

# THE NAIT NUGGET

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

## THE \$5M QUESTION

**NAIT Students' Association wants you to vote, pg 2**



Photo by Jade Wong

**NAITSA President Justin Nand touts the upcoming online referendum for student approval of a multi-million-dollar donation to NAIT in exchange for extra space and enhanced student services.**

A banner for the NAIT Career Fair 2016. On the left, there are four circular icons representing different fields: Business (calculator), Science &amp; Technology (flask), Trades (gears), and Healthcare (stethoscope). In the center, a man and a woman are smiling. To their right is a red circular badge that says: "Be sure to bring your student ID card and swipe at each location for a chance to win a \$100 NAIT Gift Card". On the far right, the text reads: "CAREER FAIR 2016" with the NAIT logo, "TUESDAY, JANUARY 19, 2016", "9:30AM - 4:30PM | NAIT MAIN CAMPUS", and "nait.ca/careerfair | #NAITcareerfair".

# NEWS & FEATURES

## NAITSA plans expansion



**NICOLAS BROWN**  
Issues Editor  
@bruchev

When students head to the virtual polls for their Executive Council in February, there will be an extra question on the ballot that will impact the future of our Students' Association. That question is a \$5 million referendum that will bring enhanced services and new office space for NAITSA. Negotiations have been progressing this year for a new space for NAITSA and, with a Senate resolution in December, all that is left is for the students to make the final decision.

What does this referendum mean? NAITSA Advocacy Director Jason Roth explains the result of a successful referendum.

"NAITSA will donate \$5 million to NAIT over six years. NAITSA receives the space currently occupied by the NAIT Executive and Management teams, as well as naming rights to certain spaces on campus."

This agreement would coincide with a significant reorganization of campus as programs shift to fill the new Centre for Applied Technologies and NAIT administrative departments find new homes on campus.

The largest physical benefit for NAITSA is the new space the association would receive under this agreement. Currently, services are offered across three office spaces in the E hallway, with limited storage space. Many NAITSA staff share offices in cramped spaces, with some offices housing three or more staff. Under the proposed agreement, NAITSA would move into NAIT's current executive offices near the South Lobby.

"The space we would receive would be approximately three times the space currently occupied by NAITSA,"

says Roth. This would include enhanced space for the Campus Clubs Centre, Food Centre and the *Nugget* and more space is expected to bring a better working environment for NAITSA staff.

However, it doesn't come without a downside.

The tower lounge, a favourite study and event space for students, will revert back to NAIT as the tower building is repurposed. This takes away one of the major student spaces utilized by clubs and individuals.

With the fate of so many campus spaces unsure in the face of the CAT transition, there has been no definitive look at exactly how much space students will have access to in the future.

However, what can be defined are the potential benefits to students. The increased space will allow NAITSA to both centralize its services in a new location and improve the way those services are offered. The association is confident that these changes will only benefit students.

"This will allow NAITSA to expand and enhance its services. Therefore, it will positively affect how students access NAITSA's services," says Roth.

Although there have been no consultations or public discussions yet on service expansion, the NAITSA website mentions potential new services such as "peer support, support to our LGBTQ community and other services in consultation with NAIT students."

Most important, this proposed agreement will not have an impact on students' wallets. NAITSA's plan to spread the donation over six years means the money can be pulled from NAITSA's Building Fund with any remaining balance coming from operating reserves. NAITSA has no intention of raising student fees to support this proposal, meaning enhanced services to students without the added cost. Why a referendum, then? NAITSA's bylaws require a vote from students on any donations or gifts over \$50,000 that NAITSA makes to an external body, even if there will be no change to student fees.

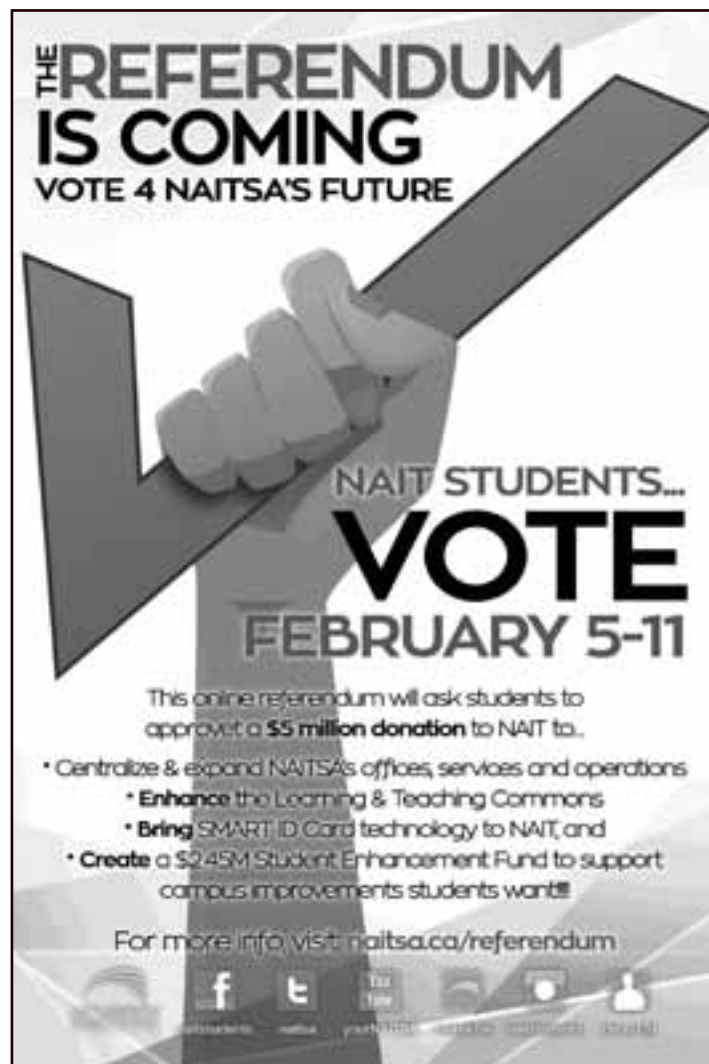
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**Jason Roth**  
NAITSA Advocacy Director

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The proposed agreement doesn't only affect the association's space on campus, as there are provisions for enhan-



cing NAIT's new Learning and Teaching Commons and bring SMART ID card technology to NAIT. There have been discussions on campus in regards to a style of ONE-card service that other institutions offer to students, though little information is currently available.

Finally, the proposal also provides for the creation of a \$2.45 million Student Enhancement Fund, which will be set aside to improve student experience on campus. Jointly operated by NAITSA and NAIT, potential uses for the funds would include projects and study space improvements. Although NAITSA has historically set aside funds for this purpose, the new fund would bring a greater degree of co-operation between administration and the Students' Association.

For more information about the referendum, students can ask at the NAITSA office or visit [naitsa.ca/referendum](http://naitsa.ca/referendum). Voting will take place online from Feb. 5 until 4 p.m. on Feb. 11.

## Information clerks for NAITSA Executive election

**Duration:** Feb. 10, 4 p.m.-7 p.m.

Feb. 11, 10 a.m.-2 p.m.

**Compensation:** \$15/hour

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

Executive Council election.

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

• Information clerks must have

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

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



# Wanted: 2 senators

By **NICOLAS BROWN**  
Issues Editor  
@bruchev

There's been a change in the ranks for NAITSA's governance. NAITSA's Student Senate, where students from NAIT's nine program areas represent their peers and hold our student executives accountable, found itself with empty seats last month as two senators stepped down for health reasons. The Students' Association will hold a special appointment meeting on Monday Jan. 18 to fill these two vacancies. This opens the opportunity for eager students to step into a leadership role on campus once again.

NAITSA announced the openings on its website and senators were encouraged to seek out individuals they thought might be interested and would make a good fit for the position. When asked if the same electoral procedures will be followed in filling these vacancies, NAITSA VP External Allannah Wrobel said, "The special appointments are run in the same accordance to the bylaws as the fall senate elections."

The bylaws are simple in regard to filling Senate vacancies. Senate representatives are nominated from the floor and elected by majority vote. However, beyond filling the basic eligibility requirements, there are differences between how the spe-

cial meeting will progress in comparison to a senate election. The nomination and voting regulations are less stringent for the special meeting to fill vacancies. For nominations, the bylaws do not specify how many nominations are needed at a special meeting, while 10 nominations are needed to run in a regular senate election. During senate elections in the fall, once you are on the ballot, all students in the program area have an opportunity to vote for their representatives through online voting. At the special meeting, a majority vote is decided by the number of students in attendance. This means that without a specified quorum requirement, 10 students could elect a new senate representative.

What does it take to be a senator? The senate meets 10 times throughout the year, and it reviews bylaw changes, NAITSA financial information and asks questions about executive activity or student issues. Although students can individually bring questions or concerns to NAITSA, each stu-

dent senator can assist students in voicing their concerns or can bring it forward to the senate for discussion. The senate also serves to bring accountability to the NAITSA executives, asking questions about their activities and decisions that have been made for NAITSA.

The new senators will be provided with governance training to bring them up to speed with their colleagues as well, allowing this student governance body to continue operating effectively. Some senate committees also have empty seats that will need to be filled at the next meeting.

Students who are interested in leadership can learn from these positions on the senate. Students in the Engineering Technologies and Academic Upgrading and Media and Design program areas are eligible. Students interested in the positions are encouraged to visit the NAITSA offices in Room E-131 to ask questions. All students in those program areas should attend the special meeting Jan. 18 in Room X-107 at 4:45 p.m. to select their new senate representative.



**Allannah Wrobel**  
VP External

# CUP gets new life

By **BRIDGETTE TSANG**

This past year could not have come and gone faster for the Canadian University Press. After a long and difficult year for the organization, it has finally found a new direction and renewed hope with a newly elected board of members.

CUP is a national, non-profit co-operative, owned and operated by student newspapers from coast to coast. The oldest student news service in the world and North America's only student press co-operative, CUP provides support services and a network for students.

The new board will have to deal with the loss of member papers in recent years who have felt increasingly frustrated by the decreasing value granted by membership.

"I'm excited to be part of a group of people who believe in the potential that CUP has," said Adam Travis, the newly elected regional director for the Atlantic Region and an editor for his newspaper, The Brunswickan, at the University of New Brunswick,

"We know CUP already holds value to many papers but we as a board want to see what papers want to get out of CUP and

how we can deliver it."

Jane Lytvynenko, a previous CUP board member, echoed Travis's sentiments.

"I'm really excited to see what everybody comes up with. Everybody who I have talked to, from the new board members – they all seem to have really good ideas about where CUP should go. More important, I want to see those ideas happen. I am psyched to see where the organization goes."

The newly elected board has 12 members, including executives and a director from each of

the five regions: Western (British Columbia, Yukon), Prairie North (Alberta, Saskatchewan, Manitoba, Northwest Territories, Nunavut), Ontario, Quebec and Atlantic. For the first time in a long time, five of the 12 members on the board are women.

"I'm really excited that there are so many women and such a big representation on the board," says Lytvynenko, "I do think that we can do better. But in the past years, it has been more male dominated."

Mick Sweetman, managing editor at The Dialog at George Brown College in Toronto and another past board member,

points out that "it's important to the health of the co-operative that our leadership is inclusive ... it's great that we are close to gender parity this year and that CUP's board isn't all straight or white, [but] we should also be mindful that we have a long way to go in terms of building space for leadership of women, people of colour, working-class people and people who identify as LGBTQ – as does the media as a whole."

Before the big changes at CUP this year, the board was essentially run by industry representatives and alumni rather than by the elected student representatives.

"I think a lot of people, myself included, thought it [plenary] was going to be a marathon," said Travis. "CUP was not in a great position and there was definitely some concern going in. That said I was still hopeful; CUP had gone through changes before and we knew CUP would still exist, even if in a different form."

The success of recent plenary meetings show that student journalists are passionate about the future of the Canadian University Press and that they're willing to embrace student governance and are stepping up to represent their members.

The representatives are looking forward to the future of CUP and new opportunities to further student journalism in Canada.



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The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

For ads, 780-264-9900 or e-mail:  
glenda@playhousepublications.ca

## 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 thoughts are up to you

By JAGRIT BAJWA

There are always different ways to think about your current situation. Feeling “half-empty” or “half-full” will impact the state of mind you are currently in. So when you take time to decide what state of mind you are in, keep in mind that you are never full. A feeling of fulfillment can only come when you want less and can be happy with what you have and whatever else is coming.

Our mind is capable enough of multiplying every thought we think. So, if you think that you don’t have things you always wanted, your mind will bring you those images that will make sure you really don’t have anything. It will keep multiplying until you actually feel bad and unhappy about everything. But if you start thinking of what you have, it will again multiply as well but the other way. So now, you may start recognizing what you never knew you always had and may cherish things you have attained and that are still a part of you.

Your choice of thoughts in a particular moment will decide whether you are pessimistic or optimistic at the time. And if you make similar choices every time, it will lead you to be the person who you are now. Nature gives you only that much and you need to be open for it. The bigger your

vessel is to absorb from the natural world, the more it pours into you. The smaller the bucket, the less the natural world will bring to you. So, if you want more from nature, you need to appreciate whatever it gives you and also appreciate what it takes away from you. This is how the connection is built with nature. It happens when you are least bothered about what is coming and what is going but appreciate whatever is happening around you.

The less you identify yourself with the things going on around you, the more you are moving towards fulfillment. The water in both the mugs is same, the size of the glass is even the same, too. A little difference in the approach can totally change the environment around you, for which you can’t blame anyone other than yourself! So, if you keep going with this approach, you may find like-minded pessimists, which will further be detrimental to your happiness and growth and also may successfully enhance the negativity in your life.

When you continue to feel like the half-empty cup, you also

start draining your energy as well. This energy, which is essential for your growth, is leaked to a big vacuum. The only way you can control all of this is by being more aware. It should be an awareness that lets you see what thoughts your mind is bringing and you are able to choose which of those thoughts you want to spend your time

on and which you do not.

The awareness should let you divert yourself from the emotions which bring your enthusiasm down. You need to be a watchdog for yourself, which will act as a filter whenever there is the greatest chaos of your mind.

Live, laugh and love.



ATTENTION ALL NEW CREDIT STUDENTS BEGINNING IN JANUARY

## STUDENT HEALTH & DENTAL BENEFITS

The deadline to **OPT OUT**  
or **ADD FAMILY** is  
**JANUARY 29<sup>TH</sup>, 2016 @ 4PM**

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

You may opt out online at [mystudentplan.ca/nait](http://mystudentplan.ca/nait)  
or come to the NAITSA Service Centre  
in room E-131 for more information.

\*Fall intake students: If you missed the September opt out deadline, you **CANNOT** opt out in January.

Phone 780.471.7730 | Email [studentplans@nait.ca](mailto:studentplans@nait.ca)  
Information [mystudentplan.ca/nait](http://mystudentplan.ca/nait) | Twitter @naitplan | [naitsa.ca](http://naitsa.ca)



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# OPINION

— Editorial —

## Change – embrace it!



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

Whether it's the closure of beloved media outlets or revolutionary changes in the forms of media we produce and how we share them, it's impossible to deny that the world of media is in a fascinating state of transition. Traditional outlets are shutting their doors, cutting their staff, or changing their print schedules and formats. Scary? Definitely. However, change is an incredible opportunity to embrace new ideas and make huge leaps in any industry.

It's always easiest to see the doom and gloom of change, big or small, because uncertainty is scary! As students planning ahead and working towards careers after we walk the convocation stage at NAIT, it's impossible not to have worries about the job market and how you will fit into the job market, regardless of what industry you're in.

### Not to fear ...

Rather than fear the huge changes occurring in media production, I'd rather focus on the many new things that are popping up to replace "legacy" media sources. Sure, some media dinosaurs are having a hard time right now but the rise of entrepreneurial media and new formats proves that media as we know it might not be around in the future but the human love of storytelling will always exist.

The Wanderer: a website offering Edmonton-based arts and culture writing. The Yards: a print magazine representing the neighbourhood of Oliver in downtown Edmonton. Serial: Sarah Koenig's podcast investigating the trial of Adnan Syed. HowtoDouglas: a weekly e-mail newsletter (and column in Metro Edmonton) sharing Edmonton events and culture. Each of these sources are radically different and the similarities might be hard to catch at first but I believe they're interesting reflections on today's media landscape. While access to traditional newsrooms and production becomes more difficult, the new and changing platforms for technology and publishing are making it easier for storytellers to become creator, producer and publisher, directly connecting with their audience.

### Good storytelling

Whether or not you read the paper in newsprint or online, are an avid podcast listener or you look forward to the newest issue of your favourite e-mail newsletter being in your inbox in the morning, what you're looking forward to is good storytelling.

As newcomers to our respective industries, we have the benefit of having more agility to adapt and embrace new

ideas as we join the job market. It may be a bold move for my first column as editor-in-chief of an Albertan polytechnic's newspaper but I would suggest that perhaps my optimism towards trends in the media industry could be

applied to many other industries.

After all, change is inevitable and seizing the opportunity to be at the helm of change is the best way to forge your own path.



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# SPORTS

## NHL All-Star game a sham



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

As usual, all-star games in sports are usually a draw only because a collection of star players are all playing under one building for one weekend. It is purely for business and not much is really accomplished for the players and their organizations other than bragging rights. And really, the sole purpose of it is to honour the players that best represent the league. Essentially, the league has planned a day and a time when these players will

either excel, not try at all or be completely embarrassed.

This year, the NHL has introduced new rules for the all-star game. First, fans don't get a say on who makes the roster; the league decides it because at the end of the day, it's the league that's going to be making the dough. To put that into perspective, tickets are going for \$120 a pop for nosebleed seats, plus a handsome price of a cold arena beer that might put the average fan over the edge. Furthermore, the rule is that there must be a player from each team at the game and the elected players are divided into four teams, one for each division.

Second, instead of five-on-five, there will be three 20-minute, three-on-three games, which should open the ice way more because like, scoring was a concern at the all-star game anyhow! (Not really. Last year, Team Toews won 17-12 over Team Foligno.)

If all-star games are for fans anyway, why is the league running it their way and

not having the fans voting like every other year? The NBA allows for fan voting. The NFL allows players, coaches and fans to vote. And now fan-voting is somehow history in the NHL All-Star game (with the exception of captains for each team). Gone are the days that democracy existed in the NHL and that fans actually mattered.

With the NHL now deciding the roster for the All-Star game, a few notable names have been left off, in particular, Pittsburgh Penguin Sidney Crosby.

Undoubtedly, Crosby has been the face of the NHL for many years. His name sells out arenas on a nightly basis. He spearheaded the NHL Players Association during the 2012-13 lockout to bring hockey back to fans and was the voice for all players in the league during those dreadful meetings. He has basically catered to the NHL's ways since he entered the league and beyond. Yet the league cannot recognize that and steps on him when he is already down. Crosby, as some will know,

is having the worst season of his career. The Penguins are fifth in the Metropolitan Division and out of a playoff position. Their coach was fired before Christmas. To say that Crosby is going through a really rough patch in his career now is an understatement. Anyone who is competitive and determined knows the frustration of not being able to contribute to a team, especially when the team is also struggling.

Despite not having Crosby in the all-star game this year – actually, I should clarify, the league intentionally snubbed him possibly because of his inability to attend all but one of the all-star games he has qualified for since 2007, outside of the Olympics or being injured or not risking injury for the sake of a game that isn't going to matter in the standings anyway ... Back to my point, why should the league just expect players to attend such a game if the players know in the long run it won't matter if they win or lose, because no one will remember it anyway.

### WOMEN'S HOCKEY

## NAIT splits with Red Deer

By **NATHAN SPENCE**  
@nspence817

The NAIT Oaks women's hockey team looked to keep their winning ways alive in 2016 as they split with the Red Deer College Queens last week. The women played a two game home-and-home series against their southern rivals, with a game on Wednesday, Jan. 6 that marked the first action for both teams since Nov. 28. The extra time off clearly benefitted both sides as the women delivered a pair of exciting games after their 38-day break.

First-place Red Deer rolled into town riding a five-game winning streak. The Queens led the league with a record of 10-1-1 in the first half of the season. Meanwhile, the Oaks came into the game 5-6-1 with wins in three of their last five games; good for fourth in the five-team division.

After a rather uneventful first period, things got crazy seven minutes into the second with the Queens pressing on offence. Red Deer defenceman Cassidy Alexander fired a point shot into traffic that was deflected home by teammate Jade Petrie, to make it 1-0 for the visitors. The Oaks won the ensuing faceoff and, after some crisp passing, Kendra Hanson wired the puck home, tying the game only 14 seconds after Red Deer's goal. That goal was Hanson's first career ACAC goal and point.

Less than a minute later, with the Oaks pressing, Hanson feeds a pass to defenceman

Alyssa Imler blasted a point shot top shelf past the Queen's goalie to put the Oaks back on top.

In all, the second period saw three goals scored in less than 90 seconds and the Oaks found themselves ahead 2-1.

The Queens stepped up the pressure big time in the third, throwing 13 shots at the net. Oaks' netminder Shelby Audet stood on her head and made some outstanding saves to preserve the 2-1 victory, making it three wins in a row for NAIT.

After having the Oaks snap their five game winning streak, the Queens hoped to get back in the win column Thursday night as they returned home to take on the Oaks in the second of their back-to-back games. In the first period, the Oaks jumped out to a quick 1-0 lead as Hanson stayed hot and picked up her second goal of the season in as many games.

In the second period, the Oaks got a power play goal from Erika Iglesias to put them up 2-0. The Oaks held a 2-1 lead in the third despite trailing in shots 30-16.

The Queens dominated the Oaks in the final frame, scoring two goals while outshooting the Oaks 13-1. The game went to overtime where Queens' centre Ashley Graff put home the winner to get the Queens back in the win column with a 3-2 overtime victory.

The Oaks will look to keep their point streak alive as they take on MacEwan University Friday Jan. 15 at the NAIT Arena and Saturday Jan. 16 at the Bill Hunter Arena.



Photo by Jesse Kushneryk

**Female Athlete of the Week Erika Iglesias swats at the puck on Wednesday Jan 6 during a game at NAIT arena against the Red Deer College Queens. NAIT won 2-1.**



## MEN'S HOCKEY

# Men's season still perfect

By **FARYAL BASHIR**  
@faryal3

The NAIT Ooks men's hockey team came back from a long break with determination and continued their undefeated season with a pair of wins over the Keyano Huskies in Fort McMurray.

On Friday night, Ooks netminder Ken Cameron made a total of 22 saves and helped the Ooks take home a 6-3 victory. Centre John Dunbar put the Ooks on the board by scoring early in the first period. At just over the 10-minute mark in the first period, Huskies' assistant captain Donnie Churchill scored to tie the game. But it only took less than 10 seconds for Ooks left-winger Ross Mar-

tin to respond unassisted and take the lead back at 2-1. The Huskies came back to tie the game.

Going into the second period, the Ooks went on to score three more times, including a powerplay goal. The Ooks led 5-2 going into the final frame and added to that with a goal from Tanner Dunkle to extend the lead to four. Before the buzzer went off, the Huskies scored with 18 seconds left but that wasn't enough as the Ooks won the game 6-3.

Less than 24 hours later, the teams were back at it Saturday afternoon and got off quickly. Kyle Birch got the start in goal and made 24 saves. The Ooks scored three times in

the first period before the Huskies got a chance. The hosts got on the board with just over five minutes left in the first, only to be upstaged by the Ooks as they scored seconds later.

The Ooks led 4-1 heading into the second period, when each team added a goal. The Ooks held the lead going into the final period of the game and tallied three more times to skate away with an 8-2 victory.

Ooks left-winger Riley Sheen opened and finished the scoring in the game, adding to his total of nine goals this season, which places him fourth in league scoring.

Despite remaining undefeated, head coach Mike Cabinet said

there is always room for improvement for his squad, especially after the recent long break from league games.

"We showed some signs of rust," said Cabinet. "We also showed some good habits and structure that made us successful in the first half (of the season)."

"Our goal this week will be to work on both individual and team habits and skills that will allow us to have consistent execution in our games."

The Ooks take their undefeated record on the road to Red Deer College to take on the Kings on Friday, Jan. 15 at 7 p.m. On Saturday, Jan. 16 at 6 p.m. the teams will meet here at the NAIT arena.



**Mike Cabinet**



**Riley Sheen**

## FITNESS

## Getting in shape – holistically

By **DANIELLE S. FUECHTMANN**  
@ellie\_sara

If you've set a fitness-related resolution in the past, you've probably realized that they're one of the easiest to completely fail at. Like many things, it's exciting and empowering in the beginning of January, with the excitement of "new year, new me" and other motivational quotes making the trek to the gym bearable. However, each year people joke about the peak of gym attendees in the beginning of January and the rapid plummet by the end of the month. Rather than setting another batch of resolutions to fail at in 2016 and feeling miserable, consider a holistic approach.

### Overall activity level

If you're hoping to improve your fitness and activity level, start by thinking about your overall activity level. By making conscious decisions, you could rapidly increase the amount of activity that you do in the day. An easy example is to consistently take the stairs instead of the elevator, even if it's only a flight or two here and there as you go to class or catch the train, those steps add up during the day.

Feeling stressed about class or looking for a nice way to spend time with a friend or significant other? Put on a pair of mitts and go for a walk! Walking is a great way to add activity to your life and it's an easy way to multi-task. Talk to someone you care about (and get them moving,

too), take your pet with you, or learn something new by listening to a pod cast. Studies have shown that walking is an effective form of exercise, particularly at a brisk pace, making it an ideal way for people to add activity to their lives.

If you're feeling stiff and sore while at your desk, especially if you spend most of your day in front of a computer, you'll significantly benefit from desk yoga and quick stretches at your desk. Try stretching your arms upwards as if reaching for the ceiling, doing a gentle but deep twist from side-to-side, gently rolling and stretching your wrists and, if you can, stand up and move for a moment before returning to your work. Small movements like these add up and can help you re-energize, stave off tension and minimize the disadvantages of sitting.

### Have some fun

Find a fun activity! Edmonton is full of different things to do year-round. Check out Swing and Skate at Churchill Square on Sundays for swing dancing and skating, brave the snow with snowshoeing or tobogganing or just take a stroll through the city. Many of Edmonton's trails are still cleared and well kept during the winter; Edmonton is referred to as a "winter city" for a reason!

Getting fit or adding activity to your life is never a bad goal but integrating movement into your daily routine is a more effective way to slowly make progress without burning out due to a loss of motivation.



www.edmontonjournal.com

**Why not walk?**

## Hours for recreation facilities

### Gymnasium – Informal Recreation

**Monday to Thursday**  
11 a.m.-1 p.m.; 3 p.m.-4:30 p.m.

•••

### Sports Equipment Centre (E-026)

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

•••

### Fitness Weight Centre

**Monday to Friday**  
5:45 a.m.-9:45 p.m.

**Saturday and Sunday**  
8 a.m.-2 p.m.

•••

### Pool

**Monday to Friday**

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

**Saturday and Sunday**  
8 a.m.-4 p.m.

•••

### Arena

(Drop-in hockey)

**Monday and Wednesday**

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

**Tuesday and Thursday**

**Friday**

1 p.m.-4 p.m.

(Drop-in Skating)

**Monday, Wednesday, Friday**

11 a.m.-1 p.m.

**Tuesday and Thursday**

11 a.m.-12 p.m.

## VOLLEYBALL

# Saw-off with Grande Prairie

By BRIDGETTE TSANG  
Sports Editor  
@BridgetteTsang

An action packed start to the second half of the volleyball season began on the weekend with a split for both the women and the men's teams.

After a brief Christmas break, the teams were back on the court in tournament play. The women hosted a series of games against Briercrest, Olds College, and SAIT at the NAIT Gym and the men made the trip to Camrose to take part in the Augustana tournament, where they took on Medicine Hat College, Olds, Grande Prairie College and host, Augustana.

## Hot start

A hot start for the Grande Prairie Wolves in the first game of the weekend handed the women their first loss in the second half of the season (25-27, 17-25, 24-26). The team struggled with their serve receive rotations and were unable to capitalize on attacks.

The ladies rebounded in their second game in an exciting comeback in four sets. After falling 25-20 in the first set, the Oaks came alive in the second after they trailed by half and rallied to earn the set 25-20. They carried the momentum into the third set, 25-19.

Victoria Johnston and Joselyn Peters provided the Oaks with timely kills and Lauren Smith earned Player of the Game honours as the Oaks completed their comeback and took the fourth set 25-21.

The men started off their weekend with a win in straight sets against Grande Prairie on Friday night. The Wolves are currently vying for a playoff position,

while the Oaks are securely in fourth place in the ACAC standings.

Oaks' Justin Knight and Jordan Teliske led the team with 13 kills combined on the first night. Despite their added two points in the standings, the Oaks were without their head coach, Doug Anton, Saturday afternoon after a controversial call in the second set of the first game cost him a seat on the bench the game after.

With Anton gone, the Oaks were led by assistant coach Greg Gulash and relied on the team's leaders for a second win in two days.

Grande Prairie went into weekend desperate for wins and needed the win on Saturday if they were to have any hopes of making the post-season. The Wolves came out firing early in the first set, as the Oaks tried to match their energy. Oliver MacSwain provided the Oaks with key kills and blocks to rally his team to within one in the first set but the Oaks could not hold on as the Wolves took the first set 25-20.

## Early lead

The Oaks jumped out to an early lead in the second set as Trevor Zemplak and Ethan Redman exchanged powerful kills and took the second set 25-21. The Oaks and the Wolves were going point for point in the third set but NAIT ultimately fell short 28-26. The Oaks bounced back in the fourth 25-14 and brought the game to a fifth and deciding set. Unfortunately, the final set was inundated with technical and service errors from the Oaks, which cost them the game.

Both teams will have some time off before their next weekend series against the Kings University College Eagles on Jan. 22 on the road and on Jan. 23 on home court.

# Player profile



**Player:** John Carlo Doldol

**Sport:** Badminton

**Program:** Civil Engineering

By BRIDGETTE TSANG

**Who inspired you to play badminton?** My father and brother inspired me to play because I hated losing to them, so I had to find a way to beat them.

**Do you have any pregame rituals/routines/ superstitions?** I usually eat spaghetti and watch anime the day before a tournament or a game.

**What is your favourite thing about being a NAIT Ook?** I would have to say team bonding and being with my teammates who are also really good friends.

**Favourite movie?** Back to the Future.

**Favourite music genre?** Rock, hip hop, and R&B.

**Cats or dogs?** Dogs

**If you could invent anything in this world, what would it be?** A time machine like the one in Back to the Future.

**Motto in life?** If you hit a wall, you push through it.

**If you could say something to your teammates, what would you say to them?** You guys are awesome!



# Athletes of the week

Nov. 27-Dec. 2

**Erika Iglesias**  
Women's hockey



Erika helped lead the NAIT Oaks women's hockey team to a win and an overtime loss over the first-place Red Deer Queens this past weekend. Erika assisted on both Oaks goals in Wednesday's 2-1 win at home and followed that up with a goal and an assist in Thursday's 3-2 loss. "Erika is always focused, game or practice, and is playing very well right now," said head coach Deanna Martin. "She is one of our most focused athletes and is willing to put in the effort to improve herself. She's often the first one on the ice and last one off." Erika is a first-year Alternative Energy student from Stony Plain, AB.

**Riley Sheen**  
Men's hockey



The NAIT Oaks men's hockey team continued to dominate ACAC competition as they won two road games versus the Keyano Huskies this past weekend. Riley finished the two-game series with two goals and four assists, helping the Oaks win both games. Riley joined the Oaks after finishing last season with the Red Deer Rebels of the Western Hockey League. "Riley has been a great addition to the Oaks lineup this season," said head coach Mike Gabinet. "He has great offensive skill to score with his shot or set up his linemates with great vision and passing ability." Riley is a first-year Academic Upgrading student from Edmonton.



Photo by Jesse Kushneryk

Oaks setter Braydon Kennedy stretches for the ball during a match against Grande Prairie last Friday. The men won 3-0 but lost the next night by a score of 3-2.



## 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 General Meetings  
Juggling Club Weekly Juggling Jam  
Craft Club Crafting Time

#### 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

#### WHERE

Room E-225  
Room X-215  
Room X-111  
Shaw Theatre Foyer  
Room X-203

### UPCOMING CLUB EVENTS

#### WHO

MECSA  
Club Culinaire

#### WHAT

Welcome Back Beer Gardens  
Begin Reading Week with a Bang!

#### WHEN

Jan 22 | 3:15pm-11:15pm  
Feb 12 | 3:00pm – 10:00pm

#### WHERE

Tower Lounge  
Annex Dock

### CAMPUS CLUBS NEWS

#### WHO

Club Social #3  
Club Connect #3  
Grant Deadline #3  
Club Showcase #2

#### WHEN

Feb 2 | 3:45pm-5:30pm  
Feb 2 | 5:30pm-6:30pm  
Feb 3 | 5:00pm  
Feb 3 | 11:00am-12:30pm

#### WHERE

The Nest Taphouse Grill  
Tower Lounge  
TBD  
South Lobby

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

# ENTERTAINMENT

## Out of our comfort zone



By **JOEL LECKIE**  
Entertainment Editor

We live in a crazy world now where most of our home can be automated and run with the push of a button. With the advent of smartphone and wireless technology in the last 10 years, you don't have to be in the same city, much less the same room, to control things. A tap on an app can open your garage door, turn out a light or start your car. What was once only available in science fiction novels can be installed for next to nothing.

I've always been a fan of technology. I love the advances we've made and can't wait to see where it will go in the next 10, 20 or 50 years. With proper medical advances, we may even see another 100

years. But what is the cost of that technology? It's certainly not a dollar cost. Soon there won't even be a time cost, as things like self driving cars begin to hit the streets and will drive out of your garage to pick you up at the bar by itself. And we thought Uber might ruin the taxi industry!

I'm talking more about the social, physical and mental effects that these advancements could have. It happens

with every generation of new technology. When TVs came out, people said it would rot our brains and prevent families from interacting. With smartphones, we now blog and use Facebook more than we talk to each other when we're at parties. What kind of effects will automation have when someone doesn't have to get up to do the little things in life? You won't need to get off the couch to find the remote because everything will be voice con-

trolled. You can fall asleep and smart systems will take control, turning themselves off automatically.

One big fear is the loss of the will to do anything. Exercise will be even more of a recreational activity than it is now. You will be able sleep longer, eat more and your skills will dwindle away into nothingness. When a person can pamper their pet through automatic feeders and even a petting robot, why should the owner take any interest in them? You don't learn responsibility that way. You don't learn to interact and play. We become slaves within our own minds because there is no longer motivation to do anything else. Growth comes out of challenges and when you strip them all away, you become stagnant.

On the optimistic side, I don't completely feel threatened by automation. Though there are concerns, I still believe people will find a way around them. More and more will we see fitness as wealth and people striving to achieve a better social standing as their motivation. There will be other struggles to keep us going. Life, as they say, will find a way to grow and advance, no matter how comfortable and automated we try to make it.



searchcio.techtarget.com

## What's the future for live music?



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

There sure are a lot of people singing the blues these days.

Most of the province is singing the oil-price blues – “*Ohh I'm feelin' the peril of a \$30 barrel!*” That chorus is usually followed by a few rousing renditions of the job-loss blues – “*4,000 gigs said goodbye in December ya see, let's all blame Notley and the NDP!*” And we can't forget our favourite local tune, the Connor McBlues – “*How can I be happy, when the Oil are so crappy? Can my sad little heart take, the wait until after the all-star break?*”

There are others belting out the blues around town, like, actually playing them, along with rock and jazz, indie and alterna-

tive, punk, screamo, metal, roots and more. Their problem is, they've been running out of places to perform.

In 2015, we saw the closure of five different music venues around town. Among them were Edmonton live music staples like the Artery, Wunderbar and the Pawn Shop. Reasons for closure included rising rent fees and a city-ordered eviction. It was a seemingly ominous year for the prospects of live music in Edmonton, and an unsightly divot in the city's much-championed cultural landscape. There are many who are attempting to stymie and reverse the trend, though.

This year is slated to see the opening of three new music venues in our city. The Chvrch of John, the Needle and the Aviary are all eateries set to host live music when they open their doors. The Almanac, a restaurant which took over the space previously occupied by the Red Square Vodka House on Whyte Avenue, is also rocking out. They hosted their first show this week in a unique “micro-venue” attached to the back of the restaurant.

There is also a group known as the Edmonton Live Music Initiative that's attempting to defibrillate the live scene. The stimulation of choice for a newly created

collective of musicians, venue owners, promoters and politicians – aiding in the payment of artists' fees for certain live venues.

The proponents of live music wax poetic of the vibrant musical culture Edmonton possesses. They say their live music helps support local business and foster young creative talent and that Edmonton has the potential to be a Canadian hub for musical development and showcase. They list many setbacks and restrictions – liquor laws, performer age restrictions in bars, land zoning limitations – but I think they're failing to address a bigger problem. Maybe the interest and demand for ubiquitous live music simply isn't present. Maybe we aren't Nashville or New Orleans.

The last few shows I went to were decently attended and there were some very talented musicians on stage. Don't get me

wrong, there were some very devoted fans on the floor who I could tell were regular concert-goers but I think the trends in entertainment these days are simply directing the masses elsewhere.

Either way, the ball is in your court, Edmontonians. Or rather, the pick is in your hand. The ELM Initiative and business owners are trying to plant the seeds, I'm just not sure they're digging around in fertile ground.



www.metronews.ca

**Wunderbar was one of a number of Edmonton's live music venues to close down last year.**



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By DANIELLE S. FUECHTMANN

@ellie\_sara

Covering of a classic song is one of the most common ways we interact with the music around us. Often we get used to expecting bands to cover classics from their genre but some of the best modern covers happen when songs are covered by unexpected artists.

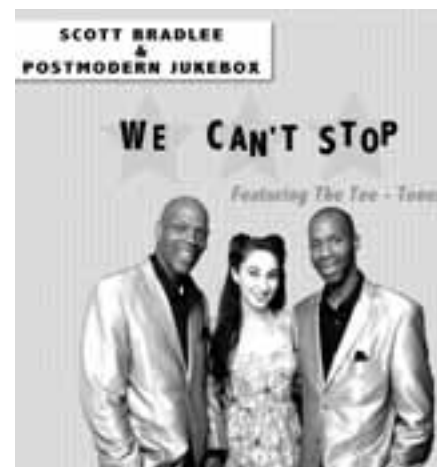
- In For the Kill – Billie Marten
- Blank Space – I Prevail
- We Can't Stop – Postmodern Jukebox
- I Love Rock and Roll – Britney Spears
- Last Kiss – Coeur de Pirate
- Landslide – Fleetwood Mac
- I Will Follow You Into the Dark – Natalie Imbruglia

- Tainted Love – Imelda May
- 1000 miles – The Big Time
- Smooth Criminal – Alien Antfarm
- Walk – Avenge Sevenfold

- Forever Young – Brandi Carlile
- Everywhere – Vampire Weekend
- Crazy – Daniela Andrade
- Gimme More – Sia



everydejavu.com



www.postmodernjukebox.com



allagora.wordpress.com

## ANIME

# Funny, serious, entertaining

By JOEL LECKIE  
Entertainment Editor

What would you do if you were on leave from the military and a gate to another dimension opened up in the middle of the city just a few short blocks away? Out of this gate poured all sorts of Lord of the Rings-style fantasy creatures – Orcs wreaking havoc, riders on the backs of dragons flying over skyscrapers, goblins causing all sorts of mischief. For some, it would be a nightmare but others would welcome the event like a dream come true. Well, one social shut-in has just found out and the worst part about it is that it interrupted the comic convention he wanted to attend.

That is the opening plot of Crunchyroll's *Gate: Japanese Self-Defence Force*. The show follows the life of soldier and otaku, Yoji, as he is sent with his unit to the other side of the gate. There they find themselves in a wonderful and frightening world based around Middle Ages technology and politics. Mythical beasts are common, magic is present though only wielded by a talented few and demigods walk the earth in the bodies of their former selves.

Gate can provide genuine entertainment

for a variety of people. It is rife with comedy, even as it touches on a few more serious topics such as servitude, racism and the role of women in politics. For those who want to dig deep and analyse it on a philosophical level, you can, much like earlier seasons of the *Simpsons* did with their political satire. But it does not throw the issues into your face to force you to think about them. It just shows the world and lets the viewer decide how to bring it in. As that western classic did, Gate drops little references and tie-ins to several other shows, concepts and culture.

The main characters are as lovable as they are flawed. The great skill and leadership of Yoji trapped behind his anti-social personality. Pina Co Lada, a female knight and daughter of the king who tries to show that she, too, can be an asset to the kingdom. Rory Mercury, a bringer of death who is hundreds of years old but remains in the body of a child. Lelei, a child genius and sorcerer who is the first to learn the Japanese language and thus becomes an ambassador and translator for the army. And Tuka, the last surviving elf of her tribe who is rescued by Yoji's squad.

Though there is only one short season

out right now, with a second half set to air shortly. I dearly hope that they continue to renew it. The characters have a lot of room for growth. There are a ton of ideas that

can be played with as the two worlds trade information and technology. It is one of those shows where a writer's imagination can truly be set free.



www.reddit.com



THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## January 14-20

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

NETFLIX PIX

# Can't get too attached

By GERVAISE BRANCH-ALLEN

Over the holiday break, I finally got around to watching Netflix's second exclusive Marvel series, *Jessica Jones*. Following the successful *Daredevil* series, I was excited to see how this show would turn out.

## Tragic past

Originally known as *A.K.A. Jessica Jones*, the series follows private investigator Jessica Jones (Krysten Ritter) as she works toward achieving a normal life following her tragic past. Based on the 2001 comic *Alias* by writer Brian Michael Bendis (*Ultimate Spider-Man*) and Michael Gaydos (*Daredevil: Redemption*), the Netflix series stays true to the original source material while making some changes.

In this series, Jessica Jones isn't quite a former hero but a vigilante of sorts whose attempt at heroism doesn't go so well. As she tries to help people in New York City as a private investigator, her past returns to haunt her. At the same time, she has support from her friend Trish Walker (Rachel Taylor) and new friend Luke Cage (Mike Colter).

## Insightful

*Jessica Jones* is a powerful and insightful series that covers themes such as abandonment, rape, alcohol abuse and PTSD. When psychopath Kilgrave (David Tennant) returns to Jones' life, she persistently fights to protect everyone she cares about from the man who psychologically tormented her. I have to commend the series for following the *Alias* comic so well. The comics are worth reading if you enjoyed the series.

The series includes a few fun winks and nods to the comics such as a reference to

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

Sometimes the highlight of your day is something simple, like dinner, because you'll finally get to sit down. The hustle will be worth it in the end.

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

Sometimes things aren't the bargain they sound like. Sometimes cheap is just cheap.

### Pisces (Feb. 19-March 20)

Strive for consistency and build trust by being reliable.

### Aries (March 21-April 19)

Try to make time for the silly and the unexpected – it might be going to a bar named after a dessert but those memories will last forever.

### Taurus (April 20-May 20)

Consult your peers, they have both good advice and funny stories.

### Gemini (May 21-June 21)

Don't assume that a rough start means the whole thing will be bad, you could be late and the coffee is cold but it can still be a great day.

### Cancer (June 22-July 22)

Always be prepared, you never know when Google Maps will kill your phone battery in a strange city.

### Leo (July 23-Aug. 22)

Don't be afraid to learn from others, even if it's something you already know.

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

Karaoke: sometimes it's a planned outing, other times it's rocking out in McDonald's at 3 a.m. Don't take yourself too seriously.

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

Big changes are coming. Embrace them.

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

Cobra wine and deep fried scorpions exist. Don't be afraid to learn about new things and give them a try.

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

Sometimes you have to use creative solutions. Cooking paninis with an iron might not get you on the Cooking Channel but it might do in a pinch.



Jessica's superhero alter ego Jewel or Kilgrave, wearing purple suits in reference to his comic name *Purple Man*. Being a part of the Marvel Cinematic Universe, the series occasionally refers to Netflix's *Daredevil* and Marvel Studios' films.

At the same time, *Jessica Jones* does not share the tone of the films. If you can't handle blood, violence, mild language or disturbing moments, you may want to skip the show. Personally, I don't enjoy graphic scenes or strong language, though I wasn't disturbed while watching this series, so don't be afraid to watch the show if you're interested.

The season has a noir detective feel, especially during the invigorating theme song composed by Sean Callery, which mixes old school

detective jazz with '90s electric guitar riffs a la *Spider-Man: The Animated Series*.

Ritter and Tennant do a phenomenal job of bringing the characters to life. Ritter's performance sells Jones' persistence to stop Kilgrave's malicious intent. Tennant can bring an innocent side of Kilgrave in one moment and a hate filled side in another. Taylor portrays Walker's desire to support Jones admirable while Colter gives us the right amount of pain and confidence in Cage to increase anticipation for Luke Cage's own series, likely to release late this year. Other characters that round out the cast include seedy lawyer Jeri Hogarth (Carrie-Anne Moss) and neighbour Malcolm Ducasse (Eka Darville).

Series creator, writer and executive producer Melissa Rosenberg worked hard to bring the series to life after pitching a version of the show to ABC in 2010. When that fell apart, she reworked the show and presented it to Netflix. Fortunately, everything worked out with Netflix and led to this incredible show where you can't get too attached to any character because of the events that play out over the 13 episodes.

*Jessica Jones* is exciting, grim, and intelligent all at the same time. I easily recommend you give this show a watch. Tennant whispering "Jessica ..." might stay with you long after the final episode plays out.



## THROWBACK THURSDAY

# D&D – better than ever

By JOEL SEMCHUK

On a construction site – a bunch of apartment/condos – this guy walks up to me, drops his voice, and really hesitantly says, “So, um, do you ...”

I’m thinking crack, hookers but he continues: “Play d20 games?”

That term was unfamiliar to me so, after thinking about it for a second, I got it, then said rather loudly, “Do you mean Dungeons and Dragons?”

My companion affirmed this, but implored me to keep my voice down. Then, sure enough, two days later I was in his apartment playing Dungeons and Dragons with him and his d20 friends. This was only about six years ago.

That’s right! Somewhere between the WOW zombies and the LARP freaks there still exists a bunch of people sitting around a table rolling an assortment of dice to the tune of the collective fantasy in their heads. Due to my age and experience with the game, I was amazed at its progression. I played the very first version of D&D, the red-box set, back in the early ’80s.

Back then, D&D was an instant hit, with sets selling out as fast as they were

printed and Advanced Dungeons and Dragons being released that same year for people who had mastered the original version. The basic version was revised in 1981 and again in 1983; basically every year for nearly a decade. The complications of the game led to this constant refinement, so when I sat with my new friend playing the modern version I was treated to entire bookshelves filled with D&D manuals. My friend was an expert in all things D&D. He played an intense game (you couldn’t kid around) but it was just as much fun as it had been back in the ’80s ... even more so now due to all the streamlining. There was a lot less arguing over how something should work. After all the fine-tuning, nearly every possible situation had an appropriate human interaction. Very impressive.

It’s not just the persistence of the game that makes it such an icon. It’s the armada of entertainment this simple game created. There are thousands of books, comics, movies and video games based on D&D and the varying worlds that grew out of it. Dragonlance, for example, was created so that when people read the books and played the games, they could



dndjakarta.wordpress.com

bask in all the cross-referencing. And everyone either is or knows someone who has read all the Dragonlance novels. But that’s still D&D related; even projects not associated with D&D can’t help but have elements of the game in it.

Forty years ago, when we were sitting around tables rolling dice, the dragons were in our heads. Now they’re flying across theatre crowds in 3D sur-

round sound, getting felled by arrows in video games or being raised by teenagers in books. There was even one breathing fire in West Ed for some time. Did we ever think of that one day the things we imagined would be more or less real in dozens of venues?

Of course not. We were having too much fun playing Dungeons and Dragons.

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**JAN 22-23, 2016**

**SHAW CONFERENCE CENTRE**

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**COSTUME CONTEST, VIDEO GAMING, DANCE & VENDOR HALL**

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# Resolution dissolution?

By KA CHUN YUNG

It's two weeks into 2016 and many people have already given up on their New Year's resolution. For those who have started working towards their resolution, that's a great start and let this provide a little extra motivation for you to carry on throughout the year. For those who never got around to it, let this be another opportunity to get started.

Since one of the more popular resolutions every year involves dieting and exercise, I'll focus my advice on health and fitness. Even so, many of these tips can be adjusted to fit just about any type of resolution.

Here are some tips and tricks to help you stay on top of your goals:

- **Start Today!** Why wait? If you want to improve yourself, there is no better time to begin than today. Go outside and take a walk around the block.

- **Keep it simple.** Instead of focusing on a big weight-loss goal, start with something easy. Slowly increase the difficulty as you get used to it. Take a five-minute walk this week. Make it 10 minutes next, then 15 and so on.

- **Make a plan.** Create a daily or weekly reminder on your phone. Make it part of your routine, like brushing your teeth or going to classes. If you do it often enough, it'll just become a part of your regular practice.

- **Do something you enjoy.** Sign up for a course at Campus Recreation Services at NAIT. Yoga, dodgeball, badminton, personal fitness training, swimming lessons, etc. You name it, there's probably a program for it. Even if you're not sure what you would like, try some-

thing new. Bring some friends or meet new ones. There's bound to be something you'll fall in love with.

- **Temptation bundling.** As from a recent Freakonomics podcast, temptation bundling is combining a guilty pleasure with a less desirable activity. For example, what if you only watch *Making A Murderer* while walking or running on a treadmill. Or only listen to your favourite podcasts or audiobooks while you exercise. Using your guilty pleasure will help propel you towards your fitness goals.

- **Track your progress.** There are so many apps out there that monitor the distance you've run, your heart rate, your weight, etc. After a month or two, look back and be proud of your progress.

- **Think positively, not negatively.** As an alternative to thinking, "I shouldn't eat ice cream for dessert," think, "I'm going to indulge in some fruits." Change your focus and trick your mind into thinking about what you will have, instead of what you can't have.

- **Accept setbacks and move on.** Missed a workout? That's fine! No big deal! Just look forward to the next one. Besides, we already have our next appointment booked in our calendar. When it's time to exercise next, follow your own orders and just go do it.

- **Treat yourself.** Make some short term goals and each time you hit them, reward yourself with something you relish.

Whatever your resolutions are, good luck and have fun with it! Enjoy the experience and make 2016 a fantastic year!

## HOT 'N' SINGLE



Photo by Sydney Pietsch

### Maddy Skinner, 21 Radio and Television

In her free time, Maddy enjoys playing video games, snacking on mandarin oranges and discussing feelings. She's interested in guys who also love oranges and would like to grab an Earl Grey tea and discuss the subtext in movies.

#### APP REVIEW

# Planning to succeed in 2016

By DANIELLE S. FUECHTMANN

Did you resolve that in 2016 you won't be late for appointments? One of the best things you can do is find a productivity system that works for you! Whether keeping track of classes, work, making sure you don't accidentally no-show on plans with your best friend or just keeping your schedule straight after graduation, here are some apps that are staying on my phone for 2016.



#### Sunrise Calendar

(iOS, Android, Web)

The core of an organized life is a truly great calendar! After trying too many different options, Sunrise Calendar is by far my favourite choice for managing a schedule. You can easily access your calendar across devices thanks to compatibility with almost every device and the ability to link a wide variety of other productivity apps to streamline your planning.

#### Wunderlist

(iOS, Android, Web)

Forgot what you needed to get done last week? Keep track of all of your daily tasks with Wunderlist's user friendly interface; divide your tasks into topical lists and keep schoolwork separate from work and family obligations!

#### Goodreads

(iOS, Android, Web)

Is reading more books one of your resolutions for

2016? Goodreads is a social network that makes keeping your reading list organized a breeze! Watch what your friends are reading, use the bar code scanner to quickly add new books to your list and review the books you read.

#### Genius Scan

(iOS, Android)

Scan documents on the go with Genius Scan! Snap a picture with your phone, colour correct and sharpen the image and save as a PDF for easy sharing.

#### Stitcher

(iOS, Android, Web)

Are you listening to podcasts yet? Listen to your favourites and find new ones with Stitcher. Keep great stories in your pocket and listen to podcasts like *Serial*, *This American Life*, or *99% Invisible* on your commute to class.



## MOVIE REVIEWS

# Star Wars is here to stay

By GERVASE BRANCH-ALLEN

*Star Wars: The Force Awakens* – I’ve heard or read this title so many times that I’m surprised I’m not tired of it. And I won’t blame anyone who is tired of hearing about this movie. At the time of writing, *The Force Awakens* is heading towards becoming one of the highest-grossing films of all time, if not the highest. With all the success this film has had, it’s worth acknowledging whether the film is any good. As a casual Star Wars fan, I can proudly say *Star Wars: The Force Awakens* is quite an enjoyable movie but not without some issues. (Please note that this review avoids spoilers.)

The film introduces us to Poe Dameron (Oscar Isaac), a Resistance pilot, who obtains vital information needed to stop the growing threat of the First Order. Finn (John Boyega), a Stormtrooper, wishes to escape the First Order. Rey (Daisy Ridley), a lone scavenger, meets BB-8, a cute little droid and together they pair up on the planet of Jakku.

I can’t praise the film’s new protagonists enough. They were easily my favourite part of the film because they were relatable, fun, and very well developed. I really enjoyed how loyal and supportive Poe was. Finn had great chemistry with every char-

acter he met, and felt like he could be your friend, too. I loved Rey because she put others’ needs before her own and she had a lot of heart.

The antagonists in *The Force Awakens* were quite different from the enemies of the past Star Wars films. Kylo Ren (Adam Driver) was a unique character whose past has heavily affected him. While his skills and presence were a joy to watch on screen, he was definitely not as charismatic and intimidating as Darth Vader. I don’t want to compare him to one of the most iconic villains in cinema but I’d definitely like to see more of the character in the future films to really understand his personality. Based solely on this film, I’m not exactly satisfied with the character under the helmet. As a villain, however, he is quite enjoyable.

Captain Phasma (Gwendoline Christie) is a fun character to see on screen but she needed to do more to become a memorable character. General Hux (Domhnall Gleeson) and Supreme Leader Snoke (Andy Serkis) were average, at best, for me,

**Overall, *Star Wars: The Force Awakens* is definitely creating a new generation of Star Wars fans**



www.blastr.com

though the actors did a great job with the material they were given.

The nostalgia is inescapable in this film if you’ve seen the original trilogy. Fortunately, the film takes its time reintroducing classic characters, especially Luke Skywalker (Mark Hamill). Han Solo (Harrison Ford) is

a compelling hero who you can’t help but cheer on. Chewbacca (Peter Mayhew) returns as Han’s companion, looking as young as he did in the previous films. Leia Organa (Carrie Fisher)

has a few tender moments with various characters throughout the film.

Speaking of nostalgia, *The Force Awakens* has been criticized for overly referring to the previous Star Wars films thematically. I understand the desire to excite older fans by using elements of the previous films but the film could have been more

different from the original trilogy at times.

There are many actor and character cameos to find (or hear) throughout the film and you surely won’t find them all in one viewing. I could say more about this film but it’s better to go in with little knowledge. Walt Disney Studios should be commended for the effort they put into marketing this film. And, of course, everyone who worked on this film should be commended, especially director J.J. Abrams for tackling this enormous challenge head on.

Overall, *Star Wars: The Force Awakens* is definitely creating a new generation of Star Wars fans (if not Star Wars Rebels) following the prequel trilogy *The Clone Wars* generation. Depending on your expectations, you may be disappointed by this film. I’ll admit I wasn’t blown away when I saw it but if you expect a solid film-going experience, I’m sure you’ll leave the theatre happily knowing Star Wars is here to stay.

## Fans are feeling the force

By JOSH RYAN

*A long time ago in a galaxy far, far away ...*

That phrase dominated much of the screen watching I did as a lad. While I missed out on watching R-rated flicks, many great TV shows and the violent opus of video games like *Mortal Kombat*, I spent hundreds of hours re-watching the special editions of the original *Star Wars* trilogy. The adventures of Mark Hamill, Carrie Fisher and Harrison Ford as Luke Skywalker, Princess Leia and Han Solo captivated my siblings and I every time we popped in the VHS tape (man, I’m old).

### The magic – again

While the prequels somewhat quelled my fondness of the franchise, I never lost my love for the flicks that inspired my love of movies. So when they announced the purchase of this cultural phenomenon by Disney from George Lucas, the little kid in me was cautiously optimistic that I would

experience the magic of *Star Wars* once again. Thankfully, I can say that writer/director J.J. Abrams (*Star Trek*, *Super 8*) gave me that experience.

*Episode Seven* begins decades after the last installment, where Luke has disappeared and the remnants of the Empire has spawned a new threat, the First Order. Desperate to find Luke, Resistance leader Leia sends pilot Poe Dameron, played by Oscar Isaac (*Ex Machina*) to find a map leading to the Jedi’s location. However, Dameron is captured by the villainous Kylo Ren, Adam Driver (*Girls*); who’s also after the map. The pilot’s droid, BB-8, scurries off with the map in tow and soon runs into a pair of new heroes in Rey, newcomer Daisy Ridley, and former First Order Storm Trooper Finn, John Boyega (*Attack the Block*). The trio’s escapades cross paths with Han Solo and Chewbacca, soon leading to a fight against the First Order and a new superweapon that makes the Death Star pale in comparison. Cue the classic

John Williams score.

What the saga’s entry does best is re-establish the beautifully realistic aesthetic from the original trilogy. While the prequels may have pushed boundaries technologically, Abrams has focused on using real sets and practical effects, creating fully realized alien worlds. Whether it’s the grit of desert sand or the marvel of watching BB-8 (one of the greatest examples of practical effects I’ve ever seen on screen), you feel like what’s on screen is real and never get the sense that everything is done in front of a green screen, (like the prequels). There’s still plenty of CG, but the mixture of computer and practical is expertly handled.

The characters are also a triumph. All of the newbies are engaging, interesting and give you a reason to care about them and what happens to them. It helps that the performances are all excellent. Ridley, Boyega and Driver are all stars overnight, leaving a mark on the most influential ser-

ies in film history.

That’s not to say the returning faces aren’t fantastic either. Ford is a delight as Solo, stepping right back into the roguish charm of the iconic smuggler to remind us why we fell over heels for this character in the first place. It’s the most engaging performance the legendary actor has given in decades, giving the film gravitas and humour from scene to scene. Seeing Solo and Chewy interact on screen nearly made me squeal like a tween girl. Almost...

### Not perfect

There are many other aspects to nerd out over, such as the wonderful score but the film isn’t quite perfect. Some exposition falls flat, many story elements make the film feel a bit too much like a reboot than a sequel and the handling of a pivotal moment in the climax was the lone black mark on an otherwise excellent experience. But make no mistake, *Star Wars* is back and the force is with all of us film fans.

NETFLIX

# A kid's show for adults, too

By JOSH RYAN

Everyone has a kids' show they secretly or not so secretly, binge watch. Whether it's the guilty pleasure nostalgia of *Pokémon*, the drug trip zaniness of *Adventure Time* or the battle filled escapades of *Star Wars: The Clone Wars*, there's always a show intended for youngsters that 20-somethings love to consume. It's a strange guilty pleasure, when the simplicity and goofiness of childish entertainment can hold your attention more effectively than award winning television like *Breaking Bad* or *Game of Thrones*.

### Three cool things

The latest college cartoon craze to hit the screen combines three things most kids love – building things, vehicles and dinosaurs. I give you *Dinotrux*. Yes, that's the real title of a collaboration between Netflix and DreamWorks Animation, adapted from the book series of the same name (yup, there's a series of books on this idea).

In a prehistoric world, the Mechazoic Era in fact, the planet is populated by hybrid dinosaur-construction vehicles called Dinotrux and hybrid reptile-tools called Reptools (yup, there's a lot of these truck-construction puns in store).

### Left wandering

One day, a young Tyrannosaurus Trux (part T-Rex, part excavator) named Ty witnesses the destruction of his home from a volcanic eruption, leaving him to wander the desert sands damaged and alone. He soon runs into a Reptool named Revvit and the two of them break historic boundaries between Dinotrux and Reptools by work-



www.netflix.com

ing together. They soon gain other friends, including Skya the Craneosaur (Brachiosaurus/construction crane), Ton-Ton the Anklyodump (Ankylosaurus/dump truck) and Dozer the Dozeratops (Triceratops/bulldozer) and team up to battle the mean Tyrannosaurus Trux, D-Structs (if you aren't laughing yet, this show might not be for you).

First off, I'm amazed someone didn't think of this sooner. Dinosaurs, trucks, build-

ing stuff! Yeahhhhh!!!! But regarding the show, it really is a surprisingly fun watch. The animation is reasonably good, there are some surprisingly creative creature designs and there's an ongoing narrative that holds the entire season together, which is rare for kids' shows. Plus, the episodic elements of the show are more fun than others of its ilk, where instead of some annoying catch phrase or transformation sequence, you get a montage of the trucks and tools building

stuff, with some kick-ass music!

Dinotrux also features a real sense of danger when the characters are attacked by Scaptors (HaHa, Scaptors!). This is a nice feature for the show, allowing kids to imagine the consequences without screwing them up for the rest of childhood. Think of the show as a warmup before being introduced to *The Land Before Time* or *Bambi* (Why does the mom or dad always die?).

It has all of the tropes you get from children's entertainment. A lead male protagonist that's good hearted but gets overconfident, check. A small sidekick who makes up for it with smarts, check. A grumpy friend who has a soft side, check. Teaches great lessons about working together, check. And of course, an obnoxiously annoying character who is annoying to everyone but four year-olds, check.

### A putz

Ton-Ton is just like any other sidekick character in past animated movies and shows that by constantly yelling, attempting to be cool and being a general putz. Fortunately, he's such a putz that it reverts back to entertaining by showing how uselessness he is in comparison to many of the other characters.

If you're in the mood for something you know is terrible and produced for children but has a weird charm to it, give *Dinotrux* a shot. You may not grow wiser but you should get a few laughs. Heck, there's even a character whose sole purpose is to literally poop out garbage. Poop out garbage! Cause he's a Stegosaurus/dump truck!

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## VIDEO GAME

# Nine games and counting

By JOEL LECKIE

The Assassin's Creed series is establishing a vast legacy. It has expanded into nine full games, plus several smaller games, novels and even an upcoming film set to release next December. It is one of my favourite game series to play on the modern systems, right from Game 1.

## Single family line

They all follow a single family line over thousands of years, converging on one point in the modern era. By using the concept of genetic memory and reliving the memories of an ancestor, the game explains away common questions about save points, map boundaries, time shifting and more. If a player veers too far from the storyline, the game just places a barrier saying the ancestor doesn't remember that part of town. It is simple, yet very effective.

## Any point in history

Because it follows a whole family line, each game in the series has the ability to take place at virtually any point in history. The first game involved the Knights Templar of the Middle Ages. The fourth game was about pirates in the time of Blackbeard. The one before that was about colonization of North America. It connects the games with a common theme but each of them play a little differently.

The most recent one out, *Assassin's Creed Syndicate*, takes place in Victorian London. Here you play as two characters, instead of just one. The twin assassins are a part of the Assassin Brotherhood and are



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## Assassin's Creed

trying to retake London from the control of the Knights Templar. This is a common element in the game series, as the two secret societies have been struggling for power for hundreds of years.

When the games first came out, they were single player only. Then, Ubisoft added a multi-player element that was separate from the main storyline. *Syndicate* now has gone away from that multi-player

component to focus more on the single player aspects. The graphics are gorgeous, as we've come to expect from the series. It beautifully represents London. Though there are some hiccups with the combat system, and it can feel a bit repetitive, the game has received great praise. So unless you really want that 100 per cent completion, it might be good to focus on the main missions and go back for the side quests

and collectibles later.

If you haven't had a chance to play any of the games yet, I suggest you pick a favoured era and grab the game taking place there. You will get the chance to meet many famous people, see famous landmarks and interact with all of it. There are few items in the overall story that you will miss by jumping ahead, as each one plays quite naturally as a standalone game.

## ALBUM REVIEW

# This gal can sing as well

By DANIELLE S. FUECHTMANN

A gentle groove supports Fiona Bevan's soprano lyrics, keeping her debut solo album *Talk to Strangers* a bubbly and fun listen. While Bevan's music leans towards an indie blend of folk and jazz, her catchy melodies have an undercurrent of pop styling.

Bevan is a Canadian-British singer-

songwriter from London England and her accomplishments include co-writing One Direction's single "Little Things." Her solo album proves that she is equally talented as a performer, nimbly alternating between guitar or ukulele and singing. The album's lyrics are thoughtful and stem from situations in her life, from the charm of love song "Slo Mo Tiger Glo" to the melancholy ballad "Us and the Darkness."

The album opens with the strutting guitar melody of "Rebel Without a Cause," which Bevan wrote about her experiences during the London Riots of 2011. A reflection of the scary reality of living in tense situations, the song is equal parts pleasurable listening and political reflection. The next track smoothly transitions to the fleeting feeling of new love, hoping that time "goes slow mo" because she doesn't "want this to be over". Sweet without being simpering, the song perfectly captures the feeling of new love and the desire for it to last as the sun rises.

"The Machine," the album's fourth track, has a fuller sound and a heavier beat; also the album's first single, Bevan has said in other interviews that "it's a song about everything ... comes from being angry and frustrated about the state of the world and from my feelings of powerlessness to do anything about it."

Skipping forward a few tracks, "Exorcist" is an evocative song reflecting on the pain of jealousy in love. Bevan sings that "time is the exorcist," as she experiences the jealousy of a lover's past relationships and the insecurity that can accompany new love. The song acknowledges that in another life they'd be friends, making the song also an ode to female friendships and solidarity.

"Pirates & Diamonds" is catchy and relatable for anyone who feels they seem to keep falling for the wrong person; singing "the trouble is I fall for pirates/tyrants who tear my heart in two/who bribe me with the shine of diamonds/but diamond doesn't

love you." But she says she's "got [herself] a compass/so [she] can accomplish/a voyage of my very own/that won't rely on you." Equal parts comforting and empowering, the song is another love ballad without the sorrow.

The title track, "Talk to Strangers," cleverly talks about the fear of connecting and talking to strangers, suggesting we abandon our fear of communicating with people we don't know and the resulting isolation: "we are all outsiders/ the silence in our ears". She powerfully sings that "for better or for worse, we all rub shoulders/ thieves and liars, priests and murderers/ so many dangers in unspoken words." She makes a case for abandoning insecurity and embracing the opportunity to meet others and share our stories.

Bevan's album is a strong debut, proving that she is equally as talented a performer as she is a songwriter and collaborator.



www.newcanadianmusic.ca

# Starting off on right foot



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

It is a new year, a new semester and a great time for new beginnings. Evaluating what went right and what went wrong last term is a great place to start if you are hoping to improve your marks and/or your stress levels. Here are some areas to look at:

**Attitude** – Am I prepared to make schoolwork my priority and work hard?

**Discipline** – Do I have regular study and homework times?

– Am I getting into a good study routine right at the beginning of the semester?

– Do I procrastinate? If so, how can I change this habit?

**Organization** – Do I use a day timer or cellphone organizer to write down all assignments, appointments, exams, etc.?

– Do I make a daily to-do list? Do I work on my priorities first?

– Are my books, locker and work-space organized?

**Distractions** – What were the major

things that interfered with my studying last term?

– How can I limit or put boundaries on phone calls, social media, television time, computer games, interruptions from family and friends?

**Focus** – Am I concentrating and learning during classes and study periods or is my mind wandering?

**Balance** – Do I get adequate sleep and exercise and eat nutritious food?

**Resources** – Could I make better use of the services available such as the Library/ Learning Resource Centre, the Tutorial Centre, Student Counselling, peer tutors, study groups and instructors?

**Finances** – Have I budgeted for the semester so I am not stressed about finances toward the end of term when school stress is the highest?

Here are some suggestions to boost your success:

- Give yourself credit for your academic strengths. Evaluate your weaknesses and decide on one or two areas that are realistic to improve. Don't expect perfection.

- Attend winter study skill workshops starting in January. Details are provided on posters around NAIT.

- Go to [www.nait.ca/counselling](http://www.nait.ca/counselling) for NAIT's on-line study skills manual *Techniques to Maximize Learning Potential*, which includes information on study skills, time management, pro-

crastination and memory, exam writing and exam anxiety.

- See a counsellor for any academic or personal concerns.

- Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals for change, monitor these regularly and reward yourself.

Have a great semester!

Counsellors are available to assist with any personal or academic concerns. Counselling is confidential and there is no charge.

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

**Souch Campus:** A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153.

**Patricia Campus:** A counsellor is available on Thursdays. Book at the front desk or by calling 780.378.6133.

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)

## Who are you gonna 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.

**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)

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through an open gate,  
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you graduate,

So welcome back,  
Welcome to NAIT!

– By Maryam Lary

## Für Minnie

My kitten walks on padded feet  
She keeps me safe at night.  
She wakes me when it's time to eat,  
Before the morning light.  
Through the day my kitten sleeps,  
In the sun, so bright.  
Through the night she softly creeps,  
To make sure I'm all right.  
My kitten walks on padded feet,  
She stares at the snow, so white.  
Then she laughs and plays and  
claws things up  
Because she's warm and safe  
inside.

My kitten curls up at my feet,  
She'll be there through the night.  
Tough-as-nails,  
My street-smart stray,  
She keeps me safe at night.

– By Joel Semchuk



## LOCAL BAND

# Future beckons for city trio

By DANIELLE S. FUECHTMANN

Do you ever wake up sore the morning after a great concert? Black and Bleu's catchy tunes will get you moving on the dance floor, even if it's just a hipster shuffle. Creating modern pop/rock with heavy influences of the '80s new wave movement, they've been producing music as a full group since August.

The band got an early start with Jose Diaz and Dan McIntyre playing together and developing their sound before bringing in Jeremy Block as a synth player. All three of them grew up playing church music but developed their individual styles in vastly different ways – Dan played in a punk band in Prince George and Jeremy is a classically trained pianist.

Originally, their project was called BOOM but after joining forces as a full group, they decided to change their name. Block explains that “the idea of black and bleu related to bruises and life lessons but also the bilingual nature of our country”.

As the main songwriter for the band, McIntyre brings ideas to rehearsals to workshop them with the other members.

“We find it the best time to work through new ideas and see what works with the whole band,” said Block.

Along the way, they listen to music, both new and older, to get ideas and inspiration, he says. Then they each work out



Black and Bleu

Supplied photo

parts and then bring it all back together.

As a fairly new band, their recent success at the Landmark Showcase Festival has been an exciting opportunity. Recently making the final round of the competition, McIntyre says that “it’s been a good experience as a platform for our band to develop. It was

hugely beneficial to the development of our band to have the opportunities to play in the Starlite Room and the Mercury Room.”

Black and Bleu's next gigs are on Feb. 7 at the Naked Cyber Cafe with special guests The Metronomad and OMAR or you can catch them at Strange Society Live at

Gas Pump Night Club & Bar on Feb. 18 with Form 10. They are hoping to record an EP this summer and are available for bookings at [blackandbleumusic@gmail.com](mailto:blackandbleumusic@gmail.com).

Learn more about the group and listen online at [facebook.com/blackandbleumusic](https://facebook.com/blackandbleumusic).

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<b>WEDNESDAY</b> Classic Poutine	<b>WEDNESDAY</b> Sambuca/Tequila Shot
<b>THURSDAY</b> Pepperoni Pizza Bites	<b>THURSDAY</b> Flavoured Absolut Vodka
<b>FRIDAY</b> Jumbo Daily Soup Bowl	<b>FRIDAY</b> Bottle Pilsner

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