

# THE NAIT NUGGET

Thursday, February 4, 2016  
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YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

## A FULL SLATE!

**Students vying for Executive Council, pages 12-17**



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# NEWS & FEATURES

## Institutional biases



**NICOLAS BROWN**  
Issues Editor  
@bruchev

Post-secondaries are frequently ranked on various criteria, whether it is graduate salaries, average test scores or tuition scores. Yet one of the biggest ranking factors, one I personally disagree with, is reputation. I'm not saying that institutions shouldn't push for greater recognition or academic excellence – that is a very necessary activity to continuously improve the state of post-secondary education across the world.

There are aspects of reputation that are critical to ensuring a valuable education worth the thousands of dollars in tuition students spend pursuing their careers. However, there are other aspects that really should not be considered in "reputation" calculations that portray incredible bias. This bias soon makes an education a point of the institution

attended, rather than the program, academic achievements or professional network.

This bias is even more prevalent in Alberta, with the little-understood six sector model for post-secondary education. In Alberta, institutions are divided into six groups, as outlined by their credentials, research activity and geographic locations. All credit programs are subjective to approval from the Ministry of Advanced Education and are dependent on an institution's placement in one of the sectors: Comprehensive Academic and Research Institutions, Baccalaureate and Applied Studies Institutions, Polytechnic Institutions, Comprehensive Community Institutions, Independent Academic Institutions, and Specialized Arts and Culture Institutions.

An institution's placement in these sectors may affect what programs they can offer but it does not change the value of the programs themselves. Unlike other post-secondary systems, with separations between "university" and "college" degrees, in Alberta a degree is a degree. What should affect the reputa-

tion of an institution and the parchment a student receives at the end of their program then, should be redefined.

I have heard far too many discussions about whether NAIT is recognized outside of Alberta, or whether our degree programs are comparable to MacEwan or the University of Alberta. I have heard people claim NAIT is nothing but a trades school, and our classes are not teaching relevant materials. Not

only do these people not understand the education system they are in, they are not even judging based on relevant information! Yet this is significantly impacting the reputation our institution and our students

encounter off campus.

NAIT students know that all of our instructors have real-world experience, something critical to bringing relevant concepts and lessons into the classroom.

Our instructors and student groups not only participate in competitions, they punch far above our supposed "weight-class".

Just last year, NAIT business teams took the top spots in Western Canada for the Royal Roads, Alberta Deans' Case,

and CFIP Western Regional case competitions, beating out so-called "reputable" institutions across Western Canada. Our students consistently take top spots at skills competitions on the national and international stages. There is a mountain of evidence that not only are NAIT programs relevant, they are highly competitive.

I get it, students should be proud of where they study – I certainly am. But an institution's reputation should not be focused on how others' perceive an institution, it creates a systemic bias that is not only ill-informed, it perpetuates a system of nepotism that destroys the integrity of the job market. Next time you want to rank a post-secondary institution in Alberta by reputation, look at the achievements of its students, the calibre of its instructors and how it is recognized by accrediting organizations. Because in Alberta, all programs get judged the same way in the end, by the Ministry of Advanced Education.

And for those students who still believe their institution is still better because of their "ranking," just remember – the University of Alberta isn't a Top 100 university anymore, so it's time for it to stop resting on its laurels and work on improvements.

**NAIT students know that all of our instructors have real-world experience, something critical to bringing relevant concepts and lessons into the classroom.**

## Colour purple for eating disorders

**By NICOLAS BROWN**  
Issues Editor  
@bruchev

This week will see purple become a favourite colour across Edmonton as a series of events take place in support of Eating Disorder Awareness. The organization behind this project, the Eating Disorder Support Network of Alberta (EDSNA) is pushing to raise support for these often misunderstood conditions.

"This week is about raising awareness, connection, understanding, compassion and hope," explains Sue Huff, Executive Director of EDSNA.

This week is focusing on events that educate and engage the community on the impacts of eating disorders. "Eating disorders have the highest mortality rate of any mental illness, but they continue to be shrouded in shame, secrecy and misinformation," says Huff.

The High Level Bridge shone purple Monday night after dignitaries, including

Councillor Bev Esslinger, proclaimed the week of events at City Hall. The rest of the week will be filled with social events across the city that encourage support and conversation.

The educational highlight for the week is ED-Ucate, an all-day symposium hosted by EDSNA on eating disorders that will include sessions on caregiving, support, and dealing with the stigma surrounding mental health. The symposium will be followed by an evening health-care panel for students and healthcare professionals.

However, the event that will highlight community awareness regarding eating disorders is Friday's #Smash\_ED. This event will encourage participants to bring their bathroom scales to

be smashed apart. Pieces of broken bathroom scales will be decorated and added to a new art installation to inspire positive body image.

It is difficult to find exact numbers on mental health conditions, especially eating disorders. EDSNA's website includes a list of statistics for various groups, but the most shocking is a US statistic which claims that up to 24 million people, of all genders and ages, suffer from an eating disorder. Yet support services for these disorders are difficult to come by.

"We have 4100 registered psychiatrists in Canada but only 12 specialize in eating disorders," says Huff, "most healthcare professionals (including doctors, paramedics, psychologists and dietitians) have little

training on eating disorders."

Nonprofit organizations like EDSNA are working to fill that service gap through initiatives like the Eating Disorder Awareness Week and providing a support network for individuals to access vital services, but education and awareness are the cornerstones of these efforts.

It is very important to recognize the complexity and variety of these disorders, which affect people of every age, gender, and social background.

"Eating disorders affect males and females of all ages, body types, ethnicities and backgrounds. It's time to stop thinking of this as a skinny white girl illness. It's not," explains Huff.

The best way to learn about eating disorders is to contact the Eating Disorder Support Network of Alberta. If you are concerned about the well-being of a friend or peer, please contact, or encourage them to contact, EDSNA or NAIT Counselling Services.







Photo by Leigh Kovesy

### HONOURED FOR LONG SERVICE

These 30-year NAIT employees pose with AUPE Local 038 Chair Ray Walmsley, left, and NASA President Arlana Moskalyk, second from left, along with NAIT VP External Relations & CDO George Andrews, far right. Over 170 staff members were recognized in January for long service and leadership achievements.

# Pink to the rescue

By DANIELLE S. FUECHTMANN

The Pink Shirt Day in support of bullying prevention in Canada will be held on Feb. 24 and an excited committee is working to plan campus events in promotion of the annual event.

Pink Shirt Day started in Nova Scotia after two friends organized a protest in at their school to support a Grade 9 boy who had been bullied for wearing pink. The event was a big success in their school, achieving their goal of shutting down the bullying that had been directed at their classmate, as well as expanding to other schools across the country. Today, Pink Shirt Day is a successful campaign that is recognized nationally, even by government organizations like Alberta Human Services.

Bullying can be less obvious on a college or post-secondary campus and Christine Bannerman, supervisor of Health Services and one of the organizers spearheading the event at NAIT, acknowledges that “at the college and post-secondary institutes there aren’t as many services” directly intended to support victims of bullying. However, it’s “up to us at the institution to empower the victim and empower the bystander,” she says. “The bystander can make all the difference [in stopping bullying and preventing situations from escalating].”

While Bannerman, says the events will be small this year as they’re focusing on building awareness, the support from a diverse group of NAIT departments suggests that Pink Shirt Day will continue to grow. Some of the departments with representation in the

committee include Student Engagement, NAITSA, Human Resources, NAIT’s peace officers and campus security, campus registration, Food Services, NAIT’s ombudsman, shop AT NAIT and several others.

Planning is still in progress for the events on Feb. 24 but the enthusiasm of the committee shows through the variety of events they have for the “small event” they’re planning for 2016. Some of the plans include inviting a community police officer to speak about laws surrounding bullying, a presentation of the Respect in the Workplace Policy from Human Resources and Health and Safety Services will discuss the Health Safety and Well-Being Policy, a variety of online video resources launching and a pink drink at the Nest.

The goal is that “this is an event that happens every year. Hopefully this is something that can become part of the NAIT environment, that every year in February we recognize bullying and staff reviews the respectful workplace policy; the students as well, respect for each other and the school,” Bannerman said.

“If you see [bullying], you stop it.”

Pink Shirt Day events will occur from 10 a.m. to 2 p.m. on Feb. 24 and more information about the particulars will be available soon. They are hoping to organize a group photo at the beginning of the events to capture as many people in pink shirts as possible. Pink campaign shirts with the NAIT logo are available from shop AT NAIT. Follow the hashtag #pinkshirt for more information about Pink Shirt Day and anti-bullying events occurring across Canada.

• *Bullying unacceptable, page 22*



Photo by Liam Mackenzie

**Derek Thunder**  
A Pink Shirt Day committee member.

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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](mailto:studenteditor@nait.ca).

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

## REFLECTIONS AND INSIGHTS

# Your past is your present

By JAGRIT BAJWA

Whatever you are now is a product of the past you have spent. It is the accumulation of all the persons and situations you interacted with, lived with, spent time with and gone through. The present you have now is the result of the seeds you sowed in your past. How well you flourished depends on how well you nurtured those seeds. So if you liked working hard, you are a hard worker now. If you liked telling lies in your past you must be a good liar by now. If you liked helping people, you may be the first person to be reached by many people now. So all of those of your instincts, of the past, can be seen in your present.

The seeds you are sowing now are going to be your future. But in all that you have to stick to the ones which have proved beneficial for you. The ones which give a right direction for you to walk on, are the seeds you should look for.

But all of those ethics will keep you restricted in your actions, because they will guide you when you are running through a problematic or a testing situation. And you need to accept that those bindings are essential for you, and adhere to them. Like the kite needs to stick to that boy's guidance to fly high, if cut from the string it will be lost and soon will find itself crashing down.

Knowing more about yourself, who you are, what you want to achieve, doing what things bring you peace of mind, finding what are your creative endeavors are the strings that you need to look for. Recognizing the roles that others played in your life's drama (both good and bad) are the things you can look upon to have a better idea and understanding of yourself. It will help you know as what things others did



to you that made you feel happy and what things made you feel bad. You can pick up the good ones and pass that legacy to others, which will foster more happiness in the surroundings you have.

Forgetting the elements of your very making may just lead you astray, so be aware of who you are and what elements have brought awesomeness to your being.

Continuously sowing those seeds will multiply your awesomeness! And the lessons learned by now will help you know the kind of future you should be in. If you make mistakes, it is okay too and make yourself comfortable in those situations as well.

People say they want to feel free, do this and that, live the way they want and yet hold no responsibility. Which is the cause of fre-

quent breakups in relationships as well, as the string that ties them loosens its strength, and crashes them down from a great height of love which they once enjoyed.

Know yourself more, is the only valuable that can keep you off from the fall down. Fly in the inner liberation which is always waiting for you!

Live Laugh and Love.

## Military club to address a need

By JOEL SEMCHUK

Army, navy and air force members are taking classes at NAIT, along with veterans. They aren't wearing fatigues or camouflage but that doesn't lessen their uniqueness. In fact, their experience rounds out the variety in any classroom; military personnel might bring a different perspective.

Since there are so many NAIT students who are now or were involved in the military, it stands to reason then that they should have a place to hang out. On that note, meet Dawn Crosman: She's going to make a venue for military students to get together for the sole reason of getting together.

"I want it up and running by the end of February," she said. Expect to see posters in a couple of weeks.

Crosman is the ideal person to be handling the creation of this club. For several years she worked at the Edmonton Garrison as the Canadian forces college network co-

ordinator. Crosman was an adviser.

"I would provide information on what [the soldiers] could do for higher education, currently and after they left the army," she said.

This involved her working with many education institutions, not just NAIT.

From here it was a natural leap to be a contractor for NAIT, working with the NAIT Canadian Forces Project. Now Crosman is an even more active liaison between soldiers and post-secondary education: She works with soldiers who are taking courses at NAIT. These soldiers can still be on active duty or retired from the service. Crosman's position is necessary due to the amount of military training that can generate NAIT credit, which also accounts for the significant number of veterans on campus.

It wasn't long before more and more soldiers were pursuing higher education, and Crosman's efforts had current and ex-soldiers coming to NAIT for nearly a dec-

ade. These students and staff members who had been in military approached Crosman.

She told me how people just started talking about how, "[i]t would be great for some military people to get together just to sit and have a coffee and talk about issues that they're facing right now."

Crosman's husband is in the military and with all the time she has spent working with soldiers, she understands how "essentially, military people have a different past or experience."

It's this shared and special past that necessitates a coming-together once in a while; it's hard enough to come to NAIT for a mid-life career change.

"I feel that sometimes it is difficult for [soldiers] to return to class," Crosman said, "and be in-class instead of leading the class. When they were in the military they would lead." Not to mention the fact that "age is a big issue; they are older than the average

19/20-year-old in the class."

The military club will be founded soon, and at the moment its potential is wide open. It will require the efforts of its initial members to decide on its direction, at least at first.

"Once we get together they will decide what the group will be called, and what its focus will be," Crosman explains.

"They're going to need a president, vice-president and treasurer, if any are you are interested in doing that."

The military club is an appreciated and understandable phase in the evolution of military-school integration. Of course, it's open to people from all three branches, and Crosman is hopeful that everyone who can will come and see what the club has to offer.

"For the soldiers to be able to have a coffee once a week in a convenient location and redevelop that sense of camaraderie, that's really important."



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# Point counter Point

# All of Netflix for all?



JOEL LECKIE

We've all been interested in the many wonders provided by Netflix. There are thousands of movies and shows available. But broadcasting rights have made a bit of a mess of what shows we are able to watch. For every two shows available here, there are three you could see in the US. It gets a bit tiring hearing about all the great things from down south. Well, we should get the same selection in the Great North. That's not even the worst. Apparently, Australia only gets a 10th of the content the US does.

I've been a Netflix watcher for years and I fully support how they've structured their business model. It's great. You pay a basic monthly fee and you get to watch as much as you want. That's perfect for a binge watcher. I love seeing an entire season in a weekend, a whole series within a month. But some shows start on Season 4 or end two seasons early. The US may get full access but I only get half of it? That doesn't make sense. If they have a show, then they should have the full series.

## Desperate measures

To get full access I would need to set up my computer's Internet IP to pretend like I live in the US. That, however, goes against their licensing agreements. But why can't they just make it part of a package deal? Have extra content available for those who wish it. This can support an incremental plan where Netflix themselves could offer a proxy-like service for a nominal fee. Not a terrible plan, considering most proxy sites charge a monthly fee anyway. It would boost their revenue and allow full content streaming to anyone who wants it, regardless of where they are from.

## Global market

We live in a global market. The world is based on a rich social culture that is not restricted to political boundaries – at least, not as much as it has in the past. Proxy servers reflect the desire of people to enjoy the luxuries available in other countries, those being Internet luxuries. People want access to information that is rich, full, and entertaining.

There might be a deeper reason than subscription rates as to why Netflix is cracking down on proxy use. But we just want to see the shows available to our friends. We want to laugh virtually with them, cry virtually with them and hang onto the edge of our seats with them no matter where they live. Right now, the only way to do that is through proxy service. And it is getting harder and harder to accomplish what should be an easy task. So Netflix, please release us so we can view the content we want.



CONNOR O'DONOVAN

Before I tell you why Netflix is justified in its move to crack down on the use of proxy servers to bypass its geographical content restrictions, I'll explain why it has those restrictions in the first place.

Content creators – generally the studios that produce the movies and television shows you use VPNs to watch – license their products geographically as a method of controlling distribution. These distribution strategies apply across all industries. You might hear about a fast-food item, for example, (let's go with the KFC Double Down) that is available in the United States long before you can get your oily little paws on it here. Companies do this so that things like advertising, sponsorship, market research etc. can be conducted on a more controllable scale.

## A matter of money

Ultimately the content creators are out to make as much money as possible (another strategy that applies across all industries.) Along comes a company that distributes its products to a market that does not intrinsically have borders (the Internet) and manufacturers suddenly find themselves without a proven method to get return on their investments. So, they stick with their traditional strategies and sell their products with a licence that only legally allows them to be consumed in a specific area.

My guess is that Netflix is dealing with growing pressure from these content providers to honour the deals they've made with them or risk losing the plethora of content that makes them the leading streaming service. (That's the media that you're barely willing to pay 10 bucks a month for, and are more than willing to get for free via piracy.) One could argue that this move will hurt Netflix in the long run – that being unable to access the global Netflix catalogue will result in many users cancelling their subscriptions.

## Wake-up call

I think, however, that this may serve as a wake-up call to the content owners – their licensing strategies are counter-intuitive to a potentially profitable business model (in a world full of the aforementioned pirates accessing content for free.)

Netflix cracking down on VPNs could result in reworkings of licensing strategies, making content truly and legally available worldwide.





# OPINION

— Editorial —

## Award shows stale



**DANIELLE S. FUECHTMANN**  
Editor-In-Chief  
@ellie\_sara

Are film awards still relevant? When an increasing number of the films up for nomination aren't in theatres yet and *The Martian* is able to classify itself as a comedy to vie for a greater honour at the Golden Globes, maybe it's time to take a look at awards season.

When I was younger I used to look forward to the red carpet glamour of the Oscars and Golden Globes, eagerly anticipating the flock of Hollywood stars in their perfect designer gowns. The relationship between the fashion world and red carpet events is an interesting one. The costs of the event are shared by the actor and the design house because of the beneficial promotion both parties receive, thanks to all of the coverage and best-dressed lists. The average cost an actress pays for her red carpet look? \$44,300, according to *Harper's Bazaar*; while the dress and accessories are often on loan, the services associated with styling, co-ordinating – and paying for security for valuables like jewelry – the outfit and overall beauty look are paid by the actress or from her publicity budget.

### Heavy investment for ads

It's not just the red carpets that prove award shows are a publicity machine – according to an article published by *Forbes* after last year's Oscars, advertising rates during the Oscars beat the Super Bowl with a 12 per cent premium for the Oscars over the Super Bowl. While the Super Bowl remained the most expensive for a 30-second commercial, *Forbes* explained that in terms of advertisers-per-advertising dollar, the Oscars were a steeper investment.

### The Martian a comedy?

The designers get promotion and advertisers access a premium market but what is the real purpose of the awards these days? A few weeks ago, *The Martian* made headlines for its Golden Globe win. The category? Best Motion Picture, Musical or Comedy. I'll confess that I haven't seen the film but everyone I've talked to confirms that what makes the film memorable isn't side splitting laughs or perfectly harmonized musical numbers. But thanks to the Golden Globes' two best motion picture categories, drama and musical or comedy, their organizers can acknowledge films that might not make it into the drama category when there are too many nominees. And just like that, a strong slate of films up for awards consideration allows a science fiction drama to become a comedy.

Finally, it's not just Leo that gets the Oscar snub; year

after year, nominee announcements are accompanied by dismay about their lack of diversity. Unfortunately, this is just as much a reflection of Hollywood's casting and hiring as it is bias from the Academy. Does DiCaprio deserve an Oscar for some of his work? Yes, but until there is greater parity in casting and awards season, I won't lose sleep if he, or *The Revenant*, come home empty handed when

awards season is done.

The spirit of awards season and film festivals is a great one – celebrating the best of the film industry's talent – but increasingly, as the various awards become more driven by advertising revenue and marketing strategy, the value of those shiny statues isn't quite what it used to be in my books.



www.forbes.com

Mat Damon in the Martian

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# SPORTS

## Feel good story of year



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

John Scott is already becoming the most talked about and best story of 2016 so far. The story of an underdog, a goon and a nobody in the NHL was somehow the highlight of the NHL All-Star game this past weekend. He may not be the greatest goal scorer of all time or the MVP on any regular night but Scott had a way with fans and his peers that changed the way people thought of him. It was great to see that his decision to remain a part of the all-star game despite the league asking him to bow out and the outpouring of love and support for him shown by the players themselves at the game That he scored two goals is what Hollywood movies are made of.

In fact, there are rumours that Scott's agent has been approached about the idea to turn his story into a movie. Bets are already flying as to who might be

playing John Scott. Maybe even John Scott himself, because who better to portray John Scott than the man himself, right!? I'm saying Vince Vaughn right now but who am I to say.

Well, back to reality. John Scott just had the weekend of his life! It would make anyone jealous come Monday morning water cooler talks. I mean, he had his teammates lift him up like he had just won the all-star MVP award and a million bucks for his team while the arena chanted his name – oh wait, he did and that also happened. Although he didn't represent a specific team in the NHL, he represented what it was to be a guy living out his childhood dream and taking in and enjoying every minute of life despite his many naysayers \*coughNHLcough!\* And I have to say it was the greatest thing the all-star game could have added this year.

The way the guys in the game were encouraging Scott to just have fun and actually participate in the weekend festivities is already the feel good story of the year. Heck, the guy doesn't even have a reliable job right now come the Monday morning after the game. It's the life of a being sent to the minors.

But if we can learn anything from this John Scott roller coaster, it's to not count out any opportunities that come your way and to take any opportunity and make the most of it. He may not be a part of the NHL right now but the all-star game was the biggest audition stage he could perform in in front of the entire league.



www.hnqn.com

**John Scott**

### VOLLEYBALL

## Difficult weekend for NAIT

By **BRIDGETTE TSANG**

Both Ooks volleyball teams suffered tough losses this past weekend against a strong Lakeland Rustlers team that were relentless. The women lost both games in straight sets, while the men dropped their weekend series, both in tough five set losses.

On Friday night, the ladies started out quite evenly matched with the Rustlers, but it would not be enough to beat the Rustlers. The Ooks were without fourth year captain Candice Hughes in the third set due to an elbow injury, and left the game and did not return, deepening the loss for the Ooks. Tara Voogd was named Player of the Game for the Ooks as she put up 7 kills on the night in a losing effort for the Ooks in straight sets (22-25, 22-25, 15-25).

The Ooks looked to avenge their loss the first night in Lloydminster, but struggled to find consistency throughout their game and were defeated once again in three sets (15-25, 21-25, 17-25). First-year right-side Natasha Ng was the bright spot in their loss as she provided her team with 9 kills in

her first start this season.

Now faced with only a small handful

of games left this season, the Ooks are fighting to keep their playoff hopes alive



Photo by Jesse Kushneryk

**Ook setter Derek Jansen does his job on Friday Jan. 29 during a game against Lakeland. NAIT lost 3-2.**

as they take on the Augustana Vikings, Friday 6pm in Camrose, and Saturday 6 p.m. at the NAIT Gym.

The men's team also were in tough this weekend, dropping their weekend series against the Lakeland Rustlers in two tough five-set losses. The guys struggled with consistency once again and it came back to haunt them. After coming back from a 2-1 set deficit, the Ooks were able to bring the game to a fifth set. But in the fifth set, their offence was silenced again, ultimately losing the set 17-15.

Saturday night, the Ooks encountered the same problem, as a result, the outcome mirrored that of Friday night's match. The men were unable to sustain a healthy lead in the game, and had consecutive errors within sets that were costly for them. Fourth-year captain Jordan Teliske racked up 16 points on the night, including 14 kills, in a losing effort for his team.

Next up, the Ooks face an energetic and deep Augustana Vikings team, Friday 8pm in Camrose, and Saturday 8pm at the NAIT Gym.



## Keeping Score

# Game of quarterbacks



**JOSH RYAN**  
@JoshRyanSports

Is picking against the Carolina Panthers smart? Heck, no! The NFL's best team has rolled through the season largely untouched, even in the playoffs. The defence is intimidating and Cam Newton is the League's MVP. Anyone saying otherwise is crazy. Yet, I have a feeling that we're in for a great story. Which, of course, revolves around Peyton Manning.

Think about the downtime these two teams have had. A full two weeks since the AFC and NFC championship games. While any team loves the time off to heal, you can bet Peyton needs it more. His 105-year-old body, somewhere around that age, has barely managed to flutter passes to his receivers for most of the season but he got a week off thanks to the playoff bye and now, with this time off, he can get all the rehab, ice baths, cortisol shots and horse tranquilizers a person can take to get that skeleton ready.

The Panthers meanwhile, what if the

layoff hurts a little? Teams that have momentum love to keep rolling. So what if they are a bit sluggish come the Super Bowl? Even more important, how do they handle the attention? Only in the last few weeks of the regular season did the media truly start paying attention to this team, and they have never been through the process of Super Bowl type scrutiny. A bunch of young guys, how do we know if they can keep all of the media attention from distracting them from their work in practice and their mental routine come game time? The Broncos, however, have a number of players who have, mainly from that team that lost to Seattle a few years ago.

Lastly, Denver has a great defence. Heck, they sacked Tom Brady so many times it felt like watching a bar fight where 48 dudes are kicking in the teeth of one dude. Granted, Newton is a lot more athletic than Tom Brady but that defence will put pressure on him. What happens then, under the glaring lights of the Super Bowl?

I might be wishing for a long shot here but I want, hope and feel that Peyton's going to have one last hurrah.



**ZANE TOMICH**

The Carolina Panthers have been a tremendous surprise this NFL season. There is a lot to like about this team and their high powered offence. After two triumphant playoff victories over the Arizona Cardinals and the Seattle Seahawks, the Panthers have punched their ticket to the Super Bowl. The franchise has yet to capture a cham-

pionship in their 22 years of history but 2016 might finally be the year. Carolina had themselves a dominant season with a 15-1 record and placing first in the NFC South division.

The performance of Newton, who is arguably the best quarterback in the NFL right now, is a huge reason why the Panthers are a powerhouse. Peyton Manning is a legend and can still get the job done, but the fact is he is much older and outplaying the younger Newton will be a tough challenge for him. So many people are rallying behind the Panthers and jumping on the bandwagon. They hold the upper hand over the Broncos heading into the Super Bowl. The Panthers' offence will be too much for the Broncos to contain and Newton will ultimately outplay Peyton.

It's the Panthers' time to shine. They have consistently gotten the job done all season long and now with a chance to shine on the big stage, nothing can stop them. Not even the ageing Manning.

The Panthers have shown more consistency as a unit for the whole season. Newton has brought his A game since Week 1 and has never let up. Even after the unfortunate accident Cam had earlier in the year, he still bounced back and showed no signs of fatigue. Manning buckled under the pressure last year against the Seahawks in the 2014 Super Bowl, there's a chance we could see it again this year.



thesource.com

**Peyton Manning**

## BASKETBALL

# Men sweep, women swept

By **MIA SIMON**

The Oaks women's basketball team dropped both games of the weekend to the Lakeland Rustlers. Friday night, the women went on the road to take on undefeated Lakeland College. The Oaks found themselves outmatched right from the tip-off as the Rustlers jumped out to 26-16 halftime advantage and continued to extend that lead throughout the game to hand the Oaks a 61-43 loss.

The Oaks could not stop the current points leader, Rustlers' Cameo McKerlie, who averages 15 points, seven rebounds and two steals per game and, as a result, the Oaks dropped to 12-4 on the season. Torey Hill was the only Oak to reach double figures with 16 points on Friday night.

On Saturday night, the women faced Lakeland on their home floor. Looking to

rebound from a challenging loss, the Oaks found themselves trailing again early, with the score 17-13 at the end of the first quarter. An anemic second quarter would have the Oaks go into halftime down by 10 points, 33-22. After the break, the Oaks made a push to regain the lead but fell short in the end with the final score 61-54. Torey Hill was named player of the game with a total of 22 points and 11 rebounds while Sydney Hurlburt had also hit a double figure for the Oaks with 12 points on the board.

The eighth nationally ranked men's team improved their record to 13-3 with a weekend sweep over the Rustlers. On Fri-

day night, they travelled to Lloydminster to take on the deep and athletic Rustlers. This time, they jumped out to a 27-4 first quarter lead and never looked back to win the first game of the weekend series 75-51. It

was a good team effort at both ends of the floor for the Oaks. Fifth year co-captain Connor Dolson was player of the game with seven rebounds, five points and nine

assists. Seb Cava contributed a double double performance with 17 points and 11 rebounds.

Saturday night saw the Oaks in a hard fought contest at home with the Rustlers. The Oaks had a sloppy game on the offen-

sive end, throwing the ball away 25 times, which hurt the offensive output to the team. They did manage to get some defensive stops down the stretch to hold onto an 81-72 victory. Player of the game was first-year guard Ross Shepard High School product Yasser Abdullahi with a total of 20 points on some hot shooting going 4-7 from three-point land. Jordan Brown came off the bench to add 13 rebounds, grabbing key defensive rebounds down the stretch. Catch the NAIT Oaks play an important home and home series with cross town rival Concordia Thunder. Last outing between these two teams battled through four overtimes with NAIT squeaking out the win.

Catch both the women's and men's games against the Thunder this Friday. Tip-off for women is at 6 p.m. and 8 p.m. for the men.



## MEN'S HOCKEY

# Dream season for Ooks

By FARYAL BASHIR

The NAIT men's hockey team had an action packed weekend playing against their inner-city rivals, the MacEwan Griffins. Friday night's game led to an 5-4 overtime win for the Ooks, followed by a 6-2 victory for the Ooks on Saturday night to remain atop of the conference.

Friday night was a nail-biter leading to overtime at Confederation Arena. Both teams were trying to keep up with the momentum as no one had scored until late in the first frame. With just over three minutes left, Ooks Jason Wark buried a nifty backhand to start off the scoring. Shortly after, Griffins captain David Way fired one in to tie the game at one. In the second period with just over a minute gone, Ooks Kevin Carthy got a hold of the puck on a power play as it rebounded off the boards and shot it glove side past the Griffins goalie to take the lead.

## Off the post

Five minutes later, Ooks Corey Chorneyko shot the puck off the post and in. Midway through the second frame, the Griffins picked up the puck as Ooks Sam Waterfield tried to defend on a two-on-one, but the Griffins scored, making it a one-goal deficit. With less than a minute to go in the second, Ooks Riley Sheen got a nice feed from Trace Elson, piling one in from in front of the net to increase the lead to 4-2 at the end of the second for NAIT.

The third wasn't in favour of the Ooks as the Griffins scored two more times taking the game to four-on-four overtime. Fans were on the edge of their seats and the intensity of the game really picked up in overtime. It took a few minutes until Ooks John Dunbar got control of the puck and shot it in to carry home his team. This is only the second time in the regular season that the Ooks have gone to overtime.

## Physical contest

Saturday night brought a larger crowd at home for the trades night and minor hockey appreciation game. This was a physical contest for both sides of the centre line. After Friday's game, the Ooks wanted to make sure this game wasn't going into OT.

In the first period Ooks Jason Wark drove one in past the Griffins goalie just over a minute in. Ooks Riley Sheen went on to score one more time for his team. The first ended 2-0 for the Ooks. On to the second and Sheen fires another one in with a minute gone in the frame. Later in the period, Griffin Tyler McCalpin shoots one in to get his



Photo by Jesse Kushneryk

**Ooks forward Scott Fellnermayr, above, is parked in front of the MacEwan goaltender during a game at NAIT arena on Saturday Jan. 30, 2016. NAIT remained unbeaten on the season, winning the game 6-2.**

team on the board. Followed by Sheen, who completed his hat trick. The Griffins responded to the hats by scoring on a power play. The second period ended 4-2 for the Ooks. Moving on to the third, Ooks went on to score two more times, including an empty netter to take the 6-2 victory.

While the scoreboard may have read two wins for the Ooks, head coach Mike Gabinet knows there's always room for improvement on his squad.

"I thought we were just average with regards to a couple different areas of our game on Friday night," said Gabinet.

"It will take individual and team commitment to our key principles in order for us to have an opportunity for continued success in the second half," he said.

"I am confident our group of players and coaches are up for the challenge and will continue to push to get better."

Next, the Ooks face the Portage Voyageurs. Games are this Friday at home and Saturday in Lac La Biche at the Bold Centre. Both games will be played at 7 p.m.

## Player profile



**Player:** Kayleigh Pepper

**Sport:** Soccer

**Program:** Veterinary Medical Assistant

By MIA SIMON

**1. What made you start playing soccer?** My friend's mom needed players (I thought you were supposed to put shin pads over top of socks).

**2. What is something people don't know about you?** I am a really good surfer – I go every weekend. Close call with a shark last weekend.

**3. What three things can you not live without?** Cheese, my surfboard and my dog.

**4. What type of music do you enjoy?** Hawaiian, country and, occasionally, jazz.

**5. What are your hobbies in your spare time?** After I'm done riding the waves, I float on my board and feed the fish

peanut butter sandwiches.

**6. What is your dream oasis?** Pigeon Lake, I heard they have good waves to ride.

**7. Who is your childhood idol?** Stitch.

**8. Which sports do you like to play other than soccer?** Lawn bowling.

**9. Do you have a pre-game meal?** Steak.

**10. Who inspires you the most?** My Mom.

**11. What is the best advice you've gotten so far?** "Change is not a four letter word ... but often your reaction to it is."

**12. What is something you would like to say about your team?** We would all play better in granny panties.



ACAC Standings

| MEN'S HOCKEY |    |    |    |    |     |     |     |     |     |  |  |
|--------------|----|----|----|----|-----|-----|-----|-----|-----|--|--|
| Team         | GP | W  | RW | L  | OTL | TIE | GF  | GA  | Pts |  |  |
| NAIT         | 24 | 24 | 22 | 0  | 0   | 0   | 146 | 48  | 48  |  |  |
| Augustana    | 24 | 16 | 14 | 3  | 2   | 3   | 90  | 51  | 37  |  |  |
| Keyano       | 24 | 12 | 11 | 8  | 1   | 3   | 84  | 77  | 28  |  |  |
| Red Deer     | 24 | 12 | 12 | 9  | 0   | 3   | 85  | 66  | 27  |  |  |
| SAIT         | 26 | 10 | 10 | 12 | 0   | 4   | 83  | 86  | 24  |  |  |
| MacEwan      | 26 | 10 | 9  | 12 | 3   | 1   | 98  | 83  | 24  |  |  |
| Portage      | 24 | 8  | 7  | 9  | 0   | 7   | 64  | 82  | 23  |  |  |
| Concordia    | 26 | 5  | 4  | 16 | 3   | 2   | 66  | 112 | 15  |  |  |
| Briercrest   | 26 | 3  | 2  | 22 | 0   | 1   | 51  | 162 | 7   |  |  |

RESULTS

January 29

NAIT 5, MacEwan 4 (OT)

Briercrest 2, Portage 2 (OT)

Keyano 5, SAIT 3

Augustana 5, Concordia 3

January 30

NAIT 6, MacEwan 2

Briercrest 4, Portage 2

Keyano 6, SAIT 3

Augustana 2, Concordia 0

| WOMEN'S HOCKEY |    |    |    |    |     |    |    |     |  |  |  |
|----------------|----|----|----|----|-----|----|----|-----|--|--|--|
| Team           | GP | W  | RW | L  | OTL | GF | GA | Pts |  |  |  |
| Red Deer       | 18 | 14 | 11 | 2  | 2   | 49 | 22 | 30  |  |  |  |
| MacEwan        | 20 | 12 | 10 | 8  | 0   | 55 | 40 | 24  |  |  |  |
| SAIT           | 20 | 10 | 8  | 7  | 3   | 43 | 39 | 23  |  |  |  |
| NAIT           | 18 | 7  | 6  | 8  | 3   | 42 | 44 | 17  |  |  |  |
| Olds           | 20 | 5  | 4  | 14 | 1   | 25 | 68 | 11  |  |  |  |

RESULTS

January 28

SAIT 3, Olds 1

Red Deer 2, MacEwan 0

January 29

SAIT 2, Olds 1

January 30

MacEwan 3, Red Deer 2 (OT)

MEN'S BASKETBALL

North Division

| Team           | GP | W  | L  | Pts | PF   | PA   |
|----------------|----|----|----|-----|------|------|
| Keyano         | 18 | 15 | 3  | 30  | 1536 | 1273 |
| NAIT           | 16 | 13 | 3  | 26  | 1298 | 1134 |
| Grande Prairie | 18 | 10 | 8  | 20  | 1472 | 1449 |
| Lakeland       | 18 | 9  | 9  | 18  | 1363 | 1378 |
| Concordia      | 18 | 7  | 11 | 14  | 1417 | 1450 |
| King's         | 18 | 6  | 12 | 12  | 1352 | 1471 |
| Augustana      | 18 | 2  | 16 | 4   | 1250 | 1533 |

South Division

|              |    |    |    |    |      |      |
|--------------|----|----|----|----|------|------|
| Red Deer     | 15 | 11 | 4  | 22 | 1418 | 1221 |
| Olds         | 13 | 10 | 3  | 20 | 1254 | 1130 |
| Medicine Hat | 15 | 10 | 5  | 20 | 1198 | 1145 |
| Lethbridge   | 13 | 8  | 5  | 16 | 1199 | 1124 |
| Ambrose      | 15 | 7  | 8  | 14 | 1270 | 1334 |
| SAIT         | 16 | 6  | 10 | 12 | 1235 | 1329 |
| St. Mary's   | 14 | 3  | 11 | 6  | 1208 | 1328 |
| Briercrest   | 13 | 2  | 11 | 4  | 1034 | 1205 |

RESULTS

January 29

NAIT 75, Lakeland 51

Red Deer 99, Ambrose 89

SAIT 86, Medicine Hat 63

Augustana 77, King's 72

January 30

NAIT 81, Lakeland 72

Ambrose 118, Red Deer 100

SAIT 83, Medicine Hat 68

King's 69, Augustana 61

WOMEN'S BASKETBALL

North Division

| Team           | GP | W  | L | Pts | PF   | PA   |
|----------------|----|----|---|-----|------|------|
| Lakeland       | 18 | 18 | 0 | 36  | 1254 | 835  |
| NAIT           | 16 | 12 | 4 | 24  | 1132 | 856  |
| Grande Prairie | 18 | 12 | 6 | 24  | 1069 | 1026 |

|           |    |   |    |    |      |      |
|-----------|----|---|----|----|------|------|
| Augustana | 18 | 8 | 10 | 16 | 1068 | 1129 |
| Keyano    | 18 | 6 | 12 | 12 | 1060 | 1113 |
| Concordia | 18 | 6 | 12 | 12 | 1077 | 1098 |
| King's    | 18 | 0 | 18 | 0  | 753  | 1336 |

South Division

|              |    |    |    |    |      |      |
|--------------|----|----|----|----|------|------|
| Lethbridge   | 13 | 13 | 0  | 26 | 1106 | 747  |
| St. Mary's   | 14 | 11 | 3  | 22 | 1091 | 909  |
| Medicine Hat | 15 | 8  | 7  | 16 | 1015 | 1001 |
| SAIT         | 16 | 8  | 8  | 16 | 1051 | 1010 |
| Olds         | 13 | 7  | 6  | 14 | 1055 | 802  |
| Red Deer     | 15 | 7  | 8  | 14 | 986  | 920  |
| Briercrest   | 13 | 2  | 11 | 4  | 737  | 1080 |
| Ambrose      | 15 | 1  | 14 | 2  | 722  | 1294 |

RESULTS

January 28

Away Team - Home Team

SAIT 0 - LETH 3

(25-23, 25-20, 25-21) January 30

Away Team - Home Team

January 29

Lakeland 61, NAIT 43

Red Deer 69, Ambrose 32

Medicine Hat 71, SAIT 64

Augustana 66, King's 51

January 30

Lakeland 61, NAIT 54

Red Deer 68, Ambrose 60

Medicine Hat 74, SAIT 54

Augustana 65, King's 35

MEN'S VOLLEYBALL

North Division

| Team           | MP | MW | ML | GW | GL | Pts |
|----------------|----|----|----|----|----|-----|
| Keyano         | 18 | 14 | 4  | 45 | 21 | 28  |
| Augustana      | 18 | 13 | 5  | 43 | 26 | 26  |
| King's         | 20 | 13 | 7  | 49 | 26 | 26  |
| NAIT           | 18 | 10 | 8  | 39 | 33 | 20  |
| Lakeland       | 20 | 9  | 11 | 36 | 45 | 18  |
| Grande Prairie | 18 | 6  | 12 | 26 | 44 | 12  |
| Concordia      | 20 | 1  | 19 | 16 | 59 | 2   |

South Division

|              |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Red Deer     | 18 | 17 | 1  | 53 | 12 | 34 |
| Lethbridge   | 20 | 12 | 8  | 47 | 35 | 24 |
| Medicine Hat | 18 | 11 | 7  | 40 | 31 | 22 |
| SAIT         | 18 | 9  | 9  | 39 | 37 | 18 |
| Ambrose      | 20 | 8  | 12 | 34 | 48 | 16 |
| Briercrest   | 20 | 8  | 12 | 36 | 43 | 16 |
| Olds         | 18 | 1  | 17 | 10 | 53 | 2  |

RESULTS

January 28

Lethbridge 3, Lakeland 0

(25-23, 25-20, 25-21)

January 29

Lakeland 3, NAIT 2

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

Red Deer 3, Ambrose 0

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

Briercrest 3, Olds 0

(25-16, 25-22, 25-20)

King's 3, Concordia 0

(25-23, 25-14, 25-14)

Augustana 3, Keyano 1

(17-25, 25-16, 26-24, 25-19)

January 30

Lakeland 3, NAIT 2

(25-19, 24-26, 18-25, 30-28, 15-12)

Lethbridge 3, SAIT 1

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

King's 3, Concordia 0

(25-20, 25-20, 25-19)

Red Deer 3, Ambrose 0

(25-13, 26-24, 25-20)

Briercrest 3, Olds 0

(25-15, 25-18, 25-14)

Keyano 3, Augustana 0

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

WOMEN'S VOLLEYBALL

North Division

| Team           | MP | MW | ML | GW | GL | Pts |
|----------------|----|----|----|----|----|-----|
| King's         | 20 | 19 | 1  | 59 | 17 | 38  |
| Lakeland       | 20 | 13 | 7  | 47 | 26 | 26  |
| Grande Prairie | 18 | 12 | 6  | 41 | 22 | 24  |
| Keyano         | 18 | 11 | 7  | 35 | 30 | 22  |
| NAIT           | 18 | 7  | 11 | 29 | 38 | 14  |
| Augustana      | 18 | 4  | 14 | 22 | 46 | 8   |
| Concordia      | 20 | 0  | 20 | 6  | 60 | 0   |

South Division

|              |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Briercrest   | 20 | 16 | 4  | 52 | 22 | 32 |
| SAIT         | 18 | 14 | 4  | 47 | 19 | 28 |
| Red Deer     | 18 | 11 | 7  | 40 | 29 | 22 |
| Olds         | 18 | 11 | 7  | 36 | 31 | 22 |
| Medicine Hat | 18 | 8  | 10 | 31 | 35 | 16 |
| Ambrose      | 20 | 3  | 17 | 20 | 52 | 6  |
| Lethbridge   | 20 | 3  | 17 | 17 | 55 | 6  |

RESULTS

January 28

SAIT 3, Lethbridge 0

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

January 29

Lakeland 3, NAIT 0

(25-22, 25-22, 25-15)

Ambrose 3, Red Deer 0

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

Briercrest 3, Olds 1

(22-25, 25-19, 25-23, 25-12)

King's 3, Concordia 0

(25-20, 25-10, 25-16)

Keyano 3, Augustana 1

(25-23, 25-14, 21-25, 25-16)

January 30

Lakeland 3, NAIT 0

(25-15, 25-21, 25-17)

Red Deer 3, Ambrose 1

(25-10, 20-25, 25-13, 25-15)

SAIT 3, Lethbridge 0

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

King's 3, Concordia 0

(25-15, 25-11, 25-8)

Briercrest 3, Olds 0

(25-19, 25-14, 25-23)

Keyano 3, Augustana 1

(16-25, 25-19, 25-18, 25-17)

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

January 25-31

Karynn Flory  
Curling



Karynn skipped the NAIT Ooks women's curling team to a 6-0 record this past weekend at the ACAC Regional No. 2 hosted by Concordia at the Avonair Curling Club. This result, combined with her perfect 6-0 record from the first regional, gave the Ooks an amazing 12-0 record heading into the ACAC championships. "Karynn was outstanding in leading her team to a perfect regular season," said head coach Jules Owchar. "She continued her brilliant shot-making this past weekend and was absolutely dominant." Karynn is a fourth-year Bachelor of Business Administration student from St. Albert.

Dante Borrelli  
Hockey



The NAIT Ooks men's hockey team improved to 24-0 on the season after sweeping the MacEwan Griffins in a weekend series. In Friday's 5-4 road overtime victory Dante added a pair of assists and then scored and had another helper in the Ooks 6-2 win Saturday at NAIT Arena. "Dante's relentless work ethic, enthusiasm and team-first attitude is contagious to his teammates," said head coach Mike Gabinet. "He works hard in all three zones and got rewarded for that dedication, hard work and team-first attitude with four points on the weekend." Dante is a fourth-year apprentice student from Edmonton.

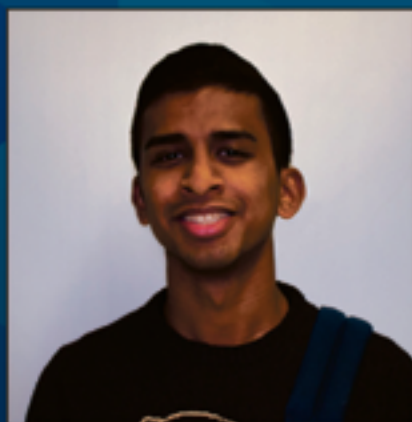
# STUDENT EXECUTIVE



## ABDUL ANJUM candidate for PRESIDENT

Hi everyone! My name is Abdul Anjum and I am running for President in the upcoming NAITSA Executive Elections. I am a student in the Business Administration program, currently in my second year with Accounting as my major. First a little about myself, I grew up in a small town outside of Edmonton called Wetaskiwin. Growing up I played many sports such as: hockey, soccer and basketball. From a young age I was introduced to the concept of teamwork and leading a team. It's where I learned that in order to be an effective leader you have to think of the team before you think about yourself. At a young age I have already been employed in four different types of industries, where I have worked with people of different backgrounds, ethnicities, and cultures. This experience has taught me that no matter where people are from, they look for only two things from their leaders, and that's excellence and determination. Throughout my life I have always been determined to achieve excellence in anything that I have pursued. Whether it be school, sports, my next job, or personal life, I have always been determined to excel in every aspect. I believe that excellence is the key to success, and to achieve excellence one must be dedicated and hardworking towards their goal. I believe that my experiences, qualities and the valuable lessons I have learned give me the ability to become YOUR next leader, for me

it will be a huge honor to represent the students of NAIT, which I will serve with complete integrity and my utmost respect. I am extremely honored and privileged to be conveying this message to you and I wish the best of luck to my fellow candidates as we prepare for the upcoming NAITSA elections!



## VINU GEORGE candidate for PRESIDENT

I hope everyone will hear out my speech on February 3rd and also, do me a favor and vote for me :)



## ALLANNAH WROBEL candidate for PRESIDENT

Hello my fellow NAIT students!

My name is Allannah Wrobel and I am running to be your next President.

Being president can be a daunting task; in order to take NAITSA to the next level and help it grow you need to elect someone with experience in student government and passion for both the institution and the students who attend it. I have both of those things.

I have great, relevant experience in student government; I have sat on the senate for two terms as well as served as your VP External this past year. In this position I have made connections within government as well as within the institution. I will continue the momentum I've already started lobbying the government addressing students' concerns like tuition and mental health.

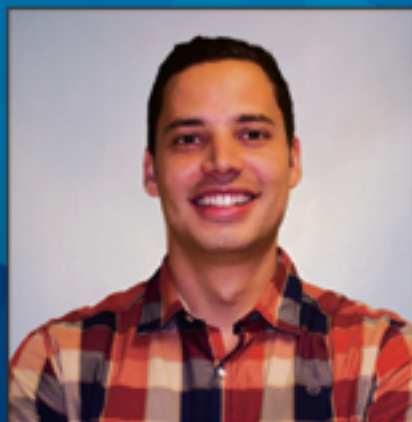
If elected I will give student spaces the attention they deserve; for example I will devote some attention to the NAITrium and give it a much needed facelift.

Please don't hesitate to stop me in the halls when you see me if you want to chat, or even if you want a high-five. I am here to listen to your needs and ensure that I am doing everything possible to make your time here at NAIT the best experience of your life.

Vote Allannah Wrobel for President!



# CANDIDATES 2016-17



## JOEL BENITEZ candidate for VICE PRESIDENT ACADEMIC

Hello to all my fellow NAIT students. My name is Joel Benitez and I want to be your choice for Vice President Academic in the upcoming year. I am currently a DMIT student, concentrating in Business Analysis. I came to NAIT part-time over the summer before taking the plunge into full-time day classes, so I understand the challenges both face.

As a current Campus Activities Board (C.A.B) member I have been exposed to the role NAITSA executives play and the value they add to our school. I understand the commitment and passion required to see projects through to completion. While on C.A.B I have been entrusted to engage with students and have built strong relationships with many of them. Along the way, and through a multitude of conversations, I have come to understand many of the obstacles students face. These issues are varied, ranging from disagreements with instructors, maintaining positive mental health, and concerns about the security of personal property. These are all issues I care about, and they are just some of the reasons why I want to be your next Vice President Academic.

Something I am looking forward to as an executive is being able to enhance students' experience while at NAIT. Whether you are on main campus studying in the business tower, in the L building, or in one of the satellite campuses

working towards your journeyman ticket, I want to advocate on your behalf.

In addition to my passion for student engagement, I'm also able to offer diverse experience. I worked in procurement for the oil and gas industry for a number of years, refining my leadership and communication skills. I have also volunteered with Edmonton Regional Search and Rescue, Youth Restorative Action Program (YRAP), and Capitalcare Norwood. All of these opportunities enhanced my ability to resolve conflicts, as well as teaching me the importance of active listening and paying attention to detail.

I am a devoted and driven individual, who will make your academic progress at NAIT my first priority. I will do this by listening to, and advocating for, each and every one of you. I urge you to make your voice heard and vote Feb 5 to 11. Vote for someone with passion, someone who will work for you, someone who can channel your issues into action. Vote Joel Benitez for Vice President Academic.



## ARLY CALUAG candidate for VICE PRESIDENT ACADEMIC

Hello fellow students!

My name is Arly Caluag, and I am running for VP Academic for NAITSA. I would like to take this opportunity to introduce myself to you!

I am currently in the third-year of the Bachelor of Business Administration program with an emphasis in Accounting, and by the grace and mercy of the One from above, I have been on Dean's Honor List for the past three years. Last year, I and three other students were given the opportunity to represent NAIT in the Financial Planning Case Competition in Calgary and we were fortunate enough to bring home the gold medal. I am also the current CPA Campus Ambassador here at NAIT. This role has given me the chance to engage, inform and empower accounting students. I play a vital role in linking students to the industry as well as providing them information about the newly enacted CPA designation.

Outside of my academics, I have been an active member in the community. Before commencing my studies at NAIT, I took a two-year break to volunteer for a non-profit organization in Toronto. This experience allowed me to learn to tackle different situations and more importantly I was able to understand the importance of giving back to the community. I have experience in dealing with different kinds of people, I have procured and maintained good relation with sponsors, and I have headed fundraising programs. I am confident that my skills

and experience would allow me to proficiently tackle the challenges of this office.

Running for NAITSA executive would allow me to give back to the NAIT community. I will use my knowledge and experience to serve you to the best of my ability. Most of all, I will ensure that your voices are heard, and that your interest are always taken into account when decisions are made.

I will be more than honored to serve as VP Academic of your NAIT's Students Association.

Vote Arly Caluag for VP Academic! Thank you. ☺



## JOHN PEROZOK candidate for VICE PRESIDENT ACADEMIC

Hello fellow friends and students,

My name is John Perozok (pronounced as if you were saying Pair-Of-Socks), and I am running for Vice President Academic of the NAIT Student's Association. Over the last three years at NAIT, I have been surrounded by exceptional teachers and students that have taught me so much and caused me to truly grow as a leader. From successful team projects to marketing and business pitches, I have perfected a positive, level-headed approach that has led me to the place where I am now; ready to take a new step to make NAIT the best that it can be.

Currently I am in the 3rd year of my BBA, with an emphasis in Marketing. Last year I had the privilege of representing NAIT at the Alberta Deans of Business Case Competition representing the Marketing discipline. With hard work, determination, and a strong team effort, we were awarded First Place among competing schools from across the province. This incredible experience taught me much about collaborative teamwork, critical thought, and most importantly, true leadership.

VP Academic is a vital role on the Executive Council, because it deals with the most fundamental reason why we have come to NAIT; to learn, and prepare for a better, more successful future. We are here to study, learn, and grow, and to do this our instructors test us at every step; through projects, class discussions, labs, and exams. A good instructor can unlock a student's potential.

However, what happens when there is a flaw or issue in the

academic process? Where do you go when you have been treated unfairly or need assistance with a problem that is affecting your studies?

The VP Academic is the first point of contact for any academic issue. This critical role gives you, the student, a voice and allows you to stay on course as you work hard for an amazing future. As important as the role itself is, it is equally important that the VP Academic is a receptive, empathetic, and driven problem solver that can effectively seek a solution for your obstacle. I am that person.

NAITSA is an incredible organization that works hard to serve NAIT students and give them the voice that they deserve. I would be absolutely honoured to be your VP Academic in the upcoming year, and I believe my passion for people, and for NAIT itself, will help create a strong Executive Council team that actively works on behalf of the students.

My mission is to serve NAIT students with dedication, energy, and passion - and to be the best Ginger Student Executive that NAITSA has ever seen.

So, if you see my red hair in the hallways please don't hesitate to come talk to me! I want to hear your concerns and what I can do to help you succeed. I am the man for the job.

Follow my campaign updates on Twitter: @johnperozok. Vote John Perozok for VP Academic!



# STUDENT EXECUTIVE



## SHAMAIM ARSHAD candidate for VICE PRESIDENT EXTERNAL

Hello dear fellows of NAIT!

My name is Shamaim Arshad, currently a second year business student majoring in Finance. Most likely, many of you at NAIT already know me since I ran for Senate last year and won the position with your support and votes. Just like that once more I want to win your precious support and votes to be elected as this year's NAITSA VP External. Many of you also know me from Pakistani & Indian Students' Association as its President; giving recognitions to all that I do outside of my studies in terms of extra curricular activities to serve the students of NAIT, is to prove that I am now more confident than ever to serve you even better as a VP External.

My term at NAITSA Senate has given me a great grasp on what the executives of NAITSA do to ensure that needs of every student at NAIT is met and if elected I will put all my best in to ensure that the legacy continues. Having an idea on some of main projects our executives are currently working on, such as keeping up to not increase the tuition fee as they pursue more opportunities of expanding NAITSA since new building's going to be in shape by fall, as estimated, my main plan is to continue on this project with all my heart because, of course, no one likes to pay more than they have to.

I aim to maintain the excellent bond, that I have estab-

lished being a senator and a president of PISA, with many of you at NAIT and plan to interact with new and more students out there so that voices of ALL of you are heard and I succeed in putting your visions into action.

Know that I've got your back from giving you directions through hallways to guiding you to your path of success at NAIT. Years spent at NAIT has taught me that great things don't come out of a comfort zone and I am here to take one more step up to come out of my comfort zone to ensure that all your issues and concerns around campus are heard and solved. I am very easy to talk to and known for putting people around me in ease so don't hesitate and come talk if you see me around campus I will be more than happy to be able to help you in your best interest.

Look for that special URL sent to each one of you on your email and Elect me, Shamaim Arshad, as your VP External as I will not put any one of you down.

Voting period ends on February 11, 2016 @ 4:00 PM, make sure you cast your vote for your visions to be put in actions!



## JATINDER BAJWA candidate for VICE PRESIDENT EXTERNAL

My fellow NAIT students! My name is Jatinder Singh Bajwa. I am running for the position of VP External in the upcoming NAITSA elections.

Before I share my experiences and my vision with you, I would like to tell you that I stand in front of you, not as an individual candidate, but as a candidate representing the collective voice of NAIT students.

I stand in front of you as a representative of students who will facilitate the expression of their will, their opinions, their suggestions, and their grievances.

I have chosen to run for this position to serve to meet your needs and to become a medium between the student body and the student association. My goal as a VP External would be to provide financial aid to students (emergency loans), to facilitate the functioning of a more efficient, targeted and inclusive financial support system, and to enhance your quality of life.

I would work towards providing services to students in need (such as food hampers), and work on the issue of expansion of campus. I would like to support the socio-cultural events and the leisure activities to create a well-rounded student experience on all of NAIT's campuses.

My vision is to create NAIT to be an efficient and inclusive environment for all students regardless of their gender, age, or disability. My vision for NAIT is to have an infrastructure that incorporates a functioning educational institute that is not only

an "essential to Alberta", but a leading Polytechnic institution in all over the Canada.

My agenda as a VP External would be to work towards a better student service delivery system. I would be working along the administration of city of Edmonton to attract by additional funds and donations. I would work towards increasing the representation of students at local, national, and at international levels.

The reason I chose to put my vision before introducing myself is because my identity, education, skills and my background are only secondarily support towards my claim to the VP External position. What matters is "US" and what "We" the students want.

I am a third year marketing student at NAIT. I have worked as a health safety supervisor for the Saskatchewan Oilfield Company. I have represented in inter college public speaking and debate contests. I am looking forward to pursue a career as a member of student lobbying groups like Alberta Student Executive Council (ASEC).

I would like to be your voice.

I look forward to meeting you and introducing myself in the next few weeks. Please feel free to share your concerns and opinions at [jbajwa4@studentmail.nait.ca](mailto:jbajwa4@studentmail.nait.ca). It would be a pleasure to hear from you!



## MICHAEL MACCOMB candidate for VICE PRESIDENT EXTERNAL

Hello my fellow NAIT Ooks. My name is Michael MacComb, and I am running to be your next VP External. Over the past year, I have served as your VP Student Services, insuring that there are great events for you to enjoy while here at the school. This year, I am proud to say that with the support of our great Campus Activity Board team (recruiting in May), we were able to further expand our events and support for two rapidly growing groups on campus, evening and trade students.

Many of these events, such as our Wellness Wednesday free massages or the free pizza during finals, were only available because of the ACMHI Fund. This 4 year grant has now run out, which is why I want to step up to represent your needs. When you, my fellow Ooks, select me to be your new VP External, I will champion for better supports for students, not only internally, but also at the municipal, provincial and federal levels.

My specific goals for the next year include:

- Progress on the NAIT Residence. NAIT is the largest post-secondary in North America without on-campus housing. This issue has been a problem for many years, but with the airport lands now cleared, there is an opportunity. This residence would not only have to support our full time students, but also our trades students, who can have a difficult time finding a place to live for the 2-3 months they are in the city for school. By working with the city and our municipal lobby group, we can cut away the red tape preventing NAIT from moving forward.

- Improved Mental Health Initiative Funding. Our previous mental health funding came out to about \$1.50 a year/student. This is a laughably low number when you consider that other post secondary's, such as the U of A, receive over \$32 a year/student. In the next year, it would be my job to insure that our provincial lobby group, ASEC, champions for funding for your mental health.

- Improved Mental Health Support Funding. When providing for new ways to support student mental health, it is important to not forget the existing support network. Polytechnics such as NAIT and SAIT are being shortchanged on this front because of how our student numbers are calculated. Currently our school receives funding for supports, such as counsellors, based off our number of Full-Load Equivalent students, or FLE's. This means that even though we had 40,000 students in 2014, we only received funding for 12,500. Only by lobbying to change the funding model can we give part time and trades students the mental health supports they deserve.

You may have noticed a theme in my goals above. Over the past year, there was no shortage of students who reached out because they needed support to get through difficult times. With your vote, we can make sure that future students will be able to get the help they deserve.

Yours truly,  
Michael MacComb



# CANDIDATES 2016-17



## KATIE SPENCER candidate for VICE PRESIDENT EXTERNAL

Hello everyone! My name is Katie Spencer, and I am running to be your next VP External. While the three other executive positions deal directly with students, VP External is interesting in the sense that it represents YOU. This role can be compared to that of an ambassador; it would be my job to serve NAIT and promote it to outside organizations. Some tasks included in this role are: attending conferences, sitting on boards, and lobbying for NAIT and post-secondary institutions as a whole. The most important job I can do, however, is listen to you. As VP External, it is my job to ensure your voice is heard. Please know that you can trust me to do so!

I am running for VP External because I want NAIT students to have a thoughtful and insightful representative to address pressing issues. I believe I am fully capable of filling this role, and I will explain why.

### I understand

I have worked with NAITSA as a member of the Campus Activities Board for the past school term. I am closely acquainted with the roles of the VPs, as well as the needs of the students. I enjoy working with students, and I understand that demands vary within each program. I am ready to address any concerns and focus on including all programs, including those off campus.

### I am capable

I have experience with diverse and demanding workloads, and I am fully capable of meeting deadlines and providing results that exceed expectations. I am used to working in high stress

environments, and I thrive under pressure. VP External is not an easy position, but I have the skills and capabilities required to perform it properly.

### I have experience

I am currently in my 4th year of the Bachelor of Business Administration Program with an emphasis in Marketing. Being in my fourth year of school, I have developed a solid understanding of what students want and how schools function. Prior to NAIT, I obtained a diploma in Business Administration at Lakeland College. Having this combined experience of two different school settings has given me a comprehensive understanding of the best way to address students and how to connect with them.

When voting for VP External, you are voting for YOUR voice on campus. I promise to respectfully and informatively represent NAIT students. I have the skills and capacity needed to perform this job, and you can trust that I will act responsibly when determining students needs and articulating these to external forces.

If you have any queries, questions or concerns, or you simply want to get to know me a bit better, please do not hesitate to contact me! I can be reached via email at [katie-spencer@hotmail.com](mailto:katie-spencer@hotmail.com).

Remember, VP External's main role is to ensure your voice is heard. Your opinion is valuable, so please vote in the Executive Council Election! Vote Katie Spencer for VP External.

# VOTE FOR YOUR EXECUTIVE COUNCIL

LOG ONTO THE BALLOT USING THE  
UNIQUE URL EMAILED TO YOU FEB. 5, 2016  
VOTING FEBRUARY 5 - FEBRUARY 11

REFERENDUM & ELECTION INFORMATION BOOTHS OPEN FEB 10, 4PM - 7PM

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre (1st Floor)

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South Learning Centre/X Wing (Main Campus)  
South Campus | Patricia Campus

 **STUDENT  
ELECTIONS**

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# STUDENT EXECUTIVE



## JAGRIT BAJWA candidate for VICE PRESIDENT STUDENT SERVICES

JAGRIT BAJWA a.k.a JAGUAR

I know many of you guys are wondering what this guy has to convey, through his stand for running for the elections, as a Vice President- Student Services. You may also want to know, why you should elect this candidate, whose apparently trying to bring new energy and different dimension to the NAITSA, Campus activities and also, the events conducted by the International Centre at NAIT.

I have been in Canada for a year now, started school in winter, 2015 session. I have had a B.COM degree back home (from INDIA) and I am currently doing level 3 and level 4 courses for the BBA- Applied Degree in Accounting.

So, this 22 year old guy, wants to put in endless efforts to make sure, you actually end up with the feeling of belongingness for this great institution, which did not happen to me through my first semester and things were never easy. Being an international student, you always want to look for people who can connect to you or whom you can get connected with. So, the journey I had that time made me realize that there's still a need to bring in more to the institution where people do not feel that they don't have anyone to look after to when in need.

I have a few ideas which will help open up the people to help each other as well as seek help when in need, ask ques-

tions and find it easy to how to reach the right person who can help you better.

I myself had done a lot of volunteer work within NAIT, also with the events held by International student centre and I realize how great the journey can be with you too if you are able to meet right people on your journey. That is what my focus on. To get people involved in as many activities they can to feel worth the money they spend on tuition and get connected to the whole world happening around you.

Memories are only what you will carry from NAIT and what the made you feel at NAIT. None of us will care about our grades from 5 years from now. So I want to open you to the world of great opportunities of making great memories with the great humans at NAIT (be it the students or the staff members). Breaking your own complexes will help you add the value to what you can offer to others. And I want to be that silent catalyst that pursues you to be the best of you and we will develop ourselves together in the journey ahead ☺

This just is a glimpse of how I feel and my plans to reach most of you with my efforts and would appreciate your feedback the day you vote for me and I will try my best to make it worth it!

Yours JAGRIT ,a.k.a JAGUAR!

Lets Roarrrrrr and Engage ourselves in Fun!!



## DUY LUU candidate for VICE PRESIDENT STUDENT SERVICES

Guess what!? I'm running for VP of Student Services here at NAIT. My mission is to develop an exciting campus life experience for NAIT students. Raised in a small village in southern Vietnam, I was a minority among the minorities. When I came to Canada I didn't speak English AT ALL. Even though my teachers helped me develop my vocabulary, it was other classmates that taught me how to speak English. In High School the classmates that became my friends taught me about Canadian culture, how to play hockey, and how to be a cool kid.

After high school, I spend some time figuring out my life. I became a runner, weightlifter, mountain climber, skier, adventurer, road biker, hitch hiker, and non-swimmer. I worked in jobs such as; park construction, retail, security officer, bouncer, and I joined the Canadian Armed Forces to serve Canada. A common theme that I learned from these jobs was that I enjoy and take great pride in protecting, serving, and helping people in needs. This led me to the decision that the Human Resources degree was meant for me as it allow me the opportunity to advocate and serve the people who need to be heard, the workers.

I went back to school at NAIT and i'm currently working for NAIT's Student Associations' campus activity board (C.A.B). As a C.A.B member, I was the project manager for a food drive event that collected over 1,200lbs of foods for the NAITSA Food Centre which help students with financial difficulties. I'm also currently working on multiple projects for NAITSA dedicated to promoting

a positive campus experience for students. Occasionally I would put on the Ook mascot and dance around the hallways while high-living students. I'm the president of Your Adventure Club at NAIT with a goal to connect students through recreational activities. Since I came to Canada; school, students, and classmates has helped me develop the most as a person and I want to give back to the people that gave to me.

I want to create an exciting campus life experience at NAIT by developing, implementing, and enhancing NAITSA's services. I want to renovate and purchase new equipment for the gym, expand hours for recreational services, enhance services for students with disabilities, provide more bursaries and scholarship opportunities for NAITSA's students, have more shows and concerts at the Nest campus bar, promote cultural diversity at NAIT, increase and renovate student commons, and build a stress free rec room with bubble wraps, dogs, a ball tub, and potato chips for students. I want to listen to what students want and create services that are needed. I do hope that the NAITSA's referendum passes but regardless of the outcome, these will be my projects if elected as your VP Student Services. Grant me this opportunity! Your dearest- Duy Luu

During your life, never stop dreaming. No one can take away your dreams.

— Tupac Shakur

# LOG ONTO THE BALLOT USING THE UNIQUE URL EMAILED TO YOU FEB. 5, 2016

# VOTING FEBRUARY 5 - FEBRUARY 11



# CANDIDATES 2016-17



## JACE NIELSEN candidate for VICE PRESIDENT STUDENT SERVICES

Hey fellow NAIT students!

My name is Jace Nielsen and I am a Digital Media & IT student in the game design stream and I am running for VP of Student Services. I have two sides that make me whole. The first side is very uptight and serious.

I have spent almost four years here at NAIT and I have gone through some ups and down to bring me to where I am today. Half my time at NAIT I spent doing something I hated and only after I had hit the lowest point in my life did I realize my mistake. My main focus if elected will be to eliminate depression. I know that would be hard if not impossible, but I dare to dream big. I know how horrible it can be and I don't want anyone to suffer like I did.

To help students that are suffering I will implement a plan. This plan will provide support by providing more information, making wellness Wednesdays better, providing more services and promoting better health, both physical and mental. I hope to make depression a prominent issue here at NAIT. Students cannot strive to meet their best when they have something holding them back. I hope to work together with all of you and in turn I hope you help me raise our fellow students to their feet and beat this monster. Help me make my big dream come true.

Now it's time to hear from the "fun side" that I keep locked under the stairs.

My secondary goal is get more students interested in all the activities and come up with more to engage everyone else. I know not all students feel like their down in the gutter but they still need to have fun at NAIT! To promote a fun environment at NAIT I want to continue all the great events we have here, like the how-to series, the game nights and social-events we have at the nest. I, like every person should, love free stuff so it only makes sense to continue the events where we give you free stuff. I will provide my support for all existing clubs and the ones to come, by listening to their wants and needs and making sure their voices are not only heard but their words count. I believe the VP of Student Services has to have the ability to tackle issues that plague students, but at the same time must be able to have fun, because if he or she can't have fun how are they supposed to know what it is? As VP of student Services I swear that I will tackle the serious issues and at the same time make NAIT the best place to be for an education and a good time.

My Name is Jace Nielsen and I will do my best for the students, NAIT, and the position of VP of Student Services. Don't be a student at NAIT, be a NAIT student.



## TAMARA RUSSELL candidate for VICE PRESIDENT STUDENT SERVICES

Hello NAIT students! My name is Tamara Russell and I am running to be your next Vice President Student Services. I am a second year student in the DMIT program specializing in Visual Communications and have been involved in enhancing student life ever since I started here at NAIT.

During my first year I was elected to be a student senator for Information Technology and Electronics. As a senator I was able to connect with students, understand their needs and represent them honestly and fairly. During this time, I began to understand NAITSA's value and role as well as the services they provide to students. I also learned about the student executives and their responsibility to the organization. It has always been appealing to me to serve the student body, and have the opportunity to enrich and improve your time here at NAIT. Furthermore, I served on the governance committee within this position where I worked on writing and revising the bylaws for NAITSA.

This year I was hired to be a part of NAITSA's Campus Activities Board. Within this position I am a part of the Events Committee where I help to plan, promote and facilitate events on campus. You may have seen me around campus handing out free food, offering up free swag in the hallways, or emceeing a Thursday night at the Nest. I love this position, because it is a more hands on experience and I am able to meet and talk

to so many diverse and interesting students. In this position, I work with and beside many different facets of NAITSA such as events and marketing, collaborating for the student's benefit.

My focus as your VP Student Services will be first and foremost YOU. I vow to listen to your voice and make sure you feel heard. You deserve to have the best time here at NAIT, academically but also socially. I want to make sure you have access to the programs and services you need to be successful and work on providing new ones, if and where there are gaps. Whether it's providing free food to make studying late a little bit easier or throwing an awesome concert in the Nest, I will have your best interest at heart. Making sure you feel supported in your mental health is also something very important to me. Students face tremendous amounts of stress and need to know where to go for assistance and encouragement. I want to make sure this information is well known as well as work on providing and improving options for those struggling.

I believe my experience with NAITSA and NAIT students will help me properly represent you as VP Student Services. I am passionate about fostering campus life and dedicated to serving students. Vote for me, Tamara Russell, as your next VP Student Services and we'll work together to ensure you have your most successful year yet.

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# ENTERTAINMENT

## Dead tired students walking



By **JOEL LECKIE**  
Entertainment Editor

I arrive at NAIT at that wonderful hour of eight in the morning. Do I see bright young faces eager to learn and grow? Not really. While there are a few people who seem awake and ready to go, most of the ones I pass look barely able to hold themselves up. They go about their morning in a forced routine. Like breathing or blinking, their bodies go on automatic pilot, taking them to the first class or study group.

In a study done at the Oxford University by Dr. Paul Kelly, grades would rise and productivity would increase by changing start times to 10 a.m. Earlier starts, such as the standard nine to five workday, take a drastic toll, not just on our work lives but our health as well. Dr. Kelly talks about the risk of sleep deprivation, such as performance, attention and long-term memory. That is but a sample of the problems indi-

cated in his study.

While I'm sure there is room for individuality, our bodies are tuned to work with the sun. Now, being as far north as we are, the sun isn't exactly out for a long time. There are times when I won't see natural sunlight for a week except through the occasional window in class. It doesn't give you a lot to work with when sunset is before five. But take a look around early in the morning. Hardly anyone looks raring to go. Not without a huge shot of caffeine in their system. That particular dependence might be another issue for another day.

Just think about how much better you feel after a good night's rest. The few days of sleeping in hardly make up for the week of rising at 6 a.m. Those days go by too fast and exhaustion has already set in, preventing what could otherwise be a productive weekend. And for many of us, work drains that bit of energy reserve as well. That is, if our bodies haven't shut down and gone into recovery mode to prevent one of the



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many nasty colds and flus from getting to us. It's a nasty piece of business being both sick and tired once you finally get a day off.

But I doubt things can be changed at the societal level. There are so many complications, so many desires. People want what they want and they want it now. We will be stuck with our night shifts at the hospital or with security. Forever will we have our 24-hour convenience stores. There will always be early morning deliveries and all night

tasks.

With our global economy, time does not stand still for Mountain Standard, because trade must go on across the world. But if you ever find yourself at the head of a corporation that has some freedom to decide when work should begin, maybe you'll choose to start your staff a bit later in the day. It could boost your production by just enough to edge out the competition and see some extra growth. And maybe you'll see fewer dead faces in the morning.

## Gotta love the job you're with



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

I encountered a motivational box the other day.

It's like a motivational poster, only in briefcase form and was covered in a myriad of empowering quotes and tidbits. Whether or not one could safely store anything in its questionably constructed cardboard form is a topic worth discussion but what more so caught my inter-

est was its clichéd suggestion to "do what you love." Ironically, I had just been listening to English folkster Passenger's song "Staring At the Stars." To a rather upbeat acoustic menagerie of string instruments, Passenger croons about days and mindsets past, of how we're taught as naive little life-pupils that we can really do anything we put our minds to. These dreams, though, often end unrealized and he chants "We coulda done anything we just never quite knew it!"

There's a lot of things I've wanted to be in life – fighter pilot, doctor, astrophysicist, treasure hunter, wind turbine technician (some are more realistic than others.) In my wisened 24-year-old state, though, I've come to realize there are certain things beyond my control that have tempered my philosophical aspirations – my eyesight, my geographical location, the computational limitations of my temporal lobe. I love your

attitude (and your music), Passenger, and maybe with the proper foresight we really can do anything we put our minds to. However, my maverick manifestation has not yet actualized and doesn't look like it will anytime soon.

It's occurred to me now, as I work through the remaining months of my unpaid internship, that maybe the old motivational box cliché should be rewritten. Maybe it shouldn't read "Do what you love," and should instead be stamped with the (equally shallow, I'll admit) slogan "Love what you do."

Don't get me wrong, there are many things I enjoy about my position. I do work that I love doing and produce results that I can be proud of. I do, however, have a list of not-so-appealing chores that I have to trudge through on a daily basis. During my first few weeks, I dreaded said chores as their deadlines loomed and would plough through

them with my gaze constantly searching for the quickest route to the finish line. Then, one day I decided to challenge myself to see if I could find some bit of substance in these supposedly menial tasks. After a bit of thought, I came up with a few lofty goals to rate my completion of these jobs as more meaningful than I had in the past.

Not all of us are going to land our dream jobs the second we graduate. We're going to have to battle it out against ranks of like-minded individuals who also feel they deserve the positions we aim for. This is a stark fact, but it must be accepted.

So, as you wallow in the trenches of your industry, try to learn how to find some kind of pleasure in what you're doing. It will make the more tedious stretches of the journey a bit more engaging. Chances are your extra effort will pay off in the long run.



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# \$3.99 mixtape ...



By JOSH RYAN

It seems we're on a spree of losing icons in the entertainment industry these past few weeks. Two that brought about the most chatter are David Bowie and Alan Rickman. Both left their mark on cinema, especially Rickman and, of course, what musician was there like Bowie? To keep this from being a Bowie solo list, I decided as a tribute to Rickman, I'd include one song in connection with him, before delving into Bowie. In keeping with Rickman's song at the beginning, the rest of the songs are Bowie singles that helped make the movie they appeared in better. They're a solid listen, too.

First, honouring Rickman's most memorable performance, Hans Gruber from *Die Hard*, is Beethoven's "Ode to Joy." Great moment from the movie but also a rousing piece of music. From there, we move on to Bowie's "Golden Years." Fun tune to dance to, as shown in the film *A Knight's Tale*. Another fun tune is this funky hit, "Fame."

Speaking of dancing, let's go to "Magic Dance." Some of you might remember this from *Labrynth*. Haha, yup. We'll transition to "Modern Love." It's been reused many times in pop culture and should be reused here, talking about the pitfalls of dating. Next, his collaboration with Queen, "Under Pressure." It's another that's made multiple appearances in other media but my favourite of those movies is *Grosse Pointe Blank*.

I've got to give a little more love to Rickman, the man's a legend. In fact, he appeared in a musical eight years ago. A little film called *Sweeney Todd*. So, you can listen to him and Johnny Depp sing in "Pretty Woman."

Of course, "Starman" needs to be on this list. Fresh from an appearance in *The Martian*, it's weird,

upbeat and full of hope for the future. We'll continue the space theme with "Moonage Daydream," which we all enjoyed in *Guardians of the Galaxy*. Ending the space theme, what playlist that features Bowie songs would be complete without "Space Oddity"?

And to end things, what better way than to finish with the song that also marked the ending to *Perks of Being a Wallflower*, "Heroes." You feel infinite anytime this comes on.

Playlist:

- "Ode to Joy" – Beethoven (or, as I like to call it, Ode to Hans Gruber)
- "Golden Years" – David Bowie
- "Fame" – David Bowie
- "Magic Dance" – David Bowie
- "Modern Love" – David Bowie
- "Under Pressure" – David Bowie (with Queen)
- "Pretty Woman" – Sweeney Todd soundtrack (featuring Alan Rickman and Johnny Depp)
- "Starman" – David Bowie
- "Moonage Daydream" – David Bowie
- "Space Oddity" – David Bowie
- "Heroes" – David Bowie



quizzesocial.com



delsoblogger.wordpress.com



en.wikipedia.org

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AT THE NEST

# Leaves 'em laughing



Wes Barker entertains

Photo by Jade Wong

By JENNIFER RAE

Last Thursday, January 26, NAITSA and the Nest hosted Wes Barker, stunt magician and comedian. This Canadian took the stage with great energy but the audience wasn't just going to give him their attention, he had to earn it. And earn it he did, once he caught their attention the crowd became animated, receptive and happy to play the game.

When the act first started, I felt transported to a comedy club. This was no magician, it was straight up a professional comedian. Yes, there were tricks and audience participation and well-crafted, efficient magic as well but it was greater than that. This was a well-balanced, thoughtful and intelligently presented performance. This was entertainment. The magic was as fluid and creative as the stand-up comedy.

This experience was by no means an accident. Wes is as fascinated with stand-up as he is with magic and, after perfecting some pretty involved stunts, like balancing a girl on his shoulders while doing magic, he thought something was missing. Key, I felt from talking with him, what was missing was the small venue. Large stunts, large venues and he still likes to be involved with the audience and the challenge of entertaining people that don't have to stay.

Wes Barker was working in Vancouver filling potholes when the magic found him.

Unaware of the career he was beginning, Wes purchased a couple of magic books to fill time on his breaks. At first, he enjoyed performing for friends at the bar and later took on small gigs for bars and parties. The defining moment came when his employers offered him a permanent job, Wes stood up, thanked them very much, and politely said, "I quit ... I am going to be a magician."

Four years ago, he was surprised by his own actions; today he is constantly amazed at what his life is like. An appearance on MTV just accomplished, television specials in the works and performing, this month, at the Just For Laughs Northwest 2016 comedy festival in Vancouver. He is busier than he thought possible in those first days of cold calling for gigs. At the Comedy Festival, Wes will be performing alongside the likes of Trevor Noah of *The Daily Show*.

Wes Barker loves touring and playing places as small as the Nest provide him with the challenge of competing for the crowd's attention and respect. A fight, in my opinion he wins 99 per cent of the time. Wes is very happy to entertain the students at NAIT as it is one of the first places he was invited to perform and he mentioned his appreciation for NAITSA and the students because he is always welcomed and always leaves us laughing.

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|--|---|
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| <b>TUESDAY</b><br>Nest of Wings          | <b>TUESDAY</b><br>Crushed Ice Long Island Iced Tea              |
| <b>WEDNESDAY</b><br>Classic Poutine      | <b>WEDNESDAY</b><br>Sambuca/Tequila Shot                        |
| <b>THURSDAY</b><br>Pepperoni Pizza Bites | <b>THURSDAY</b><br>Flavoured Absolut Vodka                      |
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\*Nest Taphouse Grill is here to serve the NAIT community!

**CANADIAN**



## THROWBACK THURSDAY

# Golden age of goalie masks

By JOSH RYAN

Yeah, this is going a little sportsy, so apologies in advance for those of you not into guys and gals running around, working up a sweat. But this conversation can somewhat run into other topics, so stick with us.

Back in the '90s, even early 2000s, goaltender masks in the National Hockey League were at peak level for being cool. There was Colorado's Patrick Roy and Toronto's Felix "The Cat" Potvin sporting similar blue and white.

There was New York's Mike Richter with the Statue of Liberty, the Sens' Patrick Lalime with Marvin the Martian, the Bruins Andy Moog's "Bruin" and John Vanbiesbruck with the great cat on his mask when he was a member of the Florida Panthers.



www.complex.com

Of course, there were the iconic masks, like Eddie "The Eagle" Belfour and Curtis "Cujo" Joseph. Back then, each goaltender was burned into your memory from the designs. They were prominently featured in pre-game imagery and talked about amongst hockey fans outside of the games. There are creative designs now but not the same sort of celebration around them.

Even the structural designs of the mask varied more back then. You had more goaltenders wear the traditional helmet/cage combo like Chris Osgood and Andy Moog. There was also the Euro style mask that Dominik Hasek wore. Having a couple of these helped to give certain goalies a distinctive presence compared to everyone wearing the now

league wide used fiberglass/cage mask. That's part of what made Tim Thomas so memorable recently, is his design was a throwback to the old helmet/cage combo.

Styles are another change. The way hockey is taught fundamentally now has left few players in the league with a unique skating style and for goaltenders it's the same. Everyone plays roughly the same way, in a style that was seemingly perfected from goalies like Joseph and Roy.

However, even those two had some elements to their game that are different than the modern style, especially Joseph. A lot more athleticism and less structure. Obviously, there's no greater example of an unorthodox style than Hasek, who flopped all over the place.

There are reasons why styles have largely merged into one. With advance stats, new medicine and a focus on biomechanics, coaches set players up for the best possible success. It might make just about everything blend together but it's more efficient than what existed before. This is partly why the mainstream music industry has become so bland. They are all producing something that will make the most money for the least amount of work.

The masks though, that puzzles me. Why don't we have more fun with those? Let's talk about guys putting references to Alfred Hitchcock, Transformers, comic book villains and other such shenanigans. Maybe then we can get the players to bring out some personality or, at least, emot.



www.slotsartstudio.com



NAITSA SERVICE CENTRE

## THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

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For more information on what is covered by your student health & dental plan, please visit [www.mystudentplan.ca/nait](http://www.mystudentplan.ca/nait) [www.naitsa.ca](http://www.naitsa.ca)

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

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are in need of a hamper, you can request one either in person at the NAITSA office in E-131, or online at [naitsa.ca/food-centre](http://naitsa.ca/food-centre)

Non-perishable food donations are always welcome. More information can be found by emailing [foodcentre@nait.ca](mailto:foodcentre@nait.ca), or by calling 780-491-3966.





# Bullying – unacceptable



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

### Did you know:

- 15 per cent of postsecondary students report that they have been bullied and 22 per cent report that they have been cyber bullied.

- Students dealing with face to face or cyber bullying at the postsecondary level have increased likelihood of experiencing bullying in the workplace and therefore of having their career impacted.

- People who have been bullied in the past may not recognize it is happening as they get so used to it they are not aware or have self-stigmatized so feel they deserve it

Bullying is defined as repeated intimidation, over time, towards a less powerful person or persons, and always involves power or control. Bullying can include physical abuse (or threat of abuse), however in adult settings it typically causes psychological rather than physical harm and is harder to recognize. Some examples include:

- Spreading lies or rumours
- Offensive jokes
- Insults, put downs, backstabbing
- Humiliation
- Sabotage, interference with completing assignments or group projects
- Excluding, isolating (e.g. not inviting a classmate to group activities; removing an individual from a class Facebook or chat group)

## Decisions

What to do  
What to do

Here is my plan; here is what I do,  
There is no follow through  
These two lists are not the same

What happened?

I make a decision, I follow through  
I do it every day  
Every day when my employer pays  
I make a plan and I follow through

Ah, I see  
I see,

If I want to keep to my own time plan

Make a decision, and follow through

The key! The key I think I must pay me.

– By Jennifer Rae

- Silent treatment
- Constantly criticizing
- Stealing credit for someone else's work
- Yelling, swearing or having a patronizing attitude
- Spreading demeaning comments about a person through social media or emails

- Discriminatory comments based on race, origin, religion, sex, sexual orientation or disability

Sexual harassment and discrimination are classified separately but involve bullying behavior.

Bullying affects emotional, mental, physical, and possibly financial health. Depression and anxiety are common side effects and can result in not attending school, withdrawal from activities, low motivation and procrastination or dropping out.

Common reasons that people bully include:

- To mask their lack of confidence and low self-esteem
- To avoid being bullied; bullies have often been the target of bullying in the past
- To further their own agenda at the expense of others
- To sideline someone they feel is a threat
- To deny responsibility for their own behaviour

There are different types of bullies: the mean, nasty, manipulative person who everyone is scared of; the competitive person who wants to do better than classmates and finds subtle ways to put them down, and the accidental bully who doesn't realize his or her behavior is offensive and just needs to be educated about the impact he is having. Accidental bullies will likely feel badly and apologize about their unintentional behavior. There is another category whose bullying is related to the effects of substance abuse and can lead to threatening, dangerous or paranoid behavior due to distorted decision-making caused by the substance.

### What to do if you are being bullied:

- Realize that it is your absolute right under the Human Rights Act to feel safe and comfortable in your environment.
- Remember that the bully gets his or her power from your reaction. If you do not react by showing anger, fear or sadness there is a good chance the bullying will stop.
- Walk away. Generally it is not a good idea to interact with a bully, however, if you can remain calm and tell the bully you want the behaviour to stop, explaining why it is unacceptable, that may be a good option. However do not retaliate – that is just lowering yourself to the bully's level and letting them know they are getting a reaction.
- If things don't improve or if you feel

scared or threatened, don't keep it a secret. Talk to an instructor, a counsellor at Student Counselling, NAIT's Ombudsperson (780-491-1305) or a trusted classmate, friend or family member.

- Remember that bullying and harassment will not be tolerated under NAIT's Student Code of Conduct. Bullies will be dealt with severely and may be withdrawn from their program if behavior does not improve. It is a good idea to keep a detailed written record of bullying incidents.

"The reason that bullying takes place at any age is because it is allowed to happen. When bullying is going on it needs to be shut down so the bullies don't get the power that they are looking for." <http://nobullying.com/post-secondary-education>

### What can you do if you witness bullying:

- Let the targeted person know that you have witnessed the bullying and offer him or her support.
- Help him come up with a plan of action that might include meeting with or writing the bully.
- Offer to go with him to meet with an instructor or counsellor about the situation.
- Let him know his rights under the Student Code of Conduct
- If it is safe to do so let the bully know that you have witnessed the behavior and

do not approve.

"While bullying itself is hurtful to the target, it is even more painful when their colleagues refrain from defending them. Nobody wants to be the first to challenge a bully since they might then become the target of further bullying. Once the first person speaks up in their defense however, others are more likely to join in." <http://www.frameworks4learning.com/workplace-bullying.html>

Support anti-bullying by wearing pink on Feb. 24, Pink Shirt Day. See the youtube history of Pink Shirt Day at [https://www.youtube.com/watch?v=gjmf31I\\_ZhU](https://www.youtube.com/watch?v=gjmf31I_ZhU).

Student counsellors are available to meet with you regarding any personal or academic concern that may be interfering with your progress at NAIT.

**Main Campus:** Counsellors are available Monday, Thursday and Friday from 8-4:30, Tuesday from 7:15-4:30 and Wednesday from 8-5:30. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

**Souh Campus:** A counsellor is available on Tuesdays. Book by calling 780.378.6133 or in person in Room Z153.

**Patricia Campus:** A counsellor is available Thursdays. Book by calling 780.378.6133 or through the Patricia Campus front office.

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

**Chaplaincy Services** – [chaplaincy@nait.ca](mailto: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](mailto: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](http://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.naitsa.ca/volunteer-opportunities](http://www.naitsa.ca/volunteer-opportunities)



## ALBUM REVIEW

# Artistic heat from dying star

By **ETHAN JOHNSON**

*Blackstar*, David Bowie's newest addition to his discography, is an incredible journey into the mind of a dying star, putting the listener right next to his death bed, an incredibly creative and courageous topic to explore while battling cancer. The artistic level and vision shown in this record is a true testament to his talent.

All over this seven-track album you'll find some unbelievable use of the saxophone, a brilliantly utilized string section on a number of these tracks. Crisp and smoothly produced drums are all over this album as well, except for the track "'Tis a Pity she was a Whore." The beat from the drums is so raw and intoxicating, the snare bites into the track so well it's just so hard not to like the instrumental.

Electronic samples and effects creep onto this album, which does pay off on some tracks but on the closer "I Can't Give Everything Away," it may seem a bit outdated or out of place with the rest of the mainly rock and jazz inspired record. Before release of this album, Bowie himself stated that this album was influenced by Kendrick Lamar and Death Grips, two hip hop artists that have been pushing boundaries as of late, so I had no idea what to expect from this project. The jazz elements, perfectly arranged by Kamasi Washington on Kendrick Lamar's latest project, do show up on *Blackstar* in similar fashion. With simple drum beats and guitar riding the flow with lively performances and fills show up all over this record, which I am very glad to report.

These intense beats and styles may challenge Bowie's fans of his more pop inspired records. His voice may be a bit standoffish at times, mainly on the title track "Blackstar," and "Girl Loves Me," with the electronic addition not really adding to his weary and shaky vocals. Except



youtube.com

## David Bowie

for those moments, his vocal delivery and the lyrics themselves are what stand out most on this record. Not saying that the rest isn't on par but, when I'm listening to the album, I find myself paying so much attention to the singing. Every word he seems to say so much on these tracks, although the buildup on tracks like "Lazarus," with its atmospheric feel and winding saxophone flow seamlessly together. "Sue," with its constant gnarly rock riff and drum

beat and "Dollar Days," an acoustic piano ballad, definitely stand out.

Just as Major Tom voyaged into the unknown in "A Space Oddity," David Bowie is voyaging into the unknown in these awesome seven tracks. He's calling us from the heavens letting us know that he can still hear us, taking us through a mission we all embark on, death.

## NETFLIX PIX

# A look at nasty 'narco' reality

By **JOSH RYAN**

Why are gangster stories so popular? I've never quite understood why people love the genre as much as they do. I get that there are some very interesting stories from that world, which is different from our own reality but these people are scumbags. Why should we care what happens to them? Apparently we do, hence the success of another Netflix hit, *Narcos*.

This is a based-on-a-true-story series about the rise and fall of Colombian drug lord Pablo Escobar, played by Wagner Moura (*Elysium*) and his meteoric rise to wealth and infamy. The series starts with his initial production of cocaine in the late '70s to the '90s where he held fort in a privately constructed prison. The story is also told through the eyes of an American DEA agent, Boyd Holbrook (*Hatfields and McCoy's*) via narration. Much violence, sex drug consumption and cat and mouse games ensue. The title of the show comes from the abbreviated form of the word "narcotraficante" (drug dealer).

There's four highlights in the show. Up first, it darts between Spanish and Eng-

lish. While those who hate reading subtitles may have a problem, it gives a sense of authenticity to the show, as does having a number of Latin American actors. Another highlight is certainly the performance of Wagner Moura. He's charming, frightening and riveting in every episode as the notorious drug kingpin. There's also some fantastic cinematography. The beauty of the Colombia countryside is on full display, as is the gritty, grimy world in which these criminals and DEA agents live. Lastly, there's real footage used in spots through the season, which helps to illustrate the stark reality of what sort of damage the *Narcos* were doing to both Colombia and the United States.

After that, I found this series frustrating. It's fascinating to see just how much money Escobar's empire was printing. They actually had burlap sacks of cash because they had nowhere to store it. But as the season progresses, it becomes exhausting to live through all of muckiness without something to root for. Escobar, as you learn, is a psychopath and the DEA agent Steve Murphy is both unlikeable



decider.com

## Wagner Moura as Pablo Escobar

and uninteresting. Because the drug lord receives the bulk of the screen time, there isn't enough room to develop anyone else.

This really comes to a head in the final two episodes, when Escobar goes full villain and the plot becomes crazier. True, a lot of what happens is based on fact but it feels inconsistent with the rest of the season and, again, lacks sympathetic characters. One of the reasons that a film like

*Goodfellas* stands the test of time is that it's paced so well and you're always slightly rooting for Ray Liotta to make it through. That doesn't happen here, at all.

Despite its shortcomings, *Narcos* is an interesting watch and often entertaining. It's just too bad that somewhere within this morass of bloodshed and debauchery, there aren't more than just a few hints of righteousness.



## ANIME

# Makeover in anime for Iron Man

By GERVASE BRANCH-ALLEN

Marvel started working with Madhouse Animation back in 2009 to create the Marvel Anime line. Four shows were released: *Iron Man*, *Wolverine*, *X-Men* and *Blade*. Eventually, two follow-up films were released: *Iron Man: Rise of Technovore* and *Avengers Confidential: Black Widow and Punisher*. While a lot of people enjoyed the shows in 2010-11 (Japan) and 2011-12 (North America), they received a lot of criticism for some of the changes they made to characters or the storytelling itself. While I haven't seen all the projects, I've seriously enjoyed this experiment from Marvel.

## Favourite show

My favourite show from the whole line had to be *Iron Man Anime*. Since the project was initiated with the idea of bringing Marvel heroes to the Japanese audience, it was nice to see the serialized storytelling of anime brought to Iron Man.

When Tony Stark travels to Japan to test a new suit called the Iron Man Dio as well as produce an arc reactor, he faces unexpected trouble from a group called Zodiac. Planning to retire from his role as Iron Man, Stark decides to suit up once more to put a stop to the group that has

hijacked his new Dio armour.

The main characters from the show are pretty interesting, since most of them are not from the Marvel comics. Tony Stark is a billionaire superhero looking to move on in his career. Chika Tanaka is Tony's business associate in Japan. Nanami and Ichiro are newspaper reporters and the series' comic relief. Pepper Potts is Tony's assistant, who supplies him with information in America.

The series is animated by Madhouse, which has worked on some of the most popular anime out there. Interestingly enough, Iron Man's armour is CG animated, even though an early teaser featured the Iron Man armour in traditional animation. I suppose the animation choice for the armour is made to give the show a mecha anime feel.

I really enjoyed the series' score by Tetsuya Takahashi that references the score of 2008's *Iron Man* while also feeling different with cool rock riffs. The theme song is pretty nice but I enjoyed the end theme much more. The energy and emotion is intense and beautiful, all at the same time.

The story of the show has a really cool and enticing energy around it. The plot has an ongoing threat yet it takes breaks for standalone stories. The fights can be addicting so you don't want them to end.

## Surprise characters

Some of my favourite moments include some surprise characters like Pepper Potts (who has a small role in the show) and others I won't spoil. One of the episodes involving a little girl is also quite memorable because it puts Tony in an unusual situation. The fan service related to the first Iron Man movie is also quite enjoyable and surprising.

Of course, I didn't love everything. The villains were a little convoluted at times, especially with the often-indistinguishable Zodiac villains like Scorpio or Virgo. Fortunately, the real villain behind the story and Iron Man Dio are pretty satisfying threats. Since the show isn't an adaptation from the comics, as a viewer, I had to get used to some characters I knew and some I didn't instead of one or the other.

*Iron Man Anime* is truly a great show for turning a recently popular Marvel superhero into an engaging and unique anime. If you're curious, try out this series.

## FASHIONISTA OF THE WEEKSTA



Photo by Renee Mutch

## Graham Waronek

Graham is currently in the Business Program and describes his style as "Steve Rogers (Captain America) on his days off." While he doesn't tend to shop anywhere high end, he prefers a more relaxed style, including Lucky Brand jeans and a comfortable cotton T-shirt.



www.ign.com



THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## February 4-10

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

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

Beauty is all around you, look for opportunities to tweet and share the splendor that appears in your life. Open the heart to warmth and harmony every day for seven days, and pay attention, miracles exist in the commonplace

Lucky number: 2

## Pisces (Feb. 19-March 20)

There are many quotes about

silence, about being still and quiet and letting others talk. Listening, actively listening is a skill you can practice. Practice being silent and see who notices.

Lucky number: 4

## Aries (March 21-April 19)

Study confidence, when does it benefit you to step out assertively? What is the difference between straight up confidence and the more specific self-confidence?

Lucky number: 6

## Taurus (April 20-May 20)

Study the great works this week. Not only those architectural feats of the ancients, but the legendary creative feats of our time. Whoever is on your radar as creating or doing something you think is great?

Lucky number: 8

## Gemini (May 21-June 21)

Focus on truth and honesty this week. Take responsibility for your personal truth, and in that way will you change the world and your relationships.

Lucky number: 10

## Cancer (June 22-July 22)

Teamwork is about relationships, relationships are ever changing. Integrity, personal truth, transparency and communication how do these impact your relationships and can changing your behavior positively change any of your relationships?

Lucky number: 12

## Leo (July 23-Aug. 22)

Courage is about accepting your fear and using what wisdom stems from it to face the fearful situation. Where can you be courageous this week?

Lucky number: 14

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

Acquaintances are easy to come by, true friends are rare gems. Check out how your friends treat you for that is how you treat yourself. Change how you treat yourself and you will change your relationships.

Lucky number: 16

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

Are you curious? Curiosity keeps you young at heart. This week ask as many questions as possible even ask

questions when you think you know the answer. Every now and again... you might get a pleasant surprise.

Lucky number: 18

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

Self-actualization – what does achieving your full potential mean to you? Now take the answer and plan your 5 year goal to incorporate it.

Lucky number: 20

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

Time is like money, take the time this week to see what you spend your time on. Is it serving you or is time making your decisions for you? When do you say, "I would do ...insert activity here ...if I had the time". Now ask yourself what is the real reason.

Lucky number: 22

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

You hope you can, you think you can, you can. Possibility, belief, knowledge. Hope opens the door; belief, takes you through it; knowledge, understanding, experience is your reward. What can you do this week?

Lucky number: 24

## LESSONS FROM THE FELT

## The process, versus results

By KA CHUN YUNG

Ask any professional poker player what causes them to be the most upset at a poker table and you will rarely hear a bad beat story. Even if they have lost a big pot or have been eliminated from a major tournament, that pain pales in comparison to when a poker player makes their own mistake. One involves some element of luck, while the other is within the complete control of the player.

Poker is one of the few games that provides immediate feedback. It doesn't take too long to see the outcome of your decisions. If you're ever around a poker tournament during a break, all you will hear are stories of how a hand played out. The majority of the time, the narrator of the story will end up on the losing end of the hand. There tends to be a natural tendency for players to focus their attention on all their bad luck and forget about the times they were fortunate.

When you start to play many hands and get a large sample size, the mathematics of the game take over the luck. Just because you're all in before the flop with aces against a pair of jacks, you are still expected to lose about one fifth of the time. The math tells us this. You cannot change this fact, no matter what you do. Players

learn nothing from these situations and can not improve trying to analyze it.

The elite players in the world alternatively concern themselves with their own decisions. Did they make the best play for the situation given the circumstances? When they discuss hands with their friends, they ask questions, re-analyze the situation, consider different options and attempt to identify mistakes they made so they can correct them in the future. Making mistakes is the best tool for people to learn from.

This lesson doesn't just apply on a poker table. As an example, Dallas Eakins did not win over many fans in Edmonton as the Oilers head coach and for good reason. After 31 games into his head coaching tenure, the Oilers were in last place in the West and had a game against Carolina. After giving up a 4-1 lead to Carolina, they finally won it in overtime. At the press conference after the game, Eakins was asked about giving up the big lead. His response was that the team won. That the two

points was all that matters. This was a strong indicator that he cared too much about the results and not enough about the process.

At a time when the Oilers were well behind in the standings, Eakins sent a terrible message to his team. The repercussions of his results-oriented thinking ends with the players gaining nothing from the experience. If this

was Game 7 of the Stanley Cup finals, results are what matters. But the team will never be in that position because they aren't learning from their mistakes, not developing the right skills and not growing from their experiences. It's nice to have an eye on the end goal, but people need to focus on doing the right things in the process to get you there.





## MOVIE REVIEW

# Not just a boxing movie

By JOSH RYAN

There's been a lot of talk about racial diversity or, rather, lack thereof, at the Oscars this year. For the second straight year, every acting nomination went to Caucasians and only one minority director was nominated (Innaru for *The Revenant*). While I don't think having black actors or other minorities is a necessity (it should be the people who gave the best performances, regardless of race), it's very noticeable when you have quality films with quality performances from non-white actors that get ignored. One of the chief examples of this is a little film called *Creed*, featuring two of the most talented up-and-coming artists in the industry, actor Michael B. Jordan (the show *Friday Night Lights*) and director Ryan Coogler.

## Creed's son

A continuation/spinoff/reboot of the *Rocky* franchise, *Creed* opens with kids fighting, quite brutally, in a youth facility. There, you see the seeds of what fuels our lead character Adonis "Donnie," son of legendary boxer Apollo Creed via an affair. Creed's widow Mary Anne, played by Phylicia Rashad of *The Cosby Show*, takes Donnie in, but when he gets older, he can't shake being a fighter and pursues a boxing career. To do so, he moves to Philadelphia to seek out training from Rocky Balboa, played by who else, Sylvester Stallone. From there, he fights through training and his own demons while befriending an aspiring singer who lives in his apartment building. Rocky meanwhile, fights a battle of his own.

## Thought it was a joke

What a wonderful surprise this film is. When they announced a spinoff movie, I thought it was a joke, like one of those "imagine if Hollywood actually made this" type of deals. But after watching Coogler and Jordan's collaboration with Fruitvale Station and seeing some of the trailers, I got curious and that curiosity was rewarded. Man, this is a polished flick.

Coogler is wonderful behind the camera. His films thus far feature cinematography that alternates between sleek and gritty, some absolutely gorgeous shots mixed with handheld style angles to reflect the edginess of the material.

## JUST THE TIP

# Twerking – with a difference

By JOEL SEMCHUK

It's the dawning of a new era! Wonderful, unprecedented things are on their way... If you don't know what Pornhub is, turn to the nearest guy and ask him. Then read on: This is about the Twerking Butt, a new sex toy for men that was designed and released by that porno video website.

While it was somewhat unique for a search engine website to start selling cell-phones, it did prove that the Internet is still a world of unlimited possibilities where anyone or anything can do whatever they want. So when a porno video site develops a twerking butt sex toy you have to show it the same kind of respect you do your Android, right?

Not to mention the fact that the twerk-

ing butt is controlled by an app on that very same Android but I'll get back to that.

The toy itself is like the top half of the rear view of someone twerking, with no back and ending just below the buttocks where the legs would start. It's marketed as a 'tabletop' model, although the advertising video ([www.twerkingbutt.com](http://www.twerkingbutt.com)) does its best to imply that the toy can be used anywhere. It comes wearing lacy black panties.

As for what your Android is controlling... that really sort of depends on what kind of mood you're in or how much time you've got. Want the sex toy heated up a bit? Fine. Now let's make it vibrate; play around with the speeds until you find one that hits home. Cus-

tomize that combination; you can use it again later. Then sit back and get into a porno movie.

Had enough? There's more: The final touch is the VR headset you're watching the porno video on. I guess it's at this point where you'd have a hit off the bong and bask in the fact that the \$850 you spent (available at any Source Adult Video) is money well invested.

However, if you paid \$1,000 for the luxury model you can make the sex toy itself twerk just like the twerking video you're watching ... on the VR headset. I kind of see that as a warm-up; no one wants to spend an entire self-love session staring at twerking, so at that point you can use your Android to dial up something

a little more dynamic: Pick one of the 16 (so far!) videos Pornhub has available that match the vibration speed and intensity and warmth of your Twerking Butt.

The only thing left to say about the Twerking Butt is that it's a harbinger of pleasure for the male world. This device is the first of its kind; the clunky, expensive original model. Its simply being there will usher in a new era of glorious male sex toys that are all going to try to outdo each other. Not so long from now when your holographic customizable porno fetish is leading you to your bedroom and asking you about your day, take a second to remember that it all started with a silicone twerking butt developed by a free porno video website.



collider.com

Sylvester Stallone as Rocky Balboa with Michael B. Jordan as Adonis in *Creed*.



## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [naitsa.ca/clubs/current-clubs/](http://naitsa.ca/clubs/current-clubs/)

#### 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

#### 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

MECSA  
Club Culinaire  
SFA  
MECSA  
BCX  
Foodies  
BCX  
AHT16  
AHT'17

#### WHAT

Welcome Back Beer Gardens  
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

#### WHEN

Feb 5 | 3:15pm-11:15pm  
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

#### WHERE

Tower Lounge  
Annex Dock  
Room V-322  
Outside NAITSA  
Druid Irish Pub  
Edmonton Food Bank  
The Druid  
Whitemud Creek Veterinary Clinic  
The Ranch

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](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates



# GET YOUR VOTE ON!



**NAITSA REFERENDUM &  
EXECUTIVE COUNCIL ELECTION**  
2016-17

**VOTE ONLINE FEBRUARY 5-11 USING THE  
LINK EMAILED TO YOU FEBRUARY 5**