

THE NAIT NUGGET

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

GOLDEN WEEKEND

**Badminton team wins 3 national titles at home,
women's hockey team wins ACAC, pages 9, 13**



Photo by Jesse Kushneryk

Ooks badminton head coach Jordan Richey, left, and his happy team show off their new hardware Saturday after the CCAA National Championships, which were hosted by NAIT.



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NEWS & FEATURES

It's all about the issues



GABBY HAY-BYERS
Issues Editor
@Gee_H_Bee

This week I was asked to write the section editorial and include an introduction of myself. Apprehension immediately struck me – I feel like this is more of a homecoming than an intro-

duction, since I was doing this seven years ago and was having the time of my life.

I'm really lucky to have the opportunity to come back to NAIT to finish my degree.

Now other people may prefer sports for the excitement or entertainment because it's so prevalent, but the Issues section has always been my great love.

It's a section all about what matters to NAIT, NAIT students and other NAIT community members. And what's important for NAIT is important to Edmonton, Alberta and Canada. What's important to NAIT is important to the economy.

Now, I've been accused of being

a bit NAIT-centric, even NAIT biased in the past so let me back this all up a bit. NAIT's economic impact report for the 2011-2012 school year came out in January and while I had my suspicions that we were pretty awesome, I was a bit surprised at the numbers. NAIT's economic impact is \$1.5 billion and nine out of 10 graduates stay in Alberta to live, work and pay taxes here.

Let's not forget that NAIT is also a huge employer in this area with over 3,000 employed as faculty and staff. And, according to @NAIT on twitter, the average staff income is 52 per cent higher than the Edmonton census average.

I was surprised by this at first, until I

took a look at NAIT's career board and found that the yearly pay for a Student Success Contact Centre employee could range from \$50,000 to \$67,000 a year, to start.

Lastly, let's talk about the students. I was absolutely shocked to find out that students spend \$27 million off campus a year!

That said, there were an estimated 73,000 of us, including apprentices, in 2013. Basically, the economic impact of NAIT students is huge and we are a huge demographic in the area.

So, you could say that I'm a bit vindicated or at the very least, a bit right, when I say how important NAIT and NAIT community members are.

Crawford's coming to cook

By **DAKOTA BARBER**

NAIT's competitive Culinary program is attractive to many. The hands on learning approach prepares students to head out into the real world and whip up delicious dinners, desserts and even create beautiful ice sculptures! What makes this program really shine however, is the Chef in Residence program.

It was launched in 2009 to give students a firsthand learning opportunity from some of the most well-known and respected faces in the food industry. Bringing their insights and expertise, the celebrity chef typically stays for three to five days while they work with the students, demonstrating different techniques and oftentimes participating in special events.

For 2014, NAIT is bringing Lynn Crawford to the Culinary Program. Toronto-born Crawford, is best known for her appearances on *Restaurant Makeover*, a hit show on the Food Network in which a chef and a designer are challenged to renovate and revamp local restaurants within one week.

If you're a food buff at all, you'll recognize the name Bobby Flay, a chef Crawford once competed against on the show, *Iron Chef America*. She has also starred in a handful of other series and even launched her own restaurant called Ruby Watchco in Toronto.

Leah Rackel, a recent graduate of Culinary Arts,

says the Chef in Residence program added so much to her time at NAIT.

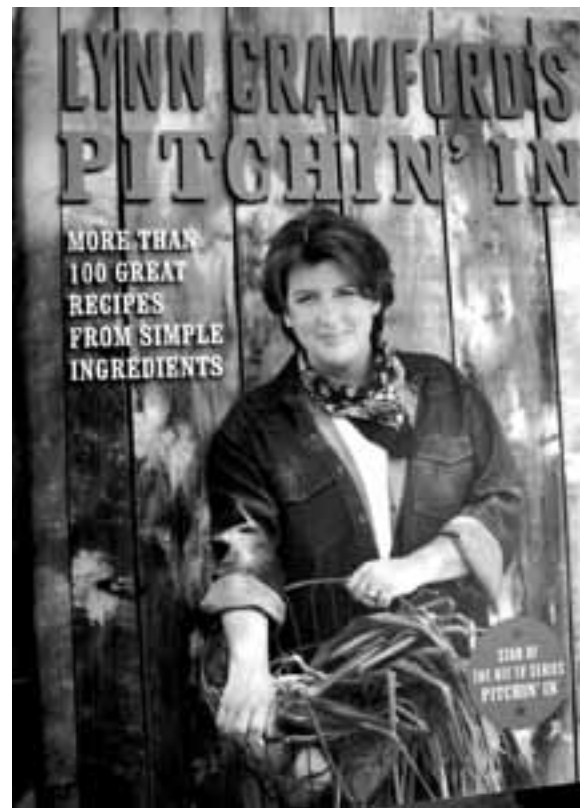
"From my past experiences with the Chefs in Residence (Chris Cosentino and Masimo Capra), I enjoyed every moment of it! I think it's such an amazing opportunity," says Rackel.

She continues to pursue her passion for food working in NAIT's fine dining restaurant, Ernests.

"I can't wait to meet Lynn Crawford, her menu sounds amazing and I know it will be such a fun week!"

NAIT is pumping up the excitement for the celebrity chef's arrival with a contest that anyone can enter to win tickets to an exclusive lunch prepared by Lynn Crawford and the Culinary students. This three-course lunch featuring her recipes will take place on Thursday March 13 in Ernests dining room. It's a bit of a hop, skip and a jump to enter but at \$75 a ticket, it is definitely worth a shot! Winners will also receive a signed copy the cookbook Lynn Crawford's *Pitchin' In*. To get yourself in the running, head to www.nait.ca, click About and under Academic Areas, click Hospitality and Culinary Arts.

Click the Hokanson Chef in Residence thumbnail near the bottom of the screen. On the left side bar, click Lynn Crawford's name – this will open two more links for you under her name, the bottom one being the Contest Entry Form. Good luck!



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A friend remembered

By **BRIDGETTE TSANG**

NAIT has lost a great student this past week. Macrina Kan was known to those who knew her as a cheerful and bubbly girl who had a beautiful smile and contagious laugh. She was the sunshine to everyone's day, but now, she is shining down on us. In her last year of her life, she pursued a certificate in the Hospitality Management program at NAIT and wanted to pursue a career in the hospitality industry. She loved getting to know people and talk-

ing to them on a personal level.

I was lucky to have known her since she was young. I can still remember the days when we played hide and seek and she would find me every time, mainly because I sucked at it, but she still pretended she couldn't find me just to make me happy.

Macrina, I will always remember you as being the most happy and fun person to be around with. You will be dearly missed. Rest in peace, Macrina.



Photo by Danika Larsen

The winning candidates for the NAIT Students' Association Executive Council celebrate after the results were announced at The Nest on February 13. They are, left to right, Hasib Baig, president-elect; Gillian Wilson, VP Student Services-elect; Justin Nand, VP External-elect and Rechelle Eklund, VP Academic-elect.

Your new execs!

By NICOLAS BROWN

Shortly before reading week, NAIT students went to the polls to elect a new executive team for the coming year. The new executive team will continue NAITSA's work in supporting and advocating for NAIT students both on, and off, campus. With voter turnout at 9.43 per cent, NAIT students elected a new executive council consisting of; Hasib Baig (president-elect), Gillian Wilson (VP Student Services-elect), Rechelle Eklund (VP Academic-elect) and Justin Nand (VP External-elect).

NAIT's wide variety of programs, many with vastly different lengths, can make it difficult to gauge the need or demand for specific student services and programs.

With so many variables, VP Wilson was asked to weigh in with her plans for the coming year.

"One of the things I really want to focus on is what's being offered, programs and services and the value that students find in what's being offered. Because if you can't take advantage of what's being offered, then you're probably not going to

find a lot of value in it."

Gillian will be taking over from the current VP Student Services, James Head.

The new VP External-elect, Justin Nand, has been involved in many different activities around campus prior to being elected to the new executive council. When asked how he felt about moving into the role, Nand had this to say, "The external environment changes every year, and the needs of the student changes every year. That's why I'm going to keep my agenda open and make sure I can face whatever challenges are coming this following year." Nand will be taking the reigns from current VP External Daryn Rainer.

NAITSA provides quite a few services on campus, and spends a lot of time advocating for students to NAIT itself. Often the VP Academic is directly involved in speaking to NAIT on behalf of students. Rechelle Eklund, was asked what her goals are.

"My plans for this coming year are to help students with any academic grievances and get the word out there [about the role]. There are a lot of students right now that don't even know that they can ... turn to someone when they're having

a problem in class. My goal is to ... make sure students know that this help is out there for them."

The current VP Academic, Meagan Strachan, will be showing Eklund the ropes until she assumes the position in May.

Rounding out the new executive council is President-elect Hasib Baig. NAITSA's president serves to motivate and lead the executive team, among a list of many other responsibilities. Baig was asked how he regarded the voter turnout in this year's election.

"One of the things I want to work on [is] getting more and more students from all different programs ... more involved at NAIT and with our Students' Association," he said.

Baig will be succeeding the current president, Jonathan Bilodeau.

The new NAITSA executives officially assume their positions on May 1. In the meantime, they will receive training and guidance from the current executives on everything they need to know about NAITSA and advocating for NAIT students.



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Letters

We want your views

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

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

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

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms and conditions. Personal Credits

of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian

Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

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Photo by Taylor Mah

The Hangar 11 parking area is now off limits to NAIT students who were using it for parking.

A little less parking at NAIT

By **GABBY HAY-BYERS**
Issues Editor
@Gee_H_Bee

Students at NAIT lost one of the last areas of free parking near campus in late January when the City of Edmonton erected signs on the old Hangar 11 parking area warning that those found to be parking in the area would be ticketed. A related message posted through the student MyNAIT Dashboard portal took a more ominous tone, indicating that tickets and “other tactics” could be used.

Student parking is anywhere from \$8 a

day in the L Lot to \$9 a day in the parkades on main campus. However, if the daily parking areas are full, students can pay \$3 an hour, which for a school day of six hours is \$18 on the extreme end if a student is exceptionally unlucky. This creates a range of potential parking costs to students without a monthly parking pass that ranges from \$160 to \$360.

NAIT’s website indicates a monthly cost of between \$65 and \$103 for staff (including Kingsway parking), which means that even the most expensive staff parking is \$63 cheaper than what non-

monthly parking pass students pay. Further, it indicates that NAIT staff have the option of renting a stall from Kingsway for \$65 a month, which is an option unavailable to students.

Since most students at NAIT do pay for a U-Pass, the easy solution is to take the bus. However, Business student Robbie Kaler shared his reasoning for occasionally driving to campus and paying for parking.

“I drive on the days that I have night classes – the buses do run that late but less frequently to the area I have to go to and when it’s so late and cold, I don’t always

want to wait.”

Nugget staff have been keeping an eye on the old Hangar 11 grounds, and have noted exceptionally limited City of Edmonton use of the stalls, which leaves the question of Why kick people off land you’re not using? In speaking with Mark Hall, Executive Director of the Blatchford Redevelopment for the City of Edmonton, it was confirmed that the city is unlikely to be using the land for a while, however it was considered in the best interests of safety and security to close the lands to parking since they are unmonitored.

Words of wisdom – for free

By **TAYLOR BRAAT**

“Be nice to those you meet on your way up because you might meet them on your way down” –JD is one of the many insightful quotes that were placed all throughout NAIT anonymously. It is not a known fact of who has put these up but I think we can all agree it has brightened a few of our days. From the Business Tower, to the Industrial buildings you can catch these notes hanging by a piece of tape for everyone to see.

This goes to show that there are people

in this world that want to make everyone’s day a little better and there is something very comforting in knowing this. The

thought of knowing that someone wanted to do this, should be an inspiration to everyone. We all already know about Motivation Mondays here at NAIT, but for the past couple weeks we have been able to enjoy some motivation

throughout the week. Monday’s quote was “You don’t have to be great to start, but you have to start to be great.” And that was a quote from Zig Ziglar.

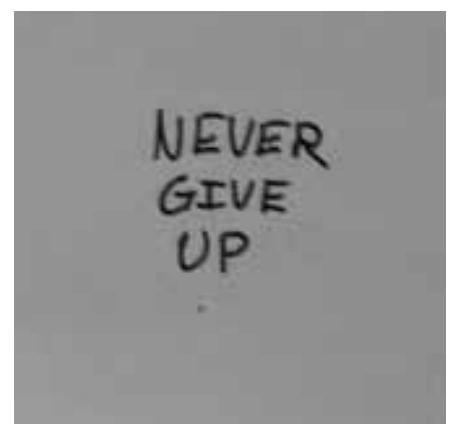
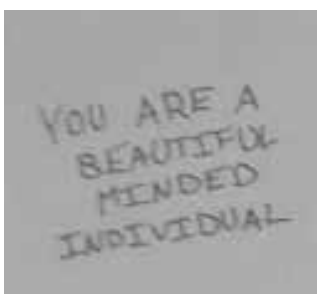
In my opinion, it is never a bad time or place for inspiration and what you do with these words is completely up to the individual who read or

saw it. NAIT is a place where we are educating ourselves to be great for the future and sometimes it is hard. Homework and

assignments can build up and stress us out but we all have to remember that we are capable. With a few wise words to help us get through, I know we can do it.

In life, we don’t always have to be so serious. We need to learn to look at the

small things that make us happy and give us joy because in the end, those are what will bring the most happiness and peace.



Point Counter Point Raising the bar



By **QUINTON BERGER**
@QuintonBerger6

The other weekend, Alberta saw one of the most fascinating and exciting social experiments to happen in recent history. On Sunday, Feb. 23, in honour of Canada's Olympic team and in recognition of Canada and Russia's major time difference, bars were permitted to serve hooch at 5 a.m. While many see this as a special "one time" thing that will most likely never be repeated, I'm here to tell you that bars should be permitted to serve alcohol whenever the hell they want!

Here's the idea. We live in a "free country," right? Well in a free, capitalism based society, we live by the simple principle of supply and demand. This means if I'm demanding something, someone should be willing to supply it.

Free market values

If I want a beer at 5 a.m., then I should be able to purchase it and some lucky bastard should be able to profit from it. That's the true spirit of the free market, that's the true spirit of capitalism, that's the spirit of good ol' North America. Now, of course, my old and out of touch adversary will probably talk about nothing good happening after 2 a.m. and people drinking too much, but let's be real.

That stuff is the responsibility of the consumer, not the supplier. If I drink 30 Red Bulls and try to sue them, you'd say I was an idiot. Therefore, it only seems logical that if you can't handle yourself after 2 a.m., you fit the same category. Seems pretty straight forward. Don't be an idiot. Gee, what a total shocker.

Aside from the fact that there are some of us grown-ups in the world who can handle themselves and drink till all hours of the night, let's not forget the less fortunate. Not those who can't drink, but those who don't get to. I'm talking of course, about shift workers. Think about it, guys and girls who work night shifts never get to go to the bar. They can't go drink before work for obvious reasons and by the time they've gotten off work, alcohol is no longer being served. I'm no civil rights activist, but I think it's safe to say how horribly unjust this is. It's discrimination of the working class or at least the night working class. People who work nights should be able to get off work and enjoy a beer just like the rest of us. Simple as that!

Freaking cold

Now, aside from being able to serve alcohol late, bars should at least be able to dictate how late they're open. Many bars have a policy that, after a certain point, they kick everyone out.

See here's this issue here. We live in Canada! It gets freaking cold at 2 a.m. and so many times, so many people are forced to face the ungodly reality of being stranded out in the cold with no cab. See, there are only so many cabs in the city of Edmonton and at 2 a.m. they are all full. This isn't only a huge pain in the ass but it's also majorly unsafe. We live in a country where at any given time it could drop to minus 40 and whether you're bundled up or not, that's still insanely cold. Reforming Alberta's liquor laws would not only ensure more good times to be had by more people while others make more money but it would also help to see that more people make it home safely. It's win-win-win-freaking win!



By **DYLAN WOLFINGER**
@thewolfinger

Welcome back, faithful *Nugget* reader.

A few big events happened while we were away. The big one was that we won hockey gold. What was almost as big a story was that Alberta changed a few liquor laws for the gold medal game day with surprising results. Bars were allowed open and started serving alcohol at 5 a.m. and, although it was pretty successful, the idea of changing the hours might not be as promising. First off, it might increase the amount of drunk drivers out there. If the bars were allowed to serve at 5 a.m. that might encourage some people who work the Dolly Parton to wake up a little earlier and go for a quick pick-me-up before work.

Pedal to the metal

The next thing you know, you're down three Bull Dogs and decide to pass on the heart clogging bar breakfast to try your luck at the VLT, which is another poor early morning life choice. Now you're broke with the exception of the 57-cent VLT voucher in your back pocket and, on top of it all, late for work so you pop some gum and pedal to the metal – no good, guys.

That leads to my second point. Increased alcohol consumption would be ridiculous. Think of the amount of booze you purchase at last call – it's just a sea of rum and cokes and tequila shots, eh? Now imagine this, instead of the bars starting at the regular time, now we get extra hours to fill our bellies with more idiot juice ... almost every day. Suddenly, instead of taking it all in at the normal last call hour, we get way more time throughout the day to consume and then last call to order that tidal wave of bad choices.

Now, if that doesn't create an army of over consumed alcoholics I don't know what will. Finally, would somebody please think of the employees? I understand there's money to be made, but I can't imagine being too happy at all about having to pull a split shift from between 3 a.m. to 5 a.m. in anything, especially the service industry where you deal with adult children for the better part of the night.

Shawarma

Even the landscape of food would change. Most bar menus would somehow have to incorporate that late night staple, shawarma meat. Though that might not be all that bad, you could have a shawarma omelet, shawarma breakfast sandwich and shawarma with eggs, a side of hash browns and toast. It wouldn't be made with the same kind of love though, because the cook's pulling an all-nighter and is getting increasingly frustrated because it's 5:30 a.m. and the entire bar wants only shawarmas. The idea of changing the law for the gold medal game was fun because it was unique. If it was changed permanently, it wouldn't be unique anymore and would get taken for granted and that's when the negatives would overshadow the positives, but that's just my opinion.



Photo by Bernard Suen

OPINION

— Editorial —

Services around us



CARLY ROBINSON
Editor-In-Chief
@CarlyDionne

Around campus there has been a steady push for students to have a healthy lifestyle, a well-balanced lifestyle that is. I can personally attest to just how many people on campus there are whose job is to care for you and make sure you find the help you need and deserve.

Health services

There is a place to go on campus, whether you are on main campus or one of the satellite campuses, for all your medical needs. Not only does the main campus's office typically house Flynn the therapy-dog-in-training, but also a qualified team of health care practitioners ready to have you leaving the office on a healthy foot. Whether you're in need of a Band-Aid, or seeking more long term medical attention, they will treat you or make sure you are seen by someone better suited to your needs.

Having recently used this service, I was pleasantly surprised by the efficiency. The fact that there were no appointments had me a bit skeptical when I looked at the services on paper, having visited other post-secondary health services and waited ages to be seen without an appointment. However, in actuality there was very little wait time. I'm not sure if I just hit a quiet day, or if they are typically not busy. Hopefully the reason for this is that students around campus are all healthy and not that they don't know about the services.

Awareness

With programs like the High Five for mental health and the Safe spaces for LGBTQ awareness, we have been seeing a campus wide conversation opening up to support students who need to feel that school is a safe space. Most faculty members are versed in exactly how to deal with anything from exam stress to crisis, and to point those in need to the required resources. These programs are still new and already I have seen a positive impact around campus.

Nutrition and healthy eating

While there are lots of options for food in our busy world, there seem to always be options here on campus to eat healthy. Food Services has made many strides to ensure that what they offer is good for you, from reduced prices for milk and water (compared to pop) to having mostly whole wheat bread, they are conscious about what a busy student needs in a diet. They also have registered dietitians available for students to talk to about their healthy lifestyles.

Staying active

I admit that my own exercise has mostly been power walks across campus lately. This doesn't take away from the availability of many places to exercise and stay fit on campus. As

we all need to pay an athletic fee regardless, why not take advantage of the services there? It's not just the gym, but we have the pool, arena, climbing wall and, of course, the racket sports courts. It is easy to stop by after or before class, if we all just take a moment to be conscious about our choices.

Staying healthy is not just avoiding being sick, it is

about constantly being aware of how our decisions affect our overall health. As students, we are surrounded by constant stressors and keeping a balance can be hard. Although, when problems arise it would be pretty hard to peg it on a lack of services. NAIT has the necessary services to keep your health in check. It's all about how we use them.



File photo

Flynn, NAIT's therapy dog, hard at work.



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: studenteditor@nait.ca.

SPORTS

Moments frozen in time



BRIDGETTE TSANG
Sports Editor
@bridgettetsang

You know those moments in life when you remember exactly where you were, who you were with and what you were doing at the time it happened? It's one of those things that never get old, and every time it's brought up, you can almost relive that moment in time in your mind.

For me, these moments come through sports. I still vividly remember where I was during the Edmonton Oilers Stanley Cup Final Game 7 in 2006 against the Carolina Hurricanes. My family and I went to Rexall Place to watch the game on the Jumbotron along with thousands of Oilers fans. I was with my grandma, who tagged along and watched her first ever hockey game. It was

hard explaining to her what every play meant because I was already so focused on watching the game and I simply could not take my eyes or mind off it. Also, I didn't know how to translate it all in Chinese to her since she didn't understand or speak a lick of English. The funniest thing was when we finally scored in that game. The goal horn sounded and the crowd erupted and my grandma was so confused with what was going on. Maybe I should have prepped her before the game. Lesson learned. But after the tough loss that night, I remember just sitting in the stands not knowing how to feel as I watched Rod Brind'Amor lift the Stanley Cup. It was heart-breaking to watch. To think that the Oilers haven't made the playoffs since then makes it even more memorable.

Another one of these moments was four years ago in Vancouver. You could probably take a wild guess and know that it was the Olympic Winter Games. Not only was it on home soil but we won the most gold medals as a host nation. But the deciding gold medal would come at the very end of the Games in the gold medal men's ice hockey game. A classic battle of North America – USA ver-

sus Canada for the gold medal. I remember I had to work during the game. Luckily, there were TVs at the place I worked and I tried to watch as much of it as I could and not skip a beat. When the third period arrived, I was already off and could finally sit down and watch. But that only made me more nervous. I was with my mom and brother as we watched the tying goal by Zach Parise. It also marked the first time I ever swore in front of my mom, so that's that. Pretty much through-

out overtime, I was nervously pacing around the room. I watched as Sidney Crosby charged into the US zone and initially lost the puck, but Jarome Iginla corralled it and fed it back to Sid and the rest is history. I screamed in happiness, then cried because I was just so emotionally invested in the game and knowing that my favourite player had just won my country's 14th gold, it would be something I will never forget.

Most recently, it was the women's gold medal game at the Sochi Olympics. I think that game was the pinnacle of the Olympics for me this year. Former Ooks' goaltender Shannon Szabados was a big part of the team and it was because of her the team struck gold

again this year. I was in a car listening to the game on the radio. Down by two late in the third, the women rallied to tie the game and send it to overtime. I was going crazy and because I didn't want to jinx the outcome, I waited in the car to listen to the rest of the game despite already arriving at my destination. The commentators' voices blared through the speakers as I crouched down to listen even closer. "Szabados with two great saves!" And then Hayley Wickenheiser drawing what was supposed to be a penalty shot, but instead drew a penalty to give her team a power play that made a nation erupt in pure happiness and pride. And then the golden words "... shot ... scored! It's Poulin again! Canada wins gold in overtime!"

I cheered and cried and then cheered some more. The game could not have ended any better. For the rest of the day, I could not wipe the smile off my face. Every time I drive by the places I drove by when I was listening to the game, I have that distinct memory.

It's a weird and wonderful thing, but many of us have our own story on how we celebrated a specific time or event – everyone's story is unique and different. And it is something we will be able to cherish forever.

Some special memories remain with us forever.

MEN'S HOCKEY

Ooks earn bye to ACAC semis

By CONNOR HOOD
Sports Editor
@connorhood27

The NAIT men's hockey team finished their regular season this weekend eyeing the

number one seed heading into the ACAC playoffs. The Ooks played their winged rivals in the Grant MacEwan Griffins in a home and home series. NAIT came away with a win in both games, outscoring MacEwan 12-0, and

securing the top spot in the ACAC.

The first game took place Friday night, as MacEwan hosted the Ooks at Bill Hunter Arena. The game was one dominated by the visitors, as NAIT skated away with the 7-0 victory. Tyler French opened the scoring in the first period, putting in his 14th of the year. The Ooks pressured the Griffins right from the opening faceoff, drawing three penalties and outshooting their opponent 15-7.

NAIT kept the momentum going into the second and pulled away by scoring three times in the frame. Goals came from forwards Scott Fellnermayr, Brennan Volcan, and captain Liam Darragh. The trio put the Ooks up by four heading into the final 20 minutes.

The third period was similar to the first two, as NAIT didn't let MacEwan even think about a comeback. Kyle Harris sealed the deal with his 11th of the year early in the third, with Jordan Wood also scoring. French added an exclamation mark, scoring his second of the night with 10 seconds left in regulation and earning player of the game honours.

The second game was held at the NAIT Arena on Saturday afternoon. The second half of the double header was a twin of the first, with NAIT winning another blowout 5-0.

Harris picked up right where he left off

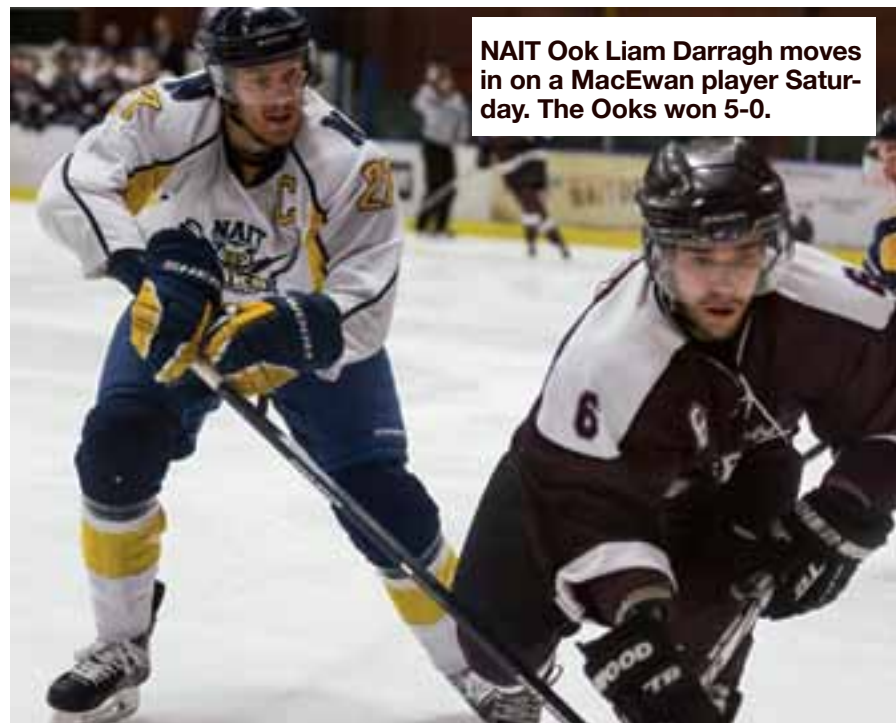
from the night before, scoring the lone goal of the first period. After playing the puck, MacEwan goalie Riley Feser was left out of position, leading to the tap in goal. Despite only being up one after the first, NAIT controlled most of the play, doubling GMAC on the shot clock.

The Ooks came out flying after the intermission, putting up four goals in the second and chasing Feser out of the Griffins net. Fellnermayr, Darragh, Josh Lazowski, and Michael Piluso scored for the Ooks, who led 5-0 after two.

NAIT played a full 60 minutes, never giving MacEwan any possession time in the offensive zone. Up by five in the third, the Ooks played a defence-first 20 minutes, keeping the 5-0 advantage till the end.

With the victory, Ooks goalie Kyle Birch picked up back to back shutouts, and extended his record to a mind boggling 10 on the season. The feat seems even more outstanding when you consider the previous record was five.

With the wins, NAIT has now won 14 games in a row, which gives them sole position of first place in the ACAC. The Ooks finished the regular season with an impressive 27-4-1 record, and look primed to win back to back provincial titles. The ACAC playoffs begin March 7 with the quarterfinals set to take place.



NAIT Ooks Liam Darragh moves in on a MacEwan player Saturday. The Ooks won 5-0.

Photo by Jesse Kushneryk

BADMINTON

NAIT golden at Nats

Three of five gold medals available

By **AARON BORDATO**
@aaronbordato

NAIT opened its doors this weekend as they hosted the 2014 CCAA National Badminton Championships and took home three gold medals and one bronze.

Players from all over the country came to compete for collegiate supremacy in a weekend long tournament. Teams from B.C., Alberta, Ontario and the Atlantic provinces brought teams in men's and women's singles, men's and women's doubles and mixed doubles.

Players had to qualify by playing in their respective regional championships, with the winners of each category moving on, while some qualified in a separate wild card playoff.



Yang Sun
Gold Medal

NAIT was well represented over the weekend as six of the possible eight players on Team Alberta were Oaks. They represented every team besides the mixed doubles, who were from Concordia.

The weekend started out just the way they envisioned as the two Alberta singles players, Lei Chen on the men's side and Yang Sun on the female side, went 5-0 during round robin play. Both were heavy favourites coming into the tournament as they had dominated play all year long. Now in her fifth and final year, Sun had already won gold, silver and bronze medals in previous championships and looked to add to her collection.

After advancing to the gold medal game, Sun started nervously and was responsible for several unforced errors.

After a shaky start, she was able to recover and started to dictate play. She took the first set 21-17 and was quickly on the cusp of earning her fourth national medal. She didn't miss a beat in the following set and continued to wear down her opponent and

run her all over the court. She made quick work of her opponent and won the second set 21-18. She captured her second gold medal in five years and brought an amazing end to her badminton career.

Not only did the gold medal winning singles teams excel, so did the doubles. While the men's doubles team couldn't quite make it to the final, they impressed a lot of people and were able to take home the bronze medal. Second-year player

Andy Ko was named to the CCAA All Canadian Team.

The women, on the other hand, went 4-1 during round robin play, losing only to Team Ontario 2-1. When the teams met again in the gold medal game, things were much different as the Oaks meant business.

They opened up the game with a dominating first set, to win 21-12 and looked to be well on their way to their first national championship. Things suddenly took a dramatic turn as the girls weren't able to close things out in the clutch and lost the second set 21-19.

After a lengthy break to start the final set, the girls were refocused and ready to go. They jumped out of the gate quickly and were able to distance themselves by a lengthy lead early on. They continued



Photo by Jesse Kushneryk

Ook Jake Perry returns a shot during the CCAA nationals, hosted by NAIT on the weekend. Perry went on to win bronze in men's doubles.

to put the pressure on their opponents and eventually were able to take home the gold after they won the deciding set 21-10.

It was an amazing couple days of badminton action at NAIT. It isn't every day

you get to watch the best players in the country go head to head in a sport so close and competitive. The hard work put in by these players all year was clearly evident, and made for a special weekend.

CURLING

Ooks off to nationals



By **KEVIN MAHER**
@kevinmahertv

The NAIT Oaks curling teams are returning to the CCAA Curling Nationals after they won two silver and one bronze medal at the ACAC Curling Provincials last month. The best teams in Alberta curling were out in full force at the Vermilion Curling Club during Feb. 21-23, as the NAIT Oaks curling teams were ready to slide their way past the competition. The men cruised to the finals, only to drop their only game of the weekend to Portage College with a 7-2 defeat, earning the silver medal.

Due to a college having to back out of the ACAC Curling Provincials, the women earned a spot in the provincial showdowns.

The women were in tough against MacEwan in the final, as they won silver medal with a close 8-6 loss. The mixed team, the last of the three NAIT Oaks curling teams represented in Vermilion, walked away with a bronze medal for their efforts as they beat Lakeland College 7-4 in their final game of the season.

With the two silver medals in their pockets, the men and women's teams are now on their way to Sault Ste. Marie, Ontario in mid-March to represent Alberta at the CCAA Curling Nationals. The mixed division does not compete at the Nationals, however, NAIT Oaks mixed skip Alex Wolfe was happy with the level of competition all weekend. "I feel like we played well, the other teams came out strong and

they also played very well," Wolfe said. "Any team could've finished in any of the four spots, all were very evenly matched."

On the men's side, NAIT Oaks skip Matt Brown is excited to return to Nationals, to help his team defend their National Championship.

"We're defending champs," Brown said. "The weekend was fantastic. Can't believe we all played that well. Just hoping the ice curls a lot."

Brown was also optimistic about his team's chances at Nationals.

"It's going to be a long week, but if I stay focused and those guys in front of me keep shooting the lights out, we are in good position to make the final."

The NAIT Oaks women's rink came

close to capturing the national title in 2013, by capturing placing second. They will be looking to get a taste of gold this time, when they return later this month.

The women's skip, Karynn Flory, can't wait to represent Alberta.

"We are extremely happy to be returning to nationals for a second year," she said. "It's a fun experience and great opportunity to play against teams you wouldn't normally encounter."

By sending two teams, NAIT will be represented well and have a very strong chance at bringing more hardware back to Edmonton.

The CCAA Curling Nationals take place March 18-22 at Sault College, in Sault Ste. Marie, Ontario.

Rush's magical season continues



CONNOR HOOD
Sports Editor
@connorhood27

The Edmonton Rush were back in action this weekend as they hosted the Toronto Rock at Rexall Place. The Rush came into the game with a perfect 7-0 record and won 11-10 to become just the second team in National Lacrosse League history to start the year 8-0.

The previous team to accomplish this feat was the 1993 Buffalo Bandits, who went on to the championship later that year. The Rock, on the other hand, are off to a shaky start and entered the game with a 4-4 record, good for third in the Eastern Conference.

The game started with a bang, as Rush captain Chris Corbeil and the Rock's Scott Johnston dropped the gloves just 20 seconds in. The fight was a prelude of events to come, as both teams played a physical game.

Stephan Leblanc opened the scoring for the Rock two minutes in, giving them the early 1-0 lead. The Rush were quick to respond, with goals from Riley Loewen and Mark Matthews. Toronto went on to score three more times in the quarter, while Matthews netted his second of the night, as the Rock held an early 4-3 advantage.

The second quarter was dominated by each team's goaltender. Edmonton's Aaron Bold and Toronto's Josh Sanderson each made fantastic saves early on, keeping it a one-goal game. Colin Doyle ended the strong defensive play, restoring Toronto's two-goal lead with his 18th of the season. The Rush scored twice late in the quar-

ter to tie the game at five heading into the half.

The second half started much like the first, as each team's defence and physicality were on full display. They swapped power-play goals in the third quarter, as the low scoring game continued and were tied 6-6 with one quarter left.

The Rush offence roared to life at just the right time, as they scored five fourth-quarter goals. The most memorable of the bunch was the one scored by Jeremy Thompson. After grabbing the loose ball, the Rush's transition man ran up the court facing three Rock defenders. Instead of passing to a teammate, Thompson cut to the middle and ripped the shot over Sanderson's shoulder, giving the Rush not only an 8-7 lead, but also the game's momentum. Loewen added his second goal of the game less than two minutes later, giving the Rush a 9-7 lead.

The teams traded a pair of goals late, as the Rush held an 11-9 lead with a minute to play. Leblanc scored his second of the game with the goalie pulled, but that was as close as they came.

With the win, Edmonton extended their lead atop the Western Conference and tied the NLL record for start to a season.

"We were rusty and a little tentative on defence but we got a lot better and the game went on," said Rush coach and GM Derek Keenan after the game.

"In the fourth quarter I thought we played really well."

Despite all the hype surrounding the game, Keenan didn't feel like the attention surrounding the record affected his players. "I don't think our guys felt any pressure," he said. "Honestly, there wasn't any talk in our room about that."

The next game for the Rush is March 8 as they host the Vancouver Stealth in their first ever visit to Rexall Place. The basement dwelling Stealth will try and stop the Rush from becoming the first team to go 9-0.



Derek Keenan



Photo by Jesse Kushneryk

Edmonton Rush defenceman Ryan Dilks makes life difficult for a Toronto Rock player during a game on the weekend. The Rush won, extending their win streak to 8-0.

Athletes of the week

February 24-March 2

Powin Lau Badminton



Powin teamed up with partner Jessica Yu to capture gold in women's doubles this past weekend at the 2014 CCAA badminton championships held at NAIT. It was Powin's first national championship in her first year with the Oaks program. "In only her first year with our team, Powin showed tremendous poise on the court," said head coach Jordan Richey. "He are happy to have her back at NAIT next season and so proud of her accomplishment." Powin is a first year Business student from Vancouver.

Josephine Peacock Basketball



Jessica willed her team to its second consecutive ACAC bronze medal this past weekend at the provincials held at Olds College. Peacock had 71 points, 40 rebounds and 16 steals in the Oaks' three games and was the team's best player in all of them. "Josie finished her career in stellar fashion, making sure her team came away from the championships with hardware," said head coach Todd Warnick. "I would expect nothing less from her than the performance she put forth as she has been consistent throughout her five years." Josephine is a fifth year Business student from Edmonton.

Athlete Profile



Player: Richelle Baer
Sport: Curling
Position: Third
Program: Diagnostic Medical Sonographer

By KEVIN MAHER
 @kevinmahertv

What inspired you to start curling?

I grew up in a small Saskatchewan town where everyone started curling from a young age and I just stuck with it.

Do you have any pre-game rituals or routines?

I like to get to the rink early and relax before the game starts.

What are some of your hobbies?

I like to read, dance, golf, camp, spend time with friends and family, and just be outdoors.

Who inspires you the most?

My grandma. She is 85 and still curls, bowls, volunteers at a senior cit-

izens home, bakes and knits. She is amazing!

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

Quiet, positive, compassionate, fair, loyal, a scholar and athletic.

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

I love to watch and attempt to play hockey. I also love to golf.

What music can be found on your playlist?

Pretty much all country.

What is your favourite eatery in Edmonton and why?

I don't go out to eat a lot but always love Earls.

Where is your dream oasis?

Florida with my family.



Athlete Profile



Player: Travis Jones
Sport: Curling
Position: Lead
Program: Business Admin – Marketing

By KEVIN MAHER
 @kevinmahertv

What inspired you to start curling?

I started in Grade 3 in an inter-school league that a few friends wanted to join.

Do you have any pre-game rituals?

I need five to 10 minutes by myself, sometimes with music playing, other times just off on my own, to mentally prepare and stretch. Then, right before practice, pump up with the rest of the team.

What are some of your hobbies?

Skiing, paintball, travelling (15 countries and counting), watching shows like *Blue Collar Comedy Tour*.

Who inspires you the most?

Kevin Martin. Not only have I known him since my early days of curling but I was there when he won the 2010 Olympics, the Olympic Trials and a few Grand Slam events.

How would your friends and family

describe you in seven words?

Ambitious, resourceful, connected, dedicated, creative, organized, helpful.

Do you have any secret talents?

I can build a Rubix cube in 47 seconds.

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

Soccer and extreme skiing (X Games).

What music is on your playlist?

Mostly country – everything from Alan Jackson to Brooks and Dunn to Taylor Swift.

What is your favourite eatery in Edmonton and why?

Famoso Neopolitan Pizzeria, delicious pizza, in and out in under 30 minutes. Plus, the gelato is good, too.

Where is your dream oasis?

Hanging around in the German Alps (Bavaria) during the summer months. Nothing but mountains, bratwursts and beer.

Athletes of the week

February 24-March 2

Jill Diachuk
 Hockey



Jill backstopped the NAIT Ooks women's hockey team to their second consecutive ACAC championship this past weekend. After being spectacular in a 3-2 triple overtime loss in Game 1 and shutting out the Griffins 1-0 in Game 2 and Gme 3, Jill only allowed one goal in the team's 2-1 series clinching win at home Saturday night. "This past weekend in the finals, Jill was solid and provided the team with a confident presence," said head coach Deanna Iwanicka. "In her second appearance in the ACAC championships, Jill came through again with two shutouts and only allowed four goals the entire series." Jill is a fourth-year Business student from Lloydminster.

Lei Chen
 Badminton



Lei won the 2014 men's singles national badminton championship last weekend, defeating Matt Chan from Langara College 21-16, 21-9. It was Lei's second CCAA national championship after winning mixed-doubles last year. "He was relentless all week and showed that he is in a class all his own," said head coach Jordan Richey. "His skill level is unmatched by anyone in college badminton." Lei is a second-year ESL student from Nan Ning China.

Athletes of the week

February 24-March 2

Yang Sun
 Badminton



Yang won the 2014 women's singles national badminton championship this weekend, defeating Kathleen Loughheed from Douglas College 21-17, 21-18. It was Yang's second CCAA national championship after winning women's singles in her first year at NAIT. "Yang is one of the best female players to ever play badminton at the collegiate level," said head coach Jordan Richey. "I am so happy she could bookend her five-year career with national championships." Yang is a fifth year BBA student from Nan Ning, China.

Jessica Yu
 Badminton



Jessica teamed up with partner Powin Lau to capture Gold in women's doubles this past weekend at the 2014 CCAA badminton championships held at NAIT. It was Jessica's third national championship and fourth CCAA medal overall. "Jessica has truly had a special career with our program," said head coach Jordan Richey. "She has won two Nationals gold medals and a silver in women's doubles and added a national championship in mixed doubles last year." Jessica is a fifth year Business student from Edmonton.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	28	20	20	6	0	2	127	65	42
NAIT	25	20	20	4	1	0	119	37	41
RDC	28	17	15	10	1	0	99	82	35
Augustana	28	14	14	8	1	5	107	75	34
MacEwan	26	13	12	10	0	3	94	84	29
Portage	25	10	10	14	0	1	74	102	21
Concordia	26	8	7	14	1	3	76	97	20
Keyano	26	5	5	18	1	2	69	101	13
Briercrest	26	4	4	22	0	0	50	172	8

ACAC PLAYOFFS

February 28

NAIT 7, MacEwan 0

March 1

NAIT 5, MacEwan 0

NAIT gets bye to ACAC semifinals beginning March 14)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
MacEwan	18	11	8	6	0	1	41	39	23
NAIT	18	9	9	5	2	2	41	38	22
Red Deer	18	9	9	8	1	0	48	27	19
SAIT	18	5	5	11	1	1	32	58	12

ACAC PLAYOFFS

Best of five

February 21

MacEwan 3, NAIT 1 (3OT)

February 22

NAIT 1, MacEwan 0

February 28

NAIT 1, MacEwan 0

March 1

NAIT 2, MacEwan 1

Ooks win ACAC Championship

MEN'S BASKETBALL

Team	Div	GP	Div	Inter	Div	W	L	Pts
Red Deer	S	18	8	8	16	2	24	
Lethbridge	S	18	9	5	14	4	19	
MacEwan	N	19	9	5	14	5	19	
NAIT	N	19	9	5	14	5	19	
Briercrest	S	20	9	4	13	7	17	
Concordia	N	19	6	5	11	8	16	
Lakeland	N	19	7	4	11	8	15	
Keyano	N	19	7	4	11	8	15	
Grande Prairie	N	19	6	4	10	9	14	
Medicine Hat	S	18	5	4	9	9	13	
Augustana	N	19	2	4	6	13	10	
SAIT	S	18	3	2	5	13	7	
King's	N	19	2	1	3	16	4	
Olds	S	18	2	0	2	16	2	
St. Mary's	S	18	0	1	1	17	2	

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

ACAC PLAYOFFS

February 28

Quarterfinals

NAIT 85, Keyano 63

March 2

Semifinals

Lethbridge 81, NAIT 53

Ooks finish in fourth place

WOMEN'S BASKETBALL

Team	Div	GP	Div	Inter	Div	W	L	Pts
MacEwan	N	19	11	7	18	1	25	
Augustana	N	19	11	7	18	1	25	
NAIT	N	19	7	7	14	5	21	
Lethbridge	S	18	10	5	15	3	20	
Lakeland	N	19	6	5	11	8	16	

Grande Prairie	N	19	6	4	10	9	14
SAIT	S	18	7	3	10	8	13
Medicine Hat	S	18	6	3	9	9	12
Concordia	N	19	4	4	8	11	12
Red Deer	S	18	7	2	9	9	11
Keyano	N	19	3	4	7	12	11
Olds	S	18	4	3	7	11	10
King's	N	19	0	2	2	17	4
Briercrest	S	20	2	0	2	18	2
St. Mary's	S	18	0	0	0	18	0

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

ACAC PLAYOFFS

February 28

Quarterfinal

NAIT 73, Lakeland 66

March 1

Semifinal

Olds 71, NAIT 89

March 2

Semifinal

NAIT 78, Lethbridge 75 (OT)

Ooks win Bronze Medal

MEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	%
S Red Deer	18	17	1	52	8	.944
N MacEwan	20	18	2	56	14	.900
S SAIT	18	12	6	40	24	.667
S Medicine Hat	18	12	6	38	30	.667
S Augustana	18	11	7	37	27	.611
N Gr. Prairie	20	12	8	41	30	.600
S Briercrest	18	10	8	41	30	.556
N NAIT	18	7	11	25	36	.389
N King's	18	7	11	30	35	.389
N Keyano	18	6	12	28	40	.333

N Lakeland	20	6	14	24	48	.300
N Concordia	18	2	16	11	50	.111
S Olds	18	0	18	3	54	.000
S Lethbridge	0	0	0	0	0	.000

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

WOMEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
S Red Deer	20	17	3	55	13	34
N MacEwan	20	17	3	56	13	34
N Gr. Prairie	20	17	3	56	23	34
S Briercrest	20	15	5	47	26	30
N King's	20	15	5	46	21	30
S Olds	20	11	9	43	33	22
S SAIT	20	11	9	43	37	22
N Lakeland	20	9	11	34	42	18
S Lethbridge	20	9	11	32	38	18
N NAIT	20	7	13	26	46	14
S Augustana	20	6	14	27	48	12
N Concordia	20	3	17	17	55	6
N Keyano	20	3	17	22	56	6
S Medicine Hat	20	0	20	6	60	0

BADMINTON

CCAA NATIONALS AT NAIT

MEN'S SINGLES

Gold – Lei Chen, NAIT

WOMEN'S SINGLES

Gold – Yang Sun, NAIT

WOMEN'S DOUBLES

Gold – Jessica Yu/Powin Lau, NAIT

MEN'S DOUBLES

Bronze – Andy Ko/Jake Perry, NAIT



4TH ANNUAL NAITSA'S NEXT top model VOTING

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MARCH 3-7

ROUND THREE
MARCH 10-14

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NAIT STUDENTS' ASSOCIATION
CELEBRATING 50 YEARS



Photo by Jesse Kushneryk

NAIT Ooks women's hockey team celebrates its ACAC championship win, their second in a row.

WOMEN'S HOCKEY

A repeat for gold!

By **BRIDGETTE TSANG**
Sports Editor
@BridgetteTsang

The Ooks women successfully defended their ACAC hockey championship on the weekend, but it didn't come without an intense battle with one of their bitter rivals, the MacEwan Griffins, in a thrilling best-of-five series. The Griffins had already won a bye into the championship in a 4-3 win over the Ooks on Feb. 8.

The Ooks and Griffins may be fierce rivals on the ice, but a friendly competition between the coaches was also involved. Ooks head coach Deanna Iwanicka and Griffins head coach Lindsay Alpine, are long-time friends who have played hockey together for years and operated a popular hockey school together for the past three summers.

Recently, Alpine was named the ACAC Women's Hockey Coach of the Year, leading her team to the first seed with 11 rookies, including ACAC Player of the Year, Sasha Lutz. The Ooks also had a young team this year with five rookies, including Rookie of the Year Carlin Boey.

Awards aside, both teams had their eyes set on the next prize – an ACAC championship. The series was off to a thrilling start with a game that headed into triple overtime. Ooks' Jana Fialova opened the scoring with her first of the post season. Sherri Bowles added to that lead, 2-0 after one. The Griffins started to get their feet moving in the second and third, scoring a goal in each to tie the game and bring it to overtime. And of course, it wouldn't be a series

without a game that had not only one overtime period, but three. Unfortunately, the third overtime period was not the charm the Ooks were looking for as the Griffins come all the way back to win the first game 3-2 to take a 1-0 series lead.

Game 2 was bound to be exciting! The Ooks opened the scoring yet again, this time, Hayley Vanderpoole scored her second of the post-season. The Griffins were hard on the puck and had 23 shots on goal by the end of the game, but Jill Diachuk said "no" to every one of them as the Ooks shut out the Griffins 1-0, and tie the series 1-1.

After two close games, one of the teams would have to break the tie in the series as Game 3 approached. The Ooks' were firing at all cylinders in a scoreless first period, but they would get the ball rolling in the second as Breanna Frasca opened the scoring on a sweet pass from Jody Rammel, 1-0 Ooks. But it turns out, that would be all the Ooks needed to win another close game, and take the 2-1 lead in the series with the next game heading back to NAIT, and a chance to win the championship.

It was a classic Saturday night hockey game. The stands were packed and the clanking of cowbells rang throughout the arena. The Ooks were ready to make history and had a chance to defend their title. The Ooks drew the first penalty of the game as Frasca, who scored the game winner last game, opened the

scoring when she walked around the defence-man through traffic and scored five-hole on the Griffins goaltender, and the Ooks take an early 1-0 lead three minutes into the game. Ooks' goalie Jill Diachuk had a few crucial saves to keep her team leading after the first period.

The pace of the game picked up in the second period as a few hits were laid and teams were playing physical. Fortunately, that did not stop the Ooks from scoring. Jamie Fedler was a recipient of a sweet pass from Samantha Dyck, and just like that, the Ooks were up two zip. But as hockey fans know, no lead is ever safe. The Ooks were in a bit of some penalty trouble in the third, but managed to smoothly kill them all off with a couple blocked shots

and turnovers. The Griffins' were desperate for a goal and the game was getting in its late stages. The goaltender was pulled for an extra attacker with a minute left on the clock, and the Griffins manage to score a late one with 22 seconds left to spare in a scramble in front of the net. The Ooks were 22 seconds away from dynasty, one goal ahead, and an empty net to shoot at.

The empty net would stay untouched for the rest of the game and the crowd erupted as the Ooks celebrated on the other side of the rink after they had just defended their ACAC Championship in a thrilling, down-to-the-last-minute 3-1 series win

Women take ACAC championship for second year in a row

over the MacEwan Griffins. Sticks, gloves, and helmets were thrown everywhere on the ice as the team embraced.

"We Are the Champions" blared throughout the arena as the girls celebrated on the ice.

After handshakes across centre ice, the Griffins were awarded their silver medal. by NAIT President, Dr. Glenn Feltham, who then awarded the gold medals to the Ooks, as well as the coveted trophy to coach Iwanicka, who humbly passed it over to her team.

Throughout the series, Ooks' goaltender Jill Diachuk was been rock solid for her team, allowing only four goals in four games. The last few saves for her in the game were special.

"It wouldn't be a final if it didn't end up like that," Diachuk said. "We had it, we played together and we bought into our game plan and there was no doubt in my mind that we weren't going to lose tonight."

After five years of being a proud Ook, assistant captain Nicole Dunlop couldn't be happier about her team's success.

"Honestly, we couldn't go out with a better ending than this. It's been a long time coming, we got a couple silvers, and now this is two golds and I honestly could not ask for anything else. This feels so amazing."

The future for the team is bright despite the loss of a few veteran players after this season. Iwanicka is optimistic for next season.

"We talked about it before the game. We said last year history was made and this year we're right in the legacy. So we want something to pass on."



Deanna Iwanicka

ENTERTAINMENT

Back where I belong ...



By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

Is there a song title that describes you pretty well? If there's one for me, it's "Mr. Self Destruct." I'm a bachelor in the art of partying, so I think switching from news to entertainment is quite fitting.

I'm a hopeless nerd. Music, movies, literature, fine arts – I just can't get enough, although lately I feel like Marty McFly from *Back To The Future, Part II*. I simply can't read anything on my tablet, not even the sweet-sweet comics.

And when I take out a book (you know, the printed one with all the pages and smell) on the bus, people are staring at me like I'm an alien. They only lift their eyebrows higher when I'm wearing my fanny pack at the same time. Clearly nobody has any idea how cool and practical that thing is.

I also hate watching movies on my tablet (why the hell did I buy that thing, anyway?) and I never want to try it on my phone. A few days ago a guy next to me on the LRT was watching *Gravity* on his phone. I almost had a heart attack. How can you watch *Gravity* on your phone? That should be punished with serious jail time.

I need the big screen to get sucked in. If it were possible, I would live in a movie theatre. I also like visiting video stores and can browse for hours. Side note: Edmonton has the best video store



www.cbc.ca

Watching movies on a phone?

on the planet. It's called The Lobby and it's on Whyte Avenue.

Maybe I'm really old school – I place vinyl ahead of MP3. If

there's a live gig in town, I'm there. If there's a new exhibition at one of the galleries, I'm there. If they serve cold beer in a bar, I'm there.

With all that said, I think editing the Entertainment section is a job that suits me quite well. I'm home. Feels nice to be home.



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FOR YOUR LISTENING PLEASURE ...

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By **DANIIL ANSELM**

It's 4 a.m. and you're driving home on the Whitemud. You're probably leaning back at about 120 degrees. You're going half the speed limit, because that's what OGs do – not putting any stress on those 22-inch dubs.

The road is empty but your head is

full of thoughts. You feel like a hybrid of Denzel Washington from *Training Day* and Robert De Niro from *Taxi Driver*. You look in the rear-view mirror and see Styro-foam cups scattered across the back seat. Something in your glove box is rattling. An opened box of your new demo CD is on the floor but it's full because no one wants to hear it. You turn up the volume another notch and let go of the wheel.

This is night crawling.

I offer you the official playlist of music to ride to. If you're listening to anything else, you're doing it wrong.

"Swervin" – Blak Jak feat. Project Pat

"Exhibit A" – Jay Eletronica

"Ghetto Blues" – Melodious Monk

"Hardknock" – Joey Bada\$\$ Feat. CJ Fly

"Cartoon & Cereal" – Kendrick Lamar

"November 18th" – Drake

"Shook Ones Part II" – Mobb Deep

"N.Y. State of Mind" – Nas

"The What" – Notorious B.I.G. Feat. Method Man

"Liberation" – Outkast Feat. Cee-Lo, Erykah Badu, Big Rube

"Blind Threats" – ScHoolboy Q Feat. Raekwon

"U Way (Remix)" – YoungBloodz

Feat. Lil Wayne

"Drive Slow" – Kanye West Feat. Paul Wall, GLC

"3030" – Deltron



chewthedirt.com



www.furrymania.it

Sheepdogs at The Nest

By **TAISON GELINAS**

Let me ask you a question: have you ever picked up an instrument and just started to play? Maybe you had a plan, or maybe you just wanted to hear something that you had never heard before.

If you have, then you know that it's not easy. It takes years of hard work and dedication to create music from scratch, but when that day comes when you can say you have created a sound that you not only have never heard before but are in love with, you never stop.

If you don't believe me, just ask Canadian rock band The Sheepdogs and they'll tell you all about how they funded their first three albums with their own money. They'll tell you all about how they were the first unsigned rock band to be featured on the cover of *The Rolling Stone* magazine, they will tell you all about

the hard work and dedication that it took to win not one, but three JUNO awards. You know why they'll tell you? Because one day, after years of going back to the drawing board, they had finally found that sound – the sound that would forever change their lives, and to this day, they have never stopped playing that sound. They will probably tell you all about how to grow a crazy beard, too, so it's a win-win for everyone, right?

Now, just hold on a minute. You're probably wondering to yourself: Taison, how can I ask Canadian rock band The Sheepdogs about music if I don't know where they are? Aren't they from Saskatoon? Good question, fake person! You're right, they are from Saskatoon, but guess what? You're in luck, because NAITSA has booked The Sheepdogs to perform live on Friday, March 7 at The Nest. That

is incredible. An amazing rock band right on our doorstep for us to ogle over? Who could ask for better?

Not me because I don't know about you, but I'm going to scavenge for tickets.

Talent show

By **RICHARD LUKACS**

Have you ever considered that the nerdy guy in your Human Resources Issues and Strategies class is actually a badass rock singer? One day we all will leave NAIT as professionals, but some among us were already pros when they entered.

Jasmine Tiwana and Ibukun Orefuja are peer mentors at the International Student Centre. They recognized that many pupils have various interesting skills that nobody knows about. As we are buried under assignments, midterms, tests and other parts of schoolwork, we usually have no time to show our personal talents for fellow students.

The NAIT Talent Show will change that next Wednesday, March 12 at the Shaw

Theatre! Ten individual and four group performances will entertain us, featuring activities like singing, cultural and ballet dance performances, rock music and so on.

The performing students are from different parts of the Globe. Besides Canadians, there are talents from India, Africa, Indonesia and China.

"There are going to be eye-catching performances, amazing talents to show case," said Orefuja.

"It promises to be an interesting event. Every student and staff at NAIT is all invited."

Let's take a break from working and pay attention to the talent at NAIT.

The admission is free (and highly recommended) for everyone.

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RESTAURANT REVIEW

Delectable dining

Oliver restaurant worth a return trip

By JORDAN WARDELL

For this week's restaurant review I've chosen Wild Tangerine, an Asian fusion eatery in Oliver. If you are looking for fresh delicious food, then you will love it. The restaurant isn't very big and I would expect it to get pretty full on the weekends, so I recommend a reservation if you have your heart set on trying their food.

The menu isn't huge but I still had a hard time choosing. Everything sounded delicious. If you're a wine drinker, then this place is great for you. They have a very nice selection of wines and suggest what dishes are paired best with them. It was a little on the pricey side but I really think the food was worth it.

To start, I suggest the shrimp lollipops. They were amazing and served with a wasabi dipping sauce. I was also told that the salads were very good as well. For a main course, I found it very hard to decide but I ended up getting the beef and broccoli, which was to die for. I have never had beef so tender and it was paired with the fresh crisp broccoli and a sesame mayo. I ate all of it even though I was full after I was about half finished. I couldn't stop eating. My friend got the curried mussels. Most of the time, when you order mussels you expect to get



foodosophy.wordpress.com

about six to 10 but when the dish came out it probably had about 25 mussels still in their shell over a huge bed of pasta. It was definitely worth the price, I found it to be quite the bargain considering how much fresh seafood you got. I really could go on and on about how much I loved those mussels but not everyone

likes shellfish. So, I will move on.

The staff was small. I actually only saw the one man, who was the owner. If you have any questions at all then he is your man. He loved to talk and was a delightful conversation. If one would like this great food but aren't in the mood to eat out, they also have take-

out. They had a takeout fridge of dishes you could take home and heat or you can call in and order as well. I really have nothing bad to say. I had a wonderful time, ate some wonderful food and had wonderful company. I am most definitely going to be going back to the Wild Tangerine.

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HOW DID WE DO?

Nothing better than a letter

By DYLAN WOLFINGER
@thewolfinger

I find that lately the romance in my life has been like getting the mail, you get nothing most of the month and then one day it all comes at once.

I'm sure almost everybody out there would prefer to get their mail every day instead of in a bulk load and not that I'm complaining but, come on universe, spread it out a little please because waiting for the mail blows. I mean, there's lots of postal service videos online but nothing feels as good as holding that envelope in your hands and opening it up slowly to reveal what's inside.

Sometimes it's a funny card from someone you just met or a pair of concert tickets that you ordered or even a birthday invitation from an old friend. Getting most anything in the mail is pretty sweet, with the exception of bills. Although you still got some mail you never feel good after getting a bill. Unfortunately, there's always going to be bills in the mail, so

there's not much to do there except make better decisions to minimize the amount of bills.

I feel like getting a hand delivered letter either at school or work would be a major power move, especially right to your front door. You hear someone knocking on your front door and you open it, boom, the letter's in your hands. I'm not a fan when I miss my delivery though, which I'm sure once again not too many people are but when I see that sticker hanging on my front door saying sorry I missed you, I just stand there with my head down and think of what it could have been and now I have to go out of my way to go to the post office and go and pick them up.

For the most part I am still a really big fan of the current mail system we have in place. Could it be improved on? Absolutely, but do I care enough to change it? Not until I transfer all my mail over to e-mail and have one source for everything. Since that shouldn't happen for a few years, I'm going to stick to the letters I get a few times a month.



news.nationalpost.com

Eat, drink, dance downtown

By JORDAN WARDELL

This past weekend my peers and I went to Central Social Hall on Jasper Avenue. It's safe to say we had a good time, as it is hard to not have a good time when you're out with an amazing group of people. But, let's talk about Central and not how great my friends are.

Central Social Hall is in the heart of downtown. It is easy to get to and is close to other restaurants and bars, making it easy to hop around if you so choose. I would say the crowd it attracts is a little older, or maybe I'm just used to being surrounded by 18-year-olds every time I go out. They have a full menu

with appies, sandwiches, burgers, etc. They also have a nice selection of drinks.

I enjoyed the fact that they had a drink menu that was just like any other restaurant. You had a choice of specialty cocktails, a decent selection of beer on tap, wine and your typical bar drinks and shots. It was nice to see the balance of restaurant and bar. At about 11 o'clock they cleared all the tables and chairs from one area



and created a dance floor and slowly removed the rest of the chairs to create the bar atmosphere.

One flaw I found was the layout. The bathrooms, ATM and coat check were all in a little hallway at the back of the building. As you can imagine, that got pretty backed up once people started flowing in. The place is really quite big but only had four stalls in the bathroom. That didn't help the line situation much. For

the size of the place I was expecting a little more room to be set aside for bathrooms.

Central was really nice though, once I got over my issues with the bathroom. It was decorated simple and clean. Hard wood tables gave a casual feel to the place. One tip I leave you with is to pay your bill before they start the transition from restaurant to bar. Once they start letting more people in, it was a challenge to find our server to pay the bill. But all in all I had a good time. If you want to go downtown and go to more of a sit down place then I would say to check out Central.

THE NUGGET PRESENTS:

GRAPEVINES

It's time to bring the past out of the closet and brush it off, as Grapevines returns to the NAIT Nugget, after being retired for a few years. This is an opportunity for you to speak your mind anonymously and have it showcased in our weekly column. Let's see what's on your mind this week.

If the problem persists, you must quit looking for the issue, but instead look inside yourself.

— Your anatomy

Meaningless is the moment inhaled without love.

— Cupid

Those who hesitate, masturbate. Seize every opportunity.

— Procrastination

Failure always comes before you succeed, that doesn't mean because something you're aiming for in life isn't happening now, doesn't mean it will never happen for you. Half the reward is the battle you fight to get to the perfect point in your life.

— Trophy winner

The elevators in the parkade suck ass. Get it together NAIT.

— Take the stairs

Just when you think Spring is around the corner, old man Winter reminds you that you live in Canada.

— Canadian golfers

I don't know why they call it Reading Week, because the only reading I did was of the beer labels.

— Reading accomplished

Thank you to those students who don't use headphones when listening to their tunes in the NAIT hallways, I really wanted to hear your music while I'm talking with my friends.

— Looking at oblivious students

When life gives you lemons, throw it back and demand a Tim Horton's "Roll Up The Rim" cup.

— Timbits

That moment when you just miss your bus, and have to stand outside in -30 weather for what seems like an eternity... happens every time.

— Only in winter

These new NR92 studio mics are gifts from the heaven's above.

— Every NR92 DJ host

Students who sleep in their cars at 6 a.m. until their classes begin along the free parking by the airport, are cheaters.

— NAIT has free parking?

Get sexy – and in shape

By LAUREN FINK

@LaurenFink_

I'm sure most of us can attest as busy college students and just busy people in general, that getting the recommended amount of physical activity in a day is a challenge.

I'm no exception to this. Frankly, some days I would rather curl up on my couch with a snack and a season of *Suits* than go outside in the cold, drive to the gym and then proceed to work out in front of randoms. Obviously, though, that's not what is best for my body. So, when I need extra push to get active, I look for a fitness class or a unique way to get in physical activity. I've done tons of different classes, from swimming to spin, but this last one has got to be the most unique.

Last week, I tried an introduction to pole dancing class at Aradia Fitness on Jasper Avenue (they also have locations in Sherwood Park and on Whyte Avenue.) Leading up to taking the class, I had tons of reservations, most of which revolved around how awkward I am as a human and my sheer lack of co-ordination.

"Would my experience in this class show up on YouTube with the word 'fail' in the title?" was also on the list.

When I got there, I was greeted by the instructor, Tasia. The second I saw the studio and Tasia, my worries dissipated. In my class, there were only four of us; a group



www.yelp.ca

of three friends and myself. We started off with a "sexy" (which was a reoccurring descriptor – it's a pole dancing class, though so it shouldn't come as a shock) warm-up. After our warm-up, I felt completely comfortable, not awkward or weird but, even kind of sexy (a word, I would rarely use to describe myself.)

We then went on with a "sexy" version of arm, abs and leg workouts. We then moved onto my second favourite part of the class, the pole. We learned the basics of pole dancing, which require just the right amount of co-ordination for me. After we had learned the pole basics, we moved on

to my favourite part of the class: the performance. At the end of each pole dancing class (whether you're in level one or six,) the group does a performance, incorporating the moves you learned in that class (even the arm, abs and leg workouts you did at the beginning; there is a reason everything is sexy.) The performance was so much fun. Our whole class did the choreography, with Tasia instructing us along the way and, truthfully, I've never felt more liberated or (are you sick of this word yet?) sexy.

"My advice would be to just at least give it a try," said Aradia owner Chantelle

Beasley.

"And don't compare yourself to others. Lots of people watch too many YouTube videos and feel like they need to instantly be that good. Or they feel like they need to already be fit to take the class. This class will help you gain upper body strength, and especially core strength. Everybody's pole journey is different, but it is always fun!"

And guys, don't think pole dancing is just for the ladies. Aradia offers an all-male class as well.

"I decided to start the male class because I believe pole fitness is for everyone," said Beasley.

"Many other pole studios already have male pole classes and there is a category for it in the championships. It is very similar to the female class, just a bit more strength oriented."

Along with male classes and all levels of pole dancing, Aradia offers new contortion classes and pole circuit boot camp classes, as well as lap dancing.

If you're interested in trying pole dancing for yourself you can check out their Facebook page "Aradia Fitness Edmonton," contact Chantelle at, 780-819-0977 or by e-mail at Chantelle@aradiafitness.com. You can also sign up for classes online at www.aradiafitness.com.

And, if you do try it out, I would love to hear about your experience, tweet me @laurenfink_.

Best Nintendo game of 2013

ST. JOHN'S (CUP) – *The Legend of Zelda: A Link Between Worlds* is easily the best handheld Zelda game to be released – not including remakes and ports, although it'd still come close.

The new Zelda game was released just before the holiday break, and quickly rose to the 3DS's top five selling games of the year – and for good reason. This game is arguably the best Nintendo game released in 2013.

Incorporating past elements of the legendary series, this game pays tribute the most to two of the biggest titles in the series – *Ocarina of Time* and *A Link to the Past* – making this game a great addition for Nintendo. The series returns to the look of these two games as well, giving characters a familiar feel.

The game takes places between two worlds, hence the name. The worlds are polar opposites of each other – one light and sunny, the other dark and gloomy. Hyrule and Lorule, ruled by Princess Zelda and Princess Hilda respectively. That's right, the game made a Sabrina, the Teenage Witch reference.

As for game play, the game's weapons and devices have a unique twist – you have to rent them, at least at first. In order to use the diverse range of equipment, you

must pay a rental fee to some strange creature who has chosen to inhabit your house and make it their store. When is your rental up? When you get game over. Once knocked out, your weapons are returned to the renter, and you are required to run back, pay and get them again. It's a little tedious, but it requires you to be aware of what weapons you need for each dungeon, so you don't go spending all your money renting them all. It's an extra incentive not to die – which is missing from a lot of new games, where game over just means starting exactly where you died. After a while, you are able to purchase the weapons for good, meaning they are still yours, even if you die.

The game also returns to the previous likeness of being more explorative, with side quests, games and non-linear game play – essentially what a lot of modern Zelda games have been missing. On top of this, there is multiplayer connectivity, in which you street pass other Zelda users, you can then battle their "Shadow Link" which are equipped with all their weapons and such, adding a bit more fun to the game.

Finally, two other cool additions to the game are the ability to pinpoint locations and how you are able to obtain tips to move ahead. You can leave a pinpoint on the world



Nintendo photo

map to go back and get something later, which is helpful if you don't have a particular tool that is needed to obtain that item. As for the tips, if you get stuck at anytime, you can throw on these special glasses and then pay one coin to get a tip on how to move ahead in the game, which is a huge help if you like avoiding FAQ guides but end up

frustrated at any points.

This game is well rounded and left me asking for nothing else. The dungeons were fun, challenging, and nostalgic at the right times. The game play was fun, and lacked the tediousness of many new titles. Lastly, the story was pretty fun, especially for a top-down Zelda game.

Death becomes us all

By EVAN KIRBY

A lot of celebrities have died lately, hey? I never really know if this is true, though, it seems like celebrities die in waves. For a while it's pretty quiet on the Hollywood death front and then all of a sudden, like, five celebs die. I'm forever fascinated by celebrity deaths, how they occur, and their impact on our culture. They often resonate with us, because everybody under varying context has a relationship to this person, whether you were just aware of the person, or had a strong opinion towards them one way or the other. People die every-day, but you're often oblivious to this unless one impacts you directly.



crimespreemag.com

Philip Seymour Hoffman

ectly. Celebrity deaths magnify these feelings, and do expert work to remind you that even someone as dreamy as Cory Monteith can end up being on the wrong end of heroin and champagne.

Celebrity deaths come in many shapes and sizes. First off we got the truly accidental. Your Paul Walker getting lit up in a car, your David Carradine having some fun in a Thai closet, or your Ryan Dunn being dumb and drinking and driving really fast. This is normal death area, where the death comes out of nowhere, and thus gives you a legitimate source of being sad, they never deserved or expected what they got. Often these deaths are a product of the cer-

tain celebrities' environment, Paul Walker liked cars, and he died in one. Ryan Dunn liked doing dumb stuff, dumb stuff killed him. Steve Irwin liked stingrays, a stingray killed him.

Next, we got the granddaddy of all celebrity deaths: Drugs/alcohol. You got Heath Ledger, Michael Jackson, DJ AM, Brittany Murphy, Whitney Houston and recently, Phillip Seymour Hoffman. I could keep going on and listing names, but you get the idea. It's sad that the best artists/actors/musicians are often tortured individuals and behind their genius lays recurring problems that the general public is not privy to until it's too late. I could snark all day on these people, and I have, but at the end of the day it's sad that these people of confined greatness have been undone by something as unnecessary as a

temporary high.

And finally we got the "natural causes" deaths. Your celebrities who are as old as time and die because they are 80 something and were around when black and white television was a thing. There's a disconnect with these celebrities, though, as we often aren't wholly aware of them nowadays as they were popular a great while ago and haven't been in the public spotlight for decades. They die like we all do, not really

recognized. We see a headline on a website and then we move on. Just like us, celebrities don't all go out like Heath Ledger. Sometimes we forget about them and sometimes when they die we hardly register an emotion or think about them for a second and never hazard that thought ever again. While wholly different from celebrities, death hits us all equally.



www.wikipedia.org

Heath Ledger

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6 & 7 HOW TO PHOTOGRAPHY

7 THE SHEEPDOGS AT THE NEST

10-14 NNTM ROUND 3 VOTING

20 NNTM FINALE AT THE NEST

21 DODGEBALL



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College transfer student Courtney Lockhart always knew she wanted to pursue a career in politics. What she didn't know was that a degree from the University of Lethbridge would take her from Lethbridge all the way to Capitol Hill.

Courtney secured a co-op position at Global Centurion in Washington, D.C., an organization focused on the abolition of

modern slavery. Not only did Courtney see former U.S. Secretary of State Hillary Clinton give a speech at the Department of State, but her work allowed her to see the impact of human rights advocacy first-hand.

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THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

THROWBACK THURSDAY

Sweet memories of John Candy

By KRYSTA MARTELL

When I was a kid, I watched a lot of movies. Growing up in the late '80s, early '90s exposed me to some of the best movies I have seen, but one actor who I admired the most was none other than John Candy. To this day, I can still watch his movies and continue to laugh as hard as I did when I was eight. Candy is still considered one of Canada's greatest and funniest characters.

Some of his earliest work was on the Canadian television sketch comedy show, SCTV in the late 1970's but some of my personal favourites include:

1. *Planes, Trains and Automobiles* (1987) starring Candy and Steve Martin and let me tell ya ... They are quite the duo! This John Hughes comedy is about a man (Martin) who must travel home for Thanksgiving with an obnoxious slob of a shower ring salesman (Candy) as his only companion. Another one of those feel good comedy films that will make you laugh and cry.

2. *The Great Outdoors* (1988), an American comedy film directed by Howard Deutch where Candy takes his family on vacation but it's shattered when the annoying in-laws drop in. The reviews on this aren't good but I still found it funny, especially when a bear chases Candy through the woods.

3. *Uncle Buck* (1989), another John Hughes comedy where Candy plays a slob and a lowlife uncle whose family



tworandomgirls.com

Steve Martin and John Candy in a scene from *Planes, Trains and Automobiles*.

is forced to call upon him to baby sit. Of course there is more to the plot than just that, I can't give it all away because where is the fun in that?! Candy would continue to make people laugh until his death in 1994 at the age of 43 from a heart attack.

His final two films, *Wagons East!* and *Canadian*

Bacon are dedicated in his memory. Candy's films and '80s films in general are a one of a kind. Whether it's the humour, style or the character, it's relatable to someone in some way. So if you're looking for a vintage comedy film to watch, check out one of Candy's films.

REVOLVING RANT

I have one word for you – hurry up!

By ANGRY ANDY

Let me ask you a question – are you a campus slow walker? If so, hurry up. Don't you have somewhere to be? I know you do, it's called class and you're not supposed to be late but you're all going to be because you choose to walk like a cast member from the *Walking Dead*.

That's it, you're a campus walker, the zombies of NAIT. Even if it's not you, you know someone who has the walker plague, always falling behind and dragging their feet, probably has their head tilted back with drool

hanging out of their mouths mumbling something about brains or coffee.

In the impending zombie apocalypse, it's hanging around these people that will get you a craving for flesh faster than a million re-tweets from Ellen DeGeneres, so do your friend a favour and tell them to hurry up.

I'm sure many students like myself keep to a pretty tight schedule where every minute counts and you have everything timed perfectly. All you need is to get tangled up behind a walker, then your whole schedule is out of alignment and if you get caught up in a

group of walkers it's pretty much game over.

What happens if you don't have time to get a coffee to help wake you up because you had a late night working on an assignment that you didn't fully understand, because you missed the first part of class because the door was locked, because you were a few minutes late because as you were running to class you stumbled across a hallway full of walkers? Well, you should probably just drop out.

That can easily be avoided though, all it

takes is a few precautionary measures. For starters we could bring some type of bicycle bell and hang them from our bags and they could act like horns or we could develop some type of lane system on the ground for walkers and normal people.

Either way, the madness must end or soon it might spread from our school to the streets. Then there's no stopping it. The cure is out there somewhere and I have faith that some day we will live in a walker free school. Until then, I guess we must co-exist but seriously, hurry up!

BAND INTERVIEW

Music a la Mode Moderne

By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

Vancouver has a very rich music scene and Mode Moderne is an outstanding element of it. Many bands playing today are under the influence of Joy Division, The Smiths, The Cure, or Echo & the Bunnymen, but the tender and respectful way these guys approach this dreamy and gloomy legacy is incomparable.

Their brand new record, *Occult Delight*, is proof of that and at the same time showcases their prominent, infallible song writing skills. They have already released three full-length albums and a mini album, built a loyal fan base (with the appearance of the first Mode Moderne inspired tattoos) and they are currently taking over Europe with their second international tour. Still, they were kind enough to answer a few of my questions.

Nugget: When I heard your music for the first time, my impression was that the legacies of the great old bands are in good hands. Which group or musician do you have the most respect for and why? Was there any turning point that made you a musician?

Phillip Intilé (singer): *I remember really falling head over heels when I first heard the Smiths when I was 15-years-old. I used to hang out with this guy who was 10 years older and we would drive around in his car with the bass turned all the way down and the treble all the way up. I don't understand why we liked to listen to it that way, perhaps it had something to do with the acoustics in his car? I don't get it now but I promise you that it sounded really great at the time. We would drive around suburban industrial parks after midnight searching for skate spots, searching for ourselves. Black Flag, Buzzcocks, Dinosaur JR, Joy Division, the Birthday Party. 2:30 a.m., car park, incandescent cigarette haze, I think that's when it happened.*

Clint Lofkrantz: *Nirvana - Bleach. I think grunge generally ... but paired with girl group Spector pop from listening to AM radio as a kid.*



music.cbc.ca

Mode Moderne

N: Do you have any non-musical influences when you're writing your songs?

C: *Relationships are a natural influence but almost anything can influence ...*

P: *I was really into Knut Hamsun for a while there, Lars Von Trier, Kenneth Anger, Anaïs Nin, Jean Genet, all of those and more. Putting yourself in positions of discomfort, sleep deprivation, consumption.*

N: When Mode Moderne formed, post-punk and new wave wasn't really in the forefront but as I see it, hopefully getting strong again. Do you think that the genre you play might be just as popular and influential again as it was 30-40 years ago?

C: *Good music will always be good no matter what genre. We all have very different record collections.*

P: *I agree with Clint here. I try to stay away from genres when describing bands to people. I prefer to go on long-winded half mumbled diatribes, unless it's clear that the person couldn't give half a shit and then I stick with brevity. Brevity of classification is also my modus operandi when describing my band to moms and dads ... 'Remember that band from the '80s called the Cure? No? Well, we kind of sound like them but worse.'*

N: *Occult Delight* is already my favourite Mode Moderne album, even if your work feels like it has the same standards from the very beginning. What are the main differences for you between your albums?

C: *Thank you! We feel like we are growing as song writers. No one wants to write the same song over and over again.*

P: *Each of our albums represents a very distinct period in my life. I write to reflect. It's a way to talk my way through my experiences so as to better understand them. In this way, for me, the differences between each album are vast. However, from a technical standpoint one big change for us on *Occult Delight* is that Felix Fung (one of the founding members) wasn't a part of it. It's the first Mode record that was recorded by an "outsider," which was very daunting for me.*

N: Your music is very melancholic and romantic. Is that true for your personalities too?

C: *Yes, I would say so.*

P: *But we love to laugh as well. I see pathos as a comedic device.*

N: How do you accomplish most of the music you write? By jamming together at the rehearsal room or there is a main songwriter in the band?

C: *Phil and I are always writing in our heads. When one of us has a solid enough idea we leave a voice mail for the other. Then we all get together to demo.*

P: *I don't think I have ever jammed anything with Clint ever. Maybe once. I've jammed with other people before but it never amounts to much. I'm too slow to jam. I prefer to write and reflect.*

N: Does Mode Moderne's lyrics have a general message or rather you just transmit some feelings?

P: *To generalize is to cheapen. But yes, we transmit feelings. We transmit into the ether and see what comes back, I like that. Mode as SETI.*

N: You are preparing for a European tour now. Are you big party guys on tour or sober-minded and moderate?

C: *We are all individualistic, we take it in, alone again or?*

P: *I partake. It depends on my mood. What did we eat for dinner? Everything hinges on dinner.*

N: I've never been in Vancouver. What are the five best things the city can offer?

C: *Nature, women, records, love, food*

P: *Rain, space, food, sex, sleep.*

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



After the winter season is over, many people will take their physical activities outdoors. These following tips are recommended to help keep you safe while running, jogging or cycling.

- Carry identification or your name, phone number, and blood type on the inside sole or laced to the outside of your running shoe. Be sure to include your medical information.

- Don't wear jewellery.

- Carry enough change for a phone call. If you carry a cell phone, always ensure that it is fully charged.

- Run with a partner.
- Write down or leave word of your route. Inform your friends and family of your favourite routes.

- Run or cycle in familiar areas. Know the locations of telephones and open businesses and stores. Alter your route pattern.

- Always stay alert. The more aware you are, the less vulnerable you will be.

- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars and bushes.

- Don't wear headphones. Use your hearing to be aware of your surroundings.

- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

- Run against traffic so you can observe approaching vehicles.

- Wear reflective material if you must go out before dawn or after dark.

- Use your intuition about suspicious persons or areas. React on your intuition and avoid any person or area that feels unsafe to you.

- Carry a whistle or noisemaker.

- Call the police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary during your run.

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

Everybody benefits, except the criminal.



How to run smart

Detective duo hit of season

By AARON BORDATO

You never really know what to expect when it comes to a television network's winter lineup. While there can be some hidden gems that didn't quite make the fall cut like *The Office*, *Happy Days* and even *The Simpsons*; the winter lineup is known all too well for a network's inability to find quality programming.

While some previous fall shows can exceed expectations, there are countless numbers of busts from the autumn lineup year after year. These failures then task executives with the difficult job of finding good replacement shows. Ultimately however, many networks are branded with the stigma of having the inability to find good programming on the back half of the year.

In 2014 however, it is a different story.

After having shows like *Breaking Bad* and *Dexter* conclude dramatically at the end of last season it left not only fond memories but a thirst for new shows to grab our attention the very same way. Many people, including me, did not think this would be possible. We focused on the heartbreak of the shows' conclusions and ignored the potential of new ones starting. Well, we were wrong...

True Detective has been the gem of the season by far. Critics are ranting and raving about the show and its two main stars, Matthew McConaughey, and Woody Harrelson. Its dense, complex and subtle story telling is brought together so eloquently by the two megastars that it has people comparing it to *Breaking Bad* already. While not only an acting showcase for the two greats, *True Detective* delivers a clinic on how to direct a slowly written, slowly acted, and slowly evolving show.

In theory, the show doesn't sound like anything special. I mean, a pair of opposite Louisiana detectives working together on a season long murder investigation. We've seen it

all before, right? Wrong. It's the show's strange, creepy ambience which attributes to it being much more than your tradition thriller. *True Detective* isn't your usual, straightforward story of the hunt for a serial killer. It's a study and investigation into the human psyche, a journey into the minds of these great characters.

McConaughey is on top of the Hollywood game right now. While already winning an Academy Award for best lead actor this year (*Dallas Buyer's Club*) he can certainly expect to be in the Emmy discussion when it comes around as well. He and Harrelson are intriguing when they're together, they're exciting when they're with others and they are fascinating when they're alone.

The show fixates on the sullen, dark, and hostile themes similar to others of its kind but brings a little bit extra on every account. While the show concludes quickly (only two episodes left) and the stars may not return next year (the show is designed to have a new cast and crew every year) it is not very often that a program comes along so established and confident in its first few episodes. *True Detective* is like nothing else on television today and if you have yet to investigate HBO's newest hit, you have no idea what you're missing.



www.gq.com

Woody Harrelson and Matthew McConaughey in *True Detective*.

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

MOVIES – THE KURT LOCKER



gorgview.com

Mads Mikkelsen as One-Eye in *Valhalla Rising*

Gory, yet stunning to watch

By KURT FABISCH

Nicolas Winding Refn – you might not know the name, but you might recognize some of the titles. *Bronson* (2008), *Only God Forgives* (2013), but mostly *Drive* (2011) you may have seen.

Refn doesn't like to repeat himself, I'm finding. None of the three films of his I've seen bear much resemblance to each other. *Bronson* is a prison film, *Only God Forgives* is a dark, nightmarish vision of Hong Kong and *Drive* is a tribute to '80s crime films.

In 2009, Refn gave us *Valhalla Rising*.

Set around 1000 AD, it follows a one-eyed Norse warrior who is only known as One-Eye. He begins the film as a slave of a clan in the Scottish Highlands. One-Eye is something of a gladiator, set to fight to the death against other prisoners of other clans in the land. One-Eye excels at this. Beating men into submission before delivering the fatal strike, which in one case is bashing a guy's brains out (not in) with a rock.

One-Eye manages to free himself – how I won't say. While free, he encounters a group of warriors on their way to Jerusalem. It's the time of the Crusades and they want to join their Christian brothers fighting in the Holy Land. One-Eye decides to join them, along with a young boy who acts as his "interpreter," because One-Eye never says a word.

Mads Mikkelsen (TV's *Hannibal Lecter* and *Casino Royale*'s Le Chiffre,) is a great One-Eye. He's a Clint Eastwood-like killer who doesn't need to speak to get his "points" across. He lets his hands ... and his

axe do the talking. One great shot is One-Eye holding his axe at his waist much like gunslinger holds a pistol in a Western.

If you've seen *Drive* or *Only God Forgives*, you know that Refn has a taste for violence. Very, very ... some say gruesome but I say awesome, violence. The gore is quite extreme in this film. If you could handle *Braveheart*, you could handle some of the violence in this film.

Now, while the action and violence is fun, this movie isn't just some trashy B-movie. This is really an art film, when you break it down.

As *Nugget* Entertainment Editor and fellow cinephile Richárd Lukács put it: "It's more like visiting a great exhibition of breathtaking paintings than a regular film," which is true because *Valhalla Rising* is just stunning to look at. Hats off to Morten Søborg, the film's cinematographer. Man, there is some gorgeous camerawork in this movie. The gloomy, mist of the Scottish highlands, they've never looked worse and yet they've never looked better.

The lack of a climactic fight scene was a bit of a letdown, mainly because the fights were getting better as the film went along, I was relishing for this film to go out on a high note. So, just be ready for an ending that won't satisfy you entirely.

As long as you expect a gory and yet beautiful movie, you'll like *Valhalla Rising*.



soundcolourvibration.com

Nicolas Winding Refn

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

Gamers of Dungeons & Dragons

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHEN

Wednesdays | 5:15pm – 11pm

Fridays | 5:15pm – 11pm

Saturdays | 8am – 8pm

WHERE

Room WA-114

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

Room T-015

Business Connex

Tuesdays | 4:45pm - 5:30pm

Room T-107

Latter Day Saints Student Association

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

Room WA-212

Investment Club

Wednesdays | 4:40pm – 5:40pm

Room T-509

Aboriginal Club

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

Room H-111

intoNAITion Toastmasters

Mondays | 4:40pm – 5:30pm

Room H-003

Christian Club

Fridays | 12:15 – 1:10pm

Room X-215

Btech Club

Saturdays | 12 – 5pm

Room T-212

Anime Club

Fridays | 4:15 – 8pm

Room F-106

Western Martial Arts

Mondays | 3:15 – 4:30pm

Studio

Improv Club

Mondays | 3:15pm

Room J-006

BLAZE Dance (Hip Hop, breakdance, freestyle)

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

Studio (S-112)

Every Friday at 4pm-8:30pm

Studio (S-112)

Every Sunday at 11am-4pm

Studio (S-112)

Music Club at NAIT Jam Sessions

Every Thursday at 5pm-7pm

Room H-003

UPCOMING CLUB EVENTS

WHO

EDSS

WHAT

Liquor basket

WHEN

Thursday March 6 1pm-3pm

Friday March 7 11am-1pm

WHERE

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

Engineering Annex - main staircase area

Club 5 Star

Lawl Movie Madness

March 7th; 4-7:30pm

March 8th; 5pm-10:30pm

March 9th; 4pm-8pm

Shaw Theatre - NAIT Campus:

(We are the Millers, Yes Man)

(The Internship, Night at the Roxbury, Super Troopers)

(The Heat, Tenacious D & The Pick of Destiny)

Biological Sciences

Bake Sale

March 12; 11:15am – 2:10pm

Outside NAITSA office

ASC

Silent Auction

March 13; 10am-3pm

South Lobby - NAIT Main Campus

MECSA

St Paddy's Beer Garden

March 14 3pm-11pm

Tower Lounge - 8th Floor

Power Engineering

Rocky Mountain Rail Society Trip

March 15

Stettler, AB

Accounting Club

Tax Clinics

March 22, March 29, April 3-All day

Room T-210 / T-211

Club Culinaire

Silent Auction

March 27; 9am-4pm

South Lobby-NAIT Main Campus

MECSA

Mini Career Fair

March 28; 10am-2pm

B - Building

Geo Tech

Rockers Pub Night

March 28

Knoxville's

Denturists 2015

Pub Night & Silent Auction

March 29 6:30pm

The Blind Duck

MRT 67 Club Rad-

BYOB (bring your own banana)

April 1 11am-2:30pm

Outside NAITSA office

CAMPUS CLUBS NEWS

WHAT

Club Connection #4

Club Grant #4 Deadline

WHEN

March 10, 2014 (Room X-107)

March 11, 2014 5:00pm

(e-mail applications to roseb@nait.ca)

GIV'ER Submissions Deadline

March 21, 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/>

VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus

780.471.8457 | 780.471.8871

campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates



The 86th Academy Awards took place on Sunday night and if you care about the Oscars you already know what people were wearing, which speeches were the most awkward, and who won the awards. If you don't care about any of those things and didn't watch the Oscars, I am hoping to provide a more bearable recount. Instead of giving you a redundant recap of the details, I have compiled a list of some of the best tweets from the Oscars 2014, because that's the most important part of any awards show anyways.

On live tweeting and Pharrell's hat:



On Jennifer Lawrence falling for the second consecutive year:



Photo bombing on the red carpet:



On Jared Leto's recent transformation and best supporting actor win:



On Lupita Nyong'o's win for best supporting actress:



Passing the torch:



On pizza:



More pizza:



When John Travolta butchered Idina Menzel's name, the creation of this account was an inevitability:



And finally, the most retweeted tweet of all time that broke the Internet and stole our hearts:



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