

# THE NALT NUGGET

Thursday, February 13, 2014  
Volume 51, Issue 20

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

## EDITORS LET LOOSE

Valentine's Day stage for sexy special, see inside



Photo illustration by Kylie Reimchen

Nugget editorial staff get ready for a fun, sexy and informative issue this week with a little photo hijinks. Learn about the money in the federal budget for apprentices, follow the Oaks and read some off the wall sexy stories. For "special" team biographies, see page 20.

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# NEWS & FEATURES

## Sex shop memoirs



**RICHARD LUKACS**  
Issues Editor  
@DickTorrance

Student budget is a tight stinker. Fortunately, if you're not a heavy arse you always have the chance to ease it a little bit. For example I'm editing a newspaper. However, back in the day, during my first college years, I was a famous Central European dildo-dealer.

One day my eyes saw a small ad in the morning paper. "We are looking for an up front young man with trade experience in porn retail," it said.

Selling porn? Easiest task ever. Porn sells

itself, I wouldn't have to do anything but take the money. On the top of that, the store was only a few blocks away from college so I applied before I went to classes.

The first surprise was that they gave me about 23 tons of curricula before I went back for the second "audition." I didn't mind. I like studying so I hammered in this very significant amount of essential knowledge.

I learned among other things that if you want to get a quality fake penis, you better look for the CyberSkin based ones. NASA discovered that material for sealing spaceships, but the touch of it is so lifelike that porn industry soon swooped down on it. Fact.

A few days later I wrote the exam. It included a language test: I had to translate adult movie titles from Hungarian to English as the owner was an international distributor and I had to communicate with the resellers. I still remember those nasty titles but unfortunately neither of them is print-friendly.

It all started as stupendous fun; I had a cool co-worker, we could listen to any kind of music we wanted, we earned good money and

the store was in a reputable spot. The patrons were nice as well. Young gals and dudes, mainly gazing couples. If we got bored we just showed "Big Ben" for fairly floored lads. The backlash was priceless every time.

I had already had a band for about five years back then and one day I got a call from the local outplacement of MTV and was asked for an interview. I was overjoyed. Finally, after all these years someone was interested in our music! Stardom was around the corner! It was the second call that brought me down to Earth. They didn't care about my band, they needed an interview about sex toys. So my first appearance on MTV during my nearly 12-year-long musical career was all about dongos, pocket vaginas, strap-ons, vibrating eggs, penis sleeves and the very in vogue "pony-tail."

The halcyon days were soon over when I got reassigned to a small dunghill in the raunchy area of town. I quit three days later as a disgusted misanthrope. I swear I'm not a prude by any means but the people with whom I had to trade every day were beyond

pathological. The *American Psycho* type, the "weird grandpa," the "ravaged, toothless prostitute." The latter was pretty friendly but she set my nerves on the edge by coming in every half an hour and getting a single condom. When I asked her why didn't she get a pack of 20 and come back once it's gone she told me "if they have big company, they like to stay." The condoms. With that learned, I felt myself educated enough to leave that scene and never look back.

What do I want to suggest with these anecdotes? It's that I know very well that a student budget can be tighter than the "items for gents" on those shelves. But hey! Selling plastic love is not your only option to make a change. Trust me, editing a newspaper is way more fun. So if you feel any ambition for that, shoot me an e-mail and be a part of our team! I promise, you don't need to learn anything about dongos.

If you feel you have a penchant for writing and would like to be a part of *The Nugget* editorial team, send a cover letter to the following address: studenteditor@nait.ca

## NAITSA executive candidates speak



**Allannah Wrobel**  
Running for VP External



**Justin Nand**  
Running for VP External



**Johnny Thunder**  
Running for VP Student Services



**Gillian Wilson**  
Running for VP Student Services

Photos by Cassandra Di Timoteo

By **NICOLAS BROWN**

Last week, candidates came together in NAIT's Shaw Theatre to launch this year's NAITSA Executive Election. Nine candidates each had two minutes to tell students who they are and what they hope to achieve for students in the positions

they are running for.

Attendance at the lunchtime event was low but the speeches were recorded and are now available on NAITSA's website at [naitsa.ca/elections/executive](http://naitsa.ca/elections/executive) along with candidate information.

Every year, NAIT students are asked

to get out and elect a new executive team to represent student interests through NAITSA. These executive positions are, President, VP Academic, VP Student Services and VP External. Each position is responsible for portfolios that include co-operation with other student organizations,

organizing student events and advocating for NAIT students either to NAIT or to other external organizations.

This year's election finishes today Feb. 13. Online voting is available at [naitsa.ca/elections](http://naitsa.ca/elections) until 4 p.m. and polling stations close at 2 p.m.



Photo by Jane Lytvynenko/Canadian University Press

Federal Finance Minister Jim Flaherty answers questions about his 2014 budget.

# Apprentice boost

OTTAWA (CUP) – In a bid to foster job creation, the Conservative budget presented on Feb. 11 took a student and training focus. Aiming to ease debt loads and address a “skills mismatch,” the Economic Action Plan 2014 introduced new programs and changes in funding to existing government initiatives like apprenticeships, internships and research funding.

The budget created the Canada Apprentice Loan as a part of the Canada Student Loans Program. The loan will “provide apprentices registered in Red Seal trades with access to over \$100 million in interest-free loans each year.”

An apprentice will be eligible for up to \$4,000 in loans per period of training. The budget says, “at least 26,000 apprentices are expected to apply.”

“Creating jobs and opportunities remains our government’s top priority,” said Finance Minister Jim Flaherty in his budget speech to the House of Commons. “We’re making sure that opportunities are there for everyone.”

NAIT President and CEO Dr. Glenn Feltham said yesterday (Wednesday) he is encouraged by steps the federal government is taking.

“I would say this is the second year in a

row where polytechnic education has been profiled, with specific measures for institutions such as NAIT,” Feltham said.

“That I view this as significant progress towards recognizing the amazing things that institution like NAIT are doing.”

Feltham said the budget measure is an important step in training apprentices, for two reasons.

“One, it will allow them that greater opportunity financially to be able to make this decision (to attend school), but second, it really is further affirmation that the nature of the education that they are taking is similar to other post secondary institutions and in a very similar way they can have access to support,” he said.

Like the federal government, NAIT feels the stress of answering the needs of the workplace.

“We are having incredible pressure placed on NAIT to meet a greater demand,” Feltham said.

Another project, Flexibility and Innovation in Apprenticeship and Technical Training, is aimed at encouraging innovative training techniques for technical apprentice training.

While only a pilot project, the FIATT will have the ability to support 12 multi-year

programs implementing training techniques such as simulators, video conferencing and online learning. FIATT will see \$13 million in funding over four years, starting this year.

The Youth Employment Strategy overseen by the government annually receives \$300 million for skills and experience acquisition. According to the budget the program will likely focus on science, technology, engineering, math and skilled trade sectors.

Also, as a part of the Youth Employment Strategy, the federal government announced a reallocation of \$15 million per year for 1,000 internships in small and medium-sized businesses.

The federal government says it will eliminate the current \$5,000 exemption for vehicles, meaning students who own them can increase their loan amount.

In an initiative to train new workers for available jobs, the Economic Action Plan 2014 announced changes to the Canada Job Grant program, which was created with the last year’s budget. The new program will be launched this year and direct up to \$15,000 per trainee in funding from the government and employer.

Flaherty said the government is on track to balancing the budget next year.

– With files from Carly Robinson



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# Letters

## We want your views

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

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

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

# Carjacking emergency kit

By **ROBERT MACGILLIVRAY**

Carjackings are something that happens all too often in our fair city – but is it a problem at NAIT?

At the end of January alone there were two cases of grand theft auto in three days. In one of the cases a woman and her seven-year-old daughter were walking in a parking lot on the west end when a man approached them. He allegedly held the woman at gunpoint and demanded that she hand over her purse and keys. Luckily, a bystander was nearby who tried to intervene. Unfortunately for the bystander, he was then held at gunpoint before having the assailant jump in his vehicle and drive away. In the second case, a woman was inside of her vehicle, exiting a parking lot when three men approached her vehicle, pulled open the doors, yanked her out and sped away.

Luckily for those of us who drive to school at NAIT, there doesn't seem to be a problem with vehicle theft. I asked Jerry Hove, manager of Protective and Parking Services at NAIT, if there was a problem with car theft.

"NAIT has not had a big problem on campus over the past few years with auto thefts," Hove said. "Typical higher risk times for break-ins into vehicles for students centre around Christmas time given our proximity to the mall and people storing packages in their vehicles."

So we're safe at school but what can we do to try and mitigate our chances of being carjacked in other places? Some quick tips:

- 1) Park in a well-lit area.
- 2) When returning to your vehicle, be aware of your surroundings. Use a flashlight to illuminate the car as

you approach and look in the back seat prior to getting into the vehicle.

- 3) Approach your vehicle with your key in hand.
- 4) Lock the doors once you get in.
- 5) Keep the doors locked while driving.
- 6) Install an anti-theft device that has an ignition shutoff or panic button alarm system.
- 7) Always ensure that you have enough fuel in your vehicle to avoid running out.
- 8) Sign up for a vehicle rescue service in the event you get stranded somewhere.
- 9) Lock your vehicle when you go in to pay at a gas station.

Expanding on number six, it is a huge deterrent for car thieves to know that the work-to-reward ratio is going to be very high and theft-deterrent devices accomplish this effectively.

Steering-wheel locks or "Clubs" are very effective and don't come with a hefty price tag, ignition shutoffs will prevent anyone from being able to get away with your vehicle and, in the event that your vehicle is stolen, vehicle tracking devices will help the authorities locate it.

But heck, if you can't afford any of these things,



Carjacking in Edmonton is becoming more commonplace. guardianlv.com

(who can when they're in school?) just putting on a sticker that says you have some sort of anti-theft device can be enough to deter would-be thieves. It isn't always so much about what they actually do as much as that they are visible. Why take the chance on getting caught when there's another vehicle over there that doesn't look like it has any security, right?

Remember these tips, and you'll be saving yourself a lot of potential hassle. You don't want some hoodlums pulling you out of your vehicle and driving off in it after all, do you?

## U-Pass tweak?

By **NICOLAS BROWN**

NAITSA's Student Senate gathered for their February meeting last week to discuss issues important to NAIT students. NAITSA executives updated Senate representatives on issues pertinent to their portfolios. After the executive reports came question period, where representatives voice student concerns or ask for more information on upcoming events or projects.

### U-Pass

NAITSA, in conjunction with the University of Alberta's Student Union and the Students' Association of MacEwan University, are continuing to seek ways to improve the U-Pass requirements faced by students. The newest target: the replacement fee for lost U-Pass stickers. Currently, student IDs which are lost or stolen require students to pay the full cost to replace their U-Pass sticker, which for this term is \$147.50. There is also no proration of the replacement cost to align with time remaining in the semester. This means students must pay \$147.50 to replace their U-Pass whether they lose it in January, or in March. There is hope that the three student associations will be able to negotiate a reprieve for students in the future.

### Transit

The City of Edmonton has started tak-

ing steps closer to implement a smart card system for ETS. Funding has now been allocated to the project, which will see the current paper system of tickets, transfers and passes moved to a one card and one account system for transit users. This new system will be advantageous to students prior to the negotiation of a new U-Pass contract. With accurate user data provided by the new system, NAITSA and the other student organizations will have a stronger platform from which to negotiate with ETS for the new U-Pass contract when the current four-year deal ends.

### Executives meet with city councillors

NAITSA's executives haven't limited their efforts to Transit, however. Executives have been meeting with city councillors and other officials to discuss various topics concerning NAIT students. These topics include the future development of the airport land and a future student residence. VP Academic Meagan Strachan was one of the executives to attend these meetings with city officials.

"At NAITSA, we're really excited to develop relationships with the new city council," said Strachan.

"We always work hard to make sure we have strong relationships with the city because there's lots of things we need to work on with them."

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NAIT



# Many hands to help

By **DAKOTA BARBER**  
@dakotarbarber

Inspirational and selfless are two words to describe the Enactus NAIT organization. Enactus is active in 39 countries, with over 1,600 teams worldwide. They combine their talents with their passion for helping people and contribute to projects that do just that. They aim to empower people in need while building their own skills in different aspects of business.

Red Hands is the name of their newest program and it has already been proven a success after their significant donation to the Glenrose Rehabilitation Centre in November. The idea behind the project came to be after spending some time researching the rehab facility in the summer. The group learned that one thing stroke patients do to regain the range of motion they lost is to wipe down a table with a damp rag. If you're not familiar with what a stroke does to the body, it's the rapid loss of brain function due to a lack of blood supply to

the brain. Old age and high blood pressure are two common contributing factors, along with smoking, high cholesterol and diabetes.

Enactus thought there was potential to make rehab more engaging, so they arranged to have the patients in the pediatric ward use those same motions in order to create artwork. Once the art was created, the group had them digitized and printed on Christmas cards that they sold around NAIT as well as to friends and family off campus. The cards featured the hand painted artwork and a thank you message explaining the project. The total from all the sales was over \$1,200, which was donated back to the Glenrose Foundation.

Chris Ng-Muk-Yuen, the group's VP of projects, is proud of the Red Hands project.

"We don't want to just give a handout, we want to give a hand up," Ng-Muk-Yuen said.

The effort and thoughtfulness that went into the startup of this project is inspiring and may leave you wondering what you can do to help out, too! With so many charities and



organizations in need of help in our city, it can be difficult to decide where to direct your support.

As students of NAIT, it can be difficult to be financially supportive. However a spare hour or two goes a long way. If you're interested in getting involved in charity work, you can visit [edmonton.ca](http://edmonton.ca), click For Residents and

then click Volunteer Opportunities. Don't forget there is always a hand to be lent on campus as well, whether it be helping out with events, working info booths or giving tours and explaining to potential students what it's like to be an Ook.

For more information, visit [nait.ca/get-involved/volunteer](http://nait.ca/get-involved/volunteer).

# Steps to a healthy heart

By **DANIIL ANSELM**

Three simple steps could be all it takes to save someone's life. February is Heart Month with the Heart and Stroke Foundation of Canada, and the organization is encouraging people to pledge donations and raise awareness about heart health. If you see someone suddenly collapse or if they're unresponsive, you could potentially save their life by performing CPR ... and all you need is your phone, your hands, and your wits. CPR can seem intimidating, but the Foundation is trying to show Canada that it is very simple if you follow their "Hands-Only" CPR steps.

- 1.) Call 9-1-1
  - 2.) Push hard and fast (twice a second)
  - 3.) Don't Hesitate – you can't do harm.
- "It really is that simple," says Linda

Shaw, Health Service supervisor. "They've done a lot of research and collaborated with a lot of countries all over the world ... you actually can save somebody's life by doing those three easy steps."

With more than 1.6 million Canadians living with the effects of heart disease and stroke, chances are you know someone who is affected.

NAIT's Health Services is helping get the word out this month by offering blood pressure checks and information on heart disease on all three campuses.

Awareness is crucial, especially here at home where 90 per cent of Canadians have at least one risk factor for heart disease and stroke; the main culprits being smoking,

alcohol use, physical inactivity, obesity, high blood pressure, high blood cholesterol, or diabetes. There are nearly 50,000 strokes each year but many of them are preventable.

Shaw says that there are a number of tips students should follow to keep their hearts healthy. The most important ones are to not smoke, to exercise regularly and to maintain a good diet. She recommends the DASH diet (Dietary Approaches to Stop Hypertension) – which is a simple low fat, low cholesterol and low salt food action plan.

Too much stress can also lead to heart complications. If you're feeling too stressed with school or anything else, the Student Counselling Centre and Health Services both have information on reducing stress.



# Fighting mental health stigmas

By **JORDAN WARDELL**

The Hi F.I.V.E. campaign is a program that has started at NAIT to try and eliminate stigma towards mental health, which is also what the 'E' in Hi F.I.V.E. stands for. The 'F' is friendship, 'I' for inviting conversation and 'V' to value everyone's gift. The campaign wants to offer a safe space for students to seek help or just talk about mental health or any issues they might be having.

NAIT adopted the program from Simon Fraser University. Their program involved what they call a travelling journal. The purpose of the journal was to have one person write down any problems or insecurities they might

have and then leave the journal somewhere else for someone else to find. This was to give whoever ends up picking up the journal next, the feeling that they aren't alone or they aren't the only ones.

The campaign is trying to recreate that same feeling of not being alone by creating 'safe spaces', a space that an instructor can indicate if free of judgment by having a safe space sign in their window or door way. Students can also show that they are here for people to talk to and that these people are free from judgment by sporting the Hi F.I.V.E. but-

tons or stickers.

The program is open to anyone and has people you can talk to about practically anything. It ranges from just talking to someone, getting support or help for feeling stress or being overwhelmed, to resources and referrals for more serious mental health issues. They even offer screening tests for things such as ADHD and can then refer students to somewhere that offer an actual diagnosis. When I spoke to Krista Pierce she told me that an important goal she has for the program is that people have a



healthy mental state.

Hi F.I.V.E. is a free and easy way to get the help or resources students may feel they need. As part of the program there is a pledge that has eight commitments. A few commitments are embracing and respecting those with mental illness, welcoming friendships with those who experience mental health issues and making a difference. None of these commitments are asking a lot of people.

For more information or to show your support with a sticker, button or making your office a 'safe space' staff and students can visit the academic success centre, located in the HP building.

# NAIT's tops!

By **KRYSTA MARTELL**  
@tweetsbykrysta

It takes a lot of patience to find that perfect job you worked so hard to get. Many people don't think that their post secondary school could also be their employer.

At the beginning of February, NAIT was recognized as one of the Top 65 employers in Alberta for the third consecutive year. Alberta's Top Employers is an annual competition that recognizes employers that offer exceptional places to work and NAIT is one of them.

NAIT's promise to staff is to be one of Canada's most outstanding places to work. The list also includes Enbridge, The City of Edmonton, Travel Alberta and Shaw Communications. Employers are evaluated on their physical workplace; work and social atmosphere; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development and community involvement.

Employers are compared to other organizations in their field to determine which offers the most progressive and forward-thinking programs.

The reasons for NAIT being selected include access to the on-site fitness facilities at no cost to employees, assistance in helping to prepare employees for the future with retirement planning assistance and contributions to a defined benefit pension plan, commitment to the development of its employees and a variety of in-house and online training programs as well as subsidies for tuition and profes-

sional accreditation. New employees start at three weeks paid vacation allowance and can receive additional time off during the winter holiday season. The institute also encourages employees to achieve work-life balance through a variety of alternative work arrangements, including flexible hours, shortened and compressed work weeks, telecommuting and a formal earned days off program.

"NAIT is absolutely thrilled to be recognized as one of Alberta's Top Employers," said NAIT President and CEO Dr. Glenn Feltham. "To be selected for three consecutive years reflects our commitment to continually enhance our working environment and the opportunities for professional growth," he said.

"People matter at NAIT and it's our employees who bring us closer to our long-term vision to be one of the world's leading polytechnics."

NAIT was established in the 1960s and serves approximately 86,000 students through a variety of faculties and study options including full and part time studies, apprenticeship programs, distance learning and continuing studies programs.

Currently, NAIT has more than 1,900 full time employees and over 1,400 part time workers. It also says a lot when the longest serving employee has 45 years on the job.

As a student, I look around and I see all the available resources on campus and the people who are working to help me and other students, and I feel privileged to attend a great school such as NAIT.



File photo

Dr. Glenn Feltham

## ROTATING RANT

# Trucks in parkades a pain

By **ANGRY ANDY**

The powers at the *The Nugget*, in their infinite wisdom, have decided to start a column permitting various rants pertaining to NAIT.

Admittedly, they found the right person for the inaugural edition. I'm miserable, spiteful and cranky on the best of days – but in a loveable, huggable way.

Recent crankiness likely stems from the daily commute to and from NAIT. Rush hour (more like hours?) continues to steal minutes that could be better spent surfing the net. And as you get older (like me), every second becomes more valuable.

Every day, traffic around NAIT slows to a dead stop at what seems to be the precise time gas prices are jacked up – exactly the same time my car's "low gas" light starts blinking.

And that's not even counting the hassles in the parkade. Some Mensa rejects

think it's neat to park backwards, with headlights facing outward. The parkade does not have the same space as a normal parking lot, so these geniuses need to inch their car (or truck) back and forth to exit their stall. That or they end up scratching their neighbour's paint job.

Everyone at NAIT sees (and hears) the extra large trucks around campus. But why do their drivers – especially those with extended ball hitches on their trucks (overcompensating perhaps?) need to park opposite each other – leaving a small gap for other drivers to squeeze between.

And what the hell is with the open condom wrappers on the floor of the second level parkade? Don't the frisky parkers see the surveillance cameras? Pick up after yourselves, jackholes!

...

Don't get me started on the spitters. Between the HP Centre and the South

Lobby lies enough DNA for a decades' worth of Maury "You Are the Father!" episodes. Thanks to thoughtless spitters, it's like a bunch of micro skating rinks out there.

...

Thankfully, Reading Week is here, a one-week break meant to refresh the human battery and prepare for pending mid-term exams. Or, if you're like most, a chance to binge-watch television shows or take a ski/snowboard trip to the mountains. Or binge-watch the Sochi Olympics, as former NAIT Ooks' goalie Shannon Szabados plays for another gold medal in women's hockey.

It is a given that the Canadian and American teams will battle for gold in the women's final. They're simply more skilled and experienced than their counterparts. It is on the men's side that upsets will occur. Most hockey prognosticators suggest that Canada, the U.S. or Russia will battle for Olympic gold.

I think – and I stand to be corrected – that one or more of those teams will be knocked out by either Finland or Sweden in the medal round.

How funny is it that Canada's first medal at the Sochi Olympics was in a mountain sport – a bronze won by Mark McMorris – who hails from the reputedly flat land of Saskatchewan?

...

Not sure why NAIT is offering a Radio and Television Arts program. Just spent part of this weekend watching television. Judging by the listings, I firmly believe that CNN should change the name of their Headline News Channel to the Useless Junk You Could be Watching on Another Network. Hardly a newscast on Headline News this past weekend. Just relentless hours of *Forensic Files* and *What Would You Do?* episodes. Headline News? Not even close!

Well, that's enough ranting for one week. See you next edition.

# Not a victimless crime

**By ROBERT MacGILLIVRAY**

Johns, Tricks, Punters, Curb Crawler – all critical terms to describe people who pick up sex-workers, something which continues to be a problem around the world. As it turns out, Edmonton has been trying very hard to do something about since 1996 when they opened a “John School” as part of their Prostitution Offender Program.

People who are first time offenders and are busted by an undercover police officer are given the option to pay a fee in order to be re-educated about the real and potential effects of prostitution on themselves, their families and their communities. Once the person goes through the program, their charges are withdrawn and the fee they paid goes toward combatting sexual exploitation within Edmonton.

## No punches pulled

So what happens in this school you ask? Well, the instructors don't pull any punches. Participants are taught about everything from sexually transmitted diseases to the long-term effect working in the sex-trade has on the young women who go down that path to make end's meet. They will be introduced to former sex-workers and asked tough questions like: Have you carried HIV/AIDS home to your family? What if that girl on the street corner was your own daughter? Have you considered the business owners whose customers are scared off by soliciting – or the residents who fear their children will be lured into prostitution and drugs?

The good news is that after people go through this hard-hitting program, less than three per cent are rearrested. The bad news is that it isn't enough and that the people going through the program barely scratch the surface of prostitution offenders in our city.

I had a chance to ask Krista Pierce, a registered psychologist here at NAIT, about what kind of mindset could lead them to purchase sex. Factors range from not being satisfied with their sexual relationships, the thrill of doing something taboo to not having their emotional needs met.

When I asked Pierce whether or not she thought that this was a problem for students at NAIT, she said: “This is an interesting question – it is hard to know the answer because it depends on why a student has come to Counselling Services, and what they would like to discuss. For example, perhaps the student is paying for sex, but this has not come up in counselling as they have come to talk about another personal/academic issue. It is not a question we ask students, but if brought up would discuss.”

This is worth thinking about. This writer is sure that there are a lot of people in our student body who are frustrated emotionally or sexually and are looking for some sort of release. Doesn't it happen to us all at some point?

## Counselling services

The good news is that the counselling services at NAIT can help or at least get individuals (or couples, if it is a relationship issue) in touch with outside resources better suited to helping them. Think twice before you take that “happy ending” at one of the massage parlours that offer it or pay for something that goes a little further than a lap dance at one of the strip clubs which offer that because once you start down that road, it’s a long slippery slope to winding up in the Prostitution Offender Program. Instead, take advantage of the help at NAIT; you’ll feel better about it in the long run.

# Safe spaces

**By SETH MUNOZ**

The Manager of Student Engagement and Academic Support, Kristen Flath, has recently introduced a new program that will be of help to the LGBTQ Students of NAIT. “Safe Spaces” is a program that has been developed by ISMSS (The Institute for Sexual Minority Studies and Services) that educates instructors and staff on how to create a safe and comforting environment (Physically, emotionally and intellectually) for students on campus. Staff that has successfully completed the workshop will be encouraged to create a dialogue and show support to students who may seem in need of a listening ear. Students will be able to recognize the instructors that can offer that support by a handy rainbow sticker that would be placed in or around the instructors work area. As of now, a total of 45 staff members have attended the workshop, with

about 10 “Safe Space” stickers out around campus. With Kristen looking to the future, she hopes to have some open forum type discussions groups happening, to “hear from students where they see the need” and discuss the environment of sexual and gender minority students.

# TUITION TAX RECEIPTS for 2013

The T2202A Tuition Tax receipts for the 2013 calendar year will be available on the Student Portal late February 2014.

**Please note:** As in previous years, the tax receipts will not be mailed.



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# Hot Date With Mom

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# Point Counter Point Can you relate?



By **QUINTON BERGER**  
@QuintonBerger6

In the spirit of being topical, we've decided to tackle an issue this Point-Counter-Point that affects many – relationships! Many have difficulties with relationships. Some feel the need to be in one at all times while they elude many others (some through their own faults, others simply by bad luck).

Well, I'm here to tell you that relationships are nonsense! Many people are only in relationships because they need the love of someone else to feel important and needed. There are so many people who need to realize that the only true way to be happy and feel validated is to be OK with you. True happiness comes from within and the quest for happiness through relationships will ultimately leave you broken and unsatisfied. Plus, then after that you'll feel even worse, especially if you're the one who's getting dumped. Think about it, you already feel irrelevant and unloved then you land in a relationship that gives you these feelings that are then ripped away from you when your significant other leaves you. The only real way too truly be happy is to be OK with yourself and content with who you are as a person. Now, I realize that in a lot of cases your girlfriend/boyfriend can bring out the best in you and make you a better person but in a lot of relationships, that's not the case.

## Like alcohol

Now, I realize my last point was kind of weak but I'll put this all back into perspective. Relationships are like alcohol. If you have one for the wrong reasons, it will ultimately end badly but if you're in one for the right reasons and can moderate it then it can be the greatest thing ever. Unfortunately also like alcohol, many relationships change people. Many people try so hard to please their loved one and stay with them that they forgo all the amazing qualities that make them who they are. We all know what I'm talking about. People enter relationships and become a different person. They start acting differently, talking differently and sometimes just fall off the face of the Earth all together. God forbid it's an abusive relationship, then you have to watch that person you once cared about slowly die inside and become a hollow shell and I can honestly say it's a heartbreaking thing to have happen. Obviously I'm speaking in extreme tones here but it does happen, especially here in good ol' Alberta!

## Want a career

We at NAIT are all here for the same reason; we want to pursue a career in the field we are passionate about. Really, when all is said and done, life is about pursuing your dreams and doing what makes you happy. Schools like NAIT are amazing for helping you move towards the career of your dreams but there's also something that can very easily cause you to stray from the career of your dreams.

Can you guess what it is? If your guess was anything other than "relationships," then congratulations on being horribly wrong! You can't take your eyes off the prize and relationships aid in that happening. Relationships take work, dedication and commitment ... work, dedication and commitment that could be spent on your career. So, all in all, relationships give people a false sense of importance, change people and take them off the proverbial ball! I say all this solely because of my interest in everybody reaching their fullest potential and not having things get in their way. It's definitely not because of the crippling loneliness I feel from going to bed alone every night and not being loved ... I'll just return to my bottle of whisky and my gun.



By **DYLAN WOLFINGER**  
@thewolfinger

Ah, relationships, it's nice being in one, isn't it? Since Valentine's Day is just around the corner, we're going to be talking about the pros of being in a relationship.

There's something to be said about being compatible with another person. It can be fun, talking with someone that has the same sense of humour and taste in music. It's the little things in relationships that sometimes people take for granted but sometimes all the little things add up to make something even better.

So, I'm going to offer up three small pros on why it's good to be in a relationship. First, it is nice to have someone to hold hands with and run your hand through their hair. That intimate feeling that you can only get when your heart is interlaced with another. When you go to the movies and put your arm around them and they rest their head on your shoulder it feels great.

Second there's the perk that most relationships get, the food. Now that there are two people, that means twice as much food such as baked goods, cooked meals and candy. I mean your holiday food intake just doubled, and speaking of holidays, you finally get what you always wanted when you were younger, two Christmases.

Finally, my third pro is, you don't have to go far to get some "action," if you catch my drift. This is my favourite pro on this list, I mean isn't that why most of us are here anyways, to find somebody and bump nasties with? I mean, sex is one of the best things out there and it's even better when you don't have to go very far for it.

There are so many more positive upsides to being in a relationship but for those of us who have had the chance to be in a relationship or are currently in one now, we know the things that make that make it worthwhile. You only have one life, so make sure that if you do choose a passenger to ride along with you, decide on a radio station together, because life, much like road trips, can be long journey so make sure you have a good co-pilot.



# OPINION

— Editorial —

# Vagina monologue



**CARLY ROBINSON**

@CarlyDionne

**Editor-In-Chief**

Now, I'm sure you have already noticed this version of the *Nugget* is a little sexier than usual. We decided to let loose a little this week, figuring that as the student body gears up for a well-deserved reading break, we might as well have some college fun! And hey, I hear sex sells.

I was also hoping that the headline for this editorial would bring in some unsuspecting readers for a little bit of education on a far from popular, and not that I would develop a stalker following.

## Not necessarily best

The typical North American women's hygiene routine, when it comes to their periods, is tampons or pads and they are not necessarily the best options. Although these methods have great popularity and have become the status quo, there is a little known alternative to manage one's period.

Vaginal cups are silicone reusable cups that you dump out, clean and put back in.

Although your initial reaction may be confusion or disgust (I know mine was), actually they are quite functional and the pros outweigh the cons.

### Pro # 1

What goes inside your body can have a great affect on your health. And for women, what goes inside their vaginas can have a huge impact on their overall health. I mean, toxic shock syndrome, although rare, is still a way to die. Improper use of a tampon could literally kill you if a bacterium forms and you don't change it often enough. Not too cool.

A cup, on the other hand, can stay for up to 12 hours leak and scent free without the risk of killing you.

Any guys reading this are probably wondering how this could ever affect them, not personally having a vagina. Well, it is thoughtful to not want the woman in your life to die.

I may be sensationalizing a little, but onward to the next reason to think about menstrual cups ...

### Pro # 2

There is a disposable cup which you can have mess free sex with. Called the soft cup, seems to take a bit longer to get used to, and is a little harder to insert and take out, but still might be the right fit for you. It really lets you feel like it is any other day, going 12 hours without necessarily needing to take it out.

Although these ones disposable and are not usable for over a year like other cups, you can wash and re-use one cup for the duration of a single period. Not ideal, but still a great improvement from what most people use.

### Pro # 3

The environment. The average woman uses about 240 cotton-balls-attached-to-string- wrapped-up-in-excess-packaging each year. Switching to a cup reduces your environmental waste greatly, not to mention the cost saved! A cup costs about the same as one month's cost in other female hygiene products, and can last about a year (and much longer if cared for and cleaned properly). Just think of the savings!

Now these are just a few of the potential awesome-

ness that could come to your life with the switch to a menstrual cup. It may not be for everybody, but where is the harm in trying?

Just a few months ago I was skeptical about the idea, until a French YouTube blogger's post convinced me to give it a try. And now look at me, writing in the paper about it.

Also, if you have gotten this far without thinking TMI and peacing out, I congratulate you!



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# SPORTS

## Outdoor games – enough!



**BRIDGETTE TSANG**  
Sports Editor  
@bridgettetsang

We've all heard the saying, "too much of a good thing is not a good thing."

It's one of those things that still resonates. Growing up, we learned how special events like our birthdays and Christmas were because it only happened once a year. There would be so much excitement and anticipation leading up to that day, we wished it happened more often. But it didn't.

### Six games

That seems to be what the NHL is trying to do with their I-can't-even-keep-count number of outdoor games this season. There are six, actually. But how many outdoor games do we need before it can be considered just a sheer marketing tactic more than just a regular season game? I mean, what's the problem with playing indoors? The ice conditions are more consistent, the crowd is closer to the play (you don't have to wear binoculars to see the players on the ice) and players are more accustomed to their surroundings.

### First one special

On the other hand, if you've ever had the chance to attend a game in a football or baseball stadium full of diehard fans, you'll know there's nothing that can replace that experience. What made the NHL's first Winter Classic in 2008 so unique and special is that they brought the game of hockey to a bigger venue, a bigger stage and to a wider audience, along with some show-stopping fireworks and extravaganzas. The event was welcomed by fans. The snow even added the dramatic effect of the outdoor

game as Sidney Crosby scored the shoot-out winner in that game against the Buffalo Sabres.

The idea of putting two teams in an outdoor game seemed to be a brilliant idea the NHL had cultivated. And it was. In fact, four more were held after the first one and all of them were sellout games. It was becoming a new tradition that the NHL was embarking on and it was slated to be a huge continuing success. But up until this season when the league announced its six outdoor Stadium Series games is when the train fell off the rails. Six outdoor games being organized in the midst of a condensed season does not seem like an ideal situation for any player involved. With the exception of the Winter Classic (the original outdoor game), the NHL and its players are already focused on the Winter Olympics in Sochi. The Stadium Series is a distraction to the game and is ruining what an outdoor game is supposed to be; classic.

The first Stadium Series game this season was played in the iconic Yankee Sta-

dium, as over 50,000 fans witnessed the New York Rangers rally from a two-goal deficit to win 7-3 against the New Jersey Devils. Yes, it was a great game. But to have it on the same weekend as another outdoor game (Anaheim Ducks versus Los Angeles Kings) is just beyond me. I mean, yes, it's great for the league and the fans who never get to witness such a thing but for all the rest of us, it's being overdone it big time.

I don't know about you but when I saw a beach volleyball court laid out right beside the rink in Dodger Stadium, I was infuriated. The sight of green grass, palm trees and people wearing shorts and tanks while frolicking with friends around the concourse seemed to be nothing similar to what the game of hockey is about. Yes, it's in California but the NHL is not supposed to be for tourism ads. And bringing in a band like KISS and Jordin Sparks to sing – I think that's what all-star games are for, not regular season games.

This year's Stadium Series is becom-

ing a joke before it's even all over. Two more games are slated in March and even the likes of the Pittsburgh Penguins and Chicago Blackhawks don't entirely entice me to watch. Out of this season's series, three of the nine teams have already played an outdoor game in previous years. Most notably, the Penguins (two Winter Classics, and March 1 against the Blackhawks). As a Penguins fan myself, I don't see the benefit of them playing another outdoor game. The Penguins' last outdoor game against the Washington Capitals in 2011 resulted in Sidney Crosby sustaining that lengthy and career-jeopardizing concussion.

Bottom-line, the NHL should not have slated six outdoor games in the span of two months. It's turning a classic into a farce and putting the pressure on many of the players. If the league wanted to find a way to please the fans, the lockout would never have happened in the first place. Keep the Winter Classic on New Year's Day, but don't bring in five other non-relevant games just for the sake of earning money. Because in the end, less is more, and there's nothing wrong with just having one outdoor game a year.



The New York Rangers play the New Jersey Devils in Yankee Stadium.

## WOMEN'S SOCCER

# Ready for the world stage



**CONNOR HOOD**  
Sports Editor  
@connorhood27

On Feb. 5, the Canadian National Women's Soccer team announced two international friendlies against Japan. The matches will be held in late October, with Vancouver and Edmonton hosting.

The games will serve as great practice for the Canadians, as they host the 2015 FIFA Women's World Cup. With the news of the friendlies, I thought it was a good time to gauge the interest level for soccer in Canada and if the World Cup will be a success.

The women's team is set to have a busy 2014, with the Cyprus Cup in March and friendlies scheduled against Japan, Germany and the United States coming up. The high level of play and training is all part of the pro-

gram's goal to stay competitive against the super powers of the world, and guarantee success in 2015.

"To ensure Canada's Women's National Team offers consistent, world-class performances, Canada Soccer believes that it must play against quality opponents more often and play at home on a regular basis," said Victor Montagliani, president of Canada Soccer to reporters in Vancouver.

"Vancouver has demonstrated its enthusiasm towards the beautiful game and we are thrilled to bring some of the fiercest opponents international women's soccer can offer so that our women's national team can experience the support of their home fans again on the road to Canada 2015."

This isn't the first time Canada has hosted a large international soccer tournament. Edmonton hosted the 2002 U-19 FIFA Women's World Championship, winning silver and drawing crowds of over 40,000. Venues all over the country have also hosted regular matches for both the men and women's national teams.

Six cities across Canada will host the World Cup – Edmonton, Vancouver, Ottawa,



Winnipeg, Moncton and Montreal. Only Canada and Zimbabwe submitted bids for the games, with Zimbabwe dropping out in March of 2011.

The last FIFA Women's World Cup was held in 2011 in Germany. Japan won the tournament by beating the United States with penalty kicks in the final. Nine cities hosted games during the tournament, with a total attendance of the month-long event at 845,000. Canada hopes to surpass these attendance marks and rival the record set by the United States at 1.2 million.

The stadiums that will host these games in Canada are fully capable of holding large amounts of people and record crowds are well within reason. Edmonton has already put renovations into Commonwealth Stadium in preparation and are currently looking for another \$500,000 in upgrades to make it better suited for soccer. It also helps that Canada is slowly turning into a soccer crazy nation, which will benefit the tournament greatly.

Soccer has always had strong participation in Canada, with more kids enrolled in competitive soccer than hockey. Yet, with so many youngsters playing, fans of the game

were still at a minimum. Major League Soccer helped curb North American fans, with Toronto FC entering the league in 2006.

What Canadian fans really wanted however, was a strong showing by one of the national squads and that came in the 2012 Summer Olympic Games in London. Canada shocked the world, winning the bronze medal in what was the first Olympic medal ever by a Canadian soccer team. Fans from all over the nation were enthralled by the team's Cinderella run, and it even elevated Canada into sixth place in the world rankings.

While Canada might not seem like a hotbed for soccer or boast the best fans, I believe that the 2015 World Cup will be an enormous success.

We have shown that we are proud of our nation's teams, good or bad and our women's team is turning into one that can contend for medals at any event. Players like Christine Sinclair and Melissa Tancredi are becoming national superstars and are drawing huge crowds to the games. Even if Canada doesn't come in the Top 3, the crowds are sure to be strong.

Coverage of the tournament is set to be fantastic and Canada will start to be known as a country that can play more than just hockey.

## BASKETBALL

# Men, women sweep GPRC

By **AARON BORDATO**

The NAIT basketball teams were back in action against the Grand Prairie Regional College Wolves this weekend. The 12-5 male



Photo by Teresa Wiebe

**Ook point guard Yonas Berhe drives against a Grande Prairie player on Saturday night in the NAIT gym. The Oaks won 94-90.**

Ooks hosted the 10-9 Wolves on Friday night in the first of a two-part series.

The Oaks came out sharp in the first quarter and played strong defensively as they held the Wolves to 17 first-quarter points and eventually led by 10 at halftime. The Oaks dominated on the glass as they were able to win the turnover battle and, more importantly, the rebound battle, 53-37. The team fought hard and eventually came out on with the 80-66 victory.

Leading the way for the Oaks once again was fifth-year point guard Yonas Berhe, who had a game high 21 points, furthering his case for conference player of the year honours. The team wouldn't have been successful without the efforts of Chris Neptune, however, as he controlled the glass and had a game high 13 rebounds to go along with nine points.

The squad had little time to celebrate the victory though, as the Wolves were at the door once again on Saturday night. The visitors came out much differently in this matchup as they figured pushing the transition game gave their team the best chance to win and decided to stick with it. The teams battled hard throughout and it quickly became apparent this was a game that would be decided in the final minutes.

The Oaks registered one of their biggest quarters of the season when they put

up 36 points in the final frame. They were able to play smart basketball and shut down the Wolves when needed, which ultimately gave them the four-point victory and a sweep of the weekend series.

Head coach Mike Connolly was impressed by his team's recent performance and attributed the success to sticking to the defensive game plan.

"We were able to step up our defence at crucial times in the game to help earn the win" said Connolly.

Berhe carried the team yet again as he played another incredible game with 26 points, four rebounds and four assists, while Chris Neptune went nine of 16 from the floor and added in a crucial 23 points of his own. The men weren't the only ones in action this weekend however, as the female Oaks also had a pair of games on the schedule against the Wolves.

The women persevered throughout a tough, gritty matchup and were able to play their style of basketball. After leading by only one point at halftime, the game was spiraling out of control for the Oaks after a total of six lead changes were accounted for in the second half. The ladies toughed it out, however and secured the close 54-51 victory.

The Oaks were led by Josephine Peacock who had 15 points, six rebounds and four steals on the night while second-year guard

Shea-Lynn Noyes added 14 points and five steals to capture player of the game honours.

Before they could close out the weekend the Oaks had one more game to go on Saturday where they would once again face the Wolves. The Oaks were even more up to the task on Saturday as they came out with a defensive energy like no other, and held the Wolves to seven first quarter points. They continued the pressure and showed their dominance all over the floor as they then took a comfortable 37-23 lead into the dressing room at halftime. The Wolves made a slight run of their own as they outscored the Oaks 16-14 in the third quarter but all efforts were soon undone in the fourth quarter when the Oaks tightened things up defensively and poured it on offensively with a 19-point quarter to finish the game.

Peacock was named player of the game with her impressive performance of 18 points, nine rebounds and six steals, while Kirsten Molesky added 10 points and six rebounds.

Both the female and male Oaks look to close out their seasons on a high note this weekend as they take on the Lakeland College Rustlers on Friday night in the last home game of the year.

The game will be followed by a senior's night presentation to the players in their final games here at NAIT. The women's tipoff is at 6 p.m., while the men are set to go at 8 p.m.

## VOLLEYBALL

# Teams continue to struggle

By **KRYSTA MARTELL**  
@TweetsbyKrysta

The NAIT men's and women's volleyball teams hit the court this past weekend in a two-part series against the Grande Prairie Wolves.

The women's team was up first for Friday's match against the Wolves. While the Oaks gave their best effort, they came up short in the first set and fell by a score of 25-20. The Oaks tried a bit harder in the second set as they got one more point but it wasn't enough to beat the Wolves and they were beaten 25-21. Going into the third set, the Oaks still couldn't manage to hang on, as the Wolves remained consistent in their court, resulting in a score of 25-19 and they howled away with a 3-0 win for the game.

Despite a solid performance from player of the match, outside hitter Kelsey Tymkow, who finished with eight kills and also chipped in two aces and six digs, the Oaks' losing streak continued at nine games.

Hoping to make a better impression in Saturday's match, the Oaks tried their best to come out with a win. However, that just wasn't to be the case.

The Oaks came up short in the first set, falling 12-25. The second set turned out much the same, 18-25, and it didn't get much better in the third set as they still couldn't manage to hang on. The Wolves came out ahead 25-22 and won their second match in two nights against the Oaks. While losing both matches on the road is never a good thing for any team, this however, also dropped the team into 10th place

overall in the ACAC standings.

While the women could not leave their mark on the Wolves, the men's team was hoping to make a different impression when they hit the court on Friday.

It was a close call in the first set, but it wasn't enough as the Wolves took it 25-23. The second set was a bit of a different story as the Oaks managed to gain some momentum with a 25-19 set win. Going into the third set, it was getting close, but the Oaks still fell short at 25-23.

Much like the third, the fourth set saw the Oaks bat-

tling hard, but still unable to pull off the W as the Wolves won by a score of 25-20 and walked away with a 3-1 win.

Although Ook Spencer Voight led the charge in the middle for the Oaks with 18 kills and two blocks, head coach Doug Anton said that the team deserved more for what they put out.

"We had control at some point in every set and then gave most of them away," said Anton.

"We were a bit tired from a difficult bus ride but still we had more than enough to put the Wolves away."

The men's team was hoping to rebound in Saturday's match, but in the end, came up short once again.

The Wolves won the first set 25-17 and although the Oaks worked a bit harder in the second set, they still couldn't manage to pull it off and went down 25-23. The third set resulted in a score of 25-20 and the Wolves won 3-0.

These two consecutive losses dropped the Oaks into eighth place overall in the ACAC standings.



**Doug Anton**  
Team gave control away

## WOMEN'S HOCKEY

# Ooks split against MacEwan

By **DERRICK McDONALD**  
@Derrick3DS

The Oaks showed what can be gained with hard work and determination, as they shutout the Grant MacEwan Griffins 1-0 at the Confederation Complex last Friday night. The women's hockey team looked to be in peak form as they began their warm-up, which was then followed by a farewell ceremony to graduating Griffin players.



Photo by Verily Hill

**NAIT forward Breanna Frasca flips the puck during a game at NAIT arena against MacEwan on Saturday Feb. 8. NAIT lost 4-3.**

As soon as the puck dropped, the Oaks began dominating the Griffins with solid defence and passing. The Oaks' excellent control of the zone at both ends of the ice inevitably lead them to their first goal of the game by Samantha Dyck, at 14:36 in the first. The goal resulted in her getting the Player of the Game Award and a 1-0 victory for the Oaks. The only other scoring opportunity came from the Oaks with eight seconds before the period ended, which resulted in a disallowed goal due to the net being off its posts.

The Oaks then got their first penalty for hooking, a little over two minutes into the second, by Karli Reeve, setting the tone for the remainder of the period. The Griffins could not capitalize on the power play, due to the very talented Ook penalty killing line. This led to the Oaks being out shot by the opposing team 7-5 in the second, compared to the 14-2 shots on net in favour of the Oaks in the first.

The Oaks regained the advantage on the ice entering the third, keeping the Griffins on the defensive for most of the period. A desperate move by MacEwan came during the last 45 seconds of the game. With a faceoff in front of the Oaks net and a pulled goalie, the Griffins made a last ditch attempt at a goal, but they were stifled by a superior Oaks defensive line, leaving the score 1-0.

As the team gathered for the final handshake everyone in attendance could see how hard these women had played to earn their win.

When asked about Oaks' plans for the future of the women's hockey team, coach Deanna Iwanicka said: "Even though we are celebrating today, we have to do better tomorrow."

"I think we can expect a different game tomorrow. Tonight our backs were against the wall as we needed to win. Tomorrow we both need the win."

After a hard-fought victory against the Griffins the night before, the Oaks were right back at it the next night when they hosted the Griffins at the NAIT arena for their last regular season game before the playoffs.

Jill Diachuk started in goal for the Oaks but they got off to a shaky start as the Griffins pounced on every opportunity. The Oaks gave up a goal with 14 seconds left in the first period despite having the same number of shots as the Griffins.

The second period was no different. The Oaks battled hard but their efforts did not pay off and they gave up two more goals; one an absolute highlight-reel Ovechkin-like goal by Sasha Lutz of the Griffins. Laura Wagner took over between the pipes for the Oaks for the rest of the game after Diachuk had given up three goals on 11 shots. Despite outshooting the Griffins 16-6 in the second, the Oaks still remained scoreless. The third period saw a better performance by the team

as the Oaks rallied back with goals by Carlin Boey, Emma Sommerfield and Breanna Frasca but it just wasn't enough as the Griffins came away with a 4-3 win.

Although the result was not what the Oaks had intended, Iwanicka was proud of her team's three-goal third period, but knows that the team cannot always play catchup.

"I was impressed with our response, I haven't seen that yet from this team this year, but ...," said coach Iwanicka. "We need to stop responding."

After all the hair pulling and tears were set aside, coach Iwanicka was asked about her thoughts of bringing the championship back to NAIT this year.

"We are looking at it but we are focused on the here and now."

As for the ACAC's plans for women's hockey with the recent withdrawal of Mount Royal from competition, Iwanicka was optimistic.

"The 2015-2016 season will see Olds playing and receiving funding from the league for their next two seasons of play, along with anyone else interested in starting a women's hockey team," she said.

With a new team entering the fray with the possibility of future expansions, the re should be competition in women's hockey for years to come.

The team will have to be focused and ready when they take on the Red Deer College Queens in a best-of-three ACAC semi-final series, which starts Friday Feb. 14.

# Athlete Profile



**Player:** Josephine Peacock

**Sport:** Basketball

**Position:** Guard

**Program:** Business

By KEVIN MAHER  
@kevinmahertv

**What inspired you to play basketball?**

I was always very athletic growing up; however, when I first started to play basketball in Grade 7, I wasn't very good. The only thing that kept me playing was that I was taller than all the boys and could kick their butt fairly easily. From there, the more I played the game, the more I fell in love with it.

**Do you have any pre-game rituals or routines?**

Yes, for pre-game I take the first hour out of my morning to watch inspirational videos. From there I listen to my pump up music to get me fired up while taking the time to visualize myself and my teammates on the court. Lastly, I talk to certain teammates about my goals and their goals for the game in order to focus.

**What are some of your hobbies?**

When I have time outside of school, basketball, and work, I like to play the guitar and draw or paint. I find that I'm always drawing more than anything else.

**Who inspires you the most?**

My mother is my ultimate inspiration. She was a single mother who worked hard and still works hard to support her children in everything they do. She is also my biggest supporter in regards to basketball,

school and life.

**How would your friends and family describe you in seven words?**

Leader, Compassionate, Determined, Outgoing, Weird (Very weird), Hippy and Humble

**Do you have any secret talents?**

I don't have any secret talents that I can think of, but I do have a secret. My secret is that I am very afraid of the dark and still sleep with a night light.

**What is your favourite sport to play or watch outside of basketball?**

Soccer was my very first sport to play and I adored it. I was better at soccer than basketball but I was always the "tall one," so I was encouraged to play basketball. I do enjoy watching soccer live!

**What music can be found on your playlist?**

Beyonce: "Drunk in Love," Bob Marley: "Waiting in Vain," Tasha Cobbs: "Break every Chain."

**What is your favourite eatery in Edmonton and why?**

I know that it's hardly healthy but I absolutely love Much Burrito. I will have it for breakfast, lunch and supper, if I could.

**Where is your dream oasis?**

I've always loved and felt at home in Jamaica. I myself am a very free spirit and out there I am surrounded by positive vibes.



Photo by Teresa Wiebe

NAIT Ooks point guard Yonas Berhe stares down a Grande Prairie player during a game Saturday Feb. 8 at NAIT gym. The Ooks won the contest 94-90 to sweep their two-game series against the Wolves.

# Athlete Profile



**Player:** Yonas Berhe

**Sport:** Basketball

**Position:** Point guard

**Program:** Millwork/Carpentry

By KEVIN MAHER  
@kevinmahertv

**What inspired you to play basketball?**

As a kid my friends and I were pretty athletic. We enjoyed playing every sport, so no one specific person inspired me to play basketball. As I got older, I got really interested in track and yield and especially basketball.

**Do you have any pre-game rituals or routines?**

Before games, I like to shower, listen to music and try to visualize things that will happen in the game and prep myself mentally for them. I also pray before every game, which is very important to me.

**What are some of your hobbies?**

Outside of basketball, I really enjoy hanging out with friends, watching movies, cooking and sleeping.

**Who inspires you the most?**

The person who inspires me the most and is my biggest role model is my mother. Growing up I saw how hard she worked to provide for me and her work ethic is out of this world.

**How would your friends and family describe you in seven words?**

If my friends could describe me in seven words I would like to believe the words they would use would be funny, loyal, caring, reliable, witty, random, and lazy.

**Do you have any secret talents?**

I can draw really well, I can cook and I'm an amazing singer in the shower.

**What is your favourite sport to play or watch outside of basketball?**

Outside of basketball, I enjoy playing ping pong and anything that doesn't require too much movement.

**What music can be found on your playlist?**

On my iPod, you can find a lot of hip hop and R&B, I have a lot of new songs but I really like to listen to music from the early '90s.

**What is your favourite eatery in Edmonton and why?**

My favourite place would have to be Jubba on 118 Street, which is an East African restaurant. They've got amazing food.

**Where is your dream oasis?**

If I could financially afford it my dream oasis would have to be Monaco (Monte Carlo), which is located on the French Riviera.

## Athletes of the week

February 3-9

Becky Wall  
Hockey



Becky helped lead the Ooks women's hockey team to a split with the MacEwan Griffins this past weekend to clinch second place and home ice advantage in the semifinals beginning this weekend. Becky has had a solid rookie season and has earned a regular shift each game, along with specialty team opportunities and overtime ice. "Despite being moved from centre (her preferred) position to wing she has continued to excel and play a role on the team, whatever role is asked of her," said head coach Deanna Iwanicka. "We are excited about her bright future." Becky is a first-year Academic Upgrading student from St. Albert.

Cam Smith  
Basketball



Cam contributed important minutes this weekend coming off the bench to provide 10 points Friday and 13 points Saturday in the Ooks two-game sweep of Grande Prairie. "Cam came off the bench in backing up the point guard position and executed the Ooks offence, helping the team sweep the GPRC Wolves," said head coach Mike Connolly. "His improvement and his earned increase in minutes will be an asset to the Ooks basketball team as they prepare for the ACAC championship tournament." Cam is a third-year Business student from Spruce Grove.

ACAC Standings

Table with 10 columns: Team, GP, W, RW, L, OTL, TIE, GF, GA, Pts. Rows include SAIT, NAIT, RDC, Augustana, MacEwan, Portage, Concordia, Keyano, Briercrest.

RESULTS  
February 5  
NAIT 5, Augustana 1  
February 7  
NAIT 3, Augustana 1  
Portage 4, MacEwan 2  
SAIT 5, Red Deer 3  
Keyano 1, Concordia 1 (OT)  
February 8  
Keyano 3, Concordia 3 (OT)  
SAIT 6, Red Deer 1  
MacEwan 5, Portage 1  
February 9  
NAIT 4, Concordia 2

Table with 10 columns: Team, GP, W, RW, L, OTL, TIE, GF, GA, Pts. Rows include MacEwan, NAIT, Red Deer, SAIT.

RESULTS  
February 6  
SAIT 3, Red Deer 2 (OT)  
February 7  
NAIT 1, MacEwan 0  
February 8  
MacEwan 4, NAIT 3  
Red Deer 5, SAIT 0

Table with 10 columns: Team, Div, GP, Div, Inter, Div, W, L, Pts. Rows include Red Deer, Lethbridge, MacEwan, NAIT, Briercrest, Concordia, Lakeland, Keyano, Grande Prairie, Medicine Hat, Augustana, SAIT, King's, Olds, St. Mary's.

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

RESULTS  
February 7  
NAIT 80, Grande Prairie 66  
MacEwan 73, Concordia 52  
Keyano 68, King's 63  
Lethbridge 90, Medicine Hat 88  
Briercrest 89, Olds 79  
Lakeland 85, Augustana 74  
February 8  
NAIT 94, Grande Prairie 90  
Keyano 86, King's 76  
Briercrest 104, Olds 93  
MacEwan 78, Concordia 60  
Lakeland 89, Augustana 55  
Lethbridge 98, Medicine Hat 72

Table with 10 columns: Team, Div, GP, Div, Inter, Div, W, L, Pts. Rows include MacEwan, Augustana, NAIT, Lethbridge, Lakeland, Grande Prairie, SAIT, Medicine Hat, Concordia, Red Deer, Keyano, Olds, King's, Briercrest, St. Mary's.

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

RESULTS  
February 7  
NAIT 54, Grande Prairie 51  
MacEwan 96, Concordia 44  
Keyano 53, King's 49  
Lethbridge 76, Medicine Hat 47  
Olds 71, Briercrest 51  
Augustana 56, Lakeland 46  
February 8  
NAIT 70, Grande Prairie 51  
Keyano 75, King's 50  
Olds 72, Briercrest 55  
MacEwan 69, Concordia 46  
Augustana 66, Lakeland 55  
Lethbridge 75, Medicine Hat 48

Table with 10 columns: DIV, Team, MP, MW, ML, GW, GL, %. Rows include S Red Deer, N MacEwan, S SAIT, S Medicine Hat, S Augustana, N Gr. Prairie, S Briercrest, N NAIT, N King's, N Keyano, N Lakeland, N Concordia, S Olds, S Lethbridge.

Note: All games vs Lethbridge do not count in the standings  
Rankings based on winning percentage

RESULTS  
February 7  
Grande Prairie 3, NAIT 1  
(25-23, 19-25, 25-23, 25-20)  
Briercrest 3, Olds 0  
(25-12, 25-13, 25-14)  
Keyano 3, Concordia 0  
(25-22, 25-21, 25-16)  
Augustana 3, King's 0  
(25-16, 25-18, 25-16)  
Red Deer 3, MacEwan 1  
(25-12, 25-14, 24-26, 25-18)  
SAIT 3, Lakeland 0  
(25-9, 25-13, 25-15)  
February 8  
Grande Prairie 3, NAIT 0  
(25-17, 25-23, 25-20)  
MacEwan 3, Red Deer 1  
(25-15, 27-25, 10-25, 25-22)  
Augustana 3, King's 1  
(19-25, 25-20, 28-26, 25-16)  
Briercrest 3, Olds 0  
(25-22, 25-15, 25-15)  
Keyano 3, Concordia 2  
(19-25, 25-11, 25-15, 18-25, 15-13)  
SAIT 3, Lakeland 1  
(25-22, 22-25, 25-15, 28-26)

Table with 10 columns: DIV, Team, MP, MW, ML, GW, GL, Pts. Rows include S Red Deer, N MacEwan, N Gr. Prairie, S Briercrest, N King's, S Olds, S SAIT, N Lakeland, S Lethbridge, N NAIT, S Augustana, N Concordia, N Keyano, S Medicine Hat.

RESULTS  
February 8  
Grande Prairie 3, NAIT 0  
(25-12, 25-18, 25-22)  
MacEwan 3, Red Deer 0  
(28-26, 25-19, 26-24)  
Lethbridge 3, Medicine Hat 2  
(25-16, 25-17, 15-25, 23-25, 15-9)  
King's 3, Augustana 0  
(25-16, 25-23, 25-18)  
Briercrest 3, Olds 0  
(25-13, 25-11, 25-22)  
Keyano 3, Concordia 2  
(16-25, 25-19, 10-25, 25-17, 15-9)  
Lakeland 3, SAIT 2  
(18-25, 25-20, 25-18, 20-25, 15-12)  
February 7  
Grande Prairie 3, NAIT 0  
(25-20, 25-21, 25-19)  
Briercrest 3, Olds 0  
(25-22, 25-22, 26-24)  
Concordia 3, Keyano 0  
(26-24, 25-16, 25-23)  
King's 3, Augustana 1

(25-17, 21-25, 25-20, 25-19)  
Lethbridge 3, Medicine Hat 0  
(25-19, 25-13, 25-21)  
MacEwan 3, Red Deer 2  
(25-21, 25-12, 21-25, 21-25, 15-10)  
Lakeland 3, SAIT 1  
(12-25, 25-15, 25-10, 25-19)

Table with 4 columns: Team, Fall, Winter, Total. Rows include NAIT, MacEwan, Augustana, Portage, Lakeland, Gr. Prairie, Olds, Concordia, Red Deer.

Table with 4 columns: Team, Fall, Winter, Total. Rows include NAIT, MacEwan, Augustana, Gr. Prairie, Lakeland, Red Deer, Concordia, Olds, Portage.

Table with 4 columns: Team, Fall, Winter, Total. Rows include NAIT, Olds, Lakeland, Augustana, Portage.

NAIT OOKS  
HOME GAME SCHEDULE  
MEN'S HOCKEY  
THU FEB 13 @ 7:00PM  
BASKETBALL  
FRI FEB 14  
WOMEN'S @ 6:00PM  
MEN'S @ 8:00PM  
WOMEN'S HOCKEY  
ACAC SEMI FINALS  
BEST-OF-3  
GAME 1 - FRI FEB 14 @ 7PM  
GAME 3 - SUN FEB 16 @ 6:30PM (IF NECESSARY)  
BADMINTON - ACAC CHAMPIONSHIPS  
SAT FEB 15 @ 9AM-6PM

## MEN'S HOCKEY

# Three wins in five days

By **BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

The Oaks men's hockey team was pushing to continue their hot streak when they hit the road in Camrose to face off against the Augustana Vikings on Wednesday, Feb. 5. Coming off two thrilling shutout wins against their bitter rivals SAIT Trojans, the Oaks were looking to extend their four-game winning streak.

## Three games, five nights

The Oaks were set to play three games in five nights, starting in Camrose. The first period saw the Oaks with a power play opportunity but could not capitalize, keeping the game scoreless, despite outshooting their opponent 15-3.

The pace of the game picked up drastically as Jamie Johnson opened the scoring with a nifty move to put the Oaks up 1-0. The ensuing faceoff resulted in another Oaks goal, this time by Tyler French and, just like that, it was 2-0 Oaks. Goals were coming in a hurry as Kyle Harris snapped a quick one past the Vikings less than two minutes later.

Three goals in a span of 1:39 was enough to chase the Vikings goalie, while Birch's four-game shutout streak looked to be in good shape up until then. But a quick shot late in the period by the Vikings ended that streak and the score was 3-1 after 40 minutes. The third period saw the Oaks fire back with two more goals from second-time scorers French and Johnson, which sealed the deal for a 5-1 win.

## A day off

The team had a day off before they hosted the same Vikings at the NAIT Arena on Friday, Feb. 7. Birch had the start in net for the Oaks and was looking to extend his win streak to six straight games. The puck dropped for yet another thrilling game. The Oaks set the tone for the night, displaying a high-paced game and shooting pucks from all angles. French opened the scoring for the Oaks with a nasty wrister to put the Oaks up 1-0 halfway through the period. Minutes later, Scott Fellnermeyr joined the party after receiving a beautiful pass from linemate Jordan Wood and the Oaks had a commanding 2-0 lead heading into the second period. The third period started off in a hurry as the Oaks capitalized on an early power play goal from Killian Hutt's tip-in to make it 3-0. But that's all the Oaks needed to win the game 3-1 as the Vikings would get one past Birch in the third.

After the game, coach Serge Lajoie, was thoroughly impressed by his team's

performance both nights against the Vikings.

"We went up against a good team and our team responded with a lot of dedication and effort," Lajoie said.

"We worked hard all week preparing for these two games and it paid off. I'm proud of our team. Now we need to move on and gear up for a tough one on Sunday against Concordia."

The Oaks were certainly geared up and ready to take on the Concordia Thunder on Sunday night at the Confederation Arena. The game was a makeup game for a cancellation last semester.

After two thrilling games against the Vikings, the Oaks were tested in the first period as the Thunder came out with grit and intensity, which resulted

in their first goal and the first time the Oaks were down in two games. But the Oaks responded with a goal late in the period from Jordan Abt to even the score heading into the second. The second period started off shaky for the Oaks, who gave up a goal a minute in. The Oaks' leading scorer, Joshua Lazowski took matters into his own hands and notched a goal for his team to tie things up 2-2. The Oaks were looking for their first lead of the game, and that would come after Harris unloaded a quick shot, making it 3-2 Oaks after 40 minutes. Both teams exchanged penalties in the third as things got heated up. Michael Piluso added to the Oaks lead and gave NAIT a 4-2 win.

Coach Lajoie liked what he saw on the ice from his team for all three games.

"Tonight was a huge test for us as it was a rare Sunday game, something we could see come playoff time," says Lajoie.

"We came out slow but progressed from there. I liked a lot of the things we did tonight, being it was our third game in five nights shows that our team can compete and play the game the right way no matter the circumstances."

The Oaks will look forward to their next three games against the Portage Voyageurs on Thursday Feb. 13, Saturday the 15th and Sunday the 16th.

The close scheduling is due to the cancellation of a game last semester. Over the reading break, the Oaks will still be in action against the Keyano Huskies on Feb. 21 and 22 at the NAIT arena.



Photo by Jesse Kushneryk

**NAIT Oak right winger Ty Carey makes a pass as an Augustana Vikings player looks on during a game Friday at NAIT arena. The game ended in a 3-1 victory for the Oaks, who chalked up three wins from Wednesday to Sunday. They sit one point back of SAIT in second place in the standings with three games in hand.**

# ENTERTAINMENT

## Pitfalls and priorities



**QUINTON BERGER**  
Entertainment Editor  
@QuintonBerger6

With Valentine's Day right around the corner, it was only inevitable that our staff concluded that this issue be about love and sex.

Therefore it was only inevitable that I found myself stumped when it came to writing an editorial. See, here's the problem when it comes to relationships; there's probably few million people who could offer better advice than I as I've never been in a serious relationship (too busy livin' life in the fast lane, I guess). My raunchiest story is tame by today's standards (thank you very much, Internet) and my only real advice for getting

laid is to just be up front and honest about your interest. (I know, total shocker, right?).

So what the hell was I to write about? I could write about how I think some condom manufacturers are in cahoots with the folks who make Plan B (see, it's the one's that tend to break easily, which forces you to go out and get morning after pills ... bastards) but that seemed rather slanderous and I feared for my life. What if, when I got home, a condom manufacturer's assassin jumped me and put a big condom over my head with the intent of suffocating me! ... although I guess if it was one of those condoms, it would just break anyway.

I could write about what to do if you're flying solo this Valentine's Day, but if you're too focussed on and upset about being single on V-Day, then you have other issues you should work on beyond figuring out a plan for the night. I can't even write about my first time having sex because the memory is rather choppy on account of me being so drunk that night. So here we go, here's an article about dental dams.

For those who may not know, dental dams are these weird strips of plastic used for safe oral sex. You take this stretchy rubber strip, put it over your partner's vagina (or asshole) and proceed to do what you do when you do what you do. Weird, right? I'm just going to throw this out there right now and say that if you're with a girl

and you think you may need a dental dam, then you probably shouldn't be with her. Cause either she's dirty or you don't trust her and neither of those things are good for anybody. The same can be said about the guy, regarding his mouth.

But what if you just met this girl and you're just being cautious? This brings me to another point that if you're having a one night stand and barely know this girl/guy you should probably just cut to the main event and skip the foreplay. A wise



www.zazzle.com

man once told me, "you don't go down on strange." This is very good advice. In most cases you can tell if a man has an STD but vaginas aren't so black and white. Have you ever heard of a trapdoor spider? They burrow under the ground and wait for unexpected prey to walk by then they jump out and nab 'em.

Well it's kind of like that. So the moral of the story is, dental dams are screwed up and if you require one you should re-evaluate your priorities.

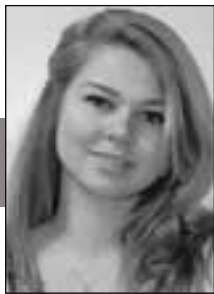
## February Event List

- 1 NNTM Industry Night
- 3 Clubs Connection
- 3, 5, 7 How to Guitar
- 4 Executive Council Speeches
- 5 Learn How to Write a Resume
- 6 Clubs Showcase
- 7-13 Executive Council Voting
- 8-9 NNTM Photo Shoots
- 13 2nd Clubs Social
- 17-21 Reading Week
- February 24 - March 14 NNTM Voting



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape . . .



By **TAYLOR BRAAT**  
@TaylorBBraat

Music is the catalyst to the fire in our hearts. It ignites a certain flame that burns an amazing cyan blue, hotter than anything we can ever touch. Music begins with a spark in our soul and can quickly inspire an out of control and unstoppable fiery blaze all throughout our very beings.

This playlist is a portion of the music that can take me to a pure sublime. Love and music go hand in hand; they are both forms of socially accepted insanity. Our passion for music and love is intangible and irrational but that does not make it wrong. We love music because we become hopelessly attached to certain feelings it can give us that align with our heart's desires. These emotions are found in lyrics and

instrumentals in many different types of music, depending on who you are. All music makes the world go 'round. It is our guilty pleasure that we don't have to feel guilty about. Everyone should let their heart embrace the music it wants to because that's where true euphoria lies. All music has an ability to make us feel good through and through, so here is my complex and largely electronic rendition of complete and total music pleasure.

Each one of these beautiful songs has been hand-picked by yours truly and I believe they are a taste of my heart song and maybe yours, too!

"Overdose"

– Wolfgang Gartner feat. Medina

"I'm in love (I Wanna do it)"

– Alex Guadino

"Finally"

– CC Peniston

(Peep This 2014 Remix)

"Adore you" – Miley Cyrus

"Don't Dream it's Over"

– Crowded House

"My Love" – Sia

"Thing Called Love"

– Above & Beyond

"I Still Believe" – Mariah Carey

"Crave You" – Adventure Club

"Your Guardian Angel"

– The Red Jumpsuit Apparatus

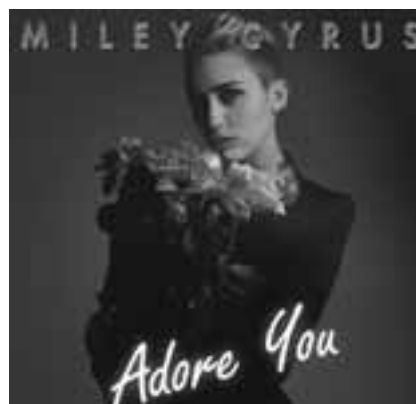
"Faithfully" – Journey



thefrontliner.com



www.youtube.com



mechanicaldummy.com



www.cdandlp.com



## NAITSA X FITNESS CHALLENGE

\$25.00  
DEPOSIT

All challenges start at 4:30pm  
COMPLETE ALL CHALLENGES. GET YOUR DEPOSIT BACK!

Cross Country Ski	March 3	Strathcona Wilderness Centre
Boxing	March 5	Panthers Gym
Aquasize	March 10	NAIT Main Campus
Spin	March 12	NAIT Main Campus
Hot Yoga	March 17	Goodlife Fitness (Sherwood Park)
Circuit Training	March 19	NAIT Main Campus
Fencing	March 24	Edmonton Fencing Club
Try a Tri*	March 28	NAIT Main Campus

\*Finalist dinner at the Nest following the Try a Tri  
Meet at NAITSA office (E-131) at 4:15pm | Transportation provided




Sign up at [naitsa.ca](http://naitsa.ca) or in the NAITSA office (E-131)

## RESTAURANT REVIEW

# A mecca for suds lovers

By JORDAN WARDELL

Craft Beer Market is a beer lovers dream. This industrial feeling restaurant has over 100 beers on tap.

For a downtown location, the space is huge. It has a massive bar in the middle and with all the beer taps it is worth going to see. The taps are definitely the centre of attention with the rather simple decor of the restaurant. The walls are concrete and brick and have to be 20 to 30 feet tall. They are the highest ceilings I have ever seen in a restaurant. The large wooden tables also added to the 'cool' feel.

The beer – let's talk about the beer. Even if you don't like beer, the fact that a restaurant can have over 100 different kinds of beer on tap is really impressive. When you get your menu, the beer section takes up the same amount of space as the food. I don't recommend going to grab a "quick beer," unless you are extremely decisive, which I am not. They have about every kind of beer you could think of and I would say that makes for a pretty hard decision. You can even get a tour of the keg room, which is behind a glass wall, if you ask. And, coming from the keg room, you can see all the lines of beer in big copper tubes along the ceiling that meet in the middle and feed to the taps.

When I went, we got a couple of appetizers. Both of them were delicious. We tried the Red Racer IPA taquitos and the pretzels bites. The taquitos were crisp and flakey on the outside and warm and gooey on the inside with big pieces of shredded chicken. The pretzel bites were fresh and soft with a light sprinkle of salt and an assortment of dips to go with them. Now, when it came to the entrees, I



fafifotography.com

## Craft Beer Market

have to say I was a little disappointed. Everything sounded pretty good but the general consensus was the food was a little under seasoned.

So, if you are looking for a cool place to go enjoy a beer and some appetizers with friends, Craft Beer Market

is definitely somewhere to check out. It is even supposed to have a roof top patio for the warmer weather.

Even though the entrees weren't the most spectacular, I would recommend trying it for the appetizers, atmosphere and, of course, beer.

### FEBRUARY 14

Valentine's Day Special-Bottle of Jacob's Creek Shiraz Cabernet - \$20

### FEBRUARY 17-19

Closed for Reading Week

### FEBRUARY 20, 21

Open 10am-6pm

### FEBRUARY 27

Plunder the Night - 3-6pm - Enjoy Black Sheep samples, prizes and airbrush tattoo station with the Black Sheep Street Team!

The Nest – the home of Team Canada on campus! Enter to win a Canada jersey with the purchase of a Team Canada 16oz. domestic pint or Crazy Canuck shooter!



NAIT Main Campus, Room S110 | Mon - Fri 9am - 8pm  
780.474.0121 | [www.nesttaphousegrill.com](http://www.nesttaphousegrill.com)

## THROWBACK THURSDAY

# Nintendo 64, perfect failure

By **TAISON GELINAS**  
@TaisonGeli

I have always wondered how information travelled from one place to another before the Internet came to be as prominent as it is today.

Obviously, there were successful methods of communication, such as mail, telegrams or even carrier pigeons. Although, I must raise an eyebrow to the fact that somehow, somewhere, someone or something innovated the greatest troubleshoot of all time and it spread globally within mere months in the 1990s, a time where computers and the Internet were only just finding their foundation.

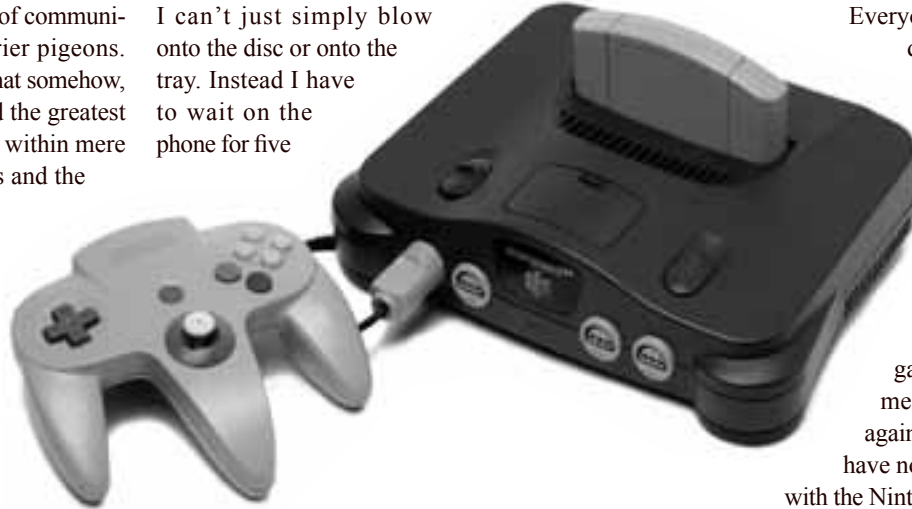
Most of us know this troubleshoot as “blowing into a Nintendo 64 cartridge.” Do you remember doing that as a kid? Your Nintendo 64 would freeze mid-game and somehow, amidst the frustration and pure anger, we all found a mutual solution. Did someone create this idea out of thin air or is this a natural human instinct shared within the gaming community?

This also raises my other eyebrow because I wonder: What was inside those cartridges? How did I fix my problem by simply blowing air into such a small amount of open space? It is quite incredible, if you ask me.

If my Xbox 360 freezes, I can’t just simply blow onto the disc or onto the tray. Instead I have to wait on the phone for five

hours until tech support picks up the phone just to tell me that my problem can’t be solved. On the other hand, I would have to raise another eyebrow, if I had three, to Nintendo’s marketing professionals considering the Nintendo’s 99 per cent fail rating.

Everyone I know has had to use this unique backdoor-solution, yet no one ever considers it to be a fault or a failure. Whoever is running the show over at Nintendo definitely found their forte in marketing; there is no other conclusion I can come to. How someone took a gaming-system’s 99 per cent fail-rating and turned it into one of the most wildly successful products of all time is beyond me but I digress, because in fact, I cannot think of a gaming console that gave me more entertainment or sheer joy. If it meant blowing into a few cartridges now and again, I was fine with it because I still, to this day, have not found a better bang for my buck than I did with the Nintendo 64.



## “SMUT” STORY

# A tale of passion and desire

By **EVAN KIRBY**

Working all day, the only thing she could focus on was her muse lying in wait for her to come home.

He always waited in the kitchen for her, just waiting for her touch to start a firework of passion. She wanted to take it slow, though, take her time and savour it, to make sure she could enjoy it for as long as possible.

Placing a hand around him, she led him into the bedroom, the site of all their greatest conquests. They laid on the bed together and he was accepting as always, competent in being the submissive one. She remembered why she fell in love with him in the first place, with his gorgeous exterior sculpted as if Michelangelo alone had been in charge

of his appearance. His insides were just as lovable, always filling her with everlasting sustenance.

Her fingers crawled up his wide mid-section, feeling every crease and nick that lay beneath him. She moved her hands up until she could go no further, reaching her favourite part, taking his top off. Revealing everything she pined for, lived for and for what, quite frankly, made her strive to be a better person.

The moment was here, she was salivating at the sight of his inviting mulatto body, just waiting for her to take it and make it hers. Her fingers encapsulated it, feeling its rigid edges, while her thumb felt that soft texture that balanced it all.

Gripping it firmly, but tenderly,

she opened her mouth wide, excited at the thought of her mouth tasting it. In one quick motion, she placed the Oreo inside, devouring it like a lion to an unsuspecting zebra.

She had eaten many Oreos in her life, it is her daily after-work routine after all, but this one felt different. While she wiped the crumbs from her mouth every inhibition of the day fell away. One was never enough, it hardly ever was, that whole row looked too enticing just to leave alone. It was gone before she even had a second thought about it. Out of the corner of her eye she spied the top that she ripped off of the Oreo tray, knowing it wanted to cover up the remaining cookies in front of her. She felt bad, but another row wouldn’t

hurt. This row she ate more longingly, taking time to give penance to each cookie whose life she ended. One row remained and she couldn’t possibly just put it away with a singular row intact, so she finished it off.

An empty box of Oreos lay strewn across her satin comforter, her bed ruffled in concert with the pleasure that had just taken place on top of it. She rolled over on her side, too exhausted to clean up. She closed her eyes. She knew that work would come again tomorrow, but so would having her hands on her lover again.

Drifting away into sleep, a single Oreo crumb remained on her lip, comforting and soothing her, the only true constant she had in life.

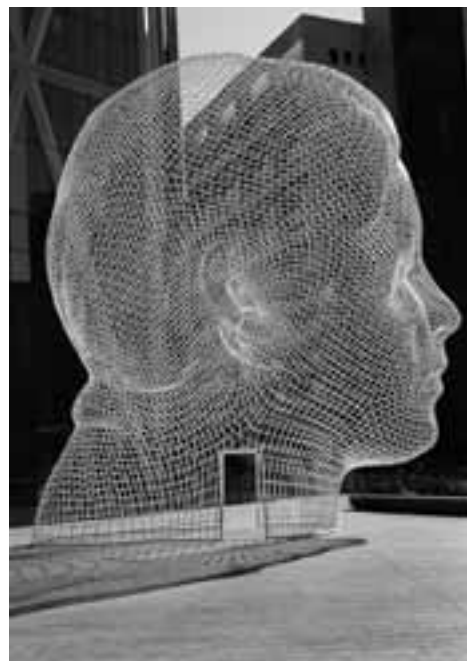


Photo by Josie Baerg

# Student work

By **CARLY ROBINSON**

This Saturday the NAIT Photographic Technology students had a chance to show off their hard work at the annual Thesis Night, at the Shaw Theatre here on campus.

Out of the graduating class whose work was showcased were both of the Nugget’s photo editors, Jesse Kushneryk and Josie Baerg.

Kushneryk, who emceed the event alongside another classmate, said that this night represents, “just getting closer to being in the real world and working as a professional photographer.”

Through his two years in the program, he liked that the night showcased everyone coming together for the success of their class. He

was sure to ensure that everyone was thanked and demonstrate all the hard work that went into getting his class to where they are at.

Although this signals the end of this two year program for all of these photography students, it is not the beginning of their careers as photographers. Many of these students have already been able to showcase their talents in unique ways, through work or other opportunities.

For Kushneryk, his best experience was his trip to Norway in November with the World Curling Federation and being able to shoot there and learn from professionals on the job. He is also thankful for the support of one teacher in particular, instructor Shaun Scade.



Photo by Tanya Hiltz

# Meet some real Nuggets

To fully embrace the season, editorial staff decided to let you see what it takes to get on their 'good' side.



**Krysta:** So let me get started by saying that anything short of a filet mignon is not up to my standards. I always wear pink on Wednesday's and when I get a bag of skittles, I always eat the red ones. I will never eat out of a brown paper bag because I don't want to be judged by what I eat. Shopping, money and Gucci purses are the only things I'm interested in ... Oh! I also require diamonds from Tiffany's, the bigger and shiner the better. I like to think of myself as a princess because I'm a pretty big deal.



**Quinton:** Hello, ladies. I think my title as entertainment editor pretty much gives away what dating me would entail: lots of nights out, movies and many shows and concerts as I'm not huge on that "quiet night at home" stuff. I'm not a religious man but I am spiritual. I believe everyone and everything is connected through universal forces. If that concept is beyond you, I can accept that. I

like the works of John Perkins, George Orwell and Hunter S. Thompson. My favourite artists include System of a Down, Eminem and Sublime. Essentially, I'm looking for an enlightened lady who reads and enjoys live music. That's not too much to ask ... is it?



**Josie:** The best way to catch my eye is through the lens of a camera, which means you need beautiful to meet this photo editor's high standards. Realistically, I'm still single because I am holding out on Ellie Goulding and Kit Harington's love child to ride in on a majestic elephant and whisk me away on a romantic vacation to somewhere picturesque. Often I am lovingly called IceBaerg, and I know it's because I'm cool and could take down the Titanic if it got in my way.



**Bridgette:** When I hear a Luke Bryan or a Jason Aldean song, it drives me a good kind of crazy. I love to seek the darker side of things; that's also my preference of chocolate. I'm not afraid to admit that I have mistaken a condom for a tea bag before (true story, ask Baillie)

Scheetz). And yes, you can make that next tea bag joke yourself. If he can "shake it for the birds and shake it for the bees," then he can definitely shake it for me. Yeah, that's my kind of night!



**Richard:** When I was a kid my superficial desires would make me swoon for any girl that possessed a nice pair of ... eyes. Time, the wisest of teachers, taught me that what is beyond those eyes is what matters! So, I asked myself why spend time on a gal that doesn't have what I have? An insatiable appetite for comic books, horror movies, black metal, mental illnesses and getting inebriated beyond proper functioning.



**Carly:** I was once accused of being "frenchsexual," but really, what can I do if all the beautiful people are French! I can often be found mothing my hedgehog and trying to become Internet famous through pictures of her. Watch out, because I have it as my personal mission to wipe the word "maybe" from the vocabulary of all who surround me. Do or do not, there is no try!



**Jesse:** So many words to describe myself: fun, fit, adventurous. However, none of them ring more true than boisterous. Always the life of the party, I seem to attract a lot of women. But ladies, I am just looking for someone who will fit me like my new alligator-tail cowboy boots. I get a lot of applications, so if you're interested don't hold yourself back. Because, just like those cute pair of shoes that are half off right now, you're not the only one who wants them.



**Baillie:** Unfortunately, you have absolutely no shot with me; my heart belongs to Leonardo DiCaprio, other people's cats and Netflix. I tweet for *The Nugget*, which is pretty cool. It takes everything in my power to not spam your news feed with space cats and Leo. Really though, follow us on twitter @NuggetOnline.

**Connor:** (no picture) This feels weird. I don't want us to get stalked.

*If you are interested in getting to know our staff more throughout the semester, come and write for us! Tuesday's at noon, at The Nugget headquarters!*

Photos by Kylie Reimchen



MUHAMMAD WAQAS

# “What turns you on and what turns you off?”



Turn On: “When she tells me no, it becomes a challenge.”  
Turn Off: “Dumb girls who can’t carry on a conversation.”

**Derek Uhl**  
 Bachelor of Technology



Turn On: “When I am the reason for a smile for my family and friends.”  
Turn Off: “Studies pressure with work pisses me off.”

**Ravneet Kaur**  
 Nursing



Turn On: “When she blushes.”  
Turn Off: “Late replies to text messages and calls.”

**Prabhjot Kalsi**  
 Business Management



Turn On: “Smiling, contagiously happy ability to have a meaningful conversation.”  
Turn Off: “Unnecessary negative attitude and unjustified entitlement.”

**Evan Will**  
 Bachelor of Technology



Turn On: “Beautiful Smile.”  
Turn Off: “People who talk a lot but don’t give you the chance to talk.”

**Beniam Nigatu**  
 Chemical Technology



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THE NUGGET PRESENTS:

## NUGGET COMICS

Outlandish



Natalia Bouajram

# Wear it to bare it on V-Day

By JORDAN WARDELL

The big day is coming, ladies. Valentine's Day, that day when every girl seems to have a friend named Victoria (who happens to have a secret).

It's time to shed the bulky sweaters for a night and show off that secret. You may be drawn to one style of lingerie or another but I really think that you have to pick the style based on the couple or the relationship you have behind closed doors is what I should really be saying.

There are so many styles of lingerie that it can be really hard to choose. You have to pick from bustiers, baby dolls, garters, teddies and so on. So, maybe the best way to pick is to classify everything by the "feeling."

Let's go with three categories that I think most relationships fall in to. There are the sexy, lustful relationships, the flirty ones and the romantic, passionate, lose your breath every time you're with

them relationships.

Let's start with the sexy stuff. When I think of sexy I think red and black with garters and stay ups. Of course, you should be picking things you feel comfortable in. Sexy can include all styles of lingerie. If you aren't comfortable in push up bras, tiny panties and a grater with stay ups, then a lacy dark coloured baby doll or slip can do just as well. When going for the sexy feel, I would suggest something form fitting, maybe a little sheer or lacy and definitely something with a bit of a push up.

Flirty is fun, easy and cute. A flirty bedroom look can be as easy as a cheeky pair of panties and a loose button up shirt. Or, if you are looking to buy some flirty lingerie, I suggest something brightly coloured, some lacy ruffles or even something with a bow. Flirty is fun, so don't over think it. Wear something girly and cute and have fun with it.

Last but not least we have romantic. To go for a romantic feel, go for something

that your partner would think is only for his eyes. Something soft and silky with a touch of lace works perfectly for a classic romantic lingerie, soft colours and something very feminine. For Valentine's Day, I would go with soft rose and pink tones with a kiss of red or black to vamp up the sexiness. But, if you are trying to be romantic instead of sexy or flirty, it would be assumed that the partnership isn't in its first stages. So you can easily judge what you think your partner would like, and that goes for all the categories. You obviously know the person you plan to spend V-Day with better than I do.

Most importantly, when it comes to lingerie, make sure you are comfortable. We aren't all Victoria's Secret Angels, nor do we have to be. Own your body, whether it be curvy or a little more on the boyish side and wear what flatters you. I really think that going and buying lingerie will be impressive enough to whoever you plan to



3oneseven.com

show it to. Don't over think it, either. Chances are it will be off for a longer period of time than it is on.

From the Magic NAIT Ball

# Sex advice for boys and girls

**For the boys:**

Keep it clean! If you want shawty to get down, then make sure Junior is clean! Don't forget about his neighbours to the South, as they should also be smelling their best, because when the ladies lick the banana, the matching pair of oranges are not far away. (And let's be clear fellas, the Axe crap you douse yourself in does not replace a good shower.) Ensure that your lawn is mowed (or at least maintained) and remember that it's always nice to return the gesture.

Be romantic! Don't just sling your sausage out and hope the odds are in your favour! Caress and cuddle your partner,

make them feel sexy, and sex will soon follow. Start out with a nice massage, or intimate bath and work your way up from there, trust me, your lover will be overjoyed.

**For the girls:**

Here's the thing honey, you want your man and your relationship and your monogamy but then you complain about a headache and next thing you know you are frigid like an Edmonton winter. Don't be that girl that is cock block queen. Have empathy towards your partner, after all, you are the only one they are getting any action from!

Bring the passion! Sex can be more emotional for women than men, so don't be

afraid to use that to your advantage. Sexual tension (brought on from a whisper in the ear, or nails gently dragged down his back) can definitely get their engine revving, and make your normal romp in the sheets more intimate than usual.

**For the couples:**

Mix it up! If dogs, cowboys and missionaries are all passé, then opt for some good neck support and get started on the pile-driver. If shuffling your positions isn't your cup of tea, then perhaps a new location is better suited for you? Just make sure you clean the kitchen counter after you are done, people cook on that thing, you crazy animals.

**For the lonely:**

Think that your days of romance will never come? Think that you will fill your nights pulling your pork or flicking your bean? Think again! Your options are far from limited this Singles Awareness Day! Try an App like Tinder, Blendr or Grindr to find a like minded partner in your area. If face to face is more your thang, then try a speed dating service for Valentine's Day, like the one held at the Edmonton Zoo or a more modernized one put on by Hot 107 at O'Byrnes Pub. The partner you have been waiting for could be out there! And you just have to try (or try again, in some cases.)

# Spicing up a special day

By SHEEBA JOHNSON

Valentine's Day is round the corner and for the couples looking for ways to spice up their relationship I might have some helpful ideas about some nice adult store in Edmonton. Out of curiosity I looked up to see what Google had to say and made a list of top four based on what I noticed when I visited the stores.

Let's start with number four: Spencer's. I was really surprised to see Spencer's



make the listing of yelp for the top adult stores in Edmonton, because to my knowledge it was just the store for Halloween shopping so I decided to investigate the Spencer's in West Edmonton Mall. I came to the conclusion that it is by far the best store for some of the more shy people out there. If you are shy and want to be very discreet, you have hit the jack pot. You can easily find easy-to-put together costumes there and if you are looking to experiment a little they have a section for some fun toys, you can look around without being intimidated by information overload that you might get in a typical adult store. The staff there will give you your privacy unless you need their help.

Next one the list was Luv 'N' Stuff at number three.

Their lingerie selection might not be the best but they defiantly have a wide variety of toys to choose from. So if you are someone who wants to do a bit of experimenting and doesn't know where to start, you will find plenty of starting points. The staff are very friendly and informative, so if you have a question don't be afraid to ask. They have heard it all by now.

Number two went to the Love Boutique. At the first glance it looks just like Luv 'N' Stuff but the reason I gave it a number two was their lingerie collection was much better then Luv 'N' Stuff and the staff was very friendly and knew how to put a nervous customer at ease. They have just as wide of a variety as Luv 'N' Stuff for toys and they also have quite a few fun games for date night. They also have different products that might be interesting to help spice things up or smooth things down depends on what you are looking for.

No. 1 went to Alluring Intimates. The store has amazing collection of lingerie and costumes, including shoes if that's what you are looking for, and a variety of toys in a different section so as not to intimidate the lingerie only customer.



www.yelp.ca

The staff is by far the best when it comes to putting you at ease and making you feel comfortable enough to ask any awkward question you might have. They are professional and will give you the best advice possible for you.

So that was my list of interesting places that might help you spice up some things between you and your special someone and increase the heat in the bedroom. And on that note I wish you a very happy and romantic Valentine's Day!

## RECIPE

# Dinner plans, anyone?

**Chocolate covered strawberries and pancakes on Valentine's Day**

By DYLAN WOLFINGER  
@thewolfinger

It's almost here, can you feel the love? Valentine's Day is just around the corner and it's time to head out and buy those overpriced chocolates, book that expensive restaurant and get corn holed on a dozen roses.

Listen up, friends and first time romancers, there's a better way to do this cash grabbing day. The downside is you actually have to put in a little effort, the upside is that even the slightest amount of effort will yield positive results. It's all about the effort.

So, boys and girls, here's a freebie. Go to your local supermarket, grab a basket

like you're going to grandma's house then start the hunt. You'll need a small container of strawberries, real whipped cream, chocolate from the bulk section, ingredients to make pancakes from scratch and a bottle of red wine. Melt the chocolate and dip half of the strawberries in, then toss them in the fridge.

When your date arrives, ask if they want to help make the pancakes. If they do, then have some fun with it, make a mess and be downright goofy. Once the dinner is almost ready, ask them to have a seat while you'll finish up.

Use the rest of the strawberries and pile the whipped cream high – get really creative with it. Then grab the bottle of red

wine and bring over the food. Sit down right across from each other, make sure you have some nice background music and don't turn on the television. It's a mood killer and it takes the focus off the other person in the room. Music can be a mood setter, so use it accordingly. Once you're done and start cleaning up, mention that if you can get some help you have a surprise waiting.

The whole idea of Valentine's Day is to be intimate and interact with someone who is close to you, and to make each other smile and laugh.

Once the meal is cleaned up, pull out the strawberries, refill the wine and let the conversation flow. At some point in the

night, if there's a nice slow song playing, maybe stop what you're doing and ask your date if they want to dance, if they do, make them feel that they're the only person in that world. From there it's all you, and like I said at the beginning of the article it's all about the effort.

### Fluffy Pancakes

Ingredients (makes 8)

- ¾ cup milk
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- 2 tablespoons butter, melted

## TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Schedule a Safe Walk



The Safe Walk program provides a safe and reliable alternative to walking alone at night on or around campus. Safe Walk service is free of charge and is available to any member of the campus community – students, staff and faculty. We exist so that access to the NAIT campus and surrounding areas is never compromised for those who do not want to walk alone at night.

To use Safe Walk, call 780-471-7477

and an officer will take your name, location and destination. They will then send a radio-equipped peace officer to walk you to your destination. You can also call from any courtesy phone or HELP phone.

Individuals requiring a Safe Walk have the option of booking walks in advance. This means an officer would be waiting for you at the predetermined place and time to walk you to your destination. If you would like to set up a pre-booked appointment,

please come by the Security office.

Safe Walk's boundaries extend from 118 Avenue to Princess Elizabeth Avenue and from 102 Street to 109 Street. Our Peace officers will also walk with you to the nearest bus stop. Safe walk is also available for our satellite campuses, Kingsway Professional Building and, if there is a concern, at one of our other campuses.

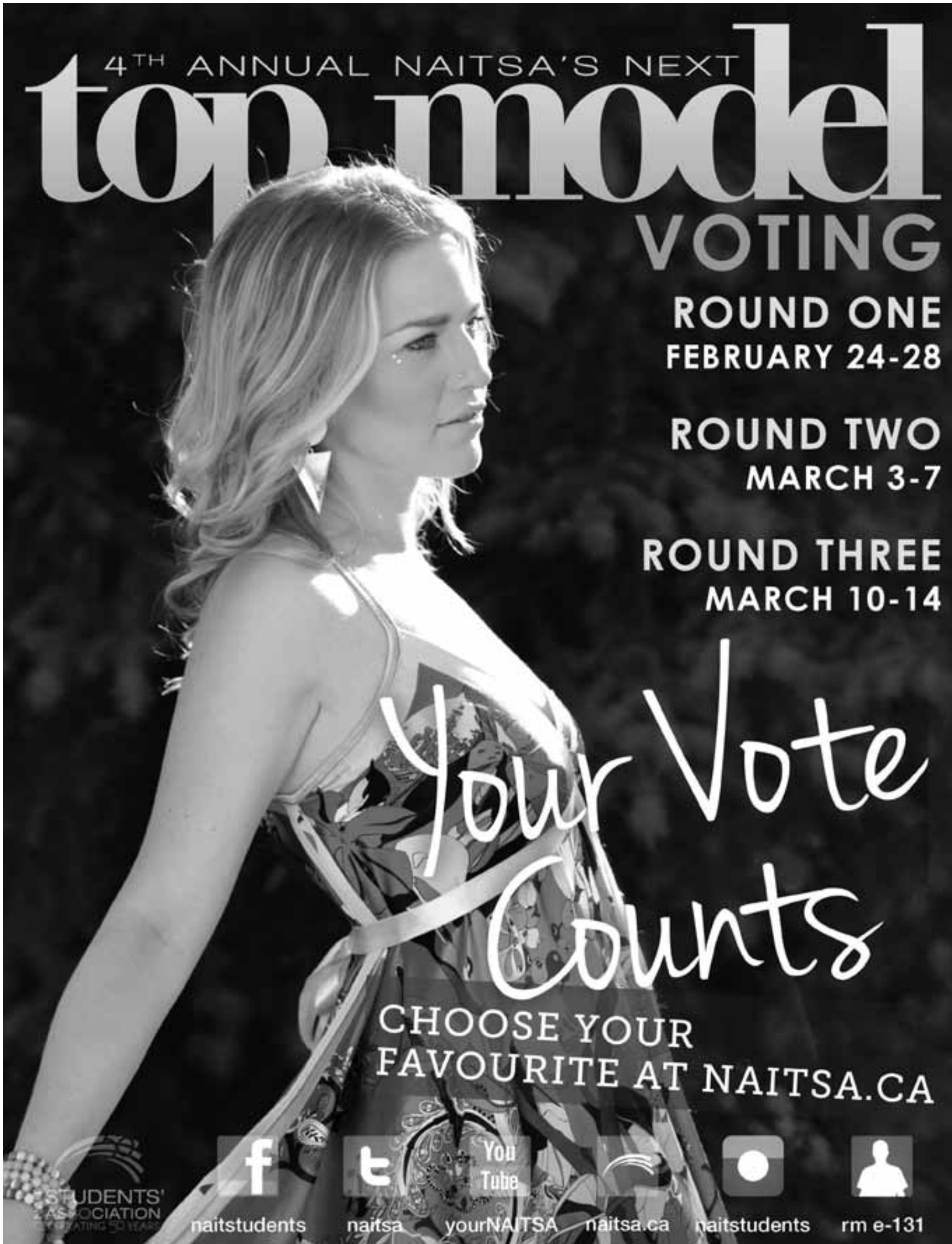
Safe Walk: 780.471.7477

For more tips and information, visit

www.nait.ca/security.

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.



4<sup>TH</sup> ANNUAL NAITSA'S NEXT

# top model

## VOTING


**ROUND ONE**  
FEBRUARY 24-28


**ROUND TWO**  
MARCH 3-7


**ROUND THREE**  
MARCH 10-14


# Your Vote Counts


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 STUDENTS' ASSOCIATION  
CELEBRATING 50 YEARS

## MOVIES – THE KURT LOCKER

# The perfect V-Day movie

By KURT FABISCH

Valentine's Day is a great time to watch a sweet lovey-dovey romance movie. Well, I've got the perfect one for you. Because along with the wonderful love story, there are loads of drugs, shooting and killing. What more could one ask for this time of year?

*True Romance*, released in 1993, was directed by the late, great Tony Scott (*Top Gun* and *Unstoppable*) and written by none other than Quentin Tarantino, in his first screenplay.

Clarence (Christian Slater) is a movie buff and all around geek working at a comic book store in Detroit. He also has an imaginary friend version of Elvis (played by Val Kilmer).

While watching a Sonny Chiba kung-fu triple feature at the theatre, a beautiful girl, Alabama (Patricia Arquette) sits next to him and they hit it off right away. They go back to Clarence's place above the comic book store, have sex and later that night Clarence finds out she's a call girl hired to show him a good time on his birthday. When faced with this, Clarence doesn't care; they fall in love and get married the next day. Then there's the

matter of Alabama quitting her job and dealing with her pimp, Drexel Spivey.

Drexel Spivey is a ... unique character. He's played by Gary Oldman in a terrifying performance as this white Rastafarian with dreadlocks and a glass eye.

"Grab a seat, boy. Grab yourself an egg-roll. We got everything here from a diddle-eyed Joe to damned if I know."

Clarence goes to tell Drexel that Alabama is moving on to brighter and better things ... and, without spoiling how, I'll say that this meeting leads to Clarence and Alabama get involved with the mafia, the police, Hollywood producers and a suitcase full of cocaine.

The Clarence-Alabama love story is the heart of this film and it's beautiful. They're a movie couple you're always rooting for. And while their scenes are romantic in the best way, it's the darker moments that make this movie.

A key performance is by James Gandolfini as a mob enforcer. He's essentially auditioning for the role of Tony Soprano in the film with a great monologue about what it's like to kill people.

"I threw up on the first one. Now ... now,



thesouloftheplot.wordpress.com

Christian Slater and Patricia Arquette in a scene from *True Romance*.

I do it just to watch their expression change."

My favourite scene is with Dennis Hopper as Clarence's father and Christopher Walken as a Detroit mob boss's consigliere who's hunting Clarence and that suitcase full of cocaine.

"I'm the Antichrist. You got me in a vendetta kind of mood. You tell the angels in heaven you never seen evil so singularly personified as you did in the face of the man who killed you."

Clarence's dad knows he's finished but decides to go out victoriously, in possibly my favourite dialogue scene in movie history and it's Tarantino's writing at its best.

There is gripping action, endlessly quotable dialogue, memorable performances and a passionate love story. In other words: *True Romance* is the perfect Valentine's Day movie.

★★★★★

# Reaching your goals *Nine handy tips to success*

By KRISTA PIERCE  
NAIT Student Counselling

We are now well into the semester with midterms looming and the work continuing to pile up. So, how to deal with the stress of workload and be as successful as possible?

**Tip 1: Create a system to establish priorities**

Are you struggling to balance classes, study time and extracurricular activities? It will help to set priorities and stick to a routine to manage your workload, class schedule and to reduce stress. Calendar apps like Schedule Deluxe (Android), or Sunrise (iPhone) can be lifesavers. Plan out classes, study groups, and keep your school life under control.

**Tip 2: Get to know your department and instructors**

This is really important because instructors tend to help you more if they actually know who you are. Also, by getting to know their personalities, you may gain insight into how they will structure quizzes and tests. For example, if you talk to your instructor and he or she tells very elaborate stories without leaving anything out, that instructor may choose very detailed questions. In this case, you would know to read your text very carefully and not skip the side paragraphs. In addition, if you know your instructors well, it will be easy to ask for references if you need any in the future, without feeling awkward or intimidated.

**Tip 3: Natural intelligence is no substi-**

**tute for hard work**

When busy, you might think winging it on tests or assignments is a good idea. Many students might think, "I'll just take my time and reason through the questions," only to end up with a mark they are less than satisfied with. Try to motivate yourself with breaks and small "rewards" and try your best not to procrastinate. There are several study apps like quizlet (Android/iPhone), and study blue (Android/iPhone) that can help get you prepared through flashcards and a tracking process to keep you on top of things.

**Tip 4: Take advantage of on-campus resources:**

Where can you work out, get mozza sticks, talk to a counsellor, ask someone about exam accommodations, take out books and materials or buy new pens on campus? There are so many on-campus resources for students, many of them free! Often you won't know where a resource is until you are in desperate need of it. It is much more helpful to get an idea of where these resources are ahead of time so that if you need any of them in the future they are quickly accessible. You'll find everything you need at <http://www.nait.ca/>

**Tip 5: Eat healthy**

Our bodies are complicated biological machines. They need proper fuel to keep them running at peak efficiency. A good diet is a balanced one, with lots of different foods and not too much of any one – that way, you get all the

nutrients that you need. This will help you stay alert and focused and curb those sluggish mid-afternoon blahs, which is exactly what you'll need to stay on top of studying and reading course material!

**Tip 6: Get a good night's rest**

Adequate sleep is most important for good health. Sleep allows the brain to rest and recharge itself, so that the mind is alert and ready for the next day. Lack of sleep can cause mood swings and zoning out. Sleep also plays an important role in tissue repair, immune function and growth, which are key to the keeping your body free of illness and injury! The sleep time app (Android/iPhone) keeps track of your movements and sleep cycles and wakes you up gradually so you're not groggy and feeling terrible when you wake up. There's nothing like a good night's rest to help you stay awake in class or while studying for an exam.

**Tip 7: Try some anxiety reduction strategies**

Deep breathing has been proven to slow your heart rate, which helps your brain to register less stress/anxiety. Take deep breaths from your diaphragm without raising your shoulders to be most effective. Finding your happy place (or memory) can be very effective at lowering stress. Think of a place that makes you feel calm, a memory that makes you feel confident or a person that makes you happy. This will release endorphins, which will help you feel more positive. Muscle relaxation is

also helpful in reducing anxiety. Start head to toe or toe to head and systematically work through your muscles, clenching and releasing as you go. This will get out tension and help bring on relaxation.

Other strategies include talking to a friend or family, journaling, trying yoga or meditation, exercising, having a long bath or even taking a nap.

**Tip 8: Don't change your routine**

While it is tempting to try to stay up way later to study or go to bed extra early before an exam, if that is not part of your regular schedule it is best to keep to the status quo. Changing your schedule quite drastically can throw you off, which may increase anxiety and end up backfiring on you. If you want to make productive changes to your routine, do so after the exam, not the night before, when you have time to implement these changes.

**Tip 9: Learn from your errors**

To perform better on your next test, try to learn from errors on your last test. This may be in terms of actual content or from your test taking technique. Do you rush through the test, make careless mistakes, forget to answer skipped over questions? These are all things that you can work on changing in order to do better next time around.

Don't forget you can also come to Room W-111PB to talk to a counsellor at any time about study strategies, exam anxiety or time management – we're here to help!

## PORN REVIEW

# Valentine's daydream

By **EVAN KIRBY**  
@EvanKirby

For this special issue I thought it would be appropriate to review something Valentine's Day themed and so thankfully I stumbled upon *American Daydreams* (Valentine's Day).

No, not that insufferable Valentine's Day movie from 2010 starring Ashton Kutcher, Jessica Biel and Robert De Niro but something of a little different variety. This particular Valentine's movie stars Allie Haze and Xander (not enough people are named Xander anymore, in my opinion) Corvus, putting their own unique spin on this Hallmark holiday.

See, Allie has been waiting all day for Xander to get home, poised with a box of chocolates and an unrelenting will to celebrate a romantic Valentine's Day together. Xander lumbers up the stairs, looking as if some mad scientist had combined the face and hair of James Franco with the wardrobe of Johnny Depp, and quickly dismisses all of Allie's perfectly logical advances. I mean, I just don't get it. It makes no sense! Allie seems like a perfectly wonderful and sweet girl who just wants to celebrate a nice romantic Valentine's Day with her man. I would have liked to have seen some more character development before this. I have so many lingering questions. Why was Xander so mad at a loving gesture of chocolates and dinner? Is it humanly possible for Allie to wear a shorter dress? Why was Xander wearing capris? How do they afford to live in this mansion?



**Allie Haze**



**Xander Corvus**

Let's talk about mansions for a second. How come in every one of these movies it takes place in a mansion? Am I seriously to believe that all these people can afford a mansion? I mean, what kind of job affords that in their position? Mortgages, property taxes, main-

tenance, electricity – the demands are endless and constantly distract me from the scene at hand. This isn't even like a Pauly Shore level mansion, it looks like it formerly belonged to a Persian king with incessant gold trim on everything and cream coloured furniture.

Alright, mansion digression aside, Allie slumps back onto her bed, sad that her James Franco look-alike has better things to do. But wait, what's that? Cheesy music and a transition worse than one out of *Star Wars: Episode III*? It's a dream sequence and I just figured out why this series is called *American Daydreams*!

Now we get to see how Allie dreamed everything up about this day. Xander personifies the smooth qualities of Johnny Depp and shows up with a handful of balloons and a stuffed animal. Dream Xander actually cares and proceeds to give Allie a grand old time, literally only in her dreams.

This was kind of a sad scene. Allie only got attention from her boyfriend on the most romantic of days through her dreams. So, if we can take any lessons from this informative scene, if you have someone in your life that you care about, do something about it. If not you'll just be stuck here like me, Googling to see what other classics are in this series.



Photo by Andra Nikolaev

## Dan Wesleyson Heavy Equipment Tech

**How do you feel about Valentine's Day?** – "It's OK, I guess. I'm not a huge celebrator ... it's mostly a female oriented holiday."

**What do you like to do in your free time?** – I like to work on my car. I like to go camping (in the summer).

**What do you find attractive in a girl?** – A nice personality.

**What turns you off?** – Bad attitude.

**What would an ideal date look like to you?** – Going on a nice hike on a nice day.

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

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

#### WHO

Gamers of Dungeons &amp; Dragons

To get involved please visit [www.naitsa.ca/clubs/current-clubs/](http://www.naitsa.ca/clubs/current-clubs/)

#### WHEN

Wednesdays | 5:15pm – 11pm

Fridays | 5:15pm – 11pm

Saturdays | 8am – 8pm

#### WHERE

Room WA-114

Rooms WC-316, WC-312, WC-306, WC-320

Room T-015

Business Connex

Tuesdays | 4:45pm - 5:30pm

Room T-107

Latter Day Saints Student Association

Thursdays | 11:15am – 12:10pm &amp; 12:15pm – 1:10pm

Room WA-212

Investment Club

Wednesdays | 4:40pm – 5:40pm

Room T-509

Aboriginal Club

Bi-Monthly beginning Oct. 22 | 4:15pm – 5:10pm

Room H-111

intoNAITion Toastmasters

Mondays | 4:40pm – 5:30pm

Room H-003

Christian Club

Fridays | 12:15 – 1:10pm

Room X-215

Btech Club

Saturdays | 12 – 5pm

Room T-212

Anime Club

Fridays | 4:15 – 8pm

Room F-106

Western Martial Arts

Mondays | 3:15 – 4:30pm

Studio

Improv Club

Mondays | 3:15pm

Room J-006

BLAZE Dance (Hip Hop, breakdance, freestyle)

Every Tuesday at 3:15pm-4:30pm Studio

Room S-112

Every Friday at 4pm-8:30pm Studio

Room S-112

Every Sunday at 11am-4pm Studio

Room S-112

Music Club at NAIT Jam Sessions

Every Thursday at 5pm-7pm

Room H-003

### UPCOMING CLUB EVENTS

#### WHO

EDSS

#### WHAT

Liquor basket

#### WHEN

Tues. Feb. 25, Mar 4 12pm–2pm

Wed. Feb. 26, Mar. 5 11am–1pm

Thur. Feb. 27, Mar. 6 1pm–3pm

Frid. Feb. 28, Mar. 7 11am–1pm

Mon. Mar. 3, 10am–12pm; 11am–12:30pm

#### WHERE

HP Centre (hallway space near west entrance heading towards Spartan)

Main Campus hallway space near Fresh Express (Automotive Tech end of school)

Spartan centre, hallway space across from coffee/food service area

Engineering Annex, main staircase area

Engineering Annex, main staircase area and Outside NAITSA office

RT2016

Bake Sale

February 12-13; 10am–2:30pm

E Hallway by bus stop doors/pedway

Biological Sciences

Bake Sale

February 13; 10am – 12pm

Outside NAITSA office

International Club

Speed dating Social

February 13; 4:30pm

Business Tower Lounge 8th Floor

LAT

Valentines Rose Sale

February 14; 11am–2pm

HP Centre by Bytes and Outside NAITSA Office

Aboriginal Student Club

Movie Night-Robo Cop

February 14; 7pm–9pm

Landmark Theatre City Centre Mall

Petroleum Club

Bowling Night

February 14; 2pm–6pm

Plaza Bowl 10418-118 Ave

Power Engineering

Rocky Mountain Rail Society Trip Meeting

February 14; 5pm–7pm

X-105

Business Connex

Beer Garden

February 28; 3pm

Annex Dock

Geo Tech Rockers

Pub Night

February 28

Knoxvilles

Club Culinaire

Silent Auction

March 13; 9am–4pm

South Lobby-NAIT Main Campus

Power Engineering

Rocky Mountain Rail Society Trip

March 14 &amp; 15; Stettler, AB

March 14 &amp; 15; Stettler, AB

Accounting Club

Tax Clinics

March 22, March 29, April 3 All day

Room T-210 / T-211

### CAMPUS CLUBS NEWS

#### WHAT

Clubs Social #2

#### WHEN

February 13, 2014

### Ringette Player? New, or been playing for years? Currently registered at NAIT?

We would like to start a campus Ringette club, so get your gear out! Students, staff and alumni are invited!

We are looking for team members of all positions, as well as a few committed leaders to hold executive positions. Email [LachelleF@Nait.ca](mailto:LachelleF@Nait.ca) to see how you can get involved!Check out this website if you are interested <http://naitringette.got.to/>

### VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus

780.471.8457 | 780.471.8871

[campusclubs@nait.ca](mailto:campusclubs@nait.ca) | [naitsa.ca/clubs](http://naitsa.ca/clubs)Check out the Clubs Website for other  
upcoming Important Clubs Dates

# YEG PARTY GUIDE



**BUCK A BEER**  
WEDNESDAYS PRESENTS  
**FLYING V**  
**FEBRUARY**

THE BUCK IS GIVING AWAY A FLYING V  
EVERY WEDNESDAY IN FEBRUARY

\*no cost to enter just be at the buck\*

**THE BUCKINGHAM**  
10736 Jasper Ave • www.thebuckingham.ca



**FIREBALL™**  
CINNAMON WHISKY  
**FRIDAYS**  
EDMONTON'S OFFICIAL BAR OF FIREBALL

Tastes Like Heaven,  
BURNS LIKE HELL

**\$3 FIREBALL & \$4 HIBALLS**

**KNOXVILLE'S**  
STAYERS

10736 Jasper Ave • @knoxvillesYEG • /knoxvilles • knoxvilles.ca  
Please drink responsibly - don't drink and drive.



THE OLD STRATHCONA  
RACK  
SUN FEB 16

Kickin' it old school!  
DRAFT PUNK  
BOB MARLEY  
WILL SMITH  
VENGA BOYS  
NIRVANA  
OUTKAST  
& MORE

**RETRO FULL MOON PARTY**

**\$8 TRIPLE BUCKETS**  
FULL MOON DECOR BEACH ATTIRE FREE SWAG  
**4 FREE BODY PAINTERS**



**16 FEB**

LONG WEEKEND

**LOW BOOT SUNDAYS!**

**\$3 HIBALLS + \$3 FIREBALL**  
PLUS 75 CENT DRAFT ALL NIGHT LONG  
How redneck are you?! Drink from the boot!

**KNOXVILLE'S**  
STAYERS