

THE NAIT NUGGET

Thursday, January 29, 2015
Volume 52, Issue 17

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

Mouthing Off Special

How do you feel about the latest LRT delay?



"I live near Century Park, so getting to school takes an hour longer than it should. I'm pretty cheesed."

Adrian
Architectural Tech.



"As a staff member, I pay for parking, which is quite expensive. To take the LRT would be loads cheaper."

Amy
Staff member



"They should be reimbursing students for all the delays!"

Amanda
BBA Human Resources



"It would give me a lot more free time."

Josh
Electrician



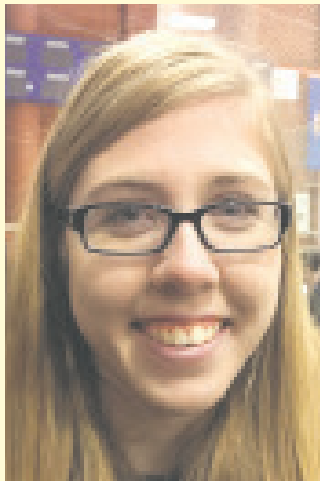
"It would cut my commute time in half."

Katherine
Radio and Television



"I think ETS has their heads so far up their asses that I am surprised they manage to put clothes on in the morning."

Jon
BBA Finance



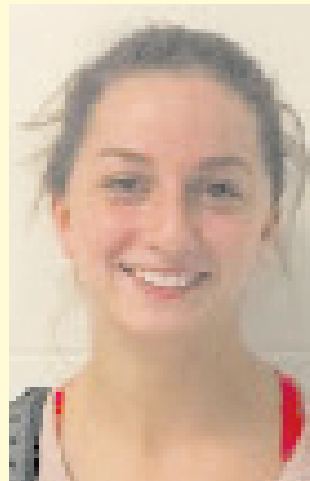
"It's bullshit! I'm furious!"

Meghan
BBA



"I live on Whyte Avenue and all I know is I want it."

Donny
Applied Banking and Business



"My parents got me and my sister a condo downtown because of its proximity to the LRT."

Nalani
Open Studies



"Having the LRT would help increase the student life at NAIT and make everyone's time here more enjoyable."

Curtis
BBA Marketing

NEWS & FEATURES

Students exasperated

By **NICOLAS BROWN**

Issues Editor

@bruchev

Edmonton's Metro LRT line expansion to NAIT has been delayed, delayed, delayed again, with the new official date set at May 4. As both City Council and administration offer platitudes to NAIT students, frustration continues to boil under the surface on campus.

The repeated delays have numbed students to the disappointing transit service currently offered to NAIT's main campus. With the relative failure of ETS's "Ookspres" express bus service from Churchill Square to NAIT, some students are questioning the city's effectiveness in completing projects.

'Get on it'

BBA student Tanys Allen voiced her frustration on level of transit service to NAIT, saying, "The bus is too slow and the LRT would save me time getting to school and back. Get on it!"

NAIT students had begun to feel hope in the fall term when ETS promised the "Ookspres" bus service as a temporary LRT replacement service from Churchill to the main campus. Ridership numbers are not currently available for the experimental service, however, many students were not aware of the service's existence. Now, it would seem ETS is trying to keep the service hush-hush as the schedule is not available on the transit website nor is there an official route number.

Questions were raised when a *Nugget* staff member noticed that the City of Edmonton's information line, 311, was unable to answer questions about the schedule.

Quinn Nicholson, a communications officer for the Edmonton Transit Service explains, "311 is free to comment about it (in fact, we expect them to!), and was informed that the schedule was the same ... over a month ago. I'm not sure why communication broke down there. I already have one of our interactive marketing team

checking with 311 to make sure they're giving their agents the correct information."

NAITSA's President Hasib Baig says that students are reasonably upset about the situation.

"At this point, all we are asking for is to get the LRT going as soon as possible," he said.

Emily, an Open Studies student, put a finer point on the situation, letting the *Nugget* know that the lack of service affects her financially, as she has to pay for gas for her transportation to and from NAIT, which would be reduced if the LRT were operational.

For students with children, the lack of service can greatly affect the commute. One student in Respiratory Therapy explained that rather than taking the LRT, she's forced to take her child on multiple buses to make it to class.

Skepticism about the progress of the LRT is not limited to NAIT students from Edmonton, either.

Daniel Toral, an International Student from Mexico studying in the B.Tech. program, commented, "It would be useful to have the LRT now. I've only been here for about a month and a half but even in Mexico, having a delay of over a year is a bit of a stretch."

Sherwood Park challenge

As far as its aspiration to be a "world class city," Edmonton is apparently missing the mark. And you don't have to look to international students to hear complaints from non-Edmontonians. Students from nearby Sherwood Park face the challenge of reaching class using Strathcona County Transit, which cut its service to NAIT's main campus last year in anticipation of the LRT's completion.

In the end however, the general sentiment is summarized by BBA student Marco Bombino when he asked, "How many times can it be delayed?"

— With files from Connor O'Donovan and Kyle Matz

• For more on the LRT, see editorial, page 7



Photo by Ciaran Boyle

Edmonton Mayor Don Iveson addresses the media at the latest delay announcement at City Hall on Jan. 21.

Nugget positions

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

Editor-in-Chief

Sectional editors

Please send your information to studenteditor@nait.ca

Two small parties

By **NICOLAS BROWN**
Issues Editor
@bruchev

This article is the second in a series by Nicolas Brown on Canada's federal political parties, which number 17. This week he looks at the Party for Accountability, Competency and Transparency and the Progressive Canadian Party.

This week we'll take a look at two rather interesting federal political parties. One has a mouthful of a name that accurately describes the foundation of the party platform and the other has a colourful history not many are aware of. Time for another round of so-called "fringe" parties.

Founded in 2010

The Party for Accountability, Competency and Transparency or PACT, was founded in 2010 as both an online forum and a federally-registered political party. A non-partisan organization, PACT was formed on the principles of participatory e-democracy. In lieu of a set agenda or platform, the party's positions are determined by decisions pulled from its website, decisions voted on by the party's membership. Elected PACT representatives are bound to support the majority position on every issue, regardless of personal opinion or affiliation.

PACT encourages all eligible voters in Canada to join the party. With no restriction on other political memberships or personal views, the party's online forum serves as a virtual meeting ground for Canadians of every political stripe. Although this may cause difficulties in attracting or engaging Canadian voters, it also means that those who wish to have an impact on the party's positions can easily do so.

Uses technology

The true attraction of PACT is the party's ability to reach out through technology to give every engaged Canadian a voice. With elections rapidly approaching, party leader Michael Nicula is confident in the party's ability to compete using its chosen demographic, explaining "PACT has 300-plus slots for candidates. It is really not that hard to find 300 post-secondary students or graduates who can dedicate a few weeks to campaign and for the large group to use social media and rally the millions of students in this country."

Interesting, considering students seem to be to most difficult group to engage politically. However, anything can happen in a federal election and technology is quickly becoming a major tool in the political toolkit.

To find out more about PACT, you can visit votepact.ca.

...

When most Canadians hear PC Party, or see the familiar blue logo, they think of the party currently in power, the Conservative Party of Canada. They would be wrong though, as there is another claimant to that

name and logo. The Progressive Canadian Party, founded in 2004, lays official claim to the PC Party name and logo and also claim one of the oldest party lineages in federal politics.

Formed from the remnants of the Progressive Conservative Party of Canada after the disputed merger with the Canadian Alliance Party, the Progressive Canadian Party defiantly claims to be the successor of the party of confederation. Espousing fiscally conservative and socially progressive policies, the PC party is intent on rebuilding a true progressive conservative party. This is outlined in the party's *Seven Pillars for Prosperity*, which notably includes facilitating post-secondary education.

PC Party president, Archbishop Dorion Baxter, was happy to explain the party's commitment to post-secondary students.

"Our position is that the present federal government is crippling academic development and academic prowess. It is the youth

of this nation, the academic ability of the youth of this nation, that will catapult Canada to the forefront of international achievement. It is absolutely imperative that we stop shackling our newly graduated students with this astronomical student debt," he said.

"We want to absolutely let our students know, those with academic prowess and diligence and acuity, that we, as a national party, will fund it. Obviously, the undergraduate degree should be funded and then after that, if there are those that are absolutely on the cutting edge, they should be funded further. But the least we can do is to fund their academic aspirations."

The Progressive Canadian party is certainly reaching for the stars, or as Baxter explains, "PC will stand for Prosperous Canada."

If you want to learn more about the Progressive Canadian Party, you can visit their website at www.pcparty.org.



Photo by Gabrielle Hay-Byers

HAPPY OILERS' FAN

Electrician apprentice Brandon Mahowich shows off his tickets to Tuesday's Edmonton Oilers vs. Minnesota Wild game, which he won through a Nugget readers' contest! Follow @NuggetOnline on Twitter for news and upcoming contests.



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Letters

We want your views

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

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

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

City offers rec deal to NAIT

By **NICOLAS BROWN**
@bruchev

A new year leads to new deals for NAIT students, courtesy of the NAIT Students' Association. NAIT students can now enjoy tremendous discounts at all City of Edmonton recreational facilities – 20 per cent off on monthly and annual passes and 15 per cent off on daily passes.

NAITSA President Hasib Baig signed the landmark deal on Jan. 14, only a week after students returned from the Christmas break, though students may not yet be aware of the deal.

So how does a NAIT student take advantage of these discounts? As an expansion of the City of Edmonton's popular Corporate Wellness program, students simply need to identify themselves by showing their NAIT student ID at purchase in any City of Edmonton recreational facility. No sign up, e-mails or forms required. As one of only two post-secondary institutions in the city to be offered this deal, NAIT students are being given even more choice in their personal fitness goals.

However, there is need for a brief reminder for students before they start jumping on the bandwagon of discounts. Included in most students' tuitions is a recreational fee which students must pay each semester. It usually works out to around \$70 a term and is an unavoidable fee in order to attend NAIT. This fee is, of course, to access and enjoy NAIT's own recreation facilities on campus, including the swimming pool, exercise room and squash courts. Asked

whether he was concerned about students choosing between NAIT's facilities and the city's, Hasib said: "I think the NAIT students who prefer NAIT's facilities will continue to use them, but this deal opens options and increases accessibility for students."

Although NAITSA has secured the contract, it would appear that NAIT students haven't yet received the news. A quick trip down to NAIT's recreational facilities showed no decrease in activity and most students asked were not aware of the new discount deal.

When asked if NAITSA should promote the new discounts, Ismail Atique, a Civil Engineering Technology student, replied: "Yes they should, because I was totally unaware of it."

When asked if he thought the new discounts would affect his use of NAIT facilities, Ismail explained, "Somewhat, yeah, [but] the only reason I wouldn't use NAIT facilities would be because of the size. I would definitely pay for the privilege of using a larger or better facility."



www.edmonton.ca

Clareview Community Recreation Centre

Ismail's sentiment seems to be shared by NAIT staff as well, as the recreational facilities do not appear to show any signs of decreased activity. Luc Lefebvre, a gym co-ordinator at the Sports Equipment Centre, simply states, "We do not see any potential decreases in student use of NAIT facilities."

With the traditional January rush of New Year's resolutions filling up facilities across the city, perhaps there is no need to be concerned about which facilities students choose to use.

Whether you choose to use NAIT's fitness facilities, or take advantage of City discount, personal fitness is something every student needs to keep in mind. With the cheap college food (ramen and pizza is not just a stereotype, it's a lifestyle) and high levels of stress faced by students, physical activity is good for the mind, body and soul.

So whatever your plan, and whatever your location, staying happy and healthy through personal fitness should be the real savings!

Career Fair needed a map

By **SHEEBA JOHNSON**

NAIT had a career fair on Jan. 20 and I decided to take a stroll through to see what was being offered and ask a few students their thoughts about it. The response was generally positive and I was pleasantly surprised when I ran into a few attendees who were not students of NAIT but were taking full advantage of what was being offered.

A lot of companies were represented but a few people felt like there was no order in the way they were set up. They felt like all the companies from a specific field should have been in the same area, which is funny because there were quite a few people who were just

fine with the way things were set up.

However, quite a few people agreed that there should have been a directory available for everyone so they could navigate without having to ask the volunteers for directions.

NAIT student Habib Laghari said, "It is a good opportunity to find out about jobs available within the city and outside the city" and his friend Penny McKay, also a student at NAIT, said, "I am just looking for an entry level job for this summer to gain experience in Biological Sciences Technology."

I thought that was an excellent thing

to do while still in school – try to gain an insight into the career you are going to be working in after you graduate and pick up some experience at the same time.

As I walked through the crowd trying to find more students willing to talk to me, I realized that this must be a really successful event as quite a few students said they were too busy gleaning as much information as they could out of this one day event.

It wasn't until I spoke to yet another student that I realized that one of the drawbacks of having the career fair during a school day was that quite a few students had classes all day and only had

an hour lunch break.

"It was good but I felt like I was going back and forth between the companies I was interested in since they were all over the place," said Abdul Shukoor, a student in Instrumentation Engineering Technology.

"I feel like they should have at least been in the same area and more organized."

Well, Career Fair might have had a few draw backs but it was mostly a hit.

Taha Abbas, from Materials Engineering Technology, took advantage of the day by handing out his resume to prospective employers and seemed pretty pleased with the way things had gone.

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.

NUGGET WEATHER

Beware the arctic air!

By **BRANDON HESS**
Meteorologist in Training

We hit 10 C this January – twice! On Thursday, Jan. 22, Edmonton reached a high of 9.9 C. That is well above the average of minus 4 C. That was the first day that we hit 10 C this month. The other day that we reached the big 10 C was on Sunday, Jan. 25. Edmonton's temperature maxed out at 9.6 C that day. In fact, this temperature broke a record high! The previous record was 8.7 C in 2006. The atmosphere was set up for this strong warming. When warm air sits aloft (inversion), it can get mixed down to the surface if we have the correct wind.

Here is a stat that will blow your mind ... we hit 10 C twice this month, so I've put together a neat stat that relates to this. In history, seeing at least two days of 10 C or warmer has only happened in seven years (including this year's two). Of these seven years, only once have we seen more than two days of 10 C or warmer in January. In the January 1906, Edmonton saw four days of temperatures at or above 10 C. This is the only time in history that Edmonton has seen greater than two days above 10 C in January.

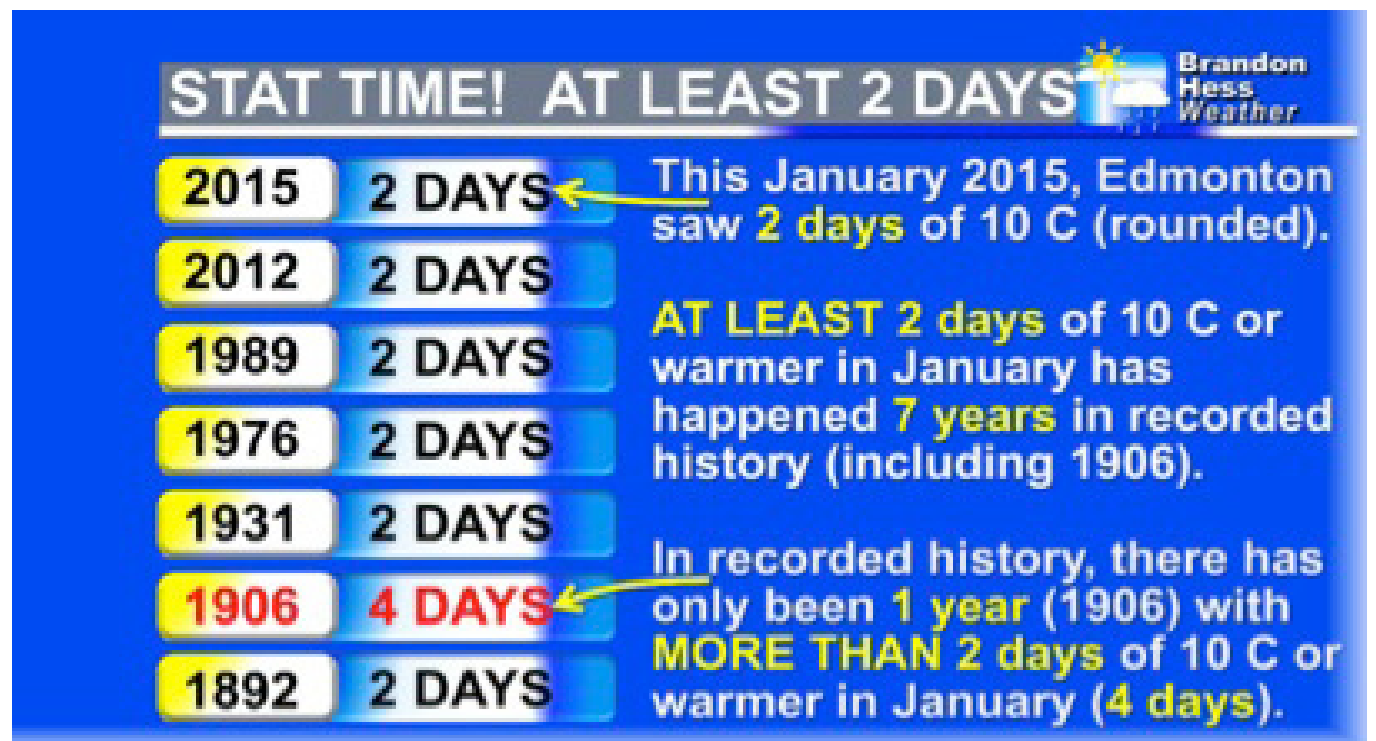
Now your forecast. After seeing temperatures above the freezing mark in the week of January 25, we are now going to see that be replaced by some arctic air. This far out

as I am writing this forecast, there is still a bit of variability on how cold it will actually get. Model guidance has been seeing swings from run to run as they decide exactly where the coldest air will settle. This makes it tricky as a forecaster. There is no "on the fence" when it comes to arctic air. As Chief

Meteorologist Josh Classen says: "You are either in the arctic air or out of it." There is no in between.

January still looks like it will come to a cold and below seasonal close. I mentioned this in last week's *Nugget* and am now becoming more certain about this

forecast. Temperatures to start February will likely be near minus 10 C with morning lows closer to minus 20 C. This is all coming in behind an Arctic boundary front. Here we see the Arctic high slip down from the north and this allows our temperatures to plummet like a falling stone.



ATTENTION WINTER START STUDENTS ONLY STUDENT HEALTH & DENTAL BENEFITS

The deadline to **OPT OUT**
or **ADD FAMILY** is
JANUARY 30TH, 2015

After this date you are **required** to pay the fees, no exceptions.

You may opt out online at www.mystudentplan.ca/nait
or come to the NAITSA Service Centre
in room E-131 for more information.

Phone 780.471.7730

Email studentplans@nait.ca | Information www.mystudentplan.ca/nait



Benefit Plan
Service Coordinator
780.471.7730
studentplans@nait.ca

Point ^{Counter} Point College – yay or nay



By **QUINTON BERGER**

Of all the expectations society has for us, post-secondary education is one of the worst. Society has already raised a fleet of lazy, shallow materialists and with a post-secondary education you can add debt ridden and hopeless to that list. We happen to be lucky enough to attend NAIT (where none of this applies, of course) but most other institutions are churning out baristas faster than drug dealers are churning out Adderall to soon-to-be baristas at the universities. We all know people who followed all the steps, went to a good college, worked hard and relentlessly for four years then wound up doing nothing with their degree. It's an all too common problem these days because we've brainwashed these poor bastards into thinking higher education is the key to a rich, full life. News flash: It's not! It's a lie told to you by your high school teachers. Those poor saps went to college – think about that!

Debt

Aside from the fact that the facade that is higher education is churning out more graduates than jobs, there's another, not-so-secret downside to post-secondary education. Ladies and gentlemen, I bring you – debt! Let's face it, unless you're a spoiled brat like I am who enrolled in the cheapest program with the lowest requirements for prerequisites, chances are, you worked your ass off to pay for college and still had to take out student loans. This means that the whole time you're paying to spend time at a place that may not even take you where you want in life, you're accumulating even more debt. So now, you're broke and you owe money but, hey, at least you got that fancy piece of paper to hang up in your one bedroom basement suite, since now that's all you can afford. We're not talking about small loans either, since, guess what, you have to keep yourself alive while you're in school. So if tuition for whatever you're taking is \$40,000 and your rent each month is say \$500, then there's food, utilities and the copious amounts of alcohol you drink to deal with how much debt you're getting yourself in. That's a lot of skrilla you're paying for what you're getting out of college. Exactly.

And another thing ...

In case the two previous examples of why post-secondary might not be a good idea are not enough, here's some more reasoning for you. Two ugly little words known as "substance abuse," that's right! You always hear the "don't do drugs" stories of the youth who started taking drugs and then their education suffered? Well, higher education could be the reason you turn to drugs! In college, there are two lifestyles; the party lifestyle and the academic lifestyle. The party life leads to the abuse of alcohol and illicit narcotics while the academic life leads to caffeine and Adderall. It's been estimated that over 30 per cent of post-secondary students have used Adderall as a study aid. So there we go, you're fresh out of university, you've got a severe Adderall habit but you're tens of thousands of dollars in debt and you have no job. Yeah, post-secondary is really the way to go.



By **NATE BRYANT**

If you're reading this, it means you are currently attending post-secondary. I mean, that or you are just wandering the halls of NAIT picking up school newspapers. In which case, stop that. Go do something more worth your time. Anyway, for most of us, we go here. We all attend for various programs but we all go to school. So is it worth it? Yes. Definitely yes. So what if it's not the college life that movies portrayed, it's a rad time and a half. I mean, just by going here I know you want to do something with your life, and it obviously required some schooling, so why are you sitting around wondering "gee, is my schooling worth it?" You paid money for this! Don't question it, just shut up, learn and enjoy life before we all leave and hit the real world again.

Real money

OK, so you or your parents have paid money for you to come here. Like, real world money. Do you know why this costs actual Canadian currency? Because what you learn here is valuable. Especially at NAIT, where you're getting real world applications for everything. It's just stupid to say it's a waste of time. Not to mention the responsibility. You can pretty much do what you feel like as a student. Everything costs less, people treat you better and even your employers make work more flexible for your classes. Classwork may seem like it sucks now but it's nothing compared to the real world work that awaits all of us. This is the last time in your life when it will be this easy. Unless you win \$55 million from the Lotto Max, in which case, my name's on the article, let's party.

Speaking of the real world, let's talk degree or no degree. Are you better off with the schooling, sincere one hundred per cent schooling or just working a job that doesn't need it? Anyone who says they can't get a job with a degree isn't trying hard enough. If you have the know-how, which any school will give you, then it entirely depends on how hard you look for that job. As long as you're not lazy as crap, post-secondary is going to take you far.

Piece of paper

I mean, for some programs, it isn't even about knowing anything, they literally just want to see you have a piece of paper that makes them think you know how. Without that framed paper, they won't even give you a second thought. We live in a world where you can do whatever you want and, for almost anything, there's a program! Aren't you happy when you have to go in for surgery and the surgeon has a degree, rather than him having just been hired because he said he's a "fast learner?" The next time you question whether your time spent here at NAIT or any college, is worth it, just remember the fat stacks of cash you'll make and then give some to the guy who wrote the article that convinced you.



File photo

OPINION

— Editorial —

C'mon, Mr. Mayor



GABRIELLE HAY-BYERS

Editor-In-Chief

@Gee_H_Bee

Edmonton's mayor, Don Iveson, really ticks me off sometimes.

Is it bad that I admit that? Is it terrible that I secretly rejoice every time our production manager chooses a super-unflattering picture of him to publish? Maybe. Probably.

But my problem with Mayor Iveson isn't his frat-boy looks, nor is it how young women fawn over him. No, that's not it at all, really. My problem is in regards to his youth-voter engagement strategies during the 2013 municipal elections and his subsequent abandonment of NAIT students in the years after. My problem is with how he hasn't accepted personal responsibility for the LRT delays. My problem is with how he acts, how he speaks, how he's the living embodiment of Edmonton entitlement.

Choice made in good faith

NAIT students voted for the U-Pass program, agreed to a tiered increase in fees, because we believed that main campus would be serviced by the LRT project a year sooner than it will be. We made that choice in good faith, paid the extra dues and waited for the City of Edmonton to hold up its end of the bargain. It hasn't. And yet, when NAITSA requested relief, despite saving millions on the project (in part because of the delays), Iveson turned the request down. This mayor, who was elected on the backs of student volunteers, would rather attempt to use Thales Canada for even more savings to build more asinine city beautification projects (or whatever floats his boat) than show in return the same goodwill the students of NAIT showed him.

Show of anger

Meanwhile, Mayor Iveson is putting on a good show about being "angry" about the LRT delays. As I'm sure you can already tell, my heart is just shattering for his poor soul about it. The truth is, end results reflect leadership. If this paper is a hot mess, it's not one of our editor's faults, it's not a photographer's fault or a writer's fault. Nope. It's my fault. That's the burden you take on when you take a position of leadership. Everything that happens at the *Nugget* is my problem, my circus. If I hadn't been prepared for that reality, then I wouldn't have taken the job.

Iveson says he's upset with how city staff has managed the project and will have the city auditor look into it. When and where are we going to see Mayor Iveson step up and take responsibility as the mayor rather than push the blame

onto other people? We're ultimately responsible for the actions of our teams as managers and leaders, but all Iveson is doing is complaining while trying to maintain his innocent poster-boy status.

Assurances that the mayor will "personally look into" how this project was so derailed ring rather hollow when he refuses to show a shred of respect for key stakeholders, refusing requests for rebates and skirting away from any personal responsibility for the absolute screw-up this project has been. Iveson didn't seem

in too big a rush to be serious about the delays during the first year of broken promises, so why should he be trusted now?

If Mayor Iveson would like to make it right, he'll personally apologize to the students of NAIT for his role in allowing the ball to be dropped ... into the Grand Canyon or some similarly deep and depressing black abyss. Come to think of it, I could probably crawl the Grand Canyon faster than we can get a three kilometre LRT extension.



Photo by Ciaran Boyle

Mayor Don Iveson during a recent news conference.



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

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

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

SPORTS

Overlooked sports flicks



JOSH RYAN
Sports Editor
@JoshRyanSports

Who doesn't like a good sports flick? There's over-the-top raunchy goofiness like *Major League*, rousing, family-friendly fun in *Remember the Titans* or snappy dialogue and in-depth throughout *Moneyball*. No matter what your preference, just about everyone has a sports movie they love. However, there are quite a few really solid films that for whatever reason never really found an audience. At this time, I'd like to share a few essential sports films for movie-goers, sports fanatics and everyone else to enjoy. Some are moving, some are funny and some may just make you cry. When you've finished homework, give them a try. Some are even on Netflix!

The Greatest Game Ever Played: Most people know Bill Paxton from his acting roles in films like *Twister* and *Aliens* but he actually made his directorial debut in 2005 with this gem inspired by the real events of American golfer Francis Ouimet. Great performances all around and the cinematography of the golf sequences is possibly the best of any sports

film. Also features Shia Labeuf before the contents of his head went haywire.

We Are Marshall: Another based-on-a-true-story sports flick, this time about the tragedy of the 1970 plane crash that claimed 75 lives, including 37 members of the Marshall University football team. Matthew McConaughey gives a really underrated performance as the man who takes the now vacant job of coach and helps the healing process for thousands of residents in Huntington, Virginia. Powerful story of loss and perseverance.

School Ties: The first film on the list not based on a true story, *School Ties* is one of the earliest entries in the careers of Brendan Fraser, Matt Damon, Ben Affleck and others. Fraser plays a gifted football player recruited to a prestigious prep school for his senior year sometime in the 1950s. Soon afterwards, he deals with the bigotry of his classmates. It's a somber look at class lines and anti-Semitism, which was common at the time.

Eight Men Out/61*: These are two phenomenal films that I couldn't keep off the list.

Eight Men Out is a dramatization of the 1919 Black Sox Scandal that features an unbelievable cast. The film also tackles issues revolving around sports betting, throwing games and the power that owners hold over professional athletes. *61** is a film from Billy Crystal, portraying the 1961 MLB season in which teammates Roger Maris and Mickey Mantle simultaneously chased Babe Ruth's home

run record. One of the few films to truly examine the effects that media scrutiny can have on players.

The Rocket, The Maurice Richard Story: A must for hockey fans, *The Rocket* takes us through the early years of arguably the most electrifying player in NHL history. You see the struggles with injury, the perceptions of weaknesses and eventually the pressures of representing French Canada against the rest

of the continent. An excellent examination of the tensions between francophones and anglophones in the NHL's six-team era.

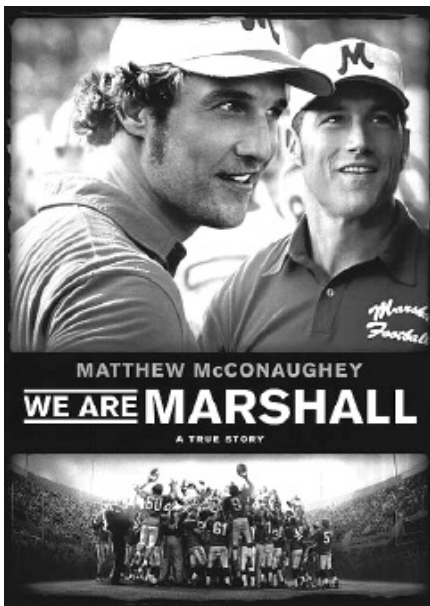
Kingpin: Easily the Farrelly Brothers most underappreciated film, starring Woody Harrelson as a former bowling prod-

igy that convinces an Amish man to prepare for a tournament with a million dollar prize. Harrelson is great as always, but the scene stealer is Bill Murray as the villain, Ernie McCracken. Seriously, one of the greatest screen villains of all time. The fact that the film makes bowling watchable is reason enough to give it a viewing.

Warrior: *Warrior* received critical acclaim and even earned Nick Nolte an Oscar nomination, yet it bombed during its theatrical release. Such a shame, because this is one of the only sports movies since the first *Rocky* film to truly nail the underdog story without coming across as too cheesy. It also gave audiences a preview of Tom Hardy as Bane. Man, that dude is scary looking.

Rush: The most recent film on the list, *Rush* is a fascinating telling of the rivalry between Formula One drivers Nikki Lauda and James Hunt during the mid-seventies. The film should've received more consideration for best picture and best director (Ron Howard). What makes the film unique is you both admire and hate both main characters, making it difficult to choose who to root for. Also, the soundtrack by Hans Zimmer is blood pumping. Give it a look on YouTube.

Cinderella Man: I save the best for last. The film has many of the trappings that underdog stories have but it hits you on an emotional level that few films can. Russell Crowe's performance as Jimmy Braddock is not only one of the best of his career, it's arguably one of the best in the past 20 years. Phenomenal direction again from Ron Howard.



freemini-hd.net

FITNESS

Hitting all the right notes

By **KATHERINE HILL**
@KatherineHill57

After a long, stressful day, there's often nothing better than a great workout. After sitting at a desk all day, it feels great to get out of a chair and move. There are many options for a post-work or post-school workout. You could head to a yoga studio, a gym, hit the treadmill or run some stairs. But, if you really want to blow off some steam, then head on over to a boxing gym. These gyms offer a full-body workout, working your arms, legs and core while pumping up your cardio. You can punch out the stress of your day and work in a little bit of self-defence, too. You'll be hitting and kicking your way to a better body and a stress-free life in no time.

30 Minute Hit is an all-women's kick boxing gym that fulfills your fitness and emotional needs. There are 14 stations, where you go hard for two minutes. Train-

ers throughout the gym offer pointers on technique and how to gain even more from your workout. The two-minute cycles are broken down into 15-second segments. You're challenged to ramp up the intensity throughout the two minutes, changing how you work between the bells. You might have to punch non-stop or maybe work in a power round. It's a great way to get in a quick workout, as you cycle through the stations in 30 minutes.

The Hit starts, as any boxing gym should, with two minutes of skipping. This can be tough at first, especially when

it's been a while since you last skipped. But, with some practice, the skipping really gets you in the mood for a great workout. You head into the circuit warm and ready to work.

The circuit rotates between working arms, legs and core. Each station offers a different challenge and a different set of muscles to exhaust as you move from uppercuts to roundhouse kicks to planking. Each station targets something new, offering a full body workout in a fun, encouraging environment. The circuit ends on two minutes with

BOB, a dummy who lets you try out every-

thing you've practised throughout the circuit. BOB lets you try out all the punching and kicking or a combination of the two, on a human-sized target. It's definitely the best station of the circuit, where you can perfect your self-defence technique.

To the women who join, 30 Minute Hit is so much more than just a gym. The philosophy encourages all the members to be strong, to challenge themselves to work harder. The trainers are incredible, always there to offer encouragement to the girls on the floor. The energy around you is infectious, giving power and speed to your workout as you move throughout the gym. You learn to feed off those around you, helping you have an even better workout. The gym offers a safe place for women to work hard and gain strength. It's a great time for anyone who wants to come give hitting a try.

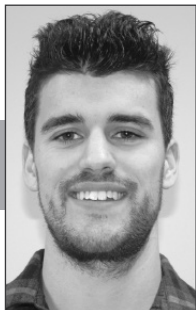


yegishome.ca

Keeping score

All-star showdown

Welcome back to another edition of *Keeping Score*, the weekly debate on a particular topic in the world of sports. My counterpart, Connor Hood, was unavailable this week, so multiple Nugget contributor Matt Mosewich is filling in. Our topic: All-Star Games. Both the NFL Pro Bowl and NHL All-Star Weekend took place over the weekend. Many analysts and fans believe that the four professional sports leagues are better off without these events, while others argue they should remain. What do we think? Read on ...



JOSH RYAN
@JoshRyanSports

Love 'em or hate 'em, all-star games in professional sports are here to stay.

These events make money. Period. Pro sports is a business and having these events brings in a ton of revenue. There's the gate at the game, there's the merchandise sold around the game and there's the TV money as well. The games are on display for fans around the country, continent and globe. That kind of exposure is something each league cannot afford to pass up if increasing revenue is the goal.

The games allow fans a closer look at the personalities of the players and see great moments from those players. NHL athletes in particular are notoriously dull in interviews but they let loose during the all-star weekend. The new format where two captains pick teams from the available all-stars is a ball, evidenced by the Kessel for Seguin mid-draft trade this weekend.

Everyone complains about not having athletes show enough personality. This event does that for each sport. Who doesn't like seeing Nate Robinson dress as kryptonite and dunk over Dwight Howard? How about seeing Derek Jeter in his final mid-season classic?

Another benefit of the games that few people seem to recognize is the impact the event has on the host city. Having the NHL All-Star Game at Columbus is a great opportunity to promote and grow the game in a small American market. Colleges are always chomping at the bit to host conference championships. It's like having a concert with rock stars in town. Even established hockey markets benefit from the games. Habs fans had a special moment when Alexei Kovalev scored the shootout winner in 2009, winning the All-Star MVP. Blue Jacket fans must've gone crazy seeing Ryan Johansen win the award this weekend. If you take away the all-star game, small market teams will suffer.

Could the game itself be improved? Yes. Could the leagues come up with more creative ideas? Absolutely – when are we going to get a goaltender race, roller-derby style? Is the Pro Bowl in the wrong weekend? Yeah, it's pretty pointless having that game at the end of the season. However, despite these flaws, the all-star game is going to remain in each of the four professional sports for the time being.



MATT MOSEWICH
@MozesMadness

The all-star game is joke across all of the four major sports and it needs to go.

The No. 1 reason they need to stop with the all-star game is that it's unnecessary. The original idea was to bring all the best players to one place so that the masses could get a view of their sport's stars at one time. We don't need that nowadays. With the amount of national coverage in today's game, on the average weeknight I can watch the likes of Sidney Crosby, Alex Ovechkin or Claude Giroux on the East Coast; then Anze Kopitar, Ryan Getzlaf or Joe Thornton out West. Instead of watching a half-ass game, we can now watch the league's best battle each other night in, night out.

The players don't want to be there. It's more of a burden than it is an honour. They'd rather be relaxing on a beach in Mexico with the little amount of time they have off during their gruelling season.



Instead, they're put through a weekend of media scrums, autograph signings and the game itself, which the players put as much effort into as they do their hair before the game. Major League Baseball tries to combat this by making their all-star game worth something. Winning gives one league home field advantage in the World Series. This is a ridiculous, idiotic notion. The MLB decides to skewer its marquee product, the World Series, in favour of the league that wins a July showcase that nobody remembers come October.

With the players not wanting to be there and having nothing to play for, it leads to a poor on-ice product. The actual play is awful. No one wants to watch a bunch of millionaires play an exhibition with no sense of emotion whatsoever. The games usually end with ridiculous scores and have little to no entertainment value. The leagues claim that the games are for the fans, but if they truly felt that way they wouldn't subject them to this embarrassing display.

MEN'S HOCKEY

Two wins, four points back

By **CONNOR O'DONOVAN**
@oadsy

Red Deer College has the team name Kings but NAIT hockey was "King" this past week. The Oaks are aiming to take over the top spot in the ACAC standings following a pair of 5-3 victories over Red Deer College. NAIT sits four points back of fierce rival SAIT with a record of 18-3-0-1. RDC falls to 9-12-0-1.

Friday night's matchup against Red Deer was highlighted by a hat trick from Oaks' left wing Jordan Wood. Wood, along with linemates Scott Fellnermayr and Tyler French, were pressuring the Kings from the drop of the puck. Wood put away his first marker just a minute and 18 seconds into the first period.

"We encourage our players to play

the game the right way, within our structure and to be creative when they have the puck," coach Serge Lajoie said of the line. "They were rewarded for playing the game the right way."

Wood's first goal was the start of a flurry of scoring early in the first period. The Oaks and Kings were tied at two after just seven minutes of play. The game stayed deadlocked until three minutes into the second when the Kings converted on a powerplay and pulled ahead. Kevin Carthy of the Oaks soon tied it and then it was all Wood, French and Fellnermayr. The line made it 4-3 a minute into the third period, and 5-3 at the halfway point. Jordan Dunbar also scored for the Oaks. Kenny Cameron got the start in net for the Oaks and faced 25 shots, while the Oaks fired 47 on the Kings.

"When we have the puck, we're very strong," said Lajoie. "We have to continue to work on our play without the puck. In the defensive zone we were sometimes running around."

Saturday's rematch echoed the coach's words after the Oaks found themselves down 3-1 in the second following three Kings' goals in a 10-minute span. NAIT defenceman Sam Waterfield made it a one-goal game with just 20 seconds left in the second period. The last minute goal sparked a third-period comeback by the Oaks that featured goals by Wood, John Dunbar and Carthy. Kyle Birch tended the net during Saturday's game, turning away 33 of 36 shots. The Oaks blasted 46 at the Kings.

This weekend's battle of Alberta will feature more than just a struggle for first place

in the league with the defending champion Trojans. This season marks 50 years of men's Oaks hockey. There will be a gala commemorating the occasion tonight and Friday's game is an alumni night. The Oaks are hoping the event will generate fan interest.

"The hockey we play here, along with a lot of the hockey we play in the ACAC, is arguably the best kept hockey secret in Alberta," said Lajoie.

"I think it promises to be a good weekend. It promises to be a great game on Friday and I know whoever comes out to watch won't be disappointed."

Puck drop is at 7 p.m. in the NAIT arena. Entrance is free for NAIT students with their NAIT ID and \$5 for non-NAIT students. Saturday's game goes down at SAIT at 7 p.m.

BASKETBALL

Men, women trump King's

By **MATT MOSEWICH**
@MozesMadness

NAIT basketball domination was on full display this past weekend against the King's University Eagles.

The women conquered the Eagles 64-43 and 72-26, while the men won 79-60 and 87-63. The sweep extends the guys' undefeated streak to 16 games, while the ladies improve to 14-2.

This marks a complete Edmonton sweep by the Oaks, as the two teams combined for a perfect 8-0 against cross-city rivals King's and Concordia.

Despite a sloppy start Friday night that saw the Oaks trail after the first quarter, the men played a good overall game in the victory. Donny Moss led the charge with 24 points, 17 rebounds and eight assists on the night. Cameron Smith had a nice night with 15 points.

Back home on Saturday night, the Oaks turned in another gritty performance. Without two regular starters, the team needed some of the younger players to step up and they got the performances they needed. Rookie guard Wyatt Beaver was second in scoring on the night with 16 points, going four-of-six from three-point range and was named player of the game. The team rallied around Beaver's game and turned in a dominant second half, outscoring the Eagles 48-31. Long range sniper Connor Dolson led the squad with 19 points.

Head coach Mike Connolly was happy to

see Beaver step up as he sees him as a big part of the program's future. Connolly also felt good about his team's performance Saturday.

"It was a team effort. We were short-handed tonight and had a lot of the young guys step up," Connolly said.

The women also dominated their weekend set against King's. The Eagles, winless on the ACAC season, were aggressive on their home floor, looking to find their first win but the Oaks would control the game from opening tip to final buzzer with a final score of 64-43. Torey Hill scored a team high 16 points and grabbed eight rebounds, while Chawncy McClenan also hit double figures for the Oaks with 10 points on the night.

The team turned up the intensity for their Saturday night rubber match as they crushed the Eagles, scoring 24 points in the opening quarter. Hill once again led the Oaks in scoring along with Nicole Ruptash, with both dropping 14 in the victory.

Head coach Todd Warnick was pleased with his team's performance.

"We challenged ourselves tonight to come out defensively and maintain our intensity over 40 minutes," Warnick said.

That compete at the defensive end of the floor was on full display as the Oaks shut the Eagles down all night long, only allowing 26 points in the game, the lowest point total they've kept an opponent to this year.



Photo by Jesse Kushneryk

Ook wing Nathan Obrigewitsch battles for the ball during a game against King's on Jan. 24 at NAIT gym. The men won 87-63.

Both the men and the women will be in action this weekend as they take on the Lakeland College Rustlers. Lakeland's women's team sits one win ahead of the Oaks, while the men's team is fourth in the

Northern Conference.

NAIT travels to Lakeland on Friday and are back home on Saturday. Tip-off for the women is at 6 p.m. both nights with the men following at 8.

VOLLEYBALL

Weekend split for both teams



Photo by Jesse Kushneryk

Ook right side Teodor Kostelnik spikes the ball Jan. 23 against King's at NAIT. The men won in a five-setter.

By **JOSH RYAN**
@JoshRyanSports

The NAIT volleyball teams had an up-and-down weekend against the King's Eagles. The women fell in four sets before rallying on Saturday for a 3-2 win, while the men won a five-setter of their own and then lost in straight sets the following night. The split moves the women to 9-7 and the men to 13-3.

Friday night saw the Oaks play up and down all evening. Despite some excellent runs, NAIT dropped the first two sets 19-25 and 22-25. The Oaks got off to a quick start in set three, winning 25-17. However, the women came out flat in the fourth, losing 25-16. Tiffany Evans had a match high 14 kills and Candice Hughes won player of the game for the Oaks, posting eight kills, five digs, one block and one ace.

"I think the Eagles did a better job of playing disciplined," said head coach Benj Heinrichs. "They're a team that want to put balls in play and wait for you to make mistakes. That's the way we want to play too and we are getting better but King's did a better job."

Saturday's start looked ominous, as the Oaks fell 18-25. However, NAIT battled back to win 25-20. While after splitting the next two sets 22-25 and 25-16, the two squads went point-for-point in the fifth. There, an Isabel Hess wipe-off kill gave the Oaks the 18-16 victory. Evans had another monstrous offensive night with 19 kills and 10 digs to win player of the game.

Friday night, the guys shook off a slow lead to win the first set 25-18. However, the Oaks began the second set the same way, ultimately losing 20-25. After then losing a thrilling third set 27-29, NAIT shut down the Eagles attackers. The set scores from the fourth and

fifth sets were 25-22 and 15-9. Trent Mounter won player of the game with eight kills and 11 digs.

"It was a true team victory," said head coach Doug Anton. "We went deep into our bench and used a lot of different looks."

Saturday, the Oaks lacked King's urgency, falling behind 0-2 quickly by scores of 22-25 and 20-25. While the boys battled hard in the third, NAIT still came up short, 23-25. Trent Mounter again was player of the game for the Oaks, coming off the bench to record seven kills and two digs.

With two weekends of play and a bye behind them, the teams are ready for the final grind of the season. Next up for the Oaks is a home-and-home with Lakeland. The Rustlers women's team leads the ACAC North with 14 wins, presenting another tough challenge for the lady Oaks.

"We are starting to figure out how to battle and compete," said Heinrichs. "Getting the win on Saturday was huge and now we're really looking forward to a solid week of preparation as we get ready for another big challenge against Lakeland."

The men have a stream of quality opponents ahead. Coach Anton stressed the need to tweak various aspects of the squad's game in preparation for the playoffs, including getting more out of the middle attack and improving ball control on defence.

"I think we are digging balls, but we need to dig balls more precisely. It's not about how many balls we dig, but how many we convert in transition."

Match times for the Oaks on Friday are 6 and 8 p.m. You can catch the road matches on Saturday at the same times through SportsCanada.TV.

Athlete Profile



Player: Alyssa Shorts
Sport: Hockey
Position: Forward
Program: Business Admin.

By CHARLIE ZHAO

1. What made you start playing hockey? I started playing hockey because my older brother did and I wanted to do everything that he did. Also, I was far too rough of a child to play anything else.

2. Who is your childhood idol and why? Hailey Wickenheiser. She is the best female hockey player to ever play. I aspired to be just like her when I was younger.

3. What are your hobbies during your spare time? Cooking. I love to make big meals for my roommates. My favourite dish has to be my own creation of onion chicken and seasoned potatoes.

4. What type of music do you enjoy and why? I enjoy most genres of music. However, alternative and blues have to be my favourite.

5. What other sport do you like

besides hockey? I actually love to play soccer in the summer. I was captain of my high school's team.

6. Who inspires you the most? My best friend. She battles every day and is more successful than anyone I've ever met. She inspires me to be a better person.

7. What three things can you not live without? Red meat, chocolate and tea.

8. What is your dream oasis? A house on the beaches of BC with a cute dog, a great job and the girl of my dreams.

9. What is the best advice you've been given so far? Success is a habit. You don't just wake up great one day. You work to there through every action and every effort put forth in a day.

10. What do you want to say to your team? #WinningIsAHabit

Athlete Profile



Player: Jill Diachuk
Sport: Hockey
Position: Goaltender
Program: Business Admin.

By CHARLIE ZHAO

1. What made you start playing hockey? Watching Patrick Roy and a lot of my friends starting playing.

2. Who is your childhood idol and why? Shannon Szabados. She showed me that women can go far in hockey. She was a pioneer and advocate for women's hockey to grow to the level it is today.

3. What are your hobbies during your spare time? Downloading music, squash and skiing.

4. What type of music do you enjoy and why? My favourite is country but I listen to anything except hard rap. Country is on most in the Droom and is easy to sing to.

5. Which other sport do you like besides hockey? I love golfing dur-

ing the off-season!

6. Who inspires you the most? I would say my parents. They have worked so hard to get to where they are now. Also, my team's ability to come to the rink and work hard is a huge part of our success.

7. What three things can you not live without? Chips and guac, my phone and my rings.

8. What is your dream oasis? Honestly, anywhere hot works for me. I love travelling to tropical locations.

9. What is the best advice you've been given so far? If you really want something, you really gotta work for it.

10. What do you want to say to your team? Buckle up ladies, we gotta do this together.



WOMEN'S HOCKEY

Ooks dominating

By KEVIN MAHER
 @kevinmahertv

Heading into this past weekend's matchup with the last place MacEwan Griffins, the NAIT Ooks women's hockey team were feeling confident sitting atop the ACAC standings. Their play on the ice showed that confidence as the Ooks defeated the Griffins 5-1 and 2-1 in overtime the following night. With the sweep, the Ooks improved their division leading record to 13-2-1, 11 points clear of second place Red Deer.

The 5-1 blowout was lead by Sherri Bowles who notched her fifth and sixth goals of the season. Ooks captain Breanna Frasca, Veronika Kuzelova and Karli Reeve each added a goal as well. The Ooks outshot the Griffins 39-21 and their power play was clicking as they went two for five on the man advantage. Despite the great win, the Ooks couldn't celebrate the victory for too long as they needed to prepare to play the same team on the following night. The Ooks knew the Griffins would be coming after them and looking for some payback in their rematch at NAIT Arena.

The Griffins opened the scoring late in the first period on the power play as Sydney Thomlison shot a cannon from the point past Ooks goaltender Tehnille Gard to give the Griffins a 1-0 lead heading into the first intermission. The second period saw the Ooks continue to pepper Morgan Glover with shots but nothing would get past the hot goaltender. Heading into the third period, the Ooks knew that if they were going to come back in this game that they would have to get

more quality shots on Glover. Just over three minutes into the third period, Frasca scored her eighth goal of the season to tie things up. However, 60 minutes was not enough to settle this nail-biter of a game as this one was headed to overtime. With just over a minute left in the extra frame, Sherri Bowles received a perfect pass from her teammate, and added a nice deke of her own to notch the overtime winner; her seventh of the game and third goal in two games. Griffins' goaltender, Morgan Glover, stood on her head as she faced 37 shots, while only allowing two goals. Her counterpart, Tehnille Gard, only faced 17 shots, but came up big on countless plays when the team needed her to keep them in the game.

Moving forward, the Ooks are feeling good about their effort to this point but aren't getting caught up in the wins they have amassed together this season.

"We're feeling pretty confident being in first place but we know it's important to manage our success in order for us to stay on top," said Ooks forward Sherri Bowles.

"If we stay with our plan, keep working hard and have that motivation to be better each game, we'll end up on top."

The Ooks will take on their rivals from the south, SAIT, in a home-and-home series with the Trojans. SAIT currently sits in third place in the ACAC standings, 12 points behind the division leading Ooks. The puck drops at 7 p.m. in Calgary on Friday, then back on home ice at NAIT Arena at 6 p.m. on Saturday.



Photo by Jordee Kinjerski

Ooks forward Sherri Bowles moves up ice during a game against MacEwan at NAIT on Jan. 23. The Ooks won 3-2.

ACAC Standings

MEN'S HOCKEY									
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	24	20	19	3	1	0	111	57	41
NAIT	22	18	18	3	0	1	114	51	37
MacEwan	22	17	15	2	0	3	87	61	37
Augustana	24	13	13	8	1	2	101	66	29
Keyano	22	11	11	8	1	2	83	73	25
Red Deer	22	9	8	12	0	1	70	71	19
Briercrest	24	4	4	18	1	1	69	118	10
Concordia	24	3	3	19	1	1	55	120	8
Portage	20	1	0	18	0	1	57	130	3

RESULTS
January 23
NAIT 5, Red Deer 3
SAIT 2, Briercrest 1 (OT)
Augustana 9, Portage 0
MacEwan 5, Concordia 1
January 24
NAIT 5, Red Deer 3
SAIT 6, Briercrest 2
Augustana 5, Portage 2
MacEwan 3, Concordia 2

WOMEN'S HOCKEY									
Team	GP	W	RW	L	OTL	GF	GA	Pts	
NAIT	16	13	9	2	1	37	16	27	
Red Deer	16	7	6	5	4	25	26	18	
SAIT	16	7	6	8	1	31	35	15	
MacEwan	16	5	3	9	2	22	38	12	

RESULTS
January 22
Red Deer 5, SAIT 2
January 23
NAIT 5, MacEwan 1
Red Deer 1, SAIT 0
January 24
NAIT 2, MacEwan 1 (OT)

MEN'S BASKETBALL									
North Division									
Team	GP	W	L	Pts	PF	PA			
NAIT	16	16	0	32	1435	1153			
Concordia	18	10	8	20	1442	1409			
Grande Prairie	16	9	7	18	1214	1230			
Lakeland	16	8	8	16	1186	1216			
Keyano	14	7	7	14	1011	957			
Augustana	16	4	12	8	1156	1268			
King's	16	2	14	4	1140	1351			
South Division									
Red Deer	16	13	3	26	1326	1112			
Lethbridge	16	12	4	24	1390	1141			
Medicine Hat	16	12	4	24	1243	1102			
Olds	18	11	7	22	1548	1375			
SAIT	16	8	8	16	1187	1155			
Briercrest	16	1	15	2	1084	1443			
St. Mary's	18	1	17	2	1157	1615			

RESULTS
January 23
NAIT 79, King's 60
Olds 107, Briercrest 58
Concordia 81, Augustana 72
Grande Prairie 91, Lakeland 72
Lethbridge 83, SAIT 82
Medicine Hat 91, St. Mary's 76
January 24
NAIT 87, King's 63
Olds 102, Briercrest 74
Lakeland 82, Grande Prairie 69
Medicine Hat 92, St. Mary's 73
SAIT 79, Lethbridge 74
Concordia 77, Augustana 65

WOMEN'S BASKETBALL									
North Division									
Team	GP	W	L	Pts	PF	PA			
Lakeland	16	15	1	30	1048	804			

NAIT	16	14	2	28	1043	745
Augustana	16	11	5	22	954	867
Keyano	14	9	5	18	862	782
Concordia	18	5	13	10	943	1088
Grande Prairie	16	2	14	4	763	948
King's	16	0	16	0	661	1043

South Division						
Lethbridge	16	15	1	30	1279	733
Olds	18	13	5	26	1269	1084
SAIT	16	12	4	24	1054	915
Medicine Hat	16	8	8	16	971	1029
St. Mary's	18	8	10	16	1144	1202
Red Deer	16	2	14	4	829	1182
Briercrest	16	0	16	0	860	1263

RESULTS
January 23
NAIT 64, King's 43
Olds 90, Briercrest 66
Augustana 71, Concordia 58
Lakeland 66, Grande Prairie 56
Lethbridge 71, SAIT 63
Medicine Hat 62, St. Mary's 59
January 24
NAIT 72, King's 26
Olds 103, Briercrest 63
Lakeland 65, Grande Prairie 51
St. Mary's 77, Medicine Hat 69
SAIT 66, Lethbridge 53
Augustana 58, Concordia 56

MEN'S VOLLEYBALL									
North Division									
Team	MP	MW	ML	GW	GL	Pts			
Augustana	16	15	1	45	10	30			
NAIT	16	13	3	40	17	26			
Grande Prairie	18	10	8	41	30	20			
Lakeland	18	8	10	27	38	16			
King's	18	8	10	32	38	16			
Keyano	16	6	10	28	31	12			
Concordia	18	0	18	5	54	0			
South Division									
Red Deer	18	16	2	49	13	32			
Medicine Hat	16	12	4	39	20	24			
SAIT	16	11	5	36	17	22			
Lethbridge	18	9	9	35	35	18			
Briercrest	16	8	8	31	26	16			
Ambrose	18	4	14	17	43	8			
Olds	18	0	18	1	54	0			

RESULTS
January 23
NAIT 3, King's 2
(25-18, 20-25, 27-29, 25-22, 15-9)
Grande Prairie 3, Lakeland 0
(25-12, 25-18, 25-23)
Medicine Hat 3, Lethbridge 1
(28-30, 25-22, 25-18, 25-20)
SAIT 3, Olds 0
(25-18, 25-21, 25-10)
Red Deer 3, Ambrose 0
(25-18, 25-18, 25-11)
Augustana 3, Concordia 0
(25-14, 25-19, 25-15)
January 24
King's 3, NAIT 0
(25-22, 25-20, 25-23)
Red Deer 3, Ambrose 0
(25-15, 25-17, 25-14)
Augustana 3, Concordia 0
(25-12, 25-13, 25-23)
Medicine Hat 3, Lethbridge 2
(22-25, 25-16, 22-25, 25-20, 15-12)
Grande Prairie 3, Lakeland 0
(25-15, 25-19, 25-19)
January 25
SAIT 3, Olds 0
(25-16, 28-26, 25-12)

WOMEN'S VOLLEYBALL									
North Division									
Team	MP	MW	ML	GW	GL	Pts			
Lakeland	18	14	4	46	19	28			
King's	18	13	5	45	24	26			
Grande Prairie	18	12	6	44	26	24			
NAIT	16	9	7	31	30	18			
Augustana	16	7	9	25	34	14			
Keyano	16	5	11	25	37	10			
Concordia	18	0	18	8	54	0			
South Division									
Red Deer	18	16	2	51	10	32			
Briercrest	16	14	2	44	15	28			
Olds	18	10	8	39	26	20			
SAIT	16	9	7	29	25	18			
Lethbridge	18	5	13	21	45	10			
Medicine Hat	16	4	12	19	41	8			
Ambrose	18	2	16	10	51	4			

RESULTS
January 23
King's 3, NAIT 1
(25-19, 25-22, 17-25, 25-16)
Grande Prairie 3, Lakeland 1
(12-25, 25-19, 25-18, 25-16)
Medicine Hat 3, Lethbridge 0
(25-17, 25-21, 25-21)
SAIT 3, Olds 2
(25-22, 25-22, 22-25, 18-25, 15-13)
Red Deer 3, Ambrose 0
(25-16, 25-16, 26-24)
Augustana 3, Concordia 0
(25-16, 25-17, 25-18)
January 24
NAIT 3, King's 2
(18-25, 25-20, 22-25, 25-16, 18-16)
Ambrose 3, Red Deer 2
(16-25, 24-26, 25-22, 25-20, 15-8)

Augustana 3, Concordia 2
(21-25, 25-16, 25-17, 21-25, 15-11)
Lethbridge 3, Medicine Hat 2
(24-26, 25-10, 26-28, 25-20, 16-14)
Lakeland 3, Grande Prairie 2
(28-26, 15-25, 25-19, 23-25, 15-11)
January 25
SAIT 3, Olds 2
(25-17, 23-25, 20-25, 27-25, 15-12)

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

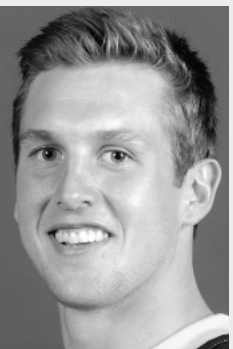
January 19-25

Breanna Frasca
Hockey



For the second week in a row, Breanna Frasca is the NAIT female Ook of the Week. She led the women's hockey team to a sweep of their cross-town rivals from MacEwan. Frasca tallied four points in Friday's 5-1 road win and then scored and assisted on the OT winner in the Oaks 2-1 victory Saturday at NAIT Arena. "Breanna had a six-point weekend and NAIT player of game for the past four contests," said head coach Deanna Iwanicka. "She's consistently an impactful player shift to shift in all zones on the ice." Breanna is a fourth year Emergency Management Diploma student from Kamloops, BC.

Jordan Wood
Hockey



Jordan was instrumental in the NAIT Oaks men's hockey team winning two games over the Red Deer College Kings on the weekend. He had yet another hat-trick, scoring three goals Friday in the Oaks 5-3 win at NAIT Arena and added another goal in a 5-3 victory Saturday at Red Deer. "Jordan recorded his third hat-trick on Friday and followed up with the game tying goal on Saturday," said head coach Serge Lajoie. "He continues to play the game the right way and it is great that he is being rewarded for his efforts on the score sheet." Jordan is a fourth year Emergency Management Certificate student from Surrey, BC.


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ENTERTAINMENT

Kids stupid? Of course!



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

With the advancements in technology and differences between generations, it's easy to see where certain cultural fads end and begin. What's cool as shit for one generation, is wack for the next. But there is one character trait for every generation that will never go out of style and that's looking down on the previous generation. Think about it, ask anyone in their early 20s and they'll tell you about how kids in their mid-teens are total shitheads.

I saw a video the other day that clearly demonstrates my point. I don't remember the exact title but it included having "no hope for the next generation." All of the comments

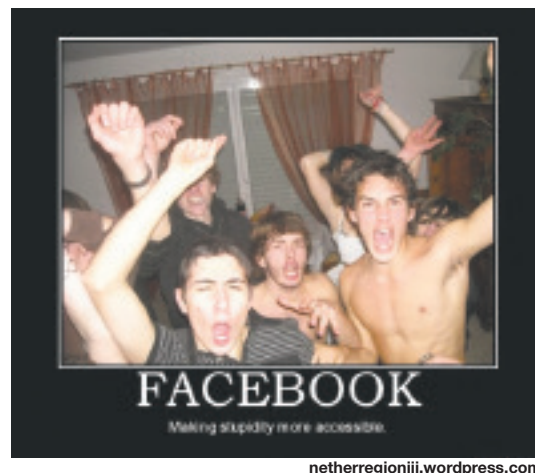
stated the same but I have to say, what I saw was pretty standard stuff, kids (ages 13-16) dancing provocatively, drinking, smoking ... I mean, call me crazy but that stuff happened at the parties I went to and I bet you saw it too.

The only difference is social media. Nowadays, kids are used to every stupid thing they do being posted, shared and criticized, but is that really a demonstration of their intelligence? No! Face it, you did stupid shit just like your mom when she was young, just like when her mom was young and so on and so forth. Kids do stupid shit, always have and always will. However, now, thanks to social media, people my age can watch videos and see pictures of people seven years younger than them and look down on them and post about how they "weep for the next generation." Well sir, (or ma'am), if your mind is feeble enough to pass judgment about an entire generation based solely on a two-minute video or series of pictures you saw (most of which occurred over one night), then you have a judgmental, defeatist attitude that I don't want in my generation. We have enough problems without those two being added to the list.

I mean, look at 40 years ago. Ladies and gentlemen, I give you the counter culture with masses and masses of people who defied "the man," did what they wanted, took large amounts of drugs and had promiscuous sex. And you're going to judge people who are five-10 years younger than you for doing the same stuff, because there's a recording of it? Get real, son! Things have actually gotten better since then. Studies show that teen pregnancy is down drastically

since even the '90s. Albeit, that is because of safe sex programs. I'm sure the number of sexually active teens has gone up but, hey, they're wrapping it up while previous generations didn't. Condoms have been around for forever, so you tell me who's stupid.

Yes, kids are, in fact, shitheads. There's no denying that. But the kids of today are shitheads just like the kids of yesterday were and so on and so on. Since the very first Aboriginal boy stole his daddy's spiritual tea, to the first cowboy and cowgirl who rode bareback, to the Woodstocking hippies of yesterday and the instagramming "swaggots" of today. Kids have been, are, and always will be, dumb. So rather than condemning kids for being stupid, just be glad that social media wasn't as big while you were drinking, doing drugs and having promiscuous sex. It's a curse for the kids of today, not a gift. Oh, and be glad "Turn Down For What" wasn't a hit song back then, either. I'm definitely glad I missed that one.



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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

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **KYLE MATZ**

After school, it's nice to just sit on the bus, hit play, and close your eyes. I often find myself throwing on my headphones as soon as my butt hits the seat. Even if there may be other people on the bus that you know, sometimes you just need that time to yourself and your thoughts. I often use my 40-minute bus ride to sit and listen to music, and maybe once in a while, take a light nap. I need this recharging time so that I can continue the rest of my day without feeling exhausted.

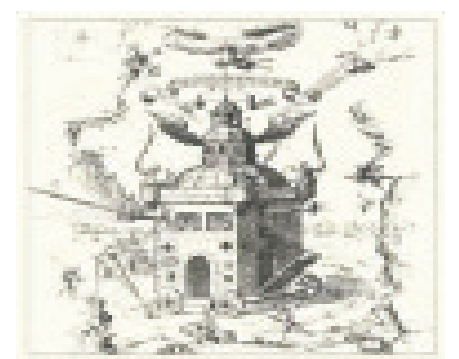
What I've found is that the wrong music can actually work me up, which is the opposite of what I want. With that being said I've been trying to make a playlist that works well for relaxing. This playlist is comprised mostly of acoustic songs with soft vocals and a mellow/peaceful tempo. I've listened to this play-

list when I'm feeling angry about something and I just need to calm down.

This playlist totals in the ballpark of an hour, so that will last for the majority of bus rides. I also highly recommend that if you enjoy this playlist, that you listen to other songs by these artists. A few of my favourites are Bear's Den, Iron & Wine, The Civil Wars, and Whitehorse. They all sort of have a similar sound, and I really enjoy that. You can listen to this playlist on YouTube by visiting www.goo.gl/LkbKpG.

1. Start Over – Rocky Votolato
2. Broadripple Is Burning – Margot & The Nuclear So & So's
3. Is It All Worth It? – Treetop Flyers
4. Elysium – Bear's Den
5. Beggar In the Morning – The Barr Brothers
6. Upward Over the Mountain – Iron & Wine
7. First Day of My Life – Bright Eyes
8. Sacred Heart – The Civil Wars
9. The Funeral – Band of Horses
10. World Spins Madly On – The Weepies
11. Foreground – Grizzly Bear
12. Emerald Isle – Whitehorse
13. When I Go – Slow Club
14. Transatlanticism

- Death Cab for Cutie
- 15. I'm Gonna Be (500 Miles) – Sleeping At Last
- 16. In My Sleep – Austin Hartley-Leonard and Kendall Jane Meade



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

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MOVIES – THE KURT LOCKER

Oscar hits and misses

By KURT FABISCH

The Academy Awards for 2014 movies are soon to be handed out and a few got snubbed.

Jake Gyllenhaal gave his best performance in *Nightcrawler* as one of the all-time great “creeps,” and I figured he was a lock for a Best Actor nomination.

I’m not at all surprised that *Guardians of the Galaxy* wasn’t up for any major awards but as it was my favourite movie from last year, I was really hoping it would get a Best Picture nomination. Rocket Raccoon and Groot should have each been nominated for Best Supporting Actor, I know that.

The outstanding drum score for *Birdman* by Antonio Sanchez, was disqualified because of the use of some classical music in the soundtrack. It’s ludicrous that the score wasn’t nominated, since it was maybe the best movie score of 2014.

The movie I really am surprised was overlooked was David Fincher’s *Gone Girl*. Seriously one of the best movies from 2014 and nothing for Best Picture, director, or screenplay – that one really shocks me. *Gone Girl* was so well written, so tense and yet, in my opinion, laugh out loud funny in parts. I kind of hoped Ben Affleck, Neil Patrick Harris and Tyler Perry would have been up for acting nominations, too. However, Rosamund Pike is up for Best Actress and she’s my pick to win. She’s insane in that film.

There are not many locks for wins this year.

The only acting award that seems to be a guaranteed win

is Best Supporting Actor for JK Simmons for *Whiplash*. If the drill sergeant from *Full Metal Jacket* became a music teacher, that’s the character he plays in *Whiplash*. He’s a tyrant who never stops abusing his students in an attempt to make them play at their best.

“Why do you suppose I hurled a chair at your head, Niemen? Were you rushing or were you dragging?”

The other major lock seems to be *Boyhood* winning Best Director and Best Picture. It’s going to win, it seems. Even though the movie, without its “filmed over 12 years” draw is just a better-than-average coming of age movie. There were so many better films from 2014. However, Richard Linklater winning Best Director wouldn’t be undeserved. It takes a lot of talent to make a movie like that ... I just wish the finished

Rosamund Pike in *Gone Girl*

product was better, is all.

The Grand Budapest Hotel is an amazing movie and I’m both surprised and pleased that it’s gotten so much awards attention, including Best Picture, Screenplay and Director nods. It’s Wes Anderson’s first directorial nomination and he really deserves it for GBH, a movie gorgeous to look at and insanely funny.

Birdman, if it weren’t for *Boyhood*, would be cleaning up everything.

Michael Keaton just might win Best Actor for essentially playing a twisted version of himself. It’s both an hilarious and touching performance that probably affects me more since I’ve been a Keaton fan since he was Beetlejuice and (the greatest) Batman. The director, Alejandro González Iñárritu, should win Best Director. The whole movie is made to look like one single shot and it’s certainly the best looking movie from last year, along with a superb screenplay and great performances.

I only saw *Whiplash* recently and it instantly leapt up my list of the best movies from 2014. Such a thrilling and intense movie, more intense and exciting than any action film from last year and ... it’s about some kid playing the drums. *Whiplash* is, I think, a perfect film and my pick for Best Picture.

Not a bad crop of Oscar nominees, this year. But I don’t expect too many surprises when the winners are announced in February.

Managing stress for success



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Exams ... assignments due ... projects ... group work ... financial concerns ... it can all add up to a lot of stress. Stress is your body’s reaction to over-stimulation. A certain amount of stress is normal and necessary but too much can be counter-productive. There are two choices for managing stress: change the situation or change your response to it. Often how we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as “Everyone will think less of me if they know I am not perfect”, “I have to approach every task in a ‘do or die’ fashion,” “Even minor mistakes mean I am a total failure” or “I should always be in control and never show any weaknesses” can make your stress levels soar.

Stress signals vary for everyone but can include irritability, mood swings, outbursts of anger, restlessness, apathy, loss of efficiency, difficulty concentrating, forgetfulness, frequent illness or delayed recovery, withdrawal, avoidance of social situations, appetite change, headaches, fatigue, insomnia and digestive problems.

Suggestions for managing stress:

- **Be realistic.** Set small goals that are challenging but achievable. Break larger goals or projects down into small, realistic steps.
- **Challenge perfectionist, self-critical and self-defeating thoughts** about your performance, appearance, etc.
- **Take care of yourself!** Eat properly, get the amount of sleep you need, get daily exercise, do some things you like to do, and make sure you have something to look forward to every week. Be selfish, at least some of the time.
- **Eliminate unnecessary stressors** such as unhealthy relationships and unimportant tasks or commitments. As much as possible, try to avoid situations and people that upset you.
- **Beware of stimulants.** Caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.
- **Get organized.** Make home, schoolwork, clothing, etc. are in order. Get books, lunch, keys and clothing ready the night before so there are no added stressors to start your day.
- **Manage your time.** Use a daytimer or your cell phone for scheduling, planning and reminders, make a (realistic) daily to-do list and then prioritize your activities and work on the most important tasks first.
- **Avoid procrastination.** Putting off tasks only increases stress.
- **Use positive self-talk.** Tell yourself “I can succeed.” “I am really starting to understand this material” or “I can stay on top of the workload” set you up for success. Negative self-talk is the brain’s equivalent of junk food and will enhance stress. Surround yourself with positive

people where possible.

- **Make a study plan** and start studying for major exams well in advance. The better prepared you feel for an exam the less likely you are to blank out or panic.
- **Do not compare yourself with others.** Anxious people tend to think others are smarter, better looking, faster, etc.
- **Find at least one relaxation technique** that works for you. Counsellors can help you explore a variety of techniques.
- **Include humour every day.** Humour and laughter work against stress.
- **Learn to breathe.** Shallow, rapid breathing promotes anxiety. Deep, slow breathing counteracts anxiety and panic as well as getting more oxygen to your brain to help with memory, learning and creative problem solving.
- **Use your social support network.** Friends and family can help you to see things from a different perspective.
- **See a counsellor** to work on any personal or academic concerns. The sooner they’re dealt with, the easier it is to find a solution.

On Monday Feb. 2, learn about *The Power of Sleep* from counsellor David Appell, 5-6 p.m. in Room X-111.

Free of charge, no registration required.

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
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All counselling appointments are free and confidential.

Treasure for all the senses



TAYLOR BRAAT
@TaylorBBraat

Music is crazy. I mean, it really is. What is music? Music is sounds, collected, that make up this cool majestic product for our ears. Music isn't just for our ears, though. Music is for our soul. Music is this amazing, beautiful, angelic thing that was created long, long ago that we have furthered, to a point where there are hundreds of genres, hundreds of instruments and billions of singers. We all have music inside of us. For some, it is not found but for others, it is a way of life.

Music in itself has created more than

one way of life, in fact. Music surrounds so much of our world now that it is virtually inescapable. I dare you to try and go one day without music. One day when you hear not even a note, not one beat and not one instrument. I bet you a million dollars that it is impossible. It's impossible because everyone loves music and we as a people have inserted music into many situations, occupations, amusements and we have even put it into our lives when we have nothing else to do. Everyone has that one band, artist, genre, instrument that they cannot get enough of, because it plays right to their heart.

What is it about a certain genre or artist that people pick out of the millions of others, that just sings to their very being? I believe that music, like culture, like lifestyle, is embedded in our genes and upbringing. I also believe that through life, we face experiences and moments that bring us to other types of music that we find out we love. Maybe a song reminds us of someone or maybe an entire genre of music



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symbolizes another human being. For me, this is true. I have experienced many different genres and I can appreciate every type of music for what it is. I do not pick and choose what I like and don't like, I love all, because it all has something to say.

Music can teach us so much. Music teaches us emotion, music teaches us about another way of life that we have not experienced but that is the point of music. Music shares, music shows, and music lives amongst us. Music makes us feel alive when nothing else can. Music is this inexplicably great thing that can heal a broken heart and can comfort a lost soul. Music is also a mood shifter and an

eye-opener. Going to see a live artist is truly a beautiful experience. You can see them on stage, in their true glory doing the thing that makes them feel most alive. When you're at a concert or show and you look around at the audience, you can tell they feel pretty alive, too. Music is the truth. Music speaks no word of a lie, it only does good.

I'm kind of weird when it comes to music. If you see me walking with headphones, you're probably going to see a little skip in my step or even a hip shake. I can't help it. Music runs through my veins. I breathe it in and out and it exudes from inside me.

Skeptic is captivated by Annie

By SHEEBA JOHNSON

Annie is an overall feel-good movie. If you're having a bad day and have lost all faith in the universe, you should watch this light hearted, uplifting and full of positive energy movie. I normally dislike musicals but I found that the music in *Annie* was actually quite nice. It made me smile.

Cameron Diaz did a pretty good job of being a bitter alcoholic with lost dreams and Jamie Foxx was equally as good as a workaholic with a good heart. But the acting of young actress Quvenzhané Wallis as Annie, the little girl who was abandoned as a baby in a restaurant, was truly awe inspiring. Her portrayal made me wonder how a girl that young, with all the setbacks in life that she has

experienced, could still manage to be a bright ray of sunshine. I could not believe her persistence in trying to find her parents. The cast and story were great and the music was not too bad. At times the songs seemed to just go on and on but once the dialogue began again, all was well.

However, I found myself (to my horror) humming along to the song "Tomorrow," and tapping my foot to "It's The Hard Knock Life." In fact, I could not believe it when tears

began running down my face at the end as everything turned out OK and, in true musical fashion, everyone broke into a singing and dancing extravaganza.

I was telling myself 'get your sh*t together, girl! You are in a public place. Crying like a loon is not acceptable'.

I challenge you to see that movie and not like it. And for the record, I don't cry during movies. To make me cry in a movie, a dwarf has to die in the arms of the elf he loves, with both of

their hearts smashed into a million pieces because they never got a chance! And yes, I just made a kickass *Hobbit* reference!

I would not go to that movie on a first date but I would definitely take my nephew to see it. If you have a favourite niece, nephew, cousin or, if you are a parent, you will not regret taking the kid to *Annie*. It also makes for a great "let's hang out and watch a cheesy movie" kinda date with your friend, too. If you don't like musicals, I strongly recommend this movie. It will make you realize that not all musicals are horrible clichés with terrible music and annoying storyline.

No matter your age, give this movie a chance. I guarantee you won't hate it. You might even start believing in unicorns.



Quvenzhané Wallis as Annie

THROWBACK THURSDAY

A longing look back at snacks

By KYLE MATZ

Our lunches have changed a lot since we were in elementary school. Back then, our lunches consisted of homemade sandwiches, juice-boxes and grapes. Now, most of our lunches are straight from a fast food outlet and made up of greasy, processed burgers with fries.

Although that is the reality for me, I really do enjoy a bagged lunch as often as I can find the time to make one.

This throwback is to those lunch snacks that you really enjoyed as a kid that are still sold today.

First up are Dunkaroos. Dunkaroos were first launched in 1988 and the kangaroo mascot is named Duncan. On average, an individual

serving of Dunkaroos contains 10 coin-sized cookies and icing. I remember when someone got Dunkaroos in elementary and everyone would try to con that person into sharing a single cookie with them because they were so rare.

Another lunch snack that I really enjoyed as a kid were Lunchables. Also released in 1988, there are 26 different types, but a couple of the most popular ones were the crackers, cheese, and ham pack and the make-your-own-pizza pack. I really enjoyed having these because it seemed to make lunch so

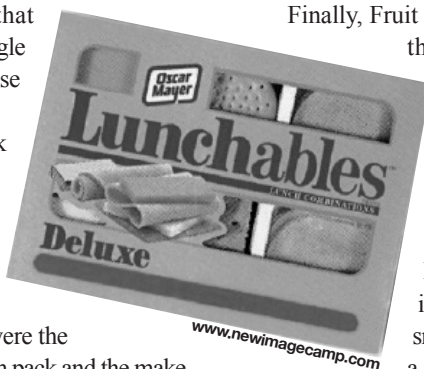
much more fun. Although they still aren't the cheapest option for lunch, I would really enjoy having them every once in a while.

Finally, Fruit by the Foot is probably the snack I enjoyed the

most as a kid. This was because I was able to have it in my lunch more often than the others. Often called by the misnomer Fruit Roll-up, Fruit by the Foot is a chewy candy fruit snack that measures about a meter in length, and has a reliable paper backing to prevent it from sticking to itself. Sometimes there would

be a game or maze on the paper backing, and that was always fun to completely ignore.

Although all of these great lunch snacks are great, I now realize why my parents didn't want to buy them. They were really expensive. Now, we can go to McDonalds for lunch and pig out for only \$7, when the Lunchables costs close to \$5 and barely put a notch in the hunger we faced. Even though campus food isn't the most glamorous, it fills the void and that's its job. Personally, I would really like IKEA to open up a fast-food chain because their food is so cheap and surprisingly tasty. I think they would do especially well with the campus crowd that often just want some food to fill their stomach that doesn't empty their bank account.



RESTAURANT REVIEW

Homemade delicious

By MATT MOSEWICH

When I chose a restaurant to review, I wanted to pick something I believe would fit the student lifestyle. I decided upon the Sugar Bowl Bar and Cafe.

Just south of the high level bridge, in the University district, the Sugar Bowl is a well-known restaurant and pub that has been an establishment in the Edmonton area since 1943.

The majority of their menu is taken up by their selection of beer. They have over 100 different craft brews available and are a beer nerd's heaven. Now, I have eaten there before, so it's not a truly original review but it had been a couple of years since and I was curious to see if the restaurant still lives up to my earlier admiration.

My mother and I went there for brunch, which runs until three in the afternoon. We were excited to try one of their locally renowned cinnamon buns and were let down to be told they were all out. Our waiter informed us that the buns are usually gone by 11 in the morning. We moved on with the ordering process. I ordered one of their other signature dishes, the chicken and waffles, while my mother ordered the three cheeses and mushroom omelet. Our veteran waiter recommended I pair my chicken and waffles with their "Squirrel Tail Dark Ale", however I decided against his sage advice and went with a nice Diet Coke. The Diet Coke was delicious despite the over usage of ice.

While we waited for our food, I took a moment to take in the essence of the eatery. One of the first things you'll notice is the

clientele. I'm going to use the word "hipster." I counted eight male scarfs, which is one too many. The people that eat at the Sugar Bowl are the same people that actively collect vinyl. I initially thought a Mumford and Sons concert had just ... oh, the foods here, great. I can put my hipster bashing on hold for a minute.

There's not much to the chicken and waffles. It's a simple dish but they do it to perfection. The chicken is breaded and spiced nicely and the waffle was fluffy and delicious. I tried my mother's omelet and it too, was great. They hit the perfect amount of egg to cheese and paired the dish with a nice amount of tasty hash browns. Both of our dishes were extremely filling. I am a big human being, even by American standards, and this dish filled me up to the point that I was struggling to finish. The final bill came to \$29.54. A very respectable number for what we got. For those wondering, my mother did pay. I would have treated but I accidentally left my wallet in the car.

If I had a complaint about the Sugar Bowl, it would be the lack of a definite waiting area. The customers entering the restaurant are forced to stand at the front of the restaurant and are constantly in the way. In addition, parking is sparse and you may be left searching for a while. Neither of these two minor critiques should keep you from trying the restaurant but they do take away from the overall experience. In the end, the Sugar Bowl is great place for a well-priced meal. They provide a quaint atmosphere and delicious homemade style food that will please any diner.



The Sugarbowl Bar and Cafe

www.flickr.com



Photo by Tegan Dutton

Miranda Shelby Peters Radio Arts and Television

Why are you still single? – Haven't met the right guy yet.

Ideal first date? – Something fun and adventurous, maybe skating.

What do you look for in a man? – Definitely a good sense of humour.

Someone who can make me laugh.

First thing you notice about a man? – His smile.

Turn offs? – Cockiness.

Turn ons? – Someone who smells good and outgoing personalities.

Celebrity crush? – James Franco.

Favourite musicians? – Steve Aoki, Will Sparks.

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

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT

Inter-Club Leadership

Planning & Budgeting

WHEN

Every Wednesday from Sept. 10, 2014 - April 29, 2015

From 12:30pm - 1:30pm in Room X-105

WHERE

Room X-105

UPCOMING CLUB EVENTS

WHO

ICC

WHAT

Inter-Club Leadership

WHEN

Jan. 27 | 12:30pm - 1:30pm

WHERE

Room X-105

Inter-Club Leadership: Leadership Institute & Leadership Training

Inter-Club Leadership

Inter-Club Leadership

Feb. 3 | 12:30pm - 1:30pm

Room X-105

Inter-Club Leadership

Inter-Club Leadership

Feb. 10 | 12:30pm - 1:30pm

Room X-105

ICC

Inter-Club Leadership

Feb. 17 | 12:30pm - 1:30pm

Room X-105

ICC

Inter-Club Leadership

Feb. 24 | 12:30pm - 1:30pm

Room X-105

ICC

Inter-Club Leadership

Mar. 3 | 12:30pm - 1:30pm

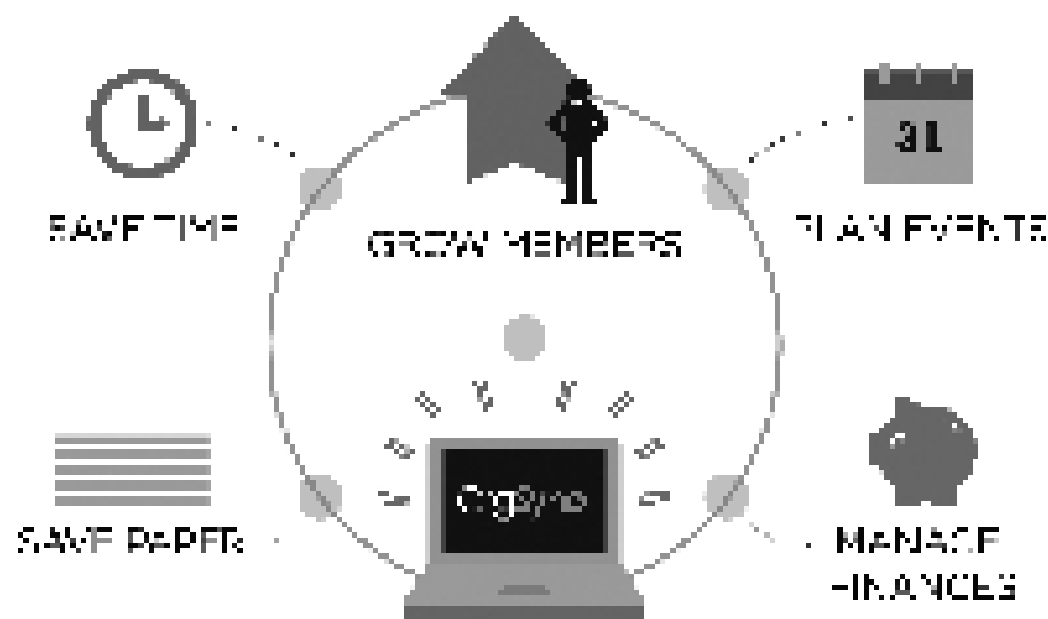
Room X-105

Inter-Club Leadership

Inter-Club Leadership

Mar. 10 | 12:30pm - 1:30pm

Room X-105



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780.471.5457 | 780.471.5571
naits.ca/clubs

Check out the Clubs Website for other upcoming important Clubs Dates

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representatives

online voting

february 6 - february 12 @ 4pm

voting information booths open

february 11 @ 4pm - 7pm


NATSA office (E-12) | South Lobby Kiosk (Main Campus)
HP Centre (1st Floor)

voting information booths open

february 12 @ 10am - 2pm

NATSA office (E-12) | South Lobby Kiosk (Main Campus)
HP Centre | Engineering Technologies Annex Building
North Gateway/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
South Campus | Petrie Campus

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ALBUM REVIEW

Blacc pushes boundaries

By CONNOR O'DONOVAN

"Go ahead and tell everybody. I'm the man, I'm the man, I'm the man," Aloe Blacc croons on "The Man," the opening track of his latest album, *Lift Your Spirit*.

Those are big words and he repeats them often. After listening through *Lift Your Spirit*, which recently received a Grammy nomination for R&B album of the year, you just might agree with him.

Aloe Blacc is known for pushing the boundaries of the genre. He mixed his South American roots into his salsa and samba soaked record *Shine Through*. He has also become known for creating almost unrecognizable covers of hits from eras-gone-by, such as his seductive take on the Velvet Underground's "Femme Fatale." With *Lift Your Spirit*, he plays it a little safer, opting for a more traditional R&B feel. It results in a couple of songs that feel redundant, with unspectacular beats and ho-hum lyrics but they maintain the overall upbeat vibe of the album like the more memorable tracks do. Lyrically, *Lift Your Spirit* is laced with themes of affirmation, redemption and overall enjoyment of life and, sonically, the album often mirrors these feelings.

Lift Your Spirit begins with a contemplative and laid back groove on "The Man." Chances are you've heard this song, as it's been extensively featured on Beats By Dre ad campaigns. With "The Man," Aloe Blacc sets the tone for the album, making it known that he won't back down, with lyrics like, "I played my cards and I didn't fold, it ain't that hard when you got soul."

Worth checking out is the music video for the tune, which is uniquely shot to show Aloe Blacc strolling through empowering historical moments such as the Vietnam War protests and the civil rights marches in Selma.

You may not have heard "The Man" yet but you'll definitely know the album's other single, "Wake Me Up." Aloe was the (uncredited) writer of Avicii's 2013 mega hit.

The acoustic *Lift Your Spirit* version, however, is stripped of its clichéd electro bass beats and allows Aloe's voice to highlight the song's thoughtful take on angst.

It wouldn't be an Aloe Blacc album without something that forces you into your dancing shoes and he delivers with "Can You Do This."

"I know you think that you can move, but can you groove the way I do?" he demands as a snare and bass drum direct your hips. This song was featured in Kevin Hart's recent comedy *The Wedding Ringer*. Its music video, which features the stars of the film and depicts the wedding reception you always wished you were invited to, merits another trip to YouTube.

Another standout tune is "The Hand Is Quicker." The song immediately stirs the heart as Aloe Blacc's soaring vocals harmonize with a roaring trumpet seconds in. If there were background music for the aforementioned Selma marches, this would have been it. As Aloe says, "the bigger they are, the harder they fall." Along with "Ticking Bomb," "The Hand Is Quicker" portrays *Lift Your Spirit*'s powerful message with slightly darker undertones.

"Chasing" offers a subtle tribute to Motley Crue's "Girls, Girls, Girls" and acts as a classier, more reasonable and more fun version of Kanye's "Gold Digger." "Red Velvet Seat" brings a bit of sultry romance to the record, although its hook comes off as a bit cheesy.

There are other songs on the album that show potential but don't quite hit their marks. The Pharrell-produced "Love Is The Answer" plays a little too long and "Soldiers In the City" brings some funk to the party but not



www.amazon.com

enough to make the beat stand out. "Here Today" begins with an interesting instrumental but comes off as repetitive down the stretch, and "Owe It All" seems like a bit of an afterthought.

All in all, *Lift Your Spirit* doles out large enough portions in its better songs to stave off your hunger during its weaker ones. Aloe Blacc's star is still rising. One only has to look at his Grammy nod for evidence of that. Don't be surprised if he makes it up on that stage come Feb. 8. If that happens, you really can tell everybody: Aloe's the man.



Debut album on the way

By QUINTON BERGER
Entertainment Editor

Edmonton's hip-hop scene has been on the up and up for quite some time now but that's not to say it hasn't had its problems. Between isolated incidents at shows and shows being banned from venues and a seeming lack of home town interest, some have said that Edmonton's hip-hop scene is on life support.

But amid all the craziness, one act believes hip-hop in Edmonton is thriving. Cue The Untouchables, a local duo consisting of emcees Mike Basix and Key-low Tee.

The duo formed a short time ago but have already made a name for themselves in Edmonton.

"I think Edmonton has so much f*****g talent" explains Basix, "and I think we're getting recognized all across." The recognition and hometown support have

done wonders for the group so far, gaining them opening slots for Canadian heavyweights including Evil Ebenezer and Swollen Members but hip-hop aside, the boys take influences from anywhere they can.

"Growing up in the early 2000s, man, there was a lot of great music coming out," says Key-low, "especially hip-hop."

"I have three older brothers who went through every phase imaginable and just soaked it up," adds Basix.

"They're probably responsible for how much love I have for music because they showed me everything."

Yet while their love of all music rings true in their words, the group have a motivation and dedication that can be related solely to hip-hop. The duo do all of their recording right in Basix's basement on equipment he taught himself to use.

"I know butt-kiss, zero about recording at all," says Key-low. "This guy does everything. I can write to a beat and I can rap on a microphone. That's it," he said.

"I always wrote but never wanted to record until a few years ago," adds Basix.

"And with buying all my studio gear, I started learning and once I got good enough, I started charging people because it takes a lot of time out of your day. I'm mixing other people's songs more

than my own," he laughs.

All this "learn how" studio time hasn't been for nothing, though. The group is currently putting the finishing touches on their debut album, *The Puppetmasters*, which they estimate will be released around May.

"I don't know if you've seen the cover," says Basix, "but that's basically the idea. We're up above the city, in the clouds, making puppets dance!"

The album also features a wide variety of artists from Edmonton, including Ryan Richards, Dirty Pride and hometown heroes Brothers Grim.

"Within our album, we have so many different styles of rap," explains Basix. "Every track is different."

The Untouchables will spend the next few months solidifying their album for our city to hear, without ever solidifying their sound.

"The more we start listening to beats together and performing together, it just starts falling into place more and more for every song," says Basix.

"You don't mimic that person but you more or less adapt to that person's style," adds Key-low.

"It's just like sports," says Basix as we finish our Millers. "You play basketball with someone for so long, eventually you become untouchable."



www.reverbNation.com

EDM – Endless possibilities

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

Electronic Dance Music has still not reached its full potential, as far as I am concerned. EDM will be as popular (if not more) in the future, as it is now.

The truth is, there is no end to what can be done with the genre. And to think that so many genres have sprouted in just four or five years makes me really proud to be a part of the genre, the upcoming changes and the future of electronic dance music.

The reason I first fell in love with EDM was because when I started hearing the genre, it was something that caught me by surprise. It wasn't until a few years ago when I really started listening and studying the genre more that I was able to notice the similarities and the differences inside each of the many sub-genres.

These curiosities are ultimately what lead me into exploring the genre more in depth. Once I was able to experience diving into multiple sub-genres, I then found mixed-sub-genres. These mixtures of music were what established a brand new chapter into a huge part of my life, which was a major factor in my becoming a DJ. This type of music is and always will be something which is completely fascinating to me.

Artists and producers in 2015 are now creating what I like to call "super-genres."

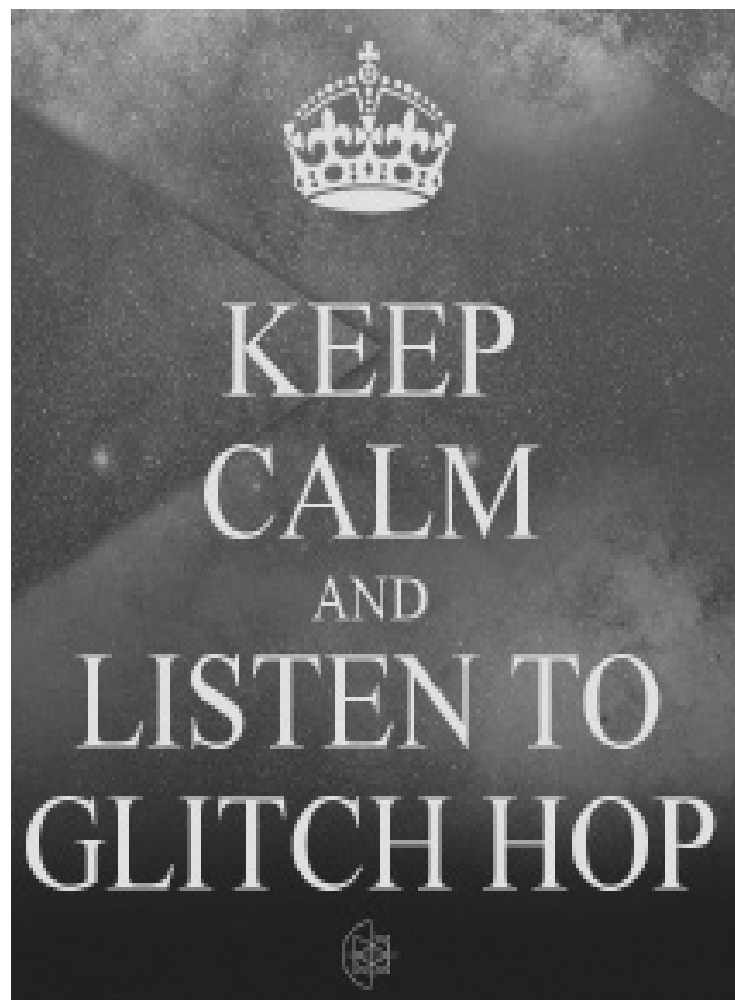
Genres like Moombahton and Glitch Hop are just four or five years old, whereas House, Dubstep etc. are approximately 20-30 years old. The dance music

industry is not stopping the innovations that come with making these new genres of music. Music's evolution is expanding so rapidly now and these changes are strange and farfetched to some people, while incredibly extraordinary to others. A few examples are: Avicii's Country + House Music Album, The new Brostep genre, The funkier Deep House Music Explosion from 2013-14, and many others.

With an almost unprecedented rise in the electronic dance music scene, some special artists have been able to set themselves apart from the majority by creating a seemingly brand new genre of music. This genre is one of a kind. It's called Future House or Tropical House. The artists take elements of hip-hop, techno, house and a variety of other different genres and mix them all together inside one single track. This mixture of music genres is what the future of EDM requires to take the listeners on a new and exciting kind of a journey through the evolution of dance music.

Not to be ignored, though, are the artist's real skills when put behind the decks. In an age when producers do not know how to DJ, there are few who truly understand the elements behind how everything works, and even fewer who can say that they have fully mastered this fine art form of science.

After you hear me (djBohLd) playing a DJ set, mixed with some of the artists who I thought tore up the 2014 year, it will become abundantly clear to you that house music is safe and the majority of the DJs included in my sets from 2014 will be able to truly restore anyone's faith in the future of the electronic dance music scene.



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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

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Jan. 29-Feb. 4

(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)

Don't try too hard to please other people over the next week. The simple fact is they should be trying to please you, seeing as you are the

one with the ideas, the energy and the vision of the future that inspires.

Pisces (Feb. 19-March 20)

A lot has happened in recent weeks and you need time to mentally and emotionally digest the meaning of it all. Take your time. Sometimes it is best to stop and smell the roses.

Aries (March 21-April 19)

Avoid cheese at all costs, it will give you a nasty untreatable infection which could lead to your untimely death.

Taurus (April 20-May 20)

You will find a lot of penies in strange places, don't put them in your mouth, it will cause untimely death due to choking. On the plus side, you're finding free money!

Gemini (May 21-June 21)

A student in your class who you

think is a good friend will be annoying as heck. Try not to let them get to you because that will only cause you more pain and annoyance.

Cancer (June 22-July 22)

Avoid public bathrooms this week, you might catch a weird strain of the cold that will lead to mono, which you will leave untreated and it will lead to your untimely death. If you have no choice but to use the public bathroom, make sure you have a hazmat suit handy.

Leo (July 23-Aug. 22)

You are in for a very active week. You are going to be hit on left and right. It could be a physical hit, a romantic hit or both. Just hold on tight for the crazy ride.

Virgo (Aug. 23-Sept. 22)

You need to focus extra hard this week, as you are in danger of falling behind on assignments and projects. Stay away from green ink pens.

Libra (Sept. 23-Oct. 22)

You will have a great week after all that hard work you put in last week. Sit back, relax and watch a movie.

Scorpio (Oct. 23-Nov. 21)

Stay away from drills this week. They might cause grievous injury, which, if left untreated, may lead to your untimely death. On the plus side, you will eat a lot of chocolate this week.

Sagittarius (Nov. 22-Dec. 21)

You will need to be truthful and blunt with someone close to you who has been avoiding the matters of life, which is also affecting you.

Capricorn (Dec. 22-Jan. 19)

One of your friends is trying to take advantage of you. As a result, you need to be careful who you associate with. Sometimes the wolf wears the sheep's clothing.



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VOTE FOR YOUR 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 an 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 emailed 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 voting, review your selections, and then check the CONSENT box.
5. Please click the SUBMIT BUTTON. 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 welcome your participation.



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