paying off. As a Capricorn, you always land on your feet. Take the plunge. Your determination and goals are at a peak this week. Take charge.

Tom foolery

By MEAGHAN WILLIS
Assistant Entertainment Editor

My Friday night this week was spent drinking double caesars and laughing at jokes told by one of Canada's funniest comedians, Mr. Tom Green. A native of Ontario, Tom Green is touring Canada and performed Jan. 31-Feb. 2 at the Comic Strip in West Edmonton Mall.

Green was just how I imagined he would be, hilarious and very strange. Tom started his career on MTV's *The Tom Green show*, which was basically the start of reality television. He is best known for his shock humour and famous films like *Freddy Got Fingered*.

Tom started out his routine by informing the crowd he would be filming the show to be put on his website. Green has an online show which is done in the comfort of his own living room. I think his exact words were, "We're going to film the show, we're going to film the show, we're going to film the show, we're going to film the show."

Although hilarious, Tom's material was a bit surprising. He focused a lot on the media and the issues of society today. Talking about *Keeping up with the Kardashians* and *Desperate Housewives*, Green made it clear he thinks

people today are obsessed with television and the Internet and its ruining our civilization. Green came off as a bit of a conspiracy theorist, pointing out that Twitter and Facebook have all our information and own us, saying, "It's a conspiracy, it's a conspiracy, man!"

Towards the end of the show, Tom let the crowd shout out their favourite lines from *Freddy got Fingered*, which was quite funny. Green was hilarious as "the backwards man" and you couldn't help but laugh at his "cheese helmet" impression.

After the show I did get a chance to talk to Tom briefly and I asked him how it feels to be back in Canada touring, to which he replied, "I love being in Canada. I'm Canadian. I love Canada." There was a long line to meet him and he made time to take pictures and talk with everyone who waited.

Overall, Tom Green's stand-up did not disappoint. He was energetic and was engaged with his audience. I didn't know what to expect going into the show but all of his jokes were hilarious and he seems like a genuinely nice guy. I would definitely recommend that you see him the next time he comes to town and if you can't, there is always his online show!



Tom Green



break FREE

**TOBACCO
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

Quick and easy craft idea

By CECILE NOVEL

Making time to do something creative in a hectic college student-athlete life and on a budget is not easy, but it is rewarding. There are many project ideas out there on the Internet that are cheap, easy and look great, like this string art wall decoration. Additionally, there are countless variations to this, as you can choose whatever design you feel like and decorate the background with any colours that you want. I decided to try my hand at this one since it didn't look like it would take more than an hour and I had all the materials already so I wouldn't need to go out and buy anything.

What you will need: a wooden board, spray and acrylic paints, tissue paper, a black marker, tape, nails, a hammer and string or yarn.

What to do:

1. Prepare the wood background with acrylic or spray paints. I used a combination of black, gold and silver and layered them to create depth.

2. Draw a design on the tissue paper with a black marker. I chose to do a heart, a quick and easy design. I folded the tissue paper in half, and then drew half of a heart on it. The marker then bled through to the other side and when the tissue was unfolded, it had a perfectly symmetrical heart on it.

3. Allow enough time for paint to dry completely before taping the tissue paper to the wood. Make sure there are no wrinkles.

4. Hammer the nails into the wood, following the design on the tissue paper and spreading the nails evenly all around.

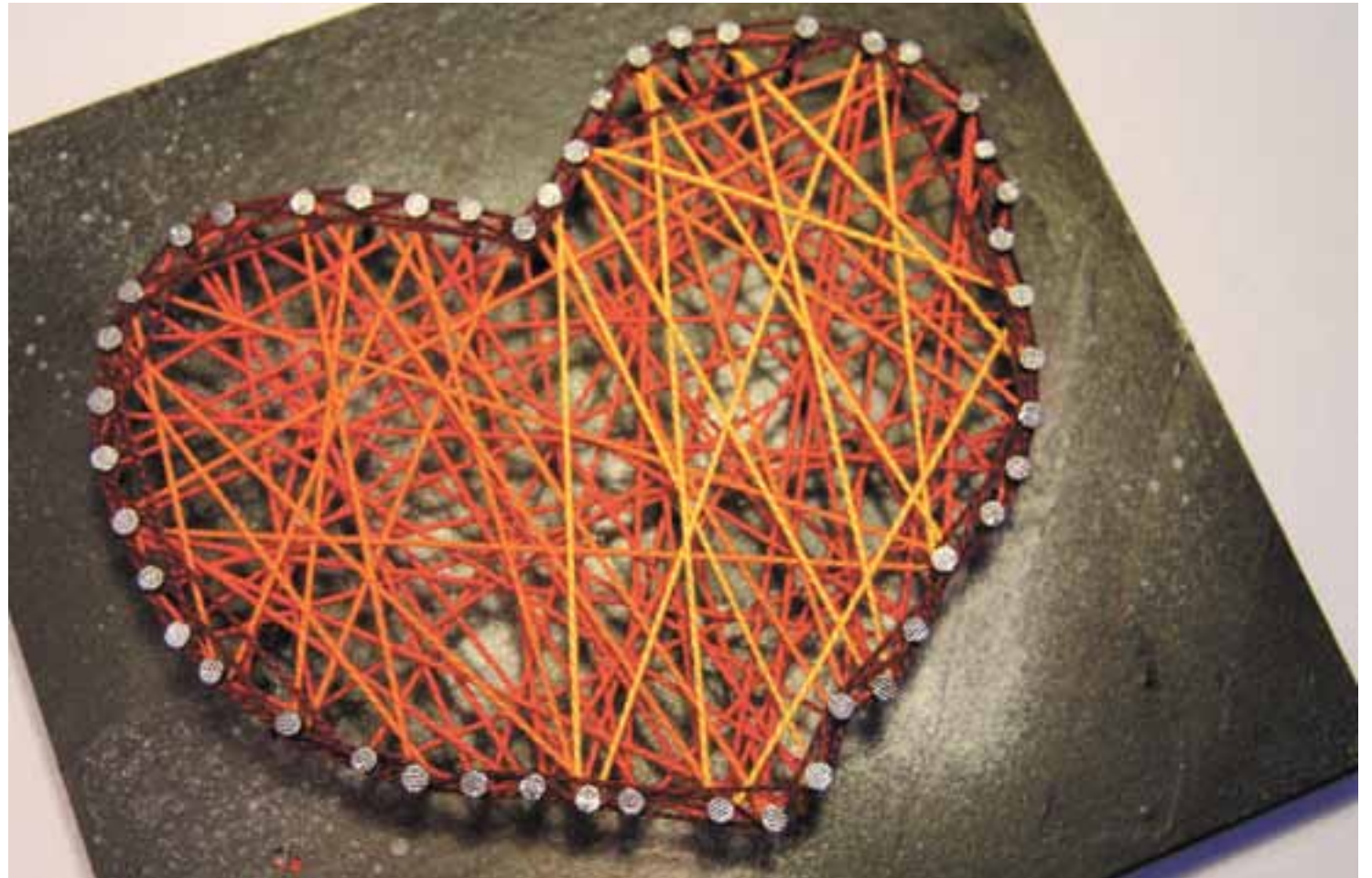
5. After finishing the last step, remove the tissue paper from underneath, leaving a design made of nails. Now you are ready for the fun part.

6. Tie one end of the string to the first nail and then loop the string around a nail on the opposite side. Continue this pattern until you are satisfied with the result. You can also add in a different coloured string to make it more

interesting. To make your design pop even more, you can loop a different string colour to the outside of it to provide contrast.

This is a wonderful, quick gift idea that can be very personal or very abstract, that can also

look great anywhere from the garage wall to the dining room. Give this simple project a try next time you have some time off and need to take your mind off of things; you'll be amazed at what you can come up with!



What if school could go to you?

16 Alberta institutions
70+ online programs
800+ online courses
1 location

Online learning is flexible and enables you to work on your courses at times that are convenient to you.

Register now at eCampusAlberta.ca



Accounting • Business Administration • Early Childhood Education
Human Resources • Land Administration • Nursing • Paramedic

And much more...

Academic Upgrading and University Transfer also available

Accredited programs offered by 16 post-secondary institutions





ALLISON KARCH

What do think about NAIT's basketball and volleyball teams playing in pink for breast cancer awareness?



"I think it's awesome because they're really getting the message out there ... To me it means a lot because my grandma actually died of breast cancer."

Nicole Ruptash
Personal Fitness Training



"Awesome ... if all the players are willing to do it and suck up the pride of 'oh, pink is girly,' then it's 100 per cent support and I think that's totally great."

Melanie Bond
Electrical Program



"It's a good thing, gets people thinking about that kind of thing."

Bill Hutchinson
Powerline Technician



"I think they should also dye their hair pink."

Mike Semrok
Machinist Program



"I think it's a fantastic idea. Good idea, rock it out. Never seen it before."

Josh Stewart
Powerline Technician

RESTAURANT REVIEW

Guru's will leave you happy

By KEVIN TUONG

Last year, I reviewed Guru's for my fix of Indian food. So this year I decided to try a new place on Whyte Avenue called Daawat. The place is significantly smaller and doesn't look nearly as fancy. However, as much as I would like to write about Daawat, plans sometimes magically change and I ended up back at Guru's.

Well, may as well go with it! The last time I reviewed Guru's, I gave it 4.5 out of 5 stars with my only criticism being that there were too many different people checking up on us too often; it just felt a bit too smothery. This time I decided to see if it could uphold or improve that already high rating and they did so with ease.

Private room

With a large party of eight, we once again got the private room which allowed us to see into the entrance of the kitchen where they were making fresh naan bread and roti. It's always good to see things being made fresh, even if you don't know whether or not it's your order. It gives you the mindset that your meal is going to be fresh and fresh food is almost always good. The other great thing about our room was the privacy away from the rest of the restaurant. It allowed us to enjoy our own conversations and it gave us a sense of being a VIP.

The interior was still modern and welcoming. There are a lot of mellow orange and gold colours, which made the place warm and welcoming. It also made me want curry right away.

'Cleanly fried'

We started with a few appetizers to share, like the Guru Chicken Drums, Deep Fried Cauliflower and some Shrimp Pakora. When our appetizers arrived, we soon realized that all of them were deep fried and we immediately thought that so much deep fried food would make us feel sick. But they were fried to a nice crisp and wasn't very greasy at all. If such a thing exists or makes sense, I would say they were "cleanly fried." That is to say, it didn't feel like deep fried food even though it obviously was.

For our entrees, we decided to share a variety of curries and naan bread, saffron rice and tandoori chicken. We had Lamb Vin-



daloo curry, which was spicy but not overpowering and went well with the rice. We also had some Navratan Korma curry and Guru Palak Paneer Chilgoza, both of which went very well with naan bread. But my favourite had to be the Fish Moilee; it contained coconut milk, which made it creamy, sweet and absolutely delicious. Last was the sizzling Tandoori Chicken. Although it looked really dry, it was actually really juicy and completely loaded with flavour. Needless to say, the food was delicious.

So my only criticism last time was the service was a bit too smothery and they most definitely improved in this area. Our waitress was extremely knowledgeable about the menu items and even the history of the food. The best part was that she was very unobtrusive despite her coming to check how our food was three times, and change our plates three times as well. I never

felt like she intruded on our conversation or on our meal at any time.

Price wise it can be a bit much for some people, especially compared to some "all you can eat" Indian restaurants, but since we were in a large group and we were sharing, it actually became very affordable for fine dining. The term "fine dining" isn't used loosely here, either. The cups, plates and teapots are all very modern and sleek and the service is definitely up to fine dining standards.

Guru's is definitely a place for all occasions and serves up some delicious fine Indian cuisine that leaves you happy at the end of your meal.






JUICYMUSIC
WORLD TOUR 2013

WITH



THURSDAY
FEBRUARY 14

TICKETS AVAILABLE AT UNIONHALL.CA & WANTICKETS.COM

ROBBIERIVERA.COM  /ROBBIERIVERA

 @ROBBIERIVERA  /ROBBIERIVERA



unionhall.ca  /UnionHallNightclub  @unionhall



THE
ORIGINAL
Buck Wild
WEDNESDAYS

**\$3 HI-BALLS
& TEQUILA**

STUDENTS & INDUSTRY
FREE WITH SCHOOL ID
OR PAYSTUB
DOORS AT 8PM



THE RANCH ROADHOUSE.COM

 facebook.com/TheRanchEdmonton  @ranchroadhouse

