

INDIE NIGHT TONIGHT (THURSDAY), 4:30 AT THE NEST

THE NUGGET

Thursday, January 20, 2011
Volume 48, Issue 16



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

\$97 STUDENT FEE HIKE

NAIT Students' Association protests proposal, wants referendum



4KORERS

Kap'n Kirk, left, and Short Sirkit are the 4KORERS DJ team that will be at the Nest tomorrow night (Friday) along with other DJs for the annual Freeze Your Beaver winter festival put on by NAITSA. For more on the event, see page 19.

Supplied photo

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NEWS & FEATURES

Fees up despite opposition

By **GRAHAM MOSIMANN**

A new fee increase was brought to the student Senate meeting on Jan. 12.

NAIT's administration wants to implement a new athletics and recreation fee of \$140.

"At this time I remain unconvinced that this increase in fees will provide value for students for the athletic services NAIT proposed to the Senate ...," NAITSA President Tim Jobs said earlier this week.

"NAITSA suggested putting

this significant fee increase to student referendum but NAIT refused on the grounds that they believe referendums are only necessary for extraordinary fee increases and that this proposed increase will bring NAIT athletic services fees in line

with other post-secondary institutions in Alberta, including University of Alberta, MacEwan University and Mount Royal University," Jobs said.

With the introduction of a new \$140 fee by the administration, the NAIT Students' Association will be reducing the amount it collects from students by the estimated \$43 that it previously collected for athletic fees, leaving a net increase for students of \$97.

This was announced in tandem with an increase in tuition that is capped by the Government of Alberta at .35 per cent, or about \$14.

Jobs says that he agrees with the tuition increase, but "as president of the student body, I feel NAIT must expect students to demand \$97 more value in services from the Department of Athletics and Recreation next year."

This fee is due to take affect by July 1, 2011 for the fall semester.

NAIT acting president and CEO David Janzen said after the meeting that the goal is "to bring the best value to our students. That matters a lot to us."

The fee will be allocated to improving the quality and conditions of NAIT's recreation facilities. NAIT also made it known that over the next three years the

institution is expected to run a deficit of roughly \$2.6 million per year.

Students can expect to see increased hours for facilities like the weight room, swimming pools and squash courts. The fee increase will also be used toward paying for full time coaches, along with new hockey, aquatic and fitness centre equipment. New volleyballs and basketballs are also slated to be purchased.

However, Jobs was not convinced.

"When you look at the quality of the facilities available to U of A students when we are paying a comparable amount, it's unfair," he said.

The NAIT administration compared recreation from all schools and concluded that besides U of A, which has a \$124.36 athletic fee, NAIT's new \$140 fee would still be one of the lowest post-secondary athletic fees in the province.

In regard to recreation facilities, NAIT has the highest amount of athletic variety including a gymnasium, rink, indoor track, weight centre, dance studio, racquetball court, squash court, 50 metre pool, diving pool, sand volleyball court, soccer field and outdoor track, according to documents provided.



Photo by Laura Dettling

NAITSA President Tim Jobs disagrees with the new athletic fee the administration will be collecting.

LEGO contestants coming to NAIT

By **BALJOT BHATTI**

In the 1930s, a carpenter named Ole Kirk Christiansen was nearly going bankrupt, so he used his skills to begin building wooden toys for children. It was at this point when he coined the name for his company: LEGO.

The word LEGO was formed from the Danish phrase leg godt, which in English means "play well." The name can also be interpreted in Latin to mean "I put together" or "I collect; I gather; I learn." The FIRST LEGO League (FLL) is an organization that follows and understands this philosophy.

The FLL is an alliance between the LEGO corporation and FIRST, a research associa-

tion dedicated to advancements in science and technology.

Every year since 1998, the FLL invites nine to 14-year-olds to build mechanical contraptions and robots out of LEGO according to varying themes, which change from year to year, and are influenced by real world events.

Past events include themes like a mission to Mars, dealing with an erupting volcano and researching climate change problems. In 2009, over 14,000 teams from 56 countries participated in competitions from all around the world.

On Saturday, Jan. 22, the FLL will be holding their regional competition at the NAIT Main

Campus. Setup begins a day before on Jan. 21, at 7 p.m. Students from all over Alberta will be converging on NAIT for a day of building, programming and learning.

This year, the theme is Body Forward – a melding of engineering and medicine. The competitors will use LEGO to explore principles of biomedical engineering, covering topics such as genetics, injuries and maximizing the body's potential.

A panel of volunteer judges, who will

mark them on teamwork, build quality, a research project and practical application of their robots, will review the students and their work.

If you have any interest in science, technology, and especially robots, come down to the NAIT main campus on Jan. 22, from 8:15 a.m.-3 p.m. to see these

brilliant kids in action.



designbeep.com

**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.

No butts about it



By ALEXIS DICKSON

In December 2008, NAIT took some huge steps in the right direction, becoming the first post-secondary institution in Alberta to become a smoke-free campus.

The program, Break Free, became effective on July 1, 2009, to help students succeed in quitting smoking, and is offered on all of NAIT's three campuses.

The Break-Free program does not force the negatives of smoking upon you; it is just there for those who need help.

"The program provides students and staff with information, guidance and support to help assist them in their attempt to quit tobacco," explains Evelyn Gorecki, Tobacco Reduction Coordinator. "I have seen only positive results."

NAIT became committed to the Tobacco Reduction program, which gave our school another "first in Alberta" title. NAIT can now distribute nicotine replacement

therapy products to individuals who register in the program. This program offers personalized stop smoking plans, quit kits and is all free of charge.

Medline Plus stated that tobacco use is known as the number one form of preventable death and about half of people who don't quit smoking will die of smoking related problems.

"Research shows that counselling in combination with pharmacotherapy can increase quit rates," Gorecki says. "So our stop smoking plans focus on the where, when and why people smoke."

The three most common reasons young people start smoking is to look mature, to fit in or to experiment, while adult smoking is tied to stress, pressure or economic and social problems. In both categories, smoking has been used as a form of weight control.

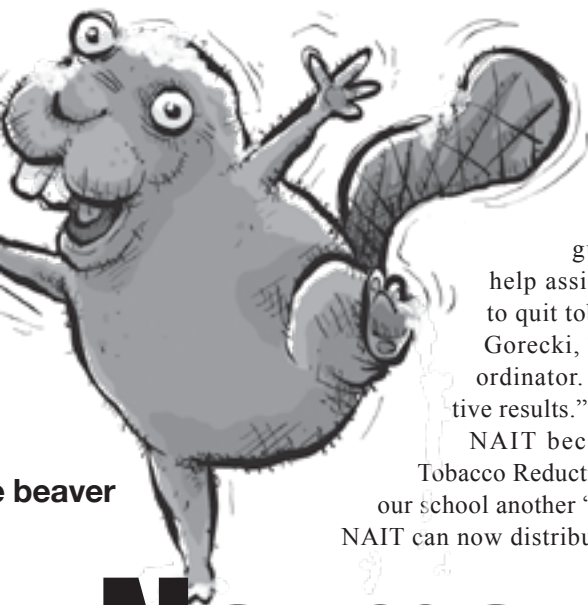
The truth about smoking is that it's hard to quit but every smoker has an extremely high risk for many life-threatening diseases. It kills about 45,000 Canadians a year, as reported by the Canadian Lung Association, and the smoke produced contains over 4,000 dangerous chemicals.

Quitting smoking isn't easy and asking for help can often increase chances of quitting for good.

So stop by to talk to the nurses about the program or ask questions on how to Break-free.

"It's just here for those who want to take advantage of it," explains Gorecki.

You can sign up for this program in the Health Services office, located by the South Lobby.



e beaver

No more heavy texts?

By BART PADJASEK

The days of identifying a student's major by their backbreaking textbooks has come to a close.

With increases in technology and services, students now have the ability to see course updates online, check grades and even submit large course assignments, all in the comfort of their own home.

With technology so close at hand, textbooks appear to be the weight holding us in the past.

A new service called CourseSmart, launched in 2007, with just that thought in mind.

The company's plan is to eventually replace the heavy and expensive textbooks with much more convenient and less expensive subscription based services.

After signing up to their website, it is a simple process of finding textbooks for your classes. By using their handy search functions students can look up books by title, author, or ISBN.

According to their website, CourseSmart currently has 90 per cent of all textbooks in use today in North America available. As well, with their connections to most major publishers they advertise and average of 60 per cent discount on brand new books.

To view purchased content individuals require a device has Inter-

net access and the ability to install the CourseSmart content. There is a downloadable version available for sale, but it is heavily locked down, and only one copy may float around from any of your available devices.

So far any Windows, OS X or Linux machines have the ability to read CourseSmart files, apps for the iPhone, iPod, iPad and the Kindle have also been released. There is a rumour that an Android version is being developed for the spring as well.

One major thing to note is that you don't actually "own" your purchased books as you would with a physical copy. Instead, you are allowed access to the books for 180 days. This is convenient for those books you accumulate but have to quickly discard after a semester or so, but if you have a book that is needed past that time period you would have to purchase your rights to that book again.

CourseSmart is still a relatively new technology as far as the overall picture is concerned. There is some uneasiness to subscription-based services of this nature, but CourseSmart hopes that early adoption will revolutionize the industry of publishing and selling textbooks.

For more information on CourseSmart, and their available books, visit



iphonestalk.com

www.coursesmart.com



The Nugget

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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.

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

New bacteria opens doors



FROM SPACE TO SEA CELESTE DUL Issues Editor

I want to take this week to talk about something that I think is really neat and hasn't been talked about, or explained nearly enough.

I'm sure by now most of you have heard or even read about the bacteria discovered that uses arsenic instead of phosphorous in DNA. Pretty neat, but this is a huge discovery, and not many people really understand what this means.

When this was first discovered, everyone got really excited because they thought this proved that there was life on other planets. However, this is not exactly true. This is in fact the most alien organism seen on Earth,

but unfortunately doesn't guarantee that there is life on Mars, Saturn or any planet for that matter.

Let me explain to you what happened.

NASA discovered a new species of bacteria in California's Mono Lake. This bacterium can substitute arsenic, an element that is toxic to most organisms, with phosphorus.

Science used to explain that there were six "building blocks" for life: carbon, hydrogen, oxygen, nitrogen, sulphur and phosphorus. Now that they've found something that can live and thrive without phosphorus, it completely changes how we look at the universe.

How is this possible?

When arsenic takes over the phosphorus it actually mimics its chemical properties, allowing it to change cellular activity by spreading throughout all vital parts of the cell. Arsenic and phosphorus actually have very similar chemical structures, which is why arsenic is so dangerous. In some situations metabolic pathways can't initially tell them apart, which allows them to interact with cells and become a poison that lowers the resistance to hydrolysis (the breakdown of the chemical with the

reaction to water).

Something that would kill most living creatures can now create a new form of life. Let's remember back to Grade 10 science class. All cells have proteins, membranes, nuclei, microtubules ... well, you get it. Arsenic actually interacts with the proteins and metabolites of the cell and doesn't harm it. Not only does it survive with the arsenic engaging with its system, this incredible bacterium also lives through harsh conditions such as high heat, high salt and low oxygen.

This discovery is incredible for science and space. It proves that organisms can survive in chemical environments that originally seemed impossible. Planets that were originally thought to have too extreme atmospheres now actually have the possibility of harbouring different forms of life.

It also raised the suggestion that if two completely different forms of life can be found on earth, there has to be a high possibility of life occurring on other planets around the universe.

Don't take this the wrong way though, I'm not telling you there are green aliens running around on planets that we've already researched. What I'm saying is that there can be differ-



www.sapu.net

Lake Mono, California, where a new type of bacteria was discovered.

ent forms of bacteria, or cell creation that harbour the possibility for intelligent life.

It might not seem that great, but it opens a world of possibilities and discoveries for space exploration.

Hope for health care



EDMONTON NOW STEVEN DYER Assistant Issues Editor

Health care problems have been plaguing Alberta for quite some time now. Emergency room wait times have increased substantially, as well as the time it takes to treat patients who are already in care.

In 2009, the emergency overcapacity protocols were proposed to the Alberta Health System and were recently reevaluated. This occurred when the public was outraged over the accusations of poor care and unnecessary deaths in the emergency wards.

The procedures came into effect in November and even though it has only been in effect for two months, it is already showing signs of improvement.

In September, the average number of people found in an Edmonton ER waiting room was around 80. In the short time that the protocols have been introduced, this number has dropped to 44.

Global News reported that the acting president

and CEO of AHS, Dr. Chris Eagle, says that the time it takes for patients to be seen, tested, treated and released has shortened significantly.

The process is currently confined mostly to Edmonton and Calgary, but there are works underway to get the program implemented province-wide. If it is achieved then it could bring the province back from its slump.

This is great news for Alberta. Our health care system has been in ruins for over a year now. Many doctors and nurses have lost jobs when we needed them most. Now we can look ahead with some hope.

There are currently beds being installed in Edmonton hospitals to create more room for new patients. This will hopefully be completed soon and even though the situation is improving, it is still far from being solved.

Canada has one of the best health care systems in the world and it is a shame to see something like this happen in Alberta. It is home to some very dangerous industries and we are putting people's lives even more at risk when we force them to wait to get the treatment they so desperately need. We are condemning innocent people to death when we deny them what could save their lives.

This program will not only be beneficial to patients, but with more room opening up and more patients coming in, there is going to be a larger demand for doctors and nurses. Those who were put out of work have a chance to return to their field alongside those who are currently in school training for this field. Everyone interested will have a better chance to work in such important professions.



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Dr. Chris Eagle

in school training for this field. Everyone interested will have a better chance to work in such important professions.

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NAIT	January 25
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Queens University	January 26
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Dalhousie University	February 9
SAIT	February 9
University of Ottawa	February 10
University of Victoria	February 15

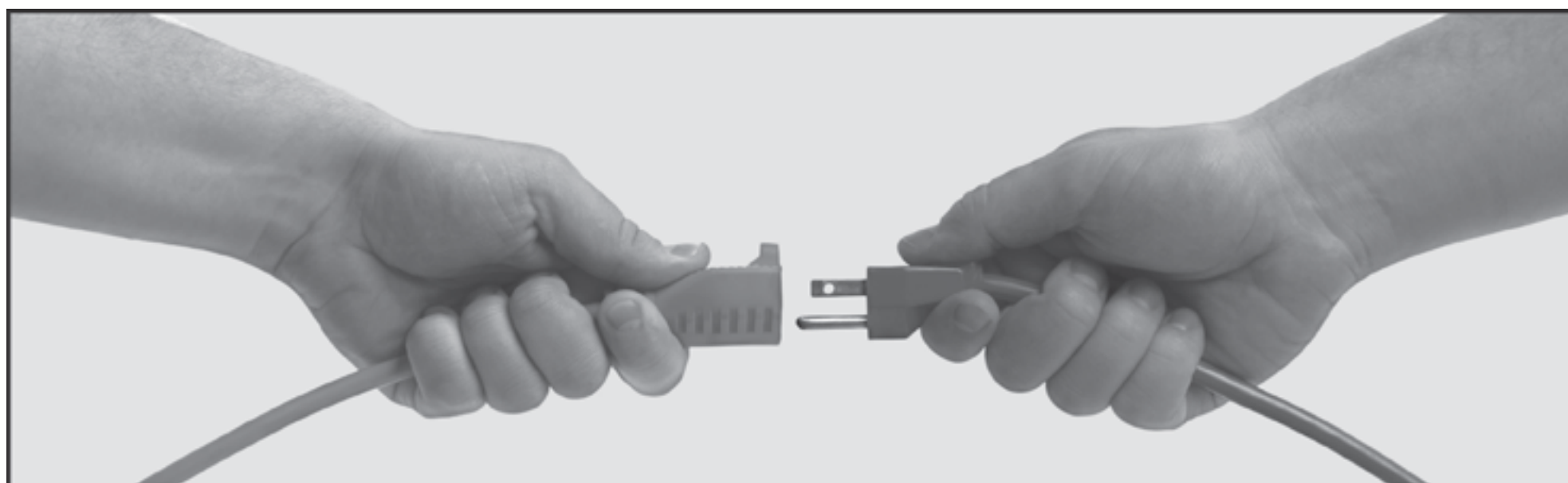
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JANUARY 25·2011 | 9:30AM-3:30PM

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60	Agrium Inc.	73	City of Edmonton	58	Gemini Corporation	10	Northern Industrial
67	Alberta Blue Cross	68	City of Edmonton -	23	GENIVAR		Insulation Contractors Inc.
8	Alberta Health Services		Capital Construction	28	Government of Alberta	64	NSK Canada Inc.
44	AltaLink, L.P.	34	Clark Builders	20	Government of Canada -	69	Peter Kiewit Infrastructure Co
36	The Association of Science	51	ConocoPhillips Canada		Canada Revenue Agency	18	River Cree Resort and Casino
	and Engineering Technology	15	Cord Worley Parsons	32	Government of	65	Safety Codes Council
	Professionals of Alberta	41	Dow Chemical Canada ULC		Northwest Territories	6	Schlumberger Technology
29	ATB Financial	62	EBA, A Tetra Tech Company	35	Halliburton		Corporation
47	ATCO Electric	57	Edmonton Public Schools	1	Husky Energy Inc.	33	Serv-all Mechanical Services
46	ATCO Gas	24	EllisDon Construction	2	Imperial Oil Foundation	53	Servus Credit Union
45	Bantrel Co.		Services Inc.	7	Institute of Chartered	19	Sharp's Audio-Visual Ltd.
26	Canada Safeway Limited	55	Encana Corporation		Accountants of Alberta	40	Sheritt Coal
21	Canadian Forces Recruitment	72	Energy Resources	48	Investors Group Financial	39	Sheritt Metals
	Centre Detachment Edmonton		Conservation Board		Services Inc.	11	SMS Equipment Inc.
31	Canadian National	5	Engineered Air	17	Konica Minolta Business	54	Standard General Inc.
	Railway Company	50	EPCOR		Solutions (Canada) Ltd.	22	Stantec Consulting Ltd.
70	Canadian Western Bank Group	3	Evanz Inc. NA Canada	37	The Ledcor Group	30	Strad Energy Services Ltd.
38	Cenovus Energy Inc.	43	Finning (Canada)	4	Noralta Lodge Ltd.	56	Stream-Flo Industries Ltd.
63	Certified General Accountants	61	Flint Energy Services Ltd.	27	North American	49	TELUS
	Association of Alberta	9	Flynn Canada Ltd.		Construction Group Inc.	59	Voice Construction Ltd.
13	Certified Management	52	FMC Technologies Company	25	North West Crane Ltd.	66	West Fraser Timber Co. Ltd.
	Accountants of Alberta	71	GE Water & Process	12	Northern Health	14	WorleyParsons Canada Ltd.
			Technologies				

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93	Bird Construction Company	83	NOVA Chemicals Corporation	74	PCL Constructors Inc.
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MAIN CAMPUS: GYM | SOUTH LOBBY

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Virtually Speaking

Pirates' case weak

**By GRAHAM MCCANN**

For PC gamers, every day was Christmas over the break with daily deals on Steam.

Steam is Valve's (Developer of the Half-Life series) digital video game store and it had a new catalogue of deals every day through December with a list of popular games with prices markedly reduced. Great games like Borderlands, Batman Arkham Asylum, Bioshock and Valve's own Half-Life series to name a few were on sale.

The deals were so tempting. However, I would never be tempted to buy anything digitally if it wasn't less than \$10. I feel better spending \$60 on a new game if I actually get a physical copy at the store to add to my collection.

I absolutely refuse to give into digital downloading for console games.

PC gaming is a bit different and digital distribution for it is a logical step, which I am not completely opposed to. If you had the physical copy, you install it to your hard drive anyway. A terabyte drive is around \$70 now, so storage isn't really an issue.

The positive side, with things like Steam, is there seems to be better incentive (instant access, and no need for the lazy to leave the house) to buy games instead of stealing them.

Games cost upwards of tens of millions of dollars, and years of dedication for developers. However, some pirates justify their theft by saying that they weren't going to buy it anyway or that intellectual property should be free and is public domain (it's not). There even seems to be a sense of entitlement with pirate-gamers in that they think, somehow, developers owe them.

They like playing games, but their actions are cannibalistic towards their hobby. Ironically, some of the same people complain that PC gaming is dying because developers are making more games for consoles, which are harder to pirate.

Steam's DRM (Digital Rights Management) seems to be secure and people cannot copy and distribute games bought from steam. This may add confidence to PC game developers.

With the positives of PC digital distribution said, it may completely take over console gaming, movies and music. Even books, it seems.

There is a tradition of collecting, with books, paintings, music records and games.

Having a work of art, which many games could be considered, as a tangible object means it has more value rather than being presented as invisible data in a hard drive.



ubunturoot.com

City digging out

By GRAHAM McCANN

After being spared snowfall until November this season, it has come back to Edmonton with a vengeance.

With heavy snowfall this year, including 28 inches over last weekend along with lows in the minus 20s, road conditions have become slow and dangerous.

Even ETS buses have been off schedule and driving slower due to the conditions.

"Unfortunately there are very bad areas on the main arteries that make it very hard for us to get down them and stay in our lanes," said ETS bus driver, Monika White.

White added that some passengers often don't respect the buses in this condition. They don't understand that the buses face dangers and road delays in this weather as well.

"The drivers are impatient, the passengers are impatient, because now they're late for work, but we do what we can do, we drive so that we're safe, if we're safe our passengers are safe," White added.

On Monday, the No. 9 Southgate/Northgate bus was up to an hour late in its schedule.

NAIT student Xiuxin Su said that he is often late for school now due to these conditions.

"The buses are always late, so now I have to leave earlier and take another bus that I don't normally take," Su said.

Mayor Mandel said that the city crews clearing the streets are doing a "tremendous job."

However, he adds that we shouldn't hope for melting temperatures right away, because this would only continue the road problems, making them dirty and slushy.



Photo by Laura Dettling

NAIT student Kilian Labonte-Bon is not impressed with the recent snowfall that hit the city.

IMPORTANT HEALTH CANADA CHANGES and YOUR STUDENT PLAN:

Due to legislative changes, many over the counter medications no longer have drug identification numbers (DIN). The only over the counter drugs that fall within the coverage of the Student Plan are under the smoking cessation benefit. As a result of the changes, over the counter medication for smoking cessation purposes are no longer covered under the Student Health Plan. Smoking cessation products legally requiring a prescription will continue to be covered under this provision of the Student Plan.

For questions regarding this change please contact the NAITSA Benefit Plan Office in room E125

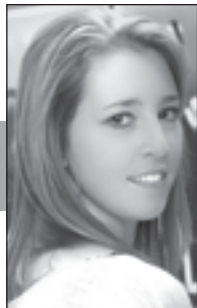
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IMPORTANT

OPINION

— Editorial —

Crack TV: Are you addicted?



RACHEL JACQUES
Editor-in-Chief

I have a problem. Actually, the name known to professionals in the field is addiction. Every Monday, Tuesday, and Thursday I am glued to my television set for a minimum of two hours. I'm a reality TV junkie. Hey, I'll admit it. Shows like *The Bachelor*, *Survivor*, and *Biggest Loser* have caught my eye and kept my attention. I can't shake it. Maybe it's the

drama or plight of all those poor women or men fighting for the attention of their one prospect. Perhaps it's the ruthless, cutthroat attitude of the contestants fighting for \$1 million. Or it could be the touching stories of the wonderful men and women trying to save their lives and America by losing weight.

Something for everyone

Somehow, somewhere I became addicted. Reality TV has taken over. There is something for everyone. If you're a fan of home renovation, watch *Extreme Makeover: Home Edition*. Love to travel? Why not watch teams race around the world in *The Amazing Race*? If you want to root for your favourite person as they shoot for their dream, watch *America's Got Talent* or *Canadian Idol*. Do you have business savvy? How about trying *Undercover Boss* or *Dragon's Den*. You would think that the producers would run out of ideas at some point but it seems that every few months a new show pops up. Take Paula Abdul's *Live to Dance*, for example. Do we really need another dance show? How many is that now? Is anyone counting?

Television sedates you like a drug, with reality TV being the most potent. It has hooked everyone from those with PhDs, to retail workers, those who understand Latin to those serving coffee at Starbucks. Reality TV's post-show analysis is the first thing discussed when you walk into the office on Monday morning, go to the bar on Friday or get together with friends. (Will Brad really be able to redeem himself and find love? Is Russell Hantz going to dominate the new season of *Survivor* or will Rob Mariano give him a run for his money?). This wide viewer pool has blown television ratings out of the water. Last year, *America's Got Talent* and *So You Think You Can Dance* were among the top 10 most watched shows. Basically, this is network crack: it's fast, totally addictive and withdrawal promises to be painful.

By making nobodies into overnight celebrities, reality TV is Hollywood for the regular Joe Schmo. But at what cost? As reality TV spreads, so does the ongoing question of whether or not it's a brilliant new form of entertainment or the equivalent of a virus, causing smart, educated people to turn off their good taste in favour of superficial television. By the time the average child enters school, he or she has watched thousands of hours of commercials, and can identify hundreds of logos, while possibly not being able to read.

Weapons of mass destruction

This drama is satisfying peoples' need for juicy gossip, vicarious living and the desire to make themselves feel superior. The programs' unrehearsed moments catch your attention and hold onto it. Critics say that these shows are like weapons of mass destruction. They are causing us to become fatter, dumber and less engaged with ourselves and society. For the past six years, *American Idol* has come in at the No. 1 spot in television ratings, according to Nielson Media Research. Would you honestly rather watch someone else live their life than live your own? We'll probably look back on this fixation with revulsion and disgust. Even their slim claim to "reality" becomes increasingly shallow as the shows gain popularity. The more they are watched, the more "fake" the scripting and casting becomes. To keep audiences engaged, the producers will have to make the stunts more dangerous, the rejections more brutal. Then people will get hurt – remember Ali after Frank? – but not before someone pockets the benefits.

All of the masses seem far more passionate about who was voted off *American Idol* last week than about the latest news on CBC, substituting a contrived reality for the all-too-scary global one.

Every day, more than 24,000 children die from poverty and other preventable causes. But you don't see that spiking the ratings.



zoomr.com

— Letters —

Time to give it up

A hot topic currently being bantered around in Alberta is carbon capture. The Stelmach government have announced that they are proceeding again with a totally unproven operation. In fact above the Weyburn field in Saskatchewan, Cenovus has injected some 16 million tonnes of CO₂; this is now bubbling and escaping through the ground to surface and killing animals and birds.

All of the attempts made in the U.S. have ended in failure. It seems to me that just because Stelmach has the money in the budget come hell or high water he is going to waste it.

Enough is Enough – Give it up, Ed.

Kent Kinder
Bowden, AB

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

WOMEN'S HOCKEY

Ooks get ready for Cougars



KYLE GALLIVER
Sports Editor

The women's hockey team is preparing for a home-and-home matchup with the Mount Royal Cougars this upcoming weekend.

The team is coming off of a weekend where they split a pair of games with the southern rival SAIT Trojans, winning the first game 1-0 here at NAIT before losing 4-3 to the Trojans in Calgary on Sunday afternoon.

It was the first regular season games the ladies have played since returning from their trip to Europe over the holidays. The Ooks ventured across the pond over the Christmas break to play some exhibition games against teams in Germany, Sweden and Denmark. Ooks head coach Deanna Iwanicka says the Dec. 26-Jan. 8 trip was a good chance for the team to bond. One of the highlights for the team was spending New Year's Eve in Berlin, Germany, which throws one of the biggest New Year's Eve parties in the world.

"The girls had fun, we achieved what we wanted to do," says the coach. "We grew as a team on and off the ice. Overall, it was pretty successful."

The team is looking a little different for the second half of the ACAC season. The ladies lost three players because of bad grades, but were able to add two former CIS players to the roster in Kiarra Ireland and Meagan Cornelssen. Cornelssen is a former University of Alberta Panda and was a member of last year's National Championship squad. The talented forward played in both games against SAIT last weekend and was an offensive standout for the team, contributing two goals and three points in the two games. Coach Iwanicka believes having Cornelssen in the lineup will benefit her team.

"She has experience playing at a national level," says the coach. "She really has a passion to play." The team's other new addition has yet to play a game because of the team's defensive rotation, but Iwanicka says Ireland could see action soon.



Photo by Laura Dettling

A NAIT Ooks player heads up ice with the puck during a game Saturday at the NAIT arena against SAIT. NAIT won 1-0.

"It's just a matter of getting her in."

If the team is hoping to get a win against the undefeated MRU Cougars they will need another strong performance out of goaltender Meghan Witt. Witt stopped all 28 shots she faced on route to a 1-0 shutout win on Saturday.

"She had a great performance," praised her head coach, "her key saves kept us in the game." The team will also be leaning on Sherri Bowles to create offence against the Cougars. Bowles currently sits fourth in ACAC scoring with 17 points in 15 games

and will be playing on a line with Cornelssen.

The Cougars pose a good challenge for the Ooks, who are starting to look ahead to the post season.

"We're not focused too much on who we are playing," Iwanicka explains. "We are focused on doing the things we need to do to be successful in the playoffs."

The Ooks and Cougars faceoff this Friday at 7 p.m. at the NAIT Arena and then do it all again the next night in Calgary at 8:15 p.m.

WOMEN'S BASKETBALL

Women ready to surprise

By **ALEXIS DICKINSON**

The NAIT women's basketball team is gearing up for a game against Grant MacEwan University this upcoming weekend. The team is coming off a weekend where they split their games, winning Friday's matchup with the Red Deer College Queens 54-51 before losing to SAIT, ranked second in the province, 91-56 in Saturday's contest.

Head coach Todd Warnick says his team has been playing better of late and is hoping to make a push in the second half of the season.

"We had a lot of good Christmas games," says Warnick, "and I'm hoping that we will be able to move forward in the season."

The team was forced to add a few new players over the break due to injuries.

"Our new members are exactly what

our team needed," explains player Frankie Veenbaas.

"We have added key players who will be able to help us get to where we want to be."

Hopefully the new additions will help the Ooks this weekend when they face the Grant MacEwan Griffins.

The team sits 10 points back of the Griffins in the standings and a win this weekend could help the Ooks gain ground on their cross-town rival.

"I think we will do better than the last time we played Grant MacEwan, then we only had seven players and we were dealing with injuries," said Warnick. "We are going to do nothing but go into the games in the position to compete."

Veenbaas said the new players "have been

working their hardest; the team has adopted the new players and is playing together really well. Coach always says we don't make excuses, we make adjustments and that's exactly what we did."

"We played Grant Mac over the break when we had seven players. We gave them a good run for the money and I think we showed them things they didn't expect. As for the next time we see them, I believe we will surprise them."

Hopefully Grant MacEwan is as surprised as the players think they will be. They have been working very hard "making adjustments" to play to the best of their ability.

So cheer on the NAIT Ooks this weekend as they face the Griffins on Jan. 22 in the Grant MacEwan gym at 7 p.m.



Frankie Veenbaas

It's Packers vs. Jets – I hope



WAY OFFSIDE

KYLE GALLIVER
Sports Editor

Up for Grabs

Up until last season I wasn't the biggest NFL fan. I mean I still followed the league a bit and knew what was going on with teams like the Patriots and Colts, but I didn't watch a lot of games or read up on the league. Last year I started to become a fan and picked Minnesota as my favourite team because of the then ageless Brett Favre. Well it's one year later and my time as a Vikings fan was short lived; I realized I didn't really like the team without Favre on it. So the opportunity has opened up for a new team to catch my eye and heart as the playoffs go on.

In Rodge We Trust

After watching the Green Bay Packers dismantle the Atlanta Falcons 48-21 over the weekend, I think we may have a finalist. Aaron Rodgers put on an absolute clinic on Saturday going 31 for 36 for 366 yards and throwing three touchdowns. The stats alone are impressive, but it's the way A. Rodge did it that was really impressive. His passes were all extremely accurate and had heat behind them. Rodgers put the pigskin right in the breadbasket all night long. Most of the time the receiver didn't even have to move. He even made some incredible off balance throws, including one that he threw off balance and across his chest that was right on

target; absolutely amazing.

If the Pack Attack is able to pull off a win against the Chicago Bears in the division final over the weekend, I might have to confirm my love affair with the Packers and Mr. Rodgers by getting myself a Green Bay jersey, No. 12, just in time for the Super Bowl.

Fighter Jets

The other team that has the potential to become "my team" is the New York Jets. The Jets are a cocky team coached by one of the best characters in football: Rex Ryan. I found the back and forth between the Jets and New England Patriots leading up to this weekend's game hilarious, especially Patriots receiver Wes Welker's comments that took jabs at Ryan's alleged foot fetish. I believe it was 11 times that Welker used phrases like "he's got good feet," "best foot forward," or "keeps you on your toes," and that is just awesome. I was more excited for the Pats-Jets game than any of the other games so far and the public war of words was one of the biggest factors for that.

The game itself was entertaining, but not what I was expecting. My roommate and I like to do \$1 prop bets during games and I definitely thought I would be on the losing end of the bets because I took the Jets in most of them. When I took over on 4.5 total tackles in the game I thought there would maybe be one or two for each team, but instead the Jets defence came out with tenacity and sacked Tom Brady five times! Five! That is incredible considering Brady was only sacked 25 times through the 16-game regular season.

I think the Jets play with passion and want to win, as does Ryan, and seeing him run (or slowly hobble) to the end zone to celebrate a TD with his team late in the game was

more proof of that.

If I'm lucky it will come down those two teams in the final game; Packers vs. Jets. The winner will get to lay claim to my loyal affection, oh, and the Super Bowl as well.



thejetsblog.com

Rex Ryan

Athletes of the week

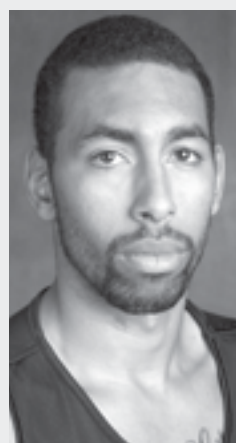
January 10-16

Dale-Marie Cumberbatch Basketball



The NAIT women's basketball team was able to keep their post-season hopes alive with a weekend split vs. South Division opponents Red Deer College and SAIT. Dale-Marie was instrumental in a critical come-from-behind victory over the visiting RDC Queens in a 54-51 win. Dale led all scorers with 20 points in the night on 6 for 12 from the floor while adding four rebounds to the Oaks' totals. Dale continued the hot shooting into Saturday where she added 21 points and found her teammates for four assists despite the Oaks losing a lopsided 91-56 decision versus SAIT. Dale is a in her fifth year and is in the Bachelor of Technology program. She is from Edmonton.

Clayton Crellin Basketball



Clayton had 21 points, four rebounds, going 9 for 13 shooting from the field on Friday helping the men's Oaks basketball team to a 105-89 victory over the Red Deer Kings and then followed up that effort with 19 points, five rebounds, five assists and two steals in the team's 110-70 win over SAIT on Saturday. Clayton is a second-year Continuing Education student from Vancouver.

MEN'S BASKETBALL

NAIT wins twice

By ALI MAGEE

The second half of the ACAC basketball season is off to a strong start for the Oaks men's team – winning both of their games this past weekend. The first game against the Red Deer College Kings began rocky for the Oaks; although they finished the first quarter with a 10-point lead, the Oaks made back door cuts too available for the Kings, giving them easy points.

While the Oaks led the game by 29 during the third quarter, Red Deer was able to gain momentum and trail by only 13 near the end of the fourth. The Oaks won the game with a final score of 105-89.

Leading the team in points was Bol Kong with 26 and Clayton Crellin with 21. Top points for the Red Deer College Kings came from Adam

Shaw with 22, and RJ Wells with 19. The Oaks nearly doubled the Kings total rebounds with 41 compared to the Kings 23, controlling the boards on both the offensive and defensive side of the ball.

The men's second game against the SAIT Trojans had an uneasy start for the Oaks with the Trojans leading the first quarter by 11. Fortunately, the Oaks were able to dominate in the last three quarters and the game ended with a 110-70 victory for the Oaks. Shane Cox with 29, and Bruno Silvestrin with 21 made top points for the Oaks. The Trojans were led by Sean Landry with 17, and Aloysius Callaghan with 14.

Be sure to support the team this weekend as the Oaks will be taking on the Grifins at Grant MacEwan on Saturday at 8 p.m.



Photo by Laura Dettling

Athlete of the Week Clayton Crellin in action against the SAIT Trojans on Saturday, Jan. 15. NAIT won 110-70.



NFL playoffs



NFC Championship Green Bay Packers vs. Chicago Bears

As this year's NFL season gets down to the wire, Sean Harman and Patrick Knowles get you set up for this week's Divisional Championship games. Let's get 'er done!

By SEAN HARMAN
Green Bay

Offence: Entering the NFC title game, Green Bay has arguably one of the hottest quarterbacks in Aaron Rodgers. In the win against Atlanta, Rodgers threw over 350 yards, three touchdowns and ran for another, and, arguably more important than that, threw zero picks. The key for the Packers offence is to re-establish the run game with rookie running back James Starks. Starks will need to average more than the mere 2.6 yards he gained per a carry against the Falcons if he wants to keep the Bears' big front honest.

Defence: Not only do the Packers have one of the hottest QBs, they also have one of

the most dominating defences. In the last two weeks, the Packers slammed the door shut on the Eagle's offence and their four pro bowlers. Then in the next week, they marched into Atlanta and limited Roddy White to only 57 yards and Hall of Famer Tony Gonzalez to just seven. This week's assignment should be no problem for the Green Bay D-line. The cheese heads not only boast one of the strongest secondaries in the game, but they also have one of the top defensive players of the year in Clay Mathews. Mathews sacked Matt Ryan twice last week, but in this week's contest, he will need to continue his disruptive ways against Jay Cutler and



obtuseobserver.com
Aaron Rodgers

apply pressure throughout the game if Green Bay is going to come out of Soldier Field with a win.

Chicago Bears

Offence: Jay Cutler is finally living up to his hype as a franchise quarterback. In the past five games he has averaged a QB rating of 100 or higher and has been able to manage games, which is what he accomplished against the Seahawks. He avoided making throws into tight coverage and just like Green Bay quarterback Aaron Rodgers, he didn't lob a single interception. Cutler will need to keep his offence on the field to limit the time Rodgers can do damage. The O line's No. 1

task is to contain the Packers front seven and protect Cutler. The Bears gave up a league worst 56 sacks this season while the Packer's defence was tied for second in the league with 47. If Chicago is able to hold off Clay Mathews and friends, they will win this game.

Defence: The Bears have a huge task coming up on Sunday in having to contain Rodgers and not let him escape the pocket and buy more time. Chicago will have to get to Rodgers early and often to try and make him throw errant passes and to force poor decisions. Julius Peppers will need to have the same type of performance that he had against Seattle if Chicago is going to stop the league's hottest quarterback. Cornerback Charles Tillman will have to apply the same smothering coverage on Greg Jennings as he did on Mike Williams of the Seahawks, who he limited to just 15 yards receiving.

Pick: Green Bay by seven.

AFC Championship New York Jets vs. Pittsburgh Steelers

By PATRICK KNOWLES
Jets

The path the New York Jets took to get to the AFC championship game was not an easy one. First off they took down the Indianapolis Colts and Peyton Manning on the road, then last weekend they beat the New England Patriots, many peoples' pick to win it all this year. And they did that in the unfriendly atmosphere of Gillette Stadium. Now they are looking to win their third consecutive game on the road, this time at Heinz field in Pittsburgh, a place where they have already won this season almost exactly a month ago 22-17.

On the offensive side of the ball for the Jets you have a second-year pro in Mark Sanchez leading his team to a second consecutive AFC championship game. The key for Sanchez is to play within the offence, to not try and win the game himself. If he does that and is able to not turn the ball over, his team has a great chance of going to the Super Bowl for the first time since "Broadway" Joe Namath led them there in 1969.



milliondollamindz.com

Troy Polamalu (43) hauls in an interception.

Steelers

The Pittsburgh Steelers' road to the AFC Championship game was a lot shorter than the Jets, but some would argue it was just as tough. They had to play their bitter division rivals and arch enemies the Baltimore Ravens in a game, which without an amazing second half turn around where they outscored the Ravens 24-3 after being down 14 points at half time, they really should have lost. I give the Steelers full marks for the comeback, but when the opposition has minus three yards of offence in the third quarter you better take that and run with it and the Steelers did just that.

On offence, the Steelers have a proven winner at the quarterback position in Ben Roethlisberger, an awful individual, but a proven winner with two Super Bowl rings already in his short career. Ben can single handily win games with his poise in the pocket, not to mention he's one of the hardest quarterbacks to sack. If he can manage the game properly and not turn the ball over, the Steelers have a great shot at going back to the Super Bowl for the second time in three years.

Keys to the game

Let's talk defence. Both of these teams are very strong defensively. They both run a 3-4 front seven and have some of the best skilled position defenders in the game today. The Jets have Antonio Cromartie and Darrelle Revis patrolling the corners. Some would say that the pairing is hands down the best in the game today. And over on the other side of the ball we have Troy Polamalu who, for my money, is the best ball hawking safety in the NFL. He will be anchoring the Steelers defence all game long. So basically it will come down to who can make the other team's offence make the most mistakes.

Prediction

These two teams are so evenly matched up stats wise I feel this game is going to come

down to one big play by one of the defences. If it's a pick six, or even just a big sack that causes a fumble, either way it will be a low scoring

game with the Jets pulling out a 17-14 victory and winning for a second time in a month in Pittsburgh.

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SAY WHAAAAT?
MATT DeBEURS
Assistant Sports Editor



Al lafrate and his mullet.

All for all-stars!

In Canada, hockey is not only a sport, it’s a way of life. We watch, play and study it religiously. Players and coaches are treated like royalty across the country.

So why is it that every year we bitch and complain about the All Star Game? I thought us Canadians couldn’t get enough ice action? I mean, we’ll sit and watch tournament after tournament that means nothing,

drive hours on horrible roads for an 11 p.m. practice, get up at four in the morning for the same thing, but when it’s All Star weekend those the closest to the game say it needs to go. Why? I don’t know about the rest of the majority, but I like seeing the best players in the world come together and show off their skills. What else would we do if we didn’t have the All Star Game? Just sit there and wait for the regular season to fire up again? Watch *Friends* re-runs till our eyes bleed? I say we accept that the All Star Game is what it is and enjoy it. Yes, I understand that the game itself is basically a glorified game of shinny, but I can guarantee that it is the coolest game of shinny you’ll ever see. Not too many in your beer league buddies are going to pull off some of the moves they do.

And hey, If we didn’t have it we would never have got to see things like Owen Nolan calling his shot on Dominik Hasek, Gordie Howe’s 23rd All Star Game and Gretzky’s first in the same year, Jeremy Roenick throwing the body around, and the whole Rory Fitzpatrick ordeal. Sure, the



score will end up being more like a football game, but who doesn’t like seeing pucks fly into the back of the net? I know I do.

What about my favourite part, the skills competition? Without that we wouldn’t have had Al Lafrate’s spectacular skullet blowing in the wind, Ray Bourque winning the shot accuracy every year, Al MacInnis setting hardest shot records with a wooden stick and the antics of the new young stars like Ovechkin and Evgeni Malkin.

Let’s stop all this talk about cutting the All Star Game out. It’s been around almost as long as the game has. Just sit there, stop complaining and take it for what it is, the best players in the world coming together having some fun, and playing some hockey.

Isn’t that what our sport is all about?

ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT.....	20	15	14	2	0	3	94	46	33	
Mount Royal....	20	14	14	4	0	2	72	38	30	
Augustana	20	12	12	3	1	4	102	58	29	
NAIT	20	10	10	6	1	3	56	48	24	
Concordia.....	20	6	5	11	0	3	64	87	15	
Portage.....	20	6	6	12	0	2	64	79	14	
Briercrest.....	20	3	3	13	0	4	49	95	10	
MacEwan.....	20	3	3	16	0	1	48	98	7	
RESULTS										
Jan. 14										
Briercrest 2, NAIT 2 (OT); SAIT 6, Portage 2; Augustana 6, MacEwan 4; MRU 5, Concordia 0										
Jan. 15										
NAIT 5, Briercrest 1; SAIT 4, Portage 3; Augustana 6, MacEwan 1; MRU 4, Concordia 3										
WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal....	16	15	12	0	0	1	59	17	31	
SAIT.....	16	7	7	6	2	1	43	38	17	
NAIT	16	7	7	6	1	2	36	31	17	
MacEwan.....	16	3	3	8	0	5	25	42	11	
Red Deer	16	3	3	12	0	1	21	56	7	
RESULTS										
Jan. 13										
RDC 2, MacEwan 1										
Jan. 14										
RDC 1, MacEwan 1 (OT)										
Jan. 15										
NAIT 1, SAIT 0										
Jan. 16										
SAIT 4, NAIT 3										
MEN'S BASKETBALL										
North Division										
Team	G	W	L	Pts	PF	PA				
NAIT	12	10	2	20	1110	933				
Lakeland	12	9	3	18	977	876				
MacEwan.....	12	7	5	14	927	859				
Concordia.....	12	6	6	12	992	939				

Augustana	12	4	8	8	937	1019
Keyano	12	3	9	6	768	951
Grande Prairie	12	2	10	4	974	1174
King's.....	12	0	12	0	748	1078
South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge	12	11	1	22	1142	828
Mount Royal	12	9	3	18	1020	879
Red Deer	12	6	6	12	991	963
SAIT	12	6	6	12	967	993
Briercrest	12	6	6	12	1051	1050
Medicine Hat	12	5	7	10	955	1017
RESULTS						
Jan. 14						
NAIT 105, RDC 89; MHC 100, Augustana 80; Briercrest 95, Concordia 88 (OT); SAIT 106, GPRC 69; MRU 108, King's 69; Lethbridge 98, Lakeland 63; MacEwan 96, Keyano 67;						
Jan. 15						
NAIT 110, SAIT 70; RDC 95, GPRC 83; MacEwan 76, Keyano 70; Concordia 95, MHC 83; Briercrest 99, Augustana 71; Lethbridge 107, King's 39; MRU 71, Lakeland 56						
WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia.....	12	11	1	22	981	642
Grande Prairie	12	10	2	20	849	724
MacEwan.....	12	9	3	18	959	726
King's.....	12	6	6	12	779	767
Lakeland	12	5	7	10	732	845
NAIT	12	4	8	8	650	735
Augustana	12	4	8	8	900	986
Keyano	12	0	12	0	614	978
Note: Nov. 19 King's @ Lakeland game will be re-played Feb. 5						
South Division						
Team	G	W	L	Pts	PF	PA
SAIT	12	12	0	24	998	697
Mount Royal	12	10	2	20	838	728

Medicine Hat	12	5	7	10	807	790
Lethbridge	12	4	8	8	767	831
Red Deer	12	3	9	6	612	774
Briercrest	12	1	11	2	610	873
RESULTS						
Jan. 14						
NAIT 54, RDC 51; SAIT 81, GPRC 71;						
Concordia 80, Briercrest 52;						
Lakeland 81, Lethbridge 77;						
MacEwan 71, Keyano 40;						
Augustana 74, MHC 69; MRU 73, King's 64						
Jan. 15						
SAIT 91, NAIT 56; MacEwan 97, Keyano 53;						
Augustana 85, Briercrest 48; GPRC 71, RDC 44;						
King's 65, Lethbridge 48; MRU 83, Lakeland 53;						
Concordia 63, MHC 48						
MEN'S VOLLEYBALL						
Provincial Division						
DIV	Team	MP	MW	ML	GW	GL Pts
S	Briercrest	12	10	2	33	11 20
S	Red Deer	12	10	2	34	12 20
N	King's.....	12	10	2	33	12 20
N	NAIT	12	9	3	30	16 18
S	SAIT	14	9	5	31	23 18
S	Lethbridge	14	8	6	31	25 16
N	Grande Prairie ...	14	8	6	29	20 16
N	MacEwan.....	12	7	5	27	24 14
S	Mount Royal	11	5	6	17	20 10
S	Medicine Hat	14	5	9	22	32 10
N	Keyano	14	4	10	20	33 8
N	Lakeland.....	12	3	9	12	28 6
S	Augustana	13	1	12	7	36 2
N	Concordia	12	0	12	2	36 0
RESULTS						
Jan. 14						
SAIT 3, Augustana 0 (25-18, 25-18, 25-14)						
GPRC 3, Concordia 0 (25-22, 25-13, 25-23)						
Keyano 3, MacEwan 1						
(25-18, 21-25, 25-19, 28-26)						
MHC 3, RDC 2 (25-22 17-25 25-18 22-25 15-9)						
Lethbridge 3, King's 2						

(26-28, 21-25, 25-22, 25-23, 16-14)

Jan. 15

GPRC 3, Concordia 0 (25-21, 25-18, 25-16)

MacEwan 3, Keyano 2

(25-23,21-25,17-25, 25-21,15-11)

RDC 3, MHC 0 (25-18 25-21 25-20)

King's 3, Lethbridge 2

(19-25, 22-25, 25-17, 25-22, 15-12)

SAIT 3, Augustana 0 (25-19, 25-16, 27-25)

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
N	Grande Prairie ...	14	12	2	40	10	24
S	Mount Royal	11	11	0	33	3	22
N	Lakeland.....	12	9	3	31	16	18
N	MacEwan.....	12	8	4	27	15	16
S	SAIT	14	8	6	28	23	16
N	NAIT	12	7	5	25	20	14
S	Red Deer	12	7	5	25	18	14
S	Lethbridge	14	7	7	25	27	14
S	Medicine Hat	14	6	8	23	27	12
N	King's.....	12	6	6	22	26	12
N	Keyano	14	4	10	20	34	8
S	Briercrest	12	3	9	17	31	6
N	Concordia.....	12	1	11	6	35	2
S	Augustana	12	0	12	2	36	0

RESULTS

Jan. 14

SAIT 3, Augustana 0 (25-13, 25-21, 25-18)

GPRC 3, Concordia 0 (25-16, 25-12, 25-13)

MacEwan 3, Keyano 0 (25-17, 25-15, 25-15)

RDC 3, MHC 0 (25-17, 25-20, 25-21)

King's 3, Lethbridge 2

(25-20, 26-28, 25-18, 20-25, 15-12)

Jan. 15

GPRC 3, Concordia 0 (25-9, 25-11, 25-18)

MacEwan 3, Keyano 0 (25-20, 25-16, 25-16)

RDC 3, MHC 2

(25-16, 25-19, 25-27, 17-25, 15-12)

King's 3, Lethbridge 2

(25-20, 22-25, 25-23, 23-25, 15-7)

SAIT 3, Augustana 0 (25-11, 28-26, 25-15)

ENTERTAINMENT

Matinee adds a twist

Stories by **CHRISTINE VU**

A week ago today, The Matinee were gearing up to play the first Indie Night of 2011. It was also the Vancouver based band's first time on the Nest stage. Although a newcomer to NAIT, The Matinee have been on tour for three years, making them regulars at venues in B.C. and Alberta.

"We've been doing this B.C., Alberta circuit probably three-four times a year. We have a routine at all the little spots and it does feel like home when we're coming through the Rockies to play in places like Calgary. It just feels like we're playing in Vancouver somewhere," muses band member, Matt Layzell.

There were a variety of people there at the Nest that night and some of them were not fans of country-esque music but with an open mind, they began tapping their toes and nodding their heads to the beat. There is no definite way to confine The Matinee to one genre of music but their roots-rock sound is something that everyone can resonate with. The

Nest was turned into a very chill space with an old-school feel for people to hang out and even study.

"I came for drinks but stayed for the music," says Dean Dekker, a telecommunications student who was enjoying drinks with friends.

The crowd was even pleased when the Matinee bravely began a cover of Pink Floyd's "Another Brick in The Wall, Part II." The rock classic was almost unrecognizable as the boys of The Matinee had given it their own unique twist. Another memorable moment was when all the members gathered to do a percussive drum breakdown.

"We try to do things to make the songs stand out and make it a musical experience rather than just playing the songs the way you would hear them on the CD," explains Layzell, and they did just that.

Now that the Nest has been added to the B.C. Alberta tour circuit, one thing is for sure, if they ever return they will have fans to welcome them "Home."

Next up: Project 1934

Indie Night is a great way to bond with new classmates and catch up with old ones after a day at school. The Nest is NAIT's on-campus bar which is fully equipped with pool tables, arcade games and an endless beer tap. After last week's successful Indie Night, tonight's free show will be sure to attract even more people.

Project 1934 is comprised of Jeremy Borschneck and Branden Winterholt, two friends who have a passion for music. They

describe their music as southern rock and count classic country and blues as inspirations. If Project 1934 sounds familiar, you may have witnessed the dynamic duo perform at local Edmonton pubs such as Black Sheep and The Druid. Now they are coming straight to you. They will be playing at 4:30 this evening so if you're looking for some good live music, great food, and even better drinks, the Nest is the place to be.

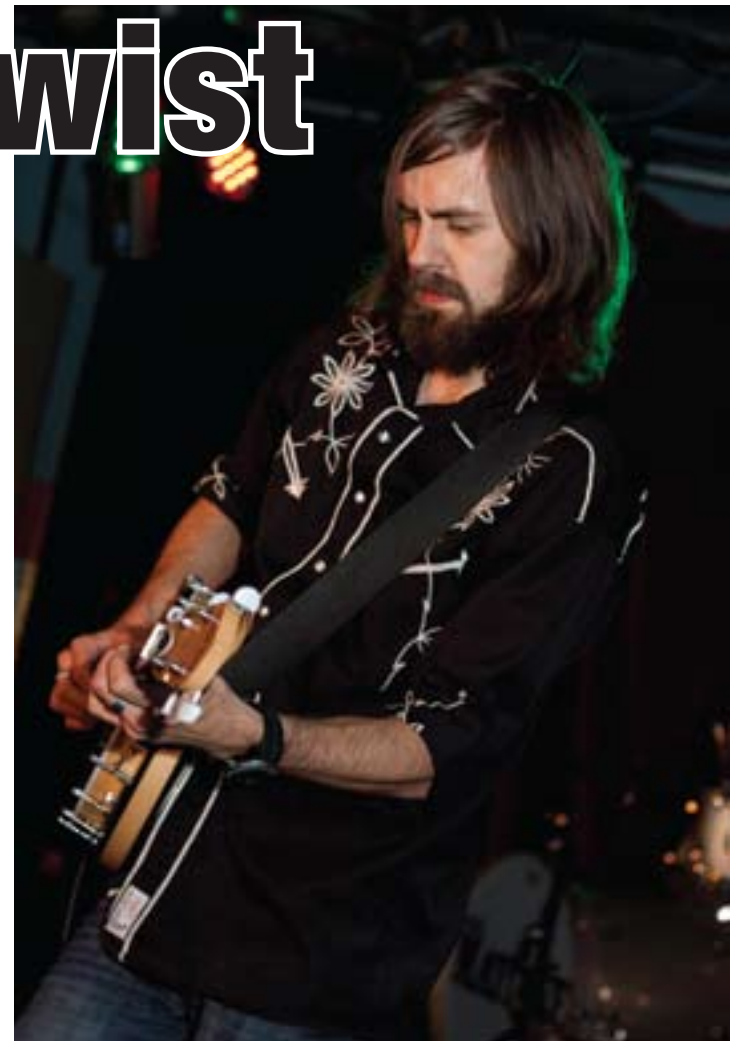


Photo by Megan Stoneman

A member of The Matinee plays at the Nest's Indie Night last Thursday.

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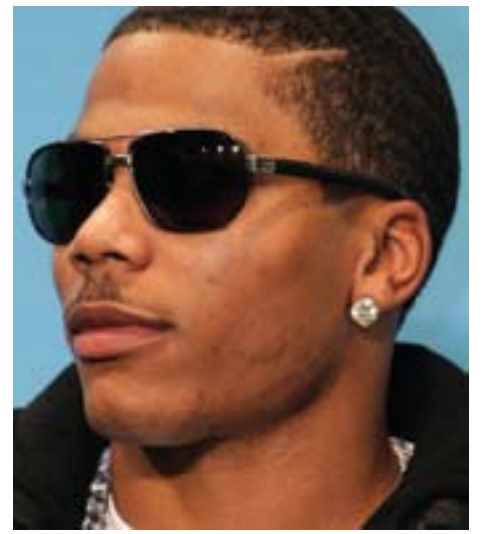


By CHELSEA BIRD

Well here we are, two weeks into 2011 already! One of the most common New Year's resolutions we make is to get in shape, so for all of you who need a little motivation to head out to the gym, here are some sweat worthy tunes you can listen to while you work on your cardio! So slap on some workout gear, head out to the nearest fitness club and get going!

1. Here comes the BOOM – Nelly
2. Love is gone – David Guetta

- and Chris Willis
3. Starstruck – 3OH3 and Katy Perry
4. Pump it up – Joe Budden
5. Tell em – Sleigh Bells
6. Hello – Martin Solveig and Dragonette
7. On the Next One – Jay Z
8. Black and Yellow – Wiz Khalifa
9. Let's Go – Lil Jon
10. Ride to California – Paper Tongues



Nelly

dyfuse.com

VIRAL VIDEO OF THE WEEK

YouTube musical sensation

By KASSIDY KRUEGER

In a world where everyone is auto-tuned and voices are electronically altered, it is becoming difficult to find true talent.

Mike Tompkins is just that. He is the definition of musician. Tompkins has created many YouTube videos where he not only sings covers of songs; he provides all the instrumentals using only his voice.

Tompkins grew up outside of London, Ont., and started beat boxing at a young age. Over the past 10 years, this 23-year-old has a demanding and diverse schedule

of musical and production pursuits, including production, engineering and mixing various albums.

And let's not forget being a YouTube sensation.

His covers range from Maroon Five's "Misery" to Taio Cruz's "Dynamite."

But the one that launched his popularity was a cover of Rhianna's "Only Girl," which Perez Hilton featured on his website and has over 2.5 million views.

This is a video that you definitely have to check out at <http://www.youtube.com/watch?v=UtBeobpTcmk>



celebz4eva.wordpress.com
Perez Hilton



Mike Tompkins



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The Superheroes are here



WHAT'S 'TASH-INING'

NATASCHA BRUHIN

Assistant Entertainment Editor

I am not one of those individuals who reads superhero comics, but these days I don't have to in order to be able to distinguish one hero from the other. With the emergence of superhero movies, we can finally witness on screen what comic book fans have been reading for years.

Are you a Batman or Spiderman fan? Do you prefer Superman or Captain America? These days, just head to your local movie theater, and decide after the movie!

While I never read the comics, I've always been a fan of superheroes because well, they're just so freaking cool. Can you imagine a world where superheroes existed? Envision Spiderman existing in your city, and coming to your rescue one day, or Superman flying by as you're walking on the street. Personally, I would be ecstatic, and run after them screaming their name. Yup, I would be a super fan.

While the first Superman and Batman mov-

ies came out in the '70s and the '80s, since the start of the new millennium, superhero movies have increased their presence heavily. Superhero series' are getting rebooted with only a few years past since the release of the original film (Spiderman, anyone?)

2011 alone will see the release of The Green Lantern, The Avengers, Thor, Captain America: The first avenger, X-Men: First Class, Ghost Rider, Priest and last weekend's The Green Hornet. A Batman 3 is in the works, as well as several X-men spin-offs. An upcoming movie about the character Venom is in development, as well as Wonder Woman and the Flash. The list goes on and on.

What brought on this sudden rise in Superhero movie popularity? Is it simply due to everyone's love of a superhero? Or is it something correlated to the state of the world? Since 9/11 and the start of the Afghanistan and Iraq wars, Hollywood's release in superhero movies has skyrocketed. In these difficult times, moviegoers are looking for entertainment that will help them temporarily forget their woes and sorrows, and transport them to a world that has superheroes that make everything better. It may be a short-lived fantasy but it's a form of escapism nonetheless, and that's what counts.

Whether you're a fan of this genre of movies or not, you'll come face to face with these flicks in 2011. And with a steady crop of them being released over the next half a year, you will more than likely end up sitting in a theatre watching at least one superhero movie this year. You may deny it, but deep down, everyone has a hero.



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Dream a dream every day



SHOOT FOR THE STARS
LACEY SENIO
Entertainment Editor

This semester I am working on a bit of a personal project, I am looking into the things that dreams are made of. The dreams that were always there inside of us, the dreams we develop with time and the sort of dreams that we come to find we never knew existed, but were dreams we’ve had the whole time. What is it about dreams that pushes us into that crazy state of desire? Why do we dream? Did Cinderella speak the truth, is a “Dream a wish your heart makes?”

In the first part of my dream journey I decided to talk to a good friend of mine, Matt Murphy. Murphy is definitely one of the most genuine people I know, who happens to have a lot of good things going for him. Naturally, he seemed like a great person to have a discussion about dreams with.

With a new album coming out in March, a cross-Canada tour planned for this summer and graduation on the horizon, I think Murphy has this dream thing all figured out.

Murphy was born in Dublin, and was brought up in a very musical family. In 1988 his family moved to Drayton Valley, where Murphy developed a keen taste for punk rock and playing the guitar. This spring Murphy will graduate from Grant MacEwan University with a Bachelor of Arts. Currently, Murphy plays bass in “audio/rocketry,” a band that will be releasing their much anticipated third studio album.

I met Murphy at Remedy Cafe, a place where you can drink really good coffee and have really good conversations. After the typical greetings, our conversation carries us into the topic of dreams and Murphy tells me that his eight-year-old self would always reply, “Batman,” when asked what he wanted to be when he grew up. Obviously, Murphy’s dreams have changed and evolved into something more realistic, but equally awesome.

Murphy has always played music, it was something that has been important to him and has provided an escape for him. However, music, or rather, being part of a successful band has not always been the biggest dream of Murphy’s, it was something that developed over time, as he became inspired by other musicians and his friends. The reality is, Murphy was drawn to music, and it has become his life. Not



Matt Murphy and Joe Vickers of audio/rocketry.

flickr.com

a day goes by that Murphy doesn’t play music.

Listening to Murphy talk about his dreams is like reading a quote in a really inspiring book, the kind that really makes you think. Murphy is speaking so profoundly about dreams, it makes it hard not to believe him when he says, “Dreams are a reflection of your life, they change, but so do people. Every step of my life has had a part in the development of my dreams.” Murphy continues on to tell me how he lives his dreams every day. Every day that he plays a show, every day he practises with his band, every time someone says they loved the show, Murphy is living his dreams.

“Selling out a venue is a dream come true. Having people smile at you is a dream come true. Having your friends support you and be a part of your dream, that is the most important thing,” Murphy says.

Through out my dream discussion with Murphy a certain topic has developed; the idea that dreams shift and that reality alters dreams. Murphy’s childhood dream of being Batman has shifted, and reality has altered the dreams that Murphy is currently following. Murphy is living the dream, his dream, and he isn’t going to stop following his dreams anytime soon.

THE NUGGET PRESENTS:

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OFFICER! THANK GOODNESS! I HAVE TO REPORT A ROBBERY! A GIRL JUST STOLE MY HEART!

AN ORGAN THIEF?

J.B.

Take a stroll on Madison's Avenue



By ALEXIS DICKSON

This week I had the opportunity to hang out with Madison Adeau, the host of *Madison's Avenue*. I had a chance to ask her a few questions in regards to her show.

Alexis: First off, as we all know you can listen in online at NR92.com, but when can we listen to your show?

Madison: You can listen in every Sunday from 3 p.m. to 5 p.m.

Alexis: Awesome, and what can people expect to hear from your show?

Madison: You can hear only the best of alternative folk, modern, and classic rock!

Alexis: Why should people listen to *Madison's Avenue*?

Madison: It's entertaining! You get the best of what my personal iPod had to offer ... What better else to go with your Sunday afternoon tea? And oh yeah, all of the cool kids do it ... ha-ha!

Alexis: What's the best part of having a show on NR92?

Madison: I love having a show because I get to be myself, listen to my music, converse with folks about the topics that I know and love, and have the whole world listen in on it!

So if you're sitting at home with nothing to do, tune in to *Madison's Avenue*! You can also check her out on Facebook, just search *Madison's Avenue*!



exclaim.ca Presents:

MARTIN SEXTON

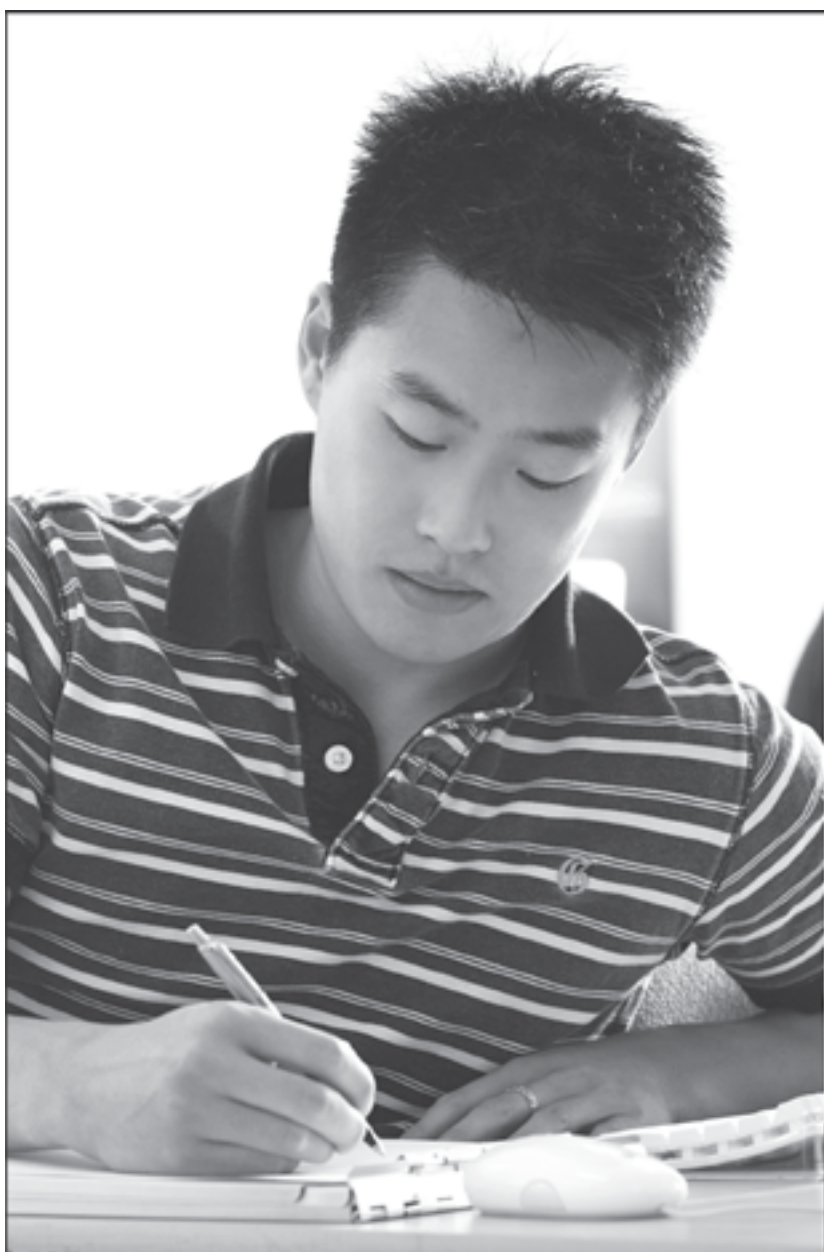
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Photo by Tiffany Lizee

Ajay Sware, 19 Carpentry

Nugget: Boxers/Briefs?

Ajay: Boxers

Nugget: Book smart/Street smart?

Ajay: Street smart and I prefer the lady to also be street smart.

Nugget: Goals?

Ajay: To one day start my own business.

Nugget: Hobbies?

Ajay: Playing hockey and hanging out with the guys.

Nugget: Perfect date?

Ajay: Dinner and a movie. I would take my lady to a nice restaurant and let her choose the movie.

Nugget: Perfect gal?

Ajay: An outgoing, chill lady that I can take home to my parents.

Nugget: Celeb Crush?

Ajay: Katy Perry

Nugget: How do you pick up the ladies?

Ajay: In a smooth and sexy tone: "Would you like to go for a drink sometime?" (Wink)

Nugget: Friends say he's a helpful study buddy and has "excellent hands."

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

Green Hornet just buzz

By YAMILA CLARK

The *Green Hornet* hit theatres this week as the first big blockbuster of the year, with comedy legend Seth Rogen and director Michel Gondry creating the first big-screen movie out of the original 1930's radio character. *Green Hornet* follows the story of Britt Reid, who finds himself a wealthy heir to his father's newspaper franchise after the death of his father. Reid can then finally fulfill his aspiration of being a superhero and begins fighting crime in the city at night, alongside his martial-arts expert sidekick, Kato. Together they must take down Chudnofsky, the bad-guy crime lord who is taking over the city.

Essentially, *Green Hornet* was meant to be one of the first knee slapping Superhero movies of 2011, but turns out it is a lot harder than throwing together a tight costume, a few self-conscious pop culture references, and a standard issue plot. The film is obviously pushing hard for laughs

with plenty of slapstick humour and 3-D effects. I did find the clashing egos of Kato and Reid to be the most entertaining and witty parts of the film.



goodfilmguide.co.uk

This movie had lots of hype and high expectations, with Seth Rogen and Evan Goldberg as the hilarious writing team who also created *Superbad* and *Pineapple Express*, but unfortunately the *Green Hornet* was a dud in comparison. Although Christoph Waltz, coming off his once-in-a-lifetime evil villain role in *Inglourious Basterds*, shows a decent performance as LA's crime boss Benjamin Chudnofsky, and Michel Gondry who has directed visual masterpieces such as *Eternal Sunshine of the Spotless Mind* did create a detailed background. All in all, it's pretty much exactly what you'd expect when you team up a goofball stoner with a visual genius.

★★☆☆☆

Mainstream Ignorance

By GRAHAM McCANN

1. Horoscopes are specifically designed to be vague so people correlate these general statements psychologically to fit their lives.
2. The U.S. National Science Board and the scientific community in general classify astrology as a pseudo-science and cannot find any statistical value in astrological predictions.
3. Since predictions of astrology are based on where the planets were at your birth, twins would be expected to live extremely similar lives. However, twins' personalities and lives are often different.
4. Astrophysicist Carl Sagan said the only relation other planets have at your birth is gravity. However, he said they are so distant that the gravity of the obstetrician is far greater.
5. Astrophysicist Neil deGrasse Tyson said, "Astrology was discredited 600 years ago with the birth of modern science ... To teach it as though you are contributing to the fundamental knowledge of an informed electorate is astonishing [in the] 21st Century."

Start the day right CAMPUS FOOD REVIEW

By ALANA SNOW

Scanning the Common Market, I was overwhelmed by the sea of people. As it was my first experience buying lunch at NAIT, I didn't have much of a plan. Like a coward, I beelined for the closest kiosk: the Blue Plate. Maneuvering through the mob of people was like bush whacking through a thick forest. There were lines every which way blocking my passage.

Once successfully at the Blue Plate, I order the South Western Chicken Panini with black bean salsa with a side of salad for \$6.19 plus GST. The chicken panini was quite a pleasant surprise; it ended

up being more of a gourmet fajita than a panini. It had salsa, chicken, lettuce, tomato, sour cream and salsa wrapped in a tortilla shell that was grilled in a sandwich toaster. Needless to say, I was the envy of my fellow lunch mates, receiving many inquires about where I had purchased my lunch. On the other hand, the salad, comprised of iceberg lettuce sprinkled with the odd piece of celery, was definitely nothing to write home about.

All in all, I would rate my meal as a 10 out of 10, but will continue to bring my lunch, as I am not keen on braving the hoard of people in the Common Market.

This band defies stereotypes

By ANNA MacLEOD

For a band whose name is a juxtaposition of extremes, Feast or Famine is decidedly grounded. Recently, I had a chance to sit down at a local coffee shop with two of its members, Matt Kerby and Paddy "Admiral Rolo" Sperling, and have a chat.

With an obvious disdain for the stereotypical "rock star" attitude, their approach to gigs and fans (and the pursuit of a healthy lifestyle) demonstrates a mindful and refreshing outlook. Feast or Famine has a policy of actively trying to engage and include the audience; getting to know them on a personal basis.

The music itself, which they define as a fusion of Dub, Punk and Ska, is danceable and infectious. The guys are confident that the music will appeal to anyone from any walk of life, but it is really the relationships they build with fans and the community that keeps people coming back. It is of utmost importance to the band that everyone feel welcome and included at their shows; they

do not cater to any particular scene and their laid-back demeanors make them incredibly fun to talk to and easy to approach.

Considering their recent run of media attention: Sonic's Band of the Month, an appearance on CityTV's *Breakfast Television* and a video on Balcony TV, it would be easy to get caught up in it all. The guys try to stay grounded by focusing on one goal at a time and maintaining and building new relationships with fans. Maintaining a positive attitude is priority number one for the band, and it's that positivity that helps them to maintain harmony between playing together and living together.

It doesn't appear that they're losing any momentum either. As of this weekend, the boys wrapped up shooting for their new music video, *Another Pandemic*, off of their most recent album, *Edmonton & Company*. Next on the docket, they have been gearing up to tour this summer. The band is planning on playing their way out east with the intention of setting up camp in Toronto for



vueweekly.com

Feast or Famine clown around in a dumpster for a recent photo.

a while.

Worry not, though! They have a number of shows coming up locally until they

tour, not the least of which is the Band of the Month Showcase, Jan. 28 at the Pawn Shop.

Recipe

By CHRIS THOMPSON

Cooking has always been a hobby of mine; this recipe is fairly easy, kind of a North American take on an Asian classic dish. Just make sure the sweet potato is quite dry, squeeze it out with a paper towel otherwise the cakes won't stick together. Other than that everything is straight forward, enjoy.

Sweet Potato Crab and Shrimp Cakes

Ingredients:

2 eggs
1/2 teaspoon salt
1/2 teaspoon sugar
1 teaspoon black pepper
1/2 teaspoon cayenne pepper (optional)
1/2 teaspoon ground ginger
1 medium sweet onion, minced (optional)
2 to 2-1/2 cups grated peeled sweet potato (squeeze to remove some of the moisture)

1 package Artificial crab meat (Pollock)
1 package baby shrimp
Peanut oil (can be substituted for olive oil)
2 cloves garlic (crushed)
1 cup mayonnaise
2 tablespoons lemon juice

Instructions:

1) Whisk eggs, salt, sugar, onion, ginger black and cayenne pepper in a bowl.
2) Add sweet potato and mix thoroughly
3) Fold seafood into mixture

4) Form cakes about 7-10 cm in diameter
5) Heat peanut oil (if unsure when the oil has reached the appropriate temperature, put a drop of water in to the pan, if it sizzles you are good)

6) Fry cakes until golden brown (3-5 min)
7) Set on plate lined with paper towels to remove excess oil

Aioli dipping sauce:

Combine mayo lemon juice and garlic into bowl and mix thoroughly

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Ready to “Freeze”?

By DAVID ADOMAKO-ANSAH

Chris Bosh may have left Toronto to play NBA basketball in Miami, but the Raptors still have the number ‘4’ occupied.

I’m talking about Air Canada Centre’s resident DJs, Kap’n Kirk and Short Sirkkit of 4KORNERS.

You’ll be able to see just how hot their mixes are this Friday at the annual FREEZE YOUR BEAVER – The Back to School Winter DJ Party at the Nest on Friday, Jan. 21, starting at 7 p.m. and running until 1 a.m.

I was able to talk to Kap’n Kirk and discover the hottest party destinations, the story behind their name and what he thinks of Edmonton.

David: Where did the name “4KORNERS” come from?

Kap’n Kirk: There are a few rea-

sons for our name, but long story short there were originally four members and I named us 4KORNERS because our goal is to reach the “4 CORNERS of the earth” through music. There’s more to it than that, but that’s the easy answer.

D: Who’s throwing the best parties at the moment?

KK: Honestly there are great parties all over. In the last year I’d say our top three party cities have been Calgary, Paris and, of course, Toronto.

D: How does the Edmonton scene compare to the Toronto scene?

KK: Edmonton’s been great and we’ve been doing shows here for years. It’s a lot smaller than the Toronto scene but always a great time. We haven’t been here much lately though, so we’re really happy to be back!

D: Which other cities have you

DJ’ed in?

KK: We’ve been fortunate enough to travel the world deejaying. To name a few: Toronto, Vancouver, Calgary, Halifax, Montreal, Winnipeg, Brussels, Paris, Barcelona, Amsterdam, Porto, Prague, Napoli and many, many more.

D: Where do you think 4Korners ranks in the world of international DJs?

KK: I honestly think that performance wise we rank right up there with the best of the best. Toronto is a very tough scene, the ideal training ground for the world stage. If you can make it there, you can literally make it anywhere. We’re proof of that.

D: Any expectations for the Freeze Your Beaver Festival?

KK: We expect nothing less than an all out gong show! Hope we’re not disappointed.



Kinectimals cute, but limited

By NICOLE BROWN

When you hear the word Kinectimals, half of the readers will think, “That stupid kids game” and the other half will be wondering, “kinecta-whats?”

Kinectimals is one of the Launch games for Xbox 360’s Kinect. When I first saw this game on E3, I gave up on gaming, my gamer soul died. Months later I discovered if you have a lot of Wal-Mart money and it’s half off, you’re more likely to try it.

The story is your show up on this island with full of Lions and Tigers and Panthers. Then this flying cat-thing named Bumble comes up and tells you that you’re the first visitor in over 200 years and that the kitties are all excited. Oh and that there’s treasure buried on the island somewhere that some

pirate captain buried here and you have to play with your kitty to find it. Story wise, yes this has IQ set for a 5-year-old. In the first 10 minutes, I was thinking paying 30 bucks for this game was a waste of Wal-mart money. The only thing keeping me attached to this game was that every once and a while, the Kitty Cub (mine was a black Panther) would come up to the screen and do something cute and being I’m a girl, and I have a weak spot for Cute.

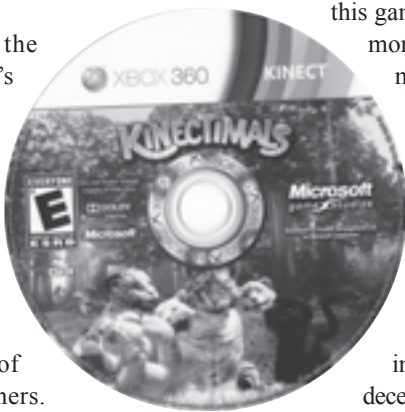
The gameplay is playing with this Cub. Kinect did a decent job with the motion sensor. You can pet your kitty like you would pet a normal cat. You can teach it tricks by doing the action, so to teach it to jump, you have to jump and it will react. To make it play dead, you have to get on the floor and play dead your-

self. For those not big on motion, you can tell it to do the tricks and it will learn them. I was actually surprised that playing with this cat was fun. You can play soccer, drive and race a remote control car, throw Frisbees. I actually had fun.

Kinectimals is one of those games that those gamer girl gamers out there will buy out of a guilty pleasure and turn their gamer tag onto

offline so no one will see them play it. If there was an award for cutest game, this would win but that’s it. There’s no lasting power. I stopped playing after three days. It was a cute ride and it got me out of my “I need a cat,” phase but first chance I get, I am trading it in for a real game.

★★★☆☆



No heat in Ash

By HAILEY MATSON

I am never one to bash a hopeful emerging Canadian band, but after listening to the recent album *Inventions* from Ash Koley, I struggled to find any positives about this album. But I guess to understand the music you have to understand the band.

Ash Koley was started in 2004 and is made up of Ash Koley and Phil Deschambault. Hailing from Winnipeg, they are one of the many indie pop groups trying to break into the Canadian music scene.

But unlike artists like Hannah Georgas and Jenn Grant, Ash Koley lacks the lyrical creativity and the unique sounds of their emerging competition.



The most recent album, *Inventions*, is not only painfully corny and lyrically simple for me; it offered no unique sound that I haven’t already heard.

Let’s be honest, for an album named *Inventions* there is nothing inventive about it. From songs like “Brighter at Night” and “Downtime Up,” I couldn’t help but wonder where I missed this band amongst the other Disney pop stars. But opinions vary, and many may love this album, if you are a passionate Miley Cyrus or Hillary Duff fan, but for me it takes a little bit more effort to impress me musically.

★★★☆☆



THE NUGGET PRESENTS:

GRAPEVINES

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Dear 3 DMIT,
Be men and come say hi to us, after double checking you and undressing you with our eyes, you'd think you'd get the hint ;) We don't like boys we like men!

– The girls in XXX wing

I heard of this "HOT personal Trainer", So i went and looked For myself and YUP SHE IS FINE :D, i think her name is Shannon? ... I wonder if she's taking applications? ;)

– Another admirer

Dear tv girls, why not just come visit us in Business? We'll make you stars! (as soon as we stop sweating about the principles of accounting). It isn't us who would make a welcome change of scenery ;) BTW, I take a double-double if you're going to stop on the way over.

– Longhair in Tower T

Dear carpenters/tv-radio girls ...
You carpenters should really considering accepting the fact your a bunch of pervs and leave us mechanics out of this, were actually a pretty decent group of guys and don't play the childish games you guys do. Learn to own up to your mistakes and apologize to the tv-radio girls. We invite the girls so sit and have break with us if you wish. Trust me were not as bad as the blame

it on someone else carpenters.
Signed ... Free the wrenches

Hey new guy in instrumentation,
S.T.F.U. No one cares.

Sincerely
Pissed off dragon slayer

To the high energy female ball of fury in the millwork and carpentry class- please stop kicking us. Kickboxing isn't offered at NAIT.

Hey ladies were back Sem2 is now fully in function and you know where the party is at that's right 3rd Floor HP Centre be there or just miss out.

– The Three DMIT

How do phase that which is un-phaseable?

– Albert

Too many hot chicks too study... Guess I'll be back to creep for another year ...

– Failure

To that cute guy in line at Tim's the other morning: Your toque and jacket combo is extremely attractive. I like a guy that can dress.

– Fashion Friendly

What is with this snow? Why doesn't Edmonton have snow days?

This isn't right.

– Needs a day off

Hey you, jerk in the V-Wing making fun of the TV girls, just cause you know you'll never get it doesn't mean you have to be an ass.

– Ticked Off

Morons in the L parking zone, just because there's snow on the ground doesn't mean you can forget that there are other people who need to use the parking lot jackasses!

– No Spaces Left

Hello Grapevine, please continue to fill this column with peoples troubles so I can laugh and be glad my life is better than theirs =)

– Glad I'm Not Them

To the girl I helped find her classroom on Monday, I can help you find something else... The key to my heart! You're so hot you melt the plastic in my underwear.

– Smitten

ATTENTION LADIES OF NAIT: After a semester long search, I've discovered where all the men are: The NAIT gym at lunchtime. There are literally dozens of gorgeous men in one capacity. BUILT men. STRONG men. I've never seen such a glorious site. You're

welcome!!!!

– Get 'em while they're hot

To the girl who gave me the stink eye in the hall the other day – try not to make your face any more haggard-looking than it already is. Although I would be pissed off as well if I saw a girl holding the real version of my knock off Prada bag.

– Quality is better than quantity

It's not a man-purse, it's a satchel. Quit busting my chops about it. I'm all man baby.

– Buff the Stuff

I love reading the Nugget. Keep up the great work!

– Satisfied

Dear Snow,
It just isn't going to work out between us.

– Cold Feet

O-M-G! I was at the *Nugget* meeting yesterday and those Sports editors are soooooo hot! The assistant Issues editor is pretty cute too ;)

– Hot and Bothered

Dear Starbucks: Yu-u-mmy, gotta love ya <3

– Ms. Smiley Cup

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,
I have been getting these sudden urges to get naked lately. I'm in line at Fresh Express buying a sandwich, but all I want to do is strip down and run through the cafeteria. Or when I'm sitting in the middle of another boring lecture, all I want to do is get down to my birthday suit and dance on the table. Just the other day I was buying myself a coffee and considered giving my barista a little show. What is wrong with me? Why do I want to just be naked all the time?

Sincerely,
Stripplease

Dear Stripplease,
Why wouldn't you want to be naked all the time? It's great! Maybe you just haven't been laid in a while and want to show off the goods? Having these urges is fairly normal I think, it's just a matter of keeping the snake in the cage in public places. Have you ever considered a career in exotic dancing? The pay is great and it sounds like it could be right up your alley.

Dear Dr. CONwisDOM,
I've been together with my girlfriend for three years now and things seem to be sizzling out in the bedroom. I no longer want to have sex with her, but I do want to have sex with my lab partner Mark. I'm totally not gay at all, it's just he's the coolest guy I've met. I was just thinking it be sweet if we just messed around a little bit, then maybe talked some sports and played a game of foosball or something. Harmless right? So how do I get that "Mark" feeling for my girlfriend?

No Spark

Dear No Spark,
Well my friend, I'm sorry to break it to you, but you're totally gay, or at least bisexual. Which is fine, but you need to figure out what your situation is before you end up stringing your girlfriend along. Break up with her before she gets hurt. As for Mark, maybe start things out slowly before you jump into anything. You really don't know what his situation is yet. Friends first, lovers second.

Dear Dr. CONwisDom,
My girlfriend can only get off when I go down on her, but I just don't like doing it for some reason. She doesn't like going down on me either, but she does it a lot, does this mean I kind of owe it to her?

– Not too Off-ten

Dear Off-ten,
I wouldn't say you owe her, it doesn't usually work that way in relationships, but to me it seems like it would only be fair. If she doesn't like doing it, but does it to please you, you should be doing something out of your comfort zone to try and please her, and who knows, if you do it enough you might end up liking it.

Dear Conwisdom:
How do girls feel about coloured condoms? I bought a pack of assorted colours, and I think they're cool, but who knows how you girls would react. Thoughts?

– I want to get laid

Dear I want to get laid:
Um ... no. Just no. Condoms are gross-

looking enough as it is, we don't need to add colour to them. It would be severe overkill. However, flavoured condoms could be fun! Safe AND a nice surprise for the girl, if you know what I'm saying. Best of luck to you in your sex adventures! May the sex be with you.

Dear Dr. ConwisDom,
I really want to try new things in bed with my boyfriend, because hitting the sheets has gotten a little boring for an adventurous girl like me. I am wondering how I can try and spice things up, and add a little craziness to our love-life.

– Snooze-Fest

Dear Snooze-Fest,
One word: Bondage
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 20-26

(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)

Seize the day but totally waste the night away. And don't cry over spilled beer. Lucky numbers: 24, 60, 1.

Pisces (Feb. 19-March 20)

You will mysteriously injure yourself in your sleep. Consider wearing oven mitts to bed if you haven't clipped your fingernails lately. Lucky numbers: 5, 28, 66

Aries (March 21-April 19)

Wear your stretchy pants; snacks and greasy food are way too tempting this week. Lucky numbers: 3, 11, 24

Taurus (April 20-May 20)

You forgot something. Good thing you still can't remember what it was. Lucky numbers: 12, 6, 30

Gemini (May 21-June 20)

You might want to switch to decaf coffee this week, you'll find yourself feeling anxious and rushed. Lucky numbers: 4, 19, 10

Cancer (June 21-July 22)

A lover will stick by your side... With the help of duct tape. Lucky numbers: 2, 9, 21

Leo (July 23-Aug. 22)

Make sure your morning breath doesn't make it to the afternoon. Lucky numbers: 5, 14, 51

Virgo (Aug. 23-Sept. 22)

Pace yourself over lunch break, or else the Heimlich maneuver is in your future. Lucky numbers: 13, 8, 33

Libra (Sept. 23-Oct. 22)

Hasty decisions become fabulous decisions. Consider gambling. Lucky numbers: 7, 18, 41

Scorpio (Oct. 23-Nov. 21)

You are almost out of clean socks.

But don't do laundry yet, you won't have time. Just buy yourself another package of socks. Lucky numbers: 36, 1, 31

Sagittarius (Nov. 22-Dec. 21)

Compiling a list of people you hate may be beneficial for you this week. It's important to take notes. Lucky numbers: 17, 26, 39

Capricorn (Dec. 22-Jan. 19)

Almost certainly someone will be a pain in the butt this week. Avoid a bad confrontation by using wise words – life's Preparation H. Lucky numbers: 40, 77, 10

Ophiuchus (never)

Unfortunately I have no predictions for you because you do not exist. Lucky numbers: 0, 00, 000

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Protecting your home



Your home is the most valuable asset you have and it's worth protecting. Here are some tips to help you keep your home safe.

When at home: When in your back yard lock your front door and vice versa. When in the home, it is a good idea to keep your doors locked. Consider keeping your blinds/curtains closed at night because people can see in.

When on vacation: Arrange to have your mail picked up and consider stopping newspapers. Remember to have the grass cut, the leaves raked or the snow removed as necessary. Use timers on a few lamps in rooms where the light will be noticed from outside the house. Have a neighbor check both inside and outside the house every few days. Ask them to pick up items delivered while you are away. If you have a clearly designated outside parking space (as is the case in many townhouse neighborhoods),

ask a neighbor to park their car in your space.

In your yard: Trim trees and bushes that could conceal burglars, specially around windows and doors. Keep your yard maintained to give the house a lived-in appearance. Cut grass, rake leaves, remove dead branches and debris. Install outside lights to brighten dark areas around doors or windows.

In your community: Get to know your neighbors – residents should become familiar with the routine in their neighborhoods. Be aware of strangers and look out for each other. Leave keys and emergency phone numbers with a trusted neighbor. Keep up appearances – a well-tended neighborhood is less attractive to criminals and vandals. Get involved in crime prevention programs.

Information obtained from the Edmonton Police Service

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 eligible for a reward of up to \$2,000. Everybody benefits, except the criminal.

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.

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

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.

THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming clubs events

Business Connex

What: Beer Garden
When: January 28; 3 p.m.
Where: Business Tower Lounge (8th Floor)

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

Chinese Student Association (CSA)

What: Spring Festival
When: January 30; 5:30 p.m.-9:30 p.m.
Where: Dynasty Century Palace; #206, 9700 105 Ave.
Tickets are available at the NAIT International Student Centre (Rm

E124) and CSA NAIT (Rm O117F)
\$12/CSA Member; \$25/Non-Member
For more information www.naichina.com

DMS 2012

What: Comedy Night
When: Feb. 10; 8 p.m.
Where: Comic Strip – West Edmonton Mall

Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games
When: Fridays; 4:15-10 p.m.
Where: Room WC-312

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

Christian Club

What: Weekly meetings
For meeting times and event information, please contact: Russell Huizinga@gmail.com

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

Clubs Centre News

Beer Garden Training #2: Jan. 21
Presidents' Connection: Jan. 24
Clubs Training #2: Jan. 29
Clubs Showcase: Feb. 2

BEER GARDEN

Please Drink Responsibly

\$2 Tickets, available for presale or at the door

\$3 Beer / High Balls

\$2 Pizza

\$4 Combo

Music by *Sound Select DJ*

PRIZES THROUGHOUT THE NIGHT

**When: Friday, January 28th
3:00 pm – 10:00 pm**

Where: Tower Lounge, 8th Floor

Are you connected?

How to contact Business Connex of NAIT

Facebook : Business Connex of NAIT

Email: businessconnexnait@gmail.com

EDSS PRESENTS:

UNICOLLEGE:
WE'RE ALREADY ON TOP
WHY STOP

BEER GARDEN

THE ANNEX "L" BUILDING
FRIDAY January 21, 2011
3:00PM-1:00AM

PRESENTING DJ'S:
SURPRISE GUESTS
TO BE
ANNOUNCED

SITE LOCATION

CLUBS SHOWCASE
FEBRUARY 2, 2011

COME CHECK OUT ALL THAT THE CLUBS ON CAMPUS HAVE TO OFFER!

WHERE SOUTH LOBBY
WHEN 11AM - 1PM
WHAT VISIT THE BOOTHS OF
CURRENT CAMPUS CLUBS

Talk to the Campus Clubs Manager
if you are interested in starting
a club of your own!
campusclubs@nait.ca

MEET NEW PEOPLE SHARE YOUR INTERESTS HAVE FUN

For more info on registering for this event, or how to start or join a club,
email campusclubs@nait.ca, or call 780-471-8871, or visit our website

WWW.NAITSA.CA facebook

NAIT STUDENTS ASSOCIATION PRESENTS

Saturday, January 29, 2011
8:00am - 4:30pm

Training must be attended to be eligible for SEED and Grant funding!

RSVP by January 24 via email: campusclubs@nait.ca
with the following information:

Club name, participant names and any food allergies / restrictions.
Maximum limit of three executive per club.

Please dress appropriately for outdoor winter activities and indoor activities.

SURVIVAL TRAINING

INTERACT LEARN BUILD

www.naitsa.ca | Room E-131 | 780.471.8855

Managing your depression



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Do you feel worthless, helpless hopeless and/or constantly fatigued? It is not abnormal to feel sad, lonely or down occasionally. However if your symptoms last for more than two weeks, and are not due to a significant loss, there is a chance that you are suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

- difficulty concentrating, remembering details, and making decisions
- fatigue and decreased energy
- feelings of guilt, worthlessness, and/or helplessness
- feelings of hopelessness and/or pessimism
- insomnia, early-morning wakefulness, or excessive sleeping
- irritability, restlessness
- loss of interest in activities or hobbies once pleasurable, including sex
- overeating or appetite loss
- persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- persistent sad, anxious, or “empty” feelings
- thoughts of suicide, suicide attempts

Symptoms of depression can be similar to

symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and mood swings. If your depression is severe you are advised to see a doctor or counsellor as soon as possible. If it is milder, here are some things to try:

1. Develop a routine. When you are depressed it is difficult to make yourself do things however inaction makes depression worse. It is important to pick small goals and work on one or two of them. It is often easier to take action when you have a routine for things such as homework, exercise, relaxation, eating and sleeping.

2. Supportive relationships. Most people with depression feel like withdrawing from people and activities. However isolation and loneliness make depression worse so it is important to reach out. While you might not want to burden others with your problems, people who are close to you will want to help. Find at least one person you trust to ask for help and support. If there is no one you feel you can reach out to you might want to consider joining a support group. Try to keep attending social activities even though they may not seem as pleasurable as they did in the past. Whenever possible surround yourself with people who have a positive outlook on life.

3. Challenge negative thinking. Depression colors our thinking, emotions, self-esteem, behaviors and relationships with others. People with depression often see themselves, their current situation and their future in a very negative way. Recognize that when you are depressed you see things as if you are looking through dark lenses. Thinking patterns for people who are depressed include exaggerating negatives,

minimizing positives, over-generalizing, black and white, all-or-nothing thinking and taking things too personally. Self talk has a big impact on how we are feeling. Be aware of your negative thoughts and ask yourself if you would talk to your best friend the same way that you talk to yourself. If not, practise using gentler and more supportive messages to yourself. It is often helpful to keep a journal of negative thoughts and what triggered them, and then to look back at the thoughts and try to find more balanced, realistic and positive messages to replace the negative ones. For example, “My best friend doesn’t like me anymore because I am no fun. She hasn’t called me this week” could be replaced with “I know my best friend is having a really busy week and she does not know how low I have been feeling. I will call her and see if she wants to get together after she is finished her project.”

4. Do things you enjoy, or used to enjoy, doing. While you may not get the same pleasure out of previously enjoyable activities, it is important to include these in your day. Make a list of activities you used to enjoy such as going for a walk, playing with your cat, window shopping, listening to music, watching a favorite movie or reading, and set the goal of doing something on your list each day.

5. Take care of yourself. While you may feel like you just don’t care what you look like or how you are eating, taking care of yourself can make you feel just that little bit better – and feeling a little bit better can give you the energy to accomplish another small goal.

Sleep, exercise and proper nutrition all have an impact on our mood. People generally need at least seven hours of sleep each night but it is not healthy to get more than 10 hours. Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression. To get the most impact aim for 30 minutes a day, but if that seems overwhelming start with 10 minutes – walking, dancing, stationary biking or yoga – as long as you are moving it doesn’t matter what exercise you do. Be aware that overtraining can also be a cause of depression. Eating regularly and making sure you have a balance of carbohydrates, proteins and fats in your diet is also important. Certain nutritional deficiencies can exacerbate depression or cause symptoms that mimic depression. Sugary snacks can cause mood and energy crashes.

6. Manage stress. Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for stressful times such as mid-terms and finals. Learn to say “no” and to ask for help. Build at least a few minutes of relaxation into your daily routine.

7. Understand that you are not your depression. Depression is a set of symptoms that cause you to think, feel and act differently than you normally do. Once you get the resources and skills to manage depression you will think, feel and act differently.

8. Be prepared to educate others. Understand that people who have not had depression will not understand what you are going through, and will not understand that “snapping out of it” is not something you can do. Letting friends and family members know what is helpful (and what isn’t) will benefit them and you.

9. Get informed. There are many good books and manuals on depression. Feeling Good by Dr. David Burns or *The Depression Workbook* by Mary Ellen Copeland are excellent resources. You can also print out a self help manual at <http://www.changeways.com>. Another way to get informed is to get to know yourself. Observe which people, situations or things trigger your mood to deteriorate and which tend to uplift you. Be on the lookout for things you can do that make you feel better about yourself. If you get repeated depressions make yourself aware of the early warning signs. Depression is easier to resolve if you catch it early.

10. Seek professional help. Depression can be difficult to self-diagnose let alone resolve on your own. Don’t lose hope. Feeling better takes time, but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don’t seem to be getting better, or if you are feeling too blue to make changes, it is time to seek professional help. Staff at student counselling are all qualified professionals experienced in working with depression and other personal or academic areas.

You can make an appointment at Student Counselling, Room W111-PB; phone: 780-378-6133.

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.

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

.. facilitating student success

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.

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