

Culinary Arts instructor Hong Chew stands in front of the Urban Cultivator, which grows organic herbs and greens year round right in the kitchen where they will be used.



# Let school come to you.

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KRYSTA MARTELL Issues Editor @tweetsbykrysta

There are a lot of things that occur in today's world; sometimes we understand why they happen and other times we don't. I thought I would take this time to write about one issue that I feel is a perfect example of having no understanding of why it is still happening today, that issue is animal cruelty.

Now, I am an animal lover, always have been and always will be. To date, I have owned a couple of cats and a dog

**Nugget site's** 

and I could never imagine how I would feel if something happened to them. I am also a former volunteer with the Edmonton Humane Society and just some of the stories I have heard about what's happened to some of the dogs and cats makes me sick. How can someone think that it's OK to abuse an animal? They are innocent and don't deserve to be in distress and suffer.

The most recent case of cruelty (that we know of) happened recently in southern Alberta. When I read the details of what exactly happened, it baffled me and left me at a loss for words. This case triggered a protest in Calgary where hundreds of people gathered with their animals to demand tougher animal cruelty laws. I am a big supporter of this and I feel that the people who are held responsible should have a harsher penalty. In an article written by the *Calgary Herald* they stated that attendees were signing a petition that's bound for the House of Commons asking the government to amend the Criminal Code by recognizing animals as beings that can feel pain and move animal cruelty crimes from the property section of the Criminal Code. The petition also asks Ottawa to strengthen the language of animal law "to close loopholes that allow abusers to escape penalty."

I'm not sure of the statistics regarding animal cruelty in Alberta nor do I want to know but I do know that this happens a lot and it shouldn't. So many of us have had enough of our laws and want bills to change to protect our animals. In regards to the Calgary abuse case, more than 600 people have donated \$70,000 to the Calgary Animal Abuse Fund where \$20,000 will be given as an award to anyone with information leading to the arrest and conviction of who is responsible and the remaining \$50,000 will be donated to projects that will establish a national convicted animal abuse registry and advocate for animal protection in the judicial system.

There have also been cases within Edmonton and surrounding areas this past year that were reported and in the end, those who were responsible were charged. I really feel that it is important for people to know that there are actions being taken towards a stricter law and punishment for this abuse.

I strongly believe that animal cruelty is linked with human cruelty.



## **SUICIDE MAGNET?**

The city of Edmonton is looking at installing new fences and distress phones on the High Level Bridge as part of a suicide deterrent program. The Edmonton Journal reports that police responded to 41 suicide attempts on the High Level Bridge between April 2011 and March 2013.

## **FUNDING AGAIN** By BAILLIE SCHEETZ That's where the real story begins. Jer

@bailliescheetz

I became the Online Editor at *The Nugget* at the beginning of January, thinking it would be fairly simple. I have worked on websites for many years, so I figured I should be able to handle anything that thenuggetonline.com could throw at me. I soon realized that I was very wrong.

Since about the second week in January, I have had major trouble putting content on the website, the site itself would kick me out every time I tried to make an addition. Uploading the latest issue became a nearly impossible task, which is pretty ridiculous considering that's technically my job.

I put up a valiant fight with the website for a couple of weeks, assuming that the site would eventually give in to my persistence. Obviously I was too caught up in the daily man vs website duel to ask anybody else for help, or even go to NAITSA to ask about the problem.

After the third week, over 1,000 "error" messages, some serious MacBook abuse, and a few mental breakdowns on my end, I finally gave up.

I met with Jenny Lau, who is the web programmer at NAITSA, to share my disgruntlement.

That's where the real story begins. Jenny informed me that NAITSA is in the process of switching over Internet hosts for our website, and that the host we were currently using was not allowing us to switch to another host until we met specific demands.

Our website was legitimately being held hostage by unknown Internet beings. I had never even heard of such a thing, let alone know how to deal with the issue. Jenny had been fighting the evil hosts for many days before I had gone to talk to her, so she was just as if not more frustrated than I was.

Unfortunately, I knew there was nothing left I could do but wait it out. Jenny worked hard negotiating with the hosts and her persistence paid off. Earlier this week I got the heads up from Jenny that the battle was finally over and we had won!

The site is finally up and running again and my job will no longer be a consistent string of unfortunate technical difficulties. I learned many lessons from what will forever be known as *The Nugget* Online hostage taking, I learned that 1. Internet hosts can be vicious, 2. Fighting with a website will only cause you pain, 3. When in doubt, talk to NAITSA. Check out thenuggetonline.com because it's now working and that's pretty cool!

## **NEWS & FEATURES**

"We only let them grow for

about a week so they have

the most concentrated

flavour."

- Culinary student Cameron Moyes

# Green goodness

#### By BRIDGETTE TSANG @BridgetteTsang

As the number of NAIT students keep on growing, so do the herbs and microgreens in the NAIT kitchen.

NAIT's Culinary Arts program is taking the farm-to-table approach to its literal term and using a commercial-sized appliance, known as the Urban Cultivator, to grow and harvest fresh herbs and microgreens from inside the kitchen. The appliance is revolutionizing the preparation of the dishes served in NAIT's fine dining restaurant, Ernest's.

NAIT Culinary Arts instructor, Hong Chew, says that the idea for indoor gardening has always been something he had in the back of his mind but never knew exactly how it would happen. Luckily, a meeting with an entrepreneur struck a chord.

"In 2011, I was at a chef's conference in Vancouver. At one of the trade shows, I happened to meet the innovator of the Urban Cultivator (Tarren Wolfe). And we had a good conversation about how to grow food indoors throughout the year," said a beaming Chew.

Wolfe is the founder of the Urban Cultivator. The cultivator was featured on CBC's *Dragon's Den* in 2012 but just fell short of winning. But it definitely isn't falling short in the NAIT kitchen.

Chew says that every two weeks, the kitchen harvests about \$400 worth of fresh microgreens and herbs. And as that adds up, the saving speak for itself. Along with the

huge savings, growing herbs indoors in the dead of winter is environmentally friendly and reduces our carbon footprint.

Not only do Chew and his students enjoy the convenience of having their very own indoor garden of fresh greens, serving and using fresh product in the kitchen is something every chef dreams of.

"It is a great alternative for kitchens, where students learn how to harvest, grow

and, obviously, use the herbs and greens grown in the cultivator in their everyday dishes," says Chew

The NAIT

kitchen grows 12 different herbs and microgreens including basil, cilantro, purple radish, baby kale, pea shoots and an one with an interesting name – bull's blood sprout.

Culinary Arts student Cameron Moyes expressed his enthusiasm about being able to put the best dishes out for his guests with all the fresh resources he has at his fingertips.

"I think it's important to use the freshest products in the kitchen. Fresh herbs produce a little bit more flavour," says Moyes.

"We only let them grow for about a week so they have the most concentrated flavour."

I was lucky to try a few of the dishes served at Ernest's in a three-course luncheon that featured an abundance of the herbs and greens grown in the cultivator. I initially



Photo by Noella Steinhaue

Culinary Arts student Cameron Moyes snips off some greens grown in house for a meal being prepared at Ernest's.

thought it would probably be a three-course salad lunch but turns out it was quite the opposite. The different combinations of flavours in the dishes made by the students using the fresh herbs and microgreens was astonishing.

The meal started off with a carrot root, beet and bull's blood sprout juice. The juice was a red-orangey colour, with a very distinct earthy taste to it. It was unique and refresh-

ing, a great start to the meal.

Next on the menu was a combination starter dish that consisted of Canadian goat

cheese, roasted and pickled carrot salad, bean sprout and horseradish emulsion. One of the pieces of goat cheese was specially made inhouse and was paired with maple syrup drizzled on the bottom of the plate. The sweetness of the syrup paired with the tartness of the goat cheese brought out a taste that I never had before. The carrot salad was perfectly dressed and paired with the bean sprouts. It was delicious!

The main course followed – wild sockeye salmon, trio carrots and pearl onions, pureed north beans and pea shoots salad. The carrots were beautifully caramelized and were shaped like a starfish on the plate. Under the generous piece of salmon were the sweet pearl onions. The pea shoot salad on top of

> the salmon was flavourful and had a fresh crunch to it. The salmon was done beautifully as it was juicy and soft, absolutely exquisite.

> The meal was coming to an end. We were served a warm cup of chocolate almond milk with amaranth. The amaranth gave off a flavour similar to nutmeg and gave the drink an even warmer and delightful taste. The drink felt even more heart-warming knowing that it was all natural and organic, and drinking it with a view of a snowy street outside of Ernest's made it even more so.

> The dessert capped off what was already a great meal. We were served a combination dessert dish consisting of pumpkin sage panna cotta, petite radish kale greens and sorbet. The radish kale greens were served on top of a homemade marmalade that was surprisingly savoury and sweet; it was definitely my favourite! The greens and marmalade together had a very earthy taste that made it so special. The sorbet was light, while the panna cotta had the flavours of a pumpkin pie, which I love.

> It was an excellent meal put on by the Culinary Arts students that I won't soon forget. The impact of fresh greens in a kitchen makes all the difference.



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## 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. 4 TH

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## **NEWS & FEATURES**

# Shining a light on our city

## By DAKOTA BARBER

@dakotarbarber

There are a couple of really heartwarming things happening in our city.

A group of generous people who refer to themselves as "micro-trustees" are spreading light in our city by doing good deeds. How? They're donating \$1,000 grants each month to turn Edmontonian's ideas on how to make this city a better place a reality. They're more commonly known by the name Edmonton Awesome Foundation and they truly are just that ... Awesome!

The most recent grant given by these "awesome" folks was to the Edmonton Public Library, which is now proudly displaying its new light therapy lamps at the Stanley Milner location.

While I'm certain this is a really positive thing for our city, I was a tiny bit uncertain about what light therapy is, what it does and what the lamps look like. Will too much use cook me and how on earth did they wind up in a library? So, after a little research, I present you with these answers!

Light therapy is essentially the non-medicated treatment of anything from skin issues to sleeping problems to seasonal affective disorder (SADS). Most commonly these lamps are used to treat SADS, also known as winter depression, winter blues, summer depression, summer blues or seasonal depression. The light mimics the natural light that we are deprived of during our extensive Canadian winters, when we are too often leaving home in the dark and returning home in the dark. These lamps range in appearance but are typically about tabletop size and are set up so the light beams point at you while you sit and dream about being on a beach in Thailand. Reading, eating, surfing the web or petting a cat are perfectly reasonable activities to do while sitting next to the lamp and you can expect to start reaping the benefits after about 30 minutes of use. Nicole Barber, an avid reader and full time student, is no stranger to stress as she's also busy planning her wedding this semester. She's interested and open to giving the lamps a shot.

"I've been feeling down lately," says Barber. "Maybe this would be a natural way to help!"

This technology has found its way into the Stanley Milner Library, thanks to an idea brought forward by Robin Mazumder, an occupational therapist and MacEwan University instructor. He attended a pitch meeting with the Edmonton Awesome Foundation where he was awarded the \$1,000 grant to bring his idea to life. The library seemed like the perfect place for these lamps, since they can be quite pricey and he wanted to make sure that absolutely anyone could access them. Raj Dillon, a spokesperson for the Edmonton Awesome Foundation is really proud of their latest donation.

"I feel we have helped the citizens of Edmonton by offering a source of positive light to the people," says Dillion.

"The lights can help to improve their mood, Vitamin D levels and overall connection to the city."

As with any technology, there are safety issues to consider. Research shows the UV light being exposed to your skin is minimal and typically only a fair and sensitive skinned person could experience some redness. Eye sensitivity is something to consider and, if you have any worries, you should consult a doctor before starting any light therapy.

Maybe once our LRT line is up and running you'll find yourself heading to soaking up the free rays downtown at the library!



## **The environment – a priority**

#### By LISA BERG @bergLisaR

Today's pollution problem is a major issue as the world continues to grow and develop, the impact that people have on our world is detrimental.

Pollution in our atmosphere and of our land is an issue that has started being addressed in college programs and by our peers; it is necessary to start looking for long-lasting solutions. Students here at NAIT as well as around North America have begun looking at different alternatives to our current lifestyle that will benefit the environment.

One of the most innovative projects right now is the OTIS or Optimal Traveling Independent Space.

Students and their professor at Green Mountain College in Poultney, Vermont developed the design for a living pod. These students are part of the Renewable Energy and Ecological Design (REED) program that teaches students ways to continue to build and develop in environmentally friendly ways.

The OTIS is a small, portable living facility that can be towed behind a small car. It has a system to recycle rainwater for

indoor plumbing, solar panels for energy and even a composting toilet. This project offers a small, environmentally friendly living alternative. The OTIS and other similar projects are very important for this generation to continue doing, to minimize the negative effect we have been making on our world's resources.

According to Mother Nature Network Online, some of the major pollution problems today are: groundwater contamination (groundwater accounts for 97 per cent of our clean water supply), urban air pollution, contaminated surface water (when populations near bodies of water become urbanized the surface water frequently becomes contaminated from industrial and agriculture waste), untreated sewage and industrial or smallscale mining.

All of the major pollution problems listed above are ones we have here in Alberta.

At NAIT, the Alternative Energy Technology (ALT) program is a way for people that will be working in the trades or oil industry to explore different more environmentally friendly energy solutions. As several environmentally damaging industries are necessary for Alberta's economy, this program trains students to explore alternative energy and use it to promote economic growth.

Some of the types of energy students are trained in include solar, geothermal, wind, bio fuel, fuel cell, co-gen and small hydro system applications. This program will help large-scale industrial companies to begin minimizing or preventing environmental damage.

Like the REED program in Vermont, students and instructors in the ALT program are actively working on environmentally friendly projects.

According to the NAIT website, ALT is currently in partnership with the City of Edmonton building a solar PVR reference array system, what this does is study the effects of panel angle on the efficiency of solar energy capture. They will then study the effect of snowfall on the solar panels. Annual reports of the effect of snow will be submitted to the city for five years which will help the city better prepare their citizens for the long winters in Edmonton. As well as the solar panels in 2003, NAIT created Canada's first high voltage, fully operational commercial fuel cell. It provided approximately five to eight per cent of NAIT's power needs and it was twice as efficient as a standard power plant. The mission of this project was to develop fuel generation prototypes for fuel cells and to support the research, development, and commercialization of fuel cells.

Programs like Alternative Energy Technology here at NAIT and the REED program in Vermont are important to this world's environment as they introduce new types of energy into industrial projects and offer new solutions for our environmentally damaging habits.



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.

WEEKLY CLUB MEETINGS	To get involved please visit <b>www.naitsa.ca/clubs/current-clubs/</b>					
<b>WHO</b> Gamers of Dungeons & Dragons	<b>WHEN</b> Wednesdays   5:15pm – 11pm Fridays   5:15pm – 11pm Saturdays   8am – 8pm	<b>WHERE</b> 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				
atter Day Saints Student Association	Thursdays   11:15am – 12:10pm & 12:15pm – 1:10pm	Room WA-212				
nvestment Club	Wednesdays   4:40pm – 5:40pm	Room T-509				
Aboriginal Club	Bi-Monthly beginning Oct. 22   4:15pm – 5:10pm	Room H-111				
ntoNAITion 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				
Vestern Martial Arts	Mondays   3:15 – 4:30pm	Studio				
mprov Club	Mondays   3:15pm	Room J-006				

<b>WHO</b> Aboriginal Student Council	<b>WHAT</b> Social Evolution	<b>WHEN</b> February 6   4:30pm-6pm	WHERE Room V-138
Dental Assisting	Bake Sale	February 7   9am – 12:30pm	HP Centre, 2nd floor near pedway
CETSC	Beer Garden	February 7   3pm	Business Tower Lounge, 8th floor
CETSC	Liquor basket	February 7   11am-12:30pm	Outside NAITSA office
DMS 2015	Bake Sale	February 7   9am — 3pm	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
Power Engineering	Rocky Mountain Rail So	ociety Trip Meeting	
		February 14   5pm-7pm	Room X-105
Business Connex	Beer Garden	February 28   3pm	Annex Dock
Geo Tech	Rockers Pub Night	February 28	Knoxvilles
Power Engineering	Rocky Mountain Rail So	ociety Trip March 14 & 15	Stettler, AB

## **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* to see how you can get involved! Check out this website if you are interested *http://naitringette.got.to/* 



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## VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other upcoming Important Clubs Dates

## **NEWS & FEATURES**

# novation rewarded

## **By NICOLAS BROWN**

Last week, the Canadian Western Bank Group and NAIT announced the results of the fourth annual Architectural Technology Design Contest.

Launched in 2010, the contest provides students in NAIT's Architectural Technology Program the opportunity to explore sustainable and innovative designs in a realworld framework. While serving as a major project for second-year students in the program, over \$8,500 in cash prizes were also awarded this year to winning entries.

This year, students were required to design concepts for a potential branch site in Edmonton. Designs had to focus on different key components, such as corporate identity, sustainability and functionality. All designs were presented to a panel of judges, which included Canadian Western Bank representatives and architectural professionals from N53 Architecture Inc.

The contest provides valuable experience to students in the program.

Don Moar, an instructor with the program, had this to say about how the contest helps students.

"It's a real-life situation, with "reallife" clients and students take this project more seriously than other assignments."

The top prize for this year's contest went to Jason Ness, whose design focused on blending and functionality in the area of a potential branch site.

Asked what his main focus was for his project, Ness said, "I was trying to blend the two influences from the residential neighbourhood and the industrial corridor that bordered the site."

The award is especially timely, said Ness. "My wife is pregnant, so it will come in handy.'

The competition was fierce this year with exceptional designs submitted by every contestant. Ten finalists were chosen to receive awards

For the first time, there was a tie for third place in the contest: Kevan Hohnstein and Joonseop Kim both received \$1,000. Christina Hutchinson received \$1,500 for placing second and, for his winning design, Ness received \$2,000.

The remaining top 10 finalists, Karina Cherniak, Devyn Lukawesky, Mae Rain-

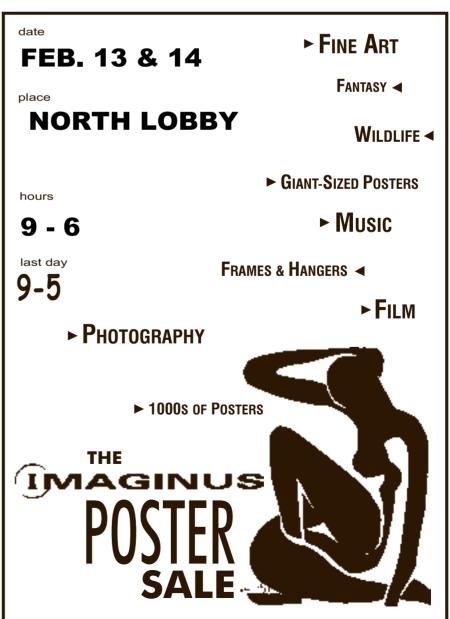


Architectural Technology student Jason Ness with his winning design.

ier Pacificar. Cole Rennie. Nathan Stolte and Vincent Romaszewski each received a

"I knew it would be a great learning

experience," said Cherniak, reflecting on the true prize for the contest, which, in addition, was a valuable and rewarding experience.



Peeuw a smelly place

#### **By SHEEBA JOHNSON**

For NAIT students who spend a lot of time on campus, the Naitrium is the go-to spot to kill some time, finish an assignment or just hang out with friends. But I always wonder and I bet a lot of you have wondered, too – what's with the smell? The Naitrium has always got some form of stink in it that is pretty distracting and sometimes stops students from going in there.

As an experiment this past week, I went to the Naitrium at different times each day. What I found was pretty interesting. Early in the morning and late evenings are the only time when there is no intense smell assaulting your nose. But starting at lunch time there is always some sort of really strong food smell in the air.

We have students from so many different cultures who eat food that is just as diverse. I include myself in this group. When I heat my Indian food in the microwave, it just adds to the already strong smells in the air and the end result is a mix of unbearable stench. My guess is that the Naitrium doesn't have sufficient ventilation to help air out the smells, which raises the question of how to deal with it.

I asked students their opinions on this matter and got some varied responses. Some students didn't know what the Naitrium was and some who did didn't go there anymore because it smells too much. I asked a few students who were inside the Natrium and got some interest-

#### ing comments.

Tianyuan Fang said that he wishes he could do something but he can't. The Naitrium is a place where he can do some home work in peace, so even though the smell is annoying, he just puts up with it.

Simone Zulu told me that the smell is very distracting when she is trying to study.

Ayla Byrne said: "I really don't like the smell and I don't always want to come here but my locker is close by so I don't have much of an option."

Would just having an air freshener help with the smell or would it add to the chaotic mix of odours?

Should we crack open the door that's on the side of the Naitrum and leads outside and let in some fresh air? That would also let the cold in, so maybe not.

Is the smell worse during winter time because of the heating system? These are some questions that might or might not be answered but I do know that I try to enjoy the Naitrium on the rare day when there is no smell in the air or if I have a cold and my nose is too clogged up to smell anything.

One student I talked to also had an interesting suggestion. He said that if the smell is bothering him too much, he just starts breathing in deeply and eventually his nose gets accustomed to it and he can ignore the smell.

I'll try that next time I'm in the Naitrium. Let's see how that works out.

\$500 prize. The Naitrium's

**NEWS & FEATURES** 

# Point counter Point BOOZE – YO OF NO?



#### By QUINTON BERGER @QuintonBerger6

Beerfest at the Nest may have been a great way to sit down with your classmates and socialize but the event also marks the encouragement of a rather anti-social concept. I'm talking of course, about alcohol. Sure we all like to drink and have a good time and all the "cool kids" do it, but ounce for ounce, stat for stat, sud for sud, very few (if any) substances are more damaging than alcohol.

Alcohol enjoys the fun reputation of being a party starter and social lubricant but what about all the bad things that occur as a result of it? Admonitions to drink responsibly are plastered on liquor bottles and advertisements all over the country but very few actually take said advice. Alcohol is terrible! It makes people rude, it makes people violent and worst of all, it makes people obnoxious! Everybody at one time or another has encountered that obnoxiously drunk fat chick at a party or bar and everyone will tell you the experience is awful. We all know the obnoxious fat girl, we all know the overly aggressive "bro" type, we all know the "passer outer," the puker, the DDD (Designated Drunk Driver), the secret spiller. Why do we all know these types? Because they're common. These things all happen to way more people than booze manufacturers would have you believe. So for those reasons alone, it's safe to say that booze is bad news. That rhymed, so you know it's real.

## It's unhealthy

As if the unbearable social damage brought on us by the devil's nectar wasn't enough, there's also a lot of physical damage that occurs with those who indulge regularly. That's right, for those that didn't know, alcohol is unhealthy (dun-dundunnnnnn)! It not only causes liver damage but it's incredibly fattening and ages regular consumers terribly. Take a look around your hometown, ladies and gents. I guarantee you'll be able to find some ladies (and gents) who used to be solid 10s, smokin' hot party girls who, thanks to their mass consumption of alcohol, are now unattractive and hefty. Go to some dive bar and I guarantee you'll find some guy

who's in his 30s but looks like he's in his 50s. So there's that, along with how cripplingly addictive this stuff is. I've heard people who've gone to rehab for elicit narcotics say they feel bad for the alcoholics in their programs. Now that says something. Or watch an episode of A&E's intervention. The amount of physical dependency and damage caused by liquor is unmatchable.

## Makes people idiots

As if the two previous arguments weren't enough to make you pour out your liquor cabinet and recycle the bottles, I'm about to hit your asses with some more common knowledge about the drank! Lapses in judgment, yo! Alcohol has a rather amusing effect on the brain, by which I mean it makes people idiots! People everywhere are familiar with this fact about alcohol and I know the majority of people reading this have done some stupid shit while drinking (I know I have). We all know the girls who whore out when they drink and cheat on their boyfriends with their entire class (same applies to men, but societal double standards state that it's worse when girls do it). Or how about the idiots who get loaded then get behind the wheel? We all know that drinking and driving is selfish and unsafe but sometimes the liquor begs to differ. Then, of course, we've all had those mornings when we wake up next to some hideous swamp creature who looked absolutely stunning when we were drunk or looked at our bank accounts only to find out we went \$100 over our limit the night before. There you have it, folks, promiscuity, drunk driving, poor financial decisions and banging ugly people. Need I say more? It's time we all recognize Jack Daniels and Captain Morgan for the evil bastards that they are and ban the bottle!



#### By DYLAN WOLFINGER @thewolfinger

There is a lot to be said about the pros and cons about drinking and I feel like it's a debate that can rage wildly until the entire world has given up drinking or we're all drink-ing together in harmony.

I'm here to offer three points on the pros of drinking (as if we needed pros).

1) It's no fun when you go to a party and you're the only sober one there. Everyone else is doing Jagerbombs, tequila shots and playing beer pong like they're representing Team Canada and you're getting frustrated because no one wants to or, depending on the time of the evening can't concentrate on, a game of Scrabble. It's a part of human nature to go and socialize once in a while, to go out and pound back a few and even if it's just one day a month, just cut loose.

2) Sometimes life is rough on us and it's nice to have a bottle of beer or a glass of wine at the end of the day followed by a relaxing sigh just to decompress. I'm not saying go nuts on the entire six-pack or bottle but it's surprising how much better you can feel after even just one or two, especially if the in-laws are coming over for the weekend – which brings me to my third point.

**3)** There are a lot of people out there who are shy and conservative and I'm sure many of you have herd the term "liquid courage" and, from hanging around with people who have social anxiety, I can tell you that if it weren't for that shot of old man whisky, most of them would still be single basement dwelling cat people. Alcohol is however you perceive it. There's that old saying "Alcohol – the cause and solution to all of life's problems," which I feel is funny, because I'm sure almost anyone reading this has uttered that before.

However, let me throw this one at you. It's short, simple and right to the point, "stop, think and use moderation." It's not that hard or difficult to follow. If you think you're going to be sick, stop drinking. If you are going to be that "hero" who tries to pick a fight because of a drink that got spilled, think about it. Finally if you find yourself drinking more than a few from time to time, slow it down or maybe even take a break. Alcohol will be around for a long while and if you play nice with it, so will it.



Photo by Bernard Suen

# OPINION

— Editorial —

# Vote and vote well



CARLY ROBINSON @CarlyDionne Editor-In-Chief

It has been months now and we cannot go a week without hearing about the Canadian Senate in some way or another. Abolish the Senate! Reform the Senate! Scandal in the Senate!

As you filter through all these cries from Ottawa, did you know that we have a student senate at NAIT? Here at home the NAIT student senate works to keep the NAITSA executive accountable and hears from all departments on campus.

It is good that we have this balance because there is no doubt that with the student elections starting Feb. 7 and running until Feb. 13, we will hear from business student after business student trying to get one of the four career advancing and high paying roles as an executive member.

## **Business students interested**

As much as this may make the average NAIT student feel un-represented and far away from our Students' Association, it is the unfortunate truth of the system we have in place. The role of being president or a vice-president of NAITSA is a highly political one, requiring an awful lot of work and previous knowledge. It also helps that business students are at NAIT for a longer period of time and can afford to take a reduced course load (a benefit I know lots of programs do not have). I personally hope to see diversity in those running and diversity in those elected.

There will be no need to look to Ottawa for our political news, because I am sure we will see right here at home with our student elections all the benefits and flaws of a democratic system. It will be the person who can get their name out there with the message that pleases the widest audience who will ultimately take the job. It may even come down to popularity.

## **Takes charisma**

While this may sound negative, in reality the type-A personalities who win have proven themselves time and time again to be the best when it comes to getting things done. It takes a certain charisma to get a message across, a driving force and strong work ethic to stay on track and a personality that people can trust to run the organization.

Coming back to Canadian politics and the federal Senate, liberal leader Justin Trudeau's expulsion of all senators has brutally opened up the issue of the Senate needing to be run independently from the House of Commons. The Senate was created with a goal of being a chamber of "sober second thought" to all that goes through the House of Commons before the government imposes its decisions on the people. Although the Senate was created with this great intention in mind, that it could provide an educated second look over of laws, this was never properly put in place.

The benefits of Senate reform are endless. For once, we could have a true representation of our modern day society and in particular, one that could showcase our diversity. It has been too long that the Senate is just a place for the prime minister to give a job to unelected acquaintances.

For me, a reformed Senate done right would be proportional to the population. This would mean positive discrimination, where 50 per cent would be female and we would see all of our visible minorities. Those who end up in the Senate would not be there because of political ambition. It would have a proper representation of people from all ideologies and political parties, without having direct control coming from the elected government.

This would be the ideal. It would mean no need of reform to our first-past-the-post system in the House of Commons because they

would be held accountable by a room of human representatives who were hand selected to showcase the ideas of all citizens. Our system right now is one made to showcase the winners and hide the losers.

I am not naïve I know I am outlining a system that would be difficult to put in place and high maintenance But this would be the cost of democracy. When the ancient Greeks put their system in place, they were dealing with a city state, not the second largest country (in terms of land mass) in the world. They were able to represent the population and give anyone



Jonathan Bilodeau NAITSA President

who wanted to a chance to talk ... provided they were a citizen of the elite but the idea still stands.

What is a little extra work to implement true democracy and the true will of the people?

I will give the NAITSA student government credit for one thing: the lack of parties. This is something you find in other student governments and makes it so we see far too often the best candidate losing because they weren't part of the popular party. At NAIT we are able to know our executive and know exactly who we are voting for.

However, there are still the problems with a domination by business students, the pure popularity contest found in elections and the fact that most students don't know what happens in the inner workings of NAITSA. (Reading the *Nugget* will keep you from falling into that last category.)

With our current executive, the main way students can hold them accountable is through the student senate,

which is elected but has a seat which has been empty since October, either because no one knows about it or appreciates the opportunity it holds.

To put it into perspective and seeing as money is often the best attention grabber, if you are a full time student you are paying \$120 a semester to NAITSA no matter what. How do you want that money to be used?

Who do you want to be representing you? If you want some help with this choice, see all of the candidates and their platforms on pages 18-20. From Feb. 7 to

Feb. 13, vote wisely.



Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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

# **SPORTS**Proud to be Canadian

SOCHI 2014



BRIDGETTE TSANG Sports Editor @bridaettetsang

With all the excitement leading up to the 2014 Olympic Winter Games starting today (Feb. 6), I thought I would take a look at what makes us proud to be a part of such a special event.

Like most Canadians, I am excited and proud of all the athletes representing this beautiful country. There is so much pride and patriotism during the games and the amount of focus and commitment the athletes have for their sport is something that every Canadian should be fondly proud of. I am always so motivated and inspired by our athletes and the passion that we all

share for our country. It gives me goosebumps just thinking about it. Something else that also gives me goosebumps is that Nikki Yanovsky song "I Believe" from the last Winter Games ... that song, eh?

Anyway, as important as music is for athletes to gear up before games, the Games itself is about the athletes and representing one's

country. This year, the Canadian Olympic Committee has named 221 athletes (121 men and 100 women) to represent Canada at the 2014 Sochi Olympic Winter Games in Sochi, Russia.

Our contingent is the largest group of athletes that we have sent to the Winter Games and we are expected to field competitors in at least 93 of the 98 events. The 2010 Vancouver Winter Games saw 202 Canadian athletes excel on home soil, hauling in an astounding 14 gold medals; the most a host country has earned

in the Games.

Let's focus on this year's group of Canadian Olympic athletes. Of the 221 going, there will be 56 Albertans carrying hopes of bringing back gold. Alberta represents 25 per cent of the Canadian Olympic team this year, second highest among

the provinces (Ontario is first with 29 per cent or 64 athletes). Like NAIT here, we are essential to Alberta. But I think in this case, Alberta is essential to the Olympics!

Edmonton is definitely well represented in Sochi this year. Names to keep in mind to cheer extra hard for include NAIT alumnus and defending gold medallist, Shannon Szabados (women's ice hockey); Jay Bouwmeester, men's ice hockey (who went to the same high school as I did – more reason to cheer him on) and first-time Olympian, Sherwood Park's 18-year-old Kaetlyn Osmond (figure skating). The bobsleigh team also consists of five Edmontonians (Kaillie Humphries, Dave Bissett, Neville Wright, Bryan Barnett and Jesse Lumsden), as well as three Calgarians (Jenny Ciochetti, Lanscelles Brown and Chris Spring). Other big names include Melissa Hollingsworth (skeleton) of Eckville, Meaghan Mikkelson (ice hockey) of St. Albert and Justin Snith (luge) of Calgary.

This is expected to be one of Canada's best group of athletes going to the Winter Games in years. With so much optimism and anticipation heading in, there's only one thing left on the agenda – seeing our athletes standing atop the podium and then belting out "O Canada," so they can hear us from all the way over here!

## BASKETBALL

## **Teams split with Concordia**

#### By AARON BORDATO @aaronbordato

The NAIT men and women's basketball teams were back in action this weekend. They each took on the Concordia Thunder in a pair of back to back games. The first of which took place Friday night at the Concordia gym.

The male Ooks didn't get off to the start they would've liked on

Friday as they came out flat footed and in a funk, which showed on the scoreboard as they trailed 27-15 after the first quarter. With improved play, the Ooks tried to cut down the deficit but were never able to get ahead. The slow start ultimately proved costly as their run was cut short at 80-69 when the final buzzer sounded.

The Ooks were sloppy with the ball, which showed up in the turn-

NAIT Ook point guard Yonas Berhe drives against Concordia Saturday Feb. 1 during a game at the NAIT gym. NAIT won 86-63.

over differential as they had 20 team turnovers to the Thunder's 13.

The Ooks had little time to focus on the loss as they were back at it Saturday night in the NAIT arena. The guys were much more prepared in the second matchup as they were able to jump out to a 12 point halftime lead and never looked back, extending the lead to 30 in the early stages of the 4th quarter. Ultimately, the Ooks defeated the thunder by an impressive score of 86-63.

Yonas Berhe has been leading the team all year and he did it once against as he dominated the court with 28 points, seven assists and three steals. Player of the game honors however went to Jonathan McDonald who came off the bench with some outstanding inside play scoring 13 points on 6-13 shooting.

The win softens the blow of the defeat the night before and has Head Coach Mike Connolly excited about his teams upcoming games.

"We will have everyone healthy for next week's practices in preparation for the final stages of our schedule," said Connolly. "We can start to get ready for playoffs and achieve our goal of playing our best basketball in playoff time." The 12-5 Ooks will host the 9-7 Grande Prairie Wolves next weekend in a pair of home games on Friday and Saturday.

The women were also in action this weekend against the same Concordia Thunder. The girls came out firing on Friday night as they took a 13-point lead within the opening minutes of the game, and held a six-point lead into the dressing room at halftime. However, the Ooks were out battled and out hustled as the Thunder shot 60 per cent from the three-point line on their way to stunning the Ooks with a 78-69 comeback victory.

Shea-Lynn Noyes was named player of the game in the loss but the real story was ball handling as the Ooks amassed 32 turnovers.

Head coach Todd Warnick was not happy with the performance and was straight to the point in his post-game comments.

"We did not defend to the level we have come to expect, I give full credit to Concordia for executing their game plan as they were the better team."

Saturday was a different story, however, as the Ooks looked like a completely different squad from the night before. The girls put their focus heavily towards the defensive end and were determined to come away with the win on their home floor. The Ooks held the Thunder to sixteen percent shooting and caused 36 Thunder turnovers on route to the dominating 69-24 victory. After allowing nearly everything to drop from behind the arc on Friday night, the girls bounced back and limited the Thunder shooting to 1-17 from the three point line. The most impressive statistic of the night however, was the Ooks not allowing a field goal against for over 16 minutes.

Josephine Peacock was named player of the game on the back of her fifth double-double of the season, as she led with 22 points, 12 rebounds and four steals. Nicole Ruptash added scoring off the bench with 15 points and four steals, while fifthyear player Kirsten Molesky also hit double figures with 11 points and a season-high six steals.

The ladies take on the Grande Prairie Wolves in back-to-back games next weekend. The first goes Friday night in the NAIT Arena with tip-off coming at 6 p.m.

## **SPORTS**

# Two teams to provincials

#### By KEVIN MAHER @kevinmaherty

Rocks were flying, brooms were sweeping and the frequent shouting of "hurry hard" were the sights and sounds this past weekend at the Avonair Curling Club during the ACAC curling Winter Regional.

When all of the brooms were put away, NAIT had advanced two of its teams, the mens and the mixed, to the ACAC championships later this month at Lakeland College.

Heading into the weekend, Ooks curlers were ready to build off their performance at the Fall Regional, when all three teams (men's, women's and mixed) finishing atop the standings in their respective divisions.

Finishing in the top four of the standings after the Fall and Winter Regionals would qualify them for the ACAC Championships later this month in Vermilion. All three teams

are mentored by legendary curling coach Jules Owchar, who also coaches the reigning 2010 Olympic Gold medallist, Kevin Martin.

Women's skip Karynn Flory explained how Owchar influences the NAIT teams as they headed into regionals.

"We're all very confident knowing that we've been coached by what many, and probably all would agree, is the best curling coach in curling today."

Friday night started off with a bang, as all three teams were in action. The men's curling team walked away with impressive wins against Lakeland College and Portage College on Friday. Meanwhile, the mixed rink, led by new skip Alex Wolfe, started the weekend off with wins against Augustana and Portage. After a nail biting 7-6 loss to Lakeland in their opening game,

the women's team bounced back with a dominating 11-3 win over Red Deer.

After the game, Flory explained how it felt to bounce back with the win.

"It's definitely reassuring. It brings a lot of confidence back to the team knowing that we're back in it. We stumbled a little bit in our first game but this is much better and we're feeling a lot more confident," she said.

With Day 1 in the books, it was moving day on Saturday, with teams

trying to separate themselves from the pack. Our mixed curling team continued its hot streak, beating Augustana again by a score of 5-3, and edging out Lakeland 7-6. After the 4-0 start to the Winter Regional, Wolfe spoke about his team's hot performance thus far.

"It feels good! Nice to know we can have some good games against the other mixed teams and pull out a win in close games," he said.

Later in the evening, the mixed team finished with a strong 7-2 win over Olds.

It was a different story with our women's rink on Day 2, as they stumbled, with losses to Grande Prairie, Concordia and Augustana.

However, the men started with a 9-2 win over Grande Prairie in the opening draw. Brown shared his thoughts about the team's 3-0 start to the weekend.

"Our team feels great. We are working well as a unit and our goal is just to make provincials," Brown said.

"We have five solid guys and we're rotating to all get familiar with each other. It's working exactly the way we want it to."

The men finished their Day 2 action with a convincing 6-1 win over Red Deer.

Final day play saw the Ooks looking to finish the tournament on a high note.

The women finished their weekend's performance with an exciting 9-1 win over Olds, finishing with a 2-4 record and an overall 5-5 showing in both regional events, which left them just short of advancing to the provincials.

Meanwhile, the men opened the day with a tough 9-8 loss to Augustana but bounced back with a 9-2 win over Con-

Alex Wolfe Mixed skip

cordia. With an overall record of 9-1 (5-1 at Winter Regional), the men finished alone at the top of the standings and will now be representing NAIT in Vermilion later this month.

The mixed rink followed in the men's footsteps to provincials, going unbeaten throughout the weekend by winning their last game 7-1 against Portage.

They finished with an overall record of 9-1 (6-0 at Winter Regional), which qualified them for the provincials.

"We worked really well

as a team," said Wolfe. "We are all really excited to be going to provincials representing the Ooks."

The men's curling rink is comprised of Matt Brown (skip), Kenton Mashemeyer (third), Ryan McMakin (second), Travis Jones (lead) and Michael Simmons (spare). Representing the women are Flory (skip), Richelle Baer (third), Tegan Dutton

(second) and Katie Roskewich (lead). The mixed team is represented by Wolfe (skip), Kylie McLean (third), Brendan McKinstry and Michael Simmons (seconds) with Briana Murphy and Kendall Jackson also alternating in as lead.

The provincials begin Feb. 21 at Lakeland College while the nationals start in mid-March at Sault College in Sault Ste. Marie, Ontario.



Ooks Left side Bryce Cardinal gets set to spike the ball Friday Jan. 31 during a

game at NAIT. NAIT won 3-0.

# Men sweep Thunder

#### By CONNOR HOOD Sports Editor @connorhood27

The men and women's volleyball teams took to the court this weekend, as both teams were looking to avenge last week's losses. The men and women have each lost six in a row, and are on the outside of the playoff picture. The men looked to end this streak as they played the Concordia Thunder in a home and home.

The first game was hosted by the Ooks and they walked out with the convincing 3-0 victory. Offence was key in the Ooks victory, which was led by second-year player Jordan Teliske. Head coach Doug Anton was pleased with how his team played to snap the slump. "We played our most consistent match of the year." he said after the game. "Our offence was crisp and we continued to push the pace all night." Although offence was the theme of the first game, it was the Ooks defence that stole the show in the second. The Ooks took the game 3-0, sweeping the Thunder, and putting them into seventh place in the ACAC standings. This is the first time the men have won consecutive games since early November, and they look to continue the winning ways next weekend when they play Grande Prairie in the regular season finale.

Meanwhile, on the women's side, the Ooks also played the cross town rival Thunder, yet finished with a much different result. The first of the back to backs was a five-set thriller, with Concordia coming out the 3-2 victor. A closely contested match saw the home team up two sets to one, before dropping the next two and the match. Shaynah Godlien was strong in the loss for the Ooks, finished with a career high in kills with 21. "We served and passed pretty well today, but were undisciplined in the other parts of the game and as a result couldn't develop any consistency," said head coach Benj Heinrichs.

"Our hitters need to be more patient and we need to simplify our defense and blocking in order to dig ourselves out of the hole we are in. We have to stick together and keep working to get through this."

The second game wasn't much better for NAIT, as they lost the match 3-1, and extended the losing streak to eight games. The women started the match well, splitting the first two sets, but the Thunder were just strong, winning the next two in convincing fashion. Jasmine Hemsing earned player of the game honours for NAIT, with 27 digs.

The women hope to finish the regular season strong, as they too will travel to Grande Prairie next weekend for two games.



Matt Brown Men's skip

## PORTS

## WOMEN'S HOCKEY

# e win, one loss vs SAIT

#### By BRIDGETTE TSANG **Sports Editor** @BridgetteTsang

After a successful weekend against their rivals, the SAIT Trojans, the

women's hockey team looked to continue their hot play on the ice when they took on the Red Deer College Queens in a home and home series last week.

The Ooks stood second in the ACAC standings and four points ahead of the Queens heading into their first contest at the Red Deer Arena. The first period ended in a scoreless tie with both goaltenders putting on a show. Ook's Jill Diachuk faced 13 shots in the first frame alone. while

the opposing goaltender faced 18 Ooks shots. And it would only get better from there. Halfway through the second, Sherri Bowles would tip one past the Queen's



#### Deanna Iwanicka 'Overall happy

said Iwanicka.

steady goaltender to put the Ooks on the board after a gritty net front goal. Two minutes later, the Ooks would do more damage and capitalize on the power play to take a 2-0 lead thanks to Karli Reeve.

But in the last minute of the period, the Queens got a quick one past Diachuk to make it a one-goal game heading into the third period. A minute into the third period, the Ooks regained the two-goal lead on a goal by Renata Mastna and that would be all the Ooks needed as they took a 3-2 win in Red Deer

Coach Iwanicka was thoroughly impressed by her team afterwards.

"I was overall happy with the game tonight,"

"As I've said all year, we rely on solid goaltending, and we must execute our game plan as a team to be successful.

We had a reminder of that tonight."

The Ooks had to bring the same energy and game plan as they had back on home ice to face off against the Queens the night after. The game started

off shaky for the Ooks as they were caught flat and unready and gave up the first goal on the first shot of the game to the Queens.

The Ooks responded with a breakaway goal from Sherri Bowles that sparked the bench. But they took a penalty not long after the goal to give the Queens the man advantage and they capitalized to gain the lead once again.

The rest of the game was penalty-riddled, with the Ooks not able to take

advantage of any of their power plays. The frustration was getting to them in did not end the way the Ooks had antici-

pated, as they lost 3-1.

Sherri Bowles

**Breakaway goal** 

It was evident that the team still has lots of room for improvement and coach Iwanicka hopes to see it soon as the Ooks head into the playoffs.

> "We have a playoff spot, so right now we are focused on improving and preparing to be our best come playoffs," she said.

> "So, out of tonight we need to learn something, we need to take something away from it that will make us better in two weeks."

> The Ooks will finish off their regular season with a battle for first place in the ACAC standings when they take on the MacEwan

Griffins on Feb. 7 and 8. The Ooks will look to get their first win against this highly emotional battle. The night the Griffins this season and a bye in the championships.

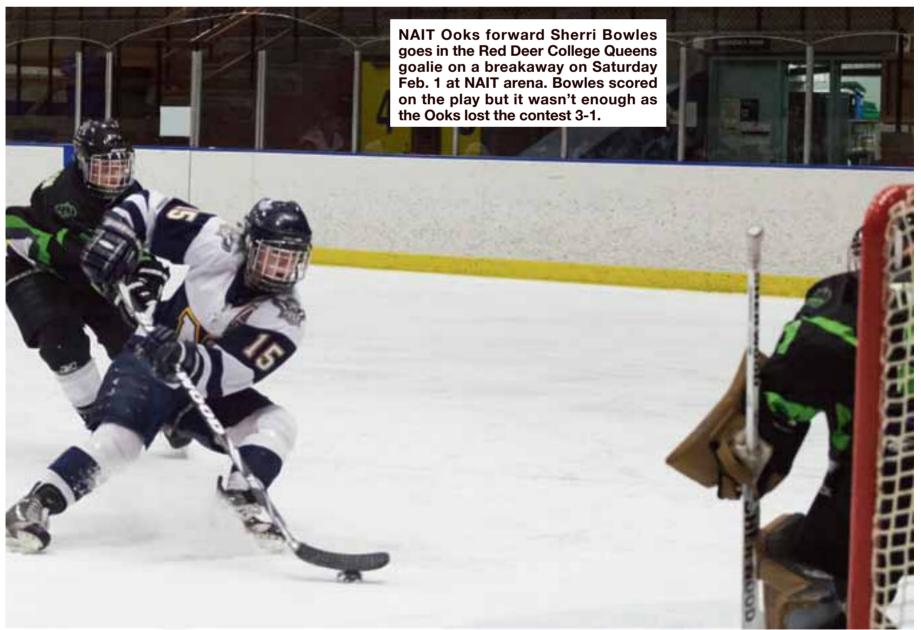


Photo by Josie Baerg

## Athlete Profile | Athlete Profile



## **Player: Katie Roskewich Sport: Curling Position: Lead Program: Chemical Technology**

#### **By KEVIN MAHER** @kevinmahertv

What inspired you to start curling? Watching my grandmother and mom curl when I was younger, and the sportsmanship of the game

Do you have any pre-game routines? I'm a little superstitious, so I do the same thing before every game. I stretch, get focused for the game and just relax and talk to my teammates, try to loosen everybody up.

What is the best part about being on the NAIT team?

Curling for Jules Owchar, meeting new people, and being able to get to know the members of the other NAIT curling teams.

What are some of your hobbies? Curling, hanging out with friends, snowmobiling, golf

Who inspires you the most?

I would have to say Jennifer Jones (skip of Canada's Olympic women's curling

team) because after meeting her I admire her hard work and dedication to the sport and balancing that with a career and family. I aspire to be as successful as she has been in both her curling and personal life.

What is your dream job?

Having a job that allows me the flexibility to take time off for curling. What is your favourite sport to play

or watch outside of curling?

Golf, volleyball and I like to watch hockey. What music can be found on your playlist?

A wide range of music anywhere from country, to rap, to pop, to rock. I like to mix it up when I can

Do you have a favourite TV show? Probably The Big Bang Theory.

What three things can you not live without?

My cell phone, curling shoes and coffee.



## **Player: Michael Simmons Sport: Curling Position: Lead/second Program: Carpentry**

#### **Bv KEVIN MAHER** @kevinmaherty

What inspired you to start curling? When I was eight, I watched a live event and have loved it ever since, my parents both curl as well.

Do you have any pre-game rituals or routines?

No, I don't really have any What is the best

part about being on the NAIT team?

The best part is the coaching and the athletes that are on the team

What are some of your hobbies? Video games, hockey and mountain biking

Who inspires you the most?

My girlfriend has always been my biggest inspiration. She always pushes me and is very supportive

What is your dream job?

Owning my own construction company.

What's your favourite sport to play or watch

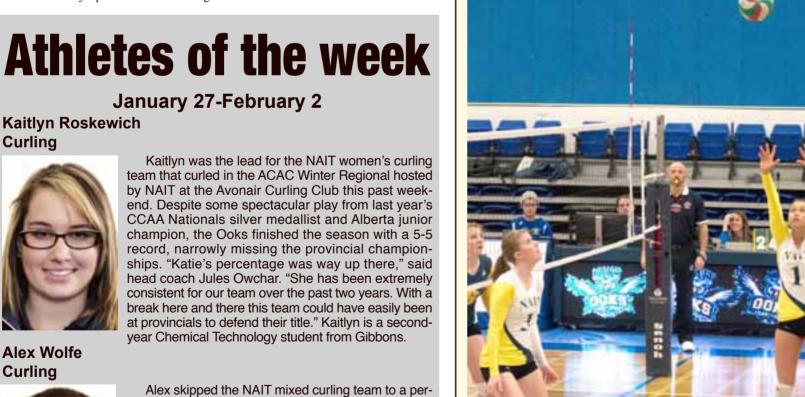
outside of curling? Hockey

What music can be found on your playlist?

You can find almost everything. Do you have a favourite TV show? Criminal Minds

What three things can you not live without?

Friends, family and curling.





**Kaitlyn Roskewich** 

Kaitlyn was the lead for the NAIT women's curling team that curled in the ACAC Winter Regional hosted by NAIT at the Avonair Curling Club this past weekend. Despite some spectacular play from last year's CCAA Nationals silver medallist and Alberta junior champion, the Ooks finished the season with a 5-5 record, narrowly missing the provincial championships. "Katie's percentage was way up there," said head coach Jules Owchar. "She has been extremely consistent for our team over the past two years. With a break here and there this team could have easily been at provincials to defend their title." Kaitlyn is a secondyear Chemical Technology student from Gibbons.

**Alex Wolfe** Curling



Alex skipped the NAIT mixed curling team to a perfect 6-0 record this past weekend at the ACAC Winter Regional hosted by NAIT at the Avonair Curling Club. Alex remains the only curler in the conference yet to lose a game as he was a member of the men's team that went 4-0 in the first event of the season to bring his overall record to a perfect 10-0. "Alex is a very versatile player for us as he has been able to curl for both our men's and mixed teams," said head coach Jules Owchar. "He has that unique ability to become instantly focused as soon as the game begins as is evident by his 10-0 record." Alex is a first-year Materials Engineering student from Peace River. .

NAIT Ooks setter Maegan Kuzyk does her job during a game Friday Jan. 31 at the NAIT gym against the Concordia Thunder. The Ooks lost a thriller, 3-2.

## **SPORTS**

## **ACAC Standings**

#### **MEN'S HOCKEY**

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	26	18	18	6	0	2	116	61	38
NAIT	22	17	17	4	1	0	107	33	35
Red Deer	26	17	15	8	1	0	95	71	35
Augustana	26	14	14	6	1	5	105	67	34
MacEwan	24	12	11	9	0	3	87	79	27
Portage	23	9	9	13	0	1	69	95	19
Concordia	23	8	7	13	1	1	70	89	18
Keyano	24	5	5	18	1	0	65	97	11
Briercrest	26	4	4	22	0	0	50	172	8
RESULTS									
January 29									
Mac	MacEwan 3, Augustana 3 (OT)								
January 31									
Red Deer 6, Keyano 2									
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Portage 3, Concordia 1									
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Keyano 6, Red Deer 1									
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## WOMEN'S HOCKEY

Team Gl	ΡW	RW	L	OTL	TIE	GF	GA	Pts
MacEwan 16	5 10	7	5	0	1	37	35	21
NAIT 16	68	8	4	2	2	37	34	20
Red Deer 16	8 8	8	8	0	0	41	24	16
SAIT 16	54	4	10	1	1	29	51	10
RESULTS								
January 30								
NAIT 3, Red Deer 2								
January 31								
Red Deer 3, NAIT 1								
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Lethbridge	S	16	7	5	5	12	2 4	17
NAIT	Ν	17	7	5	5	12	2 5	17
Concordia	Ν	17	6	5	5	11	6	16
MacEwan	Ν	17	7	4	ŀ	11	6	15
Briercrest	S	18	7	4	ŀ	11	7	15
Grande Prairie	e N	17	6	4	ŀ	10	) 7	14
Medicine Hat	S	16	5	4	ŀ	9	7	13
Lakeland	Ν	17	5	4	ŀ	9	8	13
Keyano	Ν	17	5	З	}	8	9	11
Augustana	Ν	17	2	4	ŀ	6	11	10
St. Mary's	S	18	3	З	}	6	12	9
SAIT	S	18	2	2	2	4	14	6
King's	Ν	17	2	1		3	14	4
Olds	S	16	0	C	)	0	16	0
Wins versus o	divis	iona	l oj	opone	ent	s w	ill re	sult
Wins versus divisional opponents will result in 1 point. Wins versus interdivisional oppo-								

nents will result in 2 points in the standings. RESULTS January 31 Concordia 80, NAIT 69 Briercrest 88, SAIT 84 MacEwan 77, Keyano 65 Lakeland 86, Grande Prairie 73 Lethbridge 101, Olds 78 Red Deer 83, St. Mary's 63 February 1 NAIT 86, Concordia 63 Briercrest 85, SAIT 66 Keyano 85, MacEwan 83 Grande Prairie 87, Lakeland 82 Lethbridge 107, Olds 77 Red Deer 83, St. Mary's 58

WOMEN	'S F	۶۵s	SKF	тв	ΔI	ı.	
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Medicine Hat	S 16	6	3		9 7	7 12	
Concordia N	N 17	4	4		8 9	9 12	
Red Deer S	S 18	7	2		9 9	9 11	SL
Keyano N	N 17	1	4		51	29	NI
Olds S	S 16	2	3			18	S A
King's N	N 17	0	2		2 1	54	Nł
Briercrest S	S 18	2	0		2 1	62	N (
St. Mary's St.	S 18	0	0		0 1	8 0	SI
Wins versus divi	isiona	l opp	oner	nts w	ill re	sult	
in 1 point. Wins							
nents will result							
		SULT				Ū	(
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Conce	ordia	ı 78,	NAI	т 69	)		
	AIT 80						
MacEv	$van \overline{7}$	4. K	evar	10 5 <sup>4</sup>	4		
Lakeland						-	
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	Febr	uarv	/1	,			(2
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MEN'S	s vc	)LL		BA	LL	%	
	s vc	)LL	EY	BA	LL	% 1.00	)
MEN'S	S VC	DLL MW	EY ML	BA GW	LL GL		
MEN'S DIV Team S Red Deer N MacEwan	<b>5 VC</b> MP 16 18	<b>DLL</b> MW 16 17	<b>EY</b> ML 0 1	BA GW 48 52	LL GL 4 10	1.00 .944	1
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha	<b>5 VC</b> MP 16 18	<b>DLL</b> MW 16 17	<b>EY</b> ML 0 1 6	BA GW 48	<b>LL</b> GL 4 10 30	1.00	1
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT	5 VC MP 16 18 t 18	<b>DLL</b> <b>MW</b> 16 17 12	<b>EY</b> ML 0 1	BA GW 48 52 38	LL GL 4 10 30 22	1.00 .944 .667 .625	4   7 5
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT	<b>5 VC</b> 16 18 118 16 16	DLL MW 16 17 12 10	<b>EY</b> <b>ML</b> 0 1 6 7	BA GW 48 52 38 34 31	LL 4 10 30 22 26	1.00 .944 .667 .625 .563	4   7 5 3
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie	<b>B</b> VC MP 16 18 t18 16 16 18	DLL MW 16 17 12 10 9 10	<b>EY</b> <b>ML</b> 0 1 6 7 8	BA GW 48 52 38 34 31 35	LL GL 4 10 30 22 26 29	1.00 .944 .667 .625 .563 .556	4   7 5 8 6
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana	<b>5 VC</b> 16 18 118 16 16	DLL MW 16 17 12 10 9 10 8	<b>EY</b> <b>ML</b> 0 1 6 7 8 8	BA GW 48 52 38 34 31 35 35	LL 4 10 30 22 26 29 30	1.00 .944 .667 .625 .563 .556	4   5 3 5 0 <b>[</b> ]
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT	<b>b VC</b> <b>MP</b> 16 18 16 16 16 18 16 18	DLL MW 16 17 12 10 9 10	<b>EY</b> <b>ML</b> 0 1 6 7 8	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 35 <b>24</b>	LL 4 10 22 26 29 30 30	1.00 .944 .667 .625 .563 .556 .556 .500 .438	4   5 3 6 9 8
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest	<b>b VC</b> 16 18 18 16 16 18 16 16 <b>16</b>	DLL MW 16 17 12 10 9 10 8 7 7	EY ML 0 1 6 7 8 8 9	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 24 29	LL 4 10 30 22 26 29 30 30 29	1.00 .944 .667 .625 .563 .556 .500 .438	4   7 3 3 3 3 3 3
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland	<b>b VC</b> 16 18 16 16 16 18 16 <b>16</b> 16	DLL MW 16 17 12 10 9 10 8 7	EY ML 0 1 6 7 8 8 9 9	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 24 29	LL 4 10 30 22 26 29 30 30 29 42	1.00 .944 .667 .625 .556 .556 .500 .438 .333	4   7 3 3 5 7 7 8 8 8 8 8 8
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's	<b>b VC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 18	DLL MW 16 17 12 10 9 10 8 7 6	EY ML 0 1 6 7 8 9 9 12	BA GW 48 52 38 34 31 35 35 24 29 22	LL 4 10 30 22 26 29 30 29 42 38	1.00 .944 .667 .625 .563 .556 .500 .438	4   7 3 3 3 3 3 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia	<b>b VC</b> <b>MP</b> 16 18 16 16 16 16 16 16 18 16 16 16 18 16 16 16 16 18 16 16 18 16 18 16 18 16 18 16 18 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 18 16 16 18 16 16 18 16 16 18 16 16 18 16 16 16 16 16 16 16 16 16 16	DLL MW 16 17 12 10 9 10 8 7 6 4	EY 0 1 6 7 8 9 9 12 12	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 <b>24</b> 29 22 22	LL 4 10 30 22 26 29 30 29 42 38	1.00 .944 .667 .563 .556 .500 .438 .333 .250	4   7 3 3 3 3 3 3 3 5
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds	<b>WC</b> 16 18 18 16 16 18 16 16 18 16 18 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2	EY ML 0 1 6 7 8 9 12 12 14	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 <b>24</b> 29 22 22 9	<b>GL</b> 4 10 30 22 26 29 30 30 29 42 38 44	1.00 .944 .667 .563 .556 .556 .556 .438 .438 .333 .250 .125	4   7 3 3 3 3 3 3 3 5 5 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge	<b>VC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 0	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0	<b>EY</b> 0 1 6 7 8 <b>9</b> 9 12 12 14 16 0	<b>BA</b> <b>GW</b> 48 52 38 34 35 35 24 29 22 29 3 0	<b>LL</b> 4 10 30 22 26 29 30 29 42 38 44 48 0	1.00 .944 .667 .625 .563 .556 .500 .438 .333 .250 .125 .000 .000	4   7 3 3 3 3 3 3 3 5 5 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game	<b>WP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 0 <i>vs vs</i>	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <i>Lett</i>	<b>EY</b> 0 1 6 7 8 <b>9</b> 9 12 12 14 16 0	<b>BA</b> <b>GW</b> 48 52 38 34 35 35 24 29 22 29 3 0	<b>LL</b> 4 10 30 22 26 29 30 29 42 38 44 48 0	1.00 .944 .667 .625 .563 .556 .500 .438 .333 .250 .125 .000 .000	4   7 3 3 3 3 3 3 3 5 5 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta	<b>WP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 16 20 <i>vs vs</i> <i>andin</i>	<b>)LL</b> MW 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <i>Cett</i> ngs	<b>EY</b> 0 1 6 7 8 <b>9</b> 9 12 12 14 16 0 0 <i>bbrid</i>	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 24 29 22 29 3 0 <i>ge c</i>	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game	<b>WP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <i>k</i> 7 6 4 2 0 0 <i>k</i> <i>k</i> 10 9 10 8 <b>7</b> 6 4 2 0 0 <i>k</i> <i>k</i> 10 9 10 8 7 6 4 2 0 0 8 7 <i>k</i> 10 9 10 9 10 9 10 9 10 9 10 10 9 10 9	<b>EY</b> <b>ML</b> 0 1 6 7 8 <b>9</b> 9 12 12 12 14 16 0 mbrid	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 24 29 22 29 3 0 <i>ge c</i>	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base	<b>WP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <i>Letf</i> ngs wink <b>SULT</b>	EY ML 0 1 6 7 8 8 9 9 12 12 12 14 16 0 0 mbrid	<b>BA</b> <b>GW</b> 48 52 38 34 31 35 35 24 29 22 29 3 0 <i>ge c</i>	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 16 7 <b>16</b> 7 <b>16</b> 7 <b>17</b> <b>17</b> <b>18</b> 16 17 <b>16</b> 18 16 17 18 16 18 16 18 16 18 16 18 18 16 18 18 18 18 18 18 18 18 18 18 18 18 18	DLL        MW        16        17        10        9        10        8        7        6        4        2        0        Letth        ruary        SULT	<b>EY</b> 0 1 6 7 8 <b>9</b> 9 12 12 12 14 16 0 mbrid ning <b>5</b> <b>7</b> 1 2 crdi	BA GW 48 52 38 34 31 35 35 24 29 22 22 9 3 0 0 ge c perce a 0	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base	<b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	DLL        MW        16        17        10        9        10        8        7        6        4        2        0        Letth        ruary        SULT        ruary        Conc        5-17	EY ML 0 1 6 7 8 9 9 12 12 12 14 16 0 mbbrid ning S / 1 cordi , 25-	BA GW 48 52 38 34 35 24 29 22 22 9 3 0 ge c perc a 0 19)	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 0 <b>RES</b> <b>Febr</b> <b>3</b> , <b>C</b> <b>20</b> , <b>2</b> <b>5</b>	DLL        MW        16        17        10        9        10        8        7        6        4        2        0        Letth        rgs        winn        SULT        ruary        Conco        5-17        ar 3,	EY ML 0 1 6 7 8 9 9 12 12 12 14 16 0 mbrid 15 7 7 1 cordi , 25- SAIT	BA GW 48 52 38 34 35 35 24 29 3 0 22 9 3 0 ge c perc 19) 0	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 16 0 <b>RES</b> <b>Febr</b> <b>3</b> , <b>C</b> <b>20</b> , <b>2</b> <b>5</b> <b>1</b> Deee <b>1</b> A	DLL        MW        16        17        10        9        10        9        10        7        6        4        2        0        Letth        rgs        Winn        SULT        ruary        Sonco        5-19	EY ML 0 1 6 7 8 9 9 12 12 12 12 14 16 0 mbrid 16 0 7 5 7 1 ; 5 5 7 1 ; 5 5 7 1 ; 7 5 7 5 7 1 ; 7 5 7 5 7 7 12 7 7 8 8 9 9 12 7 7 7 8 8 9 9 12 7 7 8 8 9 9 9 12 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 7 8 8 8 9 9 9 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 9 9 9 7 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 7 8 9 9 9 7 7 8 8 8 9 9 9 9	BA GW 48 52 38 34 35 24 29 22 22 9 3 0 ge c perc 19) 0 23)	LL 4 10 30 22 26 29 30 29 42 38 44 48 0 0 00 n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base NAIT (25-2 Red (25-1	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <b>Lett</b> <b>r</b> <b>r</b> <b>s</b> <b>s</b> <b>u</b> <b>i</b> <b>i</b> <b>i</b> <b>b</b> <b>i</b> <b>i</b> <b>i</b> <b>i</b> <b>i</b> <b>i</b> <b>i</b> <b>i</b>	EY ML 0 1 6 7 8 9 9 12 12 12 14 16 0 mbrid ning 5 7 1 ; cordi , 25- yano	BA GW 48 52 38 34 35 24 29 22 22 9 3 0 22 9 3 0 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 9 3 0 22 22 22 22 9 3 0 22 22 23 10 10 23 10 10 10 10 10 10 10 10 10 10	LL 4 4 10 30 22 30 29 42 30 29 42 38 44 48 0 do n	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	DLL MW 16 17 12 10 9 10 8 7 6 4 2 0 0 Letth ruary SULI ruary 5-19 , Key 3, 26	EY ML 0 1 6 7 8 9 9 12 12 12 14 16 0 mbrid 16 0 mbrid 7 5 7 1 ; 25- ; 25- ; 24,	BA GW 48 52 38 34 35 24 29 22 22 9 3 0 22 9 3 0 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 22 22 9 3 0 22 22 22 22 22 9 3 0 22 22 22 22 9 3 0 22 22 22 22 22 22 22 22 22	LL GL 4 10 30 22 30 30 29 42 38 44 48 0 do n cent 21)	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base NAIT (25-2 Red (25-1 King (20-25, 2 Grande R	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <b>Let</b> <b>f</b> <b>g</b> <b>s</b> <b>wini</b> <b>5</b> -19 <b>,</b> Key 3, 26 e 3, <b>1</b>	EY ML 0 1 6 7 8 9 9 12 12 12 14 16 0 mbrid 12 12 14 16 0 5 7 5 7 1 ; 25- ; 25- ; 24, 25- ; 24, 24, 24, 24, 25- ; 24, 25- ; 24, 25- ; 24, 25- ; 25 ; 25	BA GW 48 52 38 34 35 24 29 22 22 9 3 0 22 9 3 0 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 22 9 3 0 22 22 22 9 3 0 22 22 22 22 22 22 22 22 22	LL GL 4 10 30 22 30 30 29 42 38 44 48 0 do n cent 21)	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base NAIT (25-2 Red (25-1 King (20-25, 2 Grande F (25-1	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 <b>7</b> 6 4 2 0 0 <b>Lett</b> <b>5</b> -19 5, 26 e 3, 25-22	EY ML 0 1 6 7 8 9 9 12 12 14 16 0 12 12 14 16 0 mbrid 7 5 7 1 ; 25- ; vano -24, , Lake , 25-	BA GW 48 52 38 35 24 29 22 22 9 3 0 22 9 3 0 22 9 3 0 22 23 1 25 24 22 22 22 9 3 0 22 22 23 1 25 23 1 25 24 22 22 22 9 3 0 22 23 1 25 24 22 23 1 25 23 1 25 24 25 22 22 23 1 25 23 1 25 24 25 25 25 25 25 25 25 25 25 25	LL 4 4 10 226 29 30 29 42 38 44 48 0 <i>o n</i> cent 21) d 0	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base NAIT (25-2 Red (25-1 King (20-25, 2 Grande F (25-1	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 7 6 4 2 0 0 Letth 5-19 5-19 5, 26 e 3, 25 -22 Med	EY ML 0 1 6 7 8 9 9 12 12 14 16 0 12 12 14 16 0 mbrid ning 5 7 1 ; 25- ; vano -24, , 25- ; vano -24, ; vano -24, ; vano -24, ; vano -25- ; vano -24, ; vano -24, ; vano -24, ; vano -24, ; vano -24, ; vano -25- ; vano -24, ; vano -25- ; vano -25- ; vano -24, ; vano -25- ; vano -24, ;	BA GW 48 52 38 35 24 29 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 23 1 25 24 1 25 22 22 9 3 0 22 23 1 25 24 25 22 22 9 3 0 22 22 23 1 25 24 25 24 25 25 25 25 25 25 25 25 25 25	LL 4 4 10 226 29 30 29 42 38 44 48 0 <i>o n</i> cent 21) d 0	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the sta Rankings base NAIT (25-2 Red (25-1 King (20-25, 2 Grande F (25-1	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 7 6 4 2 0 0 Leth 5-19 5-22 Med 5-22 Med 5-23	EY ML 0 1 6 7 8 9 9 12 12 14 16 0 12 12 14 16 0 mbrid ning 5 7 1 ; 25- ; vano -24, , 25- ; vano , van	BA GW 48 52 38 35 24 29 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 23 1 25 24 22 22 9 3 0 22 23 1 25 24 22 22 9 3 0 22 23 1 25 24 22 23 1 25 24 25 24 25 22 22 9 3 0 22 23 1 25 24 22 23 1 25 24 25 24 25 25 26 21 25 26 21 25 26 21 25 26 21 25 26 21 25 26 28 28 28 28 28 28 28 28 28 28	LL GL 4 10 30 22 30 30 29 42 38 44 48 0 o n cent 21) d 0 t 0	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
MEN'S DIV Team S Red Deer N MacEwan S Medicine Ha S SAIT S Augustana N Gr. Prairie S Briercrest N NAIT N King's N Lakeland N Keyano N Concordia S Olds S Lethbridge Note: All game count in the st Rankings base NAIT (25-2 Red (25-1 King (20-25, 2 Grande F (25-1 MacEwa (25-1	<b>WC</b> <b>MP</b> 16 18 16 16 16 16 16 16 16 16 16 16	<b>DLL</b> <b>MW</b> 16 17 12 10 9 10 8 7 6 4 2 0 0 Letth 5-19 5, 26 e 3, 26 5-22 Med 5-23 Med 5-23 Med 5-24 Med 5-	<b>EY</b> <b>ML</b> 0 1 6 7 8 <b>9</b> 9 12 12 14 16 0 12 12 14 16 0 <b>nbrid</b> <b>ning</b> <b>7</b> <b>8</b> <b>9</b> 9 12 12 14 16 <b>0</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b>	BA GW 48 52 38 35 24 29 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 9 3 0 22 23 1 25 24 1 25 24 1 25 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 22 9 3 0 22 23 1 25 24 22 23 1 25 24 25 25 24 22 22 23 1 25 24 23 1 25 24 1 25 26 20 22 23 1 25 26 28 1 25 26 28 1 25 26 28 1 25 26 28 1 1 28 1 1 1 1 1 1 1 1 1 1 1 1 1	LL GL 4 10 30 22 30 30 29 42 38 44 48 0 o n cent 21) d 0 t 0	1.00 .944 .667 .556 .500 .438 .333 .250 .125 .000 .000 ot	4   7 3 3 3 3 3 3 3 5 5 0 0
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(25-13, 25-13, 25-14) King's 3, Keyano 1 (25-20, 20-25, 25-19, 25-21) Grande Prairie 3, Lakeland 0 (25-21,25-17,25-12) McEwan 3, Medicine Hat 1 (25-19, 25-18, 25-20, 25-17) Red Deer 3, SAIT 0 (25-14, 25-20, 25-16) Augustana 3, Briercrest 1 (20-25, 25-22, 25-23, 29-27)

WOMEN	'S I	VOL	LE	YB/	<b>ALL</b>	
IV Team	MP	MW	ML	GW	GLF	Pts
Red Deer	18	17	1	53	7 3	34
Gr. Prairie	18	15	3	50	23 3	30
MacEwan	18	15	3	50	11 ;	30
Briercrest	18	13	5	41	26	26
King's	18	13	5	40	20 2	26
Olds	18	11	7	43	27	22
SAIT	18	11	7	40	31 3	22
Lakeland	18	7	11	28	39	14
Lethbridge	18	7	11	26	36	14
NAIT	18	7	11	26	<b>40</b>	14
Augustana	18	6	12	26	42	12
Keyano	18	2	16	19		
Concordia	18	2	16	12		4
Medicine Ha		0	18	4	54	0
RESULTS						
_		uary (				
Con	cord	ia 3,	NAI	[2		
(16-25, 25-1					5-13	)
King's 3, Keyano 1 (28-26, 25-13, 29-31, 25-12)						
Grande						
		5-19,			0	
MacEwa					0	
					0	
(25-13, 25-22, 25-18) SAIT 3, Red Deer 2						
(25-21, 25-22, 15-25, 16-25, 15-13)						
Briercr						,
		5-15,				
	Feb	ruary	1			
Concordia 3, NAIT 1						
(25-22, 2					2)	
Olds	3, L	.ethbr	idge	0		
		5-22,				
		er 3, 5				
		5-17,				
King's 3, Keyano 0						

(25-22, 25-20, 25-12)

SAT FEB 8 @ 7:00PM

Lakeland 3, Grande Prairie 2 (24-26, 21-25, 25-23, 26-24, 15-13) MacEwan 3, Medicine Hat 0 (25-14, 25-9, 25-15) Briercrest 3, Augustana 1 (25-16, 21-25, 25-21, 25-19)

#### CURLING REGIONALS MEN

	141		
Team	Fall	Winter	Total
NAIT	4-0	5-1	9-1
MacEwan	3-2	5-0	8-2
Augustana	3-1	4-2	7-3
Portage	3-1	4-2	7-3
Lakeland	3-2	3-2	6-4
Gr. Prairie	2-2	1-5	3-7
Olds	2-3	2-3	4-6
Concordia	0-5	1-4	1-9
Red Deer	0-4	0-6	0-10
	wo	MEN	
Team	Fall	Winter	Total
NAIT	3-1	2-4	5-5
MacEwan	3-2	5-0	8-2
Augustana	3-1	3-3	6-4
Gr. Prairie	3-1	3-3	6-4
Lakeland	3-2	3-2	6-4
Red Deer	2-2	4-2	6-4
Concordia	1-5	2-3	3-8
Olds	2-3	0-5	2-8
Portage	0-4		
	MĽ	XED	
Team	Fall	Winter	Total
NAIT	3-1	6-0	9-1
Olds	3-1	4-2	7-3
Lakeland	2-2	1-5	3-7
Augustana	2-2	3-3	5-5
Portage	0-4	1-5	1-9



## HOME GAME SCHEDULE MEN'S HOCKEY FRI FEB 7 @ 7:00PM FRI FEB 7 SAT FEB 8 WOMEN'S @ 6:00PM WOMEN'S @ 1:00PM MEN'S @ 3:00PM MEN'S @ 8:00PM WOMEN'S HOCKEY



COMPLETE ALL CHALLENGES, GET YOUR DEPOSIT BACK!

Cross Country Ski (Strathcona Wilderness Centre)

> Boxing (Panthers Gym)

March 5

March 10

March 12

March 3

Aquasize NAIT Main Campus

Spin (NAIT Main Campus)

Hot Yoga (Goodlife Fitness (Sherwood Park))

(NAIT Main Campus)

Fencing (Edmonton Fencing Club)

> Try a Tri\* (NAIT Main Campus)

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March 17

March 19

March 24

March 28

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





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

# ENTERTAINMENT Reality TV with brains



KYRA MULLER Entertainment Editor @muller\_kyra

I am just as guilty as the next person when it comes to loving horribly designed, morale questioning and time wasting reality television.

There is something about the drama between people you don't know personally, the turmoil felt by those on the *Biggest Loser* or *What Not To Wear* and that mesmerized feeling you get by watching an indecisive bride try on thousands of wedding dresses to still leave empty handed on *Say Yes To The Dress*.

Yet there is some part inside of me that feels as if reality television these days is greatly lacking. So here is my reminder: there are still reality TV shows out there that can be watched without melting your brains by lack of mental stimulation, which don't inspire you to be a catty person or turn towards yourself in self judgment and loathing. In fact, there are television shows that inspire you to think creatively, that captivate your attention without sacrificing

your morale, as well as having a clever concept. I'd like to introduce you to some of these shows right now! The best example I

have of this is *Penn & Teller: Fool Us.* This

show is completely about magic, every little bit of it, so if you absolutely disdain magic, perhaps don't watch but even if you're not a die-hard magic fan like myself, it is well worth watching. Aspiring magicians come onto the show to perform their magic tricks and routines for Penn and Teller, who are extremely well known for their many years of magic experience and their stunning magic shows that they perform for huge audiences in Las Vegas. Each magician has the chance to come on the show, perform and, hopefully, fool Penn and Teller as to how they did their magic trick. With them being so extremely experienced and versed in magic, it is hard to fool this clever duo. However, some magicians are able to put one over on them. This show is great to watch because it is equal

parts stimulating and entertaining. Instead of sitting there with drool hanging out of your mouth, you pay close attention and try to follow along with every move they make, speculating how they

did the trick the entire time.

Another good example if you like reality and dating shows (which I enjoy), is *Dating in the Dark*. I must admit I am guilty of binge watching this show right now. Although it is largely reality and all about dating and winning people over, the show has some merit; solely by the fact that they are dating in complete darkness. Instead of a reality dating TV show where it's completely based on looks and judgment, in this show contestants meet each other in complete darkness and are actually forced to get to know one another without judging one another on physical appearances. At times contestants are given objects of one another's to get an idea of the sort of person they are, as well as the chance to have a sketch artist draw a picture of what they think the other might look like. At the end of the show, they choose someone they wish to have revealed to them in the light and must remain silent during this time. It's pretty entertaining to see the shock on most of their faces. Afterwards, they can choose to meet the other on the "balcony" if they decide to follow through with them. Most often it's a no and a quick run for the door but it's extremely revealing about the societal standards and personal ethics that are based on appearances

Although the entire purpose of reality TV is to be entertaining and nothing near brain food, I am trying to make the point that you can be entertained and also have an active mind and watch shows that make you think about something outside of yourself.

Next time, order a main of reality television with thoughts on the side. You will see entertainment has never tasted better!





NAIT Main Campus, Room S110 | Mon - Fri 9am - 8pm 780.474.0121 | www.nesttaphousegrill.com

## FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape



## By ANDRA NIKOLAEV

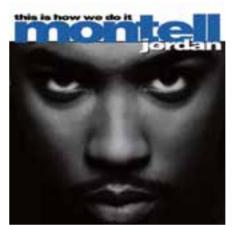
I'm sure that the 2014 New Year's resolutions of millions of people were to get fit, lose weight or get into better shape. I am no different. Now that January is over and the weak have already given up on their resolutions and the gym is no longer as crowded, it's time to get down to business. Having a great workout playlist is crucial to the success or failure of a workout (granted, at least you make it to the gym, which counts for something). For me, if the music that I am listening to is not motivating and keeping me pumped, I will most likely not have a great work out. FYI, I don't actually enjoy going to the gym, so this helps me while I am there. However, if I have my iPod cranked with upbeat tunes, it helps

me push myself further and keeps me from getting bored. So here are some examples of the music on my workout playlist.

- See you at the gym!
- 1. Montell Jordan – "This is How We Do It." *Time to warm up.*
- 2. Alexandra Stan "Mr. Saxobeat" I just love the rhythm of this song.
- 3. Spice Girls "Wannabe" SPICE GIRLS. Enough said.
- 4. Haddaway "What is Love" I like it ... "baby don't hurt me,
- don't hurt me, no more!" 5. Will Smith – "Gettin' Jiggy With It"
- If you're at the gym, you better be "Gettin' Jiggy With It". 6. Muse – "Plug In Baby"
- *Gets the blood rising* 7. Culture Beat – "Mr. Vain"
- Why not? 8. Ace of Base
- "All That She Wants" This was a staple when I was
- growing up. 9. Survivor – "Eye of the Tiger" *If it was good enough for Rocky,*

it's good enough for me!

- 10. DMX "Party Up (Up In Here)" Even though this is one of his "lighter" songs, DMX always sounds angry and that somehow gets me pumped to finish my workout strong.
- TLC "Scrubs"
  I work out so I don't get any scrubs.
- 12. Marky Mark and the Funky Bunch – "Good Vibrations" For the cool down and to make sure you're still in a good mood when you leave the gym!







en.wikipedia.org

Event List

NNTM Industry Night
 Clubs Connection
 Clubs Connection
 5, 7 How to Guitar
 Executive Council Speeches
 Learn How to Write a Resume
 Clubs Showcase
 Clubs Showcase
 PNNTM Photo Shoots
 2nd Clubs Social
 <li



f STUDENTS<sup>3</sup> ASSOCIATION

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

candidate biographies

## **Candidate for President Hasib Baig**

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

My plan is based on Success and Satisfaction for STUDENTS which starts from their VISION, MISSION and VALUES. VISION is to create more opportunities for students, MISSION is to establish those opportunities which will benefit students such as a better health care program and VALUE is to put STUDENTS first before anything. Some of my major plans include increasing the number of scholarships and burgering excludes the students and and bursaries available for students and for some mature students who get funding from the government or prospected employers, better and affordable transpor-tation system, and most importantly be an

advocate for the tuition costs. I have previously been experienced as assisting the manager of the city in community services and I am well aware of what students and people out there would WANT and need. In the last three years, I have had a chance to make friends and talk to them in almost all nine departments at NAIT which helped me understand what every student in all different departments

## **Candidate for VP External Justin Nand**

I was not sure what I should write in my introduction about myself for the Nug-get, so I texted all my friends and asked them what they would say if they introduced me to someone (being discreet and saying it was for class). "He enjoys long romantic walks to the refrigerator" is one of the texts I got back. I love my friends. I am currently a 3rd year business stu-

I got back. I love my friends. I am currently a 3rd year business stu-dent in the Accounting BBA program with a diploma in finance as well as accounting. After high school I worked in trades for 3 years doing sheet metal fabrication until I realized it was not for me. My sister sug-gested going to NAIT to take Business. Af-ter being put in the most wonderful section of students for my first year classes (Section of students for my first year classes (Section 71), I found a good reason to get up every morning at 4AM.

In my second senset I was asked to join the CMA case competition by an in-structor who saw potential in me. This was the first time someone ever gave me a shot like this, and being a C average high school student with a sheet metal background wasn't the strongest skillset for business case competitions. A funny thing happened during the following months. I grew a lot as a person, becoming more confident and ef-ficient in my work. I also met some of the most wonderful people at NAIT who I still know today. NAIT gave me a chance to turn my life around and try something new in a safe environment. I really enjoyed helping students which lead me to wanting to get more involved on campus.



lack and ways I can make it better. I will not waste your time disclosing the same boring and conventional words but I am a person who believes in work more than words. We have to change the debate from now on to actually putting them into practice. And I KNOW WE CAN DO IT!

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

With your support and votes I can do it all!

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

VOTE FOR HASIB BAIG!!!

## **Candidate for President** Meagan Strachan

Hello NAIT! My name is Meagan Strachan and I would be incredibly excited to be elected as the next Students' Association President! I currently serve as the VP Academic at NAIT-SA and my goal is to continue to serve NAIT students to the best of my ability. My pas-sion for the student movement has grown over my tenure as VP Academic; as a result I am extremely motivated to continue to serve students as President.

buildents as President. During my time as VP Academic I have developed many skills and capitalized on nu-merous opportunities. My most memorable times as a NAITSA executive include: advo-cating for students at both the municipal and cating for students at both the municipal and provincial level, maintaining and developing relationships with NAIT administration as well assisting many students with academic grievances. I have overcome several chal-lenges and grown significantly over my term as VP Academic and therefore, I am very pre-pared to serve as NAITSA's President. I believe one of my major distinguish-ing factors in this election is my experience

ing factors in this election is my experience being the only candidate to have served as a NAITSA student executive. I know NAITSA and I understand the pressures of being part of Executive Council. As a current EC member I have developed many important skills including leadership, conflict management and the ability to work as team. I am the best candidate for President not only because my experience but because I am truly commitcare about NAIT student movement. I genuinely want every student to graduate from NAIT with nothing but positive experiences. I have several goals for my term as

President, they include: Working hard to ensure NAIT's online and evening students are receiving full value



from NAITSA. As these students are now full NAITSA members I want to engage these students more often and ensure necessary services are made fully available.

 Continuing to encourage a safe and wel-coming environment at NAIT and NAITSA.
 This could include the implementation of both a Campus Food Bank and an Ombud's service at NAIT.

service at NAII. • Continuing to act as the voice for all NAIT students to NAIT, the city and the province. Advocating for students is my passion and therefore I want to continue to listen to your priorities and bring them forward to the ap-propriate level.

I have many ideas for my term as president but none of my goals are impor-tant if I'm not listening to what the students need and want. As President, I will remain accessible and I will continue to interact with students to ensure my goals and priorities are on the right track. I will also continue to build on the skills and knowledge I have de-veloped as VP Academic during my term as President

Not only am I committed to serving students but I also have the leadership skills and drive to ensure my success as Presi-dent. Please, vote me, Meagan Strachan for Descident resident!

Meagan Strachan, Vote for Experience!

Deans Case Competition in my 4th semes-ter, which was an unforgettable experience with my teammates. I had more resources to help students and show them opportuni-ties to practice their skills, obtain jobs and build their resumes. I realized how much I love helping students, but couldn't reach as many as I wanted.

many as I wanted. Now in my 3rd year at NAIT, I sit on the NAIT Board of Governors and Aca-demic Council building external and internal relationships for NAIT. I am a Supplemen-tary Learning Leader for ACCT 1115 and CPA Campus Ambassador, while retaining my role as VP of ICON and Toastmasters. I was recruited for the CPA Case competi-tion and hear paired with a wanderful team And the retaining And the retaing And the retaining And the retaini

## **Candidate for VP External** Allannah Wrobel

My fellow NAIT students. My name is Allannah Wrobel and I want to win your hearts and your votes to elect me as this year's NAITSA VP External. I have been a NAIT student for many years and in multiple capacities. L have ex-

I have been a NAIT student for many years and in multiple capacities. I have ex-perienced the continuing education pro-gram when I received my Special Event Management Certificate. I have experi-enced a small part of the trades when I took the Millwork and Carpentry Program. I am currently in my last year of the Hospitality Management Program and I plan to contin-ue my education with the Business Admin-istration Degree in the fall. With all of these istration Degree in the fall. With all of these different areas under my belt I have an un-

derstanding of the type of post-secondary journey you are all on. I am currently on the NAITSA Senate as well as the finance subcommittee, so I am familiar with some of the ideas and projam familiar with some of the ideas and proj-ects that the current executive council are currently pouring themselves into. If elected as VP External I will work my very hardest to continue their legacy. ND External Legacy N

as VP External I will work my very hardest to you see me in the halls come of Elect me, Allannah Wroc As I am sure all of you know, we are VP External. I won't disappoin in negotiations for the airport lands. Great progress was made last year and I will con-tinue the conversation so that you, the stu-dent body, and all of our future students can get the most out of this once in a lifetime opportunity. With the apticipated grand opening of

With the anticipated grand opening of the NAIT LRT location this fall, the UPass will benefit the student population more than ever before. Communications regard-ing the UPass will remain open with the city.

I plan to maintain the excellent com-munication that has been established with the satellite campuses over the past few years. I intend to visit other campuses once a month while I am in office. Your voice will



be heard and I will represent your ideas, visions and needs

Our world is ever changing and I know that situations can arise rapidly. Know that I am at your back, I will advocate for you and strive to bring up any issue using the ap-propriate channel. I will work collaboratively with all of the executive council members, we will grow as a team and ensure that you are properly represented, let me be part of that team

VP External. I won't disappoint. Voting ends on <u>February 13, 2014</u>, go



# **VOTE ONLINE AT** NAITSA.CA/ELECTIONS

## FEBRUARY 7 - FEBRUARY 13

## **CAMPUS POLL STATIONS OPEN FEBRUARY 13, 10AM - 2PM**

**Poll station locations** 

## · South lobby kiosk

- HP Center (near Bytes)
- Outside NAITSA Office (E-131)
- Annex (1st floor)
- Outside the bookstore

## **Candidate for VP Student Services** Johnny Thunder

Greetings my fellow students; my name is Johnny Thunder and I am running for NAITSA Executive for the Vice President of Student Services. I am an innovative, motivated individual, and I am ready for the challenge to serve the NAIT student life on campus. I know how hard it is to move from a small community to go away to college campus. I know how hard it is to move from a small community to go away to college. I know how challenging it is from working fulltime to going to school to be a poor stu-dent. I feel the emotional instability we all feel when we have so much going on and we do not know how to handle it at times but we make it through it. These are the times that we are challenged the most in life and we have to take life by the balls and go with it. What can I do if elected to make this please tell me? I cannot make promises to lower tu-I cannot make promises to lower tu-

I cannot make promises to lower tu-ition, or lower parking fees as this is out of NAITSA's control. First off, I am going to tell you why I am running for this position, secondly I am going to tell you what I am capable of, and thirdly I am going to tell you how. I am running for this position because this position engages most with the student population. If we students want to make any changes, programs, and engage with one another, this is where to start. I come from a back ground of being a Youth Advo-cate and creating programs for youth and I can translate those skills into this position, as well as all of my volunteer experience. I am capable of thinking outside the box; we do not need money to create some kind of support network on campus or programs. I can create partnerships with non-profit or industry if there is need for a

non-profit or industry if there is need for a



students. I am here to show you how and to also learn myself to be an awesome leader

## **Candidate for VP Student Services Gillian Wilson**

· U Hallway (near Fresh Express)

Hello fellow students! My name is Gil-lian Wilson, I work full time in a gastroen-terology office as an assistant and medical administrator. With no interest in expandadministrator. With no interest in expand-ing my medical repertoire, I have come to NAIT to obtain my Marketing diploma. As I take all my classes at night, I am thrilled for the opportunity to run in this election and be apart of <u>the</u> larger <u>NAIT</u> community. Let me tell you why I want to be your voice and representation as your next VP Student Ser-vices.

Souch Campus

Patricia Campus

me tell you why I want to be your voice and value if they cannot be utilized. representation as your next VP Student Services. Over the past year, there has been a major change in the way students are rec-ognized at NAIT. Previously, if you took only evening and weekend courses you were considered a <u>Continuing Education (Con-</u> <u>Ed</u>) student, which meant you had limited woice as "day students". This meant that you did not qualify to access certain pro-grams and services such as the U-Pass, Health and Dental <u>benefits</u> or to vote in student elections or referendums. However, this year NAIT has made a leap forward to-wards equality. If you take any credit course, you will be considered a full member of the NAIT Students' Association. As lovey (some might say necessary) as this action may be, it arants' acurality and inclusion. The same it arants' acurality and inclusion. The programs and services of the to work together to find balance in the programs and services offered to ensure equitable inclusion. I want to work towards a more balanced approach to ensure you it arants' acurality and inclusion for all stu-much debate amongst students. Although much debate amongst students. Although representation as your previous and services offered to ensure services is no longer working. What may work for others may not work towards a more balanced approach to ensure you pot only have access to the programs and services to the pr much debate amongst students. Although it grants equality and inclusion for all stu-dents, it has also meant incurring extra expenses for certain programs and services that were voted in by a different group. Many evening student come from their full time jobs, drive to NAIT and pay for park-ing, so paying for a program like the U-Pass seems like money wasted. Some of these



offerings may not be seen to provide much value if they cannot be utilized.

a more balanced approach to ensure you not only have access to the programs and services you want but also find value in. From <u>February</u> 3-13, vote for change and equality. Vote for me, Gillian Wilson VP

Student Services. It is your school, your fees and your voice. Let me be the one to ensure you're heard. Thank you so much!





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

## **Candidate for VP Academic** Jennifer Buchanan

Hello to all my fellow NAIT students, my name is Jennifer Buchanan and I am running to be your next VP of Academics. If you see want to see NAIT doing for us. VOTE Jennifer Buchanan!

I am in my 4th term at NAIT finishing up my 1st year business and entering my a plan to get my degree in accounting and get a diploma in finance. I started at NAIT in the Pre-Business program. I am a current student with the Services for Students with Disabilities and I believe no matter whom you are, or what

and I believe no matter whom you are, or what your limitations may be, if you do what you are comfortable with you will always succeed. <u>OPEN-DOOR POLICY</u> I think that doors should always be open to students whether you have a com-plaint, concern, if you need some guidance or just want to chat about your life here or outside of NAIT. I'M HERE TO LISTEN, HELP AND POINT YOU IN THE RIGHT DIRECTION! <u>PART OF THE DISSCUSIONS</u> I would love to be able to help keep us

PARI OF THE DISSCUSIONS I would love to be able to help keep us students informed about changes happening at NAIT by keeping the discussions open. I want to get the issues to be voted on more by the student body! We don't want NAIT to assume what students want to see changed, rather we would like to have a more active role with our academic future. I would like to work towards more in-depth marking reports role with our academic future. I would like to work towards more in-depth marking reports at the end of each term, marks for final exams and reports, not just an overall final mark. I would also like to work with NAIT to make the selling and buying used text books easier for students. Lastly I would like to start helping to get more students involved in the peer tutoring program at NAIT. program at NAIT

I want to be your voice at NAIT!! I believe I have a lot that I can give and I

## **Candidate for VP Academic** Renee Mandziak

Let's not hate. Let's consider shifting conflicts into compromising sentiments. Your conflicts into compromising sentiments. Your academic rights are my academic rights. Forward thinking is more than a Monday to Friday duty. I inspire to be diligent and pro-vide accountability. We are remarkable. We are more than just a campus. We desire to succeed. We will and do add value to the world. This value is done from within. To have fair representation is fundamental. To have a voice that is heard. Know that your voice is heard and will be answered. Your involvement at NAIT is vital. No matter your part or place; it is a team effort. I do not let a day pass with-out excitement for the future. In the past many exceptional academic council members have helped hundreds of students, teachers; comexceptional academic council members have helped hundreds of students, teachers; com-mittees and presented where needed. I do not plan to simply replay the past. I plan to vamp it up with our changing future. Spirit comes from being a part of this advancing group of intellectuals across this institute. I want to see you succeed. I pledge to provide a perspective. I will advocate appeals to help. We can amend any counsel into a valuable experience. I pledge to speak facts. I want to get beneath the surface of the skin to bring light to darkness. It has been over fifty years here at NAIT. They say that during this time is when we have our "mid-life" crisis. Let me be your crisis catalyst. The soap that parts peppered waters. Let's continue to be vision-aries. Let's provide Alberta with what it needs. aries. Let's provide Alberta with what it needs. Let's impact globally and maintain a strong academic future together. I am not perfect. No one is perfect but we can build strength in others. This is the challenge worth taking.

Renee Mandziak BBA HR Business Student



want to keep things going in the right direc-tion, I would like to see more students involved in the discussion and development of NAIT. I would love to start hosting open forums to find out what you would like to see from me as your VP of academics. That means every student reagardless of their educational activ student regardless of their educational path here at NAIT.

I want to be everyone's voice to be heard!

DON'T FORGET TO VOTE!!

## **Candidate for VP Academic Rechelle Eklund**

Hello NAIT! My name is Rechelle Eklund and I would like to be your elect-ed representative for Vice President Aca-

ed representative for Vice President Aca-demic for this upcoming academic year! I would be honored to represent the students of NAIT while lobbying for our academic rights, as well as help any stu-dents that come forth with any academic grievances. I will be there for any ques-tions or concerns, big or small, whether it be a concern about a class or something as small as where to get your LPass, my

be a concern about a class or something as small as where to get your U-Pass, my door will always be open! As your current elected Senator for I am dedicated, driven, and focused on the School of Business, I have been able making your academic success and to see the amount of work the executives overall wellbeing at NAIT my number 1 put into their roles and the amount of passion they have in doing so. Being able to see this first hand, has made me more than confident that I will be able to carry on this passion and commitment as Vice President Academic. President Academic

President Academic. Being able to help students and make their college experience memora-ble is something I am looking forward to! My goal for this role is to put forth all of my efforts to help students achieve academic success, and to lobby for our academic rights. I will also be focused on spreading the word of what NAITSA does for the students. I have spoken to many classrooms and it is evident that an over-whelming amount of students still do not whelming amount of students still do not know what NAITSA has to offer! (We do more than just fix the microwaves!)

I also hope to be heavily involved with ASEC (Alberta Student Executive Counsel). This is where executives from NAIT-SA and surrounding post secondary schools such as MacEwan University and Olds College to come together and advo-cate to the Government on behalf of the



candidate biographies





## VOTE ONLINE AT NAITSA.CA/ELECTIONS FEBRUARY 7 - FEBRUARY 13

**CAMPUS POLL STATIONS OPEN FEBRUARY 13, 10AM - 2PM** 

**Poll station locations** 

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

- · Outside the bookstore
- Souch Campus
- Patricia Campus







MUHAMMAD WAQAS



"In person, as you can get to know a person better but online has become more socially acceptable with the technology changes, so both are great."

Amie Wright Bachelor of Technology



"In person, because online you cannot tell a lot of things about people with the one you are talking to."

Guillermo Gocheg Business Administration



"I prefer dating in person. I believe that first interactions between people stake a position in a person's memory. Personal interactions tell you more about a significant other's sense of humour and composure." Harrison Tchir

Bachelor of Technology

## "Which do you prefer – dating in person or online?"



"In person, because it's more physical and personal. Person to person is always more personal and real than online."

Madison Olthet Respiratory Therapy



"In person, because I do not think emotions can be adequately covered over the Internet. A true connection needs real intimate involvement. That's why I'm already married."

Travis Lee Digital Media and IT

Campus club for those who love the Japanese animated productions

## Anime for anyone

## **By EVAN KIRBY**

Something I've always liked about college/university is the bevy of different clubs you can take part in.

Not that I've actually taken part in any of them, social interaction is for chumps but it's there if you want it. If you think that you're the only one who likes some weird foreign thing, well, there's probably a club for you ... which brings me to the Anime club! I can't say in any way that I'm a fan of Anime, but for so long I've respected the people who do enjoy it. I'm a terrible person and don't find joy in much but I love how these people can take so much enjoyment from a particular subject and base their life around it.

Walking the halls of NAIT, I saw a poster for said Anime club and knew it was something I had to check out.

I want you to do something for me right now, dear reader. Picture who you think would be at an Anime club. Got it? Alright, well, exactly who you pictured was literally at the meeting. Take that as you will, but it was a grouping of people from a wide array of backgrounds that continued to lend credence to the variety of people that Anime attracts. It's a beautiful melting pot of NAIT that helps to reveal all the hidden corners of people and programs that the school consists of.

I never really knew what I'd encounter when I stepped into the realm of the Anime club. But when I first walked in, I couldn't help but see the dude dressed like he was about ready to invade a country. Draped in a uniform that would put any general to shame, Steven Koshka helped enlighten me on the merits of Anime.

"They come up with some creative stories. Honestly, that's one of the things I like, along with the animation, especially the music," Koshka said.

The Bachelor of Applied Information and Systems Technology student (Yes, I'm tired even typing that out) revealed to me the power of music in the art form that I didn't even consider on top of the noticeable proficiency in graphics.

Working my way up the ladder, I chatted with the head of the club, Carlos Trinidad III on how he perceived the club going forward as he takes over its leadership as it goes into its third year of operation.

It's not just simply watching Anime, Carlos has other plans.

"We plan to do one activity

per week to make the new members more engaged. They will win prizes, too and we will do some social events outside of NAIT."

Carlos, the Digital Media and IT student, sees it not just as a hangout, but envisions bigger goals such as the group coming together to make a communal project that they can show off to future members and also to showcase each individual member's talents.

If you find yourself craving an after-school break from the pressures of school work, the Anime Club convenes every Friday at 4:15 in Room F-106 for all your crazy Japanese animation needs.



Anime characters





MADAME O

## February 6-12

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

## Aquarius (Jan. 20-Feb. 18)

You may find yourself stressed out this week with a busy task that needs to be done. Be prepared for more tasks to spring up but also take time out of the day to do exercises that will help relieve stress. Work and school are important but so is your wellbeing. Try to find the perfect balance and do little things that you enjoy to keep yourself calm.

### Pisces (Feb. 19-March 20)

You may be feeling the urge to spend this month and you may find yourself looking at many expensive items to spend your money on. Try to resist. Saving your money is important so try to save as much cash as you can,

## there might be a price to pay if you don't.

## Aries (March 21-April 19)

The month of love is upon us and you may find yourself dreading it. Now is the time to remember how loved you are by family and friends. There is no denying that many people love you, so take time out of your day and see it for yourself. Embrace the love that's given to you but remember that your loved ones need some love, too. Spread the love!

### Taurus (April 20-May 20)

This is your month to shine! School is going well for you and you are being rewarded for all of the things that you have been getting done lately. Remember to take time to embrace everything that you have done and continue to strive for excellence in all that you do. You can't be beat.

## Gemini (May 21-June 21)

Crazy possibilities are about to happen for you this month. You will find yourself doing things you thought you would never do and learning new things that you've never learned before. Take the time to let it all sink in and be open to new and positive offers that may come your way.

### Cancer (June 22-July 22)

The world is your oyster. This is the month to try things that you may have never done before! Take in new experiences that just might end up benefitting you as a person. And remember to show no fear as you go



## By TAYLOR DENNEHY

Did you ever have that childhood dream of having an entire room with trampoline floors and walls? Well now you can launch back into your childlike imagination and visit the Launch Pad on 50th Street just off of the Whitemud.

With over 24,000 square feet of custom trampolines, you can literally bounce off the walls. If you get tired of bouncing from floor to wall, you can change it up and jump into the extreme foam pit they have.

It seems like everyone else was ahead of us to jump on this new opportunity since they opened in November. Try to hit up this cool spot during the week because it tends to get a tad overcrowded with little kids on Saturday. By a tad over-crowded, I mean waiting in line behind 15 kids just to jump into the foam pit!

Besides the crowds, there's so much you can do. The indoor park offers a variety of things, like dodge ball, rope ladders, a basketball dunk area and, of course, my favourite, the huge foam pit area. The Launch Pad also offers organized activities like workout classes or dodge ball tournaments.

So, if you're looking for something fun and crazy to do, so crazy you need to sign a waiver, head over to the Launch Pad. Just be prepared to take off your shoes and socks due to their bare feet policy.

Passes are \$13 for the first hour and an additional \$7 for every hour after that. out to try something a little out of your comfort zone.

### Leo (July 23-Aug. 22)

Be careful how you word or phrase things. How you say something this month could come off in a totally different way to other people. Although you mean well, you might find yourself in trouble or hurting some feelings if you aren't cautious. Think before you talk. It will benefit you in the long run.

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

This is a month for family bonding. Spend some quality time with your family and you just might find out things that you never knew before. You may even find yourself enjoying family time more than you originally thought. Life moves fast and catching up is always a good way to show you care.

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

Take time this month to do acts of kindness or good work in the community. Perhaps you feel the need to join a club or volunteer for charity work. Do it! There is always a positive outcome if you take a chance and put yourself out there. Remember when you do good, good things happen.

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

You may be feeling under the weather this month. It might be the current forecast changes or maybe all of the stress is finally getting to you. Remember that your health comes first. Eat healthy, drink a lot of Vitamin C and get lots of rest. Or maybe have a conversation with someone to get things off your chest. There might be unsettling consequences in the near future if you don't.

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

You may find your finances are low this month. It could be that you are spending too much or perhaps you just aren't being paid enough for your hours. Keep track of the money you spend and what you spend your money on. The problem just might be that you are wasting your money.

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

Good manners are very important this month. Have good manners when it comes to your friends and to others around you. This will cause people to have a sense of gratitude and respect and you will find joy in making someone's day. Being polite will work in your favour this month.



Cater to your inner child at the Launch Pad.

Photo by Taylor Dennehy

# Grin and beer

#### By DYLAN WOLFINGER @thewolfinger

Friday Jan. 31, 2014, I sit in class with my right hand covering my forehead, slouched over and glancing back and forth between my computer and the watch in my left hand.

My mouth is dry and needed quenching. Then we hear those magic words every student wants to hear from a teacher on a Friday afternoon, "have a great weekend."

Before I could say, "I'm not going to make any more poor life choices today," I run out of class, my chair spinning from the sheer speed of my exit. My destination is the Nest for the first annual Nest Beer Fest. I open the door to the bar and like in a Martin Scorsese film, the entire room is alive and animated.

I sit down with some friends at a cluster of tables that somewhat resemble an oval and take my knapsack and coat off, pull my wallet out of my back pocket and grab \$20. I strut up to the ticket booth and wait in line, three people ahead of me and I look around and see what's going on. There are conversations at every table and there seems to be a great mix of females to males. I get up to the booth and ask how much per ticket, "one dollar" she replied. I

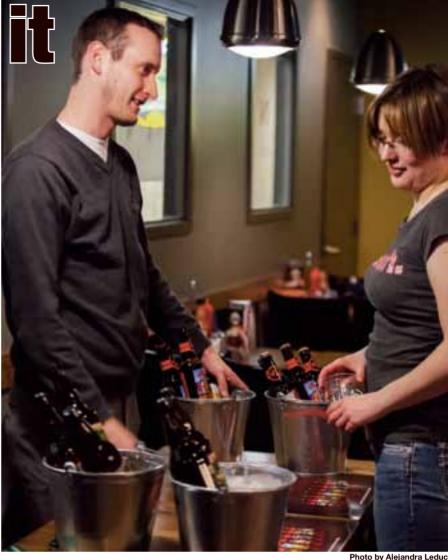
hand her my money and ask for 20 tickets, it's go time. She hands me the tickets and my cup for the night, a fourounce sampler.

In total, there were nine beers from four different breweries and there was a nice mix between light ales and dark lagers. I spent five tickets at the Phillips Brewing Company booth trying the Blue Buck English pale ale. It's a copper/amber ale with a hint of citrus in its aroma and it's well-balanced ale with a good malt and slight hop bitterness.

Then I move on to the Alley Cat booth and spend five tickets on their Amber Brown ale. The roasted malts were the most dominant feature, with a faint hint of cocoa. It leaves a very subdued, bitter hoppy aftertaste.

Then I spend my remaining 10 tickets on my personal favourite, again from Ally Cat, its Aprikat beer. It smells of sweet dried apricots, with a touch of peach. It has a caramel malt and a very mild earthy hop flavour.

After all of my tickets were gone, I was left feeling warm and satisfied. Even though I only tried three beers, they all went down easy and the price and environment couldn't be beat. I mean, three out of nine isn't bad, right?



A student, right, talks to a beer rep at the Nest Beer Fest last Friday.

## NOTICE FROM THE OFFICE OF THE REGISTRAR ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2014?

## IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2014

Friday, May 2, 2014 & Saturday, May 3, 2014 The Northern Alberta Jubilee Auditorium

Gown orders are currently being taken at the following locations:

NAIT Bookstore, Room X114 or by contacting 780.471.7717 Patricia Campus Bookstore, Room P135 or at Souch Campus – Room Z155A

## Deadline for ordering gowns is FRIDAY, MARCH 28, 2014

For more information regarding Convocation 2014 visit NAIT's website at www.nait.ca/convocation

**STYLISH** 

## THROWBACK THURSDAY Who knew?

#### By TAYLOR BRAAT

It is crazy to think that the 10-year nostalgia mark is now in the 2000s. When we think of "back in the day," it's not the '90s anymore. We are getting so old! One thing that makes this point clear is that it is the 10-year anniversary of movies like *Mean Girls, The Notebook, Anchorman, Spiderman 2, The Incredibles* and *Troy*! In the middle of 2009, we cannot forget that we all had to go through the sad death of our beloved Michael Jackson.

This year was also monumental for the blow-up of dance music. I remember being in Eastern Europe in the summer of 2009 and you could go into any music store and find many dance music renditions of pop, rock and country music. Dance music has blanketed all music and made its own version of every song we can possibly think of. We can all remember in elementary school when our teachers put on dances that usually ran from 6-8 p.m. after school on Friday nights and all of us grade fivers would dance our little hearts out to songs like "Crazy in love" by Beyoncé, "Complicated" by Avril Lavigne, "Drops of Jupiter" by Train and we can't forget when we

heard the chicken dance play and everyone would run to the dance floor and perform the dance moves together in sync.

We all remember when we were so young and living only for those moments with all of our friends. How music has changed and how we have changed. Now, a lot of people in their late teens and early 20s will flock to the dance floor to dance to dubstep or electro instead of the chicken dance. The music we used to dance to then has made us so fond of the music we like now, how funny!

I think it's safe to say that most of us have heard about "Techno," now called "EDM" which stands for Electronic Dance Music. EDM has now blown up, but back then in the late '90s and early 2000s, songs like "Around the World" by ATC, "Heaven" by DJ Sammy, Eric Prydz's "Call on Me," and "Better off Alone" by Alice Deejay (which was a game changer) were all beginnings for this amazingly huge music craze that is going stronger than ever. Without this music, where would EDM be today? It's truly amazing to see how far it has come and how the sound has progressed into what it is now.





#### Photo by Derrick McDonald

## **Hikimata Bala**

With extreme changes in temperatures outside, NAIT student Hikimata Bala is accentuating her great smile with a great look. Graciously complementing the student profile with her favourite colours black, orange and red, she is taking her classes with comfort and ease in favourite brand names Buffalo, Guess and Dynamite. With spring right around the corner, Hikimata is counting down the days of winter in style.

thepatrickindustrial.deviantart.com

# ESENTA **Online** Voting Feb 7 12am - Feb 13 4cPoll Stations February 1310 **m-2**

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

For more detailed information and to hear our stories please visit us online at naitsa.ca/ec











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naitsa.ca





naitstudents

rm e-131

# MOVIES - THE KURT LOCKER SA CLASSIC GANGSTER FLICK

## **By KURT FABISCH**

There's a lot of classic gangster films that everyone has seen; *The Godfather*, *Goodfellas*, *The Untouchables*, etc.

But there's one that came out in 1990 in the midst of movies like *Goodfellas* and *The Godfather Part III* and was almost instantly forgotten.

It has since been included on *Time Magazine*'s "All-TIME Top 100 Movies" list.

It's called *Miller's Crossing*. It's the third feature film by the Coen Brothers, their first two being *Blood Simple* and *Raising Arizona*. It's their tribute to classic film noir, gangster movies and the novels of Dashiell Hammet.

The movie is set in an unnamed city (but shot in New Orleans) in an unspecified '30s/'40s time period.

Albert Finney is Leo, an Irish crime boss who runs the city and Gabriel Byrne is Tom, Leo's right-hand man. Leo has a dispute with Johnny Caspar, the Italian mob boss played by the underused Jon Polito about Casper wanting to kill a bookie played by John Turturro for selling tips on how Casper bets, changing the odds.

"So, you wanna kill him."

"For starters."

Leo refuses because the bookie is the brother of his girlfriend Verna, played by Marcia Gay Harden and this dispute triggers a gang war that sweeps across the city. Meanwhile, Tom is secretly sleeping with Verna.

The movie was *Boardwalk Empire* before *Boardwalk Empire*. I'd argue that while the story is terrific, it's the dialogue that's the best part. The Coen brothers have always been brilliant screenwriters, writing all kinds of

characters in all manner of genres. But to hear them write that kind of rapid fire 1930s-'40s dialog is like hearing a great symphony. So many classic exchanges in this film such as:

"Where's Leo?"

"If I tell you, how do I know you won't kill me?"

"Because if you told me and I killed you and you were lying, I wouldn't get to kill you then! Where's Leo?"

There are a number of memorable scenes in the film. Two immediately come to mind.

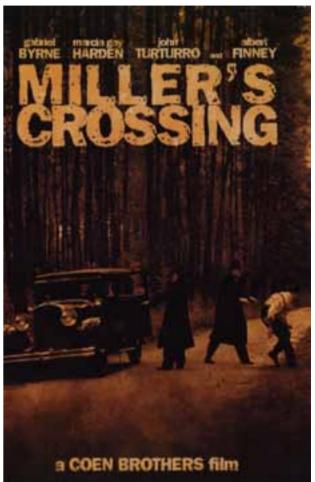
Assassing come to Leo's home in the night to kill him. They kill his bodyguards downstairs and then make their way to his bedroom where Leo is lying in bed, smoking a cigar, listening to a record of "Danny Boy", which plays over the entire scene.

The scene is one of the finest bits of action and violence put on film, and "Danny Boy" will cinematically be tied to this film forever. It's Albert Finney like you've never seen him before. The image of him standing with a smoking tommy gun in his hands and a cigar in his mouth stands out for me in this film.

John Turturro is especially good. There's a haunting scene where he begs for his life as he's taken into the woods to be killed. He's a despicable character and yet my eyes well up with tears every time.

"Look in your heart! Look in your heart!"

*Miller's Crossing* is a film that keeps you at the edge of your seat, and is a classic gangster film.



 $\star\star\star\star\star$ 

# Not just another pancake

## **By JORDAN WARDELL**

I took advantage of having a morning off on Friday and headed to De Dutch on Jasper Avenue for breakfast last week. The restaurant is a little deceiving when you first walk in because it looks like it only has about 10 tables. On the other side of a fireplace, though, it opened up to a much larger area with twice as many tables. It had a clean and tidy setup and a very bright and welcoming feel.

De Dutch is only open for breakfast and lunch. Luckily the breakfast menu was huge, making my decision on what to eat that much harder. There were as many savoury choices as there were sweet and gluten-free options for most dishes, making it a great place for everyone. I ended up with the Dutch toast, which was really more of a dessert than it was a breakfast. It was six perfectly cooked pieces of French toast, completely covered in powdered sugar with a side of warm cinnamon apples. I was prepared to eat generic apples that are usually in thick sugary goo but these were fresh apples that were cooked down until they just started to soften and then tossed in cinnamon. My boyfriend got the traditional Dutch pannekoeken, which is a like a cross

between a pancake and crepe. The serving was the size of the plate and 12 inches wide. This thing was huge and came either sweet or savoury with a side on top of the monstrous pancake.

The place was very nicely decorated. It was full of fresh citrusy colours, but mainly orange with an orange Gerber daisy at every table and a wall display of orange Dutch decorations. On the wall between the restaurant and the kitchen there was an assortment of round mirrors and about two or three of them were actually windows, so you could see into the kitchen. To go with the very apparent Dutch theme there were two clocks, one with Edmonton time and the other with the time in Amsterdam.

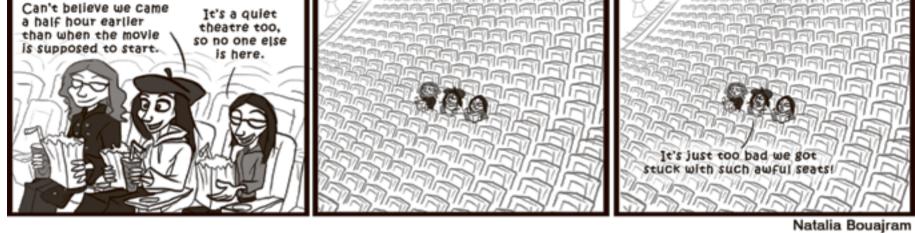
The service we had was also great. For me, it's been a while since I have had a great server. She was cheerful and talkative with all of her tables. It really gave the whole experience a very well rounded feel, nothing was lacking. My coffee was great, my food was even better and I definitely need to go back to take a shot at one of those 12-inch pancakes. I found De Dutch to be a very cool, fresh and modern restaurant. Next time you are looking for a good breakfast, don't forget De Dutch.



**De Dutch restaurant** 

www.yelp.ca





# Taking a test run on Tinder

### **By EVAN KURBY**

I'm utterly fascinated by modern dating and everything that surrounds it ... not that I take part in any of it. It's such a fascinating miniature of our current culture.

Now with smartphones and people just being generally lazy, there are apps that set you up with a potential match literally by the swipe of a finger. So, over the past week I signed up to Tinder, the most popular of these matchmaking apps.

You may remember hearing about Tinder right here from past editors but I think you need to hear about it again. Basically you sign up through your Facebook account (made me nervous but it just takes your first name, pictures you decide on and common interests and friends) then you scroll through pictures of potential matches and decide in an instant whether you like the person, really on appearance alone, by swiping right if you like them or left if you don't. It's just like that old "Hot or Not" website with a dating aspect to it.

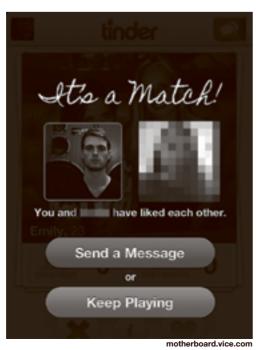
Referring to it as a "dating" app is pretty hilarious when actually it's something more close to a "hookup" app. Sure, you can set up dates through messaging and do everything traditionally that falls in line with meeting someone new but really there's only one possible reason for the app to tell you exactly how far (in kilometres!) someone is from you, and I'm guessing you can fill in the rest

Odds are that you have a friend or close acquaintance on Tinder. I couldn't keep track of the number of mutual friends I had in common with a random girl that popped up. In fact, I had mutual friend classmates pop up, allowing me to ask them in depth about their friend on Tinder, who of course was surprised to find out that they utilized the app. I also stumbled

life, which was insanely weird and amusing at the same time.

Even in my short time on the app I totally understood the appeal of it. It's addicting and you experience both the power in deeming someone attractive or not, and also the thrill in someone deeming you attractive as well (not that many did for me). I swiped through so many girls that I literally ran out of Tinder girls in my area, leaving me staring at an empty screen until some new girls hopefully pop up. Which is either a statement on how sad I am or how bored I am, with both being equally applicable.

I signed up under the curiosity factor and also as a joke, but I'll probably keep the app on my phone longer than just necessary for me to write this article. Not because I so desperately want to meet girls or hook up with them but because it's just as much a time-waster or distraction as any other app on my



across two girls who I actually know in real phone like Temple Run, Instagram or self on Tinder and you come across me, even Twitter. So, if you ever find your- swipe right, I promise I'm cool.



## ERTAINMENT



Photo Tech student Lauren Voisin with her boyfriend Jeff Meszaros.

## **Photo** A Valentine's Day contest to remember opportunity **By DAKOTA BARBER** e-mail (socialmedia@nait.ca)

Valentine's

@dakotarbarber

Sweetheart, beau, beloved, darling, dear, lover, hunny, sweet pea, valentine. That's just a handful of the words you'll be hearing floating down the halls on campus this month. Not only it is it the month for lovers but this year it's also the month for an exciting photo contest that might land

you and your one and only a hot date at Ernest's! If you can already feel the romance in the air as you gaze into your babe's eyes over a candlelight dinner -

hold up. There are a couple of rules.

Rule 1: You and your better half must be current NAIT students or alumni. (If you're like me, that rule is breaking your Valentines loving heart, but hey - the contest is all about celebrating the love that blossomed in the hallways of NAIT. We will live.)

Rule 2: You have to be following @NAIT on Pinterest. From that point all you have to do is get your photo to NAIT in one of five ways - Twitter, Facebook, Instagram, Pinterest or good old fashioned

Rule 3: With your photo, you have to include both of your names, your programs, your romantic story of how you connected at NAIT and your anniversary.

'We feel it would just be a lot of fun to do!" says Tim Gavin, a Radio student better known as Vitamin T on NR92. He and his girlfriend met last semester and

> can often be found canoodling around the V-Building.

> If you're single, keep in mind that love is a fun thing to celebrate, even if it's not with a significant

other. Moms, dads, grandmas, grandpas and siblings would be smiling pretty big after receiving a Valentine's card or present from you. You could also celebrate by looking at pictures of a kitten dressed in a crochet mushroom costume (Google it for guaranteed warm and fuzzy feelings), by loading up on treats and watching a marathon of sappy movies, by heading out with family or friends for a heart shaped pizza or by doing a backflip because Valentine's Day also happens to be the last day of school before reading week. Happy smooching!

## **Latest Phoenix Wright game a miss**

#### By JOHN MICHAEL BENNETT The Muse (Memorial University of Newfoundland)

ST. JOHN'S (CUP) - Available on the Nintendo 3DS e-shop, Phoenix Wright: Dual Destinies came to North America late last year. The game marks the fifth main game of the series, and starts off with a literal bang – a bomb goes off in the main courtroom mid-trial. While the beginning may seem intriguing, the end of the game leaves the story feeling incomplete and audiences feeling ripped off.

For those unfamiliar with the series. Phoenix Wright is an attorney character in a series of adventure/exploration/logic/novel games for Nintendo. The series follows the bold defence lawyer as he takes on strange cases with stranger companions. The game play involves uncovering evidence and mysteries, while the other half of the game is court room battles where you duke it out with the prosecution, using logic and evidence to prove your client innocent - or at the very least, not guilty.

The new game. Dual Destinies. doesn't bode well as an introduction to the series. The game constantly drops references to the past four games, and introduces characters with large build-ups that mean nothing if you haven't played the series.

The game play is a little stronger, however. The new game has removed many

of the redundancies of the series, such as searching endlessly in a room for something when it's in another room (once you've fully searched a room, the game pushes you to move on). As well, when you get game over, instead of returning to the beginning of the last save point, you just go back to where you got game over. While at first, this may sound like it made it easier, all you're doing is skipping redundant dialogue that you've already been through that was more of an irritation than anything else. As well, the game play mixes many of the past mechanics - such as Apollo Justice's wrist band lie detection and Phoenix Wright's psyche-lock breaker - and introduces new ones, like a psychology profiler, which detects when emotions don't match particular statements.

As for the story, the game features five main trials (and an extra one, available on the e-shop). The game has the longest story to date. The beginning cases are well done, building up the story line and leaves players with a lot of intrigue. However, after building

up the ending right from the very beginning, the end result is anti-climatic and will leave audiences feeling like the writers copped out on a much better - and realistic - ending.

If you're a fan of Phoenix Wright, then

I would play this game just to keep up on the storyline. Further more, the game play is well-done. However, if you're looking to start playing the series, this title is not for vou.



## **ENTERTAINMENT** He said, she said



By KYRA MULLER Entertainment Editor @muller\_kyra

First dates are intimidating no matter if you're a guy or a girl. Butterflies make their nerve wracking appearance, second thoughts run through your head and you wonder why exactly you're meeting up with someone just to be judged on every little detail.

#### What to wear

This question, undoubtedly, goes through every girl's head, when getting ready for a first date, approximately a million times. Hours can be spent changing into outfit after outfit, and your bedroom floor usually resembles wreckage left behind after a natural disaster. Is wearing jeans too casual and makes it look like I don't care? Is a skirt too much, does it make me look like I'm trying too hard? Hair is curled and then straightened again. Lipstick is put on, and then looks like too and is promptly wiped off with a Kleenex. Your dog wanders into your room and you can see his looks of judgement seeping through those chocolate brown eyes.

Finally you settle on something because you know you're never going to look just right.

#### Who drives?

How to get there always comes into question as well. Does he pick you up? If he does, does he get out of the car and come to the door, or just wait for you inside? Do you both get there your own way in case things don't go too great? In my humble female opinion, I think the guy should pick you up at home on an agreed time and come knock on your front door because it's only polite but in my experience, I have normally met my first dates at the location of the date at a set upon time.

#### Who pays?

Paying is probably one of, if not the most awkward part of any first date. Every girl has perfected the reach for the wallet in slow motion as if they're going to pay so that the guy has ample time to beg them to put their money away and pay for the both of you. As a girl, it's fun pretending you're going to pay until you actually have to and then it's awkward and you wonder if this was actually a date in the first place. In my opinion, a guy should pick up the bill, but in my experience, I have gone Dutch more times than I care to admit. This is a date... right?

#### Good night kiss

The goodbye ... also a candidate for No. 1 most awkward moment of a date. I feel as if the male and female opinion on this can differ greatly. Personally, I like to give a sweet hug at the end of the night. I think a hug is a super safe, I had a nice time, I'll see you again style. A kiss is like if you had a crush on this guy for your entire life and wanted to make the night end like in the movies. Everyone is completely different, but I've gone on dates with guys who I pretty much didn't want to continue seeing and they make very awkward neck movements and bob their heads towards me like ostriches and I'm forced to swing my head in an unpredictable way to avoid the big kiss headed in my direction.

So there you have it, in an average girl's head the first date should be – guy picking you up, coming to your door, paying for the bill and ending the night in a hug goodbye or a kiss if it's really going well. I mean, in my humble female opinion.



By MUHAMMAD WAQAS

There aren't many people out there who happen to have a perfect first date but that doesn't imply that one can't make assumptions or plans about having a perfect first date. The expectations of the first date can vary between men and women. However, the ones that leave a good impression on the other person is how well they have met some of the criteria without telling the other person. First date expectations could be anywhere between getting to know the person and becoming comfortable with their presence to getting a sign or a comment that indicates having a second meeting somewhere down the line.

The Nugget

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First date expectations should be kept reasonable but people usually get superexcited before a first date, get really nervous, convinced that they are about to meet their soulmate but at the end they find themselves mildly disappointed upon meeting.

As a gentleman, one needs to treat his date in a way that doesn't come off too strong but rather caring and protective. As an individual man, I would expect my date to go smoothly in the sense that the girl I'm on a date with has somewhat similar interests and also brings along something different that interests me. She should be open minded and culturally enriched so that both of us could compare our cultures and learn something new. This will give me an opportunity to grow with that person and they would seem more interesting. I would also respond in the same manner as long as both of us are on the same page. The date could be romantic to some extent and possibly end with a good night kiss at her doorstep

## **Acclaimed play at Citadel**

### By TAYLOR DENNEHEY

On Thursday Jan. 30, the Citadel Theatre opened *Clybourne Park*, perhaps the most acclaimed new play of this century. *Clybourne Park* is the winner of the Tony, Oliver and Evening Standard awards for best play, as well as the Pulitzer Prize for drama.

Written by Bruce Norris and directed by James Macdonald, *Clybourne Park* gives us a glance at the past and a look at the issues of race and class in the late '50s and again in 2009.

This two-hour, two-act play demonstrates an array of emotions that will have you laughing at the wit and then tearing up as you feel the characters' pain.

The first act takes us to Chicago in 1959 where we meet Russ (Doug Mertz) and Bev (Kerry Sandomirsky) who have just sold their home where they have lived for many years. Later, we learn the tragic reason the house was sold, which undoubtedly sparks issues in the community. Unbeknownst to the couple, they have sold their home to an African-American family and this issue causes neighbour Carl (Martin Happer) along with his deaf wife Betsy (Tracey Power) to charge into the sold house and voice their objections about the future home owners.

Act 2 centres around the racial status quo in the same Chicago home in 2009. This act seems to be less tense until a heated argument about racial jokes uncovers the questions and issues that no one has spoken about in ages.

The play is well written and uses foreshadowing to keep the audience fully engaged. From the beginning of the play you are given little hints as to what you will see later on in the play. These hints are intriguing and make you want to keep watching. At times the play can be tense, horrifying and funny. *Clybourne Park* examines the

everlasting racial battle that most

people don't want to acknowledge between whites and blacks in a humorous yet cringe-worthy way.

Until Feb. 16 you can see for yourself how the play unravels. Tickets online at citadeltheatre.com



Scene from Clybourne Park.

thirdcoastdaily.com

# Raw energy and presence

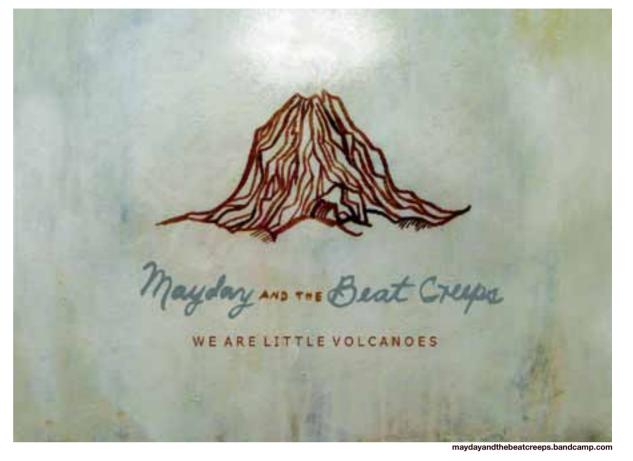
#### By QUINTON BERGER Entertainment Editor @QuintonBerger6

Edmonton's Pawn Shop saw a multitude of local talent Friday night with the latest installment of Sonic 102.9's Band of the Month showcase. For those of you living under a rock, every month Sonic features a local band and makes them their Band of the Month. The band enjoys hella airplay and to cap it all off, at the end of the month Sonic has a show featuring said band with support from other local talent. January's Band of the Month was the local powerhouse, Kickupafuss. These guys have already made a hell of a name for themselves; having won the Bear's Battle of the Bands two summers ago and performed at Boonstock this past summer.

Opening for Kickupafuss was the wavy haired dream boat, Russ Dawson. This amazing seven-piece band called MayDay and the BeatCreeps and one other band that I don't remember. I had the chance to work the event with Sonic and photograph the show. This meant that I got to hone my photography skills and I got free drink tickets! I had already been at the Nest's Beer Fest (see page 28) earlier that day so it seemed like the perfect time to switch to rum. I felt good.

Russ Dawson kicked the night off with his brand of beach inspired folk tunes. Dawson has an incredibly calming, groovy sound. It's the kind of music where you just kind of put your hands up and sway back and forth. Or the kind of music you listen to while sitting around the fire with your friends and drink beer to. He set a really inviting tone for an awesome night of local music.

The band that really stood out for me was MayDay and the BeatCreeps. I'd never heard of this band before but I was blown away with the spectacle they put on. The band has seven members ranging from a backup singer to a xylophone player! They feature a kind of folkie sound but throw a bunch of other genres into the mix, including hip hop. After blowing the crowd away with a wealth of raw energy and amazing stage presence, they went into a medley that featured a cover of Dr. Dre's "Still D.R.E." At this



point the entire crowd went nuts. Everyone had their hands up and sang along. It was the kind of connection brought on by mass excitement that can only be created by a live performance. MayDay and the BeatCreeps easily came out as the top performance of the night. I don't think they've ever been Sonic's Band of the Month but it's definitely something Sonic should get on.

With all the praise given to MayDay and the Beat-Creeps, let's not ignore the fact that Kickupafuss still managed to entice and excite the crowd with their groovy tunes. It's rather obvious that one of the band's biggest influences is the Red Hot Chili Peppers. Their bass heavy style, accompanied by the band's playful image, shows an obvious resemblance to the Chilis but still manages to come off as their own. They have an unbelievable energy on stage and know how to get a crowd going. This isn't just some head banger or generic mosh pit show; this is the kind of music you dance to! These guys always put on a killer show with an impression that will stay with you long after you leave. If you haven't checked out a Band of the Month showcase, I highly recommend you do at the end of February. Sonic always ensures a good time will be had.

## Don't be a jerk at work Tips to keeping your job

#### By PREETEESH SINGH The Dialog (George Brown College)

## (George Brown College)

TORONTO (CUP) – "You are hired!" Congratulations, you are new on the job and looking to make an impression. That is a great attitude to have but it isn't enough. If you want to keep that job, keep a few things in mind next time you enter the office.

Conducting yourself in a professional manner is vital. You might be sent packing in a hurry if you screw up this part. Daniela Mastragostino, the founder of Nové Image Consulting, recently held a workshop with George Brown students and offered some crucial tips. Here are some of the most common bloopers at workplace:

Image: It has become universally accepted that visual language communicates more powerfully than verbal language. First impressions are often based on how you look. Don't expect your boss to accept the tattoo on your neck or a pierced eyebrow without wincing. It's best to keep them under wraps in a business setting.

Revealing or inappropriate dress is a common blunder which people make. Deep cut tops and printed shirts with rude slogans are a big no-no. "It's amazing how many interviewers have given me this feedback that candidates wear inappropriate clothes which attracts unwanted attention on the clothes and not on the person. It's a big turn off," Mastragostino said .

Weak handshakes, poor punctuality and a lack of a business card can make your personality seem timid. It reveals no confidence, no commitment and lack of conviction. Scribbling your name on a napkin is just not done in a professional environment.

Follow the dress code and be aware of what is allowed – it depends from one workplace to another. Casual Friday is not a Halloween party; you are still working dress appropriately. Build up confidence by making eye contact and offering firm handshakes that are less than three seconds long. Offer your full name instead of your twitter handle and get into the habit of exchanging business cards and not Facebook friend requests.

Behaviour: Unnecessary chatting/texting/surfing on that smart phone, poor eating habits, lack of respect of a co-worker's personal space, swearing to make yourself heard or getting intimate with a co-worker are some of the behavioural mistakes which people often commit.

Most phone calls are unnecessary, period. They can be avoided. If you really have to take the call, speak quietly or excuse yourself. Otherwise voicemail should do the trick. Do not speak with your mouth full while eating and chew discreetly. Other than that, give space and respect to coworkers and interact from a distance. Don't be too touchy or pushy.

Conversation: The way you converse with others at office is vital for your credibility. Don't indulge in taboo topics, gossip and office politics. Bosses like employees who are willing to take initiative and responsibility. So do not let them guide you everything step by step, in short don't ask too many foolish questions.

Discussing personal matters, religion or sex is off limits in a workplace. It might end you up in trouble with possible harassment charges. Inappropriate office jokes are not acceptable, think before you speak. Remember that you are at work not with your buddies.

Finally, try to be aware of the working culture around you and adapt to it, taking cues from co-workers around you. These common etiquettes will take to a long way in the professional world.

**Protecting your home** 

## TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



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

#### When at home

• When in your back yard lock your front door and vice versa.

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

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

#### When on vacation

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

• Remember to have the grass cut, the leaves raked or the snow removed as necessary.

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

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

• If you have a clearly designated outside parking space (as is the case in many townhouse neighborhoods), ask a neighbor to park their car in your space. In your yard

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

• Keep your yard maintained to give the house a lived-in appearance. Cut grass, rake leaves, remove dead branches and debris.

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

#### In your community

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

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

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

• Keep up appearances – a well-tended neighborhood is less attractive to criminals and vandals.

• Get involved in crime prevention programs.

– Information obtained from the Edmonton Police Service

If you have information regarding 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.



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## Free from judgment Committee seeks to raise awareness of mental health issues

## By KRISTA PIERCE NAIT Student Counselling

In December 2012, a mental health awareness committee was formed at NAIT. The purpose of this committee is to raise awareness about mental health issues and illnesses, promote positive mental health in general and eliminate stigma.

For a lot of individuals, the stigma can end up being worse than the mental illness itself. Common misconceptions about people who have a mental illness are that they have brought it upon themselves, can just "turn it off," that they are incompetent and/or that they are violent (Mental Health Commission of Canada, 2013). In fact, 46 per cent of Canadians believe that the term mental illness is used as an excuse for bad behaviour. Additionally, 27 per cent of Canadians are fearful of those who have a serious mental illness. Unfortunately, stigma is also one of the reasons why only 49 per cent of those individuals who suffer from depression or anxiety have ever gone to see a doctor about these problems (Canadian Mental Health Association, 2013)

The NAIT mental health awareness committee found out about a campaign that was originally launched at Simon Fraser University in BC, called Hi F.I.V.E. They designed the logo around a hand (i.e. high five – a sign of friendship), with the F.I.V.E. standing for friendship, invite conversation, value everyone's gift and eliminate stigma. A core goal of the Hi F.I.V.E. campaign is to encourage, educate and inspire open conversations about mental health and to invite kindness and friendship towards anyone experiencing

mental health issues. The Hi F.I.V.E. campaign also

aims to eliminate stigma towards those who are experiencing mental health distress or illness (now or in the past). The committee at NAIT immediately decided to launch a similar campaign on our campus.

As part of the Hi F.I.V.E. campaign, staff and instructors can put up posters indicating a "Judgment Free Zone" for those who struggle or experience mental health distress. If you see the Hi F.I.V.E. Judgment Free Zone sign on a window or office, that means you have found a place where you can feel comfortable talking to someone who will listen without judging. You can also find access to resources that may help you with what you are currently struggling

with (phone numbers, etc.).

Throughout the year there will also be display tables with information as well as activities specifically related to ending the stigma surrounding mental illness – so watch for that!

At Simon Fraser, they have developed a pledge that shows commitment

to the following regarding those who experience or have experienced mental illness or mental health distress (including us):

I am committed to ...

1. ... embracing and respecting those experiencing mental health distress and mental illness.

2. ... standing up (and speaking up) when disrespect is shown to those experiencing mental health distress and mental illness.

3. ... making a difference and promoting wellness in the lives of those experiencing mental health distress and mental illness.

4. ... conducting myself and my endeavours in a manner that is respectful of those who experience mental health distress and mental illness. 5. ... pledging to know the facts, to be aware of my attitudes and behaviours and to speak and act respectfully when discussing or speaking to those with mental health distress and mental illness.

6. ... suspending judgment against people who experience mental health distress and mental illness.

7. ... welcoming friendships or relationships with those experiencing mental health distress and mental illness.

8. ... not treating people who experience mental health distress and mental illness as if all they are is their diagnosis.

If you would like to show your support for this campaign:

For staff/instructors: Judgment Free Zone signs, pledges and information packages with resources are available through e-mail (kpierce@nait.ca or phone 8404) or as attachments on the Naitrix. Buttons and window decals can be picked up in Room W-111PB (Academic Success Centre)

For students: Decals and buttons are available in room W-111PB (Academic Success Centre)

Our hope is to continue to raise awareness about mental health issues and illness and continue to breakdown existing stigmas.



F.I.V.E

Friendship Invite conversation Value everyone's gift Eliminate stigma

