Crossword Puzzle, Page 19

Thursday, January 27, 2011 Volume 48, Issue 17

THE May January 27, 2011 (C)



YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

SEVEN PROGRAMS CUT

Academic Council recommends move for next year, story page 5



WHEEEEE!

These two ladies enjoy a slide of a different kind – one made of ice at the Ice on Whyte Festival last Sunday. The annual ice sculpting event attracted 48,000 visitors this year, up from 39,000 in 2010.



NEWS&FEATURES



CAREER FAIR

A representative of Alberta Blue Cross speaks to an attentive trio on Tuesday in the NAIT gym. The annual open house at NAIT attracted 86 employers and approximately 6,000 students.

Finding a reason to butt out

By GRAHAM McCANN

Last week was National Non-Smoking Week, and Occupational Health and Safety treated NAIT to displays about little known facts and health risks caused by smoking.

This year's theme was "there are hundreds of reasons to quit, what's yours?"

Displays included diagrams of pig lungs demonstrating the capacity of those exposed to second hand smoke versus clean lungs.

"You can see visually that the smoker's lungs couldn't fill with air," said Evelyn Gorecki, NAIT tobacco reduction co-ordinator, who runs a program to help students stop smoking.

Students were also encouraged to give up

their cigarettes and other smoking materials, which were put up on displays.

Students could also test their carbon monoxide levels at the event. A normal and healthy reading is around five. A smoker's level could go up to 20 or higher, especially after smoking and having the carbon dioxide absorb into the

"As a smoker, you might not be putting yourself in a garage with a running car, but over time that's what you're doing," Gorecki said.

She said that one smoker at the event was incredibly shocked that his level was over 60, and he vowed to quit and started the nicotine patch that day.

The instantaneous benefit of quitting is that people come in at this point. carbon monoxide levels go back to normal after eight hours.

People were not only persuaded to stop tobacco, but were warned about the widely misunderstood dangers of marijuana.

"What people usually don't know is that marijuana has five times more carbon monoxide and three times more tar ... one joint is equal to 20 cigarettes in terms of lung cancer," she said.

She added that since it is illegal, it can't be studied unlike tobacco, and because of this, the full extent of its damage is unknown.

The program was fully implemented in September 2010, and there have been about 950

"Anyone can come in; I ask a couple questions to figure out their level of dependency, from there we discuss their habits of smoking," said Gorecki. "We work on a plan of what you can do instead."

Free products such as nicotine patches are provided for eight weeks.

The withdrawal symptoms of smoking usually last around 10 days.

"If people quit cold turkey, I tell them to suck it up for two weeks, knowing that it gets better," Gorecki said.

Gorecki adds that counselling and support is always available throughout the year.

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

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
 VP Academic
 VP Campus Life
 VP External

NEED MORE INFORMATION? Come to the NAITSA Office, E131, check out naitsa.ca, or drop by one of the Info Sessions January 12, 20, 25 4:00 - 4:30 p.m. in E129



Learning to learn

By ALANA SNOW

My dad has a photographic memory, because of this he got to skip Grade 12 and go straight to university, or so the story goes. Others, myself included, do not possess these superhuman-like

qualities. For the rest of us there is the FYE Winter Study Skills Workshops, the latest one being on Memory, Learning and Concentration.

Although they are only 50 minutes long and held at convenient times such as 11:15 a.m.-12:05 p.m., 12:15 p.m.-1:05 p.m., and 4:30 p.m.- 5:20 p.m. My initial reaction was that I couldn't be bothered. Like most things that you know are good for you, such as flossing your teeth and stretching, I instantly felt the urge to avoid it like the plague. Concentrating however is not my strong suit, and having taken a couple years off of school my memory is a little dusty. So I rallied and made my way to Room X-213 (South Learning Centre) one noon hour.

Memory like muscles

It turns out that we all have photographic memory, it's just that some of us have bigger memory sticks than others. On the flip side, memory is like muscles. After spending a year on the couch you can't expect to go to the gym one day and perform like an Olympic athlete. The same goes for your memory, it just needs to be exercised and with time it will improve. So good news to those students returning to school, things will get easier.

A lot of the memory and concentration tips I've heard before, examples being the importance of repetition. Your brain is like a forest, if you want to make a new path, you have to go over the new route many times before its permanent. This means for us oh so prevalent procrastinators that we should plan ahead and review course material for 15 minutes each night for several nights. Also it is important to vary your method every time you repeat material. Reading notes out loud is a good way to do this because you are engaging more than one sense.

Useful

Although much of the content of this workshop was review, it was still useful. Hearing about all the different study methods helped me to compartmentalize them in my brain in a more organized fashion. So I do recommend going if you are having any trouble at all in school or need some sprucing up on your studying methods.

A good thing to keep in mind as well is if you do need extra help NAIT Student Counseling is always a resource. They will provide you with one on one counseling to address any academic concerns you may have. If you are interested in attending the next workshop on Time Management and Procrastination, drop into Room X-213 at 11:15 a.m.-12:05 p.m., 12:15 p.m.-1:05 p.m. and 4:30 p.m.-5:20 p.m. on Tuesday, Jan. 25.



NAIT counsellor Margaret Marean delivers a lecture on Memory, Learning and Concentration.

Time for a tune-up?

By DARCY WALKER

Does your car have a strange knock, are your ning smoothly. brakes starting to squeal when you come to a stop or no need to worry any longer because the automotive sooner, rather than later. apprentices will soon be back in their shop working on customers' vehicles.

As part of their training the Automotive apprentices can do repairs on vehicles. It gives them experience and training and it also provides funds for the

Jobs offered include brake repair, tune-ups and automatic transmission servicing and overhauling.

If you or someone you know needs this type of work done on their vehicles, you can call Belinda at 780-471-7433 and she can set your vehicle up for an appointment. If there is a rush of people, a waiting list will be made in order to keep everything run-

If you call and the shop is full you may be put on do you think your car could be running better? Well, a waiting list, so phone now so your car can be fixed

> Once your vehicle is in the shop it will be tied up anywhere from two days up to four weeks. The time



Calvin Coley is an instructor in NAIT's Automotive program.

your vehicle is tied up depends largely on what kind of work you are getting done to your vehicle. The more work that needs to be done; the longer your vehicle will be gone.

However there is an upside. Your vehicle may be gone longer, but you will end up paying much less for your repairs.

When you pick up your vehicle you will have to pay for the parts replaced and a general shop fee of \$60. If you are getting your transmission overhauled you will have to pay \$200 for a general shop fee.

At other mechanic shops you would have to pay for all the hours a technician spent working on your vehicle, but not here at the NAIT automotive shop.

If you have any questions about the shop or its services, contact Belinda Westly at 780-471-7433 or e-mail her at belindaw@nait.ca.



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.

An international perspective

CATHERINE YE

Hello everyone, I hope it's not too late to introduce a new column. This week I want to start by introducing my article to every one.

I want to share the ideas and purposes about this column with you guys. You can see that I named this column Views From an Outsider, since I am an international student at NAIT. I simply use my oriental "eyes" to view Canadian life.

According to NAIT's website, there are approximately 2,000 international students from all over the globe studying here right now. That's a huge number! So I figure that I

am not alone here at NAIT.

I believe every overseas student has their own stories here in Canada. We all experience difficulties and overcome them during the process of growing up.

I hope this column can be a place where international students will share their different ideas, cultures and stories with other Canadian students.

I once did a survey in my leadership class, and asked my classmates who came from several countries their opinions about cultural differences. Most of them thought that it was nice to be friends with the locals but it's hard to communicate due to different ways of understanding. What can we do to solve this problem? More communication!

I have been an issues contributor for the Nugget, our students' newspaper, since last semester. By using this experience, I got chances to get more involved in Canadian life. I set foot in some areas I had never experienced before, such as hockey games. I also invited some of my Canadian friends to celebrate my traditional festival—Mid Autumn festival.

It was a good way to enhance the understanding between different cultures.

This semester, in this column, you will see a variety of international stories. I will interview some international students and let you guys listen to their stories, and introduce you to all kinds of activities held by international students. I hope you will love this

And last but not the least, I hope you guys who are international students can share with me your story ideas! Here is my e-mail address, CatherineYeCA@gmail.com. Feel free to send me an e-mail and I do appreciate you sharing! Hope I can see you and hear from you one day!

Chinese new year approaches

VIEWS FROM AN OUTSIDER

By CATHERINE YE

Since I am a Chinese, I decided to introduce my own festival in my first column.

Feb. 3 is a big day for Chinese this year. It is Spring Festival or the Chinese Lunar New Year, the biggest festival in Chinese culture. The Chinese calendar is a combination solar/ lunar calendar, based on a number of rather complex astronomical calculations, including the longitude of the sun. So the date for Chinese New Year changes each year.

Chinese view lunar new year as real new year and call it "Xin Nian." Jan. 1 is referred to as "Yuan Dan."

To the Chinese people, Spring Festival is as important as Christmas is to people in the West. It is a time for family reunions, for visits with friends and for good wishes for the com-

As we all know, China is a large country, so

northern Chinese and southern Chinese eat different food during the Spring Festival. Jiaozi is popular in the north, while southerners favour a sticky sweet glutinous rice pudding called Nian

Preparations for the Spring Festival, or Chinese new year, begin the last few days of the last moon. This is when houses are thoroughly cleaned, debts repaid, hair cut and new clothes purchased. Houses are festooned with paper scrolls bearing auspicious antithetical couplet and in many homes,

people burn incense at home and in the temples to pay respects to ancestors and ask the gods for good health in the coming months. Spring couplets and big character of "Fu", means "happiness," are displayed everywhere as a prayer for

year, people used to let off firecrackers, which

served to drive away the evil spirits and to greet the arrival of the new year. Whereas, some people pasted paper-cuts for window decorations to do away with the old and set up the new, the pat-

terns of paper-cuts mainly consisted of figure, flower, character, any of the 12 animals representing the 12 Earthly Branches and other animals.

People also enjoy all sorts of entertainment, going to the temple fairs, treating themselves to the local delicacies, and watching performances of fold art forms, which usually include

clapper talk and cross talk.

During this period, quarrels are to be avoided. Words with bad connotations such as defeat, illness, surgical operations, a coffin or death are not to be used. Dishes are handled carefully, for breaking a dish on New Year's Day indicates bad luck for the coming year.

Throughout the new year's season, certain foods are served because they symbolize abundance and good fortune. Besides preparing special dishes, tangerines and oranges are often passed out to children and guests, as they symbolize wealth and good

(Some information source: http://bn.chinaembassy.org/eng/zgxw/t233061.htm)



At midnight at the turn of the old and new



All sessions are held in Room X-213

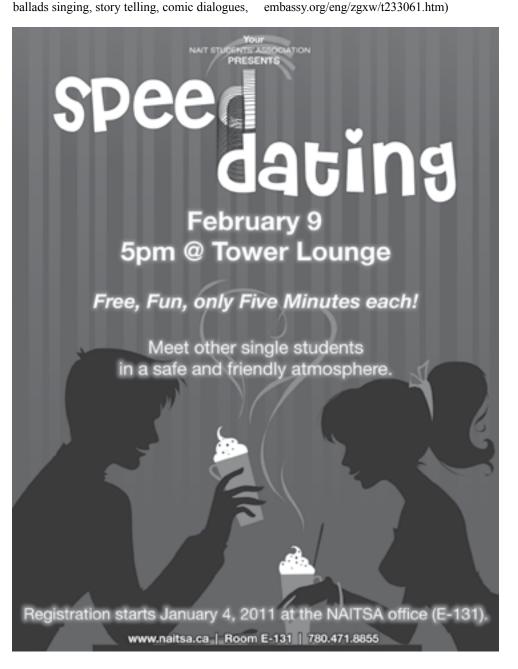
JANUARY 2011

27	Thurs. Le	earning Styles & Listening	11:15 a.m12:05 p.m. 12:15 p.m1:05 p.m. 4:30 p.m5:20 p.m.
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FEBRUARY 2011

		From Business and Salation	11:15 a.m12:05 p.m. 12:15 p.m1:05 p.m. 4:30 p.m5:20 p.m.					
1	Tues.	Exam Preparation & Writing						
		(Bring your class notes/text)						
			11:15 a.m12:05 p.m.					
3	Thurs.	Reading to Remember	12:15 p.m1:05 p.m.					
•		(Bring a text to read)	4:30 p.m5:20 p.m.					
8			11:15 a.m12:05 p.m.					
	Tues.	Managing Exam Stress	12:15 p.m1:05 p.m.					
			4:30 p.m5:20 p.m.					
			11:15 a.m12:05 p.m.					
10	Thurs.	Stress Management	12:15 p.m1:05 p.m.					
. •		(Presented by NAIT Counsellor)	4:30 p.m5:20 p.m.					
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AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS





Finding ocean solutions



FROM SPACE **TO SEA**

CELESTE DUL Issues Editor

When most people think about the ocean they think about the water, the life forms, maybe the coast, but I find not many people take into consideration how vast the ocean really is.

This week I want to talk about the half of our planet that isn't properly managed or governed - the high seas, more commonly known as International Waters. This area makes up 64 per cent of the ocean, is not owned by any particular county, and yet holds close to 90 per cent of life on earth.

Humans are prone to bend rules so an area that isn't governed is like candy to a baby. You'd think that after having issues for this long someone would have stepped in and found a way to regulate and manage such a huge portion of the planet.

Sure, many treaties and laws have been put in place to prevent pollution from ships and crime by international organizations, including a huge declaration put in place by the United Nations. All these documents end up protecting international water, regulating travel, upkeep of environment and a lot of territorial mumbo jumbo. I read through the document and let me tell you, these guys need to get their act together. They put in place all this legislation and ideas when there is no real way of managing or enforcing it.

After the last few years the United Nations is finally looking for a way to enforce this, mainly due to environmental issues.

Since 2003 there have been patches of garbage found that are two times the size of Texas, I think this is good reason for concern. Furthermore in the Sargasso Sea, an important breeding ground for marine life, over 200,000 pieces of plastic were found per square kilometre.

Because of this there has also been a major decline in fish, whale, sea turtle and marine life in general. I'm not a scientist, but I think that something needs to be done about this very soon.

Don't get me wrong, I'm not a completely eco-friendly person, and there is lots I could do to reduce my eco-footprint, but these numbers don't lie, and we're harming creatures that can't protect themselves. At least if we surround ourselves in garbage we can pick it up, they can't.

A video of Kristina Gjerdem, who studies law on the high seas and seems to have a great idea of how we can incorporate space to manage International Water, was posted on the Internet in November. She suggests tagging and tracking fishing and sailing vessels and viewing them from satellites. Not only will this help regulate and manage laws, but it will also provide safety to those at sea so that someone knows where they are at all times.

I hope that the UN follows through with this idea and gets it implemented as soon as possible, as it will benefit everyone in the process.

7 programs face the axe

Due to NAIT's \$12.3 million budget shortfall, the Academic Council has decided to accept a suggestion from the Program Excellence Subcommittee and recommend that seven NAIT programs be suspended for the academic year 2011-12. However, the final decision rests with the Board of Governors, who will make a final decision on Feb. 7. The programs recommended to be cut are: Aircraft Skin and Structure, Avionics Engineering Technology, Graphic Sign Arts, Marine Service Technician, Power Engineering – 3rd Class (full-time day program only), Records Management and Business Operations, and Telecommunications Engineering Technology. Luck was with the Cytotechnology program, which will be accepting students every second year, starting in 2012/2013. Minor modifications will also be made to the Medical Transcription program.

Each program was closely assessed using feedback collected from consultations, as well as evaluated based on proficiency, an environmental scan, the capacity to offer the program and the fit within NAIT's existing programs, according to institute officials.



MP VISITS NAIT

Laurie Hawn, left, MP for Edmonton Centre and Parliamentary Secretary to the Minister of National Defence, visited the Avionics Engineering Technology Program at the NAIT Aviation Training Centre recently. Shown with Bill Baker, Associate Chair, Avionics, Mr. Hawn wanted to show his support for the aviation training programs at NAIT, but to no avail, as both the Aircraft Skin and Structure and Avionics Engineering Technology programs have been recommended for termination.

A refund for Speed on Green tickets



EDMONTON NOW

STEVEN DYER **Assistant Issues Editor**

No one likes to receive a speeding ticket, but it gets even worse when you find out that it may have been issued under false that may have been issued when the driver was circumstances.

The Speed on Green cameras in intersecyou would be able to get off with only a warning, but then in April of 2009 tickets started being issued to drivers caught by those cameras. The fine for receiving one of these tickets is \$350.

However if you received one of these tickets between November 2009 and Jan. 14, 2011 then you are in luck as the province will be issuing refunds for those tickets.

It was discovered that there is a fault in the system that has caused Alberta Justice to issues refunds, as it is believed that there were tickets not speeding at all.

The cost of these refunds is estimated to be tions snap photos of vehicles that speed through close to \$13 million. This loss will affect the a green or yellow light. Back in March of 2009 city, but Edmonton will make it through as it always does.

> However you still have to pay your ticket, even though it has been cancelled.

> The Edmonton Sun reported that even though the refunds are guaranteed, there are still issues about how the money will be refunded.

> If you are requiring any new documents such as a driver's licence or a vehicle registration you will need to pay the ticket or you will not be able to receive these.

Global Edmonton reported that cheques

might take up to four months to be received. These refunds do not apply to red light tickets or photo radar tickets.

People need to learn that just because they are in a hurry, speeding it not the answer and even thought the light is green, accidents still

Those cameras were handy tools and it's sad that they were faulty, but considering what they do, it is likely that they will be brought back when improvements have been made.

A driver who speeds is almost asking to cause accidents and often times they will. It is very sad when you see people in the ditch or in a crash because they were going too fast, it costs people money, and in some cases, their

Virtually Speaking

3-D? Wait on it



By GRAHAM McCANN

Just a year ago, Stereoscopic 3-D televisions were quite obscure, but have now exploded onto the scene.

I am always excited to grab the new leap in technology that's around the corner, but am hesitant about 3-D televisions. There are a few reasons why I don't want to jump into this realm just yet.

High definition television itself is now in full swing and is definitely a blessing. The picture in full 1080p looks incredible – providing that you have a full high definition source such as a Blu-Ray player, Playstation 3 or Xbox 360.

3-D TVs are still in their youth. You must wear the expensive and cumbersome glasses to enable the

3-D effect, and there are not many sources in stereoscopic 3-D yet. To watch a 3-D movie, you must have a Blu-Ray player, but the Blu Ray must be a 3-D version. That library is limited. You would be using the 3-D TV as a regular HDTV most of the time.

Appropriately, video games are starting to take the 3-D route. The recent Call of Duty Black Ops allowed for it, as well as upcoming games such as, the new Mortal Kombat and Killzone 3 on the Playstation

Whether you are watching a movie or playing a game, your mind blocks out what is going on around outside of it. This is how you are immersed. The 3-D effect has not yet added anything of much value to actual story telling or game play.

It's used simply as a gimmick. A lot of cheesy horror and kids' movies use it for the sole reason of it being a gimmick. However, this may not always be so; there are ways to use the effect to broaden environment around the characters. It can be used in the same artistic way camera angles and lighting is used and could enhance a mood that the filmmaker wants to evoke. It may even add great elements to game play.

Ultimately, it is wise to wait for a new technology like this to advance before you go and grab it. When HDTVs came out, they only went up to 720p or 1080i, and there weren't as many sources to utilize it, nor as many features in the tele-



It may be wise to let 3-D technology advance before getting into it.

vision to make it look great. Soon, there will be 3-D TVs without the need for glasses, and directors and

game developers will have utilized this new tool for creativity in a more practical and useful way.

Bookstore looking for ideas



By ALEXIS DICKSON

School is back in session and that means there are a lot of things that need to be bought, the most essential being textbooks. It doesn't matter if you have to get them for our classes, or because you might be interested in a subject, textbooks are a student's basic staple. With the many reasons and ways that you can buy your textbooks NAIT has decided that they need to update their data.

The NAIT Bookstore has composed a survey for NAIT students. Much of the survey is based on the textbook buying behaviour of students. This means finding out the reasons why students buy textbooks whether it be required for classes, optional or used. As well as how or where they are purchasing them, online, digital download, other students in the NAIT Bookstore.

This survey is made to completely benefit the students, like yourself, with questions that you answer about how the NAIT Bookstore can improve its merchandise and services. So ultimately, you are helping the Bookstore help you.

This survey will provide information back to the store on how students like to purchase their textbooks and supplies. This provides data that allows the NAIT Bookstore to serve students better.

A very interesting part of the survey is that it also has questions on Smartphone's. "A lot of students have embraced the Smartphone technology in recent years" says Brenda Jeffrey, Bookstore Manager. Well if you have a Smartphone you will be pleased to know that NAIT is sponsoring the development of Smartphone applications specifically for NAIT students. The questions about the phones are meant for making sure that NAIT provides current and relevant data to the students.

The survey is running now until Feb. 14. Another reason to part-take, to win awesome prizes! The Bookstore will be giving away three gift cards for the Bookstore and the Tech-store valued at \$400, \$200 and \$100. Who couldn't use that money? These will be a great help if you know you need to get a new mouse or a set of headphones, and honestly, all you have to do is go to www.nait.ca/ survey/textbooks to take the survey!

You must also be a student at NAIT and 18 years of age or over. The questions are basic and it might take about ten minutes to complete, but why not right? Help NAIT

Tips for healthy lifestyle

By ANNA ESTANISLAO

What is the meaning of life? Will humans ever find out why they exist? Who knows, or even cares? One thing is for sure though; we are all in the pursuit of

Well-being is important in maintaining healthy lifestyle. A healthy work-life balance is essential not only to students, but to the staff, too.

The perfect opportunity to improve or maintain one's self has arrived.

NAIT will be holding a "Family Matters" session for the staff and contractors of NAIT, to learn strategies and activities that families can use to help them connect and improve their relationships.

Michelle Berg will be the instructor and she has been active in the fitness industry for over 12 years. She came into this very

rewarding "job" through her own personal struggles with health and well-being. Berg is currently a certified personal fitness trainer and group exercise instructor. Her No. 1 career goal is to share her knowledge and expertise, while receiving much more in return.

Stress is often inevitable at the work employed at NAIT. place but there are ways of dealing with it. In the 2002 Aventis Healthcare Survey in Canada, they found that 51 per cent of employees experienced much stress at work, with 25 per cent of them falling physically ill due to workplace stress. The session will help those who need to create a balance with their jobs and families.

"This is a Feel Great@NAIT wellness session that we do once per month, free for staff, always on the second Wednesday of the month," said Sheryl Hansen, Feel

Great@NAIT co-ordinator.

"Wellness programming attempts to address various health, fitness, wellness, and relationship issues that staff face. Happier, healthier staff, that stays longer and takes less sick days."

This is one of the benefits of being

Don't miss this great opportunity NAIT is having. It may definitely help you in the

Snacks, prizes, and gifts will be provided during this session. For those who will not be able to attend in person, Hansen says they "record and store it so staff can access it electronically any time."

The event will be held on Feb. 9, Wednesday, from 12:15 to 1 p.m. at Room W-202. Register via the Staff Training



Michelle Berg

OPINION

– Editorial —

Strict parenting: Yes or no?



RACHEL JACQUES Editor-In-Chief

o you think your parents were strict with you when you were growing up? What if I told you that in Grade 6, during the teacher's strike, my mom went to Wal-Mart, bought Math, LA, Social Studies and Science books, and forced me to do at least a page from each every day. Not only did I have to show her the work I had done, but I had to explain to her exactly what I had learned and how it would help me. Do you think that's insane? For those of you that are shaking your head, what kind of home did you grow up in? What's your background? For those that aren't, what's yours?

I was appalled last week when I read an article in the Wall Street Journal by Amy Chua about her new book Battle Hymn of the Tiger Mother. But upon further observation and research, I think she had an interesting point. In her article, titled Why Chinese Mothers are Superior, she goes into detail about how she raised her children. Her two daughters, Sofia and Louisa, were not allowed to attend sleepovers, watch television, play videogames or get any grade less than an "A". Her children also had to practise the piano or violin for at least three hours a day. Chua challenged her children to be the best they could be with extreme measures such as even forcing a three-year-old Louisa out into the freezing cold when she did not obey her mother.

Have Westerners opted to not be parents?

While I do not fully agree with Chua's methods, she has the right idea. Now don't go assuming I condone throwing your child out into the cold or calling them "garbage" when they disappoint you. What I am saying is that in the American society we have parents who demonstrate the other extreme. Those in fear of being seen as overbearing parents have instead opted for not being parents at all.

The "Western" parenting style (and I use "Western" very loosely) has shown that some parents in our society don't value training their child at all, or don't make it a priority. In 2004, spanking your child was seen as a form of abuse. To this day, the spanking of children is a somewhat taboo subject. Last week on 630 CHED, Charles Adler mentioned that now it has been brought up that physically removing your child from a public place, for example if they were having a temper tantrum and the parent grabbed their arm and took them to the car, is a form of kidnapping because it is against their will. Since when do five-year-olds with a bad temper have the same rights as a grown adult? To discipline your child is not abuse or kidnapping, it's training. Removing your child from a public place during a tantrum is to teach them proper behaviour so that they will grow up to be polite, considerate, responsible members of society. If children are allowed to get away with these types of behaviours, there will be a bigger need for shows like Supernanny and boot camps for kids. I'm sure many of you remember doing something wrong as a child and not being able to sit for a couple of hours afterwards. But hey, you never did it again, did you? How are children today supposed to learn right from wrong and be prepared for the real world without the proper guidance? If parents today allow their children to get away with this behaviour, it will escalate. What will they be able to get away with in the future? This attitude starts young. Kids are like sponges. They will learn from their parents.

Stop mollycoddling

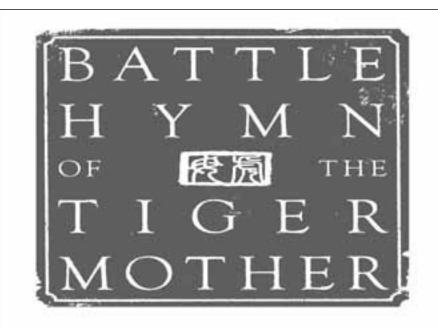
Parents need to stop mollycoddling their children. They are so concerned about the self-esteem of their children that they make sure each child feels good all the time; not that they are being the

best they can be. People view self-esteem as the cure to all social ills. If people felt better about themselves there would be less teen pregnancy, less alcohol abuse, less drug abuse, less violence and people would get better grades. Parents have a job. That job is to foster their children and help them to be the absolute best they can be. But there needs to be a balance, a middle ground. To have well-rounded children, I think there needs to be a bit of both. Parents need to find the balance between having children who excel and are successful in life, but who also have fun in their childhood years.

So the real question here is could we have higher expectations of our children? Could we have more backbone in "Western" parenting?

I think we could.

(Editor's Note: If you have an opinion on this subject, please write a letter! I would love to hear your views. For more information on Battle of the Tiger Mother and the article Why Chinese Mothers are Superior, go to http://online.wsj.com/home-page. To hear Charles Adler, go to www.charlesadler.com and listen to his Jan. 11 podcast.)



This is a story about a mother, two daughters, and two dogs.

This was supposed to be a story of how Chinese parents are better at raising kids than Western ones.

But instead, it's about a bitter clash of cultures, a fleeting taste of glory, and how I was humbled by a thirteen year-old.

AMY CHUA

washingtonexaminer.com

— Letters —

To all students:

Those of us who are in the apprenticeship programs (and I mean all of the programs not just a few) would like for you to take notice. WE ARE STUDENTS TOO! We may only be here for a few months but without men and women like us you would NEVER HAVE the things you have. We are the people who fix your computers, build your desks, fix the cars you drive, wire in your electrical for all of your specialized lab equipment, build the buildings that house you and your work, make the food you eat and so on. Anything you touch, eat, use, sit on or sit in has been built or worked

on somewhere along the line by an apprentice. You take us and our trades for granted because you don't see us but the reality is that without us you would have NOTHING! We are the men and women who keep you, this country and this world running. I am not asking to be praised or glorified but a little respect and common decency goes a long way. All the apprentices that I know have nothing but respect for the other students. We know that you are there to learn in your respective career just as we are. We show you the respect that you deserve and all we ask is the same in return.

Scott

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

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

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

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

Trust us on that. Write us.



SPORTS

MEN'S VOLLEYBALL

he Ooks are on a run

By MARC MAJEAU

The NAIT Ooks Mens volleyball team had quite the weekend to remember. The mens Ooks made quick work of the Rustlers from Lakeland, sweeping both games of a home-and-home series, as well as sweeping both games, by scores of 3-0.

The first game of the home and home was played at NAIT on Thursday, Jan. 20. Heading into that game, NAIT was in a first place tie, and was able to dominate the majority of game play. The scores in the first game went 25-9, 25-14, 25-17.

The next game took place on Saturday, Jan. 22, and this time, Lakeland had the home court advantage. Unfortunately for Lakeland, it did not matter, as the Ooks made quick work of them again, dispatching them in three sets, much like the previ-

The Ooks have been setting the mens' division on fire as of late, winning in four of their last five contests.

"We've just been really consistent. We've served really tough against opponents and played some great defence," said head coach Simon Fedun.

The Ooks have a bit of Aussie flare on the team this year, as coach Fedun says that both Carsten Moeller and Greg Mann (who hail from Brisbane, Australia) have added intangibles to the Ooks moving forward this season. Moeller leads the team

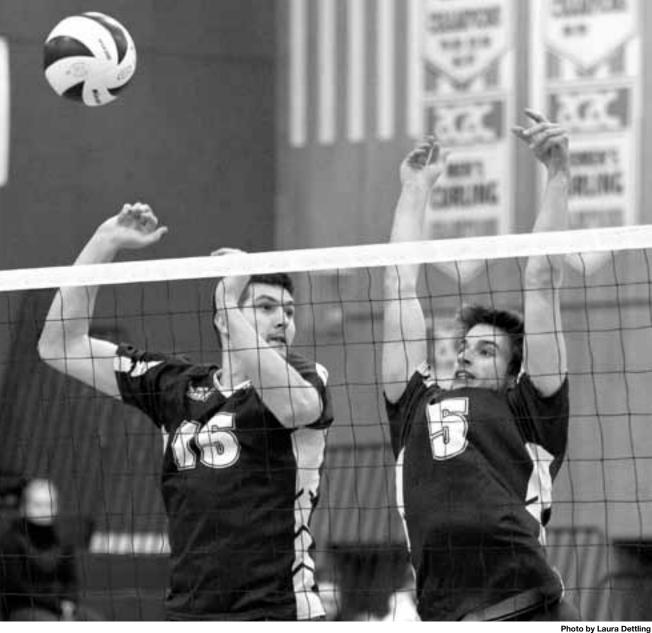
On the defensive side of the net, the Ooks have had a lot of help from the man in the middle - Cole MacDonell leads the team with 31 blocks.

The NAIT Ooks have compiled a record of 11-3, good enough for four-way tie for second place in the ACAC with the Red Deer College Kings, the Trojans from SAIT, and finally, a dream matchup against the Eagles from Kings University College.

The next challenge for the Ooks is a home-and-home against Kings. Friday night, the action gets underway at 8 p.m. in the NAIT gym, and Saturday night, the two teams go at it on the Eagles' court. The winner of both games will be in great position to catch up with league leading Briercrest.

Coach Fedun says his team hasn't achieved their goal of clinching a spot in provincials just yet. "You just go at it a game

Hopefully for the NAIT Ooks men's volleyball team, 2011 is their year.



NAIT Ooks Ivan Saric (15) and Bret Cole (5) team up to block the ball during a game on Thursday Jan. 20 against the Lakeland Rustlers. The Ooks won the match 3-0.

MEN'S HOCKEY

Must stick with the program!

By ADAM KAMARA

The playoffs are approaching in ACAC hockey and the Ooks are prepping themselves for battle.

The men's hockey team took on the SAIT Trojans last weekend and it wasn't a particularly good outing. The team is using it as a wakeup call with only six games remaining. The Ooks played the top team in the ACAC and after SAIT took the first two games earlier in the season by a combined score of 8-1, NAIT wanted to prove that they could compete with the elite level contenders. SAIT though, proved why they are the No. 1 team by beating the Ooks 4-0 last Friday and then handing a beat down by a whopping 8-2 score on Saturday.

Frustration poured out over the course of the two games, sparking two fights in the Saturday tilt and many other scrums.

"When you choose to go off on your own page as a player and play as an individual, these are the kind of results that you suffer," said Ooks head coach Serge Lajoie.

It seemed as though, once the Ooks got behind the 8-ball early with some penalties being called

against them and very few calls in their favour, they collapsed and went off their own agenda.

Down 3-0 going into the second period, the Ooks had a chance to crawl back into the game, but with the constant penalties taken it was hard to gain any momentum to apply pressure on SAIT goaltender Thomas Tartaglione.

The second period came and went and the Ooks still couldn't get one by Tartaglione. NAIT netminder Serge Lajoie Dan Pennock played the second in relief of starter

Graeme Harrington and let in another two goals. Then came the collapse. A weak goal early in the third got Pennock the hook and Harrington

didn't do his team any favours as he let in two softies before NAIT finally got on the board to finish the game with a moral victory against the Trojans.

> "I'm very optimistic that we're going to rebound," said Lajoie.

> The Ooks have the opportunity to rebound with a back-to-back set coming up against a Concordia Thunder team that NAIT hasn't been able to crack at all this season. Surprisingly, the Ooks have a better record with six more points.

"Concordia presents a very, very good challenge for us," said Lajoie. "It'll be an opportunity for our forwards to realize the importance of

their defensive mindset within our game plan."

Even though the Ooks cannot look past the Thunder, playoffs are in the back of the mind of Lajoie and he wants the team to be in the perfect position to succeed heading into the post-season.

"We want to be peaking at the right time heading into the playoffs. We have six games to fine tune certain areas and fine tune our team confidence," said Lajoie. "I'm confident that we can prepare the team with a good sound system and game play that will put us in a position to push for a championship."

"We're a simple, smart hockey team and that's the way we have to play," said Lajoie.

The playoffs start Feb. 18 with the top two teams getting a bye into the semifinals. The Ooks currently hold a first-round home-ice advantage, which if the playoffs were to start today, they'd be pitted against Portage Voyageurs, a team that they hold a 2-0 record against to date with two games

The Ooks play the Concordia Thunder Friday at 8:15 at Clairview Arena and Saturday at 7 p.m. here at the NAIT Arena.



Here's to the little guy



WAY OFFSIDE

KYLE GALLIVER

Sports Editor

Things just keep getting worse for Marc Savard. Not only did he miss the remainder of last season after suffering a hit to the head from Matt Cooke, but he missed the first 23 games of this season because of post-concussion syndrome, and just this week the Boston Bruins informed the hockey world that Savard is "out indefinitely" with another concussion from a Matt Hunwick hit. I don't think it is too much of a stretch to say that "out indefinitely" likely means "out for good."

Career enders

Concussions have been responsible for the end of many great careers and I am sad to see another outstanding hockey player go down because of it. Eric Lindros and Pat LaFontaine are a few fairly recent examples of extremely talented players that have been forced to call it a career early because of the dreaded C word. For a few seasons in the late '90s

Eric Lindros was arguably one of the most dominant players on the planet before some bone crushing hits from the now retired Scott Stevens caused him to hang them up early. Pat LaFontaine, the third overall pick in the 1983 NHL Entry Draft, was an offensive spark plug that played on all three teams based in the state of New York (Islanders, Rangers, and Sabres). He put up big numbers in his career including the 1992-93 season where he scored a career high 53 goals, 95 assists and 148 points, but a head shot was all it took to put an end to a career; post concussion syndrome, the worst injury in sports.

Even the NHL All Star festivities this weekend are suffering the consequences of headshots. The Oiler's own Ales Hemsky is missing the weekend because of a mild concussion, and if that wasn't enough, Sydney Crosby – the best player on the planet – is missing the weekend because of the lingering effects of a concussion.

Marc Savard will go down as one of the most underrated passers of his time. The shifty centre has ranked right near the top of the league in assists for four of the last five years and put up two back-to-back 90-plus point seasons with the Atlanta Thrashers and Boston Bruins (97 points in '05-'06 and 96 points in '06-'07). He's not the biggest guy at five-foot-10 and 191 pounds, but played with passion and could see the ice as well as anyone in the game.

Savard started out his career playing junior hockey for the Oshawa Generals of the OHL and was an offensive dynamo for the club. His last year in the OHL he put up 130 points in only 64 games before being drafted 91st overall by the New York Ranger in the 1995 NHL Entry Draft. Savard played for the Ranger and Flames before coming into his own the year after the lockout in Atlanta. Playing on a line with Russian sniper Ilya Kovalchuck gave Savard the opportunity to show off his elite playmaking ability on route to a breakout 69 assist, 97-point season. That season established Savard as a star in the NHL and he landed a big money contract with the Boston Bruins that offseason. Savard would go on to put up good offensive number with the Bruins, easily a point per game player, for three full years before Matt Cooke would end his season 41 games in.

No call!

The worst part about Cooke's dirty hit last season: no call! There was no penalty awarded on the play and worse yet, there was no disciplinary action from the league. The Matt Hunwick hit that put him out this season wasn't even dirty, but the lasting effects of the Cooke hit, mixed with the velocity that hits occur in the NHL these days, equals bad news for Savard.

The league has made strides this season to put an end to headshots and



www.nhlsnipers.com

Marc Savard

a so-called "culture change" around the NHL, but it is too little too late for Mr. Savard. I'm sure it is no consolation to him, but his injury was one of the leading factors to the rule change. Hopefully many skilled players in the future will be saved the anguish that Savard and so many others have gone through, it's just unfortunate it had to come at the price of one of the league's best little guys.

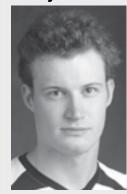
Athletes of the week January 17-23

Tayler Smith Volleyball



Tayler had a great weekend for the Ooks volleyball team this past weekend despite the team dropping a pair of matches to the Lakeland Rustlers. Smith had 17 kills, 20 digs, six service aces and three stuffed blocks over the two-match series and was the Ooks Player of the Game at home on Thursday night. "Tayler was back on the left side with her aggressive style of play," said head coach Erminia Russo Thorpe. "She is such a great all-round player with tremendous fight." Taylor is a second-year Respiratory Therapy student from Edmonton.

Greg Mann Volleyball



Greg was a force for the Ooks volleyball team this past weekend, leading his team to two victories over the Lakeland Rustlers. Mann had 10 kills and two digs Thursday night at home and then followed that up with 13 kills, five digs, two service aces and a stuff block performance at Lakeland on Saturday. Greg is a second-year Continuing Education student from Brisbane, Australia.

WOMEN'S BASKETBALL

Still learning

By ALI MAGEE

The NAIT Ooks women's basketball team competed in the Challenge Cup this past weekend against their Edmonton rivals, the Grant MacEwan Griffins.

The first half did not go smoothly for the Ooks; by the end of the second quarter the Griffins had a 12-point lead. Unfortunately the Ooks could not

stop the forces of the Grant MacEwan duo of Kristen Monasterski and Courtney Knox, who tallied over half of the Griffins' points. The Ooks lost the game by 19 points with a final score of 70-51.

"We didn't get the result we wanted against MacEwan on Saturday, but we battled and competed through all four quarters," says Ooks head coach Todd Warnick. The team recently added two players and the coach is happy with the way they are adjusting. "They are both good, they've definitely helped us depth wise and made us stronger. We're just still learning not to make the critical errors at the times we shouldn't."

Leading the way for the NAIT Ooks was Dale-Marie Cumberbatch with 17 points and Janice Phung with 12 points. Cumberbatch and Katrina Papenhuyzen lead the team offensively this season, averaging 17.5 and 10.6 points per game respectively. Kristen Monasterski, who finished the game

with 25 points and Courtney Knox with 15, made top points for the Griffins.

The team is currently sitting in seventh place in the ACAC North Division, behind the Lakeland Rustlers by just two points. Warnick says that the team is excited about the games against Kings University College this week.

"Kings is a solid program. They have a new

coach, Ossie Hinds, and he's doing a great job with their program. I'm excited, I think they are a team we match up very well with," he said.

With many of the teams currently sitting so close in the stand-

ings, each game is vital for the Ooks, says Warnick.

"The bottom half of both divisions is separated by less than a game, so if we are able to get a sweep this weekend, we would be able to move up very rapidly. At the same time, getting swept can put us in a position where we're out of the playoffs."

This week the Ooks are competing against the Eagles on Thursday in the NAIT gym for their Breast Cancer Awareness game. The team will be wearing their pink uniforms and the gate admission will be donated to the Breast Cancer Society of Canada. On Friday, the team will be at the Eagles home court at the Kings University College. Both games begin at 6 p.m.

WOMEN'S VOLLEYBALL

Women 5 vollet BALL Worker 5 vollet BALL The state of the eliminate mistakes

By SEAN HARMAN

The women Ooks volleyball team lost twice to the Lakeland Rustlers this past weekend, first at home on Thursday, and in Lloydminster on Saturday. NAIT looked like they would run away with their first match after winning the first set 25-14, and leading fans to think it was going to be a quick one. The second set seesawed back and forth and finally the Rustlers jumped out to a 17-13 lead, thanks to strong serving by Peggy Sommerfeld. The powerful hitting duo of Tayler Smith and Jillian Irvine enabled the Ooks to rally back and tie the set at 23. Unfortunately it wasn't enough, as Lakeland would end up taking the second set 25-23.

Two key aces

After seeing the last set slip away from them, NAIT team captain Kelsey Bleier decided to take it upon herself to not let the Ooks go down two sets to one. She served two key aces and showed her determination on the final play with a



Erminia Russo Thorpe

impressive running save to keep the ball in play that led to a NAIT point and the win of the third set. The girls in blue continued to rally in the fourth set by rushing out to a 14-9 lead and forcing the Rustlers to take a timeout. After the timeout, Lakeland stormed back to tie the game at 14 and Lakeland never looked back from there, winning the fourth set 25-18.

In the fifth and deciding set, the Rustlers came out strong, taking an early 5-0 lead due to the Ooks' unforced errors. NAIT

was able to mount a comeback and was down only 14-12, but unfortunately it was in vain as Lakeland's Brianna Collette tooled the ball off the blocker for the match, winning point and set. The game MVP for Lakeland was Collette, who had 16 total kills, and for NAIT, the MVP was Jelena Saric with 15 kills.

Fell short

On Saturday NAIT travelled to Lloydminster to try and avenge the loss, but fell short as the Rustlers defeated the Ooks three sets to one (22-25, 17-25, 25-22, 23-25).

After the tough weekend, coach Erminia Russo Thorpe stressed that as a team, the Ooks "need to be able to serve receive better" and "eliminate the strings of errors."

The fourth-ranked NAIT women will be back in action once again this weekend as they take on the fifth-ranked team in the North Division, King's University College at home on Friday at 6 p.m. here at NAIT.

You can catch the second game of the series across the city at King's on Saturday.



against the Lakeland Rustlers. The Ooks lost 3-2.

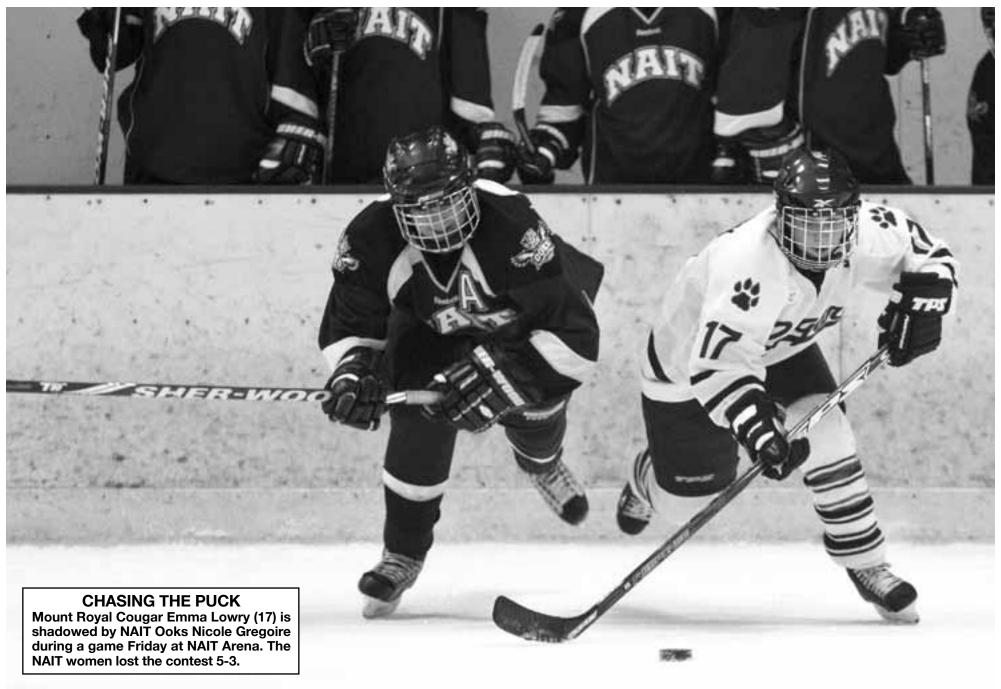


Photo by Laura Dettling

WOMEN'S HOCKEY

Ready for Red Deer

By KYLE GALLIVER Sports Editor

After a disappointing weekend that saw the team go 0-2 against the Mount Royal University Cougars, the Ooks women's hockey team is getting ready to play a pair of games against the Red Deer Queens.

The Ooks lost a close game 5-3 here at NAIT on Friday before getting blown out by the Cougars 7-0 in Calgary on Saturday evening. The team also lost leading scorer Sherri Bowles midway through the third period of Friday's game to a lower body injury. The team can't confirm the injury just yet, but Bowles was on crutches shortly after leaving the ice and will see a doctor this week

Despite the lopsided loss on Saturday, the play of forward Justine Cantley was a positive for the team. Cantley was awarded Player of the Game for the Ooks in the loss and head coach Deanna Iwanicka says it is good to see Cantley finally hitting her stride.

"She is playing where she should have been playing all season," says Iwanicka, adding that Cantley wasn't on for a single goal against in a seven-goal game.

The team has been facing some adversity since returning from Europe and the most recent injury to Bowles will force more lineup changes for the team. Newcomer Kiarra Ireland played her first games of the season for the team and played forward, despite practising all season at defense. The injury to Bowles could be Ireland's opportunity to get time in the lineup.

The team will be playing a home-and-home series with the Queens this weekend and a full team effort will be needed to earn a pair of victories against Red Deer.

"Red Deer has been making strides during the break," says Iwanicka. "They will be looking to get points from us."

The head coach doesn't want her team to take the Queens lightly despite having past success against the team. The Ooks are 4-0 against the Queens this season. "We can't take things for granted, that's for sure."

The Ook's goaltending will also need to be stronger after letting in a combined 12 goals in last weekend's games.

"We need better goaltending if we expect to be better," explains coach Iwanicka. The defense will have to be better as well and that is a point the team is working on.

Another key to this weekend for the Ooks will be working a hard pressure fore-check against Red Deer, despite having a limited lineup.

The Ooks and Queens will battle it out Thursday in Red Deer and Friday here in Edmonton at the NAIT Arena. Both games are a 7 p.m. start.

Athlete Profile



Player: Meagan Cornelssen
Sport: Women's Hockey
Hometown: Grande Prairie
Position: Forward
Number: 24
Nickname: Corny
Former Team: U of A Pandas

By TIFFANY LIZEE

Tiffany: How old were you when you started playing hockey?

Meagan: Nine years old

T: You are still a fairly young hockey player, what are your future plans?

M: I'm planning to keep playing while going to school and using my eligibility.

T: What is a saying a coach, or someone you looked up to, has once said that has stuck in your head?

M: "Almost doesn't count"

T: How many years of eligibility do you have left?

M: Three

T: You clearly love the sport, but what's one thing about it that you love the most?

M: I am very competitive person so I'd have to say the competitive nature of the game, or the feeling you get when you have a great game.

T: Greatest memory in hockey?

M: Winning CIS nationals last year

T: Who's your hockey idol?

M: Jarome Iginla

NHL halfway madness



<u>SAY</u> WHAAAAT?

MATT DeBEURS Assistant Sports Editor

With this NHL season halfway in the books, this week I decided to take a look back at year so far ...

Surprises New Jersey Devils (16-29-3) 30th in the NHL

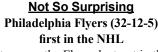
In the last 14 seasons, the Devils have won their division nine times, and won the cup twice in those years. GM and team President Lou Lamoriello has proven himself to be one of the best in the game for some time. But after the whole Ilya Kovalchuk deal saga, things have seemed to gone straight downhill for the Devils. Future Hall of Famer Martin Brodeur is

starting to show his age, Kovalchuck isn't living up to his deal and the early season injury to Zach Parise has this team sitting dead last in the league. I don't think it would be a stretch of the imagination to see Lamoriello out the door if this trend keeps up in Jersey.

Calgary Flames (22-21-6) 23rd in the NHL

After four straight years of losing in the quarter finals in the playoffs, then two years of missing the post season completely, things this season aren't looking any better for the Flames. Longtime GM Darryl Sutter was fired last month, and replaced by assistant GM Jay Feaster after a dismal start of the year. Many are now saying that this team needs

to blow it up and start all over again, although Feaster has stated that he is going to wait to see and what happens down the stretch. If this team can't put something together after the All Star break, I expect them to trade off major assets like Jarome Iginla and Miikka Kiprusoff at the trade deadline.



Last season the Flyers lost out in the Stanley Cup Finals to the Chicago Blackhawks in Game 6 in Chicago, and this season have shown no signs of fatigue after the long play-

off run. Sitting first in league, the Flyers have got scoring from everyone up front. They have eight scorers in double digits in goals, and 10 players sitting above 20 points. And this success has come with star defenceman Chris Pronger sitting out most of the early season. Another reason the Flyers are sitting at the top of the pack is the play of

rookie goaltender Sergei Bobrovsky. Goaltending was the Flyers weakest point before, but it looks to me now that they are the most well rounded team in the league at the moment.

Edmonton Oilers (14-25-8) 29th in the NHL

I'm sorry to say it Oilers fans, but it doesn't come as a surprise to many that the Oil are sit-

ting in second last in the league. Even with the three rookies Taylor hall, Jordan Eberle and Magnus Paajarvi, this team is still struggling to find the win column. Injuries to Sean Horcoff, Rayn Whitney and Ales Hemsky have shown people how little depth this team has. But there have been bright spots. Jeff Petry has looked good since his call up, Theo Peckam has been a rock on the back end providing toughness this team sorely lacks, Taylor Hall looks like a star in the making and Devan Dubnyk is proving to be the prospect everyone thought he'd become. That said, the future of this team is in still in the air. I think people need to see how much work this squad needs, and it' won't come easy. The draft picks will help, but it's not a given that the Oilers are going to walk into a playoff spot in the years to come. GM Steve Tambellini still has a lot of work to do before this team is anywhere close to competing for a playoff spot.

Predictions ...

Western Conference Champs – Detroit Red Wings

Eastern Conference Champs – Philadelphia Flyers

Stanley Cup Champs – Detroit Red Wings So there you have it. Think I'm off my rocker? Want to share your predictions? Let me know what you think. E-mail me at sports@ nait.ca.

NAIT wins 109 Street Challenge

By PATRICK KNOWLES

This past weekend the NAIT Ooks men's basketball team played one game on the road versus the Grant MacEwan Griffins in the competitive rivalry known as the "109th Street Challenge."

In the first quarter, the Ooks pulled out to a 25-16 lead in main part to capitalizing on their foul shots. NAIT made 8 of 10 foul shots in the quarter. Leading the way was Shane Reece shooting 5 for 6 from the charity stripe. NAIT was doing a much better job on defence than in previous games and were controlling the defensive boards and looking to outlet the ball and fast break at every available opportunity.

The second quarter was a different story. Grant MacEwan came out with a bounce in their step. Leading the way was Aubrey Chalmers scoring two big momentum changing three balls. With just 2:30 to go in the half, MacEwan had pulled it to just a three-point lead for NAIT at 35-32. NAIT coach Don Phillips called a time out and whatever he said seemed to work because NAIT came out looking like they had a point to prove and did. They ended the quarter a 14-6 run to lead 49-38 at halftime.

NAIT's bench played well through out the game and especially in the second half with new Ook Bruno Silvestrin scoring 11 and Bol Kong chipping in with 14. NAIT stretched the lead to 18 after three quarters, leading 75-57 and the only thing left was to play the remaining 10 minutes because this game was over. The final score was 105-79 for your NAIT Ooks. Leading scorers for NAIT were Shane Reece with 22

and player of the game for NAIT Clayton Crellin with 20.

Phillips is glad to see his team coming together as the season has gone on and continues to have high hopes heading into the post season.

"To see this group of young men showing a more determined focus towards achieving our goal (CCAA Men's Basketball National Championship) means we are on the cusps of accomplishment," says Phillips. "To win any championship is extremely difficult but I have seen significant mental and overall 'team' growth with this group and I believe that though we will have to win-out in what I consider to be the toughest conference in the CCAA (ACAC)."

"If we continue to care about each other (have each other's back), work hard and learn from our successes as well as our mistakes, we will be the team to beat."

Up next for your NAIT men's basketball team is a home and home series against Kings College on Thursday and Friday of this week. The men's basketball team is now 11-2 on the season and is in first place of the North Division of the ACAC and with a solid effort this weekend will be in great position to win the North Division.

Game times for the games this week are 6 p.m. for the ladies and 8 p.m. for the men on both Thursday and Friday. If you have the chance to get out and watch a game I highly recommend it. It's free for students with a student card and it is some very entertaining basketball to watch. Enjoy!



Photo by Laura Dettling

NAIT Ooks Clayton Crellin (13) goes up for a shot during a game earlier this month against the SAIT Trojans. Crellin was player of the game in the past weekend's 109 Street Challenge.



Photo by Laura Dettling



Watch 'em while you can



By MARC MAJEAU

The NFL's elite will be saying "Aloha" to the Hawaiian lifestyle this weekend.

The 2011 Pro Bowl returns to beautiful Honolulu, Hawaii this season, after playing the game in Miami last season. The Pro Bowl pits the best of the American Football Conference and National Football Conference. Both con-

sensation Arian Foster of the Houston Texans

ferences are lead at the QB position by a MVP candidate. After serving 23 months in prison for running a dog fighting ring, Philadelphia Eagles QB Michael Vick will lead the NFC team, and QB Phillip Rivers will handle the signal calling for the AFC side.



Michael Vick

One of the best parts of the Pro Bowl is watching what the best NFL players can do with the same elite talent around them. The players enjoy it. AFC quarterback Phillip Rivers put up MVP-like numbers, while missing his favourite target Vincent Jackson for the majority of this season. When Rivers goes under centre in Hawaii, he'll have sophomore

in the backfield and wide receivers Brandon Lloyd and Reggie Wayne from the Broncos and Colts (respectively) to throw deep to.

The NFC's offence will look a lot like the 13-3 Atlanta Falcons, as running back Michael Turner, fullback (and best name at the Pro Bowl) Ovie Mughelli and wide receiver Roddy White will all be targets as Vick looks to use his

old teammates to secure a win.

This is the second consecutive season in which the Pro Bowl is being played the week before the Super Bowl, so the Green Bay Packers and the Pittsburgh Steelers will not be able to send their players to the showcase.

NFL Commissioner Roger Goodell says it's too much of an injury concern a week before the biggest game of most of their lives.

The defence for the AFC will be missing arguably the best defensive player in the NFL but his replacement isn't a "slouch" either. Darrelle Revis of the New York Jets was knocked out of the playoffs on Sunday, as Troy Polamalu and the Pittsburgh Steelers beat the New York Jets 24-19. Revis will suit up for the AFC and Polamalu will enjoy a week off before preparing for Super Bowl XVL. You'd have to think that the AFC team is happy with either one of those guys as the last line of defence.

The Atlanta Falcons are sending nine players, including four starters, to Hawaii for the game, most in the NFC and the New England Patriots send the most for the AFC, as they are sending seven players, with three starters. Patriots QB and potential MVP Tom Brady elected to have surgery on his foot and will miss the

In professional sports, the All Star Game is the equivalent of a family reunion. You're forced to make friends with second and third cousins that you've only met once. Just standing there uncomfortably in silence. That is, until you try talking to your second cousin. You just keep grasping at straws for a common denominator to talk about so it stops being awkward. Luckily, for the players attending the NFL Pro Bowl

in Hawaii, they have two common denominators: They are all great football players and they don't want to be there.

The All Star Game in all four professional sports appears to have lost its lustre lately and everyone seems to offer a reason.

For me, there isn't anything better than watching the best players in the world play the sport they grew up loving. Sure, they might not want to be there but at the end of the day these guys are still professionals and will always want to entertain the fans. I tend to be a "glass half full" kind of guy. Anytime I get to watch Peyton Manning pick apart a

> defence, I'm watching. Please, I beg of you: watch these athletes while you can. With the NFL going into a turbulent offseason, with CBA negotiations, who knows when it will return?

> The AFC has been squaring off against the NFC in the Pro Bowl since 1971, and so far in the past 40 games, you guessed it, the AFC and NFC both have 20 wins apiece.



goes Sunday, Jan. 30 at 5 p.m. on TSN, live from beautiful Aloha Stadium, in Honolulu,



Philip Rivers

ENTERTAINMENT

A Freeze not to be missed

By DAVID ADOMAKO-ANSAH

There are tons of fun and exciting things you can do on a Friday night. There is always something going on, but if you weren't at the Freeze Your Beaver event at the Nest last week, then you might've made the wrong decision.

The Freeze Your Beaver Event, held by NAITSA, took place on the Jan. 21 and featured local DJs Dusty Grooves and Mikey Wong, as well as international sensations DJ Kap'n Kirk and Short Sirkit of 4KORNERS, the official DJs of the NBA Toronto Raptors.

Dusty Grooves came on at 7:35 to start the show and it didn't take long for Ookpik the Owl and NAIT's VP Campus Life Tyler Bernard to start showing off some of their dance moves. Once Americano came on around 9:30, the dance floor was full and the atmosphere was club-like. One man with a fanny pack was definitely feeling the music, dancing like he was alone in his room as soon as DJ Mikey Wong arrived. Both DJs played many hit songs, including crowd favourite Barbra Streisand. I didn't think the atmosphere could get any more infectious. That is, until 4KORNERS came on.

Earlier in the evening, they arrived by Greyhound from a show they did in Calgary. Once they reached Edmonton, it was straight to NAIT for a sound check. After the sound check they went back to their hotel to refresh, and then back

to NAIT again for their show at 10:30.

"We're so tired, but when you love what you do, it doesn't matter," said Kap'n Kirk. Their hard work and dedication showed on stage, with Sirkit

pumping up the crowd on the microphone and Kirk mixing the music on his Raptors decorated turntables.

Their song selection is what kept the swarm of people on the floor. Chart toppers like "Grenade," by Bruno Mars were mixed with KiD CuDi's, "Pursuit of Happiness," and "Dynamite," by Taio Cruz. When a mash up of Nicki Minaj and Salt-n-Pepa came on, you could see fellow Nugget writer, Darcy Walker, two-stepping to it. I didn't and still don't understand how that was possible to a bunch of rap songs, but we'll leave that for another article.

I took a break from writing this article to do my "Dougie," as soon as Cali Swagg District came on and found myself singing along Air theme song, as well as "Jump On It."

fantastic event and went to a regular bar in the DJs. If I were you, I would mark my calendar city, you missed out on an amazing time at the

For those of you who did not attend this 7:30 and there were internationally recognized for next year. Deuces.



Photo by David Adomako-Ansah

to the Fresh Prince of Bel- DJ Kap'n Kirk and Short Sirkit of 4KORNERS entertain at the Nest last Friday.

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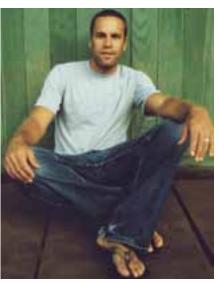


By DARCY WALKER

This list of songs is designed to help you fall asleep, not because they are bad songs, but more because it's late. Listen to NR92.com Feb.3 to hear all these songs and help Joey Hart close down the NR92 studios on The Meltdown with Joey Hart every Thursday 9:30 p.m.-11 p.m. Let Joey put you to bed.

- 1. USS 2 15/16
- 2. Billy Talent Nothing to Lose
- 3. Current Swell Booze in Hell
- 4. Jack Johnson Sitting, Waiting, Wishing
- 5. Stompin' Tom Last Fatal Duel

- 6. Dirty heads Stand Tall (Acoustic)
- 7. Great Big Sea Feel it Turn
- 8. illScarlett Mary Jane
- 9. Ko Good Man, Bad Man Song
- 10. Mad Caddies Sad Reggie
- 11. Maine I Wanna Love You
- 12. The Offspring – Kristy Are You Doing Okay?
- 13. Sublime What I Got
- 14. System of a Down Soldier Side
- 15. Rise Against Hero of War
- Weezer The Sweater Song



Jack Johnson

VIRAL VIDEO OF THE WEEK

By GRAHAM MOSIMANN

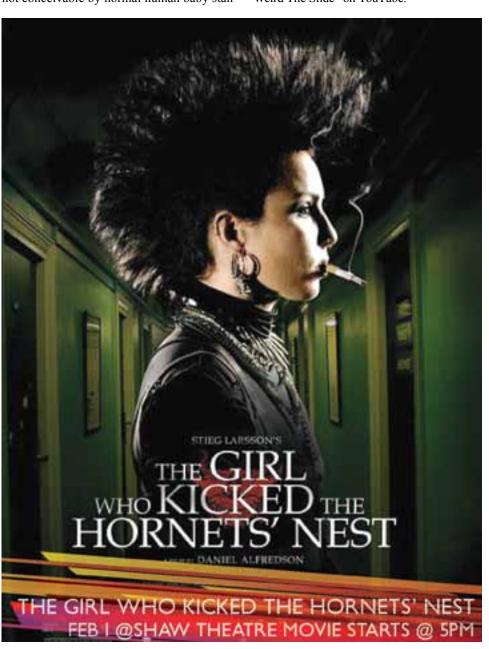
Everyone has had a weird experience when it comes to babies. Some have been puked on, some have been bitten and some have seen things that just are indescribably mind-blowing.

Undoubtably, this video is categorized in the latter! It has been showcased on the popular video-blog = 3, as well as Fail-blog and You-Tube. It has garnered an impressive 9.4 million views in total.

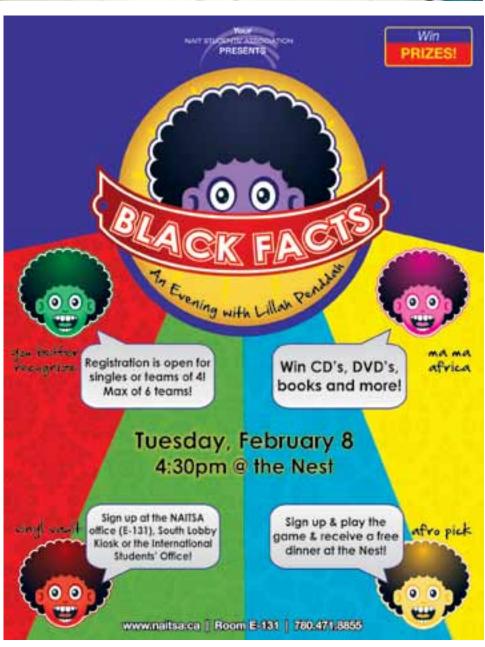
This video is amazingly funny and also disturbing. The baby looks somewhat like a meat puppet-octopus hybrid! Her actions are not conceivable by normal human baby stan-

dards. With her legs flapping about like those multi coloured pool noodles, it is only reasonable to assume that the baby needs to be video taped and put on the Internet for millions to enjoy. However, we can only discuss the absurdity of the child, describe its motions but there is a point where it is not enough. Imagine an octopus baby flailing across the floor, polishing with her noodle-like legs. Yes it's terrifying, but wonderful too.

You must see the baby for yourself and the posting can be found at www.youtube.com/ watch?v=BSydvmwmIE0. That being said, it may be easier to search up "Chubby Baby Does Weird Tile Slide" on YouTube.







Dreams need work

Jessica is one of the most determined people I know. She makes her goals and she sticks with them.



SHOOT FOR THE STARS

LACIE SENIO Entertainment Editor

I was hanging out with my best friend, Jessica Parchoma, the other day, just drinking coffee (OK, we were really drinking our favourite highballs) and catching up on the old home town gossip. It is always a good feeling to know that not much has changed; the crazy cat lady is still the crazy cat lady and the farmers still meet for coffee in the safe old cafe to discuss the weather and who is planting what this year.

When we have discussed all that we possibly can in regard to the small town where Jessica and I grew up, we move onto an even better topic, us. Jessica fills me in on the going-ons and happenings in her life right now. She tells me all about the craziness of her day, but she smiles while she talks, and I know she is truly happy.

Why is Jessica happy, you may ask? Well, the answer is quite simple really. She is obviously following her dreams. Jessica is one of the most determined people I know. She makes her goals and she sticks with them. From the time Jessica was a little girl she had already realized

that she wanted to be a professional hair stylist.

"I have wanted to be a hairdresser my whole life," she says. "It is something that comes naturally to me, it is something I love doing. A real passion. I get so much enjoyment out of the finished product. Hair styling is kind of like art, you are creating an image, making something beautiful."

Jessica's hair career started in high school, where she would practise on all of her friends. Up-dos, haircuts and braids, you name it, and Jessica was styling it. As Jessica's best friend, my hair always looked really good. Jessica was establishing a name for herself as an aspiring stylist. As word spread so did Jessica's desire to succeed as an esthetician.

"I had a lot of really inspiring role models. My auntie Josie was a hair dresser, and my childhood friend's mom was also a hair dresser," explains Jessica. Having these positive role models helped to guide Jessica towards where she is now, happy.

Jessica recently graduated from Est-elle Academy of Hair Design and is currently working on her practicum. Going to hair school was a nobrainer for Jessica. She learned even more about hair and even more about how following your dreams results in happiness and self-fulfillment.

"What makes me feel the best is when I give someone a completely new look, and make them feel like a whole new person. People value their appearance and getting a new hairstyle boosts their confidence. Seeing their whole face light up when you hold up the mirror, it is priceless," she describes with a smile.

After she finishes her practicum, Jessica hopes to travel a bit. She has worked hard to achieve her



Photo by Kevin Reimer

Jessica Parchoma with Wayne Grund owner of Surface Hair Product.

dream and before she takes the next step, it would be nice to see the world and relax a bit. The next step is to one day open her own salon and offer people a place where they can relax and know they will leave with their hair looking fantastic.

I have watched Jessica follow her dreams for as long as we have been friends. Not once has she ever sold herself short or let herself sway from her dream. She was determined as a little girl to become a professional hair stylist and she is an inch away from accomplishing that.

Jessica and I finish our drinks and pay our tab. She finishes her story with a laugh. Not just any laugh though, it is of those satisfied laughs, the kind of laugh that is genuine and full of unadulterated happiness.

No chemistry attached

By KATRINA TAYLOR

With a director like Ivan Reitman, No Strings Attached was definitely on the radar of movie-goers. The Ghostbusters director was also responsible for producing such films as I Love You, Man, Trailer Park Boys and the Oscar contender Up In The Air. With leading man Ashton Kutcher and an award-season favourite, Natalie Portman, audiences and critics weren't sure what to expect with No Strings Attached.

The film centres around Emma (Portman) and Adam (Kutcher), and their friends-withbenefits scenario. Emma is a medical student with no time for a real relationship and Adam is a striving television writer with a famous father who enjoys going after his son's ex-girlfriends. Interesting, right? Not so much. Although filled with some hilarious one-liners and a few classic romantic comedy moments, the film lacked enough chemistry to do Portman's talent any real justice. Portman didn't quite commit to the character as much as everyone anticipated but that's understandable since she hasn't had a crack at a comedy since Garden State back in 2004. As the New York Times so delicately put it, "[Portman] may be the only Golden-Globe

winning actress to simulate sex on screen with two former members of the cast of *That '70s Show*."

The lack of chemistry, however, was compensated for by the scene-stealing costars like The Office's Mindy Kaling, the always-hilarious Lake Bell and rapper Ludacris. The film had a fantastic cast but failed to provide a plot that kept the viewers in the back of the theatre from falling asleep. Was it Ashton Kutcher's characterless performance? Natalie Portman's continuously changing persona? Or perhaps it was the storyline as easy as "can we just be friends who

have casual sex every now and then without ever wanting anything more?" To anyone who cannot guess the answer to said question: the answer is no. Compelling. (What?)

No Strings Attached was not terrible. It lacked a few elements (interesting characters,



wallpapers99.com

Natalie Portman in a scene with Ashton Kuchar in No Strings Attached.

umm, an actual plotline?), but as far as romantic comedies go, it really was not that bad. Towards the end of the film, we see a funnier side to Portman's character and a little bit of acting. Oh, and we get to see Ashton Kutcher's butt. So, for all the rom-com lovers out there, if you want a cheesy friends-with-bene-

fits-turned-love-story movie, then by all means *No Strings Attached* will surely satisfy. But for anyone who saw *Black Swan* and knows what Natalie Portman is capable of, this film is not recommended.



Pop stars heal all wounds



WHAT'S "TASH-INING"

NATASCHA BRUHIN Assistant Entertainment Editor

My first ever concert experience was Britney Spears.

It was 1999, and I was in Grade 3. My ninemonth-old cat Tiger had just gotten run over and I was a distraught, devastated and depressed eight-year old. My parents didn't know what to do with me. Every day, I would go to school quiet and solemn and I'd come home in the same way, quiet and solemn. I hadn't touched my "Skip It" ankle jump rope or joined my friends in a game of four squares in weeks and I wasn't even trading my Pokémon cards with anyone.

Clearly, the death of my cat had hit me hard.

My parents knew I had loved my cat dearly, but they hadn't expected this. They were used to me bringing home ladybugs as secondary pets

to Tiger, and at that point, I wasn't bringing home any kind of bug found in the yard. This was why they bought two tickets to the Britney Spears concert coming to the city at the time and announced I was to go with my dad.

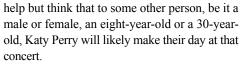
How my dad got stuck taking me to a teeny-bopper concert I don't know, but

there we were, the two of us, on a warm June night, driving to the Skyreach Centre (remember when it was still called that?). I vaguely remember the concert. The opening act was a band called Steps. Being an opening act for Britney Spears was the closest they would ever get to fame. My dad hung out with my uncle in the booth, while my cousin and I fought over the binoculars the whole time. Bouncy Britney Spears was the exact opposite of the sad eightyear old I was at the time but the concert was just what I needed. The concert didn't make me forget about my cat, but it did help nurse the wound Tiger's death had left with me.

Think back to your first concert experience.

Who was the artist? How was the performance? Are you still a fan of the entertainer now?

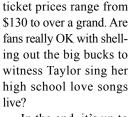
The announcement that bubbly Katy Perry would be coming to Edmonton in July left me with my '90s Britney flashback. I can't



What I find even better is that the most expensive ticket at Perry's concert will be \$60. The only other ticket cost option is a low \$50 (with all service charges included, I should note). For a student like me (who gets excited when I get another stamp on my "Buy nine, get the 10th drink free" card), this sounds like an extremely

Britney Spears

You have to wonder how entertainers get away with selling tickets worth over \$500. Taylor Swift is coming to town in August and her



In the end, it's up to the fan to decide how much money it is really worth to see their favourite artist perform. I guess

if it leaves concertgoers entertained, and in a better mood than they came in with, then the artist

To Britney Spears: 12 years ago, your passionate performance of "You drive me Crazy" had me belting along with you, so thanks for giving it your all. I certainly used up all my energy to keep up with you and it definitely helped me forget my sorrows for a few hours. Who knows ... perhaps we'll reunite at your



Katy Perry

A showcsase of simplicity

By BALJOT BHATTI

If I had to choose one word to describe "The King is Dead," it would be "rustic." The Decemberists have traded in their standard routine of baroque, art rock for simple homespun music. Gone are the gruesome revenge epics. Gone are the creepy lullabies. Even the 12-minute Shakespearean dramas are gone. The Decemberists seem to have quieted down after their 2009 prog-rock outing "The Hazards of Love," instead taking cues from artists like Simon and Garfunkel, Bob Dylan, Neil Young and R.E.M. Lead singer and songwriter Colin Meloy sounds a lot more carefree and happy on "The King is Dead." Their sound is reminiscent of Meloy's first band, the now defunct Tarkio. If it's anything, the album is a showcase of minimalism and simplicity. They managed to stay relevant with grandiose sea shanties about pirates and pilgrims, and now they're reining it in with quiet, mellow love songs.

The feel of the album is definitely more altcountry than anything, and it shows in songs like "Don't Carry It All" and "Rise to Me". There are still some songs with melancholy and sadness, as is the usual for The Decemberists. In "January Hymn", Meloy sings about the oppressive beauty of winter, and how far away the months of spring are. The sea shanties aren't entirely absent either, with "Rox in the Box"; the lilting accordion and toe tapping beat bring you right back to their earlier album "Picaresque."

What's best about the album, however, might also be it's biggest drawback. While Colin Meloy might have thought it best to take it down a notch when it came to the grand, operatic concept albums after The Hazards of Love, most fans of The Decemberists (myself included) would say that their biggest quality and draw is that they are the industry eccentrics, and this album makes the band almost seem chastened by the reaction to "The Hazards of Love." So while the simplistic sound is appreciated, I have to say that I really miss the epics from albums like "The Crane Wife," the

bittersweet ballads from "Picaresque," and the overall concept of "The Hazards of Love."

While some fans of the band will likely see it as devolution of their sound, I can't help but see it as a calculated measure by Colin Meloy. The album is strong enough to stand on its own, and fans of the band will listen to it anyway. However, new fans will be hooked in by how supremely easy "The King is Dead" is to listen to. It only took a listen of "January Hymn" for me. "On a winter's Sunday I go/To clear away the snow/And green

the ground below." Which resident of our current winter wonderland couldn't relate to those



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elbo.ws

The Decemberists



Cold weather, hot music

By CHRIS THOMPSON

It's the middle of winter, there are not a lot of festivals and activities going on in this city. It is the truth, this Edmonton and it is January. That was the logic behind the creation of the Freezing Man Festival. According to the festival's Facebook page, it is "the world's first Great Northern City Winter Festival of electronic, dance and alternative music."

Set to go on Saturday, Jan. 29, there will be bands, DJ's and even a fashion show. Three stages will be used and the first acts will be starting up around 4 p.m. The event is booked to run until two in the morning. All of this is rolled up into a winter-themed carnival event that is going to blow Edmonton's socks off.

The festival was originally scheduled to take place partially outdoors and the concert would be inside. However, due to recent weather conditions the entire event has been moved indoors, so you won't have to worry about bringing the snow pants

and gloves. This will allow attendees the ability to focus more on having a good time, rather than getting

Freezing Man was created by Michael Gaiman who says: "In addition to a state of the art indoor production, numerous daytime events will give a whole new meaning to "chill down." The Edmonton Chamber of Commerce is also co-producing what they call this "World class event."

With around 20 acts, this is one of the biggest festivals this city has seen in quite some time. One can expect performances by Kaskade, The Stars, Broken Social Scene, Shout Out Out Out Out, Dragonette, K-OS, Chromeo, Axe and Smash and many more. Most of these groups fall into the contemporary electronic or alternative/indie rock genre which has recently gained quite a following in Edmonton.

The other unique thing that Freezing Man is bringing to the city

is something called Sustainival, an entirely new way to put on a carnival – it's going to be entirely "green." The rides are going to be run on recycled deep fryer grease. They are premiering these new state of the art rides exclusively here, which is exciting for Edmontonians. It will make attending the event more justifiable.

There is sure to be something for everyone, no matter what kind of music you are into. This festival is going to be a blast. The event co-ordinators are saying that "Those who have never seen the northern lights are in for an unforgettable experience," which I can only conclude means that all of these acts are going to be accompanied by an indoor light show of epic proportions.

Doors open at 3 p.m. While I bought my ticket early to ensure my spot, tickets are still available from Ticketmaster and will run you \$89.25 including service fees for a full day pass. Cameras will be allowed into



the venue the Edmonton EXPO centre (formerly Northlands) as long as they are the point and shoot variety (no pro cameras).

It is bound to be a good time. Hopefully the weather stays nice.

GT5 — For the car racing purist

By KITA MURU

Driving a car is pretty fun. Even with all the crap related to it like maintenance, insurance, speeding tickets, and the possibility of vehicular homicide. The process of travelling from "A" to "B" is the kind of catharsis that repays painstaking hours, upon days, upon months, upon years, of earning enough to afford a car or at least the down payment.

But now, there's a way you can drive a car without having to pay for all the additional costs that come with it.

Gran Turismo 5 (the latest title in the highly popular rac-

ing game series) came out over a month ago. It showed off beautiful cars, tracks and all the painstaking realism you could imagine that would result in controllers and racing wheels being flung around. There are over a thousand cars in GT5: from the Toyotas you see on everyday streets, to the Ferraris on an auto show floor, to NAS-CAR stock cars and even gokarts. The 26 tracks and 71 variations range from real world locations, like the infamous Nurburgring and the Top Gear test track, to series staples like Special Stage Route 5 or Trial Mountain.

As far as the real world tracks go, they look really good; it's hard to tell the difference between the simulated tracks and their real life counterparts, either in the glare of a sunny day or the pitch black of night. The problem with the look of GT5 is that the jaw-dropping realism drops a bit when scaling down from a Citroen GT (it's

a spaceship!!!) to say, a Ford Focus. The addition of damage is nice but doesn't feel well applied, especially after smacking that Citroen GT into a wall.

If you're not a fan of the series or simulation racing in general, GT5 will feel like you're driving through traffic, as you go through various license tests, races, and championships. Driving in this game is all technical; you'll go through the motions of accelerate-brake-turn-repeat, following the racing line in the process. However there's more to GT5 than that: weight shifting, gear ratios, and differentials are just the tip of the factors you

need to consider in this game. There's not much to do other than racing, although the online play is incredible, especially when going up against 15 other racers.

If you're a fan of simulation racing games, Gran Turismo 5 has probably been probably burning a hole in your PS3 since it came out. If you don't have it, you owe it to yourself to get it. If you're more of a fan of arcade racing games like Need for Speed: Hot Pursuit, then GT5 probably might not be up your alley since it focuses its attention on the proper driving of a



thetruthaboutcars.com



Soft landing On the Rocks

By GRAHAM MOSIMANN

NR92 is the campus radio station at NAIT. It is run "by the students, for the students."

It allows students the opportunity to broadcast their thoughts and favourite tunes to the student body here at NAIT. There are many great programs to tune into during the week, something for everyone. And if you like classic rock, then Sarah Crocker has just the thing for you.

Sarah Crocker is a student in the radio/television program at NAIT.

She has a profound love of music that has allowed her to follow her dreams into broadcasting. Crocker has had the pleasure of carrying her classic rock program On the Rocks forward from her first term as a radio student. Crocker has been working to share her love of the music from the '60s and the '70s with a new generation of NAIT students.

When asked about her favourite classic rock bands, Crocker replied, "I've been listening to Iron Maiden since I was five. I grew up in a very musical home and I've been surrounded by it my entire life."

It is apparent that Crocker has an unequivocal passion for that hard driving sound that categorized the music of the '70s. After a few years of floating around, Crocker decided to capitalize on her passion for the

music by becoming a radio student.

"My ideal job would be to work on-air for The Bear. They seem to have such a fun time just goofing around, playing awesome music and just entertaining people," says Crocker. "All I really want to do is introduce people to good music. I do this show for them by sharing the music I love."

On the Rocks does a fantastic job of

showcasing the music that radio stations like K97 and The Bear don't give as much airtime to. The music featured

will keep listeners from becoming bored. In a nice change of pace, On the Rocks isn't solely about the music; any news stories or just quirky little tidbits often make it through her show as well.

An example of one of the newsworthy highlights came from a story about a preacher in South America who was conducting his sermons to the lyrics of Metallica! That is just a small taste of what you will discover when listening in.

All in all, On the Rocks is a fantastic way to escape from the everyday normality that you find on your iTunes account. You will have many opportunities to listen to what you are used to from your iPods, but On the Rocks only broadcasts on Thursdays from 4:30 to 6 in the evening.

So turn off those iPods, iPads and iTunes



Sarah Crocker takes a breather after one of her On the Rocks shows on NR92.

and turn your browser over to NR92.com for a unique musical experience. Whether you are a classic rock enthusiast or are just in the mood for something new, On the Rocks will give you what you're looking for. Crocker plans on carrying this show through this

semester and hopefully into the next as well. On the Rocks will allow you an hour and a half of some really great tunes and interesting stories. Sarah Crocker has got a good thing going with this program, a good thing

CROSSWORD

Across

- 1- Group character
- 6- "Diana" singer
- 10- lowa city
- 14- Cool!
- 15- Agitate
- 16- Commotion
- 17- Pub perch
- 18- Up and ____! 19- First king of Israel
- 20- Uncertainty
- 23- Halogen element
- 27- Bridge positions 28- Ladies of Sp.
- 29- Slanted
- 34- Capital city of Yemen
- 36- Difficult question
- 37- Baseball club
- 40- Reticent
- 43- Hot time in Paris
- 44- Vessel
- 45- Carried
- 46- Speaks
- 48- Dweeb
- 49- Pays to play
- 53- Stylish
- 55- Commodities
- 60- Hurler Hershiser
- 61- Observed
- 62- Demote
- 67- Eye layer 68- Part of Q.E.D.
- 69- Discourage
- 70- Breather
- 71- Big do
- 72- Long

Down

- 1- Nav. officer
- 2- Hanoi holiday
- 3- Monetary unit of Vietnam
- 4- Siouan speaker
- 5- Gannet
- 6- Bedouin
- 7- Words of denial
- 8- Capital of the Ukraine
- 9- mater
- 10- Baffled
- 11- Haunted house sounds
- 12- Something drawn out
- 13- Mends a shoe
- 21- Cry River
- 22- Ogle
- 23- Point in question
- 24- Praying figure
- 25- Move rhythmically
- 26- Golfer Aoki
- 30- Sudden burst
- 31- Rope used to guide a horse
- 32- Bendable twig, usually of a willow tree
- 33- Delt neighbour 35- Surprise attack
- 37- Seizes with teeth
- 38- Declares
- 39- Woman's one-piece undergarment
- 41- Floor covering
- 42- Accent
- 47- Radical '60s org.
- 49- Love affair
- 50- Audacity
- 51- Forest makeup
- 52- Acclaim
- 54- Not hesitant
- 56- Between ports
- 57- Soft ball brand
- 58- Expensive

1	2	3	4	5		6	7	8	9		10	11	12	13
14	Т	Г	Т	Т		15	Г	Г	Г		16	Т	Г	Τ
17	Т	Г	Т	Г		18	Г	Г	Г		19	Г	Г	Τ
				20	21		Г	Г	Г	22		Г	Г	Τ
23	24	25	26							27	Г	Г	Г	Τ
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- 59- A big fan of
- 63- Fuzzy buzzer
- 64- Loss leader?
- 65- Sun. talk
- 66- Directional ending:

Puzzles provided by BestCrosswords. com (http://www.bestcrosswords.com). Used with permission.

SOLUTION: Page 21

Want a good laugh? Stay tuned

By LACE SENIO **Entertainment Editor**

Christopher Morley was an author who once said, "Humour is perhaps a sense of intellectual perspective: an awareness that some things are really important, others not; and that the two kinds are most oddly jumbled in everyday affairs."

This quote reflects on the importance of recognizing humour in everyday life and how it juxtaposes with the more serious aspects of living. There is nothing more important than taking a few moments out of your day to laugh about the silly things

Laughing is good for us and brings people together. That is exactly what the new comedy festival in Edmonton is going to do, bring Edmontonians together through laughter. The ATB Financial Edmonton Comedy Festival has just been announced and will be Edmonton's next latest and greatest comedy festival. The festival will run next fall, from Oct. 19-22. It will taking place throughout central Edmonton at various locations such as

even talk of some festival events taking place in the underground comedy. Another exciting feature will be the amateur comedy parkade of City Centre Mall.

The ATB Financial Edmonton Comedy Festival will help to enhance the local comedy scene in Edmonton by producing amazing local acts, as well as international renowned comedy acts. In an article written by Ben Gelinas, for the Edmonton Journal, Andrew Grose, producer of the new festi-

val states, "This is a really active

place for comedy and I don't think

Edmontonians have any idea that

that's true." The festival will be offering comic relief in the forms of standup, sketch acts and improv groups. There will also be com-

the Citadel Theatre and the Stanley A. Milner Library. There is edy workshops for those who want to receive a crash course in

sessions that will help to expose new local talent.

The announcement of the festival has been great news for Edmonton comedy-goers, as well as for local comedians. Edmon-

ton is a city full of funny people, and people that appreciate a good laugh. There will be something for everybody at The ATB Financial Edmonton Comedy Festival, there is no doubt about that. Humour is an important part of life. It creates

a balance between reality and satire.

They say laughter is the best medicine, and the new comedy festival in Edmonton is sure to be a much needed drug.

Good food, good music at Indie Night

By LACE SENIO Entertainment Editor

Indie Night, it is a chance for students to grab a drink, order some (delicious) wings, and listen to some really great music.

There is something about listening to live music that is pleasing to the ears. Especially when that live music happens to be Canadian, and even more so when that live, Canadian music happens to be free.

So what is Indie Night? Jill Peterson, the former NAITSA Event Co-ordinator explains, "A few years ago, NAITSA decided to offer free musical entertainment for the students at NAIT. Students struggle financially, Indie Night allows them to enjoy a night out that won't break their bank."

Indie Night takes place at the Nest, every Thursday at 4:30. This allows students to head over right after class, and relax a bit. The show's never go too late into the night

either, so that students can also get some studying time in. And Sleeman's Supercans are on special, for \$5. (Bonus!)

Touring bands from across Canada play Indie Night because the college "scene" is a great place to draw new fans. NAITSA feels good about offering these bands a place to play because it

gives bands an opportunity play for new people. It is a partnership, the bands come in, and play, and students come to the Nest

"Indie night has been a success for three years and running. We take pride in the fact that we offer students great

live music at no cost," says NAITSA VP Campus-Life,

Indie Night is something students can count on. Except when the band that is scheduled to play does not show up, as was the case last week. Project 1934 were supposed to play a set on Thursday night, but for some reason they could not make it. No reason was given for the absence of the band, in fact the band didn't con-

tact anybody at the Nest or NAITSA at all.

"As for the band not showing. I can say that this has never happened in the history of Indie Nights, but sometimes things happen

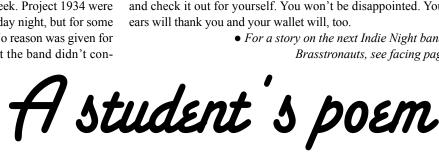
that we, as an organization, have no control over. All you can do is learn from the experience and move on,"

Even though last week's band did

not show up, Indie Night was still a good time, especially for one lucky student. Since the band did not show up, NAITSA put on a draw for that night's hockey game. Two tickets were given away as somewhat of an apology to the Indie Night goers.

Over the years Indie Night has grown to be a huge success for the Nest, NAITSA, the bands that play and the students that attend. Where else can you find free live music, at a chill location, on a Thursday night? Honestly, why not go to the Nest this Thursday, be there right at 4:30, to ensure you get a good seat, and check it out for yourself. You won't be disappointed. Your ears will thank you and your wallet will, too.

> • For a story on the next Indie Night band, Brasstronauts, see facing page



Hello friends, Happy New Year and welcome back. I have just returned back to my campus, met all my friends and again the same old routine has started, these are some few words which came up in my mind at the end of the first day of my class:

Back to NAIT

back to my life where music play like an ice

back to the lunch at Common Market treats,

Back to the books and back to the classes

planning new way to skip again in masses,

Back to the classes where a teacher will

Back to H-wing playing hacky-sacky is lot of fun

back to south lobby bring your smile to

back to naitsa with love and pride,

everyone,

Back to nait, back to my world of dream,

Back to my class with new year greets

Back to International Student Centre for making some special brand new friends back to Aboriginal Centre for doing so much

Back to Nugget gossips with lot new stuff one single fag and five waiting for the puff, back to the chat rooms and back to face book

Back to old corners of naitrium for planning new crooks.

back to career, the career of dreams chilling eves and enjoying winter's ice creams,

Back to the evenings at nest, all full of lights all my genius friends and same stupid fights, back to last minute study for exam

Waiting for the valentines day for the second

Back to my poems, back to my love back in my arms is my old dove.

> Rahul Sharma **Electronics Engineering Technology** 2nd Semester

Mainstream Ignorance

Tyler Bernard

By GRAHAM McCANN

- 1. Being shot in a limb or just getting a 'flesh wound' from a bullet might not kill you, but it isn't like in many movies. You will probably be hospitalized for months with gruelling
- 2. Also, in police shootings, people sometimes wonder why they can't just "shoot them in the leg." Even for a trained marksman, this is highly difficult under extreme stress and a split second to react. So, instead, police aim for the torso to make sure the threat is down.
- 3. Unlike what you might have been told, due to the resilience of the eye reading in dim light, it doesn't actually do harm to them, outside of strain.
- 4. Though it is probably obvious, despite what some mom's might tell kids, swallowed gum doesn't stay in your stomach for years.
- 5. Ninjas never actually wore those black outfits. They were assassins and blended into the population by wearing whatever was common and inconspicuous



By PATRICK KNOWLES The Vegas Bomb

Simple but delicious. First you need a cup and a standard 2 ounce shot

Next you need the ingredients: Red Bull

Peach schnapps

Put 1/3 of a can of Red Bull into the cup. Then pour 1½ ounces of Crown Royal into the shot glass, then add ½ ounce of Peach Schnapps into the shot glass on top of the Crown Royal. Drop the shot into the Red Bull and enjoy!

Jobs

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

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

Ready for takeoff?

By LACE SENIO **Entertainment Editor**

All sorts of bands waltz through the doors of the Nest on Thursday nights. It is the thing to do, really, if you are a band cruising through the area. The Nest is much like a "nest" to travelling bands, in the way that it offers bands that are migrating around the country a place to rest. The band that happens to be stopping in town tonight is called Brasstronaut.

Brasstronaut, the band, is from Vancouver and was formed in 2007. The band features six members and a lot of creativity. If you have ever listened to Brasstronaut you know exactly what I mean when I say, "creativ-



ity." It might be perhaps the rolling sound of the drums, or the trill of the trumpet, it could also be the piano, the clarinet, the lap steel, the drums or the bass. It could be any of these things that gives Brasstronaut their hauntingly, creative sound. I think however, that it is the combination of them all that creates the unique sound of Brasstronaut.

The band has a bunch of awards to their name including the SOCAN Echo Prize for best Canadian song of 2010 and a number one ranking in Hype magazine. Exclaim!, the Toronto Star, and CBC R3, have all concluded that Brasstronaut are one of Canada's greatest new live bands to look out

With the release of their first full length album, "Mount Chimaera," the band were able to jump on two

> European tour circuits and one Canadian tour for the year of 2011. They have held headlining positions at Hillside Festival, and the Vancouver International Jazz Festival. These accomplishments are quite impressive for a band that has only been around since 2007.

The album, Mount Chimaera, is phenomenal.

Tracks are soothing, exciting, jazzy and poppy all at the same time. The mix of instruments is intense, and leaves listeners with happy ears. Brasstronaut are getting nothing but positive feedback on the album.

"One gets the impression that Mount Chimaera was a carefully plotted-out affair, with Brasstronaut shooting for precise objectives. Thrilling audiences was surely



Photo by Jeff Petry

Brasstronaut

on that list, and it's a directive that the outfit has unquestionably accomplished," claims Jenny|Charlesworth, in an album review, off

Brasstronaut's sound is eerie, but so tastefully eerie that as I write this I am starting to really look forward to tonight. The songs make me feel like dancing, (and I do not dance) especially songs like "Six-Toes," "Insects" and "Rayan."

The Nest provides a place for bands to come and play, but I get the feeling that Brasstronaut won't merely play, but take flight. Trust me, and head out to the Nest for Indie Night, the show is going to be breathtaking. Plus, there is going to be a trumpet solo, and how much better can it get than

CROSSWORD SOLUTION

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Poll clerks needed

Duration: Feb. 16, 2011 Compensation: \$14/hour

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



Photo by Tiffany Lizee

Stacey Therrien Geological Technology

Nugget: Nickname? Stacey: Stace-Jam.

Nugget: What do you like best about yourself? **Stacey:** My zest for life and my well toned biceps.

Nugget: What is your ideal first date?

Stacey: Plucking chickens down at the farm and then BBQing some

top quality sirloins.

Nugget: What is the one thing I would not know about you at first

glance?

Stacey: I eat a minimum of two poutines weekly.

Nugget: What is the best pick up line in your professional opinion? Stacey: "Heard your ankles are having a party, I think your pants should join."

Nugget: What do you do in your spare time?

Stacey: Daydream of having an eating contest with Frank Sinatra and Ke\$ha, followed by consuming some quality brews and playing mini

Nugget: Favourite movie you like to watch with a guy?

Stacey: Does Sportsnet count? If not, Anchorman. Sixty per cent of the time, it works.

Nugget: What would you say your "type" is?

Stacey: Muscular legs, straight teeth, dark features, must enjoy being called "Slam-piece" and last, but certainly not least, can puke and rally.

Nugget: How would you classify yourself?

Stacey: Anything but average.

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

Worth the wait **CAMPUS FOOD REVIEW**

By CHELSEA BIRD

Lunchtime at the Common Market is a hectic swarm of students, all impatient to purchase their lunch. With nearly everyone on a break at the same time, it's no surprise that everyone seems to congregate there in order to buy a fresh lunch. After assessing each lineup, I figured I would try Bodego, simply because it looked fresh and the line was moving fairly fast. I barely had time to send a text before it was my time to order. The ladies behind the counter were speedy and polite. It's amazing how being greeted with a smile can make me want to be a repeat customer. I ordered the Bodego wrap for \$6.75 and watched it get made in front

of me. It consisted of a large whole-wheat wrap containing fresh grilled chicken breast, mixed baby greens, a sweet tomato salsa and a large dollop of pesto aioli. I ordered a mixed-greens salad for an extra dollar with raspberry vinaigrette. The wrap itself was definitely something I would purchase again. The pesto aioli wasn't so bold a flavor that even you picky types couldn't eat it, and I'm sure that even if you ordered it without the tomato salsa it would still be delicious.

Because of the fast moving line, polite service and fresh food, I will be sure to order lunch from Bodego again. I give it a confident 10 out of 10.

Hollywood Assassyn, Kemo Treats, The Flash Jam, and Jeff Morris; just to name

a few! There are many more artists who

have been nominated. To see the whole

list of nominations you can go online

to: http://www.oddballproductions.ca/ EdmontonMusicAwardsNominees.html

Edmonton. Not only will it be an amaz-

ing night out, this event might end up sparking people's interests, and get-

ting more people involved in the music

community. You don't have to search

too hard or far for amazing talent. As

for the musicians involved, this could

really further their career. If you would

like to know more about the event

itself, or ticket pricing, check out The

Haven Social Club for more details.

Check out The Nugget's upcoming

issue for interviews with some of the

artists nominated! The lovely and tal-

ented Michelle Molineux will be the

first nominated artist to be in the spot-

This could only be good news for

music awards

By ALEXIS DICKSON

A very exciting event is coming to Edmonton – the first annual Edmonton Music Awards! They will be held on Sunday March 27 and Monday March 28 at the Haven Social Club on 15120A Stony Plain Rd. Rarely will you find dozens of talented, local musicians all together in one location, so it is sure to be a packed event!

This is a great event for Edmonton, as well as for the arts and music in our community. Not to mention it is extremely overdue.

"It's a great chance for people to support each other and bring awareness just how many great musicians and acts there are in Edmonton," explains Steve Derpack, from the Haven Social Club. "I'm looking forward to seeing this initiative bring the music community together more, and watch it grow each year into something huge."

And huge it will be! With some of the nominated artists being Wool on

Wolves, The Provincial Archive, Cara Albo, Christian Hansen and the Autistics, Colleen Brown, The Wheat Pool,



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, omotion and execution of events and co-ordination of event staff/volunteers. Knowledge of the local music scene considered

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.



Upcoming events

Natural Food Movement (NFM)

What: Information Session When: Jan. 27 3:20 p.m. Where: Room X-205

Club MET

What: Spinning Wheel for Cancer When: January 28; 10 a.m. Where: Outside Common Market

Chinese Students Association (CSA)

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

Centre (Room E-124) or CSA NAIT Room O-117F. \$12 CSA member, \$25 non-member For more info, www.naitchina.com

DMS 2012

What: Comedy Night When: Feb. 10; 8 p.m.

Where: Comic Strip - West Edmonton

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

Club News

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 Training #2:Jan. 29 (pre-registered clubs only)

Clubs Showcase:Feb. 2

Grant #4 Deadline:Feb. 25 (5 p.m.)

Regular weekly events

Gamers of Dungeons and Dragons

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

Christian Club

What: Weekly Meetings When: Mondays: 5:15-6 p.m.; Tuesdays/Thursdays: 12:15-1:10 p.m.

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

Latter Day Saints (LDSSA)

What: Weekly meetings When: Thursdays

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

Where: Room E-221

Karate at NAIT

What: Weekly sessions When: Mondays, Wednesdays 7 p.m. – 9 p.m.

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

Where: Room S-112

Saturday, January 29, 2011 8:00am - 4:30pm igible for SEED and Grant funding RSVP by January 24 via email: campusclubs@naita with the following information: Club name, participant names and any food allergies/restrictions. Please dress appropriately for outdoor w.naitsa.ca | Room E-131 | 780.471.8855

CHRISTIAN CLUB (NAIT)

Join us at our booth for a chance to win one of three "\$50 gift certificates" at the Campus Clubs Showcase on Feb. 2 at the South Lobby from 11 a.m. to 1 p.m.

Christian Club (NAIT) meets every Wednesday.

Venue: Room E-115. Time: 12:15 p.m. to 1:10 p.m. There will be drinks and refreshments.



Please Drink Responsibly \$2 Tickets, available for presale

through NAITSA or at the door *includes slice of pizza* \$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



What do you think of the crazy weather?





"Um ... its annoying and scary to drive in, very scary." Ashley Schreiber Culinary Arts



"It's Alberta. Honestly, what do people expect?" **Rob Lutz Electrical Eng. Tech.**



"It sucks, its slushy, so it's going to be dirty everywhere." Kaitlyn Clancy Hospitality Managment



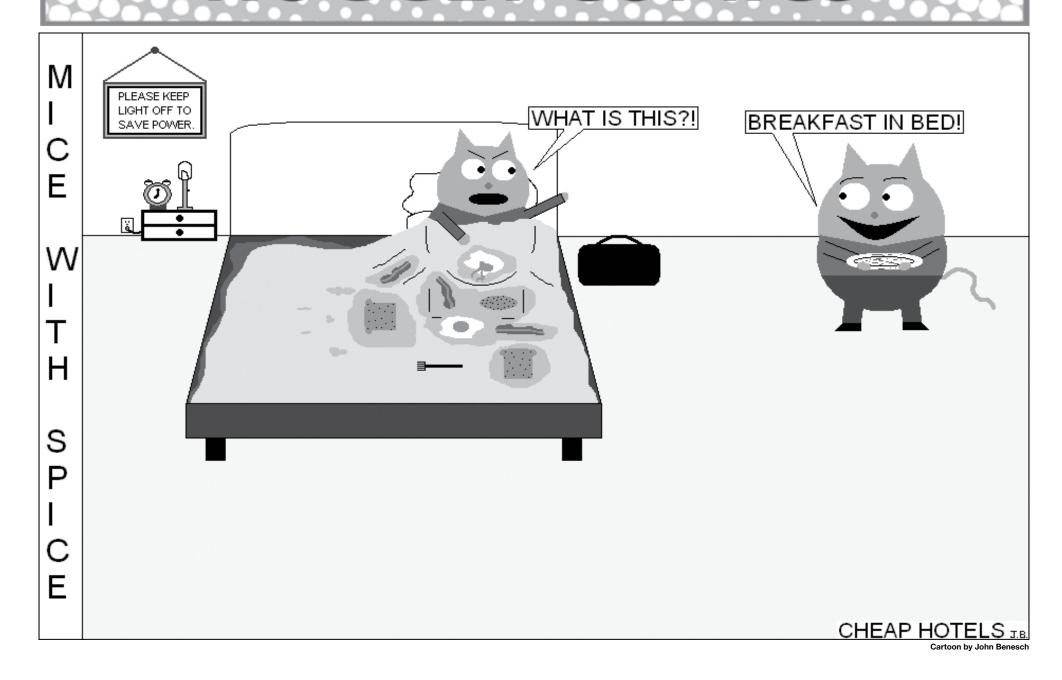
"Its awesome, definitely need more snow, more powder." Kris Tomlinson Electrical Eng. Tech.



"It's depressing. It makes it hard to get to school." Rebekah Ryan Hospitality Management

THE NUGGET PRESENTS:

NUGGET COMICS



THE NUGGET PRESENTS:



GRAPEVINES

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

The other day I saw the most beautiful girl I've ever seen walk the NAIT hall-ways. She was tall, blonde and stunning. I could not take my eyes off of her. Who are you??? I thought we made eye contact sooo if this comment rings a bell, meet me in the Business Tower on Friday at noon. I'm the tall, broad, good-looking guy. Seriously, consider it because we would make one damn good-looking couple.

L is for the way you look at me

To the girl who announced to the world that hot guys work out in the NAIT gym at lunchtime ... THANK YOU. I have since then seen an enormous surge in women working out at lunch and I am loving every minute of it. Now I get to check out hot chicks in tight yoga wear stretch right in front of me. Best part of my day

Output

Description:

- A very, very happy guy

I think they should've made the Excellent Teachers Award in April cuz my teachers last sem suckd~! this sem AWESOME! :D

- !1st sem COnfused.

•••

To the women in the V-Building. Don't let a few assholes wreck it for you. And to the women in the Radio and Television Arts in particular you might find that a conversation with a carpenter is more stimulating than you think (Not Impressed-Dec. 10), we don't all stutter and stammer out cheezy pick up lines (Not Impressed/Dresses-Like-A-Clown-Dec. 10) and we are not all pissed because you won't put out (Disgusted-Dec. 10). 100% of us are there to learn and 90% of us don't chase tail because we have tail to chase at home. Give us a break and don't paint us all with the same brush. Ignore the assholes and do what you are there to do-learn.

Apprentice With Attitude

•••

To the tall asian that buys food at the common market, you're pretty cute!

Yellow fever

Dear girls in the XXX wing,

Us 3 DMIT are always in the X-wing and are quite recognizable. I mean, it's always the same three of us. We would gladly like to converse with you but it's

kinda hard to tell who you are since there is like I dunno a dozen girls in every part of the X-Wing so how about you call us over or make it a little easier to recognize you. We usually walk through between the times of 12:10-1:15 from Monday-Thursday; Fridays are a no go we got other Business things to attend to.;)

- The Three DMIT

Hey Civil Guy,

Could you please trim your mustache? It's a distraction for all of us. Also, please stop breathing so loud whenever you get frustrated. It's just plain gross.

Sincerely,

The other people in your class that have to put up with you.

•••

To the sexy lad with the green supercharged Buick with the "Devon" sticker. I enjoy my walk to the cars every day because I can follow you and watch the great view. I try to say hi, but I get scared every time!

- Hunka-hunka-burning-love

•••

Dear little brown girl with glasses, Shut up. Wash your mouth with soap. Nobody needs to hear stories about your weekend, specially if every second word is a swear.

Sincerely, Studying student.

●●●
To anyone walking by in the HP Cenand sees us guys tossing around the

tre and sees us guys tossing around the football, just give a "cheah!" and we will hook you up with a pass right in your hot pocket!

 The four guys in the chairs and the random thug.

•••

They speak the truth! Those guys in the gym at lunch are the bomb! And I mean BOMB!!! Just so you know guys, I'm single;)

- Lovin' the View

••

Hey Sports Editor, yea you, why don't you come down to the HP Centre at lunch, we need some more hot guys around here.

•••

Wishes the poster fair would hurry up and come back, they had a lot of great stuff there.

Art Love

THE NUGGET PRESENTS

Dr.CONwisDOM

Dear Dr. Conwisdom:

Are you single by any chance?

With all that sex advice you dish out, you seem very ... wise. Very wise in sexual relations, that is. That's freaking hot. We should date.

− I have a six-pack

Dear I have a six-pack:

I am not one to be woo-ed by superficial things such as a six-pack. However I need to know more about you before I consider giving you a chance. As a starting point, do you drive a Ferrari?

Dear Dr. CONwisDOM

I need you. I want you. I think about you every minute of every day. I came to NAIT so from the control of tool of too

– Your Future Lover =)

Dear Misguided Lady,

I am sorry to disappoint you, but I have someone already. My significant other is someone I love and I will never leave her. My advice to you is to go out and get a life. If you want me that badly then clearly you haven't been laid in a while, so that should also be high on you 'To

Dear Dr. CONwisDOM,

Lately I have been really stuffed up and itchy during sex. I sneeze a bunch too. I am really worried about this because it is getting in the way of mine and my partners enjoyment. There is nothing worse than sneezing during an orgasm. Am I allergic to sex?

- Sneezy

Dear Sneezy,

I highly doubt you are allergic to sex. There are a few things that could be going on: you could be allergic to your bed sheets or something in the place where you are boinking. Or maybe you are just suffering from the common cold that is going around. Get a lot of rest and eat an orange. If symptoms continue make an appointment with your doctor.

Dear Dr. CONwisDOM,

The other day I was studying with one of my best friends, who is a girl, and I got a sudden lesbian vibe. I have never felt anything like this and have dated many guys, but I am on a recent "dry spell" if you know what I mean and my friend just looked so sexy. Am I just really horny? I am just stressed from school and need a release? Could I be a lesbian?

– Switch Hitter

Dear Switch Hitter,

It could be many things. Likely it is a combination of being extremely stressed and extremely sex-deprived. But you never know, maybe this is your coming out party. If it is, I say embrace it. If you could embrace it at say... lunchtime... in a public place that would be even better.

Dear Dr.CONwisDOM,

I think I have a problem. You know how men like their girlfriends to wear high heels during sex? Well, I like my men to wear a yellow bonnet to bed, along with furry anklets. I'm not quite sure what's wrong with me, but I haven't gotten any in quite some time. Can you help me?!

- Yellow Bonnet

Dear Yellow Bonnet,

I'm thinking because of the fur, you may be attracted to ape-men. There's nothing wrong with that. You just like a lot of hair. And babies. Which is just creepy. You should get a hold of that. Maybe don't go out in public. Ever.

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!

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

THE NUGGET PRESENTS: HOROSCOPES



MADAME O

Jan. 27-Feb. 2

(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)

This week is your week, Aquarius. Don't say no to any opportunity or challenge for the next seven days. Everything is coming up aces for you.

Pisces (Feb. 19-March 20)

Shine on, Pisces! Turn your excess energy onto that project you've been stalling on forever, and don't get distracted by the TV or a squirrel.

Aries (March 21-April 19)

Careful, Aries. You might have wanted to be the leader but sometimes it's better to follow than to lead. Give someone else a chance and bask in just being a regular schmoe.

Taurus (April 20-May 20)

Life is passing you by, Taurus, so stop being so disconnected. Dance with a complete stranger in the halls, splash around in a mall fountain, BE WILD!

Gemini (May 21-June 20)

A friend will come to you looking for help, so it's time for you to put on that thinking cap, Gemini, and come to their rescue.

Handle the situation delicately, though.

Cancer (June 21-July 22)

Left turns aren't your friend this week, Cancer. Focus and be like Derek Zoolander. Stick to right turns and you'll stay happy, healthy and wise.

Leo (July 23-Aug. 22)

Computer problems are in your future, Leo. Keep your antivirus software up to date and don't act so dramatic when everything goes south.

Virgo (Aug. 23-Sept. 22)

Your paranoia was right all along, so when a "friend" reveals their true form, take it all in stride and reapply the tin foil to your hat.

Libra (Sept. 23-Oct. 22)

Take a trip, Libra. Whether it's to the other side of the world or the IHOP on

the other side of the city, you need to shake things up, and some change of scenery might be the medicine you need.

Scorpio (Oct. 23-Nov. 21)

Keep your tyrannical notions to yourself this week, Scorpio. People don't like being ordered to do things, and they don't appreciate the way you throw around the word "manifesto."

Sagittarius (Nov. 22-Dec. 21)

Be like fellow Sagittarius Brad Pitt and stop caring what other people think. Follow your gut, get a bohemian haircut and success will arrive soon enough.

Capricorn (Dec. 22-Jan. 19)

Your fatalism isn't an excuse to be lazy, Capricorn. Get off the couch, get the help of some of your awesome friends and maybe finish something for

TIP OF THE WEEK - FROM NAIT SECURITY SERVICES



Harassing phone calls



It's the middle of the night. Your phone rings, and after you answer it:

- The caller shouts obscenities into the phone,
- You hear the caller suggest some sexual act, or
 - You hear nothing at all.

What should you do? HANG UP.

A suspicious phone call that scares or threatens you is a serious offence and should be reported to the police.

If you have a suspicious phone call:

- Never entertain the caller.
- Do not talk to the caller. Do not beg, plead or threaten the caller.
- After you hang up, get out a notebook or pad of paper and record the time and date of
- Write down the sex of the caller and anything he or she said.

Remember: The caller wants to scare or upset you. Anything you say to the caller will confirm the reaction the caller is looking for.

Say nothing. Hang up.

- If the caller phones many times or at all hours, or threatens you or your property, call the police.
- After the call is reported to the police, a phone trace may be placed on your line.

Here are some precautions to take if you are receiving suspicious phone calls:

- It may be someone you know. An exspouse, boy/girlfriend, co-worker or total stranger. You will have to try to recall any details of a past relationship or a suspicious person you met.
- At the same time, you must keep in mind your personal safety.
- Watch the people around you at work, at the bus stop, anywhere – just in case the caller knows you and may be following you.
- Advise Campus Security Services. We can offer assistance while you are on campus.

A suspicious phone call is very unnerving. A threatening phone call is a crime.

For more tips and information, visit www. nait.ca/security.

If you have information about a crime, contact Campus Security Services at 780-4717477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the infor-

mation you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.



Book your ad today and be seen.

Contact Shaun at: 1.866.867.0098 thenugget@cu-ads.org

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 • VP Academic • VP Campus Life • VP External

IEED MORE INFORMATION? me to the NAITSA Office, E131, check out tsa.ca, or drop by one of the Info Sessions January 12, 20, 25 4:00 - 4:30 p.m. in E129















Getting motivated to study



MARGARET MAREAN NAIT Student Counselling

It is not uncommon for students to start the semester full of energy, enthusiasm and great intentions. However, a month or so into their program many students feel less than motivated, especially in the winter term

Here are some tips that might help get you back on track:

- Set realistic goals that are challenging, yet achievable. Try to set goals for each day and each week as well as longer term goals. Written goals are the most effective.
- Make a daily "to-do list" a checklist of what you can realistically accomplish. Prioritize the items from most to least crucial and always work on your most important tasks first, even if they are the most difficult or the longest.
- Specify a clear-cut goal that you want to achieve before you even sit down to do homework or to study (i.e. "by the end of

this hour I want to accomplish ... "). This puts you in a competitive mode and will stimulate you to stay motivated and focused.

- Get into a routine. If you start setting aside the same time every afternoon or evening for studying, it will become a habit within a few weeks.
- Know your body rhythms. If you are a morning person do your most important tasks in the morning don't force yourself to do them at 11 p.m.
- Evaluate how long you can realistically concentrate (no longer than 50 minutes; 25 to 30 minutes is best for most people) and make sure you take breaks when you need them.
- Get started on tasks early, the day you receive the assignment if possible. Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing.
- Work on building a positive attitude. Self-statements like "I'm too lazy," "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn."
- Visualize yourself being successful. A clear picture of what success means can keep you going when your workload seems overwhelming.
- Don't waste energy being negative and blaming yourself or others for how much work you have or for past failures. Negative energy makes it difficult to learn and to be creative. Put your energy towards accom-

plishing your goals instead.

- Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.
- Surround yourself with positive, motivated people.
- Set realistic standards. Being a perfectionist can de-motivate even the brightest of students. Decide how much time and effort each assignment is worth and allocate accordingly.
- If you are feeling overwhelmed by a project or assignment, break it into smaller parts and focus on one part at a time.
- Set rewards for accomplishing difficult tasks or for getting through a study period when you aren't motivated. Most people work best with positive reinforcement but

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

- Give yourself pep talks remind yourself why you have chosen to continue your education and the long and short-term benefits this will have
- And finally, take care of yourself by getting enough sleep, eating properly, exercising and having some fun. People who are motivated and energetic have balance in their lives.

If motivation continues to be a problem, or if you have any other academic, personal or career choice concerns, you may want to book an appointment with one of the counsellors in Student Counselling, Room W111-PB in the HP Centre, phone 780-378-6133.



Now Hiring

Discover a great place to work!



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

HUDSONS WHYTE JOB FAIR NOON - 5PM THIS SATURDAY AND SUNDAY AT HUDSONS DOWNTOWN - 11248 104 AVE

VISIT HUDSONSTAPHOUSE.COM OR CALL 780.246.5872 for more info.

Interested in student ? politics

Yes?

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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 & <u>Tuition Paid!!</u>
- Valuable Experience
- Leadership Development
- Travel Opportunities
- Networking
- Resume enhancement

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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