

THE

NAIT NUGGET

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

MODEL BEHAVIOUR

NAITSA's Next Top Model contest begins, page 2



Supplied photo

HAIR RAISING EXPERIENCE

A hair stylist prepares an aspiring model for a photo shoot to kick off this year's Next Top Model contest.

NEWS & FEATURES



Supplied photo

NAITSA's Next Top Model contestant Chawncy McClenan, who was being made up as Poison Ivy, texts at a photo shoot on the weekend.

Work it!

By **NICOLAS BROWN**
@bruchev

NAITSA's Next Top Model has started up again, with photo shoots wrapping up the weekend of Feb. 7 and 8. Student contestants are given the opportunity to participate in a vibrant competition to showcase some of NAIT's bravest students. They start off the contest by participating in an industry workshop, where they practise all the skills necessary to be a model and to get pointers from industry professionals. Next, students went through a full photo shoot, which wrapped up on Sunday. Photographers captured each contestant's unique image for the contest.

The true bulk of the competition follows after the photo shoot, when NAIT students are given the opportunity to vote online for their favourite models. Three rounds of voting narrow down the contestants as the grand finale approaches. The contest wraps up with a gala where contestants celebrate their achievements and other students get to enjoy the pageantry of the competition.

However, as students compete for the title of NAITSA's Next Top Model, there are some questions about whether the Students' Association is moving a little too close for comfort to a controversial issue. There are some who would claim that a fashion show is not only in poor taste but that it objectifies women as well.

Well first, let's clear the air a bit with some background on the event. This year's edition of Next Top Model is the fifth time NAITSA has held the event on campus. NAITSA's Event Co-ordinator Michelle Goulet explains, "Our intention with this

project is to just get people out of their comfort zones, try something new, meet some new people and try something super different on campus."

It pits students against students on the basis of style and presentation, with the winner chosen by popular student vote. Contrary to what some may believe, the contest is not limited to members of the fairer sex. In fact, both men and women can compete in NAITSA's next top model, which has made for some close competition in past years.

Now, the format of the competition itself doesn't compare to the risqué fashion shown on TV – in fact, you are likely to see more revealing clothing walking through Kingsway Mall on your average weekend. So how does NAITSA respond to criticism that the event might be objectifying women? As Goulet explains, "It's open to all, males and females. It's not like a beauty contest objectifying women – we're not making them do anything inappropriate. It's more about showing who you are."

In the end, it is difficult to predict or control how others perceive activities like NAITSA's Next Top Model. In a country as diverse as Canada, there are bound to be differing opinions on what is permissible. In the end though, what matters is the experience.

"Many students come out of the competition saying that the event has exceeded their expectations," Goulet said.

Students interested in learning more about NAITSA's Next Top Model contest are encouraged to visit the NAITSA office for more information. Voting runs online from February 23 to March 9.

Nugget positions

The NAIT Nugget is interested in seeing your resume for the following positions:

Editor-in-Chief Section editors

Please send your resume to Gillian Wilson
Nugget Publisher, at gilwilson@nait.ca

Fees – do you know?



NICOLAS BROWN
Issues Editor
@bruchev

As students, we all face our share of fees and bureaucratic mazes. Post-secondary institutions are notorious for bloated administrative requirements that make students and parents alike want to pull out their hair in frustration. We like to think that NAIT is a little better than other institutions – we have lower tuition and fees – but are we really that different? I don't know how many students actually pay attention when they pay their tuition but there are some fees included in those mandatory payments.

I won't argue about why we should pay fees – after all, they ensure we have access to valuable campus services. I can't even argue about the actual amount, since I'm not entirely sure I would understand the math behind it all just by look-

ing at what would most likely be pages upon pages of numbers. But I can argue about one thing – why does everyone have to pay them? Certainly I can understand that all students could be required to pay the same amount, services cost money after all. I only ask if it is really fair to require students to pay for services they won't or can't, use.

What kind of fees do we pay? We've got dental insurance, medical insurance, NAITSA fees, recreation and athletic fees, and U-Pass fees. Alright, so we pay five different fees on top of our tuition – sounds alright, doesn't it? Compared to other institutions, we're sitting pretty, with less than half the number of fees students pay elsewhere. But are we really getting ahead? Besides these fees that we pay every term, are there other fees that we have to pay, that we just don't consider fees? Most students probably don't realize that if you lose your student ID card, you have to pay a replacement fee – if you lose your U-Pass sticker, you have to pay even more. Then you can consider parking as well, as students certainly have the option to drive or take transit and, if they drive, to purchase a parking pass or pay every day.

Now, consider what happens when a student's needs cause conflict between dif-

ferent fees? A full-time student who has to drive to campus every day from outside of Edmonton still has to pay a U-Pass fee, even while paying for parking. A disabled student still needs to pay the recreation and athletics fee, which gives you access to NAIT's recreational facilities. In fact, student-staff members at NAIT technically receive access to NAIT's recreational facilities for free as staff, yet are still required to pay the recreation and athletic fee as students. Certainly there are some ways to opt out of some of these fees, including the health and dental insurance. Yet there are others that are nearly impossible to opt out of.

Perhaps this is all due to just a little bit of confusion. Certainly, as students we have so much reading to do, we don't have the motivation to read our tuition receipts. Due to the cost of post-secondary education nowadays, we may avoid looking at those documents because the amount of money we see leaving our bank accounts is terrifying to us. Either way, these additional fees are taking a bite out of our student budgets. Perhaps it is time that we as students educate ourselves on exactly what we are paying for.

Do you have an opinion on what fees you have to pay for? Send us an e-mail at issues@nait.ca and tell us how you feel.

City students to unite

By NICOLAS BROWN
Issues Editor
@bruchev

Student advocacy could be considered an inseparable part of the post-secondary experience. Whether it is fighting for lower tuition, or showing support for a good cause, students can be one of the most vocal segments of the population. It comes as no surprise then, that there are rumours of a new student advocacy group forming in Edmonton, aptly named the Edmonton Students' Association.

The Edmonton Student Alliance will be formed from the student executives of all post-secondary institutions with a campus located in Edmonton. This moves away from the traditional divide that currently exists between institutions, as there are currently two provincial student lobby groups. The current student lobby groups, the Council of Alberta University Students, and Alberta Students' Executive Council, have traditionally represented students attending universities, and colleges and polytechnics respectively. This new group would remove those barriers and allow the students' associations for all Edmonton post-secondary institutions to work together on projects and causes that affect all post-secondary students in Edmonton.

"This will be more of a framework set

for future executives to follow. It unites all of the Student Associations and Student Unions in Edmonton," said NAITSA President Hasib Baig.

This isn't the first time an initiative has tried to build a connection among Edmonton post-secondary institutions, however. Reportedly, there have been attempts in the past to remove institutional barriers, most recently in the form of the Edmonton Federation of Students. Since there appears to be no traces of that organization online, we can safely assume that initiative did not succeed. However, with a charter and framework already in place, it would appear the new Edmonton Students' Association has started off on a strong footing.

With the entrance of another advocacy group for students, will there be a risk of too much noise on the student level?

"No, because our provincial group deals more with provincial issues, while this will be focusing on municipal issues," said Baig.

This is a sentiment echoed by NAITSA VP External Justin Nand, who explained, "With two provincial lobbying groups, who don't have a history of collaboration, this is a step in the right direction."

With NAITSA executives in support of this new association, it may give NAIT students an extra voice when dealing with

municipal issues, including the long-troubled NAIT Metro LRT line. This new organization has the added bonus of giving Edmonton students an additional voice at no extra cost – the organization will not require a membership fee from students' associations or have a budget, rather, it will allow individual members to allocate resources toward projects as they see fit.

One thing is certain, though – improving students' ability to be represented to institutions and to government is always a worthy goal. Perhaps we might even get a discount on our U-Pass next year.



Hasib Baig
NAITSA president



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Letters

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We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

NDP eyeing the crown



torontoobserver.ca

Dan Harris
NDP post-secondary critic

By **NICOLAS BROWN**
@bruchev

This article is the fifth in a series by Nicolas Brown on Canada's federal political parties, of which there are 17. This week, he looks at the New Democratic Party of Canada.

It's time to focus on one of the major players in our federal politics – the New Democratic Party of Canada. Swept into the role of Official Opposition in the 2011 federal election for the first time, the party has seen relative success in the past five years, even after the loss of their iconic leader, Jack Layton. So what is there to know about the NDP?

Founded in 1961, the party of Tommy Douglas (father of Medicare) has continued to stick to its roots as the country's leading socialist party. The result of a merger between the Canadian Labour Congress and the Co-operative Commonwealth Federation, the NDP has pushed for labour rights, international peace and environmental stewardship for the greater part of the last 50 years.

What does the NDP offer to post-secondary students then?

“What is important at the federal

level is removing certain provincial barriers, in transferring credits and other certifications,” said party post-secondary critic Dan Harris during a recent interview. “This is where the federal government needs to work with the provinces to remove those barriers.”

Some of the key NDP points on post-secondary education include doubling the Canada Student Loan amnesty period of six months to a year and moving more money from the student loan program into direct grants to students.

This isn't the only way the party is attempting to attract younger voters, however. The party has made efforts to include younger party members in the political process.

“The NDP has also worked to bring young people to the front lines, not in grunt work but in caucus and in Parliament,” Harris said.

The NDP currently has 22 MPs under the age of 35, the largest percentage in history.

“That should be encouraging to other young people that they can make a difference.”

This success has come with challenges, as the party acknowledges the constant

fluctuation of student engagement due to the constantly evolving demographic.

“That part is a particular challenge. The NDP has always focussed on having a physical presence on campus, but depending on who's there, there's always kind of an ebb and flow on that. That's where social media really comes into play.”

Of course, the NDP experienced a surge of support during the 2011 federal election but four years later they are under a different leader (David Mulcair) and are facing different economic circumstances. With a federal election in October, the party's ability to secure support across Canada will be crucial to retaining its seats, even as they face a surging Liberal Party under Justin Trudeau and the ruling Conservatives with a well-stocked war chest.

“The simple fact is that if young people voted in the same numbers as the rest of the population, we would be seeing different governments.”

For those students interested in learning more about the New Democratic Party of Canada, you can search their website at www.ndp.ca or contact your local constituency association.

Put your money to work

By **DOMINIK BRKIC**

Money is freedom. We all work for our money. It is the effective work we do translated into monetary units. Basically, it is our effort translated into things we can buy. Naturally, we appreciate our work and free time. Deductively, we should appreciate our money. Money is our free time we used to work and earn.

That said, how can we best appreciate our money?

Simplest of things is just to put it to good use. Let it work. Let your money make a return for you. Let your money work for you and society. You can invest in stocks, bonds, derivatives. It is your choice.

What is the most effective way to get a good return?

Basically, it depends on two variables, the first being risk and second, return. Not a lot of investors can endure risk. Risk is similar to volatility. Visually it represents the oscillations around the averages over time. Return is the slope of the average line over time. Both can vary extremely. Investors prone to risk should look at derivatives and small cap companies. Small cap companies have been a resort of experienced investors on a descending path from large cap to mid-cap to small cap. They offer great returns. Small cap companies offer great risks. Those who dare, win.

How can we protect against risk?

The short hand answer would be to diversify your holdings. Put simply, own

more than one asset. Investing in a hundred different assets at once (mutual funds) literally equates your holding with an index. Then, it is much easier to buy the index. Protection against risk is not necessary in qualitative analysis of assets. It is also in somewhat quantitative analysis. Assets within a portfolio move in their respective universe. That said, it is very important for them to not move simultaneously. That is important because low correlation results in same returns without the risk. The calculations are not difficult. To sum up all the calculations, we just have to remember that volatility does not add up, it multiplies.

Are there really any low correlation assets?

It is hard to say. When markets experience high levels of risk, usually all assets move in tandem. To put it in a simple mathematical form, constants change. Being so, the underlying universe is changing and affecting all the assets all the same. One example of low correlation would be the stock market in general and gold. As we said previously, it is not only important to diversify, but to find low correlations as well.

What is there besides returns?

Beside returns there is also something very important. This side effect is knowledge. Knowledge that comes from investing is immense. Thousands of balance sheets, 10-Q and articles provide a great source of focused knowledge. That

knowledge is sometimes biased through the media. Even biased, it allows the investor to “filter” and learn how to “filter” all that narrative white noise. Analysis of the ever changing stock market applies to all elements of life. Decision making and analytical thinking developed through investing is price-

less. Great returns plus knowledge satisfy almost every aspect of human desires.

Advantages of investing are unimaginable. Knowledge, satisfaction, personal autonomy and responsibility are a few traits that embody investing. No matter the background, investing is a life learning process, and can be a lot of fun.

Who ya gonna call?

Academic & Personal Concerns – Student Counselling; confidential appointments. 780-378-6133; Room W111-PB, HP Centre.

Health Insurance Coverage – Student Benefit Plan; 780-471-7730; Room E-125.

Housing – On-line housing registry at www.rentingspaces.ca

Injury, Minor Medical Concerns – Health Services; ph: 780-471-8733; Room O-119

NAIT Security – 780-471-7477

Part-time Campus Jobs/Volunteering – NAITSA; 780-491-3966; Room E-131

Program-related Concerns – Contact program chair or program adviser

Scholarships & Bursaries – Student Awards Office, 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities, 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-5564, Room O-111

Academic Support Services – Visit www.nait.ca/tutorial for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. Email tutor@nait.ca with any general inquiries.

Violence or Potentially Violent Behavior, or Extreme Medical Emergency – Security (780-471-7477), 911 the Police Complaint Line at 780-423-4567 if appropriate.

A mid-month warm-up

By **BRANDON HESS**
Meteorologist in Training

After a below seasonal start to the week, temperatures are now on the rise. A cooler southeasterly on Wednesday, February 11 kept us below -10 C. The Arctic high moved down, then temperatures on Wednesday morning were closer to minus 20 C. The core of the high is where the coldest temperatures can be found. This high originated in the Arctic and that makes it cold. Once this high moved down, we saw the clockwise circulation around it bringing up the southeasterly wind on Wednesday (coming out of the high). The pressure gradient eventually tightened up as the wind flowed from the high pressure system to the low pressure system (pressure gradient force). This for you means strong winds. The southeasterly wind comes first (after being northwesterly) just due to the high moving off. The southeasterly wind always comes in advance of the low pressure system.

This low pressure system is now pumping up the warm air into our region. This is good news for you if you like the warmer weather. On Thursday, February 12, we get in behind the warm front where the wind is more of a southwesterly direction. Temperatures aloft are above 0 C. This warmth will get mixed down to the surface. Looks like we can expect a high near 4 C on Thursday.

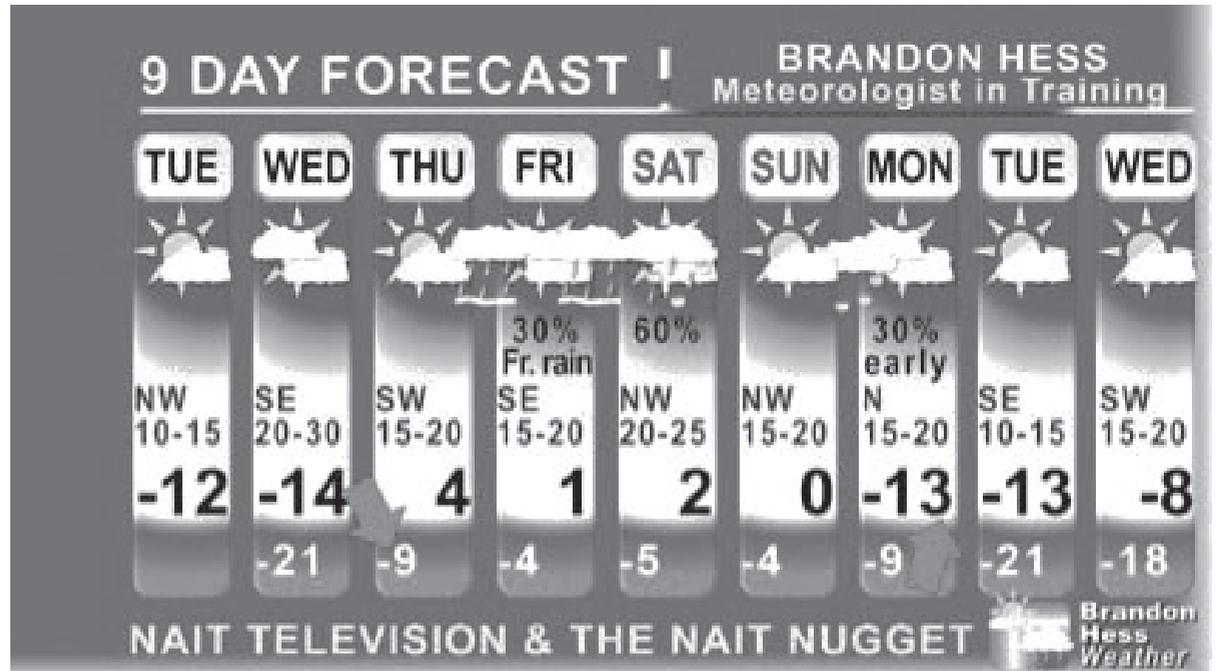
But this warm air comes with a catch. As is the case at this time of year, an upper warm front usually brings freezing rain with it. Edmonton has a SLIGHT chance of

freezing rain late this week as the warm air streams in over-top of a freezing surface.

On Friday, we get a wind out of the southeast as opposed to a southwest wind. The southeast wind is coming out of a new high pressure system dropping down from the north. This wind comes in advance of a new low pressure system coming in from the west. The high pressure system will be a CLOSE one. Due to this southeast wind, I

have brought down my forecast high to near 1 C.

Wondering when the next cooldown will take place? That looks to happen starting on Monday, February 16. Winds come in out of the north and temperatures look to fall throughout the day in reverse. We will be warmer in the morning than the afternoon! Long range output on the GFS ensemble is hinting we could see a few flurries on the leading edge of this cooler air.



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NI_BLE

Where does your mind take you?

B

Sounds like you could use a little advice. Best not make decisions about university until you've simply stomach.

M

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Point ^{Counter} Point Life and death



By **QUINTON BERGER**

For those who haven't heard, we made a pretty big breakthrough in Canada, last week. Canada's Supreme Court has essentially given the OK for doctor-assisted suicide, in specific cases. This is huge, not just in a medical sense but a moral sense. This is a huge step in the acknowledgement of personal freedom, which we seem to be seeing less and less of in Stephen Harper's Canada (but that's another Point/Counterpoint altogether). When debating issues as sensitive as this one, there are so many factors to consider and special circumstances that make a law that affects the general public hard to agree on since no complex decision should be made on generalizations. However, when it comes to things like this, it's cut and dried. It all comes down to personal freedom. I'm a consenting adult, I'm in excruciating pain. I should be able to get the plug pulled on me. Plain and simple, yo. It's my life and I should be able to do as I please with it.

All about personal freedom

I'm going to argue the same point I just made because the answer is that cut and dried. It's all about personal freedom. We all should have complete freedom to do whatever we want with our own bodies, minds and lives. Nobody should be able to tell anybody else what they can or can't do with their life. Obviously this should be regulated, like anything but this is why only competent adults with enduring, intolerable suffering who clearly consent to ending their lives will be able to be assisted in suicide. As a human being, that sounds completely reasonable. You're a human being in great pain and you wish to do away with that pain (whether it's physical or mental), you should be able to end your life. The powers that be already have such a grasp on personal freedoms, should you really have no say in whether your time on this earth is up? No! It's your life and you should be able to do with it as you please. It's honestly that simple. Now, I know there are a lot of people who will insist that ending your life is selfish but asking a person who is in great pain to keep on living and thus continuing to be in great pain is incredibly more selfish. Think about that.

Other benefits

So let's put personal freedom aside and look at the other benefits of assisted suicide being given the OK here in Canada. This may sound cold but it also comes down to things like space in hospitals and dollars being spent on keeping people alive who don't want to be alive. The sooner a consenting adult has their life ended, the sooner a bed and general medical resources can be given to other people who need them. If you don't believe in personal freedom, then surely you believe that the needs of the many outweigh the needs of the few. Well, there you go, assisted suicide not only benefits the individual but also the group!



By **NATE BRYANT**

So, in case you just didn't pay attention to the news at all this week, there was a pretty big change to our law. The Supreme Court of Canada ruled that euthanasia and assisted suicide by a doctor is legal. What this law does say is that if anyone with a disease, disability or illness, including both physical and psychological, wants to die, a doctor can help them. The condition has to be irremediable and be causing the person a lot of pain and, of course, the person has to be willing. If it matches all that, euthanasia is allowed. Giving someone the right to kill or help kill someone under any conditions can be incredibly sketchy and giving that power over people is an insane idea and will result in a lot of abuse of the system.

Systems inevitably abused

Since the dawn of time, if there has been a system, there have been men with blackened hearts ready to abuse it. People abuse welfare, they abuse medical marijuana and they will abuse this. There are always ways, always loopholes. Yes, it does say that the person has to agree but what if the doctor persuades them? What if the doctor takes a condition such as a leg injury that will follow that person for life and makes it sound so terrible that they choose death? People go through trauma. Life, unfortunately, deals really terrible hands to some people and we don't always deal with it the best at first. We overreact. We're humans and it isn't hard to do something as stupid as say you want to die. We do it all the time but people need time to try to readjust. People are rash.

The other thing is, just what defines a consenting adult? If you are going to euthanize a man for depression, does that make him able to consent? In many situations we would say the man was not of clear mind because he was suffering from a mental illness, one that many seek help for and receive treatment. So how can they consent? Why would we not send these people to therapists or actually help. If you are in an unstable emotional state, how can you give consent? How, as a doctor, could you even justify that it is irremediable?

Lies told?

When it comes to the psychological side to this, euthanizing someone for mental illnesses that can be dealt with through a psychiatrist and medication does not fill the bill of irremediable. We can't even judge if someone is lying. That right there is abuse of the system. People lie about pains they know can't be proven to get legal weed, people who are suicidal will lie and say they sought help but it didn't work. More effort should be put into helping people. Leaving the end decision up to a doctor leaves so much room for error. What is grievous pain? What is too much for them? What can't we do to help? The effort shouldn't be put into death but into saving lives.



File photo

OPINION

— Editorial —

Big shoes to fill



TAYLOR BRAAT
Editor-In-Chief

Honoured, sudden, fortunate and shoes. These four words attempt to sum up my new experience as the *Nugget's* new Editor In Chief.

First and most important, I am honoured to have been given the chance to be the new Editor in Chief here at NAIT's weekly paper. I am unbelievably gratified that I am here, doing what I love, writing and working alongside a great team here on the other side of the hallway from where I normally reside in Radio Land. It may be a far walk and a long stride but being in the Radio and Television program (specializing in radio), will only complement my work here at the *Nugget*. I can't wait to completely indulge myself in the opportunities and experiences that I am about to face in this role and I am up for the challenge of it all. When the going gets tough, the tough get going, and I am completely willing to get going.

Sudden opportunity

This came as a sudden opportunity. I never expected to be asked by one of the most amazing editors-in-chief to take on this role. I was hesitant at first. I won't lie, it is not an easy part to play and I think it's only natural to be scared of something so big. If your dreams don't scare you though, they aren't big enough. My dreams terrify me. Lately I feel like my dreams have me standing at the edge of a cliff, 60,000 feet up, with no harness on, telling me to jump. But that is good, I love a good adrenaline rush, and I love growing as a person. Most of all, though, I love sharing my world with anyone who wants to hear it. *The Nugget* has given me a place to express my thoughts for over a year now and I truly have appreciated the way it listens to me and speaks for me.

Skip in my step

Ever since I started at NAIT and began writing for the *Nugget* in January of last year, I have a newfound skip in my step. The sun shines a little brighter and I never wake up feeling like I wish I hadn't. What I am trying to say is that I have found meaning in my life that I never had before. I feel unbelievably grateful that I am able to walk through these hallways and that I have somewhere like this to come to every day. Somewhere to learn about what I love and learn just how much I can do for this world. I am fortunate to be where I am and fortunate to know I am going somewhere great. These feelings of motivation, along with my new opportunity with the *Nugget*, will accentuate each other. Oh, and I never said it was going to

be easy but I know that if I work hard at it, everything else will follow willingly and without question.

This throne will not be an easy one to fit comfortably into, as I know that the former editor-in-chief did wonders for the *Nugget*, and will leave a flawless legacy behind. You know what they say about big shoes to

fill, you should probably just start walking. Well, that's probably not what people say all the time but you know what I mean. I only want to try my best to find my way in the direction I have been pointed. It's not about what is behind us and it's not about what is ahead of us, it's about what is within us.



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SPORTS

Kane plays "me" game



JOSH RYAN
Sports Editor
@JoshRyanSports

A lot of you probably have seen the story around the Evander Kane tracksuit controversy and think "what's the big deal?" A guy who plays for the Winnipeg Jets wore a track suit to a meeting, worse things have happened, right?

While I agree that this story has garnered far too much media attention in this country, the issue of punishment regarding team rules that's specific to the players themselves is an interesting one. Unless you've played sports at a high level and been a part of that culture, you don't fully understand the dynamic and of a locker-room, particularly regarding dress codes. Hopefully this makes sense to those who are familiar with sports team culture.

Most professional athletes come to games sharply dressed. The NBA had an enforced dress code that required players to dress formally but the NHL has always seemingly had players looking as sharp as the big samurai knife that every movie kitchen seems to have. As we live in a day and age in which there is increased access to players outside of the game, players are still shown well-dressed the majority of the time.

During my collegiate volleyball days, our rule was wearing formal attire during game days on Thursday and Friday. That meant coming to class in those clothes as well. At the time, I hated this rule. I felt it was too much of a hassle wearing dress clothes during the day because we would change out of them for pregame anyways and I had to run home

for supper in an hour window. Looking back, I've changed my view on the matter and consider myself pro-dress code. Cleaning up oneself not only sets a positive visual precedent for the team and athletics program, it shows the individual took the time to appear in a public place groomed and it keeps everyone on the team accountable. Thus, I'm also pro-punishment and blame in regards to Kane.

Let's set the stage for those less familiar with the story. Kane came to a team meeting in a tracksuit rather than in dress clothes as per team rules. During a physical therapy session for which Kane had changed, teammates took his clothes and threw them in the shower. Upon discovering the fate of his attire, Kane angrily left and voluntarily benched himself the night the Jets were in his hometown, Vancouver. Now, Kane is out for the season after opting for shoulder surgery and will suit up next year for the Buffalo Sabres after being the centrepiece in the biggest trade the NHL has seen in years.

First, we may eventually get more details on this story that could paint Kane in a more sympathetic light or an even more unsympathetic light. It could be another Jonathan Martin situation, where locker-room behaviour is out of control. So, until we have absolute proof, every possible outcome is on the table. However, the facts that are known make it seem that Kane quit or is quitting, on the team. The issue with wearing a tracksuit isn't so much the wearing something not as sharp as everyone else. The issue is that Kane chose not to

follow a rule that everyone else was following.

When you are part of a team, you enter into an unofficial business relationship with your teammates. Together, the players hold each other accountable and wearing certain clothes is just one rule that everyone must abide with. Showing

up to meetings on time is an individual responsibility (something I failed more than once). Participating in team workouts is an individual responsibility. Learning the playbook or studying game notes is an individual responsibility. Failing in these lets down your coaches but more important, it lets down your teammates. If you are going into the trenches with those to your left and to your right, you need to know everyone has everyone else's back. Even something small, like showing up in the right attire, is an important element in how the team performs. In order to play polished and perfected on the ice, you need



blogs.edmontonjournal.com

Evander Kane
Traded to Buffalo Sabres

that execution and respectability off it.

In this case, Kane didn't take the identity of the team seriously and the other players decided to make their feelings known to him. There are worse things they could've done, believe me. However, his reaction just makes the tracksuit thing worse. He made a decision for himself, rather than what was best for the team. That's why so many commentators are siding against him and that's why the Jets will trade him as soon as a deal with somewhat acceptable return is available.

Hopefully, this plays out positively for both Kane and the Jets but that possibility appears unlikely at this time.

Gym apps for keeping track

By **CONNOR O'DONOVAN**

Those New Year's fitness resolutions can be a bit tricky to measure and keep track of. The plans always seem so solid when they're belched out at one in the morning on Jan. 1. The reality is, when you get down to the nitty gritty of it, tracking your fitness progress can be an exhausting affair. Luckily, there's an app (or four) for that.

Endomondo

This versatile app lets you select from dozens of distance based fitness activities and tracks and logs specialized data for that sport. The app's extensive adaptability lets you track calories burned while completing more eclectic exercises like snowshoeing or cross country skiing. It also uses GPS to map and save your routes, and maintains a detailed history of your past workouts.

Another cool feature of the app is its social media integration. Post your favorite routes for others to try or follow the pathways of other local users. Brag about your workouts with Facebook and Google+ and receive real time audio bite motivation from your friends while you sweat.

Bodbot

If you're more of a gym rat than a cardio junkie, give Bodbot a download. The app has detailed breakdowns of hundreds of different exercises. Many of these contain pictures and links to instructional videos, which make mixing up your workout easier than ever.

Bodbot will also tailor a personalized workout plan for you based on your

goals, schedule and experience. Whether you're looking to get toned, bulk up or lose weight, Bodbot will tell you which muscle groups to target and give you the exercises

to hit them. Have you been eyeing up a particular celebrity body? Bodbot even has a feature that provides you with a workout plan designed to emulate the routines of popular actors and actresses. The app will also design a custom nutritional plan to complement

your exercise goals.

Calorie Counter

This dietary database claims to be the world's most popular health and fitness app, containing nutritional data for over five mil-

lion foods. It lets you input your dietary intake with handy serving size customizations, giving you specific nutritional breakdowns of what you're consuming. Calorie counter also allows you to import and save any recipe you find on the web and contains a barcode scanner for in depth nutritional information while at the grocery store.

Sleep Cycle

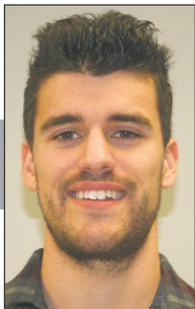
Of course, healthy living isn't only about exercising and healthy eating. You also need proper shut-eye. Sleep Cycle utilizes your phone's accelerometer to track your sleeping habits, and awakens you in what it predicts to be your lightest sleep phase with customizable music. It tracks your sleep cycles over time and can give you sleep related feedback based on lifestyle data.



Keeping score

First-round decision

Welcome back to another edition of *Keeping Score*, the weekly segment where I enter into friendly debate with former *Nugget Sports Editor* (and current *Saskatoon Blades video intern*) Connor Hood over various topics in the world of sports. This week, we tackle the debate that's popped up continuously during the NHL season. Should the Oilers trade the top pick in the NHL draft, if they get it or should the team hold onto it and grab Connor McDavid? Some think the package in return could turn the Oilers around instantly and is a safer bet since it includes proven NHL talent. Others, however, believe McDavid is a generational talent and could become the biggest star since Sydney Crosby. What do we think? Read on...



JOSH RYAN
Sports Editor
@JoshRyanSports

The consensus No. 1 pick in the 2015 NHL Draft is Connor McDavid. Anyone who watched the World Juniors last month knows this is the case. While you can never guarantee that a player will pan out, McDavid is as close to a guarantee as you are gonna get in hockey. No matter what the team's needs are, this new golden boy can make an immediate impact and give the Oilers the best young player in the NHL.

Jack Eichel also has the potential of a franchise player. Soft hands, Gray skating a physical presence, Eichel could add a lot to the Oilers lineup. So, between these two players, Edmonton is getting one really



good player. The return for that must be massive. Even if the Leafs were to offer a player like forward Phil Kessel, what sense does that make for the Oilers? They already have great offensive talent, why get a guy that won't back heck or provide veteran leadership? Plus ...

There's the cap. The Oilers are right up against it, thanks to long-term contracts given to Taylor Hall and other core players. By giving up the No. 1 pick, the right value in return will come with a significant price tag. If the Oilers keep the pick, McDavid or Eichel come cheap for the first few years. That's a quality player, possible star player, playing for just under a million bucks per season (not counting bonuses covering Calder Trophy, All-Star Game, etc). Would you rather have that or Kessel for eight million per?

At the very least, the Oilers must wait until the draft before even thinking of pulling a deal. That way, the team can guarantee a last place finish in the West and find out if the No. 1 pick is theirs. The Oilers have stunk for nearly a decade and should now trade their top draft pick when it could be McDavid?

Get real, folks.



CONNOR HOOD
@connorhood27

"With the first overall pick in the National Hockey League Draft, the Edmonton Oilers are proud to select" ... sound familiar? It's the sound Oiler fans simultaneously love and hate at the same time. As another NHL season reaches the final stages, we may only be a few months away from hearing it for a fourth time in six years. For arguments sake, let's say the Oilers win the draft lottery and hold the first overall pick, should they keep it? Although either Connor McDavid or Jack Eichel have the chance to be superstars once they get to the NHL, they are only one player. I think the logical move for the Oilers would be to trade the pick.

The Oilers have foundational problems with their team that run so deep, no single player, even McDavid, can fix it alone. It's time for the Oilers to think about the

big picture and trade the pick. The type of return they could get in this hypothetical deal would be nothing short of a king's ransom. It's easy to imagine Edmonton filling a few of their desperate needs, including a top defenceman, a No. 1 goalie and size in their top six with this type of trade.

I know a lot of Oilers fans would argue that either McDavid or Eichel are once in a lifetime prospects and that we may have another Sidney Crosby on our hands. But they are both teenagers, unproven pro hockey players and will adding another 18-year-old really help a team stocked with young forwards? The Oilers need to be looking for proven NHL players, ones who can make an impact immediately in their starting lineup and can help them win now. It's getting close (or may be past the point) where Oiler fans lose their patience with this team. You know what fixes that? Winning. Adding another No. 1 pick is not the answer, as the last three have proven.

Ten years from now, Oiler fans will look back on this draft and see one of two things. The first is an Edmonton team again picking at the top of the draft and continuing this never-ending rebuild tailspin. The other is a team that finally made the right choice, dealt the pick and decided winning might be nice for a change. Which would you rather have?

Jack Eichel, left, and Connor McDavid – which ... or neither?



MEN'S HOCKEY

Ooks remain tied with SAIT

By CONNOR O'DONOVAN
@oadsy

The Ooks remain tied for first place with SAIT in the ACAC hockey standings after back-to-back triumphs over the MacEwan Griffins on the weekend. NAIT blanked the Griffins 4-0 on Friday night, before exploding offensively on Saturday with a 9-3 blowout. The weekend's victories push the Ooks' winning streak to 12 games, and their season point total to 45 with six games remaining.

On Friday night, the score remained even for the majority of the first two periods until left wing Tanner Dunkle lit the lamp with just over a minute left in the second. Power play goals by Joshua Lazowski and Scott Fellnermayr in the third solidified the Ooks' lead. John Dunbar added a fourth goal with about a minute left in the final frame. Ken Cameron faced 38 shots in recording his second shutout of the year. He is

currently the only goalie in the ACAC with a GAA below 2.0. The Ooks fired 29 shots on MacEwan.

"The best way to describe the game was patient," said head coach Serge Lajoie. "Patient and structured."

Saturday's game was slightly less so. A total of 104 penalty minutes were handed out in the wild tilt. Ooks Joshua Lazowski, Richard Sabourin and Chris Lidjsman all received game misconducts. The trouble began seven minutes into the second period after John Dunbar gave the Ooks a 4-1 lead on an Eberle-esque goal from in tight. 37 pen-

alty minutes were assessed, including a fighting major, before the next faceoff.

The chippy play continued for the rest of the game as the Ooks began to pull away from the Griffins on the scoreboard. John Dunbar and Jason Wark both had two goals on the night. Kyle Birch got the start for the Ooks and faced 19 shots, while NAIT released 43 on MacEwan. By scoring his 50th point of the season, Dunbar becomes the first Ook player to hit the half century mark in 19 years. The NAIT record, set by Sid Cranston

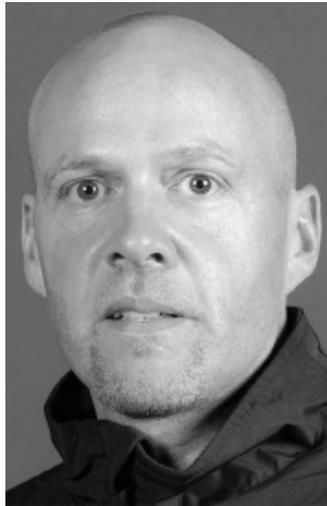
in 1985, is 67.

"Overall, it was a good effort. But it

was a sloppy game," said Lajoie.

Practice looked a bit different this week as the Ooks collaborated on the ice for two sessions with the U of A's Golden Bears. The Ooks welcomed the Bears to their rink on Monday and practised at Clare Drake arena on Tuesday. The two teams worked on game situation play as well as special teams. The Golden Bears are having a stellar year of their own and currently sit at the top of the CIS rankings.

The Ooks will put their experience with the Bears to the test on Friday and Saturday against the 1-22-2 Portage Voyageurs, who will look to avenge a pair of early season losses against NAIT. The last home-and-home between the two teams saw the Ooks outscore their opponents 15-1. Friday's game begins at 7 p.m. in Lac La Biche, while Saturday's puck drop is scheduled for 6 p.m. here at NAIT.



Serge Lajoie
'Sloppy game'



Photo by Jesse Kushneryk

NAIT forward Scott Fellnermayr reaches for the puck during a game against the MacEwan Griffins on Feb. 6. The Ooks won 4-0.

WOMEN'S HOCKEY

Ooks 1-1 in weekend play

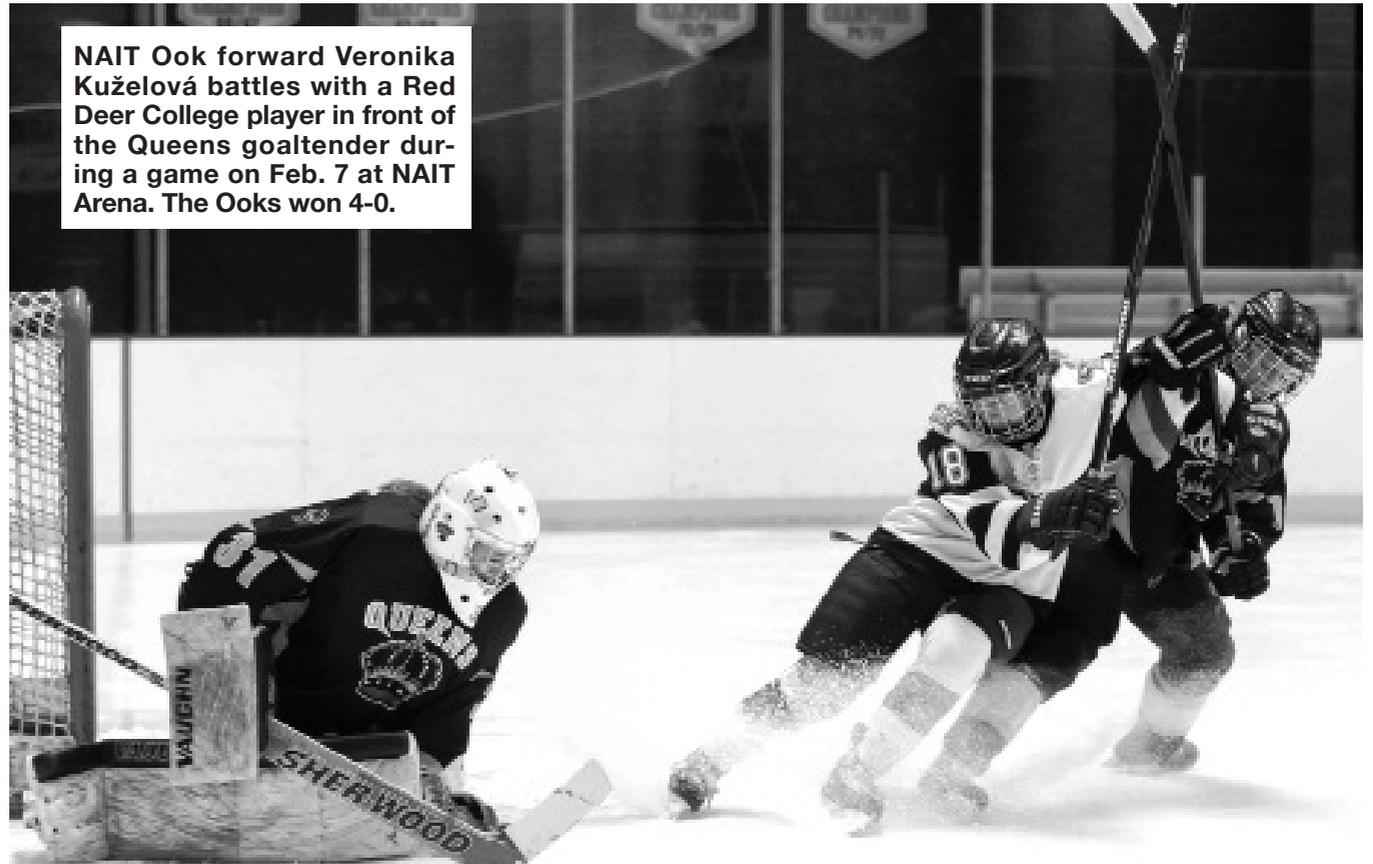
By FARYAL BASHIR
@faryal3

The Ooks women's hockey team showed great determination again in a matchup with the red hot Red Deer College Queens. The Ooks lost in a shootout 4-3 on Thursday Feb. 5 but rebounded to shut out the Queens 4-0. Remaining on top of the ACAC standings at 15-3-2, the Ooks are now eight points ahead of Red Deer. Both teams are now in the playoffs, thanks to the weekend's results.

The Queens opened the road contest on Thursday by scoring the first three goals in the game. Sherri Bowles got the Ooks on the board just over 11 minutes into the second. NAIT scored another two goals in the third to tie the game, outshooting the Queens 13-1. Renata Mastna scored one goal and Livia Lucova potted the third as the Ooks extra attacker. Overtime didn't decide the game, so it went to a shootout. There, the Queens scored in the second and fourth round, with Rachael Hoppins and Kaely McMurty tallying, to take home the win. Laura Wagner stopped all 10 shots she faced prior to the shootout, after relieving Jill Diachuk.

"I think we showed great character tonight, to come back from being down 3-0 on very few shots against," said head coach Deanna Iwanicka. "I also think the adversity is what we need right now."

Veronika Kuzelova kicked off the scoring Saturday early in the second period while on the powerplay. The third period was an exciting one for the Ooks as they pumped in the final three goals of the game. Jordyn Tibbatts, Lucova and Kuzelova, again netted the markers for NAIT, who outshot the Queens



NAIT Ook forward Veronika Kuželová battles with a Red Deer College player in front of the Queens goaltender during a game on Feb. 7 at NAIT Arena. The Ooks won 4-0.

Photo by Jesse Kushneryk

31-15. Diachuk started again for the Ooks after being pulled from Thursday's night's game and rebounded nicely with 15 saves for the shutout. She is now second among ACAC goaltenders with six wins this season. Diachuk also set an ACAC record with her 11th career shutout.

"We needed to get her back in the net," said Iwanicka. "We have confidence in her and she needed an opportunity to rebound after Thursday's performance."

While the split keeps NAIT comfortably ahead of Red Deer in the race for first place, the Ooks have four games left to prepare themselves for the playoffs and need at least one point to clinch that top seed.

"It was great to see us continue to build from Thursday night," said Iwanicka. "We executed a game plan and when we do that we find success as a team. We need to continue to prepare for adversity and learn how to

win the tight games,"

Rookie Alyssa Imler was nominated for athlete of the week for the second time in a row. She has improved defensively and is bettering her game at both ends of the ice.

Next week, the Ooks go head-to-head with the last place MacEwan Griffins, a team desperate to make the playoffs. Games are on Friday, Feb. 13 at 5 p.m. at the NAIT Arena and Saturday, Feb. 14 at Confederation Arena.

VOLLEYBALL

Women sweep, men split

By CRAIG FRASER
@Fraser0308

The Ooks volleyball teams are coming home from Fort McMurray this weekend with hopes of finishing the season strong.

The women's team kept rolling by defeating the Keyano Huskies 3-1 in both matches, extending their winning streak to five games. The men's team defeated the Huskies in a gruelling five-set match last Friday but was defeated in straight sets in the double-header rematch the following afternoon. With Augustana also losing Saturday, the Ooks remain tied for the lead in the North Division. The women remain one win back of third.

Friday night, the women dominated the Huskies for the majority of the match, despite losing focus in the third set. Scores were 25-13, 25-20, 13-25 and 25-22. Shaynah Godlein won player of the match for the Ooks, posting 15 kills. Tara Vogd added five

blocks in a strong effort at the net.

The following afternoon, the script was nearly identical to the previous night, as the ladies again only suffered one bad set in an otherwise solid match. Set scores were 25-23, 25-19, 14-25 and 25-17. Candice Hughes topped the Ooks with 15 kills while Tiffany Evans won player of the match thanks to 10 kills and 16 digs.

Head coach Benj Heinrichs expressed his excitement about how his team has continued to improve throughout the second half of the season and how the team showed good focus and toughness this past weekend despite being short players going up to Keyano. The Ooks had two players missing for the Friday match and three missing for the rematch on Saturday.

"This team works very hard," said Heinrichs. "They support each other and have a great desire to continue learning and getting better."

The men went to war with a physical

Huskies squad Friday but soon found themselves down 11-7 in the fifth set. However, the Ooks rallied in fine fashion, winning 22-25, 25-17, 25-15, 17-25 and 18-16. Bryce Cardinal pounded the Huskies with a career high 21 kills to win POG honours. Saturday, the Ooks lost a few leads of their own. Set scores were 27-29, 25-27 and 24-26. Sean Renaud was the player of the game with 42 assists.

Men's coach Doug Anton said that his team just needs to stay within their regular routine to be successful.

"Keyano is a big physical team and we had trouble containing their left side attackers and managing their serve pressure. Even though we split, we improved our play in each match this weekend."

The two teams host the Grande Prairie Wolves this weekend. The women's squad hope to finish strong, starting against a Wolves team that is just one win ahead in the standings.

"As a coach, it's been a blast to work with such a great group," said Heinrichs. "The Wolves have only lost one match in their last 15, so it will definitely be a huge test as we prepare for the playoffs."

The men already have the playoffs locked up but need wins against the hungry Wolves to stay in first place. Anton says the team's focus in the coming week will be executing more calm and consistent play as well improving on transition play.

"A few tweaks in those areas and we should have a positive outcome next weekend. It would be great to win the rest of our league matches but our true focus at this stage is preparing for the ACAC Championships in three weeks."

The action starts Friday evening in the NAIT gym with the ladies at playing at 6 p.m. Saturday, the women open in the afternoon at 1 p.m. Both men's matches follow.

Athlete Profile



Player: Joslyn Peters
Sport: Volleyball
Position: Middle/outside hitter
Program: Culinary Arts

By CHARLIE ZHAO

1. What made you start playing volleyball? – The whistle.

2. Who is your childhood idol and why? – Batman, because he's Batman.

3. What are your hobbies during your spare time? – Eating.

4. What type of music do you enjoy and why? – Most types. Because I like to listen to most types.

5. Which sports do you like besides

volleyball? – Handball and basketball.

6. Who inspires you the most? – Batman.

7. What three things can you not live without? – Food, water and shelter.

8. What is your dream oasis? – A world where the refs agree with me.

9. What is the best advice you've been given so far? – Don't do drugs.

10. What do you want to say to your team? – Hi.



Athlete Profile



Player: Abby O'Neill
Sport: Volleyball
Position: Libero
Program: Photographic Tech.

By CHARLIE ZHAO

1. What made you start playing volleyball? – I was too short for every other sport.

2. Who is your childhood idol and why? – Baby Spice from the Spice Girls. Who doesn't want to be her?

3. What are your hobbies during your spare time? – Creating art.

4. What type of music do you enjoy and why? – Folk/blues. Tracy Chapman, Shakey Graves, old school Tom Waits. Try out folk fest, then you'll understand why.

5. Which sports do you like besides volleyball? Is eating a sport?

6. Who inspires you the most? –

Those crazy liberos in YouTube videos.

7. What three things can you not live without? – My incense, pony tails and being barefoot.

8. What is your dream oasis? – Probably hanging on the beach or maybe walking in the woods among pine trees.

Realistic oasis? – Folk fest.

9. What is the best advice you've been given so far? – "Follow no one" or "Everything should be on your bucket list or your f***-it list."

10. What do you want to say to your team? – Tiffany wears diapers under her Spandex.



Photo by NAIT Athletics

NAIT OOK Nick Roque gets set for a smash during recent badminton action.

NAIT takes ACAC title

By CONNOR O'DONOVAN
 @Oadsy

The Ooks badminton team played their last league tournament and won the 2015 ACAC team championship on the weekend. They finished the tournament, which was held at NAIT and at the Royal Glenora Badminton Club, with 67 total points, bringing their season total to 152 points. Concordia, the second highest scoring college, finished with 122.

NAIT's Kai-li Huang made it to the semifinals of the women's singles A category. Huang lost in the semis in two games to Royal Glenora Club competitor Takeisha Wang.

Andy Ko was NAIT's top finisher in the men's singles A category. He made it to the semis before losing to the Royal Glenora Club's Ty Lindeman in two games. After getting knocked out of the A category in the third round, Nicholas Roque went on to win the B category in two games.

In women's doubles action, Kai LI Huang and Hellen Fedoretz made it to the quarterfinals in the A category before losing to Royal Glenora duo May-Lee Lindeman and Jessica Yu in a tight two game set.

In the men's doubles A category, the NAIT duo of Jeffrey Ko and Nicholas Roque faced NAIT's Andy Ko and Royal Glenora member Nathan Osbourne in the quarter-finals. Osbourne and Ko took that match in two games. They went on to the A finals, but lost to Lei Chen and Kai Dan of the Royal Glenora club in three games. Ooks John Doldol and Jason Rausch won the men's doubles C category.

In the mixed doubles A category, two NAIT teams advanced to the quarter finals. Hellen Fedoretz and Nicholas Roque lost to Ty Lindeman and Takeisha Wang in two games. Andy Ko and Kai-li Huang lost to Austin Bauer of Clearstone Calgary Badminton Club and Grace Box of Kings College in three games.

The Ooks now turn their focus to the ACAC Individual Events Championships on Feb. 21. The gold and silver medal winners at that tournament will advance to the CCAA National Finals, which take place in Halifax March 4-7. The Ooks have had gold medal winners at nationals for the last four years and are currently the top ranked team in the CCAA.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
NAIT	26	22	22	3	0	143	58	45
SAIT	28	22	20	5	1	0	124	80
MacEwan	26	18	16	5	0	3	98	78
Augustana	26	14	14	9	1	2	110	72
Keyano	26	11	11	9	2	4	97	89
Red Deer	25	10	9	12	0	3	84	82
Briercrest	28	6	6	19	1	2	86	134
Concordia	28	6	6	20	1	1	73	136
Portage	25	1	0	22	0	2	76	162

RESULTS

February 6

NAIT 4, MacEwan 0

Portage 5, Briercrest 5 (OT)

SAIT 5, Keyano 4

Augustana 8, Concordia 3

February 7

NAIT 9, MacEwan 3

Briercrest 8, Portage 3

SAIT 4, Keyano 3 (OT)

Concordia 3, Augustana 1

February 8

Red Deer 7, Portage 4

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
NAIT	20	15	11	3	2	53	26	32
Red Deer	20	10	8	6	4	37	37	24
SAIT	20	9	7	9	2	40	48	20
MacEwan	20	6	3	11	3	30	49	15

RESULTS

February 5

Red Deer 4, NAIT 3 (SO)

February 6

SAIT 2, MacEwan 1 (SO)

February 7

NAIT 4, Red Deer 0

MacEwan 2, SAIT 1 (OT)

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
NAIT	18	17	1	34	1600	1304
Concordia	20	12	8	24	1605	1536
Lakeland	20	11	9	22	1505	1534
Keyano	18	9	9	18	1348	1263
Grande Prairie	18	9	9	18	1358	1393
Augustana	18	4	14	8	1294	1452
King's	20	4	16	8	1410	1658

South Division

Red Deer	20	16	4	32	1654	1423
Lethbridge	18	14	4	28	1599	1303
Olds	20	13	7	26	1740	1546
Medicine Hat	20	13	7	26	1563	1456
SAIT	20	10	10	20	1519	1465
St. Mary's	22	3	19	4	1500	2011
Briercrest	20	1	19	2	1415	1812

RESULTS

February 6

St. Mary's 97, Briercrest 92

King's 83, Grande Prairie 71

Lakeland 82, Keyano 71

Olds 106, Medicine Hat 94

Red Deer 77, SAIT 76

February 7

St. Mary's 102, Briercrest 95

King's 80, Grande Prairie 73

Lakeland 86, Keyano 82

Olds 86, Medicine Hat 77

Red Deer 89, SAIT 86

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Lakeland	20	18	2	36	1319	1002
NAIT	18	15	3	30	1162	873
Augustana	18	13	5	26	1083	976

Keyano	18	9	9	18	1050	1054
Concordia	20	7	13	14	1070	1193
Grande Prairie	18	4	14	8	899	1044
King's	20	0	20	0	872	1306

South Division

Lethbridge	18	17	1	34	1430	848
SAIT	20	16	4	32	1346	1106
Olds	20	15	5	30	1441	1173
Medicine Hat	20	10	10	20	1176	1292
St. Mary's	22	10	12	20	1433	1458
Red Deer	20	2	18	4	1004	1458
Briercrest	20	0	20	0	1072	1590

RESULTS

February 6

St. Mary's 88, Briercrest 46

Grande Prairie 68, King's 53

Lakeland 65, Keyano 36

Olds 81, Medicine Hat 39

SAIT 56, Red Deer 41

February 7

St. Mary's 84, Briercrest 59

Grande Prairie 68, King's 43

Lakeland 78, Keyano 43

Olds 91, Medicine Hat 50

SAIT 83, Red Deer 43

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
NAIT	20	16	4	49	22	32
Augustana	20	16	4	52	19	32
GPRC	20	12	8	47	31	24
King's	22	11	11	41	43	22
Keyano	20	9	11	39	38	18
Lakeland	20	8	12	27	44	16
Concordia	22	0	22	8	66	0

South Division

Red Deer	20	17	3	54	17	34
Medicine Hat	20	15	5	49	25	30
Lethbridge	22	13	9	47	37	26
SAIT	20	12	8	43	27	24
Briercrest	20	11	9	41	31	22
Ambrose	22	4	18	17	55	8
Olds	20	0	20	1	60	0

RESULTS

February 6

NAIT 3 - KC 2

(22-25, 25-17, 25-15, 17-25, 18-16)

Grande Prairie 3, Concordia 1

(20-25, 26-24, 25-16, 25-23)

Lethbridge 3, Ambrose 0

(25-16, 25-21, 25-18)

Medicine Hat 3, Red Deer 2

(25-22, 17-25, 25-19, 22-25, 15-7)

SAIT 3, Briercrest 1

(18-25, 33-31, 25-19, 25-22)

Augustana 3, King's 0

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

February 7

Keyano 3, NAIT 0

(29-27, 27-25, 27-25)

Lethbridge 3, Ambrose 0

(25-11, 27-25, 25-20)

King's 3, Augustana 0

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

Grande Prairie 3, Concordia 0

(25-17, 25-22, 25-20)

Red Deer 3, Medicine Hat 1

(27-25, 27-25, 14-25, 25-19)

Briercrest 3, SAIT 2

(25-15, 22-25, 22-25, 25-18, 15-11)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	22	17	5	57	26	34
GPRC	20	14	6	50	26	28
Lakeland	20	14	6	48	25	28

NAIT	20	13	7	43	34	26
Augustana	20	8	12	30	45	16
Keyano	20	6	14	32	47	12
Concordia	22	0	22	9	66	0

South Division

Red Deer	20	18	2	57	10	36
Briercrest	20	16	4	54	22	32
SAIT	20	12	8	39	32	24
Olds	20	11	9	42	31	22
Medicine Hat	20	5	15	24	52	10
Ambrose	22	5	17	21	56	10
Lethbridge	22	5	17	23	57	10

RESULTS

February 6

NAIT 3, KC 1

(25-13, 25-20, 13-25, 25-22)

Grande Prairie 3, Concordia 0

(25-16, 25-14, 25-20)

Ambrose 3, Lethbridge 0

(25-11, 25-22, 25-20)

Red Deer 3, Medicine Hat 0

(25-13, 25-19, 32-30)

SAIT 3, Briercrest 2

(27-25, 25-19, 22-25, 19-25, 15-8)

King's 3, Augustana 0

(25-15, 25-20, 25-18)

February 7

NAIT 3, Keyano 1

(25-23, 25-19, 14, 25, 25-17)

Ambrose 3, Lethbridge 0

(25-21, 25-21, 30-28)

King's 3, Augustana 1

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

Grande Prairie 3, Concordia 0

(26-24, 25-15, 25-19)

Red Deer 3, Medicine Hat 0

(25-12, 25-17, 25-10)

Briercrest 3, SAIT 1

(26-24, 25-20, 19-25, 25-22)

CURLING

MEN

Team	Fall	Winter	Final
MacEwan	5-1	11-1	11-1
NAIT	5-1	5-1	10-2
Augustana	3-3	2-4	5-7
Olds	3-3	1-5	4-8**
Lakeland	2-4	2-4	4-8*
Red Deer	1-5	3-3	4-8*
Portage	2-4	2-4	4-8*

Tie breakers

Olds 10, Portage 2

Lakeland 6, Red Deer 5

Olds 6, Lethbridge 4

WOMEN

MacEwan	5-1	5-1	10-2
NAIT	5-1	4-2	9-3
Red Deer			

ENTERTAINMENT

Grammys not totally bad



QUINTON BERGER
 Entertainment Editor
 @QuintonBerger6

I'm not going to sit here and pretend like I'm the person who should be telling you about the Grammys because I don't follow popular music nearly enough to have solid opinions about it. As much as I will always cling to the idea that 90 per cent of those who take home or even got nominated for a Grammy don't deserve them compared to less mainstream artists, I recognize the Grammys are based on chart success. I have to say, though, this year the Grammys were pretty on point with a lot of their nominations and

even a couple of winners.

This year's biggest winner at the Grammys was Sam Smith. The thing is, I'm not butt hurt about that. Sam Smith may not make the kind of music I bump while drifting through the neighbourhoods or kicking back with a bottle of rum but there's no denying that he stands above most artists that I hear on the same stations his music gets played on. His songs are full of passion and his lyrics have substance. Smith takes real life pain, conveys it through his music and you end up feeling that same pain when you listen. This mother is talented.

That said, the "song of the year" is a bit of stretch, especially when it's for "Stay with Me." I mean, that song is the best out of all those nominated but come on! If we're giving Smith the Grammy, give it to him for "I'm Not the Only One." That one is way better. In my opinion, Eminem's "Rap God" should have one for its intricate rhyme schemes, satirical look at popular culture, varieties of flow within the song and general dopeness.

But since I mentioned Eminem, I'd like to argue his Grammy for rap album of the year because *MMLP2* is not rap album of the year. I know, the Grammys are for commercial artists and all today's best rap music is underground but still. At least give the record to Schoolboy Q. *Oxymoron* combines the audible pleasant-

ries and ease of new school instrumentals with the grittiness that only comes from old school inspiration. Marshall Mathers' *LP 2* is a bland rendition of a previous success as Eminem follows the same formulas that won him Grammys in the past. It's tired. Awards are supposed to be for new efforts. Then again, we are talking about an award that Wiz Khalifa was nominated for so it's clear the Grammy's know dick about hip-hop.

What else happened? Oh yeah, Beyoncé laid down a killer performance, Pharrell wore something stupid, Kanye poked fun at his own infamous award show stunt (which wound up being pretty funny) and Iggy Azalea didn't win shit. Azalea's empty handedness has restored a little bit of my faith in the Grammys.

All in all, this is what I took away from the Grammys, an award show that caters to *Billboard* success rather than actual musical ability and talent. But hey, this year wasn't totally crap ...



Sam Smith

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **CHRIS KINNEAR**

In my playlist I have a couple of my favourite Canadian artists that have been around for the last few years. It starts off with my all time favorite song, "In Too Deep" by Sum 41, which sets the mood for the whole playlist and has my personal favourite guitar solo and music video.

Then it goes into "This Is the Best" by USS, which is a perfect song to put on when you want to go out and party. After that, "Theory of a Deadman - Bad Girlfriend" comes on. This is a loud rock song about a girlfriend that loves to party hard but will always come home at the end of the night. "Reservoir" by PUP is a loud grunge inspired song that will get you up and moving around as you listen along to it. Next is Billy Talent's "Turn Your Back," which is from their third studio album,

which a lot of fans think is their worst album. I disagree. This is the best song from the album because it is a song I would go out and mosh to. After that is "Old Habits Die Hard" by the best pop punk band from Edmonton, Ten Second Epic.

I love the guitar riffs from this song because they are so different from what a lot of pop punk bands are doing today. Another great Sum 41 track is next in "The Hell Song," which, in my opinion, has the best intro guitar riff of all time. This is a very upbeat song that comes from Sum 41's first try at a heavier album.

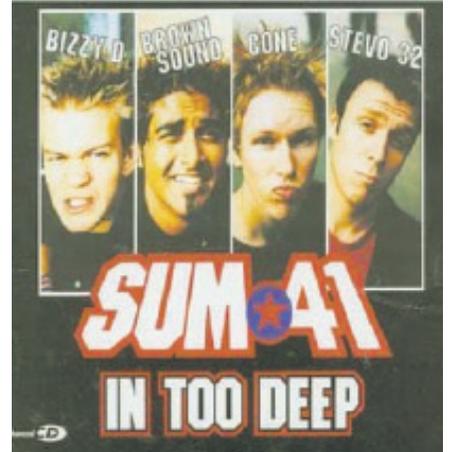
After that is "Animal I Have Become" by Three Days Grace. This is a loud rock anthem for the masses about not conforming and being different from the rest of the pack.

To finish the playlist off is Ten Second Epic's "Young Classics" from their final studio album. This is my favourite song from the album because it's a heavy guitar laden punk rock song about being remembered for the things you have accomplished and not the things you have failed at.

The playlist as a whole is all Canadian artists that are about being loud and tries to get you moving or even singing along to all of the tracks. Every artist on the list was able to establish themselves as being

a different sounding band from all of the bands that inspired them to become musicians. These are just a few of my favorite Canadian artists old and new, some of these bands I have just discovered and some I have loved since I knew about good music. I hope you check out these bands and enjoy them as much as I do.

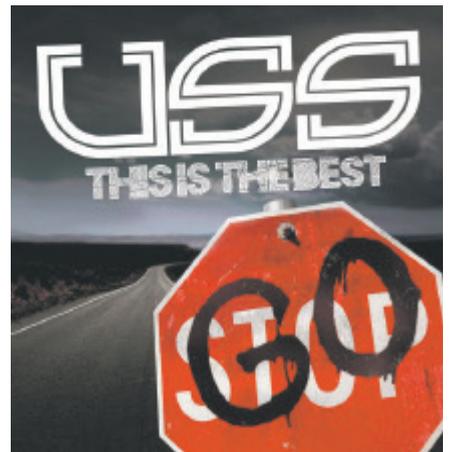
- Sum 41 – In Too Deep
- USS – This Is the Best
- Theory of a Deadman – Bad Girlfriend
- PUP – Reservoir
- Billy Talent – Turn Your Back
- Ten Second Epic – Old Habits Die Hard
- Sum 41 – The Hell Song
- Three Days Grace – Animal I Have Become
- Ten Second Epic – Young Classics



en.wikipedia.org



tensecondepic.com



www.qobuz.com

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (1lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Valentine's Day is a time we often get warm, glowing images about love and relationships. It is also a great opportunity to evaluate how happy you are with your relationships, romantic and otherwise. People in healthy relationships are willing to work at the relationship. They give without keeping score, have a strong sense of commitment to their partner, communicate openly, express affection, can compromise without losing their individuality and are sensitive to each other's needs. Good relationships don't just happen. They take effort.

Every relationship is different but the following characteristics are present in most good relationships. How does your relationship rate?

- I feel like I can be myself
- I feel comfortable sharing my feelings with my partner

- We respect each other's differences (opinions, feelings)
- We can negotiate and compromise when we don't agree
- We don't hold grudges
- We can say "I'm sorry."
- We enjoy each other's company
- We both have an equal say in the relationship
- We trust each other
- We are honest with each other
- We don't take each other for granted
- Humour and fun are part of our relationship
- I look forward to seeing my partner
- My relationship brings out the best in me

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you to potential problems.

If you are staying in a relationship because you think your partner "has potential," will change or you don't want to be without a boyfriend/girlfriend, re-evaluate. By staying with your partner you are actually reinforcing the negative behaviours. Are any of these warning signs occurring in your relationship?

- I have felt pressured to do things that I find uncomfortable.
- I have been threatened.
- I feel controlled in this relationship.

- My partner is very jealous.
- My partner does not respect me.
- We often shout, yell or swear when we disagree.
- I often feel put down by my partner.
- My partner tries to isolate me.
- I feel like I am losing my identity in this relationship.
- I am dependent on my partner to make me feel good about myself.
- I stay in this relationship just because I don't want to be alone.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful, get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication? See a counsellor for this or any other academic or personal concern. Appointments can be made in person at Student Counselling, Room W-111PB, HP Centre or by calling 780.378.6133.

NAIT Student Counselling
Office Hours:

Main Campus: Monday to Friday, 8 – 4:30 and until 5:30 on Tuesdays
Book in person at Room W111-PB or call 780-378-6133

Patricia Campus: Thursday afternoons
Book in Room P-133

Souch Campus: Mondays, 9 – 5:15
Book in Room X-145

All counselling appointments are free and confidential.

February

EVENT LIST

4 | EXECUTIVE COUNCIL CANDIDATE SPEECHES

6 | EXECUTIVE COUNCIL VOTING OPEN

6 | HOW TO COOK INDIAN FOOD

7-8 | TOP MODEL WORKSHOP

10 | SPEED DATING AT THE NEST

12 | EXECUTIVE COUNCIL VOTING ENDS @ 4PM

12 | MARDI GRAS KARAOKE AT THE NEST

13 | HOW TO BOLLYWOOD DANCE

23 | TOP MODEL ROUND ONE VOTING OPEN

23 | STRESS LESS - FREE COOKIES

24 | STRESS LESS - PET THERAPY

25 | WELLNESS WEDNESDAY

NAITSA READING WEEK HOURS:

FAMILY DAY/FEB 16 | CLOSED

FEB 17-19 | 8:00AM - 4:30PM

FEB 20 | 8:00AM - 4:00PM

MONDAY, FEB 23, REG HOURS RESUME

MON-THURS | 8:00AM - 6:00PM

FRIDAY | 8:00AM - 4:00PM

TO FIND OUT MORE INFORMATION ON ANY OF THE ABOVE EVENTS PLEASE VISIT NAITSA.CA

STUDENT SERVICES | naitstudents | nait | youNAITSA | nait.ca | naitstudents | nme-131

Fashionista of the Weeksta



Photo by Ashley Brain

Sydney Pietsch, 21

Radio and Television

Sydney has a distinct look that doesn't go unnoticed. Her personal style is described as comfortable and laid back, yet trendy. She found her toque and striped shirt at American Apparel, her flannel shirt at Urban Outfitters, her pants at Lululemon, shoes at Timberland and socks at Target.

Superbowl advertising

By JULLIET KATENGA

Here I've reviewed two of the many infamous 2015 Superbowl commercials:

Make Safe Happen – Nationwide

This is one of the saddest commercials one will ever see. Nationwide tries to promote prevention of childhood deaths in this ad. A young kid narrating his hopeful dreams of learning how to ride a bicycle, travelling around the world with his puppy, getting married and, one day even hopes to fly. But these hopes are shattered due to his death in an accident.

All these narrations are supposedly only a reflection after his death and as a consequence of not having had an insurance coverage. One would agree that these suppositions would pose serious ethical questions, such as: What does this ad really mean? Do children really need life insurance? Or does it mean kids will die if they don't get the life insurance? Anyway, why would anyone want to gain money out of his or her child's death?

In the end, this is all about getting people shocked, upset, therefore making the insurance company more popu-

lar. However, in the end the insurance company got their money's worth. Their main purpose was to get themselves front and center with this controversy. Everyone's talking about them.

Journey home – GoDaddy

Here we go again, another heart breaking commercial. The poor puppy fell off the truck and was left stranded by the roadside. The puppy never gave up, knowing home was the best and safest place and so the journey home begun; through dust and under the sun and rain, in the cold, darkness and storm.

You could imagine the warm and joyous welcome a lost and brave puppy would receive. But it was quite the contrary! The puppy was already on sale online on a GoDaddy's website. Shocking, isn't it?

So, what is the point of this commercial? In the end, everyone is so appalled, shocked, upset and the ad remains the major topic of discussion. And, of course, this is only another public stunt. GoDaddy gains the credit and everyone is made aware of GoDaddy's utility in the midst of this controversy.



www.ispot.tv

GoDaddy

THROWBACK THURSDAY



now-here-this.timeout.com

Michael J. Fox as Marty McFly and Christopher Lloyd as Dr. Emmett Brown in *Back to the Future Part II*.

Back to ... Back to the Future

By CHRIS KINNEAR

As I sit back and watch *Back to the Future*, I remember that this is the year that we are all supposed to have flying cars, hover boards, self-tying shoes and clothing that, by our standards today, makes very little sense. Being that this year is the 30th anniversary of the first *Back to the Future* movie, I feel it fitting that I talk about how great a movie and trilogy it was.

Even as I watch it today, it takes me back to the times when I was a young kid on New Year's Eve and watching it for the first time. My sister, dad and I were sitting in our basement watching the movie and we then went out to watch

the fireworks and then came back home and finished watching the second movie. It wasn't until the next day that I was able to watch the third one in the trilogy but after that night it became my favourite trilogy to watch.

Every once in a while I'll go back and pop the classic VHS into the VCR, sit back and marathon the entire trilogy in one day. The copy I own has a bonus VHS with a 30-minute behind-the-scenes tape, so I can block out an entire day to watch three movies and a behind the scenes tape while under a blanket curled up on a pullout bed.

Even now, the plot still holds up and all of the characters are still like-

able and fit into their roles perfectly. Michael J. Fox is still my favourite character from all of the movies I have ever seen, even though he wasn't originally the one that was going to be the iconic Marty McFly. Eric Stolz was supposed to be the lead but the producers thought he didn't fit the character as well as Fox. This led to Steven Spielberg and Robert Zemeckis recasting the role for Fox, which meant they had to reshoot four weeks of the movie.

Looking back on these movies makes me think about the times when all of my family would sit down and watch a movie on the weekend without any interruptions like work or school.

Without Spielberg and Zemeckis changing their minds about Stolz and recasting Fox, the *Back to the Future* series would be very different. I'm not sure there would have been two more movies and millions of dollars made by the studio and the resulting best science fiction comedy trilogy of all time.

Without these movies Fox probably wouldn't have had as successful of a career in acting. I personally love these movies and when I go and watch them I feel like I'm being transported. Without these movies I think I would be a different person from who I am now.

A good time puzzle game

By **GERVAISE BRANCH-ALLEN**

Mighty Switch Force! is a puzzle game that plays like an action platformer from Wayforward Technologies. As one of the Nintendo 3DS's first eShop titles,

this game impressed gamers with its fun ideas and challenging puzzles. Players play as Patricia Wagon, a cybernetic police officer who has to find and recapture a group of escaped convict sisters.



Patricia Wagon

catchshiro.deviantart.com

Let me just get this out – I love this game! From the company logo (in gorgeous 3D) to the opening title screen, you know you're going to have a good time. Players start off with the first of 16 "Incidents" where they must find the five Hooligan Sisters and head to the goal where Patricia's robotic partner Corporal Gendarmor will fly her away. Players have a handy pellet gun to shoot down the multiple enemies throughout the stage. Additionally, many blocks are scattered throughout the stage. Players have to activate Patricia's helmet siren to phase one set of blocks out and phase the other blocks in so she can traverse through the environment. You'll have to use the blocks as platforms to avoid spikes or climb up the blocks to catch one of the convicts. You can also use the blocks to take out enemies but this effect works against you, too.

The 2D graphics look detailed and nice. Each character has a unique appearance, from Patricia to each convict to the mutated enemies. Everything looks gorgeous in 3D and the environment looks sharp and is eye catching.

One of the best features of this game is the excellent soundtrack! This game has some of the best music I've heard in a video game. Just look up "Love Me Love Me Love." The music has a splash of techno and electronic and a touch of the '80s and '90s. Composer Jake Kaufman provides the perfect soundtrack for this game. I highly recommend you just listen to this game's soundtrack, even if you never play the game. The music is just that good!

The gameplay may seem on the short

side but the game also features Par Times, set time challenges in each incident and they can be difficult to master. Most of the time you have to rush through stages to beat the time set and that is a pretty big challenge on its own. Late incidents introduce new block types and different challenges to trip you up. Fortunately, there are checkpoints in each level and a reset option in the Pause menu if you mess up. Once you beat the game (thanks to a May 2012 update), additional content will unlock and this content proves to be just as challenging as the first 16 incidents. Additionally, for Wii U owners, there's an additional option. You can purchase *Mighty Switch Force! Hyper Drive Edition*, which includes brand-new graphics and double the content of the original 3DS title, including the post-game content, so it's truly up to you. The original is still a gem of a game if you don't have a Wii U, so don't feel bad.

Wayforward Technologies nails another one of their original titles with *Mighty Switch Force!* The gameplay is a blast, the soundtrack is amazing, the graphics are a delight to look at and Patricia's enthusiastic voice represents the excitement of the player. She's a lovable and truly great character to lead you through this adventure. Even the end level artwork is beautiful. This game is highly recommended!

"Stop in the name of the law!"

If you're interested in writing a video game review or an article on a video game that interests you, tweet me @Gba95sonic or, if you don't have Twitter, e-mail the Entertainment Editor at entertainment@nait.ca

Starbound – check it out

By **LOGAN BEACH**

If you follow PC gaming at all you probably know all about Steam Early Access. For the uninitiated, Steam's Early Access system allows for game developers to charge full price for an unfinished game. I personally find this to be ridiculous and have a policy of not buying into something that isn't done.

Let's rewind to about a year ago when I initially picked up *Starbound* from Chucklefish Games. It was a cool concept – you would roam around the universe in a spaceship and mine planets for resources. The best way to describe it would be *Minecraft* or *Terraria* in space. Unfortunately, it was an Early Access title and I soon found out why. There was a significant lack of content and little to keep you entertained. All around, *Starbound* didn't hold up.

I can hear your outrage from here, though. You're saying that *Starbound* was initially released into beta in 2013 and lacks in any real relevance. In that regard you would be right, kind of. It just recently received an update and, let me tell you, *Starbound* is now almost an entirely different game. Chucklefish has improved the game mechanics, created a new questing system, overhauled the combat, changed the way that crafting worked, allowed for

ship upgrades and added in an entirely new race, which are essentially made of energy and that's really cool. Everything you knew about *Starbound* is now more polished than ever.

First of all let's talk about the presentation. If you are at all familiar with the game, then the presentation is still the same. The 16-bit graphics are just as charming and appealing as ever. It has colourful environments consisting of deserts, frozen tundra, lush forests and barren asteroid colonies. By extension, the music is still spot on. I cannot express how much I love the score for this game. It has a way of going from dark and lonely to optimistic and cheerful and then to powerful and intense.

The major changes aren't found in presentation, though. Where we see improvement is in the gameplay itself. With the new update they instituted a new kind of questing system with a hub world that you will always be coming back to. This makes the in-game universe feel more alive. There is an actual galactic community at work and it isn't just the player character wandering around collecting resources for no particular reason. Along with that there also seems to be more plot working in the background. Even though it really isn't needed in a resource



collecting game, it makes everything feel more complete.

The combat has received an entirely new treatment as well. While before melee weapons felt fairly restrictive due to a lack of accuracy, they can now be aimed wherever your character can feasibly reach. This makes combat feel much more organic and satisfying from a gameplay perspective. Not to mention the vast array of new weapons and weapon types, all of which makes for a great experience.

Chucklefish did incredibly well with the update to *Starbound* and they really made it a game worth checking out again. They took a concept that has a lot of potential and are working towards the greatest potential experience for it. If they keep this kind of quality work up then I am personally very excited to check out the final release of *Starbound* and any future projects they might have in store for us.

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DotA 2 is simply the best

By MADDY SKINNER

What the heck is *DotA 2*? Simply put, it's the coolest thing that you have never heard of. It's a video game that is blowing up in player pool and in viewership. It is popular worldwide, with viewers that drive a fast-paced and passionate competitive scene. It is dynamic, engaging, really fun to watch and you should definitely be in on it. So what is it, exactly?

DotA or, *Defense of the Ancients*, is a strategy game where, basically, you play with four other people to destroy a building on the other side of a map that is being protected by five other people. Through a complicated internal economy of experience and gold, you design your killer team through item and ability selection in real time based on the situation that is presented by your enemies. If you can't fathom what that might look like, try to imagine a cross between chess and soccer. Now imagine that the players can cast spells. Still following?

If you are familiar with this type of game, it's probably because you play a game called *League of Legends*. Now, I'm not here to convert anybody but I do want to point out that *DotA 1* was basically *LoL*'s granddaddy and *DotA 2* is basically *LoL*'s hotter and smarter cousin that everybody in the family likes better (nobody likes to talk about cousin *HoN*, who moved out of their house pretty young, promptly began a life of debauchery and was last heard of hopping a train to Mexico to escape their gambling debts) but, you know, to each their own.

In any case, *DotA* is growing. Rapidly. So here's how you can get started:

1. Do you have a Steam account? Probably. Now go look through it. Somewhere in the sea of impulse-bought Steam bundle games you've never even heard of, you'll find a title called *DotA 2*. It's there. It's been waiting for you this whole time. Now click install and get ready to waste the rest of your life.

2. Play through the tutorial. The tutorial is alright for teaching you the very basics of the game. Click around. Try your best. Believe in yourself. After finishing most of the tutorial, do you find you're still not ready to play against people yet? Are you still confused? Feel stuck playing games against AI bots? Completely fine! Let's get you warmed up to *DotA* before you plunge in.

3. A quick Google will bring you to all sorts of newbie guides to the game. A fan favourite is "Welcome to DotA, You Suck" by Purgegamers and you should definitely give it a read, although be wary of dated information. Most guides you will find will give you the basic information you need, so find one that you like. If you're concerned or confused you can always check up on the latest hero and item stats in the *DotA 2* Wiki.

4. Another avenue into understanding the game is watching other players stream games. There's a whole host of *DotA 2* streamers on Twitch.tv. If you want more newbie-friendly streams, check out purgegamers, aui_2000, blitzdota, wagamamatv, or merlinidota. If you want



openwallpaper.info

something a little more clowny, try artezy, sing_sing, or AdmiralBulldog but don't expect in-depth explanations and beware of terrible music.

5. Once you've gotten a little bit more comfortable with the game and the culture, you can look into the competitive scene. There are tournaments going on almost constantly featuring amateur-to-professional teams from across the world. You can start with the biggest one, though; Valve-run The International is a yearly event that brings together the biggest pro teams for a chance to win over \$1 million US. You can watch a whole documentary about the first International on YouTube. It's called Free To Play and it's produced by Valve itself. (If you're only going to do one step in this whole article, do this one. Trust me.)

The next International is scheduled for Aug. 3-8. Save the date.

6. If you're finding competitive *DotA* interesting, you'll be happy to know there's a whole community of people who feel the same way. Except way more. Fanaticism is not uncommon – especially around The International. Try to catch whatever tournament is going on at the moment. The easiest way to do this is to check out the *DotA 2* subreddit (r/dota2) which is always hyping the next big tourney. Be wary, though – the sub-

reddit is a direct plug into the community's conscience, so get ready to hear opinions on players, personalities, teams, streams, mechanics, heroes and whatever else is the topic of the moment.

7. Let it consume you. Soon enough you'll be laughing at stupid copypastas, crying over team losses and flaming fanboys in deep reddit threads. It's alright. Accept it, my friend. You're becoming one of us.

8. How's your game coming along? Still haven't played against people yet? That's alright. Remember that it's just a game. A very cool, very important game but just a game. Were you anxious the first time you played *Settlers of Catan*, or *Yahtzee*? Or how about *Go Fish* when you were six years old? Did you wait and read up on strategy and stats before you started playing? Probably not. You just dove in with the minimum knowledge and learned from there. Now, *DotA* is a notoriously frigid plunge, I'll give you that – it has a steep learning curve and a very competitive pool of players – but don't let it worry you. Just try it. I know you'll do fine.

9. If you've made it through all that, all that is left to say is welcome. Welcome to this gigantic, multi-national, ever-expanding, and passionately crazed *DotA 2* community. Enjoy your new waste of time, my friend and I'll meet you on the field!

JUST THE TIP

Unintended consequences

By TICKLE MY PICKLE

Warning: if you're currently eating something, I'd suggest you flip the page.

Once upon a time while I was visiting Vancouver, I met a fellow from Australia. He told me many stories, but this one in particular really stayed with me.

"James", we'll call him, once told me that he and his friends took out some of their Canadian friends out to a bar one night back in Australia; drinking, cheering

loud, and having a great time! A young lady approached one of his Canadian buddies and, naturally, they hit it off.

Closing time arrived so they decided to take their "new friendship" over to his place for a late night movie. Movies at 3am are pretty much code for "get in my bed", which obviously ended up happening.

As they were getting it on he asked her if it was OK to "park it in the rear" and she agreed. The next morning our Can-

adian woke up to an empty bed, probably due to his snoring. As he lay in bed, trying to sort out last night's memories, he felt something weird around his penis. Naturally, he sprung to his feet to figure out what was wrong (side note: he's not "snipped"). He stared at it all cockeyed, his manhood somehow compromised; there was some type of substance under his meat. As he slowly rolled down the skin awaiting to witness the cause of the pain, there was no

free coffee or donut when he rolled it to the rim, but instead she left behind a piece of corn. Yes, corn. He screamed and cried and ran to the bathroom to wash off this unwanted present.

So there you go, a story that was passed on from the outback itself to the lovely pages of the nugget.

Lesson of the day: don't engage in drunken bum sex if corn was on the menu the night before.



RANDI ADAMS

What is your biggest pet peeve?



"Slow walkers, especially at the mall, pretty much anywhere. If there is a long hallway and lots of people, I'm out."

Keenan Fitzpatrick
Television



"When people don't clean up after their dog. Not only is it disgusting and illegal but animal feces are a huge vector for disease and parasites."

Michelle Fendlander
Animal Health Tech.



"Sharing drinks with other people including relationships because I don't want to get mono!"

Tom Armstrong
Television



"PDA!!! In school, classrooms or anywhere on school property. It's not the place or time. Control your hormones, this isn't high school!"

Chanelle and Brittany
Bio Sciences

EDM

Opening set an art form

By **BRETT BOHL (djBohLd)**
@BrettBohl

For anyone who really knows a bit about DJing, one of the most challenging tasks for a DJ is to play an opening set ... and I mean a set. With extraordinary track transitions and unique choices of music, these are the DJs who set the perfect environment for the headliner(s) of the night.

An opening set is an art form because handling a crowd of people takes a special kind of DJ, one who can play a set without "banging it out" like it's 2 a.m., while still maintaining an energy level which excites the listeners. The key is to not play any major hit songs and still rock the crowd, which is easier said than done.

When opening for other more established and well-known DJs, it is important to remember not to step on anyone's toes. Never mix your levels into the red, because the next DJ won't have any "headroom" to work with, meaning they won't have the space to build up their volume. You are there to do a job and you must not let your ego get in the way of it. You can't detonate a bomb of major hit songs before an opener set because your job is getting the energy of a room to bubble (not boil) ... This is a

much different skill set for the DJ than the typical "party-rocking."

It is actually pretty tricky, and I truly believe it takes real skill and complex creativity to be a respectable opener. It requires being able to keep people dancing but dancing slower than normal. The trick is to subconsciously play with people's minds by sending them from the dance floor to the bar. Theoretically, a good DJ can do this repeatedly throughout a night. This trick makes you look amazing from the promoter's point of view, because it generates more profit for the venue. Shifting people's moods with certain music is imperative, thus causing the average person to spend more of their money on alcohol consumption than they normally would.

Playing to a vacant room of people – is additionally a talent that comes with time, because a DJ must pick up on things at a much faster rate as the opener. It takes awareness and more important – patience – while still being entertaining to the audience. When hearing too much atmosphere background music, there is the risk that people will begin leaving the venue.

The owners and organizers of the venue have hired a person as an opener DJ and

not as the headliner. I, more often than not, see these opener performers doing the job of the headliners, which makes a person wonder how these DJs ever expect to come back and work again. The people who hire an opener DJ are most likely to be business savvy, making it hard to believe that the introduction artists who are "banging it out" have put any thought into any long-term employment opportunities.

I think every DJ should learn how to play a warm-up opening set. It will develop the skills of reading a crowd and they will learn to pace themselves with the higher energy of most major hits when picking their song selections.

There is an unwritten standard DJ etiquette that comes with being an opener and the foundation is built on respecting the next person coming on after you.



A coming of middle age

By CONNOR O'DONOVAN

"We look backwards to avoid going forwards. At a certain point it's time to stop singing that old song, and write a new tune," writes Ellie Klug, as she wraps up her article about disappeared rock star Matthew Smith.

Stagnation is a major theme in director Megan Griffiths' 2013 indie, *Lucky Them*, starring Toni Collette, Thomas Haden Church and Ryan Eggold. Ellie Klug (Collette) is a Seattle-based music journalist who has been getting too personal with the musicians she is covering, which has landed her in hot water with her editor.

As a chance to redeem herself, she is given the assignment of tracking down Matthew Smith, a rock star who went missing 10 years prior and with whom she was once romantically involved. When she loses the funding she is given to complete the story, she turns to Charlie, a wealthy man looking to make a documentary, with whom she once shared a woefully planned and incredibly awkward couple of dates. The similarly aged, music-hating Charlie is far from Ellie's ideal catch but when her career is threatened she is forced to accept his help. The unlikely duo proceed to follow the trail of evidence Ellie believes will lead her back to Matthew Smith.

Collette is very convincing in her role as an aging socialite trying to keep up with an always younger crowd. There are few scenes when she doesn't have a drink in her hand but you sympathize with the strong but flawed woman as she struggles to make amends with the past. Church is hilarious as he delivers his lines with a deadpan monotony and Ryan Eggold is charming as Ellie's latest rock star crush.

Being a musically themed movie,



www.mongrelmedia.com

Toni Collette as Ellie Klug and Ryan Eggold as Lucas Stone in *Lucky Them*

Lucky Them, boasts an eclectic indie soundtrack, featuring songs by The Head and the Heart and The Maldives, two Seattle-based bands currently making headlines in the indie scene. Scotsman Paolo Nutini rounds out the film's indie playlist. Sharon Jones and the Dap Kings are also featured, adding a touch of soul to the soundtrack and Bryan Adams finishes things off fittingly as

Ellie begins to realize she isn't quite mirroring the age group of the musicians she has been covering.

Lucky Them doesn't end up putting too much emphasis on its find-the-missing-man plot, which is unfortunate because it gives the otherwise slow moving storyline a layer of intrigue.

Instead, the movie puts most of its focus on Ellie's coming of middle

age journey. Its result is an enjoyable flick that is, at the same time, comedy, romance and light hearted drama. A very unexpected cameo adds a bit of a bonus to the end of *Lucky Them*, which is definitely worth watching if you're home early after a weeknight concert and are looking for something to do.

★★★★☆

Dolly Rotten – see it, hear it

By RANDI ADAMS

Singer/Songwriter: Lacy Machell aka; Goose Wilde

Ty Dillinger: Electric guitar

Kurt West: Guitar

Smokey Fennel: Pedal steel

Greg Stefshen: Bass guitar

This is one of my favorite local bands in Edmonton, and I recommend you check these guys out. Dolly Rotten was born in 2011 when Kurt West, and Lacy Machell wanted to bring something different to the Edmonton music world with their infusion of rock, punk, country and double barrel rock and roll. Lucy's voice is so unique and beautiful when she bangs out her lyrics on the mic, its will sends shivers down your spine. Her beauty and her voice make for some amazing entertain-

ment here in Edmonton.

They started out in a big dingy garage in the middle of nowhere, sipping on Jack and chasing it with Lucky Lager, trying to infuse very different types of music together in unity. Now they are rocking the stages, from The Pawn Shop and Fandangos to big music festivals like Boonstock and Alberta's Own. They have won several battle of the bands contests, and are bringing their sexy strings to life all over



the City of Edmonton. They have just released their new single called "Coming

For You," which, for the first time, also has a music video attached. They have changed a few band members around and spiced up the music a bit, more along the lines of a Steam Punk Vibe. Dolly Rotten had a special surprise before their release day. The

Bear's own Lochlin Cross released the song on his show one afternoon, a couple weeks back, and now "Coming For You"

is requested several times a day.

You can also hear their music on their website as well on our campus radio station NR92. This band is a must see group, they will be dropping a new album this year, as well as announcing some show dates soon. If you want to witness a band reach the top in a matter of moments, be sure to keep your eye on this group. Their sexy, eerie lyrics will be sure to give you goosebumps and rock your body and mind. If you want to learn more or check them out, follow them on Facebook or scope out their website. Edmonton houses so many talented bands and this group is definitely one of the power houses you'd be lucky to see.

So rock on, Edmonton, rock on.
Website: www.dollyrotten.com
Facebook: Dolly Rotten

Valentine's Day Edition

HOROSCOPES



MADAME O

February 12-18

(Warning: These Nugget horoscopes are not written by an accredited astrologer, however, believe them if you like, as they are absolute and unquestionable.)

Aquarius (Jan. 20-Feb. 18)

Love is in the air and the all-powerful Aquarius Oprah says you get chocolate and you get chocolate, and you all get chocolate! However, with the coming festivities, some of you will feel a strong connection with Billie Joe Armstrong. You might even be inclined to sing, "Don't want to be a Valentine's idiot, just another day warped by the media."

Pisces (Feb. 19-March 20)

This is no time for the singles to

be stuck on the loop of Pisces Justin Bieber's, 'If I was your boyfriend, I'd never let you go.' If you want a boyfriend/girlfriend, voice your feelings to that special someone. If you are proud to be single, then own it. It's time for all of you Pisces to, in the words of Rihanna, "shine bright like a diamond."

Aries (March 21-April 19)

Now is not the time to fall into the trap of over the top theatrics that put Lady Gaga on the map. This week, channel your inner Pharrell Williams into your Valentine's plans. Put your heart and soul into your evening to make it the best date, be it with your partner or Monsieur Netflix.

Taurus (April 20-May 20)

This week you will feel like hiding below the covers waiting for the Valentine's craze to blow over just as fellow Taurus Jamie Dornan hopes the *50 Shades of Grey* release will. Sadly, you're past the point where closing your eyes and wishing it to never come will solve anything. It's time to buck up and make good on your obligations.

Gemini (May 21-June 21)

Cool your jets Yeezus followers. I won't continue until you all sit down.

Cancer (June 22-July 22)

This Valentine's week will be a

quieter affair this year. Feeling the loss of Robin Williams will take its toll but his wisdom will help you see everything more clearly: "I used to think that the worst thing in life was to end up all alone. It's not. The worst thing in life is ending up with people who make you feel all alone."

Leo (July 23-Aug. 22)

Now is not the time to be fooled by the rocks that you got. You used to have a little, now you may have a lot. You must always remember where you came from. Stick to your roots like Jennifer Lopez and you'll have the best Valentine's on the block.

Virgo (Aug. 23-Sept. 22)

The way this Valentine's week goes for you is completely in your power. Like Beyoncé Knowles, you're a survivor. You're not going to give up. You're not going to stop. You're going to work harder. Whether it's being Drunk and in Love with your king or with your Dreamgirl.

Libra (Sept. 23-Oct. 22)

Now is the time to just rock. Whether you're single or in a relationship this Valentine's, hit your hallelujah. In the words on Bruno Mars, 'If you're sexy then flaunt it. If you're freaky then own it.' Be care-

ful. Don't rain on anyone's parade like Simon Cowell or friendships could hang in the balance.

Scorpio (Oct. 23-Nov. 21)

This week you're oblivious to all the Valentine's events happening around you. You've got a pocket, got a pocket, full of sunshine. You've got a love, a love that is all yours and Emma Stone could relate. You will breeze though and get an Easy A this Valentine's because you love 355 days a year.

Sagittarius (Nov. 22-Dec. 21)

Now is the time to bring magic into your life and make your dreams a reality in the love department. Don't let your Mickey or Minnie slip through your fingers. Take on the role of Walt Disney and make magic happen in your life this Valentine's Day. Or if you're single and happy to be single, pull out those Disney movies and binge away!

Capricorn (Dec. 22-Jan. 19)

This Valentine's can go one of two ways. You can channel your spirit animal, Betty White, and eat some cheesecake. Or, you can put on your Blue Suede Shoes and rock the night away. Eat like a King. Serving up a banana and peanut butter sandwich will seal any deal.

RESTAURANT REVIEW

A seafood meal to remember

By **TAYLOR BRAAT**
@TaylorBBraat

I know that many people know about Red Lobster and what the dining experience entails but Jan. 25 was my first time (that I know of) going. We were told there was a 25- to 30-minute wait and then, two minutes later, we were sitting in a booth with menus. I have to say, we were off to a great start. For a Sunday it seemed very busy but it was the Calgary Trail location so I assume they are busy most of the time. Anyway, our server was very polite, not overly intriguing but it was a full house so I was happy with the service.

Upon opening the menus, I was baffled, having never been there and not really being knowledgeable with seafood. It took us quite a while to choose appetizers but they were delicious. We had escargot, calamari and crab mushrooms. I can't forget the deep-fried

broccoli, which I realize is quite the contradiction.

In the middle of delving into our appetizers, a young man came by with what he thought was our main entrees, which baffled us all, considering 10 minutes was a very short amount of time to order and have our food ready and given to us. He gave the food to its rightful owners and carried on with what was maybe his first shift (oops).

After we finished our appetizers, we received our starter salads which had me wondering how I was ever going to eat crab and shrimp fettuccini alfredo along with lobster mashed potatoes. Yes, I

went all out. After all, it was my nine-month anniversary.

When we were finally given our entrees, I won't lie, I was 75 per cent full. But I tasted everything, including the crab dipped in butter, which was to die for. The Shrimp Alfredo was very good but it was nothing over the top amazing.

Regardless, I enjoyed it. Last and most important, the lobster mashed potatoes I had were nothing less than decadent.

All in all, Red Lobster is more of a family seafood experience, rather than a five-star experience for your taste buds. I enjoyed every moment of our even-

ing there and it was an awesome place to celebrate love and family. The lighting, the crowded environment and the friendly smells made it a comfortable place to relax and talk. I know it's a place where many people go frequently and probably think is just another ordinary restaurant but it was only my first time (that I remember), and I had a blast trying new things and savouring every bite.

As we were leaving, I had a wave of lifelong curiosity come over me when I asked the owner how long the poor lobsters are kept in the fish tank. He graciously replied, telling us that they are only kept there for up to a week.

We pointed and laughed with curious energy and he picked one up to show us. I couldn't keep my cool as he brought it closer and closer. We thanked him for the experience and I grabbed my boyfriend's arm as we left with a smile.



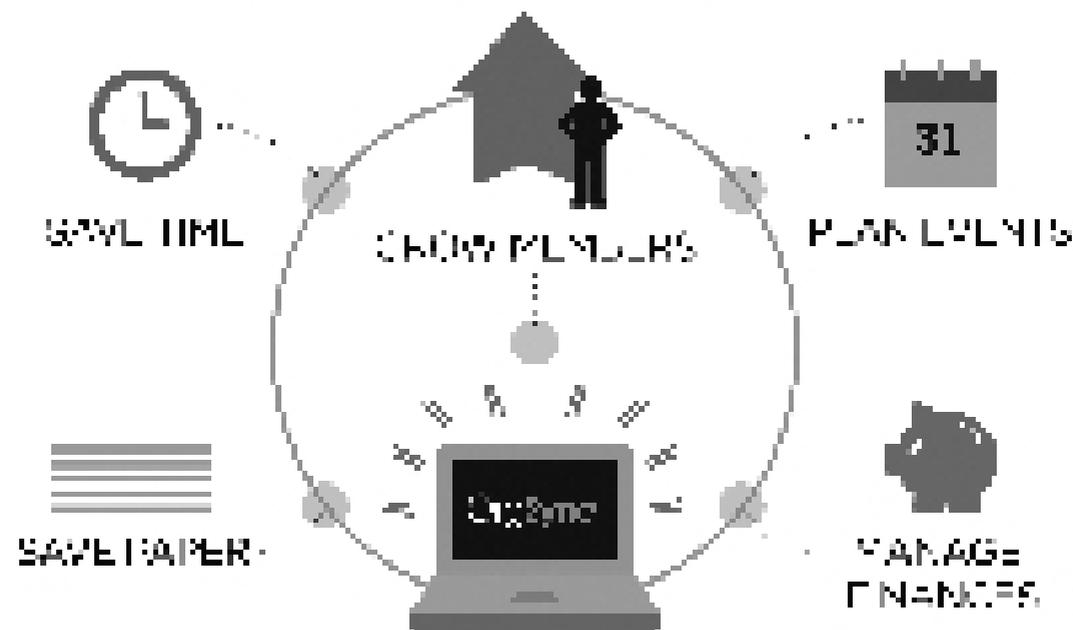
WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
1046 The Central In	Every Monday, Tuesday, 19:30 - 4 April 2015	Teens 138
Bookclub@unbc	Every Tuesday on Wednesdays, on 12 Feb 20 3 April - 12 Oct	Room 117

UPCOMING CLUB EVENTS

WHAT	WHAT	WHEN	WHERE
CLSC	Booked Drive	Nov 21 - Feb 28 All Day	Full Campus with Disorder Boxes
SP	Booked Drive	February 11 - 20 All Day	Full Campus with Office
Knockout Cup	2015 Knockout	Feb 27 - 28 Sat 10:00pm	3rd Floor - "CANCELLED"
8 days of Science Feb 14-15	Feb 13 & 14	Feb 13 - 15 10:00-4:00pm	Science Centre - 1st Floor
Net	Week Night Drive	Feb 11 All Day	Booked
Maths@unbc	Office Training	February 10 - 11 10:00pm	1st floor - 1st floor



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Check out the Clubs Website for other
upcoming important club dates

Personal robots are coming

By **DANIEL O'BRIEN**
The Navigator
Vancouver Island University

NANAIMO (CUP) – Humans are social creatures, which means the greatest hurdle in truly intuitive communication with machines is their inability to generate and interpret social cues. Non-verbal communication like the position of our arms, where we look and how we speak are all social cues that, at this point, machines are incapable of recognizing.

Meet PaPeRo

Meet PaPeRo. He is about 15 inches tall and weighs almost 15 pounds, responds to his owners' commands, recognizes their faces and even follows them around the house. PaPeRo is not a dog or cat – he's a small robot.

PaPeRo (Partner-type-Personal-Robot)'s creators, NEC Mobile World, say, "Throughout the research and development we have always been cognizant of such questions as, 'What is a robot?' 'What are robots to people?' 'What is the relationship between people and robots?' and 'What is life and society with robots?'" With these questions in mind, they developed PaPeRo, who has become the unofficial face of a budding new area of robotics research: social robotics.

Social robotics is the study of how robots can live with humans and help with their

day-to-day lives. PaPeRo is still in development, but he can already respond to questions using simple sentences, remember things that people have said and sing songs. He can even learn and follow visual body language cues like responding in a peppy manner if he sees that his owner is happy. His objective isn't to help with heavy lifting or rapid calculations, but simply to provide companionship and entertainment for his owners. This is the ultimate goal of social robotics.

Although social robotics is fairly young, it is no less interesting or important than other, more publicly displayed areas of artificial



Flickr Creative Commons/granick)
PaPeRo

intelligence development. Computers and the Internet changed humanity's lives for the better, and now, with these robots, NEC is looking to take the next step. With further development, instead of hit and miss Google searches, we will be able to verbally ask our computers a question and receive the results we want with a far greater degree of accuracy and intuition.

In a test involving several people who wanted to lose weight, three progress-tracking methods were used: pen and paper, a computer program and that same computer program running through a robotic head which smiled at progress and admonished the testers if they did not meet their fitness goals. Test subjects rated the computer twice as pleasant to use over pen and paper and the robot twice as pleasant as the computer, even though the program and questions were exactly the same. Participants even went so far as to name the robotic bust, and some were even sad to see it go, hugging and saying goodbye at the end of the test even though it was no longer plugged in or responding. This result cements the very essence of social robotics: create a machine that will be able to help people in ways never before possible, and relate to those people on a very nearly human scale simply by removing the screen and replacing it with a face.

One of the program's creators, Cory Kidd, says the weight loss robot (dubbed "Autom") "Has a short conversation with you

every day to help you keep track of your eating and exercise quickly and simply. She provides feedback, advice, and encouragement to keep you motivated. She doesn't scold – she offers positive encouragement to help you reach your goals."

Tools to help

The ongoing rise of social robotics is a critical field of study, one that will ensure that we can move into the future aided by, rather than destroyed by, our mechanical counterparts. Once it is understood how robots can interact with humans on an instinctual level, we will be able to create tools to help people from any walk of life with any type of task. Teaching a robot to understand how we feel will not only allow them to interact with us in startling new ways, but it will also allow us to work with them in ways never before realized.

Teaching machines to understand what we feel is not the only change that is underway. Allowing machines to express how they feel to us is another critical step towards a future of friendly plastic pals.

Social robotics does not aim to take away the jobs of hardworking humans, but simply to make their lives easier, and, ultimately, to create a world where no one has to work at all because robots are capable of completing any type of task.



Reading Week Hours:

MONDAY, FEBRUARY 16
NAITSA OFFICE CLOSED FOR FAMILY DAY

TUESDAY FEBRUARY 17-THURSDAY, FEBRUARY 19
8:00AM - 4:30PM

FRIDAY, FEBRUARY 20
8:00AM - 4:00PM

MONDAY, FEBRUARY 23
NAITSA OFFICE RESUMES REGULAR HOURS
MON-THURS 8AM-6PM | FRI 8AM - 4PM

5TH ANNUAL NAITSA'S NEXT top model VOTING

ROUND ONE
FEBRUARY 23-27

ROUND TWO
MARCH 2-6

ROUND THREE
MARCH 9-13

Your Vote
Counts

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