

VIEW YOUR CANDIDATES ON PAGES 16 AND 17

# THE NAIT NUGGET

Thursday, February 5, 2015  
Volume 52, Issue 18

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

## TIME TO VOTE!

**Cast your ballots from February 6-12, see page 2**



Photo by Ciaran Boyle

**Outgoing NAITSA executives Rechelle Eklund, VP Academic and President Hasib Baig prepare for the upcoming student vote that will elect their successors.**

# NEWS & FEATURES

## Candidates are scarce

By **NICOLAS BROWN**

**Issues Editor**  
@bruchev

The nominations are in, the names confirmed, it's time to vote for... NAITSA's Next Top Executive! Joking aside, voting in the NAITSA Executive elections every year is one of the most important aspects of student governance on campus. These student executives, nominated and elected from the student body at NAIT, have an immeasurable influence over every student's experience here at NAIT.

### Wait ...

Hold on ... there are only five names here, five students interested in representing the 16,215 voting students at NAIT. Only five students willing to represent students on issues that directly affect each and every one of us, either financially, academically, or socially. Three of the four executive positions are running uncontested, a non-competition, a guaranteed win. How can this sound right? How can there be so few students willing to show leadership at an institution like NAIT, a leading polytechnic who's very slogan is "We are Essential." We need only to look back to the fall term, where we saw uncontested Senate elections and abysmal voter turnout to see that this is not a new phenomenon.

### 'Important to vote'

VP Academic and Deputy Returning Officer Rechelle Eklund explained, "It's important to vote in the executive elections, because just like government, you want the right people running the organization and making the right decisions. Now with saying that, because there are three positions uncontested, if students feel that a candidate is not qualified for their position, students have the choice of a yes/no vote."

This is not to discount the efforts or abilities of the candidates however, as it takes courage to run for arguably the toughest student position you will ever hold. Instead, this is a warning, and a wake-up call. NAIT students need competent student leaders, we need leaders that will put everything they have into advocating for us and planning

services that benefit us. How can candidates prove that they are capable of handling those responsibilities?

Sure, they can submit resumes and essays about their ideas but resumes and papers can be altered and paper can't back up a position the same way actions do. A true executive election pits candidates against each other and forces candidates to truly display their leadership skills in order to gain the votes of students. Uncontested positions mean anyone can run for a position and get in, without proving their worth to the students. Certainly you can vote no in an uncontested election, that is still an

option – but it leaves the position vacant, just starting the process over again.

### The Candidates

Candidates for student executives need to be students with academic integrity – students who are involved on campus and dedicated to representing every student on NAIT's campus. Students' Association executives should be the epitome of student leaders. What is the definition of a student leader? That's what your votes decide.

So who is vying for your votes? This year, the students who are running to be your student voice are:

- Justin Nand – an Accounting student

and current VP External for NAITSA running for President.

- Yang Yu – a third year BBA - Accounting student running for VP Academic.

- Michael MacComb – a Civil Engineering Technology student running for VP Student Services.

- Elyssa Teslyk – a fourth year BBA - Marketing student running for VP External.

- Allannah Wrobel – a third-year BBA – Management student running for VP External.

More information on the candidates is available on pages 16 and 17 of this week's

paper – so you can flip through the paper and learn all about them. Hopefully, as engaged students, you all attended the candidate speeches on Wednesday, Feb. 4 and heard first-hand what each candidate wants to accomplish.

### What do they do?

NAITSA's student executives represent the students of NAIT. They influence the services the students' association provides to students, they advocate on our behalf to NAIT and government, and they help students deal with issues ranging from mental health to academic grievances. NAITSA provides many services to students here on campus – many articles could be, and have been, written on what is offered by our Students' Association. How do the student executives work into all of it though?

### 'A different world'

Outgoing President Hasib Baig explains life as a student executive saying, "It's a different world. You get exposed to a lot of opportunities and you're in a position to make an impact on student life. From a learning point of view, you learn how to collaborate and cooperate with different departments, administration, different levels of government, and your peers across the country."

Those interested in voting in the election, simply check your emails, as NAITSA has now moved to an online voting system. Voting is open from Feb. 6 to Feb. 12. Check the back page of this issue for voting instructions.

Make sure your voice is heard.



Photo by Randi Adams

### OOOPS!

This ETS bus missed the turn from 106 Street onto 118 Avenue during an icy day last week. No one was hurt and damage was minimal.

**The Nugget**

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

**Editor-in-Chief**

Gabrielle Hay-Byers  
studenteditor@nait.ca

**Issues Editor**

Nicolas Brown  
issues@nait.ca

**Sports Editor**

Josh Ryan  
sports@nait.ca

**Entertainment Editors**

Quinton Berger  
Maria Tagliente  
entertain@nait.ca

**Photo Editors**

Ciaran Boyle  
Tegan Dutton  
photo@nait.ca

**Online Editor**

online editor@nait.ca

**Production Manager**

Frank MacKay  
fmackay@nait.ca

**Submissions encouraged:**  
studenteditor@nait.ca

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glenda@playhousepublications.ca



Photo by Ciaran Boyle

Five of the new chaplains for NAIT's new chaplaincy service gathered recently at the official kickoff. They are, from left to right, Mark Chiang, United Church of Canada, Edmonton Presbytery; Randy Randhawa, Sikh Gurdwara; Taha Syed, Ahmadiyya Muslim Community; Carlos Nunez, Catholic Archdiocese of Edmonton and Peter Trang, Edmonton Buddhist Research Institute.

# Chaplains available

**By GABRIELLE HAY-BYERS**  
Editor-In-Chief

NAIT's commitment to the welfare of students is continuing to evolve as new chaplaincy services kicked off on Feb. 3.

"The Chaplaincy Service is another means through which we can support the holistic student and meet the needs of the NAIT community," said Kristen Flath, Manager of Student Services. "Instructors had approached Student Life with the need to provide spiritual support for students, stemming from requests they had received from students."

Ten chaplains will be offering hours on campus each week so that students and staff can make an appointment to meet somewhere on campus. The chaplains serving NAIT's community are volunteering and, if there are concerns that there's a faith community that is underserved through the program, Student Services is happy to work to solidify an arrangement that would ensure an environment that represents a variety of religions.

"In some cases, we have faith communities that would prefer to be contacted on an as-needed basis, rather than maintaining regular hours. All our chaplains are working with us to build

a NAIT Chaplaincy Team; they are interested in supporting the goal of the chaplaincy and the multi-faith support it offers for the NAIT community," said Flath.

The chaplains will not be recruiting for their faith base on campus nor will they be proselytizing, according to NAIT's website about the program. Instead, they will

be here to support the growth and spiritual needs of students and staff while on campus. The new multi-faith space in the CAT building will give students an even greater opportunity to practise their faith while on campus and potentially even hold faith-based events.

With a plethora of religiously-affiliated clubs operating on campus, Flath says there was "an opportunity to provide further support and engagement opportunities through the presence of a religious leader from their own faith."

"With the multi-faith centre that will be part of the new CAT building, it's also a key addition to resource it properly and ensure we are supporting a variety of faiths to meet students' needs."

While chaplains will not be providing psychological counselling to those who visit them, Flath says, "... with mental health at the forefront on the postsecondary agenda, a chaplaincy service could also enhance limited resource and create additional options for student support."

For anyone interested in scheduling an appointment with a chaplain, please e-mail chaplaincy@nait.ca or visit <http://www.nait.ca/96573.htm> to e-mail a chaplain directly.

— With files from Nicolas Brown



**HAVE YOU SEEN A PIN LIKE THIS?**  
If found, please contact Protective Services in D-Building (780-471-7477). It's a 35-year Syncrude pin, gold with three diamonds, similar to the one above.

## 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](mailto:studenteditor@nait.ca).

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



# Want a job? Volunteer!



**NICOLAS BROWN**  
Issues Editor  
@bruchev

For those who read the *Nugget* frequently (which I hope is everyone at NAIT!), some of you will have noticed that I seem to talk a lot about political parties. And why not? Politicians have a massive effect on our lives, as much as we hate to admit it and individuals can have an incredible impact on theirs as well, as much as we seem to be ignorant of that fact.

Last term, I focused on provincial political parties, interviewing party leaders and candidates in order to showcase what they offer to Albertans and NAIT students in particular. This term, I have changed my focus to the federal level, researching political parties that most students probably aren't even aware existed. Now, in the interest of full-disclosure, I do not hold a political party membership, either federally or provincially. In an effort to be unbiased and objective (and to save a little money for my own wallet), I have abstained from throwing the promise of my vote to any one party. However, in doing so I have seen a

very real recurring theme after every interview, and every article.

The theme is that all of these parties are looking for volunteers. Sure, campaign dollars are great, and every political party will promote that political donation tax credit till their throats are sore. The greatest challenge any of these parties face, though, is finding volunteers. Volunteers help organize their events, answer their phones and run their campaigns. Volunteers are the people who are putting up the election signs and telling their neighbours about the local political debate; the debate that isn't covered in the news because it's not Rob Ford vs Olivia Chow, or Rob Ford vs alcohol, or Rob Ford vs cocaine, or ... you get the picture. And here's the kicker; these parties, especially the smaller organizations, are dying for volunteers.

It's not just political parties that are feeling the pinch, either. Volunteer numbers are down in every area where volunteers are prevalent. As the number of organizations relying on volunteers increases, demand for volunteers has quickly outpaced the number of hours people are willing or even able, to give. Service organizations like Rotary, Lions and Kiwanis are feeling the membership pinch and fraternities that normally pride themselves on community service are noticeably absent in Canadian post-secondary institutions. So what can students do?

Simply put, volunteer positions are opportunities for students to get involved. We all know the endless job rant of new

graduates – can't get a job because I don't have experience, can't get experience because I don't have a job.

Except there is a way for you to get experience, through volunteering! It may be hard to imagine but a lot of volunteering opportunities provide transferable skills that make you more attractive as a potential employee. The impact you can have on an organization can be a real resume booster, and volunteering means you aren't just benefitting a company's bottom line, you are benefitting whatever cause or group that organization supports. Whether it is writing a position paper for your local constituency association or socializing rescued animals before adoption, volunteering looks good on your resume, lets you meet awesome new people and helps a worthy cause or two.

So, next time you find yourself sitting at home on a weekend with nothing to do, or find yourself worrying about your job prospects after looking at how many job postings there are compared to the number of students in your program, take a breath. Instead of browsing the job postings, browse the volunteer section. A few hours a month can make an incredible difference in your life and in others' lives. Don't pass up the opportunity while you have time and nothing to lose. Take that risk, support a cause, political or not and be a volunteer.

While on the topic of experience – you



www.volunteerswmi.org

don't always have to do something for free or commit to a full-time job to learn something new. Yes, I am talking about casual employment! We've all heard the negative news about unpaid internships and students being taken advantage of but there are good opportunities out there, too! Who doesn't want to earn some extra cash while in school? There are plenty of fantastic opportunities for casual work available to students, ranging from farmers markets to web support for small businesses.

In fact, the *Nugget* pays our contributing writers for each article they write, as well as providing some pretty fantastic opportunities to network. So if you find yourself needing a little extra cash, or if you just want to pay for those Friday night drinks, casual employment is an attractive option as well.

Whether you choose to find a casual job for extra spending money or a volunteer opportunity to give back to your community, you can't go wrong with spending some of your free time in either of those pursuits. You're students after all, it's time you showed off your abilities.

## Tale of 2 communist parties

By **NICOLAS BROWN**  
@bruchev

*This article is the third in a series by Nicolas Brown on Canada's federal political parties, of which there are 17. This week, he looks at the Communist Party of Canada and the Marxist-Leninist Party of Canada.*

So far, we have looked at a number of progressive parties vying to represent Canadians on Parliament Hill. Those parties have generally sat around the centre of the political spectrum, with some variance to the left or right on key social or fiscal issues. Now it's time for a change of pace, to examine the parties to the far left of the political spectrum.

The Communist Party of Canada has perhaps the most coloured history of all of our federal political parties. Founded in a barn outside of Guelph, Ontario in 1921, one of the oldest registered parties has faced censor and judicial attack during some of the world's greatest crises and has been declared illegal three times, in 1921, 1932 and 1940. Once represented in Parliament as well as a number of provincial legislatures, the party has

been relegated to fringe party status.

This does not mean that the CPC does not have something to offer to post-secondary students. The party has a number of platform planks that would affect NAIT students, including electoral reform, progressive tax reform and post-secondary costs. Beyond reducing and eventually eliminating post-secondary tuition fees, the CPC aims to reform progressive taxation to eliminate income taxes on income below \$36,000 and implementing the right to recall federal politicians. On top of a decrease to your tax burden and education bills, having the ability to fire your representative outside of the election cycle is a powerful option to have.

The Communist Party of Canada (Marxist-Leninist), officially known as the Marxist-Leninist Party of Canada (MLPC), was formed as an anti-revisionist party in 1963 after the Sino-Soviet split, opposing the position held by the official Communist Party of Canada at the time. With significant differences in position and theory, there has never been a push for these two Canadian communist parties to unite as one party.

How does the Marxist-Leninist Party differentiate itself, then? Like the CPC, the party advocates for the reduction of post-secondary fees. However, party candidate Sam Heaton outlined the party's post-secondary position further.

"The position of the Marxist-Leninist Party of Canada



is that education from the primary to post-secondary level is a right that must be given a constitutional guarantee. In order to provide this right with a guarantee, the MLPC affirms that governments must increase public investment in education, freeze and progressively reduce fees and abolish added user fees, and create a national bursary program to ensure that each student has a right to livelihood," he said.

Although this sounds like an attractive alternative for student voters, the party is not without its extremes. The MLPC has held controversial positions in the past, including supporting the Cuban Revolution and North Korea, going so far as to issue a statement mourning the death of Kim Jong-Il.

The left has shown political strength in recent years, with the NDP forming the Official Opposition for the first time after the 2011 federal election. With two communist parties in Canada, we may still see a communist revolution of our own, although not on the grand scale we would imagine from history. For those who are interested in learning more about these parties, you can contact them directly through their websites or search for a local candidate.





Photo by Irene Tolsma

A student uses the Business Tower lounge recently to do some work. There are complaints that the facility is often booked for outside events, preventing students from accessing the study space.

# Tower power

By VANESSA VAN DIESEN

NAIT students are often disappointed when they attempt to use the Business Tower Lounge, often finding it closed for private events. Being that it is the only non-computer lab common space in the tower, any business student looking for a space to study or work on a group project would turn to the eighth floor.

## 'It's annoying'

"It pisses me off," said Lorisa Goertz when asked about the near constant closures. "It's annoying, I came up one day at 9 o'clock to get some work done and a woman came in who was very rude to me. She told me to get out and acted appalled that any student had the nerve to be in the tower when she had it booked. There are not many places for business students to go."

Goertz was not the only student who attempted to use the Tower Lounge that day, with other students reporting that they also were turned away in a less than polite fashion, and some said that they didn't even see the customary notices to confirm the closure. Normally, there will be notices posted at the elevators so that students looking for a place to study don't waste their time or become frustrated when they reach the eighth floor only to find it closed.

NAITSA President Hasib Baig clarified that there are blackout periods for booking both the Tower Lounge and the NAITRIUM based around high-usage

times, saying, "(The) Tower Lounge and NAITRIUM should be available to students one week prior to midterm/final exams and also during both exam weeks." Baig was careful to specify that the space is only used for student events and NAIT related events and that there are no fees for booking them.

"We don't make any revenue from the bookings for NAIT and Club events. Both spaces are shared spaces with the institution but Mary (NAITSA's office co-ordinator) is the only one who can confirm and make the bookings," says Baig.

## New rules

Baig also mentioned that he had recently been working on a new set of procedures for booking the student spaces, with guidelines including a minimum number of attendees to book, a three-day notice period for students prior to closures and a rule against the Tower Lounge and NAITRIUM being booked simultaneously, unless it is after 1:30 p.m. on Fridays, which is a low usage time.

Baig is also excited about additional student study spaces that will be provided in the new Centre for Applied Technologies.

"The CAT will provide more student study spaces, which will enhance the student learning experience. The new study areas are designed to cater to the needs of the students and to benefit them the most."

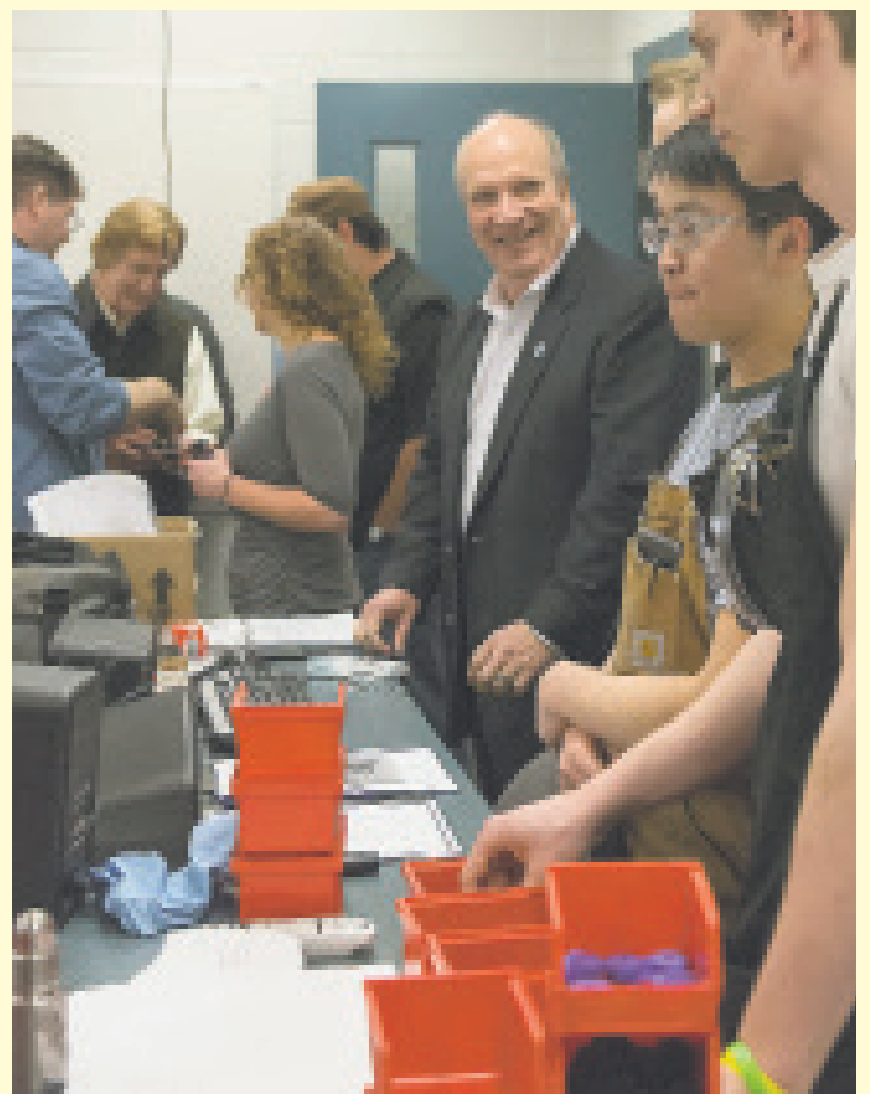


Photo by Dave Bennett

## LAB VISIT

NAIT President Dr. Glenn Feltham has a chat with some NAIT students in the CNC machinist lab during a visit to the facility by Grade 4 students from Monsignor Fee Otterson Catholic School on Jan. 28.

# NAITSA has you covered

By KATHERINE HILL

If you do not have health and dental coverage outside of NAIT, the NAIT Students' Association has you covered. Students who are enrolled in credit programs, even if it's just one class, are eligible for NAITSA's health care coverage. The student benefit package came to NAIT in 1999. The plans cover prescription drugs, vision, paramedical practitioners, dentistry and emergency medical fees. The plans are the same for every student on campus at a cost of \$114 per term for coverage.

Students who are covered under a comparable plan can opt out of the health coverage within the first month of their first semester each school year. Students who start in September must opt out for the whole academic year, whereas students who begin in January are able to opt out for just

that semester and re-evaluate their coverage in the fall. The winter term's coverage period is Jan. 1-Aug. 31, and the fall coverage is from Sept. 1 to Dec. 31. Students who haven't opted out by the deadline must pay the fees.

"We are able to have such inexpensive plans by having a deadline once a year," says Megan Brodeur, the Benefit Plan service co-ordinator for NAITSA. NAITSA's plan is similar to MacEwan University and substantially cheaper than the University of Alberta, where students pay over \$200 per term for dental and health plans.

A Blue Cross Plan or other type of private insurance can cost students up to five times as much.

The health coverage can look over-

whelming and confusing at first but mystudentplan.ca/nait has all the information about the plan in one easy place. Students can also print their student benefit card that they can show at pharmacies and dental offices, along with many paramedical offices, to receive immediate coverage, rather than waiting for reimbursement. Any student with coverage can sign up for a card by entering their name and student ID number.

One of the most confusing aspects of the plan is the paramedical coverage, which includes massage therapy, physiotherapy, chiropractic and psychologist appointments. The plan offers reimbursement of up to 80 per cent to a maximum of \$20 per visit. Each type of treatment has a max-

imum of \$300 available to each student per year. Although this amount might be enough to cover cheaper massage or chiropractic costs, it barely makes a dent in the cost of a psychologist appointment, which can cost over \$100 a session.

"I usually suggest to students to try our on-campus counselling first," says Brodeur. Information about NAIT's counselling services can be found at [nait.ca/counselling](http://nait.ca/counselling).

NAITSA reviews the health and dental plans yearly to ensure the best value and coverage for students.

For anyone who isn't sure about what is covered, or if they're covered, Brodeur encourages all students to either visit her office, e-mail her or give her call. Her office is located to the left of the NAITSA office, in Room E-131.



## Different ways to save money

By ALEX SAAVEDRA

I'm a third-year Finance student representing the Investment Club of NAIT. I will be writing about financial literacy in Canada, as well as reviewing tax-free savings accounts and registered retirement savings plans.

The topic of retirement funds seem to be brushed under the rug entirely by most people, as a staggering 34 per cent of Canadians have previously said that they are going to rely on the lottery to fuel their retirement. The odds of winning the lottery are one in 14 million. So, if you're one of these people, time to rethink. In addition, nearly 90 per cent of Canadians have also said they will be relying on their Canada Pension Plan. For 2014, the max CPP payout was \$1,038 a month, which is hardly enough to live off and, to make it worse, the average CPP payout was roughly half of that at \$537 a month.

Two ways to prepare for a better future is opening both a TSFA and RRSP account. Both of them have pros and cons, and they also have different uses, depending on your goals. I believe the TSFA is a powerful tool for any short to medium term goals such as saving for a vehicle, down payments on a house, future children, vacations, etc. as you have the option of withdrawing money at any time. This could also be a downside since your maximum contribution room is \$5,500 annually, so if you deposit and

withdraw \$1,000 immediately, you'll have \$4,500 left. If you don't keep track of your inflows and outflows, an over-contributing to the TSFA can lead to penalty interest charged until the surplus is withdrawn.

The good news is that once the new fiscal year begins, you are given that contribution room back. So if you made no deposits at all, you'd have \$11,000 the next year for example. Any contributions are not tax deductible and, of course, you can carry different investment products like ETFs or mutual funds to help grow your money which are also not tax deductible.

RRSPs, on the other hand, are beautiful for long term needs such as the obvious one, retirement! This account can also hold a variety of investment products and most important, your reinvested earnings will compound over your lifetime. The sooner you earn more money in the account, the more money you'll have in the later stages of your life. You can contribute up to 18 per cent of your income per year up to the maximum limit, which was \$23,820 in 2013. Any money kept in this account also is tax deferred until you're ready to retire so it'll help reduce your taxes payable if you are in a higher tax bracket.

The biggest issue some have with an RRSP is withdrawing money before you retire so depending on the amount, you could be penalized between 10-30 per cent, which is the biggest thing to keep in mind.

Only store money there if you know for a fact that you won't need it in months or years down the line!

It's definitely important to realize what your future goals are and what you want later on in life, but utilizing and understanding these two tools can be a powerful asset for anyone to let their money grow

as opposed to keeping it hidden under a mattress where it loses value due to inflation. When opening accounts, speaking to a financial adviser would be a recommended first step to help you get your accounts opened and to help you understand your personal needs on how and where to invest your money to your preference.

## Who ya gonna call?

**Academic & Personal Concerns** – Student Counselling; confidential appointments. 780-378-6133; Room W111-PB, HP Centre.

**Health Insurance Coverage** – Student Benefit Plan; 780-471-7730; Room E-125.

**Housing** – On-line housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

**Injury, Minor Medical Concerns** – Health Services; ph: 780-471-8733; Room O-119  
**NAIT Security** – 780-471-7477

**Part-time Campus Jobs/Volunteering** – NAITSA; 780-491-3966; Room E-131

**Program-related Concerns** – Contact program chair or program adviser

**Scholarships & Bursaries** – Student Awards Office, 780-491-3056, Room O-101

**Special Needs Students** – Services to Students with Disabilities, 780-378-6133, Room W111-PB, HP Centre

**Student Loan/Grant Assistance** – Financial Aid Office, 780-491-5564, Room O-111

**Academic Support Services** – Visit [www.nait.ca/tutorial](http://www.nait.ca/tutorial) for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. Email [tutor@nait.ca](mailto:tutor@nait.ca) with any general inquiries.

**Violence or Potentially Violent Behavior, or Extreme Medical Emergency** – Security (780-471-7477), 911 the Police Complaint Line at 780-423-4567 if appropriate.

## Information clerks for student election

**Duration:** Feb. 11, 4 p.m.-7 p.m.

Feb. 12, 10 a.m.-2 p.m.

**Compensation:** \$15/hour

• Information clerks are needed on Feb. 11, 4 p.m.-7 p.m. and Feb. 12 from 10 a.m.-2 p.m. for the NAITSA

Executive Council election.

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

• Information clerks must have

a complete understanding of the online voting process and must be comfortable in providing guidance to students.

• Apply in person at the NAITSA office, Room E-131 from 8 a.m.-3 p.m.



# Northeast winds rush in

By **BRANDON HESS**  
Meteorologist in Training

After days with temperatures above 0 C in January, the month of February has started off MUCH cooler. In last week's Nugget, I talked about how we were expecting a cooldown to below 0 C temperatures. The average high this past January was minus 3 C and our warmest temperature was 10 C. A warm southwesterly wind helped with our temperatures. That will no longer be the case now, as we have Arctic air set to come in.

Temperatures at the start of the week of Feb. 1-7 were near minus 13 C. On the Wednesday, daytime highs are more like minus 5 C area courtesy of a wind out of the southwest and warmer air aloft. This is our last warm day with southwest winds.

Arctic air, which is very well known to Edmontonians, will make a return towards the end of the week. A northeast wind at 20-30 kmh comes rushing in on Thursday, Feb. 5. This combined with snow could create reduced visibility due to blowing snow. Temperature starts at minus 12 C Thursday at 5 a.m. then falls throughout the day due to the Arctic air coming in. Should end up near minus 16 C at the end of the afternoon (5 p.m.). As I am writing this forecast on Feb. 3, it is still early to give definite snow totals, but I have put together some estimates for you. The Arctic high collides with the Pacific air to give us snow. We could see three to seven centimetres on Thursday and three to eight centimetres on Friday. Windy again on Friday out of the east. This keeps our temperature steady at around minus 19 C. On Saturday, there is a chance of

lingering snow with a high will be in the minus teens.

There will be upsloping in the foothills on Thursday and Friday due to the northeast and east wind pushing against the mountains on the southern edge of the high. This enhances snowfall. Western Alberta will see much higher totals than we will in the city. Totals in the 20 cm area are possible in western Alberta. If

you do not have to be on the roads ... do not be.

As I am writing this forecast, there is a bit of uncertainty with temperatures next week of Feb. 8-14. The GFS Ensemble model is projecting highs much warmer than single runs of GFS. Could be as warm as the minus single digits or as cold as the minus double digits.



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# Point <sup>Counter</sup> Point Bieber's "sorry" state



By **QUINTON BERGER**

As you may or may not have heard, pop superstar Justin Bieber has recently issued the world an apology for being a colossal douche over the past couple years. My question though, is why? Justin Bieber is an insanely popular teenage celebrity. He has the right to be an asshole! Now don't get me wrong, he should be apologizing for something. It's the garbage music he puts out, for taking up air space that should go to more deserving artists and for using the word "swag." Being an asshole though, no. When you work as hard as a career musician does, you've earned it. These people (the Biebs included) spend countless hours travelling, writing, recording, dealing with the press, dealing with haters, dealing with promoters and all kinds of stuff the average shmuck doesn't know about. Everyone wants to be famous until they realize all the bullshit that comes along with it. Career music is one of the hardest jobs out there and until you've tried it, you won't understand how hard it is. Bieber puts up with more shit than you or I could ever dream of. So excuse him for wilding out.

## Who are we to pass judgment?

Career aside, I think we're all forgetting another huge factor that causes douche baggery. It's called age! Justin Bieber hit fame when he was 16 or 17. His peak fame was at, let's say, 18. Well, guess what, 18-year-olds are assholes. Most males between the ages of 16 and 20 are total douche bags. How many guys at your high school were assholes? I bet lots. How many freshly-of-age douche bags did you see at the bar? Lots! How many douches go to this school? I know it's not cool but to make generalizations but, judging by the amount of lifted pickups in the parking lot, I'm willing to bet lots! And hey, I used to be one! When I was 18-19 (the same age Bieber was when he reached peak douchedom) I was hyped up on myself, talked to people like an asshole, degraded women and acted like a dick. It comes with being a young adult. Young males are cocky, so are we really going to judge Bieber for partaking in similar behaviour that so many of us have? We've all been young, dumb and full of cum at one point. So who are we to pass judgment?

## A celebrity pass

So we've unravelled the causes of Bieber being an ass but we've neglected the main reason why he should get away with it. Bieber should get away with bad behaviour because he is a celebrity! Celebrities are kings among men, gods who give us mortals the privilege of gracing us with their presence every now and then. These people are the salt of the earth and we as normal folk should bask in the opportunity to see and hear them. Nobody on Earth can compare to celebrities. Astronauts, Nobel Prize winners, doctors, surgeons, ha! All mere peasants compared to those who grace the cover of tabloids. So keep it up, Bieber! You don't owe anybody anything!



By **NATE BRYANT**

This apology has been a long time coming. I mean, finally! Who thought it would take this long to get Justin Bieber to apologize for being such a humongous weenus. He basically waited until it was too late, not that it was, before he finally stepped up and decided to be a man. I am going to recap for you just a few of things that he has done over the past couple of years and first point out that we do not just hate the Biebs to hate the Biebs, we hate him because of all the stupid things he does. By the time I finish reminding you, you will be so filled with hate that you won't even need to finish reading the article to want to hear this apology. Because you know you deserve this apology.

## Apology enough

This apology is deserved. I personally won't be happy until he has returned to his home planet of Dirtbageo X but for now, the apology is enough. I mean let's recap some of the things he's done. He started a fight with Orlando Bloom by saying he slept with his wife and then posted a picture of her to Instagram to taunt him. I mean, you may not dig Orlando but he is Legolas. Legolas! He pretended to need a wheel chair to cut lines at Disneyland or maybe he just got super tired of walking. It might just be killing him to walk around with that gigantic ego on his shoulders. The Biebs and his dad hot boxed their private jet so much that the pilots had to wear oxygen masks. He had his body guards carry him up the Great Wall of China and, of course, he spit on his fans. He spit. On his fans. Don't forget that he got a DUI while drag racing in Miami and then smiled for his mug shot. A DUI and parents let their daughters look up to this kid. And he rode a horse shirtless. I mean that's not hurting anyone but it really adds to the douchey image he represents. Did I mention he was shirtless and wearing a fedora?

## Does stupid things

There's a reminder of just some of the things we hate him for. We don't blindly hate this kid, he actually does stupid things. Not just regular teenage stupid things, either, like, really stupid things that we seem to just excuse him for. So yea, that apology was deserved because for the last seven years you have had to live your life hearing his name in the news every other day for some other rude and disrespectful thing he's done. What really bothers me about the apology is that it's vague, it doesn't actually go in depth on what he's apologizing for, just "sorry for being a dick." I'll take it, for sure, 100 per cent I will take that apology but I feel like your girlfriend after you screwed up hard and don't know it.

"What are you sorry for, Justin?"



File photo



# OPINION

— Editorial —

# Time to say bye



**GABRIELLE HAY-BYERS**  
Editor-In-Chief  
@Gee\_H\_Bee

What's that cliché, all good things must come to an end? Or how about, when one door closes another opens? I guess I'm in that place, except a door opened so I need to close another.

I've enjoyed a lot of time working with the *Nugget*, on and off. However, unlike some editors who dedicate their time to student journalism, I'm not in a program where the *Nugget* is my portfolio to take forward with me. In May, I'll graduate from the BBA Finance stream and, as of Feb. 9, I'll be working fulltime in my field. In comparison to the short time that many people get to spend here at the *Nugget*, I'm lucky to have enjoyed a longer-than-average run.

## Quite the ride

I've gotten to see a lot during my eight years back and forth to NAIT. Two presidents, three major capital projects, an airport that was really an airport, the advent of degrees being offered here, fires, floods and breakins. I've gotten to watch co-workers head off to become nightly news anchors, law students abroad, not-for-profit executives, mortgage brokers, mothers and fathers. I've done online studies, day studies and night class, been part of two faculties and three programs. I've watched as NAIT rebranded from a trades/technical college to polytechnical institute. It's been quite the ride.

## Proud

All along it, I've been engaging in "douchebaggery" as my mum calls it, asking questions, sometimes making people feel uncomfortable but always because I believed that there was a value to making sure that students had the opportunity to read the truth about their own community here at NAIT. And I'm still excited about all that's to come here, with major things happening like NAIT's GSA participating in the Edmonton Pride Parade for the first time ever this year. We'll also be part of post-secondary pride week this year. NAIT's advanced research is becoming renowned, as are its degrees, catching up to our unbeatable reputation as a provider of technical and trades based education. To say that I'm proud to be both a NAIT alumnus and a NAIT student is an understatement.

Now comes the hard part – letting go and making that next step. Continuing on with the *Nugget* until the end of semester and fighting against all of the other May graduates certainly would have been the more comfortable option. It's quite cosy to get to work at NAIT and study

online – but not always challenging. And at this point, it's no longer an opportunity that gives me room to grow or better myself further. It's time to make the leap, even if it's not as comfortable.

It's going to be quite the change as I trade in my never-ending wardrobe of NAIT branded sweatpants and other athletic gear for the business formal suits I'll now be required to wear, and starting work at 7:30 a.m. will probably not be my favourite thing for the first little while. But, I'm leaving for an opportunity to use the education that I worked really hard to be able to get and that's worth all the comfort and sweatpants in the world. I'm leaving for a

team I'm just as excited to work with as the one I have here.

It's not always what you'd expect of a college job, but the *Nugget* staff is pretty tightly knit. For instance, Connor Hood (former sports editor) snapchat's me at least once a day as he completes his practicum in Saskatchewan. Bridgette Tsang (former sports editor) and I visit at least once a week and she still is a continuity consultant for the paper. I joke that once a Nuggeteer, always a Nuggeteer, but it's kind of true. If nothing else, the experience stays with you forever.

In the next editorial, you'll hear from my successor. Don't worry ... you're in good hands.



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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.

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Submit letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

# SPORTS

## Super Bowl snippets



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Well, the national holiday of the United States has come and gone once again. Wow, what a crazy football game to cap off two crazy weeks in the sports world. Conspiracies, a player disgruntling the media and Katy Perry introducing the world to “Dancing With the Sharks.” Hmm, were we all on drugs? Nope, that last one actually happened. I couldn’t find one concrete topic to focus on – there were just too many things to count, so here are the moments and situations that stood out to me the most from Super Bowl 2015.

**Beast-Mode loves Toad:** Marshawn Lynch has no problem answering media questions as long as he is getting paid to eat Skittles and play video games in the process. The

dude is really into Mario Kart.

**Bad precedent for the future:** On a serious note, Lynch’s stance on dealing with the media is a problem that the NFL is sure to tackle during the offseason. Every player must participate in media scrums, it’s in their contract. Can you imagine if a server at Moxie’s decided one day that he/she isn’t required to shower before work? Sure the media can act like sharks (more on those later) sometimes but the dude gets millions of dollars to play a sport, he can sit and answer a few questions.

**Who said anything about violence and cheating?:** The NFL can do anything at any time and to anyone without repercussion. Don’t believe me, look at the TV numbers. Businesses and corporations paid more than \$4 million for 30-second ads and more people watched the Super Bowl than last year. All of this after the NFL botched handling cases where a man knocked out a woman, a man whipped a child and the Pats cheated again. Please note, domestic violence and child abuse rank far higher on the disturbing scale than deflated footballs; I just needed to get a



mention in there. It’s a hot topic, after all.

**Straight Trippin’:** I bet the makers of *22 Jump Street* are kicking themselves for not creating an insane enough visual from the movie’s drug sequence to compare with Katy Perry’s halftime show. Giant tigers, Wilson’s lost children (that’s a *Castaway* reference) and those dancing sharks. Perry’s performance is either the most impressive or, most hilarious, thing I have ever witnessed. Seriously ... dancing sharks.

**I’m betting on you, girl-on-fire:** Hey look, that’s Cinna from the *Hunger Games*. No wonder her costumes were so impressive.

**Hey, is Katy Perry in a flying banana?:** I guess the banana is the most amazing food item in the world.

**Oh no not again! ... almost:** When Jermaine Kearse made that bobbling catch, every Patriots fan must’ve thought they’re cursed. How does late game craziness keep happening to this team?

**So ... who’s call was that?:** Then the Seahawks blew it. You’ve got Lynch and goal and instead you make that play?

**#BostonStrong ... and alone:** No one on

Planet Earth likes the Patriots except for Patriots fans. Thus, no one on earth is happy the Patriots won except Patriots fans.

**Greatest of all time:** Is there any doubt now? Tom Brady, four rings.

**Again, on a serious note:** As fans, do we have a responsibility to take issue with the NFL’s handling or, lack thereof, in the domestic abuse cases? The only way change will take effect is if the NFL starts making less money. So far, that’s not the case. It’s great that we have this crazy unofficial holiday where we watch commercials, a drug induced music video and an excellent football game, but there are serious issues that the league doesn’t care enough about. Should we do more?

**Frumpy old men:** When Tom Brady and Bill Belichick retire and visit for Christmas, will Tom still wear a gigantic toque and Bill still wear the world’s baggiest hoodie?

**Time for a name drop:** My cousin, Jon Ryan, plays for the Seahawks. Yep, just a name drop.

Now that the Super Bowl is over, the sports world can move on and focus less on advertised events. Like the NBA All-Star Game, the NHL trade deadline and March Madness. So, not much changes with the NFL season over, outside of dancing sharks. Cheers.

### MEN’S HOCKEY

## Ooks wallop SALT Trojans

By **CONNOR O’DONOVAN**  
@Oadsy

The Oilers and Flames matchup wasn’t the only battle of Alberta this weekend. The Ooks swept the SALT Trojans in the ACAC edition of the provincial rivalry and the two teams now sit tied for first place in the league with 41 points each. The Ooks outscored SALT 16-4 overall after a 10-1 blowout in Edmonton on Friday night and a 6-3 victory in Calgary on Saturday. NAIT coach Serge Lajoie was not surprised by the weekend’s lopsided totals.

“We played very well. From our standpoint, it was a very complete weekend,” he said.

Friday’s scoring was actually started by the Trojans, when Tyson McCallum slid the puck past Ooks’ goaltender Kenny Cameron nine minutes into the first period. SALT didn’t hold the lead for long, though, as Ooks’ left wing Michael Piluso answered three minutes later. Dante Borrelli and Tyler French also scored in the first period, giving the Ooks a two-goal lead, but it was in the second period when the floodgates opened. Connor Hoekstra kicked off the five-goal second period onslaught six

minutes in. He was followed by John Dunbar (who scored twice in the second), Jordon Abt and Michael Piluso. Jordan Wood and Charles Wells notched the Ooks’ two third-period goals. The 10-goal, 45-shot effort was the Ooks’ highest scoring game of the season.

“We encourage our guys to show patience and creativity with the puck,” said Lajoie, “and I think the second period was the best example of that this season.”

Friday’s blitzkrieg was taken in by more than 300 spectators, a crowd more than triple the size of the average home game turnout. NAIT also hosted an alumni banquet on Friday that celebrated 50 years of Ooks hockey. Over 150 Ooks hockey alumni with their friends and family packed the NAIT arena to watch the game.

Saturday night saw a loser match in which they were outshot 34-31. The first period remained scoreless for nearly 18 minutes before Mike Puddifant of the Trojans was able to find the net behind Kyle Birch. Wood then tied the game up with just six seconds left in the period, giving the Ooks momentum going into the second. NAIT lit the lamp three times in the second, and twice more in the third.



Photo by Jesse Kushneryk

**Ook forward Jordan Wood, left, in action against a SALT player on Jan. 30. NAIT won the game at home, 10-1.**

French registered a hat trick in the game and had five total points on the weekend.

The victories give the Ooks a 3-1 season record against SALT. The two teams will not meet again this year unless it is in the playoffs. The two-game series saw a total of 70 penalty minutes, including one fight, which was mild compared to past meetings. Their first matchup in October truly lived up to the bat-

tle of Alberta, with over 160 penalty minutes distributed.

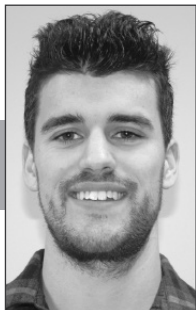
With two games in hand over SALT, the Ooks now have control of their own destiny. If they can close out the final eight games with a perfect record, they can guarantee first place. Next up is MacEwan. The action is tomorrow at 7 p.m. at NAIT, and Saturday at 8:15 p.m. at Crestwood arena.



## Keeping score

# Who will catch “Feds”?

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former Nugget Sports Editor (and current Saskatoon Blades video intern) Connor Hood over various topics in the world of sports. This week, we give a little love to the sport of tennis, as the Australian open has just wrapped. With his eighth major, Novak Djokovic now sits six back of Rafael Nadal and nine back of Roger Federer for the all time mark of 17. Nadal is closer but still fights bad knees and is two years older than Djokovic. Who has the better chance of catching Feds? Find out below.



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Rafael Nadal has Roger Federer's number head-to-head and will go down as one of the top five of all time, but Novak Djokovic is the one with the best chance to surpass Federer as the all-time leader in major open wins.

First and foremost, Nadal is not going to remain amongst the elite in tennis for much longer. His knees are so badly beat up that he can't make it through an entire season anymore. This past Aussie Open, he lost to Thomas Berdych for the first time in 17 meetings with the Czech player. Federer is also declining with old age and the window to win for both players is closing fast.

Novak Djokovic, meanwhile, looks on top of his game after winning his fourth title Down Under. When he is on, Djokovic has the most

complete game on the ATP tour. He can serve, volley, play defensively and turn it to offence. He's equally good on the backhand and forehand and his crazy flexibility allows him to hit shots that other players can't. With the other two greats declining and Djokovic still in his prime, injuries are the only thing standing in his way.

And that doesn't bode well for Nadal and Federer going forward. In order to surpass Federer, Nadal needs four majors and he has maybe two years left when he can make a run for one. The French Open is obviously his best chance. Djokovic is further back, needing 10 majors to surpass Federer but his current level of play indicates that he is going to win a lot of majors over the next couple years. If he remains healthy, there's a legitimate chance that he could pull off a grand slam of all four majors. If he does that this year, he will only trail Nadal by four and still have a couple years to go. For Nadal, that will end his chances of catching Federer.

Had injuries not plagued Rafa's career in recent years, he may have already won 17 majors by now. However, Djokovic still dominated Nadal in 2011, a year where Nadal was still healthy and has four ATP finals championships to Nadal's zero. When we look back on tennis history, Djokovic will appear ahead of both Federer and Nadal.



**CONNOR HOOD**  
@connorhood27

When January rolls around, many of us sports fans think of the start of the tennis season and the Aussie Open and this year's tournament was as good as it gets. Early round upsets, Cinderella stories and player legacies. And one thing that always come to mind at the end of these tournaments is the conversation of the Greatest of All Time. Currently, Roger Federer holds the record for major titles, with 17, and is considered the best to swing a racket. Although he currently has the most wins, it's hard not to think of the players that have a chance to catch and perhaps pass R-Fed. Two names come to mind, Novak Djokovic and Rafa Nadal. Without a doubt, it's Nadal that has the best chance of catching Federer.

At the age of 28, Nadal already has 14 slam titles, tied for second most all time, and

only three back of the top. Most tennis players fade after they hit 30, as the game takes a tremendous toll on the body. Even so, that at least gives Nadal seven or eight great chances to win four more. The critics have always harped on Nadal's inability to stay healthy, often missing months at a time with back, knee or wrist problems and they are right, it is a problem. However, Nadal has won nine French Open titles, has only lost at Roland Garros once in his career, and could easily win that tournament three more times. That alone would tie Federer at 17, without playing any other major. And it's hard to imagine Nadal not winning at least one other title in the next two or three years.

The only other active contender would have to be Djokovic. Problem is, he has eight slams and is only a year younger than Nadal. Although he may take care of his body better than the Spaniard, it's hard to see him winning 10 more titles in the next four years. Another problem is perhaps his inability to win when it counts. Djokovic has won eight titles and lost in the final seven times. Compared to Nadal's 70 per cent, and Federer's 68 per cent winning clip in finals, the odds are not in his favour.

Although I would have no problem with Federer going down as the GOAT when all is said and done, it's hard to not root for Nadal and his attempt for the top. ¡aj vamos Nadal!!

### WOMEN'S HOCKEY

## Down and up against SAIT

By **JOSH RYAN**  
Sports Editor

Sitting atop the league, the NAIT Ooks women's hockey team weekend is best described as down, then way up against the SAIT Trojans. The Ooks struggled offensively in a 3-1 loss in Calgary before rebounding at home to win 6-2. Sherri Bowles led the way up front, with five points on the weekend. The home-and-home split brings NAIT's record to 14-3-1, five points clear of second place Red Deer. SAIT now sits at 8-9-1, third in the league.

The start to the home-and-home featured little offence early on, with neither squad lighting the lamp in the first period. After SAIT struck first halfway through the second, Ooks winger Bowles tied the game less than two minutes later on the power

play, with assists from Breanna Frasca and Renata Mastna. The two teams were deadlocked until late in the third, when a pair of Trojan goals put the home team ahead. Despite the Ooks' best effort, they couldn't muster enough offence. Laura Wagner made 20 saves in the loss, earning player of the game honours.

The following night back home in Edmonton, the first goal needed less than five minutes, courtesy of Livia Lucova. Mastna added a pair in the second, including one on the power play, putting the home team up three. In the third, the squads traded goals till the final buzzer. NAIT kept the Trojans under constant pressure, firing 31 shots at the SAIT net. The Ooks were sharp on the powerplay, going two-of-three for the weekend. Lucova added

another tally while Bowles recorded a goal and three assists, winning POG. Becky Wall also scored for the Ooks and Frasca and Jocelyn Racic both had two helpers. Tehnille Gard made 16 saves for the win.

"We played a more effective team game and had better energy," said head coach Deanna Iwanicka of the team's improvement from Friday.

Next up for the Ooks is a home-and-home against the RDC Queens, the team chasing NAIT in the standings. The Queens are currently riding a five-game winning streak. Four of the Ooks final six games are against Red Deer, the winner of which will decide top seed for the playoffs.

"Going in to the final six games of the regular season we need to be grittier – willing to battle and play



Photo by Jesse Kushneryk

**Defenceman Lindsey Brouwer takes a shot against SAIT on Jan. 30. The Ooks won 6-2 at home.**

physical," said Iwanicka. "We also need to continue playing as a five-man unit."

Game one is tonight in Red

Deer, with puck drop at 7 p.m. on SportsCanada.TV. The Ooks are back home at six in the evening on Saturday.

## COACHES HAVE THEIR SAY



Photos by Jesse Kushneryk



NAIT Ooks basketball coach Mike Connolly, top, women's volleyball coach Benj Heinrichs, above left, and men's volleyball coach Doug Anton address their players during action at NAIT on the weekend.



NAIT Ook left side Bryce Cardinal dives for the ball during a game against Lakeland at NAIT gym on Jan. 30. The Oaks won the match 3-0.



Photo by Jesse Kushneryk

## VOLLEYBALL

# Teams sweep Rustlers

By JOSH RYAN  
Sports Editor

This weekend was a great one for NAIT volleyball fans as the Oaks earned four wins against Lakeland. The women won 3-2 and 3-0 over the Rustlers (first in the North coming into the weekend) while the men stomped on Lakeland 3-0 and 3-0. The sweep improves the women to 11-8, three wins ahead of fifth place Augustana and three wins back of first. The men are now 15-3, in a tie for the league lead after Keyano upset Augustana two nights in a row.

The ladies opened Friday night's match energized, winning a tight first set 25-23 and a less tight second set 25-18. However, Lakeland took the next two sets by 26-24, fighting off eight matches points in the process. In the tiebreaking fifth set, a Shaynah Godlien service ace won NAIT the match on the Oaks' 12th match point, 16-14. Godlien had a match high 18 kills while Candice Hughes posted a match high 25 digs, along with 11 kills to win player of the game. Head coach Benj Heinrichs praised his team's ability

to refocus during those match points.

"We had some good swings in those moments, they got some digs and then we got running around a little bit around watching the ball. But I'm really proud of them because they kept fighting each point and that was the biggest takeaway."

Saturday night didn't require a tiebreaker, as the Oaks suffocated the home team all night. The beating increased each set as the scores were 25-21, 25-20 and 25-14. Setter Maegan Kuyzk won the POG.

"We were really happy with our ability to stay focused and play at a consistent level," said Heinrichs. "As a result, we didn't let Lakeland get into the match."

Friday the guys got off to a rough start, dropping four straight points. However, NAIT controlled the rest of the match, flustering the Rustlers with tough serving and rock-solid blocking. Set scores were 25-12, 25-20 and

25-16. Bryce Cardinal won player of the match, recording eight kills, six digs and five aces; a few of those coming on an 11-point serving run.

"I think it was serve pressure that really made the difference," said head coach Doug Anton, "We knew if we

applied constant serving pressure Lakeland would eventually crack."

Like the women's match, game two in Lakeland didn't last long, as the Oaks steadily chipped away at the Rustlers. Set scores were 25-21, 25-19 and 25-23. Former Rustler Sean Renaud won POG, expertly quarter-backing the NAIT

offence. Coach Anton pointed to balanced production offensively as key.

"Our production from our middle attackers was much better and we relied less on our left side attackers than we typically do. This shows our offence is evolving and becoming more

multi-dimensional."

This weekend, the Oaks travel north to Fort McMurray to take on the Keyano Huskies. Both Huskies squads are currently outside the playoff picture but closed the gap with wins over Augustana and have formidable offensive players.

"We are recommitted to trying to improve every day and each match and we brought that attitude into this weekend," said Anton.

"I don't think we are quite firing on all cylinders. We have to do a bit better job free-ball passing and down-ball scenarios to create more opportunities on offence. However, we're serving tough, we are blocking quite well and I think our middle attack is improving. I don't think we are far from where we want to be, but we still have some work to do to get there."

The ladies kick things off at six Friday evening and are back for match two at 1 p.m. on Saturday. The men follow shortly after the women's match both days.

View these matches online through SportsCanada.TV or the link on the NAIT Oaks website.

**"We knew if we applied constant serving pressure, Lakeland would eventually crack."**

— Men's volleyball coach  
Doug Anton

## BASKETBALL

# Men, women split with Lakeland

By JOSH RYAN

Ooks basketball went 50/50 against the Lakeland Rustlers this past weekend. The women came from behind in thrilling fashion to win 63-58 on Friday before losing 70-56 on Saturday. The men won 89-71 on the road before losing for the first time this season, 80-78. Because of the splits, the ladies remain one game back of the Rustlers for first in the North Division at 15-3 and the men remain tops in the ACAC at 17-1.

On Friday, the ladies held an early lead before falling behind by two at the half. Lakeland led by as many as 10 in the fourth quarter before the Ooks surged for 23 points. Rai Hooper earned Player of the Game honours with seven points, five rebounds and key defensive stops. Torey Hill, Shea-Lynn Noyes

and Robyn Gibson all hit double digits with 10 points.

"I was very pleased with our team focus and our ability to compete against a very good basketball team," said head coach Warnick of the win.

Back at home, the Ooks were limited on offence in the first three quarters, trailing by 22 going into the fourth. The 27 Lakeland points in the third were the highest total in a quarter against NAIT all season. The Ooks then outscored Lakeland 19-11, but it wasn't enough to climb back. Coach Warnick admitted that on Saturday that Lakeland was "the better team in every facet of the game."

Hill led the Ooks again with another double-double of 14 points and 10 rebounds, winning player of the game.

Lakeland pushed the Ooks early on Friday, leading 25-22. However, NAIT all but ended the game in the second quarter, outscoring the Rustlers 33-10. Alvin Parker was player of the game for the Ooks with 14 points, 11 assists and five steals, while Troy Barnes had a double-double with 16 points and 17 rebounds.

Saturday, NAIT got up early and led by six at halftime. However, the Rustlers pushed back and went in front by two going into the fourth. Lakeland extended the lead to seven with less than two minutes to play but the Ooks slowly cut the deficit to just one. After a Lakeland free-throw, the Ooks still had still had a shot at winning the game with a buzzer beating three that clanked out. Alvin Parker led the Ooks again with 29 points to win his second POG in as many nights, while Donny Moss and Troy Barnes each managed a double-double. Head coach Mike Connelly said lapses on defence cost the Ooks for the first time this season.



Photo by Jesse Kushneryk

**Ook guard Leah Vandenboogaard brings the ball up court in a game Jan. 31 against Lakeland. The Ooks lost 70-56.**

"We did not have our same defensive energy and intensity and it cost us. Lakeland made some big shots down the stretch and we missed some open looks that could have won the game."

Moving forward, both squads get a bye week to rest and refocus for the final six games of the regular season. The women need wins against Augustana and Keyano to maintain the gap for second. This is a chance to fine tune any remaining kinks in the team's performance before they host the Elite Eight.

"With a bye week upcoming, we can learn from this weekend's split and continue to try to improve in our final three weekend

matchups towards playing our best basketball come March," said Warnick.

The guys still lead the closest North Division team by five wins and only need one victory to clinch first place at the Conference Championship. Topping seeding on the team's priority list is returning to form.

"Moving forward, we have the opportunity to get after it in practice and get back to the energy and intensity we had on defence earlier in the year," said Connelly. "This was a good slap to get us out of our comfort zone ..."

Next home hoop action is Feb. 20 against Augustana.

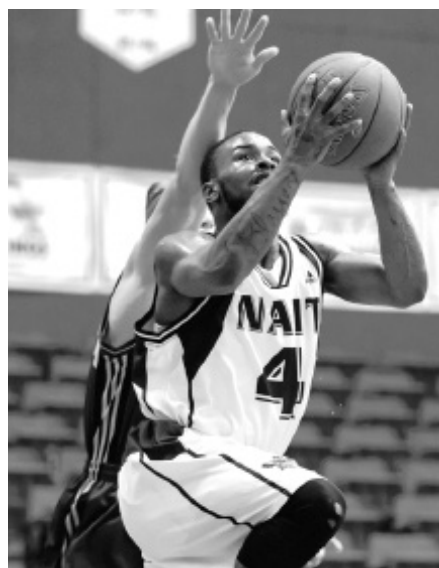


Photo by Jesse Kushneryk

**NAIT Ooks guard Alvin Parker takes the ball to the net during a game at NAIT on Jan. 31 against Lakeland. The Ooks lost 80-78.**

## BADMINTON

# NAIT places well at Olds tourney

By CONNOR O'DONOVAN

The Ooks badminton team got their 2015 season off to a good start in Olds. NAIT accrued the most points of all ACAC colleges participating in the Badminton Alberta tournament which took place on Jan. 25 and 26.

Kai Li Huang was the top placed female representing an ACAC school. She placed second overall in the tournament in the women's singles category, losing in the finals two games to one. Huang and Hellena Fedoretz were the top ACAC placers in the women's doubles competition. The duo won the B category title after losing in the semi-finals of the A category. Eva Zawalak and Eleze Munro won the C category.

Andy Ko and Nick Roque were the top ACAC finishers in the men's singles competition. They both made it to the quarter-finals of the A category. Andy Ko and Sam

Kieung were the top team representing a school in the men's doubles contest. They made it to the tournament finals and lost a tight match two games to one. Jeffrey Ko and Jason Rausch won the men's doubles C category.

In the mixed doubles competition, Nick Roque and Hellena Federetz made it to the semi-finals before losing in two games. Andy Ko and Kai Li Huang won the B category.

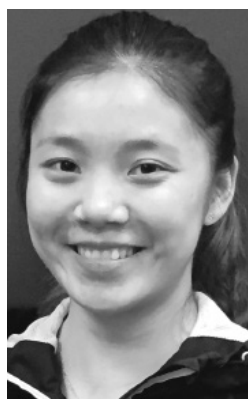
After not playing badminton competitively for two years, Kai Li Huang didn't show much rust in Olds. The 21 year old, who has played with current NAIT assistant coach Yang Sun in the past, arrived in Edmonton from China barely a week before the Olds

tournament. Her performance should only improve as she gets settled at NAIT and on the courts.

"She's a special talent," said head coach Jordan Richey. "I think she's going to have quite an impact here."

The next tournament the Ooks participate in takes place on February 7th and 8th and will be hosted by the Royal Glenora Badminton Club. NAIT will also host matches if the Royal Glenora cannot handle all participants.

For the last three years, there has been no formal badminton league involving ACAC colleges as not enough schools have badminton programs. Instead the four colleges that currently run badminton teams (NAIT, Con-



Kai Li Huang

cordia, King's University and Olds) compete alongside independent players in Badminton Alberta tournaments. The schools are awarded points based on overall performance in these competitions. The school with the most points after the Olds and Royal Glenora tournaments will win the team championship title. Following these tournaments will be the ACAC championships, which will be hosted by Concordia, and will only include ACAC participants. The gold and silver medal winners at Concordia will advance to the CCAA national championships in Halifax in March, along with an ACAC wild card position that was awarded to NAIT after the Ooks won the national title last year.

"NAIT could be sending almost everybody (to nationals)," said Richey. "NAIT athletes will be there for sure. It's just a matter of how many."



# Athlete Profile



**Player:** Chris Mooney

**Sport:** Basketball

**Position:** Guard

**Program:** Bachelor of Business Administration

By CHARLIE ZHAO

**1. What made you start playing basketball?** – I grew up playing basketball with my brothers. My dad played and coaches, so it was a natural transition into the sport.

**2. Who is your childhood idol and why?** – My childhood idol would have to be my grandfather. He served in the military for 35 years and worked very hard to achieve the level of success he is at today. He also taught me what it means put family first.

**3. What are your hobbies during your spare time?** – I enjoy going to the gym, hanging out with friends and playing the odd game of 2K.

**4. What type of music do you enjoy and why?** – I enjoy R'n'B and rap, mostly depending on my mood. My favourite at the moment is J. Cole.

**5. Which other sport do you enjoy**

**besides basketball?** – I love football. I wished I would have played growing up.

**6. Who inspires you the most?** – A lot of people have inspired me in my life thus far. If I had to choose one, it would be my twin brother. He is a very hard working individual. Whether it be in sports or in work, he strives for perfection and that's something I try to implement into my life.

**7. What three things can you not live without?** – Family, friends, basketball.

**8. What is your dream oasis?** – Somewhere warm, surrounded by good people.

**9. What is the best advice you've been given so far?** – To have no regrets in life. Make the most of the opportunities you are given because nothing is guaranteed.

**10. What do you want to say to your team?** – I'd like to say this is the best team I've been a part of. If we continue to work hard and grow together, sky's the limit for us.

# Athlete Profile



**Player:** Connor Dolson

**Sport:** Basketball

**Position:** Guard

**Program:** Millwork and Carpentry

By CHARLIE ZHAO

**1. What made you start playing basketball?** – My brothers and everyone I grew up with were always playing.

**2. Who is your childhood idol and why?** – Steve Nash, because of his work ethic and accomplishments.

**3. What are your hobbies during your spare time?** Movies and hanging out

with friends.

**4. What type of music do you enjoy and why?** – All types.

**5. Which other sport do you like besides basketball?** – Football.

**6. Who inspires you the most?** – My parents. They've worked really hard and put me in positions to be successful.

**7. What three things can you not live without?** – My family, the boys and food.

**8. What is your dream oasis?** – Shuswap Lake.

**9. What is the best advice you've been given so far?** – Worry about what you can control.

**10. What do you want to say to your team?** – Rule 3, FTB!



## FITNESS

# One step at a time

By KATHERINE HILL

All day, every day, we have to climb stairs. As someone with an irrational fear of elevators, I probably take the stairs more than the average person. If it's less than six flights, I'm walking. I like to think it keeps me in shape but it helps to run the stairs every now and then to keep myself in good stair shape. Stairs are great for offering variety in a workout. You can run, walk, jump or pretty much do anything else on a staircase. The possibilities are endless and it keeps exercise interesting.

I prefer to run or climb outside. I like the fresh air and the scenery is always changing. Here are my two favourite spots to climb stairs in the city:

### Grandview

These stairs, off Fox Drive near Whitemud, are definitely my favourite in Edmonton. The steepness and width of the stairs change at each landing, making it the best way to get an all-around workout. The landings are pretty much evenly spaced throughout the stairs, meaning it's easier to cycle through any variety of stair-climbing techniques. I like to run the stairs two at a time for a level, then walk a level to help me catch my breath between runs. The stairs wind down into the river val-

ley, with beautiful trees to create a great atmosphere for working out. They are easily accessible, thanks to a large parking lot at the bottom where you can leave your car while you work out. And if you want to add some running to your workout, there are great running loops through the river valley right around the stairs.

### Victoria Park Golf Course

Victoria Park also offers a beautiful set of stairs. Once again, the stairs run down into the river valley and the scenery keeps the workout interesting. The stairs are divided into two sections, so the only disadvantage of the stairs is that you either have to pick one section of the stairs or cross the road on your way up or down. Either way, each section is long enough to make it a worthwhile climb. There are paths at each level of the stairs. You can either run up (or down) along the road at the first landing or run at the promenade level at the top of the hill.

Outdoor running or climbing is great, but if indoors is more your scene, I recommend running the stands in any indoor arena. The Butterdome at the University of Alberta has a great set of stairs throughout their stands that are usually filled with runners throughout the day.



foursquare.com

### Grandview stairs

Another great alternative is the NAIT arena. There aren't as many stairs (we just don't have that many seats) but you can get a full workout by just running up and down a few more times and you can

alternate the stairs and the running track around the rink.

Whatever your preference, stairs are a great way to get in shape. Happy climbing, everyone!







ACAC Standings

MEN'S HOCKEY									
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	24	20	20	3	0	1	130	55	41
SAIT	26	20	19	5	1	0	115	73	41
MacEwan	24	18	16	3	0	3	95	65	39
Augustana	24	13	13	8	1	2	101	66	29
Keyano	24	11	11	8	1	4	90	80	27
Red Deer	24	9	8	12	0	3	77	78	21
Briercrest	26	5	5	19	1	1	73	126	12
Concordia	26	5	5	19	1	1	67	127	12
Portage	22	1	0	20	0	1	64	142	3

RESULTS

January 30

NAIT 10, SAIT 1

Concordia 5, Portage 4  
Red Deer 2, Keyano 2 (OT)  
MacEwan 6, Briercrest 1

January 31

NAIT 6, SAIT 3

Red Deer 5, Keyano 5 (OT)  
Briercrest 3, MacEwan 2  
Concordia 7, Portage 3

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
NAIT	18	14	10	3	1	46	22	29
Red Deer	18	9	8	5	4	33	30	22
SAIT	18	8	7	9	1	37	45	17
MacEwan	18	5	3	11	2	27	46	12

RESULTS

January 29

Red Deer 2, MacEwan 1

January 30

SAIT 3, NAIT 1

January 31

NAIT 6, SAIT 2

Red Deer 5, MacEwan 2

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
NAIT	18	17	1	34	1600	1304
Concordia	20	12	8	24	1605	1536
Keyano	16	9	7	18	1195	1095
Grande Prairie	16	9	7	18	1214	1230
Lakeland	18	9	9	18	1337	1381
Augustana	18	4	14	8	1294	1452
King's	18	2	16	4	1247	1514

South Division

Red Deer	18	14	4	28	1488	1261
Lethbridge	18	14	4	28	1599	1303
Medicine Hat	18	13	5	26	1392	1264
Olds	18	11	7	22	1548	1375
SAIT	18	10	8	20	1357	1299
Briercrest	18	1	17	2	1228	1613
St. Mary's	20	1	19	2	1301	1824

RESULTS

January 30

NAIT 87, Lakeland 71

Keyano 94, Augustana 76  
Concordia 76, King's 59  
Red Deer 84, Medicine Hat 68  
SAIT 83, Briercrest 67  
Lethbridge 100, St. Mary's 72

January 31

Lakeland 80, NAIT 78

Keyano 90, Augustana 62  
Medicine Hat 81, Red Deer 78  
SAIT 87, Briercrest 77  
Concordia 87, King's 68  
Lethbridge 109, St. Mary's 72

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Lakeland	18	16	2	32	1176	923

NAIT	18	15	3	30	1162	873
Augustana	18	13	5	26	1083	976
Keyano	16	9	7	18	971	911
Concordia	20	7	13	14	1070	1193
Grande Prairie	16	2	14	4	763	948
King's	18	0	18	0	776	1170

South Division

Lethbridge	18	17	1	34	1430	848
SAIT	18	14	4	28	1207	1022
Olds	18	13	5	26	1269	1084
Medicine Hat	18	10	8	20	1087	1120
St. Mary's	20	8	12	16	1259	1353
Red Deer	18	2	16	4	920	1319
Briercrest	18	0	18	0	967	1416

RESULTS

January 30

NAIT 63, Lakeland 58

Augustana 66, Keyano 58 (OT)  
Concordia 72, King's 70  
Medicine Hat 59, Red Deer 42  
SAIT 80, Briercrest 47  
Lethbridge 70, St. Mary's 52

January 31

Lakeland 70, NAIT 56

Augustana 63, Keyano 51  
Medicine Hat 57, Red Deer 49  
SAIT 73, Briercrest 60  
Concordia 55, King's 45  
Lethbridge 81, St. Mary's 63

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
NAIT	18	15	3	46	17	30
Augustana	18	15	3	49	16	30
Grande Prairie	18	10	8	41	30	20
King's	20	10	10	38	40	20
Keyano	18	8	10	34	35	16
Lakeland	20	8	12	27	44	16
Concordia	20	0	20	7	60	0

South Division

Red Deer	18	16	2	49	13	32
Medicine Hat	18	14	4	45	20	28
SAIT	18	11	7	38	23	22
Lethbridge	20	11	9	41	37	22
Briercrest	18	10	8	37	26	20
Ambrose	20	4	16	17	49	8
Olds	20	0	20	1	60	0

RESULTS

January 30

NAIT 3, Lakeland 0

(25-12, 25-20, 25-16)

Medicine Hat 3, Ambrose 0

(25-11, 25-20, 25-21)

Briercrest 3, Olds 0

(25-12, 25-15, 25-19)

King's 3, Concordia 1

(25-21, 25-19, 19-25, 25-14)

Lethbridge 3, SAIT 2

(23-25, 25-23, 23-25, 25-12, 15-12)

Keyano 3, Augustana 2

(20-25, 25-21, 25-20, 20-25, 15-12)

January 31

NAIT 3, Lakeland 0

(25-21, 25-19, 25-23)

King's 3, Concordia 1

(23-25, 25-19, 25-18, 25-23)

Medicine Hat 3, Ambrose 0

(25-22, 25-17, 25-14)

Lethbridge 3, SAIT 0

(25-19, 27-25, 29-27)

Briercrest 3, Olds 0

(25-15, 25-15, 25-18)

Keyano 3, Augustana 2

(25-23, 26-28, 25-14, 20-25, 15-13)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	20	15	5	51	25	30
Lakeland	20	14	6	48	25	28
GPRC	18	12	6	44	26	24
NAIT	18	11	7	37	32	22
Augustana	18	8	10	29	39	16
Keyano	18	6	12	30	41	12
Concordia	20	0	20	9	60	0

South Division

Red Deer	18	16	2	51	10	32
Briercrest	18	15	3	49	18	30
SAIT	18	11	7	35	27	22
Olds	20	11	9	42	31	22
Medicine Hat	18	5	13	24	46	10
Lethbridge	20	5	15	23	51	10
Ambrose	20	3	17	15	56	6

RESULTS

January 30

NAIT 3, Lakeland 2

(25-23, 25-20, 24-26, 24-26, 16-14)

Medicine Hat 3, Ambrose 2

(25-22, 21-25, 21-25, 25-23, 15-13)

Olds 3, Briercrest 2

(25-20, 25-13, 20-25, 19-25, 16-14)

King's 3, Concordia 1

(25-14, 21-25, 25-12, 25-22)

SAIT 3, Lethbridge 2

(25-21, 20-25, 22-25, 25-18, 15-10)

Keyano 3, Augustana 1

(25-16, 16-25, 25-19, 26-24)

January 31

NAIT 3, Lakeland 0

(25-21, 25-20, 25-14)

King's 3, Concordia 0

(25-22, 25-18, 25-18)  
Ambrose 3, Medicine Hat 2  
(26-24, 24-26, 14-25, 25-16, 15-13)  
SAIT 3, Lethbridge 0  
(25-11, 25-17, 25-18)  
Briercrest 3, Olds 0  
(25-21, 25-14, 25-21)  
Augustana 3, Keyano 2  
(21-25, 25-22, 22-25, 26-24, 16-14)

CURLING

Men

Team	Fall	Regional
NAIT		5-1
MacEwan		5-1
Olds		3-3
Augustana		3-3
Portage		2-4
Lakeland		2-4
Red Deer		1-5

Women

NAIT	5-1
MacEwan	5-1
Red Deer	4-2
Augustana	4-2
Grande Prairie	3-3
Lakeland	2-4
Olds	2-4
Concordia	1-5
Portage	1-5

Mixed

Augustana	5-1
NAIT	4-2
Olds	4-2
Lakeland	3-3
GPRC	3-3
CUCA	1-5
Red Deer	1-5

Athletes of the week

Jan. 26-Feb. 1

Maegan Kuzyk  
Volleyball



Maegan Kuzyk is the NAIT female Ook of the Week after leading the women's volleyball team to two big wins against Lakeland. Kuzyk's 31 assists Friday night helped the Oaks squeeze out a narrow 3-2 victory at home against the Rustlers. A 3-0 win in Saturday's contest completed the weekend sweep. "Maegan showed great leadership for us this weekend in both our wins against Lakeland," said head coach Benj Heinrichs. "Maegan has had an excellent season so far, and we are looking forward to more great things down the stretch!" Maegan is a second year Geological Technology student from Athabasca, AB.

Sean Renaud  
Volleyball



Sean Renaud claims the title of NAIT male Ook of the Week as he led the powerhouse men's volleyball team to a weekend sweep over Lakeland College. Two 3-0 wins on Friday and Saturday improved the Oaks record to 15-3, tying them for first in the North Division. "Sean was instrumental to both our wins this weekend," said head coach Doug Anton. "He ran a very balanced offence which continually had the Lakeland blockers guessing and gave our attackers great opportunities to score." The Spruce Grove native and fourth-year Bachelor of Business Administration student also chalked up six blocks and one service ace.



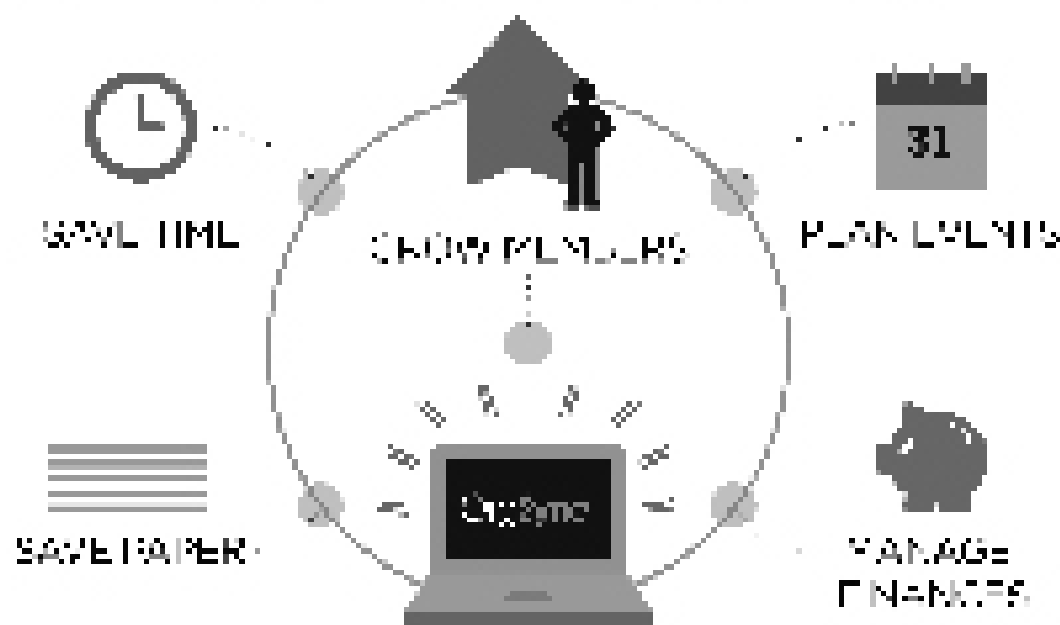
# WHAT'S GOING ON AROUND CAMPUS

## WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
NALHA Peer Education	Every Monday, Tuesday, 15:00 - 16:00	Room 115
Rocky Road Students	Every Tuesday on Wednesdays, 16:00-18:00   18:00-20:00	Room 117

## UPCOMING CLUB EVENTS

WHAT	WHAT	WHEN	WHERE
ITSC	Jobbing Drive	Nov. 24 - Feb. 25   9:00pm	NALHA Campus M&B Donor Boxes
ITSC	Jobbing Drive	Thursday 11:00pm   12:00am	Lobby of NALHA Office
Amnesty Club	Defence of 601	Feb. 25 - 05:00pm - 10:00pm	Johns Theatre
8 days of Love in Feb 2015	Feb 26 - Feb 28	Feb. 26 - 10:00am - 10:00pm	Exchange Union - on Campus



Get Org5sync. Get Involved.

**NALHA'S CAMPUS CLUBS CENTRE**

**VISIT THE CAMPUS CLUBS CENTRE**

Room 3-125 NALHA Main Campus  
780 471 8457 | 780 471 8871  
nalha.ca/clubs

Check out the Centre Website for other upcoming important club dates.

# ENTERTAINMENT

## Blink-182 is old news



**QUINTON BERGER**  
Entertainment Editor  
@QuintonBerger6

Blink-182 has been making headlines this past week with news that guitar player, Tom DeLonge had quit the band, which was followed by news that he didn't, then by news that he did.

Basically what happened is rumours had surfaced from drummer Travis Barker and bassist Mark Hoppus that DeLonge had quit the band, to which DeLonge quickly replied he hadn't. Either way, Blink is currently rehearsing for this year's Musink Festival with Matt Skiba of Alkaline Trio stepping in as DeLonge's replacement. My question is, who cares?!

Blink-182 isn't a relevant band anymore and hasn't been for a long time. They've basically spent the past few years touring and playing a bunch of songs that were huge in the '90s. Now, don't get me wrong, I love Blink-182. Growing up, they were one of my favourite bands and since so many of their songs were about being a shithead, I found it so easily relatable. Their music meant the world to me at a time in my life when the world meant nothing to me. Thing is, back then they were a relevant band doing relevant things, not a band that hadn't put out great music in 12 years, living off old success.

Need I remind you that the band had already "broken up" once before? Let's recap. In 2005, the band announced they were parting ways. DeLonge went on to form Angels and Airwaves, while Hoppus and Barker formed the way shittier band, +44 (real original name, right?). The band released a *Greatest Hits* album, reunited in 2009 and released *Neighborhoods* in 2011, which pretty much sucked. That same year, Barker went Dre style and released *Give the Drummer Some*, a rap album featuring some of the biggest names in hip-hop. Needless to say, I

see this as the only good thing to come from anyone in Blink since 2005 (10 years ago).

So here we are in 2015. Blink-182 hasn't put out any good new music in 12 years and now they're flooding my news feed because the guitarist allegedly left the band and the other two feel he's been neglecting them and not being a man about it. There is probably truth in everything that's been going on. DeLonge probably has been acting like a dick and no one would blame Hoppus and Barker for feeling jilted but why are music publica-

tions jumping all over this when there are so many current bands to talk about?

As of 2015, they've just been touring and playing songs we've all known for years and years. Does it suck that some younger fans might not get to see them live? Yes. Does it suck that one member seems to be screwing over the others? Yes. Is it relevant to current music in any way? No! Sorry guys, not being able to hear songs about jerking off in 2015 doesn't hit me as hard as it did in 2005.



thegirlsattherockshow.com

**Blink-182**

## WEEKLY SPECIALS

### FOOD SPECIALS

#### MONDAY

\$7 Canadian Poutine

#### TUESDAY

\$7 Nest of Wings (1lb.)

#### WEDNESDAY

\$6 Deep Fried Wontons

#### THURSDAY

\$7 Vegetable Spring Rolls

#### FRIDAY

\$6 Rockfish Potato Cakes

### \$4 DRINK SPECIALS

\*All liquor served is 1 oz

#### MONDAY

Sno Cone Cocktail

#### TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

#### WEDNESDAY

Domestic Pint (20 oz)

#### THURSDAY

Flavoured Vodka Cocktail

#### FRIDAY

Domestic Bottle

OPEN MON-FRI 9AM-8PM | [NESTTAPHOUSEGRILL.COM](http://NESTTAPHOUSEGRILL.COM)

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

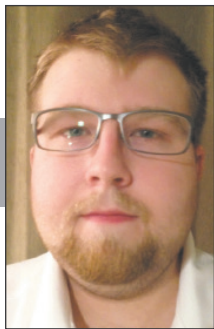
REVIEW US ON:  
[urbanspoon](http://urbanspoon)

[yelp](http://yelp)



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By MATT MOSEWICH

As we get older and especially through our college years, a good night's sleep becomes increasingly more important. But if you're like me, falling asleep is not always a serene process. As someone who struggles with anxiety, time spent lying

in bed trying to sleep, causes the brain to race through each and every situation from the day or week that was. I have trouble turning off my mind in a way and it leads to a poor sleep. There are obvious solutions to anyone's sleep woes. Sleeping pills are a common one, however, those pills can be addictive and like any other medication have unwanted side effects.

What I've turned to is music. I've found that certain music helps de-stimulate my mind and relaxes me into a deep sleep. The ambient sound clears my mind and I think it's better than any medication. The best type of music for this is anything soft and melodic. With so much to pick from, it can be hard to find the right songs, so I'll help you out.

Listed below is the perfect playlist if you're needing some calming, soothing music to help ease you into a deep sleep. Some of the artists on this list include British indie gems alt-j, a personal favourite of mine in My Morning jacket and even a classic from soft-rock legends Simon and Garfunkel. So throw on your PJs, crawl into bed and let the music take you away.

1. alt-J – Intro
2. Bon Iver – The Wolves
3. City and Color – Sleeping Sickness
4. Simon and Garfunkel – Scarborough Fair
5. The Head and the Heart – Rivers and Roads
6. Goldmund – Threnody

7. My Morning Jacket – Golden
8. Thrive – The Whaler
9. alt-J – Choice Kingdom
10. Iron and Wine – Such Great Heights
11. The Smiths – Asleep
12. The Postal Service – Recycled Air
13. My Morning Jacket – Hopefully
14. alt-J – Pusher



www.youtube.com

Edmonton based company is currently in a growth phase. We are seeking 1 solid individual who possesses the following:

- Ability to work 10-20 hours per week, with the potential for full time hours within 6 months' time.
- General computer skills, with access to Skype, WhatsApp, eMail.
- Willing to assist with managing staff in the future; excellent attention to detail with great organizational skills.
- Wage and hours will depend on your ability to assist in scaling a business with explosive potential.
- Interviews will be conducted by telephone and/or Skype, with final candidates interviewed in person.

**EUROVAPE®** Please send resume & cover letter to: [eurovape@eurovape.com](mailto:eurovape@eurovape.com)

**EUROVAPE®**

## February EVENT LIST

- 4 | EXECUTIVE COUNCIL CANDIDATE SPEECHES
- 6 | EXECUTIVE COUNCIL VOTING OPEN
- 6 | HOW TO COOK INDIAN FOOD
- 7-8 | TOP MODEL WORKSHOP
- 10 | SPEED DATING AT THE NEST
- 12 | EXECUTIVE COUNCIL VOTING ENDS @ 4PM
- 12 | MARDI GRAS KARAOKE AT THE NEST
- 13 | HOW TO BOLLYWOOD DANCE
- 23 | TOP MODEL ROUND ONE VOTING OPEN
- 23 | STRESS LESS - FREE COOKIES
- 24 | STRESS LESS - PET THERAPY
- 25 | WELLNESS WEDNESDAY

NAITSA READING WEEK HOURS:  
FAMILY DAY/FEB 16 | CLOSED  
FEB 17-19 | 8:00AM - 4:30PM  
FEB 20 | 8:00AM - 4:00PM  
MONDAY, FEB 23, REG HOURS RESUME  
MON-THURS | 8:00AM - 6:00PM  
FRIDAY | 8:00AM - 4:00PM

TO FIND OUT MORE INFORMATION  
ON ANY OF THE ABOVE EVENTS  
PLEASE VISIT [NAITSA.CA](http://NAITSA.CA)



naitsa.dents

naitsa

youTube

naitsa

naitsa.dents

naitsa



# Perfection is not perfect



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your close friends?

Do you judge yourself based on your accomplishments?

Do you consider yourself a failure if you get a “B?”

Do you put things off because you can’t get them perfect?

Do you avoid giving your opinion for fear of looking dumb?

Do you have difficulty in relationships because of your high standards?

If you checked even one of the above points, there is a good chance that you are a perfectionist. Perfectionism is a self-defeating cycle. Perfectionists set unrealistically high standards, fail to live up to these standards, feel bad about themselves and then blame themselves for not being good enough or trying hard enough. To offset this, they feel compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence but rather, as Dr. David Burns states in his bestseller *Feeling Good*, the compulsive striving towards unrealistic goals.

#### Why not strive to be perfect?

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied, and

even if they get some temporary satisfaction they usually don’t accomplish as much as non-perfectionists because they spend so much time trying to get things just right.

Perfectionists tend to be all-or-nothing thinkers, believing that if they don’t get A+ marks or do a job perfectly they are failures. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life.

Perfectionists are very self critical and usually value themselves based on the approval of others. Because their self-esteem comes from outside approval, the perfectionist is vulnerable.

Perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks. Tasks become arduous rather than rewarding.

The constant pressure that perfectionists put on themselves, as well as the lack of joy or sense of satisfaction they get from doing tasks, is wearing and makes perfectionists more susceptible to anxiety and depression.

#### Making changes

All of this isn’t to say that you shouldn’t strive to do well. Setting realistic goals based on what you want rather than on what you perceive others expect of you is good. Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Perfectionists can change. Check off the perfectionism-busting techniques that you already incorporate, and then choose one tip (perfectionists want to do it all right away) that you can realistically incorporate:

Look at what you have accomplished in the past and set small, achievable goals based on past performance.

Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.

If you are feeling highly stressed, feel like giving up or find yourself avoiding necessary tasks, this is a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly.

Remember that people learn by making mistakes. If you’re not taking risks because you think you might fail you are probably missing out on a lot of growth and learning.

Set limits on how much time you will spend on a project – and stick to them!

Judge yourself by who you are, not by what you accomplish.

Lighten up by scheduling in free time for fun and relaxation. (This actually makes you more creative and productive).

Ask yourself “What is the worst thing that could happen if I don’t do this perfectly?” “or if I fail?”

Stop chasing the impossible dream. No one is, or ever will be, perfect.

Perfectionists often fear letting go of their high expectations, thinking that they will become total slackers. Don’t worry – people almost never move from one end of the continuum to the other.

Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won’t be perfect!) But healthy goal setting is within your reach ... and you’ll probably find yourself having a lot more fun!

Counsellors at Student Counselling can help you work towards healthy goal setting. We also offer academic and personal counselling. To book an appointment, drop by Room W-111PB, HP Centre or call 780-378-6133.

#### NAIT Student Counselling

##### Office Hours:

**Main Campus: Monday to Friday, 8 – 4:30 and until 5:30 on Tuesdays**

**Book in person at Room W111-PB or call 780-378-6133**

**Patricia Campus: Thursday afternoons**

**Book in Room P-133**

**Souch Campus: Mondays, 9 – 5:15**

**Book in Room X-145**

**All counselling appointments are free and confidential.**

## DIY

# Hack your brain for studying

### By CONNOR O'DONOVAN

Midterms are on the horizon! So are finals, for that matter. Are you sure you’re absorbing all of that knowledge you’re shelling out the big bucks for? Use these science-backed study hacks to improve your learning success.

#### Create a staggered study schedule

Do you schedule great chunks of time to study single subjects? It is common to try and tackle a subject from start to finish before starting on the next one. Interleaved learning (as opposed to block learning) is a technique by which you learn multiple related topics simultaneously. Say you want to acquaint yourself with Latin music, conjugate an irregular verb in Spanish and memorize the capital cities of South

America. The most efficient way to do this could be to listen to one or two songs, complete one or two conjugations of the verb, and dial down the capitals of a couple of countries before repeating. Studies have shown that over similar time periods, learning related topics in small steps can lead to greater overall improvements in knowledge retention than trying to master the topics one by one. A theory behind these findings says that the brain more easily memorizes a skill when it is connected to the learning of another skill.

#### Space out your study session

The procrastination excuse you’ve been looking for is finally here. Waiting long periods of time before studying something again is sure to beget forgetfulness.

It also means the brain has to work harder to retrieve any information it is looking for. The harder your brain has to work, the more easily accessed the information is the next time you study. Of course, you have to be able to retrieve that information again, so the trick is to wait just long enough that the facts and figures you learned are barely remembered before working hard to make them fresh again.

#### Take notes after your lecture

You can use a similar method to improve your initial knowledge retention when learning in class. Instead of hurriedly scribbling notes while your instructor speaks or presents, sit back, relax and take in the class with the goal of note taking immediately after the lecture is completed.

With your brain working harder to compose the information, it remains more accessible for future use.

#### Vary your studying locations

If you have a favourite place to study at school, (although this is NAIT, so probably not) it can be easy and comfortable to hit up that same spot come learning time. Science suggests, however, that your information will become better imprinted if you mix up your learning locales. Though you may be focused on the textbook in front of you, your subconscious mind is connecting that material to your surroundings. When you study in a new location, you are building an inventory of neural pathways from which information can be sourced.



## TAYLOR'S TAKE

# The meaning of it all



**TAYLOR BRAAT**  
@TaylorBBraat

What is the meaning of life? That question has been on the tips of our tongues and minds for all of eternity. Yes, some people “know” the answer but what is the truth? I believe that the truth is that whatever satisfies your mind, body and soul is the true meaning of life. Life is short, but it is also the longest thing we will ever do. So is it really short? I think a better way to phrase the significance of life is that there is only one life to live (while you are living it).

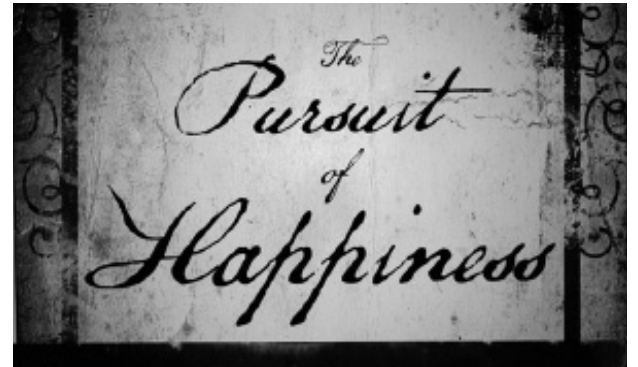
There may be others, I am not certain that there isn't but we won't find out until this one is over, right? Anyways, as far as we know there is just one, so let's live it to the fullest. I mean that. We must enjoy every day while we can because we don't know how many are left.

Life is what you make it, so you darn well better make it good. Make it good for you. What do you want? What do you really want? Doing anything that doesn't make you happy or content or satisfied in any way, for a prolonged amount of time, is the biggest mistake you can make. Are you in a job or college course that is going to make you money but subsequently take away from your well of happiness? If so, please get out and do what makes you happy. There are only so many hours in a day and, if you are giving eight of them to “the man,” how many are left to really enjoy? You may think you are contributing to society but what are you contributing to

your own quality of life?

Now, please don't get me wrong, I am not advising anyone to quit on the spot, tell their boss to fudge themselves and then burn the building down. What I am trying to say is please, do not waste another precious moment doing something that isn't benefitting you mentally, physically or feeding your soul the good stuff. There are so many ways to be happy, so please find the thing that does it for you!

It's crazy to think that some people believe that there is only one way to be happy and that is to be financially stable. I'm going to let you in on a secret – you will be OK even if you don't have quite as much money as you want. That's not what life is about. Life is about being grateful for the amount of money you have and for the



www.coffeehouseinquisition.com

life you have. Life can be so simple, if you let it.

Try new things and find where your heart belongs. To fail is normal, to begin again, is OK. Life is not a straight line, it's many pathways that lead to different things. Choose the path that will lead you to contentment but know that life is not a destination but a journey.

The meaning of life is the pursuit of happiness.

# New York City on a budget

## By TANIA BOYKO

With reading week quickly approaching, Netflix binging and lounging in sweats are in the near future for many. For others, the itch to leave the country is becoming unbearable.

With nine free days to flee across international borders, the cobwebs plaguing your wallet are usually the only thing holding you back. I mean, we are students after all.

Fortunately, with the right planning there's no need to dip into those student loans that we all know are used for academic purposes only. This will be the first of two articles outlining strategies on how to travel on the cheap.

The second installment will explore whether all the planning was worth it and how it all played out. In this article we will be focusing on travelling to the Big Apple on a \$1,000 budget.

## Step 1: Transportation – \$336

Although hitchhiking is illegal, it has the right general concept. Taking an indirect and timely route is often the cheapest mode of transportation to your final destination. For example, round-trip flights from Edmonton to New York City cost approximately \$670 during reading break.

Booking round-trip through Greyhound may take 2.5 travel days each way but only costs \$336. During those travel days you will also save by requiring fewer nights in lodging.

## Step 2: Lodging – \$229

Next to transportation, lodging is the second most expensive aspect of travel. To ensure you get the best price, signing up for memberships with the sites you are searching through often offer an additional discount for new members.

Depending on your destination and travel companions, you're looking at staying at either hostels or hotels. A popular choice for hostels is Hostel International, which has locations everywhere.

Their advertised prices are given with the assumption that you are a member. If not, there is an additional nightly

fee or you may purchase a membership at check-in. Prices vary between how many travellers you're willing to share a room with and that can mean up to 10 people in bunk beds.

Using sites such as [www.booking.com](http://www.booking.com) is crucial for comparing hotel rates with hostel rates. A word of caution – there are always hidden hotel fees that are in the fine print.

The rate for Hostel International for a four-night stay totalled \$469 + membership fees for two people in an eight-person bunk bedroom. A search for cheaper options turned up a Moroccan themed hotel that was cheaper. It totalled \$458 for a queen bed for four nights.

Every penny counts and, in this case, the hotel was more desirable due to its easy access to transportation and a more desirable location. Also, you don't have to worry about other travellers stealing your belongings.

## Step 3: Food & Entertainment – \$185 and up

Everywhere you travel, entertainment ranges from free to extremely expensive. In major cities like New York, you have to maneuver tourist traps and insanely priced Broadway tickets.

Websites, travel guides and blogs are filled with places that end up not living up to your expectations for a pretty penny. Instead of searching “where to go in New York,” take the opposite approach. Search “what not to do in New York.”

This guides you to sites that give you alternatives to what is recommended in the travel guides. These options cost a fraction of the price and thin out the tourist crowds. A great website for this is [www.concierge.com](http://www.concierge.com).

## Step 4: Underage Options

Sadly, the places you are travelling to may have a higher drinking age than Alberta. For reasons unknown, the U.S. still has the ridiculously high age requirement of 21.

Luckily, there are bars and clubs that cater for those travelling with an age range of 18-plus. These options will allow everyone to have a great night out with or without alcohol in the mix. Yelp.com has many pages dedicated to these bars with a staggering number of reviews of each.

You might have noticed that the price totalled \$750 and not \$1,000. Sadly, you must always account for currency exchange rates. Currently, it costs \$1,000 Canadian to get \$750 US and that needs to be factored in before you determine your overall budget.

## Step 5: Make it rain

Knowing that the trip will cost you ~\$1,000, how do you round up the money with your academics being your first priority? You can sell some of your clothing or items that you don't use in online forums.

Get a part time job for two months and quit once you have the money. Apply those government tax cheques that you receive in the mail – that money hasn't been factored into your living and school budgets.

Kijiji.com often has temporary work that only lasts a weekend for vendor events held at the Shaw Conference Centre.

Finding a way to make an extra \$75 a week will get you your travel budget in just over three months. No dipping into your loans and taking minimal time away from your studies.

Stay tuned for the second article that puts this budget and planning to the test in beautiful New York City, later this semester.



## MOVIE REVIEW

# Get away with a bear

By TANIA BOYKO

Paddington Bear is a faint childhood memory that consists of a bear in a red hat and blue coat. Beyond that, not much comes to mind other than 'I used to love him as a kid' exclaimed NAIT student Stephanie Pitre.

*Paddington* the movie begins in the lively jungle of darkest Peru, home to an undiscovered species of bear. An explorer discovers a group of bears that are civilized and pick up the English language and customs quickly.

The film documents the journey of a young bear that travels to England in hopes of finding a new family with the adventurer that came to Peru. Maneuvering through the bustling streets of London and discovering his new world leads Paddington into many difficult situations.

This marmalade loving bear was a joy to watch develop and grow throughout the film. With the sophisticated voice of Ben Wishaw bringing the character to life, you can't help but get drawn in.

Originally, Colin Firth was to voice the Peruvian bear but six months before the movie's release it was mutually agreed that Firth's voice was not the right fit. So Firth took the role as Mr. Brown instead.

Nicole Kidman also takes the spotlight in this film as the taxidermist villain and I have to say her performance brought the

movie down. She overplayed her role to the point where her scenes took away from the film and had you glancing at your watch.

The standout of the film is hands down the artistry and detail within its graphics. There's a luscious forest so beautiful that it feels only just beyond reach. The oranges gathered to make the infamous marmalade are sliced open and you can see the juice rupturing from the peel.

The bear's full fur is layered to the point where you want to brush your hands through it to feel its softness. These graphics grip you from the very beginning and allow the audience to be sucked into the world of Paddington.

Opening weekend, the movie grossed \$25,205,000 in the United States while playing on 3,303 theatres, according to IMDB. Whether you're 10 years old or in your 30s, this movie is set to charm you and take you back to your childhood.

With musical support from Pharrell Williams, Gwen Stefani, James Brown and Lionel Richie, the soundtrack keeps things interesting. Overall, I would recommend anyone to go see it.

It's the perfect date film, solo film or film to take a much needed stress relief break in which your mind can take a time hiatus to your childhood.



Paddington

www.paddington.com



Profile by Matt Mosewich

Photo by Tegan Dutton

## Shaye Getzinger, 20 Radio and Television

**What do you look for in a woman?** – One word – personality.

**What are your biggest turn offs in a woman?** – Women who are stuck up or vain. Also, any woman who lacks a sense of humour.

**Who is your celebrity crush?** – An Emma Watson and Emily Blunt hybrid.

**What is your ideal date?** – Fly to Hawaii for a classy dinner followed by a film, then maybe a long walk down the beach.

**What is your message to the women of NAIT?** – Hey ladies, these track pants are tear-aways and I'll keep you running all night long.

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



# SkiiTour carves a trail

By **QUINTON BERGER**  
Entertainment Editor

For Tim Livingstone and Dave Rollie (better known by their stage name SkiiTour) the past four years have been as exciting as the ski hills they're used to hitting in their hometown of Whistler, BC. After undergoing name changes and gaining a loyal fan base, the duo have been making quite the splash in Canada's electronic music scene and, by looking at them, it's easy to see why. While other DJs and producers usually appear on their flyers with a more serious tone, SkiiTour either strike poses with their hands in the air or being surrounded by bodacious bikini babes. These guys exude a good time and, on Jan. 23, Edmonton got to see that it's not just hype. SkiiTour played a sold-out show at the Starlite Room that was filled with fake snow, fine women and funky beats. Before the show, we got a chance to sit down and chat with one of Canada's funnest acts.

**Nugget:** So how did SkiiTour come to be?

**Dave Rollie:** *We met each other in 2010 and we were under two different names together. We did music together under Livingston and Canosis for a couple years. Then our friend Timothy Wisdom was saying our name was too long. We were playing a set at Bass Coast and he just came on stage, called us SkiiTour and everyone cheered.*

**Tim Livingstone:** *We thought the name sucked but we couldn't think of anything better and it's worked out pretty well.*

**Nugget:** Dave, you're from New Zealand. How long have you been in Canada?

**Dave:** Since 2007.

**Nugget:** And were you big into winter sports there as well?

**Dave:** *I was big into skateboarding. I'd snowboarded a few times and then when I came here, I lived in San Francisco and a friend lived in Whistler so I went to live there for a year and, just like everybody else who goes there, I wound up living there and never leaving.*

**Nugget:** Tim, have you ski'd all your life?

**Tim:** *No, I moved to Whistler and had only snowboarded 10 times. I used to live in Victoria and I hated winter. I just figured the only way to make winter decent is living on a ski hill.*

**Nugget:** What made you guys decide to become DJs? Do you come from musical backgrounds?

**Tim:** *I was into music my whole life. I had a radio show in my living room with my parents when I was seven. I took piano lessons and I had a radio show when I was in college. It was an obsession.*

**Dave:** *I've always loved hip-hop. I remember my mom buying me Naughty by Nature 1991. I've listened to hip-hop ever since and then I got a set of turntables when I was 21. Before that, I'd been writing*

*music for a hip-hop group and I needed to learn how to use turntables.*

**Nugget:** If you had to pinpoint the single most musically influential experience you've ever had, what would it be?

**Tim:** *I think going to Shambhala Music Festival was probably it. I went for the first time in 2001 and was just like "woah, this is amazing." Back then, electronic music was more underground and just being in a community where everyone was there for the music and appreciating the music was awesome. I thought "man, that would be so awesome if I could play at Shambhala."*

**Nugget:** And now you are.

**Dave:** *I'm just trying to think of mine. I've always loved hip-hop, forever. I'm just trying to think of a really outstanding moment.*

**Tim:** *What about the time you got that Will Smith album?*

**Dave:** *No, I'm still waiting for that moment to come. Seeing Jurassic 5 play was amazing. That's when I knew I wanted to do this and I pursued it pretty hard. Figuring out how to sample music, chopping them up and do drums, that was in, like, 2002.*

**Nugget:** Since you mentioned Shambhala, the first time I saw you play was at Sham and I remember thinking, 'How the hell are these guys out here in ski gear?' So, how do you handle the heat in ski gear?

**Tim:** *Well, that was a real defining moment for us. All the momentum that we've gotten in the last while was because of that gig. It was a gift to get an after-noon slot on Thursday. We played Saturday the year before and there were maybe 20 people. We knew this was our chance to make a big impression so we bought a snow machine, found these crazy one-piece suits. We just knew that we had to create a massive impression if we wanted to take things to the next level and it was hot. Our suits were completely soaked and at the end, the sun was beating down on both*

*of our computers and Dave's stopped. He couldn't play any more songs and mine died a minute later. It was crazy.*

**Nugget:** So when it comes to mixes, do you keep the size of your venue in mind? Do you keep more epic sounding music for festivals but more intimate tunes for clubs?

**Dave:** *No. We just have a type of sound that we both really like. We try and find, in each genre, a similar type of sound.*

**Tim:** *We're very picky about music we like. We already have very similar tastes and it just seems to come together that we always have a whole bunch of songs that fit together.*

**Nugget:** So what gets you guys amped before a show?

**Dave:** *Seeing everybody. It's cool, you come to a place and everyone's there to hear your music.*

**Tim:** *We played in the UK. We'd never been there before and everyone's wearing snow gear and goggles. How can you not get amped?*

**Nugget:** One thing I really want to know – what's your guys' yearly budget for fake snow?

**Tim:** *Well, we can't take it on a plane, so every time we travel, we have to buy new snow ... I don't know. I think that's a trade secret, actually. We can't say. But we spend a lot of money on fake snow.*

**Nugget:** If there was one artist, dead or alive that you would like to collaborate with, who would it be?

**Tim:** *I think having a tune with Justin Martin would be pretty sweet.*

**Dave:** *Working with an emcee ... but who?*

**Tim:** Biggie!

**Dave:** *Nah, that would be pretty cool but that'd be too intense. I'd say Big Daddy Kane or Rakim.*

**Nugget:** Oh, shit! So what's next for SkiiTour?

**Tim:** *We've got another tour coming up. We've got some Alberta dates as well, a whole bunch of songs that we want to give a day. We've got a ton of free music that we'll be giv-*

*ing away, a whole bunch of songs we've been working on and we're about to go to the States.*

**Nugget:** So I went out on Facebook and asked the fans what they'd like to hear from SkiiTour and here are some things they came back with:

Would you rather fight 10 duck-sized horses or one horse-sized duck?

**Tim:** *Ten duck-sized horses, I think.*

**Dave:** *Definitely, cause you can just kick a duck pretty easily. And a massive bill, on a duck-sized horse, that'd be big!*

**Tim:** *And it would just poop everywhere.*

**Dave:** *Well, horses poop everywhere.*

**Tim:** *Yeah, but it'd be all runny. With duck poop, it would get crazy. You'd be slipping and sliding everywhere.*

**Dave:** *Yeah, but you're not fighting poop.*

**Tim:** *Ducks just poop randomly. You'd be in the middle of the fight and ducks poop to pee, you know.*

**Dave:** *Alright, fair enough.*

**Nugget:** Would you rather change genders every time you sneezed or not be able to tell the difference between a baby and a muffin?

**Tim:** *Those would both be very awkward.*

**Dave:** *I'd go with change genders.*

**Tim:** *Really?*

**Dave:** *Well, I don't want to eat babies!*

**Tim:** *What If you sneeze like 10 times in a row, man? You'd be exhausted.*

**Dave:** *Sure, but eating a baby, you'll get into a lot of trouble.*

**Tim:** *Yeah, that's true. Gender for sure. I don't wanna be eating babies.*

**Dave:** *Gender Benders could be our name!*

SkiiTour have gained a lot of momentum over the past few years and show no sign of slowing down. These boys are on a mission to instill the spirit of Whistler in every town they visit and show us how much fun it is being one of the long haired freaky people.



bettyandkora.com

Dave Rollie and Tim Livingstone of SkiiTour at Shambhala



## THROWBACK THURSDAY

# Lookin' back at Linkin Park

By LOGAN BEACH

You may or may not be aware that Linkin Park was going to come and play a show right here in Edmonton on Feb. 14. You also may or may not be aware that this concert has been cancelled due to lead singer Chester Bennington injuring his leg. No further details were given and the news left fans devastated all over the country ... or maybe that was just me. Adding to this disappointment was the fact that Linkin Park was also going to be touring with Rise Against, who happen to be my favourite band. But the woe I feel about all this isn't really the point.

Linkin Park really brings me back to the days when I was first discovering music. Particularity, they bring me back to Grade 7 when I was figuring out what music I liked and disliked. My brother introduced me to Linkin Park and, after that, I only knew one thing, I really liked them. Fast forward a few years to the Grade 9 when I went to my first concert, Billy Talent, Anti-Flag and Rise Against. This concert had me fall in love with everything punk. It was great. But my newfound obsession led to Linkin Park taking a spot on the back burner for a long time. I would revisit them from time to time but I began to find more and more that the new stuff wasn't very good.

Despite Linkin Park's slow decline in

quality, *Hybrid Theory*, their debut album, remains one of my favourite albums of all time. From front to back I just love it. "Papercut" is the first song on the album and it is a strong start to an intense ride but I find that I have a lot of appreciation for the lesser known and more obscure stuff. "Cure For the Itch" and "Forgotten" are two examples of the weirder and more experimental sound they were going for. Seriously, if you've never listened to this album, do yourself a

favour and check it out. It has heavy roots in the '90s and I always thought it was similar to Rage Against the Machine with its rock-rap sound. Maybe I am personally just partial to the simple and raw style of the '90s but this album just hits all the right notes for me and it is fantastic.

With the recent concert I decided that I would go back and check Linkin Park out again. It had been a long time since I'd given them a chance and I was not dis-

appointed. I rediscovered everything I used to love about them and then decided to give their newest album, *The Hunting Party*, a listen. The first thing that struck me was how great it was. It was like I was listening to *Hybrid Theory* again. Everything that made me love them when I was 13 was still there and better than ever. Then their show got cancelled. Well, I guess that in the end it doesn't even matter and hopefully they announce a makeup tour soon.



Linkin Park

www.metalinjection.net



Reading Week Hours:

**MONDAY, FEBRUARY 16**  
NAITSA OFFICE CLOSED FOR FAMILY DAY

**TUESDAY FEBRUARY 17-THURSDAY, FEBRUARY 19**  
8:00AM - 4:30PM

**FRIDAY, FEBRUARY 20**  
8:00AM - 4:00PM

**MONDAY, FEBRUARY 23**  
NAITSA OFFICE RESUMES REGULAR HOURS  
MON-THURS 8AM-6PM | FRI 8AM - 4PM





# Listen to EDM, then judge

By **BRETT BOHL** (djBohLd)  
@BrettBohl

For the first time in a very long time, I have experienced how the future of electronic dance and house music is changing.

If you are reading this and you have been keeping up with the electronic dance music scene, you have probably been exposed to some form of the mostly negative press it's been getting lately.

You may have heard a couple of these statements floating around:

"Everything is beginning to sound the same to me now."

"DJs don't do anything. It's all pre-recorded."

"EDM concert goers are all amateurish people. They don't know what good music is."

"Molly, (ecstasy) has taken over the rave scene and the festival events."

Usually, these words are uttered by a small percentage of the population who believe they are better than the rest of the world or they come out of the mouths of the people who like to think that they are "real" electronic dance music fans. The majority of these people are most likely the ones who really know nothing

about the genre. However, they like to pretend they know everything about it by acting foolish at events and stressing the negatives instead of focusing on the positives and how the scene's growth has gone through numerous uplifting changes.

But after hearing these comments so frequently, some people are bound to be influenced.

Of course, wherever a person goes, there will be people who are trying to point out everything they think is wrong, in every type of situation. It is important to not be fooled by opinions, especially those which differ from your own. One person cannot sum up an entire genre of music in a few phrases or stereotypes.

It is really unfortunate to think that one person's pessimistic statements may be the only words that another person hears about the subject. If that is all a person hears, then they may be quick to judge something, when the issue goes much deeper.

The true seekers of amazing music will find it and the people saying it's all beginning to sound the same must start looking for other artists to listen to. There will always be similar-



en.wikipedia.org

ities between songs and those similarities are a factor in what makes the differences so much more noticeable.

Club DJs spend countless hours a week preparing and rehearsing for their live sets. It is very rare for a performer to pre-record a mix. The great majority of pre-recorded mixes are done by a very select few pathetic DJs who should not have taken the job behind the decks. It's sad how they are now being mistaken for true masters in the booth and don't understand

the science behind mixing music for a live audience of listeners.

Take it from a person who gets EDM or take it from experiencing the genre for yourself. You can get a free taste of EDM being mixed by a live DJ every Thursday afternoon on NAIT's campus radio station NR92. Listen online @ [www.nr92.com](http://www.nr92.com) or from a Smartphone @ "NR92" with *Tune-In Radio*, a free application. I play every Thursday at 4:30 p.m.

## JUST THE TIP

# The people you meet in bars

By **IVANA TOUCHU**

The morning after a long night of drinking can be a rough one, especially when you realize some of the events from the night before. Sometimes you start to think about some of the conversations that took place the night before.

On one occasion, I was at a particular country bar (that I won't name) for my friend's 18th birthday. Two other friends and I had shown up fairly early and hit up the bar for some drinks. As the night rolled on and the drinks were pouring, I realized that I had to go to the bathroom on more than one occa-

sion. On one of these trips to the john, I ran into these two guys that were hanging out in the bathroom. As I approached the urinal, one of the two guys asked me if I have a toque or not, which I understood to mean 'do I own a toque,' to which I replied, "yes of course I own a toque, I live in Canada." Apparently I misinterpreted what he really meant.

"So you have a foreskin," he said.

I immediately replied with a simple "No I don't have a foreskin, I misunderstood you."

This is where the story gets a little weird. One of the guys starts to come on to me. As I try to leave the washroom with some dignity

and not tell the guy off, he starts to follow me out of the washroom and towards my friends on the dance floor, where he proceeds to grind on me along with the song.

I am starting to get a little mad because I was just there to celebrate my friend's 18th birthday. I wasn't even trying to meet any girls, let alone any guys. I try to get the guy to leave me alone because he's starting to kill my vibe.

My two friends are there and they're trying to help me with this guy. His body language keeps changing from turned on to aggressive, and I'm not looking for a fight (as

I'm not much of a fighter). He keeps trying to get me to fight him because it "turns him on."

At this point, my friends are basically trying to pull this guy off of me as I try to not get kicked out of the bar for starting a fight on the dance floor. After some pushing and shoving he decides it's not worth it to get kicked out of the bar as well and leaves me and my group of friends alone and goes back to his friends.

In the end, I decided I would try not to go back to that bar, as my first experience was a very awkward encounter with an aggressive gay guy in the men's bathroom.

## Nugget positions

The NAIT Nugget is interested in seeing your resume for the following positions:

Editor-in-Chief   Section editors

Please send your resume to Gillian Wilson  
Nugget Publisher, at [gilwilson@nait.ca](mailto:gilwilson@nait.ca)

# 5<sup>TH</sup> ANNUAL NAITSA'S NEXT top model VOTING

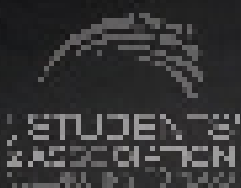
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THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## February 5-11

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

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

Congratulations on all of your recent successes. You are killin' it in this game called life. Now is the perfect time to really take a chance that you have been wanting to take because all of your ducks are pretty

lined up to do so.

## Pisces (Feb. 19-March 20)

Turn that frizzown upsizidity! Really, there is no time in life to be sad. You just got to cheer up Pisces because I know life can get ya down but there is so much to be happy about, so find those things, you just got to!

## Aries (March 21-April 19)

It's time to take a risk. Aries, lately you have been playing it safe and going from day to day predictably. Put all your money on red! Take a chance, because life is too short to play it safe.

## Taurus (April 20-May 20)

It is easy to be guarded emotionally, but if you are always guarded, you are not letting anyone in. Show people who you really are on the inside; that is what they truly want to see!

## Gemini (May 21-June 21)

Christmas happened and your purse all of a sudden became very

tight. Loosen the purse strings and buy yourself something nice! Life is too short to save money.

## Cancer (June 22-July 22)

A mid-life crisis is on the horizon. Don't pull a Britney and shave your head, but instead get a new hairstyle. It's what we all need now and then to make us feel brand new!

## Leo (July 23-Aug. 22)

Speak up when you are feeling walked all over. It is not always in your character to be quiet but lately you have been holding in a lot. People should never feel like it is okay to be rude or bossy so show them who's boss.

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

Take a swim, go bowling, go see a movie. Relax and have fun for a change because school can really get to you. It's time to turn on your fun brain and turn off your school work brain.

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

Trying new things is definitely

your forte. You are always seeing what the world has to offer. This time, take someone with you that doesn't get out much. Brighten up someone else's dull life and show them your extraordinary one!

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

Taking a trip is not always where you go, but who you're with. Choose someone wisely and take them on an excursion with you. Go somewhere creative and fun and really get to know someone in a new light.

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

Life may be taking some wrong turns lately but this is your chance to stop in your tracks, re-evaluate the path and decide if this is the right one to be taking. Maybe you need to just turn right around in order to get to where you need to be.

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

Your friends love you! You are so funny and great to be around. Give someone new a chance to see this about you. Make a new friend and give them a new joy in their life.

## Expect an EP from DP

By QUINTON BERGER  
Entertainment Editor

When it comes to band/group names, ambiguity is often a recurring theme. Well, this week's local band took the exact opposite approach and more than live up to their name. Dirty Pride, consisting of Edmonton rappers Dayton Brewer and Danny Pride, don't just embody a major theme of underground hip-hop in Canada, they relish in it.

"I guess if you had to classify my and Dayton's personas, it'd be more on the dirty side," says Danny. "You know, we like getting dirty at work, we like drinking and it's just taking pride in that. We're a couple dirty white boys and we're not afraid to be who we are."

After meeting in Prince Rupert BC, Dayton and Danny originally came up with Dirty Pride as an idea for a clothing line. While the clothing idea never took flight, the two held on to the name and Dirty Pride found a life of its own on Edmonton's hip-hop circuit. While it started as something the two did for fun, their aim quickly changed with the booking of their first show.

"We got a show and then we had about 10 days to prepare for it," explains Dayton. "We didn't actually have any real songs, we'd never really written a hook or anything so with that deadline we just pushed, pushed, pushed and said 'shit man, if we can make a four, five song set, then what can we do if we actually took some time and tried to get some more shows?'"

The hard work and sense of direction have paid off. Dirty Pride soon began gaining notoriety as one of Edmonton's most rambunctious acts. Their live performances are

filled with nothing but raw energy and rowdiness. While the group hasn't released any music, the two have been able to gain a solid fan base, built solely on their live performances.

"We like to pride ourselves on trying to bring that energy to the stage because people aren't gonna get into any musical performance if they're not feeling it," exclaims Danny. "So we try as hard as we can to make it known that we're feeling it."

Dayton adds, "As far as our music goes, people want to see our shit and because of our live performances, they want to pay money for our music."

The duo's live performances haven't just been turning heads locally, though. Danny recalls a pivotal moment when a Dirty Pride set caught the attention of Canadian heavyweight, Snak the Ripper.

"We opened for Snak last January. I told him he should come check us out and he wasn't too enthused about it. And after the whole show he told us, 'I never watch opening acts but after I heard two of your songs, I had to come out and see what the f\*\*\* was going on.' That was a big thing for me."

Yet, while Dirty Pride have been blowing our city away with live shows, they've been busy in the studio as well. The duo is currently working on an EP alongside Mike Basix of The Untouchables, which includes a track with Edmonton heavyweights Kryple and Nine Livez of Doom Squad.

"Nine's on the hook and Kryple has a verse," explains Dayton. "There are so many songs happening as the album



is being recorded and we're still writing."

With everything moving according to plan, Dirty Pride hope to release their debut EP this summer.

"I'm hoping summer we can drop some shit," says Danny. "We want to have a CD release and do it Dirty Pride style, do it outside or something."

And what better city for these two to come from than Edmonton. With a growing recognition of our grungy undertones, it's safe to say that Edmonton is full of dirty pride.

# Amiibo craze – be careful

By GERVAISE BRANCH-ALLEN

When the amiibo were announced, I wasn't sure what I thought. The figures looked solid and I loved the idea of connecting Nintendo themed "toys" to multiple games. That being said, Activision's Skylanders series started this general idea first and did a great job. So, I was sad to see Nintendo doing the same thing. After thinking about the figures, I was interested in giving this a chance. I didn't get Skylanders because getting a ton of figures was going to be expensive and Disney Infinity just seemed like a copycat with well-known characters. But with the familiar video game icons of Nintendo and multiple games to connect the figures with to unlock exclusive content, I had hit my "breaking point" if you will.

When the amiibo was finally released, I was surprised to see multiple amiibo fly off the shelves. The amiibo I was interested in, like Villager and Wii Fit Trainer, became extremely rare, extremely fast. I saw two Villager amiibo and picked up Mario and Kirby instead because I didn't know they were going to become rare and I didn't have enough money to buy three at the time. Big mistake. Mario and Kirby are still in stores but Villager, Wii Fit Trainer and Marth have become immensely frustrating to find.

It has become noticeable that the amiibo have multiple problems surrounding them. Some amiibo are extremely hard to find, including Diddy Kong, Captain Falcon, Pit and Little Mac. Recently, Nintendo noted that the

Marth amiibo will be restocked in stores later this year.

Some people buying the amiibo don't even have a Wii U or 3DS for later this year. They're either buying the figures because they like how they look or because they want to sell them online for high prices like \$100 for a \$13 figure. It's really too bad that these people are cleaning out the store shelves to sell the rare amiibo on eBay for high prices or buying the amiibo to display in their house, even though they can't use them.

Select amiibo have become limited to certain retailers like Toys 'R' Us and Target. Tons of people are pre-ordering the figures and Nintendo doesn't seem to give the retailers many figures. Toys 'R' Us has

Lucario as an exclusive figure and Target has Rosalina and Luma as an exclusive figure (with the recent closure of Target Canada, who knows if you can get this figure).

The amiibo don't seem to connect with the games in very interesting ways. Kirby and the Rainbow Curse is restricted to Kirby related amiibo and don't seem to give players interesting bonus content. Mario Kart 8 gives players Miis' costumes via amiibo. Captain Toad: Treasure Tracker connects to the Toad amiibo from the brand-new Super Mario line and includes a secret Toad sprite to discover. I'm hoping each amiibo unlocks a new character-specific puzzle for the Smash Bros line in Captain

Toad. Code Name S.T.E.A.M. seems to include more interesting connectivity with the Fire Emblem amiibo.

I'm not interested in getting every amiibo. No way is Nintendo sucking my wallet dry. I have university fees to pay for! Lots of people may consider me a fool for spending my money on these "toys" but I like supporting Nintendo and hopefully Nintendo will have unique uses in their upcoming lineup of games. If you want to jump into the amiibo craze, I warn you to join with caution. They might be hard to find but I'm hoping Nintendo gives us worthwhile bonus content without turning them into portable DLC packs. Plus, I need to get a Sonic and Mega Man amiibo!



en.wikipedia.org

# Video gamers take note

By GERVAISE BRANCH-ALLEN

This is the start of a new segment in the *Nugget* regarding video games. If you're interested in writing a video game review or article on a video game that interests you, tweet me @Gba-95sonic or, if you don't have Twitter, e-mail the Nugget Entertainment Editor at [entertain@nait.ca](mailto:entertain@nait.ca)

*Pushmo* is a quality puzzle game from Nintendo and Intelligent Systems (developers of the truly brilliant *Fire Emblem: Awakening*). As one of the Nintendo 3DS' first eShop titles, this game shocked a lot of gamers with its unique ideas and increasingly difficult puzzles.

Players play as Mallo, a friendly sumo-wrestling cat, who rescues children from Pushmo on park obstacles. The game is filled with over 250 puzzles and a level editor for players to make their own puzzles.

Personally, my relationship with this game is love-hate. The puzzles are pretty

well made, but they can also be quite frustrating to figure out. When I simply can't solve a puzzle, I stop playing and come back to the game another day. This technique proves to be quite beneficial to me. When I finally figure out a puzzle, I feel a sense of accomplishment. I always have fun figuring out a confusing puzzle. Some puzzles are original and others are Nintendo based.

The puzzles require the player to push and pull coloured blocks to climb to the top and reach the child. This can be a lot harder than it sounds because the levels can become quite complicated.

The graphics in the game are colorful and inviting. The music is limited to a few tracks but it's quite cheery and delightful. The game includes the ability to reset your puzzles if you're lost and you can rewind time to undo some of your mistakes.

The level editor is a pretty cool addition, because you can come up with your own puzzles and share them as QR

codes. Sadly, there's no official site for these player puzzles, so you'll have to scrounge the Internet for them. Either way, you can let your creativity flow and create all kinds of puzzles. Just let your imagination guide you!

This game is available on the

Nintendo 3DS eShop. You can also buy the third game in the series on the Wii U eShop titled *Pushmo World* (if you don't have a 3DS). I'd like to include a somewhat basic puzzle of my own (be warned, it's not amazing).

Have fun!

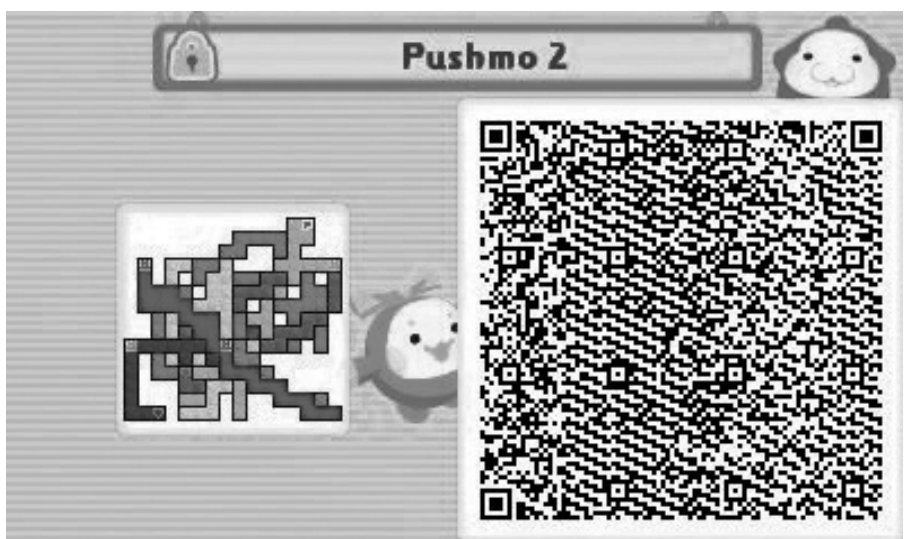


Photo by Gervaise Branch-Allen



# VOTE FOR YOUR STUDENT PRESIDENT AND VICE PRESIDENTS

All credit students registered in the winter term are eligible to vote online in NAITSA's General Election 2015-Executive Council Election.

Please take a moment to cast your vote using the unique URL emailed to you on February 6, 2015.



Our secure voting system has generated a unique URL for you. Simply click the URL emailed to you to access the ballot.

## Instructions for Voting

1. Log into the system using the unique URL provided to you February 6, 2015.
2. Please read the instructions for each question carefully.
3. Review the choices for each position and select one for each position.
4. When done reviewing your selections, click the SUBMIT button.
5. Please check the ALWAYS VOTE! You have now completed the voting process.

Once you submit your vote, you will not be able to change your vote or vote online again.

We wish everyone good luck!



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If you have NOT received an email inviting you to vote please contact: Leanne Mills @ the NAIT Students' Association (E-131). [leannem@naitsa.ca](mailto:leannem@naitsa.ca)