

THE NAIT NUGGET

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

STUDENT HURT IN FALL

Classes cancelled after incident, page 3



Photo by Tim Potter

The lower floor of the CAT Building where a student fell is blocked off Feb. 6 while officials investigate.

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NEWS & FEATURES

Who wins war of words?



A.J. SHEWAN
Issues Editor

Though the upcoming Alberta provincial election is more than two years away, the rhetoric from both sides of the aisle is already in full swing. For his part, PC leadership frontrunner Jason Kenney has some truly transformative ideas for his vision of Alberta under a conservative rule. Those ideas could run afoul of national policies, to the detriment of Alberta.

While some ideas presented by Kenney, like scrapping the carbon tax, have resonated strongly with voters province-wide, there is still much uncertainty looming over whether his vision fits with the changing fabric of the Canadian electorate. Scrapping the carbon tax appeals to many in this province who think they are being over taxed

and under represented by elected officials who appear tone deaf to their concerns. Unfortunately, it isn't that simple. The Trudeau Liberals have recently given approval to two pipelines, opening new markets for Alberta's struggling energy sector. For his part, Trudeau claims that these new projects were given greater weight because of Alberta's plan to put a price on carbon, something he's promised to introduce to every jurisdiction across Canada in the very near future. Should Kenney be elected and scrap the tax, vowing to protest an imminent or imposed federal carbon price alongside other holdouts like Saskatchewan Premier Brad Wall, it is well within the realm of possibility for Trudeau to block or play politics with future oil pipelines like the widely sought Energy East proposal.

The war of words between provinces and the federal government makes great headlines and provides fodder for nightly news hours but does little to further the Can-

adian economy. Should Kenney and Wall stand together in opposition to the federal position on carbon, it will not be the federal government who ultimately suffers but the individual provinces and their resource producers. It is these resource revenues that



Jason Kenney

provinces rely so heavily on for their prosperity and infrastructure spending. If federal approval of new pipelines is delayed because of resistance to social policies, one option is to look south for exports to and via the United States. While this seems reasonable in principle, changing administrations south of the border have led to tough talk on imports and a desire to seek out a total net benefit to the United States and its taxpayers. In short, this means any Canadian oil

shipped south of the border for refinement or export could be slapped with a 30 per cent border tax. These extra costs will leave less money in the hands of producers and provincial governments. It appears that co-operation with the Canadian federal government is not only desired, it is essential.

For Wall's part, while he talks tough about waging war on the Trudeau government over carbon pricing, one only has to look at the recent health care negotiations to witness his government's resolve. The four Western Provinces were steadfast in their opposition to any kind of deal with Ottawa over health care spending and it appeared as though a stalemate was at hand. Then, out of the blue, Saskatchewan folded and signed the new health care deal. A steely resolve indeed.

This leaves the Canadian oil and gas producers, who recently announced a 23 per cent increase in the number of new wells forecast to be drilled across this country in 2017. Their representatives, the Petroleum Services Association of Canada (PSAC), expect 2,706 of those new wells will be drilled in Alberta, up from the original 1,900 forecast. This is great news for Albertans and means getting people back to work. All of this upcoming prosperity could face a real challenge were a new Alberta government to impose policies that could ultimately lead to a nasty battle with Ottawa. For Kenney, talk is cheap but concrete actions and resolutions are entirely more difficult.

OneCard in NAIT's future

By A.J. SHEWAN
Issues Editor

With the multitude of supplies students must pack around, a project on the horizon to make student life easier by combining some of these necessities is welcome news.

The OneCard is a project NAIT has been working towards for a number of years with the goal of moving campus credentials onto a single card. To make it truly impactful, co-operation has involved as many on-campus groups as possible, such as the NAIT Students' Association and Food Services.

NAIT hopes that when the first phase is implemented, the new card will allow students to integrate many services on campus "that would vastly improve the student service and student experience. NAITSA is extremely excited about being a part of it," said Jason Roth, NAITSA advocacy director.

"You would load up your card with money. Your descending balance could come out in multiple ways," Roth said about the benefits of a one card.

"You're not going to have separate balances for photocopying and food services.

You can, if you choose, to program it that way but you could just have money come out and go to separate accounts."

For Roth, the improved student experience is something for which he is very excited.

"No more standing in line," he said. "You can use these systems in multiple ways to get students their IDs faster. Perhaps, in the future, students could show up on campus with their ID cards in hand. Certainly there would be no waiting for U-Pass stickers. Far faster lineups in any of the food services places on campus because it's just tap and go, if you have money on that."

For students who wish to still use their credit or debit cards that will always be an option, "but it (OneCard) would make things a heck of a lot faster."

For Roth, NAIT is going above and beyond on the OneCard consultation and implementation process.

"You always get concerned that some-

body is not going to be involved who should be involved or that you're going to get into a project this big and cheap out on it, not go with the best possible solutions. I didn't see that here. I saw NAIT do this properly start to finish, I'm very proud of them."

Campus services are not the only thing NAIT and the rest of the smart card committee would like to see on a OneCard. In the future, the U-Pass will be integrated as well.

"The city has started moving in that direction. They've funded it and are starting to outfit buses. Same with the other transit services that are involved in U-Pass. Your smart card should work as a U-Pass on all of them," adds Roth.

"We're big believers in it, we're big believers in the process that NAIT went through," Roth says, referring to the multi-year process that has recently led to NAIT sending out requests for proposals to start implementation across campus.



Jason Roth
NAITSA 'excited'

When asked how soon students and faculty can expect to see action, Roth sees an early timeline.

"NAIT has a number of different projects in their project queue. We're hoping it's this year and that we start to get it going in 2017. It's funded, it's approved and it's going to happen," he said. "This is time and labour intensive, a lot of work will go into and it's not the only thing NAIT has going on."

The impact that a project of this magnitude will have on students and faculty is not lost on Roth.

"I think that this is an absolutely worthwhile thing, not just for the fact that NAIT is a technical institute and should have this kind of technology on campus but I think it will enhance the student experience.

"The only downside to this is that the students who are towards the end of their programs will not get to experience the benefit but the students coming to NAIT in the future will. This is going to drastically reduce all sorts of lineups and increase the positive experience that students have on campus."



Photo by Jenny Lau

Concerned students sign cards Tuesday at the CAT Building near where the victim fell.

Well wishers step up

By DANIELLE S. FUECHTMANN
Editor-In-Chief

"I was surprised by the overwhelming support people had for each other," Jenny Lau, NAITSA communications and engagement director, said about the outpouring of support from the NAIT community after a student sustained serious injuries from a fall in the atrium of the Centre for Applied Technology on Monday, Feb. 6.

The incident occurred at 10:55 a.m. and emergency personnel responded quickly, taking the student to the hospital. He is in stable condition and remains under medical care. The incident was non-criminal in nature and while NAIT remains in contact with the student's family and offers support, the institution emphasizes the importance of respecting their privacy.

All classes in the CAT Building were cancelled for the remainder of Monday afternoon and evening; counselling services were promptly made available to students and staff and increased resources were brought in to help.

The Students' Association recognized the need for an opportunity to express their

feelings, to connect and heal. Lau says that while they were pulling together a space to create cards and write messages, they weren't sure what would happen.

"At the beginning," she says, "people were confused about what we were doing; we didn't really advertise much because it was so impromptu. But eventually people just knew and flocked to us, making cards, signing things. Everyone was connected, they were talking to each other."

Both counselling and additional supports will continue to be offered on campus for anyone who needs it. Tanya Spencer, NAIT counselling lead, says that NAIT is doing everything they can to ensure that everyone on campus can access support during this time. Thanks to contract counsellors they already regularly work with and the support of other campuses, including MacEwan, they have been able to increase their capacity by about 30 per cent.

NAITSA President John Perozok hopes that the student will return to campus. "We want to have you, we wish you all the best and that you would get well soon."

Perozok was off-campus on Tuesday but was proud to see the campus commun-

ity band together in support. "It was great to see the NAIT community as a whole – staff, students, faculty – there was a lot of genuine concern."

Glenn Feltham, NAIT president, said in an email to staff earlier this week that "NAIT is a caring and compassionate community ... mental health is important at NAIT, as well as the broader focus of ensuring that we have a healthy and safe environment for everyone."

NAITSA spokesman Jason Roth encourages students to seek counselling and help.

"All of us have our thoughts with the student; and our thoughts are also with those people that saw the incident. We hope for the best for the student and we hope that they have a quick recovery."

Students can access counselling in the HP Centre in W-111PB. Counselling is available from 8 a.m. to 4:30 p.m. To book an appointment, students can call 780.378.6133, stop by the office or fill out the form on the NAIT counselling website to book a regular appointment. After hours, students can access the 24/7 Edmonton Distress line at 780.482.HELP (4357).



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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.

Want to have a U-Pass? Vote!

This month, hitting the polls is an important task for NAIT students. In addition to electing our new NAITSA executives, students will be voting on the upcoming referendum for the U-Pass contract.

“I can’t tell you how to vote but if you don’t vote and you want your U-Pass, you risk losing it,” says NAITSA Advocacy Director Jason Roth. “We have to get 10 per cent of eligible voters out to vote. Just staying home and saying ‘People will pass it on my behalf’ is the same as making the decision to get rid of your U-Pass.”

While some NAIT students grumble about the mandatory U-Pass fee, the deal – especially the newly renegotiated contract – is a bargain for students.

“In Year 1 of the next contract, starting September 2017, and the following Year 2, the price will remain at \$170, increasing to \$175 in Year 3 and \$180 in Year 4.”

Plus, the deal adds new municipalities, increasing the service area to encompass Edmonton, St. Albert, Strathcona County Transit, Fort Saskatchewan, Spruce Grove and Leduc.

With an increase of \$10 over the next four years, transit users wanting to know how this compares to a monthly pass may be surprised. “Our discount over what you would pay in buying monthly passes would actually increase over the term, right now we’re at 50 per cent.”

“We feel it is a very good deal for students and typically when things aren’t that

controversial, it doesn’t stimulate enough interest. This isn’t all that controversial this time around because there isn’t a price increase for the first two years and there are more municipalities on it. There’s much more value for it so students might say ‘Sure, I’m OK with it’ but then they don’t vote.”

The referendum voter turnout requirement means that not voting is essentially a vote against the pass. “If you’re not OK with it, vote against it, if you are in favour of it, vote for it.”

There are some added benefits to the new deal, including an earlier start date and a pilot project for replacing lost cards at a prorated cost.

“In the new contract starting in the fall of

September 2017, your U-Pass will be valid starting Aug. 25, not Sept. 1. So the week before things get underway you can get your U-Pass and use it to come to campus, get your books, do your orientation. We’ll start giving out those stickers well before the 25th, a week or perhaps two weeks early.

“We also have a program that we were testing as a pilot that we have written into the new contract. If you lose your U-Pass, if you have to replace it, as the months go by there is a prorated cost. If you lose it after September, in October you will only pay 75 per cent of the cost, 50 per cent in November, and 25 per cent in December. Same thing goes for the winter semester,” Roth said.

“For heaven sake, don’t not vote.”

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WE HAVE THE STUDENT SENATE

The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

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OPINION

— Editorial —

Be kind to each other



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

It's been an emotional week on campus.

February is often a tough month, it's in the midst of a long, cold dark winter and, for students, it also means mid-terms and the toll of the school year.

There's a little tea shop by the university campus that my friend and I used to visit when we needed a pick-me-up because it was the perfect home-y place after a long week. One day, as we sipped our drinks and discussed our day, we discovered that in the slightly creaky old wooden table there was a drawer full of notes that people had left for the next visitor to discover.

Indelible mark

Some of these notes were wistful, some like manifestos from budding activists and some just thoughtful. The one that left an indelible mark on my heart was a crumpled piece of loose leaf paper with a definition on it.

"sonder n. the realization that each random passerby is living a life as vivid and complex as your own – populated with their own ambitions, friends, routines, worries and inherited craziness – an epic story that continues invisibly around you like an anthill sprawling deep underground, with elaborate passageways to thousands of other lives that you'll never know existed, in which you might appear only once, as an extra sipping coffee in the background, as a blur of traffic passing on the highway, as a lighted window at dusk."

There's no precise source or etymology for the word. It doesn't appear in most dictionaries and it appears to have been coined by *The Dictionary of Obscure Sorrows*. Regardless of the heritage and birth of the word, it represents a beautiful idea and one that I think is particularly good to consider during times like this.

Strong community

While NAIT has come together as a strong community in the light of this week's events, I encourage you to continue this and consider the idea put forth by sonder.

As you pass your peers and other members of the NAIT community in the hall, consider the depth and vibrancy of your internal mind. While none of us are privy to the thoughts and private experiences informing each others' lives, each of us have them. Remembering this, particularly as we react to each other, is an important way to create a compassionate and supportive community.

Unfortunately, it can be easy to forget that we all have different experiences that affect the way we process and react. While we may come together in light of shared situa-

tions, each of us bring our own perspectives with which to consider the event.

What is easy, however, is to react emotionally; my challenge to you is to temper these extremes and be cognizant of the different feelings we all have. As you scroll through Facebook or Twitter, support and encourage each other, share your experiences and emotions, and uplift each other. While some of the things your peers share may seem foreign, in opposition to your own feelings or even inappropriate, consider their perspectives and perhaps allow them the space to experience their sorrow or distress.

Be kind to each other.

If you are feeling distressed or upset by this week's events or anything else, I encourage you to take advantage of the resources and people available to you. Students can access counselling in the HP Centre in W-111PB. To book an appointment, students can call 780.378.6133, stop by the office or fill out the form on the NAIT counselling website to book a regular appointment. After hours, students can access the 24/7 Edmonton Distress line at 780.482.HELP (4357).

What makes NAIT's community, and any, vibrant is a wealth of perspectives and experiences. Spend more time talking to others and consider what sonder means to you.



Photo by Jenny Lau

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SPORTS

Fans of Falcons grounded



By **MICHAEL MENZIES**
Sports Editor

To be or not to be ... a sports fan. That thought rattled around in the brains of every Atlanta Falcons fan Sunday night, Monday morning and until the end of time. The Patriots fans in the midst of pure ecstasy, Falcons fans cancelling classes for university students, they were so distraught.

In the hierarchy of miserable, terrible, rotten sports cities, Atlanta is often overlooked. A couple months ago, our feature, Keeping Score, explored the most miserable towns in sports. Atlanta didn't even get a mention. They aren't even a sexy choice for worst sports cities. The deeper you dig, however, the more compelling their case becomes in light of Sunday's don't-touch-that-dial-or-you'll-miss-the-biggest-choke-of-your-life event.

Atlanta doesn't have the same cachet

of pure futility as a Cleveland does on the Sports Fan Misery Table (self-made, of course). Cleveland proudly flaunted its badge of ineptness for decades but their NBA team, the Cavaliers, have finessed their way out of the table. Atlanta doesn't have the same feel as a Buffalo, either, most likely because of Atlanta's warm climate. They can't be as depressed as a Buffalo Bills or Cleveland Browns fan. In those places, weather doesn't even cut you slack. But then again, the San Diego Chargers just lost their team, with no pro championships won.

Maple Leafs fans – a true core of obnoxious, entitled fans – don't embrace their ineptitude as much as Cleveland or Buffalo because they can always cling to Syl Apps, Johnny Bower and Fifty Mission Cap.

The Atlanta Falcons don't have old memories to cling to. In a year where they surprised everyone by even making the Super Bowl, this was the best Falcons squad ever. To be up 25 points in the Super Bowl is a pretty tremendous feeling for a fan of a team that has never won a Super Bowl. Not to mention

they lost two hockey teams 30 years apart, house one of the quietest NBA fan bases and pass time with a baseball team that was really good 20 years ago. The moment of triumph had finally arrived.

How do you cope as a fan after a complete collapse? Analysts are quick to say the Falcons do have a young core an MVP quarterback, a physical specimen of a receiver and a quality coach who has won a Super Bowl as an assistant.

If you're a Falcons fan, you know this already. This will also not ease your pain. In fact, nothing will. As an 18-year-old Oilers fan, I have one foggy memory of Global News reporting bonfires on Whyte Avenue but that's it. And that was a while ago. Imagine the Oilers leading 4-0 in the third period of Stanley Cup Final Game 7, then losing in overtime from a wrist shot from the point that had eyes. You would puke. If I was an Atlanta Falcons fan right now the collapse would be unimaginable.

The funny thing about sports is you hear the phrase, 'Well, at least we got to the Super Bowl,' all the time. Sure. It's

true, in a way. You were the second best team and lost to only the best. That's more than other teams can say. But this isn't a consolation. It only makes you feel worse. It only reminds you of how you should be a winner. It only makes you question why you're even involved in this whole charade that has no ramifications for other parts of your life. You sit and invest hours of your limited time on earth, spend hundreds of dollars on team paraphernalia every season, and after monumental, catastrophic losses you have to ask ... why do I even do it?

Only one team wins every year. After that, only really good teams win again after that. The smartest and most versatile teams somehow manage to win five times, go to the dance seven times and always be in the mix. It's unfair.

It's brutal being a sports fan. Since you're part of one community, you could live forever and only be disappointed with the results of games you can't control and people who are just doing their own thing. Yet, you have just as much of a personal stake in it as they do, it seems.

Sports is unfair and somewhere in those championship moments, winning blurs the division between meritocracy and just pure luck. A fan is left with hands wrung around the couch cushion, pretending to strangle the daylights out of Tom Brady.



BASKETBALL

Women continue torrid pace

By **MICHAEL MENZIES**
Sports Editor

Another weekend and another two wins for the women's basketball team. Squaring up against the also hot Concordia Thunder, the Oaks won Friday night 77-57 and Saturday 66-61 at home in overtime leaving no doubt about who controls the North Division.

Sydney Hurlburt stood out for coach Todd Warnick and tied her season high with 23 points. Her shooting from range is just another weapon defences have to account for and, in 21 minutes, she went four for six from downtown. The consistent performance for four straight quarters was classic Oaks ball and the team played efficiently, shooting 41 per cent from the floor. The Thunder were within striking distance at the half, down only 13 but the Oaks tightened their defence and, as usual, finished with a strong road performance.

Having stolen the game on Thunder floor, the Oaks knew Concordia would fight

to give them their first loss on home court all season. The bench tightened for Warnick and Jordan Enns' stamina was tested as she played a team-high 37 minutes. With nothing seeming to separate them in the fourth quarter, NAIT crawled back with the help of Shae-Lynn Noyes, who scored eight points in the Q to send the game into overtime. Concordia's Nakita Newman had other plans, however. One of the ACAC's leading scorers, she tied the game at 56-56 with 30 seconds to play. As overtime tipped off, quick baskets by Torey Hill, Alyssa Bridgeman, and Enns gave the Oaks a crushing seven-point lead, which they didn't relinquish en route to the victory.

Hill continued to rack up the numbers in the stat column and her weekend totals reached 28 points and an impressive 36 rebounds. Sitting first in the ACAC's North Division, NAIT is ranked seventh in the country as the final weeks of the season are upon us. The Oaks will take their 14-game winning streak to

King's University this weekend. Catch your Oaks Saturday night at 6 p.m.

Men

The men's basketball team started the semester six weeks ago first in the North Division. After injury troubles and some tough losses, they slid in the standings. Last weekend was their chance to test their mettle against current first place squad Concordia Thunder. Coach Mike Connolly's team split the games, winning on the road 84-76, but falling Saturday at home 96-75.

The Oaks starts have not suffered despite their tightened player rotation and, after a 23-13 first quarter, the frisky road team dictated the play. Although coach Connolly alluded the weekend prior that perhaps the minutes were wearing on all-star Jackson Jacob, he played the full 40 minutes and cruised for 32 points in the process. With only seven players seeing the court, Jacob wasn't the only player tied to the hardwood as teammate Jamal Hinds

touched 40 minutes and floor leader Sebastian Cava also hit 35-plus minutes. Concordia's putrid shooting from three-point range was one of the reasons that, despite their push back, they didn't close the gap and the Thunder fell by eight points.

Five more splashes fell the next night though and this success, plus a 48-29 edge in rebounds confirmed the split for the Edmonton rivals. Connolly knows his team can score but preaches defence and the Oaks have slid due to those personnel issues in the last four weeks. Fewer players also means more shots for top scorer Jacob who did score 35 points on 30 attempts – three times as many as any of his teammates. Despite only starting the half down a basket, the Oaks got blitzed in the second.

At 15-5, the Oaks are going to provincials next month in Medicine Hat. Meanwhile, they must stabilize their defence and find consistent secondary scoring. The season continues Saturday against King's at 8 p.m.

HOCKEY

Men split weekend with Augustana

By CLAIRE STANHOPE

The NAIT men's hockey team shouldered a win and an overtime loss this weekend against the Augustana Vikings. Friday's game at NAIT was a solid 5-1 victory but the away game was a 4-3 loss in three-on-three double overtime.

Tyler Yaworski made it clear five minutes into Friday's game that this would be a fierce one with an earth-shaking hit on Augustana's Paul Lovsin. The hit was clean but it sent a clear message to Augustana: 'we're not messing around tonight.'

The first period ended with NAIT having one goal on the scoreboard, courtesy of Jordan Abt. The Oaks barreled in three more goals in the second before Augustana made its mark with less than a minute left in the period. NAIT got a little rough after the Augustana goal. Brett Magee earned a double minor for roughing and Jake Mykitiuk landed a 10-minute misconduct for unsportsmanlike conduct just three seconds after Magee.

With NAIT two men down to start the third period, Augustana fought hard to get the puck past Brendan Jensen. Jensen blocked all 12 Augustana shots in the third, having already made some astounding saves in the previous periods. Mykitiuk scored one more just after his 10-minute misconduct expired to seal the win.

After this weekend, NAIT sits top of the league with 39 points and a guaranteed playoff spot. SAIT lingers right behind with 36 points and two games in hand. NAIT faces off against Concordia next weekend, with their final regular-season home game on Friday at 7 p.m.

Women

The women couldn't seem to beat the MacEwan Griffins this past weekend, losing Friday's away game 3-2 in a shootout and Saturday's 2-0.

NAIT's Kendra Hanson scored the first goal of the game Friday and was the only player to leave a mark on the scoreboard for the first two periods. Veronika Kuzelova scored half-way through the third period to bring NAIT up 2-0. Unfortunately, MacEwan tied the game

with five minutes left in regulation to put the girls into overtime. Though they'd outshot MacEwan the entire game, NAIT only landed three shots in both overtime periods compared to MacEwan's 11. Tara Bouvette's fantastic night in net, stopping 37 shots, was squandered, and MacEwan won in the shootout.

Saturday's game was also a goal-tending battle as MacEwan's goaltender Sandy Heim stopped all 50 of NAIT's shots to win with a shutout. NAIT totalled 99 shots this weekend but Heim only allowed two, giving her a 0.980 save percentage for the weekend and earning her player of the game for both Friday and Saturday's games.

Despite this weekend's losses, the girls have clinched a playoff spot. They currently sit third in the league with 26 points, behind MacEwan at 28 and Red Deer at 31.

The women play Olds College next weekend, Thursday away and Saturday at home. Olds College is currently on a seven-game losing streak, so NAIT hopes to keep that streak going. Saturday's game is at 6 p.m. in the NAIT arena and is the second-last home game of the regular season.

•••

Meanwhile, the women have added a new defenceman to their roster for next season. Alyssa Bertucca, from the Barrie Sharks will be wearing No. 19 for the Oaks.

Coach Martin is excited to have Bertucca join the team, noting that she is a great defender with mobility and a shot. She is from Ontario where the Oaks have been working hard to expand their recruitment landscape.

"I chose NAIT to get out of my comfort zone and leave Barrie," commented Alyssa. "I love the game and wanted to continue playing after high school."



Photo by Rai Hooper

Look forward Wyatt Noskey carries the puck in a game last semester against the Augustana Vikings. On the weekend, the men played Augustana again, splitting the series.

Athletes of the week

Jan. 30-Feb. 5

Kai-Li Huang Badminton



The Oaks badminton team wrapped up its regular season this past weekend with Tournament #3 at Concordia. Kai-Li helped lead her team to a first-place finish, winning mixed doubles and finishing second in women's singles. In mixed-doubles, she teamed up with partner Andy Ko and defeated teammates Ryo Kuramochi and Jeff Ko in the final. The singles event saw Kai-Li advance to the final before falling 21-14, 21-18 to Concordia's Takeisha Wang. "Kai-Li is a positive influence and a good mentor for our rookies this season," said coach Sinead Cheah. "She is a team player excelling this year on and off the court." Kai-Li is a third-year Open Studies student from China.

Imran Wadia Badminton



When Imran joined the NAIT Oaks badminton team this season, no one knew the impact he would eventually have on the program. Imran completed his final regular season tournament on the weekend at Concordia by continuing to dominate competition. He won both the men's singles and doubles events. He remained unbeaten on the season in men's singles, defeating teammate Nick Roque in the final 21-18, 21-14. He then teamed up with rookie Tyler Walsh and won the doubles event, defeating the NAIT team of Jeff Ko and Jason Rausch 22-20, 21-16 in the final. "As a first-year Ook, Imran has integrated well into our team dynamic," said NAIT coach Sinead Cheah. "He is a great role model for future badminton players at NAIT." Imran is a second-year Wireless Systems Engineering student from Calgary.

CANDIDATES FOR PRESIDENT

**JAGRIT BAJWA** candidate for **PRESIDENT**

It has been great two years of life at NAIT and I am about to complete my accounting degree now. Over this period of time, I have learned a lot, volunteered a lot and have successfully overcome many complexes I had. All those little volunteer opportunities kept building me as a person and brought clarity in the purpose of my life.

Being the first ever international student in the history of NAIT to run for executive council elections last year brought such an awareness for other students that one of the international students later ended up being a vice-president during the bi-elections that were held and was a proud moment for me, internally. And co-incidentally, this time only two people are running for President positions and both are international students.

Previously, I volunteered for Boyle Street Community Services, Bissel centre, International students club and many other numerous places and organizations. All those little learnings each time I volunteered, gave me a chance to attend United Nations Youth Assembly Conference held in UN Headquarters, New York in early February this year.

I played a lead role in bringing the awareness of diversities and collaborating with them through the introduction of NAIT Bhangra event which went highly successful in the previous semester. Being a student ambassador in one of the committees in Federal government has brought in me a great leadership enthusiasm to work for inclusiveness from a perspective of collaboration.

If you want me to work for the identities of different cultures, providing respectful environment, providing platforms of interactions and lead students to be leaders of the future, then please vote to extend your support to the intention I have.

I will open up volunteering opportunities for many to learn the way I learned and how I became successful as an individual who was earlier going through the hardest of times.

Inclusiveness is what I aim for. Bringing oneness through overall good of everyone.

Thanks,
Yours (Jaguarr)

**DORIS CAR** candidate for **PRESIDENT**

Hello fellow students,

The Fortune Cookie Lady is back! For those who haven't had the pleasure of meeting me during the last few elections, my name is Doris Car and I am running for President for NAITSA's Executive Council.

First of all, thank you to all the great people that supported me in becoming NAITSA's VP Academic this January. My work for NAIT Students' Association is not just a job, it is far more. I love to be involved and serve the student body to ensure the best post-secondary experience. As a hardworking individual I do not give up easily and I will protect our rights as students.

My biggest goal next year for us as students would be to advocate for more transparency regarding student fees (e.g. Recreational Fee, Locker Fee, Tuition, etc.). Do you know exactly how your money is being allocated? Is the price of CAD 16, - for a half locker and CAD 32, - for a full size locker appropriate? I believe that transparency with student fees is important.

Another important goal is to continue the work my team started this year. This means following up on the solution plan for water fountains in the CAT building. Furthermore, work on getting better communication tools to promote clubs and student events throughout all the NAIT Campuses including our satellite campuses, Souch, Patricia, Spruce Grove and Calgary. I will also keep on working with John Perozok to bring more awareness towards our Open Educational doing Resources (OER) project.

At the moment I am involved on few important tasks. I would like to make a 5-10 minute "How to apply for Scholarships" video tutorial and have it broadcasted on NAIT's homepage before the next student orientation in fall. As well, I started discussions on a Fall Reading Week, which I would like to continue as part of the new Executive Council Team.

Furthermore, I was able to address various scheduling issues within different programs at NAIT this semester. Good news, NAIT is working on implementing the changes for next fall term. As problem solver and negotiator I was able to help students with their academic complaints, which was an important matter to me.

As Vice President Academic I have successfully attended many meetings and events representing students. My position enhanced my leadership skills and I have proven to be able to serve you. I feel that I have achieved a lot as VP Academic and would love to continue doing so. I believe that with my insight and knowledge I would be the best candidate to represent the students of NAIT.

Please feel free to approach me on campus or Facebook. I want to hear your voice, your concerns, and together we can make this the best campus in Canada. With your vote you would support me to become your NAITSA President.

Thank you and may the Fortune be with you!
Doris Car

NAITSA EXECUTIVE COUNCIL 2017/2018

VOTE FEBRUARY 10 - FEBRUARY 16 @ 4PM BY LOGGING INTO YOUR STUDENT PORTAL

REFERENDUM & ELECTION INFORMATION BOOTHS OPEN FEB 15, 4PM - 7PM

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre (2nd Floor) | CAT Building

REFERENDUM & ELECTION INFORMATION BOOTHS OPEN FEB 16, 10AM - 2PM

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

Disclaimer: The submissions included in this information piece were written by each candidate and are published as submitted. The opinions and positions expressed herein do not necessarily reflect the opinions or positions of the Nugget or NAIT Students' Association.



BRENDA NEEDHAM candidate for VICE PRESIDENT ACADEMIC

Hello NAIT Students!

- Do you have ideas that could make NAIT better?
- Do you want to have a say in how your education and experiences are structured?
- Do you want your voice to be heard?

If so, I want to know. My name is Brenda Needham and it would be my honour and privilege to represent YOU as a member of NAITSA Executive Council, VP Academic. Studying my Bachelor of Business Administration (BBA) majoring with a focus on Human Resources Management, in pursuit to finish my degree in my fourth year, I believe I am ready and willing to go outside of my comfort zone to perform the roles and responsibilities necessary to have your voice heard in how your education is designed.

What are the main responsibilities of VP Academic?

- To act as the official liaison to NAIT Academic Council;
- To act as a resource on issues arising between students and other students or the institution;
- To develop a working knowledge of NAIT's Academic Regulations in order to maintain the ability to advocate for student academic rights.

Why vote for me? Well, in addition to being completely awesome, some other qualities I possess include:

- Attention to detail
- People focused
- Excellent communication skills

- Interpersonal skills
- Leadership skills
- Team player
- Knowledge of academic environments
- Integrity, passion, and respect

I believe that my experiences, knowledge and skill set would make me an ideal candidate to be here for you, the students, and listen to what it is you have to say. I have experienced different facets and dimensions of being a student at NAIT. I began my program as a part-time student, attending evening classes while gaining real-world experience in different organizational environments. Now a full-time student attending day classes, I understand what it is like to juggle school, work, family, and personal time. I have actively volunteered for my community league and my children's school as Treasurer and President of the Parent Association. I believe that I am ready to take on the challenge of representing you, a member of NAITSA Executive Council, VP Academic.

I don't always accept new challenges, but when I do... I want to do it big.

Do you want your voice to be heard? If so, vote Brenda Needham. It would be my honour and privilege to represent YOU on the NAITSA Executive Council as VP Academic.

Remember to get out and vote before February 16, 2017 (4pm)! You can make a difference by taking the time to vote.



NAOMI PELA candidate for VICE PRESIDENT EXTERNAL

Hello fellow friends and students!

My name is Naomi Pella and I am running for Vice President External of the NAIT Students' Association. In my two and a half years at NAIT, the positive experiences that stand out the most for me are the times I have spent building great relationships with my wonderful peers and instructors. These experiences were doubly rewarding, as they also taught me the importance of good communication, collaboration, and networking skills, and provided me foundational opportunities to develop as a student and a person.

As a BBA student in Accounting, I understand the struggles of finding a job and setting yourself apart in the eyes of employers. Making sure you have the knowledge and skills needed to find employment, and developing a strong understanding of industry are vital aspects of student life. While these are things we can attain through our studies, there are several other supports in place that NAIT offers to help us with our development as emerging professionals.

My approach to the role of VP External is one geared to helping my fellow Oaks improve their own tools and support systems for engaging with industry. Specifically, I intend to accomplish this through collaborating with different departments at NAIT, which have established contact points in industry, in order to ensure that your needs are met. By working with the different programs at NAIT and

industry representatives, I would build bridges between your school and work experiences, and ensure the availability of a variety of program specific contacts and resources.

Furthermore, events such as case competitions, the Career Fair, and information sessions provided by employers are very valuable resources. I think it is very important that, as students, you are able to provide feedback as to the effectiveness of these resources. As future professionals we truly are "essential to Alberta." Solutions at NAIT should be equally beneficial to employers as well as students.

Being a liaison between the student body and local government is important in ensuring that students are provided quality services such as the U-pass, as well as health and wellness plans. In addition to stewarding these essential benefits, my mission is to highlight and strengthen the student body's relationship with external bodies, in order to provide effective networking opportunities for students across programs. I want to dedicate my work to improving your experience, and to helping you succeed in your path to your career.

As such, I would like to challenge you to think about your needs and how they could be met, and share these thoughts with me as I roam the halls of NAIT. I would love to chat with you and hear about your ideas and concerns!

Vote Yes – Naomi Pella for VP External



CALLI-RAE BARKER candidate for VICE PRESIDENT STUDENT SERVICES

Hello fellow NAIT Students!

My name is Calli-Rae Barker and I am running for Vice President Student Services for the NAIT Student's Association (NAITSA). Currently, I am in my 4th year of my BBA, with an emphasis in Human Resources.

Throughout my time at NAIT, I have been a motivated student and a dedicated leader on campus. In 2014/2015, I completed level 1 of the LEAD program at NAIT, where I spent my school year volunteering for great organizations. In 2015/2016, I was elected in to be a NAITSA Senator for the Business Administration program. This past year, I have worked as an Event Coordinator on the Campus Activities Board (CAB) with NAITSA.

I am extremely passionate about being involved in extracurricular activities and am committed to the students at NAIT. It would be a pleasure to be your VP Student Services for the upcoming year. I want to ensure that NAITSA continues to work hard at supporting and creating opportunities for NAIT students.

I look forward to meeting many more students during this election. I am here to listen to your needs and to ensure that I do everything I can to enhance your post-secondary experience.

 **STUDENT ELECTIONS**
your voice, your vote

ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RW	OTLT	GF	GA	L10	STK	Pts
x-NAIT	24	19	5	18	1	0	116	58	8-2	L 1 39
x-SAIT	22	17	5	15	2	0	87	53	9-1	W 3 36
x-MacEwan	24	17	7	14	1	0	104	61	6-2	W 2 35
x-Augustana	24	15	9	13	1	0	87	62	7-2	W 1 31
Red Deer	22	8	13	8	2	1	61	72	1-6	L 6 19
Concordia	24	8	16	7	1	0	74	97	4-6	L 1 17
Briercrest	26	4	20	2	2	2	66	1362	7-1W	1 12
Portage	22	4	17	4	1	1	65	1210	8-1L	2 10

NOTE: Top six teams qualify for playoffs.

x - clinched playoff spot

Results

February 3

NAIT 5, Augustana 1

Concordia 6, Briercrest 3

MacEwan 6, Red Deer 3

February 4

Augustana 4, NAIT 3

Briercrest 4, Concordia 3

MacEwan 5, Red Deer 1

WOMEN'S HOCKEY

Team	GP	W	L	RW	OTLT	GF	GA	L10	STK	Pts
x-R. Deer	22	14	8	14	3	0	58	41	6-4	W 3 31
x-M.Ewan	22	14	8	13	0	0	51	35	6-3	W 2 28
x-NAIT	20	12	8	11	2	0	56	47	4-6	L 3 26
SAIT	20	8	12	5	0	0	47	51	7-3	W 2 16
Olds	20	4	16	3	1	0	34	72	2-8	L 7 9

NOTE: Top six teams qualify for playoffs.

x - clinched playoff spot

Results

February 2

Red Deer 3, Olds 2

February 3

MacEwan 3, NAIT 2

February 4

MacEwan 2, NAIT 0

Red Deer 4, Olds 0

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
x-Concordia	20	17	3	34	1592	1356	7-1	Won 1
x-NAIT	20	15	5	30	1565	1464	4-4	Lost 1
Lakeland	20	13	7	26	1429	1351	6-3	Won 2
Augustana	18	10	8	20	1369	1424	5-3	Won 3
Gr. Prairie	18	5	13	10	1383	1411	3-7	Lost 2
Keyano	20	5	15	10	1441	1534	2-6	Lost 3
King's	20	3	17	6	1413	1652	1-9	Lost 5

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	15	12	3	24	1226	1030	7-1	Won 4
SAIT	15	12	3	24	1336	1263	7-1	Won 5
h-Med. Hat	15	12	3	24	1151	928	7-1	Won 4
Red Deer	17	11	6	22	1530	1380	5-5	Won 2
Briercrest	15	5	10	10	1090	1218	3-7	Lost 4
Ambrose	15	5	10	10	1199	1214	4-6	Lost 2
Olds	15	3	12	6	1121	1324	1-9	Lost 8
St. Mary's	17	2	15	4	1245	1541	2-6	Lost 6

x - clinched playoff spot

h - championship host

Results

February 3

NAIT 84, Concordia 76

Red Deer 81, Briercrest 73

Augustana 99, Grande Prairie 93

Medicine Hat 10, St. Mary's 67

SAIT 95, Ambrose 93

Lethbridge 84, Olds 74

Lakeland 79, Keyano 75

February 4

Concordia 96, NAIT 75

Red Deer 107, Briercrest 69

Lakeland 60, Keyano 59

Augustana 91, Grande Prairie 89 (2OT)

Letjbridge 90, Olds 75

Medicine Hat 88, St. Mary's 63

SAIT 99, Ambrose 88

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
x-NAIT	20	19	1	38	1482	1052	8-0	W 14
x-CUE	20	14	6	28	1309	1141	5-3	L 2
Keyano	20	11	9	22	1297	1222	3-5	L 1
Lakeland	20	10	10	20	1226	1183	4-6	W 1
Augustana	18	9	9	18	1116	1084	5-4	W 2
King's	20	5	15	10	1004	1285	3-7	L 4
Gr. Prairie	18	0	18	0	795	1262	0-10	L 18

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
h-Lethbridge	15	15	0	30	1266	749	8-0	W 15
x-St. Mary's	17	14	3	28	1384	1020	10-0	W 10
SAIT	15	9	6	18	915	927	3-5	W 2
Medicine Hat	15	8	7	16	1049	1015	5-5	L 2
Red Deer	17	7	10	14	1109	1167	4-5	W 2
Olds	15	3	12	6	949	1159	1-7	L 4
Briercrest	15	3	12	6	853	1199	1-9	L 3
Ambrose	15	3	12	6	845	1134	3-7	L 2

x - clinched playoff spot

h - championship host

Results

February 3

NAIT 77, Concordia 57

Red Deer 68, Briercrest 57

Augustana 83, Grande Prairie 41

St. Mary's 82, Medicine Hat 66

SAIT 73, Ambrose 45

Keyano 60, Lakeland 57

Lethbridge 93, Olds 56

February 4

NAIT 66, Concordia 61 (OT)

Red Deer 82, Briercrest 52

Lethbridge 92, Olds 50

Augustana 62, Grande Prairie 40

Lakeland 70, Keyano 59

St. Mary's 105, Medicine Hat 70

SAIT 63, Ambrose 57

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Keyano	20	19	1	58	9	7-1	W 2	38
King's	20	14	6	50	27	7-2	W 1	28
NAIT	20	10	10	38	40	4-2	L 1	20
Augustana	18	7	11	29	41	1-4	L 4	14
Lakeland	18	6	12	21	40	3-7	W 1	12
Grande Prairie	18	6	12	28	41	1-5	W 1	12
Concordia	18	4	14	20	46	2-4	L 1	8

South Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Medicine Hat	18	15	3	49	15	6-0	W 9	30
Red Deer	18	14	4	48	16	6-2	L 2	28
SAIT	20	14	6	48	32	8-2	W 4	28

Briercrest	18	11	7	36	28	4-3	L 2	22
Lethbridge	18	8	10	36	34	4-6	W 2	16
Ambrose	20	4	16	16	49	2-7	L 2	8
Olds	20	0	20	1	60	0-10	L 20	0

Results

January 27

NAIT 3, Lakeland 1

(25-18, 22-25, 25-13, 25-22)

Lethbridge 3, Olds 0 (25-18, 25-15, 25-22)

SAIT 3, Ambrose 0 (25-20, 25-17, 25-17)

Keyano 3, Augustana 1

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

Concordia 3, King's 1

(20-25, 26-24, 25-18, 25-17)

Medicine Hat 3, Briercrest 1

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

January 28

Lakeland 3, NAIT 1

(24-26, 26-24, 25-21, 26-24)

Keyano 3, Augustana 1

(25-19, 25-22, 21-25, 25-20)

Medicine Hat 3, Briercrest 0 (31-29, 25-21, 25-17)

Lethbridge 3, Old 0 (25-19, 25-16, 25-14)

King's 3, Concordia 1

(25-17, 25-27, 25-18, 25-19)

SAIT 3, Ambrose 1

(25-11, 25-22, 18-25, 25-12)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
King's	20	18	2	54	11	6-0	W 13	36
Gr. Prairie	18	14	4	46	20	7-3	W 2	28
Lakeland	18	13	5	43	22	7-3	W 1	26
NAIT	20	11	9	43	33	6-2	L 1	22
Keyano	20	6	14	24	48	3-7	L 3	12
Augustana	18	4	14	19	45	2-8	W 2	8
Concordia	18	0	18	4	54	0-6	L 18	0

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	18	17	1	52	12	10-0	W 12	34
Red Deer	18	15	3	50	19	10-0	W 10	30
SAIT	20	15	5	51	24	8-2	W 2	30
Ambrose	20	7	13	30	48	3-7	L 3	14
Lethbridge	18	6	12	27	41	3-7	W 2	12
Olds	20	5	15	20	50	2-8	L 2	10
Medicine Hat	18	1	17	16	52	0-10	L 11	2

Results

January 27

NAIT 3, Lakeland 1

(25-19, 23-25, 27-29, 21-25)

Lethbridge 3, Olds 0 (25-14, 26-24, 25-21)

King's 3, Concordia 0 (25-20, 25-11, 25-22)

Briercrest 3, Medicine Hat 0 (25-23, 25-21, 25-21)

Augustana 3, Keyano 0

SAIT 3, Ambrose 1 (22-25, 15-25, 25-23, 22-25)

January 28

Lakeland 3, NAIT 2

(25-12, 25-21, 17-25, 21-25, 15-8)

Augustana 3, Keyano 1

(25-23, 18-25, 25-18, 25-22)

Lethbridge 3, Olds 1

(25-15, 18-25, 25-17, 25-19)

Briercrest 3, Medicine Hat 1

25-19, 24-26, 25-15, 25-22

King's 3, Concordia 0 (25-12, 25-21, 25-19)

SAIT 3, Ambrose 0 (25-23, 25-16, 25-20)

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017 5:00pm-10:00pm	Room X-105
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Meeting	Tuesdays, Jan 3-April 18, 2017 4:00pm-6:00pm	CAT 252
Anime Club SNAC Time – Weekly Hangout	Fridays, Jan 13-April 14, 2017 4:30pm-8:45pm	CAT 276
Women in Action Weekly Meetings	Every other Tuesday, Jan 24 - Mar 28, 2017 12:15pm-1:15pm	CAT 138

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Crafting Club	Craft-A-Thon	Fri-Sun, Feb 24-26, 2017 All Day	17421 94 Avenue NW
International Club	Smash Valentines	Tues, Feb 14, 2017 12:00pm-5:00pm	CAT Main Street
PFT2017	Fitness Bootcamp Week	Mon-Fri, Feb 27-Mar 3, 2017 12:15pm-1:15pm	CAT Crossing
Caribbean Club	Food Drive Challenge	Feb 1-28, 2017 All Day	CAT 1st Floor, HP 2nd Floor, Bookstore, South Lobby
Forestry Tech	Rock, Paper, Scissors Tournament	Fri, Mar 31, 2017 6:30pm-9:30pm	CAT 1st 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

ENTERTAINMENT

Make use of reading week



BRENDAN CHALIFOUR
Entertainment Editor

What will you do this reading break?

First of all, I cannot believe that reading break is already here! How are we already over a month into this term ... I've got whiplash! As students, we are in desperate need of a good, week-long break. And NAIT has delivered.

It can be tempting to hibernate for a whole week, sleeping and trying to catch up on the things you've gotten behind on. But instead of working yourself silly, why not take the whole week off instead. There is tons to do...but what are you going to decide?

Alberta is home to some of the most beautiful parks and small towns in Canada. Try an escape to country Alberta, away from the loud construction, busy streets, and general hustle and bustle.

When you were younger, did your parents take you to the Royal Tyrrell Museum in Drumheller? If so, a visit will bring back a flood of memories and nostalgia. If not, it's a sight to see. The museum is packed with exhibits, displays, and programs that will keep you busy all day long. A sure attraction for all ages.

There are also lots of exciting adventures you can go on right here in the city! As we enter the early season of spring, we're met with warmer weather and chirping birds. The fresh air and sunlight will do us some good, so why not journey through the river valley trails? On bike, on foot or jogging through, Edmonton's endless supply of winding trails can keep you busy all day long. You'll have lots of time to reflect on the different facets of life.

Local attractions such as Fort Edmonton Park, the Alberta Aviation Museum, the Muttart Conservatory and the Art Gallery of Alberta will give you some insight to all the art, culture and history Edmonton has to offer. Even though these things are right in your neck of the woods, I think you'll still be surprised at everything there is to learn.

Whatever you decide to do this reading break, remember to reflect, relax, and refresh.

You'll come back to school Monday morning ready to tackle the term ahead.

- Reflect on what you already achieved this term and where you fell short, so you can improve.
- Relax and allow yourself to take a break. Turn your phone off, pull a book out, and sip a tea.
- Refresh your mind and body. Try things like meditation, swimming or a cleanse.

See you in a couple of weeks!



Julian Stodd's Learning Blog

February event list

10-16 | EXECUTIVE COUNCIL & U-PASS REFERENDUM VOTING PERIOD

2 | SPEED DATING

6 | ART AFTER DARK @ NEST

7 | FREE FOOD: EVENING STUDENTS

8 | HOW TO: TERRARIUM WORKSHOP

9 | DIRTY BINGO @ NEST

13 | FREE FOOD: PATRICIA

14 | FREE FOOD: SOUCH

15 | WELLNESS WEDNESDAY

16 | COUPLES KARAOKE

NAITSA CLOSURES

20 | FAMILY DAY

FOR MORE INFORMATION ABOUT ANY OF THE EVENTS LISTED, CHECK OUT NAITSA.CA

STUDENTS ASSOCIATION ESTABLISHED IN 1994

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By KAT NYKOLAYCHUK

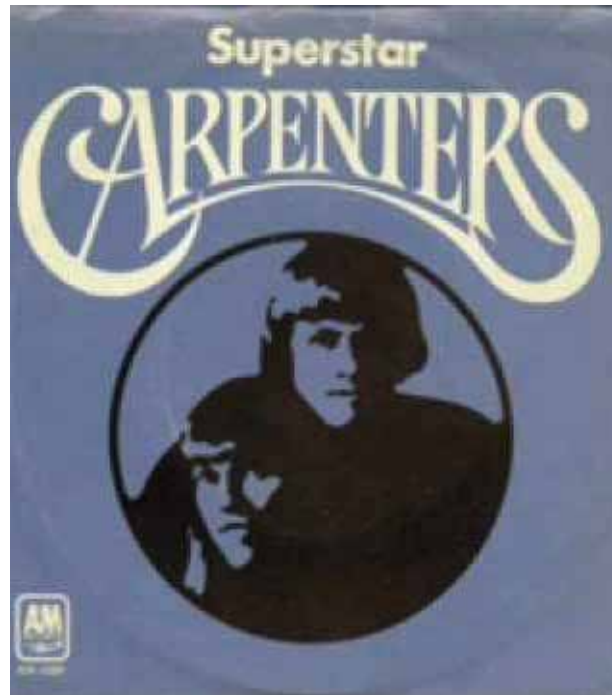
Spring seems like it's just around the corner and who wouldn't want some songs to drive to or listen to while you're walking through the city?

So here's a playlist full of popular indie-rock songs, mixed in with a few oldies. It's a playlist for weekends and free time and for when the going gets tough and you wanna get in touch with your youth. Put it together and listen to it while you're walking through what might inevitably be a sea of slush and old garbage (perfect aesthetic) or while you're making some cookie dough. The sun is starting to rise earlier and it's a beautiful feeling.

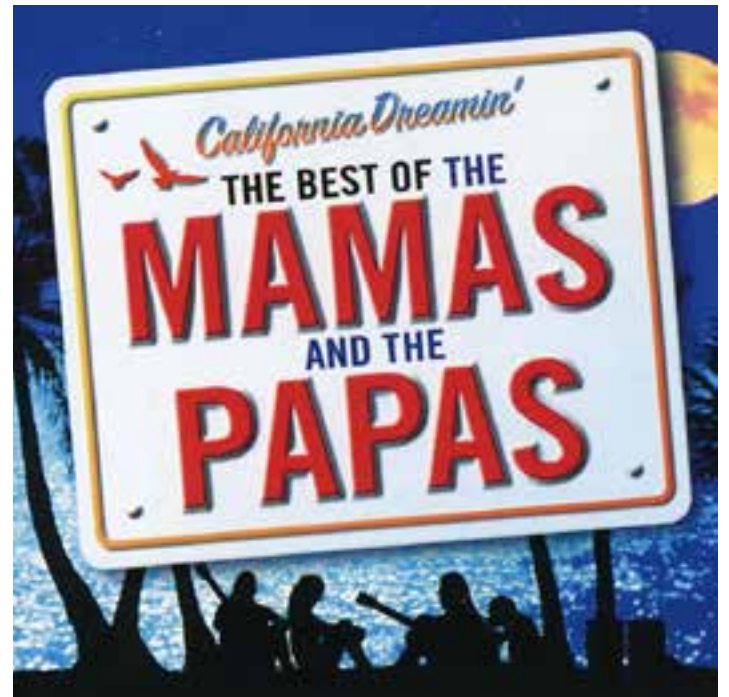
- California Dreamin' – The Mamas and the Papas
- Superstar – The Carpenters
- Katie Queen of Tennessee – The Apache Relay
- Temptation – New Order
- Caring Is Creepy – The Shins

- Glamorous Indie Rock & Roll – The Killers
- Let It Out – Modern Space
- New York City – Among Savages
- After Hours – We Are Scientists
- Let's Dance To Joy Division – The Wombats

- Itch – Nothing But Thieves
- American Money – Børns
- Monkey Tree – Mother Mother
- 40 Day Dream – Edward Sharpe & The Magnetic Zeros
- Hero – Family of the Year
- Silver Stallion – Cat Power



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Things to do on the special day

By YU KYONG KIM

Valentine's Day is a special day for all couples and many people try to prepare fantastic events for their partners. What kind of a surprise event did you prepare for your partner this year? Many people prepare flowers, a love letter, a small gift and, sometimes, additional unforgettable events but how much can you afford?

We are students, so most of us can't afford to pay for expensive gifts or events. Therefore, I suggest several ideas. Hopefully, they will be useful for some couples.

If you are going to watch a movie, I recommend a classic, *Roman Holiday* (1953). Some people say it's an old-fashioned movie but it is still loved by many people all over the world because it deals with the familiar theme of pure love. It is a sweet and romantic movie.

Also, if you are seriously thinking about love songs, "All of Me" by John Legend is great. He wrote the song for his wife, so the melody and lyrics are soft, very touching and meaningful. In the music video, he plays the piano. It was very romantic as well, so I think it is the best song for a lover's day.

Are you looking for a good restaurant? Many restaurants will be offering some special menus for couples on Valentine's Day. However, the price should be much more expensive than usual and it might be hard to book a reservation. Instead of expensive foods, how about visiting the Edmonton's Duchess Bake Shop, a French-style dessert café? It is one of the best. It offers a variety of classic French pastries and is receiving a special order for Valentine's Day.

In addition, if you would like to do outdoor activities with



www.pallmallbarbers.com

your partner, there are a variety of Valentine's Day events in Edmonton. Free activities include The Dating Game (RSVP, Feb. 12, On the Rocks, 11740 Jasper Ave.) and Disco Skate (Feb. 14, 5-9, City Hall Plaza Rink). Also, for a reasonable admission fee, check out Valentine's Day Roller Disco (\$10, Feb. 11 at Edmonton Sportsdome 10104 32 Ave.).

Some Asians celebrate another sweet day, called White Day, on March 14. Unlike Western countries, ladies give

some candy or chocolate to their partners on Valentine's Day, while guys give some candy or chocolate to their partners on White Day. On the other hand, there is a unique day called Black Day on April 14, which is a South Korean unofficial day for single people to get together and eat Jajangmyeon – noodles with black bean sauce. If someone is still solo, I hope everyone has a sweet partner soon. Happy Valentine's Day!

ANIMATION

Justice League Action: a fun time

By GERVAISE BRANCH-ALLEN

Justice League Action is a brand-new animated series from DC Comics and WB Animation. Similar in length to other Cartoon Network shows like *Adventure Time*, *Ste-*



Nerdy Rotten Scoundrel

ven Universe and *We Bare Bears* at 11 minutes an episode, this series focuses on action with a bit of comedy on the side; a sharp contrast to the comedy-focused DC animated series *Teen Titans Go!*

The heroes in the show include a variety of members such as Superman, Batman, Wonder Woman, Blue Beetle, Hawkman and Zatanna. Superman, Batman and Wonder Woman appear in every episode of the series alongside guest starring characters. It's quite enjoyable to watch a rotating roster of heroes in each episode alongside the DC Trinity. This definitely reminded me of shows like *Justice League Unlimited* and *Batman: The Brave and the Bold*.

Positive and hopeful

Jason J. Lewis does a fantastic job as Superman, successfully portraying the heroism and charm of the Man of Steel with ease. He feels positive and hopeful, while not acting like a stoic Boy Scout.

Rachel Kimsey's Wonder Woman has a more youthful and vibrant feel than previous portrayals of the character, which fits the show nicely. Hopefully her more peace-loving side will be displayed over her warrior side as the show goes on.

Kevin Conroy returns to the role of Batman, bringing a grounded and more serious feel to the light-heartedness, though Batman does have a few comedic moments himself.

Many actors reprise their roles as DC characters from previous portrayals, including Conroy as Batman, Mark Hamill as the Joker, Josh Keaton as Green Lantern, Jake T. Austin as Blue Beetle, Khary Payton as Cyborg and Tara Strong as Harley Quinn.

A variety of actors and voice actors round out the cast

including Gilbert Gottfried, Jerry O'Connell, Carl Reiner, Patton Oswalt, James Woods, Brent Spiner, Michael Dorn, Peter Stormare, Cloris Leachman and Ken Jeong.

Blue Beetle, Shazam, and Firestorm are amusing young heroes, while Cyborg and Booster Gold bring plenty of enthusiasm to the Justice League. Hawkman and Big Barda bring serious-minded warrior heroism to the show and Green Arrow is as snarky as usual. There are so many other characters I could talk about, like Space Cabbie, Plastic Man, Solomon Grundy, Toyman, and the Wizard.

The animation is simplistic and stylized in a way that some hardcore fans may not like if they're expecting the animation quality of the fan-favorite *Young Justice* animated series. However, I believe the show's colourful and soft animation really fit the show's tone. Shane Glines' designs for the characters fit quite nicely with the animation style.

Many cool designs

The energetic and exciting theme song showcases many cool designs for the show, including characters like Lex Luthor, Atrocitus, Star Sapphire, Cheetah, Mr. Freeze, Darkseid, Lobo, Stargirl and Mr. Terrific. I can't stop praising the number of characters in this show!

If you enjoy a light and fun take on DC superheroes that don't take themselves too seriously but aren't overly silly either, this might be the show for you. Trust me; it may not click with you straight away. I didn't get into the show's storytelling immediately but if you watch the show with an open mind, I think you'll find something to enjoy.

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GAMING



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Nintendo moves to mobile

By **GERVAISE BRANCH-ALLEN**

Nearly a decade ago, Apple's App Store reinvigorated mobile games, turning the once customary concept into an extremely popular source of revenue for game developers and a popular source of quick, yet addictive, games for players.

Whether they're casual or more invested players, many people today play some of the most popular mobile games such as *Angry Birds*, *Clash of Clans* and *Candy Crush*. Even popular console series like *Mega Man*, *Sonic the Hedgehog*, *Street Fighter*, *Deus Ex* and *Tomb Raider* have received mobile game titles or re-releases on mobile devices.

2015 announcement

After avoiding the mobile market for a while, video game company Nintendo announced in 2015 that they would be creating brand-new games for mobile systems.

The first title in their initiative was *MiiTomo*, an app focused on social interactions with Miis, Nintendo's user avatars in March 2016, nearly a year ago. Instead of playing a traditional game, users were tasked with answering questions about themselves and interacting with other players to get to know them better. The idea was for players to interact with their friends, answer questions and create personalities for their Miis. A mini-game, clothing options and photo taking were also included for a better-rounded package of content. During its initial release, the app was downloaded by many people, increasing Nintendo's shares in the process, yet interest in the game decreased over the following months.

Their second title, *Super Mario Run*, was a more traditional game as players took control of Mario, tapping the screen of their smart device to make him jump over plat-

forms and enemies. Released in December 2016 for Apple devices, the app was an auto-running game starring Nintendo's mascot.

Announced by series creator Shigeru Miyamoto during Apple's annual iPhone event, the app sparked excitement and anticipation with an Android version promised for March 2017. While the gameplay was well-received, consumers criticized the cost of \$10, which is much higher than most mobile game apps. Deciding not to devalue the Mario brand or require in-game purchases, Nintendo made the decision lock the price at \$10 while allowing consumers to play the first three levels for free before deciding whether to purchase the full game.

Their third and latest title, *Fire Emblem Heroes*, released earlier this month, capitalizes on the increased popularity of the *Fire Emblem* series. This game was fully revealed during an online *Fire Emblem* presentation video last month showcasing the role-playing game and a variety of classic and brand-new *Fire Emblem* characters.

Cultural phenomenon

Nintendo's biggest success, *Pokémon GO*, wasn't truly a Nintendo game. Developed and published by Niantic in collaboration with both the Pokémon Company and Nintendo, *Pokémon GO* became a cultural phenomenon in July 2016 and positioned Nintendo in a very successful spotlight for the first time since, arguably, the Wii in 2006. Nintendo's shares increased exponentially until Nintendo told uninformed investors that they did not produce the augmented reality game.

While technical issues and real-life incidents clouded the game's success, they

could not stop *Pokémon GO* from becoming a world-wide hit. Following *Pokémon GO*'s success, traditional Pokémon games on the Nintendo 3DS spiked in sales leading to Nintendo's fastest selling titles in the form of *Pokémon Sun and Moon* as part of

the series' 20th anniversary.

Overall, Nintendo's mobile apps have been a moderate success and I hope their latest title, focused on the *Animal Crossing* series and other games, does even better.



Showing, accepting compassion



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Under stress, it is not always easy to show compassion to others or accept it for yourself. Consider the power of being compassionate to yourself. Everyone reacts differently to significant events – take some time to reflect on your reactions and whether this is the time to create or seek support.

In the longer term, what does happiness mean to you? When I ask students who come for counselling about their goals, many say “I just want to be happy.” Often, though, they don’t have a clear picture of what that might be. Whether you are finishing your courses or returning next year, the middle of term is a great time to reflect on your overall level of well being and what you can do to improve it.

- Define what happiness means to you. Be clear on what it is that you want. What factors make up happiness for you and how will you know when you get there? (keeping in mind the old saying ‘happiness is a journey not a destination’). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? If so, you need to rework your definition so that you are in

control of your own level of contentment.

- Choose to be happy. Once you recognize that happiness is a choice and realize that you can choose to react to things positively, neutrally or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self-talk and change your language to be kind and forgiving to yourself. Look for silver linings in negative situations.

- Take care of yourself both physically and mentally by exercising, eating regular, nutritious meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy and having things to look forward to. By prioritizing self-care you are automatically fostering happiness.

- Nurture relationships. Too busy to get together with a friend? Then chances are you always will be. Research shows that social relationships have a very high correlation with happiness, so take the time to schedule get-togethers with people you have neglected. In contrast, research shows that, beyond having your basic needs met, money and material possessions do little to enhance happiness.

- Acts of kindness also correlate very highly with happiness. Not only will doing nice things for others make you feel better about yourself, you’ll probably get kindness in return.

- Take control of your environment. Surround yourself with happy, nurturing people, things you love and an organized work space. Whenever possible, avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle are working for you and, if not, what needs to change.

- Laugh. Don’t take yourself too seriously.

“Laughter is a marvellous medicine

with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hypertension, regulates digestion and blood pressure, and boosts immunity function.”

– From “Be Happy: Tips to Banish Bad Moods” by T. Satiroglu

- Achieve. Find things you are passionate about and engage in them. Working hard and reaching goals create satisfaction. Procrastination might feel good momentarily but overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However, make sure your whole life is not about achieving goals. Balance is important.

- Take risks. Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.

- Don’t worry. Easier said than done but worry and guilt use a lot of mental

energy and foster negativity. Try to stay focused in the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

- You are OK just the way you are. Perfectionists are usually disappointed in themselves and this leads to self-criticism which, in turn, fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when the outcome isn’t perfect. (PS: Perfection is unattainable).

Many factors can contribute to happiness. If feeling good is a constant struggle for you or if you have other personal or academic concerns, it may be helpful to seek help from a professional. All counselling is free and confidential.

Main Campus: Counsellors are available from 8-4:30 Monday to Friday. Call 780.378.6133 or visit Room W-111, HP Centre.

Souh Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or visit Room Z-153.

Patricia Campus: A counsellor is available Tuesdays. Book by calling 780.378.6133.

Poetry Corner

Frosty Fondness of Ice

A little snowflake,
Floats to my face.
Looking up, I notice many others
Fluttering through the air.

Smiling, I continue to walk
As thousands of beautiful ice crystals
Dance across my cheeks.

Strong gusts of wind howl,
Reminding me of the cold.
Yet I can’t help but smile
At the pallid sky.

As I tremble in the cold,
The snowflakes cover my coat
To keep me company.

Despite all my reasons
To feel chilly and desolate,
All I see is the magnificence
Of the feathery stars as they swirl about.

– By Gervaise Branch-Allen

Poetry Corner

Questions

That is many questions,
Are you trying to get a confession?
This must be an interview,
Oh, was that a miscue?

I cannot answer your enquiry,
Are you my diary?
Now this must be an interrogation,
Do you need a translation?

Oh, so now you begin to doubt,
Are you trying that cop out?
Just want a consultation,
You need that for a simple conversation?

Has this turned into a debate,
Guess you can’t think straight?
This has been quite the talk,
Can you please click the lock?

– By Clarrissa Tooner

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What's on ...

By NAVJEET KAILAY

Student Appreciation Day

Feb. 14, 10 a.m. to noon

Ticket: Free

Venue: Souch Campus

Come join Souch Campus for free pizza in celebration of Student Appreciation Day!

...

Gaymes Night

Feb. 14, 4 p.m. to 6 p.m.

Ticket: Free

Venue: The Nest Taphouse and Grill

Lesbi, Gays, Trans and queer presents Gaymes Night. Enjoy a lovely night of food, games and prizes on Valentine's Day.

...

Disco Skate

Feb. 14, 5 p.m. to 9 p.m.

Ticket: Free

Venue: City Hall Plaza Rink

Take someone to skate or dance to the music of 1970s and '80s. Sip some hot chocolate and take advantage of free skate and helmet rentals (first-come, first-served basis) and zip around the rink.

Couples Karaoke

Feb. 16, 4 p.m. to 7 p.m.

Ticket: Free

Venue: The Nest Taphouse Grill

Have a favourite karaoke tune? Come croon the night away with your fellow students. Sing a Duet – Couples Karaoke at the Nest!

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 9-15

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

Aquarius (Jan. 20-Feb. 18)

This week candid comments will be appreciated by friends, family and colleagues, just make sure the observations are couched in respectful language. Remember, also, tone of voice gives away more about what you are thinking than you might realize.

RESTAURANT REVIEW

Tasty memories, old world charm

By JENNIFER RAE

Bistro Praha has been a fixture in YEGDT for over 30 years. Featuring traditional Czech cuisine, it can be relied upon for excellently prepared food beautifully paired with wine, beer and cocktails. The warm atmosphere is known for classical music, authentic goulash and the famous fried cheese dish that celebrities like Joni Mitchell have savoured.

On a cold January evening, when all I want is a heart-felt spot to relax, this restaurant calls to me from the past. It used to be located in the Kelly Building before it became the old facade of a new tower. Now located on 101 Street just north of Jasper Avenue, Bistro Praha retains its old world European décor with well-worn wood and a grand chandelier. My favourite plate is still on the menu, traditional salmon lox and rye bread with all the expected trimmings, including capers and cream cheese.

This night I did not opt for my usual plate but ordered instead the sauerkraut soup and pasta, dressed simply in olive oil and garlic. Sadly, this is all my budget can afford, so I passed on one of their lovely wines that are not commonly seen in town.

When the soup came and I saw the massive, (well it was at least two and a half cups worth) thick, delicious looking bowlful I quickly jumped up and caught the eye of the waitress to ask if the pasta could be cancelled. The soup was going to be more than filling and my student bank account would be grateful as well. Consistent with the service this restaurant has offered consistently over the past two and a half decades, she graciously dropped the spaghetti from my order.

Pisces (Feb. 19-March 20)

Appreciate what you have right now even if it isn't exactly what you want. Many others are worse off. What you have now is a result of where you have been and not a reflection of where you are going. So dust off some old goals and set your sights on an abundant future.

Aries (March 21-April 19)

Luck be a ... actually, luck is 90 per cent preparation, so ask yourself what are you prepared for? Jupiter is in a great place to help you achieve your goals. Luck is with you when you are focused and ready.

Taurus (April 20-May 20)

An apology may be called for even if you think you have done nothing wrong. Apologies are about understanding that sometimes our seemingly innocent comments or actions may touch vulnerable spots in others. Saying I am sorry is an opportunity to show that you see the other person and understand they have different perspectives, knowledge and life experience.

Gemini (May 21-June 21)

Moderation and reflective action are on the agenda. At all costs avoid extremes. A strong reaction may seem to be warranted, however, you may not have all the facts.

Cancer (June 22-July 22)

Sometimes opportunities walk up and knock, other times you need to go out and ensure you are meeting and impressing the right people. Now is time for the latter, so put on your best and step out of your box.

Leo (July 23-Aug. 22)

Outrageous, spectacular, your confidence is getting a huge boost. Take action to get noticed and leave people talking with surprise and admiration.

Virgo (Aug. 23-Sept. 22)

Think only loud and boisterous gets noticed? Think again. This week, the planets are obscured and so you best keep a profile so low as to have people wondering what you are up to.

Libra (Sept. 23-Oct. 22)

Detractors are always looking for an opportunity to take you down a peg and the planets are not doing anything to protect you in the next bit. Take steps to make it difficult for the naysayers.

Scorpio (Oct. 23-Nov. 21)

Insecurities can take you out, so thank them for sharing and pretend you believe in yourself. It is time to lead with confidence, even if doubts and fears threaten to overwhelm you.

Sagittarius (Nov. 22-Dec. 21)

Getting involved is important right now. You could regret not showing up to an event or class or a get together. It may not seem important in the grand scheme, yet it pays to remember that 90 per cent of success is just showing up.

Capricorn (Dec. 22-Jan. 19)

Time to put your own needs first and to take a chance or two. The sense of satisfaction when you see the results will give you the sense of purpose and direction you have been missing.

The soup is clearly made by layering flavours, not just sauerkraut but carrots and other vegetables melded in a flavourful broth that is taken over the top with a significant dollop of sour cream to give unctuous creaminess. Did I say I enjoyed it to the very last spoonful?

The website gives a lovely little history on the restaurant so next time you are looking for escargot, spicy shrimp or a phenomenal pate, bistropraha.com can give you some wonderful choices to look forward to next time you are downtown in YEG.



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