

CAREER FAIR ON TUESDAY

THE NUGGET

Thursday, January 19, 2012
Volume 49, Issue 16



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

STUDENTS HAVE A SAY

NAIT administrators digest suggestions on NAIT's future, story page 2

DYNAMIC DUO

NAIT Ooks Sara Buchaski, left, and Ashlyn Skaley team up to block a hit Friday at NAIT gym during a game against Concordia. The Ooks came back from two sets down to win the game 3-2. Story, page 6.

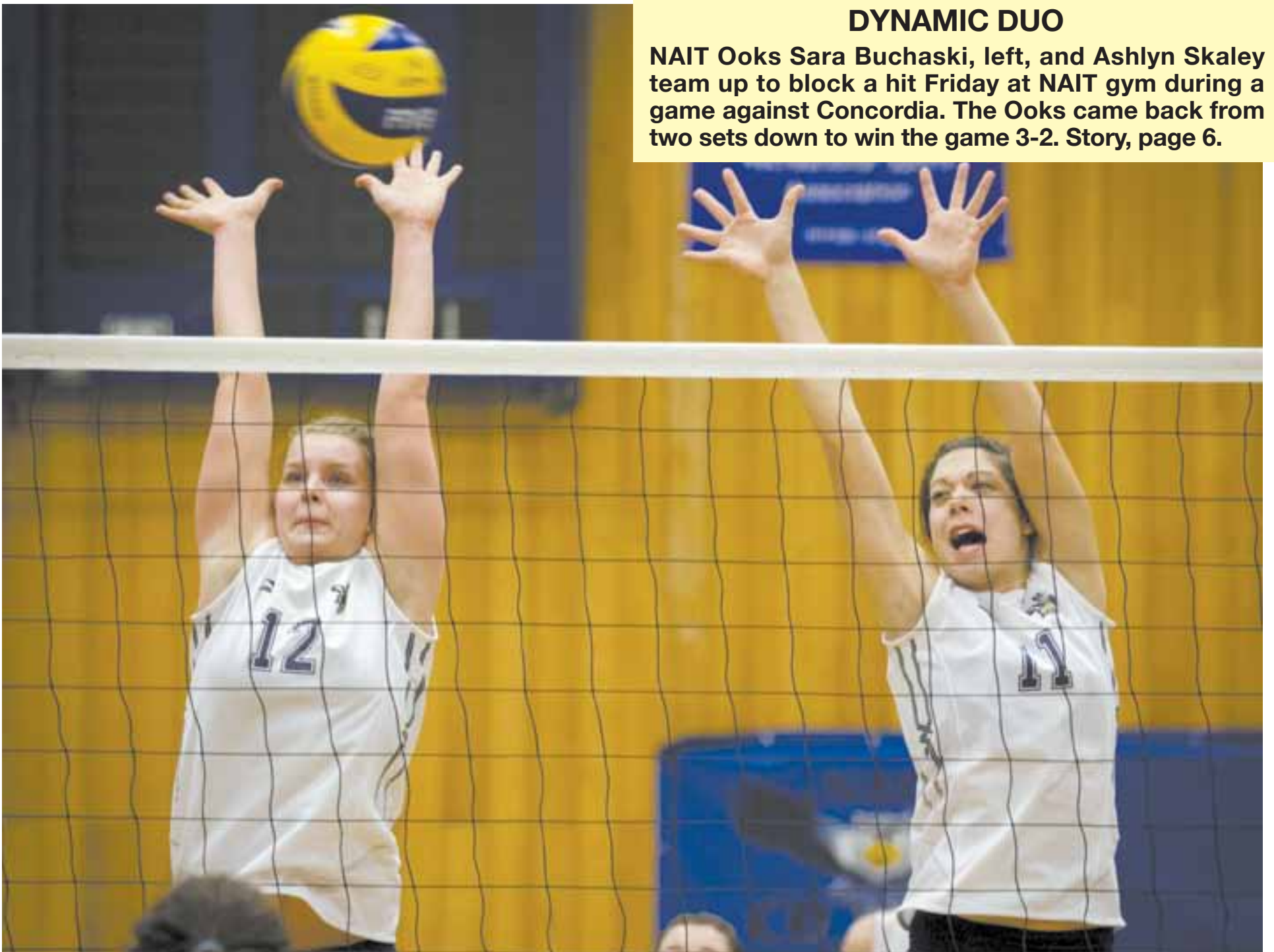


Photo by Laura Dettling

Who asked for another beer?



NEWS & FEATURES

NAIT wants student input



BALJOT BHATTI
Issues Editor

If you could change your school in one way, how would you do it?

That was the question that NAIT was asking its students this past week at the “NAIT Promises” event that took place at the Main, Souch and Patricia campuses. The event is the brainchild of NAIT President Dr. Glenn Feltham.

Feltham, who became president and CEO of NAIT in 2010, wants to know what the school can change and reform to make attending our institution an overall better experience.

Students came into the events throughout the week (at the Main campus, it was in the Business Tower lounge on Tuesday) and filled out little postcards describing what they want NAIT to change.

Categories ranged from student and campus life, events, new programs, instructors, curriculum and many others. By far the most popular and talked about categories were tuition, fees, after-grad employment and parking (or lack thereof, according to some of the comment cards I read).

“It’s all about NAIT in 2021,” said Susan Fitzsimmons, the director of the Department of Teaching and Academic Development.

“It’s basically about making fundamen-

tal promises to the students for the future,” said Fitzsimmons, who attended the whole week of events.



Dr. Glenn Feltham
‘Want students to take lead’

The program is still a work in progress, said Feltham.

“In creating our vision for NAIT in 2021, we’ve not yet determined our fundamental promises to students,” he said.

“We’ve done this quite intentionally, because we want students to take the lead. We believe students know best why they came to NAIT and what they expect from us.”

After talking to some students about what they hoped to see from the program, Brian, in the Power Engineering Technology program, said: “I just want more diversification in my program, in terms of what we

study here at NAIT.”

Richard Prowse, in the Petro-Engineering program, said “I’d be fine with paying as much as we do for parking if there was just more of it. Students have to park blocks away while the staff don’t even use all of the parking that’s available to them!”

As of Saturday, there were over 700 students who responded to the question. Most of the staff agreed that it helped to see exactly what the average student cares about.

There were a wide variety of responses from students, with concerns including reducing the cost of parking, concerns about after graduation employment, waiving the athletics fee for students who don’t use it, and allowing practicum students to opt out of the U-Pass.

The event ended on Saturday at the Main Campus and people involved seemed positive about the overall response. If the amount of responses are any indication, the future is bright and optimistic for NAIT and its students.

Career Fair set to go Jan. 24



By STEPHEN SHAW

On Jan. 24, NAIT’s annual Career Fair takes off once again for students looking ahead to the future for what life has to offer them upon graduation.

Jody Fath, stewardship co-ordinator for the Department of Advancement, is looking forward to this year’s career fair, as it is a big opportunity for local and national companies to showcase what they have to offer.

“There are over 100 employers who will be showing at the Career Fair,” says Fath.

“We had over 6,000 students from NAIT attend last year, and we are expecting plenty more this year. Seeing that we have 114 companies showing [this year], it gives you an idea of how the jobs markets are recovering”.

Some of the familiar companies and organizations that will be showing this year include the Government of Alberta, Edmonton Public Schools, Haliburton, Air Liquide, ATB Financial and the City of Edmonton.

Another feature at the Career Fair this year will be resume consultations.

“We are definitely looking forward to the service,” comments Fath.

“We have individuals on hand who will help provide you with the tools needed to personalize and make your resume stand out.”

There will also be a wide range of prizes for the taking at the fair, including a \$400 gift card from The Bay – perfect for building up your wardrobe.

The NAIT Career Fair is Jan. 24, from 9:30 a.m. to 3:30 p.m., with resume consultations from 11 a.m. to 2 p.m. in Room O-120, right next to the Common Market.

Life coach speaks to staff members

By JENNY OATWAY

Motivational speaker and life coach Laurel Vespi paid a visit to NAIT staff and students on Jan. 11.

Vespi, who has been doing sessions on behalf of the Wellness Department for a number of years, spoke to NAIT staff over the lunch hour about how to effectively create change in their lives.

This is the time of year that people are always looking to create balance in their lives, and it’s kind of funny that change is a natural part of life and yet we resist it all the time.

“Change is all around us,” said Vespi. “But when it comes to ourselves, we get stuck in our cosy little comfort zones and stay there forever.”

January is an important time to be thinking about how to make change in your life, as many people have made New Year’s reso-

lutions or are wondering why they keep giving up that same changes they have wanted to make for years.

“The biggest factor in effectively creating change in your life is to recognize what stage of change you are in,” said Vespi.

“If you are trying to do certain things in one stage that belong in other stages, you will not be successful.”

One of the things that was covered in her session was what the different natural stages are and how to recognize what stage you are in, so you can make informed decisions that you will be able to follow through with.

Vespi has been doing motivational speaking for over 20 years now, and originally started out as an educator, then as a consultant, but in the last 10 years she has been working as a life coach.

In the past at NAIT she has done sessions on relationships, life balance and simplifying your life and thinks that it is wonderful that NAIT offers these types of sessions to staff over their lunch hour.

Vespi says that, in any workplace, people are always looking for strategies and bits of information to do the things that will help them to live fuller and more satisfying lives. She likes being able to provide people with interesting information and it is a fun job for her.

She hopes that the people who come to listen to her will find at least one thing they can take away and start implementing in their lives right away.

For more information on Laurel Vespi and to learn more about how to create effective change in your own life, you can check out her website, stonecirclecoaching.com.



Laurel Vespi

NAITSA's "How to DJ" set

By MIKE JONES

David Guetta. Skrillex. Benny Benassi. Deadmau5. All of these are household names in this day and age.

Sometimes the DJ is more famous than the artists they are re-mixing and all of them got their starts playing small clubs or producing tracks in their bedroom. If you want to be the next big thing, you have to start somewhere.

Luckily the NAIT Students' Association and the Nest are teaming up with Connected Entertainment DJ Mikey Wong to offer two free courses on Jan. 23 and 25 for would-be



DJ Mikey Wong

turntable-ists.

For Wong, this event is one of a kind.

"I've never heard of anything like it before and I'm honoured to be a part of it," he said. "This is the first time I've done any sort of teaching. People have asked me for advice, and I've taught them that way. One on one, hands on."

As the head DJ of local powerhouse company Connected Entertainment, DJ Mikey Wong has had plenty of experience. He has been DJing since 2002 and has played for crowds as large as 5,000 on several occasions.

One of the biggest (and potentially off-putting) differences in learning to DJ as opposed to say, learning the guitar, is the cost.

"If someone is serious and really wants to get involved with the scene, and take a real shot at it, (you're looking at) no less than \$2,000 to \$3,000, depending on the equipment," said Wong.

Top of the line gear is even more expensive, but Wong is confident that "everyone can learn to DJ".

"(If you) can develop the skills, it's putting the time and effort of training your hands and your ears and how to react," Wong said. "The only thing that can't be taught is style."

There are relatively cheap programs out there for people who want to get a feel for DJing such as Virtual DJ, which Wong stays away from.

"They have a help in there which helps you

mix the song," Wong said, "so you're not really DJing. You're letting it DJ for you."

That being said, Virtual DJ does have its upsides.

"What you can learn on Virtual DJ is song structures and what works and what doesn't work when mixing two songs together," said Wong. Playing in key and knowing which songs go together is 80 per cent of the battle."

Particularly important to Wong is that the program is free.

"This is probably one of the coolest things I've ever been involved with in my DJ career. It's an honour, because a lot of DJs try to exploit people. They charge a crazy amount for people to learn to DJ," Wong said, adding "You just need the determination. I get to give back to the people that have followed me and supported me."

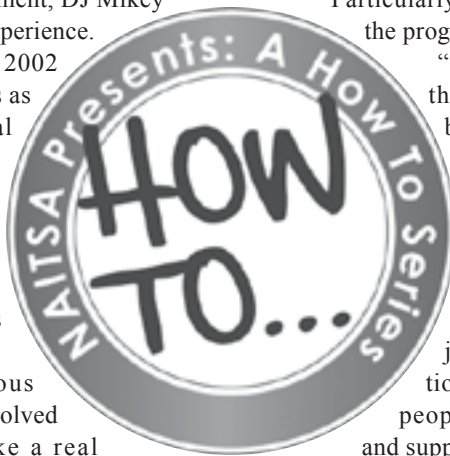
Wong is excited and has been preparing information to explain certain points.

"My plan is to bring my whole club set up to the second class so (people) can touch it and be up close and personal. And if people are interested, I can teach them how to set it up."

The event is currently full, but those still interested can sign up for the waiting list at the NAITSA office in E-131.

Wong hopes that the success of this event will lead to future classes. In the meantime, according to their website, NAITSA will be hosting a How to Play Guitar in March.

Keep picking up the Nugget for more details soon.



Robot showdown preview

BART PADJASEK
Assistant Issues Editor

The first ever Alberta VEX scrimmage was held on Saturday morning at NAIT campus. The Shell Manufacturing Centre invited a handful of teams from high schools across the city to participate in the session. For some, this was the first time they got to see and experience a real regulation VEX field, let alone see how their designs compare to others in the region.

The robotics competition gives students the opportunity to design, build and program their very own creations, while competing with other students in the region.

This scrimmage session is just a taste of the action yet to come. The real fun begins next month when NAIT hosts Alberta's first ever VEX competition.

The robotics company has hosted events in Ontario and B.C. for the last few years, with B.C.'s lower mainland hosting four to five large competitions annually.

While Saturday's scrimmage was for the high school level only, organizer Neil Wegner hopes this will translate to college events in the future.

"There is actually a college level in the competition as well," said Wegner, "so we've been trying to get some of

the NAIT students involved in building a robot and seeing if they can do something in the college level."

The competition is played on a regulation arena approved by VEX and up to four machines compete at the same time by doing simple mechanics of ball handling and control. This is not as simple as it seems.

Each competitor has only two minutes and 20 seconds per round, with the first 20 seconds being strictly autonomous control, where the robot does all of the work. The rest of the time competitors are able to use driver control. The game, at the end of the day, is more of a flurry of activity opposed to mechanical complexity.

Technical skills from these events can translate to degrees ranging from electrical and mechanical engineering to computer programming and gaming. According to Wenger, "there's a lot of different [directions] they can choose, and what they like to work with."

The competition will be held on Feb. 18 at the NAIT Shell Manufacturing Centre. Organizers are expecting up to 16 teams, and with competitors and coaches, that means about 60 to 70 people will be involved. The public is invited to come out and see the action first hand.



Photo by Barbra Rudosky

Brett Kuzek, left, and Ryan Zorgdrager get their robot, Kitt, ready for competition.



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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.



CAREER FAIR

JANUARY 24-2012 | 9:30AM-3:00PM

EMPLOYERS ATTENDING THE CAREER FAIR

GYMNASIUM

Booth	Employer
57	Alberta Blue Cross
59	Alberta Innovates - Technology Futures
47	Alberta Oil Tool
56	Alberta-Pacific Forest Industries Inc.
44	AltaLink
20	ASET - The Association of Science and Engineering Technology Professionals of Alberta
64	Bird Construction
60	Cameron Canada Corporation
27	CANA High Voltage Ltd.
8	Canada Safeway
24	Canon Canada Inc. Business Solutions Division
38	Cenovus Energy Inc.
58	CGA Alberta
17	Champion Technology
13	City of Dawson Creek
6	City of Edmonton
33	Clark Builders
70	CMA Alberta
51	ConocoPhillips Canada
23	Corrpro Canada Inc.
71	Cybertech Group of Companies
41	Dow Chemical
57	Dresser-Rand Canada
9	EBA, A Tetra Tech Company
22	Edmonton Public Schools
54	Enbridge Pipelines Inc.
36	Encana Corporation
25	Energy Resources Conservation Board
4	Engineered Air
1	EPCOR Utilities Inc.

Booth	Employer
63	ESC Automation Inc.
2	Evrax Inc NA
32	Fairmont Hotels and Resorts
30	Finning Canada
28	Flynn Canada Ltd.
65	FT Services
29	Government of Alberta
26	Hi-Tech Seals Inc.
61	Imperial Oil
31	Insight Medical Imaging
15	Institute of Chartered Accountants of Alberta
55	IRISNDT
37	Ledcor Group of Companies
18	McCoy Corporation
14	McEhannay Land Surveys Ltd.
16	Midwest Surveys Inc.
48	Mullen Group Ltd.
7	National Oilwell Varco
68	North American Construction Group
12	Pengrowth Energy Corporation
66	Precision Drilling
5	Rupert Island Institute
72	Safety Codes Council
49	Schlumberger
46	Servus Credit Union
69	Sharp's Audio Visual
43	Shell Canada
40	Sherritt Coal
39	Sherritt Metals
21	Sprague-Rosser Contracting
10	Standard General Inc.
62	Stantec Consulting
3	Strad Energy Services
50	Stream-Flo Industries Ltd.

Booth	Employer
42	Syncrude Canada Ltd.
35	TELUS Communications
73	Voice Construction Ltd.
11	Wajax Power Systems
52	WestCAM Solutions Inc.
34	West Fraser Timber Co. Ltd.
19	Weyerhaeuser Company
45	WorleyParsons
53	WorleyParsons

NORTH LOBBY

Booth	Employer
96	AECOM
106	Air Liquide Canada
94	ATB Financial
112	Canadian National Railway
107	City of Edmonton, Roads Design and Construction
105	CONTAVA
95	Covenant Health
109	Fastenal Canada Ltd.
98	Flint Energy Services Ltd.
100	Halliburton
101	Husky Energy
114	Maxxam Analytics
97	NAIT BTECH Degree Program
117	RAE Engineering and Inspection Ltd.
118	Regina Qu'Appelle Health Region
111	Rising Edge Technologies
108	Spartan Controls Ltd.
99	Stuart Olson Dominion
104	Tartan Canada Corporation
102	Taurus Projects Group Inc.
113	The Fairmont Chateau Lake Louise

SOUTH LOBBY

Booth	Employer
85	Acklands Grainger
93	Alberta Health Services
88	Alberta Infrastructure & Alberta Transportation
76	Alberta Justice and Attorney General
82	ATCO I-Tek
77	Bank of Montreal
86	BNG Specialized Engineering
90	Canadian Information Processing Society (CIPS)
92	Department of National Defence
83	Edmonton Airports
78	Expocrete Concrete Products Ltd.
91	Gateway Mechanical Services
84	Go Auto
89	Kiewit
79	Newad
75	NOVA Chemicals
74	PCL Constructors Inc.
81	Strongco
80	Sureway Construction
87	Weldco-Bales Manufacturing

MAIN CAMPUS: GYM | SOUTH LOBBY | NORTH LOBBY
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OPINION

— Editorial —

A “barfipelago” in B.C.



CLAIRE THEOBALD
Editor-in-Chief

It was like a scene taken from director Danny Boyle’s movie *28 Days Later* ...

OK, maybe that is a little over dramatic but when you are unofficially quarantined in a Victoria, B.C. hotel room during a Norovirus epidemic, you have a lot of time to think of a catchy lead.

As you may already have heard, this week the NASH 74 Archipelago conference, hosted annually by the Canadian University Press was struck with an outbreak of Norovirus.

For those of you lucky enough not to know, Norovirus (formerly referred to as Norwalk) is a rapidly spreading virus that can cause explosive bouts of vomiting and diarrhea. Although these symptoms usually pass in less than 48 hours, the severity of these symptoms can prove fatal in cases involving the elderly, young children or those with other underlying conditions.

Surface borne

The virus can be spread through, as Wikipedia so politely puts it, “fecally contaminated food or water, by person-to-person contact and via aerosolization of the virus and subsequent contamination of surfaces.”

Yummy.

I and Nugget Sports Editor Patrick Knowles were two of around 370 students at the hotel for the conference. Although we both escaped the virus, the experience is one likely to send shivers down our spines for a very long time.

It ’twas the night of the big NASH74 gala dinner and dance, where representatives from every paper sent to the conference gathered to share a meal, enjoy a speaker and dance the night away. In a party mood, Patrick and I whiled away the extra time following dinner in the room of some friends from Grant MacEwan’s student newspaper, *The Griff*, thinking we would just catch the next rotation of shuttles that would whisk us off to the dance at the University of Victoria.

For the record, we looked fantastic.

Boarded school bus

Well liquored and ready to enjoy our night, we boarded one of the yellow school busses. Patrick, much more sensible than I, sat at the front, while I moved to the back to mingle with other delegates. That is where I saw the first vomit soaked evidence of what was to come.

“I can’t believe someone already got so drunk they puked all over the back seats!” I exclaimed.

However, I wasn’t about to let someone else’s misfortune ruin my fun, so we set out anyway, with little doggie poop bags handed out as an interim solution.

With the University of Victoria approaching, I saw masses of people waiting outside as the bus driver came over the intercom saying he had been advised not to stop and that we were immediately returning to the hotel.

“We out partied U Vic?!” I said, not aware of what was yet to come.

Returning to the hotel, I knew something wasn’t right. I interrogated one of the lead CUP organizers, who told me that over a dozen people had fallen ill, and that the hotel thought it was food poisoning. He recommended staying in the hotel.

Patrick and I, eager not to waste our night, snuck out through the parkade.

Unfortunately for me, a week’s worth of early mornings and late nights had taken their toll, so I returned to the hotel. Walking through the doors, past an ambulance loading up sick students, I knew that this was bad.

At the first mention of “Norwalk,” I knew exactly what I was facing. As I proceeded up to my room, I noticed vomit in almost every common area. I took a long hot shower and barricaded myself in my room, where I would hold out until morning.

Thirty people had fallen ill, and the count was rising.

My room overlooked the hotel entrance and by 9 a.m. the media had begun to swarm. It struck me as funny to see so many cameras pointed at the front door, the only choice available for journalists eager to get the story but terrified of venturing in to the now unofficially quarantined zone.

There were now as many as 60 students ill and the number of victims was climbing.

Breakfast was served by a masked and gloved member of hotel staff, who was careful to extend her reach as far as possible to maintain a safe operating distance from the waiting students. CUP staff roamed the halls, checking off lists of rooms of the contaminated. Lucky for me, no red “x” was ever painted on my door.

The phrase “how are you?” took on a whole new meaning, transforming it from a simple greeting into a means of differentiating the clean from the potentially contaminated.



After an emergency meeting, it was clear. It was no longer a question of “if” we would get sick, it was when. We had to move out now.

My dad laughed when I called, telling me he already knew and that CBC had “scooped my story.” Twitter exploded, with #nash74 turning from a discussion board to an emergency information delivery system. Being a conference full of writers, the serious warnings and concerns were often punctuated with jokes.

My personal favourite has to be #barfipelago.

Goodbye hugs and handshakes were replaced with reassuring smiles and promises to “keep in touch” were delivered from a comfortable distance.

Although it is tough to ignore the unfortunate circumstances, NASH74 was a fantastic experience. I left the Norovirus behind, but took with me a wealth of new friends and a newfound inspiration to continue pursuing journalism. I

will look back on those five days fondly.

CUP staff, and the staff at the Harbour Towers Hotel did an amazing job organizing the event and in my eyes went above and beyond the call of duty when dealing with a freakish and scary situation.

Although my days of student journalism will most likely be behind me by time NASH75 rolls around, I am sure the conference will continue to grow and be better with each passing year. My successor should be grateful for the opportunity.

I found the unused barf bag at the bottom of my suitcase, thrown in during the confusion. I think I’ll keep it.



start.westnet.ca

A quarantined delegate to the Canadian University Press conference in Victoria looks out the window of her hotel room last week.

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Trust us on that. Write us.



SPORTS

MEN'S VOLLEYBALL

Men sweep Concordia

By WILL CORTEZ

The NAIT men's volleyball team has scored two more wins against Concordia University College. The final scores were NAIT 3, Concordia 0 on both Friday and Saturday.

The Saturday game wasn't close at all with NAIT showing how strong a team they can be, winning the sets (25-17, 29-27, 25-23). Concordia is sitting in last place with no points in the standings and weren't a problem at all for the Oaks.

Just because Concordia was sitting in last place, it didn't mean Oaks coach Simon Fedun was feeling completely assured.

"We didn't have a lot of information on Concordia going into the weekend and I thought that we did a good job of making adjustments. On paper these are games that you are supposed to win and those can be scary. I think that Concordia is much better than their record indicates and I expect them to win some matches this semester."

This win has put NAIT in a tie for fifth place in the standings. NAIT, Red Deer, and SAIT are all tied at 16 points apiece. Lethbridge is ahead by just two points in the standings with 18. The men's volleyball team is on a seven-game winning streak after a five-game losing streak earlier in the year.

The Oaks are now 8-6 and are just six points out of first place. The Oaks are hoping a strong push will get them into a decent playoff spot.

Though beating last place Concordia is nothing to really brag about, the win is still much appreciated and still a good confidence booster. Two Oaks in particular who must be feeling pretty

confident after this weekend are Trevor Langvand who was player of the game on Friday and Mike Wickstrom, who was player of the game Saturday.

A player who can't be forgotten was Luke Ryan, who was named athlete of the week.

Fedun had nothing but good things to say about Luke.

"Even though his name will not jump out at you on the stat page, Luke Ryan came in off the bench in the second set of Friday and played the rest of the weekend providing a much needed boost. Luke always plays with a lot of energy and passion and I think that it inspired the team and made the difference for us."

It's the Oaks' second straight win in the new year. Their next game is Friday Jan. 27, when they will be facing off against Medicine Hat College, who is just two points behind the Oaks with 14 points. With a win over the Medicine Hat, the Oaks could possibly break out of their tie should Red Deer and SAIT both lose this coming weekend. The Oaks play two games after next weekend and are hoping for the best with the standings so close. The next three games after this past weekend will determine whether the Oaks are going to the playoffs or not. After Medicine Hat, the Oaks play Grant MacEwan and Red Deer College.

The Oaks have shown a lot of perseverance this season by not letting a big slide at the start discourage them from coming back into playoff contention. With the standings so close, and most teams having only a two-point difference between them, these last few weeks should prove to be



Photo by Chad Steeves

Austin Hinchey (11) blocks a spike during a game against Concordia on Friday. The Oaks won the match 3-0.

pretty exciting. Winning is about the only option the Oaks have for making it in the playoffs. With a single loss this could derail their playoff hopes for this season.

But with the way the Oaks have been playing and feeling pretty confident with their winning streak, this should not be too much of a problem.

WOMEN'S VOLLEYBALL

Taylor Smith key in 2 Oaks wins

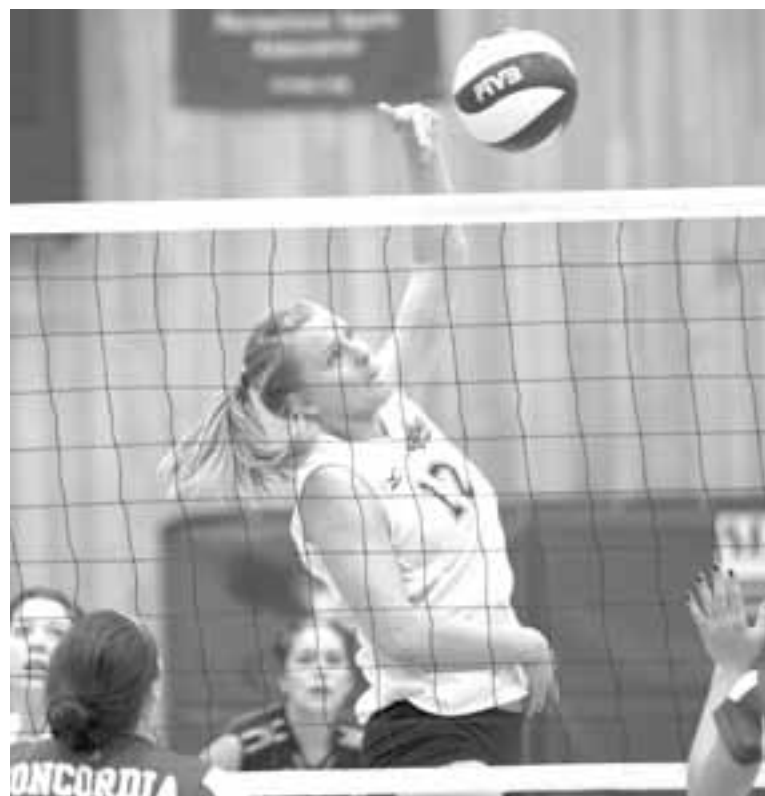


Photo by Chad Steeves

NAIT Oak Sara Buchaski sends the ball over the net against Concordia Saturday. NAIT won 3-2.

By EVAN DEGENHARDT
Assistant Sports Editor

The NAIT women's volleyball team played exceptionally well over the weekend, winning both of their games and getting the sweep over the Concordia Thunder.

On Friday night, the Oaks were at home. The match was a hard fought, defensive battle, but NAIT came out on top with a 3-2 set victory. Saturday night was a completely different story. The Oaks walked right into Concordia's gym and won three straight sets.

With their 11-3 record, the Oaks definitely proved that they are a force to be reckoned with. After the weekend, NAIT currently sits in third in the standings and only four points back of first place.

Friday night proved to be a challenge for the NAIT squad. Concordia came out with a determination in their game, despite being second last in the standings. The Oaks battled hard but came up short, losing the first two sets of the match 25-23 and 25-22.

Down by two sets early on, NAIT needed to win the next three sets to win the match, and with the way that the Thunder was playing, it was looking like it was going to be an uphill battle all the way. However, the Oaks showed great composure and offence.

NAIT capitalized on their chances and took the third set 25-17. Set four was another must win for NAIT to keep the match alive. Feeding off their momentum from the third set, the Oaks poured on the pressure from the start. They got up early on and never looked back, taking the fourth set 25-17. The fifth and final set would be needed to determine a winner. The Oaks made quick work of the Thunder, taking the final set 15-6 and completing the huge come-from-behind win.

Saturday's match was nothing like the previous night's events. NAIT displayed pure dominance over Concordia and took 3 straight sets against the Thunder, 25-14, 25-11 and 25-16 respectively.

There were a number of players who

contributed in the Oaks two victories over the weekend. Jasmine Hawryliw had 25 kills, 28 digs, three service aces in two games and was a difference maker on the court.

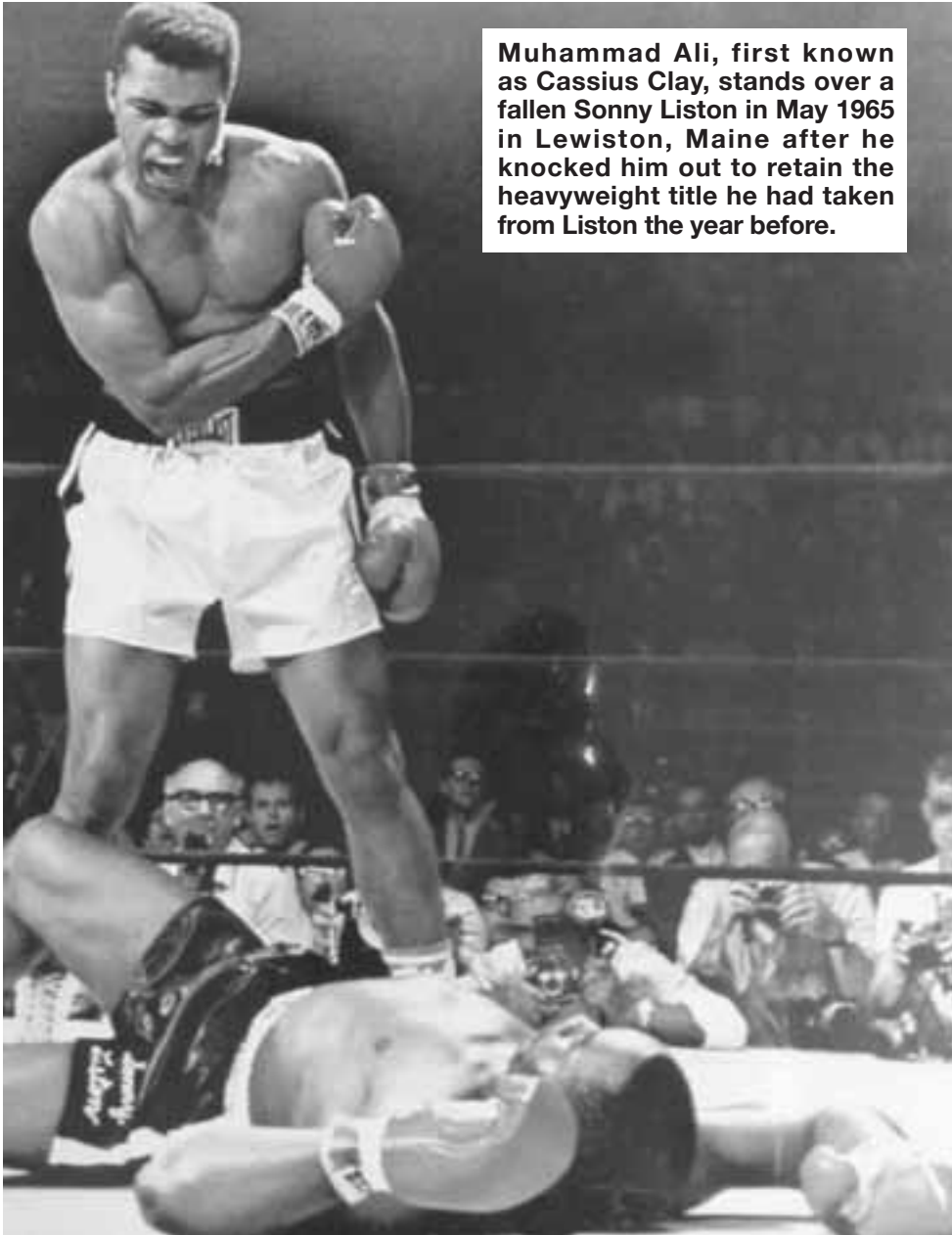
Taylor Smith had a huge weekend with 25 kills, 22 digs, 7 service aces. Smith played a huge role in NAIT's comeback victory on Friday. She owned the ball and had 19 kills, which may be a NAIT record for kills in one match.

Coach Erminia Russo Thorpe was ecstatic with her team's ability to remain calm and stick to their game plan.

"Concordia took us by surprise on Friday night by coming out and committing very few errors on their side of the court. They just kept sending the ball over to us and we committed 23 unforced errors on our side in the first two sets. In third set, we went back to playing simple volleyball, and cleaned up our side of the court."

The Oaks will have a bye weekend coming up, but will then play Medicine Hat, who currently sit in first place, on Jan. 27. and 28..

He is still the greatest!



Muhammad Ali, first known as Cassius Clay, stands over a fallen Sonny Liston in May 1965 in Lewiston, Maine after he knocked him out to retain the heavyweight title he had taken from Liston the year before.

headacheandbackpainhealth.com



PATRICK KNOWLES
Sports Editor

On Monday we celebrated the 70th birthday of the greatest boxer of all time. Muhammad Ali, born Cassius Marcellus Clay Jr., in Louisville, Kentucky celebrated his 70th birthday in style over the weekend, hosting a massive party at his home, with numerous celebrities attending this event to honour him.

Ali in my eyes is the best heavyweight of all time and I know some people will read that and immediately jump down my throat and bring up Mike Tyson. And OK, granted, in a three-round fight I could possibly give the edge to Tyson, but in a championship bout of 15 rounds, I would take Ali over anyone in history.

Greatest of all time

I first became aware of Ali at the 1996 Summer Olympics in Atlanta where he lit the Olympic torch. I still remember asking my father who that was and he went on to give me the life story of the greatest boxer of all time.

After that day I have learned more and more about Ali and his life fascinates me. He was more than just a boxer; he was an iconic figure in and out of the ring. He was the first person to give himself nicknames; there was no such thing as trash

talking an opponent before Ali. He was also the king of catch phrases. The first athlete that was a cross-over star who captivated audiences, many of which were not sports fans but know the name Muhammad Ali.

For people of my parents’ generation, there was nothing greater for them to sit around the television with the family on a Saturday night and watch an Ali fight.

This type of thing doesn’t happen anymore. Boxing, for all intents and purposes, is a dead sport. With the introduction of MMA to the mainstream in the mid 2000s, the sweet science of boxing doesn’t have the same allure that it had back when Ali was champion.

Controlled his fights

As someone who has actually stepped inside the ring and boxed on an amateur level back home, I have the utmost respect for the craft and know how hard it actually is to get even half decent at it. But the way Ali would control a fight and bounce around the ring for 15 rounds made it seem so effortless; this is something that I admire greatly.

If you get a chance I highly recommend that you look up some of Ali’s fights and just sit and watch in awe. Ali would study his opponent and know him so well that he would know exactly how he was going to fight the fighter and stick the game plan and in the end come out victorious.

The man was like no other and I doubt that in my lifetime I will ever come across another fighter with the style and charisma of Ali.

So Happy Birthday, Muhammad Ali, and may you have many more to celebrate in the years to come.

NAIT OOKS
HOME GAME SCHEDULE
MEN’S HOCKEY

Fri. Jan. 20
at 7:00pm

 vs 

WOMEN’S HOCKEY

Sat. Jan. 21
at 7:00pm

 vs 

BREAST CANCER AWARENESS GAME
BASKETBALL

Thu. Jan. 26
Women at 6:00pm
Men at 8:00pm

 vs 

All proceeds go towards
Breast Cancer Awareness

Athletes of the week

January 9-15

Taylor Smith

Women’s Volleyball



Taylor helped lead her team to two victories over the Concordia Thunder this past weekend. She had an impressive stat line in the combined matches with 25 kills, 22 digs and seven service aces. “Taylor was one of the main reasons we turned the match around on Friday night. She was hitting the ball extremely well, getting 19 kills, which may be a NAIT record for one match,” said head coach Erminia Russo Thorpe. “She is doing her program clinical work, which includes 12 hour shifts and yet she is still able to compete day after day, match after match.” Taylor is a third-year player in the Respiratory Therapy program at NAIT. She is from Edmonton.

Shannon Szabados

Men’s Hockey



Shannon was a force for the NAIT Ooks men’s hockey team this past weekend. She shut out the Augustana Vikings 6-0 in Camrose Wednesday evening despite her team being outshot 32-28 and then stopped 35 of 26 shots in the team’s 1-1 tie Friday night at home. “Shannon had a tremendous performance last week, allowing only one goal on 68 shots,” said head coach Serge Lajoie. “The shutout was impressive on Wednesday and she gave us a chance to salvage a point on Friday.” Shannon is in her first year at NAIT and is in the Personal Fitness Training program. She is from Edmonton.

WOMEN'S HOCKEY

Women split with Red Deer

By **EVAN DEGENHARDT**
Assistant Sports Editor

The NAIT women's hockey team exchanged a win and a loss against the Red Deer Queens over the weekend. The Oaks were in Red Deer on Thursday night and they were looking to steal a win from the home team. NAIT got up late in the third period and won the game 3-2. Saturday produced the exact same score, except this time, the Oaks were on the losing side of a 3-2 game.

The Oaks came out flying in the first period of Friday night's game. NAIT dominated in the shooting department, putting up at least 10 more shots than the Queens.

Up two after first period

Taryn McCormick got things started for the Oaks at the 4:40 mark in the first period. Late in the first period, the Oaks went on the powerplay. NAIT capitalized on the player advantage as Gabrielle Pelland scored to put the Oaks up by two at the first intermission.

The second period proved to be much of the same style of hockey with both teams trading chances. Red Deer struck first in the second, scoring a goal halfway through the period and cutting NAIT's lead by half. The Oaks then found themselves in some penalty trouble and the Queens went on a five-on-three powerplay. Red Deer used this opportunity to find the back of the net and tie the game up at two goals apiece.

Heading into the third period, both teams were hungry for the win. The third proved to be a great period of hockey, as both teams traded momen-

tum and puck possession. Both goaltenders played excellent hockey, but Red Deer goaltender Camille Trautman faced 40 shots.

Coach Deanna Iwanicka was pleased with her team's execution. "Our weekly focus was to get pucks to the net with traffic, I thought we accomplished this," she said.

Ook Karli Reeve would eventually break the stalemate with 27 seconds left in the game. This was Reeve's second game-winning goal of the season, the last being the OT winner against MRU to finish the first half of the season.

Game 2 on Saturday was a tough loss for the Oaks against the last-place team.

'Wake-up call'

"It's like falling asleep at the wheel," said Iwanicka. "The team needed a serious wake-up call, so the timing of this game couldn't have been better. With MacEwan only two points behind us and a goal to improve our record from the first half, we have some serious work to do."

During the break, the Oaks lost two players and added one, so the team is still trying to work out their new dynamics. Jillian Mathieson, from Spruce Grove, is now wearing No. 10 for NAIT. Mathieson brings a dominating presence to the middle of the ice for the Oaks, as well as an ability to possess the puck.

The Oaks will take on Grant MacEwan next weekend in a series that will determine second and third place.

Iwanicka spoke of the importance of this series and its implications. "There is always a little



NAIT players celebrate a goal by Nicole Dunlop Saturday in a game against Red Deer College. The Oaks went on to lose the contest by a score of 3-2.

Photo by Angela Moberg

increased competitive drive when our teams play, but this weekend is even more important looking at the points race," she said.

"Home ice for playoffs is on the line. MacEwan has a strong goaltending duo; they also work harder than any other team, in my opinion.

Their specialty teams are strong and therefore we have to focus on beating them five on five. Additionally, we will have to focus on creating lots of opportunities by getting lots of pucks to the net. It should be a good challenge and test of the Oaks' character."

MEN'S HOCKEY

Szabados stellar vs Augustana

By **NICK BERRY**

The NAIT men's hockey team took on Augustana twice last week and took three of a possible four points from the Vikings. On Wednesday, the Oaks travelled to Camrose in the first part of a

home and home set against the conference rival. Both teams went into the week tied with SAIT for second in the conference.

The Oaks jumped out to an early lead on Wednesday and never looked back. Josh Koper completed the hat trick, giving him 10 goals on the year. Steele Boomer continued his impressive first season in the ACAC, chipping in a pair of goals and adding an assist.

The Oaks also saw multiple point nights from Colten Yaremovich, Josh Lee and Andy Wiligar in what was a solid effort all around in a 6-0 win. Shannon Szabados made 32 saves to record her third win and first shutout of the year.

Battled hard

On Friday, Szabados got the call again and this time it was a much closer game. The Vikings Matthew Foster opened the scoring but Boomer netted his 12th of the season and 23rd point – which moved him up to fifth in the conference in scoring – to tie the game a 1-1 just before the end of the first period.

The teams battled hard throughout the second and third periods, dishing out some big hits and tightening up on defence trying to get the all important extra point in the tight race in the standings.

The teams went into overtime still tied at 1-1 and after a rough but uneventful extra frame the game ended in a draw. Szabados stopped 35 of the 36 shots she faced in her second stellar outing in as many games.

Sole possession of second

The Oaks (13-3-2) moved into sole possession of second place, only four points behind Mount Royal (15-1-2). The Oaks kick off a home and home series on Friday with the first place Cougars coming to the NAIT Arena.

The Oaks have 10 games left this season and are looking to gain ground and hopefully get home ice advantage for the playoffs. So there will at least be some kind of meaningful hockey here in Edmonton during the spring.



Photo by Laura Dettling

NAIT Ook Brennan Volcan (21) ties up an Augustana player, background, as Riley Marsh (22) corrals the puck during a game Friday. The contest ended in a 1-1 tie.

BASKETBALL

Men dominate

By AVRY LEWIS-McDOUGALL

The men's and women's basketball teams were at SAIT this weekend which resulted in the men getting a dominant 84-49 win while the women fell by a score of 64-61.

The Oaks, the sixth ranked team in the Canadian Collegiate Athletic Association, were able to dominate the Trojans all night long. Bouncing back from their loss last week to Red Deer College and their tenacious defence made life hard for the home side.

After the first quarter it was all NAIT as they broke the game open and were led by Corey Saban who had 17 points and five steals on the night, as well as Kyrie Coleman (11 points, 14 rebounds) and Brock McMillan (11 points, 10 rebounds) who both had double-doubles in the victory.

Coach Mike Hansen was pleased with the performance and how well his team bounced back from the game versus Red Deer, saying, "You learn a lot in your coaching career that there are going to be some losses. Everyone gets knocked down. It's how you get back up that counts."

Coach Hansen also spoke highly of his team's ability to bounce back.

"Twice this year this we've suffered bad losses and both times the team has responded with a champion's heart," he said.

"It wasn't the win tonight but it was how we won tonight, that really showed me what this team is made of. The team has no quit."

With the win the men move to 9-3 on the sea-

son and remain in second place in the ACAC North Division standings.

The women Oaks fell 64-61 to SAIT in a game that came down to the final seconds. Thanks to Janice Phung's 15 points, the Oaks had the early lead and led at halftime 31-25.

In the second half, the Trojans were able to come back thanks to NAIT getting into foul trouble and a game ending dislocated thumb in the third quarter for first-year post Lindsay Papenhuyzen.

The Oaks did not go down without a fight, though. With just over a minute left in the game, Brie Gray would make two big free throws to tie it at 61, but the back and forth battle continued as the Trojans were able to get the lead back and keep it.

The Oaks had one final chance to tie the game up with 12 seconds on the clock but they were not able to get the shot off in time.

Even in a loss, Oaks coach Todd Warnick was positive regarding the game.

"Both teams played exceptional basketball and while it is difficult and disappointing to lose such a tightly contested game, it is these types of games that make this league great and I have little doubt that our young team will learn and grow from this," he said.

With the loss, the women fall to 6-6 (behind Kings, Lakeland and Grant MacEwan) on the season in the ACAC North Division standings.

The men and women both play next on Jan. 26 versus Kings at home.



Photo by Chad Steeves

NAIT Oak Corey Saban goes up for a shot during a home game on Nov. 12 against the Camrose Kodiaks, which NAIT won 95-64. Saban was the leading player over the weekend for the Oaks, with 17 points in a 84-49 win over the SAIT Trojans.

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ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	18	15	13	1	0	2	80	39	32
NAIT	18	13	13	3	0	2	69	42	28
SAIT	18	13	13	4	1	0	84	41	27
Augustana	18	12	10	4	0	2	84	46	26
Portage	18	5	4	10	1	2	50	79	13
MacEwan	18	4	4	12	1	1	51	70	10
Concordia	18	3	3	11	2	2	49	94	10
Briercrest	18	1	1	16	0	1	44	100	3

RESULTS
January 11
NAIT 6, Augustana 0
January 13
NAIT 1, Augustana 1 (OT);
Briercrest 5, SAIT 3;
Concordia 2, Portage 2 (OT);
MRU 3, MacEwan 2 (OT)
January 14
SAIT 4, Briercrest 1; MRU 5, MacEwan 3;
Portage 8, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	16	11	11	4	1	0	57	26	23
NAIT	16	10	8	6	0	0	40	39	20
MacEwan	16	7	6	4	2	2	31	32	18
SAIT	16	5	4	7	1	3	33	47	14
Red Deer	16	3	2	9	1	3	21	38	10

RESULTS
January 12
NAIT 3, RDC 2
January 13
MacEwan 4, MRU 2
January 14
RDC 3, NAIT 2; MRU 5, MacEwan 1

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Lakeland	12	12	0	24	1179	917
NAIT	12	9	3	18	1021	888
Keyano	12	8	4	16	1035	902
Concordia	12	6	6	12	877	835
Augustana	12	5	7	10	882	971

MacEwan	12	3	9	6	937	933
Grande Prairie	12	3	9	6	880	1067
King's	12	3	9	6	817	1015

South Division

Mount Royal	11	9	2	18	869	722
Medicine Hat	12	7	5	14	985	930
Red Deer	11	6	5	12	874	885
SAIT	12	6	6	12	977	1035
Lethbridge	12	3	9	6	885	1021
Briercrest	12	3	9	6	902	1044

RESULTS
January 13
MHC 88, Augustana 85;
Concordia 98, Briercrest 61;
Keyano 99, MacEwan 73;
Lakeland 119, Lethbridge 60;
SAIT 97, GPRC 87; MRU 97, King's 56
January 14
NAIT 84, SAIT 49; Concordia 77, MHC 68;
Lakeland 91, MRU 69; RDC 104, GPRC 78;
Keyano 75, MacEwan 69;
Augustana 93, Briercrest 77;
Lethbridge 79, King's 61

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
MacEwan	12	12	0	24	861	581
Lakeland	12	7	5	14	824	772
King's	12	7	5	14	867	831
NAIT	12	6	6	12	746	678
Augustana	12	6	6	12	790	768
Concordia	12	4	8	8	720	734
Grande Prairie	12	4	8	8	670	823
Keyano	12	2	10	4	669	898

South Division

Mount Royal	11	9	2	18	794	654
SAIT	12	8	4	16	816	675
Lethbridge	12	8	4	16	710	730
Medicine Hat	12	7	5	14	815	773
Red Deer	11	2	9	4	590	713
Briercrest	12	1	11	2	553	770

RESULTS
January 13
MHC 92, Augustana 80; SAIT 90, GPRC 50;

Concordia 72, Briercrest 34;
MacEwan 63, Keyano 39;
Lakeland 72, Lethbridge 46;
King's 68, MRU 60
January 14
SAIT 64, NAIT 61; GPRC 60, RDC 54;
MHC 65, Concordia 60;
MacEwan 70, Keyano 36;
Augustana 82, Briercrest 50;
MRU 77, Lakeland 72;
Lethbridge 78, King's 61

MEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Briercrest	14	11	3	36	188	22
N	Keyano	14	10	4	33	19	20
N	MacEwan	14	9	5	33	19	18
S	Mount Royal	14	9	5	34	22	18
S	Lethbridge	14	9	5	33	22	18
S	Red Deer	12	8	4	29	21	16
S	SAIT	12	8	4	27	21	16
N	NAIT	14	8	6	30	21	16
S	Augustana	12	7	5	25	21	14
S	Medicine Hat	14	6	8	25	31	12
N	Grande Prairie	14	4	10	22	30	8
N	King's	12	3	9	15	32	6
N	Lakeland	14	2	12	10	38	4
N	Concordia	14	0	14	5	42	0

RESULTS
January 13
NAIT 3, Concordia 0 (25-18, 27-25, 25-20);
GPRC 3, Lakeland 0 (25-17, 25-22, 25-18);
Lethbridge 3, RDC 0 (25-23, 32-30, 25-22);
MacEwan 3, King's 0 (25-22, 25-23, 25-15);
Briercrest 3, MRU 2
(25-18, 23-25, 21-25, 25-20, 15-8);
Keyano 3, MHC 1
(27-25, 17-25, 25-23, 25-15)
January 14
NAIT 3, Concordia 0 (25-17, 29-27, 25-13);
Briercrest 3, MRU 2
(22-25, 25-17, 27-25, 24-26, 15-10);
GPRC 3, Lakeland 0 (25-18, 25-16, 25-20);
Keyano 3, MHC 0 (25-18, 25-19, 25-22);

Lethbridge 3, RDC 2
(25-18, 25-21, 21-25, 19-25, 15-9);
MacEwan 3, King's 0 (25-21, 25-23, 28-26)

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Medicine Hat	14	13	1	40	9	26
S	Mount Royal	14	12	2	38	12	24
N	NAIT	14	11	3	36	13	22
N	MacEwan	14	10	4	33	17	20
N	Grande Prairie	14	8	6	28	23	16
S	SAIT	12	6	6	22	22	12
N	King's	12	6	6	22	22	12
S	Red Deer	12	6	6	22	24	12
S	Lethbridge	14	6	8	25	27	12
S	Briercrest	14	4	10	21	32	8
N	Lakeland	14	4	10	17	32	8
N	Concordia	14	4	10	16	34	8
N	Keyano	14	4	10	16	35	8
S	Augustana	12	0	12	4	36	0

RESULTS
January 13
NAIT 3, Concordia 2
(23-25, 22-25, 25-17, 25-17, 15-6);
MRU 3, Briercrest 0 (26-24, 25-18, 25-18);
GPRC 3, Lakeland 1
(25-21, 25-17, 20-25, 25-16);
RDC 3, Lethbridge 2
(25-15, 23-25, 24-26, 25-21, 15-12);
MacEwan 3, King's 2
(25-18, 23-25 25-21 15-25 15-13);
MHC 3, Keyano 1
(25-15, 23-25, 25-15, 25-21) January 14
NAIT 3, Concordia 0
(25-14, 25-11, 25-16);
MRU 3, Briercrest 1
(25-16, 25-18, 21-25, 25-19);
RDC 3, Lethbridge 2
(14-25, 25-19, 25-15, 15-25, 15-11);
MacEwan 3, King's 0
(25-22, 25-20, 25-22);
GPRC 3, Lakeland 0 (25-12, 25-17, 25-22);
MHC 3, Keyano 0 (25-15, 26-24, 25-20)

UBC slapped for rules violation

VANCOUVER (CUP) — The University of British Columbia Thunderbirds football team has forfeited its entire 2011 season after it was found that it was fielding an ineligible player.

The player, defensive lineman Connor Flynn, had already completed his eligibility at the beginning of the season, after playing five years of junior football with the Vancouver Trojans before being recruited to UBC in 2009.

According to a Canadian Interuniversity Sport (CIS) press release, UBC “self-disclosed” the violation and co-operated fully with the investigation. It went on to say that the violation was unintentional.

In 2009, the CIS amended its eligibility rules to state

that “a student-athlete shall complete his eligibility within seven academic years, calculated from the beginning of the academic year immediately following the earlier of his high school graduation or completion of high school eligibility ... an exception is granted to any student-athlete listed on a 2009–2010 eligibility certificate.”

Due to an error by UBC’s football program, which was coached by Ted Goveia at the time, Flynn was not listed on an eligibility certificate.

UBC’s breakthrough 6-2 season will now be recorded for posterity as 0-8, with 1-0 wins for all of UBC’s opponents.

UBC will also be fined \$1,250 and has been placed on probation until 2013.



Photo by Geoff Lister/The Ubyesey



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Athlete Profile



Player: Kyle Johnson
Sport: Hockey (captain)
Position: Defence
Program: Bachelor of Technology
Age: 23

By EMILY FITZPATRICK

Have you always played hockey? – Yeah. It's always been my No. 1. I also played lacrosse growing up.

What do you do in the off-season? – Usually I just work, hang out with friends and work out.

What has been your best career moment so far? – I would say winning the hardest shot competition at the AJHL all-star game.

What's your dream job? – Being a professional hockey player or coach.

Any pre-game rituals? – I have a secret handshake with my teammate Ryan Smith.

What's your role as team captain? – Just to be vocal and lead by example.

What do you eat before games? – Usually

some kind of carb like chicken or pasta.

What's your biggest competition this year? – Probably Mount Royal. We are playing them again this weekend, though.

Why did you come to NAIT? – Well it had all the courses I wanted. So it's nice to be able to go to school for what you want and play hockey at the same time.

What's your favourite movie? – Well, I can't pick just one so my Top 3 are, Armageddon, Pineapple Express and D2: Mighty Ducks.

What do you listen to before games? – Anything upbeat that will get me pumped.

If you could fly anywhere in the world where would you go? – Switzerland. I went their once for a hockey tournament so I'd love to go back.



Athlete Profile



Player: Alysha Zuczek
Sport: Basketball
Position: Point guard
Program: Academic Upgrading
Age: 18

By ADAM BRILZ

Who was your idol while growing up? – Probably Rajon Rondo.

How long have you been playing basketball? – I've been playing since I was six years old.

What is your favourite thing about NAIT in general? – The classes are great, the teachers are awesome and meeting new friends on the basketball team is really great.

Is there anything you are planning to get with Academic Upgrading? – Get better marks with it, of course. To learn it better, I guess, because I really want to be a respiratory therapist, so I'm trying to get into that.

So that's one of your dream jobs? – Yeah.

Do you have any pre-game rituals? – Not really, I just listen to music and get pumped up with the team.

What type of music? – I like all music, actually.

So you have country once and then rap? – Oh yeah, yeah.

Do you have any other hobbies other than basketball? – Basketball is like my life, actually.

What was your favourite basketball moment? – My favourite basketball moment would be winning the Metro finals with my Archbishop O'Leary basketball team.

You could have chosen other sports to play instead of basketball. Why did you choose basketball? – Both of my parents played basketball, so they really pushed me to play this sport.

What was the funniest thing you have seen at a basketball game? – When I was in junior high and a girl was on a breakaway and she lost her shoe while she was running. After the play, she sat down and tied her shoe up, and it was really funny.

City student in 2nd ironman Worlds



By REBECCA MEDEL
The Gateway
(University of Alberta)

EDMONTON (CUP) – Stefan Schreiber tries the same experiment every year and it takes him that entire year to calculate the results. He vigorously trains his body to swim, cycle and run for miles to see if he has what it takes to be an ironman.

This year, Schreiber, a PhD student at the University of Alberta, has made it. He's one of a handful of Canadian men in his 30–34 age group heading to Hawaii in October to represent Canada in the Ironman World Championship. It's a race that requires participants to "Swim 2.4 miles, bike 112 miles, run 26.2 miles. Brag for the rest of your life." It was started by a few American military men in the 1970s looking for a way challenge each other to see who was in the best shape.

"It was fun for them. It was maybe four or five people and now it's people almost treating it as a religion," Schreiber said.

"For me, it's more like a personal satisfaction that I get when I've met my goal after training for a year. After the race, I evaluate everything and say, 'Well, you could improve here, you could improve there.' So that's when I plan my new year to address these weaknesses that I have. I don't know, maybe it's kind of the scientist in me that I always come up with a new experiment and change something there and see what comes out of it."

Schreiber got involved in triathlon racing in his early 20s while he was still living in his native Germany. After moving to Edmonton and entering the doctoral program at the U of A in forest biology in 2008, Schreiber took recreational triathlon racing to a new level and started competing in Ironman Canada races the next year.

His hard work paid off and he

raced in the Ironman World Championship in 2010, placing 102nd, but running at a time 30 minutes slower than his last Canadian race. This October will be Schreiber's second time attending the Worlds.

"In order to be able to do a race in Hawaii with 2,000 people, only the top in the age group can get a spot from each country," Schreiber said. "My time was also not as fast as it was in Canada when I was in Hawaii – this was also probably due to the heat there, because the heat is a very big factor. It was so hot, the pavement was 60 C ... Right after I finished that race in Hawaii, I thought, 'I have to come back here and make a way so I can actually train properly.'"

Schreiber does a lot of training on his own but is also a bike coach with the U of A Triathlon Club, where he's found a group of people with the same passion.

"There are lots of different training philosophies, but you have to find something that makes sense for you, otherwise you would not devote your time to it," he said.

Cost can be a big factor for competitors. Only professionals are eligible for prize money, but each participant has to pay an entry fee that keeps inching closer to \$1,000 every year.

Schreiber would love to continue racing until he's as old as the 80-year-old Lew Hollander, who raced alongside him last time, but realizes cost may become an issue.

U of A student Stefan Schreiber competing in Hawaii in 2010.

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Rio de Janeiro hosts UFC

By WILL CORTEZ

This past weekend saw the second UFC event ever held in Brazil take place in Rio de Janeiro, with a jammed packed card of great fights. Here is the breakdown of the two fights that shared the title of co-main event.

Vitor Belfot vs. Anthony Johnson

The co-main event was in jeopardy because of weigh in issues.

Anthony Johnson moved up from welterweight to middleweight because he was having problems making weight for welterweight. So naturally moving up in weight seemed like the best thing for him to do. But come weigh in time he didn't even come close to making weight at middleweight.

For a while people weren't sure if the fight would go on but Vitor accepted 20 per cent of Johnson's purse if he himself made weight. So the fight was on basically a middleweight fighting a heavyweight, with Johnson weighing 197, no catch weight here.

The round started with Johnson throwing kicks, and Vitor being a bit tentative. Vitor went for a high kick; Johnson caught his leg put Vitor's back to the mat and didn't really do much. Vitor tried for arm bar but Johnson stood up quickly.

With Vitor still lying on the mat, Johnson

dove with a right punch, hitting on the right eye, swelling it right away. The ref didn't let them lie there for very long and stood them up right way.

From that point, the fight changed to a more positive momentum for Vitor, where we saw him stuff submission attempts and land a big knee to Johnson's head after a stuffed submission.

Johnson looked tired and sluggish like all the weight draining had finally caught up to him.

Near the end of the round Johnson put Vitor on his back but wasn't much of anything. The ref again decided to quickly stand them up. Johnson was trying to put as much pressure as he could, but a sloppy take down attempt on Vitor put him on his hands and knees and gave Vitor the chance to land some quick punches and get side control. From side control Vitor landed some big shots to the side of

Johnson's head and it gave Vitor the opportunity to get on Johnson's back and lay him flat, where he kept trying to land more shots.

Near the end of the round with Johnsons in full defence mode, Vitor slipped in a rear naked chokehold and submitted Johnson with 16 seconds left in the round.



Vitor Belfot
An amazing night

Unfortunately this was a bad night for Johnson. He lost the fight, 20 per cent of his purse because he didn't make weight, and also got cut from the UFC because of two previous occasions he didn't make weight.

On the other hand, this was an amazing night for Vitor. He got fight of the night bonus, a purse increase; he put himself into title contention again, and won in front of his home country. Vitor improved too (21-9) and Anthony dropped to (10-3).

JOSE ALDO vs. CHAD MENDES

Jose Aldo hasn't lost a fight since November 2006. He has destroyed all opposition in his way, and with ease.

Chad Mendes, though, seemed like maybe he would finally put an end to Aldo's reign. Known for being a decent striker and a very good wrestler. He was expected to put Aldo on his back. Mendes was also undefeated with a record of 11-0 But that wasn't the case this fight.

Both fighters came out a bit gun shy. Mendes seemed intent on showing Aldo he wasn't scared of his striking by throwing inside kicks. Aldo didn't seem worried by his kicks, and proved

with just a kick how much harder his kicks are.

After feeling some of Aldo's leg kicks, Mendes tried for a takedown, but Aldo stuffed him easily. Near the end of the round, Mendes finally got his arms around Aldo's waist and tried for a few takedowns.

Aldo turned his back to Mendes and kept preventing Mendes from lifting him. With 10

seconds left on the first round, Mendes let Aldo go and Aldo immediately turned around and faked a right punch, which caused Mendes to duck right into Aldo's waiting knee. Mendes went down, got punched twice and the fight was stopped 4:59 in the first round.

Aldo quickly ran out of the cage to celebrate with his fellow countrymen. At one point it looked like a riot might break out with everyone rushing towards him to touch him and celebrate.

The whole fight was slow, but for some reason Mendes seemed like he was losing though he was the more active of the two. Mendes seemed really outclassed and sort of at a loss with what to do with Aldo. This fight was never close. Mendes dropped to (11-1) and Aldo improved to 21-1.



Vitor Belfot
Improves to 21-1

Martial arts, Pilates and yoga

By JACOB ROBERTS

The Link (Concordia University)

MONTREAL (CUP) — Flow Space is a new, multi-disciplinary studio in Montreal offering to kick your ass in a variety of classes that work to stimulate the body and mind.

Andrew Gordon Middleton, the owner of the studio, is extensively versed in yoga, acrobatic yoga and Pilates, but his main interest is Russian Systema — a martial art developed in 10th-century Russia that was later adapted by Spetsnaz, an elite Soviet military unit.

'Not mutually exclusive'

"A lot of these [classes] are things that I am personally interested in and they are things that I think are complementary to each other. [Like] Systema and Pilates, [which] are very empirical systems," said Middleton.

The theory is that different aspects of each discipline are not mutually exclusive and can be combined to achieve a greater effect, rather than studying just one discipline.

Middleton continued to explain how the physical conditioning of Pilates helps in Systema training, while the fluid nature of the movements in Systema helps to loosen Pilates students.

"A Pilates cliché is that people walk around like ironing boards, they're all stiff and can't move," he said.

"Systema is very much about the smoothness and fluidity of movement and adaptability, as opposed to some [martial arts], at least compared to Systema, [which] are very tense and very rigid," said Middleton.

Middleton has been toying with the idea of

a multi-disciplinary studio for quite some time, but in September of this year he finally amassed all of the people necessary for his dream to come alive.

According to him, the name Flow Space reflects the nature of Systema as well as the interdisciplinary mentality that they are trying to promote at the studio.

"I like the variety because it keeps it interesting and it's a different challenge. A lot of what Systema is about is adaptability," said Middleton. "The mind-body connection really develops well if you have to improvise with the movement."

"Andrew's vision was really to have a place where people could come to not necessarily just practice one type of movement," said Kate Stashko, a Pilates instructor at the studio.

'I like the idea'

Rhetta Parnas is a yoga instructor at the studio who met Middleton through the yoga community in Montreal.

"I was really excited about this project because I like the idea of different disciplines complementing each other, but I also like this idea that each teacher will have become quite specialized within their own disciplines," said Parnas.

"We can explore [without] necessarily creating something new or entirely outside of this idea of traditions. So I like seeing how the traditions come from a common base of support of understanding about the human body or mind."

Flow Space Studio offers classes in Russian Systema, yoga, Acro-yoga, Qi Gong and Taiko drumming.



Photo by Andrew Middleton/The Link

A multi-disciplinary approach to mental and physical fitness is the focus of a new studio in Montreal.

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WHO Anime/TCG
WHAT Weekly Meeting
WHEN Thursdays; 4:15pm - 6:10pm
WHERE H007

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

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

WHO Latter-Day Saints Student Association
WHAT Weekly Meeting
WHEN Thursdays; 11:15am - 12:10pm and 12:15pm - 1:10pm
WHERE J006

WHO Muslim Students Association
WHAT Weekly Prayer
WHEN Fridays; 12:15pm - 1:10pm
WHERE J111

WHO Outdoors Ski Club
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WHERE Fernie, BC contact: outdoors.nait@gmail.com

WHO Chinese Student Association
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ENTERTAINMENT

Looking forward to 2012



CHRISTINE VU
Entertainment Editor

"Out with the old and in with the new" is a common saying but with the end of the world coming, 2012 seems to be the year of the comeback.

Things that we considered "old" are taking a chance to make themselves "new" again. Or maybe it isn't the end of the world that is prompting all the remakes and relaunches of old franchises. Hollywood has been copying itself for a while now, so what will 2012 bring?

Here's what you can look forward to most in movies, music and everything entertainment.

First off, I have to acknowledge the birth of Blue Ivy Carter. Judge me all you want, but I am curious to see what the spawn of Jay-Z and Beyonce will do.

It was just a matter of time before we heard little baby Blue drop a single or do something big but who knew it would be just days after she was

born. Jay-Z featured the baby's cries on a song he released to celebrate the birth of his first child with Beyonce, making Blue Ivy Carter the youngest person in history to make it onto the Billboard charts.

As far as music goes, I look forward to hearing more from many artists in the new year, but none have taken over my iPod as much as Lana Del Rey and The Weeknd have.

On the cover of *Billboard* magazine, you will find Lana Del Rey, whose identity is as mysterious as her voice. Born Elizabeth Grant, Del Rey has a soulful, smoky voice that calls back to an older generation. Sort of.

She has called herself a gangster Nancy Sinatra. Her single "Video Games" became a hit and she is now arguably the most in-demand artist despite the fact that she has yet to release an album under a major label.

Del Rey tops my list of ones to watch in 2012 because I really like her music, but also because I want to see her story unfold.

Rare video footage shows us that same girl with the same voice years ago but that version is more plain and her lips are suspiciously thin compared to now. Many people question Del Rey's reinvention and accuse her of being a product made for the masses.

Who knows Lana Del Rey's real story? Hopefully the world won't end before we find out.

Another person who has seemed to pop out of thin air to dominate the music industry is Canadian hip-hop artist Abel Tesfaye, who goes by his stage name, The Weeknd. Although pronounced "weekened," Tesfaye has made a strong debut.

In one year, he released three nine-track mixtapes to great reception. He may not be the first, but The Weeknd's music sounds like updated hip-hop that hasn't lost that old school sound.

He has that velvety voice and sings in a style that is true to hip-hop and R&B. With subtle dubstep beats, his music is so refreshing. I have all three mixtapes in heavy rotation and I am already anxiously awaiting something new from him.

His song, "High For This," was featured in an Entourage promo and has been added to Coachella's lineup. It's about time Canada has had an export that they don't have to be embarrassed about ... bye, bye Bieber.

OK, so I almost forgot about Ryan Gosling, who, I'm sure many people would agree, has been the best thing to happen to Canada and the rest of the world. Whether you admire him for his incredible acting skills or that charming grin, there's just no denying his talent.

He had three successful movies in 2011 in which he played three entirely different characters. Fans of his movie *Drive* rejoice as he returns to the big screen with director Nicolas Winding Refn in *Only God Forgives*. With a plot that involves a cop and a gangster in a Thai boxing match, *Only God Forgives* is just one of four upcoming movies Gosling will be in.

Another anticipated movie is the last installment of *The Dark Knight*.

The Dark Knight Rises comes out this summer and after making people endure *Mission Impossible 4* just for a sneak peak at the new movie, I'm sure it won't disappoint. I'm curious how things will end for Batman, especially with the addition of Anne Hathaway and Joseph Gordon-Levitt, who have joined the cast for the final bow.

Personally, I can only count memorable movies from 2011 on one hand (yes, all three Gosling movies made the cut for one reason or another). The long list of 2012 movies is promising, but whether they will deliver is another thing entirely.

So what will 2012 bring? Well for one, Napoleon Dynamite has returned in cartoon form.

Brandy and Monica, the two ladies who gave us the hit "The Boy is Mine" back in the day, are getting together again to bring us something new to sing on karaoke nights.

Selena Gomez is taking a break from music.

There is clearly a lot to look forward to in 2012.



celebgossip.com

Lana Del Rey



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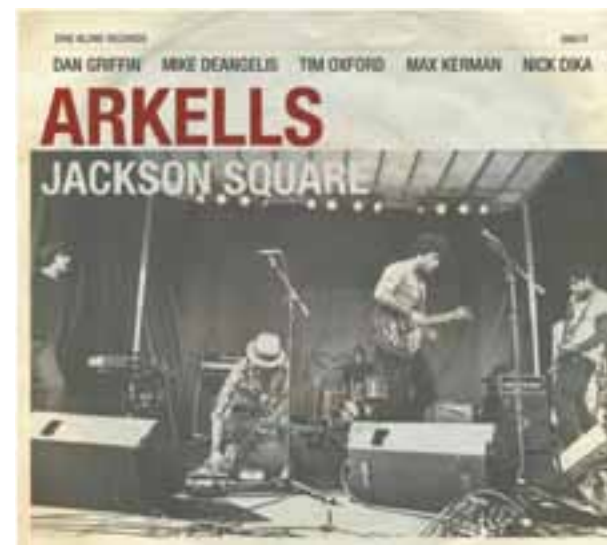


By MIKE JONES

Ah ... classic rock. Presley ... Lennon ... Jagger. These names bring to mind many great songs. But in addition to these artists' songs, a lot of great songs have been written about them. Here are just a handful. (Sorry but I said GREAT songs ... Maroon 5!)

1. John Lennon – Arkells
2. Brian Wilson
– Barenaked Ladies
3. Bob Dylan Dream
– Against Me!

4. Johnny Cash – Jason Aldean
5. Buddy Holly – Weezer
6. Sid Vicious Was Innocent
– The Exploited
7. Kurt Cobain – KO
8. Elvis Is Dead – Living Colour,
featuring Little Richard
9. Dio – Tenacious D
10. Eddie, Bruce and Paul
– NOFX (about Iron Maiden
lead singers Bruce Dickinson and
Paul Di'Anno and the band's mas-
cot, Eddie)



chartattack.com

VIRAL VIDEO

Hilarious five-second films

By BALJOT BHATTI
Issues Editor

The viral video this week isn't just one video – it's hundreds of videos. I'm talking about the Internet phenomenon known as "5 Second Films" or 5SF for short.

Run by a group of comedians, writers and producers, 5SF have been providing the world with a hell of a lot of laughter.

The concept is simple – each video has three seconds of titles and credits, five seconds of video, and one to two seconds of “The End.”

Those five seconds sandwiched between the beginning and end are the absolute epitome of

Internet comedy gold.

It takes a lot of skill to tell an entire story and make you laugh in five seconds, but these guys pull it off.

I know you're thinking, "how can an established web-series be considered viral?"

Well, these dudes don't get that huge amount of hits for the quality that they put out and the only people who regularly watch their stuff is a small dedicated fan base.

If you're interested in checking them out, I'd say watch the videos "Late for Work" or "Cinco De Mayo" – they'll give you an example of how funny they can be, and their weird bizarre sense of humour.



YouTube

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RESTAURANT REVIEW

Cora's healthy and tasty, too

By KEVIN TUONG

Personally, I don't like franchise restaurants, so I'll rarely eat at one; but once in a while, I'll make an exception. In this case, the exception was Cora.

Although Cora is relatively new to Edmonton, it's a franchise that originated from a small diner in Montreal in 1987 and has slowly spread its way across Canada.

So why would I make an exception for Cora? It's because they're one of the few breakfast places in this city that is actually good.

The interior is great; it's warm, cozy, colourful, and welcome. Although the interior has a good atmosphere, you'll realize that it's actually quite cramped when you sit down.

Chairs on opposite tables are too close together, and the booths are simply too small. Even when I was fully against the back rest, my arms could almost reach the other end of the table.

The service matches the interior, and our waiter was friendly and fun. But like the interior, the service had a flaw - professionalism.



Photos by Kevin Tuong

When I asked our waitress what kind of salad came with the meal, she said she wasn't sure, and then proceeded to joke about it audibly to another waitress away from our table.

What makes this place stand out from most other breakfast/brunch restaurants is the mass amounts of fruits or salad that you get with every dish, as opposed to oily eggs, greasy sausages, burnt toast, and a tiny cup of fruits. Even their smoothies come with a slice of melon and pineapple.

I ordered the Chicken Asparagus Skillet, which came with a soup of the day, and a rather large helping of garden salad that was really fresh and crisp.

Despite the name containing "asparagus", I only found two sticks of tiny asparagus under the delicious melted cheese. With that aside, the dish had caramelized onions, potato wedges and small tender pieces of chicken, all of which

tasted pretty good.

My plus one decided to order the Ham and Egg Panini Crêpe, where half of the plate was loaded with fresh and colourful fruit.

The crêpe looked more like a wrap due to its size; nonetheless, it had that soft chewy crêpe texture to it with each bite. The ham, egg, and cheese inside the crêpe came together nicely, giving a strong flavour that wasn't overpowering for a breakfast.

For the most part, Cora is good, but there's one flaw in almost everything.

As for price, I keep jumping back and forth between "reasonable" and "overpriced by one dollar." It's probably because I keep thinking that I could just buy fruits at the super market for cheap and get half a Cora meal.


One good upside to Cora is that they open at 6 a.m., so if you ever have a 7 a.m. flight to catch, you can still grab a healthy and tasty breakfast beforehand!



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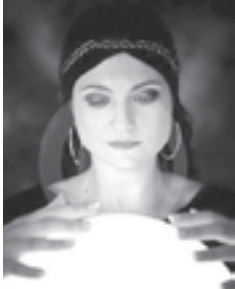

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 19-25

(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)

You've stuck to your goals for an impressive amount of time, Aquarius. Don't let the cold weather and bad roads slow you down this week!

VIDEO GAME REVIEW

Kirby's back

By KARL GARNEAU

Kirby is one of my favourite video game franchises. Quality wise, I cannot think of a single Kirby game that was anything less than simply "great."

It's a colourful action-platformer with a really fun combat concept and one of the simplest character designs in video game history.

Kirby's *Return to Dreamland* brings us all back to the wacky hijinks of the pink marshmallow with a black hole for a stomach. A large inter-dimensional space ship crashes into Dreamland and Kirby and his three buddies go to help the sole pilot repair the ship.

There are really only two major additions to this game.

There's now drop-in/drop-out four-player co-op, where other players switch between a powerful swordsman, a king with a hammer and some dude with a bandana and a spear.

There are also "Ultimate Abilities" where Kirby copies a more powerful "mook" and obtains an absurdly powerful ... um, power.

For instance, the Ultra Sword (on the game's front cover) allows Kirby to swing a massive

Pisces (Feb. 19-March 20)

Take time this week to catch up with relatives. Not only will this help you feel more contacted with your family, but it will also help motivate you in your current goals.

Aries (March 21-April 19)

Show yourself some love this week, Aries. You've been working hard and it's been paying off! Relax this week, and catch up on your sleep!

Taurus (April 20-May 20)

Looking for a winter fling? Probably not a great idea. Love is not in the stars for you this week, Taurus.

Leo (July 23-Aug. 22)

Beware of who you are trusting this week, Leo. You have made many new friends, but first impressions aren't always as accurate as you might hope.

Virgo (Aug. 23-Sept. 22)

Your studies are taking a back-

seat this week, although you have more important things to deal with right now, don't let this become a regular occurrence.

Libra (Sept. 23-Oct. 22)

Your friends are one of the most important parts of your life, Libra, but be careful that you're not forgetting other things that matter. It may be fun to spend everyday with your buddies, but it's not helping you complete that daunting to-do list.

Scorpio (Oct. 23-Nov. 21)

Don't take out your frustration on the people around you, Scorpio, even

though you're having a rough week try to avoid burning bridges in your anger.

Sagittarius (Nov. 22-Dec. 21)

When an opportunity presents itself to further your career make sure you're evaluating what you would have to sacrifice in order to advance your career. Does the good outweigh the bad, Sagittarius?

Capricorn (Dec. 22-Jan. 19)

You've been slacking in the appearance category lately, Capricorn. Try waking up early this week and spend extra time getting ready- you'll feel great about yourself!

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.

blade that covers nearly the entire screen – blasting through everything.

No matter how many times I use it, surprisingly, it never gets old.

Complaints are inevitable. There is always a flaw in everything, after all.

The story is more barebones than even Kirby Superstar and an admittedly fun recurring boss is never really explained, despite being an entire 15th of the game.

However, there really isn't anything that detracts from the gameplay. That's all I can really ask for since I remembered that the cartoon sucked.

Overall, it's a lot of fun ... well, except for those who actually don't like Kirby. Let those dudes play what they want. I love these games.



LOL--LOOK WHAT I RENTED FOR THE WEEKEND!!! :-P

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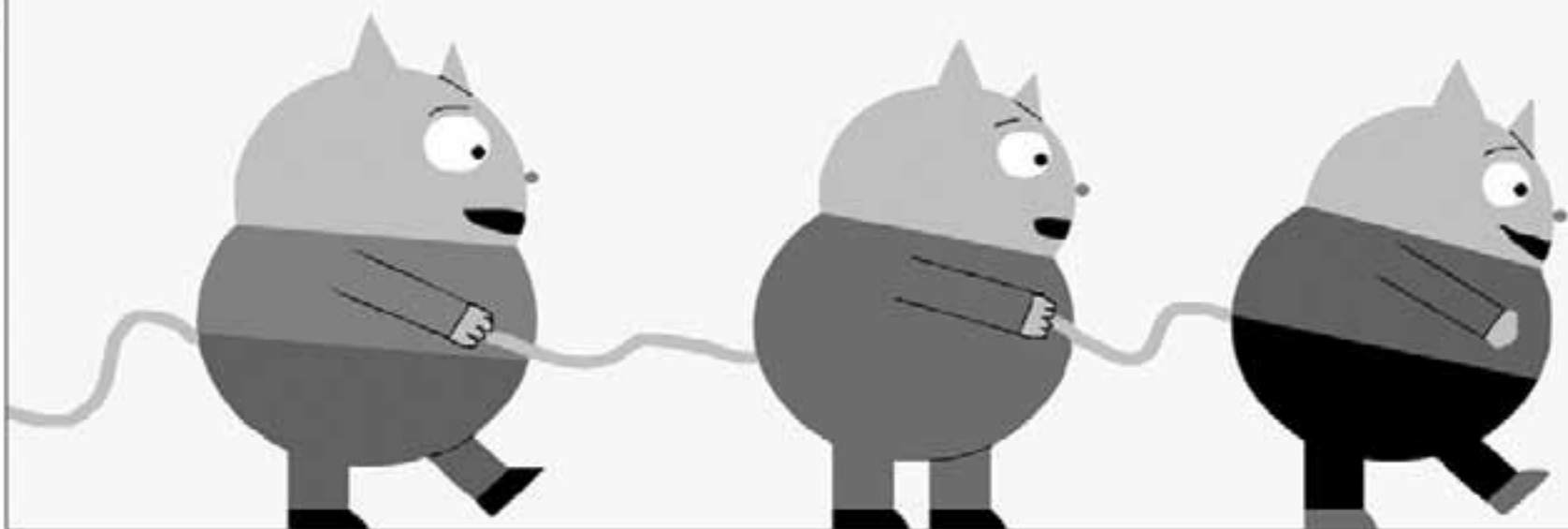
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PRESCHOOL MICE J.B.

Cartoon by John Benesch

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Apartment and condo safety



As students, many of you are living in an apartment or condominium far away from home. For some, this is a first time adventure that may be full of unwelcome surprises. When it comes to safety in your home you must rely on good judgment. Here are some Do's and Don'ts supplied by the Edmonton Police Service to help make your new adventure a little safer:

DO:

- Do make sure all doors are locked after entering or exiting your building.
- Do ensure that the parkade car entrance door closes fully when entering or exiting, this will keep others out.
- Do notify the resident manager immediately when you notice suspicious people or vehicles in the parkade.
- Do ensure all valuables have been taken out of your vehicle and that the vehicle is locked when parked.
- Do confirm whom you are allowing into the building, especially through the intercom.
- Do pay notice to people inside your building if they look out of place or suspicious. Say "Hello!" and ask if they live in the building. Thieves hate attention.
- Do report suspicious people in or around

the building property to the resident manager or call police if warranted.

- Do record all serial and model numbers, and engrave all your property.
- Do make sure parkades, hallways and entrances are well lit. Notify the building manager if lights are burnt out.
- Do get to know your neighbors. Learn whom you can trust and let them know when you are going to be away. Keeping informed and watching your neighbor's apartment is a great safety feature.
- Do be aware of your surroundings, especially in laundry rooms, parkades and elevators.
- Do change the locks immediately when moving into a new residence. The residence manager should be able to assist you.
- Do use your through-the-door viewer (or 'peep hole'). If there is not one on your door, have one installed. A viewer with an 180 degree angle is the best
- Do have your key ready as you approach the door. Do not hide spare keys.
- Do have emergency phone numbers listed on or near your phone.
- Do have an "escape plan" that allow you to leave your residence quickly.

DO NOT:

- Do not allow access to anyone you do not know or do not recognize. If you feel uncomfortable or impolite closing the door on a stranger when you enter the building, please consider it is for your own safety and the safety of your property.
- If a stranger comes to the door asking to use your phone, offer to make the call for them. Do not let them in.
- Do not give personal information to telephone solicitors or to 'wrong number' callers. Ask, "What number did you dial?" and just tell them, "You reached the wrong number".
- Do not get on an elevator if there is someone on it you do not feel good about. Wait for the next one. Always stand near the elevator's control panel. This will allow you to get off on the next floor or sound the emergency alarm should you encounter a problem.
- Do not allow trees to block the view of your windows. Let people see what is going on outside your windows or patio doorways. Always close your curtains or blinds after dark.
- Do not put your name beside the apartment number at the entrance. Use "occupied" or nothing.
- Do not leave the opening to your mail-

box uncovered, so no one can see if there is an accumulation of mail. Consider asking a friend or neighbor to take in your mail when you are away. In an apartment situation, you may ask the rental office to collect the mail until you return.

- Do not leave your lights on all night when you are away. This draws attention to your apartment especially if all other apartments in the area are dark. Use a light timer set in different rooms with different start/stop times to give your apartment an appearance of being occupied.
- Do not assume your apartment is safe from unlawful entry, even on higher levels. Always lock your balcony doors and/or place a wooden stick cut to fit the slide area at the bottom of the door to prevent it from being opened from the outside.

These few "Do's" and "Don'ts" could be the difference between an enjoyable and a painful experience.

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 eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.



TAYLOR JACKSON

What's your New Year's resolution?



"I didn't make one! That way when I break it, I won't get upset."

Mark Herscovitch
Carpentry



"Don't swear!"

Adam Hamaluk
Carpentry



"Wing man my fellow wolf-pack better."

Josh Clouden
Carpentry



"To pass school."

Jason Marcus
Electrical Engineering



"To drink less ..."

Hanna Calver
Upgrading

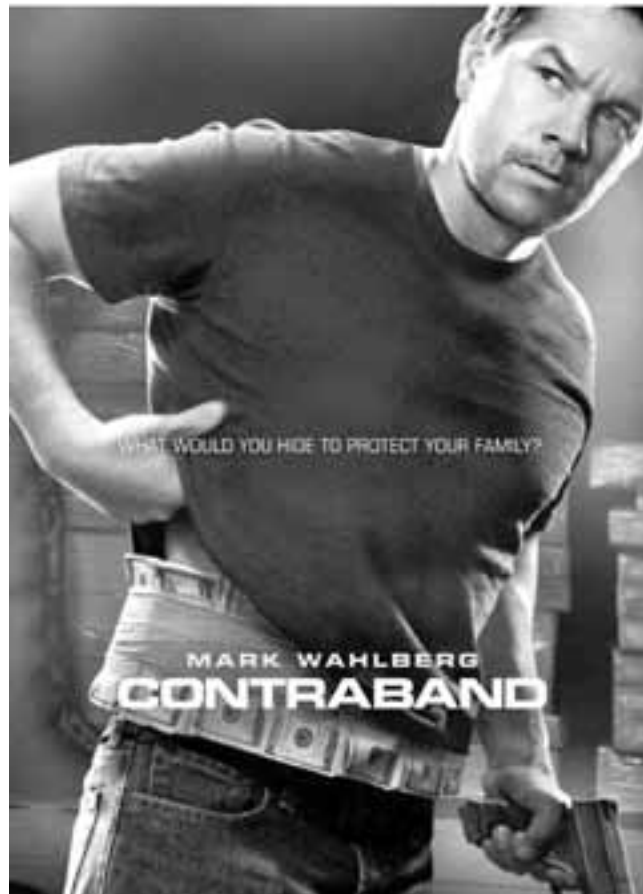
MOVIE REVIEW

Entertaining, but awkward

By KEVIN ALLES

After a holiday season with a slew of predominantly family friendly movies hitting theatres (think *War Horse*, *Sherlock Holmes*, *A Game of Shadows*, *The Adventures of Tin-Tin*, *Hugo*), I found myself craving a good old-fashioned, gritty, run-and-gun R-rated action flick.

December's *Mission Impossible: Ghost Protocol* was like awkwardly scratching my own back to get rid of my action movie itch – almost, but not quite.



digitaltrends.com

As I settled down to watch *Contraband*, starring the hit (*The Fighter*, *Shooter*, *Italian Job*) and miss (*The Other Guys*, *The Happening*) Mark Wahlberg, I was hoping that this film would tear off my shirt and scratch me until my itch was fully alleviated.

Contraband follows the exploits of Chris Farraday (Wahlberg), an ex-smuggler who chose to trade in his days of sneaking cocaine and counterfeit currency over international borders for a wife (Kate Beckinsale) and kids.

Wahlberg's character now has his own home-security business as well, moving him as far away from his past smuggling days as possible. Inevitably though, Chris is sucked back into his past when his brother-in-law, Andy, fudges up a smuggling run of his own.

Tim Briggs (played by the despicably greasy Giovanni Ribisi) is out several hundred thousand dollars due to Andy's mistake, which doesn't go over so well.

To spare his brother-in-law, and later on, his family's life, Chris Farraday is forced to take "one last job" and is tasked with smuggling counterfeit currency from Panama to the port of New Orleans as one of the crew on a cargo ship.

The film's director, Baltasar Kormakur, starred as the main character in the 2008 Icelandic film *Reykjavik-Rotterdam*, the movie which *Contraband* is based on. The results are mixed, as it became more and more evident as *Contraband* trudged on that Kormakur couldn't decide on a direction to take his latest work.

The film is shot with a lot of subtle zooming and panning, primarily in the dialogue-heavy scenes. This tactic works well and gives the movie a grittiness and sense of reality that wouldn't be possible if everything was shot statically. For the most part, the first half of *Contraband* follows that format; both story-wise and in the way it was shot.

As soon as the main action centerpiece takes place, however, the tone of the movie takes a strange turn. Bullets are whizzing in slow motion a la *The Matrix*, explosions are over-dramatically filmed *Hurt Locker* style and the cops have laughably bad aim, allowing the principle characters to waltz through unscathed, removing any sense of peril for the characters.

While undoubtedly these are all staples of an action movie and it all looked really cool, it countered the early tone the movie

had set of being grounded in reality and erased any earlier credibility *Contraband* had earned for being "gritty."

The contrast between the film's early realistic and believable writing in the film's opening third and the over-the-top and "right place, right time" scenarios that we find the characters encountering in the film's latter stages is off-putting.

As Chris Farraday increasingly finds himself being extremely lucky and just avoiding situations that would surely end his smuggling run and his family's life, the conclusion of the movie becomes inevitable after the aforementioned over-the-top action scene.

I believe that a more consistent tone – either all gritty and realistic or all run-and-gun with characters finding themselves in sticky situations with improbable outcomes – would have much better served *Contraband*.

Despite the tonal issues *Contraband* ran into, there was still plenty of fun to be had. Although being painfully predictable, Kormakur managed to build up enough tension in the first act of the film, particularly using a side-plot featuring Chris' friend Sebastian (Ben Foster), to carry the movie through, in an entertaining fashion.

The action sequences were very fun to watch and well-shot, due largely in fact, to the actor's solid performances.

I would definitely put this down as one of Wahlberg's "hits", as it's hard to argue his ever-growing prowess in the action movie genre (no, I'm not counting *The Other Guys* as an action movie). *Contraband* is also aesthetically pleasing to look at, especially the scenes set in Panama.

If you arrive at the theatres for *Contraband* expecting a consistent story-driven experience with rational characters and probable situations, you'll be severely disappointed.

On the other hand, if you are looking for an action movie you want to be relatively mindlessly entertained by for 120 minutes, *Contraband* is a good recommendation.

Coming into *Contraband*, I fell somewhat into the latter category; I had an action movie itch that needed scratching. Watching *Contraband* was like having the school nurse scratch my back; it did the job, but in the end it turned out to be a somewhat awkward experience.



Beauty and the Beast kid's stuff

By **CHRISTINE VU**
Entertainment Editor

Disney's *Beauty and the Beast* Broadway musical recently wrapped up its run in Alberta's capital city. Before it ended, I got a chance to watch Broadway's eighth longest running show on its fourth night at the Northern Jubilee Auditorium.

When I found out about the show, I was extremely excited. I had been to high school plays back in the day and the occasional community theatre and, of course, to the Fringe but I had never been to a production of this calibre.

The musical is based on Disney's version of *Beauty and the Beast*. I don't know what I was expecting but I was looking forward most to hearing all the old songs from the movie that I loved as a child.

As I entered the Jubilee, I could very easily see that most of the audience was made up of young children accompanied by their families, but there was still a range of ages without children in the audience.

Before it had even started, the set nearly took my breath away.

The stage floor was covered in gold vines that crawled over a rich royal blue. It fit Disney's brand of *Beauty and the Beast* very well. A giant red rose hung on the right side of the stage. It wasn't much, but it just looked so nice.

The set continued to catch my attention throughout the entire play. There were so many details it was hard not to get lost just staring at it. Things were moved around to create a new

scene and the changing backdrop resembled an illustrated storybook page.

I haven't seen the movie in a very long time, but I found that the characters were very well cast, especially Belle, played by Emily Behny. It bugs me to no end when the actor doesn't suit the character. I thought Behny's voice was perfect for the role and her costume didn't look like a costume, which is a good sign.

The only actor I didn't like so much was Michael Haller, who played Lumiere, the enchanted candle. His French accent was too over the top and reminded me of the chef from another Disney classic, *The Little Mermaid*.

Like the set, the costumes were beautiful. Ann Hould-Ward, the costume designer, won multiple awards, including a prestigious Tony, for her work in *Beauty and the Beast*. The infamous yellow gown worn by Belle could have used bigger ruffles though ... just saying.

All the visual components were there, but I did not care so much for the new songs created for the production. Even though it is not fair to compare the musical to the animated movie, I just wanted to see the old *Beauty and the Beast*

that I loved, in live action.

It's like when they re-released *The Lion King* and there were new songs, and you could tell it was a different voice. Or that time I went to see Backstreet Boys and the guys started performing their solo work. I don't want none of that. The new songs didn't seem to have much purpose other than to fill time.

The story was still very close to the ani-

mated movie, with a few changes to accommodate the stage. Philippe the horse was replaced by a bike, understandably.

I really enjoyed performances of the original songs, but as a whole, *Beauty and the Beast* dis-

appointed me. Considering it caters to children, it is a great musical, but unlike the Pixar Disney movies, there isn't much to entertain a mature sense of humour, so I was left bored.

With the addition of the kids around me feeling the constant need to repeat every line said, it was hard to really let my mind get lost in the story.

Distracted, I thought about "A Tale as Old as Time." The moral of the story is to see the beauty within but I don't think Beast, the one with super-

ficial problems, had to learn that in the end.

He got the beautiful girl and turned back into a handsome prince ... sorry for the spoiler ... I also couldn't help but to think about how Beast treated Belle's father and Belle in the beginning. He was basically a kidnapper and had a crazy temper, but Belle was patient and she loved him anyway. What? Somehow the theme of the show went from inner beauty to the romanticism of abuse. Belle clearly has Stockholm Syndrome.

I set out to relive my childhood only to come out even more cynical than before. A beloved childhood tale was ruined for me. Everyone stood up for a standing ovation as I scowled in my seat before reluctantly getting up to clap with the rest of the audience.

For its intended audience, I really think it deserves a five out of five, but for a mature audience, I would only give *Beauty and the Beast* a three out of five for its outstanding production value.

Here is a look at some other classic stories that are set to hit the stage in Edmonton this season.

The Wedding Singer (yeah, I consider it a classic!) playing now until Feb. 5 at the Mayfield Dinner Theatre.

Cats is scheduled from Feb. 22 to the 26th at the Northern Alberta Jubilee Auditorium.

A Midsummer Night's Dream playing April 7 to 9, and The Sound of Music is playing from April 21 until May 20, both at the Citadel.



Local band set to release first CD

By **ALI MAGEE**

Local bands are a dime-a-dozen in a city like Edmonton, a place where the music scene is beyond popular. The real trick is discovering talent.

For those interested in adding to their iPods, keeping their music local and still ensuring they're supporting a talented band, there is Catgut.

The band, which was originally formed by roommates and has since evolved, called themselves the seemingly bizarre name Catgut after the material used for the making of stringed instruments.

Catgut is a thin cord made from animals' intestines, which are treated and stretched to be strong. Sheep intestines are mainly used, occasionally horses and other animals, but never cats.

Fortunately, the band Catgut is not as repulsive as their literal name.

Edmonton's Catgut is releasing their debut CD, "Gooseegg Smooshkeg" on Jan. 22 at The New Wunderbar Hofbrauhaus on Whyte Avenue.

The band feels good about their upcoming debut. The group has been playing shows in the city and will continue to do so this new year, mostly at Wunderbar.

"The night looks promising right now," said Catgut's Phil Holtby, explaining that the album awaiting release was recorded in a friend's basement. "We actually did all the recording in one day."

The album, *Gooseegg Smooshkeg*, has a simple folk-rock sound, feeling very natural but still stimulating. Written by Holtby, the songs are emotional and powerful in meaning.

Holtby says after the release the band will continue to play shows and work on writing more songs. No newbie to the music industry,

Holtby is also a part of DoT, creating music that Old Ugly Recording Co. describes as croaking bedroom folk.

The singer/songwriter's success so far shows that he will not be ignored and has an exciting future to look forward to.

Three other rock and roll bands will also take the stage with Catgut on the 22nd, namely Diehtzu Hijets, Sir Ma'am Ma'am and Flint. Catgut will close the show and offer limited edition CDs as a part of the release.

"We'll have all limited edition packaging," said Holtby.

"No two cases will be

the same."

Tickets will be available at the

door for five dollars. It's going to be a cold month, so warm up with

some drinks and local talent at The Wunderbar!



Catgut

Photo by Maria Martire

Spice it up with Fork Fest



By AMANDA SCHULTZ

Organized by Live Local, Fork Fest is a fun way to try out a multi-course menu from some of the local restaurants in Edmonton. They feature restaurants you might pass by and not think twice about going into.

Twice a year, usually in January and July, Fork Fest is held for 10 days. You choose one or more of the participating restaurants and you get a few courses that symbolize what the restaurant has to offer for \$25 to \$45.

This year some of the featured restaurants include Blue Plate Diner, Jack’s Grill, Parkallen Restaurant, The Blue Pear and Accent Restaurant and Lounge, just to mention a few.

Accent Restaurant

I chose to phone up Accent Restaurant and try out the Fork Fest menu they were offering. This is the fifth time Accent has taken part in Fork Fest.

Nestled just off of Whyte Avenue with a European yet very cosy décor, Accents Restaurant and Lounge has something very incredible to offer Edmontonians.

Owned by Clayton Little and his business associate, Accents opened March 2006 and this year will be celebrating their fifth anniversary.

They pride themselves on the fact that all their menu items are made from scratch, from their dressings for their salads to their wonderful steak tartar.

Talking to Little, I learned that executive chef Huy Quach is from Cambodia and has an amazing talent when it comes to cooking food.

Accents also has a great beer list from draft to bottles, bringing in many from Europe. In Clayton’s words, it is a great place for some “old country cooking.”

Now for the part everyone has been waiting

for, the food.

To try more than just three courses I had to bring in my partner in crime to be able to taste as much as possible.

Starting off the evening, we chose our first course. I got the Greek salad and my partner got the house salad.

When the salads arrived, I was so excited, they looked so good.

The Greek salad was a leafy salad with a Greek twist, as our waitress said. It had onions, olives, tomato, cucumbers, organic greens and feta to top it all off. The dressing was a nice vinaigrette with a perfect amount of zing that went so well with the feta.

The house salad was very nice as well, with more of an olive oil dressing. It came with onions, tomato, cucumbers and this time topped with strawberries. It had great flavour and the strawberries were a great touch.

The other option we had was the soup of the day, which was sauerkraut. We both had our eyes on the salads, but the soup smelled amazing (thanks to the person beside me who got it).

Feeling adventurous

For the second course, we had three choices, bruschetta, beef carpaccio and smoked salmon.

We were feeling adventurous, so we went for the beef carpaccio and the smoked salmon.

I am not a fish eater. I always try but it is just that fishy taste I cannot take. However, I tried the smoked salmon and I loved it!

With the salmon there was a great cream cheese and lemon dill spread that accented the salmon so well, and it was smoked to perfection. As well, the salmon was served with prosciutto wrapped asparagus. All of it together was so wonderful.

The carpaccio is made up of finely sliced



Photo by Alyssa Enders

rare beef with drizzled olive oil and balsamic vinegar on top and cracked black pepper and fresh Parmesan cheese. This dish was amazing.

The vinegar with the Parmesan cheese was a beautiful combination, and the pepper that every so often exploded on your taste buds, made this absolutely delectable.

The last course was the icing on the cake.

There were four options – wiener schnitzel, steak tartar, mushroom pasta and a red snapper fillet. We chose the mushroom pasta and the wiener schnitzel, having been told by the waitress that the schnitzel is one of the signature dishes.

The schnitzel came with perfectly salted roasted potatoes and fresh vegetables that made the plate stand out because of the great colours.

It was cooked so well, it took me right back to Germany. I ate every bite.

The mushroom pasta was also incredible. Mixed mushrooms in a garlic, basil and olive oil sauce was the perfect blend of flavour. The amount of pasta was not too much and yet not too little.

All of these courses really showed the characteristics of Accent Restaurant and Lounge. Both my partner and I will be returning again quite soon to try more items on the menu.


To be able to step out on a Sunday night and go to a restaurant I have never been before, which is local and a very well kept secret in Edmonton, was really nice.

Without Fork Fest I would have never found this cosy little European restaurant with absolutely fantastic food. I cannot wait to try more participating restaurants.

Fork Fest will continue from Jan. 22-26. Try some awesome local food, and see what the restaurant is all about for a much lower price.

THE NUGGET PRESENTS:

Dr.CONwisDOM



**MIKE MARSHALL
AKA Dr. CONwisDOM**

Dear Dr. CONwisDOM,

The closer we are to Valentine’s Day; the more I think that my girlfriend is going to break up with me. It all started two years ago when I got her Van Halen’s greatest hits on CD for Valentine’s and it’s been a rolling boulder of disappointment since. How can I win her back this year?

Signed,
“I used to be a good boyfriend, then I took cupid’s arrow to the knee”

...

Dear “I used to be a good boyfriend, and then I took cupid’s arrow to the knee,”

Although I refuse to date any girl who

can’t find love in David Lee Roth’s soothing vocals, I suggest that maybe this year you try the classy “flowers and dinner” approach. If all else fails, cut off a sizeable chunk of your ear, Van Gogh style.

...

Dear Dr. CONwisDOM:

I think that my boyfriend might not be interested in me. He’s always trying to wear my tops and shoes and whenever I want to hang out, he’s too busy watching Desperate Housewives. What should I do?

Signed,
“Bring back the Macho Man”

...

Dear “Bring back the Macho Man,”

Hmm . . . I’m gonna go out on a limb here and say your “boyfriend” may be just a friend. I don’t think you’ll be getting any hardcore loving anytime soon because it sounds to me like he’s one Broadway show tune away from bursting out of the closet and leaving you in the dust.

...

Dear Dr. CONwisDOM:

I keep trying to sneak my girlfriend away from class for a little hallway bangin’, but she’s never game. How can I convince her that the best sex to

be had is study hall slamming?

Signed,
“Hope she’s not on her spare period”

...

Dear “Hope she’s not on her spare period,”

This will always be a tough task to do. It’s pretty hard to convince a girl to get freaky in a boiler room with two janitors watching. All I can recommend is don’t call her pretending to be her teacher and try to set up a meeting. That only ends in a one way ticket to mace-town.

...

Dear Dr. CONwisDOM:

My boyfriend is taking me out into the country to meet his parents. Both are diehard farmers and I’ve never seen a cow in my life! How can I fit in and make them like me?

Signed,
“I hope they have a Starbucks out there”

Dear “I hope they have a Starbucks out there,”

The only way to impress them would be through good, old fashioned hard work. As soon as you get out there, start milking the cows. Just make sure that they are female cows or the only person you’ll impress is your boyfriend.

...

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!

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.

Sculptures dazzle on Whyte

By **CHRISTINE VU**
Entertainment Editor

The ninth annual Ice on Whyte Festival began last Friday after opening day was postponed due to warm weather. Luckily for them, winter has finally arrived in Edmonton.

For many Edmontonians like Wen Liang, going to check out the snow and ice sculptures has become a tradition and it just wouldn't be the same without the cold.

Liang moved to Canada from China with his family five years ago when he was 15 years old. Moving to a new place, let alone a new country when you are in high school can be tough, but Liang says the move went better than he could have hoped.

He and his siblings made friends in their new school, his parents enjoyed their new jobs and most of all he had discovered the donair, which is now one of his favourite foods.

"The one thing I couldn't get used to was the cold winters. I hated it so much," said Liang. "People say you get used to it, but I still hated it."

In a rush, Liang and his family were running errands one day when they drove past what Liang recalls as the most beautiful thing he had ever seen. Tall, crystal clear ice sculptures with perfectly carved faces.

"I couldn't believe it. I had never seen anything like it and I didn't even know people could do something that cool," said Liang. "I've heard of swans made of ice but this was way better."

Putting a pause on their busy schedule, Liang and his family stopped to take a closer look and appreciate the works of art at the Ice on Whyte Festival.

They returned the year after and the year after that and it soon became a part of a family tradition.

This year, Ice on Whyte marks the 30th anniversary of the twinning of Alberta and Heilongjiang, a province in China. To celebrate the special occasion, 10 ice sculptors from China arrived early to prepare sculptures for the festival, which incorporates Chi-

nese culture.

"This has been the best display I have seen yet. A bit of my old home in my new home," Liang said. "It's a good way to spend time with my family."

In addition to a new and larger site on Tommy Banks Way and 103 Street, the Legislature grounds have also become a part of the festival.

At the Legislature, people can enjoy live performances including theatre acts and music. To add to the fun, free streetcar rides will be available on the weekends to take people between sites.

Although Liang still detests the cold, even he has to admit winter in Edmonton wouldn't be the same without it. After all, it is practically tradition.

Ice on Whyte goes until Jan. 22. It will be open from 2 p.m. to 10 p.m., Monday to Friday and 10 a.m. to 10 p.m. on weekends. Admission is \$5 at the gate.

"This has been the best display I have seen yet."

— Wen Liang



Photo by Chad Steeves

Ice sculpture on display at Ice on Whyte.

Enhancing your self-esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Enhancing Your Self-Esteem

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives, and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are, and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However you can

improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Check off the strategies you already use and then choose one other strategy you can focus on this month to enhance your self-esteem:

- Identify your self-defeating thought patterns and work towards changing them. Examples are:

- ▶ All or Nothing Thinking. "I am a total failure when my performance is not perfect."

- ▶ Magnification of Negative/Minimization of Positive. Expecting that things always go wrong is a common attitude. A single negative detail, piece of criticism or comment colors all reality. Good things don't count nearly as much as bad ones. "She didn't say hi to me so nobody likes me". "I got five A's but the one C really shows my abilities".

- ▶ Jumping to Conclusions. Concluding things are bad without any definite evidence.

- ▶ Emotional Reasoning. "I feel ugly/stupid/unpopular so it must be true".

- ▶ Overemphasis of "Should" Statements. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. (I "should be getting straight A's").

- ▶ Labelling. Instead of saying "I made a mistake and I can learn from that", saying "I am a loser and it is all my fault."

- ▶ Difficulty Accepting Compliments. "You like this outfit? I think it makes me look fat."

- Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you attempt, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with those that can't be changed as well as those that

you don't want to put the effort into changing.

- Develop your skills. Learn and practice the skills that you feel you are lacking and that would add value to your life.

- Set realistic goals. Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as - "Anything less than an A in school is unacceptable" - invites stress and feelings of failure.

- Take risks. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

- Experience success. Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch - but don't overwhelm - your abilities. Allow yourself to acknowledge and feel good about your successes.

- Use Positive Self-Talk. Stop listening to your negative inner "critic". When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

- Respect your own needs. Recognize and take care of your own needs and wants first. Identify what really fulfills you - not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

- Solve problems. Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

- Make decisions. Practice making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

- Be assertive. This means looking after your own needs while being respectful of the needs of others.

- Rely on your own opinion of yourself. Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.

- Let go ... of the past, ... of unhealthy relationships, ... of anger you are holding onto.

- Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.

And remember - there is only one person who can really improve your self-esteem - you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

"Today is yours to make it whatever you want it to be" - H. Johnson

If you feel you would like further assistance enhancing your self esteem or dealing with other personal or academic concerns, contact NAIT Student Counselling, Room W-111PB in the HP Centre, or phone 780-378-6133 to book an appointment.

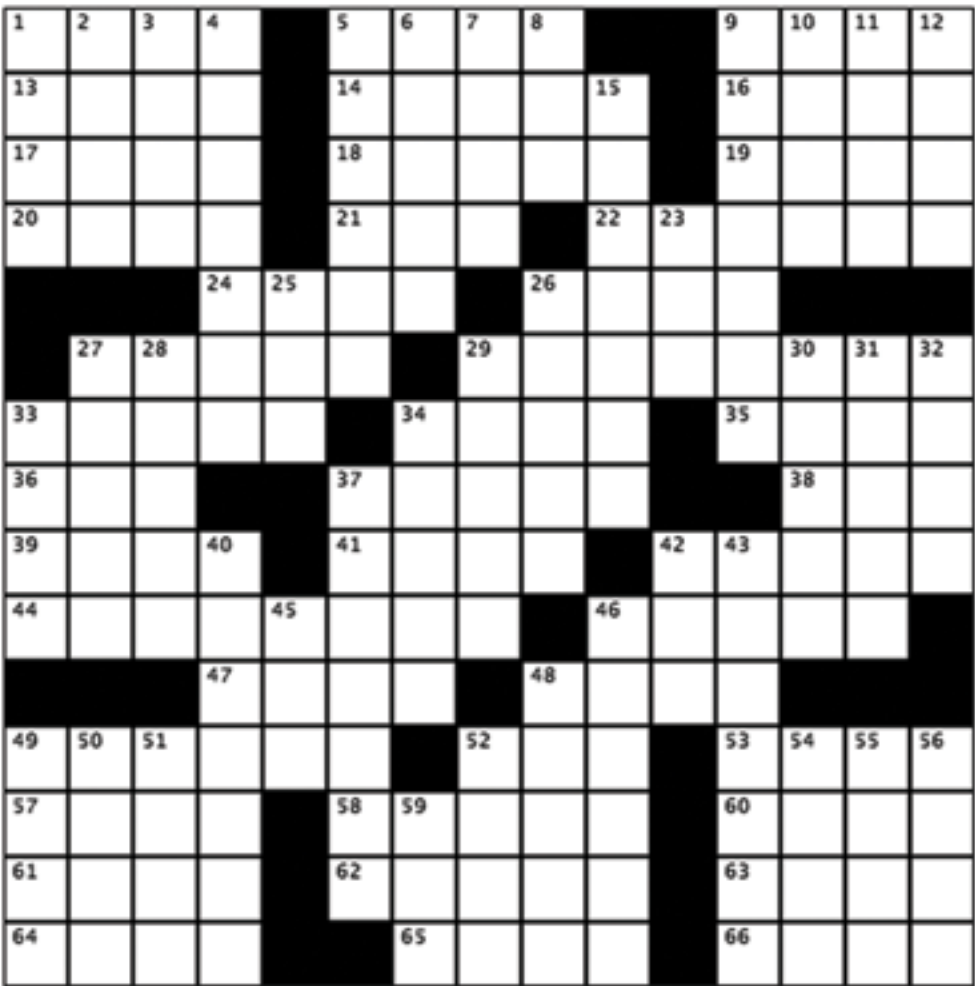
— Some of the above information was adapted from University of Texas and University of Illinois handouts.

CROSSWORD

Across

- 1- Gyro meat
- 5- Ethereal
- 9- Forearm bone
- 13- Culture medium
- 14- Loose outer garment
- 16- Animated character
- 17- Hindu princess
- 18- Antiknock fluid
- 19- ... _ saw Elba
- 20- Draft picks
- 21- Anonymous John
- 22- "Gunsmoke" star
- 24- Lean
- 26- School orgs.
- 27- Salsa singer Cruz
- 29- Celebration
- 33- Renaissance fiddle
- 34- Bric-a- _
- 35- Actor Rob
- 36- Fingers
- 37- Small moneybag
- 38- Charge carrier
- 39- Capital of Calvados, in NW France
- 41- Ashtabula's lake
- 42- Small nails
- 44- Embellishment
- 46- Actress Anouk
- 47- Describes a gently cooked steak
- 48- Nightclub of song
- 49- Go hungry
- 52- Needlefish
- 53- Skater Lipinski
- 57- Opera set in Egypt
- 58- Hagar the Horrible's dog
- 60- Corrida cheers
- 61- Annoying buzzer
- 62- Capital city of Yemen
- 63- Narrow inlets

- 64- _ sow, so shall...
 - 65- Devices for fishing
 - 66- Aggregate of fibers
- Down
- 1- Dr. Zhivago's love
 - 2- I've Got _ in Kalamazoo
 - 3- Horse hair
 - 4- Stiff coarse hair
 - 5- Apathy
 - 6- John of England
 - 7- Architect Mies van der _
 - 8- Hurrah!
 - 9- Kitchen vessel
 - 10- Anecdotal knowledge
 - 11- Denials
 - 12- Black cuckoos
 - 15- Casual gathering
 - 23- Deserter
 - 25- Sot's sound
 - 26- Freedom from war
 - 27- Aromatic wood
 - 28- "Barnaby Jones" star
 - 29- Edible plant product
 - 30- Communication medium
 - 31- Came to
 - 32- Contact, e.g.
 - 33- Puerto _
 - 34- Carried
 - 37- Noblewoman
 - 40- Give an account
 - 42- Apex
 - 43- Expressive of love
 - 45- Dallas player, briefly
 - 46- Main arteries
 - 48- 200 milligrams
 - 49- Heroic adventure tale
 - 50- Sardine containers
 - 51- An apple _ ...



- 52- Basic unit of heredity
- 54- Et _
- 55- Back
- 56- Org.
- 59- A Bobsey twin

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

SOLUTION – Page 28

Winter concert season heats up

By MIKE JONES

It's been a relatively tame winter (until a few days ago), both in terms of weather and concerts. Despite big shows from Prince and Judas Priest, November and December were fairly slow months for big concerts and there aren't a whole lot in January either. But if anything, January is concert announcement time as spring and summer gigs begin to be announced.

No doubt by the time this article is published several more concerts will be announced, but these are some of the biggest spring shows announced at press time.

With Alexisonfire broken up, Dallas Green now has a lot more time to focus on his other project, City and Colour, who will be visiting the Jubilee on Jan. 25. The first show sold out so fast that a second show was added on Jan. 26. Unfortunately, fans also snapped up all the tickets for that show. Consult your neighbourhood scalper.

Jan. 27 is a big night in Edmonton and surrounding areas with five big shows happening, including Theory of a Dead Man at the Jubilee Auditorium, Hanson at Festival Place in Sherwood Park, Christian rockers Jars of Clay at the Shaw Conference Centre and In Flames and Trivium at the Edmonton Event Centre.

For those looking for something nice and close, head to the Nest after class on Jan. 27 to see British Columbia country singer Aaron Pritchett perform hits like "Hold My Beer" and "Let's Get Rowdy." Tickets are just \$10 and are available at the NAIT Students' Association.

After SkyBlu injured his back in December in

an unfortunate "wiggling" accident, party-rockers LMFAO were forced to postpone several dates, including their Edmonton appearance at Rexall Place. The band has rescheduled their E-town date to Feb. 6. Tickets for the postponed show will be honoured or you can buy tickets via Ticketmaster.

Former Live lead singer will be performing a selection of his old band's hits as well as solo music at the Edmonton Events Centre on Feb. 10.

Montreal's Simple Plan pay a visit to Rexall Place on Valentine's Day and they're bringing a few friends with them, including Marianna's Trench, All Time Low and These Kids Wear Crowns. For those who like their music a little edgier; metalcore act August Burns Red play the Starlite Room the same night, with support from Canada's own Silverstein.

Megadeth bring their Gigantour back to the Starlite Room on Feb. 17 with age defying Motorhead backing them up. Also on the bill are the much hyped Volbeat and Italy's Lacuna Coil.

There will be some smoke on the (frozen) water at Rexall as Deep Purple brings their Songs That Built Rock tour to town Feb. 21.

Buffalo hardcore band Every Time I Die (who just opened for GWAR in November) are back in town for a gig with Terror at Avenue Theatre Feb. 27.

Former Barenaked Lady Stephen Page plays a unique show at the Royal Alberta Museum on March 6.

The Trews bring their unique breed of Mari-time-influenced rock for a show at the Edmonton Events Centre March 7.



tuneoftheday.blogspot.com

Deep Purple

After playing Rexall with Tool in 2010, and headlining Boonstock last summer with A Perfect Circle, Maynard James Keenan brings his other "other" band Puscifer to the Jube March 10.

Pop-country act Lady Antebellum play March 17 at Rexall Place with former Hootie and the Blowfish singer Darius Rucker.

Ontario's Hedley move to the biggest room in town March 21 with rappers Classified and Karl Wolf.

Get ready to paint the town blue when The Blue Man Group come to the City of Champions for a week-long stint at the Jubilee Auditorium March 27 to April 1.

If that doesn't put a major dent in your wallet, there are a ton more shows lined up for the spring with acts like Trans Siberian Orchestra, Coldplay, Kittie, Van Halen, The Black Keys, Nickelback, George Thorogood and Roger Waters coming to town.

For dates and details, check out www.pollstar.com and to buy tickets visit www.ticketmaster.ca

HOT SINGLE OF THE WEEK



Photo by Emily Fitzpatrick

Mark Herscovitch, 20 Carpentry

What's your ideal date? – Maybe go play some pool and have some drinks.

What are your turn-ons? – When girls with nice butts wear Lululemon pants.

Guilty pleasures? – I'm not really guilty of anything!

What's one of your pet peeves? – Guys who wear Uggs. UGGGGGLY!

What's your type? – Short, outgoing, funny, open minded and optimistic, to name a few ...

If you could fly anywhere where would you go? – Thailand for sure.

What's your favourite meal? – Good ol' pizza.

Favourite Movie? – I can't pick only one! My Top 3 are Superbad, Blow and I Love You, Man.

What's your dream job? – Astronaut.

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

A Common smorg

CAMPUS FOOD REVIEW

By WILL CORTEZ

The Common Market has some very good choices for food.

If you're running low on cash, and just want to eat something, the cold food section in Common isn't a bad choice. The cool thing about this choice is it's not expensive and you can mix and match what you would like to eat.

Mixing and matching is the great thing about all this. Giving you a choice of eating what you want with what you want.

Choices depend on what they have served that day which can be a good thing or a bad thing, depending on if you like variation.

You basically have a choice between various salads, tuna, chicken or even California rolls.

The price range varies with how much you get, it's all priced on weight. So depending on how much you want, it might run you a bit expensive.

From personal experience, a good meal has only cost about \$4.50 and that's kind of a heavy

meal with different choices.

Their salads are one of the best and they have quite a big list of things to choose from. In terms of protein, they have hard-boiled eggs, tuna and chicken pieces. From there it depends on what they bring, with choices going from simple rice and salads to actual small meals.

The ideal thing would be to bring bread, some sort of side dish, and use whatever they have for food there as a main course.

It's a nice alternative for people who are looking for a side dish or a main course in itself, but don't want to pay \$6 for a meal.

With different choices every day, it'll be awhile before you get bored and with a decent price for a good amount of food, it's not a bad place to go eat, for students and teachers alike looking for something easy and different. The only problem is, sometimes the chicken and tuna seem a bit dry, and all meals are cold, so that might not be for everyone.

Bright side to this is, meals are served and made differently to complement the cold temperature.

Recipe

Chicken in a hurry

By BRETT PLAXTON

I am looking through the good old 4-H cookbook to find a recipe to talk about with you guys. I was in 4-H for seven years, and three of those were in cooking. One of the first things I cooked in that class was a dish called Chicken Hurry and it was one of the most delicious things I had made at that time.

For your chicken parts, you can either take a whole chicken and split it into parts or you can use wings and drumsticks.

This is still one of my favourite dishes to this day because of how easy it is to make and how good it is. This is a very simple dish and it makes for a great supper. Just make sure to serve it with your favourite vegetables or rice. In the words of Julia Child, bon appetite!

Ingredients:

2½-3 lbs. chicken parts

½ C ketchup

¼ C water

¼ C brown sugar

1 envelope dry onion soup mix

Directions:

Arrange chicken parts in a small roaster or casserole dish. In a small bowl, mix together well ketchup, water, brown sugar and soup mix. Spoon over chicken, making sure some is on every piece. Bake covered at 350 Fahrenheit for at least an hour or until very tender. Makes 4-6 servings.



busymomcookblog.files.wordpress.com

CD REVIEW

Outstanding performance in Endgame

By ALI MAGEE

Seasoned American punk-rock veteran Tim McIlrath, of Rise Against, hasn't let up on his strong political views and "cause for a change" style of lyrics for his band's sixth studio album, *Endgame*.

The tracks range from McIlrath's signature songs about his dislike for his country's political system and ideologies to a warning for the current social structure.

The first track on *Endgame*, "Architect," starts off on a positive note with a catchy chorus and provides a taste of the mood of the album, doing a nice job of setting up what's to come.

The album's first hit single, "Help is on the Way," is an inspiring take on McIlrath's

thoughts after visiting New Orleans, post Hurricane Katrina. The emotion in his voice is powerful and raw and enters scream-mode midway through the song for a few lines – an unexpected treat when compared with the beginning of the song.

Possibly the most controversial song is the absolutely chilling "Make It Stop (September's Children)." The song is a display of disappointment in society's treatment of homosexuals. He sings: "Make it stop, let this end, 18 years pushed to the ledge."

Near the end of the track the names of five teenage boys who

ended their lives because of bullying are read. Although this is obviously an upsetting track to listen to, it is also valuable in the amount of support it surely brings those going through similar situations.

Ending the CD with the title track, "Endgame," McIlrath delivers one of the most powerful lines of the album. "We forgot how to feel," triggering insight into how numb people have become to situations that are surrounding them.

The band's intention to promote change is genuine, as they say, "We're calling, insisting on a

different beat, yeah."

The energy maintained throughout the album is outstanding, and the lyrics, as always, are keeping up with the band's need to expose culture and political events as they should be seen.

Aside from lyrics and significance in meaning, the guitar work and instrumentals on the album are also worthy of applause.

It's clear that after many years together, this band's flame is far from burning out.

Once again, McIlrath has delivered a stand-up performance on every track. This album deserves five stars, rare for a CD under review, but a very deserving one indeed.

★★★★★



Tim McIlrath

Gonzo but not forgotten

By BRETT PLAXTON

If you are like me and thought you had read every piece of writing by the legendary Gonzo journalist, Hunter S. Thompson, think again!

Fear and Loathing at Rolling Stone was released on Oct. 28, 2011, and is a collection of the articles that Thompson wrote during his time at *Rolling Stone* magazine, back when the magazine didn't suck.

For those of you who are unaware of who Hunter S. Thompson was, he was an author and journalist who was dubbed as the creator of gonzo journalism and wrote such classics as *Fear and Loathing in Las Vegas*, *Hell's Angels*, and *The Rum Diary*. His likeness was also portrayed in the films *Where the Buffalo Roam*, *Fear and Loathing in Las Vegas* and *The Rum Diary*.

The articles span from 1970 when Hunter started writing for *Rolling Stone* about his run for mayor of Aspen, to the final article he wrote for the magazine about the Bush-Kerry election in 2004.

Exchange of letters

The book begins with an exchange of letters between *Rolling Stone* editor Jann Wenner and Thompson about writing for the magazine, and before almost each article starts, more letters are shown that were exchanged between the two about the article and how long it should be and what should be included, which was one of my favourite parts of the book.

Wenner also wrote the introduction to the book and it only made me laugh. From the way Wenner was portrayed in the film *Where the Buffalo Roam*, it seemed the two hated each other and were at each other's throats. But in the book, Wenner goes on to say that the two were good friends for almost 35 years up until Thompson's death in 2005, so that really confused me.

Wenner also talks about being in debt to Thompson for his great writing. Well, yeah, he was one of the magazine's prized writers and a literary icon, you're damn right you better be in debt to him.

Some already read

I did skip sections of the book as I had already read certain parts; those being excerpts from the classics *Fear and Loathing in Las Vegas* and *Fear and Loathing on the Campaign Trail '72*, which took up almost a quarter of the book.

This was a great book to read, one of the best I have read in a long time. I am a huge fan of Hunter S. Thompson's writing. I even have his entire published bibliography in my library, so it was awesome to finally be able to read the articles he wrote for *Rolling Stone*.

If you have read Hunter S. Thompson's works before or even if you are first reading about him right now, be sure to check this book out if you are in for a good read.

I will leave you with the Thompson quote, "Buy the ticket, take the ride."

Advice from Munsch

MONTREAL (CUP) — Yes, it can be frustrating, difficult, and extremely exhausting to cultivate a wonderful piece of writing. But despite the obstacles of writer's block and trying to find widespread success, well-known author Robert Munsch encourages young writers to keep working at it – as he continues to do so himself.

"I have over 200 unpublished stories that I am working on," the eccentric and beloved author told The (Concordia University) Concordian in an interview, as he shared details about his life in storytelling and offered young writers advice on the art of writing.

Many have grown up reading Munsch's short stories as children. Munsch, 66, is an American-born, now Canadian author who currently lives in the city of Guelph, Ont.

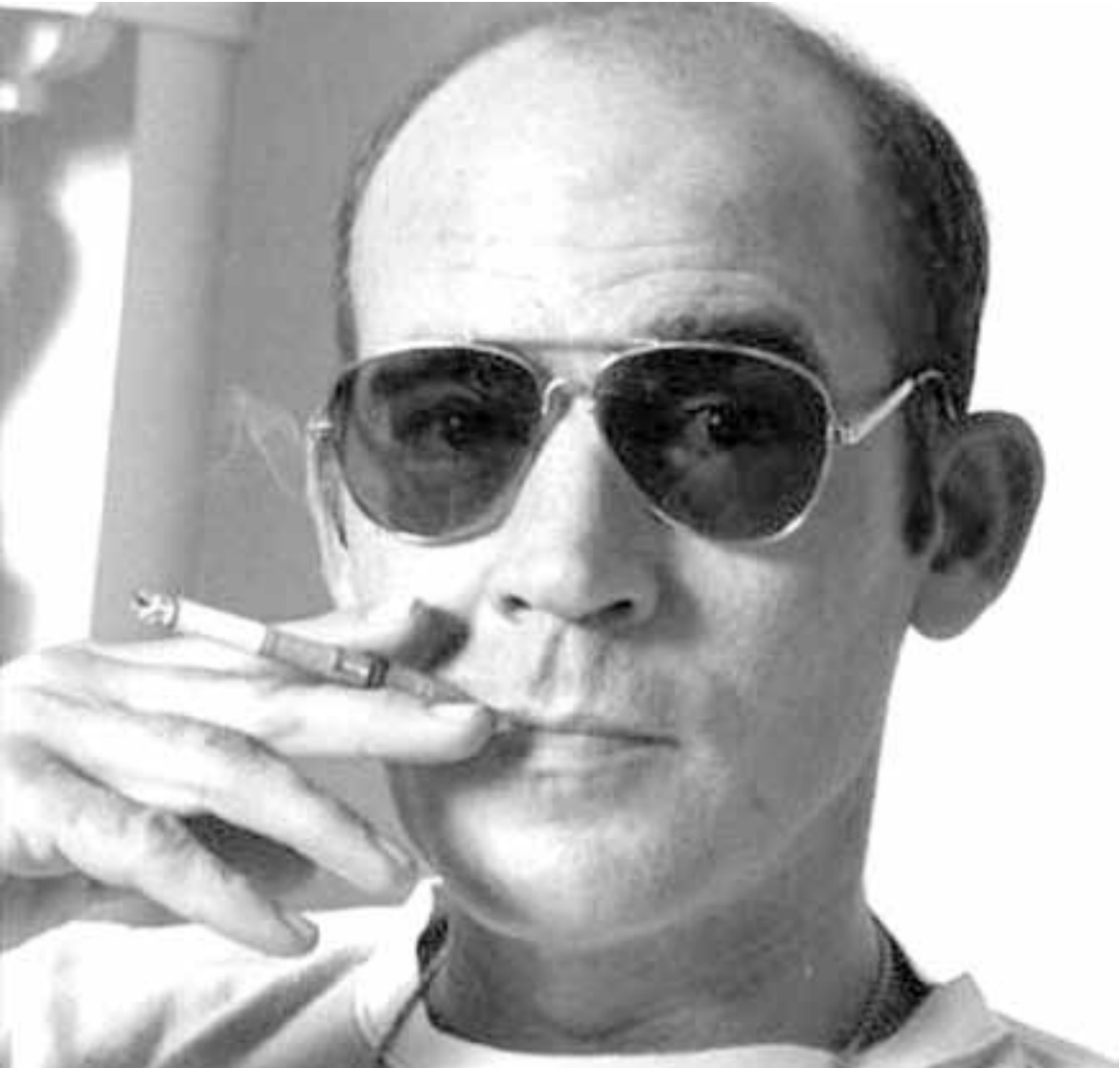
A member of the Order of Canada since 1999, he has published over 47 children's books, including *The Paperbag Princess* and *Love You Forever*, that have sold more than 18 million copies across North America.

As an elementary student, Munsch almost failed grades 1 to 5. In fact, he claims to have never learned how to spell properly and graduated from Grade 8 still counting on his fingers to do simple addition. He was generally "not a resounding academic success," in his words.

Every successful writer begins small. Munsch recalls how difficult it was to get published. "I never have had an agent and I sent stories to nine different publishers before one said yes," he said.

He said that the most important skill needed as a writer is perseverance and a willingness to accept criticism. But before getting to that point, writers need to start at Square 1. To write successfully, Munsch said to "write about something you love, something you feel strongly about or something you know about."

This makes all the difference; the higher the interest level of the writer, the more effort, care, and love is put into the writing.



readreidread.files.wordpress.com

Hunter S. Thompson

CROSSWORD SOLUTION

1	L	A	M	B		5	A	E	R	Y		9	U	L	N	A				
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64	A	S	Y	E		65	N	E	T	S		66	Y	A	R	N				



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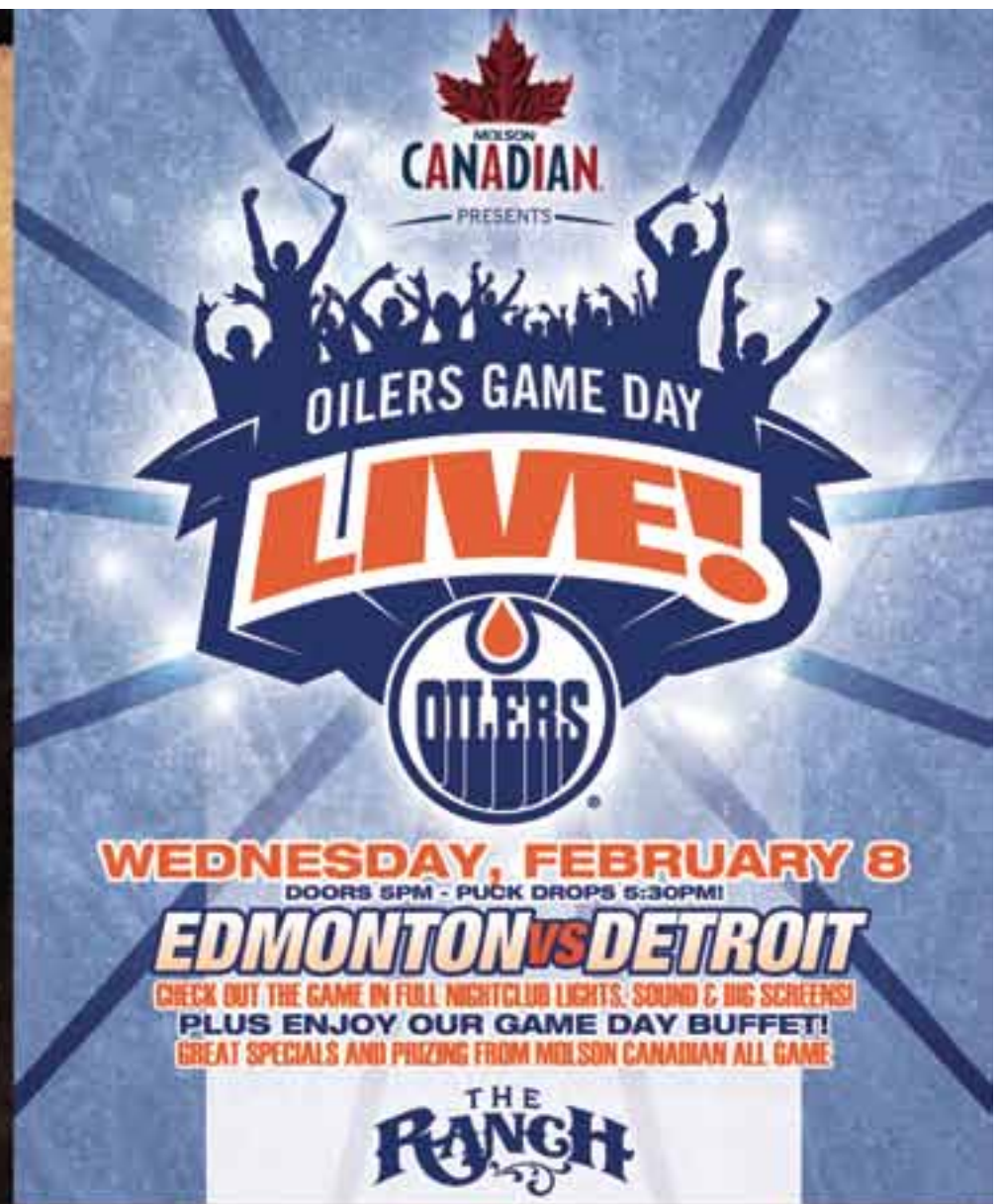
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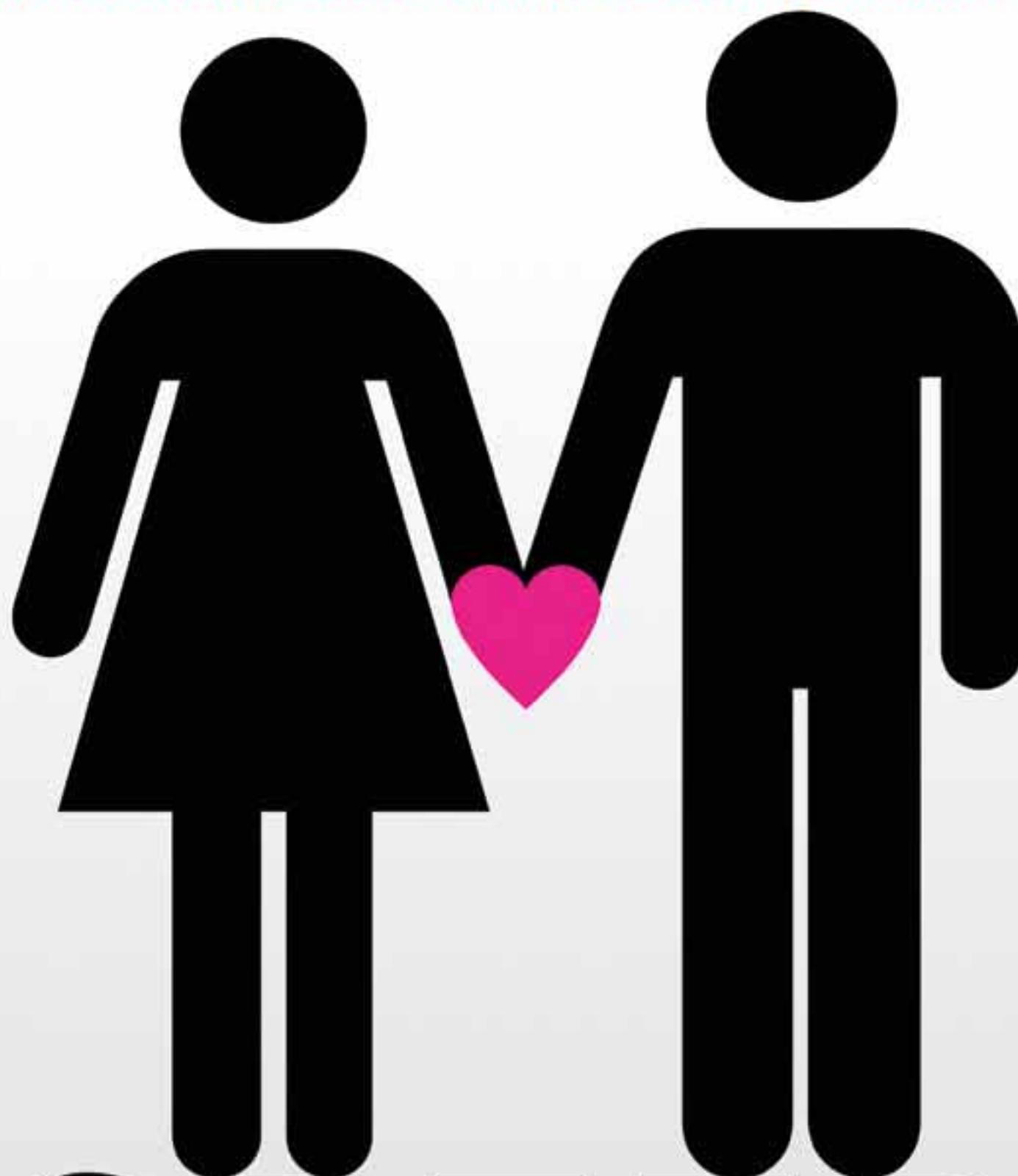
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