

THE

NAIT **NUGGET**

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

THE GREEN TEAM

NAIT staff, students help power a city school, pg 4



NAIT photo

ALTERNATIVE POWER

Tim Matthews, left, with NAIT's Alternative Energy Technology program, and school teacher Herman Chang check out Hillview school's rooftop solar cells. NAIT students and staff designed and installed the photovoltaic array at the school to teach students about alternative energy production. The energy produced by the solar module will help power the school.

NEWS & FEATURES

Where did manners go?



NICOLAS BROWN
Issues Editor
@brucev

We've all heard the complaints that "kids these days just don't respect their elders." It's been a common complaint probably since humanity formed family groups. Yet there has always been a societal norm for what is considered polite.

Only now, it feels as though that social norm itself is starting to slip. With the ever-present online community and its oh-so-attractive anonymity becoming a standard in the way we communicate and interact with society, I've noticed a marked decrease in civility.

Sure, it's not to such an extent that I would say we have lost our trademark Canadian politeness but I remember a time when professional reputations were not recklessly smeared online or glib comments about violence made in normal conversation. Of course the argument could be made that I'm being swept up in this wave of "political-correctness" that is threatening our ability to even communicate effectively without offending someone and, certainly, our expectations have changed from the years when terms like "fag" and "queer" were acceptable to say in conversation.

Yet now we are frequently seeing such public displays of derision that are offensive according to current standards. This isn't a case of looking back and thinking how closed-minded we were, because now it is happening in real time. The only problem is, these people aren't looking in the mirror and realizing that they are closed-minded. Or even realizing what they are saying could be wrong.

As students, we all deal with instructors and have different opinions on their teaching styles or perceived competency. We also frequently share these opinions with



akohlstrom.blogspot.com

fellow students online – something that is perfectly legitimate and an excellent way to help your peers choose their classes and prepare for their studies. We need to be aware that what we post doesn't stay in a vacuum, though. Whether posted openly or anonymously, these opinions we share can have wide-ranging and, potentially, even reputational consequences.

This is especially true when posting these opinions anonymously. There must be some mysterious allure associated with posting ridiculous or mean things that I just don't get. I would like to say that we just need to follow the golden rule of "don't post something you wouldn't say to their face" but it seems that not everyone adheres to that rule anymore, either.

Look, I get it. We want to be able to speak our minds

and let someone know our opinions – and that's great! Open communication is necessary for personal growth and developing professional relationships, except when that communication crosses the line into the inappropriate. As our society continues to evolve, we need to be aware of those changing expectations or we risk being left behind.

I know it is difficult to keep up with all of the movements and demands for "recognition." At times, it feels like it's nearly impossible to treat each other like individual human beings with the insistence on correct terminology and avoiding anything that might offend somebody. Even though we live in a changing world, there is something to be said for those "old-fashioned" ideals of polite manners.



Vikram Vij

NAIT photo

Chef in residence

Renowned Canadian chef, entrepreneur and television personality Vikram Vij has been named the NAIT's 2016 Hokanson Chef in Residence.

The chef in residence program, now in its eighth year, provides students in NAIT's School of Hospitality and Culinary Arts with an opportunity to learn firsthand from the best chefs in North America. This year's residency will run from March 7 to March 11.

The School of Hospitality and Culinary Arts is giving away four pairs of tickets to a luncheon, which will take place on

March 10. Vij will work with students to prepare the meal.

The online contest runs until Monday, March 28.

The Hokanson Chef in Residence program kicked off with Canadian celebrity chef Rob Feenie in 2009, followed by David Adjey in 2010, Susur Lee in 2011, Massimo Capra in 2012, Chris Cosentino in 2013, Lynn Crawford in 2014 and Michael Stadtländer in 2015.

The program was made possible as a result of a donation from John and Susan Hokanson.



Supplied photo

Winning design

Innovation rewarded

By JENNIFER RAE

At the end of January, the sixth annual NAIT Architectural Technology student design competition awards reception was held and NAIT students were honoured with awards for innovative design of a fictional ATB Financial branch.

NAIT Architectural Technology students competed to win this design contest, which was sponsored by ATB Financial and Kasian Architecture Interior Design and Planning Ltd. ATB Financial asked the students to design a building for a fictional site in downtown Medicine Hat. It was required to be an innovative and functional bank branch that incorporated concepts of environmental sustainability.

\$8,500 total

There were several prizes awarded for a grand total of \$8,500 in award money given out. Kory Anel received \$2,000, second place winner Kienna Gibbard received \$1,500 and third-place winner Carolyn Fillion received \$1,000. Thomas Principe received the \$1,000 Kasian Award for Design Innovation. The other finalists were Rachel Johnson, Braydon Kennedy, Ji Won Kim, Kiriana Musselman, Thomas Principe, Phat Tang and Kelsey Wilkinson.

Long nights

According to Anel, it takes long nights and being open to reworking the original design to create a winning project. His initial design changed radically over the course of the last semester although the fundamental concept was not modified from start to finish. The word he chose to embody his vision was “shift.” He feels this word best expresses how keeping an open mind allows the shift in perception that can take an idea from commonplace to award winning.

“I believe that success in business and design comes from approaching ideas with an open mind. This allows for a mental change of perspective to occur,” he said. “That is what I call a men-



Photo by Jenny Tran

Student work on display

tal shift. Once this foundation was established, it allowed me to create a visual representation of this idea.”

The students had to construct the building from the inside out and it was the interior floor plans that Kory struggled with the most. In fact, the interior of his final 3D computer model ended by being reworked entirely in the weekend before the project was due.

If one of the goals of the contest is to have the students working with the 3D modeling programs and to become proficient in them, it definitely achieved its aim in Kory’s experience. By the end of the semester, Kory was flying through the model creation process on the computer in order to make all the changes he needed. Of the 96 hours in the last four days, Kory spent 80 of them at work on his final model.

“I spent a lot of time over thinking my layout and exterior form but as the last weekend approached, I finally was able to pull everything together and present my ideas clearly. I learned that I needed to let go of the time constraints and the ideas of what my project should look like and let my ideas form into something that I appreciated,” he said.



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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.

NAIT hands out some green

By GERVASE BRANCH-ALLEN

Students and staff from NAIT's Alternative Energy Technology program have developed rooftop solar panels for Hillview Elementary School. Designs for the system began in 2014. The panels are part of an effort to teach children about alternative energy. The project was funded by the City of Edmonton via a \$26,000 EcoCity Edmonton sustainability grant.

One of NAIT's values is building community and that was absolutely the goal of Alternative Energy Program chair James Sandercock.

"It's a real good opportunity for NAIT to give back to the community," Sandercock said.

"It's also a real good opportunity for our students to get real world experience on real projects. Under the supervision of NAIT staff, they took this from a concept to reality. We were happy to work with our partners on this project."

NAIT, the City of Edmonton, Edmonton Public Schools and Hillview school initiated this project as a collaborative effort. The solar array helps power the school, providing teachers with a first-hand example of alternative energy production for students. Real-time data is available for NAIT students (and the public), including information on how much energy is being produced.

"It has about the right amount of energy production on an annual basis to probably cover off about half of an annual home's electricity consumption for the average Alberta home," stated Sandercock.

"This array is an important tool in teaching our students about conservation," stated Hillview principal Duncan McColl.

"They will see how the solar panels are helping to offset the school's consumption of energy. We're excited to be contributing in a positive way to reducing our environmental footprint."

"The City is proud to be a part of this project," stated Environment Director of City Environmental Strategies Mark Brostrom.

"The grant program was set up to get Edmontonians motivated and excited to tackle environmental issues. Not only do solar panels promote renewable energy solutions and reduce greenhouse gas emissions, but they also present an opportunity for elementary school students to learn about alternative energy production and our City's Energy Transition Strategy."

NAIT's Alternative Energy Technology program explores non-traditional sources of energy and the benefits of using more environment friendly energy resources. Students in this program have the opportunity to apply their knowledge and practical skills required for careers in the energy industry.

Demand for alternative energy sources is growing rapidly. With the price of oil rapidly decreasing, other energy sectors are expanding. While the oil slump is problematic for Alberta, NAIT students in the Alternative Energy Technology program have a bright future ahead of them. Careers in renewable



NAIT photo

Tim Matthews, of NAIT's Alternative Energy Technology program, checks out the solar panels on Hillview school.

energy are increasing with the evolving industry. Hillview school's solar photovoltaic array is just the start of the changes Alternative Energy students can make to the community.

Watch your step online

By JENNIFER RAE

Looking for a new job or taking the next step up in your career? It used to be that taking a hard copy of your resume to targeted employers was the way to go. Then, it was e-mailing a resume with an appropriate introduction. Now you can count on employers to come to you whether or not you are seeking a new employment option if you play your social media cards appropriately.

According to the booklet handed out at the NAIT Career Fair 2016, 87 per cent of employers use LinkedIn as a recruitment tool, 55 per cent use Facebook and 47 per cent use Twitter. Given that information, it becomes most important to groom your social media presence with the same care you take dressing for an interview.

LinkedIn is a site for professionals and is meant to contain information related to your chosen career. Many people have diverse areas of interest and some have education and experience in many fields, so a great rule to follow to prevent information overload, is to post only content that is related to what you are doing now or are looking to move into.

It is possible to post links to work that you have done, for example, a PowerPoint presentation can be viewed through the slide show feature on LinkedIn. There

are numerous other quick links for sharing information with your network. Check out all the information you can on your chosen forum.

Maren Hogan, CEO of Red Branch Marketing, has an article at Entrepreneur.com that has some great tips and links to such articles such as *Stranger danger: Three good reasons to refuse a LinkedIn connection request*. There are many resources online that will give you information for setting up a LinkedIn profile.

The five top tips that show up consistently:

Personalize titles: Whether it be job titles, unique URLs or the title of a blog, keep in mind to use the keywords that employers will likely be searching.

Profile pictures: Can again be personalized, just remember that business casual is the best for those informal takes on the front page of Facebook. Keep the bikini shots on your gallery wall. For LinkedIn, a professional head-

shot is best, if you can get it.

Language: Again, keep it professional, no slang or swearing. This means on any account be it Twitter, Instagram or Facebook. Why? Because you will want to link your accounts. Make it easy for an employer to see what you are like at work and at play. If you like to swear and it is part of being around your friends, then that is the place to use it, around your friends.

Be aware: People you follow can be as much an expression of your personality as people you do not. A great suggestion for LinkedIn is to refuse connections with people you haven't worked with. A connection on that social network is an endorsement and, if you don't know them, you don't know what they are connected to or what they stand for and therefore you are not fully aware of what you are endorsing.

Keep it short and to the point: Your profile is not the only profile employers will be searching. The easier it is to read and get the point, the quicker the employer takes away a good impression.

Social media has made it easier for employers to find qualified candidates. Do your research, create your brand and keep it consistent across all your social media platforms because when you get it right you may never have to print out a resume again.



REFLECTIONS AND INSIGHTS

You can set yourself free

By JAGRIT BAJWA

Am I free? This is the question you can ask yourself to have a glimpse of the world you have been going through. Then suddenly you realize how much we are chained and bound by the things around (the outside world or the world inside). You want ultimate freedom, free of any 'checks' on the things you do either publically or in solitude, but your ego gets hurt immediately when you are taught what to do and what not to. Your mind is a great force which can shape your life in any way depending on the choices you make. Despite knowing that, falling as a slave to the mind is a common practice. You become its prey and your hold to guide it towards more oneness and inner congregation is lost. Thus, you are welcomed to the vicious circle of your mind's activities which are known for their thrust of lust, anger, jealousy, pride and ego.

Your thought processes come from the mind. The better the thoughts are, the more are you elated. But are you actually free? In a situation when you have to prove yourself or when you have to give your best to attain something or when your good performance is every-

thing for you, you are chased by the imposed expectations of others as well as your inner expectations. In that process, you feel like your enjoyment for the things is lost and the burden has started taking control over you.

Then you tend to pressure yourself. The anxiety within dominates the thought process and the peace within disappears, you may go through sleepless nights as well. All these are the results of the unwanted thoughts that came across and got you entangled every time you thought about them. Your mind always lives in either the past or in the future, and thus you are not able to enjoy the present moments and don't live in them. Instead of considering it to be the gift of the god, you tend to raise your anxiety levels by over-thinking about the situation and resulting in the least performance as per your capability.

Being free is an art of putting the thoughts into you, which let you be the person who you actually are. You are able to think in your own natural way and give yourself the direction to enjoy



everything you possibly can, while putting in efforts to attain goals which you always desired.

Your thoughts need to standstill if you really want to feel the freedom inside and to feel the state of bliss where you are above all the weird thoughts of the past or the future. Your mind is full of ideas, opinions, views and perceptions. but you have to dictate it in a way that they should come up only when you

want! Otherwise it will again come in between the real freedom (the state of being happy eternally) and you. Remember once again, you can be the master of your mind and let it not dictate you, the task tougher than conquering Mount Everest. This is the only way to free yourself from the slavery of thoughts of lust, anger, jealousy, pride and ego and enjoy your life's journey to the fullest based on your natural instincts.

BLACK OUT PERIOD STUDENT HEALTH & DENTAL BENEFITS

New Winter 2016 students will be added to the plan by the end of February.

Keep your receipts to submit claims later!

For more info visit: nait.ca/health-and-dental

We will announce when the plan is active on Portal and Twitter @naitplan.

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Point ^{Agreed} Point Wall of worry



JOEL LECKIE

If you've been paying attention to the campaigns from down south and it's pretty hard not to, then you may be aware of the idea coming up of building a wall between Canada and the USA. Seriously? That sounds a little bit on the ridiculous side. But apparently, according to a survey of 1,000 American adults, 41 per cent are in favour of the idea.

First off, what exactly is the cost-benefit of building this great wall along the 49th? I doubt a simple barbed wire fence is going to do much good. Are we talking 10 feet of chain link along the entire border? Or is this supposed to be 40 feet of reinforced concrete? There is almost 8,900 km of land to cover. They actually calculated that an average style pedestrian fence could cost more than \$23 billion in Canadian dollar equivalent. But since when will they settle for anything pedestrian? And that doesn't count if we want a second wall blocking Alaska, which adds another nearly 2,500 km. For that cost, I'm sure you could put in a new hospital or two. Per city.

Keeping people in or out?

Second, who exactly is this supposed to keep out? Is this to prevent Canadians from getting into the USA? Maybe we want to escape our health care for something more privatized or pay triple for our schooling. Is it to prevent Americans from escaping into Canada? They can leave their sunny beaches and free market economy for six months of snow and dark. Though I think Matt Damon might be right in his evaluation that a wall could protect the US from the white walkers. Then, our "King Beyond the Wall" can put a dedicated team of young men to work protecting the border. If they can handle their chastity oath, that is.

Hazardous for trade

Third, what would happen to trade if this actually went forward? Due to proximity, the USA offers us one of our best trade relationships and we are one of theirs. I'm sure part of the plan to pay for this monstrosity would be to increase trade taxes and tariffs. It would cost more for imports and exports and the market is not going to like that one bit. This trade relationship would come into serious jeopardy. It might even make it harder to watch *Jeopardy*. Or buy the *Jeopardy* board game.

So yes, build your wall if you must. But I don't think it's going to do you any favours in global perception. I mean, I'm not going to be rushing down there anytime soon. Not permanently, at least.

So long as we are still allowed, I'd like to hit Florida for a couple weeks each year to escape the snow.



CONNOR O'DONOVAN

A wall between Canada and the USA? Preposterous, Scott Walker! I'll tell you why.

First of all, the border is over 5,000 miles long! That's going to take a long time to build! Think of all the events you'll miss! The Super Bowl, the Daytona 500 ... There's beer to be drunk. There's chicken wings to be devoured!

And what will you do in two years when you all have to start campaigning again for the 2020 election? Abandon the whole thing? Plus, assuming the construction of the wall will be a co-operative effort between our governments, think of all the extra effort it will take to metricate your imperial measurements. Is it really worth it?

Keeping yourself in

Come to think of it, you're really only keeping yourself in by building a wall,

not keeping others out. When the time comes to invade us for our bountiful bevy of freshwater lakes, you're going to have a bothersome barrier to beat. You didn't build a wall around Afghanistan did you?

On that note, think of all the hurdles you'll create for free trade! How many of our valuable exports are you willing to do without? Justin Bieber? Rachel McAdams? Maple syrup?

Winter?

What good will the wall be in the winter? Surely our massive snow drifts will turn it into a hike-able powder mound. We'll be able to hitch up our dogsleds and ride right on over.

Then again, I suppose a winter-specific wall could have some merit – it could provide much needed work for those in the igloo construction industry looking for work. Just make the entire thing out of snow!

Honestly though, building a wall between us is overkill. Whatever we did, trust us, we're sorry, eh.



OPINION

— Editorial —

Ideas – choose wisely



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

I wanted to write about North America's current obsession with true crime stories and the ethics of treating real criminal cases – such as *Serial*, *Making a Murderer* or Ryan Murphy's new show *The People vs O.J. Simpson* – as entertainment and fodder for our water cooler discussions. However, in the past week or so that the story idea has been developing in my mind, I've seen *Salon*, *Slate*, *The New Yorker* and a few other arts and culture publications tackle ideas on the same vein. After reading a few too many articles on the topic, I threw my original plan for this editorial into the recycle bin.

No original ideas

As someone working in creative fields, both as a writer and a design student, I must strike a balance between staying current with the work being produced in my field without regurgitating old ideas and meeting the challenge of staying on top of today's beautifully diverse and vast media landscape.

There's no such thing as an original idea – I'm not sure who first said that but I definitely don't dispute it. T.S. Elliot once remarked, "Immature poets imitate; mature poets steal; bad poets deface what they take and good poets make it into something better or, at least, something different." We create things (whether it's creative work or even the choices we make in our lives) as a feedback to the things around us. We pick what we like and dislike in response to what we experience. Anecdotally, I believe my story idea originally came from a discussion on either the *Slate Culture Gabfest* or NPR's *Pop Culture Happy Hour* about *Making A Murderer* and noticing a headline about a new hearing for Adnan Syed (from *Serial*), I was struck by the fact that some of these cases that we are consuming in hungry media binges are unsolved cases.

Blessing and a curse

The broad sprawl of media sources that have blossomed as a result of globalization and the miracle of the Internet is both a blessing and a curse. With a few clicks of a button we can access so much information! But where I used to read a few magazines a month and a couple of regular news sources, I have access to newsrooms around the world, podcasts on any subject and thousands of magazines to glean inspiration from.

So how do we pick? Is there an easy formula? I'm constantly clicking "save for later" or pressing pause on the

latest podcast I'm listening to. While I argue that we're blessed by the diversity of our media landscape, I'm occasionally overwhelmed by the challenge of staying current. One of the ways I cope is by narrowing my focus to gain a depth of knowledge in areas that I'm particularly interested in and only broadly skimming the surface in other areas.

Finally, one of the most important steps to creating a new idea from your inspiration is to ensure your product

is original and provides a valuable new perspective. With so many voices chiming in on the same topic as I had been considering, did I feel I needed to add my voice to the collective? No, I didn't have anything I felt was unique or added significant value to the conversation.

We live in a world driven by consumption and creation. I challenge you to try and be conscious of how you develop your ideas!



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SPORTS

Crosby's just – Crosby



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

A Stanley Cup, two Olympic gold medals and a World Championship – there's not much Sidney Crosby hasn't accomplished in his hockey career. But after a slump earlier this season, many were doubting whether or not he could still be considered the best player in the

National Hockey League. And, after he was snubbed by the league for the all-star game, even though this was the first year that he was actually healthy enough to play, Crosby has since bounced back into his dominating ways. A hat-trick and a four-point night against the Ottawa Senators on Feb 2 was all it took for Crosby to get right back into it. A goal in a losing cause for the Penguins on the 5th, then he hit a career benchmark with his 900th career NHL point in a late rally win against the surprising Florida Panthers on Feb 6.

Crosby's success isn't just about himself either. His teammates are also reaping the benefits of having their captain on

a tear as of late. Crosby's linemates, Chris Kunitz (one goal, four assists in those three games combined) and Patric Hornqvist (one goal, two assists) have all been contributing more. The Penguins most offensive defenceman, Kris Letang, has three goals and two assists in the three games since the all-star break.

The Penguins have also been surging since the firing of head coach Mike Johnston in mid-December. When Mike Sullivan took over the team, Crosby had just 18 points in 28 games. Now, under Sullivan, Crosby has 34 points in Sullivan's 23 games as the bench boss.

Considering Crosby's career-high

51-goal season in 2009-10 (the season after the Penguins won the Stanley Cup), there were many factors for his numbers since. His infamous concussion in the 2011-12 campaign and missing most of the next season because of it adds up to almost one and a half seasons missed. Before his concussion, he had 32 goals and 64 points in 44 games played. Post-concussion, Crosby only played 22 games before the start of the 2012-13 season, on and off because of recurring symptoms.

At the time of writing (Feb. 9), Crosby had scored in seven consecutive games, tying Patrick Kane for longest goal streak this season. His team has won six of seven during his streak and he has propelled himself to fifth in the league scoring race.

That's just Sidney Crosby being Sidney Crosby.



Sidney Crosby

ROUNDUP

Badminton team champs!

By **BRIDGETTE TSANG**

The NAIT Ooks badminton team was unstoppable at the final ACAC regular season tournament, taking home the ACAC Team Championship for the second year in a row. The tournament took place at Olds College where the Ooks were heavily favoured to win most of the events, going in with an 80-point advantage over their next best opponent, the Concordia Thunder.

Ook Nick Roque rocked his event and captured the difficult Triple Crown by winning men's singles, men's doubles (with partner Jeffrey Ko), and mixed doubles (with partner Rosanna Chan).

On the women's side, Kai-Li Huang continued her dominating ways by finishing second in women's singles and women's doubles (with partner Rosanna Chan), but lost in the semi-finals of mixed doubles (with partner Dustin Kwok).

In total, the Ooks added another 148 points for a total of 299 – a 112-point difference from second place Concordia Thunder – to earn the team championship.

Head coach Jordan Richey was extremely impressed with the results of the weekend.

"I am so proud of our entire team's play this past weekend," said Richey.

"The fact that we went into this final tournament without arguably our top two players and still came out with the same amount of points as the first ACAC event is truly an indicator of our team's depth and strength."

The third-ranked team in the nation is set to host the 2016 ACAC Badminton Individual Events Championships on Feb. 20 at the NAIT Gym. The gold and silver medallists of this event will go on to represent the ACAC at the Canadian Collegiate Athletic Association National Championships March 3-5 in Nanaimo, BC.

Volleyball

Both the women's and men's volleyball teams bounced back in the win column this past

weekend against the Augustana Vikings. Friday night, the ladies came away with a huge road win, taking the cake 3-1. Captain Candice Hughes led her team with 15 kills on the night. Rookie Natasha Ng also had a great night and contributed seven points to her team's cause. The Ooks brought their momentum home the next night and won the first two sets by a huge scores. However, they suffered a bit of a hiccup in the third and fourth set, subsequently bringing the game to a fifth and final set. The Ooks eventually came away with a

15-6 fifth set win and swept the weekend against the Vikings. Ng shone once again for the Ooks, providing her team with 17 momentous kills, three service aces, and 20 points to earn her player of the game honours.

Over to the men's; it's never an easy task taking on the defending ACAC champions, but the Ooks made it look simple as they swept the Vikings this past weekend. Friday night, the Ooks fell short in the first set, but bounced back to take the next three to take home the 3-1 road victory. Cole Burkhart and Trevor Zemlak both finished with 11 kills on the night, while Braydon Kennedy provided 4 powerful service aces as the Ooks prevailed against the Vikings the first night. The next night was much of the same for the Ooks, only the score was in straight sets instead. Burkhart led his team's offence with 10 kills and 13 points. Zemlak finished with 5 good serves and powered the Ooks with 15 points on the night to earn him player of the game.

Four games remain in the regular season for both teams. The ladies are two points shy and fighting to keep their playoff hopes alive. The men are in good position and are a shoe-in as they are the hosts of this year's ACAC Men's Volleyball Championships Feb 25 to 27.

You can catch the Ooks as they finish their regular season against the Concordia Thunder Feb 12th (NAIT Gym, 6 p.m./ 8 p.m.) and 13th, and against the Keyano Huskies Feb 19 and 20 on sportscanada.tv/acac/naitooks.



Photo by Jesse Kushneryk

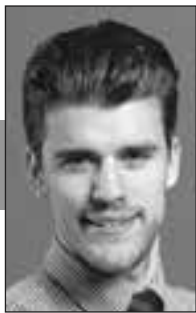
NAIT male athlete of the week Trevor Zemlak spikes the ball during a volleyball match against Augustana on Saturday night. NAIT won 3-1.



Jordan Richey
'Proud'

Keeping Score

Is this Raptors' year?



JOSH RYAN
@JoshRyanSports

Like the Jays, I was able to jump on the Toronto Raptors bandwagon just before they started to roll a few years ago. Since then, they've become a playoff staple in the East and easily the best team in their division. Yet, they still receive no love from down south and even fans north of the border refuse to latch onto this team as one to watch for the next several years. Even the prospect of this upcoming all-star weekend in Toronto hasn't changed this group's views.

I find this surprising. Masai Ujiri has performed miracles in the T-dot since he arrived in the summer of 2013. Andrea Bargnani and Rudy Gay were dealt and, in return, we received quality role players, draft picks and a ton of cap room to manoeuvre for several years. DeMar DeRozan and Kyle Lowry are all-stars, Jonas Valanciunas is becoming a double-double machine and Terrence Ross is finally starting show signs of being the spectacular two-way player the franchise hoped he could be.

Yes, the playoff exits were devastating. But this year, the makeup of the squad is different. No longer do the Raps win by firing off threes and going to isolation ball. Now, they've become a gritty defensive team, with depth coming off the bench, even without the off-season signing of Demarre Carroll, who's been sidelined with an injury. They win through team basketball and hustle but have two players capable of creating their own shots in the dying

seconds of a game.

There are no signs of any steps backward. The squad can play with elite teams like the San Antonio Spurs and Los Angeles Clippers, they are clearly dominant in their own conference and are showing signs of being able to win multiple rounds in the playoffs. And this weekend's festivities are about to bring the spotlight of the NBA to Canada in a way that's never been seen before.

Many kids grew up watching Vince Carter befuddle opposing players but many more are now watching DeRozan do that. Not only do the Raps have exciting players, but they are legitimately good! If they can re-sign DeRozan in a manner that allows them to pursue other players, this team will be a contender in the East for several years. And if they are in the East, who's to say they can't advance? The Cavs, while good, are a mess and every other team has significant weaknesses.

True, the Raps could use one more piece in the lineup come playoff time. But if Carroll gets healthy or if T-Ross takes the next step, then they're right in that pantheon of great teams.



BRENNAN KLAKE

I'll admit that it's hard to ignore a bright future in Toronto. This Raptors team is a pleasure to watch.

Keeping pace with the Cleveland Cavaliers? Impressive.

An 8-1 record against teams in their own division? Impressive, too.

One has to wonder, though, what it's all building up to. Is this a contending roster? Can this team win a championship? It's tough for me to say yes. There's still a laundry list of things to prove for Toronto and I'm not sure if the current roster can check all the boxes.

Can the Raptors beat Cleveland? They did back in November but if they have to win on the road in crucial games, then they

could find it difficult. Their last game in Cleveland? A 22-point loss.

Can the Raptors make it to the second round? A second-place team in the East normally shouldn't have a problem but it depends on the matchup. The Chicago Bulls have a 2-0 season record on the Raps coming into Friday's game between the two teams and are hovering around the seventh seed. Toronto also lost its last matchup against Indiana. In one of the strongest years in recent memory for the Eastern Conference, the Raptors are going to have to face tough teams early on.

Another question: Do they have the depth to make a real push?

DeMar DeRozan and Kyle Lowry have combined for an average of 44.3 points per game for the Raptors. They don't have any other players who score 15 points per game and rotate some bonus scoring from Jonas Valanciunas, DeMarre Carroll, Luis Scola, Terrence Ross, Cory Joseph and Patrick Patterson.

In last year's playoffs, Lowry and DeRozan only combined for an average of 32.6 points per game and their next two best scoring players are no longer with the team (Lou Williams, Amir Johnson). Can the Raptors still win if one of their guards goes cold? They don't have that dangerous third option that teams like Cleveland, San Antonio or the Golden State Warriors have for many years ahead. Two guys scoring all your points won't be enough. Ask the Oklahoma City Thunder if Kevin Durant and Russell Westbrook alone have won them a championship. They never could top the Miami triple threat of LeBron James, Dwyane Wade and Chris Bosh (and Ray Allen).

I don't want to pour water on a red-hot team that seems fired up heading into the all-star weekend. I truly enjoy the work ethic and determination that Dwane Casey has brought out of a potentially underrated dark horse for the NBA title. It's nice to see a team in Toronto that has real hope.

I just wish they had another weapon.



Terrence Ross

bleacherreport.com

Hours for recreation facilities

Gymnasium – Informal Recreation Monday to Thursday

11 a.m.-1 p.m.; 3 p.m.-4:30 p.m.

•••

Sports Equipment Centre (E-026)

Monday through Friday until Sept. 18
10:30 a.m.-1:30 p.m.; 2:30 p.m.-9 p.m.

•••

Fitness Weight Centre

Monday to Friday

5:45 a.m.-9:45 p.m.

Saturday and Sunday

8 a.m.-2 p.m.

•••

Pool

Monday to Friday

6-8 a.m., 11 a.m.-1:30 p.m.; 3:30-6 p.m.

Saturday and Sunday

8 a.m.-4 p.m.

•••

Arena

(Drop-in hockey)

Monday and Wednesday

1 p.m.-4:30 p.m.; 12 p.m.-4:30 p.m.

Tuesday and Thursday

Friday

1 p.m.-4 p.m.

(Drop-in Skating)

Monday, Wednesday, Friday

11 a.m.-1 p.m.

Tuesday and Thursday

11 a.m.-12 p.m.

MEN'S HOCKEY

26 victories, no losses

By FARYAL BASHIR

The NAIT men's hockey team swept the Portage Voyageurs in a home-and-home series this past weekend.

With those wins, the Oaks tied and surpassed their own 25-0 regular season record, set in 1984-85.

On Friday night, it took a while for the Oaks to get going, but they managed to shutout the Voyageurs with a 3-0 win. The following night they travelled to Lac La Biche in hopes to continue their undefeated season, which they did with a 5-2 victory.

Friday evening's game started off slowly. The Oaks had 22 shots on goal and held the Voyageurs to only four. After a scoreless first period, Oaks d-man Sam Waterfield got the puck from a nice feed from teammate John Dunbar and got his team on the board first with a sweet short-handed goal and held the lead all the way to the third. Halfway through the third period, the reverse happened as John Dunbar fired

in a power play goal assisted by Sam Waterfield. With a few minutes left in the game, the Voyageurs were getting frustrated as they had yet to score a single goal. The Oaks took over and played a little tic-tac-toe; Tanner Dunkle to Dante Borelli to Trace Elson, who drove in the puck to land home and shut down the Voyageurs 3-0. Trace Elson is now the third leading scorer in the ACAC standings. This was also the third time the Oaks have shut out a team this season.

Saturday night's game kicked off a little faster than Friday's. Portage looked to bring some steam to their game, but the game didn't start or end in their favour. The first period was quick and dirty, and just four minutes into the frame, Ook Tyler French passed the puck to Riley Sheen who then put it past the Voyageurs goalie, and the Oaks led 1-0 heading into the second. A few minutes into the second, Oaks centre John Dunbar picked up the puck and dangled past the d-men and scored unassisted. With less than

a couple minutes left in the frame, Voyageurs squeaked one in on the man-advantage to get on the board. The second ended 3-1 for the Oaks. In the third, the Voyageurs were trying to get their momentum back and they did just that as RT Rice scored with 29 seconds into the period. However, that didn't prove to be enough as Ook Ross Martin fired the puck on net from the top of the circle that went to Klarc Wilson's stick and Wilson scored on the rebound. Shortly after, the Voyageurs pulled their goalie for an extra attacker, but Oaks Tyler French gained puck possession to score an empty netter and his second of the night as the Oaks captured the 5-2 win. Oaks goalie, Brendan Jensen got his first start in net this game and made total of 17 saves.

After scoring his fourth goal this season on Saturday, Ook Klarc Wilson was satisfied with the wins, "I think we played pretty well. Ran into a hot goaltender but just kept playing our structure and was able to pull off the wins."

Assistant coach Umberto Fiorillo believes the team has areas that it can work on despite their perfect record so far.

"Collectively, we need to do a better job of playing on the inside of the rink more consistently and getting bodies to the net to create traffic and capitalize on secondary chances around the net," he said..

Their toughest test yet this season comes against the Augustana Vikings on Wednesday on home ice and visit the Vikings in Camrose the next night.

"We will need to quickly turn the page and start to prepare for Augustana. Our team is excited for the challenge against a very good hockey team"

With only four games remaining in the regular season against the Concordia Thunder and Briercrest Clippers, the Oaks hope to work out some of their flawed areas in the game in time for the playoffs.

For full schedule information, visit nai-ttools.com.



Photo by Jesse Kushneryk

NAIT forward Scott Fellnermayr gets set to take a shot during a game against the Portage Voyageurs on Friday Feb. 5 at NAIT arena. Oaks won 3-0.

ACAC Standings

MEN'S HOCKEY												
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts			
NAIT	26	26	24	0	0	0	154	50	52			
Augustana	26	18	16	3	2	3	102	59	41			
SAIT	28	12	12	12	0	4	93	89	28			
Keyano	26	12	11	10	1	3	85	89	28			
MacEwan	28	12	11	12	3	1	110	84	28			
Red Deer	26	12	12	11	0	3	88	76	27			
Portage	26	8	7	11	0	7	66	90	23			
Concordia	26	5	4	16	3	2	66	112	15			
Briercrest	28	3	2	24	0	1	59	174	7			

RESULTS

February 5

NAIT 3, Portage 0 -

Augustana 6, Briercrest 4

SAIT 5, Red Deer 2

MacEwan 8, Keyano 0

February 6

NAIT 5, Portage 2

Augustana 6, Briercrest 4

MacEwan 4, Keyano 1

SAIT 5, Red Deer 1

WOMEN'S HOCKEY												
Team	GP	W	RW	L	OTL	GF	GA	Pts				
Red Deer	20	16	12	2	2	55	26	34				
MacEwan	20	12	10	8	0	55	40	24				
SAIT	22	10	8	8	4	47	45	24				
NAIT	20	9	8	8	3	47	46	21				
Olds	22	5	4	16	1	28	75	11				

RESULTS

February 4

NAIT 3, Olds 1

Red Deer 2, SAIT 1 (OT)

February 6

NAIT 2, Olds 1

Red Deer 4, SAIT 3

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Keyano	20	15	5	30	1684	1435
NAIT	18	14	4	28	1452	1293
Grande Prairie	20	12	8	24	1642	1601
Lakeland	20	11	9	22	1525	1526
Concordia	20	8	12	16	1576	1604
King's	20	6	14	12	1521	1624
Augustana	18	2	16	4	1250	1533

South Division

Medicine Hat	17	12	5	24	1377	1290
Red Deer	15	11	4	22	1418	1221
Olds	15	11	4	22	1439	1308
Lethbridge	15	9	6	18	1377	1309
Ambrose	17	7	10	14	1415	1513
SAIT	16	6	10	12	1235	1329
St. Mary's	16	5	11	10	1399	1498
Briercrest	15	2	13	4	1204	1396

RESULTS

February 5

Concordia 79, NAIT 69

Medicine Hat 85, Ambrose 70

St. Mary's 95, Briercrest 91

Lakeland 70, Keyano 67

Lethbridge 100, Olds 93

Grande Prairie 91, King's 74

February 6

NAIT 85, Concordia 80

St. Mary's 96, Briercrest 79

Lakeland 92, Keyano 81

Olds 92, Lethbridge 78

Grande Prairie 79, King's 78

Medicine Hat 94, Ambrose 75

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
------	----	---	---	-----	----	----

Lakeland	20	20	0	40	1408	950
NAIT	18	14	4	28	1262	930
Grande Prairie	20	14	6	28	1174	1104
Augustana	18	8	10	16	1068	1129
Keyano	20	6	14	12	1175	1267
Concordia	20	6	14	12	1151	1228
King's	20	0	20	0	831	1441

South Division

Lethbridge	15	15	0	30	1275	871
St. Mary's	16	13	3	26	1257	995
Medicine Hat	17	10	7	20	1205	1111
SAIT	16	8	8	16	1051	1010
Olds	15	7	8	14	1179	971
Red Deer	15	7	8	14	986	920
Briercrest	15	2	13	4	823	1246
Ambrose	17	1	16	2	832	1484

RESULTS

February 5

NAIT 66, Concordia 35

Medicine Hat 94, Ambrose 71

St. Mary's 87, Briercrest 43

Lakeland 76, Keyano 52

Lethbridge 85, Olds 63

Grande Prairie 50, King's 34

February 6

NAIT 64, Concordia 39

St. Mary's 79, Briercrest 43

Lakeland 78, Keyano 63

Lethbridge 84, Olds 61

Grande Prairie 55, King's 44

Medicine Hat 96, Ambrose 39

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
Keyano	20	16	4	51	22	32
King's	22	15	7	55	29	30
Augustana	20	13	7	44	32	26
NAIT	20	12	8	45	34	24
Lakeland	22	9	13	37	51	18
Grande Prairie	20	6	14	29	50	12
Concordia	20	1	19	16	59	2

South Division

Red Deer	20	19	1	59	14	38
Medicine Hat	20	13	7	46	31	26
Lethbridge	22	12	10	49	39	24
SAIT	20	11	9	45	39	22
Briercrest	20	8	12	36	43	16
Ambrose	22	8	14	34	54	16
Olds	20	1	19	12	59	2

RESULTS

February 5

NAIT 3, Augustana 1

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

King's 3, Grande Prairie 2

(28-26, 24-26, 19-25, 25-20, 15-13)

Keyano 3, Lakeland 0

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

Medicine Hat 3, Ambrose 0

(25-22, 25-21, 25-17)

SAIT 3, Olds 2

(22-25, 25-21, 25-17, 23-25, 15-5)

Red Deer 3, Lethbridge 1

(23-25, 25-18, 25-15, 25-13)

February 6

NAIT 3, Augustana 0

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

Medicine Hat 3, Ambrose 0

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

SAIT 3, Olds 0

(25-20, 25-17, 25-16)

King's 3, Grande Prairie 1

(25-23, 22-25, 25-15, 25-12)

Keyano 3, Lakeland 1

(25-14, 28-30, 25-18, 25-23)

Red Deer 3, Lethbridge 1

(25-9, 26-24, 23-25, 25-18)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	22	19	3	60	23	38
Lakeland	22	15	7	53	27	30
Grande Prairie	20	14	6	47	23	28
Keyano	20	11	9	36	36	22
NAIT	20	9	11	35	41	18
Augustana	20	4	16	25	52	8
Concordia	20	0	20	6	60	0

South Division

Briercrest	20	16	4	52	22	32
SAIT	20	15	5	51	22	30
Red Deer	20	13	7	46	29	26
Olds	20	12	8	39	35	24
Medicine Hat	20	9	11	35	40	18
Ambrose	22	4	18	25	56	8
Lethbridge	22	3	19	17	61	6

RESULTS

February 5

NAIT 3, Augustana 1

(25-18, 21-25, 25-17, 25-21)

Grande Prairie 3, King's 1

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

Lakeland 3, Keyano 0

(28-26, 25-21, 25-16)

Ambrose 3, Medicine Hat 1

(25-23, 16-25, 25-23, 25-23)

SAIT 3, Olds 0

(25-18, 25-13, 25-14)

Red Deer 3, Lethbridge 0

(25-14, 25-11, 25-12)

February 6

NAIT 3, Augustana 2

(25-18, 25-16, 20-25, 18-25, 15-6)

Medicine Hat 3, Ambrose 2
(19-25, 10-25, 25-23, 25-21, 15-8)
Olds 3, SAIT 1
(25-20, 26-24, 20-25, 25-23)
Grande Prairie 3, King's 0
(25-17, 25-23, 25-22)
Lakeland 3, Keyano 1
(9-25, 25-15, 25-20, 25-23)
Red Deer 3, Lethbridge 0
(25-14, 25-16, 25-10)

CURLING

MEN

	Fall	Winter	Final
Augustana	3-2	5-0	8-2
Lakeland	5-0*	2-3	7-3
Red Deer	3-2	3-2	6-4
NAIT	0-5*	4-1	4-6
Olds	3-2*	1-4	4-6
Portage	1-4*	0-5	1-9

*NAIT forfeits all 3 wins in the Fall Rgnl

WOMEN

NAIT	6-0	6-0	12-0
Red Deer	5-1	4-2	9-3
MacEwan	3-3	4-2	7-5
Lakeland	3-3	3-3	6-6
Augustana	3-3	2-4	5-7
Olds	1-5	2-4	3-9
Portage	0-6	0-6	0-12

MIXED

Olds	3-2	4-1	7-3
NAIT	3-2	3-2	6-4
Concordia	3-2	3-2	6-4
Red Deer	2-3	4-1	6-4
Lakeland	4-1	1-4	5-5
Portage	0-5	0-5	0-10

Athletes of the week

February 1-7

Jody Rammel
Hockey



Jody helped the NAIT Ooks women's hockey team clinch a playoff spot this past weekend with a sweep of the Olds College Broncos. Jody scored the Ooks insurance goal in the team's 3-1 win Thursday night in Olds and then opened the scoring Saturday in the Ooks' 2-1 home victory. "Picking up two points this weekend, Rammel has been a consistent performer all season," said head coach Deanna Martin. "Despite these being her first goals of the season, Jody has been a contributor in almost every game. She is consistent, dominates in the faceoff circle, creates turnovers and plays full of passion. She is a versatile player who can fit on almost any line." Jody is a fourth-year Apprentice student from Bonnyville, AB.

Trevor Zemlak
Volleyball



The NAIT Ooks men's volleyball team earned a hard fought two-match sweep over the Augustana Vikings this past weekend. Trevor had 11 kills and seven digs in the Ooks' 3-1 win on the road Friday night and tallied another nine kills and six digs in Saturday's 3-0 victory at home. The two wins improved the team's record to 12-8 on the season. "Trevor had an outstanding weekend for us," said head coach Doug Anton. "He passed consistently, served very aggressively - notching five aces on Saturday night - and was one of our top attackers with 20 kills on the weekend." Trevor is a fourth-year Construction Engineering student from Prince George, BC.

FITNESS

Stay fit with recreation

By JOSH RYAN

We all struggle at some point with fitness when adulthood begins. Maybe it's eating healthy, maybe it's getting bored with going to the gym or maybe it's managing your time. Regardless, I think one of the biggest things we often forget about with fitness is a really easy and fun solution. Play recreational sports!

Think about it; usually they involve steady cardio, build muscle and improve brain functions through hand-eye co-ordination and such. Plus, they've got the social benefits. When you play rec sports, it's either a chance to meet new people or have a good time with friends. Better yet, you're actually saving money on health care long term, because you're more likely to have less problems with the ol' skeleton if you stay fit..

Volleyball: This sport can burn up to nearly 600 calories in 45 minutes. It also involves muscle building, hand eye coordination and mental focus. Regardless of skill level, it's a great social sport for those playing.

Hockey: This needs ice, skates, sticks and a puck to work, but man, hockey can make you sweat like no other activity. When on the ice, you're literally in constant motion but enjoying it. Unlike running on a treadmill. Ugh.

Soccer: Again, pretty much in constant motion. Except keepers, who might wanna

do jumping jacks to stay warm. Indoor soccer and futsal are pretty doable in any gyms, so you're not just limited to nice weather.

Basketball: Muscle building, core strength, hand-eye and a great cardio workout. When you play basketball, you're basically running the whole game, but you don't mind because it's fun all the way through. Even for people limited to one hoop, you have bump, horse and a plethora of other games you can play.

Ping-Pong: Surprisingly, Ping-pong provides a cardio workout (depending on length of games) and improves reflexes and core tone. Throw in joint mobility, hand-eye co-ordination and high brain stimulation, you've got a winner. And if you've got a large group of people, play around the world, where everyone has to pick up a paddle off the table, hit the ball, drop the paddle and run around to the other side.

Badminton: Similar to ping-pong in terms of hand eye but an even better sweat..

The registration deadlines for volleyball and basketball are Feb. 24 and March 23, respectively. And there's constantly challenges going on around campus, like the recent three-point challenge or the log rolling challenge back in October.

Check out page 9 in today's Nugget for more information on recreational activities.

Player profile



Player: Jenn Perry

Sport: Soccer

Program: Open Studies

By MIA SIMON

What inspired you start playing soccer? I needed something to play in the hockey off-season.

What is something people don't know about you? I only have nine toenails.

What three things can you not live without? Dogs, Wyatt, I guess and chicken nuggies.

What type of music do you enjoy? Bob Marley.

What are your hobbies in your spare time? I like to eat in my free time.

What is your dream oasis? Corner

Brook, Newfoundland.

Who is your childhood idol? My brother.

Which sports do you like to play other than soccer? Basketball and golf.

Do you have a pre-game meal? Pasta and a bag of chips.

Who inspires you the most? No. 23 from the basketball team.

What is the best advice you've received so far? "If you ain't first, you're last"

What is something you would like to say about your team? Don't forget my birthday is the 23rd and we're celebrating the 27th.

You don't have to sit in school to stand among greatness.



› Winston Churchill: Victorious Visionary

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WOMEN'S HOCKEY

Three-game winning streak

By BRIDGETTE TSANG

Having time off is never a good thing for teams with momentum. But the Oaks women's hockey team managed to make the most of their time off and came away with two big wins on the weekend against the Olds College Broncos to clinch a playoff spot.

Coming off a shootout win against their southern rivals SAIT Trojans back on Jan. 23, the Oaks made the trip down to Olds for a Thursday night match-up against the Broncos to get a new winning streak going.

Eleven minutes into the opening frame, the Broncos drew first blood in the game, and led up until a minute and a half left in the first. The Oaks tied things up with a goal from the streaky Kendra Hanson, as she extended her streak to five games with a point. An early powerplay for the Oaks in the early part of the second period resulted in the team's first lead of the game, courtesy of Veronika Kuzelova.

Jody Rammel scored her first of

the season and the Oaks had the two-goal upper hand going into the final frame. The Broncos pressed hard in the third, outshooting the Oaks 14-3, but that came to no avail for them as the Oaks took home the win.

Tehnille Gard backstopped 27 Broncos shots to help seal the Oaks 3-1 victory. The Oaks carried their momentum into Saturday night's game on home ice, and took a close game 2-1.

This game around, the Oaks drew first blood as Rammel scored her second goal in two games. But minutes later, the Broncos drew even with the Oaks to end the first. First-year forward Hayley Douglas opened the scoring in the second period and secured their second lead of the game. After yet another scoreless third period, the Oaks prevailed once again and kept their winning streak going at three games.

First-year goaltender Karlee Fetch stood on her head to stop 25 Broncos shots. Although the wins will help the

Ooks prepare for the playoffs, they were in an unfamiliar position this year.

With the debut of Olds College in the league, the chances of making the playoffs are more difficult for teams lower in the standings. Currently, the Oaks are fourth with 21 points, 13 points behind Red Deer College Queens, who lead the standings.

The Oaks have 12 first-year players on their roster this year, and seven second-years. Their young squad is developing in a very competitive league this year.

Head coach Deanna Martin challenged her team to change their mindsets "from outcome to process," which the Oaks continually strive to do. With only four games remaining in the regular season, the Oaks look to keep their winning streak alive against the tenacious Queens (Feb. 11 at Red Deer Arena and Feb. 12 at NAIT Arena, 7 p.m.). As well as the following weekend against their cross-town rivals MacEwan Griffins (Feb. 19, 20 at the Bill Hunter Arena).



Photo by Jesse Kushneryk

Ooks forward Livia Lučová looks to make a pass during a game Feb. 6 against Olds College at NAIT arena. NAIT won 2-1.

2016 ACAC BADMINTON CHAMPIONSHIPS

FEBRUARY 20, 2016
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ENTERTAINMENT

Traditions should unite us



By **JOEL LECKIE**
Entertainment Editor

When holidays come around, it is interesting to note the stark differences we see throughout different cultures. Especially now that things are more global and have a chance to interact. We see it with calendar differences, such as our Western new year, as we do with the Chinese new year. But now, as we move into February, there is a certain disconnect I would like to discuss – Valentine's Day and White Day.

Now, don't misinterpret the name. White Day is a response to Valentine's Day, a way of giving back for those gifts

received a month before. I speak from a limited understanding of the holiday, having never celebrated it myself. But it piques my curiosity. Why have we never had anything quite similar to it here?

What I know of the holiday is that on Valentine's Day, the women or girls would give gifts, usually chocolate, to the men or boys. This can be a declaration of love, token of admiration or a simple sign of respect and courtesy. Sometimes the gifts will be handmade, which, of course, can have more meaning the more care that is put into them. Then, on White Day, which is March 14, the men or boys would have the opportunity to respond. This is more like how we celebrate Valentine's Day, with chocolate, jewelry, flowers or other gifts. Sometimes it is even considered proper to triple the return – to give a gift back worth two or three times what you received.

It really puts into perspective the marketing we have for simple cards,



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right up to expensive jewelry. Are we perhaps missing the point and that is the care and simplicity that a box of handmade chocolates and candies demonstrates. Or maybe it could be taken as another opportunity to sell those products for a second month. Double the candy sales, as it were.

A lot of holidays have very specific political meaning, such as Canada Day

and Independence Day. Other holidays have religious meanings, such as Christmas and Hanukkah. It's not always easy to share these traditions with other people because they do not have a reason to celebrate them. But when you take an abstract concept such as love and make a celebration out of it, that just sounds like something everyone should be able to get behind. So maybe we can share our ideas on it.

There are a lot of people who celebrate or decorate multiple times for the different New Year's celebrations. It's not a lot different, because it takes the concept of renewal and puts it into an understandable package. The old is gone, the year has past, now it is time to start fresh and move forward. We've learned a lot based on our differences. I don't think White Day and Valentine's Day should be such a stretch. We can learn more about how and why it is celebrated. And maybe then we can adapt and unite with one step closer to a global perspective.

Halftime show to remember



By **CONNOR O'DONOVAN**
Assist. Entertainment Editor
@oadsy

My God ...

That's all I could say as I sat rooted to my seat, eyes wide, mouth gaping, tongue frozen in shocked silence, watching the Super Bowl halftime act.

Seriously, let's just give this thing its own show now. Give it its own slot in the digital guide between half one and two. Give it its own logo and start chronicling its editions with Roman numerals.

From the second those bubbly teens ran streaking past a kneeling Chris Martin underneath a magnificently sunny mosaic created by the fans in the stadium, I knew we were in for a show. The violins! The digital stage displays! The umbrellas! I honestly thought for a second that someone had slipped a sliver of LSD into my nachos. I

mean, I'm not the biggest Coldplay fan out there but ya can't really hate on 'em when they're backed by this kind of spectacle. Peace and love, baby!

Of course, the music would get a bit of defibrillation from the star of 2015's biggest dance hit, "Uptown Funk." I'm in awe of Bruno Mars' dancing ability. Half the time I'm worried that he might be having a seizure. The other half I'm convinced that he's actually a robot. How does he do it?

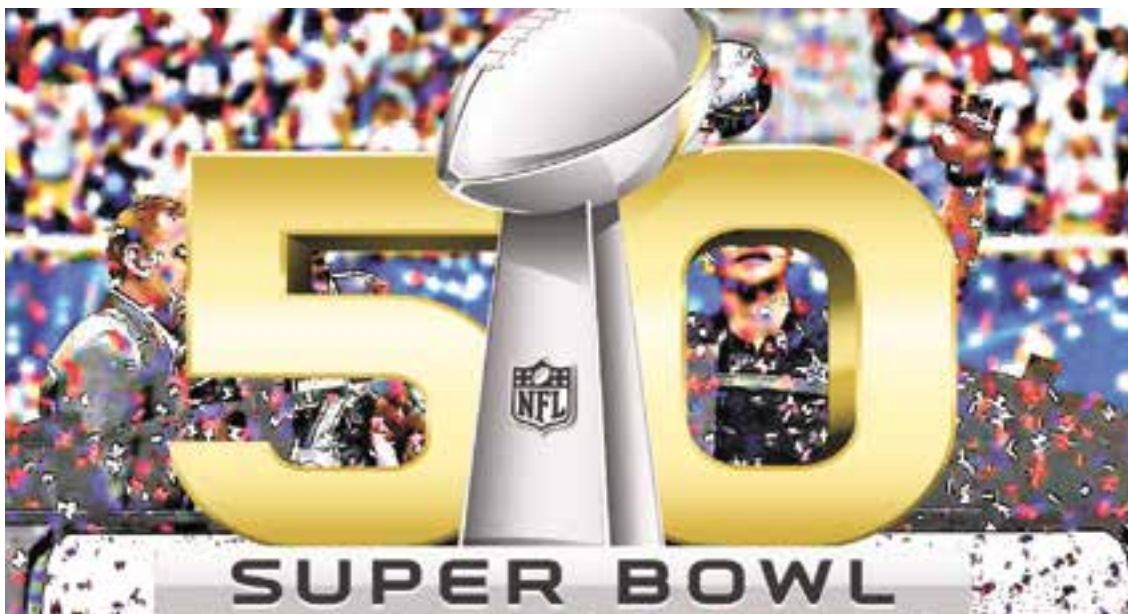
Then came Beyonce. Queen Bee. The real survivor of Destiny's Child. She came marching out onto that field like the leader of a Spartan army, letting all 75,000 onlookers know that she was coming their way and there was nothing they could do about it. Did you see that highkick dance move? Anderson Silva would be proud! Dana White should probably consider signing

Beyonce to a UFC contract. Amidst a brilliantly hued sea of happiness and harmony she took the stage from Martin and Mars and made a colourful statement of her own. (She also made 110 million pumped up television viewers aware of her upcoming world tour. Makes that \$100,000 a second ad price seem worth it, eh?) Bonus points for the West Side Storyesque dance battle between Beyonce's and Bruno's crew.

How much work went into the creation

of this masterpiece? Oh, the manpower, the choreography, the technology! I counted at least 15 cameras capturing light in beautiful, gorgeous high definition. Imagine it with even higher quality! The day the Super Bowl starts broadcasting in 4K is the day I march down to Best Buy, slap my credit card on the counter and walk outta that store with a 75-incher on my shoulder.

I laughed, I cried, I cheered, I danced. Bravo, Super Bowl Halftime Show. Bravo.



pamelageller.com

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **JOEL LECKIE**
with
DANIELLE S. FUECHTMANN

Love songs that aren't so lovely:
It's that wonderful time of year again. Romance is in the air and chocolate is on sale. It's a time that reminds us that not every lovely "love song" is really that meaningful. When you listen to the lyrics, that catchy tune can turn a bit sour. Sometimes, this is purposefully done, as in the parody music of Weird Al. At other times, it seems almost sincere but with a hid-

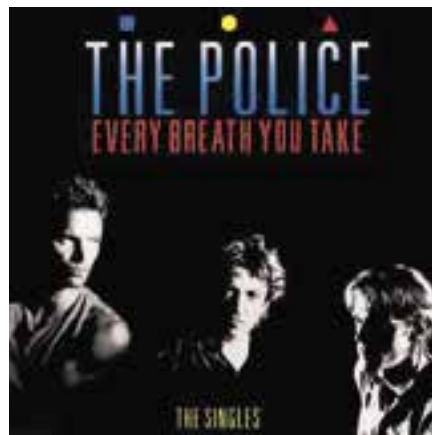
den, almost disturbing underlying meaning.

So what we've done for you this week is collect a number of songs that technically fall under the love song category. But listen closely, and you'll understand how they really are not that lovely.

- If That Isn't Love
– Weird Al Yankovic
- Whatever You Like
– Weird Al Yankovic
- I'd Do Anything for Love (But I Won't do That) – Meatloaf
- I Get Around – Beach Boys
- Every Breath You Take
– The Police
- Your Body is a Wonderland
– John Mayer
- Too Darn Hot – Ella Fitzgerald
- Tainted Love – Imelda May
- Good Enough – Evanescence
- Afraid – The Neighbourhood
- Love Song – Sara Bareilles
- Animals – Maroon 5
- Animals – Nickelback



weirdal.com



www.youtube.com



www.beachboys45.nl



popbld.com

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***Our editors
are divided
by gender***

By JOEL LECKIE

February is traditionally the most romantic month of the year. If there is someone you want to kick things off with, this could be the best way of doing it. Ask them out, and don't be shy about it. You

can present them with chocolates and flowers on Valentine's Day quite easily. This is especially good way of gauging

things if the person you want to ask out is already a bit of a friend. Depending on your personal situation, if things start to go sour, you can just tell them you got caught up in the mood. Give out a valentine card (make it personal, not one for the masses). This gives a chance to judge their response. If they like it, it gives you the opportunity to talk to them seriously. If not, it was just a card.

By BRIDGETTE TSANG

Why would you ask someone out on Valentine's Day of all days!? It's basically a day for single people to be proud of themselves for being single! I mean, if I already planned that night with myself perched on my bed, bundled up with a bowl of popcorn watching Netflix and drinking wine and eating obscene amounts of chocolates, let me be! And besides, do you realize how expensive Valentine's Day is!? Please, just buy me choc-

ON

olates the day after when you can actually afford it. Heck, I'll even go buy them myself! And if asking someone out was a last minute decision on Valentine's Day, have fun trying to book a table at that nice restaurant across the road!

By DANIELLE S. FUECHTMANN

I think asking someone out on Valentine's Day is either really brave or really foolish. Valentine's Day tends to get mixed responses; people tend to either really enjoy the eager displays of love or find it is a disgusting marketing ploy by Hallmark et al. Whichever camp you and your potential date, might find yourself in, going on a first date on the infamous V-Day sets up a lot of pressure. You'll be surrounded by couples, the expectations are even higher, and chances are the costs are higher too! Wait a few days and make plans to do something fun and unique the next week, you'll have more fun and there will be less pressure.



www.meetmindful.com



NAITSA SERVICE CENTRE

THIS YEAR, NAITSA IS PROUD TO ANNOUNCE THE LAUNCH OF THE NAITSA FOOD CENTRE

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FEBRUARY EVENT LIST

3 | EVENING STUDENT APPRECIATION
 3 | EXECUTIVE COUNCIL SPEECHES
 3 | CLUB SHOWCASE
 4 | VIP LAUNCH PARTY
 4 | HOW TO: WAX SKI'S/SNOWBOARDS
 4 | SPEED DATING @ NEST
 5 | EXECUTIVE COUNCIL & REFERENDUM VOTING BEGINS
 8 | HOW TO: MAKE POTTERY
 11 | MASQUERADE KARAOKE @ NEST
 11 | EXECUTIVE COUNCIL & REFERENDUM VOTING ENDS @ 4PM

22-26 | NAITSA'S NEXT TOP MODEL (NNTM) VOTING ROUND 1
 22 | HOW TO: MEDITATE
 23 | PATRICIA FOOD EVENT
 23 | HOW TO: COOK INDIAN FOOD
 24 | HOW TO: CROSS COUNTRY SKI
 24 | WELLNESS WEDNESDAY
 25 | SOUCH FOOD EVENT
 25 | LIP SYNC BATTLE @ NEST

NAITSA CLOSURES

15 | FAMILY DAY

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FRIDAY
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CARTOON REVIEW

Canadiana to the extreme

By JOEL SEMCHUK

Saturday morning was once home to half an hour of Canadian culture in the form of a cartoon called *Chilly Beach*. This was easily the best blend of Canadian culture and entertainment ever made. Its Saturday morning status makes me wonder if it wasn't developed for edutainment; there's a subtle didacticism to how it tossed out every single known Canadian stereotype.

Not that this culture parade detracts from the cartoon's fun value. Amidst all that other American cartoon stuff with my cereal in the morning, it was nice hearing Manitoba or Nova Scotia as part of a punch line; it made me feel like I was part of something. What else ... There's a Canadian post office that gets walked past once in awhile. There's a polar bear as a character and maple syrup pops up everywhere. Of course, there are beer references; no kids' cartoon would be complete without dozens of references to beer. Frank works at the Chilly Beach beer store and, on the Puck Stop's menu, you get a free beer with a poutine. The show is wonderfully self-deprecating in terms of how the rest of the world sees us.

There's a range of culture in this cartoon: the East Indian RCMP officer, a Scottish hunter and the guy running the Puck



www.hulu.com

Stop is French. This last one is an ex-goalie and you can believe that's just one of the thousands of hockey references, jokes and episodes. The two main characters each follow the Montréal Tourtières and the Toronto Ptarmigans. You can bet there's an episode about the real-life rivalry between these cities.

And while at its best, the two main characters are a lazy slob idiot (Dale) and a straight man (Frank) but Dale's comments and adulation can be wordy and maybe not eloquent but at least are creative. He'll say a few things you didn't see coming. At

times it's even a little sexual or at least he makes an occasional sexual innuendo that's surprisingly explicit.

The one place this cartoon loses its subtlety and character is with the comparison with Americans. For this, *Chilly Beach* gives us the assistant deputy American ambassador to Canada and her daughter, Abby. Abby is studying Canadians and she thinks out loud, so with her we get the facets of our culture spoken to us and this is far less entertaining than just watching it happen or seeing it hidden in the background.

Other cartoons might be set in Canada and there might be the occasional off-hand reference to something Canadian but *Chilly Beach* makes much more of an effort to present everything from a Canadian point of view, at least in terms of the stereotypical beer, hockey and snow. It's smart and funny and, after all these years of watching, it never seems to get boring. The boxed set is a really good thing to get kids; they think they're only getting a cartoon but you know that they're actually being softly indoctrinated into their beer-drinking and hockey-watching life here in Canada.

CARD GAMES

It's all in the playing cards

By GERVAISE BRANCH-ALLEN

If you've ever been wondering about trying out card games but don't know any games (besides Go Fish), here are a few you might want to try out.

Crazy Eights is a pretty fun game when you know all the tricks you can pull. First of all, each player gets five cards. The rest of the cards (excluding jokers) go face down in a stack except for one. That one card stays face up next to the stack.

Each player will place a card on top of the single card that's face up. But you can only place a card down with the same number or suit as the card facing up. For example, if the card facing up is a five of hearts, you can only place a card that's a five or hearts.

The only exception is the number eight, which can be placed on top of any card. After that, you can place another card of any number or suit you want. If you don't have a five, heart or eight, you have to pick up a card from the stack. If you still can make a move, say, "Skip!" and the next person plays. The first person to get rid of all their cards is the winner. You need to say, "Last card!" if you only have one card left.

Now that we're past the basic rules, let me explain some other aspects of the game. If you place down a two, the next player has to pick up two cards from the stack. If they place down a two after you, you have to pick up four cards and so on. If a player places a jester, the next player has to skip their turn. Lastly, if a player places a queen of spades, the next player

has to pick up five cards.

This game can be really fast-paced and exciting when you know how to get rid of a bunch of your cards or mess up another player so they have to pick up more cards!

Another fun card game is War. This game is usually for two players. You need to split up the deck equally for each player. Place your stack of cards facing down.

At the same time, both players say, "Three, two, one, flip!" and flip a card over so it's face up. Whoever has the highest value gets to keep both cards. For example, if one player had a queen and the other had an ace, the player with the ace gets both cards and puts them to the side. You keep going until one of you runs out of cards. Then you collect all your cards, shuffle them and start again.

If both players flip the same number like a six, then you each take three cards from your pile and flip them over one at a time. Whoever has the highest value out of all three cards wins. Wait until all three sets of cards have flipped before claiming any. War can go on for a while, so choose when you want to end it. The goal is to have the most cards out of both players. This game can be quite intense and fun.

There are a bunch of other games you can play with cards such as solitary and speed. These rules are really straight forward, but a lot of them have more complicated rules that can spice up the game. As a note, the rules for the games are the way I've been taught. These are by no means, the 'definitive' rules. Hopefully you can have a ton of fun with the many different cards games out there!



Photo by Gervaise Branch-Allen

Evaluating relationships



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Relationships are tricky. Adding the pressure of school can strain even the best of relationships. Here are some ways to evaluate your relationship.

- Ask yourself the following questions. If you can honestly answer 'yes' you are probably in a healthy relationship:

- I feel like I can be myself.
- I feel comfortable sharing my feelings with my partner.
- We respect each other's differences (opinions, feelings).
- We can negotiate and compromise when we don't agree.
- We don't hold grudges.
- We can say "I'm sorry."
- We enjoy each other's company.
- We both have an equal say in the relationship.
- We trust each other.
- We are honest with each other.
- We don't take each other for granted.
- Humour and fun are part of our relationship.
- I look forward to seeing my partner.
- My relationship brings out the

best in me.

- One in 10 students will experience some form of violence in their relationships. Beware if you can answer yes to any of these warning signs:

- I have felt pressured to do things that I find uncomfortable.
- I have been threatened.
- I feel controlled in this relationship.
- My partner is very jealous.
- My partner does not respect me.
- We often shout or yell when we disagree.
- I often feel put down by my partner.
- My partner tries to isolate me.
- I feel like I am losing my identity in this relationship.
- I am dependent on my partner to make me feel good about myself.

- Did you give yourself time to get to know your partner before you got too serious?

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you from potential problems.

- Are you and your partner willing to talk about and resolve problems? People in healthy relationships are willing to work at the relationship, and recognize that compromise and flexibility are part of a healthy relationship.

- Do either of you keep score? One-up-manship or constantly keeping track soon undermines a good relationship.

- Do you have a strong sense of commitment to your partner and does your partner have the same feelings? If you find yourself comparing your relationship negatively with others or look-

ing outside the relationship, it may be time to move on.

- Are you sensitive to each other's needs? Do you respect each other's differences, consider their feelings and empathize with their views and feelings?

- Do you or your partner take the relationship for granted?

- Is affection expressed regularly in your relationship? Regularly giving and receiving affection is a significant factor in relationship satisfaction.

- Do you have unrealistic expectations of each other? No relationship can meet all needs. Too much dependence on a partner will drain the vitality from a relationship.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful, get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication? See a counsellor for this or any other academic or personal concern you may have. Appointments can be made in person at Student Counselling, Room W-111PB in the HP Centre or by calling 780-378-6133.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

Who to call?

Academic & Personal Concerns – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

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. E-mail tutor@nait.ca with any general inquiries.

Chaplaincy Services – chaplaincy@nait.ca.

Emergency Loans – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

NAITSA Emergency Short Term Loan Program – estl@nait.ca, Room E-131

Food: emergency assistance – NAITSA Food Centre, 780-491-3966; Room E-131

Health Insurance Coverage – Student Health & Dental Plan, 780-471-7730, Room E-131. Students must opt out by Sept. 25.

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

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

Job-related Resources & Workshops – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

Special Needs Students – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-3056, Room O-111

Violence or potentially violent behaviour or extreme medical emergency – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

Volunteering – www.nait.ca/volunteer-opportunities

Poetry Corner

Over the field

Out over the field,
I look at you.
Your beautiful face, your smile
Convey you anew.

The field is so beautiful
With colours so bright.
Yet you do not get lost,
In its mesmerizing light

When you put your arm around me,
I feel so loved.
With a heart of pure empathy,
You are a gift from above.

My feelings are as clear as day;
You are so special to me.
I can't describe how much
You make me happy!

By Gervaise Branch-Allen

Crazy artistic world

Crazy is this world,
Yet, like the work of art,
You have no idea where to start,
Should it be random?
Or according to a chart?
Should it be logical?
Or according to my heart?
Should I work it hard?
Or just play it smart?
And what should I leave?
For that day I shall depart,
Crazy is this world,
Yet, like the work of art!

By Maryam Lary

MOVIE REVIEW

Spotlight on the truth

By JOSH RYAN

I'm a sucker for films about investigative journalism. As a writer, I've always enjoyed watching the process the characters go through to discover the truth. There's also a nostalgic glimpse at a better time, when the media informed rather than speculated and stood for truth instead of agendas (except *The NAIT Nugget*, of course). So when I heard about *Spotlight*, I was instantly curious to see the movie, even without the story, which is attention grabbing enough. Still, there was a part of me that was apprehensive. So often, films based on true events so radically change details that there's nothing left of what really happened. Fortunately, in this one, they don't mess about with the facts and still make a remarkable picture. However, it's also a very sombre picture, regardless of where you stand on religion.

For those who haven't paid any attention to the Oscar buzz this season, *Spotlight* is about an investigative team from *The Boston Globe* and its investigation of the widespread and systemic sexual abuse of children by Catholic priests in the Boston area. The four journalists' journey tracking down lawyers and former priests not only uncovers wide-scale corruption but causes them to question how even they didn't know the extent of the damage.

Directed by Tom McCarthy, it's a very understated film, from the performances to the camera angles. Nothing about it screams dramatic Oscar winner but the selection of shots so effectively captures both the emotions of the characters and the process of investigations in an era before smart phones and tablets. Usually, montages are best executed in sports films and war epics but watching people write, ask questions and research by pouring through books becomes surprisingly attention grabbing.

I'm so happy that a few of the performances were recognized at the Oscars. Mark Ruffalo (as Mike Rezendes) gives one of his best performances and Rachel McAdams



www.youtube.com

A scene from Spotlight

(Sacha Pfeiffer) is similarly excellent in an unflashy role. Between this and *True Detective*, I'm excited for what comes next for this Canadian star. Michael Keaton as Walter 'Robby' Robinson is also great but the guy that will probably receive the least amount of attention but should, is Liev Schreiber as the *Globe's* editor Marty Baron. He's a man of few words but leaves an impact on screen.

The greatest strength of the film, however, is how it handles the people and institutions that are portrayed. There's no doubt that what occurred in Boston and

around the world, is unspeakably evil but the revelation isn't celebrated. People reflect on leaving the Catholic Church with sadness, remembering a time when they loved going to church. A psychotherapist that was essential to the story talks at one point about how he still has faith, despite what he's deduced. With so many message films that are driven by an agenda and twisted facts, it's nice to see one that is focused on telling a story and telling it well, which is exactly what the *Spotlight* team endeavoured to do.

NETFLIX PIX

All over the place and funny, too

By JOSH RYAN

I love Andy Samberg. In addition to his time on SNL and musical work with *Lonely Island*, the dude has made a number of memorable appearances in films and TV shows. Upon leaving SNL, he made an immediate splash on FOX with *Brooklyn Nine Nine*. Which, wonderfully, is on Netflix, two season worth, anyway.

This cop comedy series showcases the most absurd precinct in New York City. Samberg plays hotheaded goofball Jake Peralta, an immature but talented detective who's constantly clashing with the new captain, played by Emmy winner Andre Braugher. Other precinct members include the clumsy Charles Boyle (Joe Lo Truglio), over-achiever Amy Santiago (Melissa Fumero) and Sgt. Terry Jeffords (Terry Crews).

It's a procedural/sitcom, so *Nine Nine* definitely has its repetitive elements. But what makes the show so dang watchable is the zaniness that occurs every episode. Each day in the lives of this group of "strange" cops is something different, which keeps the laughs coming throughout the first two seasons. Laughs come in a variety of ways, too. There's slapstick, screwball, observational and many more styles thrown in. It's also likely that this talented cast

did a fair bit of improvising with the script they were given.

Samberg is a great lead but Braugher, Crews and Chelsey Peretti, playing Gina the administrator, steal every scene they are in. Part of what makes this group of actors work is the balance of where the focus of the show goes each episode. Often, the cast's diversity plays a part in the story and the jokes that ensue but that never becomes distracting or pretentious. There's a nice ping-pong effect of jumping from absurdism to surprisingly well-done commentary of race, sexism, homophobia and more. That's rare in the world of comedy, especially in episodes that go under 30 minutes.

As the show moves along, a number of notable recurring guest stars make appearances to good effect, such as comedian Patton Oswalt and Kyra Sedgewick (*The Closer*). Good on the writers and directors that every time new people show up, they fit right in with the sensibilities of the show. Occasionally, guest stars are distracting in TV but not here.

If there is a weakness, it would be that there could be more acknowledgement of the fact that these men and



lpalmerchronicles.com

women have to deal with ugliness all the time. As enjoyable as it is to see such a happy vibe from characters, they could use a sombre moment here and there for a hint of authenticity. I'm not saying you have to have darker themes present in a really goofy series but, since you are portraying people who deal with murder, drugs and worse on a regular basis, having a serious moment more often couldn't hurt.

Overall, if you like laughter each and every episode, then *Brooklyn Nine Nine* is an easy watch.

LESSONS FROM THE FELT

Veronica one of the best

By KA CHUN YUNG

Something I have noticed with excellent poker players, is that they are willing to be different. Not just for their peculiar quirks and personality traits we see on TV but also for their plays on the table. High end players don't just have solid fundamentals and a great understanding of the nuances of the game, they are also willing to deviate from the norm and make plays most people can't. They're not afraid to experiment, even if they end up looking foolish at times.

Fearless, aggressive

One of the most fearless and aggressive players in the male dominated game of poker is surprisingly, a female. Vanessa Selbst is simply one of the best players in the world. Her play often stands out from the others at the table. When she plays a hand, I can't think of anyone else that can win more often without the best hand. She's willing to apply an immense amount of pressure on others and often causes her opponents to guess whether she's bluffing or if she indeed has it this time.

Vanessa has the acute ability to identify opportunities and find alternative ways to win a hand that many other players don't see. Not only is Vanessa one of the smartest players in the world, she puts herself out there and risks making herself look silly. I know, because I've witnessed it on television. Just YouTube Vanessa Selbst vs Prahlad Friedman and you will see what

happens to \$169,500 when you try to bluff J7 suited into someone holding aces.

The look on her face tells the entire story. Even the other players at the table can't help but laugh at the situation. This surely was not the first time in her life and it certainly won't be the last time she makes a huge bluff that goes terribly wrong. But these are the types of plays she experiments with and has learned from that sets her apart. She's willing to try new approaches, find better strategies and attempt plays others simply cannot make. As a result, she has become one of the best poker players in the world today with over \$11 million in tournament winnings.

What Vanessa Selbst does on the poker table can also apply to what you do in life. It's simply easier to maintain the status quo, do the same thing as always and follow the majority. There's a lot of comfort in that. However, if you want to achieve something higher or do something better, you need to sometimes step outside that comfort zone and take some risk.

Risk taking good

Like Vanessa, sometimes it doesn't work out. That's OK, though. The key is to identify mistakes and learn from them. It's part of learning, growing and developing. Without trying different approaches, she would have placed a ceiling on her own development. Instead, she has found a unique playing style that separates her from being just another good player and turned her into one of the best in the world.



backdoorquads.com

Vanessa Selbst competing in Day 1 of the Global Poker Masters.

HOT 'N' SINGLE



Photo by Sara Weisgerber

Andrea Spencer

Hi, I'm Andrea. I'm a first year at NAIT. I spend a lot of time at school and at work but I love spending time with my friends when I'm not so busy. I love running and spending time outdoors as well as travelling and just getting to experience new things!

What program are you taking at NAIT? I'm a first-year Architectural Technology student.

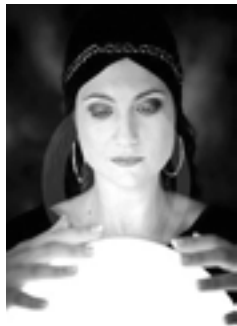
What is your perfect Saturday night? Perfect Saturday night would be trying someplace new place for dinner, a cruise around town and end with a movie!

What are you looking for in a guy? Someone funny who knows how to make me smile.

Cat or dog person? Definitely a dog person.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 11-17

(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Aquarius (Jan. 20-Feb. 18)

If you are having a bad day, take a few minutes to list 5 things that you are grateful for. It is amazing how quickly things can turn around. Practice gratitude everyday and more things to be grateful for will appear.

Lucky number: 239

Pisces (Feb. 19-March 20)

Does success change a person? Practise being successful for the next two weeks and see if the success changes your behaviour or do your friends, family and classmates treat you differently?

Lucky number: 425

JUST THE TIP

Sex can straddle the world

By JOEL SEMCHUK

If you don't mind my saying so, the same thing happened with porn. Mention the word and a remarkable percentage still think of coked-up, unhealthy people using a camcorder in some Los Angeles slum basement.

Sex toys suffer the same preceeding reputation and are doing their utmost to move past this stereotype. If you disagree, try to find any kind of website or sales presentation that doesn't show sex toys as an elegant pursuit of classy, established men and women. In some cases, if it weren't for the sex toy itself sitting there, the ad could be for elegant curtains or bedroom furniture. There was a time when a cord-fed remote control was a deciding moment in the world of female sex toys. The fleshlight was a similar moment for men.

Now there are couples vibrators, with which two people can have really close sex with each other no matter how far the distance between them, as long as they can

Aries (March 21-April 19)

Practise acting on your dreams over the next two weeks. What great or small things do you want to achieve today, tomorrow or over the next five years? Make a plan, take action and even if events don't seem to be playing along, have faith, the sun is always there even when covered by clouds.

Lucky number: 609

Taurus (April 20-May 20)

Do you believe that you create your life? Prepare for dreams to come true and set your sails on calm oceans. When the mind is calm and uncluttered, inspiration has room to flourish.

Lucky number: 8

Gemini (May 21-June 21)

Over the next few weeks, focus on communication. Instead of passing on rumours, pass along smiles, compliments and those things that bring joy to your heart. Find a fun picture and tweet it to your community and, instead of an emoji smile, get them to smile

Lucky number: 10

Cancer (June 22-July 22)

Mistakes, we all make them. Take time over the next two weeks to practise taking responsibility. Admitting that you made a mistake, no matter how small, goes a long way to building trust in relationships. See if you notice a dif-

ference in how you are treated.

Lucky number: 123

Leo (July 23-Aug. 22)

Ever wonder what it's like to win a million dollars? Take a moment and consider that most working adults will have made over a million dollars in their waged life. Simply setting aside 10 percent of each paycheque and investing it (even conservatively) will allow for an early retirement.

Lucky number: 145

Virgo (Aug. 23-Sept. 22)

Is friendship about accepting a person with all their faults and never helping them grow? Or is true friendship about accepting their weaknesses and encouraging their strengths. How many times have you called your friend out on bad behaviour and has that strengthened your relationship or sundered it? Maybe it depends on how your friend has been able to process constructive feedback.

Lucky number: 160

Libra (Sept. 23-Oct. 22)

When life gives you lemons, what kind of lemonade do you make? Is it sour or sweet? Seek to find where a little sugar may be hiding in a change of perspective or perhaps add a dash of watermelon in the form of asking for help from a friend or mentor.

Lucky number: 180

Scorpio (Oct. 23-Nov. 21)

Are you a high achiever? Are you always running about getting the next thing done, always being goal focused? Remember that the strongest muscles need down time to recover and grow stronger. Take a few minutes to hug a tree, watch a sunrise or listen to birdsong.

Lucky number: 204

Sagittarius (Nov. 22-Dec. 21)

Next time you have your earbuds in, playing the music so loud you cannot think, ask yourself "what am I trying not to feel?" Anger is sometimes seen as destructive and tears are sometimes avoided as childish. Ignoring either emotion is dangerous. Facing those feelings and what has caused them in a safe place can be life altering. Take time to acknowledge your emotions.

Lucky number: 22

Capricorn (Dec. 22-Jan. 19)

Take time to read a piece of fiction over the next couple of weeks and practise using your mind's eye to visualize the story. When you put the book down, how do you now see your next task. What are you thinking about as you walk to class?

Lucky number: 417



androidspin.com

naughtily one-sided: It's basically an invisible, silent vibrator that can be worn all day comfortably while either you or someone else controls it through a phone. One final nice touch is that it synchs to erotica. Listen to an erotic story and the vibration goes off at the appropriate times.

Between the elegance of the presentation and the technological marvel of the products, I can't help but wonder if it's just

easier to buy and use sex toys than it was at any point in the past. Whatever your opinion, hearing that two people can tastefully and privately perform the entire sex act without touching each other has to at least raise some token nod of respect, if only for the unprecedented expression of intimacy the device is creating. How can there be anything wrong with such a device? Happy Valentine's Day, by the way.

ADVENTURE PUZZLE

This game is day and night

By JOEL LECKIE
Entertainment Editor

Game developer Atlus has a bit of a reputation for making darker, more thought provoking games with a heavy dose of irony. Their puzzle adventure *Catherine* proves that point. In it, the main protagonist, Vincent, is torn up by relationship issues. He is currently together with his high school sweetie, Katherine, who one day brings up the topic of marriage. This scares Vincent, causing him to partake in a night of heavy drinking during which he meets Catherine, who seduces him and they end up spending the night. That

gives you a look at the intro to the game, which takes place in the following week.

It truly is a nightmare for Vincent. Each night he is trapped in his dreams where death becomes real. To escape, he must climb to the top of the tower. Atlus did a really good job with their progression system. Each night is a new stage of the tower, growing harder and with more difficult puzzles. Players need to talk to other sheep ... people ... (sheeple?), who provide advice on different techniques for moving around the levels and moving blocks into advantageous positions.

These levels are all timed, as the bottom slowly falls away.

The pressure increases dramatically as the morning nears and a twisted monster manifests itself based on the conversations of the day, such as a child who tries to eat Vincent the night after the topic of having kids comes up with Katherine.

The storyline carries on independently of how one succeeds each night. It is very structured, as there is not much the player can control. What you can control during the day is who you talk to, how you react to things and how much you drink. That affects the story outcome, which has a multitude of possible endings. It feels very reminiscent of real life, in which you have a modest level of control over your decisions but no power over the world around you.

At times it feels like there are two independent games at play here – the daytime game, which is part relationship simulator and part investigation and the nightmare game, which is a high pressure logic puzzle. There are some cool little social surveys as well, as your decisions are compared online with other players' decisions. The dualistic nature of the game provided some unique marketing as the cover for the Xbox and PlayStation versions contained Katherine and Catherine.

Overall, for puzzle lovers who like a deep and dark storyline, *Catherine* makes an awesome pick. The major downside to the game, and one of the reasons I never fully finished it, was the difficulty level. The gaming world has a special place for puzzle games that are just too hard. In fact, so many complaints were made that Atlus released a patch for their game containing a “super easy” mode, so more players could get through the daytime story elements.

Though I would want to play it on normal for my own sake, I may need to dial down the difficulty to see the ending. This isn't so bad, though, as the multiple endings can allow for some replay value, in which I can put it back to normal to challenge myself the following time through.



RESTAURANT REVIEW

Worth a look – and a revisit

By JOEL LECKIE
Entertainment Editor

All you can eat. Free refills. These are some of a food lover's favourite words. Even if it is not advertised as such, Pasta Pantry is a great place for bottomless pasta. Unlike some places, which only offer these sort of deals on a special day or a limited time each year, Pasta Pantry always has an option for filling your plate back up. And yes, it includes bottomless fountain drinks as well.

My fiancée and I went there the other day because we were hungry. Super hungry, in fact, and not really looking forward to cooking at home. When we went in, it was fairly quiet, being mid-week. The décor was relatively plain. It was nice, it was clean but there really wasn't much that stood out except for the giant mirror on the far wall of the seating area. It's a nice little place that has a family restaurant air to it.

The food service is very reminiscent of a cafeteria. It's got the workers lined up in a row, aprons on. There is, of course, the clear sneeze guard. And they have trays of various pastas, sauces and a few entree

items (such as chicken parmigiana, meatballs or sausages). As it is cooked for the masses and not individually prepared, this is not going to be A-class quality. But it is definitely still good, like you could expect from a buffet.

The Pasta Pantry serves two sizes for most of their meals, a medium and a large. The large is what gets you the refills. They have three main offerings: the pasta, which has five kinds and several sauces to choose from – a pasticcio, which contains three sauces and five cheeses and a mac 'n' cheese, which offers a gluten free version. It's all super tasty for the mass quantities they prepare.

The service was pretty good as well. There was one waitress who went around checking if people wanted refills. Otherwise, everyone was in the kitchen either serving or cooking. But because it's a relatively small, out of the way place, the one server was able to keep pace with the customers, since she didn't need to take initial orders or worry about seating people.

If you are looking for high-class fare,

this would not be the restaurant to go to. If what you want is to be waited on hand and foot, that's not really what they are about, either. But if you like a well cooked, rapid paced meal, where you can be seated with a good plate of spaghetti within a few min-

utes, then Pasta Pantry can do that for you. Because of its simple style, they are able to keep the costs down, which means a full meal with drink and refills can easily stay under \$20 a person. Definitely worth seeing and worth revisiting.



WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

IntoNAITion General Meetings
 LOL Weekly LAN Party
 IntoNAITion Tuesday Meetings
 Juggling Club Weekly Juggling Jam
 Craft Club Crafting Time
 Super Smash Bros. Club Meetup
 ICON General Meeting
 DAT2017 Clothing Drive

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

WHEN

Mondays, Jan 5-April 11 | 4:45pm – 6:00pm
 Wednesdays, Jan 13-April 27 | 4:30pm – 7:30pm
 Alternating Tuesdays, Jan 5-April 12 | 4:45pm – 6:00pm
 Mondays, Jan 11-April 30 | 5:00pm-8:00pm
 Thurs Jan 7-April 28 | 5:00pm-10:00pm
 Thurs January 21-April 21 | 5:00pm-10:00pm
 Thurs January 21-April 13 | 4:15pm-5:15pm
 January 27 – February 22 | All Day

WHERE

Room E-225
 Room X-215
 Room X-111
 Shaw Theatre Foyer
 Room X-203
 Nexen Theatre
 Room T-210
 Dental Health Office

UPCOMING CLUB EVENTS

WHO

Club Culinare
 SFA
 MECSA
 BCX
 Foodies
 BCX
 AHT16
 AHT'17
 BCX
 BCX
 Toastmasters
 EDSS
 EDSS
 BCX

WHAT

Begin Reading Week with a Bang!
 Firearms Safety Course
 Valentines Bake Sale
 Druid Pub Night
 Volunteer at Edmonton Food Bank
 Druid Pub Night
 Pamper Your Pooch
 Reading Break Close Out, Party Like Animals
 Bake Sale
 Bake Sale
 Campus Diversity Panel
 Learn to Render
 Yoga w/ Dan
 Etiquette Dinner

WHEN

Feb 12 | 3:00pm-10:00pm
 Feb 20 | 8:00am - 6:00pm
 Feb 11&12 | 10:00am-3:15pm
 Feb 12 & 13 | 7:00pm-11:45pm
 Feb 27 | 12:00pm-4:30pm
 Feb 12 & 13 | 7:00pm-2:00am
 March 20 | 10:00am-2:00pm
 Feb 19 | 9:00pm-12:00am
 Feb 25 | 10:00am-3:00pm
 Feb 26 | 10:00am-3:00pm
 Feb 24 | 12:00pm-1:00pm
 Thurs, Feb 4-April 22 | 12:15pm-1:15pm
 Tues, Feb 2-April 19 | 12:15pm – 1:15pm
 March 30 | 5:30pm-8:00pm

WHERE

Annex Dock
 Room V-322
 Outside NAITSA
 Druid Irish Pub
 Edmonton Food Bank
 The Druid
 Whitemud Creek Veterinary Clinic
 The Ranch
 HP 2nd Floor & Outside NAITSA
 E-wing by Bus Stop & Tower Lobby
 Shaw Theatre
 Room L-256
 Room L-005
 The Nest Taphouse Grill

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
 780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates