

THE NAIT NUGGET

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SPILL DISRUPTS NAIT

Evacuation ordered Friday on Main Campus, page 3



Nugget photo

READY TO GO TO WORK

Firefighters and a NAIT staff member get ready to investigate a chemical spill in the basement of G-Wing last Friday. The area was evacuated for most of the morning while the spill was cleaned up. There were no injuries in the mishap.

NEWS & FEATURES

NAIT has many faces



NICOLAS BROWN
Issues Editor
@bruchev

I think it's easy to say that I am pretty darn proud that I am a student here at NAIT. The amount of extra-curricular activities I participate in on campus also allow me to hear what other students are saying. Frankly speaking, it seems like some students just don't have a lot of NAIT pride. Or, they seem to think NAIT can only fit into their narrow definition of the institution.

Let's start with the biggest offender – some students just don't seem to put value in their studies at NAIT. The major indicator of this is the use of the word “just.” “I just go to NAIT” or “I'm just taking accounting at NAIT.” This may not even be something we are consciously aware of, but it

demonstrates how we feel about what others think about NAIT. When a student says they “just” study at NAIT, they are unconsciously putting themselves as students below the students of other institutions.

This all comes back to perceptions of NAIT as an institution and how post-secondary education works in Alberta. We have had this idea of “university” pounded into our brains through high school and work and it's easy to think that going somewhere other than a big-name university is a step below the rest. This ignores how our education is actually recognized in Alberta.

I've briefly explained Alberta's six sector educational model in the past and I'm constantly reminded how few people know about it. The long and short of it is, the provincial governments approve credit programs offered by post-secondary institutions. That means a degree is a degree. There is no distinction between university, college or polytechnics. That means at the most basic level, the degree you receive at NAIT has the same value as a degree from the University of Alberta – you build on that value with the extracurricular activities and additional courses you participate in to supplement your education.

Students at other institutions don't help – there is certainly

no shortage of institutional pride at other post-secondary institutions in Alberta. I've never heard a University of Alberta, MacEwan University or University of Calgary student say I “just” study here. I've heard no end to boasting about institutional rankings or their history. Yet NAIT is very much a historic institution in Alberta. Our polytechnic has been an economic driver since 1962 and continues to have a global impact through international endeavours like the Centro Nacional para la Certificación Industrial (CNCI) in Cuba. Why aren't NAIT students more proud of the impact our institution has had?

It may be that many students aren't willing to see NAIT for what it really is and what its potential can be. We certainly aren't in a bastion of left-wing education like some universities but neither are we in a right-wing think-tank. NAIT isn't just a trades school and not just an institution for career-focused individuals to get retrained or add training to change careers. NAIT isn't just for guys who want to work with tools anymore and we students need to recognize that our institution provides so much more value to us and the province than we realize.

Stop thinking about how you're “just” a NAIT student. Be a NAIT student, be proud of that fact and recognize that our polytechnic is more than one person's perception of it.



Photo by Ruby Carino

DIVERSE CONVERSATION

NAIT staff members Kaylee Banky-Sword, left, Laura Marchese-Smith and Tim Ira, along with NAITSA VP Student Services Michael MacComb, right, discuss the topic of campus diversity during IntoNAITion Toastmasters Club's Diversity Panel on Feb. 24 in the North Lobby. Coinciding with Anti-Bullying Day, the panel discussed the impact of diversity initiatives and related issues on post-secondary campuses.



Photo by Brendan Roy

Evacuees and firefighters stand outside the east entrance to E-Wing last Friday while a chemical spill was cleaned up.

Students denied entry

By **NICOLAS BROWN**
Issues Editor
@bruchev

NAIT students and staff faced some unfamiliar excitement last week after cleanup teams were brought to campus Friday morning in response to a reported chemical leak.

G-Wing on Main Campus was evacuated due to a reported leak in basement storage facilities utilized by the Chemical Technology program. The wing was shut down for upwards of three hours after 8:15 a.m. while crews cleared the area. Additional sections of campus, including E-Wing and F-Wing were evacuated briefly as a safety precaution.

"It was an abundance of caution that caused us to evacuate the building but at no time was anybody at risk," explained Craig Skelton, Inspector for NAIT Protective Services.

The waste management company contracted with the Chemical Technology program is reported to have cleared the area before it was reopened and normal activities resumed.

Although the exact nature of the leak is

not being released, the G-Wing basement facilities include storage that the Chemical Technology program uses for waste materials. The leak originated from the waste storage area.

"The chemistry program stores waste materials in that room, in the basement of G. This was a container of mixed waste used in the Chemical Technology program," explained Skelton.

No information on what types of mixed waste are being stored in these facilities was released.

Most areas of main campus were left unaffected by the incident, although programs located in the F, H, J, and E-wings faced some class interruptions.

"Some classroom activities were impacted but that was kept to a minimum," explained Skelton. "Staff acted quickly and responsibly to this situation and it was resolved within a couple of hours."

Preparations for Day 2 of the ACAC Men's Volleyball Championships being hosted by NAIT were delayed by the evacuation of E-Wing but no significant delays were reported in the game schedule.

Although NAITSA offices were also

briefly affected by the E-Wing closure, support was expressed for the precaution taken.

"We're very glad that no one was injured and we are glad to see that there was a very quick response time," said Allannah Wrobel, NAITSA VP External.

The evacuation order did create some concern, both on campus and online, although social media reactions were limited.

Stefan Opryshko (@opryshko_stefan) posted a reaction, tweeting "Chemical spill at @NAIT! buildings evacuated and 1st responders on site, but it doesn't seem serious. #naitalert"

The greatest challenge of the morning evacuation was the location itself. "The biggest challenge is G-Wing is the major hallway to and from the LRT," explained Skelton.

The G-Wing connects the X-Wing to the rest of campus, which is one of the primary entrances for students and staff who take the Metro LRT line to and from campus every day. Those students arriving were required to find alternate routes to get to classes elsewhere on campus.



The Nugget

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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.

We've voted. Now what?

By **NICOLAS BROWN**
@bruchev

The polls have closed and the votes are in. A NAIT Students' Association election and referendum wrapped up the first half of the winter semester right before Reading Week break. It was an historic vote, with high numbers all around, for Executive Council candidates, voter turnout and support for a referendum endorsing NAITSA to donate \$5 million to NAIT.

NAITSA President Justin Nand expressed his gratitude for the successful vote.

"I would like to thank all the students who took the time out of their busy schedules to vote and encourage their friends to vote as well," said Nand.

This student vote is certainly one for the NAIT record books. Turnout during the week-long electronic voting was 21.2 per cent, which exceeded the voter turnout during the last referendum in 2013 for the U-Pass referendum. More than 3,000 students clicked through the e-mail link to vote, a far cry from last year's Executive Council election, which saw 3.7 per cent voter turnout.

This election was all about the numbers and the candidates reflected that. There were 12 candidates once voting opened but with a record number of people vying for the top four student positions at NAITSA, there was a lot more campaigning on campus this time around.

Exact voting numbers have not been released to the *Nugget* but the official results were released just after voting closed on Thursday, Feb. 12. The new NAITSA Executive Council members for 2016-2017 will be:

- President-elect Allannah Wrobel
- VP-elect Academic John Perozok



Allannah Wrobel

Nugget photo

- VP-elect External Katie Spencer
- VP-elect Student Services Tamara Russell

The new executive team will participate in a round of training under the current NAITSA executive to prepare them for the official handover in May. The general atmosphere among both the incoming and outgoing executive teams appears positive.

"I am really looking forward to the upcoming year; it is going to be very exciting," explains Wrobel, who is also the current NAITSA VP External. "The incoming executives are passionate about the students of NAIT and I can't wait to see what happens."

The new executive team will begin their training after mid-term week. Each new executive has committed to a minimum of 10 hours of training per week to familiarize themselves with their duties and prepare them for the transition. At least four hours each week will be with their predecessor to learn specific requirements for their positions.

"It's going to be a lot of work, but we know that it's going to allow the new executives to start their term on May 1 at full speed," said Wrobel.

The last big number for this vote is the 93 per cent support that students gave to the donation, which will result in tripling the amount of space NAITSA will have access to in the coming years and will build the foundation for more student space on campus through the new Student Enhancement Fund.

"NAIT and NAITSA will continue to grow for years to come because of this," said Nand.

This donation is the largest in NAIT's history, with a potential matching grant from the Government of Alberta of \$2 million. That is nearly \$7 million going towards improved student spaces and services on campus, with no corresponding increase in NAITSA fees.

"The Executive are excited that the students see value in the donation," said Wrobel.

For more information about how the referendum results will effect change on campus, or to meet your incoming NAITSA executives, visit the NAITSA office in Room E-131.

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



› Winston Churchill: Victorious Visionary

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WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO

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

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

WHEN

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

WHERE

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

UPCOMING CLUB EVENTS

WHO

Club Culinaire
 AHT16
 EDSS
 EDSS
 BCX
 International Club
 Log Rolling
 So You Wanna Dance
 AHT16

WHAT

Begin Reading Week with a Bang!
 Pamper Your Pooch
 Learn to Render
 Yoga w/ Dan
 Etiquette Dinner
 Movie Night
 Mid-Morning Roll
 Practice
 Easter Bake Sale

WHEN

Mar 11 | 3:00pm-10:00pm
 March 20 | 10:00am-2:00pm
 Thurs, Feb 4-April 22 | 12:15pm-1:15pm
 Tues, Feb 2-April 19 | 12:15pm – 1:15pm
 March 30 | 5:30pm-8:00pm
 Mar 4 | 4:00pm-8:30pm
 Thurs, Mar 3-April 21 | 10:00am-11:30pm
 Mar 2-April 13 | 3:30pm-4:30pm
 Mar 21 & 22 | 9:30am-1:00pm

WHERE

Annex Dock
 Whitemud Creek Veterinary Clinic
 Room L-256
 Room L-005
 The Nest Taphouse Grill
 Shaw Theatre
 NAIT Swimming Pool
 Room S-112
 HP 2nd Floor

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

Point counter Point Pen mightier?



JOEL LECKIE

There is a great advantage in writing in both pen or pencil but when it comes to note-taking, I'm always an advocate for the pen. It has a number of great advantages to taking notes, despite a couple of minor downsides.

First off, the pen is a lot clearer to read. Being a more permanent mark on the page, it will not fade or go away once it becomes dry. Unlike pencils, which can be light and sometimes indistinguishable. Having a permanent mark also means it is more professional. That is a big part of what we are training for. You don't get the chance to make a mistake when you are using a pen. It forces you to focus clearly and think carefully about what you are writing down to ensure its accuracy, as well as its legibility.

Multitude of colours

Another great thing about pens are the multitude of colours and styles that are available. This has two advantages. Every person is different, and pens allow them to personalize their writing just a little bit more. You can get a different grip or you can get a pen that flows differently. The different colours can show some flare of personality. But if those don't interest you, the plain blue or black inks work just as well. The other advantage to the colours is for ease of organization. You can put each subject into its own colour. Or, within the subject, you can separate your notes according to what they are about. Maybe your word definitions will be green while your lecture notes are blue and your text notes are purple. It's the same reason why they make highlighters in different colours.

Refillable

Some people might question the use of pens because ink can dry up and they can become useless. But a good pen won't run into this problem. They can even be refilled, if you are inclined to get one with that feature. Pencils have a tendency to break or fade after a while. It can also be incredibly uncomfortable to use a pencil near the end of its life cycle because it has become so short. That creates a terrible waste. Pens, good pens, will write consistently from the first word all the way down to the last drop of ink.

Pens are nice writing tools, they can be found everywhere and they don't require any preparation to use. They give you a smooth, consistent flow and allow for creativity and organization. For those who like to write their notes down, this is by far the best choice.



CONNOR O'DONOVAN

Imagine, for a second, that you're back in your Grade 5 classroom.

You're practising your cursive but your depressingly dull pencil just isn't giving you that crisp lower-case Z you desire. You rummage around in your desk for a replacement, but all you can find is a crumpled up paper fortune teller and a useless Metapod Pokemon card.

It's all good, though, because Teach just fixed the barrel of the pencil sharpener on the wall by the door, and it's a perfectly good excuse for a little cross-class adventure. You high-five your boys on the way over for whooping the fourth-graders in kickball at recess. Then you make sure to knock over Sally's Mulan-themed pencil case as you cruise by her desk – chicks dig bad boys. You reach the sharpener, slide in your weapon and, when you start cranking away, you know the whole class is watching you grind.

Social experience

That's the pencil for you – it's a social experience. Can ink and plastic do that? All pens are good for is halting production half-way through an essay or exploding in your pocket. Lose the lid? Good luck with that hand tattoo, Picasso.

Pencils are timeless and ageless. Dig up your Grandpa's old lead-based carcinogenic scratcher, give it a quick axe-wax and it's good to go 50 years after it first lowered its ears.

A pencil is a physical display of your hard work and effort, getting a little bit smaller with every word you write. You knew you could be proud of those five-centimetre relics that got you through two whole Science units.

Always there

On that note, what really compares to cracking open an unshaved pack of HB #2s and getting ready to pockmark that Scantiron test sheet with pulverized graphite pimples? Those pencils were with you through the mightiest of victories and the humblest of defeats.

Express your style with a pencil! They come wrapped in the colours and logos of your favourite sports teams, cartoon characters and superheros or, if you're feeling truly creative, you can whip out your pocket knife and strip it naked.

They've been around for centuries. They represent our earliest forms of self-expression. They're made of naturally occurring, biodegradable materials with environmentally sustainable practices. Oh yeah, and they come with an eraser - perfect for breaking off and throwing at unsuspecting classmates. And erasing your mistakes, I guess.



OPINION

— Editorial —

Why not take in a game?



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

"I've never been to a varsity game. Or watched a hockey game at all, for that matter," I admitted to the rest of the *Nugget* staff during copy editing one Wednesday afternoon last term. I made some vague promises about going to a game at some point and that was (mostly) that, I thought.

When I was at the U of A doing my English degree, I was generally only on campus for class and coffee before zipping back home. I never really made an effort to take advantage of the community on campus before graduating and I've always regretted that. When I decided to come to NAIT I made up my mind that this time I would embrace the opportunity to experience as many things as I could. I first walked into the *Nugget* office because I thought it would be a great way to continue building my portfolio as a writer. Sure, it has been that, but what has been the most rewarding part of my crazy journey at *The Nugget* and at NAIT, is some of the fantastic people I get to spend my time with.

Have some fun

One of the things we have to handle as students is the stress of juggling deadlines and life. While it might seem counter-intuitive for me to suggest adding something else to your plate, being involved on campus is a great way to connect with your peers and replace some of the stress with fun. Sappy? Yes. However, the work that can come with being involved in a campus club or student government truly comes with many opportunities to let go and have fun. My involvement with *The Nugget* has given me the chance to really connect with the campus by attending events or learning about what goes on behind the scenes, building great friendships and pushing myself out of my comfort zone.

Back to hockey

Which brings me back to hockey.

Last week I finally watched my first hockey game. Promised an exciting, action-filled game between the Oaks and the Augustana Vikings, I told Bridgette, *The Nugget*'s sports editor, that not only would I attend the game, I would even write about the experience!

My notes about the game, however, turned out to be a series of questions to ask once the fast-paced action was over. "Are hands allowed? He totally just caught that puck!" "Rad little hand whistles!" "What happens if a ref doesn't see a hit?" "I guess if you lose a helmet/glove you ditch it?" Clearly, I don't have a career in sports writing in

my near future.

Besides learning what the (well-deserved) hockey hype was about, taking the time to have fun, check out a campus event and laugh with a friend gave me a night off from studying. Challenging yourself to make room for

campus involvement during your time at NAIT will make your student experience more enjoyable and more valuable. I encourage you to check out one of the many campus clubs or events during your time at NAIT, getting involved makes the experience much more enjoyable!



Photo by Jesse Kushneryk

Ook forward Trace Elson during a game against Augustana on Feb. 10.

MISS AN ISSUE?

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SPORTS

What's wrong with a tie?



BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

The introduction of the three-on-three overtime format in the National Hockey League is evidently an attempt to avoid the shootout. But honestly, what's more exciting than three-on-three overtime? If anything, it's the shootout. Although not everyone may agree with using a skills competition to decide the game, there is no denying the entertainment of the shootout, which is becoming less prominent and – maybe even – a lost art. And in today's game, penalty shots are even more rare. The opportunity for a goalie to go against one player is far less likely to happen. So where does the shootout fit anymore and should it even be part of the game?

The shootout is fast and extremely entertaining, especially if it goes beyond the three rounds. It is a quick and decisive – but not necessarily fair – way to dictate the winner of the game, which makes it easy for fans to follow. Every player has their own style of going in and you never know what to expect. Pavel Datsyuk may pull a couple of tricks from his sleeve to completely dismantle the goalie ... again; you never know!

Scoring has slowly declined due to teams playing a more defensive game. Hockey is a fast paced game and scoring makes the game more exciting for the casual fan to watch and follow. A shootout in a scoreless game may be the only way the puck gets in the back of the net for the night.

To put it into perspective, in the 2014-15 season, 13.8 per cent of games were decided in a shootout, while 10.7 per cent were in overtime and the remaining 75.5 per cent were decided in regulation. Keep in mind that last season's overtime was four-on-four, so it may not have had the effect of this year's three-on-three.

Perhaps what the league could do is implement longer overtime per-



www.youtube.com

iods (maybe instead of five minutes of overtime play, make it a full 20, like in the playoffs). It would be similar to international hockey and NCAA hockey formats where longer overtimes may eliminate the need for shootouts.

But a shootout isn't really "hockey," it's only a skill acquired from playing the game. It's one-on-one – just a player against a goalie. That's not hockey. Hockey is a team sport and having the game rely on one player just isn't fair. The

goalie may have an unreal game without letting in a single shot but when the shootout comes, he's the only one who can save his team against the shooter. The moment the puck goes in on him, he's no longer the player of the game because he lost it in a skills competition and not in the game itself.

I don't think there's anything wrong with having a tie. Both teams get a point and players, goalies and fans won't feel cheated as they do when a game is lost in a shootout.

ROUNDUP

Badminton team excels ... again

By **BRIDGETTE TSANG**

After a publishing break at the *Nugget* newspaper, catch up on some of the past week's Oaks action ...

Badminton

Badminton has always been a strong sport for the NAIT Oaks and that was definitively reinforced at this year's ACAC Badminton Championships hosted at the NAIT Gym on Feb. 20. The Oaks were able to capture gold in four of the five events, and nine Oaks will represent NAIT at the CCAA Nationals March 3-5 in Nanaimo, BC.

Prior to the start of the championships, five Oaks were named to the Alberta Colleges Athletic Conference (ACAC) all-conference team (Rosanna Chan, Kai-Li Huang, Nicholas Roque, Jeffrey Ko and Jason Rausch). Nicholas Roque was named male ACAC Badminton Player of the year for the second year in a row and head coach Jordan Richey was named co-coach of the year, sharing the award with Concordia's Kevin MacAlpine.

The dynamic duo of Roque and Ko captured gold in men's doubles with a 21-14, 21-15 score against the Concordia Thunder. The ladies fared just as well with the

team of Kai-Li Huang and Seulbi Kim taking home the women's doubles gold with a convincing victory in straight sets (21-12, 21-8) and taking down the reigning ACAC Female Player of the Year, Takeisha Wang from Concordia.

After a silver medal at last year's men's singles event, Rausch reached gold this year taking down Olds College's Blain Weber in straight sets (21-6, 21-14). Ook Mac Rymes took home the bronze medal in the same event and both Rausch and Rymes advanced to the CCAA Championships.

The Oaks saved the best for last as they finished the day with a gold mixed doubles in an all-NAIT final. Chan and Sam Kim defeated fellow teammates Susan Fond and Rymes (21-9, 21-6) and both teams advance to the CCAA Championships as well.

"I am so proud of this year's team," said head coach Jordan Richey.

"Not only are they exceptional badminton players but they are exceptional people. I am excited to see what this group can do at the national championships."

Basketball

Both the women's and men's basketball

teams finished the regular season strong against the King's University Eagles and advanced to their respective ACAC championships. The ladies polished off their season with a sweep of the Eagles, while the men split their weekend series with their crosstown rivals.

The women's team finished second in the ACAC North Division with 40 points on the season and will most likely take on the Medicine Hat Rattlers (third in the South Division) in the first round of playoffs taking place at Lakeland College in Lloydminster from March 3-5. At the banquet on March 2, the ACAC All-Conference team will be announced.

The men also finished runners-up on their North Division with 36 points, two points behind the Keyano Huskies. The team will make the trip to Olds College for the ACAC Championships and will most likely take on the host in the first round.

To find the most up-to-date scores, visit acac.ab.ca/basketball-mens. You can also watch the games on sportscanada.tv.

Curling

The NAIT curling team continued their hot play on the marbled ice in the ACAC

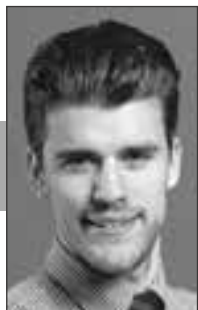
Championships on Feb. 26 in Lac La Biche (Portage College) as they took home a gold medal and bronze medal and are now off to the nationals. Going into the championships, the men's team was fourth in the standings with a 4-6 combined record at the Fall and Winter regionals. The women's team stood atop the ACAC standings with an unbeaten 12-0 combined record. The Oaks were second behind Olds College with a 6-4 mixed record.

Both the men's and women's teams started off the championships 2-0, while the mixed team lost both draws in Day 1. On Day 2, the women's team suffered tough losses against MacEwan and Red Deer and were scheduled to play in the bronze medal draw the next day against Lakeland. The men were able to pull off two of the three draws against Red Deer to advance to the gold medal game the next day. Luckily, both teams were able to medal – the women took home the bronze after defeating Lakeland and the men captured gold against Augustana, as both teams are now qualified for the CCAA Nationals on March 23-26 in London, Ontario, hosted by Fanshawe College.

Keeping Score

Dennis a menace?

Calgary Flames' defenceman Dennis Wideman was suspended 20 games by the NHL for hitting linesman Don Henderson on Jan. 27. The NHL upheld the length of the suspension upon a first appeal, so the NHL Players' Association appealed that decision to an independent arbitrator for a final ruling. The arbitrator's ruling is expected during the week of March 7. What do you think? Read on ...



JOSH RYAN
@JoshRyanSports

The NHL has mishandled the Dennis Wideman situation. Actually, look at the tape. He gets his bell rung and he's pissed. After getting up he is skating in a straight line, possibly dizzy (not concussed but dizzy) and is fuming about the play. He then has someone come right in front of him and he puts his hands up.

It's partly a defensive reaction (common in hockey) but also out of frustration, making it sloppy and dangerous. It wasn't malicious in intent but it was without empathy. Thus, Wideman did deserve a suspension, not only because the act warranted one but the NHL needs to protect its officials. However, the length given is ridiculous.

First off, Wideman had no prior history of bad behaviour, particularly towards an official. Second, this number of games is unprecedented, particularly when there have been several incidents over the past year with collisions between players and officials.

Worse yet is how the process has been handled since. After the Flames appealed the decision, the league sat on it for an extended per-

iod of time before rejecting the appeal. If Gary Bettman was simply going to rubber stamp it, then he should've done so within a couple days, as the league normally does, which would have given the Flames time to take it to an arbitrator. Because of Bettman's delay, any chance Wideman's suspension could've been reduced to 10 or less games is null and void because of games already missed while awaiting the decision. Bettman used his authority unfairly against a team that believed they had a chance to catch up in the playoff race.

Last, what is it about phones? Can you imagine if your boss had the authority to make you hand over your phone, no questions asked? Think of all the conversations that you've had, maybe even about your employer, which could be taken out of context.

Yes, Wideman deserved a suspension but not the length they gave or the manner with which it was handled.



ZANE TOMICH

Calgary Flames defenceman Dennis Wideman made major headlines in the hockey world after his controversial collision with veteran NHL referee Don Henderson. In a nutshell, Wideman claims that he was so dazed from exhaustion and a painful injury suffered during play on the ice that he was completely oblivious to who

or what was around him. To put it plain and simple, he had no regard for anybody that stood in his way. A lengthy 20-game suspension was handed down to the veteran rearguard and rightfully so.

It was pretty obvious how careless he was. Wideman's hit was unnecessary and could have easily been avoided. He was not skating nearly fast enough to be put in a situation where a collision was unavoidable. If you watch closely, you can see him lash out like he intentionally hit the ref. Wideman came across as extremely agitated on that play. No doubt he was feeling steam at the time and his cool simply boiled over. It just so happens that a ref was in the wrong place at the wrong time but that does not justify Wideman's gutless actions.

In addition to the play that got him suspended, he made matters worse with the entire league by using text messages to voice his displeasure over the suspension, which led to it being upheld. Now, the Flames have to make do without one of their top four defencemen and Wideman will have to suffer the consequences of his actions. Officials have the toughest jobs to deal with in sports. Although at times they can be frustrating from a competitive call-making stand point, they still deserve the utmost respect. Clearly the NHL is not tolerating any nonsense of that nature. Hopefully Wideman has smartened up and learned from his mistake.



Dennis Wideman

www.ontheforecheck.com

MEN'S VOLLEYBALL PLAYOFFS

Bittersweet finish to season

By JOSH RYAN

While they may have found themselves in the wrong match, the NAIT Oaks men's volleyball team sent off their graduating players on a high note.

The squad defeated Edmonton rival, the King's Eagles, 3-2 to place fifth at the 2016 ACAC Conference Championship, the first time the event has ever been hosted by NAIT Athletics. Leading two sets to none, the squad took the opportunity to sub out a number of graduating players. After the final whistle, a great turnout of fans in the NAIT gym stood in applause of some of the departing Oaks.

"It was really sort of a Cinderella story for us," said coach Doug Anton. "Getting up in

the first two sets, we have some breathing and make some changes. Even if things go a little bit poorly for us, we're not that affected, we have time to get back into the match. So it was really great that we had this opportunity in the third set to start bringing out some of our senior guys and put in the next generation of our program, while still pulling out the win."

The Oaks started the tournament in rough fashion during the quarter-final round, taking on the top ranked team in Canada, the Red Deer College Kings. Despite a strong run of serving in the first set that fired up a sold out crowd, the Oaks failed to limit both their own errors and the overpowering attackers on the Red Deer side in a 3-0 (21-25, 20-25, 18-25)

loss. Jordan Teliske and Cole Burkart led the team with 13 points each.

"The plan against Red Deer was to serve really tough to take them out of system a little bit," said Anton. "The problem we had was we couldn't control them out of their system. Their outside attackers just did too good a job against us."

Being out of medal contention may have played a role in the Oaks' slow start the next day against the Lethbridge Kodiaks, losing ugly, 25-11 in the first set. However, after chipping away at the Kodiaks lead in the second, the Oaks remained alive just long enough for fifth year Justin Knight to go on an absolutely incredible serving run to tie the match en route

to a 25-21 win. For the next two sets, the Oaks fed off the energy of the fans and the continued brilliance of Knight at the service line, winning 25-19 and 25-22. The left-side finished with eight kills and an Oaks record eight service aces.

Anton said that while the squad's inconsistency cost them an opportunity to have a better finish, the Oaks still enjoyed being able to play in front of more home fans than they are used to during the year.

Notes: The Red Deer Kings defeated the Keyano Huskies in the final. Augustana defeated Medicine Hat for bronze. Oaks Jordan Teliske and Ethan Redman were named to the North Division All-Conference Team.

MEN'S HOCKEY

Perfect season for Oaks

By FARYAL BASHIR
@faryal3

The NAIT men's hockey team have rewritten their own history as they finish their storybook regular season unbeaten, the second time in its 51-year history. On the weekend, the Oaks took down the ACAC's basement team, Briercrest Clippers, to polish off their season at 32-0.

On Friday night at the NAIT Arena, the Oaks scored eight times. Rookie Klarc Wilson scored his first hat trick of the season and fourth-year centre John Dunbar scored twice on the night. Briercrest gave their best shot at the game and scored once with a second to spare in the game for the buzzer beater but that was not enough to take down the Oaks, as they outshot Briercrest 55-15 to take the 8-1 home victory.

Saturday's afternoon matinee proved to be much the same for the Oaks. Netminder Brendan Jensen got his third start of the season and recorded a shutout. The Oaks lit the lamp eight times from six different players, including a hat-trick from first-year Trace Elson, the first of his career. The Clippers made goalie changes but that didn't help their game as the Oaks came out on top with an 8-0 victory to match their previous record of an unbeaten regular season (1984-85 Oaks went 25-0 in the regular season).

It is a significant season not only for Elson but all the players, too.

"I've never been on a team that has done that," says Elson. "It's special for me, and obviously all the guys in there. Especially the fifth year guys that have been here for so long."

This is also a memorable season for first-year head coach Mike Gabinet.

"I'm very proud of our team and program for an amazing accomplishment. When you see we were only the second team to do this in 51 years, it's something pretty special. We will enjoy this and celebrate it this weekend and then we are back to work on Monday to start preparing for the postseason."

The Oaks hockey alumni are having fun watching the current Oaks. Clinton Senkow was a forward for NAIT from 2009 to 2013 and won the championship with the team in his final year. To say he is proud of his former team is an understatement.

"I've been fortunate enough to be part of the hockey program for the past seven years and have witnessed the program become a top college hockey des-

tinuation in Canada."

Senkow played with Kevin Carthy, current captain Scott Fellnermayr, Dante Borrelli, Jordan Abt and Tyler Fench, who are all veterans of this year's team. Senkow knows they still have work to do if they're to win the championship for a second year in a row.

Senkow is now part of the Oaks Hockey Alumni Association.

"Today is a proud day to be an alumnus but their job isn't finished yet," he said.

The team has earned a first week bye heading into the playoffs but that doesn't mean it's a week off for them. They will prepare not only physically but mentally, as well. The Oaks begin their chase for another ACAC championship on March 11.

They get an automatic bye into the semifinals, which is a best-of-three series.



Photo by Jesse Kushneryk

Oaks forward Jordan Wood in action over the weekend in a two-game series against Briercrest at NAIT arena. The men won both games, 8-1 and 8-0 to finish their regular season at 32-0.

WOMEN'S HOCKEY

ACAC finals again for gals

By NATHAN SPENCE

The NAIT women's hockey team has punched their ticket to the ACAC Finals for the fourth straight season. The Oaks swept their crosstown rivals MacEwan Griffins in a best-of-three quarterfinal series. Although the Griffins took the season series 4-3, it didn't phase the Oaks, as they came out firing at home on Thursday night for Game 1 of the semifinal.

Great start

The Oaks couldn't have asked for a better start to the first game. Only three minutes in, Montana Kitt got a hold of the puck and fired a shot past the Queens keeper to put the Oaks up 1-0. Seven minutes later, with the Oaks on the power play, Carlin Boey got a shot through traffic to put the Oaks up by a deuce half-way through the period. The Oaks weren't done yet. Kendra Hanson and Jody Rammel scored just over two minutes apart to give the Oaks a 4-0 lead at the end of the first period.

Early in the second, Lindsay Roth fed a slick pass to Kitt and she picked up her second of the night, putting the Oaks up 5-0. The Oaks were outshooting the Griffins 26-16 at the end of two periods.

Penalty leads to goal

Eight minutes into the third, Alyssa Imler got dinged with a two-minute minor for cross-checking. The Griffins then capitalized on the ensuing power play to cut the deficit to four. The Griffins got another power play goal with less than four minutes to play but it wasn't enough, as the Oaks net the empty netter giving them the 1-0 series lead and a 6-2 victory on home ice.

On Saturday, the Oaks had the opportunity to close out the series on enemy territory and they came out hard in the first but ran into a hot goaltender and weren't able



Photo by Jesse Kusneryk

Oaks forward Lindsey Roth fires a shot at the MacEwan goaltender on Feb. 25 at NAIT arena in the first game of the ACAC semifinal. NAIT won the contest 6-2 and the second game, on Feb. 27, at MacEwan en route to a 2-0 best-of-three series win.

to break the game open until the second period. The game remained a defensive battle into the second as both sides played a very physical, tough game and made each other work for every inch of ice. Just over five minutes into the second, Kitt was set up behind the net and tried to make a pass but the puck got lost in the Griffins goalie's feet and managed to find its way into the net for a greasy one, one-zip Oaks. Later in the second with the Oaks on the man-advantage, Kitt fed Jordyn Tibbats and she managed to bang the puck home, giving the Oaks a 2-0 lead. At that point, the visiting

Oaks fans were so raucous the roof almost blew off the tiny Confederation Arena.

Early in the third, MacEwan pulled their goalie for the extra attacker after a delayed Oaks penalty and they fired a shot through traffic past Oaks goalie Tehnille Gard to cut the lead in half. Three minutes later, the Oaks pressed hard and Tibbats found Hannah Fouillard streaking in the slot and she absolutely rifled a shot top corner to put the dagger in the Griffins' hearts. MacEwan gave everything they had and pulled their goalie with four minutes left in the third. But the Oaks strong defence and

Gard standing on her head outlasted the Griffins as the Oaks secured their spot in the finals once again, taking the series 2-0 and the game 3-1.

Despite a rocky start to the season the reigning ACAC champions have managed to push themselves back to the ACAC finals. It won't be an easy title defence as they will be taking on the Red Deer College Queens for the second straight year. The first game is Thursday March 3 in Red Deer, with Game 2 back at NAIT on Friday Night. Games three to five will take place the following weekend.

FITNESS

Avoid strain sitting at your desk

By DANIELLE S. FUECHTMANN

Between studying and work it's become far too easy to sit at a desk all day. For most students, this is made even worse by sitting in uncomfortable chairs hunched over laptops and notebooks for most of the day. Making some small adjustments to your workspace and working habits can go a long way to improving the impact sitting at a desk all day can have on your body.

If possible, adjust your workspace. Some things to consider include:

- Upgrade your chair! If you can, switch out your office chair at home for one that has an adjustable seat and back height,

armrests, a comfortable seat, and ideally the ability to swivel.

- Try to set up your keyboard and mouse to be at a level that allows your elbows to be bent at a 90-degree angle. Position your other frequently used items within convenient reach.

- Consider your lighting. Is there enough light in your workspace to read and work without straining your eyes? If you work at night, consider investing in a little lamp.

- If you tend to be on your computer until late at night, consider installing an app like Flux which adjusts the colour of your screen based on the time of day to minimize the impact of screen lighting on your

sleep schedule.

Do what you can to avoid being in a static sitting position all day.

- Take breaks! Get up, walk around, go drink a glass of water and get a little closer to the recommended 8 cups of water per day.

- Have a gentle stretch! Try a gentle arm stretch, gently roll your head in circles to release tension in your neck,

- Make a conscious effort to sit with good posture. This shouldn't be stiff and straight, but you should feel like you're back is in a neutral vertical position.

- Can you do some of your activities while walking or standing? Switch it

up standing during phone calls or go for a walk with friends instead of sitting for coffee.

- Try the 20-20-20 rule! Every 20 minutes take a break from staring at your screen and look at something 20 feet away for 20 seconds to reduce eye-strain.

Take regular breaks from studying and working to move around, taking a short break with help increase your productivity in the long run. Setting up a comfortable work station can go a long way in making long study sessions more comfortable and reduce the probability of long term physical strain.

Staff profile



Krysta Graovac
Women's hockey
Team Athletic Therapist

By MIA SIMONS

What inspired you to become an athletic therapist? I completed my Physical Education degree but I didn't want to be a teacher anymore. Then I came across athletic therapy and knew that's exactly what I should have been doing because I love sports, anatomy and injuries.

If you weren't an athletic therapist, what would you be? Probably a profession still remaining in the medical field like a doctor or a nurse. If I really had it my way though, I'd be an Olympian.

What do you like to do on your spare time? Watch the Oaks, of course!

What kind of music do you enjoy? Gavin DeGraw ... and Top 40.

What is your dream oasis? Somewhere in Canada, probably in BC, where I have a view of the mountains and the ocean.

What is something people don't know about you? If I told you I'd have to kill you ...

What three things you cannot live without? My phone, hockey (Leafs) and family.

What is the hardest part of your job? Working long and crazy hours everyday all while being depended on by others to help them be their best.

What is the best part of your job? Being depended on every day by others to help them be their best, ha, ha. My job is very rewarding. I'm with an athlete from the time of injury to the time they return to play. Helping and watching them return to doing the thing they love the most is the best feeling.

What would you like to say to your athletes? A couple of things ... It's athletic therapy, not physiotherapy, 21, and 'preten-dinitis' is a thing.

Player profile



Player: Ethan Redman
Sport: Volleyball
Program: Finance/Marketing

By MIA SIMONS

What inspired you to start playing volleyball? My dad coached club and school volleyball teams so I was always going to the practices and watching. So just being around it made me want to play.

What is something people don't know about you? I'm scared of heights.

What three things can you not live without? Friends, family and sports.

What type of music do you enjoy listening to? I like rap and reggae.

What are your hobbies in your spare time? I like to play other sports (hockey, soccer and basketball) when I have the spare time.

What is your dream oasis? Jamaica or Hawaii. I enjoy being on the beach, swimming in the ocean and enjoying the warm weather.

Who is your childhood idol? My par-

ents. They always went the extra mile to make sure I had every chance to succeed and helped push me to achieve my goals.

Which sports do you like to play other than volleyball? I enjoy soccer, basketball and hockey.

Do you have a pre-game meal? Foot-long ham on Italian herb and cheese bread, with a chocolate milk and cookies for after the game.

Who inspires you the most? My coaches. They always are providing new challenges and pushing me to be better or do more.

What is the best advice you've received so far? "Try to enjoy every moment like it's your last and learn from it like it's your first."

What is something you would like to say about your team? When Cole tried to play basketball and ended up bouncing the ball off the rim and into his face!

Athletes of the week

February 22-28

Men's Hockey Team



The NAIT men's hockey team swept the Briercrest Clippers this past weekend to finish the regular season undefeated with a 32-0 record. The Oaks' perfect regular season record was the first in the ACAC since the 1984-85 NAIT hockey team, which went on to win the conference championship. "I'm very proud of our team and program for an amazing accomplishment. When you see we were the only the second team to do this in 51 years, it's something pretty special," said head coach Mike Gabinet. "We will enjoy this and celebrate it this weekend and then we are back to work on Monday to start preparing for the postseason." With a first-place finish, the Oaks earned a bye to the semifinals. They will await their opponent and open the best-of-three semifinal at home next Friday at NAIT Arena.

Men's Curling Team



The NAIT men's curling team overcame amazing odds to capture the 2016 ACAC men's curling championship and gold medal at the championships hosted at Portage College. After finishing 0-5 after the first regional due to an eligibility issue, the team rebounded to squeak into the ACAC Championships after winning a tie-breaker and then went undefeated in the championships to win gold. "The boys played well this past weekend," said head coach Jules Owchar. "They had no room for error after the first event and won 10 straight games to win ACAC gold." The team will now turn their attention to the CCAA National Championships at Fanshawe College in London, Ontario on March 23-26.

Athletes of the week

February 15-21

Kai-Li Huang Badminton



Kai-Li won the ACAC women's doubles championship on the weekend of Feb. 20-21 at NAIT with partner Seulbi Kim. After being named to the ACAC all-conference team at the awards banquet Friday, Kai-Li once again showed her dominance in women's doubles, winning the gold medal by defeating the No. 1 seeded Concordia team of Takeisha Wang and Rachael Smillie 21-12, 21-8 in the final. "Kai-Li has been the ultimate team player this year," said head coach Jordan Richey. "Despite not enjoying singles, she played all three events, making the final in both tournaments, which led to her team capturing the team championship." Kai-Li is an ESL student from Nan Ning, China.

Nicholas Roque Badminton



After winning the Triple Crown at both ACAC regular season tournaments, Nick teamed up with partner Jeff Ko to win the 2016 ACAC men's doubles championship this past weekend at the conference championship held at NAIT. The win improved his record to a perfect 28-0 heading into the CCAA nationals next week. Nick was also named ACAC Player of the Year at the ACAC All-Conference Awards banquet Friday evening. "Nick couldn't have had a better ACAC season," said head coach Jordan Richey. "His dedication to both his studies and his badminton makes Nick the model student-athlete. He served as our captain this year and has shown tremendous growth in his leadership skills." Nick is a 2nd year Bachelor of Business Administration student from Edmonton, AB.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT-yz	32	32	30	0	0	0	193	58	64
Augustana-z	32	19	17	8	2	3	114	84	43
Keyano-x	32	16	15	12	1	3	107	106	36
Red Deer-x	32	16	16	13	0	3	107	91	35
SAIT-x	32	15	15	13	0	4	103	94	34
MacEwan-x	32	14	13	14	3	1	120	95	32
Portage	32	9	8	16	0	7	77	107	25
Concordia	32	8	7	19	3	2	89	140	21
Briercrest	32	3	2	28	0	1	67	202	7

x-clinched playoff berth, y-division winner, z-first-round bye

RESULTS

February 26

NAIT 8, Briercrest 1
SAIT 3, Portage 1
Red Deer 5, Augustana 2
Concordia 4, Keyano 2

February 27

NAIT 8, Briercrest 0
SAIT 2, Portage 0
Keyano 5, Concordia 2
Red Deer 5, Augustana 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer-y	24	18	14	3	3	73	37	39
NAIT-x	24	13	11	8	3	60	53	29
MacEwan-x	24	14	12	10	0	62	48	28
SAIT-x	24	10	8	10	4	50	50	24
Olds	24	5	4	18	1	31	88	11

x-clinched playoff berth, y-division winner

RESULTS

February 25

NAIT 6, MacEwan 2
(NAIT leads series 1-0)
Red Deer 6, SAIT 0
(Red Deer leads series 1-0)

February 26

Red Deer 1, SAIT 0 (2OT)
(Red Deer wins series 2-0)

February 27

NAIT 3 - GMU 1
(NAIT wins series 2-0)

MEN'S BASKETBALL

Team	GP	W	L	Pts	PF	PA
Keyano-x	24	19	5	38	2000	1685
NAIT-x	24	18	6	36	1932	1702

Gr. Prairie-x	24	15	9	30	1955	1911
Lakeland-x	24	12	12	24	1816	1842
Concordia	24	9	15	18	1851	1902
King's	24	8	16	16	1802	1937
Augustana	24	3	21	6	1639	2016

South Division

Red Deer-x	21	16	5	32	1981	1674
Medicine Hat-x	21	15	6	30	1702	1554
Olds-h	21	15	6	30	2008	1828
Lethbridge-x	21	15	6	30	1981	1776
Ambrose	21	8	13	16	1746	1900
St. Mary's	21	7	14	14	1813	1982
SAIT	21	6	15	12	1669	1851
Briercrest	21	2	19	4	1584	1919

x-clinched playoff berth, y-division winner

RESULTS

February 26

King's 75, NAIT 71; Lethbridge 107, Ambrose 78; Grande Prairie 74, Lakeland 67; Keyano 94, Augustana 55; Medicine Hat 86, Olds 74

February 27

NAIT 73, King's 69; Grande Prairie 88, Lakeland 73; Keyano 76, Augustana 68; Olds 80, Medicine Hat 71; Lethbridge 98, Ambrose 64; St. Mary's 97, SAIT 90; Red Deer 81, Briercrest 61
February 28
Red Deer 85, Briercrest 57

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Lakeland-yh	24	24	0	48	1659	1120
NAIT-x	24	20	4	40	1734	1154
Gr. Prairie-x	24	14	10	28	1347	1388
Augustana-x	24	10	14	20	1374	1515
Concordia	24	9	15	18	1412	1466
Keyano	24	7	17	14	1427	1532
King's	24	0	24	0	955	1733

South Division

Lethbridge-y	21	21	0	42	1797	1128
St. Mary's-x	21	18	3	36	1658	1233
Medicine Hat-x	21	13	8	26	1495	1357
SAIT-x	21	10	11	20	1317	1361
Olds	21	10	11	20	1593	1366
Red Deer	21	9	12	18	1399	1287
Briercrest	21	2	19	4	1080	1752
Ambrose	21	1	20	2	978	1833

x-clinched playoff berth, y-division winner

RESULTS

February 26

NAIT 78, King's 32; Lethbridge 78, Ambrose 33; Lakeland 80, Grande Prairie 44; Keyano 66, Augustana 51; Medicine Hat 77, Olds 66

February 27

NAIT 98, Kings 24; Lakeland 55, Grande Prairie 38; Augustana 66, Keyano 60; Olds 97, Medicine Hat 75; Lethbridge 88, Ambrose 38; St. Mary's 64, SAIT 49; Red Deer 88, Briercrest 34

February 28

Red Deer 95, Briercrest 44

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
Keyano-y	24	19	5	62	30	38
Augustana-x	24	17	7	56	35	34
King's-x	24	16	8	60	31	32
NAIT-h	24	14	10	54	43	28
Lakeland	24	9	15	37	57	18
Grande Prairie	24	7	17	37	61	14
Concordia	24	2	22	24	70	4

South Division

Red Deer-y	24	23	1	71	14	46
Medicine Hat-x	24	16	8	56	36	32
Lethbridge-x	24	13	11	53	43	26
SAIT-x	24	12	12	50	49	24
Briercrest	24	11	13	46	49	22

Ambrose	24	8	16	36	60	16
Olds	24	1	23	12	71	2

x-clinched playoff berth, y-division winner

h-championship host

RESULTS

February 25

Red Deer 3, NAIT 0
(25-21, 25-20, 25-18)
Augustana 3, Lethbridge 0
(25-19, 25-22, 25-22)
Keyano 3, SAIT 0
(25-20, 25-22, 25-22)
Medicine Hat 3, King's 2
(24-26, 25-20, 25-19, 22-25, 15-12)

February 26

NAIT 3, Lethbridge 1
(11-25, 25-21, 25-19, 25-22)
Red Deer 3, Augustana 0
(25-20, 25-23, 25-17)
Keyano 3, Medicine Hat 1
(27-29, 25-22, 25-22, 25-23)
King's 3, SAIT 2
(21-25, 20-25, 29-27, 25-20, 15-12)

February 27

Gold Medal
Red Deer 3, Keyano 1
(25-19, 25-13, 17-25, 25-12 RD Gold)
Bronze Medal
Augustana 3, Medicine Hat 0
(25-17, 25-23, 25-17)
NAIT 3, King's 2
(25-19, 25-23, 18-25, 23-25, 15-10)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's-y	24	21	3	66	23	42
Grande Prairie-x	24	18	6	59	23	36
Lakeland-x	24	16	8	58	30	32
Keyano-x	24	13	11	42	44	26
NAIT	24	11	13	43	47	22
Augustana	24	5	19	28	63	10
Concordia	24	0	24	6	72	0

South Division

Briercrest-y	24	19	5	61	26	38
SAIT-x	24	17	7	57	30	34
Red Deer-h	24	16	8	56	33	32
Olds-x	24	13	11	45	44	26
Medicine Hat	24	11	13	42	48	22
Ambrose	24	5	19	28	59	10
Lethbridge	24	3	21	18	67	6

RESULTS

February 25

Briercrest 3, Keyano 0
(25-19, 25-20, 25-21)
Grande Prairie 3, Red Deer 2
(25-22, 26-24, 24-26, 14-25, 15-10)
SAIT 3, Lakeland 1
(25-21, 19-25, 25-19, 25-23)
King's 3, Olds 2
(25-21, 25-23, 23-25, 23-25, 15-12)

February 26

Briercrest 3, Grande Prairie 2
(27-25, 23-25, 25-22, 22-25, 15-8)
King's 3, SAIT 0
(25-18, 31-29, 25-17)
Red Deer 3, Keyano 1
(25-14, 16-25, 25-22, 25-15)
Olds 3, Lakeland 0
(26-24, 33-31, 25-17)
February 27
Gold Medal
Briercrest 3, King's 0
(25-21, 25-20, 25-20)
Grande Prairie 3, SAIT 1
(25-18, 19-25, 25-18, 25-22)
Red Deer 3, Olds 2
(18-25, 25-9, 21-25, 25-13, 15-11)

Athletes of the week

February 8-14

Megan Smith Volleyball



Megan helped lead the NAIT women's volleyball team to a sweep of the Concordia Thunder this past weekend. Megan had 45 assists, five service aces, and 12 digs in the two wins which kept the Oaks playoff hopes alive. "Megan has been so solid and consistent all year," said head coach Benj Heinrichs. "She's a great leader on and off the court and has just gotten better and better as the season progressed. She has a tremendous ability to run the offence and put hitters in a great position to score and she showed that again this weekend." Megan is a third-year Open Studies student from Grande Prairie.

Chawncy McClenan Basketball



Chawncy led the NAIT women's basketball team to a Feb. 12-13 weekend sweep of the Augustana Vikings. She had 45 points over two games and finished her final game at home with a 31-point effort Saturday. "Chawncy stepped up big and played tremendous basketball at both ends of the floor this weekend," said head coach Todd Warnick. "She was instrumental in us sweeping the Vikings and was simply amazing in her final game in the NAIT gym." Chawncy is a fifth-year Personal Fitness Training student from Vancouver, Washington.

Jackson Jacob Basketball



The NAIT Oaks men's basketball team swept the Augustana Vikings on the Feb. 19-20 weekend. Jackson had 44 points, 12 rebounds, seven assists and seven steals in the two wins, earning Player of the Game honours in each contest. "This weekend Jackson really facilitated our offence and allowed us a balance attack," said head coach Mike Connolly. "His defence was tenacious, which allowed him to score some easy baskets in transition." Jackson is a first-year Automotive Pre-Employment student from New Providence, Bahamas.

ENTERTAINMENT

Spring time is bike time



By **JOEL LECKIE**
Entertainment Editor

Spring is coming. Though there is still a good chance of a second or third big winter snowstorm, it is fairly safe to say that we are coming out of the darkness and moving towards above freezing weather. That means more and more people will be bringing their bikes out of storage for pleasure trips and cheaper commuting. So I offer a few words of caution to both the drivers and the riders who will be sharing the roads. To clarify, I'm thinking of pedal bikes, not motorcycles.

For the Drivers: The biggest thing that you can do is be aware of what is going on around you. Bikes are small and can slip in and out of your field of vision. Considering that you are driving a metal

framed beast that can demolish both bike and its rider, you need to be sure you are doing your part to keep them out of harm's way. Bikes have an equal right to the roadway, with or without a dedicated bike lane.

While you should be doing this anyway, make extra sure that you shoulder check. Don't trust your mirrors, because they won't show you everything that could be right beside you. This is especially important at merge areas near Edmonton's many parks and trails. A bike rider could come out of a trail and hop onto the road on the way home.

Avoid tailgating a biker. If you don't have a full metre available beside them to pass, don't hang out right behind them, either. They have full rights to the roadway. And if they need to stop, they're going to do so a lot faster than you will.

For the Bike Riders: To my bicycle friends, there are a few things for you to keep in mind as well. Make sure you pay attention and protect yourself. Wear a helmet, even if it is not legally required. It could save your life. Make sure your bike is outfitted with all the proper safety equipment, such as reflecting lights. As well, keep your ride in good condition as bad shocks or low tire pressure can be downright nasty on some of the city



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streets.

In Edmonton, there are a good number of rules that affect bicycles as well. If there is a bike lane, stick to it. If you plan on travelling on the sidewalks, get a bell. It's a \$250 fine for a bicycle who fails to yield to or alert a pedestrian on a shared sidewalk. For that matter, dismount and check carefully before crossing an intersection if you are travelling via sidewalk. I can't count how many times a bike has come from behind a building out of nowhere and nearly been creamed by a

turning car that couldn't see them.

If you are on the roadway, obey the rules of the road. It's a \$402 fine for careless operation of a bicycle and \$575 fine for failing to yield to a pedestrian at a crosswalk. It's the same cost as if you were a vehicle because on the roadway, the rules are all but identical.

Bikes are great. They are a wonderful way to keep in shape and great transportation for short trips in town. But we all want to get to our destinations intact. So be safe and have fun.

What's the big emoji deal?



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

So, as you've probably noticed, Facebook has rolled out its new emoji system, "Reactions." It was much-awaited and eagerly anticipated, if Sammi Krug, Facebook's product manager, is to be believed.

"We've been listening to people and know that there should be more ways to easily and quickly express how something you see in News Feed makes you feel," she exclaimed in a beautifully polished blog post.

"We understand that this is a big change and we want to be thoughtful about rolling this out."

Thank you, Facebook, for considering your customers during this important period of transformation. Really, it's comforting to hear that such a massively influential corporation is so philanthropic in its operation. Thank you for waging your time and global resources to expand my set of possible online responses beyond the oft-unqualified and imprecise "like."

Seriously, that Damn, Daniel bit is outrageous, and it's not good enough to simply L-O-L to myself and click out a quick thumbs-up whenever he's back at it again with the white Van's. That just doesn't amount to the voracious vindication this viral video deserves. It's random, it's absurd, it's carefree, pointless and light-hearted. It makes people laugh and giggle and reenact it in the streets, its stars appeared on Ellen, I broke it down to a Damn, Daniel remix at the club on the weekend.

Thank Zuckerberg that I now have a little yellow ball with greater than/less than symbols for eyes to help me properly express my emotional response to Damn, Daniel! This has really cracked open a new world of opportunity for me to enhance my life-experience while I ride the bus. I now have six whole ways to express my most earnest enthusiasm for the fitness-service video that Facebook's marketing research casually dropped onto my Newsfeed.

There's an angry little emoji too! I think I'll use that one to help me support #oscarssowhite. Yeah, that should do it.

I was watching this crazy video depicting inhumane slaughterhouse practices the other day. I popped those evil-doers with a sad-face emoji and patted myself on the back for a job well done. Do I think I'm a hero? You tell me.

Reactions are just so great, really, I'm not being sarcastic at all. I was thinking the other day about Newspeak, that great language the government in the book *1984* created to help kids learn how to speak more easily. If only they had Reactions! They could have kicked their shortsighted little verbal endeavour to the curb, because with Reactions, all the kids have to deal with is "love," "haha," "wow," "sad" and "angry."

Sorry, Facebook Like Button. We had a good run, but you just weren't satisfying me.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **JOEL LECKIE**

Normally when I listen to music, I like to know the lyrics so I can sing along, even if only to myself. But when it is time to study, that can tend to be distracting. A good song can help the brain concentrate, and it may even trigger your memory retention if you associate a phrase or meaning to a particular line or verse. But when it gets to crunch time, it might be better to go to a more classical audio choice, to lessen the distraction while alleviating the tedium.

So here are a few modern classical songs and classical versions of pop songs, that might

help you through that next study session.

There are lots more available out there as well.

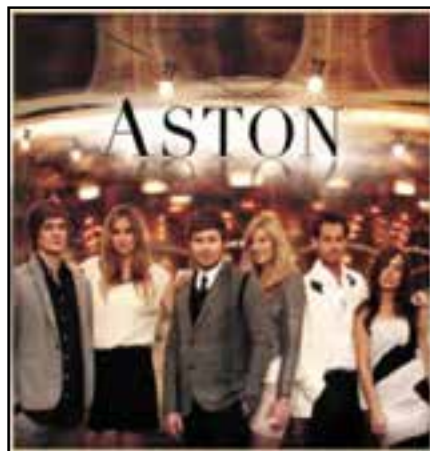
- Day Has Ended – by Aaron Martin & Christoph Berg
- ET – covered by Aston
- Born This Way – covered by Aston
- Paint it Black – covered by Eric Henderson
- Last Friday Night – orchestral version
- Numb – orchestral version
- Set Fire to the Rain – covered by Vitamin String Quartet
- River Flows in You – covered by Lindsey Stirling
- This is Your Fight Song – covered by The Piano Guys
- Starships – covered by Pop Tribute Players
- Rolling in the Deep – covered by The Piano Guys
- Paparazzi – orchestral version
- Boulevard of Broken Dreams – covered by Vitamin String Quartet



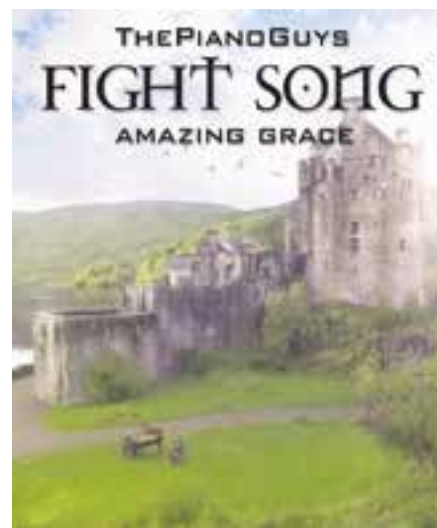
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ANIME REVIEW

An adventure with twists

By GERVASE BRANCH-ALLEN

Marvel started working with Madhouse Animation back in 2009 to create the Marvel Anime line. Four shows were released: *Iron Man*, *Wolverine*, *X-Men* and *Blade*. While plenty of people enjoyed the shows, they received a lot of criticism for some of the changes they made to characters or the storytelling itself. While I haven't seen all the projects, I've seriously enjoyed this experiment from Marvel.

More specifically, I liked *X-Men Anime*. While some fans have enjoyed these projects, many others have complained. Personally, I find these shows to be underrated though; *X-Men Anime* is definitely one of the less-criticized shows.

Following the loss of one of their team members, the X-Men reunite to save a young mutant girl from a psychotic group called the U-Men.

Cyclops is the team leader dealing with depression. Storm is the team's level-headed optimist. Beast is the intelligent strong man of the team. Wolverine is the violent, rough X-Man with a horrific past. Armor is the team's latest and youngest member, ready to prove herself. Professor X is the team's mentor and founder. Emma Frost is a former enemy of the X-Men and a questionable ally of the team.

Just like the other Marvel Anime shows, *X-Men Anime* is animated by Madhouse Studios. The team looks pretty nice and fluid during the battles. Unfortunately, some of the ladies' assets look unnecessarily large. A lot of the snowy locations look beautiful while the darker locations like secret bases look dank and mysterious as they should. The Blackbird (the X-Men's jet) also looks pretty slick.

The score by Tatsuya Takahashi is a fairly enjoyable experience. The show's theme song and end credits capture the feeling of the X-Men nicely.

Some of my favorite moments included a metal detector scene with Wolverine in an airport. There are quite a few interesting cameos and guest characters that appear, mostly during the final episode and the credits, so keep your eyes open. The show even includes inspiration from the X-Men films such as Professor X and Storm. Interestingly, Wolverine is depicted differently in this series compared to his own anime. I really liked the small roster of characters because it focused on each character (for the most part).

Of course, I still have complaints. While the rest of the show is pretty great, don't expect an amazing ending. The finale is a bit ... interesting, to say the least. Meanwhile, Cyclops spends a bit too much of the series being emotional and unco-operative. Other characters like Storm and Professor X are severely underused at times. While the Professor's role increases towards the end, Storm's role actually decreases!

X-Men Anime was quite an enjoyable adventure with a tight plot and some darker twists and turns. This may very well be the last X-Men animated series for a while (for various reasons regarding the X-Men's film rights and Marvel Animation's current priorities) so if you're in the mood for a more mature adventure with the X-Men, this show is easily recommended.



jamaipanese.com

CARTOON REVIEW

Outrageous, dark and funny

By JOEL SEMCHUK

If you're easily offended but happen to believe in transcendence, you might want to watch an episode or two of *Brickleberry*; you'll have something new to hate on a level you never could have imagined existed.

If you can take a joke, dig in ...

Brickleberry manages to blend pure filth with actual comedy in a way that most cartoons don't achieve — we usually get one or the other. This perfect blend takes place in an American national park (Brickleberry) and beyond that is horrifically brilliant. The park setting allows and justifies continuous gunplay and the bucolic isolation allows for magic realism beyond anything the *Simpsons* or *Family Guy* ever offered. It has a small staff: Denzel the black guy, Steve the moron, Woody Johnson the war veteran nutcase, Ethel the alcoholic, Connie the butch lesbian. Everyone is crazy in their own way, while being entrenched in reality just enough to make the whole thing believable.

Around the park hundreds of humans die or are killed with reckless abandon, with these deaths either glossed over or laughed at. There's a syringe poking out of the bear that's eating out of the garbage and

the lake is magical because of all the medical waste dumped into it. Animals are recurring, peripheral victims to the park's craziness ... sometimes they're part of it.

Living in a trailer are two rednecks. When we meet one he's sitting between two sheep that are wearing lingerie and he says, "I just wanna make sure this threesome isn't going to ruin our friendship." They're progressive rednecks, I suppose, for the irony. And except for a few moments, the show isn't very racist; it's more about different levels of insanity and craziness. Racism becomes a part of this sometimes but it is rarely what the episode is about.

There's a pace to *Brickleberry* as well. It's like watching a deck of ironically offensive cards tumble down a staircase and you're still trying to come to terms with how offensive what you just saw was, when something even worse happens. Over and over through the entire episode you're randomly laughing, crying and reeling in shock. There was a time when I actually couldn't breathe (the



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election campaign videos).

As near as I can figure, *Brickleberry* has no sane counterpoint or straight man/situation. The closest to come to this is Dr. Kuzniak but even he has his moments. Just when you think he's not part of the filth and craziness he proves to be even worse. Same with Malloy, Woody's talking-bear pet; he acts like he's better than everyone but when it's time to shoot people (or whatever) he's right in there.

No matter how offensive any other show is, in any other entertainment medium, it won't stand a chance compared to *Brickleberry*. This cartoon pushes boundaries while retaining comedic presentation, with a waterfall style that will hook you right from the opening scene of the first episode. The show went a slightly different direction in Season 3, but everything else is a testament to some of the darkest, funniest comedy ever to be animated.

ANIME

Ground breaking production

By JOSH RYAN

Anime has gone from being a weird, foreign niche that only super geeks obsess over to, well, still very geek-nerd centric but much more popular in North America. Many might point to Pokémon's pop culture explosion in the late '90s as the reason but there are a number of other shows and films in the medium that contributed as well. One such factor, was a little sci-fi show called Cowboy Bebop, which not only introduced Westerners to a new wave of anime but also propelled the medium forward as a whole.

Set in the future of 2071, around 60 years after a hyperspace gateway made Earth uninhabitable, most of the Solar System has been colonized. A spike in crime forced the Inter Solar System Police (ISSP) to set up a contract system for bounty hunters (or "Cowboys"). One particular ship, the Bebop, carries a pair of Cowboys; former crime syndicate hitman Spike Spiegel and ex-ISSP officer Jet Black. They are eventually joined by amnesiac con-artist Faye Valentine, eccentric young hacker gal Edward Wong and genetically engineered data-dog Ein. The group goes through several mishaps trying to pay the bills to stay afloat, while dealing with faces and events from their past.

This series is unlike anything I had ever seen before, anime or otherwise. While it's set in space and in the future, there's no sense of flash or excess. The stories connect on a very general human level without being derivative, the animation is gorgeous despite the grimy, broken down lower class existence the characters have and every episode wonderfully captures the overarching themes of the show while providing something totally unique every time. There's a pervasive sense of loneliness throughout the show, as each character hangs onto their group on the Bebop, managing their way through a world that is broken and feels meaningless. Basically, take Firefly and add themes like existentialism.

That's not to say the show isn't entertaining or is without any laughs. The characters are wonderfully realized, each with their own charm and flaws. They bicker back and forth, often grumbling as Ed runs and somersaults around the ship while giggling, a very dysfunctional adopted family. You also have something to look forward to in each episode or "session" as they call it here, where there's always a new musical choice. Each session title alludes to the musical choice, such as "Asteroid Blues" and "Heavy Metal Queen." The tone of the episode is reflected in the music, ranging



from upbeat and frenzied to somber and reflective. Of course, there's no talking about music without mentioning Cowboy Bebop's opening credits. It's the single greatest opening theme ever. Ever. Seriously, the first two minutes of the series are worth watching alone.

Much of the narrative is guided by the backstories, particularly Spike and his feud with Syndicate enforcer Vicious. This brings the story to dark, violent places, beautifully realized, but intense for younger audiences. It also stays consistent with the rest of the series. Things are dour for the

crew of the Bebop most of the time. Yet, similarly to Firefly, it's important that the characters continue to, well, continue. Even if they have no greater good or deeper meaning to live for, they keep trudging on, hoping to find that connection with people and the universe. That's something that a lot of people can identify with, I think, though we don't spend hours and hours on spaceships.

Regardless of what you think about anime, give the Bebop and its crew a shot. There are plenty of those, fired from guns, along with philosophical sensibilities.

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CANADIAN

RIP

Remembering Maurice White

By GERVASE BRANCH-ALLEN

In honour of Maurice White, co-founder and singer with Earth, Wind, and Fire, who recently passed away, here are some of the group's greatest hits from the album *The Essential Earth, Wind & Fire*.

Mighty Mighty: Like almost every song on this album, this song is energetic and lively. Maurice and Verdine White wrote "Mighty Mighty." Verdine White, Maurice's younger brother, is the last founding member of

Earth, Wind & Fire who is still part of the group.

Devotion: This song has a slow beat that's pretty romantic and heartwarming. This is definitely a song to dance with someone slowly.

Keep Your Head to the Sky: Written by Maurice White, this song has an inspirational message about continuing through life despite all of its challenges.

Shining Star: While a lot of people know this song from Ruben Studdard's cover, this song was a hit in the 1970s.

This is one of Earth, Wind & Fire's most famous songs.

Reasons: Phillip Bailey mostly sang this love ballad, but Maurice White was one of the song's writers, alongside Bailey and Charles Stepney. While not one of the group's most critically acclaimed songs, this one definitely has its place as part of Earth, Wind & Fire's history for its soft, romantic beat and vocals.

September: Easily my favourite Earth, Wind & Fire song of all time, "September" is a classic and a song you can't help but enjoy. Listening to this song just makes you want to dance and sing along. You can tell the band is having an absolute blast singing and playing the song. The trumpets and the beat are phenomenal. Maurice White's vocals are absolutely wonderful. I can't praise this song enough.

After the Love Has Gone: This song featured one of Maurice White's best solo verses and a beautiful saxophone solo by Don Myrick.

Let's Groove: During a backlash toward disco music, Earth, Wind & Fire decided to bring it back with "Let's Groove." Written by Maurice White and Wayne Vaughn, this song has a catchy chorus and a wonderful range of vocals.

Fall in Love with Me: The romantic energetic chorus of "Fall in Love with Me" is easily one of the best aspects of this song along with Maurice White's vocals. The group's vocal and instrumental performance must be noted as well for its vibrant atmosphere.

Boogie Wonderland: Performed with the female group The Emotions, this song is a great example of funk and disco. As one of the Earth, Wind & Fire's most recognized songs, "Boogie Wonderland" is an astonishing and memorable classic.

Maurice White will be missed for all his effort in creating music with Earth, Wind & Fire. His positive, compassionate, and inspiring messages through his music will be remembered throughout time. I hope he's enjoying himself in Boogie Wonderland. Thank-you for the good times, Mr. White.



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NETFLIX PIX

Unforgettable television fare

By JOSH RYAN

For most people, television usually provides them with an hour or so of entertainment that requires the bare minimum of their mental capacity. At the end of a long day, you just want to watch something fun and fleeting, even if it's dumb or clichéd. When you have more free time, however, you can sit down and really engage with interesting material, stuff that's well written, original and often thought provoking while still entertaining. A show that's somehow started to fade from our pop culture memory but fits this category perfectly, is *The West Wing*.

The show was created by acclaimed writer Aaron Sorkin (*The Social Network*, *A Few Good Men*) after the show *Sports Night* was cancelled. Produced by Warner Bros. and broadcast on NBC, the show garnered numerous awards and monster ratings, helping cement the careers of Allison Janney, Rob Lowe and others. Even though the prestige of *The West Wing* died down somewhat after Sorkin left the show before Season 5,

it continued to be one of the biggest shows on television and is widely considered one of the greatest television series of all time.

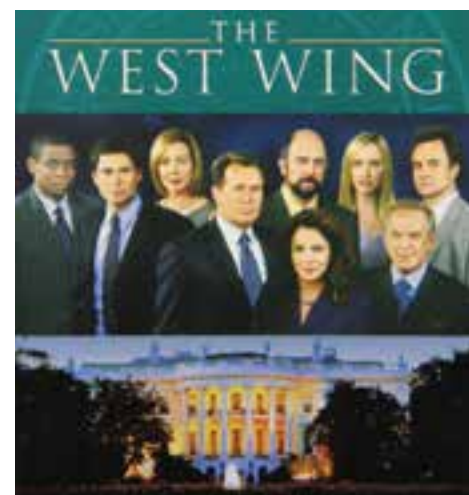
The basic premise is a day in the life of the White House staff. There's Chief of Staff Leo (the late John Spencer) Deputy Chief of Staff Josh (Bradley Whitford), Press Secretary CJ (Janney), Communications Director Toby (Richard Schiff), Deputy Communications Director Sam (Lowe), other supporting characters and the president (Martin Sheen). Throughout the series, this team of idealists navigate the rigours of politics, war and household stress, while dealing with various obstacles along the way.

The West Wing was ground-breaking in a number of ways, particularly for its cinematography. It essentially perfected the walk-and-talk, where two or more characters have extended sequences with a lot of dialogue while moving from one room to another. Often characters would leave one conversation and join another, without any cuts. It's incredibly dynamic to watch and

really makes you appreciate the performances for how much dialogue they have to memorize.

Speaking of dialogue, this show really has aged well. No one on earth is better at crafting fast-paced, sharp-witted lines from smart-sounding people like Sorkin. Words come at you a mile a minute, with an amazing mixture of emotion and tension. It helps when you have great actors to spout each syllable, in this case, one of the greatest ensembles of all time. The number of Emmy nominations and wins is staggering.

Much has also been said about the show's themes, views and messages, which have received both praise and criticism. Sorkin is very much a far-left leaning liberal but doesn't just vilify the right at every second and simply make the characters idealized versions of what you'd hope politicians would be. When Sorkin left after Season 4, the show began to veer a little more closely to the centre, which actually



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turned out to be a good thing. The dialogue didn't crackle at quite the same rate, but the storylines were a little bit more interesting.

There's definitely some preachiness, corniness and other "nesses" throughout the show's run but *The West Wing* is finely crafted television and a perfect watch for cinephiles and people who love sharp writing.

Managing panic attacks



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

If you have ever had a panic attack you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, feeling light-headed, feeling unable to catch your breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. The good news is that panic attacks are manageable. Here are some tips:

- **Focus on breathing slowly and deeply.** Breathe in through your nose to the count of five, hold your breath and then exhale through your mouth for at least five counts. As you breathe, focus completely on your breath coming in and going out of your body. Try to draw your breath deep into your body. Do this at least five times. It can also be helpful to carry a balloon or paper bag with you. Focusing on blowing up a balloon or bag can prevent full-blown attacks.
- **Keep something with you that**

will immediately help you become grounded. Carry a pebble or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.

- **Move your body.** During a panic attack a lot of adrenalin is released. Shaking your hands and arms can provide immediate relief. A regular exercise routine helps reduce overall stress and anxiety.

- **Never avoid situations out of fear of having a panic attack.** Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.

- **Have a plan.** You shouldn't expect to have a panic attack, however it is

calming to have a plan of what you would do if you did have one. For example being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation, or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted friends or classmates aware that you experience panic attacks can

also be calming.

- **Have supportive statements you can substitute for anxiety-producing thoughts.** When anxious feelings start up it is helpful to have a statement ready such as "My thoughts are not helpful right now. Instead I am going to focus on something supportive and healthy such as my cat playing with his ball." or "It is

normal to feel anxious in this situation. When this is over I will be glad that I did it."

- **Maintain as regular a routine as possible.** Regular times and habits for going to bed and getting up, eating, exercising and other activities in your life can decrease overall stress.

- **Read and talk about panic.** From *Panic to Power* by Lucinda Bassett and *Overcoming Anxiety* by Reneau Z. Peur-

ifoy are two good resources. There is plenty of information online as well.

- **Seek help.** See a counsellor to discuss other options to deal with stress and panic. Counsellors are available at Student Counselling, W-111PB, HP Centre (Main Campus), at Souch Campus on Thursdays and at Patricia Campus on Tuesdays. Appointments can be booked in person or by calling 780-378-6133.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

THROWBACK THURSDAY

Just live life!

By JOSH RYAN

Remember when you were a kid and you actually watched events unfold? What a novelty, letting your eyes witness a piece of history. Alas, technology has robbed us of an enjoyment of life once again.

When the Stanley Cup final, the World Series or the Super Bowl was on, you'd be watching the game, conversing with family, listening to uncles chugging beer or swearing at the TV. You'd never risk going to the bathroom when the game was on for fear of missing a key moment.

Concerts were also a different experience. Seeing your favourite band on the stage was an experience you'd hold forever. You'd jump up and down with everyone else in the stadium or arena, soaking in the awesomeness of that act you'd dreamed of witnessing. You're so pumped up on adrenaline, the music sounds 10 times better than it does on the radio.

Now ... this still might be the case for some but it sure doesn't feel like it most of the time. Some people attending professional sports events spend more time on their phones texting and tweeting than they do actually watching the game. At home it's the same thing. A bunch of people sitting on the couch, tweeting about a turnover they saw instant replay of and creating memes on awkward still frames captured. Ask them

about how the game was, chances are there's no answer.

And concerts? Does anyone actually go to a concert to watch and listen anymore? All I see are thousands of people holding up their phones, taking a video of each song. How many actually go back and watch those videos? Probably a small percentage, while the rest delete it after two days to make room for the latest update to Candy Crush.

Don't get me wrong, I'm part of the dreadful millennial generation, too. I spend too much time on my phone, I tweet several times a day and I probably don't have enough

face-to-face conversations with actual people. Technology has enhanced our ability to treat diseases, travel across the world and find new things to enjoy. But rather than becoming more informed and living more interesting lives, people are increasingly less informed and living

increasingly duller lives.

Try this sometime in the next month. Go to a movie, a game, a play or even a party, and just leave the phone in your pocket. Experience whatever it is you're doing in that moment and relive it by remembering it in your mind. Describe it to your friends, give them a captivating tale, instead of just showing them a video. If YOLO is something that this generation truly believes in, then let's start actually living.



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Poetry Corner

Hardest Forgiveness

I have to admit,
That sometimes I forgive you,
But then, at other times I hate you again,
So much that I,
Forget that I have forgiven you,
And this cycle goes on and on again and again,
So much that I have no clue,
Of what it ever meant to be me and you,
And again, it's all so much pain!

By Maryam Lary

Winter Woe

Spring is here!
Tis early this year,
The reason? Is it what I fear?
This is great he/she believes.

El Nina, El Niño,
Global warming oh no, no, no,
Six feet of white I used to know,
Now only brown dead leaves.

By Jennifer Rae

MOVIE REVIEW



Deadpool a guilty pleasure

By GERVASE BRANCH-ALLEN

This year is absolutely packed with superhero movies. I'm really excited about quite a few of them but one of my most anticipated was definitely *Deadpool*. Fans have been waiting for a *Deadpool* movie for a number of years. For quite some time, it seemed like it wouldn't happen. Fortunately, after test footage of the film was released in 2014, 20th Century Fox saw the positive reception it received.

Deadpool: Hurry up! I'm not getting any younger here!

OK ... Looks like Deadpool is joining the review.

DP: After the nice people over at Fox realized how awesome I am, they decided to green light this bad boy! So how great is my movie?

After being diagnosed with cancer, Wade Wilson decided to be the subject of an experiment to be cured of his illness.

DP: Instead, they turned me into the poster boy for Ugly "R" Us and kidnapped my girlfriend.

With new abilities and a very ... eccentric mind, Wilson becomes Deadpool and

hunts down the group that created him.

DP: Sounds like a good summary. Let's get to the good stuff!

Ryan Reynolds plays Wilson/Deadpool

DP: The Sexiest Man Alive? Awesome!

After (kind of) playing the character in *X-Men Origins: Wolverine*, Reynolds decided to return to the role in a portrayal much more accurate to the Marvel comics.

Morena Baccarin plays Vanessa, Wade's confident, open-minded girlfriend.

DP: You forgot that sexy buddy, T.J. Miller, plays Weasel, Wade's friend and confidante.

These two characters really highlight Wade's true character traits more than anyone else.

Ed Skrein plays Ajax, a cocky villain.

DP: You said cocky! Ha ha ha! (I walked right into that one.)

Anyways, Gina Carano plays Angel Dust, Ajax's super strong ally. While they aren't the most compelling villains, it was nice to see some of their banter with the "heroes."

One of my favourite aspects of this

film is the action! It is frantic, high-energy, over-the-top craziness. The sword-play between Deadpool and Ajax is quite a sight to behold. The highway battle is a mix of delightful humour and bloody violence. Additionally, Angel Dust is quite the fighter, which is no surprise considering Carano is a mixed martial artist.

And the jokes, they are something else. If you're still debating about whether you want to see it or not, I can give you a brief rundown on the kind of humour you can expect. The film's humour is pretty lewd, silly, witty and obscene. Deadpool likes to break the fourth wall.

DP: *Gasp* Really? Why didn't anyone tell me?

So the humour is really all over the place. Even the X-Men show up as fun foils for Deadpool's zany personality.

Of course, the movie isn't perfect.

DP: What?

Unfortunately, not all the jokes are hilarious and some aren't as funny as you'd probably like them to be. Additionally, the film's narrative takes a bit of getting used to at the beginning because of time jumps.

Finally, like I said, the villains aren't the most memorable threats but you don't forget who the villains are throughout the film. I just wish they were given a little more of a backstory to develop them.

Even with those issues, first-time director Tim Miller does a great job of bringing the film together. After supporting this project for years alongside Reynolds and the screenwriters, it was nice to see all their hard work finally come to life.

Overall, *Deadpool* is thoughtful, violent, inappropriate, crass, and very fun!

DP: Aww ... That's so sweet!

This year marks the 25th anniversary of the pop culture phenomenon, so the movie is a wonderful celebration of the character (besides all the cool comics Marvel is releasing right now). Definitely check out this movie if you haven't already. Or just watch it again because it's pretty fun! Thanks for joining the review, Deadpool.

DP: I try. Hey you there. Yeah you. There's more fun after the credits. Don't get too excited. This isn't that kind of movie. Or is it?

RESTAURANT REVIEW

Upper Crust a delight

By JENNIFER RAE

One of my favourite places to have lunch is the Upper Crust Café at 10909 86 Ave. As the name suggests, sandwiches are a main attraction. This company bakes two types of bread, a molasses recipe and an oat recipe, though their menu also offers an assortment of breads so diners have choice for their sandwiches. There is soup on offer and a nice assortment of salads, which range from hearty potato salad to lighter greens and a coleslaw.

It's not just about sandwiches, the vegetarian chili is a favourite and while it is served with cornbread, they will substitute a thick slice of their fresh bread if desired. The chili is filled with zucchini and tomatoes, onions and bell peppers, among other ingredients and of course, topped with cheese and served hot with a dollop of sour

cream. When you take the first forkful, the gooey cheese stretches and releases a spicy aroma. This is healthy comfort food. If the vegetarian version doesn't have enough protein for you, check out their regular chili, it is just as delicious.

To finish off, dessert is made in-house as well and the lemon meringue pie is, well, meringalicious. Not too tart and not too sweet, the filling is dense, the crust flaky and the meringue is mile high. This restaurant also caters, so their desserts range from a wide variety of cakes and pies to cookies. You may even find scones.

While the pricing is a bit more than what might qualify for a student budget, if you stick with a small chili, the \$10 is well worth it. Also open for dinner, check out their website, uppercrust.ca, for menu and hours of operation.



Photo by Jennifer Rae

LESSONS FROM THE FELT

Learning to 'tell' the difference

By KA CHUN YUNG

Poker is a game of imperfect information. With each additional piece of information a player can gain and process, a better decision will be made. New poker players will learn very quickly the power of position. A player acting last will have more information and not only have a greater ability to control the size of a pot but will also win more hands as a result. Live professional poker players will often use their keen observational skills to gain a distinct advantage over their opponents or what is more commonly known as tells.

Indicators

Tells are indicators that may give away the strength of your opponent's hand. Although most tells won't be quite as obvious as Teddy KGB's cracked Oreo cookie in the movie *Rounders*, they do exist. They appear most often when players are placed in a stressful situation. Just watch an episode of *Dateline* and you'll see examples of this. Amateur poker players



will exhibit more tells than professionals because they aren't as experienced or comfortable when dealing with higher stakes. Even when players know tells exist, they are still difficult to process in real time with accuracy.

The players good at reading others often times won't be able to verbalize exactly why they think or feel their opponent is

bluffing or holding a premium hand. What they do is rely on their observational skills and situational awareness to decipher what is different and why it's different. They will apply a general idea of what they expect most people to do, such as players with good hands often speak confidently and loudly when announcing they're all in or they will hold their breath when bluffing.

The people who can pick up tells well are the ones with acute focus and awareness. They pay attention to how others usually act in a situation and create a baseline for each player. They tailor specific idiosyncrasies for each individual player and then can spot differences when they occur. They become much more aware of the finer details. They observe things like if someone's blinking rate increases, carotid artery pulses stronger, if the time they take to act is faster, if they are lip pursing or pressing, fake laughing, stuttering, etc. Even though sometimes a player isn't quite sure why their instincts indicate a certain behaviour, they are often correct. Their experiences have subconsciously identified the subtle differences that give them a gut feeling.

Done unconsciously

Some people may dismiss tells because one could easily create a false tell. The important distinction is that the natural tells are done unconsciously. They occur at critical times during a hand and don't happen randomly. For instance, if a player takes a big gulp in their throat after their large raise on the flop is called, it's most likely a natural reaction. And tells usually happen in clusters. If multiple indicators happen at the same time, it's usually a true tell.

Playing poker can lead you to have a better focus and can help you pay better attention to detail. Exercising these skills will provide you with more information, make you more mindful of your environment and more considerate of other people's feelings and perspectives.

HOT

'N'
SINGLE

Photo by Marina Lichtner

Kirsten Hardie Photographic Technology

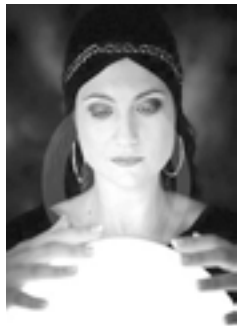
What do you look for in a man? Someone who doesn't mind me burping, has a sweet personality and a good sense of humour.

What do you dislike? When people aren't respectful, cheaters, guilt trips and lying.

What is your ideal date? Going out to a field in the middle of nowhere, laying in the bed of a truck, looking at the stars and climbing on hay bales.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 3-9

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

Pisces (Feb. 19-March 20)

Remember, social media is great for staying informed, for checking in with friends and family and for creating your own art. What your profile is and the messages you put out on your

social media, that is your reputation.

Aries (March 21-April 19)

Play and laugh with enthusiasm. Succeed at being relaxed.

Taurus (April 20-May 20)

Be the best at who you are. You are unique in the universe and no one else is the same as you. Don't compare yourself and don't strive to be something you are not.

Gemini (May 21-June 21)

Parents can be frustrating and all kinds of uninformed. They do love you in their own way, so be patient with them and listen. Even though they might not get it, they might just have something to say that will help you through.

Cancer (June 22-July 22)

Follow your dreams. Even if you don't know where they will lead, have faith. The everlasting force of the uni-

verse is behind them.

Leo (July 23-Aug. 22)

Challenge your boundaries, try something new. It may seem difficult at first, however, the payoff is one more tool you can put in your toolbox that will serve in ways you may never imagine.

Virgo (Aug. 23-Sept. 22)

When you turn acquaintances into companions, the troubles that come your way will be lightened and your joys will be doubled. As social media demonstrates, sharing what makes you smile will make you smile twice.

Libra (Sept. 23-Oct. 22)

When you settle for less than the best, you shortchange yourself. It is like getting the change back and saying, yeah its okay that it is a dollar short.

Scorpio (Oct. 23-Nov. 21)

You may fool everyone else or think that you have. You can lie to yourself

for a little while. Deep down you always know the truth about your own life. Take a few minutes and listen, what is your personal truth?

Sagittarius (Nov. 22-Dec. 21)

Those with the most active lives are generally those who live their lives from one dream to the next. They understand they need only set the goal and the universe will work constantly to bring that goal into being.

Capricorn (Dec. 22-Jan. 19)

Have you ever noticed that Life has a sense of humour? Look for the humour in every day situations and you will always have something to smile about.

Aquarius (Jan. 20-Feb. 18)

If you are wondering about yourself, who you are and what your life is, take a look at whom you surround yourself with and it will inform you more than any book or hours of introspection.

ANNIVERSARY GAMES REVIEW

Celebrating all the years

By GERVAISE BRANCH-ALLEN

This year is the anniversary of some of the most sensational video game franchises in the world. The Legend of Zelda series celebrates the 30th anniversary of Link's first adventure to save Princess Zelda. Pokémon celebrates its 20th anniversary following successful trading cards, animated series and, of course, video games. Sonic the Hedgehog celebrates its 25th anniversary with the Blue Blur.

Plans for the Zelda series include *The Legend of Zelda: Twilight Princess HD*, a remake of the fan-favourite Zelda title where Link turns into a wolf. New features and gameplay have also been included to the Wii U title such as Gamepad implementation and amiibo support. Additionally, a new Wolf Link amiibo is being released alongside the game. *Hyrule Warriors Legends* is the 3DS version of *Hyrule Warriors* on Wii U. However, the game isn't just a port, since new characters, features and an epilogue have been included.

Of course, the biggest title is the highly-anticipated Legend of Zelda game for Wii U. Not much is known about the title that was delayed from 2015 to 2016.

As for Pokémon, a new mobile game titled *Pokémon GO* is coming out this year. This augmented reality title will let you 'catch' Pokémon in real life! From there, you can trade and battle other players with Pokémon. This is one of



gamepur.com

Nintendo's first video games on mobile phones.

A spin-off game titled *Pokken Tournament* is planned to release on Wii U after originally being released in Japanese arcades. This title is a fighting game made by Bandai Namco, creators of *Tekken*. Pokémon Red, Blue, and Yellow will receive digital re-releases on the 3DS Virtual Console. Additionally, fans expect the rumoured Pokémon Z to be released. Other plans include releasing special trading card packages, new products and digitally remastered Pokémon movies.

The Sonic the Hedgehog series is celebrating with at least one unannounced anniversary title for consoles. Many fans

hope for a PS4/Xbox One/Wii U title with a gameplay style similar to the *Adventure/Heroes* titles. The delayed *Sonic Boom: Fire & Ice* is planned to release on the 3DS while *Mario & Sonic at the Rio 2016 Olympic Games* is coming to 3DS and Wii U. In other media, the *Sonic Boom* animated series has been renewed for a second season and the theatrical *Sonic the Hedgehog* movie is planned to release in 2018.

Gears of War is celebrating 15 years with the planned release of *Gears of War 4* for Xbox One. *Tomb Raider* celebrates its 20th anniversary with the PC and PS4 releases of *Rise of the Tomb Raider* and new DLC content for Xbox One version of

the game. *Metroid* celebrates its 30th anniversary, featuring the courageous heroine Samus Aran. 3DS owners will get to play spinoff title *Metroid Prime: Federation Force* while Wii U owners will get to play classic title *Metroid: Zero Mission* on the Virtual Console.

Other series hitting milestones include *Crash Bandicoot*, *Jak & Daxter*, *Halo*, *Kid Icarus*, *Golden Sun*, *Pikmin*, *Animal Crossing* and *Nights into Dreams*. Interestingly, *Dynasty Warriors*' 15th anniversary was in 2015 but Koei Tecmo was unable to celebrate due to other projects taking up their time, so they'll celebrate this year.

Enjoy all the exciting games, surprises and announcements on the way for 2016!

Chill with chili

By **DANIELLE S. FUECHTMANN**

One of the perks of having a best friend with chef's training is access to cooking advice via text message. Heather Macklem has taught me almost everything I know and her recipes are some of my favourite go-tos, especially her tomato chickpea soup! This week she graciously agreed to let the *Nugget* publish her recipe for chili.

Ingredients

- 500 g ground beef
- 2 medium white onions, diced
- 1 green bell pepper plus 1 red bell pepper, seeded and diced
- 4 celery stalks, diced
- 1 finely diced jalapeño pepper (leave in the seeds for a spicier chili)
- 4 finely diced cloves of garlic
- 1 can of diced tomatoes
- 1 can of white kidney beans
- 1 can of tomato paste
- 2 tbsp chili powder
- 1.5 tbsp cumin
- 1 tbsp dried basil
- 1 tbsp dried parsley
- 1 tsp unsweetened cocoa powder
- 1/2 tsp cayenne pepper
- salt & pepper to taste
- 1 tbsp cooking oil
- 1 cup of rice
- 2 cups of water

- 1/2 tbsp cooking oil
- pinch of salt

Directions

In a large soup pot, brown the ground beef. Once cooked, drain the beef and set aside. In the same pot, add the cooking oil, onions, peppers, celery, and garlic; cook until the onions are translucent. Add the dry spices, and stir them with the vegetables for three minutes, then add the canned tomatoes, kidney beans (with the liquid), and tomato paste. Simmer for 30 minutes or until desired consistency. While the chili simmers, cook the rice, following the instructions on the package.

Serve the chili on a bed of rice with a dollop of sour cream and some grated cheese.



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