

THE

# NAIT NUGGET

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

# NAIT PADLOCK RECALL

## Campus store wants locks back ASAP, story page 3



Supplied photo

### WINNING TEAM

Marcus Mariathas of Toronto, left, NAIT Baking Program Chair Alan Dumonceaux, centre, and NAIT baking instructor James Holehouse celebrate in June in Buenos Aires. That win sends four NAIT representatives on a six-member Canadian team to the World Cup of Baking in Paris next month. More, page 2.



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# NEWS & FEATURES

## Leadership ... learned



**NICOLAS BROWN**  
Issues Editor  
@bruchev

“I’m not a leader.”

It’s an excuse that’s used far too often. There’s a perception that leadership is restricted to a position or it’s a characteristic you have to be born with.

The truth is, anyone can be a leader. No one has to tell you that you are one in order for you to act like one and you don’t have to pass any tests. To be a leader, you simply have to act like a leader.

Sure, at the beginning, you might not feel like a leader. You

might doubt yourself and question your decisions. You will make some bad decisions and you’ll ask yourself why you do this. But you will learn so much.

It doesn’t take much to start displaying leadership. It starts with commitment and accountability.

First, it takes a commitment to help, to learn, to succeed. Take the initiative on a project or start your own. Help your classmates during class or organize a group study session. Volunteer in your community and encourage others to give their time as well. Most important, when you take on a task, commit to it and follow through on it to its end. It doesn’t matter if you are successful or not – finish everything you start and don’t back down.

Just as critical is accountability for your actions. At its foundation, this means that you take responsibility for your commitments. When you take on a role, whether it is in class or at work, it is your responsibility to follow through. If you’re volunteering or participating in a student club, a role isn’t just another item to boost your resume. If you can’t meet a deadline or finish a project, you need to own that. Yes, it sucks to not follow through on something but you will gain a lot of respect from your peers.

It can’t be emphasized enough – leadership is not tied to a title or position. Try out an exercise to test what true leadership is. Say you work at a coffee shop – maybe you just started. You can display leadership by taking the initiative while at work. Go above and beyond your job duties by recognizing when something needs to be done without being asked. Identify problems or potential issues that could be solved, and test out a solution.

Talk to your teammates to see what tasks they do well that perhaps you need to improve on. You don’t need to sacrifice yourself as the grunt worker but show you have initiative and knowledge and you’ll be surprised when people start turning to you for help.

You might question if there’s a line between being a leader and being a pushover or you might deny the notion that a leader does any work. Leadership is how you decide to define and embody it but a good leader can always be identified by their actions.

You’ll learn and you’ll grow, because leadership is a skill to be nurtured and developed. You’ll start making fewer mistakes and, even if you don’t feel very confident, others will start putting their confidence in your abilities. And maybe one day, you’ll start to believe that you can be leader.



NAIT photo

### OFF TO PARIS

The six competitors who are heading to Paris for the World Cup of Baking on Feb. 5-9 are, left to right, Marcus Mariathas (Toronto), baguette and world breads competitor; Elien de Herdt, Young Hopeful category, a NAIT Baking graduate in 2014; Mario Fortin (Montreal) coach; NAIT Baking instructor Clayton Folkers, technical adviser; NAIT Baking Chair Alan Dumonceaux, team manager and Viennese pastry competitor and NAIT Baking instructor James Holehouse, artistic showpiece competitor.

## Info clerks for NAITSA Referendum and Election

**Duration:** Feb. 8-11, varied daytime hours

**Compensation:** \$15/hour

• Information clerks are needed for the NAITSA Referendum and Executive Council election.

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

• Information clerks must have

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

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



Nugget photo

Anyone who has purchased a NAIT monogrammed padlock at the shop AT NAIT store is asked to return it for a refund due to quality issues.

# Deadline for refund

By **NICOLAS BROWN**  
**Issues Editor**  
 @brucev

Students and staff who use padlocks to secure their possessions may need to review how they store their valuables. shop at NAIT issued a recall notice on Dec. 16 for all NAIT-branded padlocks with keys sold in the past 12 months. Customers can return the items without receipt to any shop at NAIT location before Jan. 30 for a full refund.

The recall is a result of uncertain quality found in a recent order of the locks.

“We were unhappy with the quality and reached out to the supplier. shop at NAIT made the decision to recall the product from the purchasers to prevent any issues,” said Tacey Atkinson, product strategist and purchasing lead. No specific defect or issue was identified to the *Nugget* for this recall.

“We are just trying to be proactive, based on the quality of the last batch ordered in, to prevent anyone having any issues. It is a voluntary recall to protect

our customers,” said Atkinson.

There have been no reports of lock failure or theft resulting from these products. NAIT Protective Services did not respond to a request for comment regarding any concerns or incidents related to the recall. The recall has been distributed through the department’s social media accounts, as well as the social media accounts for the NAIT Students’ Association and shop at NAIT.

Shop at NAIT was not able to provide any estimate on the number of students affected by this recall or if the quality concern is limited to a certain batch of padlocks.

“We couldn’t say for sure how many students might be affected,” said Atkinson. “We sell our locks to staff, faculty, students and the general public that visit us.” Staff believe there is a possibility that anyone who purchased the locks in the past 12 months could be affected.

Many students were not aware of the recall issued in December, which came during final exam week for many

programs. As many students focused on studying, student portal announcements not directly related to final exams are frequently ignored. The timing of the announcement right before students left campus for the Christmas break also reduced the impact of the release, as many students do not check the student portal or check NAIT social media accounts while away from classes. This could lead to a reduced response to the recall notice, though social media reminders may inform more students of the recall.

As for the potential impact for students, it is difficult to tell. Without an estimate on the number of locks sold it is impossible to delve deeper into the data. No position has been taken on the potential impact to students from NAITSA, either. When contacted for information, NAITSA did not respond before publishing.

For students concerned about locks purchased at shop at NAIT locations in the past year, all questions should be directed to shop at NAIT staff.



**The Nugget**

Room E-128B  
 11762-106 Street  
 Edmonton, Alberta  
 T5G 2R1  
 Production Office 780-471-8866  
 www.thenuggetonline.com

**Editor-in-Chief**

*Danielle Fuechtmann*  
 studenteditor@nait.ca

**Issues Editor**

*Nicolas Brown*  
 issues@nait.ca

**Sports Editor**

*Bridgette Tsang*  
 sports@nait.ca

**Entertainment Editors**

*Joel Leckie*  
*Connor O'Donovan*  
 entertain@nait.ca

**Photo Editor**

*Jade Wong*  
 photo@nait.ca

**Online Editor**

*Danielle Fuechtmann*  
 onlineeditor@nait.ca

**Production Manager**

*Frank MacKay*  
 fmackay@nait.ca

**Submissions encouraged:**  
 studenteditor@nait.ca

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

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

## Letters

**We want your views**

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

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

We need to list your real name.

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



## REFLECTIONS AND INSIGHTS

# Taking control of your fears

By JAGRIT BAJWA

F-E-A-R can also be described as Fake Evidence Appearing Real. What it means is that we can be faked out by our own mind, our own thoughts, our own created scenarios and illusions. You must have heard about 'Conquering our Fears' testimony. It tells you how much farther you can go in exposing yourself to reality. The more you come close to reality, the more the word 'fear' loses its importance in your life.

Fear begins when you start believing and thinking things in one way only. So when you 'don't want' something to happen or when you 'want' something to happen, you create space for the fear and it starts to take control of you. The consequence is you can make the easy roads too tough for you. You lose the ability to steer your own vehicle and are driven by your own created negative scenario. Routine things could even be wrongly done by you. And sometimes, those things seem to be going continuously wrong and you find yourself not able to prevent it.

In those situations, which we keep coming across one day or the other, if you can manage to pause and see the direction

things are going in your mind and how unusual your mind is behaving to certain things, then you might be in a position to curb your losses and stop the usual progression of events.

Fear can even act as a catalyst to trigger your preparation. When you know the consequences of losing, fear of that loss may make you work more than you normally do, to have more chances of a favorable outcome. Everyone has got his or her own way of reacting to situations. Some may do it confidently and others will remain fearful till it's actually over. Those who remain fearful can even go through some kind of panic attack or have restless nights as if something is haunting them in the back of their minds.

But still there can be a transition from fearfulness to fearlessness. It can only come when you know that even the worst of the worst won't be successful in shaking you out of your state of mind. You become so much more open and accepting of the bad that you know that, with your clarity of thought, you won't be poisoned by anything bad that could happen. And when you get involved in a bigger cause, your level of fearlessness increases. This is because you get connected to the vibes which are



beyond you and are more powerful than you. So, to obtain the power of the ocean you have to be the ocean first. This means you have to submit your ego to the divine to let the divine enter you, like the tide has to fall back to the ocean to be as powerful as the ocean is, because being a tide is limiting your power.

You were taken care of before you were born (in the womb) and now you are being

taken care of as well. See how healthy you are that you can read my article – many may not have that ability to read too. Regular struggles tell you what to think and when, which gradually helps you overcome your fears!

A scarecrow is scary to the ones who perceive it to be scary, not to the ones who come to see its neutrality.

Live, laugh and love.

**ATTENTION ALL NEW CREDIT STUDENTS BEGINNING IN JANUARY**

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

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

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

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

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



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voting information booths open  
february 11 @ 10am - 2pm

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

for more information visit  
[naitsa.ca/elections](http://naitsa.ca/elections)



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rm e-131

# Proudly flying the NAIT flag

By JENNIFER RAE

A lot of companies want our attention, our loyalty and ultimately, our dollars. They promise us many things in return, among them, energy, health and acceptance by our peers.

So what does NAIT swag – logoed sweats, monogrammed sunglasses, watches with the NAIT shield, promise us? Why are so many students and staff buying these items and wearing them?

For some, they buy it because it is there – ooops, forgot my toque at home, let me see ... yes, shop at NAIT has toques, looks warm and it fits my budget, bonus. I can pick it up between classes.

Others buy the hoodie because they see their classmates wearing them and, again, it is comfortable, comes in a favourite colour and, hey, “my friends are wearing them too.”

All this gear, is it driven by students wanting to show pride in their school? Or is it in any way intentional on the part of NAIT, the corporate entity? Of course, that answer is yes to both questions – for the students, myself included. It is human nature to want to belong and for NAIT, the more sales, the more profit, the more advertising (yes, when we wear our NAIT swag we are advertising NAIT).

The NAIT bookstore is about more than

books as NAIT is about more than technology and the trades, just as my program, Radio and TV, is about more than the technical ability to put a program on air. It is about community and relationships.

Shop at NAIT, as the bookstore has rebranded itself this year. It can be seen in every corner of the campus. Students are invited to demonstrate not just school spirit but program specific spirit. It is about taking pride in our choice of career and our decision to attend NAIT as the institution that will best prepare us for our next steps in life.

NAITSA, shop at NAIT and NAIT Athletics have been working together to show appreciation for our choices. Student focus groups have been consulted and the school has listened.

Shop at NAIT is a one stop shop for students, whether it is textbooks, gifts for friends, headphones or a scarf with the NAIT crest, shop at NAIT’s intent is to provide quality goods at student affordable pricing; high quality with not so high prices. Those beautiful 100 per cent cotton sweaters? I was shocked to see the cost below what I thought it would be. In fact, most of the sweats and hoodies I saw were between \$40 and \$50. That isn’t all. The shop has worked with our favourite brands such as Fossil, Roots, Adidas, Reebok and Nike.

We chose NAIT and NAIT chooses to



naitnewswatch.ca

show its appreciation by giving us access to quality, affordable goods that demonstrate our choice to the world at large. Hmmm, sounds like a relationship to me.

NAIT is a community. The *Oxford Dictionary* defines community as “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.”

The people we attend class with may end up being our co-workers after we graduate. NAIT grads may hire us, fire us,

train us and mentor us just as we will, in our turn, hire, fire, train and mentor those who graduate from this nationally recognized institution.

So strap on that Fossil watch with the NAIT crest in five years time when you are interviewing NAIT grads for your company and see who first mentions Ooks, The Nest or what actually happened at your first NAIT party! Here at NAIT, every student is considered an Oook preparing to fly the nest.

## JANUARY EVENT LIST

- |   |                                    |
|---|------------------------------------|
| 1   NNTM APPLICATIONS OPEN                  | 20   WELLNESS WEDNESDAY            |
| 6   WELCOME BACK CONTINENTAL BREAKFAST      | 21   CARDS AGAINST HUMANITY @ NEST |
| 7   BEER & BULL NETWORKING @ NEST           | 22   NNTM APPLICATION DEADLINE     |
| 8   PATRICIA CAMPUS EVENT                   | 24   NNTM INDUSTRY WORKSHOP        |
| 11   EVENING STUDENT APPRECIATION           | 26   HOW TO: MAKE PIZZA            |
| 12   HOW TO: ROCK CLIMB                     | 27   HOW TO: EAT WELL              |
| 13   SOUCH CAMPUS EVENT                     | 28   NEST COMEDY NIGHT             |
| 13   CURLING TOURNAMENT                     | 30-31   NNTM PHOTO SHOOTS          |
| 14   GOLF BROS & TENNIS PROS KARAOKE @ NEST |                                    |
| 15   BLOOD DONOR CLINIC (NORTH LOBBY)       |                                    |
| 18   HOW TO: PLAY GUITAR                    |                                    |
| 19   CAREER FAIR                            |                                    |

FOR MORE INFORMATION ABOUT ANY OF THE ABOVE EVENTS, CHECK OUT

[NAITSA.CA](http://NAITSA.CA)



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rm e-131

# OPINION

— Editorial —

## Might as well enjoy it!



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

I was walking to the Old Strathcona Farmers' Market with my best friend and her partner this weekend and we were talking about the cold weather we've been experiencing. I'm very fond of winter and love bundling up in a big scarf and mittens and enjoying the cold air. Not surprisingly, that tends to make me an outlier. I tried to explain that I love how the air becomes crisp and nips at the back of your throat or how mornings are still and quiet.

### City embraces winter

One of the things that I love most about our town is how in the last few years the city has truly embraced the winter, largely thanks to the active work of the WinterCity Strategy from the City of Edmonton. The formal strategy was approved in 2012 after consultation with a think tank with representatives from fields like urban design, hospitality and tourism, and marketing/branding. The strategy came together to support 10 key goals: making it easier to enjoy outdoor activities, improving winter transportation, designing for winter safety and comfort, creating vibrant public spaces, growing our winter festivals, developing a four-season patio culture, becoming a world leader in winter-related business and industry, celebrating winter culture, promoting our "northern" winter story and kickstarting a winter focus to everything we do as a city.

An ambitious set of goals? Definitely but in the last few years it seems to have been taking off really well! If you're interested in learning more about the strategy, the goals and their recommendations, you can find extensive information on the City of Edmonton website.

### Festivals

Edmonton's other driving identity is our famous festivals. From Folk Fest to Heritage Days, there's never a shortage of events and festivals to attend. Even before The WinterCity Strategy launched, Edmonton was home to Ice on Whyte and the Silver Skate Festival. Now, with the help of greater promotion and economic support, these festivals are growing more every year! Whether you're interested in winter sports, ice sculptures, lights and fires or food and music, there's a winter festival that you'll love.

Anecdotally, since the launch of the strategy, I've noticed more people embracing winter and how they "live in a winter city." I've seen local designers present gorgeous winter coats in a WinterCity Strategy competition promoting local design and winter fashion and I've noticed more people I know excited to go to winter festi-

vals. For example, I've seen at least one picture or video of friends checking out Ice Castles in Hawrelak Park on my Facebook wall every day since they opened! What's more magical than wandering around in a glittering castle of ice?

Do I think that a passionate editorial about why winter in Edmonton is amazing will make people change their mind if they dislike winter? No, but I encourage you to

bundle up and give enjoying winter in Edmonton a try; wander around a castle of ice with your significant other, zip around a skating rink with friends, dance at a winter festival and warm up by a bonfire with delicious food.

Or, continue to gripe about scraping ice off your windshield and daydream about stretching out on a beach somewhere. That's a classic winter experience too!



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# SPORTS

## Scott debacle haunts NHL



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

John Scott. You've probably heard that name floating around a couple times this past week. But if not, I'll fill you in. If you follow the NHL in any capacity, you probably know about the league picking the roster for the NHL All-Star Game this year and allowing only the selection of the captains up to the fans. John Scott was a forward for the Arizona Coyotes. He's also an Edmontonian who was forced to move to St. Catharines, Ontario after the 1987 Black Friday tornado nearly took his life. The dude has been around the league for about eight seasons playing for different teams (Chicago Blackhawks, San Jose Sharks, Arizona Coyotes, New York Rangers, Buffalo

Sabres) and going down to the minors more than a couple times during that span. He's like the newest Paul Bissonnette. The guy isn't known for scoring – he's a goon – but he is definitely a character in the room, which had transformed into quite the fan following.

To put it into perspective, Scott has just 11 points (five goals, six assists) in 285 NHL games. Heck, he only has one assist so far this season but gets a vote to go to the All-Star game, c'mon! Any of his Arizona teammates would have been more deserving to go – Oliver Ekman-Larsson, Max Domi, Shane Doan or Mikkel Boedker would make better candidates. I guess it doesn't matter, since this is the only time fans get to choose their captain.

But a series of trades over the weekend meant another turn in this debacle. It began with the Coyotes sending Scott down to their AHL team, which would technically disqualify him from playing in the All-Star game. There

were rumours that it was because Scott had refused to bow out of the game and the Coyotes traded him to the Montreal Canadiens only to have the Habs send him down to their farm team (the IceCaps) in St. John's, Newfoundland, which is basically, the opposite of living in Arizona. He then was a healthy scratch in their first game, to give him "a time for him to wind down a bit," according to his coach.



www.calgarysun.com

**John Scott does his thing**

Had the guy simply said he was grateful for the outpouring of fan support he was receiving but that he wasn't worthy of making the NHL All-Star roster, perhaps even the fans that voted him into captaincy would respect his decision. His world wouldn't be flipped and he wouldn't be sitting in a hotel room in St. John's. But the league has yet to give Scott a definite answer regarding his status in the game, and has released a statement saying that "the league is evaluating how the trade impacts the Pacific Division roster for the 2016 All-Star Game."

Still evaluating? What more do they need to evaluate? His moustache? Please. If the league is making the decisions on the rosters of the All-Star game anyway, they may as well just make the last definitive call on what Scott's case is and give him and his family some peace of mind. Scott's mother-in-law even spoke out about this, saying that there was nothing he could have done to change anything about the All-Star game and yet he was on the losing end of it, and it puts his NHL career in limbo.

All in all, the fans and the league are at war right now, mainly because the league couldn't make up its mind about what it wanted to do in the first place. Either give fans all the control or none at all and be willing to accept their choice or not. If they're worried about tarnishing their fragile reputation, then don't worry about the fan base altogether and vote the rosters and the captains and see where that takes them.

Tuesday, the league finally announced that Scott will continue to serve as captain of the Pacific Division, much to the delight of the fans, who so wanted him in the game. So John Scott will be in the 2016 NHL All-Star game after all. #FreedJohnScott.

### WOMEN'S HOCKEY

## MacEwan takes two from women

By **NATHAN SPENCE**

The NAIT Oaks dropped two close games against the MacEwan University Griffins this past weekend. The teams went into their weekend series only two points apart in the ACAC.

A physical affair at the NAIT Arena Friday night resulted in 12 minor penalties to 11 different players. Erika Iglesias potted the Oaks' first goal off a nice pass from Lindsey Roth. The Griffins answered by winning the ensuing faceoff and gaining the zone to get their first past Ook's goaltender Tehnille Gard only 17 seconds later. The Griffins kept the pressure in the offensive zone and fired another shot home to take the lead, 42 seconds after the tying goal. The two quick goals on four shots ended Gard's night. The Oaks tied things up before the end of the first, courtesy of Bre Frasca's team leading ninth goal.

### Bitter rivalry

There was no shortage of action in a scoreless second period as five penalties were handed out. The teams displayed their bitter rivalry at each end of the ice.

Early in the third, Griffin's Sydney Thomlison got called for a checking to the head minor, which put the Oaks on the powerplay. Twenty seconds into the man-advan-

tage, Griffins forward Morgan Casson got a quick break and rifled a shorthanded goal past Ook tendy Shelby Audet – 3-2 Griffins. With time winding down on that same powerplay, Ook Kendra Hanson wired a shot past Griffins goalie Cheyenne Eagle to tie the game. Six minutes later, Ook forward Hayley Douglas got called for roughing. After some good puck movement on the powerplay, the Griffins blasted another one into the back of the net and took the 4-3 lead with less than 10 minutes to play. The Oaks pressed hard but it wasn't enough and they fell to the Griffins 4-3, snapping a four-game point streak.

### Came out firing

The Oaks looked to rebound in their second game against the Griffins and they came out firing in the first. Five minutes in, with the Oaks on the powerplay, Hanson drew first blood for the Oaks. Minutes later, the Oaks added another tally. This time it was defenceman Kaitlyn Whaley doing the damage and her goal ended the night for Griffins' goalie Cheyenne Eagle, who was yanked after giving up two goals on seven shots. The Griffins responded later in the period to cut the Oaks' lead to one. Despite outshooting the Griffins in the first, the Oaks' pressure dropped

off in the second period as they took a roughing minor and gave up a short-handed goal.

The momentum shifted towards the Griffins and the Oaks found themselves down by one again after a nifty play paid off for Griffin Karlie Bell. The Oaks tried to claw back but lost another close one by a score of 3-2.

"I think a big thing with our last two games was not being ready," said Oaks' forward Hanson, who is on a four-game goal streak. "I

don't think we were coming prepared enough. Our first period in our second game against MacEwan was incredible but as the game went on I think our effort slowly went away and we didn't want it as much."

The Oaks look to get back in the win column this weekend against their southern rivals, SAIT Trojans, on Friday Jan. 22 at 7 p.m. at the NAIT Arena and on the road on Saturday Jan 23, at 6 p.m.



Photo by Carlee Pilla

**NAIT female athlete of the week Kendra Hanson keeps the puck away from MacEwan players at NAIT arena Friday, Jan. 15. The Oaks lost 4-3.**

## Keeping Score

# Ovechkin the greatest?



**BRIDGETTE TSANG**  
Sports Editor  
@BridgetteTsang

There is something about Alex Ovechkin that sets him apart from other players in the modern era of the NHL – I'll give him that. But no one can ever beat The Great One and what he was able to do to net 50 points in 39 games regardless of how small the equipment was at the time, rink size or even the physicality of the players. Wayne Gretzky was the complete player.

Ovechkin joins a list of 43 players who have reached the 500-goal plateau and each one of them have a case to be reckoned with. But none more than Wayne Gretzky, the greatest player to ever play the game.

If Ovechkin stops playing today, his totals will not be enough to make him the greatest goal scorer of all time. Reaching the 500 goal plateau is definitely a milestone but that doesn't mean that Ovechkin won't run into a slump, injuries or retire early. Career totals are what matter and, no matter how fast you are to scoring that many goals, at the end of the day, numbers speak the truth and Gretzky is the one who will always be on top of all those records. Gretzky left the NHL with over 60 records. Most of them will never be matched in any way possible in today's game by any player. Gretzky was a complete player by a large margin. During his time, there wasn't the luxury of having a full-time strength and conditioning coach or a skills coach. Players back in the

day were used to having to learn the game differently and training wasn't as prominent as it is today. Yet Gretzky still managed to garner 894 goals in 1,487 games in his career; scored the most goals in one season (92 goals in a 80-game season, a number that will never be matched by any current player) and the record for most career assists, 1,963.

At the age of 30, Ovechkin still has some ways to go in his career to add to his totals to date. His illustrious career thus far has only been about goals scored during the regular season but he has yet to perform greatly in the post-season and his team hasn't made it past the second round of the playoffs during his tenure so far.

Apple-to-apple, Gretzky's career accomplishment is a far cry from Ovechkin in terms of being a complete player. Goals are only one factor to being a complete player. You have to possess a knack to lead your team to win.

With that being said, of all the scorers in the NHL right now, if anyone has the potential to match Gretzky's goals record, Ovechkin may be the only player who can compete.



**ZANE TOMICH**

The former first overall pick of 2004 is truly a special breed of player. A generational talent. One that comes around very rarely. The superior Russian sniper can easily match up to the all-time great goal scorers such as Wayne Gretzky, Mario Lemieux and Brett Hull. All of these players mentioned were from a different time. In the 1980's, the game was much slower and easier to score back then. Fitness level wasn't overly preached either.

Now, the NHL is extremely fast paced and possesses world class athletes in top physical shape. It is much harder to score in today's league, especially with smaller nets and strong defensive style of play most teams adapt to. Ovechkin has been able to dominate in today's difficult NHL. At 30 years old, he has already reached the 500 goal plateau. Great goal scorers of the past have earned their prestigious titles to be among the best of the best.

Wayne Gretzky is a difficult person to compare a player to because he is his own player and will always be the greatest. However, Ovechkin is the best goal scorer of the modern era. His impeccable size, skill and firepower with the puck makes him an imposing figure on the ice. He can single handedly dominate a team on any given night. Players that skate with the great 8 instantly become better. It's an unfair assessment to declare Ovechkin better than the Hall of Famers that have also earned their way to stardom. However he fits the bill as the best of today. There is no doubt that he has already punched his ticket into the Hall of Fame once he retires.

As time progresses, he will begin to slow down at some point as all players do when they age. His production will slip as a result of the grind of today's NHL and his aging so it is fair to say he may never reach the point totals of Gretzky or Lemieux. But he is responsible for putting the Washington Capitals on the map. The only thing he is missing for his game changing efforts is a Stanley Cup, which could finally come for him this year.



Alex Ovechkin

www.youtube.com

# Get out and enjoy the weather!

By **DANIELLE S. FUECHTMANN**

As winter sets in for another year, it can be tempting to bundle up in cosy blankets or just stay inside. However, there are lots of great ways to keep moving and stay active outside even as the temperature drops.

Grab a sled! It might be a bit trickier to find a good sled now than when you were younger but it's still a fun way to spend an afternoon with friends, especially if the sun is out. Put on a coat, a pair of warm pants, and remember why it was so fun as a kid.

Lace up your skates and check out the Edmonton Freezeway. Located by the Vic-

toria Park skating rink, the pilot project combines a traditional skating oval with a 400-metre path through the trees. Open from 10 a.m.-10 p.m. (there are lights after dark) until the ice melts, this is a great way to enjoy our river valley in the winter.

Miss zipping along on your bike? Try out a fat bike! These bikes are specially designed with wide tires for increased traction on snow and ice. If you're interested, Revolution Cycle and a few other places offer rentals.

Looking for hiking opportunities or other outdoor activities? The Edmonton

Outdoor Club offers a variety of activities and events for a range of skill levels, from beginner to advanced. While most of their activities are hosted in Edmonton, they do have events outside the city and they strive to keep their events low-cost. Check them out for snowshoeing, cross-country skiing, or hiking.

There are still lots of great trails and routes for outdoor running in the winter, just be sure to take more care to wear layers for warmth and ensure that you're wearing proper footwear. Proper warm ups are essential. Try to increase your pace grad-

ually and use extra caution when changing direction or running on uneven ground. Places like Mountain Equipment Co-op and The Running Room are great resources to learn more about winter running tips.

If you prefer to stay fit without the cold, winter is a great time to experiment with programs like ClassPass or to try out a variety of different activities. Consider using the season to make use of drop-in programs at NAIT or at your gym of choice. Winter can feel long and depressing, so avoid the winter blahs by adding some excitement to your fitness habits.

## MEN'S HOCKEY

# Ooks 20, rest of ACAC 0

By FARYAL BASHIR

The NAIT Ooks men's hockey team took the crown this past weekend after they took on the third-place Red Deer Kings. The first game was held Friday night where the Ooks came out with a 3-1 win on the road. The following evening at home the Ooks won against the Kings 7-4. The Ooks improved to a 20-0-0 record in the ACAC standings.

In the first of the two-game series against the Kings, there were more penalties given out than goals scored. There was total of 28 penalty minutes, which both teams split evenly and four goals scored.

## Started quietly

The first period started off quietly until the penalties started pouring in after the halfway point. The Ooks got two for hooking and roughing, while the Kings got two for high sticking and boarding. Ooks' John Dunbar got his team on board first, scoring with less than five minutes left in the frame, with the assistance of Charles Wells. The second period remained scoreless, but that didn't stop both teams from ending up in the sin bin more than once. Five minutes

into the final frame, Ooks' defenceman Dallen Hall fired one past King's goalie, Mike Salmon, for the game winner. The Kings struggled to get the puck past Ooks goalie Ken Cameron for most of the game but finally got on board in the third to take away Cameron's shut-out. The Kings' efforts weren't enough as Dunbar scored his second goal of the night for the Ooks before the final buzzer and the Ooks skated home with the 3-1 victory.

## More goals than penalties

Saturday night, the Ooks continued their winning ways at home. This time around, there were more goals scored than penalties handed out. Ooks started off the scoring late in the first frame when Tanner Dunkle lit the lamp. The Ooks had the lead moving into the second and kept that lead as they went on to score three more times before the Kings were able to get puck possession and score on the Ooks goalie Kyle Birch to get one on the board.

Later in the second, it didn't take long for the Ooks left winger, Jordan Wood to answer and continue the lead. The Kings scored one more time

before the second period came to an end as the Ooks led 4-2 going into the third. The final frame began with Ooks scoring first, followed by the Kings. The Kings knew they needed a plan of attack in order to win this game, with little left to go in the game they pulled their goalie. However, the extra attacker didn't help as the Ooks played tic-tac-toe to score an empty-netter and captured the win.

Head coach Mike Gabinet was impressed with John Dunbar's three-goal performance over the week-

end. "He is one of our leaders and is extremely hard-working during practice which pays dividends for him in the games," said Gabinet. "He has the ability to score big goals in high-pressure situations." Dunbar is now the second highest goal-scorer on the team, only one behind captain Scott Fellnermayr.

The Ooks look to keep their undefeated record going this weekend against the SAIT Trojans. Games are Friday Jan. 22 at 7 p.m. in Calgary and Saturday Jan. 23 at 6 p.m. at the NAIT arena.

## Player profile



**Player:** Wyatt Beaver

**Sport:** Basketball

**Program:** Business

By FARYAL BASHIR

**What inspired you to play sports?** I was inspired by my family. I was raised by five jocks, my three brothers and both parents played basketball, as well as soccer, hockey, baseball, track and lacrosse.

**Favourite movie?** Not going to lie, *The Fault In Our Stars*. Nothing not to like about that movie.

**Pre-game meal?** Usually chicken Alfredo pasta.

**How do you prepare for games?** My ritual is a pre-game shower, to get my body warm, stretch out while I'm in there, too. I do some more stretching when I'm out of the shower and meditate on the game and what's gonna happen during the game.

**Other sports you play outside of basketball?** I've played lacrosse, soccer, track and volleyball on teams but multiple other sports recreationally.

**Favourite athlete you look up to?**

When I was young I really looked up to Steve Nash and then once I entered my teens I also started looking up to Reggie Miller. Both are incredible soon to be Hall of Fame basketball players.

**What kind of music do you listen to?** Mostly R&B but rap and pop are also on my playlist.

**Biggest accomplishment?** OK, this one time I was making pancakes and I promise I made one that looked completely identical to the real life Mickey Mouse. I

was trying to make Minnie Mouse but Mickey just appeared, there were even chocolate chips for eyes!

**What do you want to do once you are done with your athletic career?** Once I'm done my athletic career I want to move right into coaching. That's always been a thing I wanted to do, especially with Canada's youth. They need better coaches out here.

**Biggest life and sports role model?** My biggest life and sports role model is my grandpa. He is a healthy, active 86-year-old who lives a full life and inspires greatness. In his youth, he was a professional diver as well as a boxer. He played hockey until he was 65 years old and he also played many sports. He lives with me in the basement of our parents' house and I love listening to his athletic and life story.

**Biggest supporter?** My girlfriend, Jenn. She plays for the women's soccer team here at NAIT and she's supported me ever since high school. She came and cheered my team in provincials in Lethbridge and she's been to every college level game for the past two years and she always pushes me to get better.

**Bonus info** – This year, we went to four overtimes with Concordia and I've never experienced a game like that before. I secretly think my coach is Santa Claus. He just hides his identity by keeping his beard short.



Photo by Jesse Kushneryk

Ooks defenceman Jordan Abt lets go a shot on the Red Deer College net during a game on Saturday Jan. 16 at NAIT arena. NAIT won 7-4.

# ACAC Standings

## MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
<b>NAIT</b>	<b>20</b>	<b>20</b>	<b>19</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>128</b>	<b>37</b>	<b>40</b>
Augustana	22	14	12	3	2	3	83	48	33
Red Deer	22	12	12	8	0	2	78	58	26
SAIT	22	10	10	8	0	4	72	68	24
Keyano	20	9	8	8	1	2	65	64	21
Portage	20	7	6	8	0	5	53	71	19
MacEwan	22	8	7	11	2	1	81	71	19
Concordia	22	5	4	13	3	1	58	98	14
Briercrest	22	2	1	20	0	0	44	147	4

### RESULTS

#### January 15

**NAIT 3, Red Deer 1**

SAIT 10, Briercrest 4

Augustana 3, Portage 2

MacEwan 6, Concordia 1

#### January 16

**NAIT 7, Red Deer 4**

SAIT 6, Briercrest 0

Augustana 5, Portage 0

MacEwan 6, Concordia 3

## WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer	16	13	10	2	1	45	19	27
MacEwan	16	10	9	6	0	45	32	20
SAIT	16	7	6	7	2	32	31	16
<b>NAIT</b>	<b>16</b>	<b>6</b>	<b>6</b>	<b>8</b>	<b>2</b>	<b>36</b>	<b>38</b>	<b>14</b>
Olds	16	4	3	11	1	20	58	9

### RESULTS

#### January 14

Red Deer 4, Olds 0

#### January 15

**MacEwan 4, NAIT 3**

#### January 16

**MacEwan 3, NAIT 2**

Red Deer 7, Olds 1

## MEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA
Keyano	16	14	2	28	1400	1137
<b>NAIT</b>	<b>12</b>	<b>10</b>	<b>2</b>	<b>20</b>	<b>1006</b>	<b>875</b>
Lakeland	14	8	6	16	1071	1059
Grande Prairie	16	8	8	16	1291	1278
Concordia	16	6	10	12	1254	1281
King's	16	5	11	10	1211	1333
Augustana	14	1	13	2	941	1211

### South Division

Red Deer	11	9	2	18	1046	836
Medicine Hat	11	8	3	16	871	822
Olds	11	8	3	16	1044	966
Lethbridge	11	7	4	14	1021	951
Ambrose	11	5	6	10	902	965
St. Mary's	12	3	9	6	1054	1132
SAIT	12	3	9	6	896	1037
Briercrest	11	2	9	4	870	995

### RESULTS

#### January 15

Olds 96, Ambrose 81

SAIT 82, Briercrest 75

Keyano 85, Grande Prairie 75

Lakeland 81, Augustana 41

Medicine Hat 88, Red Deer 68

Lethbridge 100, St. Mary's 98

Concordia 89, King's 77

#### January 16

SAIT 93, Briercrest 82

Grande Prairie 80, Keyano 79

Medicine Hat 80, Red Deer 64

Concordia 78, King's 58

Lethbridge 118, St. Mary's 83

Olds 101, Ambrose 79

Lakeland 76, Augustana 63

## WOMEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA
Lakeland	14	14	0	28	992	634
<b>NAIT</b>	<b>12</b>	<b>10</b>	<b>2</b>	<b>20</b>	<b>896</b>	<b>640</b>
Grande Prairie	16	10	6	20	947	918
Augustana	14	6	8	12	829	921
Keyano	16	6	10	12	966	974
Concordia	16	6	10	12	973	958
King's	16	0	16	0	667	1205

### South Division

Lethbridge	11	11	0	22	968	649
St. Mary's	12	9	3	18	930	791
Medicine Hat	11	6	5	12	752	722
SAIT	12	6	6	12	772	778
Olds	11	5	6	10	834	700
Red Deer	11	5	6	10	751	690
Briercrest	11	2	9	4	635	859
Ambrose	11	1	10	2	543	996

### RESULTS

#### January 15

Olds 97, Ambrose 35

SAIT 73, Briercrest 55

Grande Prairie 71, Keyano 65

Lakeland 68, Augustana 54

Medicine Hat 64, Red Deer 61

Lethbridge 97, St. Mary's 82

Concordia 80, King's 33

#### January 16

SAIT 83, Briercrest 59

Grande Prairie 68, Keyano 56

Red Deer 67, Medicine Hat 60

Concordia 71, King's 41

Lethbridge 80, St. Mary's 63

Olds 125, Ambrose 31

Lakeland 70, Augustana 48

## MEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	GW	GL	Pts
Augustana	16	12	4	40	22	24
Keyano	14	11	3	35	17	22
King's	16	10	6	39	22	20
<b>NAIT</b>	<b>14</b>	<b>9</b>	<b>5</b>	<b>31</b>	<b>23</b>	<b>18</b>
Lakeland	16	6	10	25	38	12
Grande Prairie	16	5	11	23	39	10
Concordia	16	1	15	15	47	2

### South Division

Red Deer	14	13	1	41	10	26
Medicine Hat	16	10	6	36	28	20
Lethbridge	16	9	7	38	30	18
SAIT	16	9	7	38	31	18
Ambrose	16	7	9	29	37	14
Briercrest	16	6	10	28	37	12
Olds	14	0	14	5	42	0

### RESULTS

#### January 15

Concordia 3, Lakeland 2

(14-25, 25-19, 21-25, 25-20, 16-14)

Keyano 3, Grande Prairie 1

(26-24, 25-19, 21-25, 25-21)

Ambrose 3, Lethbridge 2

(25-19, 23-25, 24-26, 25-19, 15-13)

Red Deer 3, Medicine Hat 2

(19-25, 25-23, 20-25, 25-16, 15-11)

Briercrest 3, SAIT 2

(25-23, 23-25, 22-25, 25-22, 15-11)

Augustana 3, King's 2

(25-20, 16-25, 25-14, 23-25, 19-17)

#### January 16

Lethbridge 3, Ambrose 1

(18-25, 27-25, 25-23, 25-21)

Lakeland 3, Concordia 1

(34-32, 25-9, 20-25, 25-15)

King's 3, Augustana 0

(25-15, 25-21, 25-20)

Keyano 3, Grande Prairie 0

**(25-19, 25-19, 25-17)**

#### RDC 3 - MHC 1

**(26-24, 25-19, 28-30, 25-21)**

#### BC 2 - SAIT 3

**(25-27, 13-25 25-14, 25-22, 15-13)**

## WOMEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	GW	GL	Pts
King's	16	15	1	47	15	30
Grande Prairie	16	11	5	38	18	22
Lakeland	16	10	6	37	23	20
<b>NAIT</b>	<b>14</b>	<b>7</b>	<b>7</b>	<b>27</b>	<b>26</b>	<b>14</b>
Keyano	14	7	7	23	27	14
Augustana	16	4	12	20	40	8
Concordia	16	0	16	5	48	0

### South Division

Briercrest	16	13	3	42	17	26
SAIT	16	12	4	41	19	24

Red Deer 14 9 5 33 21 18

Olds 14 9 5 29 25 18

Medicine Hat 16 6 10 25 34 12

Lethbridge 16 3 13 16 43 6

Ambrose 16 2 14 16 43 4

### RESULTS

#### January 15

Lakeland 3, Concordia 1

(17-25, 25-11, 25-14, 25-14)

Grande Prairie 3, Keyano 0

(25-19, 25-12, 25-23)

Ambrose 3, Lethbridge 1

(25-14, 20-25, 25-21, 25-20)

Red Deer 3, Medicine Hat 1

(25-19, 25-15, 17-25, 25-21)

SAIT 3, Briercrest 1

(23-25, 25-13, 25-23, 25-22)

King's 3, Augustana 1

(25-23, 25-17, 25-27, 25-19)

#### January 16

Ambrose 3, Lethbridge 0

(25-12, 25-14, 25-19)

Lakeland 3, Concordia 0

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

King's 3, Augustana 2

(25-9, 15-25, 25-8, 21-25, 15-10)

Grande Prairie 3, Keyano 0

(25-7, 25-19, 25-20)

Red Deer 3, Medicine Hat 0

(25-19, 25-20, 25-18)

Briercrest 3, SAIT 1

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

# Athletes of the week

January 11-17

## Kendra Hanson Hockey



Despite dropping a pair of games to their cross-town rivals, MacEwan Griffins, Ooks women's hockey player Kendra Hanson continued to gather points. Kendra scored a power-play goal in Friday's tough 4-3 loss to the Griffins at NAIT Arena and then opened the scoring Saturday at Confederation Arena in NAIT's 3-2 loss there. "Kendra has been our most consistent scorer over the past few games," said head coach Deanna Martin. "Her contributions on the scoresheet are what earned her the Ooks of the Week nomination." Kendra is a first year Open Studies

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [naitsa.ca/clubs/current-clubs/](http://naitsa.ca/clubs/current-clubs/)

WHO	WHEN	WHERE
IntoNAITion General Meetings	Mondays, Jan 5-April 11   4:45pm – 6:00pm	Room E-225
LOL Weekly LAN Party	Wednesdays, Jan 13-April 27   4:30pm – 7:30pm	Room X-215
IntoNAITion Tuesday Meetings	Alternating Tuesdays, Jan 5-April 12   4:45pm – 6:00pm	Room X-111
Juggling Club Weekly Juggling Jam	Mondays, Jan 11-April 30   5:00pm-8:00pm	Shaw Theatre Foyer
Craft Club Crafting Time	Thurs Jan 7-April 28   5:00pm-10:00pm	Room X-203

### UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
MECSA	Welcome Back Beer Gardens	Feb 5   3:15pm-11:15pm	Tower Lounge
Club Culinaire	Begin Reading Week with a Bang!	Feb 12   3:00pm-10:00pm	Annex Dock
SFA	Firearms Safety Course	Feb 20   8:00am - 6:00pm	Room V-322
MECSA	Valentines Bake Sale	Feb 11&12   10:00am-3:15pm	Outside NAITSA

### CAMPUS CLUBS NEWS

WHO	WHEN	WHERE
Club Social #3	Feb 2   3:45pm-5:30pm	The Nest Taphouse Grill
Club Connect #3	Feb 2   5:30pm-6:30pm	Tower Lounge
Grant Deadline #3	Feb 3   5:00pm	TBD
Club Showcase #2	Feb 3   11:00am-12:30pm	South Lobby

**NAITSA** **CAMPUS CLUBS**  
**CENTRE**

### VISIT THE CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus  
780.471.8457 | 780.471.8871  
[naitsa.ca/naitsa-clubs](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates

grow your career, join student government

become a naitisa student

# EXECUTIVE COUNCIL member

nominations open

## january 4 - january 25

The NAITSA Executive Council is comprised of 4 student representatives at NAIT. **The President, Vice President Academic, Vice President External & Vice President Student Services.**

for more information visit [naitisa.ca/elections](http://naitisa.ca/elections)



your voice, your vote



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rm e-131

# ENTERTAINMENT

## Hey everybody, look at me!



By **JOEL LECKIE**  
Entertainment Editor

Quick, take a selfie! Our culture has quite the addiction to taking a self portrait and sharing it online. We see all sorts of selfies everywhere on social media. Selfies at work. Selfies at home. Selfies at the gym. Selfies at parties. In and of itself, there is nothing wrong with them. They let you share the moment with your friends and keep a digital record for years to come. But has it gone a little far and strayed into the addiction category?

Over the last few years, it has been common to see huge compilations of

fail photos. A lot of them are embarrassing or tactless, like taking a selfie with the recently deceased at a funeral. But some have been downright dangerous. It wasn't that long ago that a guy taking a video selfie had to be kicked off the tracks by a conductor to prevent getting flattened by a train. Then, a mere few weeks ago a man in Spain was killed because he decided that it would be a great idea to take a selfie in the middle of a running of the bulls. Sure, he got a great photo but he also got himself impaled. It's probably not the lasting legacy he was hoping to leave when they recovered his camera.

It feels like there has been a cultural disconnect and it has left a sour taste in my mouth. I've never been a great photographer but I feel some of the standards have slipped. People get in such a rush to put out anything and everything they can, that they don't stop to think of why. It's probably fine if you want to put up a quick party picture with your friends. The quality might not be great but even a modest smartphone nowadays has a halfway decent camera built into

it. But I don't think the world cares so much when you are posting the 10th gym photo of the week or a picture of your blender to showcase your new diet. You've just got to stop and ask yourself "why?"

There must be a psychological aspect to the whole craze that I am missing. Or maybe it's just because the world is becoming more globalized and social. To achieve the same sort of status as before, we must make not only a name for ourselves but also to present to the world our faces to be recognized. Now, that's not to say that selfies don't have their place. Even before the catch phrase emerged and front cameras on phones were a thing, people have been finding ways of taking their own photograph.

In any case, you don't need to stop taking your modernized self portraits. But



www.playbuzz.com

maybe, just maybe, you could pause to think about why you are taking it and why you are posting it before you hit the share button. If anything, it might bring you one step closer to knowing about yourself and gaining a sense of self-actualization.

## Driving – for its own sake



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

The Spyker C8 Aileron is one beautiful machine.

It's my dream car, my win the lottery and buy-a-house-at-the-end-of-a-mountain-road-just-to-drive-it-home car. Inspired by Spyker's aviation industry heritage, the Aileron (a word borrowed from the surface on an aircraft that allows rolling and banking) is designed to conjure the closest thing to flight while still on pavement. With its metallic air inlets evoking visions of turbine engines, mesmerizing turbine blade wheel spokes and propeller-branded hood ornament, the Aileron can make any man feel like a dog-fighting maverick. It's got an ignition switch for Wright's sakes!

I've spent many a pillowy night visualiz-

ing myself rocketing through exotic subalpine passes in this robust mechanical beast. Do you know what I haven't spent productive nights dreaming about? Driverless cars.

I'm not talking about dreaming in an awe-of-the-future sense. Sure, I love pondering fantastic technologies as much as the next guy. I'm talking about dreaming in a subconscious exploration of your life's passions sense.

Look, I know I'm in tough in an debate arguing against a world filled with driverless cars. The pros are undeniably beneficial to society. Providing the computer program-

ming is perfected, driverless cars will be much less dangerous than human-controlled ones for many reasons. Traffic congestion and commute times would likely be reduced, people would have more time to complete other, more important, tasks, etc.

There are plenty of definite cons too, for now at least. The technology is still imperfect. There have been very few traffic incidents involving driverless vehicles but there have been some. Who would be to blame in the instance of an accident? The technology responsible for navigating the vehicle could

potentially be hacked by those with malicious intent. They will likely be very expensive, at least initially, and they will be yet another indicator of increasing wage gaps, fuelling the fire as they eliminate jobs in transportation, shipping, logistics, manufacturing, energy and more. How helpless would we be, too, in a futuristic automated world if the technology were to somehow fail?

Even if, through years of trial and error, these problems were to be mitigated or solved, the fact remains that a lot of people like driving.

Driving a car symbolizes freedom, the ability to go when and where we please, at our leisure and at our bidding. Driving is enjoyable, for me, be it beneath a yellowing sky on gravelly roads through endless fields of sun-soaked prairie barley, through the melty mirage of Nevada's cavernous red rock canyons or on Nepali mountain roadways, teetering on the brink of eroding cliffs. I get my kicks from driving without direction or concrete destination – as a form of open ended thought wandering or to investigate the limits of courage and engineering.

I know, that sounds a bit flowery and Bohemian but, hey, it's therapeutic and it's a therapy not quite as accessible without a gas pedal underfoot.



Spyker C8 Aileron

www.carbuzz.com

FOR YOUR LISTENING PLEASURE ...

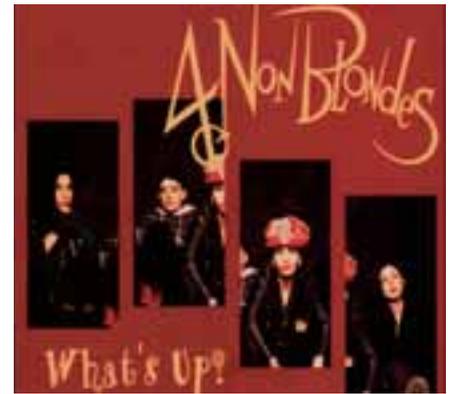
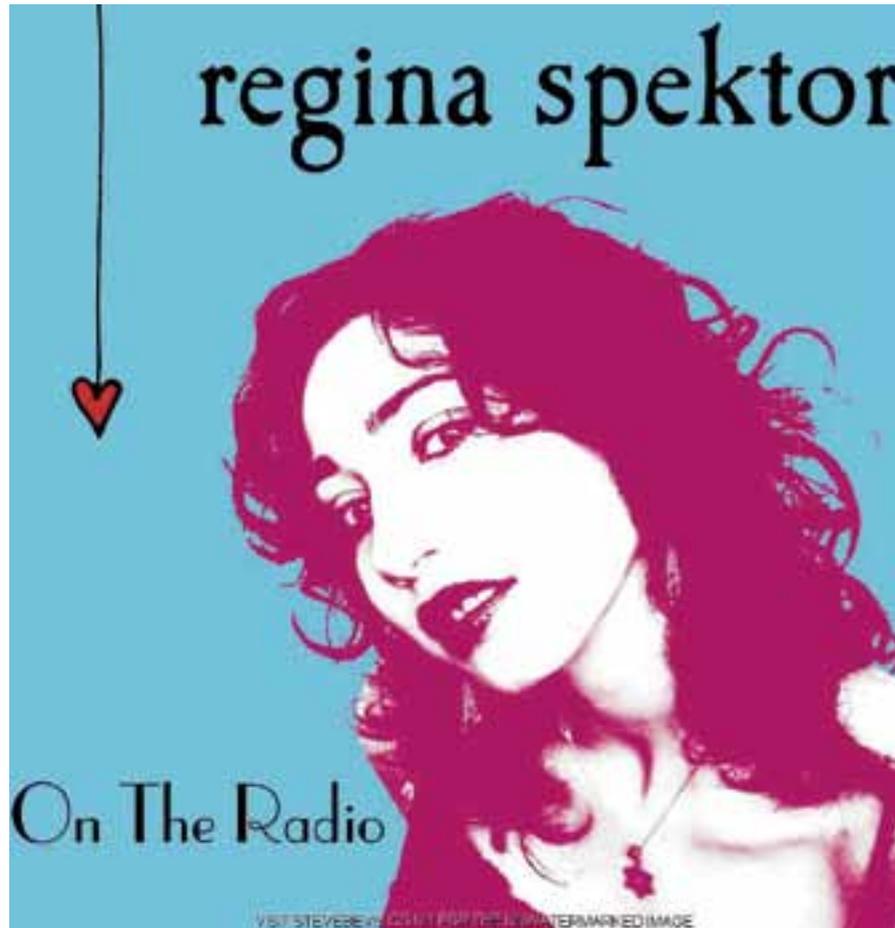
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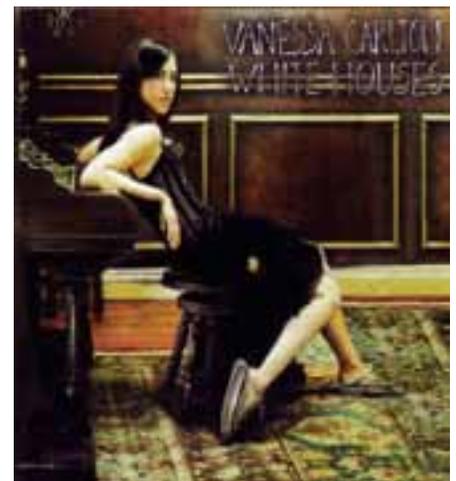
By JOEL SEMCHUK

Looking to focus on the lyrics for a while? There are stories behind the words of all these songs and, for the most part, they have really fun videos that help tell these stories.

1. On the Radio – Regina Spektor
2. What's up? – Four Non-Blondes
3. White Houses – Vanessa Carlton
4. The Stand – Mother Mother
5. Bungalow – Scott Helman
6. Surprise Surprise – Billy Talent
7. Joe's Garage – Frank Zappa
8. Mean – Taylor Swift
9. Jet Lag – Simple Plan and Natasha Bedingfield
10. Stay With Me – Shakespeare's Sister



www.youtube.com



www.coveralia.com

www.stevebevis.co.uk

## WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
<b>MONDAY</b> Butter Chicken Poutine	<b>MONDAY</b> Bottle Coors Light
<b>TUESDAY</b> Nest of Wings	<b>TUESDAY</b> Crushed Ice Long Island Iced Tea
<b>WEDNESDAY</b> Classic Poutine	<b>WEDNESDAY</b> Sambuca/Tequila Shot
<b>THURSDAY</b> Pepperoni Pizza Bites	<b>THURSDAY</b> Flavoured Absolut Vodka
<b>FRIDAY</b> Jumbo Daily Soup Bowl	<b>FRIDAY</b> Bottle Pilsner

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ENTER FOR YOUR CHANCE TO WIN  
TICKETS IN OUR BI-WEEKLY DRAW!

\*Nest Taphouse Grill is here to serve the NAIT community!

## MOVIE REVIEW

# Revenant misses mark

By JOEL SEMCHUK

With the stunning cinematography of South Dakota (filmed in Alberta), the impressive single-take scenes, the historical accuracy, the amazing acting and the wonderful score, you're going to walk out *The Revenant* thinking, "Wow, that movie was really bad."

This is a shame, because the potential was there for so much more. Mostly the problem is the film's length – the aforementioned adulations become repetitive

and boring since it's just more and more of the same. It's the story of Hugh Glass, who was mauled by a bear and left for dead by his companions ... everything else in the movie is a fabrication.

Leonardo DiCaprio, as usual, throws himself into his role and becomes Hugh Glass to the teeth, literally. He wraps himself in the skin of the bear he killed and crawls, literally, back to the fort. He survives how you'd survive in 1820 without a gun or supplies and,

while that last part is actually really cool, it's the in-between scenes that grate: Leo crawling and groaning and grunting and struggling and being pushed through situations that become so over-the-top that they're laughable. And even though Leo nails his character, there's not much to nail. All he wants to do is kill the guy who killed his son, which he witnessed but couldn't do anything about because he had just gotten mauled by a bear.

Tom Hardy, the guy who killed

Leo's son, is the same thing – **who are between the ages of 10 and 14** a wonderfully played but amazingly simple character. It's like he went through a list of clichés and chose "antagonist." And, like Leo, watching Hardy go through a dozen versions of the same thing is just boring.

There's an arrow fight that tops the one in *Kingdom of Heaven*. Leo impressively speaks Pawnee, perhaps even more than he speaks English (he doesn't have much to say during the two hours of his crawling back). The subtleties of the historical accuracies are easily the best parts of the movie, although you tell me if the second French trapping camp wasn't a little stereotyped.

Once again, Americans' slaughter of aboriginals gets reduced to bloodless, hazy, dream sequences. In this case the dreams are drowned in symbolism that would make Paul Gross roll his eyes. If you start getting bored, try to predict the next dream sequence; you'll be surprised at how often you're right.

In his attempt to portray the passion and determination and skill of his characters, director Alejandro G. Iñárritu unfortunately made too much of a good (and real) story. The added-on parts don't add to the story or people, and in fact reduce the purity of Glass's legacy. Namely, saving his own life was enough motivation in a Dakota winter in 1820 ... he didn't need to have to find and kill someone to make it back to that fort.

(I had to look it up: Revenant means "person who has returned from the dead.")



www.telegraph.co.uk

Leonardo DiCaprio in *The Revenant*

# Coldplay breaks new ground

By JOSH RYAN

Coldplay is one of the most unique bands to achieve mainstream popularity over the past 15 years.

Despite tastes veering towards solo pop/hip-hop artists and EDM, this British alternative rock band (consisting of drummer Will Champion, bassist Guy Berryman, guitarist Johnny Buckland and frontman and guitar/piano player Chris Martin) remains one of the few success stories that features a traditional lineup of musicians playing traditional instruments. Their work is still somewhat polarizing, as many praise it as thought provoking and meditative, while others criticize it for the vagueness of the lyrics and slow pace of a number of their songs. With the recent release of their rumoured to be final album, *A Head Full of Dreams*, there's little that's going to change the minds of either camp.

It's the opposite of their previous effort, *Ghost Stories*, in the best way possible, starting right from the title track. Bouncy, uplifting, the song literally fills you with a sense of soaring, even just through your imagination. "Birds" follows, bringing along similar Coldplay tropes (namely echoing guitars) while giving you a brisk likeable melody that feels simultaneously like a Top 20 hit and a track off an indie band's EP.

Then, as Coldplay's done with previous works, the

album goes up and down. A little bit of hip-hop touched onto "Hymn for the Weekend," an immediate slow-down into the piano ballad "Everglow" before picking up again for "Adventure of a Lifetime," one of the stranger music videos I've seen them do, which is saying something for Coldplay. Most of the remainder of the album is largely instrumental and slow paced, before ending on a very optimistic sounding high note with "Up&Up."

There are two noteworthy things about this project. The first is the number of guest performers. Beyonce makes a couple of appearances as backup vocals, Noel Gallagher strums on the guitar in "Up&Up" and Swedish singer/song writer Tove Lo has a duet with Martin in "Fun." Even Martin's ex, actress Gwyneth Paltrow and U.S. President Barack Obama make appearances on the album. Some make more substantial contributions than others but it goes to show you the effort the band put into *Dreams*.

The second is the emphasis of positivity in the lyrics.

Clearly, Martin is in a better place than he was when he wrote *Ghost Stories*, which reflected feelings of despair and depression. Here, everything feels like the band is looking forward their future, with all of the joys and struggles that will come. Whether it's believing in change in the title track (leave your broken windows open/And in the light just streams) reveling in new found love with "Adventure of a Lifetime" (I feel my heart beating/Oh, you make me feel/Like I'm alive again) or

reminiscing in old love gone with "Everglow" (But didn't we have fun?/Don't say it was all a waste) every song has something that should leave you feeling good about how the day is going to go.

As far as the technical achievement of the album, it's nothing ground-breaking. Each song brings up memories of past tracks and from track seven to 10, it gets a little slow. But the ending so beautifully punctuates why

this band has created music so many people love in a time where something more than just commercialized, redundant drudge is a rarity.



imgur.com

## ANIME

# Knights of Sidonia scores

By **GERVAISE BRANCH-ALLEN**

*Knights of Sidonia*, Netflix's first original anime, is based on the manga series of the same name by Tsutomu Nihei. After Earth was destroyed, humanity fled via spaceships from the planet's remains. One of these spaceships was Sidonia.

The story follows protagonist Nagate Tanikaze, a young man living underground. After losing his grandfather, he goes above ground to the surface of Sidonia, only to find thousands of people. Using the piloting skills he learned from his grandfather, Nagate joins Sidonia's cadets to become a pilot and rebel against the Gauna, alien creatures who destroyed Earth over a century ago.

## Interesting characters

This series has quite a few interesting characters, including a very surprising looking one. Trust me, you'll know who I'm talking about once you see him. Nagate is a soft, yet passionate character who always seems to get in trouble with someone, often for making a mistake. There are plenty of unique characters, such as Izana, Hoshijiro, Kobayashi and others I won't spoil.

I really like the relationship between Nagate and Hoshijiro because they support each other and bring strong emotions to this show. Nagate really needed someone to make him feel accepted. However, it was unfortunate to see that his friend Izana was left out. The twist in Nagate and Hoshijiro's relationship is quite a shock, considering everything they go through.

## Show looks unique

Polygon Pictures (*Transformers Prime*, *Tron Uprising*) animated the series and gave it a really interesting look. Unlike most anime, this show doesn't look like hand-drawn animation but rather a stylized cel-shaded animation. The show looks unique with a blend of CG mechs and cel-



nerdreactor.com

shaded characters. While the animation may be diverse to some, I felt Polygon Pictures really brought the story to life.

The score by Noriyuki Asakura really emphasizes the emotions in every scene, whether they are joyful and tenderhearted or painful and fear inducing. I also enjoyed the Season 1 theme song "Sidonia" by angela, which really set up the excitement of each episode. "Show" by Eri Kitamura is a nice fast-paced song to wrap up each episode that usually ends in a cliffhanger.

The plot is very intriguing as the show takes its time to introduce the viewer to the characters and the setting before letting loose with all the fantastic twists and turns. I couldn't believe how many times the show shocked me with revelations or moments I thought couldn't be real.

The first half of Season 1 focuses on

explaining the story to viewers, so it's important to pay close attention. The plot really moves at a nice pace to pull you into the story of elite mech pilots versus deadly alien creatures.

The second half of Season 1 is a bit slower and deals with some of the shocking revelations from earlier on. A lot of characters deal with change in their lives and the pain of loss, shame and depression.

While I have really enjoyed the show, I do have some complaints. Some of the supporting characters look similar, so it can be difficult to know which character is which. For example, Hoshijiro and Izana look a bit similar if you're not paying attention. Fortunately, their hairstyle helped me recognize who was who. Additionally, the show's shocking moments start to decrease by the end of the first sea-

son. After being blown away by all the crazy events, I was surprised not to see some more shocking moments towards the season's end. At the same time, it was nice to slow down and take a breather from shocking moments and focus on the important battles with the Guana as well as the continuing plot.

Those issues aside, I really enjoyed my time with *Knights of Sidonia*. The storytelling was compelling, the characters were (mostly) unique, especially the den mother of the show, who I won't say anything else about. This show isn't only for anime fans or even sci-fi fans but rather all viewers who enjoy a strongly written, condensed storyline that keeps you intrigued. There are two seasons of *Knights of Sidonia* currently on Netflix, so I hope you check it out and enjoy yourself!

# All of the news – and more

By **DANIELLE S. FUECHTMANN**

Wish you could scan all of the headlines of your favourite news outlets, blogs and more in one easy place? With Flipboard, you can. Flipboard is a convenient news aggregator that uses a blend of RSS feeds and social media links to pull all recent posts and updates from the sites you follow into one easy spot.

On a tablet, the app acts, as one would expect from the name, a simple flip board with graphic tiles for each article or post from the source. It's easy to scan headlines and save for later or click to read immediately. Once you've created your account you can add sources that interest you by search-

ing for a news outlet or blog you enjoy, looking through their featured sources by category or by following a "magazine" – a collection of stories curated by another user. Once your sources are set up, it's easy to browse by tapping on a tile and flipping through the stories before returning to the home page and selecting the next source.

If you use programs like Pocket, Insta-

paper or similar read-it-later apps, saving

interesting articles for later is as easy as tapping the story and selecting the saving option you want. If you enjoy reading on your commute, this is a great way to collect stories to read when you don't have WiFi or data.

The app is visually effective, breaking each page into large tiles for each article and frequently including large photos; the result is a clean page with a clear focus on the stories rather than on the app's visual branding.



While Flipboard has recently started offering a web version, the app is most useful on mobile or tablet. The web version limits your options for saving or sharing the articles and the interface is not as well designed for quick skimming of material.

I highly recommend trying Flipboard if you're looking for an easy way to keep track of more news. The app's efficiency makes it incredibly easy to keep track of a wide variety of news sources and save or share articles with your favourite apps.

iOS, Android, Web  
BlackBerry, Windows  
★★★★★

## THROWBACK THURSDAY



A scene from the Hong Kong produced *Infernal Affairs*, the movie that the American made film *The Departed* was based on.

# Outright theft

www.austinfilm.org

By JOEL SEMCHUK

Normally when Hollywood rips something off, they butcher it to the point of unrecognizable garbage. *Hellblazer* fans know just what I'm talking about, right? Imagine my surprise when I watched *Infernal Affairs*, the 2002 Hong Kong movie that *The Departed* is based on.

The surprise comes from the back that *The Departed* isn't so much "based on" as it is "completely stolen." If you're like most people and you put *The Departed* on when you need a good movie or background noise when you're busy or whatever, you'll be amazed at how blatantly *The Departed* copied *Infernal Affairs*.

Almost every single scene is exactly the same, right down to small things like the girlfriend answering the phone in the new apartment when the boss calls. The cellphones at the meeting (although it's Chinese and Thais), the guys outside the bar playing at spotting police, the driving range ... everything! Watch this movie if only to have fun seeing how much of it is completely ripped off, down to the lines.

That means that the best differences are in the characters. The mole (it's not a rat in China) is played by Tony Leung, and he plays a quiet, smouldering, tortured soul – a polar opposite of Leo's outgoing rants. Leung is incredibly good at this. When his buddies are playing and suggest he's a cop, his eyes flick

open in a really convincing way and the movie is filled with similar expressions.

Anthony Wong is Leung's supervisor and rather than the benevolent father figure that Martin Sheen brought to the role, Wong is much more of a hardass. He has a heart of gold, though. The minor characters have a great deal of depth to them. For example, Andy Lau is the inspector the boss planted in the police force and his girlfriend is a writer whose protagonist is suffering just as Lau is. Lau brings a kind of tortured obedience to his role that makes his execution of Sam, the mob boss, all the more believable.

Sam is the biggest detractor from *The Departed*. He's smiling and laughing and not at all crazy like Nicholson ... of course Jack wins between the two of them. And while Leung dates his psychiatrist, she's not Lau's girlfriend. This makes the characters more solid as their own people and removes the impossible coincidence of such a love triangle. Personally, it's this last fact that, in my opinion, makes *Infernal Affairs* a better movie. There are two sequels to the Hong Kong original.

Basically, the next time you're adulating the four Oscars *The Departed* won, (one of them is "best adapted screenplay"), remember that not one single second of that movie is original. It's solid proof that Scorsese is out of ideas and just should just retire, already.

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SATURDAY, JANUARY 30TH



Photo by Sean Neil

A helper makes an adjustment to a display at the FIRST Lego League (FLL) Edmonton Championship, hosted by NAIT on Jan. 16. Thirty-five teams of elementary and middle school students from across Northern Alberta went head to head with a theme of "Trash Trek." Participants, who were between the ages of 10 and 14, had to think about ways to make less trash or improve the way trash is disposed of. Teams used sensors, motors, gears and software to build and program their robots in advance of the championship. The winning team qualified for the North American Open Championship at the LEGOLAND California Resort on May 20-22. Inset, a Lego trophy.



**NAITSA SERVICE CENTRE**

**THIS YEAR, NAITSA IS PROUD TO ANNOUNCE THE LAUNCH OF THE NAITSA FOOD CENTRE**

**THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!**

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

Students with coverage can download their MyBenefits Card online at [www.mystudentplan.ca/nait](http://www.mystudentplan.ca/nait)

If you are in need of a hamper, you can request one either in person at the NAITSA office in E-131, or online at [nait.ca/food-centre](http://nait.ca/food-centre)

Download the GroupNet Mobile app to easily submit your claims on the go.

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

**QUESTIONS?**

Email: [studentplans@nait.ca](mailto:studentplans@nait.ca)

Phone: 780-471-7730

Tweet: @naitplan

For more information on what is covered by your student health & dental plan, please visit [www.mystudentplan.ca/nait](http://www.mystudentplan.ca/nait) [www.nait.ca](http://www.nait.ca)

# Hearty potato soup

By JOEL LECKIE

There's one thing my fiancée and I can always agree on; our love for a good, wholesome meal. But when finances are tight, it's better to make a meal at home. This is one soup recipe that we've used over and over because it is simple, tasty, and healthy. The only major tool you need is a blender strong enough to take on a potato. Otherwise, you'll have to mash the first potato and mix it in as you cook. This makes about 4 cups of soup. It is enough to feed the both of us a decent and quick lunch.

#### Ingredients:

2 cups of a milk alternative (we use Almond Breeze)

2 medium sized potatoes (Yukon Gold best), scrubbed and baked with the skin on

1 green onion, chopped

1/3 cup of shredded cheddar cheese  
 1/4 small onion, sliced and sautéed  
 1/2 teaspoon dried dill weed  
 1/2 teaspoon dried rosemary  
 1/2 teaspoon salt  
 2 ounces of bacon (turkey or pork), cooked and crumbled

#### Method:

Blend milk, one potato, onion, dill, rosemary and salt. Set the blender on high until a liquid is formed. If your blender has the ability to make a hot soup, now is the time to use it. Otherwise, bring to a boil in a pot, stirring occasionally. While that is cooking, chop the remaining potato and your bacon into nice little chunks. Once boiling, reduce to a simmer and stir in the chopped potato. Garnish with bacon, cheese and green onion and your soup is ready to go.



www.recipessquared.com

## HOT 'N' SINGLE



Photo by Carlee Pilla

### Curtis Donald Business Administration

**What are your hobbies?** "Hanging out with friend, playing video games, working out, trying new things, and long romantic walks to the Nest."

**What does your ideal Saturday morning look like?** "Brunch and just kind of relaxing, watching TV."

**What program are you enrolled in at NAIT?** "I'm in my last year of Bachelor of Business Administration."

**Do you have any nicknames?** "A nickname from high school was Curlawa."

**Why was that?** "I was over at some friends and we were playing wii and they created a mii and my one buddy decided to try and make a female version of me and they nicknamed me "Curlawa"."

**If you won this week's Powerball what would you spend it on?**

"I would be flying to like the Caribbean or Mediterranean sea and like partying on yachts and like cruising around."

# WHAT'S THE BIG IDEA!

New Venture at NAIT is dedicated to championing an entrepreneurial spirit at NAIT that inspires new ideas, stimulates creativity, and encourages experimentation.

FEB 5-7

SPARTAN CENTRE

MAIN CAMPUS

The concept is simple; start a company over the course of three days! 3 Day Startup is a 72-hour learning-by-doing workshop that teaches in an exciting, hands-on environment.

The program is FREE but you must apply by JANUARY 25. To apply visit [nait.3daystartup.org](http://nait.3daystartup.org).

For more information contact [NewVenture@NAIT.ca](mailto:NewVenture@NAIT.ca)  
Join our newsletter at [eepurl.com/3P-nn](http://eepurl.com/3P-nn) or follow us on twitter [@NewVentureNAIT](https://twitter.com/NewVentureNAIT).

## GAMING REVIEW



www.youtube.com

## Bloodborne

# It was a very good year ...

By JEREMY BLOCK

Many will agree that 2015 was a year filled with many memorable events: Alberta and Canada had stunning changes in governments, the country braced for another recession and the world looked on in shock as Donald Trump became a real contender for the American presidency.

You would almost be forgiven for missing that 2015 was an outstanding year in gaming. It was one of those years that will likely be talked about in future as a land-

mark year. Now is your chance to go back and try out some of the great games you may have missed.

If you haven't already checked out the much lauded AAA masterpieces of the year – *Bloodborne*, *Witcher 3*, *Metal Gear V* and *Fallout 4* – do yourself a favour and play them. Each one of these really are the pinnacle of their particular genre. But let's recap some of the other excellent games of 2015 that you may not have tried yet:

In January, we had the opening chapter

of *Life is Strange*, a game revolving around choices and the ripple or butterfly effect of those choices. Indeed it even displays a butterfly on screen each time you make a world altering decision in case you're not paying close attention. With the mature subjects covered and the strong narrative, this is the closest you will get to controlling your own movie. Although the initial teenage angst can be off-putting, the compelling story will draw you in. If you enjoy games where narrative is the driving force rather than action then you should definitely check this one out.

With March came the surprisingly fun and accessible *Helldivers*. This third person isometric shooter is fairly basic as a solo game but joining up with three other space soldiers is when the fun really begins. Whether it was barely surviving a difficult mission, accidentally dropping a space pod on a buddy or finally getting four players in the four-man tank, this game provides many more hours of enjoyment than gamespot.com's small \$20 price tag would suggest. Add on free updates with new games modes and this should be in many gamers lists of top games of 2015.

For those MMORPG players out there, June was the month that *Final Fantasy XIV* (FFXIV) released its first expan-

sion: *Heavenward*. This added a myriad of new areas, bosses, classes and a strong narrative that even eclipsed the story in the first part of FFXIV. This high quality content helped to propel FFXIV to the No. 2 spot in the MMORPG world, right behind the aging juggernaut *World of Warcraft* (WOW). If you're a MMORPG enthusiast or have an affinity for *Final Fantasy*, then you should definitely check out a game with enough content to play for the next six months while we wait to see whether it can dethrone WOW.

July brought us the sleeper hit *Rocket League*. Few expected that a game that married soccer and bumper cars would be so successful. I myself was not enthusiastic when it was announced as the PSPlus free game of the month. But the precise controls, perfect physics, crisp graphics and whimsical car customization blended to make one of the most surprising and fun sports games in a long time.

There are many more great games in 2015 that were not mentioned and although there are various opinions about which games deserve to be considered the top ones of 2015, we can all agree that this last year was filled with many of the best games we've seen in a while. Here's to 2016 and another great year in gaming.



heavy.com

## Metal Gear V

# Keeping yourself motivated



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Winter is still here, reading break is still a few weeks away and finals seem like a long way off. Often, students find it difficult to stay motivated at this time of year. If you find your motivation is slipping, ask yourself these questions:

**1. Why am I at NAIT?** If the first answer that comes to mind is “everyone should get an education” or “my parents chose this for me” it will be difficult to get motivated. It is important to find reasons why you want to succeed and what you want to get out of your education – otherwise you will be easily distracted. Give yourself occasional pep talks to remind yourself why you have chosen to continue your education and the long and short-term benefits this will have.

**2. What is causing my lack of motivation?** Difficulty prioritizing activities, perfectionism, high stress, not planning ahead, making excuses, fatigue from too much time spent on extracurricular activities or working, the wrong career/program choice or not having balance in your life are a few things to watch out for.

**3. Am I in a routine for studying and for other areas of my life?** If you set aside a regular study time and stick with it, it will become a habit within a few weeks. Going to bed and getting up at the same time as well as eating and exercising at regular times help to improve time management, which in turn reduces stress and increases motivation.

#### 4. Do I have realistic, challenging goals?

For both short-term goals or longer term life plans, written goals are the most effective. Specify a clear cut goal you want to achieve before you sit down to do homework or to study (i.e. “By the end of this hour I want to accomplish ...”). This puts your brain in a competitive mode and stimulates you to stay motivated and focused. For some students, competing for top marks or competing with yourself to get better marks than you have had in the past is a strong motivator, however, beware of perfectionism – it is not realistic and can cause so much stress that it actually decreases your motivation.

**5. What is my most effective time of day?** If you are a morning person, do your most important tasks in the morning. Don’t force yourself to do them at 11 p.m. when you feel the least energetic.

**6. Do I have a positive attitude?** Self-statements like “I’m too lazy,” “I’m a procrastinator” or “I can’t do this” can become self-fulfilling prophecies. So can statements such as “I am self-motivated” and “I love to learn.” Don’t waste energy being negative and blaming yourself or others for how much work you haven’t done or for past failures. Negative energy works in your brain the same way as driving with the emergency brake on works in your car. Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.

**7. Do I work on my most important tasks first?** Often we are motivated to do easy tasks or things we like first. However, when you are finished those you may have less energy to do the more important, difficult assignments. If you are feeling overwhelmed by a major project or assignment, break it into smaller parts and focus on one part at a time.

**8. Do I have an incentive?** When you aren’t feeling motivated, set rewards for accomplishing difficult tasks or getting through a study period. Most people work best with positive reinforcement but for some

people, it is also helpful to set penalties for failing to follow through with tasks.

**9. Do I get started on assignments right away and set realistic deadlines?** Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing. Setting deadlines helps you put boundaries on how much time you spend on a particular project or assignment.

**10. Do I have balance in my life?** Take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated and energetic people have balance in their lives.

If motivation continues to be a problem or if you have any other academic or personal concerns, you may want to book an appointment with a counsellor in Student Counselling.

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

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

**Patricia Campus:** A counsellor is available Thursdays. Book by calling 780.378.6133 or through the front office.

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

## Who are you gonna call?

**Academic & Personal Concerns** – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

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

**Chaplaincy Services** – [chaplaincy@nait.ca](mailto:chaplaincy@nait.ca).

**Emergency Loans** – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

**NAITSA Emergency Short Term Loan Program** – [estl@nait.ca](mailto:estl@nait.ca), Room E-131

**Food: emergency assistance** – NAITSA Food Centre, 780-491-3966; Room E-131

**Health Insurance Coverage** – Student Health & Dental Plan, 780-471-7730, Room E-131. Students must opt out by Sept. 25.

**Housing** – On-line housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

**Injury; Minor Medical Concerns** – Health & Safety Services, 780-471-8733, Room O-119

**Job-related Resources & Workshops** – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

**NAIT Protective Services** – 780-471-7477

**Program-related Concerns** – Contact program chair or program adviser

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

**Special Needs Students** – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

**Student Loan/Grant Assistance** – Financial Aid Office, 780-491-3056, Room O-111

**Violence or potentially violent behaviour or extreme medical emergency** – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

**Volunteering** – [www.naitsa.ca/volunteer-opportunities](http://www.naitsa.ca/volunteer-opportunities)

## The perfect winter day

Waiting for the store to open, I stand watching the large, soft flakes drifting slowly through the air,

Sipping my favourite hot vanilla latte, munching a perfectly toasted, warm eggwich with creamy melted cheese,

My long woolly coat, my favorite scarf and warm woolen gloves keeping me cozy.

Going from store to store, into the warm then out into the cold, wintry day, searching for the perfect Christmas gift for each of my friends and family,

(skip the noisy mall with the line-ups and the hot feet and the call of the food court)

I love the perfect find, the gift that fits my budget and speaks to me of my sister or my mother or that friend that loves sea related stuff.

Bags and boxes in my arms, twilight quickly descends, I look for that ideal spot for a bit of wine and cheese or chocolate (after a healthy salad, of course!),

Have you ever smelt the blue of a clean, quiet, snow evening? It is sharp and soft, wood smoke gliding on the still air to tease me into finally stepping home,

My Labrador happily wags his tail; hubby has wine and hot appetizers awaiting.

By Jennifer Rae

THE NUGGET PRESENTS:

# HOROSCOPES



**MADAME O**

**January 21-27**

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

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

**This week:** Take time to feel the love that surrounds you.

**Love:** Listen to your heart and follow its guidance in that it harms no one.

**Lucky number:** 13

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

**This week:** Your power lies in creating the feeling within you that your dreams will come true.

**Love:** Live from miracle to miracle.

**Lucky number:** 9

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

**This week:** You will have good luck in all your personal affairs.

**Love:** Peace, like charity, begins at home.

**Lucky number:** 222

**Aries (March 21-April 19)**

**This week:** Being courageous enough to act on your intuition brings your goals into reality.

**Love:** Wisdom knows what to overlook.

**Lucky number:** 7

**Taurus (April 20-May 20)**

**This week:** You create much of your experience by the words that you speak. Speak only what you want.

**Love:** See the miraculous in the commonplace.

**Lucky number:** 6

**Gemini (May 21-June 21)**

**This week:** Take time to be still... how else can you receive?

**Love:** Live truth instead of professing it.

**Lucky number:** 3

**Cancer (June 22-July 22)**

**This week:** Thoughts you think on a regular basis will strengthen and grow. Think positive thoughts.

**Love:** You are an abundant part of the universe.

**Lucky number:** 2

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

**This week:** Pause in peace and ask for guidance.

**Love:** Celebrate your body and enjoy your senses.

**Lucky number:** 12

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

**This week:** Relax.

**Love:** Romantic interests will improve if you make the next move.

**Lucky number:** 8

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

**This week:** Your luck will be good.

**Love:** Expect the best.

**Lucky number:** 11

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

**This week:** You will bring sunshine into many people's lives.

**Love:** Surrender your dreams to your higher power and have faith in the best possible outcome.

**Lucky number:** 5

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

**This week:** Expand your ability to love and create magic and harmony in all your affairs.

**Love:** Celebrate generosity.

**Lucky number:** 52



**Born this week:** U.S. First Lady Michelle Obama (1964), actor Jim Carrey (1964), U.S. founding father Benjamin Franklin (1706).

## WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

**WE HAVE 4 FULL TIME STUDENT EXECUTIVES**  
The VP Student Services is here to help foster student life at nait. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at nait.

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

**WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS**

**WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK**

**WE OWN & OPERATE THE NEST TAPHOUSE GRILL**  
Located by the pool | 780.471.8540 | nesttaphousegrill.com

**WE PUBLISH THE NUGGET STUDENT NEWSPAPER**  
Room E-128 | 780.471.8844 | thenuggetonline.com

**WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS**  
studentplans@nait.ca | nait.ca | NAITSA Service Centre Room E-131

**WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS**  
foodcentre@nait.ca | nait.ca | NAITSA Service Centre Room E-131

**WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM**  
estl@nait.ca | nait.ca | NAITSA Service Centre Room E-131

**WE ADMINISTER THE U-PASS**  
upass@nait.ca | nait.ca/upass | NAITSA Service Centre Room E-131

**WE PROVIDE DISCOUNTED TICKETS**  
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Patricia Campus.

**WE SUPPORT & FUND OVER 70 CLUBS**  
orgsync.nait.ca | NAITSA Club Centre E-125

**WE COORDINATE FUN STUDENT EVENTS ON CAMPUS**  
Check the boards and our social media for updates!

### NAITSA TRADING POST

**REGISTER**  
(AT TRADINGPOST.NAITSA.CA)

**WHAT ARE YOU LOOKING FOR?**

**BOOKS?**

**POST A BOOK**

**FIND A BOOK**

**ROOMMATES?**

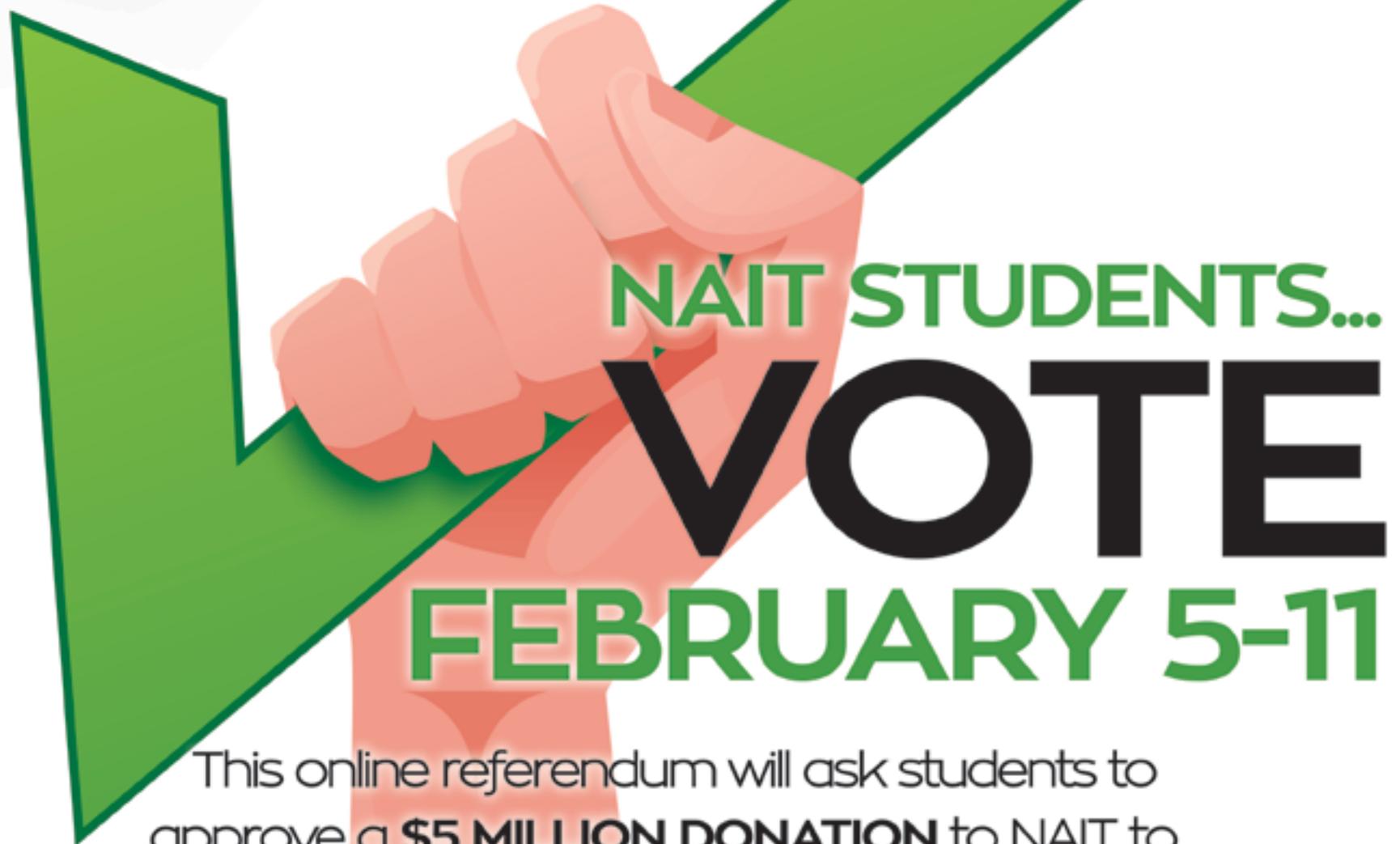
**NEED A ROOMATE**

**FIND ROOMMATE**

STUDENT'S ASSOCIATION
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YouTube
naitstudents
nait.ca
yourNAITSA
nait.ca
naitstudents
rm e-131

# THE REFERENDUM IS COMING

VOTE 4 NAITSA'S FUTURE



NAIT STUDENTS...  
**VOTE**  
FEBRUARY 5-11

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

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

For more info, visit [naitsa.ca/referendum](http://naitsa.ca/referendum)

