

HAPPY NEW YEAR!

THE NUGGET

Thursday, January 13, 2011
Volume 48, Issue 15



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

B-BALL TEAM BEEFS UP

NAIT Ooks men get three new players for push to playoffs, page 8



Photo by Laura Dettling

FOLLOW THE BOUNCING PUCK

All eyes are on the puck during a game last Friday, Jan. 7, at NAIT arena between the Mount Royal Cougars and the NAIT Ooks. The game ended in a 2-0 win for NAIT. For more sports, see pages 8-11.

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NEWS & FEATURES

Life and light under the sea



FROM SPACE TO SEA

CELESTE DUL
Issues Editor

Hello everyone, I'd like to start off by welcoming you to my first column about everything from space to the ocean. It may seem like there is a broad range of ideas between the two, but to me everything from outer space to the depths of the ocean is very similar.

I have a passion for both and everything about them fascinates me, but, I'm also completely terrified by them.

It took me quite a few years to figure out what exactly made me fear these magnificent surroundings, but after much contemplation I realized that I was scared because I didn't really know much about them.

Sure everyone knows the basics about galaxies or life in the ocean. But do we really know what surrounds us?

This drove me to start researching both space and the ocean, and I've come to the realization that there have been a lot of discoveries and advancements that haven't been publicized.

Yes, there are website and videos, but they aren't exposed to

the general public; you have to search them out.

This is why every week I'm going to share what I've discovered through research and interest.

This week I'm going to talk about bioluminescence and underwater cameras. It is suggested that between 80 and 90 per cent of the creatures in the ocean produce their own light.

There are only few creatures on land that do this, such as the firefly, but it's nothing compared to the marvels of the underwater light show that very few of us will ever get to experience.

When scientists first began to explore the depths, and specifically the bioluminescent creatures in it, they had to use small submarines, lights and cameras to explore the underwater surroundings.

All this machinery disturbed the natural atmosphere of the ocean and didn't give scientists an accurate representation of how deep water sea life interacted, or even what existed.

Think about it this way, if you were minding your own business and heard an unfamiliar, obnoxious object coming, you probably wouldn't stick around too long to figure out what it was.

This is what deep-sea biologist Edith Widder came to discover. She is one of the lucky individuals who have been able to study deep sea life, specifically bioluminescence.

Originally Widder started studying bioluminescent life-forms with special diving equipment such as the WASP, a one person submarine. Through this she discovered the true diversity of bioluminescent life-forms and the usefulness of this adaptation.

One of the most important things that has been discovered through this type of research is that majority of underwater beings can only see blue light. This gave Widder the idea to create an unobtrusive camera that used red-light to view the ocean

in a way humans had never viewed it before.

While some creatures use their luminescence to see, some use it as an alarm system. By creating an eye catching light show, species like jelly fish can attract a bigger predator to deal with their original attacker.

It's was with her creation of red light cameras and a replication of a jelly fish alarm that Widder was able to put her camera to the test. Within 82 seconds of playing the light show an undiscovered giant squid came into camera range.

Widder has opened a new window to the underwater world by allowing us to see how deep sea life interacts without us around.

She started her project in 2004 and has made many incredible discoveries since then.

If anyone is interested in checking out her research and findings I suggest you visit <http://oceanexplorer.noaa.gov/welcome.html> to gain more knowledge on this fascinating world.



Need a bus? Just text it!



EDMONTON NOW

STEVEN DYER
Assistant Issues Editor

Welcome back everyone; I hope everyone had a great Christmas and a wonderful New Year's. I'm Steven, the new Assistant Issues Editor. I hope everyone enjoyed

the paper last semester and will continue to enjoy it this semester.

This semester I will be talking about issues and developments that are happening here in Edmonton. I really love this city, but I don't live in Edmonton, so I thought I could find out more about it by writing about it every week. I thought I'd start off the semester with the new program that was implemented by the Edmonton Transit System.

Everyone hates missing a bus, and when you are somewhere like a rural bus stop you might not know when the next bus is coming.

ETS has recently implemented a program that is sure to make transit riders' lives a lot easier.

This new program allows people to send

a text from their cellphone and receive instant information about bus and LRT schedules.

All you need to do is text the bus stop number that you are at to '31100'. ETS will then send you the next six scheduled buses arriving there. Better yet, if you text the bus stop number, space, and then the bus you want to take you are informed when that bus will be coming.

This program will be effective throughout 2011 and may continue for another two years after depending on the success rate in 2011.

I personally think this is a wonderful advancement. Everyone has missed a bus at some point in his or her lives and in turn had to phone someone or go back home to see when the next bus comes. Now you

don't have to. Plus, if the bus is going to be 20 minutes, you can find somewhere warm to wait so you don't freeze.

I'm surprised the city didn't think of this sooner, a vast majority of people in the city have cellphones capable of texting and most plans include texting now, so why not?

It is predicted that millions of texts will be sent to this service in 2011 alone, and that is a prediction I wholeheartedly agree with. Since we have something like this around, I don't understand why transit users wouldn't use the technology to their advantage.

I hope everyone will find this to be a helpful tool since most of us students rely on buses for transportation.

**JAN 21
SHOW @ 7:30**

Bring in this ad and receive one free smoothie at Freeze Your Beaver. One smoothie per person with valid ad from The Nugget, no reproductions allowed. Quantities limited, first come first served.

Cool party at the Nest

By LACE SENIO
Entertainment Editor

Winter break has come and gone, and now it's time to get back to the daily grind. You know, the whole go to class, do your homework and study drill. School is great, but it can be tough coming back from such a nice break. That is where "Freeze Your Beaver" comes in.

"Freeze Your Beaver" is an event being put on by NAITSA to welcome students back to NAIT for the second semester.

"We do FROSH events in September. This is our way of reaching out to students who are just starting at NAIT, to give them a bit of a bash, a way to get together and meet

other students and celebrate being back in school," says Jen Grundke, director of Campus Culture.

"Freeze Your Beaver" is going to be a giant party, complete with DJs 4 Korners, DJ Dusty Grooves and DJ Mikey Wong. NAITSA has been working very hard to pull off this event. "Freeze Your Beaver" is taking place at the Nest on Jan. 21. Students can purchase tickets for \$5 at the Nest or the NAITSA office.

The Nest will be transformed into a beautiful winter wonderland for the evening and students who wear white will be entered into a draw to win hockey tickets. The evening is anticipated to be a great success.

"We are expecting a full house for the event. Tables and chairs will be moved so there will be room to dance and the DJs will be on stage.

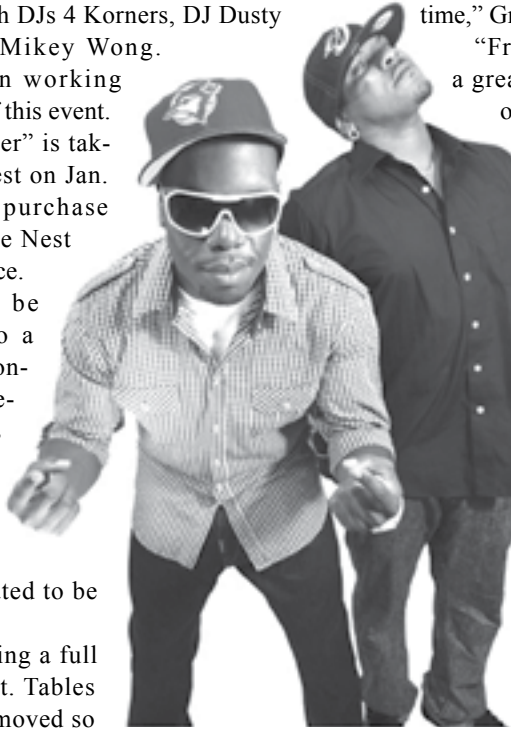
We are bringing in extra production, extra lighting, to build up the atmosphere. There will be a

lot of decor too. We are just going to pull out all the bells and whistles to make this a really great event that people will remember. The bar will be open and people can just have a good time," Grundke says.

"Freeze Your Beaver" will be a great way for students to hang out with new people and have a great time making memories back at school. These years are the ones that students will remember forever, and with opportunities like "Freeze Your Beaver," it makes having fun cheap and easy.

"Students should come because it is affordable. It is only \$5 and 4 Korners are Canadian renowned DJs, so it is great value. "Freeze Your Beaver" is a campus-life experience, and when you are a student you need to get involved, sometimes you need to party.

Come out and support NAITSA and support the Nest and just have fun," Grundke said.



4 Korners



Career Fair set to go

By CELESTE DUL
Issues Editor

NAIT is holding its annual Career Fair on Jan. 25, which is a great opportunity for students to explore different employers and make connections in a convenient location.

"It's an excellent opportunity to engage with several different employers from several different industries on one day," explains Jody Fath, NAIT stewardship co-ordinator.

"It's easy to reach the employers because they're brought here for you and you don't have to search them out."

Students can expect close to 80 companies to attend this year's Career Fair, providing them with a beneficial networking opportunity.

"Students should attend the job fair so that they can see what companies are out there, what positions they have available and to make beneficial contacts," said Fath.

"The companies can provide you with summer opportunities or tell you what you need to do to eventually work for the company. It's a great networking opportunity and they're all at school anyway so all you have to do is come."

Career Fair booklets containing helpful tips are

given to students to help them make good connections with potential employers.

The booklet provides questions for students who want to get a full understanding of a company that may interest them.



Jody Fath

Some questions include: What types of entry level positions exist within your company, what do you consider an important trait of a potential employee and how would I apply for a position at your company?

These questions can help students make the right impressions with a possible future employer.

It is a great opportunity for students to network and develop their resume and knowledge about what possibilities are out there.

Fath mentions that if students are interested in certain employers they should do their research so that they'll know what to expect and where there are opportunities.

Students who wish to check out employers before the Career Fair can look at the list of employers attending at www.nait.ca/careerfair. Each employer listed will have a link to their web page where students can find out what they're all about.

The Career Fair takes place Jan. 25 from 9:30 a.m. to 3:30 p.m. It's a great opportunity that students won't want to miss.

**Have YOU
seen the beaver?**
Find the beaver at www.naitsa.ca/beaver



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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.

Women in technology hear this!

By **STEVEN DYER**
Assistant Issues Editor

If you are a woman in a non-traditional field, then NAIT has something to offer you.

The Women in Technology group is designed to help women who have entered a non-traditional field of study by providing them with beneficial resources to help them succeed.

For the past two years the Women in Technology have held a monthly luncheon both to allow the ladies to meet each other and to teach them valuable knowledge.

The luncheon presentations and discussions for the 2010 fall semester included networking strategies, time management and women and leadership in the 21st Century, with the September meeting being used to obtain topics of interest.

The total attendance for these four luncheons was 76, which is a good turnout for one semester.

Topics for this semester will include visits from women in

the industries of PLC Construction in January and Imperial Oil in February. There will not be a meeting in March, but there is a WIT Speaker event.



Michele Parker

Former Maj. Deanna Brasseur was one of the first women fighter pilots in the world and she will be speaking at NAIT on March 17 in the Shaw Theatre. There will be a free day session for NAIT students and an evening session for the general public, which requires the purchase of a ticket.

Past speakers include Arlene Dickinson, who is the CEO of Venture Communications as well as a member of the popular TV show *Dragons Den* and Dr. Roberta Bodnar. Both sessions nearly sold out with over 700 attendees.

The April meeting is for feedback of the



Roberta Bodnar

sessions and a chance to say goodbye to everyone. So far there have been between 90 and 110 female students attending the sessions with good reviews for both years.

"We would certainly like to encourage more of the female students in the non-traditional programs to attend our sessions," says Michele Parker, Co-ordinator of Student Engagement. "They can take away information that they can use currently as well as when they leave NAIT and start working."

Parker is pleased with the amount of women who have come and engaged in the WIT activities, but she feels that there are so many more women out there who could benefit from these sessions.

The January meeting will take place on the 26th in Room X-215 from 11:15 to 12:10 and 12:15 to 1:10. Please RSVP to Michele Parker at mparker@nait.ca or at (780) 378-5048 if you wish to attend or if you would like more information.

Want to learn some study skills?

By **STEVEN DYER**
Assistant Issues Editor

Going back to school after a long break can be hard and if you think you need some help getting back into the groove of things, NAIT has just what you're looking for.

First Year Experience is offering a study skills workshop. Whether you've been out of school for awhile, or want to improve your study skills, NAITfye wants you to succeed.

All students are welcome to attend in order to brush up on their study skills.

The workshop will help you if you have trouble with following in class while taking notes, maintaining your concentration, managing your time effectively or handling stress.

There is no limit to the people who can attend the workshop, and no sign-up is required. All students have to do is show up.

Successful

The workshop has been held for years and has been quite successful in the past.

Even students with only slight issues with their study habits can benefit from attending.

The workshop is free of charge so that all students have the opportunity to participate and succeed.

First Year Experience holds the workshop in room X-213, the South Learning Centre, on Tuesday Jan. 18, but it is not the only event that is held to welcome students.

First Year Experi-

ence helps students become confident in their knowledge of NAIT's campus, policies and processes.

It also encourages students to make connections at NAIT and to get involved with groups, peers and staff, as well as provide personal and academic support, including where to find help and resources and learning to balance academic and social life.

Events held by NAITfye are designed to teach you about confirmation of attendance deadlines, student services at NAIT, fees, books and they even give you some handy survival tips.

vival tips.

For more information contact the First Year Experience Facilitator, Sarah Walz, in Room T-113 or at (780) 471-8823.

WINTER STUDY SKILLS WORKSHOPS

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

All sessions are held in Room X-213

JANUARY 2011

18	Tues.	Learning How to Learn	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
20	Thurs.	Memory, Learning & Concentration	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
25	Tues.	Time Management & Procrastination	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
27	Thurs.	Learning Styles & Listening	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.

FEBRUARY 2011

1	Tues.	Exam Preparation & Writing (Bring your class notes/text)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
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.

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Bio-energy's time has come

By CELESTE DUL
Issues Editor

NAIT's up-and-coming Alternative Energy Technologies program could not have better timing.

The Canadian government has announced green energy investments that will create nearly 2,000 jobs in Ontario alone.

"Europe is far more advanced in renewable energy sources than we are, especially in Germany and Scandinavian countries," explains Dr. William Dushenko, Dean, School of Sustainable Building and Environmental Management. "It's a strong emerging industry."

Canada has created federal and provincial programs that hope to stir the development of

renewable energy productions and industry.

There are five nationwide programs, including construction/expansion of biofuel production facilities, targeting small- to medium-sized businesses to make them more energy-efficient, providing kilowatt-per-hour rebates on low-impact, renewable electricity projects, next-stage demonstrations of biofuels and co-products and providing grants for late-stage development demonstration of clean power solutions.

In Alberta alone there are programs focusing on new investments in bio-energy infrastructure, a tax credit to assist the production of bio-

fuel, grants for bio-refining research and a grant program for demonstration and deployment of

renewable energy production technologies.

These programs hope to promote the idea of alternative energy.

The government of Ontario has already begun making wind turbine blades and plans to produce more energy from the sun, wind and water biomass. By 2014, Ontario plans to shut down its coal-fired power stations and hopes to create 50,000 jobs through alternative energy.

"In Alberta, oil prices go up and down and that really affects the economy. There'll be jobs one minute, then, if a couple of drilling operations close down, it affects a lot of people, directly and indirectly," said Dr. Dushenko.

"If Alberta wants to be the energy province, then we need to diversify so that we have other sources of energy. People in the oil indus-

try have skills that might transfer to alternative energy so it would balance things out, and it makes sense economically."

As well as creating more job opportunities, the Canadian government is offering grants to businesses and households who are looking to improve their lifestyle by going green.

Alternative energy not only affects Canada from an environmental standpoint, but it also controls social and economic issues.

NAIT's Alternative Energy Technology program will allow students to get involved in the industry as it's starting to blossom.

It is evident that this emerging industry is here to stay, and it's not only doing good for the environment but it's creating jobs and benefiting the economy as well.



Dr. William Dushenko



bionomicfuel.com



Photo by Laura Dettling

This photo, taken in the fall, shows the work being done to get the new Alternative Energy Centre completed by its target date of April.

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TIME: 11:00am - 2:00pm

LOCATION: Room O120 (next to the common market)

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CAREER FAIR
JANUARY 25 | 9:30AM - 3:30PM 2011

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www.nait.ca/careerfair



diagnostichealthtips.com

Medical imaging a growing industry

By CELESTE DUL
Issues Editor

Most people have heard the term “baby boomers,” but this expression is even more important now for some NAIT students.

The year 2011 marks when baby boomers will be turning 65, which means most will be nearing retirement. This is great news for NAIT students, specifically those in medical imaging technology.

Because the world advances so quickly now, it is important that industries are able to keep the technicians informed and comfortable with new technologies.

Medical imaging is a rapidly growing industry and NAIT houses over six full-time programs that fall into this category.

So what does this have to do with current NAIT students?

Medical labs throughout Alberta are interested in hiring employees that are trained in the most current technologies, which means that graduates of NAIT are prime candidates for the plethora of positions opening throughout Canada.

Medical imaging technicians perform important tasks in the health care industry such as Computed Tomography (CT scans), Magnetic Resonance Imaging (MRI), Mammography, Ultrasound or Radiography (X-ray), but most specialize in just one of these.

They are responsible for taking scans to help treat and diagnose patients or help prevent disease, as well as inspecting their equipment and instruments to ensure that everything is working properly, efficiently and safely.

It is evident that these careers require the expertise of new technologies and techniques in order to provide the best care for individuals.

The baby boomers aren't only providing jobs through retirement though. With an aging population, medical lab tests are on the rise, creating more demand for these specialized fields.

With new innovations being adapted almost daily throughout the world, jobs are also opening to assist patients with new devices, which is a great opportunity for long-term employment.

NAIT students have lots of opportunities ahead of them and the proper training required to put them ahead of the competition.



Photo by Laura Dettling

SNOW PROBLEM

Even a 20-year snowfall can't keep the owner of this bicycle from using his trusty two-wheeler to get to and from school.

OPINION

— Editorial —

New year – new beginnings



RACHEL JACQUES
Editor-in-Chief

Welcome back, NAIT students and staff! I hope your break was wonderful and included some well-needed R&R.

My name is Rachel Jacques and I would like to introduce myself as your new Editor-in-Chief at the *Nugget*. It's a new

year and with a new year come new opportunities, new beginnings and a clean slate. Decide what you want to do this year and do it. Carpe Diem!

Change

I'm really excited to have the opportunity to work with the *Nugget*. I hope to not only fill Kathy Le's shoes but to go above and beyond. We have a brand new team this year and I am absolutely thrilled to see what we can do. They have some great ideas and we are excited to make some positive changes to the paper. A couple of us will also have the opportunity to attend the Canadian University Press Conference in Montreal this week.

This will not only give us the chance to meet and discuss ideas with students from other college papers, but we will also be gathering information from professionals for ways to make the *Nugget* the best it can be. It's a new year and a new staff, so why not give the *Nugget* a face lift?

As the voice of the students, I am confident that our team members will do their best to report on the issues and events that you as a student body want to read about.

Did you see a hot guy/girl in the Common Market? Did someone impress you by doing something small and considerate? Do you want to complain about all this snow? Submit it for our Grapevines! How about sexual frustrations or weird fetishes? Our very own Dr. CONwisDOM will know just how to help. Or if you want to try your hand at writing some articles, we are always looking for new flesh ... I mean blood ... I mean ... people.

Get involved

Of course, classes are always something to think about. I know, I know – who wants to study, right? Well, in between those long, gruelling stretches of homework and projects, why not take a break? It's way easier to do 30 minutes a night than work on something seven hours the night before it's due. Trust me. At least this way you'll have quality time to yourself and for those awesome events NAIT and NAITSA work so hard to put on.

So get out there and get involved! From Freeze Your Beaver to the Grub Crawl, Speed Dating and many, many more, there is definitely something for everyone. (I hear those chicken wings at the Nest are something else!)

The college experience isn't just about getting your courses done and getting out, though I'll be first to admit that is the ultimate goal. NAIT has so much to offer each and every one of you, so take advantage of it.

On a last note, if any of you are down by the NAITSA or *Nugget* office, come say hello. I love to meet new people and chat and our door is always open, (metaphorically) if someone is there, that is!

I wish you all a great start to this year's semester. Make it a good one!



aspiringminimalist.wordpress.com

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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



Photo by Laura Dettling

NAIT Oaks Chris Neptune (14) is one of the players cited by coach Don Phillips as stepping up his game during a recent tournament.

MEN'S BASKETBALL

Oaks add depth

By **MATT DeBEURS**
Assistant Sports Editor

While many of us were feasting on turkey and relaxing this holiday season, the same can't be said for the NAIT's men's basketball team, the defending ACAC champs. They were busy adding three more athletes to their already deep lineup, trying to find that mixture that will lead them to that elusive national championship.

Reece Gavin, Bruno Silvestrin and Kevin Dia will all make their debuts as Oaks this Friday (Jan. 14) as they play host to the Red Deer College Kings. Head coach Don Phillips said each of these new players brings something unique to the table.

"Reece is a tremendous defender, versatile, multi-faceted and a hardnosed player that can affect the game without scoring points," said Phillips

"Bruno is a really good scorer. He's about six-five and can rebound the ball as well and Kevin Dia is a good role player and is very fundamentally sound offensively and defensively."

These three men will be joining a lineup that includes former Division I player Bol Kong and offensive standouts Shane Reese and Gerard Mozwa.

The Oaks also saw some action over the break

when they played in SAIT's annual Holiday Classic Tournament. Despite not having two of their top players in the lineup, Reese and Clayton Crellin, Phillips was very happy with the team's effort.

"It was good to see players like Chris Neptune and Bol Kong step up their game. They dominated the tournament every night with double-doubles. I thought the remaining players that went there really picked up the slack, considering two of our better players weren't there."

With the first half of the season in the books and the Oaks sitting in second place in their division, the tough task for Phillips and the rest of the coaching staff will be putting it all together in the second half and pushing for the league and national titles.

"Playing for the name on the chest and coming together as a

team is our goal. Considering the talent we have, and if we can get everyone on the same page as we near do-or-die time, I think we'll be the last team standing, but that's a big if."

You can see the new look Oaks men's basketball team this Friday and Saturday (Jan. 14 and 15) as they play both Red Deer College and SAIT here at NAIT.

Tip-off is at 8 p.m. for both games.



Coach Don Phillips

Back from Hawaii

By **KYLE GALLIVER**
Sports Editor

It is cold here in Edmonton and it is going to get colder; wind chills are predicted to drop the temperatures to almost minus 40 this week. For members of the NAIT badminton team their recent trip to Hawaii for the 2011 Honolulu Open must seem like an eternity ago, even though they were basking in Hawaiian sunshine less than two weeks ago.

The team was in Hawaii for the exhibition tournament, which runs from Jan. 2-4, and got to spend a little time team bonding. Along with five other colleges, the team went on a one-day snorkelling adventure.

"It was a great team building event," says head coach Jordan Richey. Other highlights included a New Year's Eve dinner at Duke's on Waikiki Beach.

Richey's team didn't do as well as it has in previous years, but still had a decent showing at the event. The coach believes it is due to the increased number of participants.

"The competition was much stronger this year as there were six colleges competing," he says.

The team did have a few pleasant surprises at the tournament.

The first was the play of the duo of Jessica Bercha and Lana Dirks, who won a bronze medal in "B" women's doubles. The second was the stellar play of the team's assistant coaches. Shannon Lim, a long time assistant coach, won silver in open men's doubles and open mixed doubles with

fellow assistant coach Tiffany Chan. Chan was also able to take home the bronze medal in open women's doubles.

"Overall, the trip was a success. It gave the players the opportunity to play competitive matches before this weekend's ACAC tournament," says coach Richey.

Up next for the team is the third ACAC tournament of the season, appropriately named Tournament Three, which is hosted by Mount Royal University in Calgary and runs Jan. 15-16.

Next year's badminton team will consist of many first year players, so it may be a few years before the team makes the trip back to Hawaii.



Jordan Richey
Team building event

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WAY OFFSIDE

KYLE GALLIVER
Sports Editor

My passion for sports was renewed many years ago when I was a hot shot lawyer in Minneapolis. After being charged with drinking and driving, I was court ordered to coach a local peewee team and the group of lovable misfits ended up winning the championship ... quack quack.

In all seriousness, I am the new Nugget Sports Editor Kyle Galliver and every week I will bring you my random thoughts on sports in this column "Way Offside."

After having a few days to digest the Team Canada juniors' heartbreaking loss to the Russian team, I have finally accepted the fact that maybe this just wasn't Canada's year. I still view this year's team and effort as a big success. We might not have won the gold, but we added another silver to our medal count and have been in the gold medal game for 10 years in a row. That is impressive. You have to think other teams come to the tournament wondering if they'll get to play Canada for the gold.

The general feeling for the team itself was that there was not enough skill on it and that the team was filled with blue collar, hard work-

ing guys. I'll agree that they were an extremely hard working bunch, but not skilled enough? I beg to differ. The team was full of first-round NHL picks including last year's third overall pick (Erik Gudbranson), fourth overall pick (Ryan Johansen) and sixth overall pick (Brett Connolly). The team also had the player expected to go first overall in this year's NHL Entry Draft, Sean Couturier, along with the highest scoring defenceman in tournament history (Ryan Ellis) and the record holder for most points in a single tournament by a Canadian (Brayden Schenn with 18 points).

The gold medal game against the Russians was something you had to see to believe. For those of you who don't know, team Canada was winning the game 3-0 heading into the third period and a major meltdown allowed the Russian team to score five unanswered goals to win the game 5-3 and the gold medal. As much as I wanted gold, silver isn't anything to look down on, especially when you consider the reigning champs (Team U.S.A.) finished with bronze and the heavily favoured Swedish team didn't even medal. Be proud, Canada, be proud.

From the perspective of an Oilers' fan you have to be happy with how the tournament went. A lot of Oilers prospects in the tournament had a strong showing. Curtis Hamilton was an impact player for Canada and Anton Lander was a great leader and clutch



commons.wikimedia.org

Adam Larsson
Top prospect

player for Sweden.

Last year around this time, as the Oilers began to slide in the standings, hope over the chance to draft Taylor Hall numbed the pain of a losing season.

Well, after watching Swedish defenceman Adam Larsson play another year in the tournament, I am excited at the prospect of him being an Oilers' pick this summer. He is a big, strong,

smooth skating defenceman that has been described as having the brain of Nick Lidstrom with the hitting ability of Ulf Samuelsson.

Need I say more?

So, hold your heads high, we may not have taken home the gold, but silver is nothing to laugh at.

Just think of how much sweeter the gold medal win will be on home soil here in 2012.

Athletes of the week

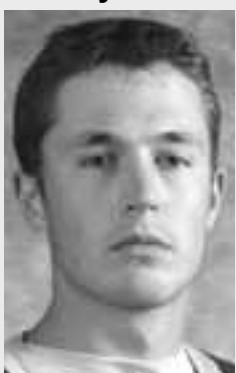
January 3-10

Jelena Saric
Volleyball



Despite losing both matches to the Grande Prairie Wolves on the weekend, Jelena had eight kills, two digs, two stuff blocks and a service ace Friday night and followed that up with nine kills, three service aces, four digs and two stuff blocks on Saturday. "Jelena put together two good, consistent matches over the weekend," said head coach Erminia Russo Thorpe. "She put in a strong showing offensively with 17 kills, and is one of the players we have come to rely on to put away the ball." Jelena is a first year Applied Business Banking student from Rijeka, Croatia.

Graeme Harrington
Hockey



NAIT Ooks goaltender Graeme Harrington had two outstanding games this weekend versus the Mount Royal Cougars. Friday night saw Graeme shut out the Cougars 2-0, posting 20 saves. The following night, Harrington stopped 19 shots despite losing 4-3. "Graeme was good this weekend," said head coach Serge Lajoie. "He was unbeatable at home Friday night and did his part to give us a chance to win Saturday." Graeme is a fourth-year player in the Bachelor of Business Administration program and is from Glenside, Saskatchewan.



Photo by Laura Dettling

NAIT Ooks goaltender and male athlete of the week Graeme Harrington in action against the Mount Royal Cougars Friday night.



Photo by Laura Dettling

FRIDAY NIGHT WIN

Mount Royal winger Coleton Thielmann looks to toss the puck in front of the NAIT net during a game at NAIT arena on Friday, Jan. 7. NAIT Ooks Adam Ferrante reaches to check him while Ooks goaltender Graeme Harrington covers the side of the net. NAIT won the contest 2-0.

Tale of two NFL quarterbacks



SAY WHAAAAT?

MATT DeBEURS
Assistant Sports Editor

My name is Matt DeBeurs and this is my brand spankin' new column. And I couldn't be happier to write every week in the *Nugget*. I just want to thank everyone again for the opportunity to be assistant sports editor.

Anyways, for my first article, I wanted to take a look back at the past season in the NFL. With the Wild Card weekend aside, this year had its fair share of storylines to talk about and this is my look back at a couple of the biggest stories of the season ...

Michael Vick Returns

After sitting on the pine pony with the Eagles most of the 2009 season, Michael Vick got his chance to start after Kevin Kolb went down to injury early in the season. And he

came back with a vengeance. He ended the year fourth in QB rating, first in rushing for quarterbacks and was arguably the most important player for the Eagles this season. And he wasn't the same Vick that he was before he went to prison. He was making plays with his arm that he wasn't making before his return, something most critics said was Vick's weak point. Some are even making the case that he might be this year's MVP.

For me, I'm happy to see Michael Vick come back and dominate in the NFL. He's arguably the league's most exciting player and most certainly the most fun to watch. I don't condone what he did one little bit, but he did serve his time. People forget that there are other sports figures out there that have been on the

wrong side of the law before. Edmonton Oilers former coach Craig MacTavish killed a woman while drunk driving and we all know what happened with O.J. Simpson. I know some people will never forgive Vick for what he did and that's OK. I just hope that they will give him the chance to make good for what he has done.

The Demise of Brett Favre

So the ol' gunslinger Brett Favre decided that it would be a good idea this pre-season to hold out and contemplate retirement again. But, after being visited by a couple of teammates and getting a sub-

stantial raise from the Vikings, he decided that he would come back for one more year. What a mistake that was. Not only did the Vikings have a terribly disappointing season, head coach Brad Childress got canned and Favre's most impressive piece of work in the NFL, his iron man streak, got stopped. His consecutive game streak of 297 came to an end when he was sidelined due to a shoulder injury Dec. 13. That was the real tragedy out of all this.

Even though the whole retirement saga

tainted Favre's image for me, that streak is one of the most impressive things ever accomplished in all of sports. Most guys can't play a whole year without succumbing to injuries, but Brett played 297 games straight. That is crazy. The guy is going to be a Hall of Famer one day and the stoppage of the streak, ending the way it did, will be a big blemish on a great career.

With that said, I still think Brett deserves to be mentioned as one of the best QBs of all time.



blogs.suntimes.com

Brett Favre



wallpaperati.com

Michael Vick



Photo by Laura Dettling

Action from the Mount Royal Cougar-NAIT Ooks game on Jan. 7 at NAIT arena. The Ooks won the game 2-0.



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Wednesday, January 26 Boxing

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Friday, January 28 Spin Class

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Monday, January 31 Yoga

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Wednesday, February 2 Boot Camp

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Friday, February 4 Rock Climbing

Vertically Inclined | Bus leaves at 4.45pm, returns at 7.30pm



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ENTERTAINMENT

Matinee at the Nest



NATASCHA BRUHIN
Assistant Entertainment Editor

It's a new year, and Indie Night is back at the Nest. Every week, the Nest hosts a free show for the public to enjoy, and tonight, (Thursday) The Matinee will be performing.

The Matinee is a six-member band from Vancouver that has steadily been gaining popularity across Canada and the U.S. since 2007. With a growing fan base, The Matinee has been busy getting ready for the release of their next album. On tour to support their previous singles, the band has had a busy week, with two stops in Edmonton tonight.

If you're unfamiliar with The Matinee, it's not hard to become a fan. Hav-

ing a likeness to Bruce Springsteen, the band has a sound that I've come to enjoy. They'll be sure to play their song, "Let Her Go," which is a poignant look at a girl not settling in love. They have had success with their other singles, "Friends," "Mama," as well as their first song ever released, "San Diego."

The guys in the band have known each other since high school and have worked hard since then to evolve their roots-rock sound. Having performed everywhere from local pubs to Canadian Air Force base camps, the guys of The Matinee will be sure to give a rousing performance at the Nest tonight.

Even if you aren't familiar with the band, come check out their performance at 4:30 p.m. Invite some friends along, have a few drinks and unwind to some good local music. Forget about your school assignments for a few hours and have an enjoyable Thursday night, stress free! You'll be sure to have a great time.

If you're wondering which other upcoming bands will be performing at the Nest, stop by nait.ca to look at the schedule for the rest of the semester.



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By STEVEN DYER

- Hey everyone, welcome back to school! Hope you all had a great Christmas and New Years! It's a little sad that we have to go back to school after such a nice break, but here's a mix that will keep you pumped and ready to roll!
1. We Didn't Start the Fire
– Billy Joel

2. Bones Shatter
(Never Say Never) – Hedley

3. Brick by Boring Brick – Paramore

4. Burn it to the Ground
– Nickelback

5. Through the Fire & the Flames
– Dragon Force

6. Get Up & Dance – Faber Drive

7. Exterminate Regenerate
– Chameleon Circuit

8. Generation – Simple Plan

9. I'm on a Boat – The Lonely Island

10. I got a Feelin'
– Black Eyed Peas

11. Let it Rock – Kevin Rudolf



Billy Joel

VIRAL VIDEO OF THE WEEK

A love song to cheer you up

By NATASCHA BRUHIN
Assistant Entertainment Editor

From the guys who brought you “I’m on a Boat,” comes the brand new video by The Lonely Island featuring Akon. Rather than focusing on living the luxurious life on a boat, the boys from The Lonely Island are singing about something slightly more personal.

“I just had Sex” is a song dedicated to all of the women out there, and ladies, there’s no need to get offended. If you listen to the words carefully, you’ll find it’s a modern day love song but written by SNL comedians as opposed to James Blunt.

If you haven’t already stumbled upon this gem of a video, head over to YouTube right now. This video will instantly cheer up even the crankiest person.

It’s already had millions upon millions of hits, partially do to the star-studded cast, which includes Jessica Alba

and Blake Lively. “I just had Sex” is a hilarious three-minute music video that talks about a topic that I’m sure a lot of males can identify with. Everything in this video is laugh inducing.

One moment you see the band dancing around with ecstatic grins on their faces, the next you see a bar full of people singing along with the band, proudly chanting the lyrics for all to hear. To top it all off, you have Alba and Lively acting as the unimpressed girlfriends, giving the thumbs down to the guys. By the end of this song, don’t be surprised if you find yourself singing along with everyone in the video. Take away the lyrics to the song, and you’ll still find a song so jubilant and happy that you’ll be humming it for days.

“Sometimes something beautiful happens in the world, and you don’t know how to express yourself so ... you just gotta sing!” Andy Samberg sings delightedly in the first 10 seconds of the video, and he’s right.

What’s not to love?



The Lonely Island, featuring Akon

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SHOOT FOR THE STARS

LACIE SENIO
Entertainment Editor

New Year's resolutions: can't live with them, can't get through January without them. I cannot remember ever not making a resolution for the new year. It is a social norm, a social code of conduct, if you will. As soon as the clock strikes 12 on Dec. 31, the whole world goes into extreme goals-setting mode. Which is great – the new year allows us a chance to look back at the year that was and reflect. It is a chance to take those reflections and make goals for the new year. Who doesn't enjoy a chance to make idealistic and usually unattainable goals?

It seems like New Year's is a perfect

time to change one's life drastically. Everyone I talk to is either going to quit smoking, lose 20 pounds, learn to cook, get all A's in school or live stress free. That is great. I commend all these people for setting these goals. Goals are good, they help build confidence and esteem – that is, if they are realistic. New Year's resolutions set people up for failure.

Psychology professor Peter Herman, of the University of Toronto states, "Researchers have looked at success rates of New Year's resolutions: the first two weeks everything works beautifully, but by the time February rolls around people are backsliding. By the following December, people are pretty much back where they started, sometimes even further behind. They're preparing themselves to recommit and proba-

"It is a slippery slope, this resolution business. Success rates are not high, yet people still fall victim to the hope of the new year."

– Psychology professor
Peter Herman

bly to make the same resolution again. That's one of the ironic parts of New Year's resolutions – people make the same resolutions year after year, which tells you something about how successful they are."

"Generally, we argue that people fail because the resolutions that they make are unrealistic.

They're overly ambitious in that they try to accomplish more than they realistically can. They also try to accomplish more things

more quickly than is realistically possible and they underestimate the difficulty of the task," Herman explains.

It is a slippery slope, this resolution business. Success rates are not high, yet people still fall victim to the hope of the new year.

"If you're going to attempt self change – and it can be any time of the year – you have to be realistic. When you shoot for the stars, you're likely to crash and burn. Being realistic is something that most people like to think they are, but there's something about the whole mystique of resolutions that somehow puts a little too much

juice into the proposition. It's a subtle business. You have to calibrate your ambitions to your abilities," Herman says.

So, good luck everyone on your New Year's resolutions. I hope you do really well, but I suggest taking professor Herman's advice and keep your goals small and simple. Realistic goals are crucial to personal growth and development, but they are also detrimental to our mental health. I mean, really, will it not be even more satisfying to actually feel good about a resolution that you actually have attained, than to make a ridiculous goal and fail miserably?

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Facebook huge and growing



WHAT'S ‘TASH-INING’

NATASCHA BRUHIN
Assistant Entertainment Editor

A long, long time ago (or seven years ago to be precise), a Harvard undergrad created a website. It seemed clever enough. It was just a basic social networking site – an easy way to keep in touch with people. It wasn't anything the world hadn't seen before ... yet, it caused such an impact that people and the way we communicate were forever changed. Yes, I make it sound very dramatic but you can't deny it: Facebook has made history.

Originally meant just for the Ivy League school crowd, Facebook quickly expanded to

allow other universities to join. High schools followed and then finally anyone who was over the age of 13 was able to have their own Facebook profile. I remember when I signed up for my account. It was so easy. All I had to was give some basic information and voila! I had an account. And it was free, too! Who could say no to that?

It was apparent no one could. As of July 2010, half a billion people were using Facebook. These days, we don't bother asking others if they have a Facebook account or not – we just assume everyone does and when we do stumble upon one individual who has resisted joining the social networking community, we respond with a disbelieving look. “You don't have Facebook?”

The networking site has both its fans (half a billion of us) and its critics, most of whom just want to protect users' privacy rights and safety. There has been controversy over Facebook preventing users from deleting their accounts and not having a choice in what is posted in their profile (as of May 2010, privacy controls have been put in that allow users to have a wide list of options).

Tighter security measures have been installed since the site's inception to protect



users against hacking and accounts that could be compromised.

These days, the main issue when it comes to Facebook is figuring out when sharing becomes over-sharing. What are things that others just don't need to know about their Facebook “friends”?

If I go on my account right now, I can find at least three photos that others uploaded that show a piece of food. Yes, food. One friend posted a picture of a jar of pickles, with no explanation whatsoever. Another friend updated their status with this captivating line: “I am walking to the bus stop.” Is this something 300 others need to be filled in on?

Of course Facebook provides us with a chance to stay in touch with friends and fam-

ily across the world. It gives us really no excuse to not stay in touch. And as much as I love to complain about the information overload others give me in the news feed, is it really doing any harm? So what if someone has a small case of TMI? At the very least friends and family know their loved one is alive and sharing their life with them. I can't think of anyone who would want the opposite.

Try to think back to a time when there was no Facebook. Can you even remember such a time?

Entertainment Weekly sums it up nicely. “How on earth did we stalk our exes, remember our co-workers' birthdays, bug our friends and play a rousing game of Scrabulous before Facebook?”

• *Social networking addictions, page 23*

When nature calls

By LACE SENIO
Entertainment Editor

When you think about owls there are certain things that come to mind, the obvious being that they are nocturnal and that they are birds of prey. You also might consider the literary symbolism of owls, that they are wise, powerful, and messengers of secrets. One thing that you might not associate with owls though, is a really great Edmonton folk-rock band. But you should.

Owls By Nature is a band of three down-to-earth guys that play really

good music. They are currently taking Edmonton by storm with the release of their debut album, “Backwater.” The album is something the band is very proud of and very excited about. A lot of work went into the album and it was not something the guys took lightly.

“We practised a hell of a lot beforehand, we practised 17 days straight to prepare for recording. And the album turned out really great,” says Ian McIntosh, guitar and vocals.

The album release has been much anticipated by the band.

“It is kind of like that feeling where you are so excited about something. I remember driving home from Calgary, where we recorded and being so excited about it,” said bassist and vocalist Sean Hamilton.

The release party is taking place at The Pawnshop, on Jan. 21. Tickets are \$10 at the door, which opens at eight. Joining Owls

By Nature on the night of the album release are local bands The Weekend Kids, Fire Next Time and The Fight.

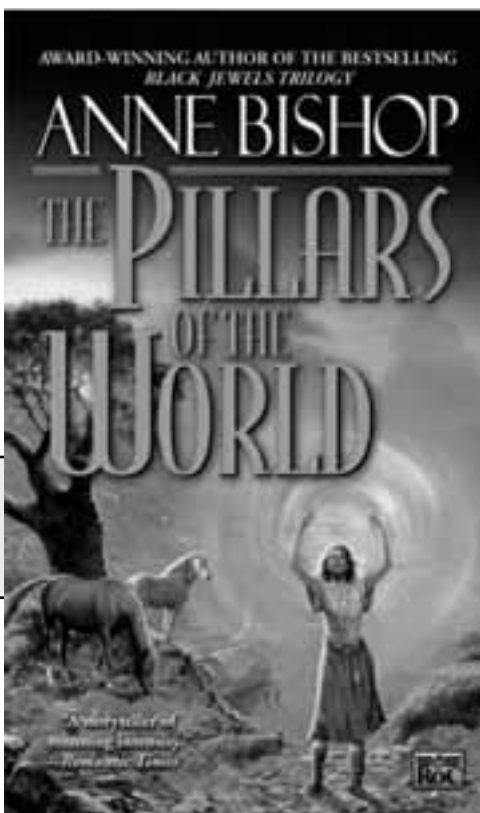
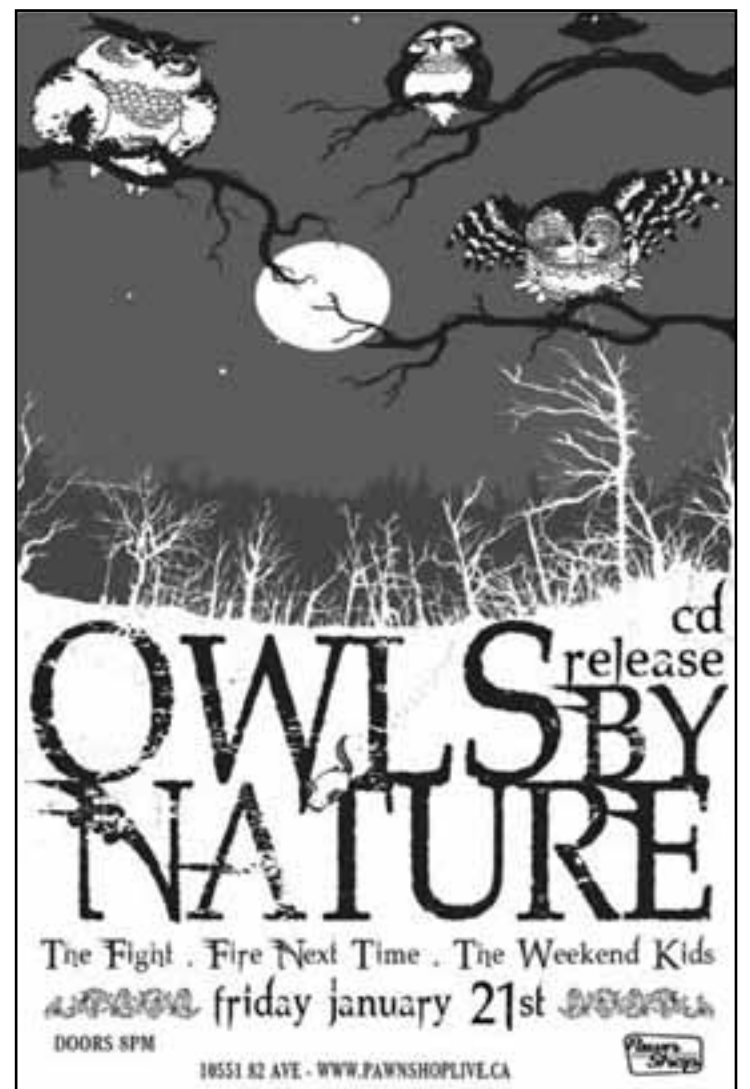
“We are very excited, it is going to be a lot of fun. We've got a good lineup of bands playing that night. It will be a very high energy night,” comments Cory Dee, banjo and vocals.

January is proving to be a really great month for Owls By Nature. The guys tell me they have a lot of good stuff going on and the album release will wrap up a really good month for them.

“We have a lot of good interviews coming up, we had Balcony TV and we are going to be on the NAIT radio station,” said Hamilton. “We are pretty satisfied. We are just looking to finalize our lineup now.”

“This album is definitely a product of pure unadulterated heart. And I wasn't even in the band when it was recorded,” Dee says. “We make no excuse for who we are.”

Which is precisely why Owls By Nature are a band you need to know about, because you will fall in love with their beautiful folk songs.



coverbrowser.com

A world you've never seen

By STEVEN DYER
Assistant Issues Editor

A marvelous tale of magic and wonder, *Pillars of the World* does not disappoint.

When the Fae are threatened with the destruction of their world they begin a race against time. The answer to all their prob-

lems has been right in front of their faces for so long, but they have forgotten the warning. “Do not wake the Mothers Hills. If roused, their wrath can shake the world.”

Award-winning author Anne Bishop builds a web that will ensnare you after the first chapter. Her understanding of the

human heart is brought into her books to create worlds that have never been seen before and characters so real that you can feel what they feel as well.

Critics agree that *Pillars of the World* is a fine addition to an already marvelous collection of fine tales by an even finer author.

Ice carving a thing of beauty

By LACE SENIO
Entertainment Editor

January is one of the coldest months of the year, but as Edmontonians, we are used to this. We are used to our cars barely starting, blisters from shovelling and roads that are ever so treacherous.

Winter can be a trying time, but we live here and we make the best of winter. We are used to it and deep down we all love it, and

what better way to express our love for winter than having a giant ice carving festival?

The Ice on Whyte Ice Carving Festival has been going on since 2003, when a group of ice carvers got together to show off their talents. This exhibition of ice art became wildly popular in Edmonton and has since evolved into the biggest, most respected winter festival in Edmonton.

The festival is now internationally

renowned, with ice carvers coming from all over the globe. This year, festival goers can expect to see ice carvers from China, the Netherlands, Russia, Armenia and, of course, Canada.

This year's festival has a Chinese theme and will feature an ice slide that has been carved into a giant ice dragon, ice pagodas and a Great Wall.

There will also be Chinese cultural entertainment taking place at the festival. Guests will also be treated to their favourite features from past festivals such as the children's play area, live music and special workshops that will teach groups how to carve ice.

The festival is located at Festival Park, 85 Avenue and 104 Street and will be running from Jan. 13 to Jan. 23. Admission is \$5 for adults, and children 12 and under are \$2.50. Children two and under are free. Parking is free for festival goers who park in the Old Strathcona Farmer's Market parking lot. Delicious hot beverages will be available for enjoyment at the YESS Cafe for a donation.

Winter is rough, but why not make the most out of it

by attending an international ice carving festival? The ice sculptures are always really beautiful and the carvers put a lot of work into this wintery form of art.

Put that snow shovel down and head over to Festival Park for a walk in a winter wonderland.



Photos by Laura Dettling

Last year, the Ice on Whyte festival produced these interesting sculptures, above and right.



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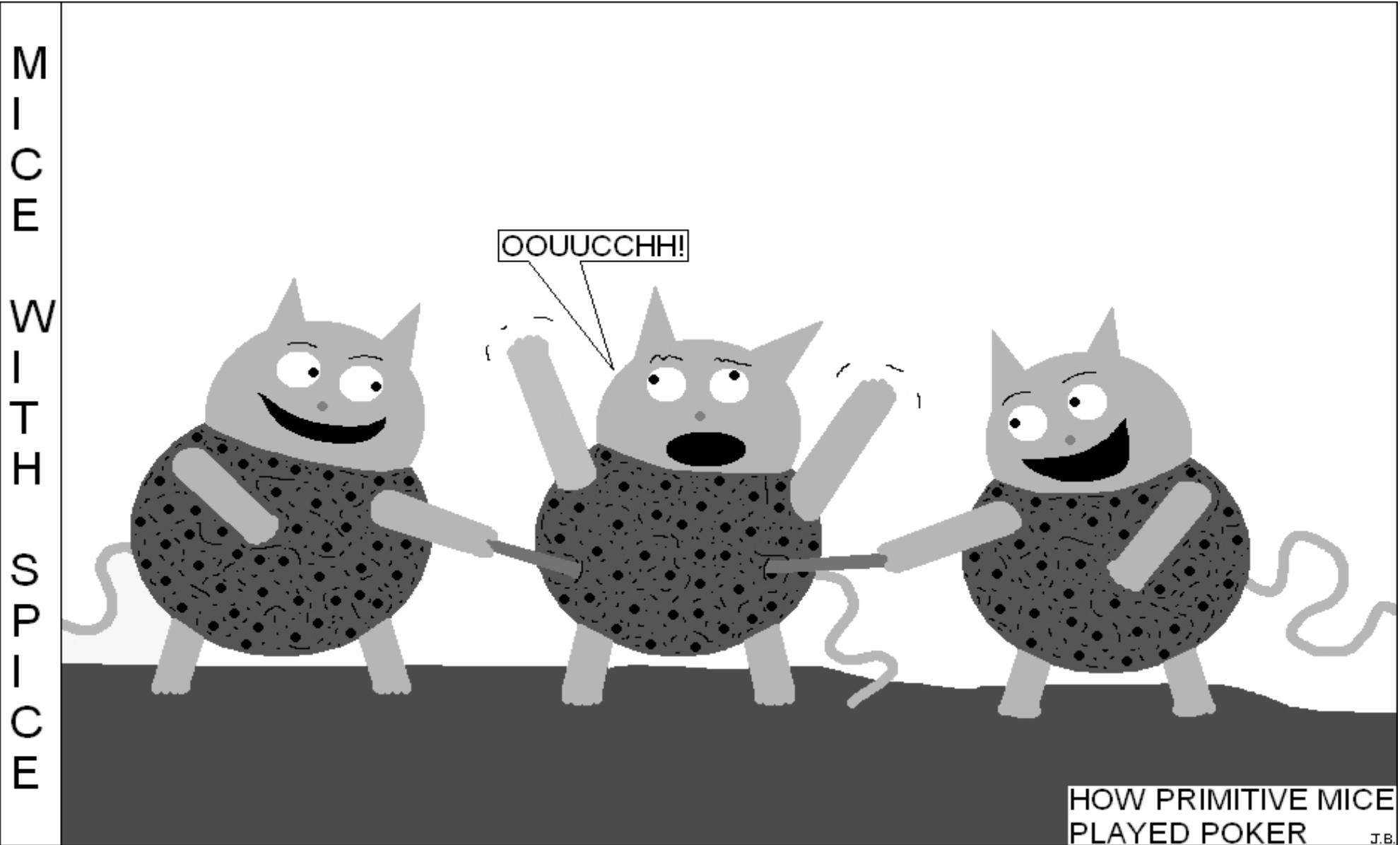
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AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS | www.nait.ca/careerfair

THE NUGGET PRESENTS:

NUGGET COMICS



Cartoon by John Benesch

THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming events

Club Met/DMS2011
What: Pub Night
When: Jan. 14; 8:30 p.m.
Where: Suite 69 (8232 Gateway Blvd, Second Floor – Whyte Avenue)
For Reservations, contact www.suite69.ca or (780)439-6969

Chinese Students Association (CSA)
What: Spring Festival
When: Jan. 30; 5:30-9:30 p.m.
Where: Dynasty Century Palace #206, 9700 105 Ave.
Tickets available at NAIT International Student Centre (Room E-124) or CSA NAIT Room O-117F.
\$12 CSA member, \$25 non-member
For more info, www.naitchina.com

Environmental Design Student Society (EDSS)
What: Beer Garden
When: Jan. 21; 3 p.m.
Where: Annex Dock

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

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

Club News

Grant #3 deadline:..... Jan. 14 (5 p.m.)

Beer Garden Training #2:..... Jan. 21

Presidents' Connection: Jan. 24

Clubs Training #2: Jan. 29

Clubs Showcase: Feb. 2

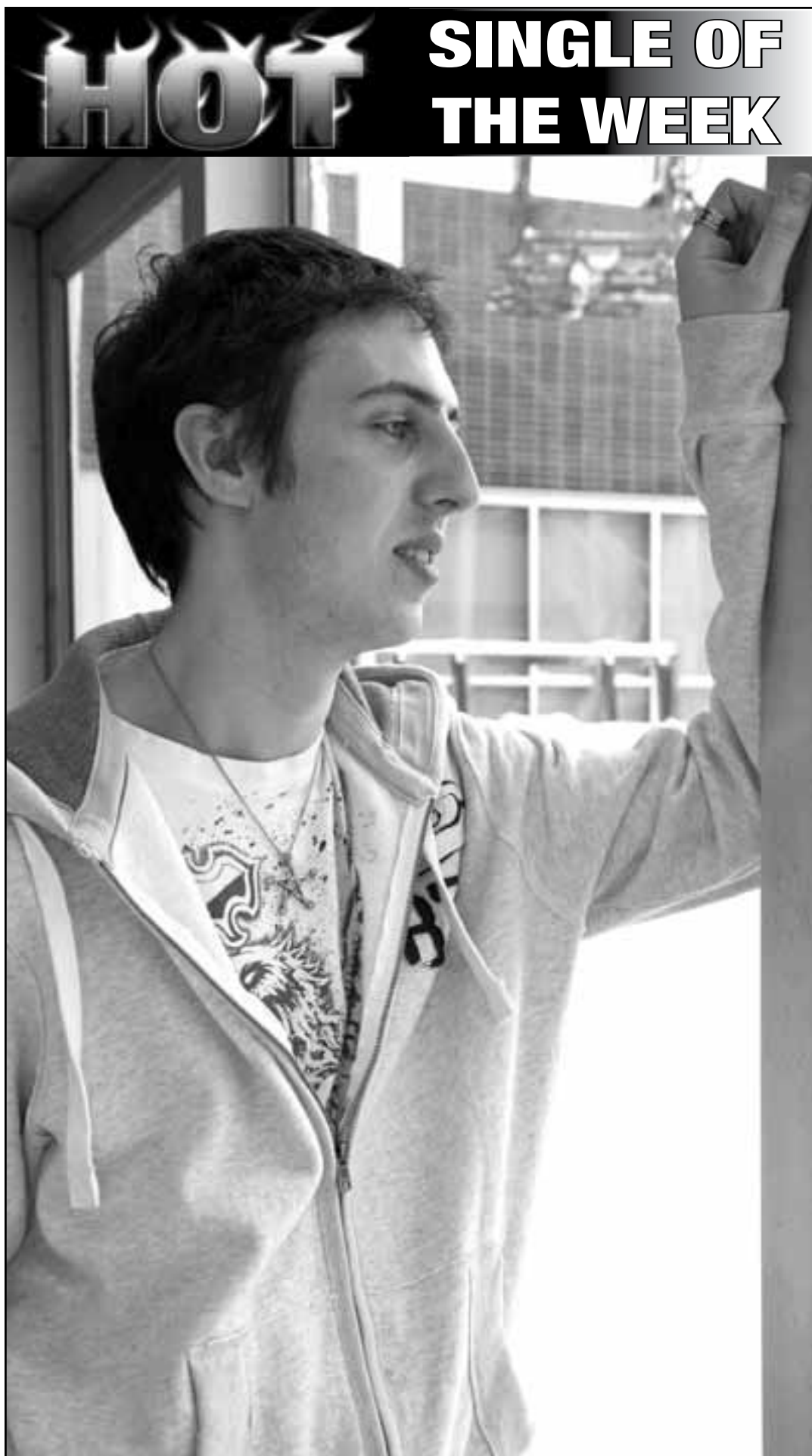


Photo by Laura Dettling

Steven Dyer, 18 Television

Nugget: What do you look for in a guy?

Steven: I'm looking for someone who is tough but can be sweet without being overbearing.

N: What is your ideal first date?

S: I think a nice dinner and then a movie is a great first date. And of course, the goodnight kiss at the end.

N: What are your turnoffs?

S: People who are rude for no apparent reason and rednecks.

N: What is your favourite thing about yourself?

S: My ability to solve puzzles.

N: Describe yourself in three words.

S: Funny, tall, awesome.

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

Chai's is not just for tea

CAMPUS FOOD REVIEW

By LACE SENIO
Entertainment Editor

It was a Tuesday and I had been waiting in line to buy my textbooks for the previous tedious 45 minutes. I was so close, when all of the sudden I smelled something delicious. The scent that caught my attention was the fresh soup coming from Chai's, a "Tomato and Roasted Red Pepper Bisque."

The aroma was so enticing, that, as soon as I finished paying for my books, I

headed over to Chai's and bought a bowl of the most amazing soup I have ever tasted and some toasted naan bread to go with it.

The tomato and roasted red pepper soup tasted even better than it smelled. The naan bread proved great for dipping into the soup, taking the place of a common cracker. I highly recommend this soup to everyone on campus. I will be buying more of this soup in the future for sure.

Full Time Events Co-ordinator

The NAIT Students' Association is currently seeking a motivated individual with excellent communication/organizational skills to co-ordinate our campus activities.

Major responsibilities of this full time position include planning, promotion and execution of events and co-ordination of event staff/volunteers. Knowledge of the local music scene considered an asset.

The NAIT Students' Association offers a competitive benefits/holiday package, RRSP matching programs and a unique working environment.

Closing date is Friday, Jan. 28, 2011.

Submit a cover letter and resume to: Shannon Marshall, Director, Human Resources and Administration NAIT Students' Association, Suite 4000, Room E-131 11762-106 St., Edmonton AB T5G 3H4 or by e-mail ShannonM@nait.ca

No calls please.





Nugget editors' New Year's resolutions



"My New Year's resolution is that I will not enter a shoe store without a chaperone. I am too weak to resist otherwise."

Natascha Bruhin
Asst. Entertainment Editor



"To not make unrealistic and unattainable goals!"

Lace Senio
Entertainment Editor



"My resolution is to work out at least four times a week. I'm a fitness fanatic, but never have the time. This year I'm going to make time for the things I love."

Celeste Dul
Issues Editor



"To make fewer resolutions."

Matt DeBeurs
Assistant Sports Editor



"This year I resolved to spend more time with my friends. Life is boring without them."

Steven Dyer
Assistant Issues Editor



"My resolution is to start saving some money. It's no fun having a negative net worth."

Kyle Galliver
Sports Editor

Now Hiring

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HUDSONS WHYTE IS CLOSED FOR RENOVATIONS to serve you even better. We're now hiring energetic and enthusiastic individuals for all positions for our February Grand Re-Opening. Apply now!

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AT HUDSONS DOWNTOWN - 11248 104 AVE

VISIT HUDSONSTAPHOUSE.COM OR CALL 780.246.5872 for more info.

THE NUGGET PRESENTS:

GRAPEVINES

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

Dear girls with awful fake tans,
You don't look good, you look like an
oompa loompa.

– The rest of NAIT

...

Dear Big Red,
As creepy as you were, we miss seeing
you run around in your red unitard.
That takes guts and you made a lot of our
lunches much more entertaining. Please
come back.

– Bored at lunch

...

Why do girls BOTHER WEARING
HIGH HEELS? It's school. No one is
paying attention. You are just HURTING
YOURSELVES.

– Vertically impaired around giants

...

Dear Tyler,
Thanks to you, I now know I don't
have to go to the beach to get crabs.

– Beachbum

...

Got new glasses this week, they keep
sliding down my nose! Sad purchase. I
suppose I could return them though.

– That's logical

...

Fedoras are SO in.

– Hat Trick

...

iPhones are great. I've dropped my
phone a jillion times and it's still fine!

– Hallelujah

...

NAIT's Next Top Models are S-E-X-Y.

– Big Fan

...

To the ladies in the X wing – we obviously
know you like to say hello with your
eyes but we need ladies that can talk, so
say hi next time.

– The three DMIT

...

To the good looking ladies on the second
floor of the HP Centre, stop staring
at us third floor guys, just come up stairs
and say hi. We would like your company
just as much as you would like ours.
BTW, we don't bite!

– The Three DMIT

...

My blackberry pin is 3D45H7

– Froshy bitch

...

Hot, cold, hot, cold, I am NOT going
through menopause. This weather is

just so stupid.

– Hot & cold

...

Dear Television Girls,
You know those creeps you thought
were the carpenters? They were the
mechanics. You might want to direct your
animosity towards the creepy mechanics
from now on.

– Feels Bad

...

Dear Bytes,
=) You make me happy.

– Coffee Lover

...

Can some of the business guys make
their way over to the V building? We TV
girls need a change of scenery.

– Sick of carpenters

...

Could the drivers speeding through the
pedestrian crosswalks please slow down
this semester? It's terrifying having to make
a run for the other side when oncoming cars
show no sign of slowing down. Thanks.

– Why did the chicken cross the road?

...

To the guy who clearly let a silent fart out
in the elevator in the Business Tower, dude,

that was the most foulest smelling thing I
have ever caught a whiff of. You need to
check your diet, because that ain't healthy.

– Grossed Out

...

Am I the only one that is happy about
the snow? Can't wait to get my shred on!

– Mountain Bound

...

To the guy who sits in front of me in
class. You stink. Literally. I don't know
how you don't realize it. Everyone else
does. Do yourself and all of us a favour
and invest in some deodorant and body
wash. My nostrils can take no more!

– It's not fun downwind.

...

To the cute girl that cooked my lunch
all last semester. You are mmm-mmm-
good. If food is the way to a man's heart,
then you have me, baby. Let me be the
meatballs to your spaghetti.

– Always hungry

...

It is bullshit that we have to pay for
condiments and utensils. The almost
\$5,000 I pay a year for tuition and \$80 a
month isn't enough? The least they could
do is give me a goddam fork!

THE NUGGET PRESENTS:

Dr. CONwisDOM

Dear Dr. CONwisDOM,

I am a fairly attractive woman with a good
personality. So why is it that every boyfriend I
have ever had has turned out to be gay?! The
day after I had sex with my last boyfriend for
the first time I caught him making out with my
ex! Why is this happening to me!?!?

– The Converter

Dear Converter,

You are indeed a rare case. I'm guessing
that men who are unsure of their sexual
orientation are just drawn to your personality.
They find security in it and while dating you
they realize that they are gay. There are few
women in the world like you, but eventually
you will find someone who is sure of himself
and will stick with you. Just be glad that if
you even need a shopping buddy or a shoulder
to cry on you know plenty of guys that
you can call.

...

Dear Dr. CONwisDOM,

I got red condoms for Christmas and I think
they look really cool, but will they protect me as
much as the regular condoms?

Sincerely,
Colorfully Confused

Dear Colorfully Confused,

The condoms will have the same amount of
protection no matter what the colour. I am con-

cerned, however; why you're having sex if you
don't know the basics. Do some more research
before you get yourself in a big mess.

...

Dear Dr. CONwisDOM

Where do you stand on cheating? My chick
is pissed at me because I accidentally made
out with another chick the other weekend, and
now she's threatening to break up with me.
How do I make things right? Besides, it was
an accident!

– Easy to love

Dear Easy to love,

It was an accident? Really? You're going to
use that line? That isn't even a clever excuse!
Not that I'm condoning your behaviour because
what you did was wrong. Where do I stand on
cheating? How about that it is not acceptable?
Sure it was just making out, but how would you
feel if your girl kissed some other guy? Not so
great, right? All you can do is apologize and
hope she forgives you. Grovel, beg, plead and
promise it won't happen again. And it better be
the truth. All I can say is that I wouldn't take
back your sorry ass, so here's hoping she's a lit-
tle more forgiving than I am.

...

Dear Dr. CONwisDOM,

I met my girlfriend about six months ago
and fell madly in love with her. The only prob-
lem I have is that she won't EVER go "down

south" if you know what I mean. It wouldn't be
such a big deal, but I am always going south
of the border on her and, hey, I feel a little left
out. I tried talking to her about it, but as soon
as I do, she changes the subject on me. How
should I go about getting some downtown
lovin'?

– Mouthless

Dear Mouthless,

First things first, how is your situation down
there? I know if it was me, the last thing I want
to get my mouth close to is an unkempt bush. If
that's not the case, you should hold out on her
and see how she reacts to the no tongue lovin'.
But I still think open communication between
you and your partner is always the best bet in
this type of situation.

...

Dear Conwisdom.

Recently I have been having erotic spy
dreams about my teacher – James Bond-esque
where my teacher is Mr. Bond and I'm one of
his Bond Girls. They normally wouldn't be
that big of a deal except that in class I'm too
distracted by my dreamy teacher and my sexy
dreams to concentrate. What should I do?

– Sincerely Hot For Teacher

Dear Hot For Teacher:

I only have one piece of advice. Go for
it with a little convert operation of your

own. After class one day go ask for "help"
with something in his office and see where
it goes from there. Make sure to wear
something "nice" if you know what I mean.
You might even earn yourself some extra
credit.

...

Dear Dr. CONwisDOM,

It's been a couple weeks into my new rela-
tionship and I have found out something very
interesting about my new girlfriend ... I'm
pretty sure she has a hoof. And it just doesn't
"look" like a hoof; it's a straight up pig foot.
Other than the foot, she's a normal looking hu-
man being. I was wondering if the hoof is a
deal breaker?

– Swine and dine

Dear Swine and dine,

The real question is it a deal breaker for
you personally. For me I don't know if I could
look past a pig foot, but hey, maybe that is your
kind of thing. Have you considered just buying
her really nice socks?

...

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!

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 13-19

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

Capricorn (Dec. 22-Jan. 19)

It's going to be a good week for you

Capricorn, expect to be lavished in gifts and praise.

Aquarius (Jan. 20-Feb. 18)

Watch out for rumours Aquarius, they'll be the end of you this week.

Pisces (Feb. 19-March 20)

You're going to have a very normal and pleasant week.

Aries (March 21-April 19)

Your love life is going to crash and burn this month Aries, if you even have one.

Taurus (April 20-May 20)

Taurus, you've got a lot of things going on and you need to take a chill

pill. Calm down and appreciate the people who support you.

Gemini (May 21-June 20)

You have done nothing lately, get your act together and do something with your life.

Cancer (June 21-July 22)

Cancer, this week should be all about you. Be selfish for once and enjoy what you love.

Leo (July 23-Aug. 22)

Don't trust anyone today, Leo. Stay inside until the day is all over and done with. Oh, and don't trust this horoscope either. Just don't – OK?

Virgo (Aug. 23-Sept. 22)

Someone is going to pay you a nice compliment this week Virgo; however, this person will be drunk and won't really mean it.

Libra (Sept. 23-Oct. 22)

Dear Libra, stop moaning about your problems and do something to fix them. It'll go a long way.

Scorpio (Oct. 23-Nov. 21)

You're going to have an uneventful week, prepare for extreme boredom.

Sagittarius (Nov. 22-Dec. 21)

You're a little hot-headed this week Sagittarius, cool off with a beverage of your choice.



**JAN 21
SHOW @ 7:30**

Bring in this ad and receive one free smoothie at Freeze Your Beaver. One smoothie per person with valid ad from The Nugget, no reproductions allowed. Quantities limited, first come first served.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



The lowdown on parking



NAIT Parking Services maintains the institute's parking facilities and endeavours to provide as many parking spaces and services for staff, student and visitor use. Because of the demand for parking space on campus, it is necessary to have a significant level of parking enforcement on campus in order to protect the interests of paying permit holders.

Campus Security Services is responsible for providing parking enforcement and has the authority to issue City of Edmonton bylaw tickets.

As well, the City of Edmonton maintains a high level of parking enforcement in residential areas around the institute.

In light of the crowded situation which exists on campus, and ever increasing environmental concerns, it is recommended that all members of the NAIT community use public transit whenever feasible or take advantage of the carpool program.

When the deterrent value of parking signs, yellow curbs and parking violation

tickets is not sufficient to serve the interests of NAIT regarding safety, emergency services, the rights of other parkers or key personnel essential to the function of NAIT, tow-away action may be implemented. Vehicles illegally parked at NAIT may be tagged and/or towed at the owner's expense.

Permit Usage

Display of Permit

- The permit must be affixed to the rear view mirror or as directed by Parking Services. Failure to display a valid permit will result in a violation.

Lost/Stolen Permit

- If you have lost or are unable to display your permit in this manner, it must be reported to Parking Services. Only NAIT permits will be honoured. Notes, handwritten or otherwise, are not recognized. Lost or destroyed permits will be replaced at Parking Services (Room O-112). A fee will be charged for replacement permits.

Withdrawal of Parking Services

- During times of construction, maintenance and special events, it may be necessary to cancel parking permits. Every effort will be made to provide alternate parking for persons who are displaced. Please check the Student Portal or the Security and Parking website for information updates regarding any parking changes.

City of Edmonton Bylaw Tickets

- Within 15 days of receiving a bylaw ticket, a final notice is mailed to the registered owner of the vehicle if the voluntary payment is not made by the due date.

- After 45 days, a violation ticket is created for processing. This ticket will have the required court appearance date printed on it. Failure to attend court may result in a conviction in absence. Please be aware that additional penalties and motor vehicle services denial may be put into effect until all fines and penalties are paid.

- If you wish to appeal a bylaw ticket, you must contact the Bylaw Ticket Admin-

istration office. Violations may be appealed within 15 calendar days from the date that the ticket was issued by writing a letter of explanation and appeal to the address listed below:

Bylaw Ticket Administration

2nd floor, Chancery Hall

9930-102A Ave. NW

Phone: 780-496-5161

Fax: 780-496-5352

Hours of Operation: Monday-Friday, 8:30 a.m.-4:30 p.m.

For more information regarding Parking Enforcement, please visit www.nait.ca/security.

If you have information regarding 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.

Everybody benefits, except the criminal.

**Have YOU
seen the beaver?**
Find the beaver at www.naitsa.ca/beaver

Music similar to sex and drugs?

By JACOB SEREBRIN
CUP Quebec Bureau Chief

MONTREAL (CUP) — Researchers from McGill University have discovered that music can trigger the brain's pleasure centres in the same way as food and sex and drugs, like cocaine.

According to a study, published in the journal *Nature Neuroscience* on Jan. 9, music can release the neurotransmitter dopamine, a chemical in the brain that is associated with pleasure and reward. While dopamine is normally released by behaviours associated with survival, it can also be triggered by drugs.

"When we do those behaviours, dopamine is released and then we continue to do them, they get reinforced. We wanted to see if music was tapping into that same system," said Valorie Salimpoor, a PhD candidate at the Montreal Neurological Institute and Hospital.

"We know that music has been around forever. It's been around in every single culture and it's been around throughout history," said Salimpoor. "Usually behaviours that hang around

for this long are behaviours that are biologically adaptive and have some sort of a necessity for survival. Everyone's been trying to figure out how exactly music fits into this because we don't have any direct evidence that music is necessary for survival."

But it's not just any tune that will trigger the release of dopamine. It has to be music that causes a strong emotional reaction, such as music that gives the listener chills.

"It has to actually move you, you actually have to be emotionally aroused for this to happen," said Salimpoor.

Participants in the study brought in music that they found pleasurable and listened to it while the dopamine levels in their brains were monitored through positron emission tomography or PET. Their physical reactions, including heart rate, were also measured to ensure that the subjects were experiencing an intense emotional response. To ensure that only the music could be responsible for the results, only instrumental music was used.

The list of music used in the

study is quite diverse. While it has a significant amount of classical music, DJ Tiesto as well as post-rock bands like Explosions in the Sky and Godspeed You! Black Emperor were used.

According to Salimpoor, the most popular piece of music was Samuel Barber's "Adagio for Strings," a work that has been featured on many sound tracks, while the strongest reactions for non-classical music were for a version of the same piece by Tiesto.

The researchers found that dopamine was released in different parts of the brain at different points in a piece of music.

The "peak pleasure phase," which Salimpoor describes as "the part of the song that you really, really like," triggers a response in an area of the brain connected with emotion. It's the same area of the brain that responds to drugs like cocaine.

As well there is an anticipatory



CUP photo



cuts.swordsandpencils.com

phase that releases dopamine in a part of the brain that has strong connections to the frontal cortex, an area of the brain that is involved in complex thinking, anticipation and expectation.

"If you think of your favourite song right now you probably have a part of it that you really, really like and that part might just be a few notes or a few tones that you just really want to hear that makes it so

good," said Salimpoor.

"Now, if you heard that in isolation, it probably wouldn't give you any good feelings, I mean it would be OK, but it would be much better if you could hear it in the context of the rest of the song."

Salimpoor said her next study will involve looking at why people buy music and how new music is received by the brain.

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Transit Information 311

St. Albert Transit

www.ridestat.ca
780-418-6060

Strathcona County Transit

www.strathcona.ca/transit
780-464-7433

Students travelling without a valid U-Pass sticker
risk a \$110 fine for fare evasion.

STAT
St. Albert Transit

Strathcona
County Transit

ETS
Edmonton Transit System

Starting semester off right



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

It's a new semester and a great time to evaluate what went right and what went wrong last term. Here are some areas to look at:

Attitude – Am I prepared to put schoolwork as my priority and to work hard?

Discipline – Do I have regular study and home work times?

- Am I getting into a good study routine right at the beginning of the semester?
- Do I procrastinate? If so, how can I change this habit?

Organization – Do I use a daytimer to write down all assignments, appointments, exams, etc.?

- Do I make a daily to-do list?
- Are my books, locker and workspace organized?

Distractions – What were the major things that interfered with my studying last term?

- How can I limit or put boundaries on phone calls, television time, computer games, interruptions from family and friends?

Focus – Am I concentrating and learning

during classes and study periods, or is my mind wandering?

Balance – Do I get adequate sleep, exercise and nutritious food?

Resources – Could I make better use of the services available such as the Library/Learning Resource Centre, the Tutorial Centre (Room A133), Student Counselling, peer tutors, and instructors?

Finances – Have I budgeted for the semester so I am not stressed about finances toward the end of term when school stress is the highest?

Here are some suggestions to boost your success:

- Give yourself credit for your academic strengths. Evaluate your weaknesses and decide on one or two areas that are realistic to improve. Don't expect perfection.

• Attend Winter Study Skill Workshops starting on Jan. 18. Details are provided on posters around NAIT.

• Go to www.nait.ca/counselling for NAIT's online study skills manual: *Techniques to Maximize Learning Potential*, which includes information on study skills, time management, procrastination and memory, exam writing and exam anxiety.

• See a counsellor for any academic or personal concerns.

• Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals for change, monitor these regularly and reward yourself.

Have a great semester!

Student Counselling is located in Room W111-PB, HP Centre. Appointments can be booked in person or by calling 780-378-6133.

Social networking addictive

By **ELIZABETH BATE**
The Cord
Wilfrid Laurier University

WATERLOO, Ont. (CUP) — Computer addictions were once reserved for nerds and hardcore programmers, but social networking has made it a mainstream mental health issue.

More than just a new way to keep in touch, websites like Facebook and Twitter have created new jobs, but unfortunately for some, it has also created new addictions.

Wilfrid Laurier University physics and computer science professor Ilias Kotsireas is amazed at the life-changing impact social networking and gaming sites have had on so many.

"It's quite a phenomenon. When you're hooked up for nine or 10 hours, it's bound to affect your life," he said, referring to mobile applications that have made accessing these sites easier, but also harder to get away from.

Daniel Rzonczinski, a therapeutic counsellor, specializes in treating Internet addictions and said he is seeing an increasing number of patients every year.

Rzonczinski said these addictions start because the Internet is easy to access and feels safe to the user. He said if the user's daily activities are being interrupted by using Facebook or Internet gambling and gaming sites, that would indicate there is an addiction.

"If you're doing this at work [or school], how much time could you spend being more productive on something else?" he said. "The addiction is affecting your normal life, so you're spending more and more hours with your addiction."

Both Kotsireas and Rzonczinski believe students in particular spend too much time online. With laptops becoming an ever-growing staple, as much a temptation as a tool, many students can't help being virtually social when they are supposed to be studying.

"They are on Facebook during class," Kotsireas said.

To Kotsireas, the gaming seems worse. "I see cards on the screen," he said, adding that he thinks this is a hindrance for students.

"The Internet can be a big, big problem. It's a fantastic machine, but it can be terrible at the same time," said Rzonczinski.

As someone all too familiar with being on Facebook while I should be doing other things, I decided to try an experiment. I gave up social networking – all texting, Facebook and Twitter – for an entire week.

The tools of my daily life, I couldn't imagine what my life was like before them – just five years ago.

Rzonczinski said the key to using the new wealth social networking provides and main-

taining a healthy relationship with these tools is balance firmly rooted in reality. Rzonczinski adds that the behaviour becomes an issue when the user is spending three, four or more hours a day online looking at the same websites.

"One thing that we see with students is failing courses," said Rzonczinski, who suggests students who find themselves skipping classes frequently or failing courses due to extensive time spent online should seek help. "It's very difficult to solve the problem by themselves."

Rzonczinski said part of the difficulty of

addressing an Internet addiction is the ease of deniability. The Internet is a good tool and is widely used, giving the addict the ability to be ambivalent about the issue. "They say, 'I have a problem, but I don't have a problem'," he said.

As my week without social networking progressed, I barely noticed the absence, but when the week was over I was glad to have it back just the same. I have realized I can live without virtual social networking, but I find myself asking why I would want to, as long as its presence in my life remains healthy.

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: 780-491-3056; 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.

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.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 378-6133
Website: www.nait.ab.ca/counselling

... facilitating student success

Interested in student politics?

Yes?

Run for the NAITSA 2011 General Elections!

→ Nominations Open:

January 3rd

→ Nominations Close:

January 31st

These are paid, full-time positions, with so many opportunities!

Mandatory candidate meeting January 31st @ 4:30pm

Positions available:

- **President**
- **VP Academic**
- **VP Campus Life**
- **VP External**

See the NAITSA Bylaws @ www.naitsa.ca for information regarding an overview of the duties for each position.

Benefits to being a NAITSA Student Executive:

- Decent salary earned while studying & Tuition Paid!!
- Valuable Experience
- Leadership Development
- Travel Opportunities
- Networking
- Resume enhancement



NAITSA is run by students who are elected by other students in annual elections.

In fact, the **NAITSA GENERAL ELECTION** for the 2011-2012 academic year is right around the corner and there are four annual positions up for grabs!

These positions are:

- President
- Vice President Academic
- VP Campus Life
- Vice President Apprenticeship & External

Visit naitsa.ca for full Election details!



“LEADERSHIP HAS ITS PRIVILEGES”

SALARY & TUITION

If you get the job, you will get your tuition paid while you serve, and we'll pay you a monthly salary of \$3,000. Need more convincing?

EXPERIENCE

You came to NAIT for an education and to get a great job, right? Well, try putting "President" or "vice President" on your resume. Ask any employer; they'll want to talk to you when you graduate over all the other resumes. Your resume will stand out, guaranteed!

LEADERSHIP DEVELOPMENT

Who can be a student leader? Any student, no experience required. Really. NAITSA has a great support system and training to help you develop your leadership skills.

TRAVEL

NAITSA offers training over the summer which involves travelling to meet other student executives from across Canada at various conferences.

NETWORKING

As a student leader you get to meet and work with business leaders, government officials and sometimes celebrities. This can give you key networking opportunities you wouldn't otherwise get as a student.

PUSH YOURSELF

Still undecided? Just go for it. Come to one of the Candidate Info Sessions (see below) and our current Student Leaders and staff will answer your questions.

VOTE!

It's critical that you get involved either by running in the election or by voting.

The Nomination period runs from January 3 – 31, 2011. Come to the NAITSA office at E131 to pick up your nomination form or to ask for more information.

NEED MORE INFORMATION?

Come to the NAITSA Office, E131, check out naitsa.ca, or drop by one of the Info Sessions.

Information Sessions:

January 12, 20, 25
4:00 – 4:30 p.m. in E129