

THE NAIT NUGGET

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

THE SEARCH IS ON

Job finding tips, Career Fair roundup, pages 2, 3



Photo by Brian Cheung

NAIT IS GREAT!

This student takes a spin on the NAIT Students' Association wheel for a question about NAIT to win a prize during the NAIT is Great event in the south lobby on Monday Jan. 25.



**THE REFERENDUM
IS COMING**

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NAIT STUDENTS VOTE ONLINE FEBRUARY 5-11

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NEWS & FEATURES

Jump-start your search



NICOLAS BROWN
Issues Editor
@bruchev

As we approach Reading Week, one thing should be top of mind for all students. No, it's not a ski trip to Jasper or even mid-term exams (although those are important). What should be the focus of your Reading Week is jobs!

You may think "but it's only January!" but last week's Career Fair should be a wake-up call for all students who have been dragging their feet on that summer or post-graduation job hunt. With the struggling Canadian dollar and low oil prices depressing the economy, there will be fierce competition for the sparse job opportunities that do appear in the coming months. It certainly doesn't help that not only are you competing with your fellow NAIT students but you've got to contend with students from other institutions and recently laid-off workers as well!

Motivation

This should be your motivation to get a head start on your competition. You still have some time to boost your resume and build the network that will support your job hunt. There are many opportunities that will offer value and some on multiple fronts.

The first opportunity you can pursue is volunteering. This fills in those critical blank spots on your resume while you study or travel, and it also builds valuable skills that may prove useful in your future career. Not only does it build your skills but it could build your professional network. Your volunteer connections may hear about job openings in the famous "silent job market" of unadvertised jobs or may even be in a position to offer you a job themselves. You may



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even be lucky enough to volunteer with the company you want to work for – although I personally disagree with unpaid internships for any career path. Unpaid internships aside, volunteering is an excellent way to gain experience and give back to the community and is an extremely valuable tool to have in your job-hunting toolkit.

Another tool available to you while job hunting is simple networking. There are many opportunities to network in Edmonton, either with the entire business community, specific industries or even individual companies. There are business mixers, open houses and all other varieties of events that give an opportunity to showcase those all-important communication skills. It can also bring you face-to-face with potential employers. This means people inside the company become more familiar with you and you can learn more about what employers are looking for in potential employees.

You can also network through the various placement agencies available in every city, including major firms such as Robert Half and local agencies such as Choice Office Personnel. Placement agencies offer unique contributions to your professional network and give you access to positions in other cities or companies outside of your network.

Social media

Finally, the last tool you can use so close to the summer is your online social media. Perception is absolutely critical when you're on the job hunt, so make sure you lock down those privacy settings and clear any "questionable" photos or posts. Employers often search for applicants on social media to catch any transgressions and confirm your resume claims. By taking your social media to the professional level through community activity, good use of privacy settings and high visibility for the

things you want employers to see, you can give yourself a crucial step-up. LinkedIn is one such critical social media tool to build your professional online presence. Having a blank LinkedIn profile is almost as bad as having no profile or even a poor online presence (like drunk party pictures on Facebook). Making full use of a professional LinkedIn profile, Twitter or other social media is utilizing a tool you can't afford not to take advantage of.

These tools are not only widely available but easily accessible on campus. You can volunteer with campus clubs or other extra-curricular activities, network at seminars and alumni events and access resources at the Advising Centre, including resume reviews and interview help. There are many opportunities and resources available, so use them! Otherwise, you might find yourself at the back of a line of very hungry job seekers come May.

Info clerks for NAITSA Referendum and Election

Duration: Feb. 8-11, varied daytime hours

Compensation: \$15/hour

• Information clerks are needed for the NAITSA Referendum and 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.



Photo by Isabel Klapwyk

These Edmonton Police Service officers tend a booth on Jan. 19 in the gym during NAIT's Career Fair.

Fair offers options

By JENNIFER RAE

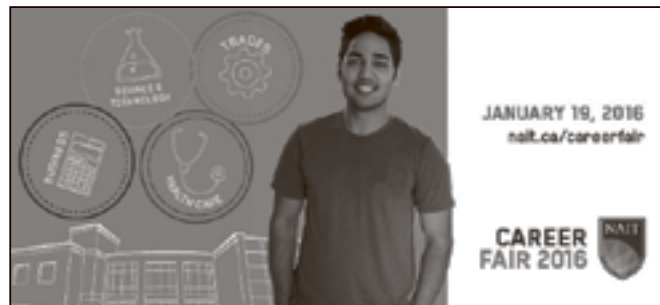
Over 100 employers were present at NAIT's annual Career Fair held Tuesday Jan. 19. It was crowded between 10:30 a.m. and 2 p.m., and of the employers interviewed, all have a long history of attendance at the fair and are enthusiastic about hiring NAIT students. In fact, some of the human resource representatives are NAIT grads themselves! Their experience tells them that NAIT grads are well educated in their fields and have the work ethic necessary to succeed.

Positive experience

As for the students, many felt that they had a positive experience and that the prospective employers were patient and easily approached. The main concern was the lack of summer placement positions and the few full-time positions on offer.

Several employers were asked if they found students prepared to make a good impression, for example, asking appropriate questions, having an understanding of the company they were talking to, etc. The responses were mixed. Some felt most students had done some form of preparation even if it was checking the website out on a mobile device before coming back and starting a conversation. NAIT has ensured that students have the chance to be informed and prepared. Leading up to the day of the fair, there were many opportunities to attend workshops on resume writing and how to plan for the event itself. A "Navigating the Career Fair" information session was held on two days, at two different times and students in a variety of programs attended. The information was comprehensive and relevant. The presenter stressed that many conversations held on the day of the fair could lead to employment, if not being hired on the spot, then possibly in the future. Preparation does make an impression.

The hidden job market was discussed briefly at the seminar. For example, students in the Radio and TV program had only two companies to check out but since they are given a grounding in social media and how to craft a social media presence, any company in any field may well have a place on their corporate team for that skill set. Some fields have this built in, such as office administration and marketing or finance streams. People trained in human resources had over 100 opportunities. The challenge for students in other fields is to find skills that are transferable, applicable to more



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than the obvious jobs in their areas.

For many students, however, the Career Fair presented possibilities other than finding work. Indeed, it was about researching a career path, about whether or not to attend the college and if they choose to attend, what program will best fit them. Some international students took the opportunity to talk to employers to practise their second language, English, thereby improving their vocabulary in a critical area. The NAIT Career Fair offers many opportunities.

Diverse reasons

Just as there are diverse reasons for students to attend, there are other reasons for companies to have a booth. There were a few non-employers in the mix, Student Automotive was offering student pricing for automotive services. Another was the Alberta Roadbuilders and Heavy Construction Association, which has links to career opportunities on its website – one booth that could connect students to a variety of businesses. The Chartered Professional Accountants of Alberta was there, offering further education in that field. This suggests that all students might want to investigate the Fair, even if they are already employed.

Yes the economy is slow at the moment and, although the employment opportunities may seem sparse, it is always smart to remember the economy is not a static entity, it is constantly changing and will have an upswing, hopefully, in the near future. So for the those planning to attend the Career Fair next year or even in the years after they graduate, Natashah Dhalla-Chatha of AFL Global had this to say of the NAIT Career Fair "... fantastic, great traffic, experienced grads, people we would strongly consider hiring."



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Letters

We want your views

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

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

We need to list your real name.

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

REFLECTIONS AND INSIGHTS

Pain inevitable, misery optional

By JAGRIT BAJWA

Pain, pain and pain, is what we feel, go around and hear from people. Everyone has a painful story to tell you and you also have too many painful stories to share. We cannot get away from the days of pain. It is a fundamental law of nature to feel pain and evolve. Pain has to happen to make things, for people and situations to move ahead and for the better. Even when you lost your milk teeth you felt discomfort and pain that time, which was then followed by a new and strong tooth!

So, instead of thinking that problems come only to you, you can always think that you have the ability to get yourself out of those problems and manage to survive in those situations somehow. These problems try their best to get control of you and make you feel bad and weakened. Weak people tend to overreact in such situations and lose their calm and composure. Pain can be raised to the level of misery if you are not able to filter your thoughts when too many negative elements are coming at you. One is led to depression if the thoughts are not corrected at the right time.

Pain in itself may not be bad but your mind has the capacity to amplify your emotions. If this amplification

keeps continuing you may feel the weakest of the weak.

The pain of broken trust in relationships is also very testing. This is because you are never ready to accept when someone leaves you, someone you once considered the most

important asset of your life. And reality turns the tables and makes it hard for you to believe that you are no more in a relationship. So bringing your mind back to the beginning is of utmost importance in those situations. You need to realize there is some-

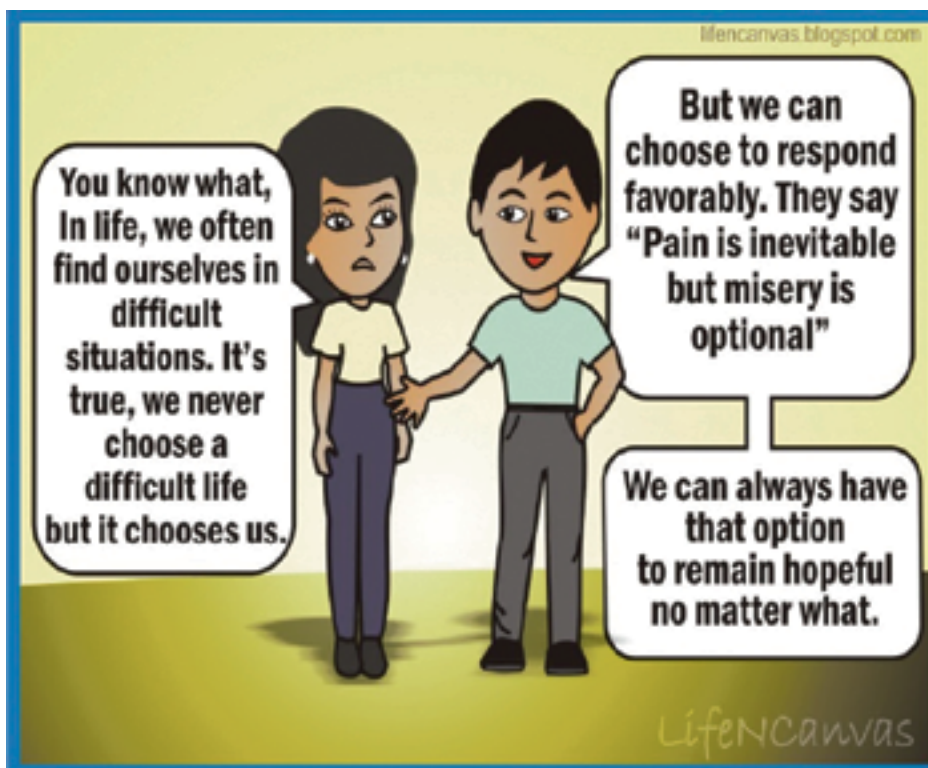
thing more perennial, which was always there to be connected with, instead of a person who had a short term role in your life and left when they wanted. That is why it is more important to keep your connection with yourself first and build it stronger every day with practice. The time you spend to better know yourself and how to react in tough situations will guide you when you face those situations in real life.

Problems also come in groups not one by one but one upon one, every time. So it is important to have your mental make-up in such a way that you can handle them easily. You can learn to pause your mind and think in a directed way, which leads you to the correct destination of peace.

We should recognize that we always have the choice to make ourselves feel better in the toughest of situations. This requires a highly oriented mind that functions well during troubles. Reaching orientation takes time and you need to spend time on yourself to bring the best possible outcome in those situations.

Misery can easily be overcome if you enjoy the luxury of happiness, which you have attained till now and also by making right choices in your best interests.

Live, laugh and love.



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For more information on what is covered by your student health & dental plan, please visit www.mystudentplan.ca/nait 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

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



Government boosts funding

By **DANIELLE S. FUECHTMANN**

Alberta Minister of Economic Development and Trade, Deron Bilous, announced on Jan. 21 that the government would be investing an additional \$5 million in funding towards the Enhanced Innovation Voucher and Small and Medium-sized Enterprises Support program.

The program is operated by Alberta Innovates Tech Futures, a research and innovation system dedicated to building and diversifying Alberta's economy that operates in alignment with provincial government departments. The program provides eligible companies the opportunity to apply for up to \$300,000 in funding to help with the cost of business and technology development. The additional funding will allow the number of vouchers issued to increase from 120 to 200 or more per year.

Jim Sandercock, chair of NAIT's Alternative Energy Technologies program said that the support is "specifically for small and medium enterprises (SMEs)." For many sub-industries in the renewable energy sector, this could be a noticeable boost. Alberta's solar electric industry has already been doubling annually for the last two years, he says, and that was without any incentives. Nearly all of Alberta's solar enterprises are SMEs so this really

does help them.

"This is an opportunity for our small enterprises to get help building, with business formation, to really step into the utility scale," Sandercock said.

Some of the items the voucher can help with include "helping companies with marketing, planning, and business formation as these businesses take it to another level."

Sandercock points out that because the

funding is directed to small and medium enterprises in Alberta, it helps support homegrown businesses and minimizes opportunities for outside corporations to come into Alberta and build large-scale solar or wind farms.

Of course, although the funding has been made available, it is still early to see how it will be used and how companies will be able to access the funds.

Sandercock joked that it's "similar to how a student says 'I'd love to see the rubric before I do the test.'"

The impact the funding will have largely depends on how Alberta Innovates decides to evaluate applicants. Most of the materials and equipment that an effective renewable energy industry needs already exist, it's "a question of if we can get [these] businesses up to speed with forming new businesses, marketing themselves, accessing capital".

For this new funding to support Alberta's goal in successfully diversifying its economy, Alberta Innovates Tech Futures and the provincial government need to ensure the application criteria emphasize making our small and medium enterprises more competitive against external businesses and is genuinely accessible to Alberta enterprises.



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Point ^{Counter} Point Parks – what to do?



JOEL LECKIE

Tourism is a huge park for our economy, especially now with oil dropping as low as it has. There needs to be some diversification. There is a great resource available for us in the mountain ranges just to the west. It would be silly not to take some advantage of them. Of course, care must be taken to preserve their natural beauty but what's wrong with sharing that with the world's tourists?

See-through walkways

There has been huge publicity about structures that utilize the natural wonder of the environment. Just think of the glass floor walkways. They can stretch from one mountaintop to the next and allow people to see everything below them. The trees, the rocks, the birds, the squirrels: all of that without interference. With our inclement weather, those walkways can be enclosed for patron safety. Best part of all, is it will draw more people to the area. That means a boost in the economies of park towns, such as Jasper and Banff. It will also help the airport cities of Edmonton and Calgary.

Needs funding

That all requires well-built roadways, a good hotel system, restaurants and information centres. Properly utilized, these expansions can help the parks. They can be preserved better. Reforestation can occur because people want to see the trees. Animals can be re-introduced. Ideas can be drawn from other areas to maintain the safety of the animals. Land bridges, lush with vegetation, can span the highways, allowing migratory animals to cross over peacefully. All of this requires funding. That funding can come from these small boom towns.

We already have year-round recreational facilities that take advantage of the hot springs. By commercializing them, it has served to preserve them at the same time. Now, the area can be held as a top camping spot, a recreational area lush with growing tourism. Canada has served a wonderful role as intermediary between preservation and development.

We can continue to develop so long as we keep preservation as one of our key objectives. And hey, if we can manage to make a little money on the side while we do it, then why not?



CONNOR O'DONOVAN

I remember stopping at the lookout spot where Jasper National Park's "Glacier Skywalk" now stands, before it was constructed. I was on my way to hike Wilcox Peak, a gorgeous trail that sends adventurous climbers to almost 3,000 metres for an absolutely breathtaking view of the Columbia Icefields.

We stopped to stretch our legs and get a brief break from the road. We hopped onto the concrete barrier protecting the edge of the lookout's steep drop into the valley below. We posed for pictures, we laughed and we stood for a while in awe of just how raw and beautiful the wild landscape was before us. We more or less accomplished everything that the Glacier Skywalk now boastfully offers on its website. Well, that's not completely true – we didn't get to stroll around on glass floors. I do have a thing for glass floors.

Commitment to protect

But they have those in cities, in towers that serve other purposes aside from bringing people pseudo-perilously closer to nature. In their charter, Parks Canada states that their first commitment is "to protect, as a first priority, the natural and cultural heritage of our special places and ensure that they remain healthy and whole." It's important to preserve at least some of our planet in its natural form, even if only as a symbolic measure. We can already feel the effects of our reckless ploughing through the earth's bounties – warming temperatures, oceans full of plastic, landfills that stretch for miles – our national parks should stand as reminders of what our modern planet once was and their landscapes should serve as a precedent we should aim for when developing future (more necessary) projects.

Not Canadian owned

What's more, some of these shovels digging into Canadian soil are not even Canadian owned. Brewster Canada Travel, which operates the Glacier Skywalk, is

owned by NYSE traded Viad. Hey, go ahead and drop \$30 an hour into somebody's pocket for an experience you can otherwise get for free (see photo of Wilcox Peak). I hope you can rest easy in your air-conditioned, satellite-serviced "cabin" knowing that your dollars are going towards further exploitation of nature (Brewster Canada Travel recently acquired Maligne Tours Ltd, a company that has proposed building a luxury hotel on the lake).

These developers love to publish wordy paragraphs detailing just how low an impact their projects will have on the environment. I know of a strategy that involves even less effect than that.



Wilcox Peak

www.panoramio.com

OPINION

— Editorial —

Take care of yourself



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

I have a quote from Audre Lorde pinned on my studio wall: “Caring for myself is not self-indulgence. It is self-preservation and that is an act of political warfare.”

Most days I wake up after hitting snooze a few too many times, mindlessly rush through the process of getting ready and bolt out the door. I will readily admit that I don’t get enough sleep and self-care is something I regularly ignore. I’ve always battled a glorification of busyness, the cool factor of being a night owl, the satisfaction of a full calendar.

But lately, I’ve been confronted more frequently by the importance of balance.

Missed opportunity

This weekend, someone very dear to me passed away. My biggest regret is that I spent so long telling myself that “this week is too busy, next week I’ll call and make plans with them.” Unfortunately, “next week” never happened. I never thought that I’d be confronted with this feeling because I always took their presence for granted and I was so wrapped up in my glamorous busy-ness.

This is where the second part of Lorde’s quote comes in; self-care doesn’t need to be the beautifully packaged #selfcare we see on Instagram. Self-care doesn’t need to be green smoothies, meditation in the morning or a perfect eight hours of sleep every night in a bed with perfectly pressed white sheets. It can be, but it doesn’t need to be.

I love working late at night. Some of my best ideas come after 11 p.m. However, having 8 a.m. classes means that staying up until the wee hours of the morning is physically straining on me. I love having many projects on the go, it keeps me focused and brings me lots of joy. When family and friends start teasing me about if they make the cut, I know I need to look at how I’m using my time.

Small steps

My self-care comes from an approach of preservation. I compromise my preferred sleep schedule and try to sleep earlier so I can be at my best when I’m in class in the morning. I’ve tried to get better at saying no in order to stay busy, not stretched thin. I’ve started scheduling a few empty hours in my week to give myself flexibility, whether it’s for an emergency girls’ pizza night, having extra time for a project or just letting myself take a break to watch an extra episode of *The Good Wife* without feeling guilty. By taking small steps to take better care of myself, I bring

greater power to the things I say yes to – to my projects, to my relationships and to all of the little things I do every day.

As students, we often juggle a full plate of responsibilities – school, work, family and friends. It’s easy to fall into the trap of trying to do everything. I’d like to challenge you to contemplate about what things you’re doing only out of

obligation. What do you wish you had time for, what are the nagging things that you want to do but are putting off for when you have more time? Stop thinking about self-care as an Instagrammable garnish on your life and treat it as a foundation on which to build your life. Care for yourself so you can care for the people and causes that are important to you.



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SPORTS

Spectacular TV coming



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

Remember when watching sports was more just a pastime than the main event of the day? Nowadays, fans will go out of their way to make sure they watch the game, read all about it later and be able to check live updates wherever they are with the touch of a button on their smartphones.

Gone are the days of pixelated images and old-school graphics. Watching a game in HD has become standard and we expect nothing less. In fact, we might expect more from it now. More flying graphics, more coverage, more highlights, more camera



4K TV

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angles, better quality, etc.

Ever since Rogers Sportsnet took over the rights to broadcasting NHL, NBA and MLB games, they have revolutionized and changed live sports broadcasting. And now, with the addition of 4K TV, watching sports will never

be the same again. 4K offers four times the resolution of HD! In fact, watching at home might even be better than sitting in the stands (although that is a personal preference).

But if you're all about cosying up at home and enjoying a hockey game, then

4K will be a step up from the traditional HD broadcasting of the game. The visual upgrade will allow fans to see the game clearer than ever before. Replays will no longer be a blur for officials and fans can debate a play with great clarity. You could even zoom in 500 times and there still wouldn't be a blur.

In addition to crystal clear replays, 4K TV also allows a better viewing experience outside. In other words, stadium screens or big screening parties will no longer be pixelated due to blown up images. In fact, you probably don't have to get there early to find the best seat at the screening party if the images are already that clear. Win! More time for tailgating!

From the flex of a hockey stick, to a twitch of a muscle, fans will be able to see every detail of the game.

Although being able to watch 4K now would mean you would have to get a setup box from Rogers, it won't be long until 4K broadcasting will become the new standard, like HD was years ago.

It's an exciting time to watch sports on TV.

ROUNDUP

Badminton team dominates

By **BRIDGETTE TSANG**
Badminton

The Oaks badminton team continues to dominate the ACAC and it showed in their first tournament this season. The Oaks came in first in the men's singles event, with Nick Roque and Jason Rausch topping the list at first and second and Oook Ryo Kuramochi finished first in women's singles. In men's doubles, Male Athlete of the Week Roque and Jeffrey Ko took the crown after facing teammates John Doldol and Sam Kim in the final. Perhaps the best event for the Oaks was the mixed doubles, in which they took the top three positions with Nick Roque/Seulbi Kim finishing in first, Jeffrey Ko/Rosanna Chan second and Sam Kim/Kai-Li Huang third.

"I was very pleased with the start our team had this past weekend at the first ACAC event," praised head coach Jordan Richey.

"The players were all business and came prepared to play. I know our team is very strong and am excited to see the progress that can be made."

The Oaks look forward to their second tournament on Feb. 6 at Olds College before they host the ACAC Badminton

Championships on Feb. 20.

Volleyball

After a weekend off, the Oaks volleyball teams were back on the court last weekend against the King's University Eagles, with the women falling both games and the men splitting their series.

It's never an easy task taking on a first-place team but the ladies were ready to face that challenge.

After the teams exchanged leads for most of the first two sets, the Oaks were the ones short in both and had to leave it all on the court in the third if they were to mount any form of comeback. Unfortunately, that was not to be the case, as they were defeated in straight sets and finished the weekend with two losses to the Eagles.

The men's team looked to avenge their four set loss on the first night against the King's, 3-1 (25-19, 19-25, 21-25, 23-25).

Before the start of the second game, the Oaks held their second annual jersey night, honouring past players. Head coach Doug Anton presented jerseys to five players, including the more recently graduated players Sean Renaud, Bryce Cardinal and Anton Borodyiuk.

With only two points separating the two teams in the standings, the game turned

out to be just as close. The Oaks came out firing early in the first set with solid blocking from Ethan Redman and Cale Whiston, but the Eagles came back late in the set and rallied to take it 25-23. The Oaks brought the thunder in the next set as Justin Knight provided timely kills to win it 28-26. Trevor Zemlak propelled the Oaks in the third set, winning 25-19.

The Eagles offence ran dry and the Oaks jumped to a 14-2 lead in the fourth set en route to a 3-1 (23-25, 28-26, 29-25, 25-19) win to split the series.

Next up, the Oaks volleyball teams will face the Lakeland Rustlers on Friday Jan. 29 at 6 p.m. at the NAIT gym and on the road Saturday Jan 30.

Basketball

After a lengthy Christmas break for the basketball teams, the Oaks were back to their winning ways to start off the second half of the season against the Keyano Huskies.

The ladies were all over the Huskies the first night with a convincing 77-45 win. Torey Hill and Malesha Petterson both hit double-digits with 15 points each. Player of the game Shea-Lynn Noyes provided the Oaks with another 15 points, along with seven assists and three steals.

The next afternoon saw another double-double night for Hill as she contributed 15 points and 14 rebounds and helped secure a 62-49 win as the Oaks swept the Huskies. Female Athlete of the Week Noyes had an impressive night as well with an 11 point, four-steal performance to set an ACAC record at 284 for all-time career steals, passing her graduated teammate, Josephine Peacock, who had 282.

For the men, strong defence was the winning factor on the first night against the first-place Huskies. Adrian Curtis was named player of the game with a 17-point, seven-rebound, three-steal performance and led the Oaks to a 70-54 victory.

However, the Huskies were able to capitalize on Oaks turnovers early in the next game and it would come back to bite them in an 82-66 loss in the second game.

The men hope to rebound in the win column next weekend against the Lakeland Rustlers. They play Friday in Vermillion at 8 p.m. and Saturday night at the NAIT Gym at 8 p.m.

The women's team hopes to keep their perfect record in 2016 when they take on the first-place Rustlers on Friday, 6 p.m. in Vermillion and 6 p.m. at the NAIT Gym on Saturday.

Keeping Score

McDavid – play or nay?



JOSH RYAN
@JoshRyanSports

I know, all you Oilers fans are itching to see McJesus back on the ice ASAP. However, if the brain-trust that runs this organization is smart, they're going to delay his return as much as possible.

At the moment of writing this, the Oilers are the worst team in the Western Conference. Again. True, the gap between them and, well, everyone else, is no longer a mountainous climb but the fact remains they are 11 points out of a playoff spot. Eleven points and almost every team in the conference has games in hand. Their goal total is the second worst in the NHL and while Cam Talbot might be the top tier goaltender they've been looking for, they still lack the necessary items on defence to realistically compete with top teams.

If Connor McDavid is truly healthy and ready to go after the all-star game, then play him. But if there are any lingering doubts, what's the harm with giving him some more time off? The only thing that could get this team back into the playoff picture is Duncan Keith and he plays for

the Chicago Blackhawks.

I'm not saying tank the season, rather, do what Mike Babcock is doing with the Leafs. That team is still not very good but they are starting to play together at both ends of the ice in a way that never occurred with the past two regimes in Toronto. If some wins come, sweet! But if not, don't pull off some hackneyed trade that will only buy the team a couple of wins. Let Todd McLellan continue to teach these kids and build a winning culture. Then, when the off-season hits, start to add pieces to make this roster a winner.

And if the Oilers are in the lottery, it doesn't mean the goal is Austin Matthews. Why not select the highest ranked defenceman? Better yet, use the pick in a deal that brings a proven NHL blueliner to Edmonton.

Let's say McDavid is so great in coming back that the Oilers make a playoff push, is the risk of him injuring his collarbone again in one season really worth it? Are you so desperate for a taste of post-season hockey that you're willing to risk the possibility of future championships? This is the future of the league, the future of the franchise and management must tread lightly going forward.



ZANE TOMICH

The Edmonton Oilers have actually taken positive steps in the right direction this year and still remain in the hunt for a playoff spot at the midway point of the season. Rookie sensation Connor McDavid is nearing his highly antici-



www.hockeysfuture.com

Connor McDavid

pated return after being out since Nov. 3 with a broken collarbone. The Oilers need McDavid back as soon as he's ready, there's no question about that.

With a playoff spot in realistic reach, the stakes are high. Inserting McDavid back into the lineup immediately gives the Oilers a boost for the team's struggling power play. There is no honour whatsoever in sitting the kid out for the rest of the season, especially if it's to tank for the projected No. 1 overall prospect in this year's draft, Austin Matthews. The Oilers are a much different organization now. They no longer need to focus on whether or not they win the draft lottery because the attitude is different as they think in terms of competitiveness and what's happening in the regular season. If they can squeeze into the playoffs, why not go for it? The Oilers do not need another first-overall pick.

Holding McDavid back for the purpose of tanking and allowing him extra time to heal is an irresponsible move and would absolutely spoil any positive results this team has had this year. It's not about acquiring the first overall selection anymore and there should not be any debate about keeping McDavid out of the lineup. If he's ready to go, let him play. He needs the ice time to further develop his skills and performance at the professional level. Leave him be. It's time to see him in full force on the ice.

WOMEN'S HOCKEY

A tie and a win over SALT

By **NATHAN SPENCE**

After a pair of losses last week, the NAIT Ooks women's hockey team looked to get back into the win column against the SALT Trojans.

The host Ooks couldn't have asked for a better start Friday night against their southern rivals as they fired 21 shots on goal and jumped out to a 2-0 lead with goals from Chelsea Gauchier and the red-hot Kendra Hanson, who scored in her fifth straight game.

In the second, the Ooks got themselves into some penalty trouble. They took four minor penalties in the period and managed to kill off the first three but the fourth one is what hurt them. Alyssa Imler took a tripping penalty 12 minutes into the period and it didn't take SALT long to capitalize on the fatigued PK unit. After some nifty pass-

ing, Trojans' defenceman Madison Colbow pounded a shot past Ooks goaltender Shelby Audet to cut the lead in half to end the second period.

The Ooks kept up the offensive pressure in the third but Trojans' goaltender Jocelyn Wynnyk kept them in the game. Halfway into the period, the Ooks ran into more penalty trouble. Lindsey Roth got called for hooking and was sent to the sin bin with 11 minutes to play. The Ooks penalty kill looked good as they managed to kill off the first minute and a half. With seconds left on the power play, SALT's Colbow orchestrated a beautiful end-to-end rush and fired a shot past Audet to make it 2-2 with eight minutes to play. Despite outshooting the Trojans 44-21, the Ooks still couldn't settle the score in regulation.

Overtime did nothing for the score-

board despite some good chances by both teams and the game went to a shootout. After three scoreless rounds, Trojan's Madison Fjellsrom roofed one past Audet and handed the Ooks their fourth straight loss.

The Ooks looked to avenge their loss against the Trojans the next night in Calgary. Both teams exchanged goals in the first period as the Trojans scored first with just over five minutes to play. Two minutes later Ooks Chelsea Gauchier scored off a nice pass from Hanson, who extended her point streak to six.

Two quick goals in the second from Ooks Livia Lucova and Montana Kitt off of Alyssa Imler's point shot, and the Ooks led 3-1 after two. SALT's Colbow, who scored both goals against the Ooks the night before, continued to bother the Ooks

and scored two goals in just over two minutes to tie things up at 3-3 with nine minutes left, and for the second straight night, the game went to a shootout.

After the Trojans scored to start the shootout, the game fell on Lucova's stick as she needed to score to keep the Ooks alive and she did just that. After Ooks goalie Karlie Fetch shut down the next two shooters, Ooks' hottest goal-scorer Hanson bore down on the goaltender and roofed a shot past the Trojans' netminder to snap the Ooks' four-game losing streak, earning them three out of the four points on the weekend series.

The Ooks hope to keep things rolling, but they will have to wait until Thursday Feb. 4 when they face Olds College on the road and at home Saturday Feb. 6.

MEN'S HOCKEY

Perfect season continues

By FARYAL BASHIR

The NAIT men's hockey team remains on top of the ACAC standings with a 22-0-0 record after meeting with their rivals, the SAIT Trojans. The back-to-back series was a close one; the Oaks took the torch Friday night in Calgary with a 3-2 win and followed-up with a 4-3 home victory.

The undefeated Oaks needed to refine their skills on the power play, after all, they are second last in the league in that category. It didn't take long for them to take advantage of it after Trojan Eric Walker got called for boarding late in the first frame and the Oaks led by one going into the second. Each team scored once in the second period, so the Oaks were able to keep their one-goal lead. In the third period, the Trojans scored early to tie the game. It wasn't until midway through the third that Ooks Charles Wells responded and scored the eventual game-winning goal. Ken Cameron backstopped 30 Trojan shots as the Oaks took home another win.

On Saturday night at the NAIT arena, Ooks John Dunbar opened up the scoring a minute into the first for an early lead. The Trojans later responded with a goal only to be followed by another one from the Oaks, to take back the lead. The Oaks

didn't gain enough puck possession to score in the second period. However, the Trojan's Brendan Forbes scored halfway through the second, five-hole through the Oaks' goalie, tying the game at two. The Oaks were determined to regain the lead in the third, but ran into some trouble. The first half of the period wasn't going in the right direction for the Oaks, as they let go of the puck with a bad give-away allowing the Trojans to score and lead 3-2. Frustrated, the Oaks responded minutes later, tying the game at three. Seconds after the equalizing goal, Ooks Tyler French scored the game winning goal and the Oaks remain undefeated on the season and take a 4-3 win.

"We definitely got into a bit of penalty trouble out there," said French, "but a close scrappy game like that, that happens sometimes and we battled through it."

"They're a tough team to play. They're big and hitting us a lot. In the end, we got the win and that's all that matters."

French, a former Trojan is now in his fifth year at NAIT and is tied for the second highest points on his team.

Next, the Oaks take on their inner-city rivals, the MacEwan Griffins. Games are Friday at 8:15 p.m. at the Bill Hunter Arena and Saturday night at 6 p.m. at home.



Photo by Jesse Kushneryk

Ooks forward Tyler French watches the puck fly over the head of the SAIT Trojans goaltender during a game at NAIT arena on Jan. 23. NAIT went on to win the game 4-3.

Player profile



Player: Megan Loyns

Sport: Women's Soccer

Program: Business – Finance



Photo by Jesse Kushneryk

Ooks celebrate a goal against SAIT on Jan. 23 at NAIT arena.

By MIA SIMON

1. What made you start playing soccer? My mom signed me up.

2. What is something people don't know about you? I can sing. I have the voice of an angel.

3. What three things can you not live without? Pizza, poutine and beets.

4. What type of music do you enjoy? Beethoven.

5. What are your hobbies in your spare time? I enjoy drawing, mostly pictures of dogs.

6. What is your dream oasis? Saskatoon, Saskatchewan.

7. Who is your childhood idol? My dad.

8. Which sports do you like to play other than soccer? Polo and archery.

9. Do you have a pre-game meal? Pasta.

10. Who inspires you the most? Mom.

11. What is the best advice you've gotten so far? "A wise man once told me to stay golden."

12. What is something you would like to say about your team? I would spend half the night making lemonade, which we drank a lot 'cause we were all so shy, shy and nervous.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	22	22	21	0	0	0	135	42	44
Augustana	22	14	12	3	2	3	83	48	33
Red Deer	24	12	12	9	0	3	85	66	27
Keyano	22	10	9	8	1	3	73	71	24
SAIT	24	10	10	10	0	4	77	75	24
MacEwan	24	10	9	11	2	1	92	72	23
Portage	22	8	7	8	0	6	60	76	22
Concordia	24	5	4	14	3	2	63	105	15
Briercrest	24	2	1	22	0	0	45	158	4

RESULTS
January 22
NAIT 3, SAIT 2; MacEwan 4, Briercrest 0; Keyano 5, Red Deer 4; Portage 5, Concordia 3

January 23
NAIT 4, SAIT 3; Keyano 3, Red Deer 3 (OT); MacEwan 7, Briercrest 1; Concordia 2, Portage 2 (OT)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer	16	13	10	2	1	45	19	27
MacEwan	18	11	10	7	0	52	36	22
SAIT	18	8	6	7	3	38	37	19
NAIT	18	7	6	8	3	42	44	17
Olds	18	5	4	12	1	24	65	11

RESULTS
January 21
MacEwan 6, Olds 1
January 22
SAIT 3, NAIT 2 (SO)
January 23
NAIT 4, SAIT 3 (SO)
Olds 3, MacEwan 1

MEN'S BASKETBALL

Team	GP	W	L	Pts	PF	PA
Keyano	18	15	3	30	1536	1273
NAIT	14	11	3	22	1142	1011
Grande Prairie	18	10	8	20	1472	1449
Lakeland	16	9	7	18	1240	1222
Concordia	18	7	11	14	1417	1450
King's	16	5	11	10	1211	1333
Augustana	16	1	15	2	1112	1392

South Division

Red Deer	13	10	3	20	1219	1014
Medicine Hat	13	10	3	20	1067	976
Olds	13	10	3	20	1254	1130

Lethbridge	13	8	5	16	1199	1124
Ambrose	13	6	7	12	1063	1135
SAIT	14	4	10	8	1066	1198
St. Mary's	14	3	11	6	1208	1328
Briercrest	13	2	11	4	1034	1205

RESULTS
January 22
NAIT 70, Keyano 54; Concordia 84, Lakeland 79; Lethbridge 90, Red Deer 79; Olds 101, Briercrest 80; SAIT 89, Ambrose 76; Medicine Hat 93, St. Mary's 82; Grande Prairie 89, Augustana 87

January 23
Keyano 82, NAIT 66; Red Deer 94, Lethbridge 88; Olds 109, Briercrest 84; Grande Prairie 92, Augustana 84; Ambrose 85, SAIT 81; Lakeland 90, Concordia 79; Medicine Hat 103, St. Mary's 72

WOMEN'S BASKETBALL

Team	GP	W	L	Pts	PF	PA
Lakeland	16	16	0	32	1132	738
NAIT	14	12	2	24	1035	734
Grande Prairie	18	12	6	24	1069	1026
Augustana	16	6	10	12	937	1043
Keyano	18	6	12	12	1060	1113
Concordia	18	6	12	12	1077	1098
King's	16	0	16	0	667	1205

South Division

Lethbridge	13	13	0	26	1106	747
St. Mary's	14	11	3	22	1091	909
SAIT	14	8	6	16	933	865
Olds	13	7	6	14	1055	802
Medicine Hat	13	6	7	12	870	883
Red Deer	13	5	8	10	849	828
Briercrest	13	2	11	4	737	1080
Ambrose	13	1	12	2	630	1157

RESULTS
January 22
NAIT 77, Keyano 45; Lakeland 58, Concordia 52; Lethbridge 68, Red Deer 59; Olds 118, Briercrest 53; SAIT 76, Ambrose 37; St. Mary's 82, Medicine Hat 50; Grande Prairie 67, Augustana 58

January 23
NAIT 62, Keyano 49; Lethbridge 70, Red Deer 39; Olds 103, Briercrest 49; Grande Prairie 55, Augustana 50; SAIT 85, Ambrose 50; Lakeland 82, Concordia 52; St. Mary's 79, Medicine Hat 68

MEN'S VOLLEYBALL

Team	MP	MW	ML	GW	GL	Pts
Keyano	16	13	3	41	18	26
Augustana	16	12	4	40	22	24
King's	18	11	7	43	26	22
NAIT	16	10	6	35	27	20
Lakeland	18	7	11	30	41	14
Grande Prairie	18	6	12	26	44	12
Concordia	18	1	17	16	53	2

South Division

Red Deer	16	15	1	47	12	30
Medicine Hat	18	11	7	40	31	22
Lethbridge	18	10	8	41	34	20
SAIT	16	9	7	38	31	18
Ambrose	18	8	10	34	42	16
Briercrest	18	6	12	30	43	12
Olds	16	1	15	10	47	2

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

WOMEN'S VOLLEYBALL

Team	MP	MW	ML	GW	GL	Pts
King's	18	17	1	53	17	34
Grande Prairie	18	12	6	41	22	24
Lakeland	18	11	7	41	26	22
Keyano	16	9	7	29	28	18
NAIT	16	7	9	29	32	14
Augustana	16	4	12	20	40	8
Concordia	18	0	18	6	54	0

South Division

Briercrest	18	14	4	46	21	28
SAIT	16	12	4	41	19	24
Olds	16	11	5	35	25	22
Red Deer	16	10	6	37	25	20
Medicine Hat	18	8	10	31	35	16
Lethbridge	18	3	15	17	49	6
Ambrose	18	2	16	16	49	4

RESULTS
January 22
King's 3, NAIT 2
(20-25, 25-21, 25-16, 26-28, 15-11)
Olds 3, Ambrose 0
(25-18, 27-25, 25-22)
Keyano 3, Concordia 0
(25-11, 25-23, 25-23)
Lakeland 3, Grande Prairie 0
(25-18, 25-15, 25-22)
Medicine Hat 3, Lethbridge 0
(26-24, 26-24, 25-16)
Red Deer 3, Briercrest 1
(24-26, 27-25, 25-23, 25-23)
January 23
King's 3, NAIT 0
(29-27, 25-18, 25-22)
Medicine Hat 3, Lethbridge 1
(25-15, 20-25, 32-30, 25-10)
Olds 3, Ambrose 0
(27-25, 25-16, 25-15)
King's 3, Concordia 1
(21-25, 25-15, 25-16, 25-18)
Grande Prairie 3, Lakeland 1
(26-24, 18-25, 25-22, 25-19)
Briercrest 3, Red Deer 1
(25-20, 15-25, 25-18, 25-12)

Coach profile



Coach: Deanna Martin
Sport: Women's Hockey

By MIA SIMON

1) What is your coaching philosophy? Developing better people and creating an memorable experience! This is accomplished through the application of BEST – better every single time.

2) What is your favourite part about coaching? Seeing the passion in others, getting a chance to learn alongside a team and winning championships.

3) What is the biggest challenge you face as a coach? Coaching is a chal-

lenge every day. It's not static or predictable. I strive to stay fresh and keep everyone engaged, so this can be a challenge at times.

4) What is one thing you want to instill in your teams mind? I always strive for better, there are no limits, Opportunities are all around us, use them and be better.

5) Why did you decide to start coaching? I have always had a passion for teaching, sport (specifically hockey) and youth - so coaching was a great fit for me.

Athletes of the week
January 18-24

Shea-Lynn Noyes
Basketball



Shea-Lynn had 25 points, nine assists and seven steals over two games on a weekend that saw the Oaks sweep the Keyano Huskies. Her seven steals set a new career record as she overtook NAIT alumna Josephine Peacock (282 steals in four seasons) as the all-time ACAC steals leader at 284 with 10 games remaining in the Oaks' regular season. "Shea-Lynn has been a critical piece of our team's success this season," said head coach Todd Warnick. "She has continued to use her dynamic athleticism and play making abilities to drive us to higher levels of success." Shea-Lynn is a fourth-year Architectural Technology student from Spruce Grove.

Nicholas Roque
Badminton



The NAIT Oaks badminton team began the defence of their ACAC title at the first tournament of the season last weekend at King's University College. Nick was perfect, winning the coveted Triple Crown. He went 5-0 to win men's singles, then teamed up with partner Jeff Ko to win the men's doubles with a 4-0 record. He capped the tournament off with a 5-0 record in mixed-doubles with partner Seulbi Kim. His 14-0 record earned his team 42 points and led them to top spot in the ACAC. "Nick is a special player," said head coach Jordan Richey. "His ability to play and excel in all three events makes him the ultimate team player." Nick is a second-year Bachelor of Business Administration student from Edmonton.

ENTERTAINMENT

Civility needs standards



By **JOEL LECKIE**
Entertainment Editor

It wasn't that long ago that I was at Tim Hortons, early in the morning on my way to work when I was confronted with an interesting dilemma. Drink in hand, I was on my way out and the lady in front of me held the door open. Not an uncommon occurrence. I mean, come on, this is Canada. We are supposed to be the nicest people on the planet. It was cold, I was tired, so my muttered thank you was hardly more than an exhale of frosty breath.

What came next was a very unexpected rebuke. She got quite visibly upset and critical that I did not thank her properly as I was supposed to. I know that I should have, but since when did it become so expected that someone gets insulted otherwise? She doesn't know my circumstances any more than I know hers.

This sort of thing doesn't just come from holding doors. It happens all over the place. Just think, the expectation of kind behaviour is detracting from the actual kindness from which it is derived. We say thank you when people do no more than is their job. We say thank you when someone obeys the law. It has become such a natural, expected response.

To me, it feels as though we've lost our standards.



www.youtube.com

Stand at a crosswalk next to a busy downtown street and we wave thanks to the person who stops to let us by. This completely ignores the fact that the last five drivers whizzed by without a second thought, not to mention the one driver that quickly changed lanes to bypass the stopped car without so much as touching the brakes. Illegal, dangerous, and we think it a kindness to the one person who is just doing what they are obliged to do in the first place.

What does that have to do with holding doors open? Expectation. It is rare to have someone hold the door open so we consider it worth thanking. But more than worth thanking, it is expected. So expected that some people get

angry about it. So why did you do it? For the purpose of being thanked? Or are you genuinely performing a good deed?

They are opposites in what is expected within our society. An upside down mindset where we expect to receive praise for doing such a small deed but we receive thanks for fulfilling our obligations. Maybe what we need is to start doing what is proper. Make that a standard and an expectation. Then, when we step out and do something above and beyond, whether major or minor, it is done as a kindness with no thought to a reward, even if just verbal. They say a good deed can be its own reward. If that's true, then thanks should be a bonus, not an expectation.

Journalism's loss is our loss



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

What a fantastic time to write for a newspaper!

In case you didn't hear about it, about 90 journalists employed by Postmedia lost their jobs last week, with 60 of those layoffs dealt in our province. That's 90 human beings out of work. Ninety computers filled with partially, half and completely finished

stories that might never be seen by other eyes. That's thousands of pictures now worth nothing more than hard drive space. That's 90 pens laying limp and lifeless on sorrowfully sedentary desks.

OK, that last one might have been figurative.

Calgary's *Sun* and *Herald* merged, as did Edmonton's *Sun* and *Journal*, along with publications in Ottawa and Vancouver. (Postmedia purchased the Sun's publications last year but they operated separately until now) That means less competition for stories – less drive to beat rival publications to the scoop. All incoming stories in the city will be rewritten by a small editorial team to remain “strong and separate” as stated by Postmedia's senior vice-president. Let's compare stories in a few weeks and see how that works out.

It's important now to stress the importance and effect of media. It's been done

countless times since the cuts occurred, but this is an opinion that needs emphasis. Good journalism holds people with power accountable. There are recent and notable examples of investigative journalism leading to the exposure of corruption. There is a different ring to names like Rob Ford and Jian Ghomeshi because of motivated journalism, and stories like these can help prevent future occurrences of corruption by reminding public figures that they have a diligent audience. We are lucky enough to live in a society where a lack of journalism doesn't immediately stand out as an issue – surely the people in power are honest enough to be trusted, right? Journalism can take credit for that sentiment.

I understand that Postmedia had to protect their bottom line. Indirectly, consumers have the final say on the prospects of an industry. The decline of traditional news media seems to be an indication of consumers making a

decision. What's different here is that consumers aren't disregarding the product but are coming to believe that they should be able to access it for free. It's become an expectation for news information to instantly and ubiquitously available without adequate compensation for the aforementioned hours of time and effort put into creating it.

Like I said, an important part of the journalist's job is to hold certain people accountable. Today, I'm holding you, the content consumers, accountable. Journalists don't expect to be handsomely rewarded – quite the opposite, actually. Believe me, it is a profession with employees who gain more satisfaction from the print in their stories than the print on their paycheques. Just pay something, somehow – buy a magazine, or a newspaper or subscribe to a publication online (it won't cost you much) – because just paying attention isn't enough.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By JOEL LECKIE

With a marriage coming up this summer, my fiancée and I have been thinking hard about what sort of songs we want played at our wedding. The first dance is an especially important time to find something that really speaks to the heart. This list can be different for a lot of people. But without a song that we can really count as “our” song, we’ve come up with a list of newer romantic songs that could play a big part of that big day. A lot of these will work pre-wedding, as well. They are a great chance to turn the lights down low, play softly in the background and have a nice slow dance together.

- XO – Beyonce
- All of Me – John Legend
- 400 Lux – Lorde



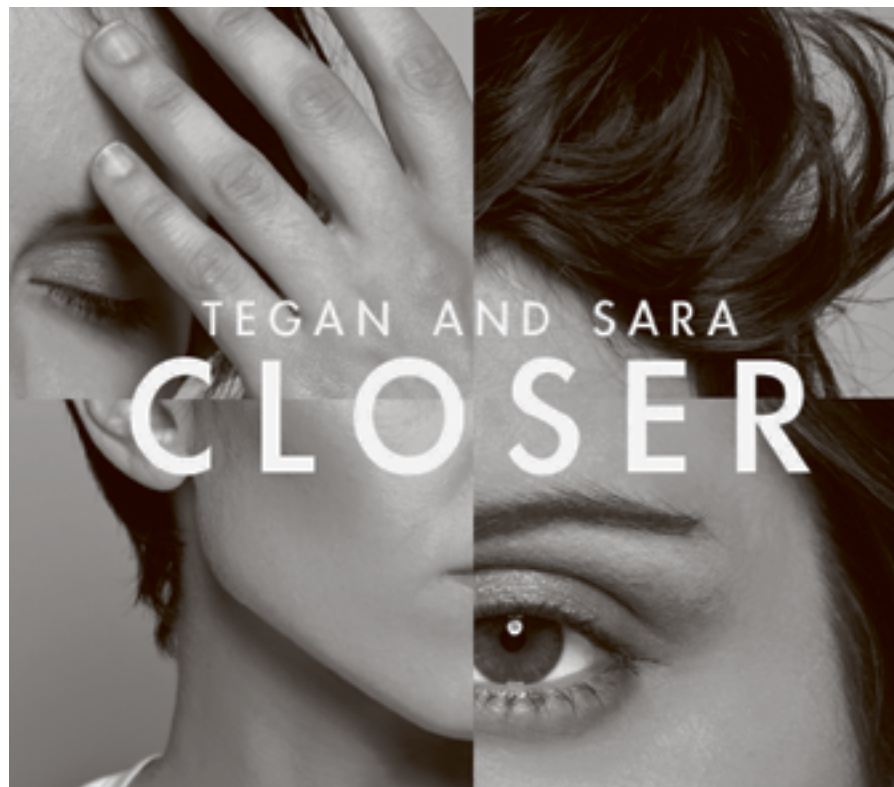
kofolyrics.wordpress.com



quotesgram.com

- Marry You – Bruno Mars
- Thinking Out Loud – Ed Sheeran
- Marry Me – Train
- Closer – Tegan and Sara

- One and Only – Adele
- A Thousand Years – by Christina Perri
- Everything – Michael Buble



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4 | SPEED DATING @ NEST

5 | EXECUTIVE COUNCIL & REFERENDUM VOTING BEGINS

8 | HOW TO: MAKE POTTERY

10 | HOW TO: CROSS COUNTRY SKI

11 | MASQUARADE KARAOKE @ NEST

11 | EXECUTIVE COUNCIL & REFERENDUM VOTING ENDS @ 4PM

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MOVIE REVIEW

8 reasons to hate it

By JOSH RYAN

I've always had a love/hate relationship with Quentin Tarantino as a filmmaker. I think he's a unique, brilliant and tremendously talented artist; easily one of the best screenwriters in Hollywood. I also think he's a pretentious, stubborn and flawed director, who's so concerned with being black and producing exploitation films that he won't take no for an answer. But, when I saw the trailer for *The Hateful Eight*, I had a ray of hope. Nope.

The plot: Years after the American Civil War, bounty hunter John "The Hangman" Ruth (Kurt Russell) is transporting prisoner Daisy Domergue. Along the way, he runs into another bounty hunter named Major Marquis Warren (Samuel L. Jackson) and a former Confederate soldier-turned-Sheriff Chris Mannix (Walton Goggins). Upon arriving at a lodge to shelter the stagecoach horses while a winter storm rages, the group comes across another interesting cast of characters, including Bruce Dern as a former Confederate General. But soon, many people are revealed to having an agenda and it isn't long before bloodshed ensues.

Rather than write a traditional review, I thought I'd have more fun with this clunker of a movie masquerading as best picture material. Here's my eight reasons as to why I hate *The Hateful Eight*.

The great parts of the movie get wasted.

As with any Tarantino flick, there are moments of brilliance. The cinematography is gorgeous, the writing pops and several great actors perform as you'd expect. Jackson and Goggins in particular give Oscar

worthy turns. The first 40 minutes of the movie almost work before things come crashing down.

His cameo is atrocious

Every time Tarantino inserts himself into his movies, it's like hearing the record stretch in a commercial. Here he comes in with a short narration and it's still awful.

Editing? What's editing?

Can you name a director in the history of movies that needs an editor more than Tarantino? Even in the gorgeous act of the film, which features some spectacular shots of wintery countryside, it's about 15 minutes too long. One shot of horses heads moving up and down as they trot forward is about 20 seconds longer than it needs to be.

Exploitation, Blaxploitation, man, I feel exploited.

Anyone who's familiar with Tarantino knows that he grew loving Blaxploitation films. So, every one of his films comes to a stop to feature '70s exploitation B-movie traits; over-the-top violence in particular. When it's a film that wants to you to stay invested in the characters and narrative, having such ridiculous moments of violence is very distracting.

Why so many N-words?

Now, as a suburban Caucasian male, my perspective is different than others. But I've always found difficulty with the number of N-words in his films. It's as though he's convinced because he grew up watching Blaxploitation that he should be considered an honorary black person. Sure, you could make the argument that Jackie



www.moviephone.com

Kurt Russell in *The Hateful Eight*

Brown is done in that style, but when you take slavery and make a popcorn exploitation film out of it, that's really disturbing.

More caricatures, even cartoons, than characters.

More than any of this other films, the majority of the characters didn't feel real. Yes, they're make believe, but they feel more like stereotypes of characters than characters, which left me unable to take them seriously. Even in something over-the-top, you need to believe in the characters themselves to be invested in the story. With some exceptions, not the case here.

What's fun to talk about in this time period?

Tarantino is one of the greatest writers of all time, when there's two characters just shooting the (insert curse word). But when

there's no pop culture to talk about, then these conversations just feel overly-long. Seriously, get an editor!

Same ol', same ol'

Clearly, the dude is content with making movies for himself. With those kind of resources, he's got every right to do so. But as a fan of cinema, and his talent, I'd love to see him try something new. Maybe write a script for someone else to direct or let someone in the control room with him to guide the editing process. Perhaps take something way outside his comfort zone, like a family film. If he can show that he's capable of more than just odes to the exploitation that he grew up with, then even more people will fall at his feet declaring him a genius. And I will actually enjoy one of his films again.

NETFLIX

Daredevil holds plenty of promise

By JOSH RYAN

When it was announced that Marvel Studios had made a significant deal with Netflix to produce multiple television series, I was, like others, a little skeptical. The films in the Marvel Cinematic Universe have been largely entertaining and occasionally excellent but the superhero genre is already becoming a little over saturated with the release of *The Avengers* and will likely hit that point within a few years. We already have several movies, do we really need several shows as well? Turns out, we did, at least based on first season of both *Daredevil* and *Jessica Jones*.

Daredevil takes place a short while after the alien invasion that devastated New York. Blind lawyer Matt Murdock (Charlie Cox), with his friend and partner Foggy (Elden Henson), are just opening a law firm of their own in a newly developed Hell's Kitchen. While Murdock plays lawyer by day, at night he puts on a mask and uses his enhanced other senses to more

than make up for his lack of sight and fight crime. As he continues to make a dent in the plans of lawbreakers in Hell's Kitchen, he soon makes a friend with him and Foggy's new secretary Karen Page (Deborah Ann Woll, *True Blood*) runs afoul of burgeoning crime "Kingpin" Wilson Fisk (Vincent D'Onofrio). Many moral conundrums and bloody fist fights ensue.

What I like so much about this series is that it's fine with being its own thing. While *Agents of Shield* has its moments, that show ultimately serves as a cool commercial for the films. *Daredevil* features a few references here or there, but could exist in a completely different universe. A violent universe. Like, really violent.



herocomplex.latimes.com

Within the first few episodes, you get the first dose of R-rated violence; a firm statement to the audience that this show won't pull punches that the PG-13 Disney produced films have to. Excellent choreography and beautiful cinematography helps to put the combat in a different category than anything else in the genre. A long take in the second episode is one of the best extended fight sequences you'll ever see.

More important than the action, though, is the narrative and the characters. Murdock is noble, but flawed, struggling with lying to his friends and crossing the line of vigilantism in the pursuit of justice. Foggy provides comic relief and poignancy. Karen is a nice female character, showing strength,

vulnerability and humour. Vondie Curtis-Hall has a nice appearance as well as the cagey reporter Ben Urich. But the absolute strength of the season is D'Onofrio as Fisk.

It's rare that we get a villain this layered and fascinating. While monstrous, you absolutely understand where his vision for the city and his rage against others comes from. You also understand how someone might accept him for who he is, despite the horrible things he's done. He hides in the shadows early on and is slowly revealed as the mastermind behind a series of crimes intended to rebuild Hell's Kitchen by destroying it.

Fisk and Murdock are a great pair, both with good intentions, but different methods for achieving their goals. The path towards their inevitable confrontation is excellent, with fantastic moments and plenty of surprises along the way.

Here and there, the writing has some issues but, overall, this a tightly executed, cinematic looking series that holds plenty of promise going into Season 2.



MIA SIMON

If you could be in any movie, which would it be and why?



"Colombiana, because she is a bad@\$\$."

Chawncy McClenan
Personal Fitness Trainer



"Accepted, so people can ask me about my weiner."

Kiera O'Toole
Personal Fitness Trainer



"Magic Mike, because I want to be a stripper."

Jordan Teliske
Apprentice



"Mr. and Mrs. Smith, because Mrs. Smith is hella fine!"

Jackson Jacob
Pre-employment Automotive



"Dazed and Confused, because I keep getting older but the girls stay the same."

Megan Loyns
Business, Finance

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FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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RESTAURANT REVIEW

A sweet spot

By JENNIFER RAE

I had an opportunity to check out Wild Earth Café, at 8902 99 St. on a Friday evening when they had local musicians playing. This café is eclectic and, at first glance, appears to be ethnic Greek, inferred from the spanakopita on offer.

The small bakery has mostly hot and cold sandwiches, soups, salads and a variety of cakes, tarts and squares. There's no liquor but they have lovely lattes and teas and a nice mix of natural bottled beverages.

Many vegan options are available. I had the aforementioned spanakopita – basically puff pastry filled with spinach, topped with tzatziki, a cucumber yogurt sauce.

While the staff is helpful, this is an establishment where you pick out what you want from the display case, order it from the pleasant staff who then plate it and hand it to you. I ordered the spanakopita, a strawberry rhubarb tart and chose a drink from the cooler. I found a place to sit while the dish was being heated. The lovely couches by the fire were taken, so I sat at a counter by the window. The spanakopita was larger than it had looked



Photo by Jennifer Rae

Strawberry rhubarb tart

and because it was so rich, I did not finish it and, while the tzatziki was awesome and offset the richness of the pastry, there was not enough for every bite.

The house-made strawberry rhubarb tart was sweet and sour as a well balanced strawberry-rhubarb filling should be and, although the shell was sweet and flaky, there was rather more shell than filling. I did, however, purchase a

lemon meringue tart to take home, as these are my all time favourites and this was no exception. The filling was dense and packed into the shell, the pastry was flaky and the meringue was crunchy. Proportions correct, yay!

The music was just right for the space, not too loud as to overwhelm conversation and not so low as to be inaudible at the back of the space. Next time you want a casual low key evening, I would say check out the Wild Earth Café. You can find out who is playing and at which location on their website, wildearthbakery.com,

This is student affordable. My bottled iced tea by GoodDrink, the large spanakopita and the tarts were under \$15.

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ANIME

Action-packed, with detail

By GERVAISE BRANCH-ALLEN

Aldnoah.Zero is a mech anime series that follows three protagonists: Inaho Kaizuka, Princess Asseylum and Slaine Troyard. Decades ago, humanity found a way onto Mars via an alien hypergate on the Moon and started repopulating there. However, not all humans went to Mars. The ones who did founded the Vers Empire after discovering advanced technology, including the Aldnoah drive. From there, the Vers Empire saw themselves as superior to humans on Earth. In modern day, the princess of Vers, Asseylum Vers Allusia, goes to Earth on a mission of peace.

Action packed

Aldnoah.Zero can be described as *Elysium* meets *Xenoblade Chronicles X*. With giant mechs called Kataphrakts, two different human societies, characters from one world being trapped in another and social injustice, this show is quite action packed but also detailed in its plot. The themes of hate, betrayal, hope and guilt make *Aldnoah.Zero* very compelling to watch.

Inaho is a quiet but determined young man on Earth. An evacuation begins when Vers Orbital Knights attack Earth, leading Inaho to follow in his sister's steps of becoming a Kataphrakt pilot.

Optimistic young girl

Princess Asseylum is an optimistic young girl from Mars, who longs to discover all the treasures of Earth lacking in Mars, such as animals and the sky. Unfortunately, she is naïve and unaware of the manipulative, self-centred and hateful nature of many people around her.

Slaine is a bold and courageous young man on Mars. While he's really close to Princess Asseylum, the high level members of the Vers Empire hate him because he's actually from Earth.

There are many other great characters throughout the series. Count Cruiteo is a fiercely loyal member of the Orbital Knights. Marito is a sarcastic instructor at Inaho's high school with a painful past. Rayet is a harsh, withdrawn



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civilian with secrets. Inko and Calm are Inaho's friends and classmates who help the United Forces of Earth fight the Orbital Knights alongside him. Yuki is Inaho's older sister and a Kataphrakt pilot. Magbaredge is a captain of the United Forces of Earth.

I also find it interesting that the show created a love triangle where some viewers might find themselves on "Team Inaho" or "Team Slaine." Fortunately, that's not a major aspect of the show but it is noticeable. I would consider myself on Slaine's side.

The opening musical theme for Season 1, "Heavenly Blue" by Kalafina, is a wonderful piece filled with energy. Hiroyuki Sawano composed the music while Ei Aoki directed the series based on the manga series by Olympus Knights.

Despite all the successful moments in the show,

I wasn't satisfied with Inaho as a protagonist at times because of his lack of emotion. The show has addressed his difficulty to truly express himself but it can still be hard to connect with him as a character. Also, some songs during the battles seem unnecessary and I would've preferred hearing the score. Those complaints aside, the show is filled with explosive mech action, great character development and a well-explained story.

Overall, I enjoyed *Aldnoah.Zero* because it didn't follow typical storytelling tropes, especially in regard to the Season 1 finale. The second season has already been released in Japan, so hopefully an English version is released soon so we can find out what happens next!

I'll leave you with the show's statement: Let justice be done, though the heavens fall.

ALBUM REVIEW

Take a long drive with Dive

By JAYME HILL

Some of my favourite memories are from the passenger seat on a long road trip. I've driven across Western Canada and back home countless times. There's nothing like it. Looking out the window and seeing all of your surroundings change with every minute that passes, all while playing ridiculous road trip games with your adventure pals or sitting in silence and contemplating those hard questions you've been sitting on for what seems like centuries. Accompany that with your favourite road trip tunes and it makes for what I believe to be the most relaxing moments ever. Nearly any song by Tycho will put me in the most comfortable and awake states imaginable, perfect for daydreaming on those long road trips.

When I listen to Tycho's album *Dive*, I immediately think of the winding roads through the mountains in B.C. The ambient synth and the subtle, melodic guitar complements the scenery so perfectly it becomes impossible to describe. It's one of those things you have to experience for yourself. Each song on the album transitions gracefully into another and sinks you into your seat. Each note lifts

your heart so gently and lets your mind wander to places you've forgotten all about. With basically no lyrics other than a quiet "ooo" or "aah" here and there, the music lets you create your own story through its sounds. At least that's what I like to think.

One of my favourite songs from this album is titled "Dive." Almost half way through the album, Tycho's pace slows down to a peaceful melody that could almost put you to sleep. Here is where your first "lyrics" enter into the mixture of fairy tale like sounds. It's a burst of energy that wakes you up and opens your mind back to those daydreams you were dozing off from. This song makes you feel indestructible but fragile at the same time. The song will lift you from your seat and let you float through your surroundings so gracefully you'll feel infinite.

I've come to love Tycho for all those reasons. His music takes you out of body and out of mind. All of your insecurities and stresses vanish. You yourself vanish. All that is left is a radiant energy of love, happiness and complete and utter contentment. The album descends into yet another melodic adventure through space and time and, as



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you arrive at your destination, all you'll want to do is get back into the vehicle and dive into another road trip with your new pal, Tycho.

THROWBACK THURSDAY

Nick Carter, Killmaster

By JOEL SEMCHUK

Dolls for boys are called “action figures” but they’re still dolls. Believe it or not, boys had (have?) their own romance novels, as well. My friend followed the Louis L’Amour books, depicting the rough and tumble life of the American Old West. I was more into the globe-spanning, romantic adventures of Nick Carter, Killmaster.

260 books

Between 1964 and 1990 over 260 Killmaster books were published. For all practical reasons Carter was the American James Bond in every single conceivable detail ... he just didn’t have an accent. Everything else is the same: “M” is David Hawk, “Q” is Smitty and so on. The cars, guns, villains, beautiful women, all there. And wonderfully so.

There was a formulaic template to every Killmaster novel. First of all was the title, which was like *Death’s Head Conspiracy* or something. The cover of later prints had a photo of a beautiful woman in an evening gown, arranged seductively on a bed or couch or floor.

Nick would be called away from some exotic vacation and beautiful woman to steal a document, stop an evil mastermind, foil a dastardly plot, or whatever. To do this he always had a razor-thin stiletto attached to his forearm (Hugo), a 9 mm Luger (Wilhelmina) and a poison gas bomb strapped to his leg (Pierre). Hundreds of other situationally appropriate gadgets appear in the novels but Carter always had these three weapons on him.

The Killmaster’s contact was either some fun-loving, gun-crazy foreign guy or some intelligent, sexy foreign girl. If the

contact was the former, the latter would arrive in some form sooner or later. She would either save Nick or give him a vital piece of information, or she’d infiltrate something for him and she’d always sleep with him, of course.

Sometimes Nick got captured. Sometimes he got tortured. There would be a gunfight or two and at least one fist fight or martial-arts type fight. He could speak dozens of languages. My memory still has visions of the exotic cities and military wonders he visited, even though it’s not possible that the authors had been to all of these places.

Nick first appeared in an 1886 newspaper serial. Back then, Nick was a fedora-wearing, cigarette smoking hardboiled street detective. The public loved the character and Nick was given his own magazine. Then, in America, every time somebody published a hardboiled detective series in any form (including radio in 1955), the guy in the fedora and overcoat was Nick Carter. I like to think that Chandler and Spillane and Ellery Queen were influenced by all of this in their youth.

Rebirth

It was the James Bond popularity in 1960 that led to a rebirth of Nick Carter as Agent N3, Killmaster. Pretty much anyone who wanted could write a novel in the series, which resulted in a wonderfully vast array of descriptions and plots. You can still find random paperback Nick Carter novels on Amazon. Get a couple and I can guarantee you a more interesting LRT ride than anything your phone has to offer.

FASHIONISTA OF THE WEEKSTA



Photo by Renee Mutch

Jenny Tran

My style is girly with a hint of flare, and I mostly shop at Forever 21, Urban Planet and Ardene’s. If I were rich, I would shop in all the high end boutiques in Paris, France. My favourite clothing to wear are dresses, especially lacy dresses, and flared skirts.

RECIPE

Fun bean salad

By SHEEBA LINDSETH

As a broke student, I have realized that buying pre-made food, even if it’s salad, gets expensive very fast. So one day while puttering around in my kitchen to see what meager supplies I had, I put together a truly awesome bean salad that has yet to disappoint me. The best thing about this salad is that you don’t need precise measurements or specific amount of food. You just throw in things that you feel you can handle and ta-da! You have an awesome bean salad.

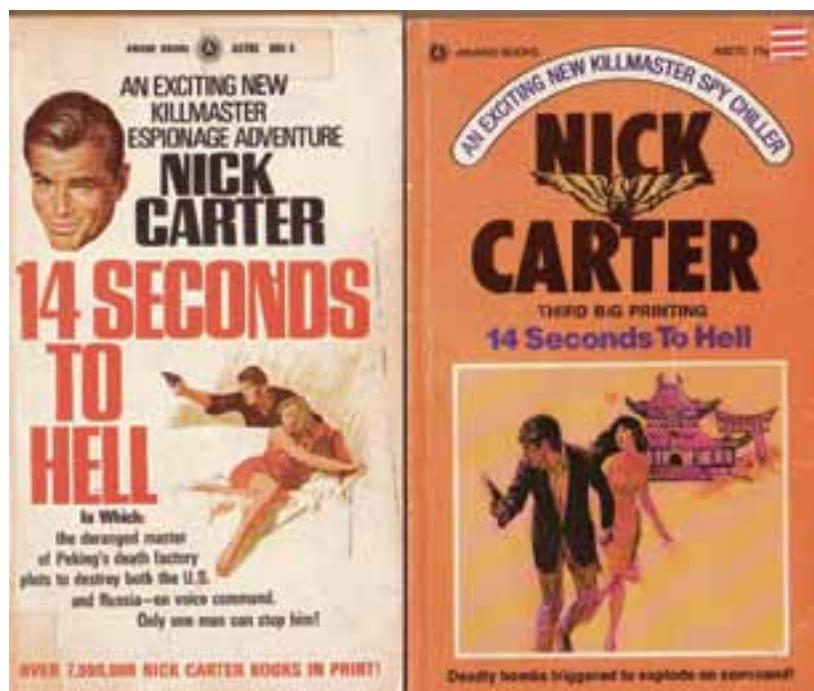
First thing that you will need is canned beans. You can use any kind that you want, my favourite is mixed beans. Next, chop as many tomatoes and onions as you please, and throw them in a big bowl along with the beans. You can also add some corn, some mangoes (frozen or fresh) and, if you like, you can also add cilantro. Add salt and cayenne to taste. To finish it off, squeeze as much

lime as you fancy. You can also use lime concentrate. So this is the basic bean salad.

If you are feeling adventurous, you can throw in some peanuts, some cumin seed powder, some chaat masala (a spicy Indian spice mix that can be found in Superstore or Walmart, it can be added to any fruit or salad). You can even top this salad with a meat selection of your choice, although I do prefer it without meat.

As the week goes on, if you get tired of eating this salad, you can turn it into a burrito or a wrap. Get a tortilla, add some cooked rice, the bean salad, cheese and some sour cream. You can soon enjoy a very original wrap/burrito. And again, if you want, you can add any meat of your choice to it.

I hope you can enjoy this bowl of yumminess as much as I do. If you don’t, hey, at least you tried something new!



Eating disorder checklist



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

An eating disorder is a set of eating habits, weight management practices and attitudes about weight and body shape that are caused by emotional problems. Eating disorders result in loss of control or over-control around food, and often lead to obsession, anxiety, and guilt, alienation from others and physiological imbalances which are potentially life-threatening.

Eating disorders are experienced by both males and females and include anorexia nervosa, bulimia nervosa and compulsive overeating. All are serious emotional problems that can have life-threatening consequences.

People with anorexia have an intense and irrational fear of body fat and weight gain, an incredibly strong determination to become thinner and thinner and a misperception of body weight and shape. Thoughts about food, calories, weight and weight management dominate the person's life.

Bulimia is characterized by self-per-

petuation and self-defeating cycles of binge-eating and vomiting. During a binge, the person consumes a large amount of food in a rapid, automatic and helpless fashion. The food may act like an emotional anesthetic but the effect is temporary and the person makes her or himself vomit or uses a combination of restrictive dieting, excessive exercising, laxatives and/or diuretics in order to prevent weight gain from the overconsumption of food, as well as for emotional reasons.

Compulsive overeating is characterized by periods of impulsive gorging or continuous eating. Sporadic fasts or repetitive diets are common with compulsive overeaters, and body weight may vary significantly.

What Causes an Eating Disorder?

Eating disorders arise from a combination of long-standing psychological, interpersonal and social conditions. Feelings of inadequacy, depression, anxiety and loneliness, as well as troubled family and personal relationships, may contribute to the development of an eating disorder. Our culture, with its unrelenting idealization of thinness and the "perfect body," is often a contributing factor.

Dieting, bingeing and purging help some people cope with painful emotions and, initially, to feel more in control of their lives. At the same time, these behaviours undermine physical health, self-esteem and a sense of competence and control.

Assessing Your Risk (this is not meant to replace a discussion with a qualified professional)

☐ My eating habits are different from those of my family and friends

☐ I have become obsessed with food to the point that I cannot go through a day without worrying about what I will or will not eat. A high percentage of my time is spent thinking about food, weight, body fat, hunger and/or exercise.

☐ I would panic if I got on the scale tomorrow and found out I had gained two pounds.

☐ I find myself going on uncontrollable eating binges during which I consume large amounts of food to the point that I feel sick and make myself vomit OR I find myself compulsively eating more than I want to while feeling out of control and/or unaware of what I am doing OR I have lost weight and am currently below the minimum recommended weight for my height.

☐ I have felt more depressed and irritable recently than I used to and/or have been spending an increasing amount of time alone.

☐ The most powerful fear in my life is the fear of gaining weight or becoming fat.

☐ I exercise a lot (more than 5 times per week and/or more than 5 hours per week) as a means of weight control.

☐ I tend to be a perfectionist and am not satisfied with myself unless I do things perfectly.

☐ Even though people tell me I look good, or tell me I am too thin, I still believe I need to go on a diet because I am not satisfied with my body.

☐ I spend, or have spent, a substantial amount of time reading books, websites or magazines about dieting, exercising and calorie counting.

If you checked two or more of the above questions consider seeing a counsellor or family physician to determine whether you may have an eating disorder or a tendency toward developing an eating disorder. Seeking help early on makes it easier to overcome a disorder.

If You Think you Might Have an Eating Disorder:

– Get help as soon as possible. It is much easier to recover from an eating disorder if you catch it early on. Counsellors are available at NAIT Student Counselling.

– Learn as much as you can. Books like

When Food Is Love by Geneen Roth or *It's Not About Food* by Jane Hirschmann and Carol Munter are helpful for many people.

– You may want to contact the Eating Disorder Clinic at the University of Alberta Hospital.

How to Help a Friend You Think May Have an Eating Disorder:

– Approach your friend in a private place when there is time to talk. Be caring but straightforward and tell your friend what you have observed and what your concerns are. Let him or her know that you are worried and want to help.

– Give the person time to talk and encourage them to verbalize feelings. Ask clarifying questions. Listen carefully and be non-judgmental.

– Try not to get into a power-struggle about whether there is a problem or not. Just let your friend know that you are concerned.

– Offer to help the person make an appointment with a counsellor. If they are resistant encourage them to consider going for one appointment before they make a decision about ongoing treatment.

– If the person denies the problem recognize that this is often part of the illness. Unless the person's life is in immediate danger they have the right to refuse treatment.

– Do not continually bring the subject up or the person will resent you and may start avoiding you. By talking with the person and offering help you have done all that is reasonably expected and have, hopefully, planted a seed that may lead the person to seek help in the future.

If you think you have a problem with eating or body image see a counsellor at NAIT Student Counselling.

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.

Souch Campus: A counsellor is available on Tuesdays (change of day starting Feb. 2nd). 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 front office.

Poetry Corner

Wait! Don't give it up!

You see this life is crazy you know ...
Sometimes you're high sometimes low ...
It's hard to keep up with the flow ...
As you go ...
You realize that you're going slow ...
And everything is fast to grow ...
As you try to be a pro ...
All these opportunities you blow ...
Confused, worried, depressed so,
Everything that really matters you throw ...
It gets so hard; you can barely stand ...
Things aren't the way you planned ...
You're not a doctor, not in a band ...
Trying hard to create a brand ...
Listen to me ...
Don't give up so soon ...
If you miss May; you still have June ...
Work it up and reach the moon ...
Believe me someday your suffering will end ...
Just make faith your best friend!

By Maryam Lary

Smooth Sailing

Relationships are like a wave,
They take you wherever they want to go.
Sometimes the waves are bumpy and rough
Friends have disagreements; couples break up
Sometimes the waves are smooth and tranquil
Bonds are strengthened; Romances flourish
Look out over the sea
And try to find the best waves to ride.
If there are no waves, enjoy the calm of the sea.
Someday the waves will appear.
Someday you'll be happy.

By Gervaise Branch-Allen

NAIT Student Counselling
Room W-111PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ca/counselling

VIDEO GAME REVIEW

Demons in the darkness

By JOEL SEMCHUK

The idea had been around for a few years. If any of you remember *Wolfenstein 3D*, take a second to consider that while it wasn't the first walking-in-maze game, it was certainly the most violent.

So ... guns and mazes are good. Then it got better. They added demons. Fire. Explosions. More guns. Larger mazes. They turned down the lights.

And we had *Doom*. Perfect, wonderful *Doom*.

In some cases they turned the lights off completely. That's when you had growls coming from around corners, in the darkness. You'd creep slowly around the bend to see demon eyes glowing in the shadows, followed by a stream of fireballs that you could dodge. Then you could shoot back. And you can say what you like about this game, but ...

With *Doom* you can still just point a weapon at a crowd of demons and let loose; the game aims for you. You don't have to worry about headshots, you just shoot. You run, you spin in that long, slow twirling motion that is the extent of maneuverability and you shoot. You hide around corners as fireballs and bullets fly past. For this you are treated to realistic gun sounds blending with the older beep, beep video-game sounds when you pick up key cards and med kits. I believe this was the first time gamers heard a gun being cocked amidst the beeps and whistles.

And, of course, there was the chainsaw. Every time you pull out the chainsaw and dive into a room filled with an array of demons is a gamer moment. Everyone has a few save-games of particular areas that they just like playing over and over, mostly for chainsaw moments. The sound on that thing was perfect! Not to mention the fact that, you know, it's a chainsaw!

Finally, so many guns and plasma cannons and the rocket launcher and chainsaw. While it is true that shooting everything that moved was the extent of *Doom*'s strategy,



rog.asus.com

the whole idea of one weapon being better on a certain foe has a kind of old-school appeal and the idea of certain weapons in certain situations forced "some" planning. So really, *Doom* was simple enough to be fun and challenging enough to not be boring (like *Black Flag*, say). I still think it's one of the scariest games ever made and I played *Silent Hill*. Even *Doom 3*, the modern version of the classic, still had elements of the demon-in-the-darkness that made the first two so scary. *Doom 3*

added a nice touch: in every situation it's either your gun or your flashlight.

The *Original Doom* is easily available; all three fit on one disk. It even lets you save whenever you want, as many times as you want, just like when it first came out for our PCs. If you've had a rough day or don't really feel like getting completely into a game but still want to game, *Doom* allows you the gamut of gaming fun without too much mental effort. But please: turn down the lights ...

BAND REVIEW

City's Striker living at full speed

By ETHAN JOHNSON

My anticipation for what I was about to listen to rose as my two friends and I made our way to Edmonton's Starlite Room. Having never been to a commercial concert, I didn't really know what to expect, but what I had seen from Striker's music video from their new song "Too Late," I knew what to expect from their new album's live set. Strong metal guitar leads, high pitched crisp vocals (which were pretty impressive) and a musical style highly influenced by the widely loved metal of the '80s. While they may not have played the most loved songs of that era, they did deliver in bringing some catchy, well-crafted songs.

Striker's set started with two loud as ever tracks that started out with a lot of energy but began to fade as the second track went through. Although when "Too Late," a track off their new album, *Stand In The Fire*, began to be played, it grabbed my attention immediately. With both guitar players, Timothy Brown and Trent "The Quantum Villain" Halliwell, playing the same chords, it created an insanely hyp-

notic effect that you really felt throughout the floor. Not to mention their solos were particularly impressive, too.

After that track, I felt the momentum picked up quite a bit. People in the crowd started to sing along, the mosh pit began swallowing more and more people and they even brought a guy on stage, which

was mildly entertaining. My favourite track from the night, surprisingly, was the only track the singer wasn't in, not because he wasn't in it but because the musicianship in the song was just jaw dropping. Once again, the dual guitars were utilized perfectly as they milked the sweet melody of the drums and bass, with both players end-

lessly playing off each other in what felt like a barrage of bullets coming from the blaring speakers.

As vocalist Dan Cleary said towards the end of the hour-long set, "In Edmonton, you're either living full speed or no speed." Which is what Striker did until the very end of their second encore. If fast, driven drum lines, heavy bass, guitar solos left and right and high pitched metal vocals have ever been your thing, you might want to check the Edmonton band's newest album *Stand In The Fire*. Personally, I have never been a fan of '80s metal music. I didn't grow up during that music's heyday, so I've never been able to really relate to it, which is probably true for a lot of you. If you are into listening to what modern metal sounds like or if you've ever liked Iron Maiden, I would definitely suggest checking out Striker. You may not love or follow the genre of music they play but the amount of skill, passion and showmanship they offered can't be ignored. They opened my eyes and gave me a lot of respect for our local metal scene.



metalrules.com

Striker

get your **vote** on!

VOTE FOR YOUR EXECUTIVE COUNCIL representatives

online voting

february 5 - february 11 @ 4pm

voting information booths open

february 10 @ 4pm - 7pm

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

voting information booths open

february 11 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | Engineering Technologies Annex Building
North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

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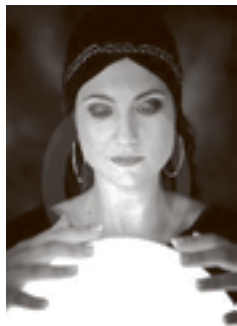
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 28-February 3
(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Aquarius (Jan. 20-Feb. 18)

Be present. Letting go of past frustrations and fears will get the year off to a fresh start. Relationships are in the moment and forgiveness is there for the asking.

Lucky number – 4

Pisces (Feb. 19-March 20)

Be reasonable. Win-win solutions are possible when you are

open-minded and accepting of yourself and others. Therefore, take time to consider the other side of the argument.

Lucky number – 9

Aries (March 21-April 19)

Be generous. Looking for opportunities to share your gifts with others, be they gifts of knowledge, music, words or money. You will be rewarded tenfold.

Lucky number – 12

Taurus (April 20-May 20)

Be creative. This will cause your friends to look twice at you and start some new conversations. It's up to you whether those conversations are conservative, ridiculous or generate the profound silence of "what just happened?"

Lucky number – 45

Gemini (May 21-June 21)

Be receptive. If you stand back and just watch for opportunities, it is amazing what will come out of the fog. Even in slow economic times, stepping back to really look around you may just open a door or three.

Lucky number – 95

Cancer (June 22-July 22)

Be thoughtful. When you consider your actions before you take them, you will be amazed at what wisdom you will find within yourself. Considerate action will win you respect.

Lucky number – 50

Leo (July 23-Aug. 22)

Be peaceful. When you take time to breathe in an angry moment, you give yourself choices. Making decisions based on the results you want instead of indulging your emotions will positively change your future.

Lucky number – 3

Virgo (Aug. 23-Sept. 22)

Be grateful. Sometimes it is not easy to see all the wonders in your life. When you focus on joy, you will attract more of the same. Like attracts like.

Lucky number – 25

Libra (Sept. 23-Oct. 22)

Be lucky. Take a few minutes each

day to see what luck has brought you and this will bring more luck your way. Buy a lottery ticket on Feb. 3, just for kicks.

Lucky number – 7

Scorpio (Oct. 23-Nov. 21)

Be sunny. Who doesn't love a smile? Take every opportunity to share smiles and laughter with friends and strangers. Make notes on how this affects your mood.

Lucky number – 1

Sagittarius (Nov. 22-Dec. 21)

Be magical. When you focus on manifesting your desired outcome, it is amazing how all the negatives fall away. Figure out what magic means to you.

Lucky number – 6

Capricorn (Dec. 22-Jan. 19)

Be awesome. Do awesome things every day. Amaze your friends and family with awesomeness on every level. Step outside your comfort zone to be awesome.

Lucky number – 16

Poker teaches lessons for life

By KA CHUN YUNG

Whenever the subject of poker comes to mind, it is often connected to money. Either someone has just won heaps of it from a tournament or someone has found a way to blow through an insane amount of it. There are many stories that share the risks associated with the gambling aspect of poker. While it may be true for some and anyone with a gambling addiction should seek professional help, there are also many positive benefits from playing poker that are rarely discussed. One such valuable lesson that players gain is the ability to adapt to change.

The dynamics at a poker table are always evolving. A great player gets moved to your left, a bad player gets a huge stack, someone gets drunk, the blinds go up, the table is six-handed, someone just took a bad beat, etc. What once was a fantastic position ends up being terrible with just the turn of a card. There are too many situations that can arise that make it impossible to plan and account for all of them beforehand. The best players in the world are able to process all the information and modify their strategy to maximize their chances of success.

The great players like Daniel Negreanu and Phil Ivey use their experience

and become malleable. They don't wait and pray for a good opportunity to hopefully occur. Instead, they adapt to the new circumstances and adjust their actions to either minimize a problem or to help maximize an advantage they have gained. That's something everyone can learn and apply to everyday life.

For instance, Postmedia Network recently cut 90 journalist jobs across Canada. The changing journalistic environment resulted in many of the fine writers at the *Edmonton Journal* and *Edmonton Sun* being unemployed. The decision was out of the journalists' control and there's no way to reverse that now. There's often some anxiety associated with uncertainty but how people respond to adversity is the key to their success in the future.

The poker player mentality would be to reduce the financial constraints while exploring new possible life opportunities. Although the journalist may need to address how they handle their finances, they also have more time, time that can be spent with family, to research and publish a book, to learn newer tech-



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nologies like podcasting that reach a loyal audience, or to explore any other passion they may have. This is time that wouldn't be available without this new development.

There aren't many things in life that stay constant forever. Whether it's your classes at NAIT, your career in the future, your health, your relationships or just about anything else, change is often

inevitable. Whenever someone is placed in a new environment, it is often uncomfortable, unnerving and scary. These feelings are normal and most people will experience the same sentiment. Poker teaches you to respond to these transitions in life by minimizing the negative consequences, while maximizing the positive developments that can occur as a result of these changes.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

IntoNAITion General Meetings
 LOL Weekly LAN Party
 IntoNAITion Tuesday Meetings
 Juggling Club Weekly Juggling Jam
 Craft Club Crafting Time

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

WHEN

Mondays, Jan 5-April 11 | 4:45pm – 6:00pm
 Wednesdays, Jan 13-April 27 | 4:30pm – 7:30pm
 Alternating Tuesdays, Jan 5-April 12 | 4:45pm – 6:00pm
 Mondays, Jan 11-April 30 | 5:00pm-8:00pm
 Thurs Jan 7-April 28 | 5:00pm-10:00pm

WHERE

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

UPCOMING CLUB EVENTS

WHO

Foodies
 MECSA
 Club Culinaire
 SFA
 MECSA
 AHT'16
 BCX
 Foodies

WHAT

Volunteer at Edmonton Humane Society
 Welcome Back Beer Gardens
 Begin Reading Week with a Bang!
 Firearms Safety Course
 Valentines Bake Sale
 Valentines Bake Sale
 Druid Pub Night
 Volunteer at Edmonton Food Bank

WHEN

Sat Jan 23 | All Day
 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 1-3 | 10:15am-1:15pm
 Feb 12 & 13 | 7:00pm-11:45pm
 Feb 27 | 12:00pm-4:30pm

WHERE

Edmonton Humane Society
 Tower Lounge
 Annex Dock
 Room V-322
 Outside NAITSA
 HP 2nd Floor
 Druid Irish Pub
 Edmonton Food Bank

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

THE REFERENDUM IS COMING

VOTE 4 NAITSA'S FUTURE



NAIT STUDENTS...
VOTE
FEBRUARY 5-11

This online referendum will ask students to approve a **\$5 MILLION DONATION** to NAIT to...

- **Centralize & expand** NAITSA's offices, services and operations
 - **Enhance** the Learning & Teaching Commons
 - **Bring** SMART ID Card technology to NAIT, and
- **Create** a \$2.45M Student Enhancement Fund to support campus improvements students want!!!!

For more info, visit naitsa.ca/referendum

