

WELCOME BACK TO SCHOOL!

THE NUGGET

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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NEW YEAR, NEW ENERGY

With a new editor-in-chief, the Nugget has plans for 2012 – Editorial page 5



Photo by Laura Dettling

OLD THYME CURLING

Mark Smith watches his homemade curling rock go down the ice at an outdoor rink at Alberta Avenue Park during Deep Freeze festivities on Saturday, Jan. 7. The two-day annual event, between 92 and 94 streets on 118 Avenue, celebrates Ukrainian, Franco-Albertan, Franco-African, First Nations and South American cultures.

Who asked for another beer?



NEWS & FEATURES

Making fitness permanent

By **BART PADJASEK**
Assistant Issues Editor

The year 2012 has finally arrived and with the new year we make new resolutions for the upcoming 12 months.

Ask a group of people in Edmonton what they promised to themselves and you will get a wide variety of resolutions, ranging from better grades, more money and even better relationships with family and friends.

But, guaranteed, the most popular answer will be to get in better shape.

Personal fitness is something that the average person struggles with. Whether it's a question of jobs, motivation or other responsibilities, the treadmill does get neglected at the end of the day.

And for those with the life of a student, it isn't much better.

The new year does bring a surplus of visitors to the local gym but after a couple

of weeks those numbers drop significantly. We caught up with NAIT personal fitness trainer Josee Twerdoski for some tips on how

to work out properly and, more important, how to keep motivated throughout the year.

Start off slowly, but not too slowly

Whether you used to be a gym rat or so green you think most of the equipment looks like torture devices rather than exercise machines, it's best to start off your exposure slowly but constantly.

"Go to the gym three to four times a week, alternating between cardio and weights," says Twerdoski. "Having a rest period of a day or two is good but if a person decides to take more time off from working out, it will be harder to get back and want to work out especially if [they] are a beginner."

Keeping to this pattern will make sure that you work a rhythm and don't get burned out

at the end of the day if you pushed yourself to maximum from Day 1.

Buddy system

Find a workout friend for the semester. Not only can the thought that you have someone relying on you to come to workout sessions keep you consistent but also you would both be able to keep each other motivated through the process.

Set goals but keep them realistic

Like an architect creating a building, the planning stage is the most important part. That goes for your personal fitness as well. We all may have general goals of losing a few pounds that we picked up over the holidays but that's not good enough for a great workout experience.

"A goal should follow five steps. It should be specific, measurable, adjustable, realistic and time based," said Twerdoski,

Keep a journal of your progress. It gives you a better idea of how you are doing on a day-to-day basis and will help with any motiva-

tion you may need.

Take note, though, the most important part is to keep goals realistic. A lot of people make goals that aren't necessarily possible in the allotted time and that can really hurt confidence in the long run and can make working out less fun and more of a chore with little benefit.

Ask the experts

Nobody is expecting you to be a fitness knowledge guru with all the answers. Luckily there are always NAIT personal fitness trainers available to answer questions and give tips on how to do it right and how to achieve your goals.

Alternatively, you can sign up with any trainer for the semester. An advantage to this is the trainer would get to know you on a one-to-

one basis and help you develop a routine and realistic goal for your fitness level.

Following those steps, anybody with a resolution in mind and motivation can succeed when it comes to personal fitness. Remember, the first and most important step is to actually visit the gym and start.



Josee Twerdoski



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Lego League at NAIT



BALJOT BHATTI
Issues Editor

NAIT will once again play host and be a major sponsor for the FIRST LEGO League (FLL) regionals competition. The event will be held on Saturday, Jan. 21 in the gym at NAIT's Main Campus. The event was held at NAIT last year as well.

The tournament will take place from 8:15 in the morning to 3 p.m. on Saturday. All are welcome to attend and parking will be free for the event.

The FIRST LEGO League is a worldwide organization that has been tying in themes of technology and science with LEGO bricks and robotics. It came about as a strategic partnership between the LEGO company and FIRST (For

Inspiration and Recognition of Science and Technology), a scientific organization.

The FLL invites children aged nine to 14 to build robots and contraptions out of LEGO and mechanical parts. The theme, which is influenced by current trends, topics and events, changes from year to year.

Each year, the children are given a wide range of goals to accomplish using their LEGO robots, which they will have built from the ground up. The competitors are expected to build, test and program their robot for the tasks allotted in the short amount of time they are given.

This year, the theme revolves around food – specifically, keeping food safe from contamination. Over 200,000 children around the world will be competing in the contest, trying to build robots that would help in the cause of keeping food and water clean and safe.

Past themes have dealt with a wide variety of issues and topics, like a supposed mission to

Mars, sorting climate change research and dealing with an erupting volcano.

A panel of volunteer judges will determine the winner of the tournament. Competitors will be marked on teamwork, build quality, the research done and the practical application of the devices that they just built.

The FLL is also actively looking for enthusiastic volunteers to be technical, presentation and core values (formerly teamwork) judges. E-mail the FLL at judge@flab.info if you're interested in going.

As an aside, the FIRST LEGO League event last year at NAIT was the very first article I ever wrote for the *Nugget*. It seems only fitting that I would write the preview article this year. I ended up going to the event and having a great time. So if you're at all interested in science, technology or just seeing cool robots in action, come down to the FIRST LEGO League's regional tournament on Saturday, Jan. 12.



Province to rework plans

By BART PADJASEK
Assistant Issues Editor

Premier Alison Redford has admitted to local media that Alberta's GreenTRIP funding initiative may be reworked in the near future. The GreenTRIP initiative has been instrumental in making sure NAIT finally gets an LRT expansion in 2014.

GreenTRIP is a provincial program that provides one-time capital funding to new and expanded public transit in Alberta. The gist of the program is to encourage the development and use of efficient and sustainable transit alternatives, while reducing the number of vehicles on Alberta roads as well as greenhouse gasses.

Consultation

Started in 2008, the program has taken the time to contact and consult with groups such as the Capital Region Board and has done its best to create details and guidelines that suit both stakeholders and government agencies involved in public transit initiatives.

Having a total of \$2 billion in funding available, the provincial government has reserved 40 per cent for the capital area, 40 per cent for the Calgary municipal area and the remaining 20 per cent to other municipalities. The funding is to be "paid on progress," rather than being provided up front. Edmonton's LRT network to McEwan and NAIT was one of its first approved projects.

No cuts

Premier Redford has issued assurances that the funding will not be cut. Instead, the initiative will now look at expanding its vision and look into the larger scale works with an emphasis on greater connectivity between city transportation centres and airport hubs.

"What it is at the moment, and we are not so far along that we can't shift it, is basically a funding envelope for the LRT," Premier Redford told the *Edmonton Journal* recently.

"That's a good thing, because better to have people riding LRT than driving. But that's not part of anything that resembles an integrated public

policy or public transit hub."

The premier told the newspaper that her inspiration comes from European projects such as the Paris-Charles de Gaulle Airport. She cited the importance of public transportation from other European cities to Paris, turning it into an important hub and centre of business.

"To me, that's what I thought GreenTRIP needed to be," Redford said.

No plans have been announced on what exactly the premier is planning by reworking the funding. Observers have speculated that an Edmonton to Calgary fast rail line may be one of these expanded visions.

Students should not be concerned, as the city has already received a commitment for funds for the NAIT and MacEwan LRT lines currently expected to be finished in 2014. The status of future LRT expansions, like the West Edmonton Mall and Mill Woods stations, is more tentative. New batches of projects are expected to be presented to the provincial government for approval early this year.

The City of Edmonton transportation department has not released a statement on the premier's views at this time.



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Premier Alison Redford

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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!

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

Clash of the robots

By **BART PADJASEK**
Assistant Issues Editor

On Jan. 14, NAIT will host Alberta's first Vex Robotic Competition scrimmage.

The event, specifically focusing on kids in high school, is expecting up to 12 teams to arrive at NAIT's Shell Manufacturing Centre and compete against one another.

VEX Robotics is a design system created specifically with young students in mind. Each

robot consists of structural components, motors, sensors and a programmable controller. Competitors build and design their own robots with a particular objective. These robots can be designed to do anything from competing in robotic sports to battling one another.

Some may look simple from afar but they actually consist of multiple complicated processes that make it a challenge at any level. Not only are science, tech-

nology and math skills developed but also, with the team dynamic, students are pushing their boundaries of leadership, teamwork and problem solving as a group. Using theoretical skills, the young students build a tangible product.

According to organizer Neil Wenger, interest in these competitions can lead directly to specialized programs at the post-secondary level.

"A VEX robot is an introduction to a number of disciplines



that are options at NAIT, including Electronics, Mechanical and Computer Engineering technologies. Students will gravitate to the areas they excel in."

Everyone is welcome to come down and check out the students and robots at play.

The scrimmage will be this Saturday from 9 a.m. to noon. This session gives the competitors a

chance to size up their opponents and to test their robots in the field before the big competition next month.

On Feb. 18, the teams will be competing in regional championships, and the NAIT *Nugget* will be there to observe all the action – but until then, come down to the scrimmage sessions and watch some of the kids do battle!

Wikipedia in classroom

By **ANDREW JEFFREY**
The Gateway (University of Alberta)

EDMONTON (CUP) – A handful of University of Alberta classes have introduced Wikipedia to their classrooms as a teaching resource this past semester, despite criticisms about the website's credibility in educational institutions.

The initiative to integrate Wikipedia into classes began in the United States with the Wikimedia Foundation's Wikipedia Education Program but has expanded globally to include classes in Canada and India. Professors use the website by replacing traditional writing or research assignments with students writing Wikipedia articles or improving pre-existing pages.

"In addition to getting all the benefits from a traditional research assignment, (students) are also learning new media literacy skills," said Jonathan Obar,

Wikipedia's education co-ordinator for Canada.

"They're being exposed to a growing Wiki culture, and they're being exposed to a very real and very relevant social media phenomenon."

Obar is responsible for reaching out to Canadian universities and encouraging schools to use Wikipedia.

Originally, the program's goal was to improve the poor quality of many Wikipedia articles on social sciences. Instead of hiring content experts to fix the problem, the idea of giving students the experience to rewrite them was implemented instead.

"The real goal is to promote Wikipedia as a tool for innovative e-pedagogy," Obar said.

"That's the main thrust of the initiative at this point. There are other goals that go along with that, like bridging divides between the university community and Wikipedia, and teaching students new media literacy skills."

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OPINION

— Editorial —

What we want this year



CLAIRE THEOBALD
Editor-In-Chief

Each new year comes with the opportunity for personal renewal and self improvement. Maybe you've resolved to look better, be healthier, try something new or meet new people. Well, here at the *Nugget*, the new year means a brand new eager staff and we've got some resolutions of our own.

We want to look better

For you, this might mean a few extra reps at the gym or a change in your wardrobe. For us, it means sharper photography, with vivid colour and content that captures the eye. With Laura Dettling at the helm as our photo editor, you can be sure our pages will be filled with incredible photography that brings the action to you.

We want to be healthier

No diet or exercise required, the *Nugget* is going to strive to get the story done right the first time. This means getting you the inside scoop on the stories you care about with fair, balanced and accurate reporting that you can trust.

Baljot Bhatti, formerly the assistant Sports editor, will be leading our NAIT news team as the Issues editor. This year, we will have a special emphasis on finding the stories unique to our NAIT community, celebrating our achievements, exploring new initiatives and keeping you in the know about whatever is exciting, provocative and new on campus.

"I'm ... excited with what we can do here at the *Nugget*," Baljot said. "2012 looks to be a promising year and the *Nugget* will be there with the rest of NAIT to see what the new year has to bring."

Joined by Bart Padjasek, assistant Issues editor, our news team is eager to get the stories that matter most to you.

We want to try new things

NAIT always strives to be on the leading edge. Whether that means new technologies, state of the art equipment or new research and teaching techniques, this campus won't settle for anything but the best when it comes to providing you with your educational needs.

At the *Nugget*, we want to keep this spirit alive and pursue new ways of sharing our stories. We are looking at new web based initiatives so you can get your news on the go and catch up with social media trends to keep you in the loop.

While it will take time to organize, you can look forward to a campus newspaper that not only rivals other post-secondary papers, but one that leads the pack when it comes to expanding beyond the pages of our weekly print edition.

We want to meet new people

Our NAIT community is filled with students, staff and alumni eager to get out into the world and shake things up. We are fortunate to be a part of such a diverse campus, with a program for whatever interests a student. These are the people we want to meet. We want to share your stories with you, the way you want to read them.

Our resident Entertainment guru (and, incidentally, Entertainment editor), Christine Vu, has her finger on the pulse of

everything entertainment. Joined by Anika Nottveit, assistant Entertainment editor, the *Nugget* is ready to take you closer than ever to the entertainment stories you can't afford to miss.

"Since I started working for the *Nugget* I've met some really cool people and had the chance to do some interesting things," Christine said. "I'm excited for all the new things I can bring to the Entertainment section this semester and hopefully people enjoy it as much as I do!"

Anika is starting her rookie semester with the *Nugget*, but her enthusiasm to be part of the *Nugget* team is contagious.

"I see it as a unique, changing and dynamic job opportunity," Anika said. "I'm excited to be a part of it!"

With the Ooks lighting up the standings, the *Nugget* has a team of top notch sports reporters ready to bring you into the game. Patrick Knowles is returning as Sports editor and brings his passion for sports into a new year in which the Ooks are expected to continue their successes.

Evan Degenhardt is another fresh face in the *Nugget* newsroom and he can't wait to start digging up the stories behind the stats.

"This paper is all about you, the NAIT student body," Evan

said. "My hope is that we can continue to entertain students and provide a solid newspaper for everyone on campus this semester."

We've got a lot of work to do and we can't do it alone.

To keep up with the constant stream of new and exciting stories, the *Nugget* relies on a team of contributors from across campus. Our contributors sharpen their skills while padding their pocket with some extra cash.

You heard me, cold hard cash!

We're always looking for new talent, ready and eager to help us make the *Nugget* better than ever. Contributors write articles, take photographs, review the latest CDs and movies, even write the horoscopes. There is a little something for everyone at the *Nugget* – all you need to do is show up to one of our story meetings every Wednesday at 12:30 p.m. (don't worry about your lunch, we've got pizza!) with a can-do attitude. Our team of editors will help you with the rest.

We have all of the ingredients we need to make 2012 the best year for the *Nugget* yet. Keep reading!



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Trust us on that. Write us.



SPORTS

VOLLEYBALL

Three out of four not bad



PATRICK KNOWLES
Sports Editor

NAIT's men and women's volleyball teams were back on the court for the first time in the new year with a home and away series against Lakeland.

The men's team had no problem taking care of business as they put forth a solid team effort and came away with 3-0 set victories both on Friday in Lakeland and on Saturday at home.

The NAIT women's volleyball team hit a bit of a speed bump Friday at Lakeland, losing 3-1, but rebounded nicely at home Saturday with 3-0 victory.

6-6 record

The men's team is looking for a strong push in the second half of the season. Sitting with a record of 6-6 after sweeping Lakeland this weekend, they're in the middle of the pack when it comes to the standings but are only six points out of first place with just over two months to go in their season.

On Friday night, it was all NAIT as the men won their sets 25-20, 26-24 and 25-19. Player of the game honours went to first-year setter Mike Wickstrom.

In the return match at home on Saturday night, NAIT took care of business, winning 3-1 (25-13, 25-16, 25-22). Anton Borodyuk was awarded player of the game honours for his play on Saturday night.

Coach pleased

Coach Simon Fedun was pleased with how his team preformed in getting its overall record back to .500 and is looking for the victories from this weekend and the strong play in an exhibition tournament the previous weekend to help his team go in the right direction for the second half of the season.



Photo by Laura Dettling

NAIT women celebrate their 3-0 win over Lakeland on Saturday.

"We had a really good exhibition tournament at MRU, going 3-1, and I thought that we brought a fairly high level of consistency into the first weekend of the second semester," he said.

"Mike Wickstrom started and played all six of our matches since we have come back from the break and he has performed extremely well. It's a nice way to start the second half and hopefully we can carry some of this momentum into next weekend versus Concordia."

The women were looking to continue and build off their strong first half of the season, which had them in third in the ACAC standings with a solid record of 8-2.

Friday night the team just wasn't themselves, making uncharacteristic unforced errors and just not playing the calibre of volleyball that they have come accustomed to playing.

The women started off strong, winning the first set on Friday night 25-22, but lost the second 25-20 and then the wheels fell off as they lost the third set 25-9. NAIT put up a good fight in the fourth set but came up just short, losing it 25-16.

Saturday night was a different story for the women, as they came home and defended their home court, taking the match 3-0 (25-21, 25-16, 25-23) to leave them with a record of 9-3 on the season, just four points out of first place in the ACAC.

Taylor Smith was player of the game on Friday and in the two weekend matches turned in 14 kills, 22 digs, one stuff block and two service aces. Sara Buchaski took home player of the game honours on Saturday night.

When asked how she felt her team played on the weekend, head coach Erminia Russo

Thorpe said: "Friday night was probably our worst match of the season. Prior to this weekend we had trained with the University of Alberta for a few days and then played in the Mount Royal tournament where we played well, finishing fourth.

"On Friday, we struggled with our service reception and our offence had trouble getting the ball past Lakeland's block," she said.

"On Saturday, I was impressed how the team turned things around with very good serving and serve receive. Plus, each individual player seemed to take on the responsibility to do their own job and improve on their performance from Friday night."

Next up for the men and women is Concordia on Friday, Jan. 13 at NAIT at 6 p.m. and Saturday, Jan. 14 at Concordia, also at 6 p.m.

WOMEN'S BASKETBALL

Ooks trounce RDC Queens

By EVAN DEGENHARDT
Assistant Sports Editor

The NAIT women's basketball team was in action over the weekend. It was the Oaks' first game back after the holiday break and NAIT was facing off against the Red Deer College Queens.

Before the break, the Oaks were sitting in the middle of the pack in the North Division and they were looking to try and make a push towards the division leaders.

NAIT came out and played a great game, dis-

playing a well-balanced team performance en route to an 83-58 win over the Queens.

As a team, NAIT shot just under 50 per cent from the field and made 10 of 25 from the three-point line, which was almost triple what Red Deer managed to accomplish. The Oaks' three-point dominance served to cushion their lead when Red Deer pushed to make a comeback.

However, Red Deer dominated in the free-throw category, shooting almost 80 per cent. As a team, NAIT put forth a solid effort, but there were

a few individuals who played a major role.

PJ Wells scored a total of 23 points, including seven three-pointers. More impressive was the fact that Wells was one shot shy of tying the ACAC all-time single game three-point record! Wells also had two rebounds and one block during the game.

Josephine Peacock also had an exceptional game, playing a team-high of just under 26 minutes. Peacock scored 22 points, had nine rebounds, four steals and was named the ACAC

player of the game. Janice Phung also made an impact with 10 points and two steals.

When asked about his team's efforts, coach Todd Warnick had nothing but praise.

"I was very happy with the way we played. We shared the ball and got key contributions from every member of the team."

Currently, NAIT sits in a three-way tie for second place in the North Division with 12 points. Next up, the Oaks will face SAIT Polytechnic on Jan. 14.

HOCKEY

Women split with SAIT

Stories by **EVAN DEGENHARDT**
Assistant Sports Editor

Over the weekend, the NAIT women's hockey team split two games against the SAIT Trojans. It was the Oaks' first home and away series of the new year and they were looking to start things off in the right direction.

The Oaks played in the SAIT Arena on Friday night and on an interesting note, this was coach Deanna Iwanicka's first game in the SAIT arena since starting with NAIT in 2008. However, the Oaks came up short on Friday, losing 2-1 to the Trojans.

Saturday night was a completely different story.

It was NAIT's first home game back and there was a good energy in the building. To the pleasure of the home crowd, the Oaks came out on top, winning the game 3-1.

Friday night's game was a back and forth defensive battle. SAIT got on the board first, at the 14-minute mark in the first period. Both teams traded chances but the score remained unchanged until the third period.

The Oaks came out in the third period and put the pressure on early. NAIT's efforts paid off, as they tied the game up at 1-1 early into the period. Although NAIT almost doubled SAIT's shots on net, it was the Trojans who ended up potting the game's go-ahead goal at the 13-minute mark. This goal would eventually prove to be the game winner.

Heading home, the Oaks were looking

for a little retribution and a win on their own ice. With the hometown crowd behind them, they came out flying. They dominated the play early on and Karli Reeve scored the game's first goal at the eight-minute mark of the first period, which ended with NAIT up 1-0.

The second period proved to be more of

the same. NAIT took control of the puck and continued to put up chances. NAIT's Sherri Bowles put the Oaks up by two goals on a great overall line effort. SAIT bounced back in the third period and the Trojans came within one on a powerplay goal at the six-minute mark.

SAIT was desperate to tie the game and they pulled their goalie in the final minutes. However, the Oaks' pressure was just too much for the Trojans and Michelle Pochapsky scored an empty-net goal, solidifying a 3-1

win.

There were numerous players of the game for the Oaks. Bowles, Pochapsky and Gabrielle Pelland were all difference makers. All three of them played strong in all situations and on all areas of the ice. According to coach Iwanicka, Lindsey Brouwer also deserved some recognition.

"Lindsey had her best weekend of play, so far, as an Oak. She got off some great point shots, played smart and supported her teammates well on and off the ice."

When asked about her thoughts on the next half of the season, Iwanicka said, "We have high expectations of ourselves. We are



Deanna Iwanicka
'High expectations'



Photo by Laura Dettling

A NAIT Oak, left, fights off a SAIT Trojan during a game Saturday night at the NAIT arena. NAIT won the contest 3-1.

looking to improve our record and in order to do this, we are going to need to improve our specialty teams and continue to get strong goaltending.

"We also need our best players to continue to strive to improve and be the best.

To do that, everyone needs to keep challenging each other in all areas. We committed together to challenge today. That is our recipe for success."

Next up, the Oaks head to Red Deer on Jan. 12 to take on the Queens.

MEN'S BASKETBALL

A close loss

The NAIT men's basketball team's first challenge of the new year was against the Red Deer College Kings. Despite a well-rounded team effort, NAIT lost 70-65.

Although the score was close at the final buzzer, it could've been much worse for NAIT. An injury plagued Oaks team came out cold versus the Kings and dug a 12-point hole in the first half.

NAIT went 24 for 69 in field goals and they shot a dismal 30 per cent on the three-point line, while Red Deer managed a difference making 46 per cent. Red Deer shot just over 40 per cent in their field goals. Where the stats differed was on the three-point line. Red Deer was hot from downtown, shooting almost 46 per cent. Despite the difference on the stat sheet, in regards to shooting percentage, the Oaks kept the game close.

The team bounced back in the second half, tying the game at 61-61 before sloppy execution down the stretch cost them. There were a few individual players who played an integral role in NAIT's ability to keep the game close.

Jordan Reiter took in the team's top minutes with just over 36. Reiter also tallied 14 points, six rebounds and two steals. Corey Saban potted nine points, grabbed five rebounds and had four steals during the game. Kyrie Coleman stood out, playing just over 33 minutes and netting 12 points. He also had six rebounds and one steal during the game.

Despite the loss, NAIT still sits in excellent position in the North Division. The Oaks are only four points back of Lakeland for the outright lead and the team has high expectations for the second half of the season.

When asked about his team's efforts, coach Mike Hansen placed the blame on himself.

"I expect our players to take responsibility when they make mistakes, so I need to do the same. I didn't have these guys prepared. I thought we could play through our injuries and that some of the players would pick up the slack for our injured guys, but it didn't happen. I won't let that happen again."

The Oaks will head out on the road next to face SAIT on Jan. 14.



Athletes of the week

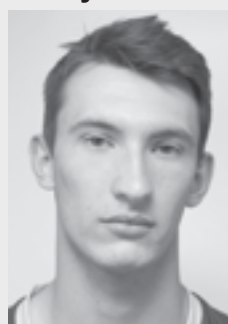
January 2-8

PJ Wells Volleyball



This past weekend, PJ helped to anchor the Oaks to an 83-58 win over the RDC Queens with a 23-point performance. PJ shot an amazing 50 per cent from beyond the arc on her way to hitting seven three-point shots. In addition to her stellar outside shooting, PJ also hauled in two rebounds and recorded a block and a steal in the win for NAIT. "PJ is a game changer who makes very few errors and is that all-round player every team wants," said head coach Todd Warnick. "She was one three-point field goal make away from the ACAC record for most three-point field goal makes in a single game." PJ is in her fourth year in the Graphics Communications program. She is from Edmonton.

Anton Borodyuk Volleyball



Anton had a huge weekend at the net for the NAIT Oaks men's volleyball team, leading his squad to two straight-set victories over the Lakeland Rustlers. Anton had 13 blocks, eight kills, four digs and one service ace in the two contests. "Anton has been our best blocker since the start of our season," said head coach Simon Fedun. "He has started every league game and has developed into one of the better mid-dles in the ACAC." Anton is a third-year Business student and is from Edmonton.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	16	13	12	1	0	2	72	34	28
SAIT	16	12	12	3	1	0	77	35	25
NAIT	16	12	12	3	0	1	62	41	25
Augustana	16	12	10	3	0	1	83	39	25
Portage	16	4	3	10	1	1	40	75	10
MacEwan	16	4	4	11	0	1	46	62	9
Concordia	16	3	3	10	2	1	45	84	9
Briercrest	16	0	0	15	0	1	38	93	1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	14	10	10	3	1	0	50	21	21
NAIT	14	9	7	5	0	0	35	34	18
MacEwan	14	6	5	3	2	2	26	25	16
SAIT	16	5	4	7	1	3	33	47	14
Red Deer	14	2	1	8	1	3	16	33	8

RESULTS

January 5

RDC 1, MacEwan 0 (OT)

January 6

SAIT 2, NAIT 1, MacEwan 2, RDC 1

January 7

NAIT 3, SAIT 1

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Lakeland	10	10	0	20	969	788
NAIT	11	8	3	16	937	839
Keyano	10	6	4	12	861	760
Concordia	10	4	6	8	702	706
Augustana	10	4	6	8	704	797
MacEwan	10	3	7	6	795	759
King's	10	3	7	6	699	839
Grande Prairie	10	3	7	6	715	866

South Division

Mount Royal	9	8	1	16	728	574
Medicine Hat	10	6	4	12	829	768
SAIT	10	5	5	10	831	864
Red Deer	10	5	5	10	770	807
Briercrest	10	3	7	6	764	853
Lethbridge	10	2	8	4	746	840

RESULTS

January 7

RDC 70, NAIT 65

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
MacEwan	10	10	0	20	728	506
Lakeland	10	6	4	12	680	649
King's	10	6	4	12	738	693
NAIT	11	6	5	12	685	614
Augustana	10	5	5	10	628	626
Concordia	10	3	7	6	588	635
Grande Prairie	10	3	7	6	560	679
Keyano	10	2	8	4	594	765

South Division

Mount Royal	9	8	1	16	657	514
Lethbridge	10	7	3	14	586	597
SAIT	10	6	4	12	662	564
Medicine Hat	10	5	5	10	658	633
Red Deer	10	2	8	4	536	653
Briercrest	10	1	9	2	469	616

RESULTS

January 7

NAIT 83, RDC 58

MEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Briercrest	12	9	3	30	14	18

S	Mount Royal	12	9	3	30	16	18
S	Red Deer	10	8	2	27	15	16
N	Keyano	12	8	4	27	18	16
S	SAIT	12	8	4	27	21	16
N	MacEwan	12	7	5	27	19	14
S	Lethbridge	12	7	5	27	20	14
S	Augustana	12	7	5	25	21	14
N	NAIT	12	6	6	24	21	12
S	Medicine Hat	12	6	6	24	25	12
N	King's	10	3	7	15	26	6
N	Grande Prairie	12	2	10	16	30	4
N	Lakeland	12	2	10	10	32	4
N	Concordia	12	0	12	5	36	0

RESULTS

January 6

NAIT 3, Lakeland 0

(25-20, 26-24, 25-19)

SAIT 3, GPRC 2

(26-28, 24-26, 25-20, 25-18, 15-11)

Augustana 3, Keyano 1

(17-25, 26-24, 25-23, 25-23)

Briercrest 3, Lethbridge 1

(25-19, 23-25, 25-21, 29-27)

MRU 3, MHC 0

(26-24, 25-11, 25-16)

January 7

NAIT 3, Lakeland 0

(25-13, 25-16, 25-22)

MRU 3, MHC 0

(25-18, 25-18, 25-21)

SAIT 3, GPRC 2

(21-25, 28-26, 25-18, 21-25, 15-10)

Augustana 3, Keyano 2

(25-27, 22-25, 25-19, 25-19, 15-12)

Lethbridge 3, Briercrest 0

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

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Medicine Hat	12	11	1	34	8	22
S	Mount Royal	12	10	2	32	11	20
N	NAIT	12	9	3	30	11	18
N	MacEwan	12	8	4	27	15	16
N	King's	10	6	4	20	16	12
S	Lethbridge	12	6	6	21	21	12
N	Grande Prairie	12	6	6	22	22	12
S	SAIT	12	6	6	22	22	12
S	Red Deer	10	4	6	16	20	8
S	Briercrest	12	4	8	20	26	8
N	Lakeland	12	4	8	16	26	8
N	Keyano	12	4	8	15	29	8
N	Concordia	12	4	8	14	28	8
S	Augustana	12	0	12	4	36	0

RESULTS

January 6

Lakeland 3, NAIT 1

(22-25, 25-20, 25-9, 25-16)

SAIT 3, GPRC 1 (25-22, 27-25, 19-25, 25-22)

Keyano 3, Augustana 2

(25-12, 18-25, 20-25, 26-24, 15-6)

Briercrest 3, Lethbridge 1

(25-18, 21-25, 25-11, 25-13)

MHC 3, MRU 2

(20-25, 27-25, 20-25, 25-15, 15-8)

January 7

NAIT 3, Lakeland 0

(25-21, 25-16, 25-23)

MRU 3, MHC 1 (26-24, 20-25, 25-11, 25-20)

GPRC 3, SAIT 0 (25-17, 25-19, 25-23)

Keyano 3, Augustana 1

(13-25, 25-10, 25-23, 25-18)

Briercrest 3, Lethbridge 0

(25-20, 25-12, 25-12)

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ENTERTAINMENT

No meltdown at Deep Freeze



Photo by Laura Dettling

Chain saw ice sculptor Robert Woodbury prepares his show-piece carving at Deep Freeze.



CHRISTINE VU
Entertainment Editor

A little warm weather didn't stop the fifth annual Deep Freeze Festival that took place this past weekend on Alberta Avenue. In fact, with temperatures sitting around 7 C, it made this year's theme, *Surf's Up: A Snow to Sand Winter Adventure*, all the more suitable.

The Deep Freeze Winter Festival is organized by Arts on the Ave, an organization with an initiative to put life back into Alberta Avenue. The streets between 92nd and 94th were transformed for the two-day event.

To celebrate the Julian New Year, the Byzantine festival included a mix of old and new traditions from

many different cultures, making it one of Edmonton's most vibrant festivals.

Deep Freeze puts the spotlight on Ukrainian, Franco-Albertan, Franco-African, First Nations and South American cultures, and what better way than with a feast.

Saturday started off the family friendly party with some tourtiere, tarte au sucre and, of course, cabane a sucre. Kids and adults alike enjoyed the old tradition of rolling maple syrup in snow to make taffy that can be eaten on the spot.

Throughout the weekend, you could also find some other tasty bites. Perogies, cabbage rolls and borscht were also on the festival menu. A full pig roast on Sunday ensured that no one left hungry.

The smell of delicious food wasn't the only thing in the air. Live music and performances were also a big part of the festival. These included Ukrainian and Aboriginal dances.

Alberta Avenue is strongly driven by the local arts community. An art

market with about 50 vendors was a highlight for many. Local artisans were able to share their crafts and people were even able to make some crafts of their own.

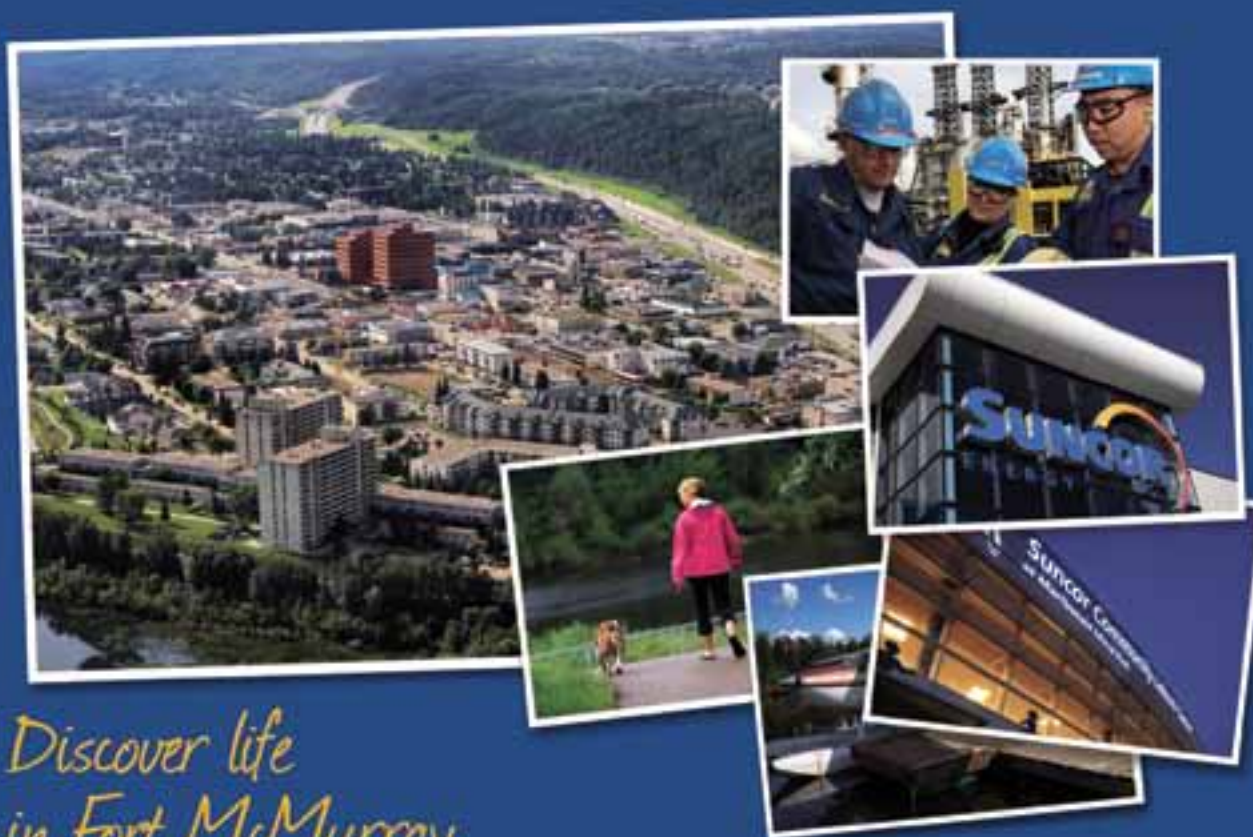
One of the things that makes Deep Freeze so special is the amount of things you can do at the festival, even in winter – especially in winter. The outdoor activities included ice skating, old time curling and even mini golf. Even though there was hardly any snow on the ground, the winter festival was complete with snow and ice sculptures that fitted the beach theme. To top previous years and any other winter festival, deep-freezer racing was added to this year's festival, bringing new meaning to the traditional Deep Freeze.

This winter's unusually warm temperatures brought out one of the biggest crowds the Deep Freeze Festival has seen. With other winter festivals on the way such as Ice on Whyte and the ongoing Metropolis Festival (see page 13), the winter season is just warming up.

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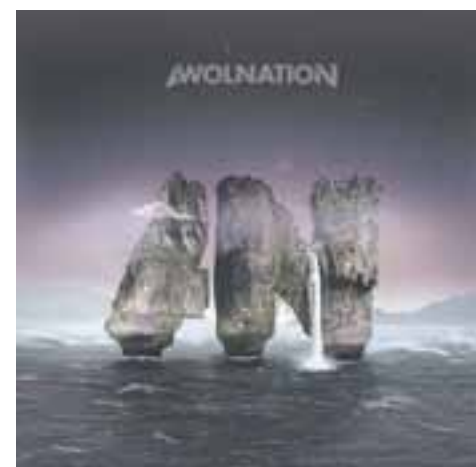


By MIKE JONES

With temperatures hovering above zero in Edmonton in the middle of January, one can't help but wonder whether the weather gods have lost their marbles. But sometimes insanity can be beneficial, as is the case with our warm weather, and also the case with this list of eclectic, strange songs. Today we pay tribute to the tortured musician, or at least those willing to bend the rules and create something that we have never heard before. It's people like them who keep us guessing and help keep music

interesting.

1. Knights of Shame – AWOLNATION
2. Chicago – Sufjan Stevens
3. Across the Universe – The Beatles
4. April 11 – The Bunny The Bear
5. Do You Call My Name – Ra
6. Miracle Mile – Down With Webster
7. Rise, Killbot, Rise!!! – Ghoul
8. Alive and Amplified – The Mooney Suzuki
9. Dark Fantasy – Kanye West
10. Brian Wilson Is A.L.I.V.E. – Rich Aucoin



BOOK REVIEW

A page-turner, start to end

By ANNA ESTANISLAO

If you ask me how I would describe Suzanne Collins' *The Hunger Games* series, it would go like this: It's a bit of *Survivor*, with a little dash of *The Condemned* (starring wrestler Stone Cold Steve Austin).

The Hunger Games is filled with suspense, drama, action and more, with ever-evolving characters that you will learn to love or hate so dearly.

It has a storyline that will keep you hooked until the end and a heroine that beats Bella Swan (of the *Twilight* series), any time.

The Hunger Games is the story of 16-year-old Katniss Everdeen, who lives with her beloved little sister and mother in a dystopian world in the 12th district of Panem, where North America used to be.

The main city of Panem is Capitol, which holds power over the 13 surrounding districts. A rebellion occurred years ago against the Capitol and, as punishment, the Capitol holds a televised event every year where one boy and girl "tribute" between the ages of 12 to 18 are randomly selected from each district to kill one another until only one remains. This is

known as the Hunger Games.

Everything changes for Katniss when she hears her sister's name as the girl tribute. Katniss takes her place to save her little sister's life and is thrust into the game to fight not only for her own survival but also for those she loves the most.

Collins not only wrote a riveting plot but she wrote in an unpredictable way.

Basically, Panem works as a dictatorship. It isn't like America any more, where it is the "land of the free." It's a cruel and crumbling world where the inhabitants must help each other in order to live.

Compared to other fictional heroines, Katniss is one of the strongest. She is independent, strong, smart, determined, a highly skilled archer and hunter, compassionate and fearless. Katniss Everdeen is pretty badass.

There's a lot of hype on the series and the book does live up to it. There's not a dull moment.

All in all, I couldn't put this book down. It left a hole in my heart almost as big as the Harry Potter series did.



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Metro festival

By ANIKA NOTTVEIT
Assistant Entertainment Editor

It is the dead of winter in Edmonton. Usually with temperatures dropping, Edmontonians don't step foot outside unless necessary, right?

Well, Events Edmonton is keeping arts and culture alive and outdoors, even in winter. For the first time, Edmonton is hosting an international festival in Churchill Square called Metropolis Festival. It is a great time to support local artists and celebrate original art.

Giuseppe Albi is the general manager and founder of Metropolis, which lets people know that a cold climate city can still have festivals.

"This is the first year we've tried it," Albi said. "We had a desire to do a winter festival. Our city is an industrial one but arts is a big part of it as well. We would like to tie these two areas together."

Events started with a big New Year's Day kickoff and they will continue until Feb. 20.

Local designers and artists present their work in creative ways. Many of Canada's top crafters, artists and designers will be attending.

Actors and dancers take the stage as well. For example, the Firefly Theatre is presenting a show called Sky Life, celebrating the northern lights through dance, acting and circus.

Metropolis will celebrate the different cultures within our city. There will be an event for Chinese New Year involving a dragon and many other examples of Chinese culture.

There will also be a fashion part to the festival, including showcases from local stores such as The Bamboo Ballroom, Urban, Gravity Pope and Meese. A designer showcase is also on the schedule. A competition for best winter outfit will be held as well as a fashion showcase from Holt Renfrew. A live feed of fashion shows will also be playing.

There will be opportunities to participate, including getting a makeover.



The Hand-made Mafia features the creations of over 200 artists, with much original, local work

available.

Some events allow audience participation. There will be a session with philanthropists who will fund a project presented and chosen during that time. Special activities will celebrate Family Day in February.


Everything is free, aside from the food booths, alcohol and a slide.

Volunteering is also an option.

NAIT is part of the festivities, with photography alumni setting up a Red Carpet booth.

"The main goal is to bring about a partnership with industrial schools like NAIT and let people experience the opportunities available. Edmonton has a cold winter," Albi said. "It's good to see how working in these conditions is still a reality."

Taking advantage of this mild winter should be a reality for most city dwellers. The schedule and details can be found at metropolisedmonton.ca. Check it out before you miss out!



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Tuesday, January 31
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Registration opens: January 20
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To register visit:
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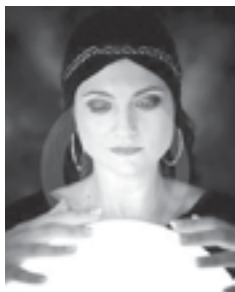

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 12-18

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

Capricorn (Dec. 22-Jan. 19)

For some of you unlucky Capricorns, your birthday falls right before Christmas. Don't lie, I know that must have sucked

for you. Fewer presents and sharing your birthday with Jesus must have given you quite the complex. Make up for it by treating yourself.

Aquarius (Jan. 20-Feb. 18)

As you may know, we are approaching the dawning of the age of Aquarius. Sounds cool, right? Maybe, but it also might bring about the end of mankind as we know it. Basically, if December rolls around and the world decides to end, I'm going to go ahead and blame you. Thanks a lot, jerk!

Pisces (Feb. 19-March 20)

Don't just waltz over and climb into the back of a stranger's windowless van, hold out until they offer you candy. You're worth it.

Aries (March 21-April 19)

I sense that you have been longing for something you lost and it has caused you great frustration and sorrow.

Try looking under the couch cushions.

Taurus (April 20-May 20)

You know the time that person told you "it's not you, it's me"? They lied. It's totally you.

Gemini (May 21-June 20)

You are absolutely amazing, and everyone knows it. Anyone who tells you otherwise is just jealous and you should make a point of rubbing it in.

Cancer (June 21-July 22)

Don't be such a crab! It's time for you to scamper out of your shell and seize the day. What are you waiting for? Scamper!

Leo (July 23-Aug. 22)

I predict this week you will read a horoscope so vague and general that it will seem like they wrote it just for you. I suggest following their advice blindly and without question.

Virgo (Aug. 23-Sept. 22)

Remember, it's not about how your butt looks in those pants, it's about how those pants look on your butt.

Libra (Sept. 23-Oct. 22)

Holiday overspending has you haunted by ghosts of credit past. Either you can scrounge up some extra cash and pay down your debts, or you could try spending extra money and hire an accounting exorcist. Either way.

Scorpio (Oct. 23-Nov. 21)

No matter how lonely you feel, resist the urge to adopt 17 cats. Trust me on this, you can thank me for it later.

Sagittarius (Nov. 22-Dec. 21)

You know how you said that there was no way you were going to turn into your parents? They said the same thing when they were your age.

RESTAURANT REVIEW

Fe, fi, pho, fun

By KEVIN TUONG

Despite this year being warmer than past winters, one of the best meals you can have on a chilly winter day is Vietnamese pho (properly pronounced like 'fuh' like 'fuh' or 'duh' but with replaced 'D' with 'F').

The basic pho consists of beef, onions, green onions and bean sprouts. If you feel like being more adventurous, pho can be customized to your liking in the menu with things like beef tendon, brisket, meat balls, etc.

Pho restaurants can be found all over the city, but the place I'm talking about today is Pho Hoan Pasteur. The name seems odd, unless you remember that Vietnam was once a colony of France.

The decor is comfortable and clean (unlike some Vietnamese restaurants), food arrives quickly even during peak hours and the noodles are pretty good. But best of all, they're along Kingsway

Avenue (near Superstore) and open at 9 a.m. If you're like me and happen to have an early lunch break at 10 a.m., you can go for one of the tastiest, most satisfying and stomach-warming breakfasts ever.

Service is not something you get or expect from the majority of Vietnamese restaurants. Aside from your food arriving quickly, the waitresses don't really check up on you and their English can be difficult to understand. This means they don't understand you very well either, at least, not beyond the English contained in the menu. Keep in mind though, that this is true for a lot of Vietnamese res-

taurants and not just this particular place.

Their broth is flavourful without being salty and doesn't make you thirsty. "Authentic" broth is supposed to be cooked for roughly three days but doing that here is impractical if not against regulation. Still, their broth is cooked from before they open till the end of the day.

If you're up for something spicier, then try their Bún bò Huế. It's a spicier broth that's loaded with flavour that will make you feel warm, even on the coldest of days. The noodles are also thicker, slipperier and have a more tender texture.

One thing I really like about this place is the complimentary jasmine tea. They put a small amount of pandan leaves into the tea, which gives it a very unique and relaxing aroma.

If you find that your mouth is too hot from the soup, you can also try the smoothies, which, simply put, are quite good.

As most Vietnamese restaurants do, they also offer rice dishes, typically with egg, spring rolls and pork chop. It's not bad, but there is better out there, so stick with the pho!

So far, I'm satisfied with every meal from this place. It's close to NAIT, the food is affordable (\$6-\$8 per bowl) and tastes good. They open early and the food arrives quickly. Aside from a lack of English, there's no downside to this place at all.

Even if you're not intrigued or not interested in soup noodles, I still recommend you give this place a try. Chances are you won't be disappointed.



Photo by Kevin Tuong

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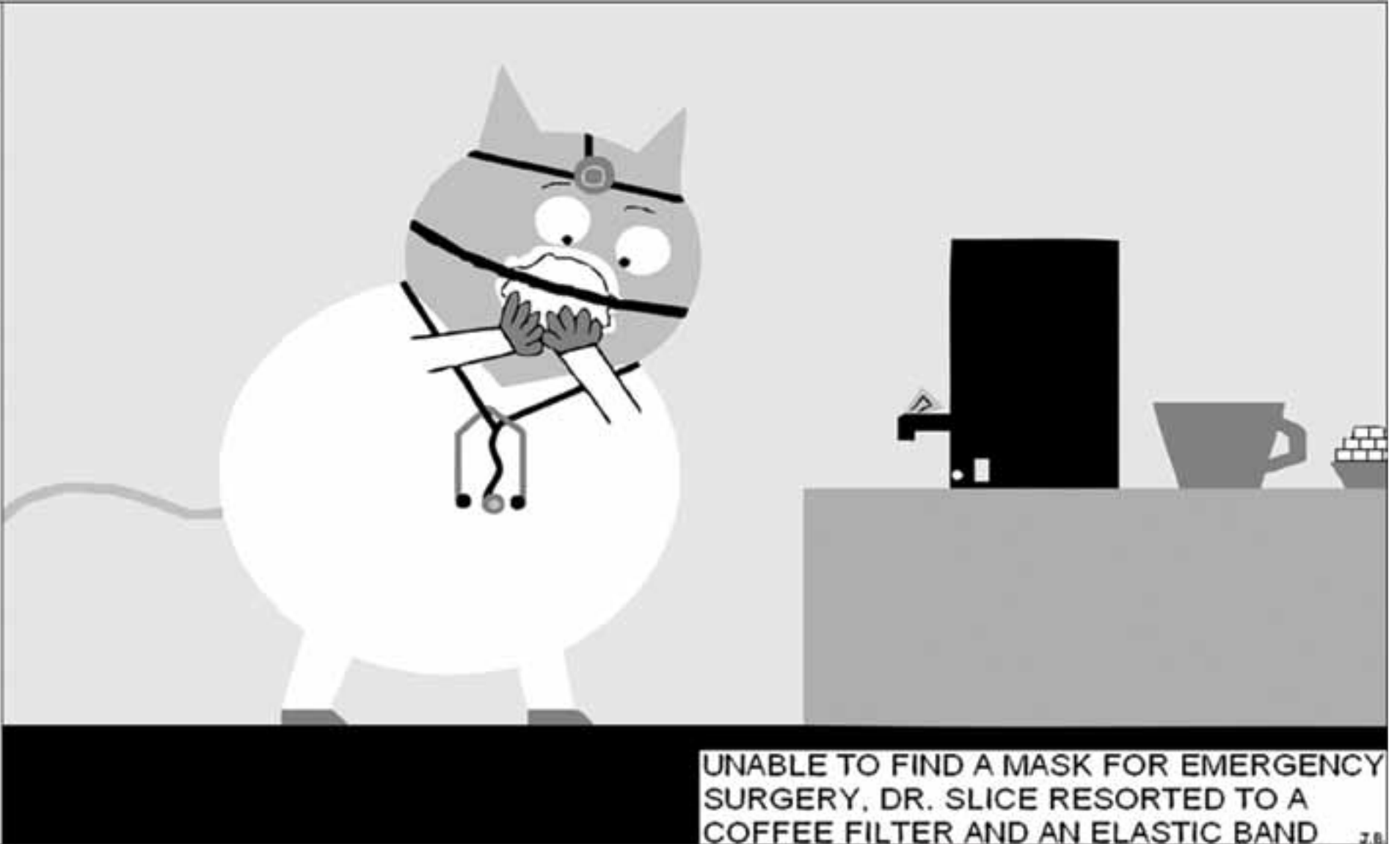
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THE NUGGET PRESENTS:

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Cartoon by John Benesch

A star-studded production

By KARL GARNEAU

The Adventures of Tintin is a film that's star-studded not only on the cast side but on the crew side as well.

Jamie Bell (you may know him best as Jimmy "the kid" from Peter Jackson's *King Kong*) and motion capture guru Andy Serkis play the roles of the iconic junior reporter Tintin and the drunken sailor Archibald Haddock. The Simon Pegg/Nick Frost duo make an appearance as the clumsy coppers Thomson and Thompson. Lastly, Daniel Craig plays the role of the villain, Red Rackham.

You may say, "that's pretty intense!" Wait until you take a look at the crew. Steven Spielberg, director. Peter Jackson, producer. Edgar

Wright, writer. All three are some of the biggest names in movies that aren't Christopher Nolan or David Fincher.

In all honesty, I was nervous going into the movie. After all, we've seen the results of big-name directors going into a new adaptation of an old classic with bigger, newer ideas for the purposes of selling more movie tickets. Said result of that (to my most recent memory) was *Indiana Jones and the Kingdom of the Crystal Skull* ... Oh ... *Tintin* was great, though. It was a relatively cheesy adventure flick that would've been the

most epic thing back in the years between 1907 and 1983 – you know, the time *Tintin* the cartoon was made? Logically, this kind of "done

before" aspect would be from a mind like Spielberg – who often cites the old TV serials and movies from the times when he was a kid as his film inspiration. Back in those days, a plot we would nowadays call "cheesy" and "predictable" would instead be revolutionary and fresh. I can respect that.

I'm not forcing you to think the same. Cheese aside, there is no shortage of comedy, good old-fashioned punch-ups, sword fights,

car chases and explosions. You may claim that some of the action may come across as ridiculous and cartoony. I admit that's the case, but look at the source material.

If there were one thing that I, as a filmmaker, would have changed, it would be to cast someone else as Tintin. I didn't like Bell's relatively over-dramatic, exposition-spewing voice for the intrepid reporter who plays Indiana Jones crossed with James Bond every second day. In a way, the recorded lines sounded disconnected from the action.

Otherwise, Haddock is hilarious, the animation is the best I've seen outside a Pixar movie and I had an excellent time at the theatre.

Now, where did I put that whiskey ... ?



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My Sister Ocean rides a tide



By TAYLOR JACKSON

Going against the regular flow of the music business, Edmonton's own rock duo, My Sister Ocean, takes risky yet accommodating measures to make sure their music is heard and well received.

Holden Daniels and Eugenio Pacileo started playing together back in 1996, gaining and then losing past band members but remaining a strong pair for almost seven years.

Holden, the fast talking, "only excited by new things," vocalist and bass player of the band, talks about their new album and their creative move of releasing one song per month for the year of 2012.

Nugget: How did you go about deciding that releasing one song per month was a good idea? You did the same for your 2010 Album *The Month of Tuesday*. Was there a plan behind that?

Holden: Releasing one single per month is an idea that came to me after I noticed that as an indie band, every time we release a single we get featured on at least a few stations nationwide.

I was hoping that by releasing a single every month we would be featured more often and it would add up to something more significant.

By the end of 2010, we had charted in the national Active Rock Top 100 four times and hit No. 3 on XM Satellite (The Verge), in addition to being on Air Canada's November enRoute playlist on all flights. Prior to 2010, we had never cracked the Top 100.

N: FUNCTION CONTROL OPTION COMMAND – What is the inspiration behind the new intriguing album name?

H: FUNCTION CONTROL OPTION

COMMAND are the four buttons on the bottom left of my MacBook, in order. I like how the words become something militaristic when spoken together.

Beyond that there are so many uses of each key together and with other letters, it just struck me as an idea that stood for more than just one thing.

N: Is there a theme with all the songs you will be releasing this year?

H: There's no main theme for the album, but recurring themes amongst the songs are:

1. Question everything.
2. Be individual and/or embrace yourself.

N: Do you have a favourite song from your career?

H: My favourite song from my career is "Falling Away from The Month of Tuesday."

N: Why that one?

H: I wrote it, recorded it, mixed it and mastered it in 3.5 hours. We sent it to radio the next day and it charted nationally within two weeks and eventually peaked at No. 52.

I improvised the lyrics and the whole chorus was thought of and executed in one take. I then doubled the vocal (I sang again over top, a studio technique to "thicken" the sound), but didn't debate over changing the melody or lyrics or anything.

Most of the time I'll write something down and really toil over a melody, but with this song I went with a gut instinct and just trusted it immediately.

N: What have been some of the setbacks My Sister Ocean has faced?

H: Setbacks have included listening to the wrong people, not listening to the right people, and more importantly not listening to ourselves.

We've had a few successes now, but I can



mysisterocean.com

Holden Daniels, left, and Eugenio Pacileo of My Sister Ocean.

honestly say they all came from making a lot of mistakes. We've learned things the hard way.

The biggest thing I learned is that the songs come first and everything else comes after.

N: Do you have any optimum goals you would like My Sister Ocean to achieve?

H: The main goal nowadays is to get true creative fulfillment from the process. We want to write songs that we love and hopefully people enjoy. Everything else is gravy.

N: How do these songs ever describe your

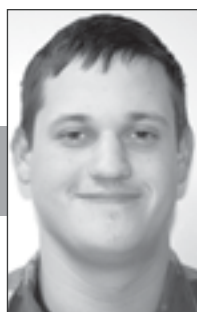
personality and who you really are?

H: One of our songs, "Behind Me Now," probably gives the most insight into my personality. It deals with a theme of having no regrets, fighting for your dreams and recognizing that there are good days among the bad and vice versa.

Keep your eyes (and ears!) open for one new song to be released every month this year, as the full album will be released in November. In the meantime, you can enjoy their January release, "Am I Wasting My Life."

THE NUGGET PRESENTS:

Dr.CONwisDOM



MIKE MARSHALL
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

Over the holiday break, my boyfriend and I flew to visit his parents on the East Coast. During the flight he tried to coax me into joining the "mile high club." I refused, but looking back I can't help but wonder: just how much fun is this club?

Sincerely,

"Chicken or something that smells like fish"

Dear "Chicken or something that smells like fish"

Being that my talents are always in demand, I've had to fly to many places around the globe.

I guess what I'm saying is, yes, I am in fact a card carrying member of the MHC. Unless you're as flexible as Nadia Comaneci or you enjoy a claustrophobic kiss in the dark, stick with the free ginger ale and peanuts.

...

Dear Dr.CONwisDOM

This is gonna be the semester for me, bro! I'm hookin' up with all the girls in my class. You got any tips that could help a brother out?

Sincerely,

"Gym, Tan, Herpes"

Dear "Gym, Tan, Herpes"

You should learn from your cleverly stupid name. You're just aching for Sunday morning fire-piss and an embarrassing trip to the medi-centre. My tip would be to focus on your studies and get the diploma you're after ... and that's not at all because I have a big academic gun to my head.

...

Dear Dr. CONwisDOM,

Here it is, almost a full month after the holiday season and my boyfriend refuses to take off his very ugly Christmas sweater. I thought it was funny the first time but the joke's on him

and how bad he smells in it. What should I do?

Sincerely,

"Rudolph the crusted with turkey and beer reindeer"

Dear "Rudolph the crusted with turkey and beer reindeer"

You have to be gentle with a man when it comes to his festive sweater. Understand that it represents a special part in every man's heart (one of gluttony and booze). Then remind him that if he doesn't take it off, the closest he'll get to your naked body will be in the same time zone as his really ugly aunt who occasionally wraps up her cat and sends it as a gift.

...

Dear Dr. CONwisDOM,

With the new semester coming, my girlfriend told me that maybe now would be the best time to start seeing other people. I trust her and the strength of our relationship, so I'm actually OK with it. What do you think?

Sincerely,

"New semester and new ideas"

Dear "New semester and new ideas"

Oh to be so trusting and naïve. I hate to burst your big hippy bubble, muchacho, but she's ditching you, probably for a big tradesman who walks softly and carries a huge stick. I know you may think your new age ways of dating are vastly superior, but whose name is she going to be moaning this semester, hmm? Smarten and toughen up, Woodstock.

CLASSIFIED

Text me\$\$ages

Get paid for receiving text messages. Watch video at <http://join.cashtexts.biz> for more info. Text "cashtexts 4830" to "69302" to join.

Starting off on the right foot



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

The beginning of a new semester is the best time to evaluate what you did well and what could be improved. Check off the areas where you excelled last semester and see which other ones would be helpful to incorporate.

Attitude

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

Discipline

Do I have regular study and homework times? And regular times for getting to bed, exercising and eating?

Time Management

Do I procrastinate? If so, how can I change this habit?

Do I make a daily to-do list?

Organization

Do I use a daytimer to write down all assignments, appointments, exams and personal engagements

Are my books, locker and workspace organized?

Distractions

Were there major things that interfered with my studying last term? If so, how can I limit or put boundaries on phone calls, television time, computer games, interruptions from family and friends or other interferences?

Focus

Am I concentrating and learning during classes and study periods or is my mind wandering?

Balance

Do I get adequate sleep, exercise and nutritious food?

Resources

Could I make better use of the services available such as the Library/ Learning Resource Centre, the Tutorial Centre (Room A-133), Student Counselling, peer tutors and instructors?

Finances

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

Here are some suggestions to boost your success:

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

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

- See a counsellor for any academic or personal concerns.

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

Have a great semester!

Student Counselling

Room W-111PB, HP Centre

Appointments can be booked in person or by calling 780-378-6133

Who ya gonna call?

Academic and personal concerns – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

Housing – Online housing registry at www.rentingspaces.ca

Injury, minor medical concerns – Health and Safety Services, 780-471-8733, Room O-119.

Special needs students – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

Student loan/grant assistance – Financial Aid Office, 780-491-3056, Room O-111.

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. The cost is approximately \$15/hour.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Who we are, what we do



Many times we are asked by staff and students alike who we are and what we do. This week we wanted to focus on identifying to the NAIT community just what Protective Services is.

The main purpose of NAIT Protective Services is to provide the NAIT community with the most effective and efficient service aimed at attaining the departmental goals and fostering good staff and student relations.

Who we are

NAIT Protective Services must govern its operations according to institute policy, the wishes of the institute's board, the executive, and applicable municipal, provincial, and federal legislative authority.

Our department employs full-time peace officers who share a commitment to maintaining a safe and secure environment. We assist over 80,000 students and staff over four

major sites and various leased spaces within the metro Edmonton area.

What is a peace officer?

A peace officer is a person who works to uphold and enforce certain laws and regulations in Alberta. Peace officers receive their appointments from Alberta's solicitor general and minister of public security, under the Peace Officer Act, to enforce specific provincial and federal legislation. The enforcement carried out by NAIT peace officers is recognized as supplemental to, but not a replacement for, the Edmonton Police Service.

A peace officer ensures public order and the personal safety of all persons within the NAIT property by providing a visible presence. Their presence is essential not only for the protection of all who frequent these locations but also to diminish the threat of intimidation inside and outside the NAIT properties.

What we do

Peace officers receive training in legal studies, human relations and officer safety. After the legislated training, our officers receive additional training specific to the NAIT environment. NAIT's peace officers have arresting authorities under the Criminal Code of Canada. They will also enforce legislated acts and bylaws.

NAIT peace officers can be identified by their uniform, which consists of a grey shirt and navy pants with a grey stripe. The shoulder patches on their shirts and jackets all state "Peace Officer."

Our officers actively patrol both inside and outside our campuses and locations. Available on a 24-hour basis, these men and women are ready and willing to assist with all security needs and in any emergency situation.

Blended services

Our department also contracts a few security guards from an outside service. While a majority of the duties are carried out by peace officers, the contract security guards work in the parkade kiosks as well as perform access requests, locker cuts and extra coverage during special events.

Additional services

NAIT Protective Services' management team is committed to providing safety and personal security seminars and information sessions. Our sessions can be tailored to best suit your needs. We also provide information through our website, the student and staff portals and our weekly column in the *Nugget* on a wide variety of topics.

Crime reporting

Our officers can be reached at 780-471-7477. When reporting crimes to Protective Services:

Stay calm – don't get excited. Take a deep breath.

State the problem – "I want to report a crime ..."

- a break and enter
- a theft
- an injury
- a fire
- a suspicious vehicle or person

State the address and who you are.

- Give the full location, directions from nearest office or building

- Give your name, office number, and phone number where you are calling from

Let the dispatcher control the conversation.

- Answer all questions
- Give your phone number so an Officer can call back later if necessary
- Do not hang up. Stay on the line. Only hang up when told to do so by the dispatcher.

In the event of an emergency or a crime in progress, immediately dial 911. Contact Protective Services when you are able to do so.

This information is vital to our peace officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (police, fire, ambulance, etc.).

For more information, please visit our website www.nait.ca/security.

If you have information regarding 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 be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

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.



U-Pass & U

U-Pass Checklist

- ☒ Full-time student
- ☒ Student/U-Pass fees paid
- ☒ Have a valid/current Student ID card

Using the U-Pass

- ☒ Get a sticker*
- ☒ Show your Student ID card when using the Edmonton Transit System



Winter Term Sticker

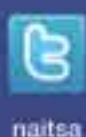
Valid January 1, 2012 - April 30, 2012

Get a U-Pass

- ☒ South Lobby Main Campus
December 8 - 15, 2011 & January 2-20, 2012
- ☒ NAITSA Office Main Campus E-131
Starting January 23, 2012

*Only students who are eligible and have fully paid their fees including U-Pass fee will be able to get the sticker. Once the U-Pass sticker is picked up it is non-refundable. No refund if student drops out after 14 days of classes. In case of lost U-Pass must be reported. The U-Pass is not valid until the U-Pass sticker is affixed to the proper location on the NAIT student ID. The U-Pass is non-transferable and may only be used by the student to whom the U-Pass is issued. Edmonton Transit, Southcona Transit and St. Albert Transit reserves the right to verify the validity of any student's U-Pass. A student who fails to comply with the rules, regulations, policies and bylaws of Edmonton Transit, Southcona Transit or St. Albert Transit impeding riding may have their riding privileges revoked without refund of the U-Pass fee. Edmonton Transit, Southcona Transit, and St. Albert Transit reserve the right to modify their respective transit routes and schedules.

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NAIT STUDENTS' ASSOCIATION
presents

Aaron Pritchett

& guests

FRIDAY JANUARY 27
DOORS OPEN AT 8PM AT THE NEST

SPACE IS LIMITED. NO MINORS
\$3.25 CANS OF KOKANEE

TICKETS AVAILABLE ONLINE AT NAITSA.CA & IN ROOM E-131
\$10 STUDENTS | \$20 NON STUDENTS | \$25 AT THE DOOR

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PARTY STARTS HERE**





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\$3.00 drinks
AND \$4.00 shots

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