

NOMINATIONS ARE OPEN FOR NAITSA EXECUTIVE COUNCIL CANDIDATES

THE NAIT NUGGET

Thursday, January 10, 2013
Volume 50, Issue 15



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA

NEW STAFF, NEW YEAR

For introductory columns and editorial, see inside



Photo by Laura Dettling

Your Nugget editors, 2013

The new slate of editors at the Nugget get together to introduce themselves. Left to right, they are: Lauren Fink, Sports Editor; Alison Mullock, Entertainment Editor; Nicole Murphy, Editor-in-Chief; Chad Steeves, Photo Editor; Sarah Stilwell, Issues Editor and Meaghan Willis, Assistant Entertainment Editor.

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NEWS & FEATURES



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Wrapped up in their phones, these women appear to be oblivious to anything around them.

A technology trap



SARAH STILWELL
Issues Editor
@Aardwolf

As I sat alone on New Year's Eve waiting for my friend to grab a pint, it felt like something big was missing. It was an unsettling feeling. That's when I realized that I had left my phone at home.

It seemed like seconds were hours as I tried to find something to do with my hands. It had only been a couple of minutes, however my hands felt barren for what felt like

hours. At that moment I wondered: when did my phone become the dominant person in our relationship?

According to a survey put on by Vision Critical, a market research and technology firm, 40 per cent of smartphone users would give up video games, 28 per cent would give up alcohol and 23 per cent would part with coffee rather than give up their smartphone. An astounding 17 per cent would give up their pets.

What this study has hinted at is that many Canadians, if not already addicted, are well on their way to becoming addicted to their phones. I am not above these kinds of people.

What I have to say on this recent addiction trend, is that we need to be able to cut ourselves off from smartphone world when necessary.

Central Social Hall, a new bar downtown, with a hashtag #publicconversation,

has marketed itself as a place that encourages people to disconnect from their phones and social media. I haven't been there yet, and despite being initially critical of their "we're against social media" on social media tactics, I have to admit it. That's kind of cool. And necessary.

It's not that they're completely against social media either, it's more so encouraging communication face to face instead of burying your face in your phone when you're at Wing Wednesday with your pals.

As a girl who gets hundreds of e-mails, texts, calls, Facebook messages, and tweets (did I forget any?) in a day, I appreciate having the ability to disconnect from my Samsung Galaxy every so often.

For my New Year's resolution, it's not to text or e-mail less. My New Year's resolution, and challenge for *Nugget* readers, is to be able to disconnect from our phones appropriately and not use our phones as a crutch.



**The Nugget, your friendly student newspaper,
needs enthusiastic staffers. Pay for part-time work.
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studenteditor@nait.ca**

Credit where it's due

By TYLER WARREN

Do you know a teacher at NAIT who goes above the line of their job to make things easier for you? I think we all do. But we also know that many things and people in life are taken for granted.

If you ever wanted to say thanks to someone for something that they have done above and beyond what is expected of them, you can nominate them for the Teachers Instructional Excellence Award.

The Teachers Instructional Excellence Awards are an annual event where students can nominate their favourite teacher for excellence and exceptionality.

Nominees will be taken out for a free dinner and the winners will receive an instructional excellence ring. A free form is available on the NAIT portal for students to fill out and it only takes a few minutes to do. A minimum of five students need to provide their signatures as proof of nomination for it to be valid, but those signatures will be strictly confidential.

Remember, a teacher is a person who was once a student just like yourself and was perhaps encouraged to become the person they are today because one student went out of their

way to recognize how special they were. Many are impacted by the recognition and gratitude that it brings.

Now, you may be wondering; what does the nominator get out of all this? They get the satisfaction of knowing that the nominee they have chosen is being recognized for their outstanding dedication both to their students and to NAIT.

What qualifies as exceptional or outstanding is anything. That could be something as simple as always giving the class a laugh, often staying late to make sure that you got the help that you needed to complete that homework, or even just being a friend and listening to you when you just needed to talk to someone. Sometimes, they were that person who gave you lunch money or bus money when you forgot yours at home.

The list goes on and on and can only be defined by what you feel is most important and what makes you grateful. The Instructional Excellence Awards are a fabulous way to show that you appreciate someone special.

Wouldn't it be nice to put a big smile on someone's face just by taking a few moments of your time to fill out a nomination form? And, you never know, it might just put a smile on your face, too!



New medical pot rules

By JOSH YAWORSKI

In response to rising pressures from mayors in regions throughout both British Columbia and Alberta, federal health minister Leona Aglukkaq plans to entirely revamp the system through which chronic pain sufferers are able to procure non-pharmaceutical relief under a new national marijuana supply program.

Previously, sufferers had the option of self producing amounts relative to their personal need or to purchase through Health Canada's one approved producer, Prairie Plant Producers. Average users see costs of self producing within the range of \$500 a month, including the increased power consumption and maintaining growing equipment. Patients purchasing the same amounts through the new system would find themselves paying that for roughly a two-day supply.

Switching to this system, claims Aglukkaq, will save the Canadian government \$478 million, although the reasoning for this number is not available.

Current research indicates that cannabis, when used under medical direction, can help a vast array of ailments, from nausea and vomiting to insomnia and lack of appetite. Correlation has been found to a reduction of symptoms in a number of other ailments, from spastic body responses seen in neurologic movement disorders to chronic

pain symptoms in sufferers of fibromyalgia, migraines and Crohn's disease.

Mental disorders have seen positive results, including depression, bipolar disorder and post traumatic stress disorder.

THC, the main active component in cannabis, has even been seen to help prevent deposits in the brain linked to Alzheimer's, stop the spreading of breast cancer and is believed to cause autophagy, or self consumption in cancerous cells in the brain.

Doctors have been able to prescribe cannabis to patients for anything they believe can be helped by it in Canada since 1999, though few are actually willing to, which some speculate is due to the 28 pages of paperwork required to do so.

If one does get a prescription, patients were previously able to choose if they

wish to grow their own plants, or purchase plants from Prairie Plant Services. The vast majority choose to produce their own, as Prairie Plant Services grinds theirs through a wood-chopper (an extremely inefficient method, which loses much of the active ingredient not to mention creates a stale product), and only has one strain available (there are hundreds of strains in existence, each having a unique balance of effects).

But, like anything else, some patients are going above and beyond what they are permit-

ted to possess, so that they may sell the excess for profit. Last month in British Columbia, a man permitted to grow 220 plants was found to be in possession of more than 1,400.

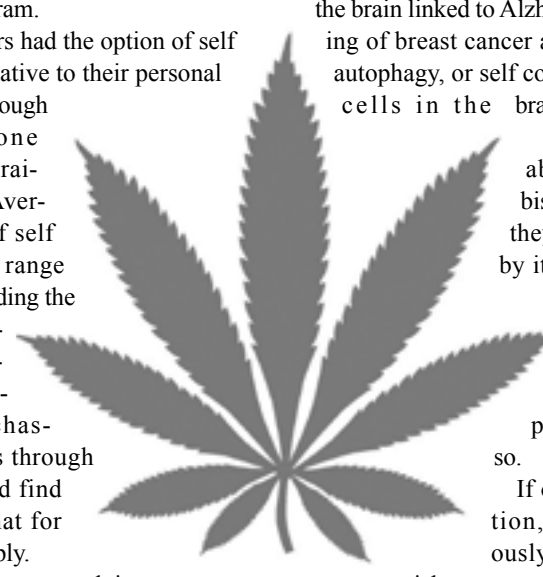
Abuse of the system is only part of the problem, claim fire and police officials. They say they have observed many instances of improperly maintained growing operations, overloaded electrical equipment and unsafe circumstances.

Police claim that the existence of one person with a prescription in an area can see a spike in crime activity and that they are incapable of distinguishing legal and illegal grow operations in many circumstances. Their complaints reached their local mayors, and after some petitioning, were forwarded to the Federation of Canadian Municipalities, who petitioned Aglukkaq, who now intends to go further than they requested and take away nearly two-thirds of those currently growing their own product legally.

A few abuses of the system has caused the dissolution of a system otherwise functioning, and once again instead of taking steps to punish and dissuade those few who are responsible, the government is considering to outlaw the practice for everyone.

The time is near for a serious look into the policing costs associated with the illegality of cannabis, not to mention the lost potential revenue in the taxing of sales to the general public.

Hypothetically, we could see a reduction in gang activities, as many are funded illegally by the same plant that possesses substantial healing power that is already a great asset for Canadian health care.



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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.

Keystone debate still raging

By JARED CARVALHO

If this year will be anything like 2012 then one thing is for sure, the Keystone XL Pipeline is in for a wild ride. The 1,897-km project, which will extend from Hardisty, Alberta to Steele City, Nebraska has been approved and disapproved multiple times and now is going through what is thought to be a final round of environmental reviews.

Keystone is designed to transport synthetic crude oil and diluted bitumen from the Athabasca oil sands region in north-eastern Alberta to multiple destinations in the United States, which include refineries in Illinois, the Cushing oil distribution hub in Oklahoma and proposed connections to refineries along the Gulf Coast of Texas.

In the United States, the Department of Environmental Quality has sent a report to the Nebraskan governor detailing the relatively low environmental impact the pipeline would have on the state. This could trigger the approval of the U.S. government.

This is good news for Alberta's energy sector because oil producers have been claiming to be battling lost profits due to a bottleneck caused by the absence of the pipeline.

Without it, they cannot ship and sell the crude oil as fast as they are extracting it, causing millions of dollars per day being lost. This is significant, considering the energy sector represents 24 per cent of Alberta's economy.

If Keystone XL gets its final approval, TransCanada, the organization behind the pipeline, would be able to start construction this year with a completion date projected

for 2015.

Local organizations in the oil industry are touting the pipeline as an excellent economic driver that would provide a great opportunity for job seeking students.

Kaila Manson, a NAIT alumnus who works for National Oilwell Varco as a production scheduler, says that the pipeline, "will create thousands of new jobs, especially dealing with the construction of it and then you will need people to help run it." NAIT students have been the target of many recruiters during the leadup to the start date.

Even with Keystone XL set to start construction soon, there is opposition to it, mainly pertaining to the environmental risks that it poses. Activists from all over North America are trying to discuss the dangers of Keystone as well as promote the idea of renewable energy sources.

Allen Tran, a local human rights activist, says that "clean air and water are fundamental to human life; therefore, we should implement our resources to create a renewable and clean energies sector that will ensure, as well as benefit, future and current generations."

He and many others are firm believers that there is no need for the pipeline to be built and that the risks greatly outweigh the benefits.

As 2013 progresses, the debate will continue whether or not the multi-billion dollar Keystone XL pipeline will be the strong economic driver this province needs or just another step further away from clean renewable energy.



american.com

Power of pups

By CHRIS FIGLIUZZI

I am willing to bet that for most of you, finals week is still a fresh wound, and the very mention of it makes the stress filled flashbacks come flooding back to you.

Many institutions, including Edmonton's own University of Alberta, have taken to implementing an innovative and adorable program to help combat and ease the stress often created by exams.

The program, which launched in December of last year, has brought dogs into the school in an effort to help students take a break and unwind during what could otherwise be an overwhelming and stress filled time. This, of course, is far from the first time dogs have been used to help alleviate stress and suffering, with many nursing homes using the dog for decades.

Therapy Dogs International, or TDI, has been providing dog therapy in nursing homes, hospitals and schools for well over 30 years. The dogs have a unique sense when it comes to people and understanding them. Dogs always seem to know who around them is in the most need of some kind of reassurance, comfort or affection.

Following the recent tragedy in Newtown,

Connecticut, five specially trained Golden Retrievers have been on the ground providing support to those children and families in need. The results have been astounding with many people taking notice of the dogs' abilities to zero in on the person in the greatest need of comfort.

On a more personal note, I remember my own dog loyally laying beside me and following me around the house on my

hourly walks following a fairly major surgery. He could tell that I was in pain, miserable and just down right depressed and took it upon himself to comfort me the best way he knew how. Many people know just how consoling those faithful canine friends can be when you need it.

With so many hospitals, universities and counselling services using these furry, slobbery helpers to maintain and improve peoples situations, there is really only one thing left to ask: President Glenn Feltham, NAITSA ... can we have a dog?

The program has proven successful time and time again and I promise we'll walk it and feed it and clean up after it. I really believe that this is one program that will pay off in the long run and won't leave us chasing our own tails.



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OPINION

— Editorial —

It's your turn to speak



NICOLE MURPHY
Editor-In-Chief
@NicoleMurphySt

As your new editor-in-chief, I want to give you the opportunity to have a voice.

I want you to gain experience while in school and get a head start in the real world. I want you to perhaps try something new and gain learning that may not be attainable through a text book. I want you to build confidence in speaking to others and in your writing. I want you to learn how to interview others, which will make you an all star when being interviewed in the future. In the process, you will unavoidably meet some really fun people.

When I first walked into the *Nugget* office, I was full of insecurity, nervousness and unknowing.

When I was in elementary school I scored the lowest in my class on the Grade Two reading comprehension test. Don't worry, my teacher told me in front of the class.

Spelling woes

In high school I was told my "ideas deserve a better writer" by an English teacher who was not wrong.

My whole life I have struggled with spelling. It seems when I start to have the best ideas, I have no ability to write them in a legible fashion.

So growing up and to this day I become scared every time I write an article, a letter, an e-mail, paper or anything. Ironical? I think so, too.

I say all this, not for a school wide pity party, but to let you know none of that matters! Don't get me wrong, knowing the English language is very important. Having good reading and writing skills are a necessity. Spelling knife as nife, or jalapeño as halapeno won't get you anywhere.

The fear, however, may not be true.

I, at the ripe age of 25, have learned that it isn't always the smartest or most talented people who get the gold. It is the little leprechaun who shows up and annoys everyone. It is those who try new things and are willing to learn.

Involvement rewarded

When I talked to Jillian Kobialko of In Demand Recruitment & Consulting Inc. and Bezook Resume Services, I learned more about what employers look for in graduates.

Kobialko helps people get jobs every day and has a very good understanding of what sets a person apart from other graduates of the same program.

"Student involvement gives you that competitive edge and experience they are looking for," Kobialko said recently. "Even if it's not in your field, when you see someone who was involved in their school it shows dedication, hard work and ambition."

Kobialko continues to explain how the first thing they look for on a resume is experience and involvement. She cannot remember a time she took note of marks.

"I was very involved in my university and it made me a more confident and well rounded individual. I had fun gaining experience in a safe place like school and I know now, being

someone who hires others, my school experience is much to thank for certain career success I have had and continue to have. Not once in the interview process have I ever got asked for my GPA."

Again, don't get me wrong – it is good to do well in school! Please do not read this and think, well I am really involved at the Nest Tap House and Grill, so my marks can suffer.

I personally believe school is important and should be taken seriously, but it should also be fun! School should teach you things as much outside the classroom as in it.

I explained earlier about my writing woes and fears, not to have the whole student body looking for punctuation errors in my work, which will happen, but to let you know it is OK to not be comfortable with writing. The *Nugget*, however, is the best place to develop that skill.

So if you have even the slightest desire to try it out, please do!

It is the best decision I have made at NAIT.

I would love to hear what you care about. The *NAIT Nugget* is made for you, so come use this platform to be heard. There are some amazing editors on staff this semester who are friendly and supportive. There is something for everyone, and it will give you paid experience for your resume.

Also please imagine the *Free Willy* theme song playing as you read this, I think it will be more effective.

Meetings are every Wednesday at lunch in the *Nugget* office located by NAITSA. There is free pizza, lots of laughs and opportunities galore.

Now if you are puking in your mouth at the amount of cheese placed in this article, e-mail me and give me some ideas that you want to read about. I am always open to a healthy dose of cynicism and reality. studenteditor@nait.ca.



oxford.emory.edu

School isn't just about going to classes.



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

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

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

Trust us on that. Write us.

SPORTS

Lockout? Forget about it!



LAUREN FINK
Sports Editor
@laurenfink

I've never been a victim of "writer's block," but here I am at 1 a.m. trying to write a funny yet intelligent article explaining who I am to NAIT.

Luckily, McDonald's is 24 hours, and now I have "brain food."

Well, let me start off by saying, "Welcome to the Sports section!" If you're new to the school or have never picked up a *Nugget* until now, let me just say, "What took you so long?!" (Cue the "That's what she said" jokes!)

Whatever got you interested in reading the paper, even if it was a bathroom pastime, I'm glad it did! Hopefully, you like it enough to come back next week!

If you were an avid *Nugget* reader, then welcome back!

For the past few months, I had been learning the ropes of editing from Evan Degenhardt, as the co-sports editor. He recently moved on to bigger and better things, which leaves me in charge of the Sports section. Let's hope for all of your sakes that I can fill his boots. It probably isn't that hard, he is pretty short ... (Don't tell him I said that.)

I had originally planned on writing this editorial on botched New Year's resolutions, but I felt like it may have been done.

Luckily, for everyone, Gary Bettman heard I was taking over



grantland.com

the Sports section and ended the lockout. You're welcome.

So this brings us to the debate that ends all debates. No not that one, that was resolved Sunday morning, but the other one.

Will I support the NHLPA and NHL and go to games, even though they took away my happiness for the past few months?

The answer is yes!

I don't care who you are, you are lying if you say you won't watch NHL hockey because of the lockout. Maybe you won't watch the first games but it's bound to happen sooner or later. We live in Canada. Good luck trying to avoid it.

Maybe you're one of those people who say they will watch the games at home, but won't pay to see one live. All I have to say to those people is ... boy, did you show them!

I'm OK with it because it leaves me with extra leg room that I don't need, no seat leaners and more Rexall beer. It's a win-win.

If you are as excited as a kid on Christmas morning like half the Twitter population, then I'll see you at Rexall!

Maybe we can get Bettman to buy us a round? Actually, I don't want to start another negotiation with that guy.

Memorial Cup in their future?

By **KELSEY LYDYNUIK**

The Oil Kings fairy tale season ended last year with them hoisting the Ed Chenoweth Cup following a nail biting seven-game series against Portland. There is only one thing that could top last year's Western Hockey League championship season – winning the Memorial Cup.

Last year in Shawinigan, the boys fell short of that final goal, losing all but one game in the tournament. Naturally, fans were left wondering if they can make it to the big dance again this year.

The boys seem to be on the right path. With the No. 1 ranked penalty kill in the league, they are constantly flirting with top spot in the Central Division. Throw in multiple top prospects (Griffin Reinhart, New York Islanders; Henrik Samuelsson, Phoenix Coyotes; Mitchell Moroz, Edmonton Oilers and David Musil, Edmonton Oilers to name a few), stellar goaltending and we're good to go.

However, the team has had some major changes that it needed to adjust to. Former captain, hometown boy and first pick of the modern Oil Kings franchise, Mark Pysyk, could have stayed as an over ager for the team. However it was inevitable that he would be moving on to bigger and better things, as he is playing for Buffalo's AHL team, the Rochester Americans. With Pysyk gone, the team had to name a new captain, which was not an easy task when you have multiple leaders on the team. Ultimately Reinhart, the Big Cat, fourth overall draft pick, was awarded the big C.

Along with Pysyk, we saw the departure of Tyler Maxwell, who is now playing in the ECHL for the Utah Grizzlies; Kristiāns Pelšs, an Oilers pick playing for their AHL affiliate, Oklahoma City Barons; Jordan Peddle, who is playing for the University of Saskatchewan Huskies; and Rhett Rachinski, who is playing for the University of Alberta Golden Bears. Ryan Dech took the CIS route and Tristan Sieben was traded to Vancouver for a sixth round draft pick in 2014, as well as Mason Geertsen and a first round 2013 draft pick for David Musil.

The new players clearly fit in well with the rest of the team, putting them in a good spot for the second half of the season.

That said, there is no way to tell at this point how the team is going to look a few weeks from now. Considering the NHL lockout has ended, many players will probably be going to their camps and the teams could potentially keep them.

That means that after Reinhart returns home from the World Juniors, there is a chance we might lose our captain again, to the NHL this time. In addition to that, the team has been shopping for some over-agers, as we have room on the team for more. As the trade deadline looms, it is a wonder what the future holds.

With the NHL lockout finally coming to an end, here's hoping this team continues to get the attention they deserve. It is an exciting time to be an Oil Kings fan!



oilkings.ca

Oil King Michael St. Croix, right, watches from the bench during a recent game.

MEN’S HOCKEY

Staying sharp is key for men

By KYLE HARRIS

The NAIT Ooks men’s hockey team is anxious to get the second half of their schedule underway.

The Ooks sit in top spot in the ACAC conference (13-0-1-1) with 28 points and have dominated opponents throughout the first half with 80 goals for and just 20 against, something team captain Andy Willigar says will have to continue for the team’s success this second half.

“We can’t really be any better statistically, but teams are going to be gunning for us even more this half,” Willigar said. “Our preparation and attention to detail will have to be that much more important.”

The Ooks will have to brace themselves for every other team’s best effort night in and night out. Willigar says that’s just fine with him, but a potential problem lies inside the team.

“The problem with having such a successful first half is that it can lead the team to get comfortable and content,” he said. “Our success will depend on our ability to practise and play like we’re chasing a team ahead of us.”

The Ooks success has been built around a solid defensive game that transitions into a fast paced offence, something that has stumped teams throughout the first half, as they average five goals a game and only one against.

Leading scorer Jordan Draper says that the team will have to keep doing what they’ve been doing by “putting a lot of pucks in the net and making sure we have guys driving to the net, getting in those tough areas.”

Draper, a third-year transfer from York University in Toronto, sits third in league scoring with 11 goals and 26 points (three behind the league leader, Cory Giroux of Portage College).

As a key to the Ooks offence, Draper will



Photo by Kevin Tuong

NAIT Ouk Tyler French moves in on the SAIT goalie during a game on Nov. 17 at the NAIT arena. The Ooks won 4-0.

need to continue his outstanding play this half to be successful.

“I just have to keep doing what I’ve been doing. Being ready to shoot the puck when my linemates give it to me, and make sure I’m always ready to play because teams may start keying in on me.”

The Ooks start off the second half against the Briercrest Clippers, a team that sits dead last in the standings with no wins on the sea-

son. If the Ooks get caught up in looking at the standings, these are games that can creep up on a team and provide an upset.

“They always play hard, we’re going to expect them to be better than they were earlier and be ready for them to work hard and finish their checks,” Draper said. “We can’t go into the weekend and think it will be easy.”

The Ooks defeated Briercrest handily in both games earlier this season outscoring them 17-2 in a weekend set. The Ooks kick off the second half of the season by hosting Briercrest for two games this Friday at 7 p.m. and Saturday at 2 p.m.

Hopes are high

By ALISON MULLOCK

The NAIT Ooks volleyball teams have an exciting and intense second half of the season coming up this January and February.

The women had a very successful first half of the season, only losing two games out of 10 and ending up No. 2 in the ACAC. The Ooks were ranked No. 4 in the CCAA all year until their last weekend against the Red Deer Queens and are now ranked No. 12.

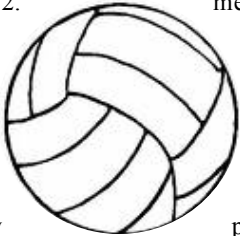
The team had a great start and hopes to keep the momentum into the new year.

“We had a very successful first half of our season. Hopefully our hard work in the beginning of the year will begin to pay off in this late half of the season,” said rookie libero Jasmine Hemsing.

“I am excited for the new year. Provincial championships are what we have been playing for all year and it is almost here!”

The men’s volleyball team had a different start to the season. They came out of the first half of league play with a 1-7 record. They played the majority of the tough teams and hope to get some wins in the new year.

The men are excited for the upcoming semester and are definitely working hard to get some momentum early and battle hard in



the ACAC championships. Injuries have been a definite set back for the squad and having everyone healthy will be exactly what the team needs.

Both teams have been working extra hard on and off the court over the holiday season, hoping this is what will set them apart from other teams in the upcoming stretch run.

The provincial championships for both men and women will be hosted by the Red Deer Kings and Queens on Feb. 22-24. The top eight in the ACAC will attend.

Two women’s teams, including the host team Lakeland Rustlers, will advance to the National Championships being held at Lakeland College in Lloydminster on March 7-9. The men’s nationals championships are being held at Niagara College in Welland, Ontario, also March 7-9.

The Ooks will face MacEwan, Lakeland, Keyano, Grande Prairie and the Kings in the next two months of league play. These games will definitely be battles and a test to see if the Ooks have what it takes to have the opportunity to win an ACAC medal.

The first home games in the upcoming year are Saturday Jan. 12, women at 6 p.m. and men at 8 p.m. Come out and cheer on your Ooks!

HOME GAME SCHEDULE

MEN’S HOCKEY

FRI JAN 11 @ 7:00PM

VS

SAT JAN 12 @ 2:00PM

BASKETBALL

FRI JAN 11

WOMEN’S @ 6:00PM

VS

MEN’S @ 8:00PM

WOMEN’S HOCKEY

SAT JAN 12 @ 7:00PM

VS

VOLLEYBALL

SAT JAN 12

WOMEN’S @ 6:00PM

VS

MEN’S @ 8:00PM

WOMEN'S HOCKEY

Second-half anticipation

By KELSEY LDYNUIK

The top-ranked Oaks have given women's hockey fans a lot to look forward to for the second half of the season. With a record of 7-2-1, giving them the upper hand over the

second-place Red Deer Queen's (7-3-0), the second half should be exciting!

Not only are NAIT fans anxious to see what the rest of the year holds, veteran coach Deanna Iwanicka is as well.

"I am not sure what to expect at this time. After the first term is always an interesting time as the team tends to change due to academics and others," said Iwanicka. "I am anxious to see what will come."

When asked how this team compares to previous teams Iwanicka has coached here at NAIT, she said, "Every team is unique. This year's team has a lot of experience and are a pleasure to coach most days. They are responsible and determined."

There is no doubt that the ladies on this team are determined. It is clear that all of the success that the team has been having this season cannot be attributed to one specific player. Looking at the scoring leader board alone, six out of the top 10 scorers are on the Oaks. The top scorer in the ACAC is Michelle Pochapsky, a familiar name to Oaks fans.

Pochapsky is clearly one player to keep an eye on for the rest of the season. In addition to that, keep an eye out for forwards Danielle Brown and Sherri Bowles as well as defenceman Nicole Gregoire. All three ladies are up on the boards for both top

scorers and streaks.

With the experience and drive on the team mixed with their exciting first semester, there is no doubt that the Oaks will be a team to watch in the coming months.

The competition between NAIT and Red

Deer for that top spot will continue to be tense and exciting to watch.

The women are back at it on Jan. 11 at Grant MacEwan, with a rematch at NAIT on the 12th.



Deanna Iwanicka



Michelle Pochapsky



Sherri Bowles

Girl, 9, scores 35 touchdowns

By MacLAINE CHADWICK
The Fulcrum (University of Ottawa)

OTTAWA (CUP) — Sam Gordon is a nine-year-old girl from Utah who is dominating the scoreboard in her boys' football league. Her nickname is "Sweet Feet," and she has been compared to a very young Walter Payton.

Gordon became an Internet sensation after scoring 35 touchdowns and almost 2,000 rushing yards in her gremlin league. If you haven't seen the semi-viral video yet, I highly recommend taking a gander over to YouTube to check out Gordon's highlight reel.

Not only is she killing it on the field, but she

has charmed her way on to *Good Morning America*, huddled up with the San Francisco 49ers, and joined the ranks of players like Dan Marino and Brett Favre by being featured on a box of Wheaties.

In the States, girls' football isn't exactly comparable to girls' hockey here in Canada. An obvious statement, since the few exceptional girls who are successful in youth football can make international headlines—just look at Erin DiMeglio, Florida's first female quarterback who stepped onto the gridiron this fall. If "Sam" wasn't short for "Samantha" and she was a boy like the rest of her teammates, would the story be as huge? The stats are still impressive, but it is her gender that is really the kicker to the headline.

It's too soon to tell whether or not Gordon will carry on with football — she is only nine, after all, and is also a talented soccer player — but even if she wanted to continue, Gordon will likely face hurdles even she won't be

able to jump over. Soon the boys in her league will start to outgrow her, and that is when the physical side of football will really become an issue for Gordon. Even though she isn't scared of physical contact right now, her gender will sadly be a roadblock once she outgrows Little League. Even DiMeglio, who stands at only five-foot-five and weighs 140 pounds, is a third-string quarterback.

Options for girls in football are slim to none; and don't try to tell me that the *Lingerie Football League* is a legitimate route. If football is truly one of America's most popular sports, then why aren't there more leagues for the other half of America's population, the girls? Are gender stereotypes so set in stone that girls don't even bother to consider football instead of soccer or baseball? Whether they have "sweet feet" or not, there are clearly girls out there who have interest in football, so let's give them a suitable place to play.

Athlete Profile

**Player:** Hannah Gahler**Sport:** Volleyball**Position:** Power**Program:** Business

By CHRIS FIGLIUZZI

What got you into volleyball? — My dad and my best friend, Megan Wood.

What number are you? Is there any significance behind it? — I'm No. 1, and no isn't any significance behind it. I was assigned 1 because I'm a rookie.

Do you have a favourite athlete? — Destinee Hooker, because she is a volleyball goddess.

If you weren't playing volleyball, what sport would you like to play? — I would probably be playing tennis if I

wasn't playing volleyball because it looks super fun!

Do you have any pre-game rituals? — Not really just a lot of mental prep.

Do you have any favourite sports teams? — The Chicago Bulls and New England Patriots ... No Canadian teams because, well ...

What would be your dream job? — I'd love to be an event planner. I think it would be really fulfilling and lots of fun!

What is the best advice you've ever received? — There is more to life than just sports.



Sam Gordon

bleacherreport.com



No hardware this year

By BRIANNE SAKOWICH

Team Canada selected some of the country's finest junior players to compete at the 2013 World Juniors in Ufa, Russia from Dec. 26-Jan. 5.

Edmonton Oiler fans rejoiced when Ryan Nugent-Hopkins was named Team Canada captain.

Before heading to Russia to start the tournament, Canada played two exhibition games in Helsinki, Finland. They lost to Finland and beat Sweden in a shootout. The game against Finland saw Canadian player Boone Jenner suspended for three games as a result of his hit on Swedish player Jesper Pettersson.

On Boxing Day, Canada played its first game of the tournament against Germany. Nugent-Hopkins started the tournament off strong, leading his team and making a major impact on the game.

Canada's next matchup was against Slovakia. Canada played a strong game and pulled off a 6-3 win. Nugent-Hopkins, Ryan Strome and Griffin Reinhart lead the team in points and were huge contributors to the victory. Mark Scheifele scored the final goal for Canada.

Team Canada then played their biggest rivals, Team USA. Goaltender Malcolm Subban came out with a strong performance, helping Team Canada beat the USA 2-1. Nugent-Hopkins and Strome were the goal scorers for Canada in this exciting game.

On New Year's Eve Canada was matched up against the home team. Subban brought his "A" game and led Team Canada to a 4-1 victory against Russia. Nugent-Hopkins, Scheifele,

and Jonathan Huberdeau came out to play and hopes were they would continue to be a threat on the ice going into the semifinal match against the United States.

Canada headed into the semifinal match with a promising 4-0-0 record, but Team Canada had its fans wondering if they had even shown up to play while Team USA came out very strong.

By the end of the first period, nothing was

going in Canada's favour as they trailed 2-0. Canada continued to trail and by the end of the second period they were down by 4. Subban struggled in net and was replaced by backup goalie Jordan Binnington. Canada was able to score one goal in this tough match, compliments of Ty Rattie. Canada overall had a poor performance. USA came out strong and headed to the finals with a 5-1 victory.

Canada played for bronze against Russia.

The game went back and forth making it exciting to watch. Canada was able to score five goals, four of which were on power plays. Russia came to play, however, and tied the game up 5-5 heading to overtime. In the end, Team Russia took the bronze medal.

Team USA went on to take the gold, leaving Sweden with the silver. It's the first time in 14 years that the Team Canada juniors came home without any hardware.



winnipeg.ctvnews.ca

Team Canada forward Jonathan Drouin takes a hit against a Team USA player during the semifinal game in Ufa, Russia.

...need help?

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BUS @ 4:45PM, NEST TAPHOUSE GRILL**

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XXXX	\$18	Lift pass, rental and transport
XXXX	\$15	Lift pass and transport

NON-STUDENT PRICING	PRICE	INCLUDES
XXXX	\$35	Lift pass, lesson, rental and transport
XXXX	\$30	Lift pass, lesson and transport
XXXX	\$25	Lift pass, rental and transport
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Bus leaves at 4:45pm from the Nest Taphouse Grill. **TICKETS ON SALE NOW!**

**FREE
JAN. 28, 2013
4:15PM
CULINARY LAB
(U-128)**

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STUDENTS' ASSOCIATION

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ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	15	13	13	0	1	1	80	22	28
Augustana	16	11	10	2	0	3	80	42	25
SAIT	16	11	11	3	0	2	78	36	24
Portage	16	7	6	7	0	2	68	63	16
Concordia	16	6	6	8	0	2	57	55	14
Keyano	16	5	5	10	1	0	48	83	11
MacEwan	15	5	5	10	0	0	46	61	10
Briercrest	16	0	0	16	0	0	21	116	0

RESULTS

November 30

NAIT 7, King's 2; Augustana 6, Portage 4
SAIT 11, Briercrest 2;
MacEwan 3, Concordia 2

December 1

NAIT 9, King's 2; SAIT 5, Briercrest 1
Augustana 8, Portage 2
MacEwan 3, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	10	7	7	2	1	0	45	30	15
Red Deer	10	7	7	3	0	0	35	17	14
SAIT	10	3	2	6	1	0	24	45	7
MacEwan	10	3	3	7	0	0	16	28	6

RESULTS

November 29

Red Deer 6, NAIT 1

November 30

NAIT 2, Red Deer 0; SAIT 2, MacEwan 1

December 1

MacEwan 5, SAIT 4

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Red Deer	S	10	1	8	8	1	17
Briercrest	S	10	2	7	9	1	16
Lethbridge	S	10	0	6	6	4	12

Concordia	N	9	2	4	6	3	10
Medicine Hat	S	10	2	4	6	4	10
Augustana	N	9	1	4	5	4	9
Keyano	N	9	0	4	4	5	8
MacEwan	N	9	1	3	4	5	7
SAIT	N	10	1	3	4	6	7
NAIT	N	10	3	2	5	5	7
Olds College	S	11	1	3	4	7	7
King's	N	9	2	2	4	5	6
Lakeland	N	9	1	2	3	6	5
St. Mary's	S	10	1	2	3	7	5
Grande Prairie	N	11	0	1	1	10	2

Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.

RESULTS

November 29

Olds 85, St. Mary's 77

November 30

NAIT 85, Keyano 80

Concordia 82, Grande Prairie 68

Briercrest 97, Lethbridge 87

Red Deer 90, King's 77

St. Mary's 84, Olds 67

December 1

NAIT 81, Keyano 70

Concordia 89, Grande Prairie 65

Briercrest 83, Lethbridge 81

Red Deer 94, Lakeland 91 (OT)

Concordia 102, King's 68

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Augustana	N	9	2	7	9	0	16
King's	N	9	3	6	9	0	15
MacEwan	N	9	2	6	8	1	14
Lakeland	N	9	0	6	6	3	12
NAIT	N	10	2	5	7	3	12
SAIT	S	10	2	5	7	3	12
Concordia	N	9	1	4	5	4	9

Olds	S	11	3	3	6	5	9
Grande Prairie	N	11	1	4	5	6	9
Keyano	N	9	0	4	4	5	8
Medicine Hat	S	10	1	3	4	6	7
Briercrest	S	10	2	0	2	8	2
St. Mary's	S	10	0	1	1	9	2
Red Deer	S	10	0	0	0	10	0
Lethbridge	S	10	0	0	0	10	0

RESULTS

November 29

Olds 72, St. Mary's 42

November 30

NAIT 78, Keyano 45

Grande Prairie 64, Concordia 46

Briercrest 71, Lethbridge 67

King's 73, Red Deer 56;

Olds 65, St. Mary's 51

December 1

NAIT 67, Keyano 49

Concordia 66, Grande Prairie 52

Briercrest 62, Lethbridge 56

Lakeland 63, Red Deer 46

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	SAIT	10	10	0	30	2	20
S	Red Deer	10	10	0	30	10	20
S	Briercrest	10	9	1	28	11	18
S	Medicine Hat	10	9	1	28	13	18
N	Keyano	10	8	2	26	9	16
S	Lethbridge	10	6	4	21	15	12
N	King's	10	5	5	23	24	10
N	MacEwan	10	4	6	17	19	8
N	Lakeland	10	3	7	15	22	6
S	Augustana	10	2	8	14	24	4
N	Grande Prairie	10	1	9	9	28	2
S	Olds	10	1	9	9	29	2
N	NAIT	10	1	9	8	28	2
N	Concordia	10	1	9	5	29	2

RESULTS

December 1

MacEwan 3, Lakeland 0
(25-21, 31-29, 25-16)
SAIT 3, Concordia 0 (25-17, 25-18, 25-20)
Medicine Hat 3, Augustana 0
(25-22, 25-20, 25-22)

November 30

SAIT 3, Concordia 0 (25-16, 25-17, 25-13)

MacEwan 3, Lakeland 1

(15-25, 26-24, 25-21, 25-19)

Medicine Hat 3, Augustana 0

(25-21, 27-25, 25-17)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
N	Lakeland	10	9	1	27	5	18
N	NAIT	10	8	2	27	9	16
S	Red Deer	10	8	2	28	12	16
N	MacEwan	10	8	2	26	12	16
N	King's	10	6	4	23	15	12
S	Medicine Hat	10	6	4	21	16	12
S	Olds	10	6	4	21	19	12
N	Grande Prairie	10	5	5	20	20	10
S	SAIT	10	4	6	15	19	8
S	Lethbridge	10	3	7	16	23	6
S	Briercrest	10	3	7	16	24	6
S	Augustana	10	3	7	9	24	6
N	Keyano	10	1	9	5	28	2
N	Concordia	10	0	10	2	30	0

RESULTS

November 30

SAIT 3, CUCA 0 (25-14, 25-12, 25-21)

Lakeland 3, MacEwan 0

(25-23, 25-12, 25-19)

Medicine Hat 3, Augustana 0

(25-19, 25-20, 25-19)

December 1

MacEwan 3, Lakeland 0

(25-22, 26-24, 25-13)

SAIT 3, Concordia 0

(25-23, 25-14, 25-23)

Medicine Hat 3, Augustana 0

(25-16, 25-18, 25-16)

EXTREME

FITNESS CHALLENGE

Sessions Start
January 14, 2013

EVENT	DATE/TIME	LOCATION
Zumba	January 14 @ 4:30pm	NAIT Fitness Studio*
TRX	January 16 @ 4:30pm	NAIT Fitness Studio*
Spin	January 21 @ 4:30pm	NAIT Spin Room*
Yoga	January 23 @ 4:30pm	NAIT Squash Court*
Bootcamp	January 28 @ 4:30pm	NAIT Squash Court*
Try a Tri	January 30 @ 4:30pm	NAIT Pool, Spin Rm & Track*
Boxing	February 4 @ 4:30pm	Panther Gym
Rock Climbing	February 6 @ 4:30pm	Vertically Inclined

\$50.00

DEPOSIT

Sign up online at
naitsa.ca/fitness, or in the
NAITSA office (E-131).

DISCLAIMER: THERE IS A \$50.00 STUDENT REGISTRATION FEE REQUIRED TO SAVE YOUR SPOT IN THE FITNESS CHALLENGE. UPON THE COMPLETION OF THE ENTIRE CHALLENGE, STUDENTS WILL BE REFUNDED THE \$50.00. BEFORE THE START OF EACH EVENT, AT THE EVENT ALL PARTICIPANTS MUST SIGN A WAIVER.

Nominations open

January 2 - January 31 @ 4pm

"...(Students) want to **lead**.
they want to be
a part of something **bigger**."

Govind Pillai - Former Senator & NAITSA President

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ENTERTAINMENT

Christmas – a time to spend with loved ones



ALISON MULLOCK
Entertainment Editor
@alimullock

If my life were a movie, I am sure it would win some type of Grammy for best soundtrack, but that's only because I am really good at singing in the shower. I live a very casual and entertaining life filled with music, volleyball, hipster clothing and most conversations revolving around British Columbia.

Being from Vancouver, I have a lot of adjusting yet to do concerning the minus-40 weather but I am sure I will grow to love it. If you have ever had the opportunity to meet me, you quickly understand that I love practically everything. You will rarely see me without a smile on my face or a slouchy toque on my head.

Almost every Christmas present that I got this year had something to do with wool – clearly everyone at home thought I was getting frostbite over here. (The likelihood of you seeing me head to toe in wool shouldn't be a surprise now, either.) I love every day of the year but some definitely stand above the rest.

Christmas is, hands down, my favourite time of year. It is my favourite holiday and just thinking about it brings a smile from ear to ear. The traditions are what make Christmas so unbelievably special. I love traditions and routine and my whole life works because of this. From my family putting out milk and cookies for Santa (my siblings are 23 and 26) to my mother drinking one too many Black Russians on Christmas Eve and struggling to make her traditional wife saver casserole Christmas morning, my family's Christmas traditions are what make this time of year so special.

This past Christmas has definitely taught me that it's not about having a white Christmas or which sibling got the most presents.

Growing up and realizing what Christmas is all about has made this time of year about 10 times more amazing. I feel like there is a point in everybody's life when they do the whole Cindy Lou-Who, "Where are you Christmas ..." thing and realize that Christmas is so much more than just the tangible things. It might sound cheesy, but it really is

about the time you spend with the people you love.

This past Christmas has definitely taught me that it's not about having a white Christmas or which sibling got the most presents. I can honestly say the joy of watching someone open a present and shedding a tear because they realize the amount of thought you have put into it is so much greater than

getting that new Apple product.

Christmas will forever be changed for me. It is also a plus that I love every present I get regardless if it is a hand-me-down or a laptop, because I have a sick addiction to loving everything and anything.



Cindy Lou Who

Resolve to be reasonable

By MEAGHAN WILLIS
Assistant Entertainment Editor

Welcome to 2013 everyone, I'm sure we're all very excited to be back at NAIT for a brand new year and semester!

I'm coming back to school with high



mnn.com

expectations for myself as the new assistant editor of our entertainment section of the NAIT Nugget. I had no problems writing down a list of goals I hope to accomplish for a better 2013. My main aspiration is to keep my cool when things start getting crazy with school and work. (As they always seem to do.) I will strive to maintain calm no matter how stressed out I become. I need to keep in mind that everything seems to work itself out in the end.

While writing this editorial, I began to wonder how everyone else out there feels about New Year's resolutions. It seems like most of the time they are made just to be broken two weeks later. We all start with such high expectations and hopes that this year will be better,

that you yourself will be better. Keep in mind, the harsh reality in changing your life because it's a new calendar year is a bit impractical.

Setting goals and resolutions seems like a wonderful idea in theory and having the intention of changing your life is a positive thought to start the New Year with. But are your goals unrealistic? When you sit down to write that inevitable list of wishes and dreams for the new year ahead of you, do you ever consider that you might be setting yourself up to fail? Maybe this year is a good year to start setting goals that have more of a chance of being accomplished, something more attainable.

I'm sure we've all made ridiculous, impossible goals for ourselves in the past and wit-

nessed our friends do the same. On New Year's Day, my Facebook feed was flooded with people's plans for their "new lives", and I wish them all the best in their endeavours. I truly hope they don't regret posting their long list of resolutions for hundreds to see once they have failed miserably.

This year, try not to put so much pressure on yourself to be perfect, no one is perfect. Instead, try to focus on just being better than you were the day before. Stay on top of your deadlines and be positive, it makes all the difference when you're trying to manage your life.

Happy New Year to all of you at NAIT. I hope your 2013 is as fantastic as you dreamed it would be.

The "Best Looking Sports Pub" is

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By CHRIS FIGILUZZI

I love music, more specifically I love local music and I am willing to bet that you do, too. Over the last two years, I have been fortunate enough to work with the local band Tanner Gordon & The Unfortunates as their manager. This has given me the chance to meet many of the bands, promoters and venue managers involved in keeping the Edmonton scene thriving. It has also provided me the unique chance to see first-hand just how musically blessed we are in this city. Unfortunately, many people don't

seem to realize the level of talent we have out there right now. So here are 10 local bands that I think deserve some of your attention. Also for more information about some of the bands, check out my article on local talent on page 16.

1. Big City Supreme
– Gold Dipped Diamonds
2. 100 Mile House – Better, Still
3. Better Than Heroes
– Story of Glory (Day by Day)
4. The Old Wives – Sucks to Grow Up
5. Russ Dawson – Wasting Dimes



theoldwives.bandcamp.com

The Old Wives

6. Wool on Wolves – Midnight Avenue
7. Owls By Nature
– Heart Breaking Ways
8. Tanner Gordon & The Unfortunates
– No Ghost
9. Parachute Penguin
– Holographic Lover
10. White Lightening – Satisfaction

VIRAL VIDEO

Take a look back with YouTube

By KODY DAVIDSON

Welcome back ladies and gentlemen. It's 2013 and we're still alive! Hope you all had a good Christmas. It's that time where we all look back on the year before and YouTube does the same.

On Dec. 17, 2012, YouTube released its third annual rewind video. Now, before I get started I would just like to apologize to the handful of people who are sick of Gangnam Style; I'm sorry but this is the Rewind YouTube Style.

It is a treasure trove of references to videos on YouTube and real life events, even including a few movie references. The video stars Gangnam Style creator Psy, along with

Walk off the Earth, AlphaCat, KassemG, DailyGrace, MysteryGuitarMan, DaveDays, DeStorm, PyroBooby, BarelyPolitical, RealAnnoyingOrange, FreddieW, CorridorDigital, Rhett and Link, Smosh, FeliciaDay, Chester-

See, iJustine, EpicMealTime, MyHarto, JennaMarbles, ShitGirlsSay, JuicyStar07, GloZell, ClevverTV, SmoshGames, HuskyStarcraft, and RyanHiga ... just to name a few.

Being a hard-core YouTube viewer, I was delighted to see so many familiar faces in one video! The editing is fast paced to two of 2012's most popular songs; *Gangnam Style* and *Call Me Maybe*! Both songs are very catchy and equally ridiculous as the original, making this video fun to watch. You can tell the people working on the video had fun making it. If you check out the behind the scenes

of this YouTube hit, my statement will be confirmed.

I may be biased but you need to watch this video. Two of the year's biggest hits combined with a crazy amount of references and big YouTube faces, done in a colorful, fun style makes this one helluva video. A perfect bookend to 2012's viral year. I look forward to what YouTube will do for this year's rewind video! Most of all, I cannot wait to see what 2013 will bring to viral video.

You can watch Rewind YouTube Style here: <http://www.youtube.com/watch?v=iCkYw3cRwLo> You can watch Behind the Scenes here: <http://www.youtube.com/watch?v=TLnTGpBzPeM>



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TATIANA, BUSINESS STUDENT, WINNER 2011-2012



Who will win this year?



By DARTANION JOHNSON

The 70th annual Golden Globes, airing this Sunday, is bringing a nice change in this year's show. Say goodbye to Ricky Gervais, who some deemed too controversial, and welcome the funny duo of Tina Fey and Amy Poehler. These two will surely feed off each other, like in their good-old SNL days and bring many laughs to the award show. The nominees were revealed on Dec. 13.

Here is a partial list of categories and nominees:

Best Motion Picture (Drama)

- Argo
- Django Unchained
- Life of Pi
- Lincoln
- Zero Dark Thirty

Best Motion Picture (Musical or Comedy)

- The Best Exotic Marigold Hotel
- Les Misérables
- Moonrise Kingdom
- Salmon Fishing in the Yemen
- Silver Linings Playbook

Best Actor (Drama)

- Daniel Day-Lewis (Lincoln)
- Richard Gere (Arbitrage)
- John Hawkes (The Sessions)
- Joaquin Phoenix (The Master)
- Denzel Washington (Flight)

Best Actor (Musical or Comedy)

- Jack Black (Bernie)
- Bradley Cooper (Silver Linings Playbook)
- Hugh Jackman (Les Misérables)
- Ewan McGregor (Salmon Fishing in the Yemen)
- Bill Murray (Hyde Park on Hudson)

Best Actress (Drama)

- Jessica Chastain (Zero Dark Thirty)
- Naomi Watts (The Impossible)

- Rachel Weisz (The Deep Blue Sea)
- Helen Mirren (Hitchcock)
- Marion Cotillard (Rust and Bone)

Best Actress (Musical or Comedy)

- Emily Blunt (Salmon Fishing in the Yemen)
- Judi Dench (The Best Exotic Marigold Hotel)
- Jennifer Lawrence (Silver Linings Playbook)
- Maggie Smith (Quartet)
- Meryl Streep (Hope Springs)

Best Director

- Ben Affleck (Argo)
- Kathryn Bigelow (Zero Dark Thirty)
- Ang Lee (Life of Pi)
- Steven Spielberg (Lincoln)
- Quentin Tarantino (Django Unchained)

Best Original Song

- Keith Urban - 'For You' (Act Of Valor)
- Taylor Swift - 'Safe & Sound' (The Hunger Games)
- Hugh Jackman - 'Suddenly' (Les Misérables)
- Adele - 'Skyfall' (Skyfall)
- Jon Bon Jovi - 'Not Running Anymore' (Stand Up Guys)

Best Animated Feature Film

- Brave
- Frankenweenie
- Rise of the Guardians
- Hotel Transylvania
- Wreck-It Ralph

For a full list of categories and nominees, check out www.goldenglobes.org

My Predictions: It's incredibly hard to pick who should win best picture this year because *Life of Pi*, and *Django Unchained* were truly great films for completely different reasons. I'm fairly sure that *Lincoln* will win best picture, though. I believe those who worked on *Zero Dark Thirty* and *Les Misérables* also have a good chance to win an award. I believe *Wreck-It Ralph* should

win best animated, and Adele should win for her James Bond track, "Skyfall."

The 70th annual Golden Globes will be held Sunday, Jan. 13 at 6 p.m. Mountain Time.



collider.com

Daniel Day-Lewis as Lincoln

HEADS VS FEDS

THE DEBATE OVER THE LEGALIZATION OF Marijuana

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STEVE HAGER

ROBERT M. STUTMAN

JANUARY 23, 2013 | 12:15PM

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WITH MODERATOR RYAN JESPERSEN
FROM CITY TV'S "BREAKFAST TELEVISION".

My Top-10 year in movies ...

By LAUREN FINK
Sports Editor

When I was given the task of writing an article on the top movies of 2012, my first thought was: "We all know what happens when I review something ... (See my Nov. 22 Taylor Swift review in the *Nugget* archive at thenuggetonline.com)"

How was I going to pick the best movies, when I literally love every movie I have ever seen – excluding *The Vow* but that's a whole different story.

I sat down to think of my cinematic adventures over the past 12 months and seriously considered my life.

I could sit here and tell you the best movies of 2012 are the ones we all know will win Academy or Teen Choice Awards (Hello, *Breaking Dawn - Part 2*) but that isn't what I believe is true.

Box office numbers and reviews mean nothing to me. So, I've decided to base this article solely on my own opinions.

Let's get down to the nitty gritty.

10. The Lucky One

Calm your jets kids, don't take my lunch money. This is a great movie. You should all be ashamed of yourselves for not letting love, and Nicholas Sparks, into your lives. Any movie where Zac Efron takes off his shirt deserves a Top 10 recognition.

9. Pitch Perfect

If you like singing, laughing and love, you'll love *Pitch Perfect*. I was a big skeptic of this movie but, once I let it into my life, I wasn't disappointed in the slightest. Rebel Wilson is a comedic genius and I was blown away with both the auto-tune skills in this movie and the actors' abilities to sing.

8. Hunger Games

"I volunteer, I volunteer" this movie as No. 8 on my countdown.

If you were an extreme (insert fan-girl term here) like I was then, you know that the movie strays a little from the books, but for the most part, it hits all of the important moments. The *Hunger Games* was a treat to watch, much like the inspirations for Elizabeth Bank's outfits as Effie Trinket. I'm not ashamed to say I will be dusting off my bow and arrow for the highly anticipated November 2013 release of *Catching Fire*.

7. Wreck-It Ralph

I dare you to watch this movie and not get emotional. Just like every Disney movie, it teaches a life

lesson in a fun and creative way while pulling on whatever heart strings you have left.

6. The Dark Knight Rises

Any movie with as much latex as the *Dark Knight Rises* deserves an acknowledgment on this list. However this movie brings more than latex to the game, as it's probably my favourite Batman movie and a contender as best super hero movie, ever.

5. The Avengers

This movie brings a little bit of all of my favourite things into play. Action, comic books and sexy actors, I mean ... distinguished and successful actors. I have yet to meet a nerd or jock who doesn't like this movie. It has something for

everyone.

4. Cloud Atlas

Although this movie is quite confusing at times, it is one of the most visually pleasing movies I've ever seen. The various sub-plots make you think about the world and how it works, which is different from the other movies on this list. It also has love stories that don't make you want to vomit. All around, this movie is one of the best of this year.

3. Looper

Joseph Gordon-Levitt, you have broken all the odds, you have made a successful career past *3rd Rock From the Sun* and for that the world applauds you. *Looper* was an amazing movie, completely unlike anything I'd ever seen before. It definitely is a must see.

2. Silver Linings Playbook

Bradley Cooper and Jennifer Lawrence did an amazing job in this movie. Cooper even stepped out of his generic "alpha-male" role and managed to wow. For any men reading this, I highly suggest this movie not only for its amazing story but for Lawrence's exposed midriff.

1. The Perks of Being a Wallflower

There are no words to describe this movie besides cinematic masterpiece. Logan Lerman and Emma Watson were absolutely incredible. Bravo Percy Jackson, bravo. Four for you Hermione Granger, you go Hermione Granger!

Some of you may now think, "How can you put your name on a list like this?"

I'm going to answer your thought with a question, "How can you not put your name on a list like this?"

You're welcome.



collider.com

Logan Lerman and Emma Watson in *The Perks of Being a Wallflower*

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CITY SCENE

Take a look around you

By **CHRIS FIGILUZZI**

Edmonton is blessed, not with good weather or decent drivers but with an amazing, electric music scene.

The sad thing is that most of you either don't know about it or choose not to take advantage of it. I find this not only shocking but also tragic. We have seen acts like Zerbin and Christian Hansen, both of Christian Hansen & The Autistics, move west in the search of more lucrative musical pastures.

How long until we see other amazing artists like White Lightning, Scenic Route To Alaska or Owl By Nature follow? Start to take notice of the amazing scene available to you and check out some local acts.

I can even get you started. Here are seven local artists that demand your attention. Check them out on Facebook or their website. Also check out 3.99 mix tape for more local flavour.

Big City Supreme

www.bigcitysupreme.com

Big City Supreme feels like an amazing blend of Cage The Elephant, Weezer and the Red Hot Chili Peppers. Playing fast and fun, this is one band that will definitely have you nodding your head and moving in no time.

100 Mile House

www.100milehouse.co.uk

100 Mile House is an amazing folk band out of our great city. I don't really know who to compare them to because, quite frankly, there really isn't anyone like them. Their songs are heartfelt and have that amazing intimate feel to them.

Wool on Wolves

www.woolonwolves.com

Wool on Wolves – it feels like they have been around forever. I have seen them play at multiple venues over several years and every time they leave you craving more. They provide a rich full sound that your ears will desperately crave time and time again.

Better Than Heroes

I hate to admit it but I just recently discovered these guys exist, and that makes me a sad panda (Disclaimer: I am not actually a panda, nor do I understand the complexities of panda emotions). The band has a fun pop punk sound (think Blink 182 meets NOFX meets Jimmy Eat World) that is easy to fall in love with.

The Old Wives

www.theoldwives.com

I really hate to date myself, though it seems like most girls feel the same, I grew up on '90s punk. The Old Wives seem to have done the same with music that feels heavily influenced by such bands as Chixdiggit, Strung Out, MXPX (if you don't know these

bands, shame on you).

Russ Dawson

www.russdawsonmusic.com

How do I describe Russ Dawson? I want to say folk but he's not really that folky. I want to say pop but again not really that popish. The only way I can think to describe him is laid back surf rock influenced by folk, it's a struggle to say but a pleasure to listen to. Dawson is probably the hardest working musician in the city and seems to be constantly playing shows, so really you have no reason not to check him out.

If you are in a band or know of one based in Edmonton that deserves recognition shoot me an e-mail at chrisfigliuzzi@gmail.com



braggcreekperformingarts.com

100 Mile House

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CD REVIEW

A blast from t.A.T.u.'s past

By DARTANION JOHNSON

"All the things she said ... actually all the things they said!" It's been over 10 years now since t.A.T.u. landed on our side of the world and infused us with faux-lesbian Russian pop music. The girls, Lena Katina and Julia Volkova, were only 16 years old when, "All The Things She Said," played over our radio stations. Their first English album *200 km/h in the Wrong Lane* became a huge hit all over the world.

However, the girls were soon heading into the status of one-hit-wonder. Their manager at the time, Ivan Shapovalov, only cared about creating controversy. The girls played up being lesbians (later proving to be fake), broke laws in many countries and even cancelled a giant concert in Japan five minutes before going on stage. t.A.T.u. didn't last long on our radio stations because of the controversies. However the rest of the world could not get enough of these girls!

t.A.T.u. left Shapovalov and continued to evolve as artists. The girls began to understand English more and the later albums began to take a deeper meaning. One song apologizes for how they treated their Japanese fans, while another song dealt with the abortion that Julia had as a teen. The girls are now solo artists but recently reunited to perform on the Romanian version of *The Voice*. For the first time, each song is re-mastered and uncensored.

Track List:

1. "A Simple Motion" - this track was previously unreleased and is a beautifully haunting song. The English track has turned the original song about masturbation into a ballad of keeping love simple.
2. "Not Gonna Get Us" - This is my all-time favourite t.A.T.u. track. It's an anthem for anyone who has been in love and just wants to be free, not judged.
3. "All The Things She Said" - Classic! A song about loving another girl. Katy Perry's E.T. seemingly sampled this track, making it just as relevant as it was 10 years ago



aftersounds.foroactivo.com

4. "Show Me Love (Uncensored)" - A song that was scrapped after the girls were caught shooting the video in other parts of the world without the correct work visas.
5. "30 Minutes" - Should we love? Is love worth all the pain? Lil Wayne greatly sampled this track in his song, "Dear Anne (Stan Part 2)"
6. "How Soon Is Now?" - A cover of The Smiths' song. Guitarist Johnny Marr thought it was a silly version but Morrissey found it absolutely magnificent. You be the judge.
7. "Clowns (Can You See Me Now)" - A dark piece of just wanting to be loved.
8. "Malchik Gay" - A song about being in love with a gay boy and trying to convince him to switch teams.
9. "Stars" - A striking ballad for being judged for who you love.
10. "Ya Shoshla S Uma" - Russian version of "All the Things

She Said."

11. "Nas Ne Dogoniat" - Russian version of "Not Gonna Get Us."
12. "Show Me Love" (Extended Uncensored Version) - Previously released.
13. "30 Minutes" (Remix) - Previously released.
14. "All The Things She Said" (Fernando Garibay Remix) - t.A.T.u. has so many great remixes and I have no idea how this one was chosen.
15. "Show Me Love" (Fabricated Remix) - I was deeply disappointed to find out that it is nothing more than the Sven Martin remix retitled. Little tidbit for you: NAIT students created a video for this remix many years ago and Sven Martin actually used that video for backdrops for t.A.T.u.'s concerts.

I highly recommend this album to fans and to people who vaguely remember t.A.T.u., to see what they were really about.

Start semester on the right foot



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

It's a new semester and a great time to evaluate what went right and what went wrong last term. Here are some areas to look at:

Attitude - Am I prepared to put school-

work as my priority and to work hard?

Discipline - Do I have regular study and homework times? Am I getting into a good study routine right at the beginning of the semester? Do I procrastinate? If so, how can I change this habit?

Organization - Do I use a daytimer to write down all assignments, appointments, exams, etc.? Do I make a daily to-do list? Are my books, locker and workspace organized?

Distractions - What were the major things that interfered with my studying last term? How can I limit or put boundaries on phone calls, television time, computer games, interruptions from family and friends?

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

Balance - Do I get adequate sleep, exercise and nutritious food?

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

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

Here are some suggestions to boost your success:

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

starting on Jan. 15. Details are provided on posters around NAIT.

- Go to www.nait.ca/counselling for NAIT's on-line study skills manual, *Techniques to Maximize Learning Potential*, which includes information on study skills, time management, procrastination and memory, exam writing and exam anxiety.
- See a counsellor for any academic or personal concerns.
- Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals for change, monitor these regularly and reward yourself.

Have a great semester!

Student Counselling
Room W111-PB, HP Centre
Appointments can be booked in person or
by calling 780-378-6133

Parties – how to and who to

By **ROBIN McCOURT**
The Aquinian
(St. Thomas University)

FREDERICTON (CUP) — It’s that time of year again. People are starting to have parties, get-togethers, dinners and glittering evenings of fun. If you’re like me, you’ll be navigating to the nearest soirée through heaps of homework and rivers of reading. But don’t fret! You can make it through the end of the semester (and fit in an event or two) without an all-systems meltdown.

Playing host

What if you’re the one throwing the party? Give your invitees due notice. The amount of notice you should give depends on the level of pomp you’re planning to unleash. For a carefully planned out party, such as a big Christmas dinner or a New Year’s Eve party, hosts should give their guests up to a month of notice. For casual dinners with close friends, a week is usually long enough.

Once you’ve decided who you’re going to invite, try to issue the invitation in the same way to each person. So, if you’re planning on calling or texting your friends, do so for everyone. If you’re giving out paper invitations, make sure everyone gets one. If you were to give paper invitations to most of your guests, and then email only a couple others, those who got the email could potentially feel like an afterthought, which is not the way you want your invitee to feel.

When it comes to the information given with the invitation you should include who the host will be, the type of occasion, when, and where your guests should show up.

A host can add additional information to their invitations. You can ask your guests to RSVP, send regrets only, or add dressing instructions. If you receive an invitation that says, “Regrets only,” you only need to contact the host if you are unable to attend. If your invitation says RSVP, your host wants to hear whether you’re planning to attend or not. If you are issuing an RSVP or regrets only invitation, make sure you include the contact information for where the guest should direct their reply.

Dressing instructions tell the guest how everyone will be attired. You might see “business casual,” “dressy casual,” “festive attire,” “black-tie,” or if you’re really fancy, “white tie”. A quick Google search will give you an indication of what sort of outfit choices correspond to which phrase.

Acting as attendee
When you get an invitation you are obligated to reply to the host promptly. If you are unsure if you will be able to attend, let the host know this right away and if you have an idea of when you will find out, convey that information too. It can be costly for a host to prepare for your company only to find out that you won’t be coming. There’s no fun in ruining your friends’ precious free-time.

Always thank your host for inviting you. Even if you can’t attend, getting an invitation shows that you are important to that person and they want to spend time with you. If you can, reciprocate the invitation. Reciprocating the invite doesn’t mean you need to have them over for the same type of event but that you get to see them socially at some point when you’re hosting.

Party politeness
Getting an invitation is not a green light for you to take it upon yourself to spread the word. Bringing an uninvited guest to a party is definitely not going to gain you any etiquette points. Ditto for small group events.

Just last week a girlfriend of mine was organizing a night out with some close friends. It got kind of awkward when one guest invited another girl without checking with the hostess first. The hostess didn’t want to be rude to the new invite, but also didn’t really know what was going on.

It also needs to be said that you shouldn’t invite people in a way that leaves others out (think asking everyone you’re having lunch with but one person). And never talk at length about an event around someone who wasn’t invited.



lavenderhotels.co.uk

Party time!

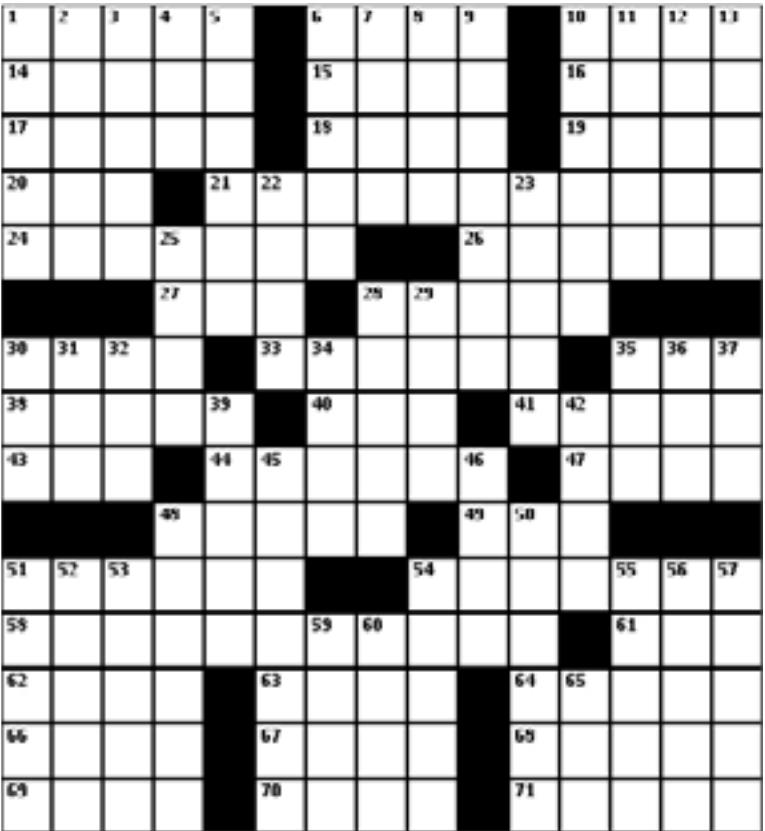
CROSSWORD

- Across**

 - 1- Circa
 - 6- Division of a hospital
 - 10- Golfer Aoki
 - 14- Profundity
 - 15- Away from the wind
 - 16- Wyo. neighbor
 - 17- Prevent
 - 18- Contends
 - 19- Marsh bird
 - 20- Compass dir.
 - 21 - Futile
 - 24- Decreased
 - 26- Kingdoms
 - 27- Not emp.
 - 28- Sum
 - 30- Eye part
 - 33- Emphasis
 - 35- Metal container used for frying
 - 38- Port near Hong Kong
 - 40- Monetary unit of Japan
 - 41- Makes
 - 43- Little, in Lille
 - 44- Small fish
 - 47- Cubs slugger Sammy
 - 48- Insertion mark
 - 49- Gives birth to
- Down**

 - 51- Secret stuff
 - 54- Partway through period
 - 58- Nomenclature
 - 61- Circle of flowers
 - 62- Dagger of yore
 - 63- Image of a deity
 - 64- Supermodel Cheryl
 - 66- Jazzy James
 - 67- Opera set in Egypt
 - 68- Arm bones
 - 69- I'd hate to break up ____
 - 70- At no time, poetically
 - 71- Dry and crumbly;
- Down**

 - 1- One who uses an abacus
 - 2- Designer Geoffrey
 - 3- Made a choice
 - 4- Salt Lake City athlete
 - 5- Three times
 - 6- Undulated
 - 7- First Arabic letter
 - 8- Ridge of rock
 - 9- Arid areas
 - 10- Position, in Britain
 - 11- Capital of South Korea
 - 12- President Garfield's middle name
 - 13- Ph.D. hurdles
- 22- Takes home
 - 23- _____ and desist
 - 25- Bear in the air
 - 28- Lott of Mississippi
 - 29- Vintner's prefix
 - 30- Mischievous fairy
 - 31- Actress Charlotte
 - 32- Hosp. area
 - 34- Actress Daly
 - 35- Paid player
 - 36- Ques. response
 - 37- Code-breaking org.
 - 39- Muscat native
 - 42- Gal Fri.
 - 45- Shah, e.g.
 - 46- Tory rival
 - 48- Attacked
 - 50- Inner shrine
 - 51- Baffled
 - 52- Leases
 - 53- Minotaur's home
 - 54- Tooth
 - 55- Actress Verdugo
 - 56- Fit for a king
 - 57- Young girl
 - 59- Comics canine
 - 60- Rich supply
 - 65- Land in la mer

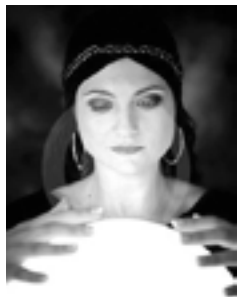


Puzzles provided by BestCross-words.com (<http://www.bestcross-words.com>). Used with permission.

SOLUTION
Page 20

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 10-16

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

Capricorn (Dec. 22-Jan. 19)

The new year brings new opportunities, so try something new! Go outside your comfort zone, you may be surprised where it leads you.

Aquarius (Jan. 20-Feb. 18)

It may hard to get back into your routine this week. Take things as they come and try not to be overwhelmed.

Pisces (Feb. 19-March 20)

There's something you've been

planning for a long time. Now is the time to do it. Make it a priority and start taking the steps to get it done.

Aries (March 21-April 19)

You have a big decision to make this week. Consider all possibilities before you decide what you are going to do.

Taurus (April 20-May 20)

You may find a situation in your life very difficult this week. Try not to worry so much. Things will work themselves out.

Gemini (May 21-June 21)

You're on your way to completing a goal this week. Keep pushing and you'll get there.

Cancer (June 22-July 22)

There's been a lot on your mind lately. Now is the time to speak up and say what you've been thinking about.

Leo (July 23-Aug. 22)

Don't lose balance between the difference aspects of your life. You can make time for all things you need to accomplish this week.

Virgo (Aug. 23-Sept. 22)

Things seem to be going at a rapid pace. Now is the time to focus on what you consider most important.

Libra (Sept. 23-Oct. 22)

Don't leave a task till the last minute. Make a plan and follow through with it.

Scorpio (Oct. 23-Nov. 21)

An unexpected opportunity will appear this week.

Sagittarius (Nov. 22-Dec. 21)

People will voice their opinions on what you should do. Decide what's best for you.

Who ya gonna call?

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.nait.ca under "Get involved."

Scholarships, bursaries – Student Awards Office, 780-491-3056, Room O-101.

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

Student loans, grants – Financial Aid Office, 780-491-3056, Room O-111.



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HOT

SINGLE OF THE WEEK



Photo by Meaghan Willis

Andrew Dmytryshyn, 24

Ideal date? – I find that to be a silly question, the company you keep is more important than what you’re doing. That being said, any girl that’s into going to a sporting event or concert is good in my books. Any date that doesn’t involve her hand or drink hitting my face is also a success.

Favourite movie? – If I had to pick just one, I suppose it’s The 40-Year Old Virgin.

Favourite food? – lame answer – I’m fairly “western” if you will, in that I love BBQs, pizza, steak and all that good stuff.

Turn ons? – Anyone who is comfortable in their own skin and not afraid to laugh at themselves is huge. Some added bonuses would be athletic, ambitious, tall and great at making sandwiches. Ha, ha just kidding, height is not an issue.

Turn offs? – Liars, insecurities.

Type of girl? – One who is independent, trustworthy and able to accept that friends and family are a huge priority in my life.

Hobbies? – Besides playing my oboe at small family gatherings, anything involving exercise or sports are my go to.

Goals/dreams? – I think as we grow older we set more achievable dreams. When I was 6, I wanted to be a T-rex. Now, I just hope I can pay all my bills. Sorry to bore you, but having a house with exceptional company and steady finances is all this guy dreams of.

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

Make it with mint

RECIPE

By DARTANION JOHNSON

Lemon & Mint Turkey Burger

The holidays are behind you and summer is nowhere in sight! So why not mix up your seasons and create something that will leave you satisfied. The Lemon & Mint Turkey Burger is very simple and made with ingredients you should have stocked in your kitchen.

Mix:

- 1 lb of fresh ground turkey
- 1/2 a grated onion
- Juice and finely grated rind of 1 lemon
- 1 minced garlic clove
- 2 tablespoons of finely chopped fresh mint
- 1/2 teaspoon pepper
- 1 teaspoon sea salt
- 1 egg beaten

Divide and form this mixture into 12 equal portions. Cover and chill in the

refrigerator for at least one hour (Preferably overnight to guarantee formation).

Place a large heavy skillet on medium heat. Pour in 1 tablespoon of extra virgin olive oil and wait till heated. Place burgers on skillet so they are not cramped, give the them room to cook. Cook each side for about five minutes, until golden brown.

Serve the burgers immediately after taking them off the stove. Ad a squeeze of lemon for that extra sour tang.

I’m not a huge fan of mint and was hesitant to try this recipe, but the mint was refreshing and added something unexpectedly appetizing. This burger has all the qualities of a barbeque on a hot summer day, but made with turkey and mint to give it a festive taste. Also turkey is leaner than chicken, which is great for those looking to live a healthier lifestyle this year.



CROSSWORD SOLUTION

1	A	B	O	U	T		6	W	A	R	D		10	I	S	A	O		
14	D	E	P	T	H		15	A	L	E	E		16	N	E	B	R		
17	D	E	T	E	R		18	V	I	E	S		19	S	O	R	A		
20	E	N	E			21	I	N	E	F	F	E	23	C	T	U	A	L	
24	R	E	D	U	C	E	D					26	R	E	A	L	M	S	
				27	R	E	T		28	T	O	T	A	L					
30	I	R	I	S		33	S	T	R	E	S	S		35	P	A	N		
38	M	A	C	A	39	O		40	Y	E	N		41	E	A	R	N	S	
43	P	E	U		44	M	I	N	N	O	46	W		47	S	O	S	A	
				48	C	A	R	E	T		49	H	A	S					
51	A	R	C	A	N	A					54	M	I	D	T	55	E	R	M
58	T	E	R	M	I	N	O	L	O	G	Y		61	L	E	I			
62	S	N	E	E		63	I	D	O	L		64	T	I	E	G	S		
66	E	T	T	A		67	A	I	D	A		68	U	L	N	A	S		
69	A	S	E	T		70	N	E	E	R		71	M	E	A	L	Y		

WHAT IS A CLUB?

Clubs are an essential part of the community atmosphere at NAIT. Getting involved with like-minded students allows an outlet for building friendships, having fun, and enhancing your studies.

Participation in clubs also builds leadership and social skills which are highly valued by potential employers.

Club membership is open to full-time and part-time students attending NAIT, as well as NAIT staff and alumni.

Want to join a club? Visit the Campus Clubs Centre and we'll get you connected.

HOW DO I START A CLUB?

It's easy! Find three people who share your interest and want to meet and participate with other like-minded students. Describe what your club is about and register at the Campus Clubs Centre (Room E-131). Need help getting started? The Clubs Centre provides a variety of services to help get you going and keep you inspired throughout the school year.

TYPES OF STUDENT CLUBS

There are two types of clubs on campus that are equally important.

Program clubs represent students in their program. They mainly host events to raise money for graduation celebrations, and work to create a community within the program. Some clubs host industry nights where students can network and interact with future employers.

Interest clubs bring students with similar interests, beliefs, and talents together in a friendly and safe environment. Discover or build on an existing passion, or meet other students who share the same objectives as you. The opportunities are endless.



CLUBS 365 TRAINING RETREAT #2 takes place

January 25-27. It is a weekend where we take you away from the city. We set you up for success in your Club experience by providing information sessions on club services (the A-Z of doing things), in an amazing interactive way. Yes we have a theme and it will be a blast!!!!!!

This Training Retreat is for those that missed the first Clubs Training Retreat in September, 2012. If you are a new club or have new executive that have joined you, this would be of great benefit.

New Clubs that have representatives attend Clubs 365 Training Retreat are eligible for full funding when applying for grants. Those that do not attend are limited to a maximum \$250 during the 2012-2013 academic year when applying for grant funding.

We have limited space, only 40 spots, so sign up fast! There is a \$20 refundable deposit to secure your registration. You attend = you get your money back + amazing experience.

We will be leaving NAIT on Friday January 25, loading bus at 4:30pm and returning to NAIT Sunday January 27 at approx. 6:30pm.

Food, accommodation and transportation are all provided, only thing you bring is "YOU + clothing + essentials. Note this will be a dry camp (no alcohol).

TO REGISTER:

Come to the NAITSA Clubs Centre with \$20 deposit (cash or completed club cheque request) to secure your registration. **REGISTRATION DEADLINE IS JANUARY 16, 2013.**



NAITSA

CLUBS
365

VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus
780.471.8457 | 780.471.8871
campusclubs@nait.ca | nait.ca/clubs

Check out the Clubs Website for other upcoming Important Clubs Dates



Meaghan Willis

What is your New Year's resolution?



"I'd like to focus more on school and be more organized."

Jacquie T.
Human Resources



"I don't have one. I didn't bother making one because I never end up doing it."

Ralph M.
Business



"I'm going to start eating properly and become more healthy."

Ashley M.
Business



"I want to cook more and drink less."

Jason M.
Applied Accounting



"Slow down on drinking, while I'm in school."

Brett S.
Enterprise PSE

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Who we are, what we do



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

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

Who we are:

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

Our department employs full-time peace officers who share a commitment to maintaining a safe and secure environment. We assist over 80,000 students and staff over four major sites and various leased spaces within the metro Edmonton area.

What is a peace officer?

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

A peace officer ensures the public order

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

What we do

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

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

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

Blended services

Our department also contracts a few

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

Additional services

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

Crime reporting

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

- Stay calm – don't get excited; take a deep breath
- State the problem – "I want to report a crime ..."
- a break and enter
- a theft
- an injury
- a fire
- a suspicious vehicle or person

- State the address and who you are.
 - Give the full location, directions from nearest office or building
 - Give your name, office number, and phone number where you are calling from
- Let the dispatcher control the conversation.

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

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

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

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

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

Everybody benefits, except the criminal.





Churchill Square is ablaze with light on New Year's Eve.

Photo by Kevin Tuong

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