

INDIE NIGHT TONIGHT, (THURSDAY) AT THE NEST!

THE NUGGET

Thursday, February 3, 2011
Volume 48, Issue 18



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NEW ARENA SHOULD WAIT

Not so fast with downtown hockey rink plans – Editorial, page 7



Photo by Jonathan Liaw

ILLUMINATING PERFORMANCE

A member of Circus Orange performs at Illuminations, a day of music, performance, light and pyrotechnics in front of City Hall on Saturday, Jan. 29. The event is one of a series being staged by Winter Light to celebrate Edmonton as a beautiful and interesting winter city.

EXECUTIVE
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Executive Council Elections!

NEWS & FEATURES

NAIT grad Las Vegas bound

By ALANNA SNOW

The Mandalay Bay Hotel offers “untamed luxury” on Las Vegas Boulevard, and it is the next destination for NAIT student Alexei Boldireff.

By “countless exotic luxuries” the hotel is referring to its Four Diamond rating, which for those unfamiliar with this accolade, is equivalent to the class of a Fairmont Hotel. A sought after man, Boldireff turned down four other offers when accepting a chef’s position at one of the restaurants in the Mandalay Bay Hotel.

The draw of Las Vegas? Boldireff is excited to work under some of the best chefs in the business. Once there, he will work six days a week, informing me that the average minimum work day for a chef is about 11 hours! On his day off, he is hoping to volunteer his time at other restaurants so that he can learn as much as he can. Upon hearing this, my eyes almost pop out of my head. Clearly he must be a robot, how else would he be able to handle this amount of work?

To make connections

In response, Boldireff recites the hours he already spends working and being at school and the math adds up. He stresses that he is going to Las Vegas to work and make connections, and what better place than in a city that houses some of the largest hotels in the world?

Boldireff’s passion for food was always bubbling under the surface, but like most of us, he tried other things first. Originally, he was a graduate of business at NAIT. However, after working for a couple of years, it became apparent to him that business wasn’t the career for him.

That’s when he decided he could no longer ignore his love for cooking and went back to NAIT to become a chef. His recent stint at NAIT has been in the Retail Meat program. The rationale behind this is it is another way to set himself apart from the competition.

Having this program under his belt allows him to have a more in-depth knowledge of different cuts of meat, and to be more cost effective. In addition, it allows him to do the butchering himself.

Waiting for a visa

With such a diverse educational background, Boldireff hopes it will be a positive contributing factor to him getting an American visa sometime between April and May. After that, he is jetting off to Vegas and never looking back. He is hoping to get the opportunity to work overseas after Las Vegas (He prefers France, because that’s where most cuisine originates). One of the draws of working in Las Vegas is that MGM Resorts, which has properties all over the world, owns the Mandalay Bay Hotel.

In the far off future, Boldireff would ideally like to own his own restaurant, although the details are in flux as his influences are yet to be determined by his travels. But when it comes down to it, he is a supporter of simple food as “good food is meant to taste the way it tastes.”



Photo by Brittani Williams

NAIT Culinary grad Alexei Boldireff is working at the Nest as he awaits his move to Las Vegas.

NAIT Students' Association now hiring Street Team members

Your NAIT Students' Association is looking for marketers and promoters to spread the word about upcoming NAITSA activities to other students on the NAIT main campus.

We are looking for students with an outgoing and positive attitude, a strong sense of creativity, a high level of energy, and the ability to have fun while talking to friends and strangers in the halls at NAIT.

Shift times are flexible and can be worked into your class schedule. These are paid positions.

If you are interested please visit NAITSA in E-131 with your resume and ask for Teagan.

WINTER STUDY SKILLS WORKSHOPS

Check out these **FREE DROP-IN** NAITye (First Year Experience) Workshops

All sessions are held in Room X-213

FEBRUARY 2011

3	Thurs.	Reading to Remember (Bring a text to read)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
8	Tues.	Managing Exam Stress	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
10	Thurs.	Stress Management (Presented by NAIT Counsellor)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.

Program proactivity

By LAURA COLLINSON

When one thinks of a crusader, a caped hero is usually pictured. But when her program was in jeopardy of being cut, Rebecca Resendes rallied together with her fellow classmates to save it. And save it they did. It was announced on Jan. 25 that the program, Medical Transcription, would continue to run.

"We were just totally thrilled when we found out it was saved," Rebecca said. "We went in there thinking that they're going to do what they're going to do."

Rebecca believes that one of the reasons the program was under consideration for termination is that many people are under the impression that Medical Transcription is not a viable career going forward. However, she says it's quite the opposite. She believes that technology will not make this career obsolete. Just because doctors can use voice recognition programs now, it doesn't mean that what the doctor says is what the computer will hear, leaving much room for error. Many transcribers now, along with their usual duties, need to edit the report from the voice recognition report.

Start off small

The first step Resendes and her group took was to contact NAITSA. "We wanted to know what our rights were as students," she said.

She then took it one step further and took it upon herself to contact various media sources, which "definitely made an immediate impact."

With a huge study course load the students in the program weren't sure if they'd go to the meeting to hear the decision. But the more they thought about it, the more they decided it was important for them to be there. They believe that attending the meeting had an effect, and now 22 individuals who are on a wait list will be contacted on whether they're accepted or not for next year's intake.

There has consistently been a waiting list for the program, and the only other institute that offers a program like NAIT's is SAIT, but that doesn't really help out Northern Alberta.

"If we went to SAIT we would most likely stay there to live and work. That won't help the jobs in Northern Alberta," Rebecca believes. "It felt more like a social responsibility to do this, for patient care."

Future outlook

The Academic Council has announced that there will be minor modifications to the program. What those will be, no one is quite sure. Resendes thinks it should be to focus on the proofing of already dictated reports. As for where the prospective students come into play, she believes that there should be more advertising, as she herself had heard of the program by word of mouth. Resendes understands the ideas of Medical Transcription as a job



Photo by Anthony Houle

Rebecca Resendes

"Medical Transcription isn't sexy. People don't see us. But it's like electricity, we all take it for granted until the lights go out."

The final decisions on the modifications will occur on Feb. 7.

Prospective students can contact 780-471-NAIT for more information.

A matter of process

Eliminating programs is something that NAIT Academic Council does not take lightly, especially when seven programs are proposed to be cut.

According to NAIT's website, every year the institute reviews programs in alliance with Campus Alberta, a provincial government body. Each program is evaluated based on application pressure, enrolment targets, retention, grad satisfaction and grad employment levels. Data from prospective employers, expected earnings and advancement potential, economic indicators for the industry, provincial and national employment statistics for the industry, and competitive analysis are also monitored in order to assess how successful the program really is.

"When we look at suspending a program, we look at every aspect of it," said Dr. Paula

Burns, NAIT VP Academic, in a telephone interview Tuesday. "We want to focus on strengthening NAIT as a whole, which sometimes means suspending programs to make room for programs that are in demand."

When looking at what programs to cut, there are eight steps involved in the review process. Proposals are reviewed by the Provost and Vice President Academic, NAIT's Executive Committee, the Sunrise/Sunset Committee of Academic Leadership, the Academic Leadership Team, the Program Excellence Subcommittee of Academic Council, Academic Council itself, the NAIT Board of Governors, and minister of Advanced Education and Technology.

Dr. Burns said it is important to look at what makes sense for the future of industries. If a program is showing a decrease in

employment opportunities it doesn't make sense to increase the number of students being admitted to the program. In turn, if a program is in high demand, class sizes would be increased accordingly.

On Jan. 25, nine programs were proposed to the Academic Council for suspension. Of these programs, only two are now guaranteed to continue, with minor changes. The other seven programs will be evaluated on Feb. 7 by the Board of Governors to determine if they will be suspended.

"If a program is suspended there is a chance of it being re-evaluated at a later date," said Dr. Burns. "Readmittance of the programs is determined on an increased industry demand, but in most situations new programs are introduced to NAIT."

The seven programs proposed to be cut are Aircraft Skin and Structure, Avionics Engineering Technology, Graphic Sign Arts, Marine Service Technician, Power Engineering – 3rd Class (full-time day program only), Records Management and Business Operations, and Telecommunications Engineering Technology. Cytotechnology and Medical Transcription will be maintained, but with modifications.



Dr. Paula Burns



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The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print.

Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Write us.

NASA learns from tragedy



FROM SPACE TO SEA

CELESTE DUL
Issues Editor

Last Friday, Jan. 28 marked the 25th anniversary of the Challenger Shuttle exploding. It was a major event in world history that won't soon be forgotten. On Jan. 28 the explosion of the Challenger killed seven astronauts, including one civilian teacher.

This mission marked the first time a civilian was on a space mission, and exposed a huge flaw in NASA communication. The launch was rescheduled multiple times due to changes in payloads, delays, mechanical issues and the inability to meet launch times. Even the night before the launch there were notifications that the launch would fail, but they were overlooked. Seventy three seconds after liftoff on Jan. 28, 1986, the Challenger exploded. This was also the first time an astronaut was killed in flight.

A report from an inquiry stated that the

shuttle explosion was primarily due to the failure of an o-ring seal in the right solid-fuel rocket due to the unusually cold weather. This allowed hot gas to leak through the joints of the shuttle, while rocket flames were able to pass through the faulty seal. This resulted in the booster tank breaking off the Challenger and colliding with the fuel tank, causing liquid hydrogen and liquid oxygen fuels from the tank and booster to mix and ignite, causing the Space Shuttle Challenger to tear apart.

I understand that this isn't new information and most people already have a general understanding of this event in history. But such a pivotal moment will continue to impact the world of space travel. It didn't mark the end of space travel, more the opposite. It developed the idea of safer exploration. The United States also took that moment to inform the world that they would continue to push in the right direction. Speaking about the shuttle explosion, President Ronald Reagan stated that NASA would continue to develop and they would still send civilians into space.

Directly after the incident, NASA set new regulations in place in order to improve communication among the many levels of authority working on space craft. This improved communication has resulted in many successful missions and advancements in technology. There is always going to be danger when it comes to space travel, but everything we do can be dangerous. Space travel is extremely important to the development of new technologies and dis-



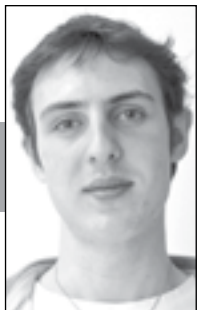
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coveries. I think it's worth the risk.

Other impacts of the explosion included the Challenger Center, a non-profit, educational organization that was founded by families of the astronauts. This centre uses the enthusiasm from young minds to transform the way teachers teach and students learn. It is creating new

generations of explorers in Canada, the United States and Great Britain.

I think it's important that we remember this event, and not only mourn the loss of the seven astronauts that were killed, but also take into consideration where we would be if we didn't continue to learn from our mistakes.



EDMONTON NOW

STEVEN DYER
Assistant Issues Editor

Woman stranded after DATS driver leaves her

When people become disabled it isn't easy for them. They are limited by their disability and do not need or deserve any more hardships.

The Disabled Adult Transit Service helps those who cannot use the regular transit ser-

vice because of a disability. The buses can be booked three days in advance and are purely in place to help people who need it most.

According to Global News, an Edmonton woman had chartered one of Edmonton's DATS buses to take her to Millbourne Mall so she could get some blood work done.

The driver instead took her to Mill Woods Mall. When she arrived she told the driver that she had not asked to be taken to Mill Woods Mall. It was then that the driver allegedly forced her off the bus despite her protests. As he left he told her to call another bus.

She did call the DATS, but when another bus hadn't arrived two hours later she called her husband to come get her. She had waited at the Mill Woods Mall for over three hours before she could leave and she later found out that a bus had come to get her, but not

until four hours after she called for one.

Lorna Stewart, Director of Disabled Adult Transit Service at City of Edmonton, spoke with Global Edmonton and said that she was sorry that an incident such as this ever happened.

She also said that this incident has prompted the DATS to review their procedures in order to ensure that something like this never happens again.

George Oliver, husband to Lynne Oliver, is not happy with the DATS. He told Global Edmonton that this is not the first time that his wife has been put in danger by the them.

This sort of thing is disgusting. People should never leave others where they can be at risk, no matter who they are.

The DATS is supposed to be a service that people can count on, how can they count on something that would do something like this?

Before the issue was resolved with Lynne Oliver she had even received a black mark on her record for not waiting four hours for a bus in the dead of winter. While that mark is now gone, it is sad that DATS would even consider doing that after what happened.

Oliver hopes that DATS will indeed review their policies, because he is starting to lose faith in them.



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A DATS bus



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Canada

Virtually Speaking

Long live survival horror!

By **GRAHAM McCANN**

I love all genres of video games and survival horror is among the top of that list. My first venture into the genre was with the Resident Evil series. Released in 1996 for the Playstation, it spawned many sequels and inspired many other games (also a very unfaithful film adaptation). The genre started in 1992 with *Alone in the Dark* for PC, but may have started to go extinct with *Resident Evil 4*.

Essentially, a survival horror game is a third-person adventure and puzzle game, but with action elements and set in a horror atmosphere. Combat is de-emphasized, as you must ration ammunition and health items as they are not abundant. This is the survivalist part of the horror.

The game is slower, with a lot of exploration. The first *Resident Evil* took place in a large mansion secluded in a forest and the second is set within the city, but mostly within a large police precinct. This slow exploration, while

solving puzzles, is essential for the creation of the atmosphere and tension throughout the game. Another important element was music composition for these games, which is highly memorable and set the tone and atmosphere.

But over the past six years, games that are supposed to be survival horror, starting with *Resident Evil 4* in 2005, have put aside the adventure game element in favour of action.

Dead Space, which had a sequel released last week and is directly inspired by RE 4, is a continuation of this trend. RE 5, released in 2009, and the final game in the series, scrapped the idea all together and was purely an action game.

It's not that these games are bad at all; they are great, but they are just no longer traditional survival horror games. I love the kind of game play RE 4 introduced, but would still love the traditional genre to continue.

Also, horror is far more difficult to do when mixed with action. Sure, there are those cheap pop-



The Alone in the Dark series started the survival horror computer game genre in 1992.

up scares, such as in *Dead Space* and in the first person shooter *F.E.A.R.*, but they can't be as successful in setting up an atmosphere

that encompasses you within a continual horror mood with your mind allowed to wander in it. Action just releases this tension.

Capcom has plans to release a reboot of *Resident Evil* within the next few years. Hopefully it will be reset back to its roots.

Just reach out

VIEWS FROM AN OUTSIDER

By **CATHERINE YE**

One of the questions asked most often by the international students is how they can get involved in their local society. It is a tough question for sure, and everyone has different solutions.

This week I want to share some of my own experiences with you. I hope you'll be able to use my experience to help you in future situations.

I came to Canada in August 2010, which means I haven't even been here for half-a-year. Like many international students, I habitually find friends who share the same cultural backgrounds with me. It's true that it is always easier to communicate with them. They understand your language, your jokes and even what you're thinking.

I've come to realize that if I'm constantly blocking myself from Canadian society, it will be no different than staying in my own country.

The purpose of going abroad was to broaden my horizons and meet new people. So I began to make some changes and kept an eye on NAITSA activities.

I discovered there are a lot of activities held by NAITSA as well as some on-campus jobs. I applied for the article contributor in the *Nugget* and have come to realize it was one of the best decisions I've made.

We have a contributors' meeting every Wednesday during lunchtime, where we contributors join in and choose what we want to write

when we hear the story ideas.

I have been the only international Chinese student who has attended the meetings. At the beginning, I was frustrated because it was hard for me to understand their English, especially when the editors expressed their story ideas. So I always had to double-check the story idea with the editors after I got the article. Sometimes I just chose the story idea because I liked the name of it, when in reality, I knew nothing about it.

Sometimes, my mission is to interview somebody who is a singer, a coach or even a president. During this process, I found out this was a chance for me to understand how Canadians think and what Canadian life is really like.

I still remember the Australian singer I interviewed who invited me to her world tour concert.

It was not only the beautiful music that touched me, but also the nice people I met along the way.

As long as you're eager to know them, they are pleased to share their memories with you. No matter where you come from originally, you can always share common interests. I learn leadership skills when I interview the basketball coach and actually go to see some of their games.

So my advice for you guys who are still outside the "circle" is to grab every chance you can to get to know people.

The quicker you can relieve yourself, and make the others come into your world, the faster you can get used to your life in a new environment.

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OPINION

— Editorial —

Other priorities more pressing



RACHEL JACQUES
Editor-in-Chief

I love hockey. But even more overpowering than my love of the game, is my love for a team. The Oilers. Ever since I was little, I always cheered them on. Being born and raised in Edmonton, perhaps I'm a little biased, but love them I do. I will always remember my first Oilers game. I was in heaven. My Grade 6 class had read over 150 books in

a week to win a contest and go to an Oilers game. So on a Thursday night in January, in the freezing cold, I went to my first hockey game. Rexall Place was alive with people. I don't think I'd ever seen that many people in one single place before. The atmosphere was electric. I was so happy to be watching my team live, that I don't even remember if we lost or won that night! The only thing that mattered to me was that I was at a hockey game and the Oilers were playing.

Legends played here

Rexall has always been home to Edmonton's precious team. Legends have played on that ice. Take Gretzky, Messier, Kurri and Lowe. Those guys were good. And they played for our team, on our ice. It seems that ever since the proposal for a new downtown arena, it has managed to be front page news at least once a month. Lately, my friends and I have been discussing the advantages and disadvantages of this new arena. Some of them seem to think that a new arena will give the Oilers a fresh start and the chance to win. Still others think that Edmonton will lose the Oilers for good without a new arena. And even some are of the opinion that a new arena is neither needed nor wanted in this city.

As nostalgic as I am, I do agree that a new arena is needed. Rexall Place is quite old and not much can be done to renovate it. However, some people need to wake up and realize that a new arena does not mean the Oilers will make the Stanley Cup playoffs in the coming years. A new arena is just that, a building. To have a winning team, the Oilers have a lot of work to do. In the recently released NHL players' poll, the City of Champions was rated as having the best ice in the NHL. The problem is, many of those same players would rather skate for any team other than the Oilers. How is a new arena going to change the way players, and the rest of the hockey world, view the Oilers? The poll didn't say anything was wrong with our arena. In fact, it stated the opposite. Rexall place is not what is in need of a makeover. It's the Oilers.

The city had a plan once

In the 1960s and 1970s, this city had a plan. That plan involved creating a cohesive and unified downtown sector. City council had proposed pedways and underground passages to connect all the different pockets of Edmonton's downtown. However, when the recession hit in the '80s, that plan was abandoned. Years later, instead of picking that plan back up off the ground, the city has instead decided to keep developing small pockets of our downtown area. That is what this new arena will be. A \$450 million pocket of development in an otherwise scattered city centre.

Perhaps city fathers should take their blinders off and really look at the whole picture. Instead of sinking \$450 million into the arena now, they should put some money into building a unified downtown. Then in the future, a new arena can be added to a beautiful, cohesive city centre. The arena wouldn't just be an arena; it would then be a part of a larger city centre and add to the cityscape.

Then, when the Oilers have built up their team so they are contenders for the Cup once again, a new team can be proud to play in a new arena.



communities.canada.com

Part of a proposed downtown Edmonton arena complex.

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

Keep them short and to the point. No more than 100 words. We're a newspaper, not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.



SPORTS

MEN'S HOCKEY

Ooks split weekend series

By **PATRICK KNOWLES**

The NAIT Ooks men's hockey team had a pair of games this past weekend against the Concordia Thunder. On Friday, the Ooks lost 4-1 on the road, but came back with a strong effort Saturday night, winning 3-2 in overtime. Saturday's win was the first in four tries for the Ooks against the Thunder.

Andy Willigar scored the NAIT goal on Friday with assists from Steven Pratt and Jiri Prochazka. NAIT goaltender Graeme Harrington made 22 saves in a losing effort.

Different story

Saturday's game was a different story. With the home crowd behind them, NAIT came out and controlled the play in the scoreless first period.

Concordia scored with about 10 minutes left in the second period after getting a strange bounce off a faceoff win and putting the puck towards the net. With the momentum on their side, the Thunder got another goal to lead 2-0. NAIT was not helping their cause by taking two back-to-back penalties in the period that left them down a man for four straight minutes. The Ooks battled back after killing off the penalties and managed to score a late goal in the second period to cut the Thunder's lead to 2-1.

Controlled play

Going into the third, NAIT had all the momentum on their side and came out controlling the play. They were getting a lot of opportunities, but just weren't able to capitalize on them. With just over a minute to go and the goalie heading to the bench for an extra attacker, the Ooks were able to get a nice rush and finished it off by scoring on Thunder goalie Richard Gagnon to tie the game at two.

In overtime, the Ooks, who were severely out playing the Thunder, scored the overtime winner off a beautiful shot by Andy Willigar, who picked the top corner and sent the puck



Photo by Laura Dettling

NAIT left winger Clinton Senkow closes in on Concordia Thunder player Brayden Kolisniak during a game last Saturday Jan. 29 at the NAIT arena. NAIT won 3-2 in overtime.

home happy.

NAIT's other goals scorers on Saturday were Ryan Smith, who scored the first one, and Kjell Reid, who scored the tying goal to send it to overtime. Assists came from Dan Hillman and Adam Ferrante. Harrington was in net again on Saturday getting the win and making 24 saves with a handful of them coming in the third period keeping his team in the game.

"We directed a lot of shots at the net, there wasn't enough urgency in our game, both

nights," said head coach Serge Lajoie.

"To send guys to the front of the net and create traffic and stop and battle in the key areas, you have to be willing to go to the tough areas on the ice and make plays from those spots, and once we were able to do that we got rewarded for it."

NAIT has now clinched a birth in the playoffs with seedings still to be determined for the championship rounds, so the upcoming games are still very important for securing home ice in

the first round of the playoffs.

Up next for your Ooks is a home-and-home series against their 109 Street rivals from Grant MacEwan, who sit last in the league with just three wins and eight points. Two wins is definitely in the cards if the team has a solid effort this weekend, and it will help NAIT in securing that very coveted home ice advantage.

The games this weekend are Friday at Grant MacEwan at 8 p.m. and Saturday at NAIT at 7 p.m.



Todd Warnick
'Bounced back'

Looking ahead to Griffins

By **ALI MAGEE**

This past weekend the NAIT Ooks women's basketball faced disappointment, losing two games to the Kings University College Eagles.

Thursday's game began promising for the Ooks, who started off with a 7-0 lead, but the Eagles defensive pressure caused several NAIT turnovers in the first five minutes. Even with NAIT's hot start, the Eagles pulled ahead to lead at the end of the first quarter.

The Kings kept their momentum through the second quarter, getting nine more points than the Ooks. Frustration followed into the third as the Ooks struggled to keep the Eagles Tamara Deunk out of the paint. During the fourth quarter the Ooks picked up the pace, their push coming from Dale-Marie Cumberbatch, who scored two crucial three-pointers. The Ooks, who were down by 20, managed to bring the gap to 12. Despite this turnaround, the Eagles had another burst of energy and won the game with a final score of

65-44. Player of the game was Courtney Willis of the Ooks and for the Eagles, Jessica Anderson. Cumberbatch, with 13 and Courtney Willis with eight were the top point-getters for the Ooks. The Eagles were lead by Deunk with 18 points and Sam Tennant and Beth Richardson, both with 10 points.

During the Friday game it was the Eagles' turn to start out hot. The first two quarters were a struggle for the Ooks to get their offence going, but their free throws kept them in the game. The Ooks really picked up the pace in the second half; the four consecutive three pointers made by Rosalina Hicks threatened the Eagles' strong start. NAIT led by an average of four points during the beginning of the fourth quarter, but strong moves by Michelle Hubert of the Eagles brought the game back up and tied it. Down the stretch, Eagles player Julie Heavenor made eight free throws to seal the win for Kings. Player of the game was Cumberbatch for the Ooks and Deunk for the Eagles. Top

offensive players for the Ooks were Hicks and Cumberbatch, who both had 12 points, and the Eagle top scorers were Deunk with 12 and Heavenor with 10.

"We bounced back better on Friday, I felt," said head coach Todd Warnick. "We defended stronger. We were sparked by a run in the third quarter by Rosalina Hicks. This however, was not enough. Unfortunately we ran out of steam down the stretch."

"We're hoping to improve from the things we learned last time," he said.

Warnick still looks forward to the game this weekend against the Grant MacEwan Griffins.

"The main focus with MacEwan, and for the teams we've played these past few weeks, for us, is getting stronger on the glass and preventing second shot opportunities for our opponents."

Be sure to cheer on the Ooks on Saturday in the NAIT gym at 6 p.m. when they play the second half of the Challenge Cup against the Griffins.

Just thinking ...



WAY OFFSIDE

KYLE GALLIVER
Sports Editor

For this week's column there wasn't a specific sports item that I wanted to get in depth about, but rather a few subjects I thought I would touch on. So here are my random sport thoughts for the week:

Tiger by the tail ...

A new PGA season is getting underway and one of the biggest questions heading into the year is just which Tiger Woods is going to show up? Will it be Tiger Woods, the most dominant player in the world, or Tiger Woods, train wreck?

All the talk has been about how Tiger is getting his game back and how he's spent time refining his swing (yes, again) and that he will be back in top form for the new golf season. Well the Farmer's Insurance Open was this past weekend and Tiger was, well, average. He had a good first two rounds, shooting a 69 both days to remain in contention, but a round of 74 on the third day and a 75 in the final round dropped Tiger to a tie for 44th at 1-under.

Now, I'm no expert, but the solution to Tiger's problems seems very obvious to me: Tiger needs more tail. Think about it, for years Tiger was the best player in the world, no one else was even close and he secretly had mistresses spread out all over the world. The guy was getting laid more than a Hawaiian's neck. Now, he's recently divorced, his public image is destroyed and he's struggling to be an average golfer, so I'm guessing he probably isn't out prowling for ladies. I think for Tiger to get his groove back he needs to get his "groove"

back, if you know what I mean.

The return of the Foppa ...

Peter Forsberg is back, baby! Yes, the Swedish sensation known as "Foppa" is giving his NHL comeback another try after contemplating retirement less than a year ago. It was in August 2010 that Forsberg announced he was not optimistic about his chances of ever playing in the NHL again. Fast forward to January of this year and Forsberg is here, ready and practising with the Colorado Avalanche, a team he won two Stanley Cups with during his 13-year NHL career.

Forsberg is an outstanding player that is considered one of the greatest Swedish players to ever play – in Sweden his No. 21 has almost the same significance as the Great One's No. 99 does in Canada – and he would have gone down as one of the best of all time if injuries hadn't limited his playing ability. He has had success both in the NHL and internationally, including winning the Hart Trophy as the NHL MVP in 2003 and two Olympic gold medals ('94 and '06).

Forsberg is currently on a two-week tryout with the Avalanche and I wouldn't be surprised if he signs with the team if he is still healthy and ready after the tryout. I'm uber-excited about the prospect of Foppa back playing in the NHL. He is a complete player with a lot of skill, is a joy to watch and probably one of my favourite players of all-time.

Here's hoping that wonky ankle of his can hold up.

All hail Heil ...

Last weekend one of the greatest Canadian athletes of all-time announced she is retiring. Jennifer Heil announced that she will call it quits at the end of this year's freestyle mogul season. At the young age of 27, Heil could easily participate in the 2014 or even the 2018 Winter Olympics and would likely be the favourite, but she has decided now is the right time to end her illustrious career.

Heil is arguably one of the most dominant athletes in her sport. She won the gold medal in Freestyle Moguls at the 2006 Turin Olympics and claimed silver at 2010 Olympics in Vancouver last year. She captured four

straight World Cup titles from 2003-2006 and was on the podium 32 times, including 18 for gold. She has also won the World Championships in 2005 and 2007 and was named the 2007 Canadian Female Athlete of the Year by Canwest Media, all before hitting the age of 30!

I have never had the opportunity to meet Jen in person, but I do know people who have and she is one of the nicest people you could ever meet. She is an excellent example for younger generations of how to be an extremely gifted and dedicated athlete, and at the same time be a down to earth, good-hearted person. Heil plans to finish her degree in management and political science at McGill University in Montreal once she is done competing.



committedindians.com

Peter Forsberg

Heil is a native of Spruce Grove and her hometown has already honoured her with her own street with "Jennifer Heil Way." The rest of the country should take note and find a way to honour this Canadian treasure.

Athletes of the week

January 24-30

Cori Dunbar Curling



Cori has been a star in her first two years as the skip of the NAIT women's curling team and this past weekend was no exception. At the ACAC Winter Regional hosted by Olds College, Cori lead her team to an impressive 5-1 record and a 9-3 overall record, which has her team tied for first place in the ACAC. "After winning silver at the past two ACAC Championships, Cori is curling with a focus so far this season," said head coach Jules Owchar. "Her experience brings the program much needed stability." Cori is in her second year of Biological Sciences Technology.

Shawn Donnelly Curling



Shawn skipped his NAIT Oaks men's curling team to a first-place finish this past weekend at the Winter ACAC Regional at Olds College. The team went a perfect 6-0 at the Olds event and sits atop the ACAC overall standings with an 11-1 record. "I knew the guys were good enough to advance to the ACAC Championships in March but I never expected the guys to have the record that they have," said head coach Jules Owchar. "They are definitely on a roll and play well together." Shawn is in his first year of the Industrial Heavy Equipment program at NAIT.

Brad Gibb Curling



At the ACAC Curling Winter Regional this past weekend in Olds, Brad skipped his mixed team to its second consecutive shutout. The team finished this regional with a convincing 5-0 record and have a commanding 10-0 record heading into the ACAC Championships, which are to be hosted by Lakeland College in Vermillion March 4-6. "Brad has the perfect demeanour to be a mixed-skip," said head coach Jules Owchar. "He never gets too high or too low and appears to always be in control." Brad is in his second year of the Business Administration program at NAIT.



nsb.com

Jennifer Heil

Super Bowl Roundup

Steelers in a close one



By **PATRICK KNOWLES**
Pittsburgh Steelers
Offence

For the Pittsburgh Steelers to be successful, they have to do a few things.

First, they need to shut down Green Bay Packers linebacker Clay Matthews and make it as hard as possible for him to get to Pittsburgh quarterback Ben Roethlisberger. If they are able to keep Matthews out of Big Ben's face and the offensive line is able to pick up on the blitz packages Green Bay throws at them, the Steelers should give themselves a great shot at winning the game.

Now that is a lot easier said than done, as Clay Matthews has been an absolute beast this post season, having 3.5 sacks on his way to leading Green Bay to the Super Bowl. Another key for Pittsburgh is the loss of centre Maurkice Pouncey, who is highly doubtful for the Super Bowl with a high ankle sprain and a fracture in this left ankle. He has been in a cast since the AFC championship game when he went down with the injury. Pouncey, a first year player who made the Pro Bowl this

year, will be missed greatly in this game. His replacement is second-year pro Doug Legursky, who had some trouble getting the snap back to Ben when he took over in the AFC championship game, but hopefully with two weeks between games that won't be an issue. Rashard Mendenhall also needs to have another big game for the Steelers, who put up 121 yards rushing in the AFC Championship.

If he can manage another 100-plus rushing game for his team it will open up the passing game for Roethlisberger, and if you give Ben time to make the play, he will.

Defence

On the defensive side of the ball, Pittsburgh has to shut down the reinvigorated running game of the Packers, led by their sixth-round pick from the past draft, James Starks. Starks has been a pleasant surprise for the Packers this post season with 70 carries for 263 yards for an average of 3.6 yards per carry. If the Steelers want to have a chance to win this game they are going to need to shut him down and the linebacker group will be

tasked with that challenge.

The linebackers for the Steelers are, as a group, one of the best in the game today. The foursome, led by outside linebackers James Harrison and Lamar Woodley and inside linebackers Lawrence Timmons and James Farrior will no doubt be amped up to shut down the Packers run game. The anchor to the Steelers defence will be strong safety, eight-year pro Troy Polamalu. This veteran of the past two Super Bowl winning Steeler teams will be looking for the third Super Bowl ring of his career. When healthy, Polamalu is one of the best defensive backs in the game. His ability to read the quarterback and ball hawking skills put him at the top of the league when it comes to defensive players in skilled positions. He is a game changing player and someone to watch out for.

Special teams

Special teams shouldn't be that big a factor in this game. Both teams have special teams that are so evenly matched that they shouldn't allow any big plays to happen. Steeler place kicker Shaun Suisham, a native of Wallaceburg, Ontario, needs to continue the consistent play that has netted him 14 of 15 field goal attempts this season. If he stays true to form, the Steelers would be in good shape on special teams.

Keys to the game

The plan is simple on offence: don't let Clay Matthews get pressure on Big Ben. If you can contain Clay, you stand a much better chance of winning the game. On defence, the Steelers need to stop the running game of the Packers and if they can shut down the rejuvenated running game, they can lock down on the receiving core of Green Bay and force quarterback Aaron Rodgers to throw into tight coverage and hopefully make a mistake or two.

A big key to the game comes down to which defensive co-ordinator calls a smarter game. Pittsburgh has NFL Hall of Famer Dick LeBeau calling the shots for them and most people give him credit with inventing zone blitz packages. Green Bay counters with Dom Capers, who is credited with taking the zone blitz packages created by LeBeau and plugging players into the system and putting out some of the best coverage packages in the game today.

Predictions

The Pittsburgh Steelers are back in the big game for the third time in seven years and eighth time overall, winning the Super Bowl a record six times. I like their team and how well they have been playing leading up to Sunday's showdown, so I pick the Steelers to win in a close one, 33-28.

Or .. Packers in a close one

By **SEAN HARMAN**
Green Bay Packers
Offence

The Green Bay offence seemed like it only came to play for one half against Chicago in the NFC title game, which is a little scary for Packers fans when they're set to play one of the best defences in all of football. Aaron Rodgers is coming into the Super Bowl having thrown two interceptions and not looking like himself in the late stages of the NFC title game. The Green Bay quarterback will have to keep the play alive and move outside of the pocket against the Steelers' ferocious front seven. James Starks has done a great job running the ball in the postseason, but will have his work cut out for him coming up against the No. 1 rush defence in all of football. Look for Rodgers to have to throw the ball quite a bit to his receiving corps who some will say have the most all around talent in the NFL.

Defence

The Packers defence may not be as well known as the Steelers, but they are playing dominating football. Clay Mathews and friends will have to keep up the momentum and pressure on Ben Roethlisberger continuously and not let him escape the pocket. B.J. Raji will also play a huge part in the game as Steelers centre Maurkice Pouncey's injury will most likely eliminate him from the Super Bowl and backup centre Doug Legursky will

be 340-pound Raji's favourite target. The Packers have what most teams could only wish they had, a dominating secondary that has the ability to make plays and shut down the opposing offence. Tramon Williams and Sam Shields have a combined five picks in just the playoffs and along with former Defensive Player of the Year Charles Woodson, this defence will be looking to take the ball away from Pittsburgh and placing the pigskin into the hands of Aaron Rodgers.

Special teams

Green Bay's return game is one of the worst in the entire NFL, they average only 20 yards on kick returns and a modest eight yards on punt returns. Kicker Mason Crosby hasn't had many field goal opportunities in the post seasons, but if the game comes down to a field goal, Packers head coach Mike McCarthy won't have to think twice about sending in Crosby, who has been solid.

Keys to the game

The Packer's defence will have to contain Roethlisberger inside the pocket and most importantly when they hit Big Ben, they are going to have to wrap him up and not let him make plays with his feet. On offence, Rodgers will need to limit his mistakes and not force his throws against a dominating Steelers defence.

Prediction: Green Bay Packers win Super Bowl XLV 24-21.



snotap.blogspot.com

Green Bay running back James Starks is going to have his work cut out for him on Sunday.

BADMINTON

Season to remember

By MARC MAJEAU

The NAIT Ooks badminton team is having quite the season to remember. Currently, the team sits in first place in ACAC standings, building close to a 200-point lead over second-place Concordia. Next weekend, the NAIT Ooks will head down south to Red Deer for a fourth tournament from Feb. 5-6, before the ACAC championships are held.

The tournament this weekend is a singles tournament



Jordan Richey

and head coach Jordan Richey says it is being looked at as a "tune-up."

"We're just going into that tournament getting our players ready for nationals," said Richey. "It's kind of a relaxing feeling to have, and just getting the matchups we'd like to see place."

After Red Deer, the Ooks will then travel a little farther south, this time to Calgary for the Nationals Qualifying/Team Championships, held on Feb. 12-13 at Mount Royal University.

NAIT has won the team championship two years in a row and coach Richey and the rest of the Ooks are looking for the ever-elusive "three-peat."

The team has been playing red hot all season long, firing on all cylinders.

"Right now, probably the best team NAIT has ever had," said Richey. He added that the team has benefited from having a few standouts, such as Yang Sun.

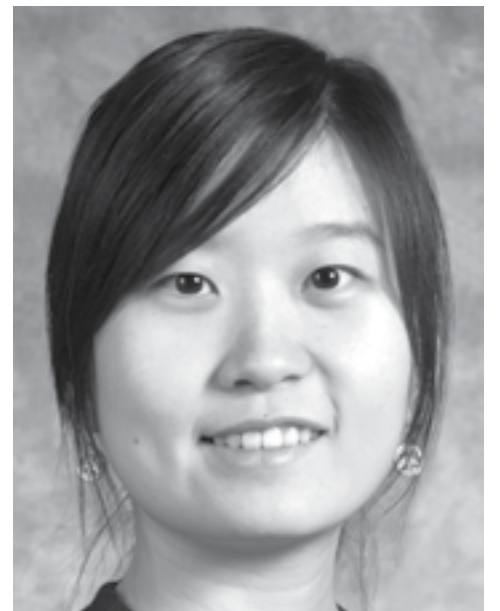
Sun is a fourth-year Ook, who has quite the resume. She is a champion at the national level and has also collected a silver and a bronze medal. She essentially hasn't lost a singles ACAC match in the past three seasons. Richey has said that the play of Sun has definitely helped the Ooks pad their regular season lead in standings.

"The league is pretty tight. All the teams are battling and we're just slightly ahead," he said.

A few other standouts for the Ooks are Jonathan Chang, a fourth-year NAIT student, as well as Natalie Neumann, a fifth-year student. Both athletes have been to national championships already, and are looking to return to the nationals, which are being held March 3-5 this year in the Maritimes.

With the ACAC receiving the second wildcard, all gold and silver winners in the individual event championships will represent the ACAC at the 2011 CCAA National Championships at Mount Allison University in Sackville, New Brunswick.

It looks like 2011 could start off with quite a championship run for the NAIT Ooks badminton team.



Yang Sun



Johnathan Chang

NAIT notes ...

By NUGGET SPORTS STAFF
CURLING

The NAIT curling team is still tops after last weekend's Winter Regional. The Ooks were the top team in every category as the men went 6-0 at the regional for a season total of 11-1. The women went 5-1 to finish the season 9-3, tied with Grande Prairie and Grant MacEwan for the top spot. The mixed team was a perfect 5-0 and finished as the only undefeated team in the ACAC at 10-0.

All three skips were rewarded for their efforts over the weekend as Cori Dunbar (women's skip), Shawn Donnelly (men's skip) and Brad Gibb (mixed skip) were named the NAIT Athletes of the Week. It's the first time in recent memory that one team has swept the AOW honours.

The team can now set their sights on the ACAC Championships, which run March 4-6 at Lakeland College.

VOLLEYBALL

The women's volleyball team is coming off of a disappointing weekend that saw them lose both of their matches 3-1 to the Eagles from King's University College.

Jillian Irvine led the Ooks with 20 kills, eight digs, three stuff blocks, one service ace and was named player of the game on Friday.

Kate Bilodeau had 14 kills, 22 digs, seven ace serves, one stuff block and was player of the game on Saturday.

Ashlyn Skaley made a great debut in the libero position, passing over 70 serves and providing lots of positive support for everyone on the floor.

"It was another heart breaking weekend for us as we seem so close to winning sets and then once again the same mistakes are being made. We have to get to a place where the players just execute and do their job instead of thinking of the end result," says head coach Erminia Russo Thorpe.

The Ooks meet the Lethbridge College Kodiaks, who have the same record, this upcoming weekend with games Friday at 6 p.m. and Saturday at 1 p.m., both at the NAIT gymnasium.

Meanwhile, going into last weekend, the men's volleyball team found themselves

tied with the King's University College, and nothing has changed after splitting a pair of matches against them.

The Ooks managed to come away with a hard fought win on Friday night with the match score of 3-1.

"We did a very good job of serving and putting them out of system. Other than the third set, we maintained good focus and communication," said head coach Simon Fedun.

With their backs against the wall, the Ooks ran into a scrappy King's squad on the second night and were defeated 3-1.

With a record of 12-4 the Ooks are currently tied for third place in the ACAC and are guaranteed at least a crossover game to get into the ACAC Championships.

Up next for the Ooks is a pair of games against the Lethbridge Kodiaks. Friday's contest starts at 8 p.m. while Saturday's tilt goes at 3 p.m. Both games will be played here at NAIT.

HOCKEY

The NAIT women's hockey team has moved into a tie with SAIT for second place in the ACAC after a pair of victories over the Red Deer Queens this past weekend.

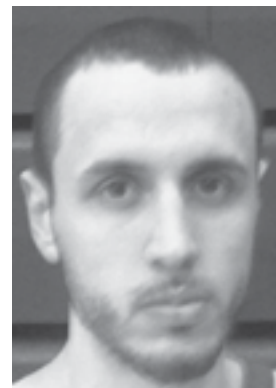
The Ooks earned a 2-0 win in Red Deer on Friday. NAIT goaltender Meghan Witt made 30 saves to record her third shutout of the season. Karena Pyle and Nicole Gregoire has the goals for the women. Meagan Cornelissen had a pair of assists and has six points in six games since joining the Ooks.

The two teams then headed north up the QE2 to NAIT for Saturday's game where the Ooks got their second win in as many nights, 4-2 over the Queens. The ladies had four goals from four different players as Lindsay Ferguson, Laura Williams, Gabrielle Pelland, and Pyle all found the back of the net. Jenn Hancock had two assists while Cornelissen added an assist and continues to be an offensive spark in the absence of injured leading scorer Sherri Bowles.

The team faces off against Grant MacEwan Griffins this weekend in a pair of games. The first goes Friday night at the NAIT Arena at 7 p.m., while the second starts at 8 p.m. and will be played at Londonderry Arena.



Athlete Profile

**Player:** Bruno Silvestrin**Sport:** Men's Basketball**Hometown:** Porto Alegre, Brazil**Position:** Forward**Number:** 14

By ALI MAGEE

Ali: How long have you been playing basketball?**Bruno:** Since I was 12 years old.**A:** Where did you graduate?**B:** Oakwood Collegiate, in Toronto.**A:** That's quite the move, why Edmonton?**B:** Don [Phillips] is a great scout. He convinced me to come.**A:** What program are you in?**B:** College upgrading.**A:** How many years of eligibility do you have left?**B:** This is my first year, so four.**A:** What are your future goals?**B:** I would like to get into instrumentation and get a job here in Edmonton, Toronto or my hometown in Brazil.**A:** Who is your athlete idol?**B:** Currently LeBron James — he can't be beat.**A:** What has a previous coach told you that has stayed in your mind?**B:** "Don't play down to your opponent"**A:** What are your thoughts on NAIT so far?**B:** NAIT is good so far. I'm still getting used to the atmosphere, but I like it.

Unique fitness legend gone



SAY WHAAAAT?

MATT DeBEURS
Assistant Sports Editor

Two weeks ago, a pioneer of modern fitness passed away at the age of 96, and there's probably a good chance that some of you have never even heard of him. I really didn't know that much about him either, but after doing some research, I found out how incredible his story really was.

As a kid in the 1930s, Jack Lalanne said he was a junk food addict and downright miserable. By the age of 14, he was bulimic and had dropped out of school. But after seeing a health food pioneer's presentation on the evils of meat and sugar, Lalanne started down a

long road of promoting fitness and a healthier lifestyle to the entire world. He worked out two times a day all the way up to his death and cut out all processed foods and sugars from his diet.

He went back to school, got his chiropractic degree and opened one of the North America's first ever modern style fitness gyms. And he did all this with the doctors and experts of the time saying that his style of muscle building was unhealthy and dangerous. He also spoke out to women saying that they should also live active and healthy lifestyles too (this was unheard of at the time). After a while, Lalanne's gyms were all over the country and he was given a local TV show where he talked about fitness and nutrition.

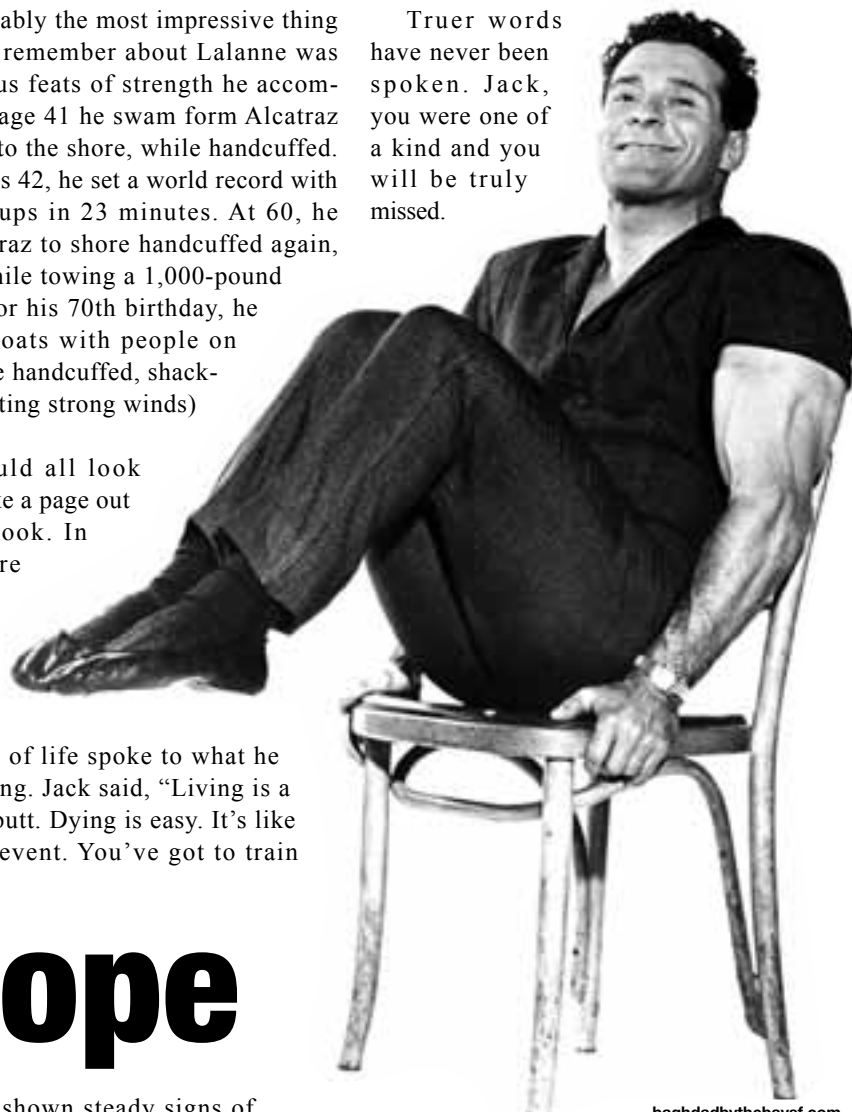
Those are just some of his early highlights. He was also an active bodybuilder and an accomplished inventor. The modern pulley cable, leg extension machines came from his designs. And if you're like me, you've probably seen Jack on those late night infomercials selling his patented line of juicers.

In 2005, Lalanne was named to the California Governor's council on Physical Fitness and Sport. And that was just one of several awards and accolades that he's received.

But probably the most impressive thing that people remember about Lalanne was his numerous feats of strength he accomplished. At age 41 he swam from Alcatraz all the way to the shore, while handcuffed. When he was 42, he set a world record with 1,033 pushups in 23 minutes. At 60, he swam Alcatraz to shore handcuffed again, this time while towing a 1,000-pound boat. And for his 70th birthday, he towed 70 boats with people on them, (while handcuffed, shackled and fighting strong winds) one mile.

We should all look back and take a page out of Jack's book. In an age where obesity is a huge problem, Jack's longevity and way of life spoke to what he was preaching. Jack said, "Living is a pain in the butt. Dying is easy. It's like an athletic event. You've got to train for it."

Truer words have never been spoken. Jack, you were one of a kind and you will be truly missed.



baghdadbythebaysf.com

Jack Lalanne

Great Canadian hope

By **DAVE ZARUM**
The Argosy
(Mount Allison University)

SACKVILLE, N.B. (CUP) — What must have seemed like a dream run for Canadian tennis player Milos Raonic came to an end recently at the Australian Open in Melbourne.

After beating France's Michael Llodra and Russia's Mikhail Youzhny — the 22nd and 10th seeds respectively — and becoming the first qualifier to reach the round of 16 at a Grand Slam in 12 years, the Thornhill, Ont. native lost in four sets to seventh-seeded Spaniard David Ferrer.

Had he won, Raonic would have become the first Canadian to reach a Grand Slam quarter-final. Not that Canadian tennis fans are exactly complaining.

Equipped with one of the most powerful serves on tour — ESPN commentator Patrick McEnroe called it the strongest he's ever seen — and a six-foot, five-inch frame that lets him cover the court with ease, the 19-year-old Raonic is the most promising player to come out of Canada in years.

His confidence steadily grew throughout the week as his Aussie Open performance showed that he had the ability to compete

amongst the tennis elite.

"There's a lot to learn from today and from the whole two-week experience," said Raonic, who unleashed 15 aces in defeat.

"The biggest thing is I'm not that far away from this level on a week-to-week basis. This is a great motivational thing for the work I've done."

Of course, anyone in attendance on the opening night of last summer's Rogers Cup tournament in Toronto knows what Raonic is capable of competing against tennis' best opposition.

On what had already been dubbed "Tennis Canada Night" at the sporting organization's newly revamped Rexall Centre on the campus of Toronto's York University, the Canadian contingent shone bright.

When Raonic and Vernon, B.C.'s Vasek Pospisil stepped on the court for a doubles match, they looked like they were about to be fed to the lions. And, in a way, they were.

The Canadian duo, respectively ranked 217 and 329 at the time, were set to take on the world's number-one and -two ranked players, Rafael Nadal and Novak Djokovic, in a highly anticipated first-round match. It marked the first time that the top-two players in the world had teamed up since Jimmy Connors and Arthur Ashe in 1976.

Two closely-contested sets and a nail-biting 10-8 tiebreaker later, the Canadian kids had beaten Nadal and Djokovic in what could only be considered a Tennis Canada Night miracle — until now.

For Raonic, that match was the Big Bang of his career — the instant when everything changed and his game rapidly expanded. He moved to Spain in September to train full-time under Tennis Canada coach Galo

Blanco, and has shown steady signs of improvement ever since.

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Photo by Christopher Johnson/Flickr
Milos Raonic

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTLTIE	GF	GA	Pts
SAIT	24	19	18	2	0	3	117	49
Mount Royal	24	17	17	4	0	3	87	42
Augustana	24	12	12	6	2	4	111	78
NAIT	24	11	10	9	1	3	62	66
Concordia	24	8	7	11	1	4	80	95
Portage	24	8	7	13	0	3	75	91
Briercrest	24	4	4	14	0	6	64	110
MacEwan	24	3	3	19	0	2	55	120

RESULTS
Jan. 28
Concordia 4, NAIT 1; SAIT 5, Augustana 0;
Briercrest 4, MacEwan 4 (OT); MRU 4, Portage 1
Jan. 29
NAIT 3, Concordia 2 (OT);
SAIT 5, Augustana 1;
Briercrest 7, MacEwan 1;
MRU 0, Portage 0 (PPD)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTLTIE	GF	GA	Pts
Mount Royal	20	17	14	1	0	2	77	27
SAIT	18	9	8	6	2	1	52	44
NAIT	20	9	9	8	1	2	45	45
MacEwan	18	4	4	8	0	6	32	48
Red Deer	20	3	3	15	1	1	29	66

RESULTS
No games played

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Lakeland	16	13	3	26	1433	1175
NAIT	15	13	2	26	1422	1138
Concordia	16	9	7	18	1303	1171
MacEwan	15	8	7	16	1151	1105
Keyano	14	5	9	10	964	1072
Augustana	14	4	10	8	1113	1265
Grande Prairie	16	2	14	4	1218	1580
King's	16	0	16	0	961	1455

South Division

Team	G	W	L	Pts	PF	PA
Lethbridge	16	15	1	30	1527	1130
Mount Royal	16	13	3	26	1375	1185
SAIT	16	8	8	16	1295	1308
Briercrest	16	8	8	16	1377	1395
Red Deer	16	6	10	12	1288	1324

Medicine Hat 16 5 11 10 1265 1389

RESULTS
Jan. 27
NAIT 85, King's 44
Jan. 28
NAIT 122, King's 82; MRU 79, SAIT 72;
Lakeland 99, GPRC 57;
Briercrest 90, MHC 84;
Concordia 69, MacEwan 63;
Lethbridge 77, RDC 74
Jan. 29
Lakeland 111, GPRC 66;
MRU 90, SAIT 82 (OT);
Briercrest 84, MHC 75;
Lethbridge 110, RDC 77;
MacEwan 82, Concordia 72

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Grande Prairie	16	14	2	28	1157	925
Concordia	16	13	3	26	1238	866
MacEwan	15	12	3	24	1166	893
King's	16	8	8	16	986	999
Augustana	14	6	8	12	1069	1139
Lakeland	16	5	11	10	993	1177
NAIT	15	4	11	8	792	925
Keyano	14	0	14	0	707	1123

South Division

Team	G	W	L	Pts	PF	PA
SAIT	16	16	0	32	1284	913
Mount Royal	16	12	4	24	1098	949
Medicine Hat	16	8	8	16	1096	1054
Lethbridge	16	6	10	12	1038	1112
Red Deer	16	4	12	8	845	1049
Briercrest	16	1	15	2	813	1158

RESULTS
Jan. 27
King's 65, NAIT 44
Jan. 28
King's 55, NAIT 47; GPRC 90, Lakeland 60;
MacEwan 65, Concordia 52;
SAIT 75, MRU 62;
MHC 71, Briercrest 50;
Lethbridge 77, RDC 61
Jan. 29
GPRC 73, Lakeland 48;
MHC 68, Briercrest 66;
RDC 70, Lethbridge 46; SAIT 59, MRU 52;

MacEwan 72, Concordia 64

MEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Briercrest	16	14	2	45	11	28
S	SAIT	18	13	5	43	28	26
N	NAIT	16	12	4	40	20	24
N	King's	16	12	4	40	21	24
S	Red Deer	16	11	5	39	21	22
N	MacEwan	16	10	6	38	28	20
S	Lethbridge	16	9	7	34	29	18
S	Medicine Hat	18	8	10	32	36	16
N	Grande Prairie	16	8	8	31	26	16
N	Keyano	16	6	10	26	33	12
S	Mount Royal	15	6	9	24	31	12
N	Lakeland	16	3	13	12	40	6
S	Augustana	15	1	14	7	42	2
N	Concordia	16	0	16	3	48	0

RESULTS
Jan. 28
NAIT 3, King's 1
(25-19, 25-20, 13-25, 25-19)
Briercrest 3, RDC 0 (25-18, 25-23, 25-22)
Keyano 3, Concordia 0 (25-13, 25-21, 25-21)
MacEwan 3, Lakeland 0
(25-18, 25-21, 25-19)
Lethbridge 3, MHC 1
(26-24, 25-21, 19-25, 25-20)
SAIT 3, MRU 2
(21-25, 26-24, 17-25, 27-25, 30-28)
Jan. 29
King's 3, NAIT 1
(25-20, 25-22, 19-25, 25-22)
Briercrest 3, RDC 0 (25-19, 25-12, 25-21)
Keyano 3, Concordia 0 (25-15, 25-9, 25-20)
MacEwan 3, Lakeland 0
(25-19, 25-20, 25-7)
MHC 3, Lethbridge 0 (25-23, 25-22, 25-19)
SAIT 3, MRU 1 (18-25, 25-23, 25-18, 32-30)

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Mount Royal	15	15	0	45	4	30
N	Grande Prairie	16	14	2	46	13	28
N	Lakeland	16	11	5	39	25	22
S	Red Deer	16	11	5	37	22	22
N	MacEwan	16	10	6	33	23	20
S	Medicine Hat	18	10	8	35	27	20
N	King's	16	8	8	30	34	16
S	SAIT	18	8	10	32	35	16
N	NAIT	16	7	9	30	32	14

S	Lethbridge	16	7	9	25	33	14
N	Keyano	16	5	11	23	37	10
S	Briercrest	16	5	11	25	37	10
N	Concordia	16	2	14	9	44	4
S	Augustana	15	0	15	2	45	0

RESULTS
Jan. 28
King's 3, NAIT 1
(25-17, 22-25, 25-19, 25-20)
RDC 3, Briercrest 1
(25-20, 25-22, 26-28, 26-24)
Keyano 3, Concordia 0
(25-15, 25-11, 25-13)
MacEwan 3, Lakeland 2
(19-25, 19-25, 25-16, 25-22, 15-12)
MHC 3, Lethbridge 0 (25-23, 25-19, 25-22)
MRU 3, SAIT 0 (25-18, 25-19, 25-23)
Jan. 29
King's 3, NAIT 1 (25-21, 19-25, 27-25, 25-23)
RDC 3, Briercrest 1 (28-26, 23-25, 25-9, 25-19)
Concordia 3, Keyano 0 (25-21, 26-24, 25-19)
MacEwan 3, Lakeland 0 (25-14, 25-13, 25-19)
MHC 3, Lethbridge 0 (25-20, 25-18, 25-14)
MRU 3, SAIT 1 (25-15, 23-25, 25-12, 25-14)

CURLING

MEN

Team	Fall	Winter	Totals
NAIT	5-1	6-0	11-1
Augustana	5-1	4-2	9-3
Olds College	3-3	4-2	7-5
Red Deer College	2-4	4-2	6-6
GPRC	4-2	1-5	5-7
Grant MacEwan U.	2-4	1-5	3-9
Lakeland College	0-6	1-5	1-11

WOMEN

Team	Fall	Winter	Totals
NAIT	4-2	5-1	9-3
GPRC	4-2	5-1	9-3
Grant MacEwan U.	5-1	4-2	9-3
Concordia	4-2	4-2	8-4
Red Deer College	4-2	4-2	8-4
Lakeland College	5-1	2-5	7-5
Augustana	0-6	2-4	2-10
Portage College	1-5	0-6	1-11
Olds College	0-6	1-5	1-11

MIXED

Team	Fall	Winter	Totals
NAIT	5-0	5-0	10-0
Grant MacEwan U.	4-1	3-2	7-3
Augustana	3-2	4-1	7-3
Red Deer College	2-3	1-4	3-7
Lakeland College	0-5	2-3	2-8
GPRC	1-4	0-5	1-9

NBA has tons of stories in 2010-11

By MARC MAJEAU

On July 8, 2010, the eyes of the sports world were locked on LeBron Raymone James.

Until this point, LeBron's career had been somewhat of a Hollywood script. Drafted first overall in 2003 by his hometown Cleveland Cavaliers, LeBron went on a rampage for seven seasons; rookie of the year in 2004, six time NBA All-Star, NBA scoring champion in 2008; and back-to-back MVP seasons in 2008-09 and 2009-10. It seemed as if the only thing missing from this "Hollywood script" was an NBA Championship. Although LeBron got the Cavs to the NBA Finals in 2007, they were swept by the San Antonio Spurs and that will go down in history as the closest LeBron James ever got the Cavaliers to winning an NBA title.

Who would have ever predicted that seven years after joining Cleveland, LeBron would stick a dagger in the hearts of millions of Cavs fans by announcing that he was "taking his talents to South Beach" and joining the Miami Heat?

With six simple words, LeBron began a war with the city of Cleveland. LeBron jerseys were

burned, billboards were vandalized and Cavs' owner Dan Gilbert embarrassed himself with a childish letter directed at LeBron on the Cavs' official website (written in comic sans, no less). Right then and there we knew we were in for quite the NBA season.

Half way through the 2010-2011 campaign, the NBA hasn't disappointed. There are a ton of stories, outside of LeBron and the Heat, which have kept the NBA season entertaining.

THE BLAKE SHOW ...
After missing the entire 2009-10 season due to injury, Blake Griffin has been abusing backboards for the Los Angeles Clippers since opening night. The rookie out of Oklahoma already has enough slam dunk highlights to fill up a 60-minute show. This season, the Blake Show registered 23 consecutive double-doubles, with 23. Griffin is also the first NBA rookie since Allen Iverson in 1996-97 to have two games where he scored 40 or more points. The pinnacle of the Clippers season so far was a 99-92 win on Jan. 16 against the Lakers (The other professional basketball team in Los Angeles. You may have heard of them). With the



season only at its halfway point, Griffin is a lock to win NBA Rookie of the Year.

EMPIRE STATE OF MIND ...
The New York Knicks have been one of the better stories to come out of the NBA's Eastern Conference this season. Led by MVP candidate Amar'e Stoudemire, the Knicks currently sit sixth in the East and have a record over .500 for the first time in over five seasons. Although Stoudemire's production has dropped off as of late, he is still leading the MVP class of 2011.

AGE IS ONLY A STATE OF MIND ...
Lead by "The Big Fundamental," Tim Duncan, arguably the most underrated player in NBA history the San Antonio Spurs are absolutely crushing the NBA's Western Conference. At the midway point of the season, the Spurs sat five games above the Lakers in the standings and showed no signs of slowing down. As retirement creeps closer for him, head coach Gregg Popovich is clearly leaving his mark as one of the best NBA coaches of all time.

ARE THE BULLS ARE BACK? ...
Before you lash out at me for comparing the current Bulls to the power house Bulls of the '90s, believe me, I am not – but guard Derrick Rose has

been in "beast mode" in the month of January and at one point the Bulls had won eight out of a possible nine games, beating such teams as the Dallas Mavericks, Orlando Magic and the Miami Heat (in a game where Rose had a game high 34 points).

BREAKING UP IS HARD TO DO ...
If you ever think that one player cannot single handedly win games for an NBA team, look no farther than the Toronto Raptors and the Cleveland Cavaliers. Both teams lost franchise players this off season (Chris Bosh joined BFF's LeBron James and Dwayne Wade in Miami) and have not been able to right the ship. What was Miami's gain was very obviously Toronto and Cleveland's loss. The Raptors are having issues with injuries, playing defence, scoring points and creating any type of consistency.

Also, it looks as if the Cleveland Cavaliers will be getting another No. 1 overall draft pick, because they currently sit in the basement of the NBA standings. Right now, the Miami Heat have more wins than the Toronto Raptors and Cleveland Cavaliers combined.

If the first half the season was any indication, we're in for an amazing second half of the 2010-11 NBA season.

ENTERTAINMENT

Concerts to see in 2011

By KASSIDY KRUEGER

This year is going to bring a lot of big artist to Edmonton, from Katy Perry to Keith Urban and everything in between. Here is a breakdown of some shows hitting the city, so you can start to save up to get front row tickets!

T-Pain

On March 25, Edmonton Events Centre will welcome T-Pain with DJ Khaled. This show is going to knock your socks off. He will be playing everything from "Buy you a drank" and "Kiss Kiss" to "I'm On a Boat!"

Alan Jackson

Alan Jackson will be at Rexall Place, March 30. He will be bring special guests George Canyon and The Harters. Jackson will be playing songs from his new album, *Freight Train*, which will also be released on March 30. He also plans on playing all of his biggest hits! This show will keep you two-stepping all night long!

U2

After cancelling their show last year due to Bono having a serious back injury, U2 plan on bringing their 360° tour to Edmonton June 1. They will be playing at Commonwealth Stadium, along with the very popular, Florence and the Machine, and The Fray. This show is said to be one of a kind, and the concert to top in 2011.

New Kids on the Block Backstreet Boys

Get ready for a blast from the past coming on July 12, at Rexall Place. New Kids on the Block will be playing with the Backstreet Boys in a once in a lifetime reunion. Time to bust out those old tapes and CD's to prepare yourself to belt out "If You Go Away" and "Backstreets Back."

Katy Perry

July 17, the Californian Girl Katy Perry, will find herself at Rexall Place. This show is one of the biggest to hit Edmonton in 2011. Katy will sing all her hits in her show-stopping costumes. It will definitely leave you seeing 'fireworks.'

Big Valley Jamboree

The 19th annual Big Valley Jamboree (BVJ) in Camrose, Alberta, will take place from Aug. 28-31. This camping/country music festival will include Sean Yellowbird, Dean Brody, Gary Allen, Jason Aldean, Ronnie Dunn, Toby Keith and dozens more. BVJ is the perfect summer event for anyone and everyone!

Keith Urban

After playing a free show at West Edmonton Mall last Nov. 30, Keith will bring his newest tour to Rexall Place on Sept. 21. This megastar will be playing songs from his new album *Get Closer*. Keith always brings an extra element of excitement to the stage. He loves having fans on stage with him, so get ready.



Alan Jackson

natalielefner.wordpress.com

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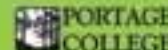

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By CHRISTINE VU

The songs on this playlist will tug at your heart strings if you are a student from out of town who is homesick. You might also relate to these lyrics if you are just simply so swamped with homework and studying that you have no time for loved ones. Whatever the reason, these songs are for those who miss a special someone(s). So go ahead, play these songs on repeat and light a candle. You are not alone.

1. Think of You – A Fine Frenzy
2. The Knitting Song – Sophie Madeleine
3. Patience – Guns 'N' Roses
4. Waiting on an Angel – Ben Harper
5. Home – Edward Sharpe and the Magnetic Zeros
6. Set the Fire to the Third Bar – Snow Patrol
7. It's OK – Land of Talk
8. The Fear You Won't Fall

- Joshua Radin
9. Boats and Birds – Gregory and the Hawk
10. The Chain – Ingrid Michaelson
11. The Call – Regina Spektor
12. Wish You Were Here – Pink Floyd
13. Comin' Home – City and Colour
14. Cosmic Love – Florence and The Machine
15. Think of Me – Rosi Golan

VIRAL VIDEO OF THE WEEK

Happy, happy

By NICOLE BROWN

"Pink Fluffy unicorns dancing on rainbows."

I know this makes me sound like a total girl, but this video is just ... giggletastic. Songstowearpantsto is the creator of this song. It's just a happy song that makes you smile no matter what mood you in. It gets stuck in your head. You hear this song once and then you're singing it for a week and a half. Now watch this video. The guy never changes his expression. Look at his eyebrows ... look at them! There's a quiz in the middle that makes me laugh every time I

watch it. He wrote this song based on a comment he got on another video. This song is singable, quotable, and really random. Now I wouldn't mention this song if it wasn't for the fact that songstowearpantsto is an actually awesome artist on the YouTube scene, so make sure you look him up and check out everything else he does.

You can watch this at <http://www.youtube.com/watch?v=eWM2joNb9NE> or just look up Pink fluffy unicorns and you'll find it pretty fast. Totally check this one out and make sure to show it to all your unicorn loving friends.



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Just follow the stairs leading up



SHOOT FOR THE STARS

LACE SENIO
Entertainment Editor

Everyone watched Cinderella as a kid. It is one of those feel-good Disney staples that you just cannot avoid. It has all of the key elements to a children's story: happy-ending, good morals, singing mice. I remember curling up on the couch as a kid and watching the popular Disney flick, imagining that all of my dreams would come true.

Perhaps they can though. Maybe life is like a Disney film after all. There are some elements of Cinderella that are realistic. There is the struggle, the payoff and the people who make it happen. (No singing mice, unfortunately.) To demonstrate my theory on this whole Disney-is-similar-to-reality deal, I am going to take my friend Landon Barrowman and write the Cinderella version of his life.

Landon has lived in St. Albert for as long as he can remember, so since he was about four. He started playing the

guitar and writing his own songs in high school. He never bothered to learn cover songs, it annoyed him to see nine different kids at a party trying to play "Stairway to Heaven." This was the start of the Landon's career in music, the beginning of it all. This is the Cinderella childhood, realizing your dreams.

Throughout the years, Landon endured jobs at places such as Booster Juice and Walmart. His first band, The Fools, was created and allowed him to experience playing shows. Eventually, Landon became a roadie for The Ghetto Blasters and went on tour with them, which taught him loads about being a musician and the ins and outs of being involved in the music industry. This is the part where Cinderella works hard and learns valuable life lessons.

"Life is more than just going to shows," Landon clearly states. "Life is trying to run your own business. Life is trying to get by at f***ing Pizza Hut. Life is trying to find a place to rent. Life is trying to stay healthy and go out and do s**t and just know what is what."

On Oct. 10, 2010 the first ever Dead City Radio podcast was aired. Dead City Radio became a defining moment, not only for Landon, but for also for a lot of other people, myself included. Dead City Radio marked the growth of an alternative empire within Edmonton.

"I never dreamed I would be doing a radio show. That just came out of nowhere," he says. "It kind of took off."

And it did. It became the big brother to projects such as Dead City Press and future projects such as the Dead City website, Dead City Blitz, Dead City Flea Market and Dead City All Stars.



Photo by Matt Berett

Landon Barrowman

This is the dream coming true part of real-life Cinderella. Landon's dreams started a dream revolution.

Landon's life is similar to that of Cinderella. There are no singing mice, but there were lessons learned, friends made and dreams that came true, that are still coming true. This is the truth for us all, we are all Cinderella's. We all get happy endings eventually. Landon is one of the extraordinary guys I know. He makes his dreams happen, but he also gives back to his community. He doesn't sweat the small stuff.

"I just take it easy, with whatever comes my way," Landon says, "I never really made a plan. It is all just step by step. Ideas just come to me. I can't really see where I am going. There is nowhere to go, but one step higher. I just follow the stairs."

Loud and crass

By GRAHAM MOSIMANN

Year of the Black Rainbow just sounds depressing doesn't it? Coheed and Cambria do an excellent job of passing that title onto the feel of their fifth studio album. This techno-metal-post-apocalyptic-thrash-funk-smorgasbord of coalescing genres really was not enough for me to enjoy the album.

Beginning with "One" as the opening track, the album starts off with some form of white noise that really just confused me as to the nature of the album. The entirety of the album is more of the same but there is one redeeming track, "Pearl of the Stars." It gives an air of a mellow acoustic band that was overlaid with some techno riffs. It was not unpleasant and I found myself letting go of the world and truly enjoying the

track. That really was the only good part of the album. The rest of the album was more of a techno-metal, that lacked any order and structure to those who were not deeply familiar with the music of the group.

Between all of their albums "C&C" have been telling a sci-fi story line called, The Armory Wars. I myself cannot follow the on-going story line because the group doesn't do a very good job about connecting the dots of their sci-fi world. Their rock opera is incredibly disconnected if you were to compare it to Pink Floyd's "The Wall," as the pinnacle for a musical story line.

This album is not for everyone, and it seems it is meant to cater to a far different musical taste than my own. If your tastes linger in the electronic with variances into metal, you are sure to find enjoyment in this album. But when you enjoy the tones of KISS, Bachman-Turner-Overdrive and The Who, you are sure to be left disillusioned.

In short, the album is loud, crass, and has no real rhyme or rhythm. What rhythm may be there is hidden underneath layers of random techno noises. Not my cup of tea by any means, but there may be those who can find enjoyment in this album. I am not one of them. Final verdict? Two and a half drowned techno unicorns out of five.



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THE NUGGET

Love is many-splendored



WHAT'S ‘TASH-INING’

NATASCHA BRUHIN
Assistant Entertainment Editor

As I walked into Walmart the other night, I was overcome with a wave of pink and red. Overnight, Walmart had changed its decorating scheme from boring neutral to fuchsia explosion. As I looked around the pink haze in overwhelming terror, I knew what this meant: Valentine's Day mania had arrived.

I realize it's only the third, but I don't control the craze. Now that Febru-

ary has arrived, it's officially acceptable to be seen buying a life-sized teddy bear from Hallmark. I look forward to February every year because I get to leave the store with my head held high and carry my boxes of cinnamon hearts out the door without shame.

With the arrival of the Valentine's Day craze, it's natural to feel unsettled and begin to ponder the state of your love life. But why the stress? Now, more than ever, people can choose to live their life whichever way they want. For the first time in Canadian history, there are more unmarried people than legally married people in the country. According to the 2010 Vanier Institute of the Family report, common-law families make up 15.5 per cent of Canadian families. Back in 1981, only 5.6 per cent of Canadian families were common-law. Even more noteworthy is the fact that only 39 per cent of Canadian couples are married with children, as opposed to 55 per cent back in the '80s.

This Valentine's Day, resist the urge to feel down if the girl of your dreams doesn't show up at your doorstep or if your boyfriend only gets you six roses as opposed to the traditional 12.

What I'm trying to say is that times are

changing, and people have more options when it comes to relationships than they did a few decades ago. So what if you're single at the moment? Relish the fact that there is less pressure to be married and settled down with kids, and that you can take your time finding the right person. Even then, who says you have to settle down? What does the term "settled down" even mean? Who says that an individual has to get married to be happy?

This Valentine's Day, resist the urge to feel down

if the girl of your dreams

doesn't show up

at your doorstep

or if your boy-

friend only gets

you six roses as

opposed to the traditional 12. There are

still 364 days left in the

year to find what you're looking for. I admit though, it's not the

easiest thing to do.

In the past, I usually was stuck working on Valentine's Day. But that's not

the worst part. I used to work in a flower shop. That's right, the most popular store on Valentine's Day, and I was the girl who arranged the bouquets to be sold for the dozens of men who came in. Every time a guy would come to the counter with his roses in hand, I would have to resist the urge to ask him to donate a long stem rose to me. I would keep my thoughts to myself and would go about telling him all the other possible options

he could choose from. (Roses are so old school.

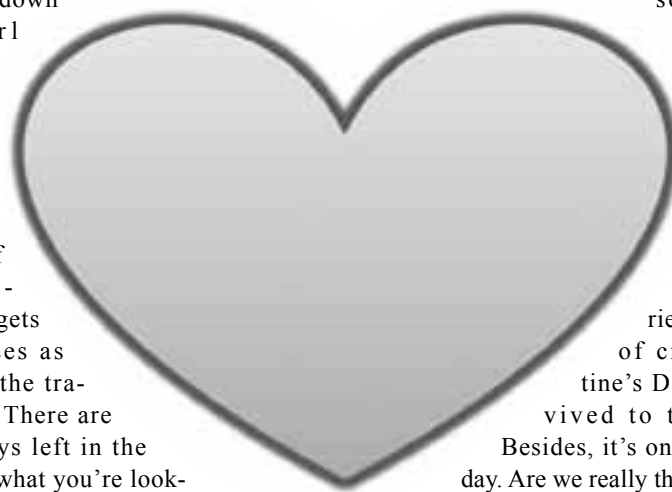
Orchids are more modern and last twice as long).

What

I'm trying to say is that I've experienced my share of crappy Valentine's Days, and I survived to tell the tale.

Besides, it's only one, measly day. Are we really that sensitive that we can't survive one day out of a total of 365 days? Come on, that's just embarrassing!

In 11 days time, the day of love will be upon us, and it'll be. Just. Fine.



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FREE WINGS!

A sizzling sequel

By **GRAHAM McCANN**

In *Dead Space 2*, Isaac Clarke returns three years after being the sole survivor of the tragedy on the USG Ishimura space ship. The ship, when on a mining operation of a planet, was infected by organisms called Necromorphs. Isaac, an engineer, volunteered for a repair mission on the Ishimura (which lost communications in the tragedy), where his wife Nicole was stationed.

Isaac learns about The Marker; the artifact that caused this outbreak of parasitic organisms that turn people's bodies into hideous monsters, as well as Unitology; a religion that worships The Marker as its gateway to rapture, which many on the ship, including the captain, followed.

Now, a city called The Sprawl on Titan, a moon of Saturn, is being infected by the Necromorphs, and Isaac is psychologically tormented by guilt and grief over his dead wife, which is exacerbated by the psychological effects The Marker causes to people in its presence.

The game play hasn't changed much from the original. It is a third-

person survival-horror reminiscent of *Resident Evil 4*. Also, like *Resident Evil 4*, items and weapon/armour upgrades carry over into subsequent play through. It really emphasizes the survival part.

The first play through, even on Normal difficulty, takes some patience. I always felt that I was on the brink of not having enough ammunition and health, and that my efforts to conserve these items only allowed me to be at the bare minimum rather than completely screwed. However, I still died a lot. I would estimate that it's about 20 hours the first time through.

But this really is a great game, and I was ultimately enjoying the challenge and felt good overcoming it. A lesser game would be only pure frustration with little motivation to continue.

There are many different weapons you can buy, but like the first game, I got through it with the Plasma Cutter and the Line Gun. Some people have even solely used the Plasma Cutter, so don't worry about having to waste credits on other weapons – just make sure the weapons you have are regu-



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larly upgraded.

The game is for the PC, Xbox 360, and PS3. However, the perk for getting the PS3 version is that the first wave of copies released, the limited edition, comes with a port of the Wii's *Dead Space: Extraction*. This is a prequel to the original game, and is a rail shooter, which was done well for the Wii and the Wiimote. It can be played with the

PS3's 'Move' (Sony's version of the Wiimote), as well as the regular controller.

But whatever you get it on, this is

a great survival-horror adventure that definitely satisfies as a sequel.



Release party

By **CHRISTINE VU**

In 2007, three friends got together and formed a band called White Lightning. Nearly four years later, Steve Bosch, Enoch Rottier and Jason Grilo will be kicking off their first full length CD release party, this Saturday, Feb. 5 at Avenue Theatre, a stone's throw away from the NAIT campus. The show starts at 7 p.m. and is an all ages show.

If you are familiar with the band's eclectic live show, you haven't seen anything yet. Sonic 102.9's recent November band of the month promises it will be their best show to date. With a nomination for Best Live Performance for the upcoming Edmonton Music Awards, that is saying a lot.

"The show is going to be unique. We really try our best to entertain and engage, so we are going to have a full choir singing along with us on a couple songs," Bosch continues excitedly, "We're going to have a full stomp session with trash cans and paint cans. Pianos and organs... all sorts of stuff going on."

Although the show may be a bit out of this world, White Lightning is all about where they are from. The choir that will be joining them on Saturday is a super group formed by the choir from the high school that Bosch graduated from and the other half comes from Bosch's wife's concert choir.

"The first song is like a choral, Braveheart, really intense piece," reveals Bosch, "The choir

will sing over top of that and other songs to give it a really cool feeling."

The Album, aptly named "See It All," after 4 years in the making, is comprised of 17 tracks. All 17 songs from the album will be played from beginning to end at the CD release. White Lightning has put a lot of thought into the upcoming album and show. Everything is tied in together.

"The theme of our album is kind of a long a struggle and resolve basis," explains Bosch. "So all the songs are about all sorts of hard times in your life and the peace that can be found on the other side."

Their album cover art perfectly represents that theme. On the front you will find disorder and on the back you will find harmony. Bosch divulges another detail. There are hidden images on the cover that you can solve by looking at each track name. It is not a coincidence that absolutely every element from cover art to their live show is interactive.

"We just wanted to put on a concert that we would love," Bosch

says simply, "Whenever I go to a concert and I can get involved, I'll just have such a better time than if I just sit there and the musicians are just looking at their feet and playing their songs."

White Lightning has struck a chord that many fans of any kind of music can appreciate. And remember, lightning does not strike twice, so make sure you catch their one of a kind show.



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Feb. 10, 11

We are looking for reliable people for:

- **Setup:** Three students Feb. 10, 8:30 a.m.-11 a.m. Feb. 10, \$12/hour, heavy work.
- **Daily advertising:** Two students Feb. 10 & 11; 11 a.m.-1 p.m., \$10/hour, light work
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POSTER
SALE**



Freezing Man is cool

By CHRIS THOMPSON

I wasn't sure what to expect when I bought my ticket to the Freezing Man Festival. Until this point, I had never been to a winter carnival. The promoters did not provide many details other than patrons would be in store for "A state of the art indoor production, with numerous daytime events that will give a whole new meaning to chill down."

Arriving shortly after the doors opened (3 p.m.) the line was already thousands of people long. Fortunately things ran smoothly and after a short wait we were inside. This was my first time seeing the newly renovated Northlands Expo Centre and I must admit, I was impressed. The old cement walls in the hallways were gone and floor to ceiling windows were now in their place. However, the inside of the hall itself hadn't changed much at all (if any).

The hallway was set up in a completely open fashion with a stage at either end. The main bar occupied a good portion of the centre, and one side contained the four rides. The Berry-Go-Round, the Tornado, Swings and what was the most popular, The Gravitron (and definitely my favourite).

While the rides might have been state of the art 30 years ago, they had been revamped with a new twist and a first in North America; they were completely powered by a mix of used frying oil and mustard seed oil which had been locally refined at Olds Collage.

"It's something different for this festival, and we are trying to create this green event for all music festivals," commented Sustainival's assistant producer Jordan Smoliak.

With a few drinks and rides in me, I proceeded to take in the show. Personally my favourite acts were the Stars and Broken Social Scene. Stars finished up with "Your Ex

Lover Is Dead," a song which the whole crowd seemed to know the words to. Broken Social Scene kicked off their set with their new hit "Texico Bitches." I thought the sound could have been a little better but that is my personal opinion.

"You know, you're at a rare event when you can slam a beer, jump into the Gravitron and then stumble up to the front row where one of your favourite bands is playing. The Expo Centre is the kind of venue I've been waiting for. This is type of place for great visuals, blistering sound and an amazing atmosphere. Best show I've been to in a long time," commented Brent Parkins, a former NAIT student.

One of the things that I was not a fan of, was having to buy drink tickets instead of lining up at a bar and paying cash. Six bucks a ticket did seem a little steep as well.

If Indie rock wasn't your style, K-OS and Chromeo would have been more for you. K-OS opened raping over Rush's classic track "Tom Sawyer."

Yamila Clark felt that "Chromeo and K-OS definitely stole the show performance wise, but the venue was a lot larger than the head count so the sound quality could have been better. The drink tickets were annoying since there was a bar that could have easily taken cash."

Kaskade was originally booked to headline but could not perform due to illness, which seemed to annoy a great deal of the audience.

"I bought my ticket specifically to see him," was something I overheard more than once.

All in all I would have to say that this was one of the best events that I have attended in quite some time. The diversity of the performers and vast array of other activities to keep people occupied was what made this event a success and hopefully it can turn into a yearly tradition.



Photo by Chris Thompson

Torguil Campbell, lead singer of the Stars, performs at Freezing Man Festival.

CROSSWORD

Across

- 1- CPR experts
- 5- Distasteful
- 9- Component of organic fertilizer
- 14- Bender
- 15- Native Canadian
- 16- Like lungs
- 17- Large hairy spider
- 19- Juvenescent
- 20- Dinner course
- 21- General ___ chicken
- 23- Ref's decision
- 24- Cuts off
- 26- Chuck
- 28- Prepares for publication
- 30- Cytokinin occurring in corn
- 34- Hot time in Paris
- 37- Type of massage therapy
- 39- Large mop
- 41- Slangy denial
- 42- Reason to cancel school
- 43- Living on land
- 48- Nav. officer
- 49- Of special elegance
- 50- Early computer
- 52- Melt; 54- Elaborately adorned
- 57- Bingo!
- 60- 1975 Wimbledon winner
- 62- Ogle
- 64- A jewel
- 66- Inordinate
- 68- Gross
- 69- Edges
- 70- Gorillas, chimpanzees and orangutans
- 71- Swagger
- 72- School orgs.
- 73- Breather

Down

- 1- Kitchen addition
- 2- Haunted house sounds
- 3- Rich cake
- 4- Go hungry
- 5- Jaundiced
- 6- French vineyard
- 7- Salmon that has spawned
- 8- Brewer's need
- 9- Hero of the Odyssey
- 10- Aussie hopper
- 11- Adjoin
- 12- Liquid container
- 13- As a result
- 18- ___ lift?
- 22- Exude
- 25- Slow growth
- 27- Back talk
- 29- Surplus
- 31- Air
- 32- Golf club which can be numbered 1 to 9
- 33- Information
- 34- Cornerstone abbr.
- 35- Affectedly dainty
- 36- British nobleman
- 38- Thick-skinned charger
- 40- Very dry champagne
- 44- Fatigue greatly
- 45- Mariners can sail on seven of these
- 46- Lacking oxygen
- 47- Back streets
- 51- Roman general
- 53- Young of the dog
- 55- Rubbish
- 56- Roof overhangs
- 57- Basics

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
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57	58	59		60			61		62					63
64			65			66		67						
68						69					70			
71						72					73			

- 58- "Java" trumpeter
- 59- Cracked
- 61- Egress
- 63- Dry run
- 65- Columbus sch.

67- Tax pro
Puzzles provided by BestCrosswords.
com (<http://www.bestcrosswords.com>).
Used with permission.
SOLUTION: Page 21



Photo by Baljot Bhatti

Graham Mossimann fights off his energetic co-host, Matthys Pischke, in the studio where they broadcast their radio show *Whatever Floats Your Boat*.

Two men in a boat that floats

By **BALJOT BHATTI**

Whatever Floats Your Boat, hosted by Graham Mossimann and Matthys Pischke, is the newest entry to NR92's Saturday lineup. The two hosts, first semester Radio and Television Arts students, play an eclectic mix of classic hits, modern rock and some pop here and there. I talked to Matthys Pische (Graham Mossimann was not available for the interview) about the show, some of his music of choice, a particularly difficult food debate, Fall Out Boy and the creative process behind the show.

Baljot Bhatti: How did you guys get together and decide to do a music show?

Matthys Pischke: I was doing a show anyway, and I wanted someone to come along with me, and so I asked Graham to co-host.

BB: How did you guys come up with the name?

MP: Spur of the moment thing. We were trying to decide on a name and I said, "Whatever floats your boat, man," and we went with that.

BB: So do both your musical tastes match up at all?

MP: They don't. I like to play a lot of pop and alt stuff, and he likes to play a lot of classic and modern rock.

BB: Do you have a favourite band that you've been rocking out to lately?

MP: Anberlin, I listen to them a lot, they've got a good sound. I also like Four Years Strong.

BB: So why do you think people should listen to your show?

MP: Because when you call into our show, we're actually going to play what you request. Most shows say they'll play your stuff, but don't end up doing that. We play it as soon as humanly possible!

BB: So if I requested some Justin Bieber or Backstreet Boys, would you play them?

MP: Yes, sadly, we would.

BB: What would be your guys' dream location for a live broadcast?

MP: A Blink 182 concert, or maybe a Fall Out Boy reunion concert, if it ever happens.

BB: You're both radio students – why

did you decide that radio was the thing for you?

MP: I really like radio as a medium, and I think it's something I'll excel at. Also, I'm not very "TV" pretty.

BB: Do you play any instruments or are you in a band?

MP: I'm as musically inclined as that group that does "Like a G6," but I still love to listen to music.

BB: Are there any special events coming up in the future for "Whatever Floats Your Boat"?

MP: We might have a promotion going on, involving donations to charity and our Facebook page. More details to come.

BB: And lastly, and quite possibly the most important question, cake or pie?

MP: Pie, especially cherry pie, for the win. You can catch Matthys and Graham on *Whatever Floats Your Boat* on NR92, Saturdays from 4:30-6 p.m., at www.nr92.com.

Mainstream Ignorance

By **GRAHAM McCANN**

1. Mickey Mouse was conceptualized and originally illustrated not by Walt Disney, but Disney's close friend, Ub Iwerks. Iwerks was actually too shy to promote himself among other things allowing attention to go to Disney.
2. The word 'ironic' is often misused. People seem to use it in place of 'coincidence.' An irony is when something happens opposite of expectation.
3. The 'wild-west' portrayed in movies is full of myth. Other than the mass murder in the Civil War, There were very few gunfights and murders otherwise. The highest amount of murders a town would see in a year was around five, and the infamous gunfight at the OK Corral had three casualties.
4. The mass-suicide by jumping out of a window on Wall Street during the Great Depression is also a myth. There were only two of these deaths recorded.
5. Lead pencils are made of graphite, not lead..

Jobs

LAUNCH is hiring the best Product Ambassadors Canada has to offer for a national grocery chain. Hiring for weekdays and weekends. Reliable and independent, transportation required and access to Internet.

E-mail resumes to: Yvonne.Whittaker@launchthis.com

Sky's the limit for Michelle

By CATHERINE YE

Michelle Molineux is nominated for three awards at the Edmonton Music Awards, the nominations being Best Single, Best Pop/Hip Hop/Dance Artist and People's Choice.

Michelle Molineux is currently a University of Alberta student. I got a chance to talk to her about her music and the upcoming awards show.

Catherine Ye (CY): What kind of music do you create?

Michelle Molineux (MM): My music style is a blend of pop and dance. I want my music to be exciting and fun.

CY: Which kind of music do you like? Is there any new style that you want to try?

MM: I love listening to pretty much every kind of music out there. But I think the angle I actually try as an artist is kind of a mix of Lady Gaga and Pussycat Dolls. Maybe I will add some nineties jazz in my music as well, I love it.

CY: Since you are also an actress and you have played an alien seductress in *Decays 2: Alien Seduction* before, have you considered adding some of the acting "stuff" into your music?

MM: Sure. Acting and playing are actually two similar things just in different ways. Both of them are an expression of emotion.

CY: What is special about your songs?

MM: My voice is soft and sweet, but the music can be hard. So it's a special sound when you hear the harmonious combination of hard and soft.

CY: Tell us a little bit about your single "Just Say Go," which has been nominated for Best Single at the Edmonton Music awards.

MM: The main idea I'm trying to

express is the confusion that you feel when you love somebody. You want to say yes and go for it, but you know that they are not right for you. You're scared you will end up with a broken heart. It is a blend of pop and dance.

CY: Is this your own story about this song?

MM: I play the music in a way that is personal and parallel to what is going on in my life. But sometimes, my friends' stories also inspire me. The story may not be what I'm experiencing personally, but somewhere out there, an individual is going through the emotions I'm singing about in my song. The magical thing about playing music is feeling others' feelings through lyrics and music.

CY: What do you think are your chances of winning an award this year?

MM: I think it would be very exciting if I won, but honestly, I consider it just an honour to be recognized among all the other artists in Edmonton. I think they're all very talented, so I am just happy to be considered part of that group.

CY: What happens after?

MM: I will write a couple of songs, and then, maybe if that is possible, I want to be a professional actress.

CY: How do you think about the artistic atmosphere in Edmonton? Is it easy for musicians to be heard?

MM: There are a lot of talented artists here in Edmonton and they work hard to be known. But for the ones who look for more career chances, living in Edmonton is a little bit challenging. For me, I want to look for an acting contract but maybe there are more chances out in Vancouver than in Edmonton. Even so, I still think the atmosphere is nice here in Edmonton.



Michelle Molineux

tvrage.com

CROSSWORD SOLUTION

1	E	M	T	S		5	I	C	K	Y		9	U	R	A	T	E			
14	T	O	O	T		15	C	R	E	E		16	L	O	B	A	R			
17	T	A	R	A		18	N	T	U	L	A		19	Y	O	U	N	G		
20	E	N	T	R	E	E		21	T	S		22	O	S		23	T	K	O	
	24	S	E	V	E	R	S		25		26	T	O	S	S					
				28	E	D	I	T	S		29		30	Z	E	A	T	I	N	
34	E	T	E		37	A	C	U	P	R	E	S	S	U	R	E				
39	S	W	A	B			41	N	A	H			42	S	N	O	W			
43	T	E	R	R	E	S		45	T	R	I	A	L		47		48	E	N	S
49	D	E	L	U	X	E		50	E	N	I	A	C		51					
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57	A	H	A		60	A	S	H	E		61		62	L	E	E	R	A	T	
64	B	I	J	O	U			66	E	X	C	E	S	S	I	V	E			
68	C	R	A	S	S			69	L	I	P	S			70	A	P	E	S	
71	S	T	R	U	T			72	P	T	A	S			73	R	E	S	T	

Poll clerks needed

- Duration:** Feb. 17, 2011
- Compensation:** \$14/hour
- Poll clerks needed for the NAITSA Executive Council election polling stations on Feb. 16, 2011 (10 a.m. to 2 p.m.).
 - Must have a strong command of the English language and have a complete and clear understanding of the democratic election process.
 - All poll clerks must attend a training session on Tuesday, Feb. 15 at 4 p.m. in E-129. All clerks will be paid to attend.
 - Poll clerks must have a complete understanding of the online voting process and be comfortable in providing guidance to students.
 - Apply in person at the NAITSA office, E-131 from 9 a.m. to 4:30 p.m.



Photo by Tiffany Lizee

Kevin Scott Electrical Engineering

Nugget: Hometown?

Kevin: The city of cultivated life, St. Albert.

Nugget: Nickname?

Kevin: Kev, K-scott, Kevy, McKevin.

Nugget: Favourite "date" movie?

Kevin: Couples Retreat. It's romantic and funny, the perfect mix.

Nugget: Best pick-up line?

Kevin: "Weird, your eyes are the same colour as my Porsche." I use it quite frequently. It works.

Nugget: What are your turn on's?

Kevin: Athletic and motivated!

Nugget: Turn off's?

Kevin: Smoking and nail biting!

Nugget: If you could have dinner with any three people, fictional or non-fictional, who would they be?

Kevin: Kristen Bell; she's oh-so-sexy in Couples Retreat. Will Smith, he's the man, and any Victoria Secret model – it's every man's dream.

Nugget: What are your future plans?

Kevin: Get my trade ticket, find my dream girl, buy a house and have a family.

Nugget: (AWH!) Do you have any tattoos?

Kevin: Yes, I do. I have a quote across my chest. I got the tattoo after an accident I was in.

Nugget: Friends say he's outgoing, charming and a good time. ;)

Are you hot and single? E-mail us at entertain@nait.ca

Poutine – yum

CAMPUS FOOD REVIEW

By **SHELDON HIGGINS**

S'il vous plaît - Down Yonder!

You may have found yourself wondering, "What would happen if I got a chef from Quebec and a chef from the Southern United States cooking in the same kitchen?" Well my friends, allow the staff at NAIT's favourite pub and eatery, the Nest (and your taste buds) to put your speculation to rest.

I'll tell you exactly why. You don't need a plane ticket to Montreal or Atlanta to discover the delicious hybrid of two eastern favourites, just head to the Nest and grab an order of their sweet potato poutine. Say what? Poutine made with sweet potatoes?

When I and a few of my Radio and Television classmates eyed the masterpiece on the 'Starters' section of the menu, it was almost instinct to throw our hands up in the air, wave our server 'down yonder' and say "s'il vous plaît" to a full portion of the yammy, cheesy, gravy-y (yup,

I went there) dish. It came piping hot. A scrumptious flavourful mountain that combined four key elements of snacking – sweet, salty, rich and amazing.

Don't let the fact that the Deep South delicacy of sweet potatoes are also rich in essential nutrients (complex carbs, fibre, tonnes of vitamins A and C) scare you off, because the dynamic French Canadian duo of pizza mozzarella and gravy are there to ward off even the worst case of the munchies.

So what's the holdup? Get two or three friends together, head to the Nest, drop only \$11 (or \$6 for the personal portion if you're more daring than your pals) and grab a heap of the sweetest snack food to ever hit the Nest's menu, the sweet potato poutine.

By the way, the next time you see a Confederate flag, you're going to want to sew a Fleur-de-Lis on the centre and use it as a tablecloth; Um yeah, second thought, don't do that.



nucleocide.net

Build ... whatever

By **NICOLE BROWN**

Minecraft. I'm not sure if I can review a game that's in beta but I will anyway. Minecraft is a sandbox construction game where you break down blocks to make different blocks that you can use to build houses, towers, artwork, roller coasters and more. There is no limit to what you can craft.

In Minecraft, you wake up on this island and you're all alone. Your goal is to survive, so in order to do so you need to build a shelter. Eventually when you get bored making your not so awesome house, you start to explore your island.

Now every time you make a new game, there's a whole new randomly generated island, which means no matter what, you will always be playing a different game from your buddies. This world is a true sandbox game. Graph-

ics wise, it looks like a N64 game. It may not look like Final Fantasy, but it doesn't matter ... you start playing because someone showed it to you then you look at the clock and realize you've been playing for three hours without looking up.

It's a small download, which means I can play it on my not so good laptop without many problems. Overall, I'm going to give Minecraft four out of five. It's still in beta so there are some problems, but I've already had this game for six months and I'm not bored yet.

There are so many awesome things to say about this game that I can't fit it into this article, so just check it out yourself! Download cost about \$20 but it's worth every penny.



THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming events

PFT 2011

What: Valentine's Bake Sale

When: Feb. 10, 11, 14;
Noon to 1 p.m.

Where: Outside NAITSA

DMS 2012

What: Comedy Night

When: Feb. 10; 8 p.m.

Where: Comic Strip – West Edmonton
Mall

CLXT 2012

What: The Love Stop-Valentine's Pub
Night

When: Feb. 11; 9 p.m.

Where: DRUID Pub

Watch for details and/or e-mail: lauren_ johnson333@hotmail.com

MECSA

What: Beer Garden

When: February 18 3 p.m.

Where: Business Tower Lounge

Club News

Clubs Appreciation Social: Feb. 17 (4:30 p.m.)
Grant #4 Deadline: Feb. 25 (5 p.m.)
Giv'er Point Deadline: March 18 (5 p.m.)
Presidents' Connection #4: March 21 (4:30 p.m.)

Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games

When: Fridays; 4:15-10 p.m.

Where: Room WC-312

Christian Club

What: Weekly Meetings

When: Mondays: 5:15-6 p.m.;

Tuesdays/Thursdays:
12:15-1:10 p.m.

Where: Mondays: Room E-216;
Tues/Thurs: Room E-201

Latter Day Saints (LDSSA)

What: Weekly meetings

When: Thursdays

11:15 a.m.-12:10 p.m.
and 12:15 p.m.-1:10 p.m.

Where: Room E-221

Karate at NAIT

What: Weekly sessions

When: Mondays, Wednesdays

7 p.m. – 9 p.m.

Saturdays 11 a.m.-1 p.m.

Where: Room S-112

Clubs Centre Info

Hours: Monday-Friday, 8 a.m.-5 p.m.;

Phone: (780) 471-8871

E-mail: campusclubs@nait.ca;

Website: www.naitsa.ca

Location: Room E-133 – Main Campus

'Different and peaceful'

By BART PADJASEK

What do you call a band with six different unique personalities and specialized musical genres? Simply, Brasstronaut.

After coming into the city of champions after the ColdSnap Festival in Prince George, and leaving at four in the morning, the band played a quick show at the Nest before leaving for Haven Social club for another set later that night.

No fatigue

With that kind of rock star schedule, these guys really didn't show any fatigue and gave the audience on Thursday night not only a great show, but an amazing experience.

With a combination of melodic vocals, eerie bass riffs, smooth jazz overtones and brass instruments adding a lot of sultry power to the mix, this is a group that cannot be described easily. Drummer Brennan Saul called it "experimental pop," but all members of the band agree that whatever musical hybrid they created, it simply works.

Serious musicians

"Different and peaceful" is how, Sebastian from Power Engineering, saw them, as did most of the crowd.

Speaking to the group after the show, you could tell these guys are serious about their craft and have been involved in the music indus-



Photo by Megan Stoneman

The Brasstronauts

try for a very long time through various groups and solo projects. Formed in 2007, they released their first full length album, *Mount Chimaera*, in March of 2010.

Since then they have been on a whirlwind tour, not only across Can-

ada but attending tour dates across the pond in the UK. But, being on such a busy travel schedule has definitely brought them together, by both melding of personalities and musical adaptabilities.

To those of you that missed

the Brasstronauts at the Nest but are still interested in seeing them, they are still continuing a Canadian wide tour with dates constantly being added to their website. They are also hoping to get back to Edmonton during one of

our many summer music festivals.

Their current album, *Mount Chimera*, is available for purchase on their website, as well as on iTunes. As well, check out twitter @Brasstronaut for new tour information.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 3-9

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

Aquarius (Jan. 20-Feb. 18)

Show compassion. You've been

mean lately.

Pisces (Feb. 19-March 20)

Learn a new joke. It will come in handy.

Aries (March 21-April 19)

Watch your drinks on the weekend. Someone's been watching you.

Taurus (April 20-May 20)

You should stop drinking coffee. You're getting quite jittery and your friends are starting to think you're crazy.

Gemini (May 21-June 20)

Beware of using the computer this week. You should consider hand writ-

ing all of your assignments.

Cancer (June 21-July 22)

Avoid burritos at all costs. Unless you wish to spend massive amounts of time on the toilet, then by all means eat a burrito.

Leo (July 23-Aug. 22)

Video games are going to be your saviour. Looks to be mighty boring for you this week.

Virgo (Aug. 23-Sept. 22)

Quit watching the Aries. They know now.

Libra (Sept. 23-Oct. 22)

Try something new this week. Break

out of mediocrity. Go exploring or skydiving.

Scorpio (Oct. 23-Nov. 21)

Shenanigans are in your future. You'll enjoy them.

Sagittarius (Nov. 22-Dec. 21)

Looking for love? Not happening.

Capricorn (Dec. 22-Jan. 19)

This is your week! Everything is going to go exactly according to plan and you're going to meet great people.

Ophiuchus

You don't exist. Look at your arm. You can probably look through yourself.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Hall locker safety



Locker thefts tend to be in, but not limited to, remote areas of the school and / or in low traffic areas. In many of these thefts, specific items are targeted, leading security personnel to believe that the perpetrators monitor the area before they strike. Once the thief or thieves spot a likely target they wait until the area is clear then, by utilizing a small and easily hidden pair of bolt cutters, quickly cut the lock and remove the valuables. This crime can be committed and the thief / thieves can vacate the premises within a few seconds.

As lockers are used to store valuables while students attend class or perform job duties, it is important that the lockers be well secured. The following provides a number of tips that should

be followed to decrease the likelihood that you will become a victim of locker theft.

To reduce the chance of becoming a locker theft victim follow these few tips:

- Purchase a high quality lock. The price of a quality lock is slightly higher, but its value is related to the value of the locker contents.
- Always fully engage the lock. For combination types spin the dial to ensure it is secured. Tug on the lock before leaving.
- Do not bring any large sums of money or unnecessary valuables to school and store them in your locker. To do so is inviting unneeded risk.
- Do not record your locker combina-

tion on, or about, the locker or the lock. For a key lock, keep the extra key with you in a safe place.

- Observe the people around you and know the people that have lockers around your locker area.
- If you observe suspected criminal activity, do not challenge them. Instead, immediately proceed to the nearest telephone and inform Security.
- When you observe someone, other than a NAIT peace officer, using bolt cutters to cut a lock from a locker, contact Security immediately.

If you see someone loitering near lockers or in the area, or taking an unusual interest in

locker contents, be suspicious.

- Take note of their description, height, approximate age, and any identifying characteristics or markings.
- Report these to NAIT Campus Security Services.

If you have information about a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000. Visit www.nait.ca/security for more security tips.

Everybody benefits, except the criminal.



getthebigpicture.net

Jason Statham in *The Mechanic*.

Must-see thriller

By EVE KOESTER

Hold on to your seats, because *The Mechanic* is an explosive thrill-ride that will have your heart pumping! Starring Jason Statham and Ben Foster (*X-Men: The Last Stand*), the duo deliver fantastic performances and character chemistry.

In *The Mechanic*, a remake of the 1972 Charles Bronson film, Statham plays the typical gun-wielding, action role he is known for; like in the "Transporter" trilogy. But let's face it, nobody pulls off that intimidating tenacity, brutal efficiency and subtle charm quite like he does.

Arthur Bishop (Statham) is a hit man and he's the best of the best. After the death of his mentor, circumstances lead him to his mentor's son, Steve (Foster). The two are complete opposites at first, but with training from Arthur, Steve becomes a lethal sidekick and they team up to take down the city's criminals. Full of anger over his father's death, Steve's driving force is his need for revenge. Soon he finds out a truth he was never supposed to know and the tension begins to build.

Even with the numerous unrelated "targets" that the pair must pick off one by one, the story line manages to flow seamlessly with increasing momentum.

The audience was absorbed; laughing with the characters and gasping at the plot turns. The climactic ending will leave you wide-eyed, with your excitement satiated.

Foster displays many layers in his character. Instead of just being a blatantly depressed and lost young man, he bottles his feelings of angst and is convincingly scary, like a kid with boiling anger and no way to release it. He knows exactly how to capture each emotion, which makes it feel that much more authentic.

Director Simon West (*Con Air*) is able to transport the audience to a highly unrealistic world and makes it believable. Besides the many expected action sequences, there is an underlying elegance the film has to offer. The emotional dynamic between Arthur and Steve evolves in an engaging way. There is more character building than the average non-stop action flick, which is what sets *The Mechanic* apart and makes it a must see. Even in the midst of killing and explosions, the characters man-to-man bond seems to advance, which gives the film an overall polished feel.





What is your favourite food?



"My favourite comfort food is sushi."
Scott Smith
Mechanical Engineering



"Carrots, celery and cucumber, with Ranch."
Teagan Gahter
Business Administration



"I like scotch, scotch, scotch, scotch."
Brandon Kover
Mechanical Engineering



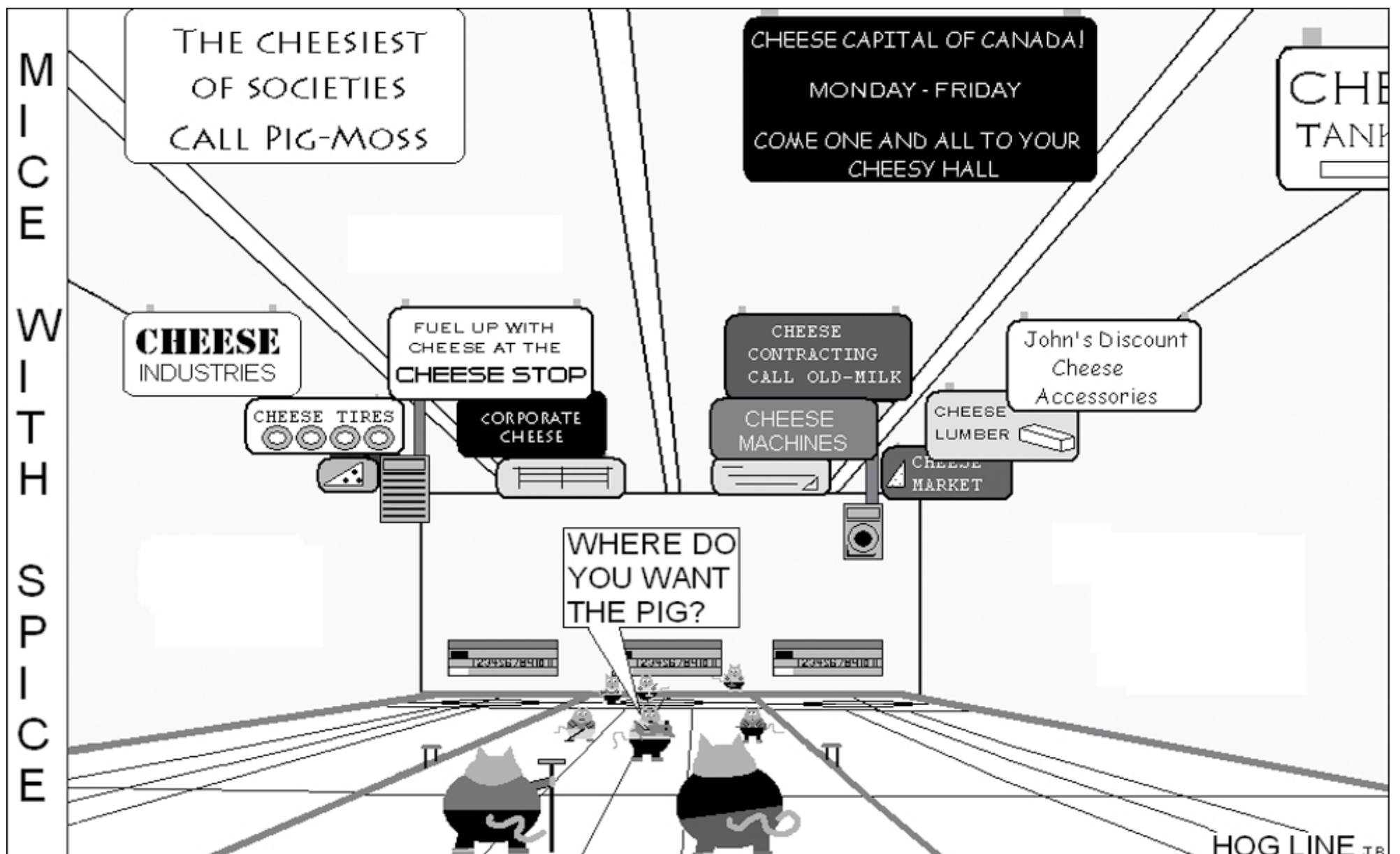
"Baby seals."
Travis Kruger
Mechanical Engineering



"Home cooked meals, like stew."
Kelsey Sinclair
Accounting

THE NUGGET-PRESENTS:

NUGGET COMICS



Cartoon by John Benesch



THE NUGGET PRESENTS:

GRAPEVINES

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca or submit online at www.thenuggetonline.com

I was in line at the Tim Horton's in the HP Centre the other day and noticed one fine piece of man meat. You know who you are you drop-dead-sexy boy. You smiled at me when I almost tripped and dropped my coffee. Now all I can think about is riding you my wild stallion.

— Your Cowgirl

•••

Dear 3 DMIT's

Grow some balls and go talk to the girls. We are sick of reading your comments telling them to find you every week.

Sincerely,
Instrument Techs

•••

Dear 3rd floor HP midnight creeper ... go to jail.

•••

To the group of three guys (orange backpack, NAIT backpack, and the friend) you boys are good looking!

—The hotties in the annex

•••

Three DMIT

No, you're not that easily spotted. We waited in XXX wing and seen no sign of you. SO next Thursday why don't you all wear blue and come stand by Chai's. We

will be watching, and if we like what we see we will come say hi.

— The girls in XXX wing

— PS: What the **** does DMIT stand for?

•••

Hey The Three DMIT: Oh don't you worry, we've noticed you alright. The Three Gossip Girls walking through the XXX Wing aren't hard to miss. We'll talk to you when we're ready or will we? Fridays are the only day we're interested ...

— X Wing Gurlz

•••

Dear dude next to me on the bus, No matter how quickly you can avert your eyes to something else, I know you are reading my text messages as they appear on the screen. I can assure you, none of them are for you.

Sincerely,

Mind your own Business

•••

To the guys in the Spartan Building, we can totally see you staring at us from the other floors. It's cute but next time, just come say hi.

— A heads up from down below

•••

Listen to the Matt Van Boeyen show on NR92.com! Thursday mornings from 9-10. He's pretty cool, ya know?

•••

To whoever concocted that spinach-onion-feta-raspberry-watermelon salad at the Common Market: You deserve a medal.

•••

That Asian girl in medical transcription is a cutie. I think her name starts with an A? If you're reading this: You're cute. :)

— You're welcome

•••

To Cody in Business year 1, I spend a lot of time creepily staring at you in class. You have super pretty green (blue?) eyes and I think it's adorable that you once were in a cute baby contest. Truth be told, I'm pretty sure you could win a cute grown-up contest. Unfortunately, I'm too much of a coward to tell you this in person. Or talk to you at all.

Kindest regards,

Creepy girl in your class :)

•••

The irony of listening to a student in 100 dollar designer jeans and a bench jacket worth similar complain about a \$97

fee hike is just exquisite.

Long Hair in Tower T

•••

Much Love & Mad Respect to all the RTA LADIES!!!

— Dark Knight

•••

To the Loser in the V Building, Dude, you look like Howard Wolowitz. I'd appreciate it if you didn't whistle at my girl while I'm standing right beside her. Seriously. Grow up.

— You're kidding, right?

•••

To the person who draws Mice With Spice. Please stop. You're not funny ... Even remotely. Every time I read your comic, I want to impale myself. It's that horrible.

— Signed, 99.9% Of NAIT

•••

Hey BIG MO, I had fun the other weekend but I don't want to go back to Buddy's ... unless that is one of the first stops of our bar-hop. But even then ... I think I will always be way too sober. I don't need any more encounters with a "lady" with very, very hairy legs or sequined Sash.

— Mortified by that-night's photos

THE NUGGET PRESENTS:

Dr. CONwisDOM

Dear Dr. Conwisdom:

Hey, I have a question. I just started having sex with my boyfriend and he is pretty big down there. Ever since it hurts when I try to ride my exercise bike and it hurts when I'm sitting in class. Yesterday I couldn't even walk after we had sex, what should I do?

— No sitting zone

Dear Sitting,

If you and your boyfriend are having anal sex, then stop because that would be the cause of your problems. If you are not then he is either too big for you or he is being too aggressive and needs to be kept on a leash so he doesn't hurt you so much.

•••

Dear Dr. CONwisDOM

There is a guy in my class that I am deeply, madly, passionately in love with. But he doesn't know I exist. I'm so scared to talk to him. He is the sexiest thing since sliced bread. PLEASE help me! What should I do?

— Too-scared-to-talk

Dear too-scared-to-talk,

First off: Why is bread sexy??

Next: Grow a pair of BALLS! Well, figuratively, since I'm assuming you are a woman. But back to the point, you need to talk to him. Get over whatever insecurities, fake tans, false teeth, third nipples you have and get the confi-

dence to talk to the man. How is he supposed to know that you exist if you don't ever talk to him. You expect us men to do ALL the work ALL the time. Well, sorry to break your pretty little bubble there missy, sometimes it has to be you.

•••

Dear Dr. CONwisDOM,

I just started dating this new girl, I really like her, but I have something I am hiding from her and I'm worried what is going to happen when she finds out. I'm not cheating on her, or a secret spy, and I don't have a criminal record or anything like that. What I do have however is a third nipple. Yup, that's right, a third nipple. An extra nubbin, one more teat, some extra pepperoni on my pizza, and I'm scared it could be a deal breaker. What do you think I should do?

— Scared to share

Dear Scared to Share,

You have nothing to worry about; everyone has something weird they are embarrassed of. If it was me I'd be showing that little number to anyone and everyone. Everyone loves boobs and the nipples that accompany them, and YOU have an extra one. Be proud of your little buddy, and if it turns out to be a deal breaker, so be it. Wouldn't you rather be with someone who cherishes your little nubbin than with someone who doesn't?

•••

Dear Dr. CONwisDOM,

I am a sex-aholic. Every day I feel these urges

deep down. Down into my groin. These urges are uncontrollable and make it extremely difficult to concentrate. I find myself fantasizing in my classes. Thinking about complete strangers, thoughts that might be better left unpacked. So what I am asking is, do you have any advice in controlling these urges? Are there any known support groups for a person like myself? I find it hard to talk to my wife about these thoughts, as our swinger friends have become a sort of addition to our excellent sexual relationship. We are definitely not in need of any others, things get complicated as it is. Being a middle-aged man at NAIT, I feel out of place. I just want to concentrate on my studies and my polygamous relationship.

Sincerely,

Jo-Mama

Dear Jo-Mama,

You definitely need help. And I'm not quite sure where to start. Firstly, I wouldn't want to tell my wife about this either. But I'm pretty sure there's a new TV show about sex addicts. Maybe contact the producer. I'm sure reality TV would help your problem. If it doesn't, I suggest living in a cave.

•••

Dr. Conwisdom:

Why do girls always freak out when I don't get them anything for Valentine's Day? I do give them a gift. The gift of my body. Isn't that enough? I think the gift of sex is way better than a bouquet of flowers. I last longer.

— Sex and Candy

Dear Sex and Candy,

It's lovely that you're offering your girlfriend the gift of sex, but how often do you buy her flowers? That's what I thought. Make a pit-stop at a flower store, or just show her you care by getting her something you know she loves. She'll appreciate you more for it. Trust me on this. PS: Did you know some flowers can last for more than two weeks?

•••

Dr. CONwisDOM,

When I have sex I can only listen to Seinfeld reruns. They have to be playing in order for me to "get off." Usually this is not a problem, but my new girlfriend is not really into it. She said I need to get a life.

— Seinfeld is Sexy

Seinfeld is Sexy,

I think you have a bad case of the "90's." This is quite common in 20-25-year-olds who cannot seem to give up their past. What you need is to start watching shows like *Vampire Diaries* and *True Blood*. It will cure you. And will make sex extra sexy.

•••

Do you have any personal questions that you want to have answered? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

Enhancing your self-esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals.

High self-esteem means accepting yourself for who you are and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However, you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

1. Identify your self-defeating thought patterns and work towards changing them.

- **All or nothing thinking.** "I am a total failure when my performance is not perfect."

- **Magnification of negative/minimization of positive.** Expecting that things always go wrong is a common attitude. A single negative detail, piece of criticism or

comment colours all reality. Good things don't count nearly as much as bad ones. "She didn't say hi to me so nobody likes me". "I got five As but the one C really shows my abilities".

- **Jumping to conclusions.** Concluding things are bad without any definite evidence.

- **Emotional reasoning.** "I feel ugly/stupid/unpopular so it must be true".

- **Overemphasis of "should" statements.** "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. (I "should be getting straight A's").

- **Labelling.** Instead of saying "I made a mistake and I can learn from that," saying "I am a loser and it is all my fault."

- **Difficulty accepting compliments.** "You like this outfit? I think it makes me look fat."

2. Emphasize your strengths.

Give yourself credit for everything you try. By focusing on what you attempt, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with those that can't be changed as well as those that you don't want to put the effort into changing.

3. Develop your skills.

Learn and practise the skills that you feel you are lacking and that would add value to your life.

4. Set realistic goals.

Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as – "Anything less than an A in school is unacceptable" – invites stress and feelings of failure.

5. Take risks.

Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

6. Experience success.

Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch, but don't overwhelm, your abilities. Allow yourself to acknowledge and feel good about your successes.

7. Use positive self-talk.

Stop listening to your negative inner "critic." When you notice that you are doubting or judging yourself, tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

8. Respect your own needs.

Recognize and take care of your own needs and wants first. Identify what really fulfills you – not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

9. Solve problems.

Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

10. Make decisions.

Practise making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

11. Be assertive.

This means looking after your own needs while being respectful of the needs of

others.

12. Rely on your own opinion of yourself.

Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.

13. Let go of the past, of unhealthy relationships, of anger you are holding onto.

14. Love yourself.

Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.

And remember – there is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

– "Today is yours to make it whatever you want it to be" – H. Johnson

If you feel you would like further assistance enhancing your self-esteem or dealing with other personal or academic concerns, contact NAIT Student Counselling, Room W111-PB in the HP Centre, or phone 378-6133 to book an appointment.

– Some of the above information was adapted from University of Texas and University of Illinois handouts.

Student Statements

Students that have been accepted into a DAY program will receive an e-mail reminder about paying their Winter tuition and fees.

The outstanding charges and their due date can be viewed by logging onto the NAIT Student Portal at www.nait.ca/MyNAIT.

Students should review their e-mail address through their portal to ensure it is current.

Please note: Student statements are no longer mailed out.

Who You Gonna Call? NAIT Services for Students

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

Health insurance coverage – Student Health and Dental Plan: 780-471-7730, Room E-125. (Note that you must opt out by Sept. 24 if you have alternate coverage.)

Housing – on-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury or minor medical concerns – Health and Safety Services: 780-471-8733, Room O-119
NAIT Security – 7477

Part-time campus jobs/ Volunteering – NAITSA: 780-491-3966, Room E-131

Program-related concerns – Contact Program Chair or Program Advisor

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

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

Student Loan/Grant Assistance – Financial Aid Office: 471-6248 (option 2); Room O-111

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A)

Peer Tutors – sign up in Room A-172. The cost is approximately \$15/hour

Violence or potentially violent behaviour, or extreme medical emergency – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 378-6133

Website: www.nait.ab.ca/counselling

... facilitating student success

EXECUTIVE ELECTION 2011

VOTE ONLINE

www.naitsa.ca

February 11 - February 17

**Poll stations open
February 17 only, 10am - 2pm**

Executive Council Elections!

POLL STATION LOCATIONS:

- South Lobby Kiosk
- HP Center
- Outside NAITSA Office
E131
- Annex *1st floor*
- Outside the Bookstore
- U Hallway
Near Fresh Express
- South Campus
- Patricia Campus

Check the February 10 issue of The Nugget for candidate pictures and articles, and watch out for nominees campaigning across campus between February 3 - February 17!



Thank You for Voting!



www.naitsa.ca

