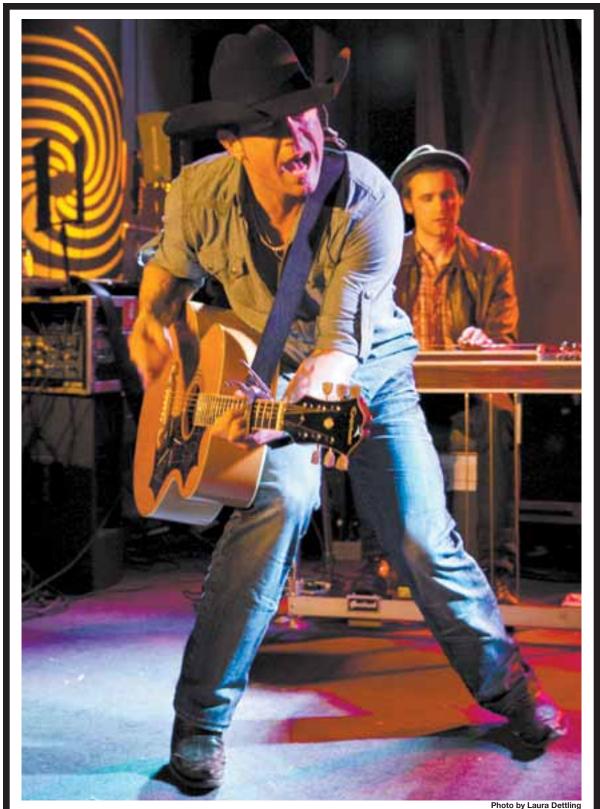
GRAPEVINES ARE BACK!

NUGGET

Thursday, February 2, 2012 Volume 49, Issue 18

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



NEST GOES COUNTRY Canadian country music star Aaron Pritchett rocks the Nest to a sold out crowd last Friday. It was this semester's first Live Music Night at the Nest. See story, page 17.

GET READY TO TO VOTE

newspaper when you are

finished with it.

Elections for student executives, story page 3

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BALJOT BHATTI Issues Editor

The Stop Online Piracy Act, or SOPA, as it is not so affectionately known, is now somewhat dead in the water. While U.S. legislators scramble to find a more effective and palatable way to control what Americans see on the Internet, another sinister and murky bill may soon become law – and I think you'll find it a lot more close to home.

Bill C-11, as it is known, will be introduced in the House of Commons in the near future. As it stands right now, many parts of the new bill are very similar to SOPA in their wording, particularly how complainants in Canada like the Canadian Independent Music Association or the Entertainment Software Association of Canada can not only go after sites that they think contain copyright infringing material, but also sites they think are enabling pirating and copyright infringement.

Bill C-11 has been seen by the Canadian Parliament before, just in different disguises. Bill C-60, C-61, C-32 – each time these bills were struck down, with enough public outcry to change the government's mind. One can only hope the result is the same this time around.

The wording is intentionally vague, allowing for a wide spectrum of sites to fall under the watchful gaze of the government. A lot of people are worried about the implications of a Canadian bill that would be similar to SOPA.

After all, this is Canada. We like to believe that we live in the freest country in the world (or at least Top 5) but things like C-11, and our now somewhat deceased Anti-Terrorism Act that show that we can sometimes rival even the Americans in their thundering Old Testament-style draconian laws.

There's a good chance that C-11, because of the recent drama with Google, Facebook, Wikipedia, et al in the blackouts on Jan. 18, will become a hot button issue in the House of Commons. The number of U.S. lawmakers on the side of SOPA swung dramatically after Jan. 18 and I think a lot of them finally woke up to the issue and realized what they were voting for. So maybe some protests actually do work!

At times, I have to wonder if the people who are protesting SOPA or PIPA or Bill C-11 or whatever, actually care about the Internet censorship or if they care more about their ill-gotten pirated material.

As a person who pirates something close to every day (should I admit that in acolumn?), I understand that what I'm doing is wrong. Despite it being wrong, I continue to do it because I know that in the grand scheme of wrongs I can do, it's comparatively pretty



minor and I know that the currently vague Canadian legislation on copyright is somewhat on my side.

I can justify it by saying that Hollywood makes enough money – which is true. Hollywood only saw one major downturn in the last 20 years and that was because of 9/11. They can continue to claim that piracy is putting a huge dent in their revenue while they continue to rake in record profits and charge \$16 for a 3D movie (\$25 in IMAX). In fact, over the last four years, revenues for the worldwide movie industry increased 25 per cent (that's an increase of over \$6 billion), with the total industry growing 50 per cent in the last decade (the peak of piracy).

I still know that it's wrong.

However, with Bill C-11, were it to pass, I might have to start (gasp!) buying everything. I know, I know, it's a drastic measure but seriously, it's what we might have to do. And I have no problem with that.

I do have a problem with any sort of wide sweeping legislation that might try to block our funny cat videos. Though that really is an unlikely scenario, they don't call it a slippery slope for nothing, folks.

The best advice I can give right now is writing some letters to your local members of Parliament. Find out how they would vote on this bill and why they believe in their position on Bill C-11. The biggest thing that brought SOPA down was the rabid Internet campaign that fought it tooth and nail, every step of the way.



By MIKE MARSHALL

It seems that, in my humble opinion, whenever everyday citizens from around our community are elected into positions of power they seem to do battle.

Not with voter's rights and the problems facing their respective constituents, but with the almighty dollar and their next pay period. Last week was no exception to this rule.

Allison Redford may be the new premier of Alberta, but she still has some of Ed Stelmach's issues on her hands.

The 2008 pay hikes that the Tory government received came back to the forefront last week, with

some Albertans demanding public hearings on the issue. These hearings were scheduled, but effectively cancelled due to poor registration to attend the meetings.

Canadian Taxpayers Federation (CTF) spokesman Scott Henning says the reason for low number of registered attendees lay in the advertising of the hearings in the media.

"When you don't tell anyone you're putting on these sessions, no one is going to show up," said Henning. "No one is going to sign up and that is exactly what has happened."

The Alberta Party has other ideas, saying that the Conservative motive is to lead the public into

thinking they are being heard.

"This is really more about looking like you are consulting than actually doing the work necessary," said Glenn Taylor, Alberta Party leader. "They should have used the full gamut of their communications ability. They have one of the most prolific communications departments in Canada."

The whole issue started back in 2008, when then-Premier Ed Stelmach was given a 34 per cent wage increase and allowed ministers to take home bonuses after earning about \$184,000 in wages.

Premier Allison Redford had wages frozen when she entered office and initiated the public hearing process on the matter. The CTF has asked that citizens who are still wishing for their voices to be heard in the matter to submit e-mails and claims addressing their viewpoint to the commission, adding that Feb. 24 is the deadline for any submissions.

I suggest that if you find the above story silly or a non-issue, then ignore it. Put a smile on your face and continue your day as if nothing happened. But if you're tired of the leaders of this city, province and/or country using their positions of power as just a source of income, by all means make your voice heard.

Being the future economy of this nation, I'm sure they would love to hear from us.



Alberta Union of Provincial Employees

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NEWS & FEATURES



BIG TURNOUT

A Chinese New Year celebration was held last Sunday at the Chin Yin Buddhist Society, 12688 148 Ave. with a lion dance ceremony. This welcomes in the new year with prosperity and good luck. Story, page 4.



NAITSA election looms

By CHELSEA BIRD

You may have seen posters up around the school advertising the elections for the executive council of the NAIT Students' Association (NAITSA) and details about nominations. However, at a school as transient as NAIT, with some programs only a few months long, it's likely that many students think that this information has little or nothing to do with them.

The executive council is a group of four students that not only take on their existing program, but also the demands of a full-time position requiring round-the-clock attention to all things concerning student life and the goings on around NAIT.

They organize and collaborate events, provide services to students, and are the key link in providing a good educational experience for all students at NAIT.

A president - who oversees three vice-presidents, all in charge of different areas of student life, leads the executive council.

The VP Academic manages academic complaints and conflicts, the VP External looks after all issues outside of NAIT that concern students, especially the provincial and municipal governments, and often meets with other educational institutions and organizations to ensure NAIT is run to the best of its ability. The VP Student Services organizes events and activities on campus that meet each student's unique expectations and needs.

NAIT executive positions are treated like any other job. Executives receive a competitive salary and benefits – tuition is paid during the time in office. A phone is provided, a laptop is partially subsidized and executives get paid to travel to meetings and conferences across the country.

An executive council position is a big responsibility. Individuals considering running must take a serious look at themselves and consider what they're capable of and where their priorities lie.

Being responsible, highly organized and able to network are all important qualities of potential candidates. This is not just a position that will look amazing on a resume, it is a powerful position at an institution where your decisions could potentially affect thousands of students.

Nominations opened Jan. 2 and closed Jan. 31. All positions are open to re-election.

Candidates running must be students with academic good standing, so to be eligible the candidates will already possess some organization and time management skills.

It is up to students to make sure that the right people get elected. Voting is made easy for students and can be done online for seven days or at poll stations situated on campus on Feb. 16.

Even if your program is only a few months long, consider that NAIT has a fantastic reputation as a school and choosing the right people to represent us now and in the future makes certain that reputation keeps going.

The candidates will be campaigning from Feb. 1 to Feb. 16, so you can see how passionate and dedicated they are, espcially on Feb. 3 (Friday) at noon in the Shaw Theatre when they will be making their speeches.

You can cast your vote online from Feb. 10 to Feb. 16 or at one of the campus poll stations that will be open on Feb. 16 from 10 a.m. to 2 p.m.

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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.

NEWS & FEATURES

City's night life gets a boost



Photo by Hannah Merkosky

Gillian Hodgson, from Mercer Tavern, hands an eager student a reuseable bag full of coupons and knickknacks in the South Lobby last Thursday.

By BRETT PLAXTON

Last Thursday down in the South Lobby, NAIT's Dental Assistant program and NAITSA put on the NAIT's Night Life Expo.

The expo featured many popular bars, pubs and night clubs in Edmonton getting their name out, as well as doing some sweet promotions. I got there at 11:30 a.m., and boy, was I glad I got there when I did, as the South Lobby filled tremendously during the course of the lunch break.

The first booth that stuck out to me was for a new place called the Mercer Tavern, which will be opening their doors in May and will be located at 10363 104 St. This is going to be in the old Mercer warehouse downtown, which has been unoccupied for almost a decade.

They had a draw to win a personalized beer stein, as well as free beer. This is certainly a place you will want to check out when they open their doors.

Cook County Saloon, which has a reputation of being the best country bar in Edmonton, was handing out VIP cards and I grabbed one. The Old Strathcona Rack was handing out \$10 gift certificates and a card letting people know about what they are doing for the Super Bowl. Their promotions manager was also there talking about fundraising opportunities that they have to offer.

The Pint had a draw cards that are good for a free brunch on Sundays or free ribs on Tuesdays, a good reason to go there.

Union Hall had a sweet game going on. They had a beer pong table and the more balls you got in the cups, the bigger prize you got. The most I won was an iPhone case.

There was also a draw you could enter to win the table itself, and they were also handing out their new 2012 VIP cards.

The Red Square Vodka House was giving out free wings coupons and tickets that are good for a free limo package.

The Empire Ballroom was also pushing their fundraising opportunities.

The Public House pub recently re-opened their doors and was giving out coupons for free wings and a drink discount card for Mondays.

The Canadian Brew House gave out coupons for free pizza.

Squire's pub had a draw and was giving out free pens, while Twist Ultra Lounge gave out sunglasses and was pushing their upcoming toga party.

Hudson's had a draw for a free tab and was giving out \$10 food certificates.

Oil City Roadhouse was busy giving out VIP cards and was pushing their next biggest event, where LMFAO is doing a DJ set after their show on Feb. 6.

The Billiards Club, The Ranch and Whiskey Jacks also had some draws for deals on drinks, limo packages and free party packages. Every booth had a draw that I put my name in for, so hopefully I win at least one. After countless draws and a bag filled with free swag, I

had seen everything. I hope I win at least one of the draws I

entered. I now also have many reasons to indulge in the night

life that Edmonton has to offer. Now, if only my wallet thought the same way ...

It's the year of the dragon!

By MIKE MacMULLIN

Welcome to 2012, the year of the Dragon.

The dragon is the only one of the zodiac animals that is deemed "legendary" and is also the luckiest of all the animals. With a motto like "I reign," we have a lot to look forward to this year contrary to the end-world prophecies.

We are celebrating another new year, and a tradition that has been around for centuries. Jan. 23 was the beginning of the Chinese New Year and it's going to be a good one. But what is the Chinese New Year all about?

First of all, it's the most important and longest (15 days) of the traditional Chinese holidays. The literal translation is "Spring Festival," because in the Chinese calendar, the spring is marked with lichun, which is the first solar term of the year.

People empty their wallets to buy presents, decorations, food and clothes for the festivities. It's also a tradition for families to clean their homes, to sweep away any ill-fortune and to carry forward good luck into the following year.

Red posters

You will see many doors decorated with red posters with themes of different ambitions, such as happiness or wealth.

The main Chinese New Year tradition is to reconcile, forget any grudges and to wish happiness and peace upon the entire world.

According to legend, the Chinese New Year started a long time ago, with a fight against a beast called the Nian. He would come on the first day of new year to terrorize villagers by eating their crops, them and even their children.

The villagers would put food in front of their doors for the Nian, in the hopes that if he came, he would eat the food and leave everything else alone. One day, someone saw that the Nian was scared away by a child wearing red, so the villagers used that colour to their own advantage.

Every New Year since then, red has been the traditional colour and villagers would hang red lanterns in front of their windows and doors. Firecrackers also were used for scaring the Nian away.

Another Chinese New Year tradition is the lion dancing. It is a form of traditional dance in the Chinese culture in which performers mimic a lion's movements in a lion costume.

Godwin Leung, a student in the Radio and Television Arts program here at NAIT, and also a member of the Edmonton Hung Mun Lion Dance Troupe, says "it is a form of dancing that combines art, history and kung fu."

Dragon dance not the same

The lion dance is often mistaken for the dragon dance, which has a completely different performance and history. The dragon dance involves 10 or more people holding a long serpent-like dragon on poles.

"Emperors in China were considered god-like, so the mythical dragon represents them," he said.

Leung says that the dragon is really a symbol of prosperity and power, while the idea of the lion is to bring good fortune and drive away evil.

The lion dance, however, has a longer tradition. It's related to the legend of the mythical beast, Nian. Along with red lanterns and firecrackers, villagers would fend off the beast with lion dancing.

"Instead of being afraid, they would don the costume of a fierce beast, beat drums and cymbals to scare the monster off," said Leung. "The monster was driven away, and the tradition was born."

These lion costumes don't look like normal lions. They have been made to look a lot fiercer, with a horn and a mirror on the forehead, designed to drive away evil.

Leung has been a member of the Hung Mun Athletic Club for over four years.



Candice Mah touches the lion at the Chin Yin Buddhist Society during New Year's celebrations on Jan. 29.

"Most of the training we do focuses on the kung fu stances and acrobatics," Leung said, "because you're not going to be punching a lion!"

Godwin is the head, or the top half of the lion. The other half is known as the tail. Godwin enjoys being the head because he has the ability to be very creative in his movements

"I can go up to a kid and paw at him, acting cute, or I can spring back and lunge forward to show the expressions of a lion," says Leung. "I like playing with the crowd ... making a connection with the people watching."

But all play aside, lion dancing isn't for the faint of heart – it is very physically demanding.

According to Leung, he was sore for a week after the first time he started training.

"Imagine waving 20 pounds on your shoulders while jumping around for 10 minutes in a winter coat in the middle of summer, with your vision almost completely obstructed," Leung said.

You can usually find Godwin Leung and the Hung Mun Athletic Club year-round at various venues such as West Edmonton Mall, weddings, anniversaries and even at the opening of a new restaurant or business.

"[On Saturday] I danced five times for different people and events," said Leung.

If you want to check out the Edmonton Hung Mun Athletic Club, go to www.hungmun.com and from there you can find information about the club, lion dances, videos and more. They also have a list of any upcoming performances.

If you are interested in dancing, or even just coming to check things out, there are training classes held every Saturday from 12:15 p.m. to 3:30 p.m. They are completely free of charge. The building is located at 9622 102 Ave.

Gung Hei Fat Choy!

OPINION — Editorial —

So you've been dumped



CLAIRE THEOBALD Editor-In-Chief

After a year and a half, it was over in an instant. It's not the first time I've been dumped and it probably won't be the last, but even I will admit that the end of my last relationship feels like a cannon shot straight through my heart.

It was one of those sad stories you hear about in Shakespearianesque tales. We were star-crossed lovers, doomed from the start to long for something that could never be. It was never bad between us but I knew from the beginning that something was just not right.

Chances are you've been there, too. You have had your nights of smeared mascara and tubs of Ben and Jerry's. If you haven't, your time will come.

Luckily for you (and unfortunately for me) my long history of heartbreak has armed me with an arsenal of tricks and rules for making the breakup process as smooth and pain free as possible. Keep these tricks in mind, and maybe the cannon blast to the chest will start to feel more like a pistol whip.

It's OK to cry

"Big girls don't cry" has been a bit of a personal mantra for me and usually I will do whatever it takes to keep a stiff upper lip no matter what the world throws at me. That, or I cry in my car.

However, I've found in every breakup that allowing myself one full day of desperate weeping and wallowing in self-pity helps me get through those negative feelings faster, rather then letting them fester like an open wound.

For me, I go to my mom.

I know that last statement probably just ruined any ounce of street credibility I had, but hear me out. I know, no matter how messy it gets, she will let me boo hoo on her shoulder for as long as it takes, without ever saying a word about the snot I got on her new blouse.

Find that person, your personal rock who you can go to for anything, and let it out. Weep desperately until you can't possibly weep anymore, and believe me, you will feel better. Give yourself time, but not too much time.

A month for every year

I heard somewhere that the formula for mourning a lost love is one month for every year you were in that relationship. I know "I heard it from a guy" and that is not exactly the most credible source, but giving myself that timeline allows me time to heal without turning into that whiner who cries about the end of the relationship longer than that relationship lasted.

My relationship lasted for about a year and a half, therefore, I am allowed a month and a half of mourning. No more, no less.

Don't date anyone for that period of time. Instead, give yourself that time to fall back in love with yourself. Go to that show your ex-significant other would never see. Stay out all night partying with those friends that person never got along with. Try a new look without fear of judgment.

However, when your time period is up, that's all you get. Don't let your last relationship ruin your future. Let bygones be bygones.

I'm not saying you should just shut off all emotions, I know it's harder than that. But by setting this time aside and spending it on yourself, you will allow yourself to heal without spiralling into a never ending cycle of self-pity.

In the age of technology and communication, it is easier than curl up on the couch with me after a long day. ever to obsess over an ex.

I know it's hard. You keep checking your phone, hoping there will be some text message saying "I was wrong baby, you're the one for me!" Trust me, I haven't heard a single story of a white knight riding up on a silver steed after sending a text.

All your cyber-stalking and desperate messaging does is cause you unnecessary pain and suffering. Searching their wall for clues as to why he or she dumped you is at least twice as pathetic as it sounds.

Turn off your phone, stop with the Facebook and give yourself time to think.

If your significant other's profile photos are anything like some of mine, these photos need context that you just can't get from a list of comments. In an irrational and emotional state, anything can look sinister.

The last thing you want to get caught doing is flipping out on the person who posted "Hey! Had a great time last night. Hope we can do it again," just to find out that they were part of a study group.

This will take great personal discipline, but it is worth it. A wound won't heal if you let yourself pick at it, so just let it go. You're above that nonsense.

Learn to be OK with being alone.

There is nothing I love quite so much as knowing you have that special someone waiting for you to come home. The comfort that greeting embrace brings you at the door is like no other.

Unfortunately for me, I'm going to have to go without for a while. But that's alright, I've learned that being alone isn't so scary. Besides, I just got a new kitten who is more than happy to

It wasn't always so easy for me and it still isn't. Like a Labrador, if you leave me alone for an hour I feel like it's been years, but I'm getting better.

Instead of wrapping my arms around my ex-special someone, I wrap my wrists around my guitar or I draw something or I write a completely self-serving editorial.

When I find myself getting desperately lonely, I'll send out a mass text to all of my girls and go out for coffee or a quick bite, but the truth is you are going to have to adjust to being alone with your thoughts.

Once you can learn to appreciate those quiet, lonesome moments, they start to seem less scary.

Just because you follow these rules doesn't mean it's going to hurt you any less. However, as Alfred Lord Tennyson said, "It is better to have loved and lost, then to have never loved at all."

I'm not telling you to plaster over your feelings. On the contrary, you need to give yourself time to feel them. This is what it means to be alive

The day I can look you in the eye and honestly say that my last breakup didn't hurt me is the day I should be taken out back and shot. I loved him, and will love again ... and again, and again, and again. I don't want to live any way else. I never want to be so cold and jaded as to be able to ignore the pain of knowing something beautiful had to end.

So chin up, lonely charlies, and know you are not alone. If you are able to climb yourself out of the post-dumped emotional hole intact, you will be a better person, which will lead to better relationships in the future.



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

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

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



SPORTS **MEN'S HOCKEY** "Moral victory" in losses

By MATT INGLIS

The men's hockey team faced off against a tough SAIT team over the weekend. Despite losing both games 3-1 and 4-3 respectively, it was definitely a moral victory for a determined Ooks squad.

The Ooks started their home and away stand against SAIT on the road.

Heading into Friday night's game, the Ooks were only a few points back from the second place SAIT team, and NAIT was looking to jump up a few positions in the standings. However, the players knew it was going to be a hardfought battle as they were suffering numerous injuries.

Before either team could break open the scoring in the first, there was a serious incident involving Ooks forward Michael Piluso. At the 3:24 mark, SAIT forward Matt Stefanishion delivered a blindside hit on Piluso, causing the Ooks player to go down badly.

Stefanishion was administered a five-minute major for boarding and he was also given a 10-minute game misconduct.

Coach Serge Lajoie commented on the impact that the hit had on his team.

"The early hit definitely had an effect on us," said Lajoie. "The team was really taken aback after that."

NAIT failed to capitalize on the long powerplay opportunity and the game remained scoreless. Halfway through the first period, SAIT finally

broke the stalemate and the first period ended with the Trojans up by one.

The second period was also a full of rough play as both teams exchange multiple minor penalties. The Trojans capitalized with the man advantage, scoring at the 14:08 mark in the second. However, NAIT followed quickly with a goal by Andy Willigar on the powerplay.

Both teams came out in the third period and played some defensive hockey. Scoring chances were exchanged but the Ooks could not put one past the SAIT goaltender. The Trojans finally scored with just over a minute left to play. That put them up by two goals and it was enough to edge out the Ooks by a score of 3-1.

Going into Saturday night's game, both teams were anticipating an intense battle.

SAIT opened up with a quick goal two minutes into the contest. Both teams played fought hard for the remainder of the first, but the period ended with SAIT up by one.

The second period was a completely different story. SAIT opened the scoring again, but the Ooks were able to respond quickly with a goal by Liam Darragh. Two powerplay goals by Jiri Prochazka and Jordan Draper allowed NAIT to take the first lead of the game, 3-2.

However, the Trojans would not go away and they tied the game back up before the end of the second period. The third period was much like

the first. Both teams exchanged chances but the game remained tied. SAIT eventually got on the board late in the frame. Despite their best efforts, the Ooks could not respond and they lost 4-3.

Although his team came away

with two losses over the weekend, coach Lajoie was impressed with the way his team battled through adversity.

"This weekend was most certainly a moral victory for us," Lajoie said. "We are quite confident that when we do stick together, even with a depleted lineup, we're a tough team to play against."

Photo by Chad Steeves

When asked of the standings and the race for the playoffs, coach Lajoie had only one thing to say.

"We aren't looking at the standings or points as of right now" Lajoie said.

"We just wanted to point ourselves in the right direction and build good habits. When we do this, we will be prepared come playoffs."

WOMEN'S HOCKEY **Ooks eke out OT win over MRU**

By MATT INGLIS

team hit the ice last Friday for a tough The NAIT Ooks women's hockey matchup against the league-leading

Mount Royal Cougars. The Cougars boast better numbers than the Ooks in almost every category, but it

was NAIT who walked away with the 2-1 overtime win.

The first two periods saw NAIT go up by one over Mount Royal, thanks to a strong defensive game and some solid goaltending.

After two periods of backand-forth defensive battles, the third period saw things open up for both teams.

The opening 10 minutes of the third were controlled by the Ooks as they poured on the pressure in the Cougars' zone. NAIT pressured the puck down low and managed to slide it into the slot for a great scoring opportunity, beating the crowd out front but the Mount Royal goaltender sent the shot away.

The Cougars bounced back from the early pressure and managed to clear the puck into the neutral zone, setting up a nifty two-on-one tic-tac-toe play that beat the Ooks goaltender, Jill Diachuk, down low to tie things up at one midway through the third.

After three periods of regular time, the teams found themselves in a tie. The game was sent into an overtime period to determine a winner. Less than halfway through the extra period, NAIT's Lindsey Brouwer sent a pass right to the tape of left winger Chantal Froehler, who made no mistake in burying the overtime winner.

Head coach Deanna Iwanicka was happy with how the Ooks played.

"We went into the evening with a solid game plan, and we stuck to it to come away with the win," she said.

Coach Iwanicka was also impressed with her team's mental toughness.

"Although Mount Royal's stats are better, I think that we worked harder and that we were mentally stronger throughout the game," Iwanicka said.

The win keeps NAIT in second in the overall standings, just behind the Cougars, and ahead of Grant MacEwan.

NAIT was also scheduled to play a second game against Mount Royal on the weekend. However, the game was cancelled due to the Mount Royal team coming down with food poisoning after Friday's game.

There has been no mention as to when this game will be made up, but it will have to be in the next few weeks as playoffs are right around the corner.

Until the makeup game is decided, the next Ook game will be on the road against SAIT on Feb. 10.



A NAIT player clears the puck from in front of her net Friday at the NAIT arena. The Ooks downed Mount Royal 2-1 in overtime.

The puck takes a crazy hop in front of the SAIT goaltender Saturday night at the NAIT arena. The Ooks lost the game 4-3. Magazazazaza .

SPORTS

MEN'S BASKETBALL Bench steps up vs King's



EVAN DEGENHARDT Assistant Sports Editor

The NAIT men's basketball team dominated King's University College this weekend. The Ooks were playing the Eagles at home on Thursday night, away on Saturday.

NAIT played hard on Thursday, and the score showed it as the Ooks coasted to a 97-72 win over the Eagles.

Saturday night proved to be much the same story. The Ooks put together another solid effort and won the game 85-66.

Winners of their last three of four games in January, the Ooks are really finding their stride coming into the second half of the season. With only six games left, NAIT is in an excellent playoff position.

On Thursday night, the Ooks went up early in the game. NAIT eventually posted a 15-point lead over Kings. However, NAIT eased up defensively and allowed the Eagles to claw their way back into the game.

Up until the fourth quarter, the game was quite even. This was due to the fact that the Ooks were giving the Eagles too many chances. NAIT lacked some defensive discipline and allowed the Eagles a lot of open three-point chances.

In the fourth quarter, NAIT came alive. The Ooks went on a 35-11 run in the final frame, greatly improving on the defensive intensity that was lacking in the first three quarters of the game. This style of effort is expected from the Ooks, as it is this work ethic that has propelled them to a fourth-place ranking nationally. There were a few players that stood out on Thursday night's game. Nick Cupelli had an overall balanced attack to his game and contributed 21 points.

Corey Saban and Brock McMillan both had 16 points each and Kyrie Coleman and Jordan Reiter posted 14 points apiece.

Looking at these stats, it's easy to see that it was a complete team effort. When you have multiple players on a team chipping in double-digit points, it makes winning games that much easier. Head coach Mike Hansen spoke about main-

taining consistency.

"The Eagles came out with real energy and effort early and we didn't match it. A championship team cannot play down to the level of competition but has to find a way to challenge itself," said Hansen.

"I don't think we took the Kings seriously and it showed. We need a more consistent effort."

On Saturday night, the Ooks were determined to fix the little things that plagued them in Thursday night's game.

Like the game on Thursday, NAIT took an early lead, except this time they never looked back.

Even more impressive was the fact that the Ooks played an exceptionally defensive game and held the Eagles to 35 per cent shooting. NAIT also dominated in the rebound department.

Once again, Nick Cupelli was an important factor for the Ooks, posting 15 points on the night.

After the game, coach Hansen was extremely pleased with his team's ability to respond.

"I was happy to see a more consistent effort tonight. Our bench, in particular, played outstanding and gave us good minutes," Hansen said.

"While we still need to do a better job of taking care of the ball, I thought our focus and energy was higher tonight."

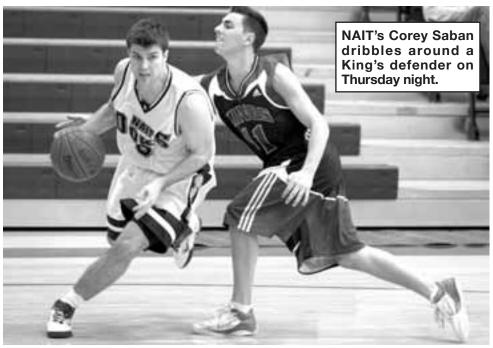
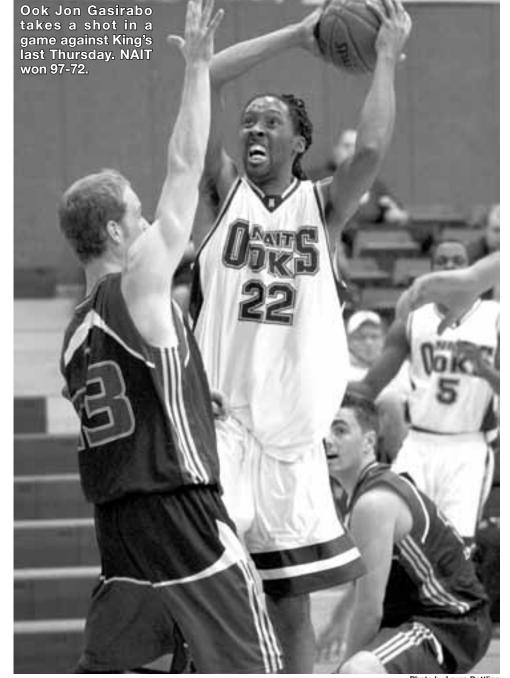


Photo by Laura Dettling



Athletes of the week January 23-29

Rebecca Merasty Volleyball



Rebecca had a very impressive outing for the Ooks women's volleyball team this past weekend, helping her team earn a split with league's top team, the Medicine Hat Rattlers. The libero had a total of 44 digs over the two matches and in service reception passed 60 per cent of the balls right into the setter's hands. She was also selected as the Ooks player of the game Friday night. "It was a pleasure to watch Rebecca dig up balls this past weekend as she was all over the court," said head coach Erminia Russo Thorpe. "It was her outstanding defence Saturday in the fourth and fifth sets that kept the rallies going and allowed us to win the final two sets." Rebecca is a first year player in the Photographic Technology program at NAIT. She is from Meadow Lake, Saskatchewan.

Nick Cupelli Basketball



Nick had 36 points in a two-game sweep of the King's Eagles this past weekend in ACAC league play. Cupelli shot an amazing eight for 13 from the three-point line (77 per cent) giving the Ooks much needed perimeter shooting. "After a difficult first season, I'm ecstatic that Nick decided to rejoin the team. He comes from an outstanding program at Bert Church High School and is a phenomenal shooter," said head coach Mike Hansen. "His presence allows us to space the floor and open up lanes for other players." Nick is a second year Business Administration student who just recently rejoined the team in the second semester. He is from Airdrie.

SPORTS

Athlete Profile



Player: Emma Sommerfeld Sport: Hockey Position: Defence Program: B. Tech <u>Age:</u> 20

By EMILY FITZPATRICK

How long have you played hockey? - I would guess around 12 years or so.

Why did you choose hockey? - My family always played and I started skating when I was around three years old so it kind of just happened.

What do you do in your off-season? - I like to hang out with friends, go out to the lake and just chill out.

Do you have any pre-game rituals? - I'm usually the first one out on the ice, so I generally like to be early. We also have dance parties in the locker room.

What was your biggest career moment? - It was probably when my Midget AAA team won provincials or during my first year at NAIT when we made it to the finals.

What do you like to listen to before games? - Mostly country music or anything that gets me pumped and ready to play.

What's your dream job? - I'd like to play hockey as long as I can, even if it's coaching.

What's your favourite movie? - Friday Night Lights

Who's your favourite player? - Sidney Crosby

What's your favourite team? - Pittsburg Penguins

Who is your biggest competition this year? - Mount Royal is the team to beat this year.

If you could fly anywhere right now where would you go? - Australia. My sister is moving there so it would be nice to visit her and it's really beautiful there.

What's your favourite part of hockey? - The competitive aspect of it is awesome. Also, being a part of a fantastic group of girls is amazing.

Athlete Profile



Player: Austin Hinchey Sport: Volleyball Position: Setter Program: Business Admin. Age: 20

By FRED PAPERNIK

What's your favourite part about playing sports at the college level? - I feel like I am always learning new things about the sport and I enjoy that. It's been fun to play with athletes from different countries and learn from them.

What do you plan on doing after your time here at NAIT? - I am starting to get more involved with Paralympic sports. I am looking at potentially competing with the track or rowing programs sometime in the future. I may even consider using my degree to get a job.

What is your favourite volleyball memory? - Winning bronze at the Para Pan Am Games last year with the national disabled volleyball team. The games were hosted in Mexico and it was the most incredible volleyball experience I've had to date.

Why do you play the position that you play? - For the most part, my position highlights what I am good at. Setting allows me to think the game and make decisions that help my teammates to do their jobs better. I've been a setter from Day 1.

What do you feel made you captain of the team? - My coach seems to think I am responsible and have the necessary leadership qualities.

What do you think your strengths and weaknesses are in your game? - I am always trying to improve all aspects of my game. I think my ball control is my strength but my play at the net is a weakness. Having one leg doesn't provide too many advantages in the vertical department.

What's your favourite movie? - I know the majority of Will Ferrell's movies word-for-word, especially Anchorman and Step Brothers. My favourite movie recently is A Good Old Fashioned Orgy. Jason Sudeikis is awesome and the movie had some great original jokes.

A gridiron show for the ages

By AVRY LEWIS-McDOUGALL

We're only days away from the biggest football game in the world and it's a rematch that many folks have been dying to see between the New England Patriots and the New York Giants.

The Pats' road to the Super Bowl involved wins over the Denver Broncos and the Baltimore Ravens, thanks to a last-second missed field goal by Ravens kicker Billy Cundiff.

The Giants got back to the big game with three wins over the Atlanta Falcons, the Green Bay Packers and the San Francisco 49ers.

Feb. 5 is going to be a show for the ages and to get you ready for the game in

game.

Offence

The Giants are lead by quarterback Eli give the Giants the opening that Manning, who has been able to lead his they need to have a repeat of Super team into Green Bay and San Francisco to get wins two places that for decades have been hard to win in.

Manning has shown why is he is one of the best quarterbacks in the league, throwing for eight touchdown passes and 923 yards this post season. Manning has also had a fantastic receiving core in the form of Hakim Nicks and Victor Cruz.

Nicks burned the Packers quite a few times. He has tremendous breakaway speed and has a crazy vertical leap to haul in the

deep ball. If he is not contained, it's going to be a very long day for the squad that plays in Foxboro as many know that the New England defence is susceptible to long plays.

> For New England, Tom Brady has his weapons in the form of Aaron Hernandez, Ben-Jarvus Green Ellis and Wes Welker. But a big question mark still remains about Rob Gronkowski, the NFL single-season leader for touchdowns by a tight end with 18.

Gronkowski suffered

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SUPER BOWL

made the flight to

Bowl 42.

On the other side of the ball New York is led by Justin Tuck, Jason Pierre Paul and Osi Umenyiora, who have been beasts for the G-Men all season long. At home versus Atlanta and on the road

in Green Bay and San Fransisco, they forced timely turnovers to change

the game as well as showing that they can get to the QB at will.

The Giants held the Atlanta offence to just two points in the wild card game, forced Green Bay into making four turnovers and held San Fransisco to just 17 points in the NFC

> If the New York D can get to Brady

For New England, the defence been torched all season long when quarterbacks decide to put on an air assault. The key will be, just like I said for Brady, to pressure Manning.

Wilfork having a

fantastic game with three tackles and a sack. James Ihedigbo also had a great game for the Pats and was one of the bright spots

in a secondary that has been questionable all

season. If that changes, then watch out, Tom Brady will have the ball often for his long and methodical drives.

Special Teams

The Giants have one of the most clutch kickers in the NFL in the form of Lawrence Tynes. He has two overtime playoff game winning kicks and has been great all year for the Giants.

Tynes was two-for-two versus San Francisco, including the game winning kick in OT.

Much credit also has to be given to Steve Weatherford, the punter for New York who has had massive coffin can't let the Giants make the deep corner punts this post season and had two ball work. New England is 31st when big ones inside the 20-yard line versus San

The Patriots have Stephen Gostkowski who has been also phenomenal, going three for three in the AFC title game.

Both kickers can drill from 40 and beyond so if the game comes down to a field goal in the dying seconds I wouldn't count on a miss, especially in a dome.

Prediction

At the end of the day, the shaky secondary will be the Pats downfall as Eli Manning and the Giants get another win over New England, 28-14.



Tom Brady

a high ankle sprain in the team's win over Baltimore and did not practise last week before the club

Indianapolis here is my breakdown for the Indy. He should play on Feb. 5 but if he is still not 100 per cent, Brady loses his main target, which could

> Brady, the three-time Super Bowl champ, has thrown for six TDs and 602 yards and at age 34 shows no signs of wear and

tear. Defence

for both teams it's interesting.

title game.

often, then No. 12 will be on his back often.

it comes to team defence and have Francisco.

The Pats did well getting to Joe Flacco in the AFC title versus Baltimore, thanks to Vince



SPORTS

ACAC Standings

16 3 13 6 1157 1539

Grande Prairie

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	22	19	16	1	0	2	97	47	40
SAIT	22	17	17	4	1	0	103	53	35
Augustana	22	16	14	4	0	2	111	52	34
NAIT	22	13	13	7	0	2	76	60	28
Concordia	22	7	7	11	2	2	79	109	18
Portage	22	5	4	13	2	2	63	97	14
MacEwan	22	4	4	16	1	1	63	94	10
Briercrest	22	1	1	20	0	1	53	133	3
		R	ES	UĽ	TS				
		Ja	anu	ary	27				

SAIT 4, NAIT 1; Augustana 7, Briercrest 0; MRU 3, Portage 2; Concordia 4, MacEwan 3

January 28

SAIT 4, NAIT 3; Augustana 7, Briercrest 1; MRU 4, Portage 3 (OT); Concordia 7, MacEwan 4

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	19	13	12	4	2	0	62	28	27
NAIT	19	11	8	7	0	1	44	44	23
MacEwan	18	8	7	4	2	3	35	34	21
SAIT	20	6	5	9	2	3	36	54	17
Red Deer	18	4	3	10	1	3	24	41	12
		F	RES	UĽ	TS				
		Já	anua	ary	26				
	F	RD	C 2,	S	AIT 1				
		Já	anua	ary	27				
	NA	T 2	2, M	Rl	J 1 (OT)			
		Já	anua	ary	28				
	9	SAI	IT 2,	R	DC 1				
M	ΞN'	S	BA	Sk	(ET	BA	LL		

North Division

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Team	G	W	L	Pts	PF	PA
Lakeland	16	16	0	32	1700	1197
NAIT	14	11	3	22	1206	1026
Keyano	14	10	4	20	1251	1041
Concordia	16	9	7	18	1150	1095
Augustana	15	5	10	10	1101	1342
MacEwan	14	4	10	6	1088	1067
King's	16	3	13	6	1064	1339

		0	10	0	1107	1000					
S	Sout	h Di	visi	on							
Mount Royal	15	13	2	26	1274	981					
Red Deer	15	10	5	20	1238	1202					
Medicine Hat	14	7	7	14	1172	1124					
SAIT	15	6	9	12	1185	1278					
Lethbridge	16	5	11	10	1248	1407					
Briercrest	14	3	11	6	1024	1265					
RESULTS											
January 26											
NAIT 97, King's 72											
	Jar	nuar	y 27	7							
Concor	dia 7	77, N	Nac	Ewar	n 74;						
Lakel	and	126	, GF	RC 5	54;						
RDC 94, Leth	oridg	je 8	1; M	IRU 7	78, SA	IT 60					
	Jar	nuar	y 28	3							
NA	IT 88	8, K	ing'	s 66;							
Lakel	and	130	, GF	PRC	84						
RDC	105,	Let	hbri	dge	88						
MRU 106, Augustana 77 MacEwan 77, Concordia 57											
WOMEN	1'S	BA	S	KET		L					
WOMEN		BA	S	KET		L					
WOMEN	1'S	BA	S visi	KET	BAL	L PA					
WOMEN N	l'S Iorth	B Di Di	S visi	KET ion	BAL PF						
WOMEN N Team	l'S lorth G	BA ו Di W	ASP ivisi L	(ET ion Pts	BAL PF	PA 695					
WOMEN N Team MacEwan Lakeland Augustana	N'S Iorth G 14	B / Di Di W 14 10	ASP ivisi L	KET ion Pts 28	BAL PF 1006	PA 695					
WOMEN N Team MacEwan Lakeland	N'S orth G 14 16	B / Di Di W 14 10	ASP ivisi L 0 6	(ET ion Pts 28 20	BAL PF 1006 1148	PA 695 1052 1006 1101					
WOMEN N Team MacEwan Lakeland Augustana	N'S orth 14 16 15	B / Di Di Di W 14 10 8	ASP Ivisi L 0 6 7	KET ion Pts 28 20 16	BAL PF 1006 1148 1031	PA 695 1052 1006					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia	l'S orth 14 16 15 16	B / D i W 14 10 8 8 7 6	S L 0 6 7 8	KET Pts 28 20 16 16	BAL PF 1006 1148 1031 1115	PA 695 1052 1006 1101 791 1014					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT	N'S orth 14 16 15 16 14	B / D i W 14 10 8 8 7	Sk ivis 0 6 7 8 7	(ET Pts 28 20 16 16 14	PF 1006 1148 1031 1115 867	PA 695 1052 1006 1101 791					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano	N'S orth 14 16 15 16 14 16 16 16	B <i>A</i> Di 14 10 8 7 6 5 3	Visi L 0 6 7 8 7 10 11	KET Pts 28 20 16 16 16 14 12 10 6	PF 1006 1148 1031 1115 867 982	PA 695 1052 1006 1101 791 1014					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano	N'S orth 14 16 15 16 14 16 16	B <i>A</i> Di 14 10 8 7 6 5 3	Visi L 0 6 7 8 7 10 11	KET Pts 28 20 16 16 16 14 12 10 6	PF 1006 1148 1031 1115 867 982 911	PA 695 1052 1006 1101 791 1014 1095					
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WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano S Mount Royal Lethbridge SAIT	J'S G 14 16 15 16 16 16 16 14 16 14 0 utl 15	B / D i W 14 10 8 8 7 6 5 3 7 6 5 3 12	Visi ivis 0 6 7 8 7 10 11 11 11 ivis 3	KET Pts 28 20 16 16 14 12 10 6 ion 24	PF 1006 1148 1031 1115 867 982 911 773 1099	PA 695 1052 1006 1101 791 1014 1095 1018 884					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano S Mount Royal Lethbridge	J'S orth G 14 16 15 16 14 16 14 00000 15 16	B / W 14 10 8 7 6 5 3 h D 12 12	Visi L 0 6 7 8 7 10 11 11 11 3 4	KET jon Pts 28 20 16 16 16 14 12 10 6 jon 24 24	PF 1006 1148 1031 1115 867 982 911 773 1099 975	PA 695 1052 1006 1101 791 1014 1095 1018 884 954					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano S Mount Royal Lethbridge SAIT	J'S orth G 14 16 15 16 16 14 0 utl 15 16 15	B / W 14 10 8 7 6 5 3 D 12 12 12 10	Visi L 0 6 7 8 7 10 11 11 11 ivis 3 4 5	KET Pts 28 20 16 16 14 12 10 6 ion 24 24 20	PF 1006 1148 1031 1115 867 982 911 773 1099 975 1020	PA 695 1052 1006 1101 791 1014 1095 1018 884 954 870					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano S Mount Royal Lethbridge SAIT Medicine Hat	Y'S orth G 14 16 15 16 14 16 14 0 uth 15 16 15 16 15	B / W 14 10 8 7 6 5 3 1 2 12 12 12 10 7	Visi L 0 6 7 8 7 10 11 11 11 3 4 5 7	KET Pts 28 20 16 16 14 12 10 6 ion 24 24 20 14	BAL 1006 1148 1031 1115 867 982 911 773 1099 975 1020 920	PA 695 1052 1006 1101 791 1014 1095 1018 884 954 870 896					
WOMEN N Team MacEwan Lakeland Augustana King's NAIT Concordia Grande Prairie Keyano S Mount Royal Lethbridge SAIT Medicine Hat Red Deer	J'S orth G 14 16 15 16 14 16 14 15 16 15 16 15 14 15 14	B <i>A</i> 14 10 8 7 6 5 3 D 12 12 12 10 7 2 1	Visi U 0 7 8 7 10 11 11 11 3 4 5 7 13	KET Pts 28 20 16 16 16 14 12 10 6 ion 24 24 20 14 4 2 24 20 14 4 2	BAL PF 1006 1148 1031 1115 867 982 911 773 1099 975 1020 920 817	PA 695 1052 1006 1101 791 1014 1095 1018 884 954 870 896 999					

NAIT 63, King's 52 January 27

January 26

MacEwan 70, Concordia 62;

Lakeland Lethbridge MRU 8 Jan King's 6 Lakeland 8 Lethbridge Augustana MacEwan 7 MEN'S VC Provinc	e 73, 7, S, uary 51, N 88, (€ 69, a 82, 5, Co OLL	, RD(AIT 6 28 AIT 5 3PR(, RD(MRI 50000	58; 58; 58; 58; 57 57 57 57 57 57 57 57 57 57 57 57 57); 7; 9; 152		
Team	MP	MW	ML	GW	GL	Pts
Briercrest	18	14	4	45	25	28
Red Deer	16	12	4	41	24	24
Mount Royal	17	12	5	43	23	24
MacEwan	18	12	6	44	23	24
Keyano	18	12	6	41	29	24
Lethbridge	16	11	5	39	26	22
NAIT	16	10	6	36	25	20

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S SAIT 15 8 7 30 30 16 S 8 8 34 30 16 Augustana 16 S Medicine Hat 16 6 10 29 37 12 Ν King's 16 5 11 21 38 10 Grande Prairie 18 4 14 27 42 8 Ν 3 13 13 43 6 Ν Lakeland 16 Concordia 18 0 18 6 54 0 Ν RESULTS **January 27** NAIT 3, MHC 2 (22-25, 25-21, 25-20, 15-25, 16-14); Lethbridge 3, Augustana 2 (15-25, 28-26, 21-25, 25-16, 15-2); Briercrest 3, Keyano 2 (25-13, 23-25, 26-28, 25-16, 15-9); RDC 3, GPRC 0 (25-18, 25-19, 25-22); MacEwan 3, Concordia 0 (25-12, 25-17, 25-22); MRU 3, King's 0 (25-21, 25-17, 27-25) January 28 NAIT 3, MHC 2 (25-21, 20-25, 18-25, 25-17, 15-9);

MacEwan 3, Concordia 1

(23-25, 25-15, 25-18, 25-19);

MRU 3, King's 0 (25-16, 25-23, 25-23);

Lethbridge 3, Augustana 2 (25-21, 21-25, 25-17, 21-25, 15-10); Briercrest 3, Keyano 0 (26-24, 25-16, 25-12); RDC 3, GPRC 1 (25-20, 25-14, 22-25, 25-18)

WOMEN'S VOLLEYBALL **Provincial Division** MP MW ML GW GL Pts DIV Team S Mount Royal 17 15 2 47 16 30 Medicine Hat 16 S 14 2 45 12 28 Ν MacEwan 14 4 45 18 28 18 Ν NAIT 12 4 39 18 24 16 S Red Deer 16 10 6 34 24 20 Grande Prairie 18 10 8 34 31 20 Ν 8 31 30 16 Ν King's 16 8 S 8 31 28 16 Lethbridge 16 8 SAIT 9 23 31 12 S 15 6 Ν Lakeland 16 6 10 23 32 12 S Briercrest 6 12 28 39 12 18 4 14 19 47 8 Ν Keyano 18 4 14 18 46 8 Ν Concordia 18 Augustana 16 0 16 5 48 0 S RESULTS January 27 MHC 3, NAIT 0 (25-18, 25-21, 25-22); Lethbridge 3, Augustana 1; (25-22, 23-25, 25-22, 25-19); Briercrest 3, Keyano 0 (25-16, 25-22, 25-16); RDC 3, GPRC 0 (25-15, 27-25, 25-21); MacEwan 3, Concordia 0 (25-16, 25-23, 25-15); MRU 3, King's 2 (22-25, 25-22, 25-22, 23-25, 15-9) January 28 NAIT 3, MHC 2 (22-25, 29-27, 18-25, 28-26, 15-13); MacEwan 3, Concordia 0 (25-19, 25-15, 25-8); MRU 3, King's 1 (25-21, 25-19, 23-25, 25-10); Lethbridge 3, Augustana 0 (25-15, 25-14, 25-16); Briercrest 3, Keyano 1 (20-25, 25-22, 25-19, 25-13); RDC 3, GPRC 0 (29-27, 25-10, 25-17)

Trainers available

By JENNY OATWAY

We're still only a month into the new year, and it's never too late kick start a new exercise routine to start losing weight or to bulk up or maybe you are looking to strengthen up after an injury. No matter what you need, the personal training staff at NAIT is there to help you out.

Many of the trainers working in the Fitness Centre are graduates of the diploma program at NAIT and have achieved their CSEP-CPT certification, the highest recognized personal training accreditation in Canada.

Having been students at NAIT, they have the benefit of knowing and using the equipment and the facilities with confidence.

"They have set themselves up to work well [at NAIT]," says personal trainer liaison and instructor Kate Williams. "It is a nice, symbiotic, working relationship."

Of course, using the facilities and staff that are already situated at NAIT is hugely beneficial to students

The facility is located down the ramp near the gym, and very accessible when you have an hour in the morning or in the middle of the day, and want to get a work out in. To not even have to leave the school for your workout alleviates a lot of the stress of maintaining an

exercise regimen.

Another advantage the trainers at NAIT have is they have a great deal of knowledge of things that not a lot of other trainers in the city have.

One of these areas is corrective exercise, which is used for preventing injuries or in the case of a previous injury, can be used to help regain total use of the limb that has been injured, without having to bother with physiotherapy.

"They are some of the most educated trainers in Edmonton," says Williams. "They know exactly what they are doing."

Which, let's face it, is really the most important ing when you are looking for a trainer.

The personal trainers are always taking on new clients, and the cost for students, who are automatically members, is \$60 a session and each session lasts for an hour.

Williams suggests meeting with a trainer at least once a week if you are just looking for guidance in your workout, but if you are working on an injury or seriously trying to lose weight before the summer rolls around, then two or three times a week.

For more information you can contact Kate Andrews by e-mail at kathrinz@nait.ca or by phone (780) 491-3140.



NAIT Ook Andy Willigar gets ready to deke a SAIT player during a game Saturday at the NAIT arena. The Ooks lost 4-3.



Coach Todd Warnick goes over strategy with the NAIT Ooks during the team's annual breast cancer charity game Thursday at the NAIT gym. The women went on to defeat King's 63-52.

WOMEN'S BASKETBALL

Women 1, breast cancer 0



NAIT's Jose Peacock works her way around a King's defender during Thursday's breast cancer charity game, which was won by the Ooks 63-52.

By ALI MAGEE

The NAIT women's basketball team had a mixed weekend in their home and away series with King's University College, winning a game on Thursday and losing one on Saturday.

Thursday's game started out rocky for the Ooks with the Eagles leading by seven early in the first quarter.

The Ooks defence stepped up before the end of the quarter, and with Alsha Zuczek's final two points, NAIT was able to tie the game before it was over.

The girls continued to keep Eagles off of the board and got five more points than their opponents in the second quarter.

Josephine Peacock helped lead the team after half time and the Ooks continued to dominate heading into the fourth. Fortunately, they were able to take their strong momentum into the final quarter and the Ooks won the game with a final score of 63-52.

Leading scorers for the Ooks were PJ Wells and Josephine Peacock, with 21 points and 16 points, respectively. Leading the way for the Eagles were Samantha Tennant and Jessica Anderson, who both scored 10 points.

This game was the Ooks' annual breast cancer charity game, and the NAIT girls wore pink jerseys and all entry fees were donated to breast cancer research.

The Ooks started Saturday's game off a little roughly, getting behind the Eagles by five points in the first quarter. The Ooks were unable to get their edge back through the second quarter and the team headed into halftime trailing the Eagles by four points.

The Ooks pushed forward and played aggressively in the third quarter, nearly closing the gap in points and NAIT made their way into the fourth quarter only behind by two.

However, they were unable to keep up with the King's power forward, Julie Heavenor, who made five free throws in the fourth quarter.

NAIT ended up losing the game by three points, with a final score of 61-58. Lindsay Papenhuyzen, with 13 points, and Taylor Goulden with 12 points, led the Ooks in scoring Saturday.

Head coach Todd Warnick had mixed feelings about Saturday night's game.

"We battled hard throughout the game," Warnick said. "Unfortunately, we just weren't able to get the last three points in."

Warnick is still optimistic about the team's upcoming games.

"It'll be a good contest for us, these upcoming weekends, and it'll determine where we fit in for the playoff picture," said Warnick.

In the Northern ACAC Division, the NAIT Ooks currently sit in fifth place. They are just two points behind King's, with Grant Mac-Ewan, Grande Prairie and Augustana left to play in the regular season.

The next games for the Ooks will take place against the Grant MacEwan Griffins this weekend in NAIT's home court on Friday at 6 p.m., and in the Griffins home court on Saturday at 6 p.m.

Teamwork's the difference

By JACOB McKay

The men's volleyball team had a rocky start to the season, going 0-3. Midway through the season the team struggled once again, winning only one out of nine games from Oct. 15 to Nov. 24.

On Nov. 24, the Ooks suffered a 3-1 set loss to Augustana, and enough was enough. Since that loss, NAIT has been unbeat-

able, extending their winning streak from seven games to nine this past weekend.

Medicine Hat was handed a pair of 3-2 losses, with the Ooks really controlling the fifth sets both Friday night and Saturday afternoon.

Coach Simon Fedun expressed his satisfaction with his team's efforts.

"This weekend, we optimized what it means to be a team," Fedun said.

"Every person on the roster played and had to contribute in order for us to be successful."

Fedun also spoke of the team's overall ability to play hard for an entire match.

"It wasn't the cleanest volleyball at times, but the guys worked hard and stuck together to get these two very important wins." Fedun said,

"I thought we played our best ball in the fifth set of both nights, which shows that we have the ability to play clean when it matters most."

Although it was indeed a team effort to pull off the back-to-back wins, Lyndon Mercier had a very strong weekend individually.

In total he earned 35 kills, 25 digs and two blocks. Not a surprise, considering he is one of the team's most consistent players. When somebody needs to step up, chances are he is in the mix.

The Ooks celebrate a point last Friday during a match against Medicine Hat. NAIT won 3-2.

Friday night's player of the game was given to Trevor Langvand. Langvand helped NAIT win with 20

kills, seven digs and two blocks. On Saturday, Mercier received the player

of the game honour. He had 17 kills, 16 digs and two blocks in the match.

Next weekend, the Ooks will look to extend their winning streak to 11 games in a home-and-away series with Grant Mac-Ewan. The Griffins are also hot, with only three losses in their last 12 games.

With NAIT sitting seventh overall, it may look like their streak is too little too late, but if you take a closer look at the numbers, you'll discover that there are only eight points that separate first from seventh in the standings.

If you're wondering why this is relevant, there are only four games remaining in the season.

If NAIT wins both games this coming

Photo by Angela Mober

weekend, they will tie Grant MacEwan with 24 points and possibly claim a bye for the first round of playoffs.

Fedun is excited to see how the upcoming match will play out.

"I'm looking forward to the challenge and to see how we match up versus one of the top teams in the conference," he said.

In order to beat a tough team in the Griffins, the Ooks will have to clean up their game and earn every point they get.

Split vs Medicine Hat

By AVRY LEWIS-McDOUGALL

The NAIT women's volleyball team took on the Medicine Hat Rattlers this weekend, with both matches played at NAIT. NAIT lost the first match 3-0 on Friday night, but finished

the weekend off strong, winning 3-2 on Saturday afternoon. The Ooks battled hard in all three games on Friday, but still ended up losing 25-18, 25-21 and 25-22.

Tayler Smith, who had 15 kills, 46 digs and two service aces, led the Ook squad.

Jasmine Hawryliw also had an exceptional weekend. Hawryliw posted 20 kills, 42 digs, two service aces and two stuffed blocks.

Sarah Watson got into the mix as well with 14 kills, 28 digs and four stuffed blocks. The Ooks put up a fight versus the No. 1 ranked team in the ACAC and getting the split played a major factor in their ability to keep pace with the rest of the league.

On Saturday, NAIT took the match with a 3-2 set win, 22-25, 29-27, 18-25, 28-26, 15-13.

Rebecca Merasty, who had 44 digs on the weekend for the Ooks, was a dominant player for NAIT. She was an important asset during

the weekend's matches and played a solid role in the win that helped NAIT get the series split.

Head coach Erminia Russo Thorpe spoke of the weekend's importance to her team and the standings.

"This was a big weekend for us because Medicine Hat is the No. 1 team in the ACAC, having only lost one match so far," Russo-Thorpe said. "It was important for us to split, at the least. On Friday night, Medicine Hat controlled the match from the start with tough serving and they committed very few errors."

Coach Russo Thorpe was pleased with her team's efforts in their second match of the weekend.

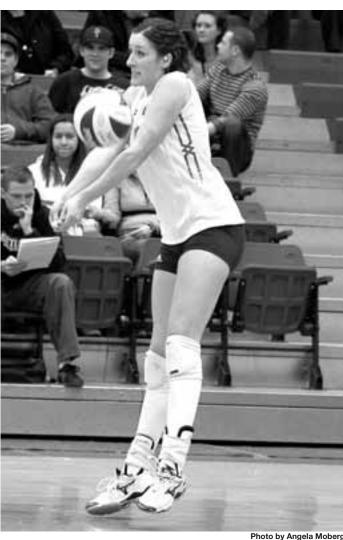
"On Saturday, it was back-and-forth volleyball, with each team taking the lead at different points in the match. I was pleased to see us come back and win two sets after being down, especially in the forth set when were down 21-24 and came back to win 28-26," Russo Thorpe said. "It was just a great match for us, and it showed that we can battle back when things are not going perfectly."

Russo Thorpe also had high praises for her libero, Merasty, who was also named ACAC player of the week.

"Rebecca had a very good weekend in the libero position. She had a total of 44 digs over the two matches and in service reception; she passed 60 per cent of the balls right into the setter's hands," said Russo Thorpe.

"It was her outstanding defence in the fourth and fifth sets that kept the rallies going and allowed us to win the final two sets."

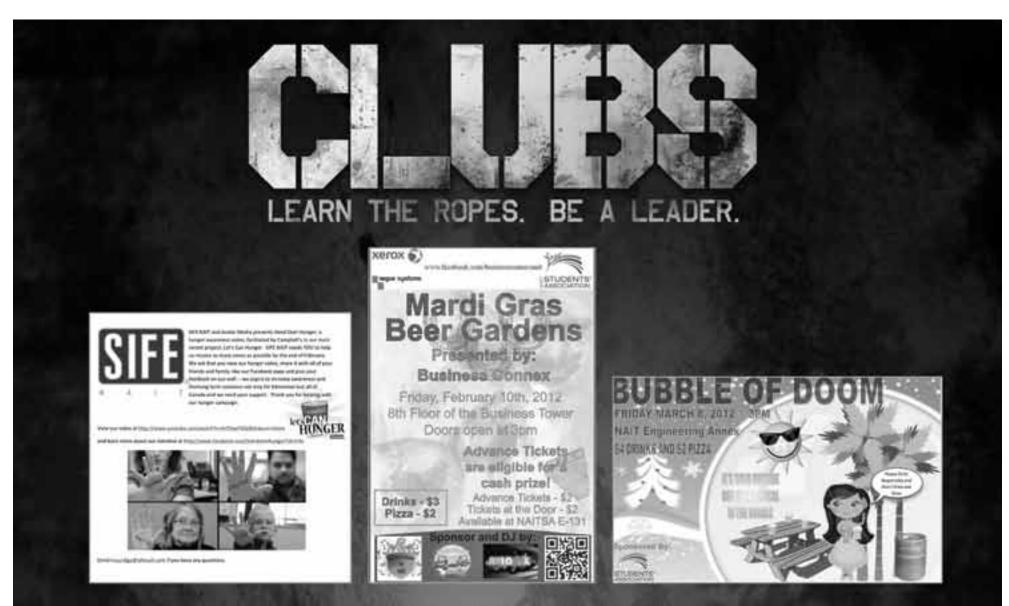
The Ooks currently sit fourth in the ACAC standings with a record of 12-4 and will be set to play next on Feb. 3 and 4 in a home and home series versus Grant MacEwan.



NAIT's Jillian Irvine passes the ball during a game against Medicine Hat Friday. The Ooks lost the match 3-0.



Erminia Russo Thorpe



What's Going on Around Campus...

who Anime/TCG what Weekly Meeting when Thursdays; 4:15pm – 6:10pm where WC316

WHD Christian Club WHAT Weekly Meeting WHEN Wednesdays; 12:15pm – 1:10pm WHERE E201

WHD Gamers of Dungeons & Dragons WHAT Weekly Meeting WHEN Fridays; 4:30pm - 9:00pm WHERE WC312

WHO EDDT WHAT Silent Auction WHEN February 7, 2012; 9:30am - 2:30pm WHERE Annex

WHO Dental Assisting WHAT Bake Sale WHEN February 13/14, 2012; 11:15am - 2:00pm WHERE HP Commons and NAITSA Mile Latter-Day Saints Student Association Mile Weekly Meeting MEN Thursdays; 11:15am – 12:10pm and 12:15pm – 1:10pm MILEE J005

Muslim Students Association Weekly Prayer Fridays; 12:15pm – 1:10pm

WHO Paintball Action Sports WHAT General Meeting WHEN February 1, 2012; 4:15 – 6:10pm WHENE X205

WHO BIO SCI WHAT Silent Auction WHEN February 9, 2012; 9:00am – 4:00pm WHERE South Lobby (Main Campus)



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ENTERTAINMENTLocal rapper set for success



CHRISTINE VU Entertainment Editor

Mitchmatic's first music video for his single "Why Don't You Know" has already reached over 5,000 hits on YouTube after it was released this past weekend. The local rapper, whose real name is Mitch Holtby, has more to look forward to as his CD release party is this weekend at Wunderbar on Feb. 3.

Although he is no stranger to the Edmonton music scene, Mitchmatic came from a musical home in the small town of Clearwater, British Columbia. His mother is an elementary music teacher and played many instruments but he says it was his father who always had music playing in the house.

He and his three older siblings (who are also musicians) grew up to listening to different kinds of music but mainly jazz, which became a big influence on Holtby. He listened to Ella Fitzgerald, David Murray and Miles Davis, from whom he gets his middle name, Davis.

As he grew older, he began to expand his musical tastes to include Nas, Outkast and Jurassic 5 among other hip-hop and rap artists.

"Nowadays I get a lot of inspiration from my Old Ugly labelmates," Mitchmatic continues. "There's nothing better than listening to a friend's heartfelt album. It gives you a deeper insight into who they are – and I love that kind of thing."

Mitchmatic is one of many on a long roster of artists on local label Old Ugly. He calls the Edmonton music scene supportive and encouraging. Mitchmatic has performed at venues all over the city and most recently performed in Tip of the Iceberg in Churchill Square, which showcases local talent.

It is fair to say that Mitchmatic is a rapper but classifying his music is a little bit harder.

"I suppose you could call it honest, intelligent – I hope, rap," he says almost as a question. "It's always hard to evaluate one's own intelligence but I'd like to think that listeners can get something meaningful from my lyrics."

His new album, titled *It's Probably Raining*, is a compilation of material that he has been working on since he started making music



four years ago. His first single, "Why Don't You Know" reveals the jazz influence and old school feel of his music.

It's Probably Raining also reveals a bit about Holtby's work ethic. He produced this album himself, save for one song. It has become a solo project in its truest form.

"I'd sit there at my computer for 10 hours straight, sometimes

forgetting to eat, completely unaware of what was happening in the outside world," explains Mitchmatic. "Hence, I didn't care about the weather, assuming it was horrible."

Most people can agree that the outlook on his career is a bit brighter. After the album is released the rapper will focus on putting together a Canada-wide tour, set for this summer.

SEVERYONE HANGING OUT WITHOUT ME? AND OTHER CONCERNSI IN THE MARK THE MAR

Like most people in North America, I have watched *The Office*, and I adore it. There is no question it is a fantastic show. However, where I differ from a lot of fans, is in my adoration of Dunder Mifflin's Kelly Kapoor.

She is, in my opinion, one of the funniest characters on the show, though I do appreciate that she would probably be a lot less funny if she were a regular character.

So considering my love of Kelly, when the actress who portrays her and writer for *The Office*, Mindy Kaling, published her first book *Is Every-one Hanging Out Without Me?* it was pretty much a no brainer that I was going to purchase and read it immediately. And Kaling did not disappoint.

In a fairly short 222 pages of *Is Everyone* Hanging Out Without Me? Kaling takes us to her childhood as a self proclaimed chubster (I forget nothing: A chubby kid looks back), learning about rejection in New York City (I love New York and it likes me OK), getting her big break by breaking her best friend's nose onstage during a performance of their hit play *Matt & Ben* (in which Kaling played Ben Affleck), what it's really like to write for *The Office* (Hollywood: My good friend who is also a little embarrassing), and finally, how she would like to be remembered, including a prewritten eulogy (My all important legacy).

Just as entertaining are the little glimpses into what it is actually like in Mindy Kaling's brain.

She reflects on why Frisbee is actually the worst pseudo sport out there and really should stop trying so hard to be one, the perfect level of fame she would like to achieve, which is somewhere around never having to wait in line for brunch and being slaughtered by the fashion police, and how imagining elaborate revenge fantasies while exercising makes it a lot more bearable.

Kaling seems like a rare breed of woman at first glance, but I think that most of us have more in common with her than we realize. I love her because she embraces every part of her personality and feels no need to justify herself to anyone.

She loves pink, shopping and takes pictures of herself on her phone to check on that zit she found earlier and to make sure she looks OK.

It's refreshingly honest and relatable in ways that most of us might not want to admit.

It's an excellent first book from a brilliantly funny and honest woman and I really hope to see more from her in the future.



FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape ...



By BRETT PLAXTON

Recently, classic rock bands have been releasing new music and let's face it, either it's really good or it sucks! If you haven't heard Van Halen's new song, don't waste your time, you'll thank me for it. Don't worry, it won't be on this list. Even Bruce Springsteen's new song isn't that great. These bands have so much potential to make better music.

The "new" Doors song featured on the reissue of "L.A. Woman" is a good example of a great "new" song, or even Alice Cooper's new CD is really good, too. Here is a list of songs that show what some of the best names in rock did and what I think they could still do if they tried and weren't just in it for the money.

- She Smells So Nice The Doors
 Somebody Get Me a Doctor
- Van Halen
- Born to Run Bruce Springsteen
 Oh Yeah Chickenfoot
- On Yean Chickento
 Billion Dollar Babies
 - Alice Cooper
- 6. Higher Ground

– Red Hot Chilli Peppers

- 7. Electric Funeral Black Sabbath
- 8. Misty Mountain Hop
- Led Zeppelin
- 9. Walk On Water Ozzy Osbourne
- 10. Happiest Days Of Our Lives/Another Brick in the Wall
 - Part. 2 Pink Floyd
 - 11. Refugee
 - Tom Petty and the Heartbreakers
 12. White Rabbit Jefferson Airplane
 - 13. Lay Lady Lay Bob Dylan
 - 14. Just What I Needed The Cars
 - 15. Layla Derek and the Dominoes

Super Bowl teaser for Honda?

By BRETT PLAXTON

This is a 10-second clip that has left people wondering what it is about.

The video is called *Coming Soon* and features Matthew Broderick opening up his curtains and asking "How can I handle work on a day like this?"

It's an homage to his classic line from *Ferris Bueller's Day Off*, "How can I possibly be expected to handle school on a day like this?"

The video was released on Jan. 26 and it already has three million views.

Many people who have watched the video now think that Hollywood is going

to either remake or make a sequel to the hit '80s film. I hope for the love of God that they don't.

The video ends with the date 2.5.12, which happens to be the day of the Super Bowl, so I know this will be a Super Bowl commercial. There is also a lot of speculation that this is going to be a Honda commercial, but nobody knows for sure.

If you are still wondering what this video is all about, watch it at http://www. youtube.com/watch?v=SuHmEo0Bx7Q

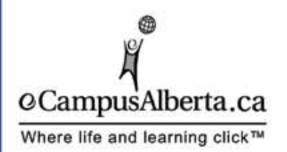
You can also do like me and watch Super Bowl XLVI to see what this commercial will be.



My living room. My classroom. My education.

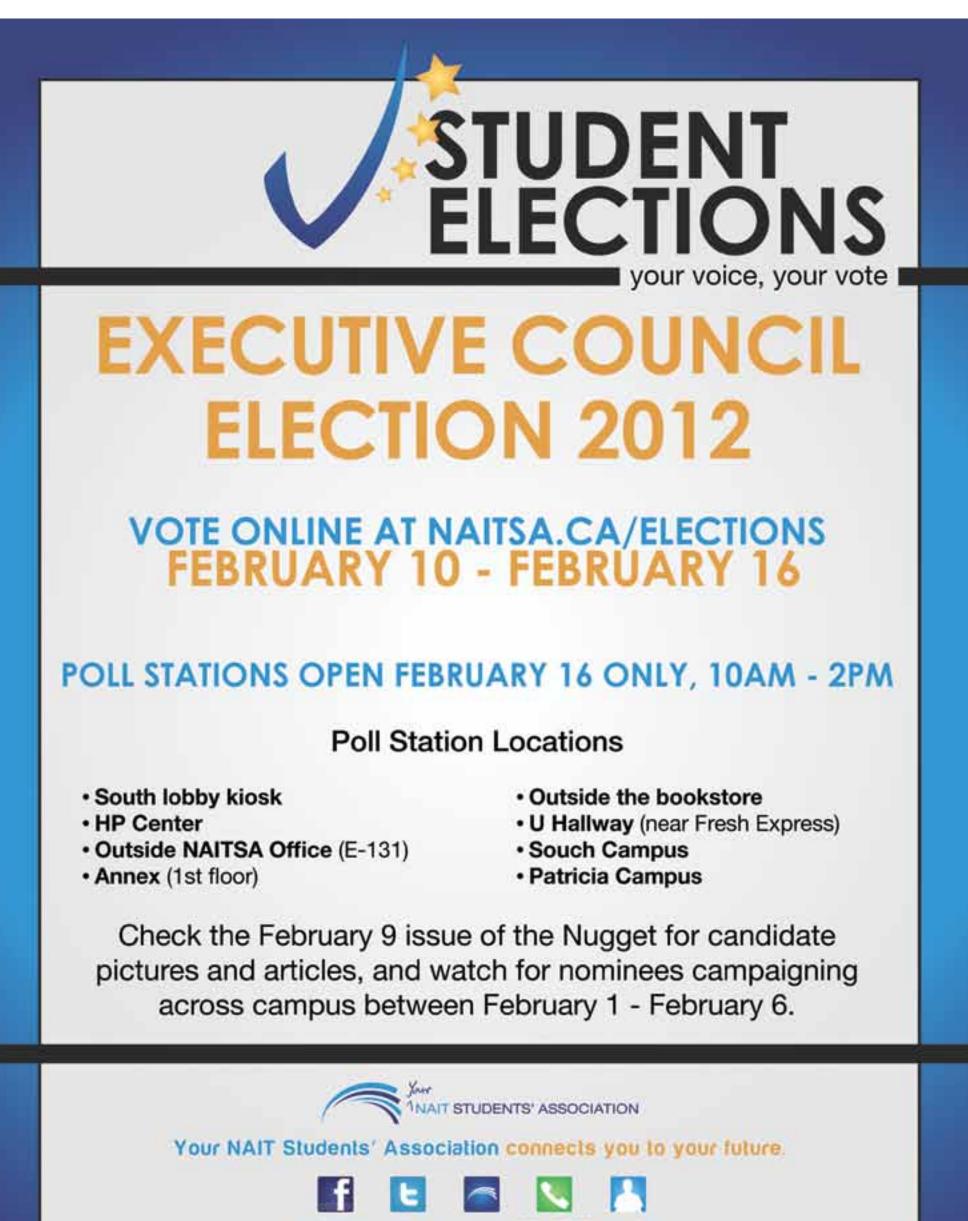
- 16 Alberta institutions
- 60+ online programs
- 700+ online courses
- Academic upgrading and university transfer

Online learning is flexible and enables you to work on your courses at times that are convenient to you.









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Pritchett packs the Nest

By JENNY OATWAY

There isn't anything quite like a crowd at a country music show; all plaid shirts, tight jeans, more than a few cowboy hats, a great deal of two-stepping and the happiest crowd you could imagine.

This was the case when country music singer Aaron Pritchett played for an hour and a half during a sold out show at the Nest last Friday night. When it comes to partying, Aaron Pritchett, it seems, is true to his musical word.

Opening acts for this semester's first Live Music Night included Jake Ian & The Haymakers and Kory Wlos from Boyle, Alberta. Both did a fantastic job getting the audience warmed up and excited for the main event.

Pritchett was born in Vancouver and grew up in the small town of Kitimat, British Columbia, and says that while he loved rock music when he was young, country music is something he came by very honestly.

It's just the kind of music that he could best relate to and he has still managed to incorporate that rock 'n' roll spirit into his music.

Pritchett's first arena tour was with country music legends Brooks and Dunn.

"It was one of those things where you dream about doing it," said Pritchett, on his first-ever arena show in Vancouver.

"To do it there was unbelievable!"

He also has had the opportunity to open for the likes of Alan Jackson, Toby Keith and his biggest show to date was in front of 35,000 fans while touring with Keith Urban.

While Pritchett loves the feeling of playing for an arena full of screaming fans, there is also something special about smaller venues, where you can really interact with the fans and give them the real story and meaning behind a song.

"I'm kind of a party guy and everybody sort of knows that," says Pritchett. "When it comes to the college crowd, I think they relate the best with me."

This much was obvious during his performance; Pritchett just had fun with his audience. Between teasing female fans with his wood – a stolen sweaty drumstick, taking shots of Jaeger with the audience and live tweeting pictures of the crowd (twitter handle @AaronPritchett), this is a man who knows how to please his fans.

Although it was not his first show at NAIT, this was Pritchett's first show of 2012, kicking off what he says will be a very busy year that he is "totally excited" about.

While he wouldn't divulge too many details of what's to come, he did say that there is an album in the works to be released later this year and it sounds as though it may be a "Best Of" compilation, with a few new tunes as well.

In a genre that has turned quite a bit to the pop side of things in the last decade, Pritchett says "trends move in one way or another, you've got to adapt and move with it or else try and stay as close to what you've done in the past."

Pritchett has managed to stay true to his sound over that past few years.

"In country music, thank god, it's a little easier to stay true to what you know," Pritchett said.

And what Pritchett knows is how to party. He opened his set with his newest hit, "Let's Get Rowdy," and set the tone for an evening full of smiles, two-stepping and entertainment.

He closed out the show with a two-song encore. The first, a reggae medley of "If I Had a Million Dollars" from The Barenaked Ladies, "The Lazy Song" by Bruno Mars and David Lee Murphy's classic country hit, "Dust On the Bottle." And the final song of course, one now forever solidified as a favourite bar anthem, "Hold My Beer."



Aaron Pritchett

Photo by Laura Dettling

A milestone album for Enter Shikari

By SHAWN GRAY

Enter Shikari's *A Flash Flood of Colour* is more than just an album, it's an engine for change.

This engine is a rocket screaming for the world to wake up and realize that it's "such an exciting time to be alive," and that our genera-



tion is in charge of our future.

Enter Shikari is a British four piece electronic hardcore band. Flash Flood is a huge milestone for the band, being their third studio album. It was recorded in Thailand, an influence that is apparent throughout the album. Also after leaving Warner's record label

> last year, they created their own independent label called Ambush Reality.

A Flash Flood of Colour starts off with "System ..." a well orchestrated song that tells the story about a house on a cliff which serves as a well crafted metaphor to point out all the flaws with the world's current system.

"System ... " leads straight into "... Meltdown", which kicks the album into overdrive immediately with a pounding electronic breakdown, the first of many on this album.

"Countries are just lines drawn in the sand with a stick" is a lyric that serves as a starting point to the message that Enter Shikari is trying to get across.

Next is "Sssnakepit." It's the band extending their hand to the people who feel this world needs to change and telling them it's OK to think like that.

"Come and join the party, leave anxieties behind" is just another amazing chorus on an album in which every word and sound is filled with meaning.

"Search Party" slows it down a bit, claiming, "We got to find something new" sprinkled with some "whoa ohhhh."

"Arguing with Thermometers" stands out as one of the most unique songs on the album and really highlights Enter Shikari's trademark sound that makes them stand out in an endless ocean of artists.

"Stalemate" then epitomizes the Thailand influence on the album. It's a slow song, but one whose meaning packs a powerful punch.

Just as Enter Shikari has grabbed you and gotten you emotionally connected to the album, they unload an insightful atom bomb in the form of "Gandhi Mate, Gandhi." It's a song that includes one of the most disgustingly awesome breakdowns in the history of music and that sums up the idea of the entire album. "Warm Smiles Do Not Make You Welcome Here" and "Pack of Thieves" are both wonderful songs that add to the experience but "Hello Tyrannosaurus, Meet Tyrannicide" really concludes Enter Shikari's frustration with the world and its current leaders.

Pointing out that "Empires always fall," which in hindsight is true. America is just another empire in human history and if anyone out there thinks that it's not possible for that empire to collapse, well ... good luck with that.

Finally, we're left with "Constellations," the perfect end to a mind blowing album ending with "and then I realize that we need to use our own two feet to walk these tracks. And we have to squad up and we have to watch each other's backs, with forgiveness as our torch and imagination as our sword. We'll untie the ropes of hate and slash open the minds of the bored. And we'll start a world so equal and free. Every inch of this earth is yours, all the land and all the sea. Imagine no restrictions but the climate and the weather, then we could explore space, together, forever ... "

Enter Shikari's biggest influence on their ideas is the Zeitgeist Movement, check it out.



THE NUGGET PRESENTS:





MADAME O

February 2-8

(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)

Walking in circles can get boring pretty easily Aquarius. It is time to break out of the same old pattern and draw your own.

Pisces (Feb. 19-March 20)

Comparing yourself to others is a dark lifestyle for you, Pisces. Take a breather and realize that there is no one better you than you.

Aries (March 21-April 19)

Save it! Save your money, save your

RESTAURANT REVIEW

advice, save your time. Nothing and no one is worth it at the moment, Aries. Enjoy some "you" time, you need it.

Taurus (April 20-May 20)

Juggling is a difficult skill to achieve, Taurus. The more balls you add, the faster and more focused you must be. When one ball drops, they all follow. Stay on the safe side and juggle fewer balls.It's OK to say no sometimes.

Gemini (May 22-June 22)

You disappeared last week, Gemini! That means this week you have to work twice as hard to make twice the impression.

Cancer(June 22-July 22)

Your dreams can be quite vivid and these pictures in your head are trying to tell you something. Best not to ignore them.

Leo (July 23-Aug. 22)

A new year, semester, resolutions or whatever it may be ... Something is still in the back of your mind Leo. Let it go, and start moving forward.

Virgo (Aug. 23-Sept. 22) Do you believe in karma? Putting

others' needs before your own is what Scorpio off the edge! makes you special, Virgo. Your selflessness will soon gain you a fulfilling reward. Keep it up.

Libra (Sept. 23-Oct. 22)

Partyin' hard lately, Libra? Of course you have been, you're a Libra! These are some of your best days, so live like there is no tomorrow!

Scorpio (Oct. 23-Nov. 21)

Bumpy roads lie ahead. Good thing you have strength and a tight grip! This guarantees no bumpy roads can push

Sagittarius (Nov. 22-Dec. 21)

You are having huge bursts of energy lately, Sagittarius! Make sure you are using your new-found energy for the good of people and spread some joy from yourself to others!

Capricorn (Dec. 22-Jan. 19)

Start walking, Capricorn! You are usually one to strive for greatness but something has been holding you back. Now is the time to fulfill that goal you have been putting aside.

Poll clerks needed

Duration: Feb. 16, 2012 Compensation: \$14/hour

• Poll clerks are needed on Feb. 16 from 10 a.m.-2 p.m. for the NAITSA Executive Council election.

 Must have a strong command of English and a complete and clear understanding of the democratic election process.

All poll clerks must attend a

paid training session on Wednesday, Feb. 15 at 4 p.m. in Room E-129.

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

 Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.

The Marc hits the mark

By KEVIN TUONG

Valentine's Day is a time where you have to step up your romantic game a bit, while making sure it's not more romantic than an anniversary date.

When you think romantic, your mind could be thinking French, Italian or seafood cuisine - not Fat Burger. Unless of course, you're that kind of couple, which is perfectly fine.

A few places to consider would be Sicilian Pasta Kitchen, Wildflower Grill, Corso 32 (owned by a NAIT graduate!) and the list goes on.

For this week though, I'll be talking about the Marc. As much as I would love to visit multiple restaurants and try their various haute cuisines, I can't afford it ...

The Marc is a French restaurant that offers a really intricate balance of fine and casual dining that won't hurt your already pained wallet.

The interior is simple and modern which when paired with dim lighting, makes for a nice romantic evening when you shouldn't be caught paying attention to something other than your date.

As expected from a French restaurant, the service is pretty professional and friendly. My only complaint about the service was the waiter's attitude towards my dislike about the complementary bread feeling cold and tough.

If you're like me and don't really fancy wearing a suit, then the Marc is good for you, since their dress code is "smart casual." So you don't have to look stellar, just don't look like you came straight from high school.

Another thing that I'm a bit iffy about the Marc is their paper menus on clipboards. It's too casual. The paper is ruffled and dirty and it just feels cheap. Their descriptions are also fairly weak as well but the waiters are there to describe the dishes for you and throw in a few recommendations while they're at it.

What makes each cuisine different isn't necessarily their dishes but simply what's in them and how they're made.

When it comes to French cuisine, there is one main ingredient - butter. I think Mrs. Julia Child would agree.

Their steak frites is really simple. It's an extremely well cooked, juicy and flavourful steak with a nice helping of fries. It doesn't sound very French until you notice the fois gras butter on top of it making it one of the unhealthiest and most amazing steaks in the world.

Their pan seared scallops are beautifully seared in butter and are loaded with heavenly flavour on a bed of peas. Even if you hate peas, you cannot hate these peas, they're absolutely fantastic.

If you're a fan of chicken, their roasted half game hen is wonderful. The chicken is tender, and the outside is roasted to a crisp and seasoned perfectly.

Although I've obviously not had the time



An amazing steak

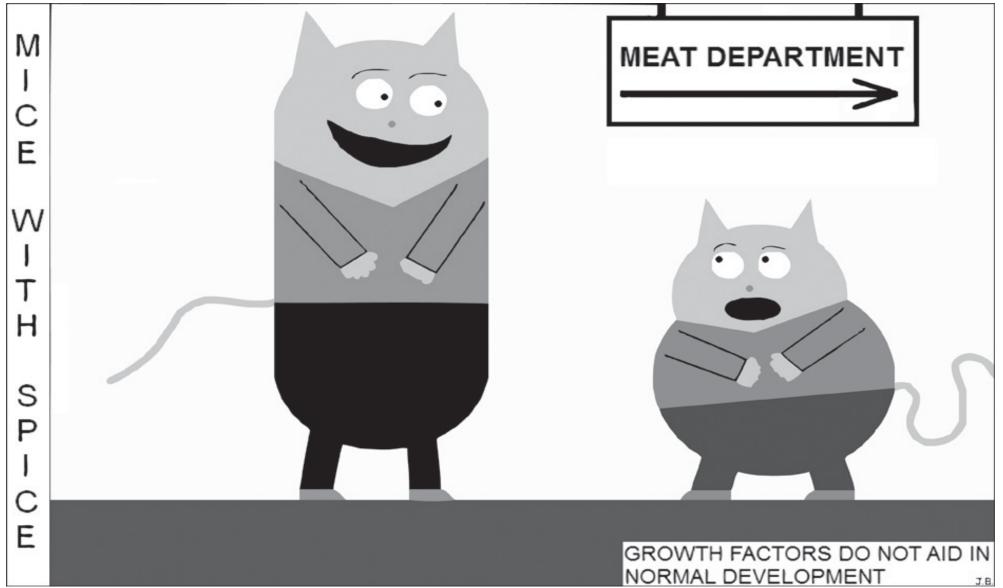
or money to try all the dishes on their menu, I imagine that they don't disappoint. The Marc also features a daily special, with different desserts each day, which is definitely worth trying.

In my opinion, the Marc would make a great place for a Valentine's date. The cost isn't affordable to the point where it says you're cheap, since you still can have a wonderful fine dining experience for a reasonable price (\$20-\$25 per entree). You don't have to dress your

best to be there, just be presentable. Now that you're done reading, get booking before all the tables are reserved! The Marc 9940 - 106 St. 100 Sterling Place 780-429-2828 www.themarc.ca



NUGGET-PRESENTS:



Future beckons

By CRAIG SEPHTON

Braden Gates is a small town kid with a big heart set on music. Gates was born and raised in Fort Saskatchewan with his family (also known as the Gates Family Band), which had a huge influence on his musical choice.

"At five years old, my dad gave me a fiddle. He was an old kind of fiddle player," says Gates. "I would fake along for a while and he would teach me a tune or two. Then I was in a fiddle group around the age of 12 and learned a lot there."

Braden got his start performing in front of people when he joined his parents as they played at senior homes. He would join his father playing the fiddle.

The young Gates, now 19 years old, has effortlessly bridged the gap between his skills with the fiddle and the guitar, only picking up the guitar at seven years of age. He is starting to show that he compares with some big names in the music world like Corb Lund.

Gates began writing songs about a year ago and shortly after he was invited by March Music Inc. to play different events around Alberta like the Canmore Folk Festival and even the Edmonton Folk Festival.

"It was definitely nerve racking," admits Gates, "but there were four other artists on stage with me. So it was fun to share the experience with the others."

The 2008 Alberta Fiddle champion has started to

teach at several fiddle camps across Alberta and currently has a couple of students to whom he wants to relay his knowledge and experience.

"I think I was about 16 and it was the first time they implemented the Alberta Championship," explains Gates. "They did have it 10 years before, but in 2008 they brought it back. I entered and I won."

This competition has been running for about four years and is slowly getting bigger and bigger. Its official name is The Grand North American Fiddle Championship, which according to Gates is "a bit exaggerated."

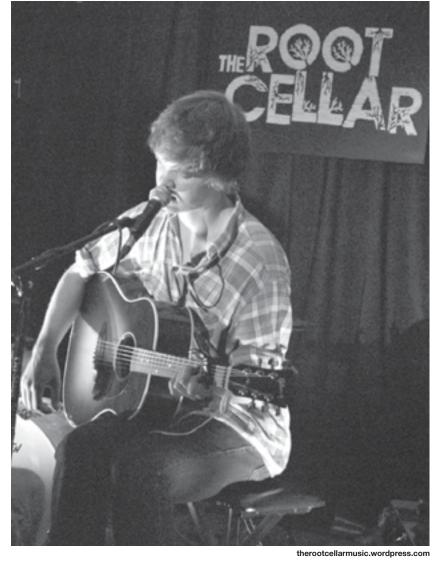
After winning the first year, Gates was sponsored by the Alberta Society of Fiddlers to represent Alberta at the Canadian Grand Master Fiddling Championships in Ottawa, where 30 to 40 fiddlers compete for the top spot as best fiddler in the country.

Gates competed in 2008, and was runner-up the next two years competing unsponsored for Alberta. This year he won the Alberta championship again, so he will be sponsored to compete.

"It's pretty phenomenal, 30 or 40 fiddlers from across Canada in one room jamming," says Gates. "It's a lot of fun."

Braden is focusing on improving his song writing along with incorporating the fiddle into more lyrical songs.

He is also compiling a book of original fiddle tunes, to be released spring of 2012.



Braden Gates



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

What happened to the Grapevines?! I want them back ...

- Disgruntled student

Hey you two girls with the dreadlocks I saw in the hall one morning when I got off the bus, I was wondering if you are still single or if you are taken? - THAT GUY

...

To the greasy, lowlife, scum who broke into my locker on the fourth floor of the Business Tower on the 18th and stole my brand new laptop – I hope you rot in hell! I saved up for a YEAR to buy it and will now be computerless for the rest of the semester. All the files are

irreplaceable and I lost my job because confidential work files were on there. If you have any grain of human decency you will turn it in to security - no harm, no foul. If anyone knows anything about it, PLEASE tell security.

- Devastated student

Dear guy who flirted with me by my locker: Do it again ;) mmm

- "Thinking about you ALL hours of the day" ...

Thank you to IRENEH in the cash office for helping me renew my locker when the cashier beside you wouldn't do it for me.

- Happy student

I'd like to say yo to all the people who read this paper and write in it. - TheSuperJumpingChampion

... Dear shy guy - I guess you're going to have to come up to me, I can't be the man for

- Nurse girl

Dear nurse girl I see in the cafe everyday: I haven't seen you in two days, I wanna buy your coffee, please go out with me!

A crisis is afoot. There is no jerky in the meat store. What the hell is going on? Oh the humanity!

- Jerky Boy

To the chick wearing aquablue sweater, you're cute but your voice is annoying.

...

- Annoyed guy ...

Buzzed head kid in HVAC:

Your mustache makes you look so attractive and manly, I wish every guy could grow such an epic mustache like yourself. I want your offsprings

- The Duke



By KEVIN ALBUS

Wow. Yep. I'm still trying figure out how I should rate The Grey. I wasn't expecting much and got a lot more than what I was expecting.

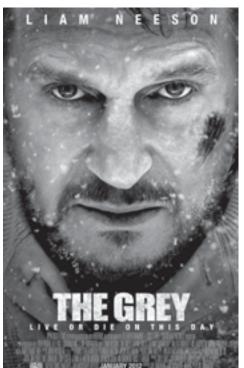
Liam Neeson has never played a character that was believable for me. Then again, the only other movie I saw him in was Star Wars: the Phantom Menace, which is a bad example.

In this movie he proved his acting can help a film continue. He played a character that the audience can feel comfortable with in a survival situation. That's impressive.

The only other guy I would count on in survival situations would definitely be Survivorman. He's demonstrated in multiple episodes what to do when you're on an island or wherever in the world and how to survive.

Liam Neeson does it in the first 10 minutes of the movie.

Neeson plays John Ottway, a man hired to protect oil patch workers out in the remote Alaskan wilderness. John protects the workers from wolves; he's a shepherd with a real nice gun.



Someone brought their 10-year-old kid to the movie. It probably wasn't a movie for him.

I mean, when I was eight I saw the Omaha beach scene from Saving Private Ryan and that was something more than what I could handle.

In this movie there is gore. It's not cheesy or animated, it's pretty close to real. There are scenes where it just gets raunchy, not as bad as Saving Private Ryan, but I was grinding my teeth in some scenes.

The wolves aren't going to be real in this movie, at least the ones that aren't dead.

Got some flack

This movie got a lot of flack for buying four wolf carcasses to be used in the movie from what I understand. Understandably, animal activists where not too impressed because this movie puts a negative light on grey wolves.

PETA and WildEarth Guardians boycotted this film for political reasons. So the use of CGI wolves shouldn't be taken as an insult.

Jaws looked too real and now certain sharks are endangered, so I guess that's the argument for this film as well. I can honestly say that this movie could have been with any other dangerous animal and still would have been a decent movie. It's just that the wolves were a better figurative match with the humans.

Struggle for survival

Long story short, a plane crash leaves iam Neeson's character and his surviving coworkers to struggle for survival, battle the elements and defend themselves and others from wolves.

There are unexpected jumps that scare the audience or at least me. It reminds both the characters and the audience to be on guard. I actually felt like when something was quiet or weird I'd be on my guard like if I was in the film

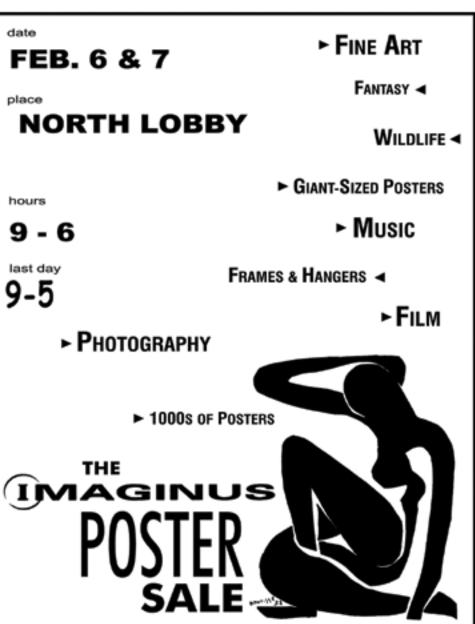
I would recommend this movie. It's a good movie, I know I give a lot of credit to Liam, but the supporting cast of characters also did a good job.

CGI for the wolves is not bad. It had the same kind of look of a wolf in a Harry Potter movie

The ending will either make you think or make you mad. You have two roads to choose from once the movie ends. Either "that could have been better" or "I wondered why they ended it like that."

Please join my side after this movie. Think why'd they end it like that? Not necessarily in a positive or negative way, but the reasons why it ended. The ending makes me think. However you handle it, watch The Grey.





you ;)

- Shy guy

CROSSWORD

Across

1- Lost in Paris?

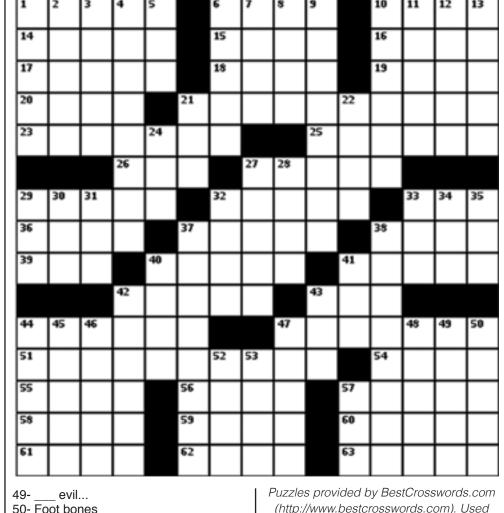
6- Well-behaved 10- Nest eggs, briefly 14- Extra-terrestrial being 15- Acting part 16- 20th letter of the Hebrew alphabet 17- Gaucho's rope 18- Heroic

- 19- Wishing won't make
- 20- Sicilian resort
- 21- Remission of sin 23- Fill to surfeit
- 25- Each
- 26- Grazing spot 27- Squares
- 29- Early Mexican
- 32- Stroll
- 33- Ambulance letters
- 36- Female servant
- 37- Bedouin 38- Splendor
- 39- No. cruncher
- 40- Japanese-American
- 41- Old Testament book
- 42- Oohed and
- 43- Hi-
- 44- Reunion attendees
- 47- Most strange
- 51- Worship of the Virgin Mary 54- yellow ribbon...
- 55- Asleep
- 56- Monogram ltr.
- 57- Apple juice
- 58- Actor Beatty and others
- 59- Dagger of yore
- 60-2, 4, 6, 8, etc.
- 61- Bunches
- 62- Fail to hit
- 63- Vive ____!;

- 1- Trims 2- Actress Verdugo 3- Cheerful
- 4- Containing all the nitty-gritty

Down

- 5- Actress Merkel
- 6- Diving bird
- 7- "My fault!"
- 8- A dish with many ingredients 9- Stated
- 10- Eye inflammation
- 11- Knot again
- 12- Org.
- 13- Directed a light
- 21- Loss leader?
- 22- High hair style
- 24- Former nuclear agcy.
- 27- Identified
- 28- Actor Morales
- 29- Onetime Jeep mfr.
- 30- Microwave
- 31- Acapulco aunt
- 32- Attitude 33- Aurora's counterpart
- 34- Marseille Mrs.
- 35- Fitness center
- 37- Anarchy
- 38- Sure
- 40- Second start?
- 41- Not him
- 42- In the thick of
- 43- Actor Fernando
- 44- Appliance brand
- 45- Trademark
- 46- Hives
- 47- Some Art Deco works
- 48- Bird that gets you down



Mike Marshall, left, and Scott Hackman.

52- Years in old Rome 53- Connections

57- Animation frame

(http://www.bestcrosswords.com). Used with permission.

SOLUTION – Page 25

Photo by Brett Plaxton

M: See now, that's just cheatin' ...

S: Grandpa taught me that smoking is for

N: Anything you guys wanna sign off with?

S: If your grandpa crashed his car out-

Catch the Spirit of the West every Thurs-

side the legion in Irma, if you enjoy girls in babushkas, if your Baba came and picked you

up from the bar in her '84 Skylark, then this is

day evening from 7:30 to 9:30 on NR92.com

and follow the boys on Facebook; just search

N: Thank you, gentlemen.

'NR92's Spirit of the West.'

the show for you.

wussies, so I like to stick a tea bag in there.

Some Earl Gray, maybe some orange pekoe.

Bops, beans and barn dances

By SHELDON HIGGINS

Very few radio shows can boast that they have the ability to turn any neat, quiet suburban home into a raunchy, loud, sticky-floored hoedown, where even Baba gets up and waves her babushka around like Gen. Burnside's white flag in the American Civil War.

The Spirit of the West show on NAIT's campus radio station, NR92, has that ability.

The Nugget sat down with Mike Marshall and Scott Hackman, the duo that brings the goods to NR92 every Thursday night.

Nugget: Alright gentlemen, give me a

rundown as to what Spirit of the West is all about.

Mike: Well, it's a country hoot-nanny, is what it is. It really harkens back to the days of the Wabash Cannonball, and the Louisiana Hayride ... and by that, I mean it's nothing like that. It's foul language and drinking and it's everything you'd hear at a bar in a small Alberta town.

Scott: Think about going to a barn dance with your best girl, and getting her absolutely drunk as (expletive) and then takin' her home to her parents. And leaving her there.

M: Or you stick her in a shopping cart and you leave her in the middle of a field.

N: But at least she's safe and sound? S: Safe, yes. Sound, no.

M: It's not a show I'd have Baba listen to.



S: That's the best way to describe it.

N: How about a bit of background as to how the idea of Spirit of the West came about?

M: I think we were outside havin' a smoke, and it was like 'Hey, are you from a small town?' 'Yeah.' 'Me too, we should probably do somethin' with that.'

S: Meanwhile, he's actually from Millwoods, but he's got the heart of a person from Smoky Lake. Actually what it was, is we were

> out at a barn dance again - these barn dances seem to be a running theme and a gentleman got two bops on the bean.

M: Yeah, with five

fat fingers. Banana fingers, yup. S: And we said, listen ... we should probably have a radio show that feels like two bops on the bean.

M: Yeah, that's a better way to describe it. Our show is two bops on the bean at a barn dance.

S: Really what we thought was there's a lack of a certain genre and a certain mode of entertainment on NR92. Whether we fill that or not, we don't know, but we certainly giggle like little schoolgirls there.

N: And what are some of your favourite artists? Any top names you like to play?

S: Well my favourite chocolate cowboy, Charley Pride ... Conway Twitty ... Pretty much any artist that used to slap their wives when it was more acceptable.

M: A lot of George Jones, 'If Drinkin' Won't Kill Me' stuff.

S: Sometimes we'll answer with Loretta, too ... You never know.

N: Do you guys ever drift off in your genres during your show, any rock or blues or anything unique to the theme? S: We do have a

local band that likes to come on every now and again called Big Sexy and the Stubblejumpers ...

M: Aaron Pritchett.

them!

N: Oh they're a great band, I've heard of

S: Yes, and I think this semester, we're

S: (in a Southern drawl) Hold ma beeeer ...

N: Now my last question, probably one of the

M: See, I'm more of a horseshoe man, I

S: I'm a (v-word) because I use the pouches.

more important questions as well ... How do you

guys broadcast with a good ol' masher in your lip?

like to get half that tin in there right around the

'U' ... Scott are you more of a baller?

gonna update the playlist a little bit to include

some contemporary country ... Alan Jackson.

Nideo GAME REVIEW Nothing special in WWE '12

By KEVIN ALBUS

Get out your brass knucks and luchador mask, this is a *WWE '12* review.

Let me start off by saying I was a huge fan of wrestling back in the '90s.

Back then wrestlers like Stone Cold, The Rock, Mick Foley, DX, Hart Foundation, Legion of Doom, Undertaker ... look, I could go for days about the wrestlers that made the WWF (or WWE but who really cares), but that was back in the day when wrestling was intense. The wrestlers were amazing and well-liked no matter if they switched from baby face (good guy) to heel (bad guy).

Now its 2012. Steroids are banned from the WWE from some black-eye moments in the past. Story lines rival the Young and Wrestless (HA, get it?), most of the superstars are lame and not enter-taining. But most important, there's no WCW to compete with.

Now I'm getting side tracked, but I'm trying to explain that I'm a '90s (attitude) era wrestling fan. So when I play a game like this, it feels like I have just been released from jail after a decade and am trying to adjust to all the weird stuff around me.

What has changed?

OK, so *WWE '12*. What has changed are obviously the controls and some graphics. I mean fans in the arena still look the same as previous games, but that's not a problem.

The wrestlers look good compared to the fans, but maybe they keep the fans looking the same so players think the wrestlers look awesome.

Match types are pretty cool as well. I mean you have the option to do matches like inferno match, where the entire ring is surrounded by fire. I remember matches like that in the '90s.

They also have a casket match to pick from, which is pretty cool but kinda boring. I'd rather have a cement match, where the loser gets thrown into a box and is covered in cement. Seems more final then throwing someone in a casket. I mean, look at how many caskets the Undertaker escaped from back in the day. The casket didn't even have a lock on it, kind of redundant.

I like how you can actually pick which weapon you grab under the ring. It's more realistic and useful. It's also good to know you're no longer a magician pulling a 15-foot ladder from under the ring.

Most of the match types are still there: TLC (tables, ladders and chairs) is still in, which is always intense. They also have "hell in a cell" and this is mine and mostly everyone's favourite match.

The only problem is they don't have a door to enter in and out of the cell, so now you have to beat up your opponent and perform your finishing move and then it's supposed to throw the guy into the cage wall and break or something - I don't know.

So this brings up the glitch problem with the realism of *WWE '12*.

Right trigger suspect

If you're going to counter a punch or a grapple move, right trigger is either your best friend or an unreliable friend, as it seems to be in most cases.

I swear at least 20 times I've countered a punch or grapple in the right time and I still get roundhouse kicked consecutively. Like come on! Either work or don't. I'm forced to throw my controller in frustration half the time. Another glitch is how I can't escape hell in a cell, which bothers me the most.

They still have "create a wrestler," which I like. You can make yourself and wrestle the Undertaker. That's really cool. Or you can make an outrageous wrestler with hilarious clothing, taunts and entrance. You can even create your own finisher which I'm sure started a couple games before *WWE '12*, but still, you can go an entire day making the sweetest finisher ever.

It's limited to 10 steps, meaning you only have a certain amount of combinations to use in your finisher. That's fair. If it were unlimited, someone could have you in an hour-long finisher and that would suck.

You can also create your ring. You design the

rope colour to mat design. Also you can change how the arena looks, which again is pretty cool until you run out of ideas.

Unlike amazing wrestling games like *Day of Reckoning*, where you create your wrestler and he works and fights his way to the top and the tough matches he wins build his attributes, this game doesn't want anything to do with your wrestler.

You make your guy and you get to make your wrestler the best that is, was and ever will be - without working to earn the attributes.

So remember, when I said I don't watch wrestling anymore and I have no idea who's good or bad or even have a general idea what the WWE has gotten into? Yeah, this universe thing is where you're already a wrestler in the WWE, but you're not just one wrestler; you go from one to another.

I don't watch this Disney-rated wrestling, it sucks and is an insult to the attitude-era wrestlers that gave it their all so the WWE can still exist.

The only black hole that sucks me into this WWE universe is unlocking more awesome wrestlers the farther you get. Unlockable wrestlers like the Rock, Steve Austin, Road Warriors (Legion of doom), Vader, Goldust and Shawn Michaels, all the wrestlers from the attitude era.

Commentary during matches is annoying. There are too many repeated jokes. They should target the UFC style of commentary, which has more of what's going on in the match, not ridiculous story lines the wrestler was involved in. I don't care. Shut up! They need to involve the wrestler that you create. I could care less having to be John Cena, win a match and start rapping after (I'm feeling a cluster headache coming).

If you still watch wrestling today, then you'll probably love this game because you're aware of the superstars. Someone who has never played a wrestling game or watched wrestling in a while might be out of the loop and look to the story mode.

The game is fun and at times you get really involved when you're battling 30 other wrestlers in the royal rumble. The graphics have come a long way since *WWF No Mercy* on the Nintendo. The wrestlers look real and I was impressed. But it's great to see your heroes from back in the day get more and more realistic in the fabricated world that is the WWE.

 $\star \star \star \star \checkmark \checkmark$







MIKE MARSHALL AKA Dr. CONwisDOM

Dear Dr. CONwisDOM, I'm trying to get my girlfriend to stop smoking, but she's being extremely difficult. What do you suggest I can do to help her give up the habit?

> – Signed, "The only thing I want her to suck is me

Dear "The only thing I want her to suck is me", Quitting smoking is like giving up masturbating, it sure as s*** ain't fun but it is possible. Just be careful when it comes to a female. Catch her on the wrong day after butting out and she might snap off your love-pole and smoke it on her coffee break.

●●● Dear Dr.CONwisDOM,

My boyfriend is a total hipster, even when it comes to sex. He won't try the regular positions, claiming that I've "probably never heard" of the best ways to bang. How do I get him to become just an average-joe lover?

– Signed, "Being a dick must be in his skinny jeans"

Dear "Being a dick must be in his skinny jeans",

You'll have to get him drunk. Start off by giving him a few PBRs and some cheap cigarettes (The diet of the "naturally cool"). After he's pretty toasty, switch him to gut-rot whiskey and T.N.T beer. It'll either man him up, or kill him. Either would probably be fine for you.

●●● Dear Dr:CONwisDOM,

My girlfriend wants me to get into shape, but I'm both too drunk and way too much in love with fast food to do it. Got any tips on how to get buff?

> – Signed, "Going to make her pump my iron"

Dear "Going to make her pump my iron", Since I'm probably at the peak of my physical fitness, I'm glad you asked. I once trained a gentleman before his major motion picture breakthrough. Using my regime of whisky, red meat and smokes, I took him to new heights. That man, of course, was John Candy ...

•••

Dear Dr.CONwisDOM, My boyfriend is a total klutz. I literally can't leave him in a room for five minutes with any fine china, and forget about him being smooth in the bedroom. What should I do about his stumbling hands?

> - Signed, "Fumbles more than the '49ers"

Dear "Fumbles more than the '49ers", Sometimes tough love is the only prescription. The next time he drops something nice in the house or the ball in bed, tear a strip out of his ass like John Wayne would. If he straightens up and flies right he's probably a keeper; if he breaks down crying, keep yelling till he stops!

•••

Do you have any personal questions that you want to have answered by the good doctor? 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!

Some ways to get motivated



TIMELY TIPS 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. Check off the tips that you already use and then identify one or two others you can try out.

• Set realistic goals that are challenging yet achievable. Try setting goals for each day and each week as well as longer-term goals. Writing your goals is the most effective way to clarify your direction and increase your motivation.

• Make a daily "to-do list" - a checklist of what you can realistic-ally accomplish.

• Prioritize the items on your to-do list from most to least cru-

cial and always work on your most important tasks first. Getting the most challenging or important tasks done first reduces stress and gives you momentum to do other, less difficult tasks.

• Specify a clear-cut goal you want to achieve before you sit down to do homework or to study (i.e. "by the end of this hour I want to accomplish ..."). This puts you in a goaloriented mode and stimulates you to stay focused.

• Get into a routine and stick with it! If you start setting aside the same time every afternoon or evening for studying, it will become a habit within a few weeks.

• Avoid multi-tasking. You will get the best results, and be less stressed, by concentrating on one task at a time.

• 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; about 30 minutes is best for most people) and make sure you take breaks when you need them. It is also easier to get motivated for shorter study sessions.

• Don't allow yourself to procrastinate. 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 accomplishing your goals.

• Know your strengths and build on those. As well, 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.

• Reward yourself for accomplishing difficult tasks or 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. Often our procrastination methods make the best rewards. For example if you play computer games, text friends or watch t.v. use those as a reward for accomplishing your goal, and be consistent about not letting yourself do these things before the goal is completed.

• Give yourself pep talks remind yourself why you have chosen to continue your education and the long and short-term benefits.

• Take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

If motivation continues to be a problem, or if you have any other academic or personal concerns, you may want to book an appointment with one of the counsellors in Student Counselling, Room W-111PB in the HP Centre; phone: 780.378.6133



Catch NAIT NewsWatch Saturday at 6 pm on CTV2



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SINGLE OF

THE WEEK

Haywire ho hum

By RAVANNE LAWDAY The Gateway (University of Alberta)

EDMONTON (CUP) — Don't let the kickass female martial arts star fool you – *Haywire* makes no real attempts to break the action film mould. Amidst an oversaturation of average action scenes and an unresolved plot, *Haywire* never realizes its potential, falling flat in a sea of similar films.

The movie stars ex-MMA-fighter-turnedactress-and-model Gina Carano as freelance undercover operative Mallory Kane, an agent who is double-crossed by the company who hired her. After escaping an attempt on her life, Kane must fight her way from Dublin to New Mexico to reunite with her father and seek revenge on her betrayers.

The idea of a realistic, beautiful female spy is appealing, but the idea is poorly executed. This kind of spy thriller has been attempted with similar stories and concepts countless times, although most don't feature a tough, fearless woman as the protagonist. But aside from the inclusion of a female operative, the film doesn't do anything to break the action movie mould.

Perhaps the most disappointing aspect of *Haywire* is the overuse of dull action sequences. Carano does her job fluidly, but her incredible martial arts prowess is the only thing that makes the movie interesting. With a nonsensical soundboard – the gunshots sound quieter

than punches – and rigid, impractical movement through the set, the film delivers action shots that don't make the impact they should.

Another of the more prominent disappointments of the film is the generally undeveloped plot line. The story is loosely established, but the conclusion only makes a sub-par attempt at wrapping things up, begging for an undeserved sequel. Had the conflict been resolved, *Haywire* might have proved a good start to the 2012 film season, but the abrupt ending leaves a lot to be desired.

If *Haywire* has a saving grace, it's the efforts from the skilled supporting cast. Ewan McGregor as Kenneth, Mallory's friend and colleague who later betrays her, brings dimension to an otherwise shallow and hidden character. His role is supportive, yet pivotal, and he shines simply by doing his job as a minor character. Michael Fassbender also deserves credit for his briefly featured supporting efforts in the film. He plays Paul, a British secret agent who is assigned the duty of killing Kane on her mission in Dublin, and manages to give an otherwise quiet, dull character life and dimension.

Although Carano makes a tough, attractive female spy, acting may not have been her best venture to date. The film features her character in heavy, uncharacteristic makeup, leaving her looking unnatural for the majority of the movie. And while she obviously shines in her action scenes, her lines constantly seems strained and shallow.

Souvlaki's super!

By STEPHEN SHAW

Monday has always, and will always, be the beginning of the long and treacherous work week. The recovery from the weekend is still there, but luckily, there is food that can help speed up the recovery.

The Common Market is the "go to" place when one needs something to get them through the day. On this particular Monday it was the chicken souvlaki.

The souvlaki is a fantastic mix of flavours. From the freshness of the pita, to the Greek spices in the chicken, this dish is filled with the complexity of traditional Greek dishes.

The add-ins to this dish were also quite fresh and helped balance out the souvlaki. Although there might have been copious amounts of cheese in the dish, it was still the ideal meal to get a busy student through the Monday rush.

What's also nice about getting the souvlaki wrap is the service is fast. The lineup moves quickly, allowing you the satisfaction of food in no time.

I suggest you give this delicious choice a try!

<u>CLASSIFIED</u>

PUBLIC SERVICE ANNOUNCEMENT

Experience the power of "We"! The Tamaraneh Society for Community Development and Support is hosting their annual dinner fundraiser on Feb. 18 at the Alberta Avenue Community Hall from 6-10 p.m. The fundraiser boasts delicious food by African caterer Weyone Events and recent footage from local projects on site. Entertainment is by Women of Sierra Leone and Melo Divine. Tickets are \$60 each or \$420 for a table of eight.

E-mail info@tamaraneh.org or call Marie at 780 993-1062. All proceeds support clean water and education in Romano Village area, Northern Sierra Leone.

IMAGINUS POSTER SALE

Monday, Tuesday, Feb. 6 and 7 We are looking for reliable people for: Setup: Three students from 8:30 a.m.-11 a.m. on Feb. 6 \$12/hour, heavy work Daily advertising: Two students on Feb. 6 and 7, 11 a.m. to 1 p.m. \$10/hour, light work Breakdown: Three students Feb. 7 5 p.m. to 7 p.m. \$12/hour, heavy Work Apply with resume to Mary at NAITSA front desk

Photo by Emily Fitzpatrick

Nathan Schadeck, 23 Automotive mechanic

What's your ideal date? – Go to a comedy club or something fun where you can get to know somebody.

What's your type? – Smart, outgoing, good personality, good looking helps, and if she is willing to experience new things.

What are your turn-ons? - Nice smiles and nice nails.

Turns off's? - Bad teeth and bad manners.

- If you could travel to one place, where would you go? Australia, probably, so I could go surfing every day.
- **Favourite Movie? –** Pulp Fiction, because John Travolta and Samuel L. Jackson just dominate it. It's hilarious.

What is one of your guilty pleasures? – Probably sleep. I sleep in a lot. Pet Peeves: – Bad drivers and long lineups.

Favourite food: Booster juice and pasta.

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

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



If you are assaulted, you will face a number of painful emotions. Victims often feel fear, confusion, anger, embarrassment, disgust and guilt. It is important to remember that you are not to blame. The only guilty party is your assailant.

Here is what to do immediately after an assault (as suggested by Alberta Justice, Public Safety Division):

• Call the police - prompt reporting will help them obtain evidence, and they will help you get the assistance you need. If you feel uncomfortable, ask that a friend or loved one be with you.

• Don't bathe, change or dispose of your clothes. Such actions may destroy evidence that could convict your attacker.

• Do not consume any alcohol, drugs or medication.

• Go to the hospital for a medical examination. You will be asked to give your name, age and details of the assault. You may ask that a friend be with you throughout the physical examination.

In recent years, Edmonton has had its fair

Edmonton's latest feature film, however, is

The-coming-of-age romantic comedy

titled I Think I Do, recently wrapped up shoot-

ing in Edmonton. The film's director, Ontario-

share of movies shot here. Good Luck Chuck

and The Assassination of Jesse James have used the city as a backdrop for their stories.

By KEVIN ALLES

closer to home.

ger production than

I first thought it was

going to be," Pearce

said. "For the most

part it was a huge

learning experience

and I got to meet

Pearce's third major

feature film in collab-

oration with the film

production house

drama Whatever It Was.

Pearce said

ters funny?'"

"Those were more dramatic features. This

Because his latest film is of a different

"It's hard to cheat comedy. You only got a

was our first venture in the world of comedy,"

genre than his previous work, Pearce was pre-

few times when you get these genuine, funny

moments," Pearce explained. "After you're

done two takes, you ask yourself, 'How do I keep the dialogue, the scenes, and the charac-

Actresses Jenny Cooper and Mia Kirsh-

ner add to the production's already-impressive

Canadian pedigree. Kirshner is best-known for

sented with some unique challenges.

I Think I Do is

some great people."

• If this is a sexual assault, you may also want to call a sexual assault centre. Trained counsellors can provide you with emotional support.

• Write down everything you can remember about the incident as soon as possible. This information could be vital and should be kept for court evidence. Use the following checklist to record all you can about your assailant.

- **Suspect Identity Chart**
- -Age - Type of hair/color/cut
- Beard/moustache
- Complexion
- Weapon
- Shirt, coat, trousers
- Method of escape/direction
- Height/weight
- Eyes/eyeglasses
- Visible scars
- Shoes
- Licence plate
- Vehicle description
- If your case goes to court (not all do), you safe while you are on campus.

the American channel Showtime's The L Word

television series, which aired for 70 episodes.

She also made appearances on *The Vampire*

Diaries and 24. While Cooper also appeared

on 24, her contribution to I Think I Do goes

"This film was actually collaboration

story of three sisters

who are all wedding

planners, will be dis-

tributed and aired via

an impressive num-

been pre-sold all

over the place. Life-

time Channel in the

states, Woman's Net-

work, Movie Cen-

"This film has

ber of avenues.

beyond acting in the production.

Baby Blues," Pearce said. "She and

I had been talking about a project.

Think I Do filmed in Edmonton

will be treated as a witness for the Crown. This may involve one or more meetings with a Crown attorney. You may have someone with you during these interviews. Your case may take several months to go to court.

You may also consider a civil lawsuit, which can be started before or after criminal proceedings. Obtain legal advice if you wish to pursue this course of action.

Protective Services

If the assault occurred on campus property or if you are being harassed by your assailant, contact Protective Services and file a report.

• NAIT peace officers may be able to provide additional information for the investigating police officers.

• NAIT peace officers should be made aware of any court orders regarding contact (peace bond, restraining order, etc.).

• Arrangements can be made with Protective Services for safe walks to and from your vehicle.

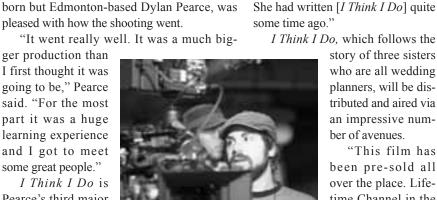
• We will work with you to help keep you

You Are Not Alone

Family or friends may be eager and able to help. There are also many trained professionals who can offer emotional support and counseling. Know that help is available. You do not have to deal with assault alone. NAIT has access to information on counselling services for both staff and students. NAIT students can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Human Solutions at 1-800-663-1142. If you have been the victim of a sexual assault, you can call the 24 Hour Sexual Assault Crisis Line at 780-423-4121.

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.



Dylan Pearce

work," Pearce said, adding, "they are dubbing it for France, Italy and other western European countries."

College Film School after a stint in the University of Windsor, Ontario. But the real start of his journey to the director's seat began when he experienced a family hardship.

realm of arts and entertainment. It helped me get through everything. I like helping people escape for two hours," Pearce said, adding "that's what's really cool about film and TV, you can help people escape and, you know, find things that you can help people relate to. You can expand

other people think."

Five years into his career, with nearly three feature films and numerous shorts (Including the award-winning short First in Line, which Pearce directed while he was in school, and is viewable on YouTube) under his belt, any aspiring film director would be wise to listen to his advice.

"Don't get caught up on the idea of needing here in Edmonton.

money, or a big budget," Pearce said. "I think a lot of people think they need money to put a [film] together. The more money you have, the more problems."

Between Dylan Pearce, Jenny Cooper and Mia Kirshner, I Think I Do is brimming with Canadian talent. To top it all off, it's shot right

between Jenny Cooper and me. She was lead in CROSSWORD SOLUTION

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tral and Movie Net-Rocky Mountain Picture Company. Their previous works together were 2008's award-winning Baby Blues and 2009's character-driven

Pearce graduated from Red Deer

"I kind of got pushed into the thoughts and belief and see what





CHELSEA BIRD



"I would try Survivor - to win the money and see if I could actually survive in those conditions.' Darryl McKay



"Antiques Roadshow. I have many valuable antiques that I would like to have appraised."

Matt Van Boeyen



"Big Brother. You could just chill out in your pajamas all day, or just hang out in the hot tub.

Chris Knull



If you could be on any

reality TV show, which

one would it be?

"Big Brother. There's so much drama, there would never be a dull moment."

Kevin William



"That's a toughie ... I guess the Price is Right, because I'd rock on that show."

Mike Kline



A full plate

"I think I grew

up a little faster

than some

teenagers did

because I was

By MIKE JONES

Mae Anderson is a busy girl these days. Between being enrolled in NAIT's full-time Television Arts program and hosting the weekly French-Canadian children's program Oniva!, she is heading back to the studio to work on her follow up to 2009's album Off the Floor.

"Music has kind of had to take a back seat. Its difficult because I can't do as much as I'd

like to," Mae Anderson told the Nugget. "It's definitely a big juggling act. School work doesn't become a priority on the weekends because I'm in studios (filming Oniva!)"

Anderson is happy to be creating some new material.

"It's actually difficult for in a world where me to listen to the old stuff adults ruled." now, because, first of all I don't sound like that at all," Anderson admitted. "My voice has matured so much."

Anderson is very excited to have more control this go around. Being only 16 when Off the Floor was released, she feels that her maturity level has increased.

"I think I grew up a little faster than some teenagers did because I was in a world where adults ruled. It's not common to find a 15-year-old girl hanging out with 45-year-old guys in a music studio," Anderson said.

"I spent high school going back and forth from Montreal to Edmonton, doing final exams and playing shows."

She is also glad to be free of the constraints of being with a label.

"When you're with a label, you definitely have the pressure of having an image," she said. lyrics and has since the beginning, she feels this go round she has more control over her music style. "It's very eclectic," she said. "There is a love ballad, there is a rock song. I don't like

Although Anderson writes all of her own

to categorize myself into one field of music because I feel inspired by so many different genres." It's not hard to see where

the variety comes from, as Anderson enjoys many different styles of music.

She counts Montreal's Simple Plan among her current favourites, but for Anderson, there is only one true King, as she recently flew to Graceland to take part in the annual Elvis Presley

birthday festivities.

She hopes to have the EP released sometime this spring, and will continue to host the children's program Oniva! (the title is a French play on words for Let's Go) which airs weekends on CBC Télévision de Radio-Canada.

In the meantime, Mae will continue to work on getting her diploma from the Television Arts program.

"I want some sort of higher education, besides high school," Anderson said. "I don't want to be a kid's show host for the rest of my life. Maybe I'll go into anchoring news, who knows?"

Keep up to date with the progress of the album by liking her Facebook page at "OfficialMaeAnderson."

Mae Anderson



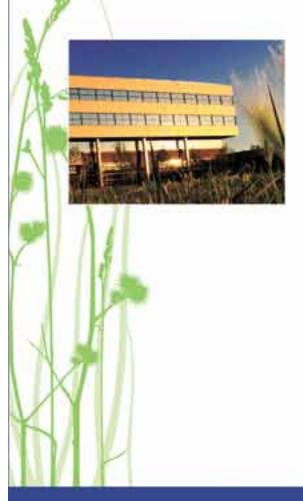


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Walter Vanden Broek, BMgt 2010

leader n. 1 a a person or thing followed by others. 2 a the music group. b a conductor, a group. 3 a short strip of non-f each end of a reel of film connection to the spool. 4 a apex of a stem or of the main dog placed at the front of a tea wire connecting the end of a f





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