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

EXECUTIVE DECISION

Meet your incoming NAITSA leaders, page 2



Photo by Nicolas Brown

The incoming NAIT Students' Association executives get together after results of their election were announced on Thursday Feb. 12. They are Michael McComb, left, VP-elect Student Services; Justin Nand, president-elect; Allannah Wrobel, VP-elect, External and Yang Yu, VP-elect Academic.

NEWS & FEATURES

And the winners are ...

By **NICOLAS BROWN**
Issues Editor
@bruchev

The dust has settled, the posters are being taken down. NAIT students have voted and chosen their new student executives for 2015/2016.

These students will be the advocates, the leaders, the movers and the shakers, at the helm of NAITSA starting in May 2015. It would appear that NAIT students have picked a stacked team as well, as the executive lineup includes Justin Nand as president, Allannah Wrobel as VP External, Yang Yu as VP Academic and Michael McComb as VP Student Services. So what does each new executive offer to NAIT students?

Incoming NAITSA President Justin Nand has accumulated an impressive list of achievements while studying at NAIT. Not only has he been active in a number of student clubs prior to serving as VP External last year, he has also participated in a number of case competitions on the NAIT team, and served as the student representative on NAIT's Board of Governors.

As incoming president, Nand has high hopes for the new team.

"I think the new team for this year, we have quite a dynamic background," he said in a recent interview.

"We have someone who is not from the business program, one student who has been on Senate for two years, and one student who has been involved with NAITSA

quite a bit. I think having those different perspectives will bring well-rounded ideas as well as solutions to problems that NAITSA is having."

New VP Academic Yang Yu brings some experience to the table as well. Yang currently works for both NAIT and NAITSA, which has given her some unique insight on the inner workings of both organizations. Yang has already demonstrated her ability to assist students as a supplemental learning leader for statistics, and as a clubs initiator clerk with NAITSA's Campus Clubs office. This experience should serve her well as the new VP Academic, which focuses heavily on academic grievances and disciplinary issues.

Allannah Wrobel is coming in as the

new VP External to replace Nand. With some big shoes to fill, Allannah has a lot of work to do but it seems that she has spent the last two years preparing. With a failed executive bid, two Senate terms and a stint on NAIT's Board of Governors as the student representative under her belt, she's well prepared to take over the role.

A surprise candidate for NAITSA, Michael McComb wraps up the new executive team as VP Student Services. A Construction Engineering Technology student, Michael has served as president of the Construction Engineering Technology club. With a unique background in comparison to his new colleagues, Michael will surely bring an interesting perspective to the new executive team.

The next few months will be filled with training for the new group as they are guided through the transition period by the current executive team. Outgoing NAITSA President Hasib Baig has high hopes for the new team.

"I'm very excited to see the new team come in and take their positions starting May 1 and the two months that we have will give us time to do a proper transition so they are ready for the next year," Baig said.

"It's a strong team, it's going to be another great year next year as well."

With such a short turn-around every year, the transition period is extremely important to ensure the effectiveness of a new executive team. As for our new president, Baig has one piece of advice.

"It's a challenging position," he said. "It requires a lot of time commitment and there are times when you have to face different challenges from different perspectives but at the same time, the opportunity you get is amazing."



NAITSA President-elect Justin Nand in his office earlier this week.

Photo by Nicolas Brown

Nugget positions

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

Editor-in-Chief Section editors

Please send your resume to Gillian Wilson
Nugget Publisher, at gilwilson@nait.ca



Photo by Nicolas Brown

Students from Father Mercredi high school in Fort McMurray work on their robot at the Alberta Provincial VEX Championships in the NAIT gym on Feb. 15.

Robo rodeo at NAIT

By NICOLAS BROWN
Issues Editor
@brucev

NAIT's Gymnasium was buzzing with activity on Feb. 15 as campus played host to the Alberta Provincial VEX Championships.

More than 200 students from across Alberta faced off to secure one of the four spots for Canadian teams at the VEX World Championship. Teams were given a few months to build their robots before the competition, utilizing the VEX system to build and program the robot they intend to use in the competition. These robots, and their ability to guide them, would be the determining factor in who would qualify to compete at the VEX World Championship.

The competition required students to design, build, and program robots to complete a particular challenge. This year's challenge was dubbed "Skyrise," requiring students to get the highest score by placing cubes in different scoring positions, often by stacking them. Robot designs vary widely between teams, with innovation

and ingenuity being the key for this competition. Regional Support Manager for the Robotics Education and Competition Foundation, Rick Tylor, explains, "Our program is to get students excited about engineering and science. They think it's a robotics competition, but we know it's educational. We are excited about the program in Alberta, which has the distinction of having the second-most northerly VEX team in the world in Fort McMurray. We're also excited about having our first tournament in Calgary this year."

With over 800 VEX events a year, these competitions are quickly becoming a well-known opportunity for high school students to explore robotics.

Although Alberta loses out on the distinction of having the most northerly team (Barrow, Alaska wins that award), having the competition at NAIT is a no-brainer thanks to the institution's focus on technology. With the number of engineering technology programs available through NAIT, having a competition on campus focused on these skills opens the door for many students in Alberta.

"What I like about this event most, is that all the team are in a very level playing field," said Regional Competition Director Neil Wenger.

"There's a lot of competitions out there where the success of the teams depends on the money they have, or the machine shops they can access. This competition is about ingenuity and practice."

So what is this VEX system that the students are using? The VEX Robotics Design System is a system that allows users to build and program a robotic system. Designing a VEX system builds upon basic engineering principles, but also encourages problem-solving and teamwork among students, allowing this system to bring value to a number of programs in schools and institutions across Canada. With that being said, it's not just for competitions either. Those who are interested in robotics might enjoy this system for its advanced capabilities and customizability.

To learn more about the VEX system or to check out the competitions, you can visit vexrobotics.com.



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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.

Are info posters passé?

By MacKENZIE ROPPELT and BRYAN LENTZ

For over a century, posters have been used by political parties, large corporations and numerous other groups and individuals wanting their message to be heard. However, over the past few decades, the digital age has begun taking over traditional methods of information delivery; for example the accessibility of newspapers on your phone. Every day, NAIT students walk past dozens of posters promoting events, opportunities and displaying valuable information they need to know. We set out to analyze whether this method of communication is still working or if posters are simply out of date.

At first glance, they all seem to have good colour and design, they are different enough from each other and the information they hold is relevant and generally important. However, we decided to look at the possible pitfalls of using posters. We initially noticed the issue of location. NAIT has various boards in key areas around the school, designated for all posters to be put up. The problem is there are so many posters at these locations, the boards become nothing more than a confusing collage of colours and information.

Next, we saw an issue with the posters themselves and how there is no way for students on the go to take that information with them. At most, some will take a photo of what they need to remember but even then the odds of them referring back to it are very slim. The biggest issue we noticed was during the first half of the lunch hour when we conducted the interviews. We watched as crowds and individuals walked past without so much as a glance towards the postings. The fact is, most people were too caught



One of the many poster boards that are up all over campus.

up in conversation or so focused on their phones they only looked up to avoid running into someone. Unfortunately for the art of posters, they are easy to ignore. There's no physical interaction, no noise, no bells or whistles. They just stay quiet, tacked to the wall, their messages easily silenced. We then checked in with NAIT students to see what their thoughts were.

We interviewed different students as they passed one of the large posting boards just outside of the Common Market. We inquired whether or not they could tell us of a single poster they had walked by, any events they knew of happening around the

school and whether or not they thought posters were still an effective marketing tool. We found that almost no one remembered a single poster they had just passed and most thought posters were not the best marketing tool. However, what surprised us was that most students were still getting the information they needed to know. The answer to this phenomenon is simple: frequency.

Although posters don't make the average person stop in their tracks, they are always there. So much so, that the messages get stuck in your head without any conscious effort. Read anything enough and

eventually you'll memorize it. That is what makes posters so useful: they are physically posted in the hallways you pass through every day and, although you may only skim through the information once every so often as you pass by, you still see it. Once it is recognized by your brain you begin to notice it, pick it out more often and eventually, without even trying, remember that information. Although digital pop-up ads are effective, posters are not forced upon you. They are read by choice and remembered by habit. That is what makes posters a viable marketing tool and why they have not been replaced by a digital alternative.

A warm week on the way

By BRANDON HESS Meteorologist in Training

An upper warm front will get mixed down to the surface on Thursday, Feb. 19. Temperatures should go above zero this day under a westerly wind. This is a warmer direction and can help to boost our temperatures a lot at this time of year. A northerly, easterly and southeasterly wind are normally cooler in nature in that they do not help to warm us up. An easterly wind for example, will usually bring in a cloudy sky and a steady temperature that does not move all day.

Hope you enjoy that blast of some warm air on Thursday. Looking to the weekend, temperatures will plummet. Winds will come in out of the north and temperatures will fall in a reverse temperature trend. What this means is that temperatures will be warmer in the morning than the afternoon, all due to the Arctic air coming in. Temperatures at this time of year have more to do with flow, rather than sun.

This will allow temperatures to fall during the afternoon or rise at night.

There will, in fact, be a day where we see temperatures warm overnight. It looks like Sunday overnight into Monday we will see temperatures rise, rather

than fall as usual.

We have an upper warm front pushing in. Wind should pick up out of the west that day and mix the warmth sitting aloft down to the surface. We will get above zero on Monday. It will be a good start to the work

week, depending on your point of view.

That warmer air should stick around for most of that week. I am, however, expecting a cool-down towards the end of the week as we get in behind a cold front on the rear side of a low.

Then, by the middle to end of the following week, we could be warming right back up. This takes us into March. I am looking at long range output on the GFS ensemble here. It is subject to change and I will keep you posted on any changes to this temperature trend outlook.

About a month until spring begins. Are you looking forward to the new season? Meteorological spring actually begins on March 1 and lasts until the last day of May. We meteorologists will be welcoming in the new season early. Check out the graphic I have put together for you for an in-depth look at meteorological seasons.

Shout out to my good friend and CTV Edmonton meteorologist Josh Classen, who celebrates his birthday on Feb. 19.

METEOROLOGICAL SEASONS

Brandon Hess Weather

Meteorological seasons are broken down into THREE months each.

Meteorological spring:

March to June

Meteorological summer:

June to September

Meteorological autumn:

September to December

Meteorological winter:

December to March



Photo by Victoria Anderson

NAIT CNC Machining student Trevor Fandrick competes for a spot on the Canadian National WorldSkills team that will go to Brazil in August for the world championships.

NAIT's got skill

By **NICOLAS BROWN**
Issues Editor
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NAIT continues to live up to its name as one of the leading providers of apprenticeship training in Western Canada, as campus was host to a skills trial for the next international competition of WorldSkills. Four Alberta students, including three current NAIT students, undertook timed trials in their trade disciplines on campus to showcase their skills and vie for a spot on the Canadian National Team. An invitation to the national team would give the lucky students the opportunity to compete in WorldSkills 2015 in Sao Paulo, Brazil, an international competition showcasing and inspiring world-class excellence in skills.

Six provinces and territories will be holding trials across Canada where 31 eligible competitors will showcase their skills. Generally, competitors who have been successful at the national level would automatically receive an invitation to compete at the international level. However, this year the national office for Skills Canada opted to hold the WorldSkills Canadian Trials, to allow competitors who were successful at regional, provincial, and national levels in 2014 to showcase their skills. Those who meet a certain set of requirements would then receive an invitation to join the Canadian national team at WorldSkills 2015. The international competition, held every two years, is an opportunity of a lifetime for those wishing to showcase their skills, build confidence, and garner the attention of industry recruiters.

Victoria Anderson, communications coordinator for Skills Canada Alberta, explains the Alberta competition's goal, "We are training Alberta's youth to be successful in the ever-changing field of trades and technologies globally. We believe that it is important to educate students on the different career paths available to them in trades and technologies."

The trials on campus focused on four disciplines – electrical installations, industrial control, plumbing and CNC machining – however the international competition showcases skills ranging from construction and building technologies like carpentry, to social and personal services like restaurant service. Each skill area has its own specific set of requirements in order to prepare for the competition, as well as criteria on how competitors are judged in the competition. With over 50 skills encompassed in the international competition, WorldSkills is an opportunity for students to not only showcase and perfect their own skills, but to also build a professional network that will build their careers in the years to come.

As for our Alberta students vying for a spot on the Canadian national team at their timed trials? Like every other student competitor, "These students have already excelled at showcasing their expertise and talents in their field, and we have high hopes for them in Brazil," said Anderson.

As these students continue to hone their skills, let's hope we see some Canadians taking the medals in Brazil this August.

Pirates and Rhinos ... what?

By **NICOLAS BROWN**
Issues Editor
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This article is the sixth in a series by Nicolas Brown on Canada's federal political parties, of which there are 17. This week, he looks at the Pirate Party of Canada and the Rhinoceros Party.

Once again it's time to take a look at some more of our political parties on the federal scene. Of course, as politically engaged students we should find all political parties interesting. However, these next two political parties are possibly some of the most interesting in existence right now. They are the Pirate Party of Canada and the Rhinoceros Party.

That's right, we do have a Pirate Party here in Canada. Similar to their counterparts in Sweden, Australia and Iceland (to name a few), the party advocates for increased government transparency, network neutrality and intellectual property reform. Officially registered in 2010, the party has been vocal in advocating for privacy rights and utilizes digital resources effectively to spread their message.

Although the party has not seen much success in past elections, it has released plans to run six candidates in the elec-

tion later this year.

For policies affecting students, the party's website includes the slogan, "We should have an education system for all," which appears above a list of its major education policies. These include calls to abolish university tuition fees, pilot projects for young entrepreneurs and a "Personal Investment Allowance" purported to allow every Canadian to pursue life-long education.

Although the Pirate Party movement has seen growing popularity across the world, with organizations in over 40 countries, we have yet to see what they can do as political leaders. When contacted for more information, there was, unfortunately, no response at the time of print. Should students be interested in learning more about the party, see their website at www.pirateparty.ca.

Very little is known about our next group, the oddly named Rhinoceros Party. This party has had a colourful past for the last 50 years. Founded in 1963 by Canadian

writer/author Jacques Ferron as an "intellectual guerrilla party," it has featured the comedic side of politics in Canada, especially at election time. Popular examples of past party antics include running candidates with similar names in the same riding as opponents, lampooning other federal party's policies or simply choosing such bizarre campaign planks as repealing the law of gravity, making sex and drugs natural resources and changing the award for lottery winners from cash to a Senate seat.

The party has had some success in the past, with a peak in the 1980 election, running 120 candidates across Canada. They have also faced some challenges, however, including deregistration in 1993 after a rule change required federal parties to run candidates in at least 50 ridings at a cost of \$1,000 per candidate. In a surprisingly somber move, the party questioned the constitutionality of the rule and chose to abstain from running in the 1993 federal election. This led to the party's deregistra-

tion until its official reformation in 2007 as neorhino.ca, later reclaiming their name in 2010. The party's 1993 deregistration was disputed in a court filing in 2007, in a case which, should it go forward, could be amusingly called Satan vs Her Majesty The Queen, as the party's leader at the time had legally changed his name to Sa Tan.

Although the party's past antics have no doubt been a source for amusement for many Canadians, there is not much information available on its current state. The future of the party itself may even be in doubt, as its leadership wavers. However, as another election season starts, who knows what the party might do to grab the attention of Canadians. More information can be found on their website at www.neorhino.ca.

These two parties might not have much in common but they do share a theme. Both have taken aim at traditional government, either by focussing on individuals over groups or by lampooning the actions of other politicians. In a time where a government's decisions have increasingly significant influence over the daily lives of its citizens, it might be time for a change in perspectives.



Point counter Point Kanye versus dinos



By **QUINTON BERGER**

Kanye West and dinosaurs, what do the two have in common? Some people love them, some people hate them and some can't be bothered by either. Both, however, are hot topics of discussion and debate and I'm here to tell you that out of the two, Kanye comes out on top. Dinosaurs are a thing of the past, while Kanye West is a thing of the present. He is an existential force that demands attention. Here's the thing, if I don't give a shit about them, I don't have to hear about dinosaurs but even those who don't care about Kanye, still hear about Kanye. Dinosaurs aren't relevant. They have no impact on anything. Kanye sparks feelings of joy and anger (mostly anger) in folks far and wide. That's a deciding factor right there. Even if you don't like his music, you hear about his shenanigans and you get irritated by him. Kanye impacts your life, dinosaurs ... not so much.

Kanye still wins

I read an article recently saying that religious fundamentalists want dinosaurs removed from school curricula. Apparently, there's a debate over whether or not they even existed. I'm not here to argue the existence of dinosaurs because even if they are real, Kanye still wins. Most of what we "know" about dinosaurs is just speculation and theory. There's no way to prove anything about dinosaurs aside from educated guesses. Why? Well, because we weren't there. You can't confidently talk about things you weren't present for. That's how misinformation gets spread. Remember the Brontosaurus? Do you also remember how scientists later concluded that it never existed and they mismatched body parts of other dinosaurs? Well, it happened. See, how can you believe anything when the ever popular brontosaurus was a lie? Where does the line between real and fake fall? I'll tell you where, Kanye West! While I myself have never seen Kanye in person, there's enough documented evidence of his existence to make me believe he does exist. He's got music, TV appearances, other celebrities talk about him, you name it. Unlike dinosaurs, we know that Kanye is real. Whether we wish he was or not is a different story, but thanks for not screwing with my perception of reality, Kanye!

I'd like to remind you of what Kanye offers the world that dinosaurs can't – music! Dinosaurs don't make music and, if they did, it would be awful. *College Dropout* and *Late Registration* are where my like for Kanye ends but goddam, are those great albums! Music is how Kanye gives back to the world. Whenever he screws up too many times, he just releases a new album and all is forgiven. Kanye is a reminder that music cures all pain. It's a gift like no other. Remember the Little Drummer Boy? He gave Jesus the gift of music when he was born. Are you saying you're too good for something that was good enough for Jesus Christ? You've got some attitude ...



By **NATE BRYANT**

Think about Kanye West with a rocket launcher. That's not cool, that's just scary. You're arming an idiot with advanced weaponry. Now imagine a T-Rex with a rocket launcher. That's pretty awesome. He would fire at other dinosaurs and it would go pew-pew and everyone would think it was the most badass thing they had ever seen. It would rampage through cities, Godzilla style and ruin lives but, as a society, we would be happier than we are now with Kanye West. Now if we were talking in a fight, no wait, that would still be the dinosaur. Kanye West would get his ass kicked by any dinosaur. I bet he would even lose to a brontosaurus. It would shove leaves in Kanye's face and while Kanye West demanded the brontosaurus give up his dino-meat to the T-Rex if he wanted real dinosaurs to keep living, the brontosaurus would wrap his neck around Kanye and crush his huge ego.

Dinos way cooler

First, let's look purely on a coolness based level. As I've stated, dinosaurs are way cooler. You don't see any six-year-olds having a Kanye West themed birthday party. What would that even be, just each kid showing up and constantly interrupting each other, stealing presents and talking about how great their birthday was? I'm incredibly happy that society doesn't condone Kanye West themed birthday parties. Our kids would get the wrong idea. I don't want my kids exposed to Kanye West, OK? It's a bad example. I heard of a case from Florida where a kid was exposed to Kanye West and went around pretending to be him and bit three kids on the face. I'm telling you, that Kanye West, he's bad news. How do we even know he exists? Maybe he's just an illusion, made by Hollywood to represent everything that's wrong in the world.

No contest

Now it's time for a more combative comparison. If we put a T-Rex against Kanye West,



File photo

who do you really think would win? Unless you think Kanye's ego has gotten so bad he now has telekinetic powers, there is no way. Now, I'm not totally ruling that possibility out. I haven't physically seen the ego that hides in his head, but if I had to guess, his ego would roughly be the size of an oversized beach ball that gets tossed around at a concert. Science tells us that someone with a brain that big should be able to move objects, yet he can't. Science also tells us that the T-Rex can crush a car in its jaws, as we witnessed in Jurassic Park. We know the T-Rex is incredibly strong and he actually delivers on his supposed power. If we had the chance to trade in Kanye West for Jurassic World, we would do it in a heartbeat. There's no contest here, it's a done deal. Dinosaurs win. Kanye Loses.

OPINION

— Editorial —

A universal ride



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

It's become common to whine about the LRT not being ready to go yet. The "parking situation" is a part of many conversations and is now the everyday dialogue here at NAIT. Yes, it is easy to complain and yes, it is a safe way to start a conversation, by finding a mutual annoyance. It's easy to criticize something when you have nothing to do with it but maybe we should all just put the negativity aside and take the bus.

Taking the bus, it ain't so bad. Yes, there were mistakes made with the LRT, yes it has caused grief to many but it wasn't there in the first place and people dealt with it, so why can't we? It will get done, it will be up and running soon but people will find something to complain about once it is.

Eye Opening Experience

I have ridden Calgary and Edmonton Transit my entire life. I grew up in Calgary and my mom and I never had a car, except for one year of my childhood life. I am used to it and I quite enjoy it, to be honest. The only thing you have to worry about is catching the bus and the driver does the rest. You don't have to worry about traffic or weather conditions, because the driver has all of that to deal with. It's quite relaxing to just be able to get lost in my music and wait till my stop. I put my earbuds in, read the Metro and sip my coffee while I wait to get to wherever I am going.

Never dull

There's never a dull moment on the bus, no matter when you take it. The bus is a place where you are no longer sheltered from the darkest places of the world. The bus opens your eyes to people of all walks of life. It is a mode of transportation but there are different reasons why people are there and many different places where people are going. People with tons of money take the bus and people with \$3 to their name take the bus.

Seeing someone miss a bus is quite the emotional tragedy. I wish I could have told them to be there quicker, I wish the bus could have left just six seconds later and I wish I could grow a 15-foot arm so I could pull them into this warm, moving structure that will get them where they need to go. Driving away from them is depressing but they will just catch the next one.

Driving a car has many advantages. You can listen to Shania Twain's whole first album while singing it at the top of your lungs. You can reach a destination in half the

time and you are as warm as you want to be on the way there. You can go through the drive-thru and your coffee won't spill all over the place like it does if you need to run and catch your bus. The only thing about driving your car is that it costs more money and there are fewer experiences to be had. There are far less new people to talk to and you don't get as much exercise. In your car, there are no nice ladies complimenting you on your boots and asking where you bought them, a lead-in to a wonderful enlightening conversation. There are no old high school friends

to catch up with and there are no loud interesting conversations to listen to. What I'm getting at is that the bus is a great place to grow as a person. I think everyone needs to take the bus a few times in their lives. It shows you that there are other kinds of people in this world, other than your daily network. Not everyone can afford a Mercedes and not everyone needs to drive their car every day but everyone needs to ride the bus because it teaches respect and gratitude, respect for people who struggle and appreciation for the quicker way there.



ridepsta.wordpress.com

A bus offers riders the opportunity to meet people from all walks of life.



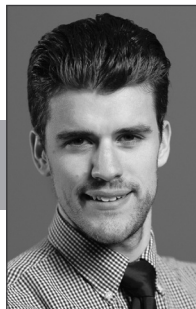
Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

Nice to be a Raptors fan



JOSH RYAN
Sports Editor
@JoshRyanSports

As an NBA fan that lives in Canada and cheers for the Toronto Raptors, I constantly find myself griping about NBA coverage on basically every platform. Whether it's TNT prime time or ESPN radio, Canadian basketball constantly gets devalued by American media covering the NBA.

As I've learned more about the history of Canadian basketball and have come to understand the reputation of the Raptors' franchise, I'm less inclined to make a fuss. If I were a New Yorker, I wouldn't find TJ Ford lobbing bricks every 30 seconds particularly interesting. However, the lack of coverage surrounding the Raptors has made it tough for the franchise to attract free agents and become relevant. OK, mismanagement and selfish star players haven't helped either but the coverage stuff still stands. This year, finally, we have



arrived at a place where Canada basketball gets a little love and the All Star Game is just one example.

The first sign of Canada becoming relevant in the sport came within the past five or six years when we started to see more and more Canadians play in the NCAA tournament. A generation that grew up on Vince Carter dazzling for the Raptors and saw Steve Nash win back-to-back MVPs and lead Canada to an Olympic berth got the inspiration needed to pursue a basketball career. Now we have Canucks amongst the rising stars in the NBA and there are hopes of a medal calibre team in 2016. Canada has had the last two No. 1 selections at the draft, how crazy is that?

Next, #WeTheNorth happend. Or rather, Masai "Messiah" Ujiri happened. After winning executive of the year with

Denver, Ujiri came to Toronto and began turning this sad-sack franchise into the surprise of the NBA the past two seasons, jettisoning Andrea Bargnani and Rudy Gay for the first great supporting cast the Raps have had. After an awful start last season, the dinos took the NBA by storm, winning their division and taking the high-powered Brooklyn Nets to seven games in the playoffs. Now the team is poised to get the second seed in the East and advance to the second round for the first time since 2001.

This has led to an incredible change of perception of the Raptors in American media. TNT analyst Charles Barkley referred to Toronto as one of the underrated teams in the league and the Raptors have played in national televised games in the US for the first time in years. Two members of the squad have made the All-Star Game in consecutive years (DeMar DeRozan last year and Kyle Lowry this year).

The most notable change might be the reaction of media and players regarding Raptors fans during the playoffs last year. Fans flocked to the Air Canada Centre, retitling it Jurassic Park. The fans were just as crazy, rivalling typically loud places like Oklahoma City and Golden State. I think most Americans were unaware that Canada has fans that passionate about the sport. Now, the social media campaign #WeTheNorth has taken off and will continue to grow unless the Raps take a massive step backwards.

So, all of this led to a couple of moments that stood out during Sunday's All-Star Game. First, the Canadian national anthem was played pregame. While I missed last year's game, that's the first time I've ever heard that anthem at this event. I think this is a sign that Commissioner Adam Silver recognizes the growing popularity of the Raptors and the growing interest in the NBA with so many



Masai Ujiri

young Canadian players. The second moment came when the play-by-play team discussed Lowry during the game. It's such a weird experience to hear the TNT crew talking about a Raptors player, his teammates and his team's position in the standings. Third, Lowry dunked. That's not really related to anything, but Lowry dunked! Crazy!

I'm excited about the season and excited about following the NBA. Instead of having to cheer for whichever team is popular or whichever team has a Canadian on the roster, there's continental interest in the Raptors. With a weak and wide open Eastern Conference ripe for the taking, the next couple years of Raptors basketball look so, so promising.

Nothing like meat for protein

By MUHAMAD ALI

There is nothing quite like the feeling you get when you are healthy and happy! Especially in a school that is all concrete with no place to exercise without hurting ourselves. NAIT's fitness room helps students build a joy of fitness with the right equipment and a little comfort.

When you exercise hard for 90 minutes or more, especially if you're doing something at high intensity that takes a lot of endurance, you need a diet that can help you perform at your peak and recover quickly afterward.

Fillets. Loins. Chops. They're the high-end contributions to modern man's stomach. And who could argue? Whether you're trying to cut five per cent of your body fat or plug an inch on your guns, you need plenty of the protein found in meat.

Our appetite for animal proteins is stronger than ever. Research at Public

Health Nutrition found that red meat consumption has continued to rise throughout the United States, Europe and the rest of the developed world. Despite the health benefits of poultry being common knowledge, and in spite of the expense relative to other protein foods, Americans were still eating more red meat (58 per cent of total consumption) than any other kind.

However, that is slowly changing because of market prices. In 2013, the average price per pound of beef forced people to eat more chicken than ever before, so much so that it surpassed beef in terms of total consumption. In fact, beef has become so pricey that red meat now holds the honour of being the second most shoplifted item in the world.

But there is a way to get more meat for less cash without having to eat chicken for breakfast, lunch and dinner: Buy the meat nobody seems to want. It's sometimes

called offal and, when cooked with a dash of skill, it's incredibly tasty and tremendously good for you.

These two cuts level-up against one another near perfectly, leaving their fat and protein content as the decider. So while pork is touted as the "other white meat" because it's so lean, there are occasions when a little fat is just what the doctor ordered, especially if you're trying to add muscle.

And with the cheek far outweighing the skinny chop in the fat stakes, you'd be a Muppet if you didn't use a slab of Miss Piggy's undercarriage to add inches to your chest.

Tired of chicken and tuna? Your diet doesn't have to be the same old boring thing day after day. With the proper knowledge of cooking techniques you can add some variety to your menu without sacrificing excellent nutrition. Far too often those of us who are trying to eat clean find our-

selves stuck in a rut.

This is the No. 1 factor that leads to a loss of willpower and an all-out binge at the local buffet. If you provide your taste buds with enough excitement on an everyday basis, you won't feel near the need to indulge elsewhere.

Everyone knows that lean protein should be the cornerstone of any good bodybuilding diet. Unfortunately, if body fat is a concern for you, this will eliminate many tasty types of meat out there. One often forgotten form of protein is fish. Sure, many of you eat canned tuna out the wazoo but forget that the real thing is so much better.

Granted, fish does tend to be a little more costly than other sources of protein, but as long as you eat it in smaller servings and be sure to buy it when it goes on sale, you can enjoy it as a part of your regular diet.

Keeping score

Who won Kane trade?

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former *Nugget Sports Editor* (and current *Saskatoon Blades* video intern) Connor Hood over various topics in the world of sports. This week, we tackle the conclusion to *Tracksuitgate*, a trade that saw Evander Kane traded to the Buffalo Sabres. Zach Bogosian and Jason Kasdorf went with Kane to Buffalo, while the Jets received Tyler Myers, Brendan Lemieux, Drew Stafford, Joel Armia and a first-round pick in return. Reaction over which team won the trade is mixed. What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

First off ... The Jets won this deal purely by getting rid of Evander Kane. Clearly there were issues in the room before this incident and there are reports that Kane has had attitude problems dating back to Atlanta. Chemistry is underrated in sports and this improves team chemistry. So, getting rid of Kane with something of value back is a win alone.

When you actually look at all the pieces in the trade, the Jets still win this trade. Drew Stafford is a decent forward who's played on a terrible team. The Jets will utilize him more efficiently than the Sabres did. Tyler Myers is an extremely talented defenceman who has regressed playing amidst crap. With teammates, Myers could hit his

stride and fulfill the expectations laid on him since he entered the league. Then the Jets also get two prospects and a first round pick. This is a ton of value considering the Jets had limited options to trade Kane. Stafford will replace Kane's spot in the lineup, Dustin Byfuglien can move back to defence, Myers fills in nicely for losing Zach Bogosian and the Jets still receive prospects. One of them is the son of Claude Lemieux, you know he's gonna have some of his old man's playoff clutchness in him.

The risk of dealing Kane away is that he will flourish with another team. However, if Myers becomes the defenceman people thought he could be a few years ago, is that not a good trade? And as

I said before, chemistry should never get placed down on the food chain. In order for the Jets to make the playoffs this season, they need pieces to remain competitive and need to keep Big Buf on the blue line. This trade has done just that. The

Sabres have good assets in theory, but we have no idea how good they'll be until a few years from now. And what if they turn into the Edmonton Oilers? For my money, known quality that still has big potential in Myers (both literally and figuratively) is the way to go.



CONNOR HOOD
@connorhood27

When analyzing the recent trade involving the Buffalo Sabres and Winnipeg Jets, it's easy to see a winner in the deal — the Sabres. Although it may be years before we truly know the verdict, it's still worth analyzing the trade now.

On the surface, the Sabres won this deal for one simple reason, they got the best player. Evander Kane, despite being out for the season with a shoulder injury, is the first true scoring talent the Sabres have seen since Thomas Vanek left town. He may have his off-ice issues but on the ice it's hard to miss his skill set. If the first half of this NHL season is any indication, the Sabres are almost a lock to get one of the top two picks in the draft in June. Pairing Kane with either Connor McDavid or Jack Eichel is a line combination 29 other NHL teams would fear for years to come.

Not only are the Sabres receiving the

best player in this deal, they are also adding a defenceman who fits perfectly in their lineup. The Sabres have lacked a true top pairing, shutdown defenceman for years, and Zach Bogosian fills that bill perfectly. He is the type of player the Sabres need to complement their young and inexperienced D-core.

Now we have to flip the coin. The Jets received Tyler Myers, two prospects and a first-round pick. The first-round pick will be the lowest selection the Sabres own, likely in the 20-30th range. That range produces a Top 6 forward/Top 4 defenceman 60 per cent of the time. There's no guarantee this pick will result in an impactful NHL player, let alone one of the calibre of Kane or Bogosian. While the prospects the Jets received look promising, it's similar to the draft pick, no guarantees. Both Joel Armia and Brendan Lemieux project to third line NHL players. Drew Stafford is a pending UFA and hasn't scored more than 20 goals since 2011. Tyler Myers has seen his game drop dramatically since his 2010 Calder winning season. He may turn his game around in Winnipeg but it seems like another gamble by the Jets.

The Sabres dealt from a position of strength, that being prospect and draft picks and filled a need in Evander Kane. The Jets are taking a huge gamble by dealing two of their best players in exchange for questions and possibilities. Although Kane won't play for the Sabres until May, it seems like his new team came out of this trade a winner.

BASKETBALL

Men, women down GP

By JOSH RYAN
Sports Editor
@JoshRyanSports

NAIT hoops returned from a bye week in fine style by sweeping the Grande Prairie Wolves. The women defeated the Wolves 61-38 and 73-46 while the men topped the home team 103-64 and 88-78. The women's victories move the club to 17-3 and come despite missing guards Nicole Ruptash and Leah Vandenboogaard all weekend due to illness. This is the highest win total in the women's program's history, which goes back more than 35 years. The men improve to 19-1 and clinch the top seed in the North Division.

Despite early offensive struggles on Friday, the women held the Wolves to only 11 points in the first half and 15 per cent shooting on the night. NAIT got on track

in the second half and extended the lead in each quarter. Torey Hill won another POG, going seven-of-10 shooting, good for 18 points. Chawncy McClenan and Shea-Lyn Noyes also hit double digits in points and the Oaks' bench outscored the Wolves reserves 23-16.

NAIT corrected its offence on Saturday by outscoring the Wolves 20-5 in the first quarter. Although GP at one point cut the deficit to just 10, the Oaks controlled the flow of the game all afternoon, forcing 21 Wolves turnovers. Hill had another double-double, Noyes added 16 points and Robyn Gibson was player of the game with 10 points and five rebounds.

"I was very pleased with our team play and how we responded to the adversity of missing some key players," said head coach Todd Warnick.

In Game 1, the boys built a double digit lead going into the second half. There, the Oaks exploded for 58 second-half points, effectively ending the game in the fourth quarter. NAIT out rebounded the Wolves 62-44 while moving the ball and running the floor efficiently. Alvin Parker had 22 points, three rebounds, eight assists and four steals to win POG. Donny Moss added 27 points while Troy Barnes (18, 10) and Chris Mooney (12, 10) each had a double.

Saturday, the Wolves played a stronger game, pushing an Oaks team less focused on the defensive end than the previous evening. However, the Oaks were able to hold off the GP charge through to the end. Donny Moss was player of the game, making several big shots for 26 points while Alvin Parker added a double-double with 22 points and 10 assists.

Both teams have only four games left till playoffs roll around. The women are three games back of Lakeland and three games ahead of Augustana, who the Oaks take on this weekend. The men are no longer defending position in the standings, but are working on solidifying each and every aspect of their game. The home tilt takes place tomorrow evening with the ladies starting at 6 p.m. and the men following at 8.



VOLLEYBALL



Photo by Nicole Stumpf

NAIT Ooks right side Teodor Kostelnik digs the ball during a game against Grande Prairie on Feb. 13 at NAIT. The men came back to win the match after being down 3-2 and went on to defeat the Wolves 3-0 on Saturday night for a weekend sweep.

Guys sweep, gals swept

By JOSH RYAN
Sports Editor
@JoshRyanSports

The match durations for volleyball flipped between the two Ooks squads this past weekend. NAIT's women's team was swept 0-3 and 2-3 by the visiting Grande Prairie Wolves, while the men came from behind to win 3-2 on Friday before shutting out the Wolves Saturday. The two losses drop the women to 13-7, solidifying the team as the North Division fourth seed. By sweeping the Wolves, the men improve to 18-4 and maintain their narrow lead on the division.

Friday night, the ladies just couldn't find a groove, struggling to pass the powerful Grande Prairie serves. Despite some surges defensively, the Ooks never managed to push the second ranked Wolves. Set scores were 19-25, 16-25 and 19-25. Maegan Kuzyk was player of the game.

Saturday, the ladies came out energized and playing with far more urgency than the night before. The momentum shifted in each set until the Wolves' size and serv-

ing pressure eventually proved too much to handle. Set scores were 25-20, 12-25, 26-24, 16-25 and 8-15. Rookie Alex Blanchette got the start at the setting position and won player of the game.

"Our top end level of play is very good, and we know we can compete with the top teams in our league," said head coach Benj Heinrichs. "If we can be a little bit more consistent and handle the pressure applied by the good teams for longer stretches, we'll give ourselves a good chance heading into the playoffs."

The men's Friday match began with a short presentation of jerseys to alumni of the men's program for their contributions to NAIT volleyball. These included Justin Vincent, Colby Holst, Cody Cuthill, Austin Hinchey (current member of Canada's Sitting National Team) and current assistant coach Greg Gulash.

The match began eerily similar to the women's with the Ooks losing 23-25 and 19-25. However, the guys responded in the third set with new urgency in their game, taking the next three sets 25-18, 25-22 and

15-9. Trevor Zemlak led NAIT with 16 kills, Bryce Cardinal had 12 kills and four aces and Trent Mounter was POG with nine kills and excellent passing. This marks the first time all season the men have come back after trailing by two sets. A key performance for the Ooks came from libero Jonas Engen. Despite struggling most of the second semester, Engen was a spark-plug off the bench for the Ooks.

"That's the most emotion we've seen out of Jonas in his time at NAIT," said assistant coach Jordan Taylor. "He's normally a very soft-spoken player but today we saw a very passionate Jonas; something we hope he carries on moving forward."

Saturday, the Ooks started where they left off the previous night, controlling the pace of the match from start to finish. NAIT topped the Wolves in every statistical category, including 10 blocks to none. Set scores were 25-20, 25-17 and 25-19. Head coach Doug Anton stressed a change in mentality led the squad to success.

"I think we spent our second term just trying to defend our position in the league, almost playing not to lose and this was the first weekend in a while where we were playing to win."

Cardinal continued his dominant play with 14 kills, seven digs, three blocks and two aces to earn POG honours.

"He's a vet, our captain and has recognized this is the time of the year when he needs to perform for us," said Anton of Cardinal.

This weekend, the Ooks end reading week and the regular season simultaneously by taking on the Augustana Vikings. Augustana's women's team is eliminated from playoff contention but the men are still tied with the Ooks for wins.

The action starts in Camrose on Friday before finishing at NAIT on Saturday. These final home matches of the season also serve as the final home matches for several Ooks.

The women's matches start at 6 p.m. both nights with the men following shortly after.

WOMEN'S HOCKEY

Winning ways continue

By FARYAL BASHIR

This weekend the NAIT Oaks women's hockey team swept another weekend series against inner-city rival, the MacEwan Griffins. The women clinched the top seed in the conference and will contend for the title once again, looking to pull off the monumental three-peat.

On Friday the 13th, the Oaks won 2-1 in overtime and on Saturday followed up with a 4-2 victory. The Griffins remain last in the ACAC standings. NAIT's record jumped to 17-3-2 and the loss ended the Griffins playoff chances.

On Friday night, NAIT played MacEwan at their home, Confederation Arena. NAIT centre Sherri Bowles fired in the

first goal to start off the game on a power play. The Griffins played their hearts out to keep up and Dominique Scheurer tied it up in the second period. The Oaks were outshot 10-6 entering the third period, which was scoreless. The tied game was decided in overtime. NAIT's Breanna Frasca and Alyssa Imler assisted defence-man Jocelyn Racic on her first ACAC goal, an OT winner.

"The Griffins tested us on Friday with a physical game," said Coach Iwanicka. "I was happy with the way the team handled the pressure and continued to execute our game plan."

Saturday, the Griffins' Michelle Pochapsky got on the scoreboard first. She was a former Ook and was taken out

of Friday's game after a hit to NAIT's Jody Rammel. Shortly after, Rammel tied up the game a few minutes before the buzzer went off to end the first period. The teams entered and exited the second period tied, despite playing determined and desperate. As the third period began, NAIT's Rammel notched another tally 10 seconds in on a power play, followed by Veronika Kuzelova for a two-goal lead. In an attempt to keep the Griffins in the game, Pochapsky struck in another; bringing MacEwan back to within one. However, that didn't last long as NAIT's Bowles shot in an empty net goal, solidifying the victory for the Oaks. Tehnille Gard got the start both nights this weekend and she made

a total 43 saves; 17 on Friday night and 26 in Saturday's game to end the week.

Alyssa Imler was nominated for the last two weeks as athlete of the week. However, this week Jocelyn Racic is nominated. She earned her spot on the roster and got her first ACAC goal in the OT win on Friday night. The tally was her third point in the season.

With only two games left, NAIT faces the Red Deer College Queens, giving the Oaks a final weekend of gameplay to prepare them for the championship series. NAIT and Red Deer are 3-3 against each other on the season. The games are Feb. 19 in Red Deer and Feb. 20 at home, both start times at 7 p.m.



Photo by Leslie Boissonneault

Oaks forward Jody Rammel blocks a sure MacEwan goal on Feb. 13 at NAIT arena. The women won both weekend games to stay on top of the ACAC standings. Next game is Feb. 19 in Red Deer against the Queens.

MEN'S HOCKEY

Ooks pound Portage

By FARYAL BASHIR

The NAIT Ooks men's hockey team continued its push to solidify first place in the ACAC by sweeping the Portage Voyageurs this past weekend. NAIT shut out the Voyageurs 8-0 on Friday and crushed the visitors 9-1 on Saturday. With this weekend's dominant victories, NAIT jumps to being first in the ACAC standings at 24-3-0, two points ahead of second-place rival SAIT.

Former Voyageur

Friday night, NAIT goaltender Kyle Birch, a former Voyageur, got his seventh start of the season. NAIT took the lead in the first period by scoring three goals. The first came from Dallen Hall one minute into the game, followed by Charles Wells a couple minutes later. The third was scored by assistant captain Kevin Carthy. Wells added one more to end the second.

Wells continued three minutes into the third by notching the hat trick. Tyler French and John Dunbar scored the second and third goals of the third period and Jason Wood put in the last tally of the game. Wells was named the player of the game and is now the eighth ranked scorer in the ACAC. Kyle Birch made 19 saves for the shutout.

Confident

NAIT's confidence level was at an ultimate high after Friday's win. On Saturday, Voyageur Jordan Geddes scored the first goal of the game, but that proved Portage's only score on the night. NAIT scored two goals in the first period, thanks to a pair of power play markers from French and Wood. Second period came along and before you could even cheer, NAIT's Michael Piluso scored seven seconds in. Wood followed with his second of the night, making it 16 goals on the season for him. With half a minute left, Piluso scored again, making the game 5-1 at the end of the second.

NAIT had outshot Portage 14-8 entering the third, in which the Ooks received four goals from Carthy, Sam Waterfield and another two from Piluso, who is now second in the league amongst all goal scorers. NAIT goaltender Ken Cameron made a total of 18 saves for his 17th win of the season. A total of 13

penalties were given out during the game, with the majority coming from Portage as the Voyageurs' frustration built up. Overall, the Ooks did a nice job of focusing on the game plan and not worrying about the opponent.

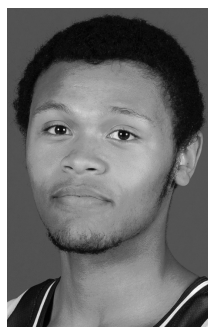
"These aren't easy games to play since we are playing a weaker opponent, but we always respect our opponents and I think the guys did a good job," said head coach Serge Lajoie. "We don't focus on the result at all. We always talk about what we need to do and if we do those things to our level and standards, then the result will take care of itself."

Next up for the Ooks is a series against the Augustana Vikings. The last meeting between the two teams was a very competitive split. "Nothing changes other than we still need to continue to work on various areas of our game," said Lajoie.

"Our play away from the puck continues to be at times not as strong as we need it to be, so we want to finish off the year taking advantage of these next four games to continue to get better."

At the time of this paper's release, the first game of the series will have taken place here at NAIT. The second game takes place in Camrose tonight (Thursday). You can catch it on SportsCanada TV at 7:30.

Athlete Profile



Player: Julien McFadden

Sport: Basketball

Position: Guard

Program: Emergency Management

By CHARLIE ZHAO

1. What made you start playing basketball? Once I realized there were hands attached to my arms, I picked up a ball and started dribbling.

2. Who is your childhood idol and why? My mother was always my role model growing up. She taught me how to be the strong, young, independent man that I am today. I can't thank her enough for always being there for me no matter what!

3. What are your hobbies during spare time? Every day my girlfriend and I work with boys with Down Syndrome and on Tuesday evenings we volunteer at their Down Syndrome basketball. On weekends, my lifelong best friends try to get together and play some pick up basketball at nearby rec centres.

4. What type of music do you enjoy and why? I grew up listening to Tupac, Biggie Smalls, Michael Jackson and Bob Marley. So, I guess you can say I like to have a variety of genres.

5. Which sport do you enjoy besides basketball? Volleyball was my second favourite sport to play growing up.

6. Who inspires you the most? Pro athletes inspire me to work hard and get better.

7. What three things can you not live without? I couldn't be without my family, I need them in my life. My girlfriend, Brooke Sampert, is very special to me and I would never want to lose her or her family. Her family from the beginning have always been there for me with open arms and have never judged me. They have always treated me as their own. Also, I can't go on without food, I love to eat.

8. What is your dream oasis? I have always wanted to travel to all the warm, tropical and exotic places.

9. What is the best advice you've been given so far? Keep an open mind, even though you might not agree it never hurts to listen.

10. What do you want to say to your team? There's no better group of guys to spend almost every day of the week with. To coach Mike and the rest of the coaching staff, thank you for giving me this opportunity to be apart of this amazing team. I have learned so much already and wouldn't trade anyone for anything.



NAIT Ooks defenceman Richard Sabourin takes a shot on the weekend in a game against Portage Voyageurs at NAIT arena. The Ooks won 9-1.

ENTERTAINMENT

Nineties were the best



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

If you keep up with the Entertainment section in this paper, you've probably seen our Throwback Thursday column where we deliver blasts from the past. Well, I'd like to expand on this week's Throwback Thursday. Our writer had touched on the '90s but I feel I should show a little more love to the greatest decade of all time. Each decade had its ups and downs but no decade had more going on than the good ol' 1990s. This decade gave birth to so many subcultures, so many great movies, shows and sooo much good music. In fact, there was so much good music in the

'90s that that's what we'll focus on.

As far as music goes, the '90s were the shit! Every year classics were dropping and it just didn't stop. Many artists who are still around released all their best music in the '90s. That decade gave birth to the punk resurgence, the golden age of hip-hop and a major surge in rave culture which is huge today. Let's start with the punk resurgence. You had bands like NoFX, Pennywise, The Offspring, Rancid, this was really when punk stopped being about "play as loud and fast as you can" and started having rhythm while still having attitude. Pure gold! Then there's grunge – Nirvana, Pearl Jam, Alice in Chains – we had a whole sub-genre that was born and died in the '90s and it was awesome!

Then there's hip-hop. I don't care what you say, the '90s was the best decade for hip-hop – Illmatic, The Chronic, Doggystyle, Ready to

Die, Enter the Wu-tang – the list goes on.

West Coast gangsta rap was bumping harder than ever with Dr. Dre's G-funk sound while the East Coast kept the harsh realities of the struggle in mind. You had both ends of the spectrum and both ends had all the passion and flare that couldn't be screwed with. Even without the G-funk, a group of Latinos emerged and paved their own road in the genre. Cypress Hill, another one of rap's most influential and iconic groups, released their first record in '91. That shit was a certified game changer. On top of that, we also had the best band to ever combine aspects of rap and rock while giving birth to a whole new sound. Rage Against the Machine, a truly revolutionary band, made their entire catalogue in the '90s and each album is gold.

Now, let's take a look at dance music. I realize that dance music had been around for

decades before '90s but a certain aspect of dance culture took on a life of its own and it's never stopped going. Ladies and gentlemen, meet the rave. I'm not talking about the Frequency style, massive venue, turn-down-for-what raves, either. I mean the old school, small warehouse nightclub raves. Back when the sound was smooth, crazy concoctions weren't being sold as "molly" and showing peace, love, unity and respect didn't require an acronym with a hashtag. This was before the mainstream got its hands on dance music. I'll admit that 100 per cent of the electronic music I listen to was made after 2005 but I still wish I could have had the pleasure of attending an old school, underground rave in the '90s.

So there we have it, three genres of music, all of which were at their absolute prime 20 years ago. This isn't to say that there still isn't amazing music coming out (because there is, lots of it) but what sounds like more fun than blasting Americana all day, hitting up a rave in a warehouse, then listening to Temples of Boom on the way home? In my opinion, nothing.

"... what sounds like more fun than blasting Americana all day, hitting up a rave in a warehouse then listening to Temples of Boom on the way home? In my opinion, nothing."

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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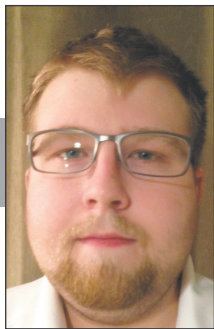
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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **MATT MOSEWICH**

Riding the chairlift can be brutal. You have to deal with endless lines, howling wind and rickety, old lift rigs that take an eternity to move you uphill. (If you've ridden the Caribou chair at Marmot you know what I'm talking about) It's important to make the best of these situations. After all, chairlifts do serve a purpose aside from regaining your altitude. They give you a chance to catch your breath and relax after an intense run, they often offer spectacular views of surrounding scenery and they give you a chance to prep for your next route. So this week's playlist is all about enhancing your lift experience.

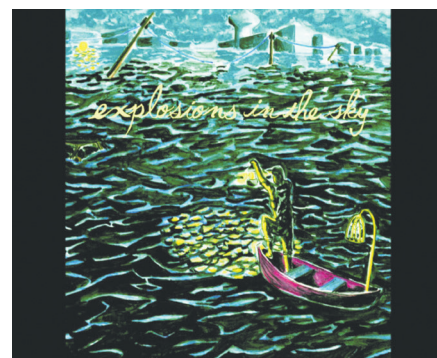
We'll start off with Canadian rapper Maestro Fresh-Wes and his track "Stick to Your Vision." The smooth tune, which samples the Guess Who's "These Eyes,"

will have you sitting back and contemplating life or maybe that double black that just chewed up your new board.

Once you're feeling at ease, throw on "Lovely Day" by Bill Withers. You're cruising through some of the most magnificent scenery this sweet planet has to offer (assuming you aren't at Snow Valley) so that one's pretty self explanatory. Next up is "The Birth and Death of the Day" by Explosions in the Sky. This eight-minute instrumental epic has no words, so you won't be distracted from the harmonies of nature. Also, its duration makes it ideal for longer chairs and, if you're riding at sunrise, prepare to experience dawn on a whole new level. To transition back into go-mode, we've got Queen's "Bohemian Rhapsody." Is this the real life? Is this just fantasy? It's hard to tell when you're drifting silently through those powdery evergreen rooftops. The song's famous, head-banging finish will help get you shred-ready.

The lift station is in sight! It's time to get amped up and hit that drop you've been eyeing all day. It's pretty extreme but then again, so are you. Put on "Go Faster" by The Black Crowes, point your sticks down that treacherous line and get gnarly!

- Stick to Your Vision – Maestro Fresh-Wes
- Lovely Day – Bill Withers
- The Birth and Death of the Day – Explosions in the Sky
- Bohemian Rhapsody – Queen
- Go Faster – The Black Crowes



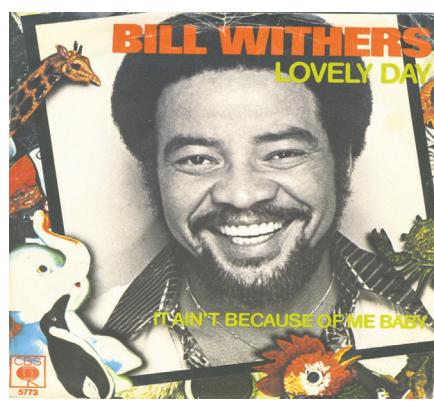
www.youtube.com



en.wikipedia.org



www.thisdayinmusic.com



thebackroom.me



eil.com



5TH ANNUAL NAITSA'S NEXT

top model

VOTING

ROUND ONE
FEBRUARY 23-27

ROUND TWO
MARCH 2-6

ROUND THREE
MARCH 9-13

Your Vote Counts

CHOOSE YOUR FAVOURITE AT NAITSA.CA








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naitsa
yourNAITSA
naitsa.ca
naitstudents
[rm e-131](http://rm-e-131)

Combating exam anxiety



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Being anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know that you have studied and are well prepared.

Check off the tips that you already incorporate:

☐ I build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.

☐ I allow myself plenty of time to study. I spread review over several days rather than cramming.

☐ I ensure that I am "really" studying. (Many students prepare for a test by reading their notes or textbooks. As you read along you may feel that you understand what the author is saying. Understanding what you are reading at the moment does not mean that you know it well enough to remember it for a test when the book isn't there to help you.)

☐ I study actively by thinking of potential exam questions and the correct answers, and by making sure I can recite or jot down key concepts with my textbook closed. I consider what types of questions my instructor has asked on previous exams

☐ I have a system for practicing rapid problem solving as part of my review for the test. I try making mock exams and then setting a timer while I do them. I know that being experienced at working under time pressure can help alleviate exam anxiety.

☐ I take care of myself by eating properly, exercising

and getting enough sleep so that I have the physical and mental resources to combat anxiety.

PRIOR TO THE TEST:

☐ I avoid or limit caffeine intake (coffee, dark colas, chocolate). Caffeine mimics and escalates the symptoms of anxiety. Sugary foods can also increase stress.

☐ I try not to study the same day as the exam.

☐ If possible I go for a brisk five to 10-minute walk before the exam. This increases blood flow which automatically reduces stress plus gets more oxygen to the brain to help with problem solving and concentration.

☐ I arrive early enough that I can sit where I am most comfortable, get myself organized and avoid people who are anxious and might cause me to doubt my knowledge, but I don't arrive so early that I have a lot of time for stress to build up.

DURING THE TEST:

☐ I do not let myself get into a negative mindset with messages like "I always panic on exams" or "I blanked out last time so I will blank out again".

☐ I use positive self talk such as "I know my material", "I can do it" or "I can stay calm and relaxed".

TEST TAKING STRATEGIES:

☐ I look over the questions to familiarize myself with the test.

☐ I take the time to make sure I understand the question and directions thoroughly, underlining key words or phrases if appropriate.

☐ I don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.

☐ If I can't get a question I leave it and come back to it at the end of the exam. I know struggling to remember may increase my exam anxiety. For multiple choice questions I eliminate options that I know are incorrect and then make an educated guess. For other questions I start writing what I know that is related to the question on a scrap of paper. This often triggers ideas that will help me find the answer.

☐ I regard a lapse of memory as perfectly normal. If I blank

on answering a question, I find some questions that I can answer.

☐ I have at least one quick relaxation strategy that I can use during exams. (I have tried them out while studying to see which work best for me):

– Slow, deep breathing. I focus on my breath while taking five to 10 slow, deep breaths. (Deep breathing helps to get more oxygen to your brain, thereby reducing stress. Do this any time you start to feel panicky).

– I visualize a very soothing place like a beach or a forest. I get a clear picture of the scene, hear the sounds, feel the warmth of the air ... and this immediately calms me.

– I use humour as it works to reduce stress, and also helps with creative problem solving. If I get stuck, I think of the funniest thing that has happened to me in the last month.

– I tense my muscles as hard as I can and then release. Doing this at least 3 times reduces tension. (Every action has an equal and opposite reaction).

☐ I know that counsellors are available to assist me with techniques to overcome exam anxiety or with any other academic or personal issue that may be affecting my success at NAIT.

Now look back over the boxes that you did not check. Which ones would be most important and realistic for you to incorporate this week?

If you need assistance, book an appointment with a counsellor at Student Counselling. Call 780.378.6133 or come in person to Room W-111PB, HP Centre. Counsellors are available Monday to Friday at Main campus, Mondays at Souch Campus and Thursday afternoons at Patricia Campus.

NAIT Student Counselling

Office Hours:

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

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

Patricia Campus: Thursday afternoons

Book in Room P-133

Souch Campus: Mondays, 9 – 5:15

Book in Room X-145

All counselling appointments are free and confidential.

THROWBACK THURSDAY

When did kids become monsters?

By CRAIG F

Another Thursday is here and I have the task of rolling back the clock to the dawn of time to discuss the forgotten years that were the '90s. At least for me, that's when I was growing up.

For some of you who are older, this is the part where you may cringe and start screaming at the paper (please stop yelling at the paper) and vent to your neighbour that I know nothing and that your grad song was "Call Me" by Blondie. To which I respond by spitting out my Capri Sun and adjusting my "No Fear" visor to your lameness, 'bruh.'

Anyway, I would like to start by pointing out that regardless of when you grew up, kids today ... are evil. I remember when a man buying lumber at the yard I work at asked his son to help load. The kid refused and played

Clash of Clans on his phone instead. I would like to point out right here that if I did that when I was a kid, my father would've probably beheaded me with a flaming guillotine. But this dad handled the situation well and took the phone away and made him help. But there seems to be this gap between how kids behave nowadays and back when I was a tyke.

There are obviously many exceptions and this kid could've just been having a bad game of Clash of Clans but ultimately my entire thesis here is throwing back to when kids weren't little snot bags of hate!

I now know what happened at Y2K. Technology turned Jimmy

into a dickhead! I remember being a little brat myself on the school bus. However, when I looked back at the big kids I thought, "Good grief, Charlie Brown, I don't want to tangle with those goons." Before you ask, yes, we talked like that back then.

But the crème de la crème was when I got told to "piss off" by a six-year-old a few months ago. All I asked him to do was stop yelling in the grocery store. Then there was his poor mother. She had a crying toddler in her arms and seemed to be involved in an excruciating inner debate as to whether she should buy regular Pam spray or President's Choice Pam spray. Take the bar-

gain, Debbie! (She went with regular Pam, poor choice). The kid was screaming right beside me because he wanted Oreos, and I understood because I wanted Oreos but I'm an adult and could buy them, so he could just suffer like I did when I was six.

I didn't even make a move. I smiled and simply said, "Hey man, Oreos are great but cool it down a tad." Then the little bastard lipped me off and walked back to mommy. I wanted to do a Sub-Zero fatality on the little turd, but that is highly illegal to do to anyone, let alone a child. I'm just saying, at six-foot-three and about 260 pounds, I would've destroyed the bugger.

So, I simply remember the days of polite children and not these little Lucifers. It's a quality in children that I'm rather sad to say has become nostalgic.



www.twominuteparenting.com

HOT 'N' SINGLE



Photo by Kaylah Theriault

Derek Repchuk, 20 Photographic Technology

What do you look for in a significant other? – Someone who has a sense of humour and is outgoing.

What are your hobbies? – Photography, snowboarding and biking

Blondes or brunettes? – Depends on the person.

Favourite music style? – Progressive house.

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

Who ya gonna call?

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

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

Housing – On-line housing registry at www.rentingspaces.ca

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

NAIT Security – 780-471-7477

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

Program-related Concerns – Contact program chair or program adviser

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

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

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

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

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

Ideal music, at the perfect moment

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

Picking the correct playlist of tunes for a wonderful night of partying requires painstaking research and diligent planning. Selecting certain tracks to be played at specific times will affect the mood and energy of a room. It's amazing how this process can make such a huge impact.

What's even more amazing about music selection is the amount of remixes and productions we have had popping up in the past year.

By playing a mixture of all different types of music, including some of the major hits remixed and mashed up, a DJ can take an audience on a wild journey.

Some people may not even notice what is happening, as the music takes control of their body and influences their actions subconsciously. Overall, an amazing playlist will affect people's perspectives of what he or she is thinking and how they should be feeling in that exact moment. A skilled DJ will observe individuals' reactions and gauge which song to play next, based on the crowd's reaction and response to the current song playing.

Surprise the listeners

Determining the next song is based on many different variables. The most important thing to consider is dropping a track to surprise the listeners. Something to get the people shouting "ohhhhh" is what works best. The most common songs are old-school throwbacks, silly songs or songs that seem like they don't belong in DJ sets, like "The Macarena." Remember, these songs must be within the context of the night.

A first-class DJ will watch the spectators and study when they are taking another sip of their drinks, along with when people begin dancing to the music.

It's the DJ's job to set the pace for how fast things will progress in a night, while still making sure everyone is having a great time at the slower moments. The DJ must win people over with a mixture of upbeat slow tempo songs combined with the downbeat faster tempo tracks. This variation will diversify the liveliness throughout the room, making sure the energy flows smoothly.

It is imperative to play a few lower energy songs, despite the nat-

ural reaction to increase the energy. Slower songs give people a chance to breathe and rest before going hard again. Significantly, these breaks will send people to the bar, where they will spend more money and increase the venue's profit.

Stand out

When the venue generates more money, the owners will obviously be more likely to hire a DJ again. Every time a DJ plays they make an impression on everyone listening, and on the people who pay the wages. A DJ who stands out will be remembered and will have a better chance of repeat business.

The key to being remembered as an awesome DJ is to layer your DJ name in the mix, through the use of samples. Throughout the evening, drop in a sample at the right the moment and you can hype up a crowd in a few seconds. The samples serve multiple purposes but the key is to get people to know who you are. Other functions include song transitions such as switching to higher or lower bpm's (beats per minute). An example of a typical DJ sample would be "you're listening to NR92" or "This is The 92 Minute NAIT Mix with djBohLd"

Speaking of The 92 Minute NAIT Mix, on Thursday afternoons at 4:30, if you get a chance, check out my live on-air DJ-Mix-Show on NAIT's Campus Radio Station – "NR92". Listen @ nr92.com or with your Smartphone, using the free "Tune-In Radio" application that is found in the app store.



Photo by Brett Bohl

FASHIONISTA OF THE WEEKSTA



Photo by Ciaran Boyle

Tasy Brown Photographic Technology

How would you describe your style? – My style doesn't have any true words to describe it. I usually go with the mood I'm in to choose an outfit!

Where are your favourite places to shop? – I love to shop at Winners and the Nike outlet primarily but the sales rack at Aritzia, Urban, Elevate and Lululemon fit me quite comfortably!

If you could pick one song to describe your style, what would it be? – Sun Models by Odesza - it's such a chill song!

What is one clothing item you would like to own but currently do not? – A gold sequin blazer!

The Grammys: What's art got to do with it?

By NATE BRYANT

If you missed the Grammys, you missed out ... kind of. It really depends.

What I am about to give you is a recap of the Grammys from the perspective of a dude. First off, hard rock and metal got snubbed, as always, so don't expect anything different. A bunch of pop stars won, and celebrities wore really weird outfits, just like every single year before. Nothing changes, nothing has, nothing ever will. But that doesn't mean there weren't fun parts!

Beck won Album of the Year and even he looked surprised. When the camera showed his face after his name was announced, he looked really shocked. He got up on stage and looked a little flustered and then, things just got worse for him. Right behind him as he got on that stage was the man, the legend, the moment ruining jerk, Kanye West.

Kanye went for the award, then stopped, like a fake out and shook one single finger to say "nope, not today!" and went back to his seat. This was obviously a joke and reference to his Taylor Swift incident a few years ago, when he went up after T-Swift won Best Music Video at the VMAs and grabbed the mic before she could talk and loudly announced that Beyoncé had one of the greatest music videos of all time. Everyone knows that moment, I just wanted to remind you because holy crap, what a butt munch.

So anyway, we all awkwardly laughed it off and went back to not caring. I was just happy a rock artist actually won, I mean, way to go, Beck. Then afterwards, to the cameras, Kanye said that the Grammys don't respect true artistry and, if they want real artists to come back, Beck needs to respect artistry and give his award to

Beyoncé. Really? Beck needs to give his award to Beyoncé to respect "artistry?" Well, sorry, Kanye, the dude only plays 16 goddam instruments and writes his whole album alone. Beyoncé needed four people to write just the lyrics to "Single Ladies." Just the lyrics! And Kanye calls them "real artists."

If you dig Beyoncé's music, that's great, and I'ma let you finish but Beck is one of the greatest artists of all time. Of all time! Not to mention that the Grammys isn't exactly a place for the best artists anyway.

It's all opinion. I dig rock and roll, you dig pop. I'm cool with that and we do have awards shows for rock and metal but getting upset because your friend didn't win is just lame. Beyoncé wins a bunch of other awards. I want to host an awards ceremony one day when Beyoncé is nominated for

every award and wins none, just to drive Kanye nuts. I don't think he could take it. Besides that, Sam Smith cleaned up and scored a bunch of awards, proving that he's better off without his ex.

Madonna tried to relive her youth by wearing some insane widow outfit, Iggy Azalea looked like an angry German mother about to beat her kids with a spoon and Lady Gaga actually looked pretty hot. I'm serious, look it up.

She wore this silver dress and had silver hair and I was thinking

"whoa, I would totally ask that girl out for a respectable meal."

Or, at least, that's what I'm allowed to put in an article. Other pop stars that have been pretty famous for wearing weird outfits actually looked pretty normal, too. Katy Perry and Nicki Minaj both took the more classic route this year and it worked well.



uk.celebrity.yahoo.com

Lady Gaga at the Grammys

DIY

Make your own holder for flowers/candles

By JULLIET KATENGA

Need some inspiration? Then oh boy do I have some inspiration for you. Have you ever wondered what fine things you could make with just some of your time and effort? Well let me tell you, plenty of things! I, for one, get tired of waking up every morning to face the same decors and items in my house. We all need a change. Adding some new items in the house improves mental health and makes you more alert to your surroundings.

Why would you make the effort and waste time to make flower and candle holders when you could just run to the store and buy one? Good question. The thing about this is that it involves money. Well, maybe a couple of bucks here and there may not be a big deal, but it can add up. Why not turn your trash into treasure – or into a brand spankin' new candle holder.

Did you know that the earliest candle holders were naturally hand made and out of rice paper? Interesting, isn't it? Although electric lighting has made candles useless, they are still used as ornaments or for enhancing the atmosphere in celebrations/special occasions.

OK, let's begin the project:

Making flower and candle holders may not require a shopping list for the tools you need, all you require is a few basic equipment, which you would probably find in your kitchen or garage.



wordofdecor.com

Materials:

1. Clothespins.

Wooden pins would be most preferable; actually, it would give your holder a sophisticated look. Any colour would do, depending on your taste, if you don't like the wooden color.

2. An empty can.

This could be a tuna can, tomato can, soup cans and the like.

3. Decorative items.

Papers, boxes, gift wrappers, pieces of cloth, dolls and the like.

Not forgetting candles and flowers, as they are the reason for this exercise.

Method:

- Take your empty food can and completely take its lid off. Be careful not to leave any jagged or rough edges as you want your handwork to look presentable and safe. A small can would be appropriate as the can's size should be relative to the clothespins. (That is unless you could get huge clothespins for a larger can). Again watch out, food cans may be sharp enough to cut your fingers!

- Collect your clothes pins in one place and stick them around the edges of your can. Remember not to leave out any gaps around the can as you do this. The clothes pins should be closely attached to each other. Take notice of your pins, they should completely cover your food can. It should look as if they are standing on their own.

- This is the fun part: You can now take your flower and place it in your food can (it's now called flower handle). If the flower doesn't fit well, cotton can be used to support the flower (but make sure the cotton isn't visible from the outside). Of course, you can add colorful papers, dolls etc. alongside your flower to make it more customizable.

- Alternatively, a candle can be placed instead of a flower. Preferably, the candle should be contained in a glass holder within your final product.

Finished! Can't get simpler than this!

Here are my favourite quotes about candles and flowers;

"It is better to light a candle than to curse the darkness."

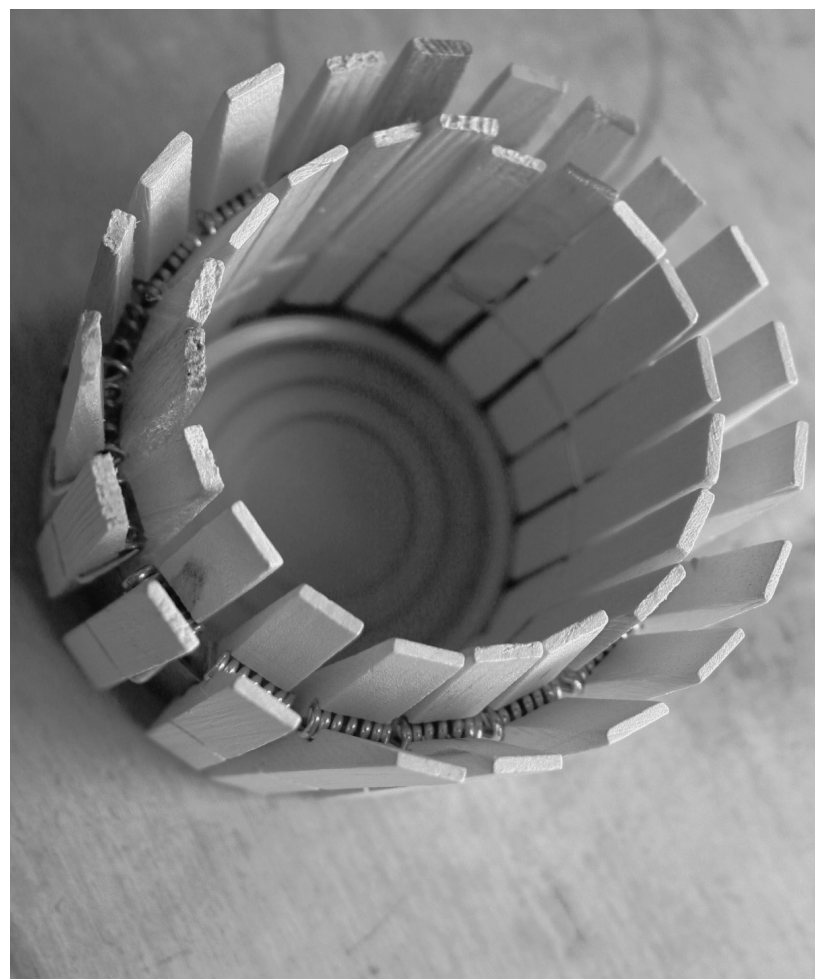
— Eleanor Roosevelt

"Just living is not enough ... one must have sunshine, freedom, and a little flower."

— Hans Christian Andersen



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Courtney see Hillary Clinton give a speech at the Department of State, she also witnessed human rights advocacy's positive impact first-hand.

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QUINTON BERGER

EDITOR’S EDITION

What is the meaning of life?



“Endlessly pursuing happiness whilst finding peace in the journey.”

Taylor Braat
Editor-In-Chief



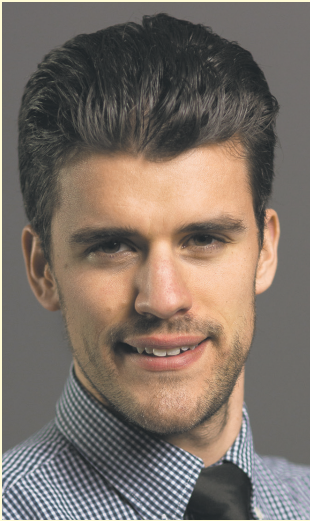
“Buying discount valentines chocolate and gorging yourself until you throw up.”

Ciaran Boyle
Photo Editor



“Working to become better than the person you were yesterday or the day before. To bring happiness not only for yourself, but for others.

Nicolas Brown
Issues Editor



“Living for something greater than yourself.”

Josh Ryan
Sports Editor



“For me, I’d say good company and living life to its fullest. Take advantage of opportunities given to you.”

Maria Tagliente
Entertainment

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
FFRIDAY | 8:00AM - 4:00PM

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MOVIE REVIEW

Subtle parody pays off

By BRYAN LENTZ

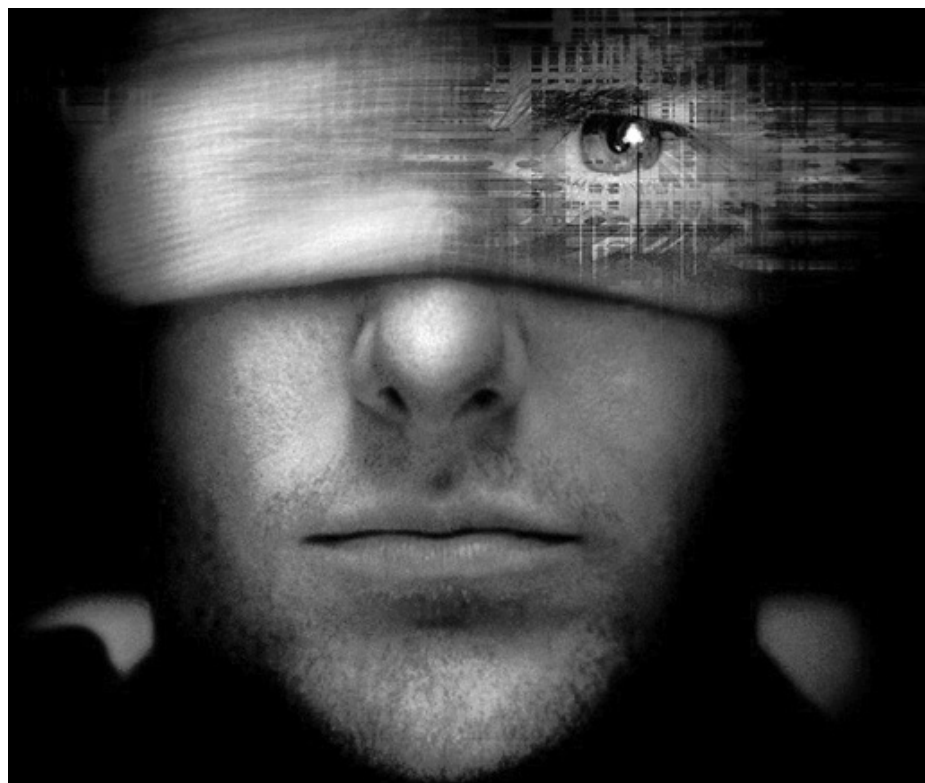
Featuring Tom Cruise and Colin Farrell, *Minority Report* is a futuristic thriller that, at times, comes across as a parody of the police-thriller genre. Set in 2054 Washington D.C., director Steven Spielberg cleverly brings together elements of humour, action and excitement with a subtle undertone of feminism that results in a much deeper quality to the movie than might be assumed at face value.

Tom Cruise's character, John Anderton, is chief of the city's "Pre-Crime" police unit that utilizes the precognitive abilities of three individuals to stop murders before they occur. When John himself comes up as a future murderer, he is pursued across the city and into the countryside as he attempts to clear his name. Eventually, it comes to light that he was set up by someone within the system, and *Minority Report* concludes with John finally turning the tables on the traitor.

The parodical elements are prevalent throughout the film and often verge on the absurd. In particular, when John makes his initial escape, he is surrounded by his former colleagues on jetpacks. What follows is a ridiculous sequence that sees the policemen crashing into each other and John

latching onto one fellow to facilitate his escape. The two drag along the ground, plowing through debris while others pursue on foot. The music that accompanies this scene gives it the tone of a slapstick routine, not a thriller. Later, there is a scene that makes a clear reference to bouffon theatre. John, having disguised his face into an ugly mask, drops the eyeballs he was going to use to get past a retina scan. He scrambles after them as they roll away down the hall and only just manages to catch one by the nerve before it falls down a drain.

Linked to this idea of parody is the intentional dismissal of feminist values that underlies much of the film. I recall at least four separate occasions when a female character is silenced by a male one. As well, John's wife knows just as much as he does and is equally capable of catching the traitor, yet busts John out of prison specifically to have him do it. When you couple this with shots of John's friends with arms crossed, muscles bulging and nodding in ignorant ascent, the effect is almost laughable. Far from being offensive, Spielberg's direction in these scenes makes it clear that he is poking fun at the hyper-masculine cop-thriller



www.wired.com

Tom Cruise in *Minority Report*

movies that preceded *Minority Report*.

All told, this film is surprisingly humorous and clever. I would recommend it to anyone who wants to see Tom Cruise star

in a movie that has more depth to it than simply watching him do impossible things.



RESTAURANT REVIEW

Farrow – simply the best

By TOM ARMSTRONG

That hip café you always dreamed about is just blocks from the hippest part of Edmonton, where bearded men pump the punk rock and smooth jazz, where the smell of super greens and classic breakfast food aromas mix together to make the ultimate breakfast food this world has ever seen.

On a cold day the coffee itself makes you perk up and say "today will be a better day."

This magical place is called Farrow, the best damn sandwich café in town. Monday through Friday, it's jammed packed with customers of all shapes, sizes and backgrounds. On Saturdays and Sundays when the weather takes a turn for the worst, everyone craves that

taste of home cooking and floods the entrance way. Not one, not two but five men standing willingly on the other side of the counter. They wait to take your order and give you the greatest pour-over coffee you have ever tasted.

It's a sandwich shop that changes its menu with the way the boys in the back feel on a given day but the one constant is the famous, almighty Brick Middle. Bacon, runny egg, smoked cheddar, arugula and rosemary aioli come together beautifully on a crusty Portuguese roll. The best part is when you get it hot off the grill. As you bite down on the perfectly hand crafted piece of bread and then feel the golden egg yolk, drip off the high in iron arugula. That first bite is something of a kick. It really does leave you wanting more.

Saturdays the lineup out the blue door can be as long as 10 minutes but, if you wait your turn, the payoff is worth it. There's spaghetti and meat sauce on garlic toast or even a cinnamon bun cut in two, served with mixed greens and sweet cream cheese. Lest we forget, it's the bacon and egg shoved between that brings an edge to those classic sandwich favourites and dropkicks that old baloney and mustard out the window.

A handful of gnarly staff awaits you at Farrow. Get ready for the best breakfast experience that you will ever experience. Located at 109 Street and 85 Avenue, this is one crazy experience for you, the foodies of tomorrow. Lick your chops and don't bat an eye because I guarantee, once you step in, you ain't never coming back out ... on an empty stomach, that is!



edmontonjournal.com

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 19-25

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

Pisces (Feb. 19-March 20)

You've been busy lately. Work. School. World of Warcraft. Your partner may be feeling neglected. It's time to make sweet

love to them. After you level up.

Aries (March 21-April 19)

Pluto is in retrograde. It's important to release any stress you may have. You might feel a stirring in your bowels today around lunchtime. Do not ignore it. Release.

Taurus (April 20-May 20)

This is an important week for you. It could be your most successful week ever but in theory it could also be your worst. Act today, not tomorrow. You can't predict the future, that's my job.

Gemini (May 21-June 21)

The cashier you've been making eyes with might think of you the way you think of them. Talk to them. Tell them your sign. They might also be a Gemini.

Cancer (June 22-July 22)

What happened yesterday is in the past. It might as well have happened 10,000 millennia ago. Don't

think about the ramifications. That person was wrong and you were right.

Leo (July 23-Aug. 22)

If you didn't get 100 per cent on your last exam, there is room for improvement. Study harder. You may find you'll get a higher mark if you study harder.

Virgo (Aug. 23-Sept. 22)

Remember that car crash aftermath you saw last year? Have patience while commuting today. Watch for brake lights. Drive the speed limit. Do this and you are statistically less likely to be involved in a collision.

Libra (Sept. 23-Oct. 22)

You may be experiencing a chill as you walk outside today. Consider taking measures to reduce that. Wear a jacket and maybe some mittens. But remember, a toque will block the flow of chakra to your brain.

Scorpio (Oct. 23-Nov. 21)

The paths of Mercury and Saturn sometimes intertwine. This could be why you have been feeling a temptation to sleep in lately. Give in to the temptation. Sleep.

Sagittarius (Nov. 22-Dec. 21)

You have been feeling melancholy this morning, when you are usually chipper. It's time for a change in your life. Consider a sharper fashion style. Perhaps you should straighten your hair.

Capricorn (Dec. 22-Jan. 19)

Something is irritating you today. Perhaps it is the alignment of Uranus with the moon. Perhaps it is the toilet paper you've been using. Either way, don't let it bother you too much. When Uranus points towards the Sun, your irritation will give way to warmth.

Aquarius (Jan. 20-Feb. 18)

It is the Age of Aquarius! Aquarius! Aquarius! You have an entire song written about your astrological sign. You don't get any advice.

ALBUM REVIEW

Not a one-hit wonder *Latest product worth a listen*

By MacKENZIE ROPPELT

The Dirty Heads are a reggae, rap, rock, alternative band that bring that new style we have all been looking for. In 2010, their album, *Any Port in a Storm*, had the chart topping hit "Lay Me Down" on both the US alternative and rock charts. Now, their latest album, *Sounds of Change*, dropped last July and has picked up another good response from US audiences. The album itself hit No. 1 on the alternative charts, and No. 2 on the rock charts. Their single, "My Sweet Summer" hit No. 3 on the alternative charts, showing fans that they are not just a one-hit wonder.

It's their creative style that draws people. Their use of words and conversational lyrics, performance enhancing effects and unique timber are what make Dirty Heads a band worth a listen.

The song "Burn Slow" is the perfect example of the conversational element in their writing. Their lyrics are relaxed and have an unscripted feel to them. They also use words in clever ways.

"Sniper with alliance, rifle breaks the silence, I'm shooting off my mouth to show the essence of defiance," from the track "Silence" is a good example of this technique. It's also clear the Dirty Heads are not trying to over complicate their music with complex

wording or confusing metaphors. Their message is always simple and well received.

An excellent example of lyrical clarity is found in the title track "Sounds of Change." This song is unquestionably speaking to listeners about the struggle that comes with fighting for what you believe in, even when others may not agree with what you're doing. The chorus: "You're building it up and they're breaking it down, wanna give up but keep holding your ground. Turning it up but they're deaf to the sound. Oh, the sound, the sound of change" holds a message that is both powerful and easy to understand. Lyrics such as these are a key element to this band's success.

Apart from the lyrics, the use of vocal and instrumental effects give these five artists a unique signature to a number of their songs. The beginning of "My Sweet Summer," for example, starts with a vocal drowned in reverb and a very mid-range instrumental giving it an almost muted quality. However, these effects give an interesting transition into the clear second half of the chorus and rest of the song. What's nice about the Dirty Heads is they don't abandon these effects entirely after using them once. In fact, they re-visit them in the bridge where they bring back the mid-range sound to the instrumentals, with minimal adjustment to the vocals. This gives good contrast



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The Dirty Heads

to the piece and gives their audience that very effective, repetitious motif they crave.

All of these compositional elements are what gives this band that distinct sound that their fans know and love. The smooth vocals and unique instrumental style bring a good variety to their music so not every song sounds the same. They provide a good range from a more hip-hop sound in "Burn Slow" to the laid back reggae feeling of "Radio." It's what made this album so hot last summer.

No doubt, *Sounds of Change* was bound for greatness and it definitely delivered. This album has brought the Dirty Heads new fans from all over. It's exactly the kind of attention these California boys needed to remind audiences of who they are. Currently touring around the United States and Canada, Dirty Heads are picking up attention wherever they go. Definitely keep your eyes on this band, and give their new album a listen.

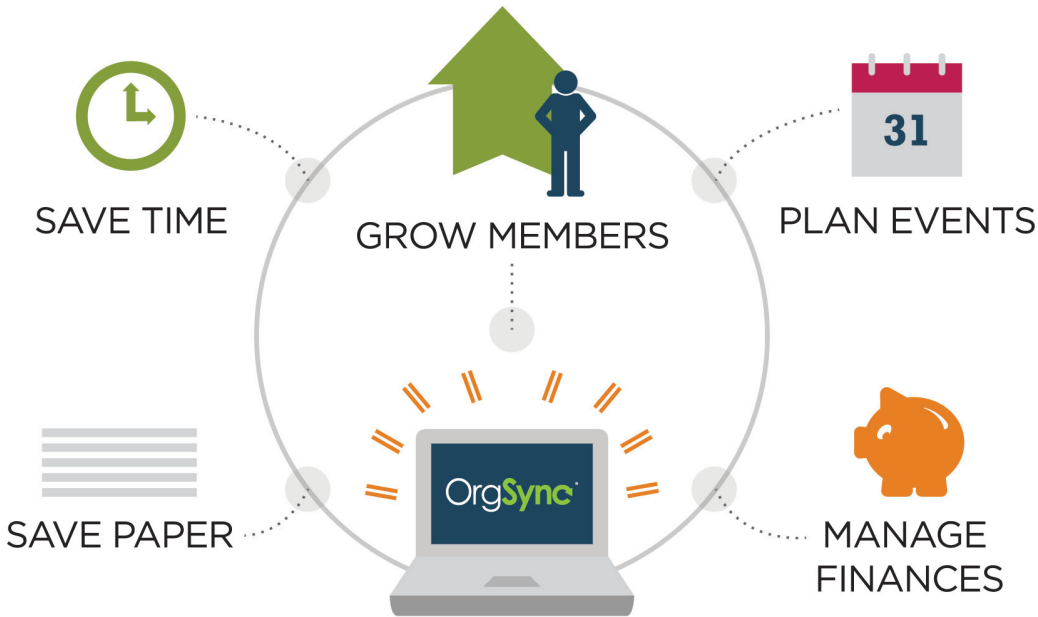
WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAITion Toastmasters	Every Monday from Sept. 15, 2014 -April 20, 2015	Room X-105
Aboriginal Students	Every 2 weeks on Monday's Jan 12-Apr 20 3:30pm-4:30pm	Room H-111

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
CETSC	Clothing Drive	Nov. 24-Mar.25 All Day	NAIT Campus Wide Donation Boxes
BCX	Clothing Drive	Tuesdays Jan 31-Apr 14 2:30pm-4:30pm	Outside NAITSA Office
Martial Arts Club	Off Campus Training	(Saturdays) Feb. 28-Mar. 14 3:30pm-4:30pm	Hayabusa Training Centre



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Check out the Clubs Website for other
upcoming Important Clubs Dates