

NOMINATIONS FOR STUDENT EXECUTIVE ELECTIONS CLOSE JAN. 31

# THE NAIT NUGGET

Thursday, January 17, 2013  
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YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA

## MEN'S TEAM TERRIFIC

Hockey squad continues to lead ACAC standings, story page 9



Photo by Kevin Tuong

OPEN NET!

Women's Ooks forward Jillian Mathieson has a golden opportunity during a game against the MacEwan Griffins on Saturday, Jan. 12 at NAIT arena. NAIT went on to win the game 6-2. Story, page 8.

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# NEWS & FEATURES

## Finding a place in the world



**SARAH STILWELL**  
Issues Editor  
@Aardwolf

After attending the Canadian University Press Conference last week in Toronto, one thing in particular was heavily stressed. If you're pursuing journalism, you probably won't get hired. Ever.

What I have discovered is that yes, if you are just another journalism student from another journalism school and you think that's enough to get hired, you are sorely mistaken.

"You imitate something you like, but that's not you," said Kate Beaton. "That's you growing and learning. Develop your voice and style, become something unique and different."

### Humorist concerns

Beaton, of the comic *Hark! A Vagrant*, was one of the most anticipated speakers of the conference. She spoke about humour sections in papers, misogyny and property rights on the Internet – which is currently a serious issue for humorists who are trying to make a name for themselves.

"I'm like, why don't you put my name on that? And they're like, why don't you suck it?" Beaton jokes.

The room exploded in laughter.

Beaton stresses that you have to make yourself your own flagship store. Professionals need to differentiate themselves in order to truly be successful.

### Be different

Needing to differentiate yourself isn't just necessary in print journalism, but everywhere. I'm not saying, "Hey don't listen to the radio, everybody does that." I'm saying listen to it in your car as loud as you want even, if it's that new Britney song that you feel guilty for liking. Or shut it off if you hate it.

Look, I know most of us are here at NAIT with the ambition to, y'know ... make money at some point or another. Maybe move out



**Nugget editors meet CBC host George Stroumboulopoulos last week at the Canadian University Press convention in Toronto. They are, from left to right, Lauren Fink, Sports Editor; Stroumboulopoulos; Sarah Stilwell, Issues Editor and Nicole Murphy, Editor-in-Chief.**

of mom's house and do our own thing some day. That's why I'm going to share some of the experiences that I got out of the past week and maybe you'll find it inspiring or something.

"I drew a black flag on my wrist to show my sister and nephew back home that I was still my own person and not caving in to the music Much was playing at the time," said CBC TV's George Stroumboulopoulos, explaining that being an on-air personality doesn't mean that you lose yourself in the process.

In fact I have respect for someone who will delay a live taping to hear the Beastie Boys, which actually happened.

This doesn't make him unprofessional by any means, actually quite the opposite would be true. His professionalism on set is

uncanny and his ability to direct conversation and interviews is something I aspire to be able to achieve.

Lise Hosein, a researcher and audience co-ordinator for George's show, explained that it doesn't matter what school you've been to. Being a broadcasting student, I asked if they usually hire Ontario locals for positions at their studio in CBC's headquarters.

"Oh no, they come from everywhere," says Hosein.

Hosein, who is currently aspiring to be a producer for CBC, has spent the last few years producing the adorable show *Pick a Puppy*. Maybe you've seen it and maybe you haven't, but the show is about families who are literally trying to pick a puppy to bring home. Warning: If watched, you will probably let out an "awwww" or two. Hosein has

cast many of the families that have appeared on the show.

Being from a place like Edmonton, which some Americans can't point out on a map, it's OK to feel like a tadpole swaying about in the Atlantic Ocean. If you're doing something you like and you're doing it your own way, people take notice.

It was luck that allowed me to partake in the Canadian University Press National Conference in Toronto, and I felt intimidated going into some of the sessions with people who have been journalists for five years. I was met with a wonderful surprise – hey! I know this stuff!

Not only did I know it, but I knew it better than most did. By day two, I was more grateful than I already am to be a NAIT student.

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studenteditor@nait.ca**



# Paula Burns leaving NAIT

By AMOR DARDOURI

Lethbridge College has announced the appointment of NAIT's Dr. Paula Burns to the role of president and CEO, effective Feb. 4.

"The board firmly believes Dr. Burns is an outstanding candidate to boldly lead Lethbridge College into its sixth decade," said Board of Directors Chair Randy Jespersen.

Burns has worked in post-secondary education for more than 10 years. She has an extensive experience in teaching and curriculum development as well as developing government relationships and building strong community partnerships.

She holds a PhD in Curriculum, Teaching and Learning from the Ontario Institute for Studies in Education from the University of Toronto, and an MBA in Executive Management with specialization in Leadership from Royal Roads in Victoria. She has a passion in learning and leadership.

She is currently serving as provost and VP Academic at NAIT after spending two years as associate VP Academic Affairs.

Dr. Paula Burns will be the eighth president of Lethbridge College. The *Nugget* conducted an interview with Dr. Burns about her experience at NAIT and her appointment as president and CEO at Lethbridge College.

**N:** How it was your experience at NAIT?

**Dr. Burns:** My experience at NAIT has been great. I came here from a much smaller school and when I first came to NAIT it was a very large school. So, lots to learn and lots of exciting things going on. It has been a great experience getting to know all that happens at NAIT as well as really getting to know the people.

**N:** What was the biggest challenge that you faced at NAIT?

**B:** Probably the biggest challenge that I had was trying to learn the culture at NAIT. You know, every area has a certain different way of doing things. Trying to figure my way through and find what the cul-



Dr. Paula Burns

Photo by Amor Dardouri

ture was and how to feel comfortable working in the environment was a challenge.

**N:** What was your first priority when you came to NAIT?

**B:** When I first started at NAIT, my priority was to really develop an academic plan and to find out what was the core business at NAIT, and what needed to happen with the programming, with the students services area and faculty development.

**N:** What is your expectation for NAIT in 10 years?

**B:** I see NAIT in 10 years really expanding into providing more flexible pathways for students and a lot more choice for students really expanding. More Albertans, more Canadians, and more internationally can come to NAIT. I think we do great things here and we produce great graduates at NAIT. I see more growing at NAIT in 10 years, for sure.

**N:** What is your first priority for Lethbridge?

**B:** My first priority in Lethbridge is again to get to know the people. I had a great president who was before me who has developed a really strong foundation for the college. I am really trying to understand what the program next should be developing for relationships within the community to find out what standards it needs to be meeting as a college.

**N:** Your last word for the *Nugget* readers and the NAIT community.

**B:** I think that it is sad to leave, but also the joy of leaving is that I am leaving team leaders who work well together. They show collaboration that I haven't seen before in a post-secondary institution. I wish them all the best as they continue leading as a team. The new academic model was the big part of what we have done but it is just the beginning. The team will take it to great places in 10 years.

## Still time to run for office!

By STEPHAN SUTCLIFFE

@StephanSutclif

Nominations for NAITSA Executive Council are open and will close on Jan. 31.

If this is the first time you've heard of the student Executive Council, you're not alone. As I learned from talking with other students, it is hard to find someone with a finger on the pulse of politics at NAITSA.

Information about the Executive Council, which is composed of a president and three vice-presidents, is available from the NAIT Students' Association website and office, but students often don't often look for information until they need it. There is a disconnect between the students and the elected officials.

"I think it's really unfortunate that more students don't take the opportunity to vote," said student senator, James Head.

NAIT students aren't the only ones to blame. They share the responsibility with candidates and elected officials. Head affirms this.

"I also think the campaigning of the candidates is really important. If they are able to get out there and talk to people, they can create energy and get people interested."

Head sees things improving.

"I think NAITSA's marketing efforts are constantly improving and that will show through as voter turnout increases in upcoming elections."

Both voters and candidates are to blame for

the current situation and a solution can only come from the two groups reaching out to one another.

The connection can be made outside of elections. There are numerous ways for members of the Executive Council to interact with students on a daily basis. Introducing themselves and NAITSA to new students and program visits at the beginning of semesters are a few ways in which they intend to improve their interaction.

Candidates can do more than put up a poster and pursue the students in their program. Cam-

paigns have the ability to connect with a broad audience through infrastructure already at NAIT. Working with the programs that NAIT offers, they can build campaign ads that can be posted to a website and have debates more publicly and easily accessible. Additional opportunities to reach students exist in many programs, such as cross-promotion with the campus radio station, NR92.

If you are interested in running for the Executive Council or want more information, visit NAITSA.ca or stop by the NAITSA office.

## Poll clerks needed

**Duration:** Feb. 14, 2013

**Compensation:** \$15/hour

• Poll clerks are needed on Feb. 14 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. 13 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.



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**Submissions encouraged:**  
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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.

## Idle No More – Some Thoughts



# The dawn of a new day



By **ASHLEY CALLINGBULL**

West Edmonton Mall was declared the “official stomping grounds” of the Idle No More movement Sunday afternoon before demonstrators took part in what was described as a flash-mob ceremonial grand entry.

Almost 3,000 people attended the grand entry either dancing, drumming or holding signs and walking with the dancers. More than 500 dancers, including myself, wore our regalia – including some from neighbouring provinces and as far away as California took part in the rally and procession in a show of solidarity with First Nations calling on Prime Minister Stephen Harper to repeal portions of Bill C-45.

The protesters say the omnibus budget bill infringes on Aboriginal treaty rights, and on the rights of all Canadians to have clean drinking water.

Conway Kootenay of the Alexander First Nation, one of the organizers of the event, said he was pleased with the turnout.

“The general public got to see some of the ceremonies we conduct all the time,” Kootenay said.

“The grand entry is where everybody comes in, dancing in solidarity and nationhood. It represents our appreciation and our love for Mother Earth.”

Idle No More is establishing our rights as native people and helping us unite to fight for who we are. The Idle No More Movement is a liberation of Indigenous peoples and it's only the beginning. The goals of the movement are to establish indigenous sovereignty and to have land and water sustainability.

The Idle No More movement is important to so many more than just the First Nations peoples of Canada. The Idle No More issues are a global concern and it's crucial for Canadians and people around the world to stand with the movement and make their voices heard. The legislation that Canada is imposing is similar to the Dawes Act in terms of private property and private ownership. If we own our land we would become a municipality – we wouldn't be a nation. We would be governed under Canada and lose our nationhood. I'm against this legislation because it aims to assimilate the Indigenous people.

It started out against Prime Minister Harper but overall it's the people against the system. It is the system that is responsible for defecation of the land and the displacement and genocide of Indigenous people. Idle No More is an opportunity for people to get educated and un-learn what is diluting their true Indigenous identity. It's an opportunity to deconstruct the identities that Canada imposed on us through psychological manipulation, because a lot of the programs and funding for programs for First Nations is “Aboriginal”-based.

The government teaches you “Aboriginal” culture and “Aboriginal” language. There is no such thing as “Aboriginal” culture or language. We are First Nations. The Indigenous people are rising and reclaiming their entitlement to who they have always been. All of us Indigenous people will be fighting the same system but we must continue to learn and educate ourselves and never stop using our voice. We also need to continue healing through our communities to make change. Idle No More rallies will continue globally to unify Indigenous people to fight for their rights.



Supplied photo

## A moment of truth for all

By **JOSH YAWORSKI**

Canada owes a great debt to those who held these wide and bountiful lands before us. Our actions in the settling of this great land irreparably altered the course of a civilization's future.

It is for exactly this reason that Canada makes a bevy of services available to its Aboriginal population. The Indian Act details a bounty of services and recompense offered at government expense, as well as rules and guidelines.

Sadly, the majority of these services are tragically underused or majorly mismanaged, and as a result, the people suffer.

As incoming legislation moved to alter the face of Indian relations, four women chose to take a stand, saying these latest changes are an affront to their peoples' dignity. Independent of government or council jurisdiction, Idle No More's grassroots protesting is ever-expanding into a true nation-wide movement, with events planned from coast to coast.

### Bill C-45

Idle No More lists its main concern as one piece of legislation: Bill C-45. Another of Prime Minister Stephen Harper's infamous omnibus bills, the incoming changes are, Idle No More claims, a huge threat to their population.

“First Nations are the ones who will be impacted first and most severely” said Tanya Kappo, a graduate of Manitoba's Faculty of Law to *The Digital Journal*.

These threats come in two forms: Changes to The Indian Act and to the EAA (Environmental Assessment Act). Idle No More wholeheartedly believes it is fighting to prevent grave injustices and new threats to the native way of life.

While the movement has been operating since November 2012, it only really began to appear in the media after Dec. 10, 2012. Billed



Chief Theresa Spence

as the “Idle No More Day of Action,” protests erupted at a great number of venues.

Receiving the lion's share of the media attention was a newcomer to the Idle No More movement – Theresa Spence, the chief of the reserve community Attawapiskat.

Claiming to be an average chief of an average reserve community, she began a hunger strike in a teepee near Parliament grounds. Sustaining herself only on fish broth and medicinal teas, she requested audiences with the prime minister. Recently, this request was granted, at which time she said she would not meet without the presence of the Queen's representative, the governor general, as well. Spence and her dramatic protests were quickly adopted as a sort of figurehead for Idle No More.

Spence has shown images and spoken out about the deplorable conditions her people are forced to live under. But an entirely different story has since come to light, one she refuses to acknowledge: that there are some very strange fiscal procedures going on at Attawapiskat.

Deloitte, an independent accounting company hired by the government to investigate Attawapiskat's financial situation, has reported some very concerning pieces of this story.

Serge Desrochers, a representative of the firm, stated: “There is no evidence of due diligence in the use of public funds, including for housing.” (housing being chief in Spence's complaints). In fact, 81 per cent of transactions did not have supporting documentation, with 60 per cent of all having no documentation at all.

In Attawapiskat's population of 1,549, there are 21 people who are paid and are listed as politicians, while many more are paid as full time staffers, including the chief's boyfriend. He makes \$850 a day without taxes for management of the reserve's finances. Nearly half a million dollars was spent on a consultant, with no further details being recorded. Approximately \$1.1 million was spent on land deals. Attawapiskat is on federal lands.

Over the last six years, Attawapiskat received over \$100 million, 19 per cent of which has yet to be accounted for. One of the changes listed in bill C-45 will require proper documentation for all expenditures.

Jeffery Simpson of the *Globe and Mail* recently wrote that with “respect to C-45, changes to leasing provisions, these changes respond directly at the request of a number of First Nation chiefs to provide them with more flexibility.”

Other changes involve a decrease in the regulation of federal waters, which Idle No More claims will lead to the destruction of nature, and changes to the manner in which leasing occurs on reserve land. Natives claim that rights to the waters of the nation were not given up in the treaties and as such they must be consulted in decisions regarding the waters.

However, it is the last concern that has most up at arms, which is the claim that they will lose control of their already small reserves. This change was at the request of a great many chiefs, reports the *Winnipeg Free Press*.

Idle No More, then, is founded based upon

objections to an environmental concern, a long overdue change to ensure fiscal honesty and a change many of their own people requested.

Some of the most regrettable actions in Canadian history were done upon our native population. They still hold the scars, whether it be in the rampant drug and alcohol abuse seen in many reserves or in the ever-expanding native population in our penitentiaries. No one argues that there is a grave debt owed to these proud people. Our current system is failing them, and severely so. But Idle No More bears all of the signs of the ill advised and unsuccessful “occupy” movement of last year, being that they are both composed of a great deal of passion but very little planning.

In this instance, I fear this movement may seriously harm the potential of a fuller, more rationalized movement in the future.

### Draw inward

To truly make a stand and to show the legitimate sincerity required for a protest of this scope, Idle No More needs to end its affiliation with Spence's nepotism and corruption, end the failing demonstrations and instead draw inward to find what can truly be done to help the population, assemble the main concerns and attempt action from that unified point.

If only a fraction of the population of reserves utilized the massive amount of funding available for post secondary education, and then used this education on the reserves, a tide of positive change could wash away the hardship and pain and replace it with opportunity and hope.

Our native population comes with a strong tradition of history and pride and deserves to be treated as such. But our government cannot alone be expected to make this change. It will require much more than the stopping of trains and hunger strikes. It will require the strength and pride this strong race has been known for.

# Under scrutiny

By JARED CARVALHO

@JaredCarv

Alison Redford, after sweeping into the Progressive Conservative Party leadership in October 2011, promised a new era of political leadership for Alberta.

She talked about an open and just government that would reform the health care and education systems. People all over Alberta looked to her to be the next great leader to take this province into a new period of prosperity. Fast forward a year and a half and Alison Redford finds herself in a bitter dispute with Alberta's opposition parties.

The cause of this dispute is a file that was received by the Wild Rose and Liberal parties in November claiming that the premier broke conflict of interest laws. In 2010, as justice minister, she allegedly awarded a \$10 billion tobacco litigation contract to a group of law firms, one of which employed her ex-husband.

Liberal Leader Raj Sherman sent a letter to the Ethics Commissioner requesting an investigation be conducted.

Early in the new year Commissioner Neil Wilkinson responded to the letter saying that due to pressure from all parties an investigation would be opened.

Liberal MLA Kent Hehr (Calgary-Buffalo) has been extremely vocal during this entire process

and is now voicing his relief that an investigation is going to be conducted.

"Whether Ms. Redford broke the rules or not, I think it is something for the public to know. Regardless, I'm just happy that he's going to look at the situation."

He also commented on the issue now dubbed "tobacco-gate" saying "the circumstances are concerning enough that when Albertans look at this whole issue, it calls in to question the premier's judgment."

Mr. Hehr is confident that the ethics commissioner will conduct a thorough investigation that may be done within the next two months.

"He knows the rules, knows the regulations and knows what the public expects. I have confidence he'll do an excellent job in looking into it."

However, there is still concern regarding the commissioner's close ties with the Progressive Conservative Party since he has been a party contributor for nearly 30 years. This could provide another source of drama in the Legislature over the next couple weeks and months depending on the findings of this investigation.

Hehr, as well as the rest of the Legislative Assembly, is hopeful that the investigation will be done in a fair and just manner so that they can return to dealing with the issues that are important to Albertans.



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Kent Hehr



albertadiary.ca

Premier Alison Redford

## Romeo Dallaire to speak at MacEwan

By LUCAS ANDERS

@oilersfan16

Romeo Dallaire has held many titles – Lieutenant-General of the Canadian military, assistant deputy minister in the Canadian Department of National Defence, Canadian senator, humanitarian and best-selling author. These titles speak volumes about the kind of person that Romeo Dallaire is.

He is appearing on Jan. 24 at the Robbins Health Learning Centre on the main campus at MacEwan University. It is a part of the speaker series put together by the MacEwan University Students' Association.

Students' Association President Jed Johns believes it was important to bring in a higher quality of speakers.

"During our budget process and decision process, we decided to almost double our speaker series budget. We wanted to increase the calibre of speakers at MacEwan."

It seems to have worked, with past notable speakers including Post Secret author Frank Warren and sex educator Sue Johanson. George Stroumboulopoulos will also be speaking this spring as part of MacEwan's sustainability week.

Dallaire is most well known for his involvement in the Rwanda genocide conflict in 1994. At the time he was the force commander of the United Nations Assistance Mission in Rwanda (UNAMIR). He gave information about the planned genocide to the United Nations. Despite his pleas to intervene, the United Nations did not allow him to do so. When his

United Nations peace-keeping force was under orders to withdraw, Dallaire made the decision to stay. He believed it was his ethical duty to give refuge to those who sought protection from the UN.

The genocide stemmed from the colonization of Rwanda. The Belgians took over governance from the Germans, defining physical characteristics and creating a class system. Tutsi were deemed more European with more fair skin than the Hutus. The Tutsi were given government roles, better jobs and positions in society, creating racial tension among the Rwandan people. After their independence in 1962, the tension built to a boiling over the course of 32 years, ending in bloodshed and the genocide of over 200,000 people.

Countless more were killed in the years following. With refugees crossing the border and extremists following, the conflict would spill over the border into the democratic republic of the Congo.

Dallaire will be holding question and answer session in which students will be able to get the conversation going about international issues.

"He is somebody who has gone through many experiences that our students need to hear about," said Johns.

"He is someone who is going to get the conversation going."

We have a lot to learn about how Canada can change or do better in the global community. Dallaire will be offering insight into how

we can bring change and help stop the use of child soldiers in global warfare, the fight for human rights, ideas for genocide prevention and dealing with post traumatic stress in the Armed Forces.

"If you are interested in international affairs or what's going on in countries that need our

help, such as Rwanda," said Johns, "this is definitely the talk to come to and ask those questions about really tough topics."

Romeo Dallaire is sure to give a great perspective on the role in the international community and how we can help bring change.



girlguideforchange.blogspot.com

Romeo Dallaire



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8	Alberta Health Services	68	Cenovus Energy Inc.	23	Hi-Tech Seals Inc.	55	Servus Credit Union
30	Alberta Infrastructure & Alberta Transportation	15	CGA Alberta	13	Insight Medical Imaging	51	Shell Canada
16	Alberta Innovates Technology Futures	28	City of Edmonton (Roads Design and Construction)	34	Institute of Chartered Accountants of Alberta	39	Sherritt International Corporation
44	AltaLink	52	Clark Builders	4	IRISNOT	1	Spartan Controls Ltd.
60	Amega West Canada, Ltd.	14	CMA Alberta	38	IVIS Inc.	50	Sprague-Rosser Contracting
29	ATB Financial	40	ConocoPhillips Canada	58	KBR Industrial Canada Co.	18	Standard General
27	ATCO Electric	78	Cybertech Group of Companies	32	KMC Mining	72	Stantec Consulting Ltd.
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59	BNG Engineering Services Ltd.	73	EBA, A Tetra Tech Company	36	Ledcor Industries	42	Stuart Olson Dominion Construction
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5	Cameron Canada Corporation	25	Edmonton Police Service	6	Midwest Surveys Inc.	3	Taurus Projects Group
26	Canada Safeway	24	Encana Corporation	12	National Oilwell Varco	71	URS Flint
46	Canadian National Railway Company	33	Engineered Air	69	Northern Health	56	Voice Construction Ltd.
53	Canadian Natural Resources Limited	66	EPCOR	43	NOVA Chemicals	61	West Edmonton Mall
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# OPINION

— Editorial —

## What catches your eye?



**NICOLE MURPHY**  
Editor-in-Chief  
@NicoleMurphySt

What evokes emotion in the media differs for everyone. The perception of inappropriate is a personal taste, but there can be many agreeing when something goes to far.

There was an uproar of the masses in 2004, at the Super-bowl half time show when Janet Jackson had a “nip slip.” It was the talk of the town. People were upset at the revealing of her nipple region, so much that the U.S. Federal Communications Commission had to get involved. The funny thing is the controversy of the event actually made people go out of there way to look for the images and video footage. If they didn’t go looking for this “horrible” image it somehow found its way to many peoples eyes anyway through multiple forms of media.

### Take risks

In a fast-paced world full of many media forms competing for your attention, what actually makes the average person go out of their way to look up an image or video?

Jason Chiu, design editor of the *Globe and Mail*, told a group of journalists at last week’s Canadian University Press (CUP) conference in Toronto about the importance of taking risks. His job is to make the *Globe and Mail* stand out at the newsstand. He explained that there is a “20-foot rule,” where a newspaper cover should catch the attention of an individual from 20 feet away. Chiu exclaimed: “Stop being so God damned conservative.” A photo should evoke emotion and a great photo is one you spend a lot of time looking at.

“When you elicit reaction, that is really good,” Chiu said.

But how far is too far to cause a stir? Janet Jackson’s nipplegate scandal did not produce a thought provoking photograph to last through out the ages. It did, however, elicit reaction and provoke emotion.

Last December the *New York Post* had a front cover that showed a man about to be hit by a train on the tracks. The magazine has been scrutinized for using the image on its front cover. The photograph has raised many questions as to why no one helped this man. Although the picture shows nothing of a gruesome nature, such as blood or anyone hurt at the time, I personally had a stronger emotional reaction to that photo than others I have seen with bloodshed.

### Hard to look away

I found it hard to look away from the photo the first time I saw the photo, and perhaps this photo saved a life in the future. Next time there is a person on the tracks maybe there will be more of a rush to help the individual. Did the *New York Post*’s design editor do his job, or was publishing the photo too far?

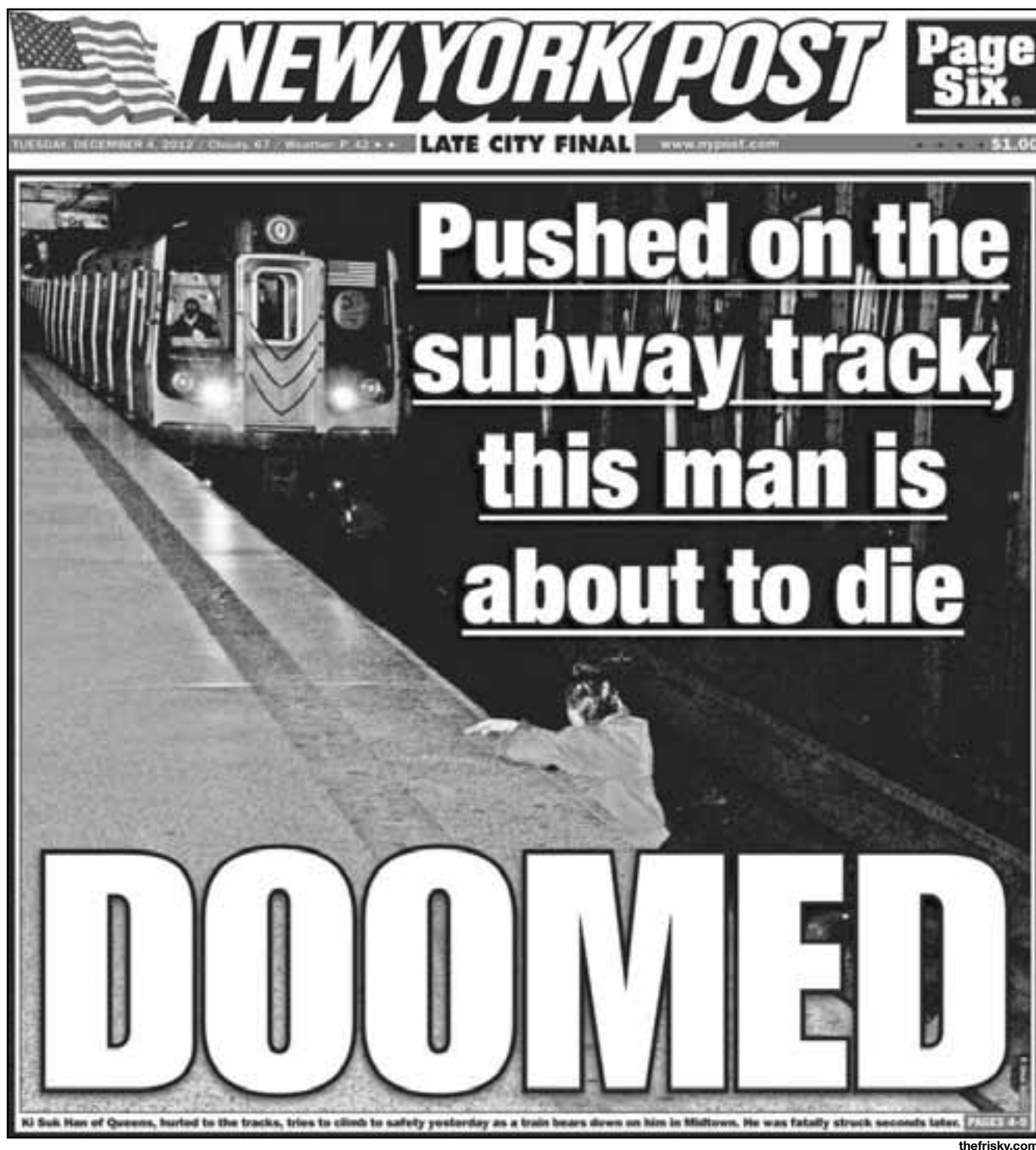
When asking the average student what catches their attention, it was surprising the answers I received. Simple, seemed to be a common answer. A headline that is simple but keeps you thinking.

Ashley Denvezzo remembers seeing the headline “Rob Ford is out of Juice,” on a walk home from a local pub one

night. She went out of her way to pick up and read about the Toronto mayor in the *Metro*.

Other students wanted to see more of a visual aspect instead of headlines.

So what catches your attention? What makes you go out of your way to interact with media of all forms? I would like to hear what you think. E-mail me at [studenteditor@nait.ca](mailto:studenteditor@nait.ca) and you may see your answers in the *Nugget*.



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.

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# SPORTS

## The wisdom of dodgeball



**LAUREN FINK**  
Sports Editor  
@laurenfink\_

*If you're going to become true dodgeballers, then you've got to learn the five d's of dodgeball: dodge, duck, dip, dive and dodge!*

— Patches O'Houlihan (*Dodgeball: A True Underdog Story*)

The coach of Team Chris, Jared Carvalho, should have taken a page out of Patches O'Houlihan's theories Monday night as his team faced Team Patricia/Kyle in the NAIT gymnasium.

The inexperienced team lost three of their five rounds. These losses can be blamed on the team's lack of practice, while others will blame it on the coaching staff.

Coach Carvalho was released from Team Chris after the third match.

"I don't feel they gave me a long enough window of opportunity to flourish as coach," says Carvalho.

I caught up with the man behind the team, captain Chris Figliuzzi about their game and he said: "We were out there exe-

cuting, but the game plan wasn't where it needed to be, the coach wasn't where we needed him to be. After five games already, it's pretty late in the season, but we had to make a change."

Carvalho hopes the team will allow him to return to the coaching staff next Monday as they face Team Josh, saying "I

believe I can convince them to allow me to return as the team is on the upswing."

As of now, Team Chris is coach-less, so there is still hope for Carvalho.

If they allow him back, I suggested he should implement some lessons from Patches O'Houlihan from the movie *Dodgeball - A true underdog story*.

You know, the whole "If you can dodge a wrench, you can dodge a ball," "If you can dodge traffic, you can dodge a ball?"

Carvalho weighed in, saying, "I believe these are fundamental practices of being a championship winning dodgeball team, and if welcomed back I would definitely implement them."

Figliuzzi countered, saying, "We don't even care if he teaches us anything; he just needs to bring a scarf."

It's safe to say the spot could definitely be his again.

Dodgeball spectator Nicole Murphy said "I know from experience, those balls are almost as hard as a wrench."

So, perhaps instead of wrenches, the team can just learn to dodge a ball.

Although the deadline for intermural dodge ball has past, keep an eye out for registration for coed volleyball. Those games will begin Feb. 7, and you can register online at [www.booking.ca/bknaitpub/courses/index.asp](http://www.booking.ca/bknaitpub/courses/index.asp)



funnyjunk.com

**Patches O'Houlihan**

### WOMEN'S HOCKEY

## Ooks give up a tie to MacEwan

By **KELSEY LYDYNUIK**

The women's hockey Ooks looked to start the New Year off right on Friday when they were at

Confederation Arena taking on the last-place team in the league, the Grant MacEwan Griffins.

The game was scoreless through the first and

most of the second until MacEwan's Kailey Curran put one past Jill Diachuk just before the end of the period. It looked as though it would be a 1-0 game in favour of the Griffins, but two minutes before the buzzer, Sherri Bowles tied it up to make the final score 1-1, leaving the Ooks with a 7-2-1-1 record.

"We were sloppy, a little bit rusty, and maybe even a little bit unprepared," coach Deanna Iwanicka said.

"We were sitting in first and they were in last. Lots of excuses can be made – it was an away game and everybody started school last week. It's a good learning lesson on how prepared we need to be."

Red Deer swept SAIT on the weekend, putting their record at 9-3-0-0 and pushing them past NAIT to capture the top spot in the standings. This is a prime example of just how crucial each win is for the Ooks as they look to capture their first ever ACAC championship.

"Being in the top three is essential," Iwanicka said. "From there I think we are just looking to focus on our own improvement in our preparation for the playoffs. So at the end of the day, I would say we're not focused on being first, second or third. We're just focused on being in that championship game and being prepared for it."

On Saturday, the Ooks were back at home for a rematch against the Griffins and were clearly hungry for a win. Early in the first, Sherri Bowles received a two-minute penalty for tripping, giving MacEwan the one-man advantage. That was clearly no problem for the Ooks, as captain Dan-

ielle Brown scored a short-handed goal, putting NAIT up on the scoreboard.

Midway through the first, NAIT received a second goal, thanks to Emma Sommerfeld. The women held onto their lead and the score at the end of the first was 2-0 for NAIT.

The second saw another goal from Brown, making it 3-0. Five minutes later, MacEwan was on the power play and captain Ashley Holt capitalized on that, putting the puck past NAIT goaltender Jill Diachuk.

When it looked like MacEwan could be making a comeback, Jody Rammel shot down the dreams of Griffins fans when she scored to make it 4-1 at the end of the second.

In the third, we saw why MacEwan is ranked second on the power play, as they capitalized on this again and Kyla Lorenz made the score 4-2.

When it looked like all was said and done, Brown scored yet another goal, giving her a hat trick with two minutes left. Less than a minute after Brown's goal, Bowles sent one past MacEwan netminder Brenna McNutty.

The Ooks walked away from that game with a 6-2 win.

Iwanicka was much more pleased with the results of this game over Friday's.

"I thought we played a stronger game, we executed a lot better. I also felt that MacEwan ran out of steam or energy. They played a lot harder and faster on Friday than they did on Saturday."

The Ooks will be back at it Friday, Jan. 18 in Calgary against SAIT.



Photo by Kevin Tuong

**Nicole Gregoire stays ahead of a MacEwan player during a game at home on Saturday, Jan. 11. NAIT came back from a Friday tie to win the game 6-2.**





Ook Michael Piluso looks to make a play against the Briercrest Clippers on Saturday Jan. 12 at NAIT arena. NAIT won the contest 8-1.

Photo by Chad Steeves

## MEN'S HOCKEY

# NAIT dominates Briercrest

By KYLE HARRIS

@TheHarrisShow20

The second half of the hockey season is underway for the high-flying NAIT Oaks.

On Friday night, they dominated the Briercrest Clippers for a full 60 minutes in a 6-0 win. They peppered Clippers goaltender Jesse Chenard, who made 51 saves out of the 57 he faced. The Clippers couldn't get past the Ook's tight neutral zone forecheck and defence, as they only gave up six shots.

Goaltender Shannon Szabados recorded her league leading third shutout, bringing her goals against average to an impressive 1.20. Big offensive outbursts came from Oaks' forwards Tyler French and Dante Borrelli. French netted two goals and Borrelli had a goal and two assists.

Saturday night was only worse for the Clippers as the Oaks punished them for another 60 minutes in an 8-1 stomping. The Oaks came out flying, and controlled majority of the game in the Clippers end. Tyler French opened up the scoring at the 5:35 mark of the opening frame with his 12th goal of the season, followed by goals from Krankowsky and Marsh to give them a 3-0 lead going into the second.

The Ook's power play looked sharp, going 50 per cent on the night (two for four). Halfway through the second period, Oaks' captain Andy Willigar hit a career milestone as he recorded his 100th point in the ACAC on a Tyler French power play goal.

When asked about it, the captain modestly said, "It definitely felt like a great achievement, I've been really lucky to have played with so many great players over the past five seasons, especially this year."

Shortly after his accomplishment, Willigar got right back at it with a blast from the blue line which beat Clippers goaltender Chenard on the power play. The Oaks put a few more past the fatigued goaltender as Scott Fellnermayr, Borrelli and Mike Westfall all added goals.

A little tussle broke out at the midpoint of the third period as Oaks' gritty stay-at-home defenceman Jesse Altheim and Briercrest's big guy Manuel Schellenberg dropped the gloves, but it was broken up quickly by the linesmen.

Ooks' forward French, who had a four-goal weekend to give him 13 on the season (second in the league) was impressed with how the squad played this weekend.

"We stuck to our game plan all week-

end and didn't sink to their [playing] level."

The Oaks outshot Briercrest 113-17 and outscored them 14-1 and will now gear up for a big two-game series against their city rivals Concordia Thunder, who sit fifth in the league with a record of 6-9-3.

The first game takes place at the NAIT Arena starting at 7 p.m. and Saturday at Confederation arena, puck drop is at 8:15 p.m.

Over the holidays, the team kicked off the second semester with two exhibition games Jan. 6 and 7 against the University of Alberta Golden Bears, the No. 1 ranked team in Canadian Interuniversity Sport (CIS).

Game 1 was an entertaining game for the fans, as the Oaks kept it close but unfortunately fell short in a 3-2 loss at NAIT arena.

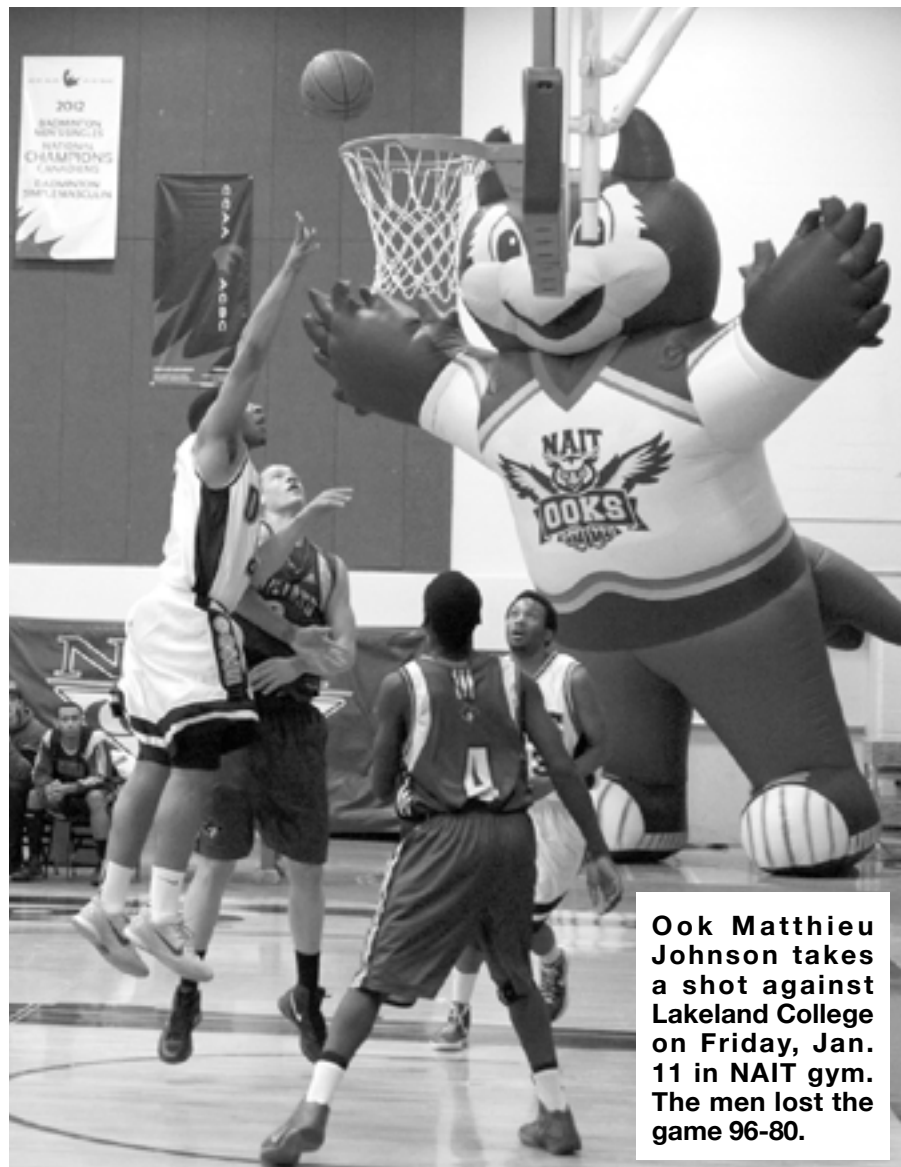
The following day the Oaks travelled to Clare Drake arena. They put up a great performance and played a more complete 60-minute game but came up short again in a 3-0 loss. After the two games, the Oaks came away with a lot of positives seeing they could skate and play with the CIS's best.



Andy Willigar  
100th ACAC point

## BASKETBALL

# Men continue to improve



**Ook Matthieu Johnson takes a shot against Lakeland College on Friday, Jan. 11 in NAIT gym. The men lost the game 96-80.**

Photo by Josie Baerg

By **STEPHAN SUTCLIFFE**

@stephansutcliff

A slow start to the season had the Ooks basketball team flying low for the first few games.

Improvement throughout November has enabled the men to climb in the standings and boost their confidence into December. The winning tradition continued into December and carried over to the SAIT Holiday Tournament where the Ooks lost in the final. The Ooks' 6-6 record is an accurate snapshot of their season but they need to win numerous weekend series to move up in the ACAC standings.

Splitting the weekend's games with Lakeland, the Ooks lost on Friday but bounced back on Saturday to even up the weekend series.

## Couldn't recover

Down 51-37 at the half on Friday the Ooks won the third quarter 20-17 but weren't able to fly out of their first half hole, losing 96-80. Matthieu Johnson led the Ooks with 24 points, his second highest total of the season. Brock McMillan set the defensive tone with eight defensive boards and assisted with the offence by adding one offensive rebound to his team-leading six assists.

Saturday, down by four after the first quarter, the Ooks won the second and third quarters 31-26, to take a one-point lead into the fourth, where NAIT and Lakeland equalled each other's point total, giving the Ooks a 58-57 win. Saturday's game point total was well below Friday's, but winning a tight, defensive game against an opponent that beat you by 16 the night before no doubt gave the Ooks some confidence going forward.

The steadily improving men hope to carry that momentum into the new year and through the remainder of the season. Currently the men sit in the middle of the standings and should pick up two wins when they travel to last-place Grande Prairie this weekend.

The winning tradition that has been building over the past couple years has continued into this season and NAIT has rewarded the Ooks women's basketball head coach Todd Warnick with a contract renewal. An undefeated start to the season for the women faltered against a powerful Augustana team but the Ooks rebounded before breaking for the holiday season.

Matched against a team that was one position ahead of them in the standings, the possibility was strong for a weekend split and unfortunately it happened as the Ooks were unable to make up ground on Lakeland.

A strong first half in which the Ooks outscored Lakeland 35-19 propelled the ladies to a convincing 65-49 win on Friday. Josephine Peacock, Shea-Lynn Noyes and Breanna Synowec each scored 11 points in the game as the Ooks spread the scoring around. Peacock also pulled down seven rebounds, equalling the efforts of Jordan Enns and one rebound below Nicole Ruptash, who led the team with eight boards in total.

## Tied after the first quarter

On Saturday, neither team stretched a lead to more than four points at the end of any quarter. NAIT and Lakeland were tied after the first, and it came down to Lakeland winning the second and fourth quarters.

Saturday's back and forth, tight game showed how close the teams are matched and why the Ooks are tied (by points) with Lakeland in the ACAC standings. After the game, head coach Todd Warnick talked about the defence.

"Our inconsistent performance on the defensive end left us to split our two-game series with Lakeland"

The hard road continues next weekend when the Ooks land in Grande Prairie to face the home team, who are two points behind NAIT.

## Athletes of the week

January 7-13

### Hockey

#### Danielle Brown



Danielle was a force for the first place NAIT Ooks women's hockey team this past weekend in their two games versus the MacEwan Griffins. In Friday's 1-1 tie, Danielle earned several offensive chances, while playing a calm and confident game. It was Saturday when Danielle was dominant, scoring a hat-trick (three goals) in leading her team to a 6-2 victory at home over the Griffins. "Dani Brown is the team captain, plays both the power play and penalty kill, and plays both forward and defence positions," said head coach Deanna Iwanicka. "She is a versatile player who makes a difference." Danielle is a third-year Personal Fitness Training student from Cold Lake.

### Volleyball

#### Cody Cuthill



Cody showed his leadership this past weekend, leading his team to a split with the Lakeland Rustlers. Cuthill had 17 kills in Friday's 3-0 victory at Lakeland and added another 20 kills in the team's tough five-set loss at home on Saturday. "Cody once more was an offensive force for us," said head coach Doug Anton. "It's really nice to have him back from his ankle sprain that kept him out of action for much of the fall." Cody is a fourth-year Mechanical Engineering student from Kimberly, B.C.



## HOME GAME SCHEDULE

**MEN'S HOCKEY**

**FRI JAN 18 @ 7:00PM**


VS


**WOMEN'S HOCKEY**

**SAT JAN 19 @ 7:00PM**


VS




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# Resolution to get fit this year

By RACHEL PRAZAK

It's that time of year again!

January means one thing, New Year's resolutions. At the beginning of each year, it's very common for people to make New Year's resolutions in hopes of changing an aspect of their life. They often see if they can stay true to their word and not break their resolutions.

One of the most popular goals for students and staff at NAIT is to maintain a healthy lifestyle and to achieve their fitness goals. Luckily, NAIT offers a variety of boot camps and fitness classes like Zumba and yoga that will help students reach and accomplish their fitness goals. All fitness classes are discounted for the students and staff of NAIT.

Last Wednesday at lunch, NAIT had its first ever flash-mob Boot Camp in the Common Market. Many staff and students joined in on the flash mob and worked up a sweat!

Health and Wellness Programmer Amy Pysar saw the flash-mob Boot Camp as an informative and creative way to make students and staff aware of the fitness classes that are running on campus. Pysar wanted to show them that the fitness program at NAIT is not only beneficial, but also lots of fun as well.

NAIT Athletics is currently running a New Year's Resolution challenge.

"We are trying to get people up and active three times a week," said Pysar.

"When they sign up for any fitness class they are entered into our Fitness Challenge where the goal is to be active three times a



Photo by Bryan Cooper

**Volunteers at a flash-mob Boot Camp work up a sweat in the Common Market Wednesday, Jan. 9.**

week. This can include the class they signed up for, swimming, skating, walking around the track, working out in the fitness centre, playing a sport during informal recreation time, etc.

"When the students participate in any activity, they can go down to the fitness desk to get a stamp on their tracking sheet and at the end of the sixth week of fitness classes, if the sheet is filled

up, the students will receive a prize from us."

The New Year's Resolution Challenge is a great way for students and staff to maintain a healthy lifestyle in a fun and exciting way!

The classes and the challenge are for all staff and students. They can be anything from Bootcamp, to spin class, to Zumba! NAIT also offers a variety of water fitness activities like

Aqua Zumba and Aqua Lift.

All classes are conducted weekly on the NAIT campus by certified instructors. Classes will begin next week starting on Jan. 21 and run for the next six weeks. So, what are you waiting for? To register phone 780-471-7713 or online at [www.NAIT.ca/recreation](http://www.NAIT.ca/recreation) or in person in Room E-134.

# Dancing should be seen as a sport

By ANDREE DEROCHERS

Whether or not dance is a sport is a debate that has caused a lot of controversy. Dancing was first seen in early times in ceremonies, rituals, celebrations and was a form of entertainment. In the last couple of decades, dance has turned into one of the most competitive activities in the world. Yet, why aren't dancers considered athletes?

Most people would say that dancing is not a sport, it is an art.

However, according to the Merriam Webster Dictionary, an "athlete" is "a person who is trained in or skilled in exercises, sports or games requiring physical strength, agility or stamina."

Therefore, according to that definition, it's safe to say, dancers completely fulfill those requirements.

"Dancing should be considered a sport," says Kaitlyn Kirk an Edmonton dancer. "It demands a great deal of athleticism and combines it with art. That makes it extremely more complicated than any other sport."

"I train five hours every day of every week, while I continue my studies. I find it very demanding because not only is it physically draining but mentally as well."

While some people participate in dancing as a recreational activity, many dancers train as hard as Kirk and compete around the world.

Since dancing is not seen in the Olympics, you might think dance can't possibly be a sport. We also don't see dance performances and

competitions on sports networks. This doesn't mean dance cannot be a sport and that dancers do not meet the definition of an athlete. What is so different between rhythmic gymnastics and dancing? Most rules can apply for both and judging is used in both genres.

People view dancing as a hobby. Comparatively, dancing is as challenging and time consuming to master as any other recognized sport. Dancers require a lot of skill to combine flexibility with strength and movement. Dance is more challenging than one may think.

"Dance is a sport and I feel that a lot of people will disagree. Most people degrade dance because they don't understand how hard it is," says Alicia Lakey, Physical Education student at the University of Alberta.

Lakey's intense studies helped her develop the opinion that dancing should at least be classified as an aesthetic sport, such as figure skating and gymnastics. These sports involve a mark for technical difficulty and a mark for artistic execution.

"Physiologically, I've learned that a lot of skill is needed to train flexibility," Lakey said.

"It is extremely complex to be able to teach your body how to do a proper pirouette."

That surely doesn't happen naturally. "There is no clear definition of sport but I think that dancers push their bodies just as hard if not further than conventional athletes," she said.

I still may not have you convinced. Maybe learning that in 2011, Gatorade Sports Science Institute conducted a series of tests on Fox's *So You Think You Can Dance* dancers and those dancers were classified among professional athletes for overall athleticism.

For those of you who still think dance can't possibly be a sport, I challenge you to enroll yourself in a dance class. See what kind of physical skill, endurance and strength it takes to pull off those perfect pirouettes. Dancers don't wear helmets and run around tackling grown men. They don't feel compelled to tear off their shirts after kicking a ball into a net. They certainly do not get the public adoration and the income of those that chase a black disc around a frozen surface. However, to answer the question, "Is dance a sport?" Yes, it is most definitely a sport.



# Athlete Profile



**Player:** Liam Darragh

**Sport:** Hockey

**Position:** Wing

**Program:** Business

By KYLE HARRIS

**How did you get into hockey?** – I've loved hockey for as long as I can remember. It's all I wanted to do as a kid.

**What's your favourite moment as a player?** – Winning the Alberta Junior Hockey League championship with the Spruce Grove Saints.

**Who is your favourite NHL team and player?** I get a lot of grief for some for this, but I'm a B.C. boy and my favourite team is the Vancouver Canucks. Don't really have a favourite player right now but I was always a big Trevor Linden fan. Really like Zarley Zalapski for his name, too.

**What's your favourite thing to eat before a game?** – Chicken and pasta.

**Do you have any superstitions or routines for a game?** – I'm not too superstitious but if I play well I usually try and prepare the same way the next game. I have a bit of a routine or order for how I get ready.

**Who is your favourite Ooks?** – I'm a huge fan of that Kyle Harris kid. He's a good Canadian kid and you can always count on him to bring an honest effort and play the game the right way.

**If you didn't play hockey, what do you think you'd be doing?** – Maybe doing some travelling, seeing the world.

**If you could go anywhere in the world, where would you go and why?** – I want to go to lots of places but if I had to pick one I'd probably say Australia.



Photo by Chad Steeves

NAIT forward Kyle Harris sets to pass the puck Saturday at home against Briercrest College. The Ooks won the game 8-1 en route to a weekend sweep of the Clippers. See story, page 7.

...need help?

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✖	\$18	Lift pass, rental and transport
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**READY TO PASS**  
NAIT OoK guard Brie Gray looks for an outlet during a game at home against Lakeland College on Friday Jan. 11. NAIT went on to win the game 65-49. See story, page 10.

Photo by Josie Baerg

# ACAC Standings

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
NAIT	17	15	15	0	1	1	94	23	32		
Augustana	18	13	12	2	0	3	95	49	29		
SAIT	18	12	12	3	0	3	85	40	27		
Portage	18	9	8	7	0	2	75	66	20		
Concordia	18	6	6	9	0	3	61	62	15		
Keyano	18	5	5	12	1	0	51	90	11		
MacEwan	17	5	5	12	0	0	53	76	10		
Briercrest	18	0	0	18	0	0	22	130	0		
RESULTS											
January 9											
Augustana 5, MacEwan 3											
January 11											
NAIT 6, Briercrest 0											
Portage 4, Keyano 2; SAIT 4, Concordia 1											
January 12											
NAIT 8, Briercrest 1; Portage 3, Keyano 1;											
Concordia 3, SAIT 3 (OT);											
Augustana 10, MacEwan 4											
WOMEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
Red Deer	12	9	9	3	0	0	44	19	18		
NAIT	12	8	8	2	1	1	52	33	18		
MacEwan	12	3	3	8	0	1	19	35	7		
SAIT	12	3	2	8	1	0	26	54	7		
RESULTS											
January 10											
NAIT 1, GMU 1 (OT); Red Deer 5, SAIT 0											
January 11											
Red Deer 4, SAIT 2											
January 12											
NAIT 6, MacEwan 2											
MEN'S BASKETBALL											
North Division											
Team	Div	GP	Div	InterDiv	W	L	Pts				
Red Deer	S	12	2		8	10	2	18			
Briercrest	S	10	2		7	9	1	16			
Lethbridge	S	12	1		6	7	5	13			
Concordia	N	11	4		4	8	3	12			
Medicine Hat	S	12	3		4	7	5	11			
Augustana	N	11	2		4	6	5	10			
Keyano	N	11	2		4	6	5	10			
MacEwan	N	11	2		3	5	6	8			
NAIT	N	12	4		2	6	6	8			
SAIT	S	12	2		3	5	7	8			
Olds College	S	13	2		3	5	8	8			
Lakeland	N	11	2		2	4	7	6			
King's	N	11	2		2	7	6	St.			
Mary's	S	12	2		2	4	8	6			
Grande Prairie	N	13	0		1	1	12	2			
Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.											

RESULTS

January 10

MacEwan 96, Augustana 64

January 11

Lakeland 96, NAIT 80

Keyano 97, Grande Prairie 73

Concordia 73, King's 55

Lethbridge 103, RDC 82

Olds 73, SAIT 64

St. Mary's 79, Medicine Hat 64

January 12

NAIT 58, Lakeland 57

Keyano 79, Grande Prairie 72

Red Deer 95, Lethbridge 78

Concordia 77, King's 66

Medicine Hat 92, St. Mary's 80

SAIT 86, Olds 74

Augustana 86, MacEwan 77

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Augustana	N	11	4	7	0	18	
King's	N	11	4	7	0	18	
MacEwan	N	11	2	6	3	14	
Lakeland	N	11	1	6	7	4	13
NAIT	N	12	3	5	8	4	13
SAIT	S	12	2	5	7	5	12
Olds	S	13	5	3	8	5	11
Grande Prairie	N	13	3	4	7	6	11
Concordia	N	11	1	4	5	6	9
Medicine Hat	S	12	3	3	6	6	9
Keyano	N	11	0	4	4	7	8
Briercrest	S	10	2	0	2	8	2
Red Deer	S	12	2	0	2	10	2
St. Mary's	S	12	0	1	1	11	2
Lethbridge	S	12	0	0	1	12	0

RESULTS

January 10

Augustana 80, MacEwan 53

January 11

NAIT 65, Lakeland 49

Grande Prairie 74, Keyano 49

King's 58, Concordia 47

Red Deer 65, Lethbridge 51

Olds 61, SAIT 56

Medicine Hat 56, St. Mary's 23

January 12

Lakeland 75, NAIT 70

Grande Prairie 68, Keyano 51

Red Deer 82, Lethbridge 72

King's 66, Concordia 52

Medicine Hat 67, St. Mary's 31

Olds 75, SAIT 70

Augustana 70, MacEwan 66

MEN'S VOLLEYBALL							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	SAIT	12	12	0	36	4	24
S	Red Deer	12	12	0	36	11	24
S	Briercrest	12	11	1	34	14	22
S	Medicine Hat	12	11	1	34	16	22
N	Keyano	12	10	2	32	10	20
N	King's	12	7	5	29	28	14
S	Lethbridge	12	6	6	23	21	12
N	MacEwan	12	4	8	18	25	8
N	Lakeland	12	4	8	18	27	8
S	Augustana	12	2	10	16	30	4
N	NAIT	12	2	10	13	31	4
S	Olds	12	1	11	12	35	2
N	Grande Prairie	12	1	11	10	34	2
N	Concordia	12	1	11	9	35	2
RESULTS							
January 11							
NAIT 3, Lakeland 0 (26-24, 27-25, 25-15)							
Briercrest 3, Lethbridge 2							
(25-16, 24-26, 19-25, 25-20, 16-14)							
King's 3, Concordia 2							
(16-25, 20-25, 25-20, 25-19, 15-12)							
Keyano 3, MacEwan 0							
(25-17, 25-18, 25-21)							
Red Deer 3 - Grande Prairie 1							
(25-18, 25-27, 25-23, 25-21)							
Medicine Hat 3, Olds 1							
(28-30, 25-14, 25-16, 26-24)							
SAIT 3, Augustana 1							
(25-23, 25-23, 22-25, 25-19)							
January 12							
Lakeland 3, NAIT 2							
(18-25, 25-20, 17-25, 25-22, 16-14)							
King's 3, Concordia 2							
(26-24, 23-25, 25-21, 23-25, 15-12)							
SAIT 3, Augustana 1							
(23-25, 25-21, 25-14, 25-13)							
Briercrest 3, Lethbridge 1							
(25-22, 25-22, 18-25, 25-21)							
Keyano 3, MacEwan 1							
(25-14, 25-20, 21-25, 25-19)							
Red Deer 3, Grande Prairie 0							
(27-25, 25-18, 25-20)							
Medicine Hat 3, Olds 2							



# 3 games, 3 wins

By KELSEY LYDYNUIK

It is no doubt that the last week has been a wild one for the Oil Kings. With two trades and a three-game weekend, it's been non-stop action for the team.

On Tuesday, Jan. 8, the team was in Kootenay and fell 2-1 to the Ice. TJ Foster scored the lone goal for Edmonton and Jaedon Descheneau and Joey Leach beat Laurent Brossoit to give the win to Kootenay.

The next day, the Oil Kings filled their final over-ager spot on the team, acquiring Trevor Cheek from the Vancouver Giants for a second-round pick in the 2013 WHL Bantam Entry Draft.

With the addition of Cheek, the team had 15 forwards and naturally had to trade one. On Thursday, right-winger Klarc Wilson was sent to Prince George for a third-round draft pick in 2014.

Friday, Jan. 11 was a big game for the Oil Kings as they took on the Hurricanes. It was Cheek's first game as an Oil King and captain Griffin Reinhart's first game this year since returning from the World Juniors in Ufa, Russia. Not only was this Reinhart's first game back, but it may have been his last, as he left for the Islanders training camp on the 12th.

Mitchell Moroz opened scoring for the Oil Kings in the first and the score remained 1-0 throughout the first. Early in the second, Curtis Lazar found the back of Lethbridge's net, making it 2-0. Late in the second, Cheek scored his first goal as an Oil King (19th of

the season). Shortly after, Oil King defence-man Keegan Lowe and Hurricane Mike Simpson received five-minute fighting majors and were sent off for the rest of the period.

Halfway through the third, Dylan Wruck roofed it to make the final score 4-0 Edmonton. With that, Tristan Jarry recorded his fourth shutout of the season, setting an Oil Kings franchise record.

Saturday, Jan. 12, they were in Saskatoon taking on the 2013 Memorial Cup hosts. Brandon Baddock opened scoring for Edmonton midway through the second, with Lowe capitalizing on the power play later on in the period. The score was 2-0 Edmonton heading into the third, and despite a goal from the Blades' Josh Nicholls, the Oil Kings won 2-1.

On Sunday, the Oil Kings were in Medicine Hat to finish off their three game weekend. Lazar started the game early, scoring 32 seconds into the first period, giving the Oil Kings a 1-0 lead over the Tigers, which they carried over into the second. Lazar was back in action in the second, scoring on the power play making it 2-0 Edmonton. Medicine Hat's Cam Lanigan was pulled within the last 27 seconds of the game and Lazar found the back of the net again, scoring an empty netter making it 3-0 Edmonton. With that goal, Lazar notched his second career hat trick.

The Oil Kings will be back at it on the 17th against Red Deer.



Photo by Kevin Tuong

NAIT's Sarah Watson spikes the ball during a game against Lakeland College on Saturday Jan. 12 at NAIT gym. Lakeland won the match 3-1.



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## VOLLEYBALL

# Women lose 2, now ranked 4th

By ALISON MULLOCK

The NAIT Oaks volleyball teams started out the second half of their season this past weekend against the Lakeland Rustlers.

On Friday night they headed out to Lloydminster on a quest to bring home a couple of wins.

The women were heading into this game for the first time as the underdogs. The Oaks were ranked No. 2 in the ACAC, while The Rustlers are No. 1.

The gym had a great atmosphere and the game got exciting quickly. The volleyball being played was extremely intense and the crowd was loud and boisterous.

"Nothing seemed to get in our way," said rookie libero Jasmine Hemsing. "We started off the game so strong, nothing could stop us."

The Oaks took the first two sets with ease. Up for the majority of the third set but falling short 28-26, the Oaks began to feel the pressure from the Rustlers and their home crowd. The third set battle seemed to be a turning point for the Rustlers.

Carrying a great amount of momentum, the Oaks couldn't seem to stop the Rustlers. Lakeland won the fourth set 25-18. The Oaks gained some strength by rookie powers Kelsey Tymkow and Hannah Gahler, carrying some positive energy into the fifth set.

The Oaks fell short quickly and at the turn over were down 8-1. The Rustlers ended up

defeating the Oaks in a five-set battle winning the final one 15-10.

It wasn't only negative for the Oaks Friday night. The men came out strong and ready to play. Cody Cuthill, who was injured for the majority of the first semester, came out strong and was a leader on the court.

The Oaks got ahead fast and continued to put pressure on the Rustlers in their home gym. The crowd was loud but the men seemed to use the energy and came out with wins in the first and second sets. The Oaks won the first two sets 26-24 and 27-25. They were nail biters and could have gone either way.

The Rustlers seemed to show some fight going into the third but the Oaks handled it well. The men seemed to get the points when they needed and were ready to win their first match since the beginning of the season. The men won the third and final set quite handily, 25-15.

The women were ready for another five-set match on Saturday night in their home gym. They knew it would be a battle and needed to be mentally and physically prepared.

The Rustlers came out surprisingly strong in the first set, dominating the first moments of play 5-1. The Oaks began to feel the pressure and fought back with great mental toughness and intensity.

The Oaks pushed hard but were defeated in the first set 25-27, but definitely carried momen-

tum into the second set.

Going point for point, both teams were in it, and fighting for every point with a great sense of passion and urgency. The Oaks couldn't gain control of the game and lost the second set 25-18.

Hoping to do exactly what the Rustlers did the night before, the Oaks got fired up and were hoping for an amazing comeback.

Coming out shaky, they went down 5-1 early on in the set. Eventually pushing through the mental game, they began to go point for point with the Rustlers. In the end, it wasn't quite enough and the Rustlers took the sweep 25-21.

The women lost both games this weekend and are now ranked fourth in the ACAC. The match up between Lakeland and NAIT was intense and showed some high level college volleyball.

The men once again came out very strong Saturday night. They have a new addition to the squad, Dennis Wierenga.

The Oaks took the first set easily 25-18 and the Rustlers didn't seem to put up much of a fight. Unexpectedly, the Rustlers began to challenge the Oaks and took the second set 25-20.

Both teams seemed comfortable on the court but neither could manage to take complete control of the evening of play.

The Oaks, realizing that it was going to be a long night, began to battle and made incredible saves. The Oaks took the third set easily 25-17, and hoped that the Rustlers were ready to give them another win.

Once again to their surprise, the men lost the fourth set and had to prepare for a fifth set battle. Both teams started out strong in the fifth and the game came down to the bitter end, Oaks ended up losing a 16-14 nail biter.

The Oaks split with the Rustlers and the men are now ranked 11th in the ACAC.

Both teams play in Fort McMurray this weekend against the Keyano Huskies. Good luck to both teams.



Photo by Kevin Tuong

NAIT Oak Ethan Redman tries to get the ball past the blockers from Lakeland College on Saturday, Jan. 12. The men split the weekend series, as they lost this match 3-2.

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Bowling team members will be randomly selected and will consist of two CAs and four students. Those registered for the event will also have a chance to win a draw for a \$1000 tuition credit in each city. Those eligible for the draw must be full-time students in a business or commerce program.

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# ENTERTAINMENT

## Looking good on a budget



**MEAGHAN WILLIS**  
Assistant Entertainment Editor

"Help me, I'm poor!" Being a student, you know what a struggle it is sometimes to pay all your living expenses. I know I definitely have a hard time paying my rent, bills and tuition all on my own but I refuse to let my wardrobe go down hill just because I'm suffering financially. There are ways to look fabulous for a price that won't break the bank. You just have to know when and where to shop!

There are stores that students could shop at every day of the year and be able to find great items at low prices. Some are obvious, like Forever 21, where you can always buy great threads for cheap. Then there are other stores that may not be the least expensive but they do have amazing sale sections all year long. Stores like Urban Outfitters, French Connection and H&M are good for always having a fantastic sales section.

Besides where you shop, it's important to know when to shop. A fairly obvious time would be between seasons because a lot of shops have most of the store's items on sale preparing for a change in weather. The key to getting the best items at a changing season is buying pieces that are timeless instead of trendy. Don't buy things you know won't be relevant the following year. Simple, practical items are the best to buy at this time. I find that Zara has pretty much the whole store on sale in transition seasons and you can find beautiful articles for a great discounted price.

Lastly, I know that some people have a stigma about thrift shopping, but I don't know why! Thrift shopping is absolutely fantastic! I frequent places like Value Village and Salvation Army in search of unique treasures and I'm never disappointed. Fur is huge this season, (whether it's faux or real) and I have found some amazing coats for under \$30 at Value

Village. In fact, some of my most distinct articles of clothing are from vintage or thrift shops and they are what I get my most compliments on. So get off your high horse and get yourself to a second-hand store!

No matter where you're shopping, concen-

trate on finding timeless, classic pieces that will carry through to the next season. Don't worry about the clothes being cheap – if they don't look cheap, then what does it matter? The outfit I'm wearing today cost me a total of \$70 from head to toe and I think I look pretty damn good.



recycled-fashion.com

When clothes shopping on a budget, thrift stores are the way to go.



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FOR YOUR LISTENING PLEASURE ...

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By DARTANION JOHNSON

I don't know about you, but I'm tired of this weather! It seems if it's not freezing and snowing, it's slushy and cold. I'm pretty strapped for cash, so escaping to Hawaii isn't even an option. However, I go by the saying, "If you're feeling cold, think warm!"

I believe that music can heal a person, so why not the winter blues? I've created a playlist that will bring you back to the summer days, a trip to the beach, a drive with your windows down or a hot night in the club. So plug these songs into your ears

and pretend that winter has gone away. March 21, you are my friend!

1. Kay – My Name is Kay (Frankmusik Remix)
2. Inna – Caliente
3. Wonder Girls Ft. Akon – Like Money
4. f(x) – Hot Summer (Korean version)
5. Julia Volkova – Didn't Wanna Do It
6. Clark Owen Ft. Lena Katina – Melody
7. Alexander Stan  
– Get Back (ASAP Remix)
8. Carly Rae Jepsen  
– Tonight I'm Getting Over You



Kay

digplanet.com

9. Lights  
– Suspension (Adam Weaver Remix)
10. Kylie Minogue – Timebomb

VIRAL VIDEO

# Totally self-aware, just doesn't care

By KODY DAVIDSON

It's a new year and Smosh is just as weird as ever. This can be proven by their latest video *MY BOBBLEHEAD IS EVIL!* In this Smosh video Anthony comes home and realizes that he has forgotten Ian's birthday.

Ian, being a complete idiot, isn't even mad because instead he got Anthony a present. I won't go much further as I don't want to spoil anything. The premise is silly and has the distinctive Smosh style. Totally self-aware and just doesn't care, like almost all Smosh videos.

You don't have to watch any of their other stuff to understand what's going on

in this video. It's its own self-contained story.

You might notice, as true with many Smosh videos, that there are many small things that add to the video's greatness. Ian takes a shower completely clothed and when he gets out he puts a towel over his clothes. Small little details that add up together to be almost as funny as the videos themselves.

I like how you can hear Ian talking while Anthony is tuning him out. If you listen to what he says, he's foreshadowing and it's rather hilarious. The camera work and editing is great. Their experience in making YouTube videos definitely shows.

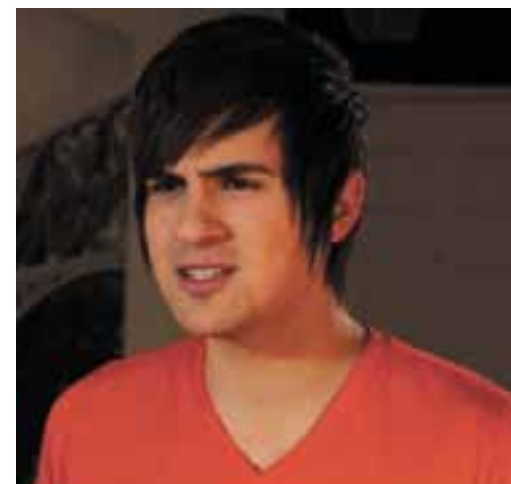
These two are very creative and make great videos every week. If you're a "You-Tuber," then you should be subscribed to their channel, then again if you're a "You-Tuber" you should know these two already.

• Smosh is the No. 1 subscribed channel on YouTube right now.

• If you read last week's viral video article and watched the video you might actually recognize Smosh (aka Anthony and Ian) as the NASA control people.

Smosh is a crazy, fun and entertaining channel and this video is no exception.

You can watch *MY BOBBLEHEAD IS EVIL!* at [http://www.youtube.com/watch?v=4t6nGWh6\\_FA](http://www.youtube.com/watch?v=4t6nGWh6_FA)



Anthony

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# Nominations open

January 2 - January 31 @ 4pm

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they want to be  
a part of something **bigger.**"

*Govind Pillai - Former Senator & NAITSA President*

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**PREAMBLE**

The NAIT Students' Association has negotiated a new U-Pass contract with Edmonton Transit Service, St. Albert Transit and Strathcona County Transit, which would continue the U-Pass program for another four (4) years and contains the following main points:

1. The U-Pass would provide unlimited regular usage of Edmonton Transit Service, St. Albert Transit and Strathcona County Transit during the fall and/or winter semesters.
2. U-Pass will cost per semester:
  - \$147.50 for 2013/14
  - \$155.00 for 2014/15
  - \$162.50 for 2015/16
  - \$170.00 for 2016/17
3. U-Pass will be mandatory for all credit students at NAIT, with the following exceptions:
  - Apprentices
  - Students who take all of their classes online
4. Students who have a valid CNIB registration, DATS, SCAT or Handibus registration, work for one of the transit services, or have a practicum outside of the service area for longer than eight (8) weeks will be able to opt-out of U-Pass.

**SHOULD U-PASS CONTINUE  
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**VOTE YES OR NO FEB. 8-14**

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# Some of my favourite eats



**ALISON MULLOCK**  
Entertainment Editor  
@alimullock

Being born at the weight of nine pounds three ounces, I was made for eating. I grew up a “Michelin man” size and am proud to admit that.

My parents love to cook and have always opened my eyes to what I was eating. They would always let me dry the lettuce, mash the potatoes and open the cans. I loved just being involved in the process. I began watching the Food Network and cooking with my parents at a very young age.

Food to me was always something amazing. Not only amazing to eat, because boy, do I love me some food, but to look at. I loved that some flavours just clicked with others and some just didn't. I loved how everyone had their own personal palate. My dad was always rather picky and I could never understand how he didn't like “the texture” of mushrooms or “the taste” of seafood. I eat anything you put in front of me and seriously enjoy it. I believe this is because I know where it has come from, I have helped make it and I have been exposed to the process because of my parents. I still make fun of the chicken strip and Caesar salad kids I grew up with. I make fun of them and feel bad for them because they clearly haven't been exposed to the amazing flavours you can embrace. I sat down and really began to decipher my favourite kinds of food.

10. Stuffed pork chops and Greek salad. I mean these pork chops are cut open and stuffing is all up in there. Most important, the pork chops are covered with a healthy dose of cran-

berry sauce. Cranberry sauce is my Thanksgiving and Christmas weakness. Add it to any type of meat and I'll enjoy it. A lovely pairing for this moist pork chop is a Greek salad. My mother makes the best Greek salad and I like to believe that I have mastered it myself. My stomach is growling.

9. This bowl of goodness warms my soul. Squash soup is not only delicious, it is equally nutritious. My mom has conquered this soup and regardless of whether you dislike squash or not, you will be coming back for another bowl. The best touch to a squash soup is crunched tortilla chips and a healthy dollop of sour cream ... the lactose intolerant in me hates the deliciousness of this magical touch.

8. Cranberry and meat time again, friends. Nothing feels better after you've stuffed yourself to discomfort on Thanksgiving and Dec. 25 than doing it all over again the following day. Turkey sandwiches are untouchable in the sandwich world. You got your turkey (white or dark, does it matter?), cranberries, mayo and your leftover butter bun. One bite into this bad boy and your taste buds are going crazy. I like to side it with some potato salad, extra mustard. Drooling.

7. My mom makes the best mashed potatoes in the world and yes, I have mastered these as well. Whip the potatoes up real smooth, sour cream, cream cheese, butter and some garlic powder ... You cannot go wrong with this combo ... Unless you are lactose intolerant. Unfortunately, mashed potatoes are not a meal in itself, but do you know what is? Shepard's pie. Pair those heavenly potatoes with beef, carrots, peas and corn. If you are going to break your diet with this nightmare, do it from scratch ... the store bought is nothing in comparison.

6. Calamari, chips and dip, cheese platter, shrimp cocktail, spinach dip, scallops and bacon. The thought of having a meal and getting to eat a little bit of everything is exciting. I am the annoying person to eat with who wants to try everyone's meal at the table and I will get away with doing so. Appetizer meals are the way to



A scrumptious burger from the Tomahawk Restaurant.

go. Best of every world.

5. My dad is quite the chef but he definitely has conquered one dish in particular. Before I get into it, Mexican food is something I crave on a daily basis. I wake up and go to sleep thinking about “#mexicanflava”. On a cold wintery evening, all I need to do is defrost my frozen, made from scratch, chili. It's my dad's recipe and it's made with love.

4. The Tomahawk is a Vancouver joint that has amazing breakfast food and colossal size burgers. It has been on shows like *Diners Drive-ins and Dives* and *You Gotta Eat Here*. Number 4 on my list is a classic burger and fries. You simply cannot go wrong, especially if you are getting it from the Tomahawk. This amazing tomatoey, mayoey sauce hits every flavour sensation. Extra ketchup for the fries, please!

3. This meat does not need to be paired with cranberry sauce. My dad is the only one who has

perfected it to my liking. A medium-rare slab of steak. I like it juicy and right off the BBQ. I like it paired with something cheesy. Scalloped potatoes make this meal amazing and I always go back for seconds. My stomach hates me.

2. #Mexicanflava intrudes on my top 10 list once again. A classic taco hits the spot every time. Soft or hard shell, whichever you prefer, you know it will be an amazing meal in the end. The seasoning on the beef, melted cheese, salsa, sour cream, lettuce and tomatoes make for an extremely satisfying meal. Why was I born lactose intolerant?

1. Last but not least, you may call me lame, but I call you inexperienced. My favourite meal of all time has to be spaghetti and meatballs. My mom manages to create the perfect combination of sauce, meat and spaghetti. Homemade meatballs are the way to go. You can never put your fork down. Do not wear white and bring a bib.

# Surprises in this year's list

By DARTANION JOHNSON

Seth MacFarlane and Emma Stone recently announced the nominations for the 85th Academy Awards, which lead to some disappointment.

*Zero Dark Thirty*, *Les Miserables*, *Argo* and *Lincoln* were all expected to receive nominations but when Seth did not read Ben Affleck, Tom Hooper or Kathryn Bigelow for best director, a clear gasp was heard from the journalists in the room. All three directors' films are up for Best Picture but this snub mostly guarantees they will not win.

Another surprise is the age of some of the nominees. At just nine years old, Quvenzhané Wallis, who starred as Hushpuppy in *Beasts of the Southern Wild*, is the youngest actress ever to be nominated for Best Actress. Emmanuelle Riva, 85, is the oldest in the category.

Every nominee for Best Supporting Actor has previously won an Oscar. It's no surprise that these categories are laced with actors that have graced numerous Oscar movies. These include Robert De Niro, Philip Seymour Hoffman and Tommy Lee Jones.



Jennifer Lawrence is a favourite to take home the Oscar for Best Actress and Daniel Day-Lewis has the odds in his favour for Best Actor. *Lincoln*, with 12 nominations, expected to win many Oscars.

Partial list of categories and nominees:

## Best Picture

Argo  
Django Unchained  
Les Miserables  
Life of Pi  
Amour  
Lincoln  
Silver Linings Playbook  
Zero Dark Thirty  
Beasts of the Southern Wild

## Actor in a Leading Role

Bradley Cooper - Silver Linings Playbook  
Daniel Day-Lewis - Lincoln  
Hugh Jackman - Les Miserables  
Joaquin Phoenix - The Master  
Denzel Washington - Flight  
**Actress in a Leading Role**  
Jessica Chastain - Zero Dark Thirty  
Jennifer Lawrence - Silver Linings Playbook

Emmanuelle Riva - Amour  
Quvenzhané Wallis - Beasts of Southern Wild

Naomi Watts - The Impossible

## Actor in a Supporting Role

Alan Arkin - Argo  
Robert De Niro - Silver Linings Playbook  
Philip Seymour Hoffman - The Master  
Tommy Lee Jones - Lincoln  
Christoph Waltz - Django Unchained

## Actress in a Supporting Role

Amy Adams - The Master  
Sally Field - Lincoln  
Anne Hathaway - Les Miserables  
Helen Hunt - The Sessions  
Jackie Weaver - Silver Linings Playbook

## Animated Feature Film

Brave  
Frankenweenie  
ParaNorman  
The Pirates! Band of Misfits  
Wreck-It Ralph

## Directing

Amour - Michael Haneke  
Beasts of the Southern Wild - Benh Zeitlin  
Life of Pi - Ang Lee  
Lincoln - Steven Spielberg  
Silver Linings Playbook - David O. Russell

## Writing - Original Screenplay

Amour - Michael Haneke  
Django Unchained - Quentin Tarantino  
Flight - John Gatins  
Moonrise Kingdom - Wes Anderson and Roman Coppola

Zero Dark Thirty - Mark Boal

The Academy Awards for outstanding film achievements of 2012 will be presented on Oscar Sunday, Feb. 24 and televised live on ABC.

The Oscar presentation will be hosted by Seth MacFarlane will be televised live in more than 225 countries worldwide.



## LOCAL BAND SCENE

# Late nights are paying off

By CHRIS FIGLIUZZI

Formed in 2010 as a side project by Sean Hamilton (bass/vocals) and Ian McIntosh (vocals/guitar), Owls By Nature has quickly become one of, if not the hottest band in the Edmonton music scene.

They drew the name from their habit of late-night writing sessions while writing their first album, *Backwater*. Originally meant to remain an acoustic duo, they soon found themselves chasing stages larger than what the coffee shop scene could provide and began adding to the band.

The result has been unique “Whiskey-fuelled folk rock anthems for people who like to party” full of energy, passion, and at times a little aggression.

Their latest release, *Everything Is Hunted*, is an honest and open album that keeps to the fast paced folk rock sound that has resonated so well with fans.

“This album wants to be more honest. Honesty is very important, trying to just be completely yourself ... trying to sing every song about something I care about because people can see right through it,” McIntosh explains.

“I want to sing about stuff so that when I sing about it, it brings back a memory or something I can relate to and be passionate about.”

Soon after releasing *Everything Is Hunted*, Owls By Nature took to the road, covering Canada from Victoria to Toronto.

“We’re trying to accomplish something. Trying to do what we love, and put ourselves out there,” McIntosh said.

Their touring is about wanting “as many people to connect with what we’re doing as possible and just wanting to connect with as many people as possible.”

Perhaps the most fascinating thing about Owls By Nature is that McIntosh doesn’t own an iPod, CDs or even actively listens to music, drawing his inspiration from “other bands in this scene, in Edmonton, that we’ve looked up to when first starting, like Audio Rocketry, Fire Next Time, Whiskey Wagon and Scenic Route To Alaska,” a list that is a true testament to the level of talent available in our city.



wherejuliegoes.blogspot.com

## Owls By Nature

The band is taking a break from touring and is starting work on a new CD, expected to be released sometime before the end of the year. For more information on Owls By Nature, check them out on

Facebook or on their website [www.owlsbynature.com](http://www.owlsbynature.com) and, as always, 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](mailto:chrisfigliuzzi@gmail.com).

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WINNER 2011-2012

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## GAME REVIEW

# Just follow the Whale Trail!

By DARTANION JOHNSON

Would you believe me if I told you an iOS game about a flying whale named Willow, dodging menacing storm clouds and evading the evil octopus Baron Von Barry, is actually hours of fun? Well this is *Whale Trail*, by game developers Ustwo and it's exactly what it sounds like.

This cave-flying genre game is simple and its mechanics are just a one-finger touch. Your main goal is to keep Willow in the air and going forward. Touching the screen makes Willow go up and do loops, while taking your finger off the screen plummets him towards Baron. You stay alive by eating rainbow bites and collecting stars. When you have collected enough stars, you go into invincibility mode for a brief time that speeds you up, collects all rainbow bites and destroys the rain clouds.

During regular gameplay, if you hit a cloud, you will be electrocuted. You will lose your point multiplier and health until you eventually starve to death. It's a gruesome outcome for how cute and stylized this game is. Bright colours, funky character designs and a bubbly soundtrack keep this game appealing.

The first couple of plays start to feel boring but once you actually gain control of the mechanics and aim to achieve all missions, you just can't stop playing this in your spare time. You gain krill money during gameplay for the krill store, which you can use to buy new skills, costumes, treats and friends. You can also use your krill money to unlock the challenge levels, "Willow's Playground," and "Baron's Revenge."

"Willow's Playground", is 96 levels with a star point system where you have to beat the new requirements of each level before unlocking the next. "Baron's Revenge" has the same point system but you must earn at least two stars before gaining access into the next level. These rounds are much more challenging than the playground and earning two stars is no simple feat. It's an easy game to learn but a hard game to master.

This game is available for both the iPhone and the iPad. Another bonus is that it is currently free. Also available is *Whale Trail Junior*, for gameplay with no dying and simpler goals.



arcadelife.wordpress.com

There is just something endearing about this game that makes you come back to it over and over again. With endless game play and hundreds of challenging bonus levels, you will not be bored as you dive into *Whale Trail*.

**Clarification:** Last week, in a t.A.t.U. review on page 17, it was mentioned that NAIT students had created a video that Sven Martin used for backdrops at the group's concerts. In fact, the video was made by Dartanion Johnson alone.

## CD REVIEW

# Laid back? This one's for you

By CHRIS FIGLIUZZI

Russ Dawson has been a steady fixture on the Edmonton music scene for the past few years, bringing an amazing energy and unique blend of folk/surf rock to every stage he graces.

His live shows seem to leave you craving more. It's such an encompassing experience that I wasn't sure how well it would transfer to the CD format. After checking out his first release, *My Autumn*, I have to say that it does not disappoint

and more than lives up to his on-stage presence. Every track is filled with a rich, full, up beat sound that naturally draws the listener in.

Even when singing about the monotony of everyday life, the difficulty of distance in a rela-

tionship or the loss of love, he still manages to draw the listener in, creating a feeling of honesty and a real feeling of connection. Of course, as is the case with every album, there are standout tracks on this CD.

First, the soulful and heartfelt "Holes in Their Soles" a song dealing with the monotony of the day to day routine. Starting out slow and deliberate, Dawson quickly picks up the pace, using his lyrics and instrumentals to paint a picture of a creeping monotony, yet somehow manages to do so while maintaining an upbeat and drawing sound.

One of my personal favourites on the CD, "Wasting Dimes," is a quick paced upbeat song that deals with the complications of a long distance relationship and the strain it creates. This is an honest and heartfelt song that will quickly have you feet tapping and mouth humming along. The lyrics are nice, simple and definitely encourage the listener to sing along, whether they mean to or not.

The CD finishes off with "No Goodbyes," a wonderfully paced simple track that is the perfect way to finish off the CD or any night out. This is one of those tracks that just inspires a sense of hope despite dealing with a somewhat depressing topic.

All that being said, this is definitely a must-have CD for anyone that likes laid back catchy tunes. It is available online through iTunes. For more Russ Dawson, check out his website [HYPERLINK "http://www.russdawsonmusic.com/"](http://www.russdawsonmusic.com/) or check him out live Jan. 27 at On the Rocks in Edmonton.



vimeo.com

Russ Dawson





Oprah Winfrey

# Oprah's coming to town

By LAUREN FINK

The most iconic women in television is coming to Edmonton. Oprah Winfrey will make a stop on her “An Evening with Oprah Winfrey,” tour at Rexall Place, Jan. 21 at 7 p.m. Oprah Winfrey is best known for her talk show *The Oprah Winfrey Show*, which was the highest-rated talk show in history, where she would interview not only celebrities, but influential professionals. If you never caught an episode of the show after 25 seasons, its safe to say, you live under a rock.

Along with her incredibly famous television show, Winfrey is well known for her magazine *O, the Oprah Magazine*, which is a well-being and style magazine. Along with her television show and magazine, Oprah has her own radio channel, movies such as *The Col-*

*our Purple* and guest spots on other television shows such as *30 Rock*. Since her television show ended in 2011, Oprah has started OWN, which stands for the “Oprah Winfrey Network.” OWN is produced by her Harpo production company with Discovery Communications. OWN develops its own programming in addition to a lineup that includes TLC re-runs and acquired movies. This event is selling out quickly. Remaining seats range from \$72 (upper-level) to \$1,000 (floor) at TicketMaster or ticketmaster.com.

Don't expect to walk away from this event with “Oprah's favourite things,” this time around, as this event is an inside look into the famous TV personality's own life. Not only is this event an inside look, but it is also intended to inspire audience members to make changes in their lives and to tap into their full potential.

One of the coolest aspects of “An Evening with Oprah Winfrey,” is that there will be a question-and-answer session after her talk. I'm

unsure how that aspect will work, seeing how Rexall is a big place, but I'm sure it will be enthralling to say the least.

If you are willing to shell out upward of \$14,000, you can get meet-and-greet passes, where you get the once-in-a-lifetime opportunity to meet the world's most influential woman.

The show should be an amazing time, and is surely a once in a blue moon event. (Especially since this is the first time Winfrey will have travelled to Alberta.)

But, one can only think, “Why are the tickets so pricey?”

I suppose when you're Oprah Winfrey you can sell tickets at such a high price because you know they will sell. Hopefully, Winfrey isn't pocketing all this money. Knowing that she is quite involved in charities can hopefully be an indication that she won't be the only one profiting, but who knows.

If you have tickets to the show, then it's safe to say that I'm a little jealous and you're in for a life changing night.

# LL Cool J. back to emcee the Grammys

By DARTANION JOHNSON

This year marks the 55th annual Grammy Awards and is hosted for the second time by LL Cool J. The Recording Academy has increased the categories to a total of 81.

Kanye West, Jay-Z, Mumford & Sons, Dan Auerbach, Fun and Frank Ocean lead with six nominations each. This year's nominations have created both praise and criticism. Some music lovers are crying out because the Grammys snubbed One Direction, Justin Bieber and Psy. The Grammys are putting emphasis on alternative music such as Björk, Fiona Apple, Tom Waits and first time nominees Gotye and M83.

- Partial list of categories and nominees:
- Album of the Year**
- The Black Keys - *El Camino*
  - Fun - *Some Nights*
  - Mumford & Sons - *Babel*
  - Frank Ocean - *Channel Orange*
  - Jack White - *Blunderbuss*
- Record of the Year**

- The Black Keys - “Lonely Boy”
- Kelly Clarkson - “Stronger”
- Fun. feat. Janelle Monae - “We Are Young”
- Gotye feat. Kimbra - “Somebody That I Used to Know”
- Frank Ocean - “Thinkin Bout You”
- Taylor Swift - “We Are Never Ever Getting Back Together”

**Best New Artist**

- The Alabama Shakes
- Fun.
- Hunter Hayes
- The Lumineers
- Frank Ocean

**Best Pop Vocal**

- Album**
- Kelly Clarkson - *Stronger*
  - Florence and the Machine - *Ceremonials*
  - Fun. - *Some Nights*
  - Maroon 5 - *Overexposed*
  - Pink - *The Truth About Love*
- Song of the Year**
- Ed Sheeran - “The A Team”



- Miguel - “Adorn”
- Carly Rae Jepsen - “Call Me Maybe”
- Kelly Clarkson - “Stronger (What Doesn't Kill You)”
- Fun. - “We Are Young”

**Best Dance Recording**

- Avicii - “Levels”
- Calvin Harris feat. Ne-Yo - “Let's Go”
- Skrillex feat. Sirah - “Bangarang”
- Swedish House Mafia feat. John Martin - “Don't You Worry Child”
- Al Walser - “I Can't Live Without You”

**Best Rock Album**

- The Black Keys - *El Camino*
- Muse - *The 2nd Law*
- Coldplay - *Mylo Xyloto*
- Bruce Springsteen - *Wrecking Ball*
- Jack White - *Blunderbuss*

**Best Rap Album**

- Drake - *Take Care*
- Lupe Fiasco - *Food & Liquor II: The Great American Rap Album, Pt. 1*

- The Roots - *Undun*
- Nas - *Life Is Good*
- Rick Ross - *God Forgives, I Don't*
- 2 Chainz - *Based on a T.R.U. Story*

**Best Country Song**

- Carrie Underwood - “Blown Away”
- Ronnie Dunn - “Cost of Livin'”
- Eli Young Band - “Even If It Breaks Your Heart”
- Alan Jackson - “So You Don't Have to Love Me Anymore”
- Eric Church - “Springsteen”

For full nominee list, see [Grammy.com](http://www.grammy.com)

If last year proved anything, it was that music continues to get better. From Mumford & Sons to the non-stop addicting chorus of, “Call Me Maybe,” 2013 has some big records to fill. The Grammys will be held on Feb. 10 and broadcast on CBS at 8 p.m. ET/PT. Grammy Fact: Elmo from the Muppets has won three Grammys, Justin Bieber has won zero.

# CROSSWORD

**Across**

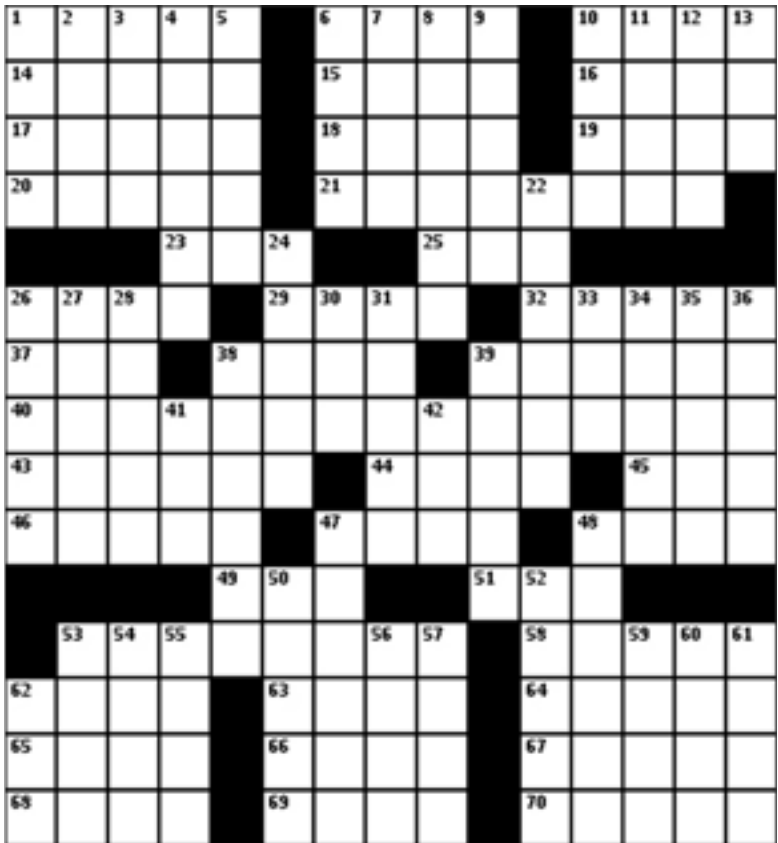
- 1- Expeditiously
- 6- Engine parts
- 10- Bistro
- 14- Run of bird-song
- 15- Eastern nanny
- 16- Dirty look
- 17- Shinto temple gateway
- 18- Uris's “\_\_\_ 18”
- 19- Ages and ages
- 20- Representative
- 21- What unites spouses
- 23- “Fancy that!”
- 25- No. cruncher
- 26- Cushions
- 29- Boy or man
- 32- Bring up the rear
- 37- Big head
- 38- Movie-rating org.
- 39- Bad luck
- 40- In spite of
- 43- Blood vessel
- 44- Tennis units
- 45- O Sole \_\_\_
- 46- Stratum
- 47- Big book
- 48- Afternoon affairs
- 49- Reveal, in verse

- 51- Hindu title
- 53- High priest
- 58- Up \_\_\_ (trapped)
- 62- Coarse file
- 63- Bank (on)
- 64- Pisa place
- 65- Cockney greeting
- 66- Dutch export
- 67- Have a feeling about
- 68- Enemies
- 69- Planted
- 70- Great Lakes tribesmen

**Down**

- 1- \_\_\_ girl!
- 2- Type of rock, briefly
- 3- Leeds's river
- 4- Holds on tightly
- 5- Best of the best
- 6- Group of tents
- 7- What \_\_\_ mind reader?
- 8- Harmful intent
- 9- Acute
- 10- 1963 role for Liz
- 11- Long time
- 12- Ward off
- 13- Trauma ctrs.
- 22- Conductors' rods

- 24- Vacant
- 26- Pertaining to punishment
- 27- Greek marketplace
- 28- Eccentric
- 30- Exclamation of relief
- 31- Cowboy's tool
- 33- Slender bar
- 34- Stop on \_\_\_
- 35- Ancient region of Asia Minor
- 36- Company emblems
- 38- Reflecting surface
- 39- Can't stand
- 41- Minuscule
- 42- Pro \_\_\_
- 47- Shipworm
- 48- Stifled laugh
- 50- Trims
- 52- Elevate
- 53- Light ring
- 54- Land in water
- 55- Epic narrative poem
- 56- Cat's nail
- 57- Song in praise of God
- 59- Wife of a rajah
- 60- Otherwise
- 61- Organs used for sight
- 62- TKO caller



## MOVIE REVIEW

# A little long, very real



By DAVID HANSON

*Zero Dark Thirty*, released in theatres Jan. 11, is the film the world has been promised following the death of Osama Bin Laden.

It mainly follows CIA agent Maya (Jessica Chastain), and her single-minded determination to find Bin Laden and bring him to justice.

Making no attempt to glamorize or even sugar-coat the work done in that decade, *Zero Dark Thirty* has been criticized for being pro-

torture and for getting access to classified material. I hope it's true about the classified stuff; I want to think that this is as accurate a retelling of these historical events as possible. After all, this movie is no doubt going to be shown in schools as part of history class curricula now.

Director Kathryn Bigelow (*Hurt Locker*) made this film as realistic as possible, which did a great job at immersing the audience in the

experience. The title means 30 minutes after midnight (most macho way of saying 12:30 a.m.) when the attack on Bin-Laden's compound in Abbottabad, Pakistan was launched by Seal Team 6 and their top secret stealth helicopters.

You can tell that the director wanted to focus on the personal struggles of the characters – their sense of failure with each terrorist attack that they failed to prevent, the tension

and the political obstacles they had to overcome. Keep in mind that this isn't fiction and it's telling real life stories.

With a run-time of two hours, 37 minutes, *Zero Dark Thirty* can seem slow, even drawn out. Be warned, if you expect an action packed thrill ride; bring a blanket, pillow and a buddy to wake you up much later on. *Zero Dark Thirty* is meant to tell the whole story, meaning a decade of information gathering and espionage (not as thrilling as it sounds). Think less action movie and more drama/thriller.

However, it's not without its excitement. The climax of the film is the actual attack on Bin Laden's compound. I really liked the realistic approach to action, which is oddly rare in Hollywood.

The Navy Seals (which in the movie were nicknamed "the Canaries") were methodical and precise during their attack and took no chances. Contrast that to the rest of Hollywood cinema, where we're given an oversized body-builder/model shooting a mounted weapon from the hip accurately hitting dozens of targets without standing behind cover and without getting hit once! But I digress. Overall, I thought it was a very eye opening movie that will no doubt make cinematic history as it concludes a very dark time for Western civilization. If it was at least a half hour shorter, I would have liked it better.

Those who would like *Zero Dark Thirty* are fans of spy movies and nonfiction, those who want to know whole story and enjoy realistic movies.

Those who would not like *Zero Dark Thirty*, are anyone who expected a spy movie like James Bond or an action movie like *Expendables* or anyone who belongs to a certain terrorist group based out of the Middle East (Too Bad!)



aceshowbiz.com

## THE NUGGET PRESENTS: Dr.CONwisDOM

Dear Dr. CONwisDOM,

I started a Plenty of Fish account as a joke, but I've been spending more and more time on it and I think I'm getting addicted. How can I stop?

Sincerely,  
Only Fishes Virtually

Dear Only Fishes Virtually,

There are healthy addictions out there and I'm convinced this is one of them. Dating sites are a great way to meet people with the same interests as you. They also help you to superficially judge people without seeing the remaining hope flicker and die in their eyes when you tell them in person that they suck. If TV ads are correct, over 50 per cent of today's relationships are started online. (I'm sure it's in no way correlated to the 50 per cent of failed marriages). Also, like in your resume, you need to pad your credentials a bit, no harm done. Everyone lies on those sites anyway. Happy fishing!

Dear Dr. CONwisDOM,

My best friend and I used to go out and do stuff all the time, but now he's super lazy and won't go out anywhere with me. He spends all his time playing video games and looking at chicks on the Internet. How can I convince him to get out there and do more things?

Sincerely,  
Nobody wants to play with me

Dear Nobody wants to play with me,

It sounds like your friend has the right idea. Having to go out and do things is such a waste of time. Where else can you talk to hot Russian girls who want you and see a chimpanzee riding on a Segway at the same time? I think your friend just doesn't know how to tell you that you're "cramping his style" (his words not mine). Besides, are you two a couple or just friends? If you're so concerned with going out and meeting new people, you don't need a friend to go with you. I think

you're just too nervous to be your own person. It's time to get your balls out of the bottom of his purse because this relationship isn't going anywhere. Also check out the chimp, it's hilarious!

Dear Dr. CONwisDOM,

This is the year that I'm going to stay slim and trim. I've said this to myself several times before, but it doesn't seem to work. Any tips for keeping my New Year's resolution?

Sincerely,  
Resolution slut

Dear Resolution slut

This is a question that gets asked time and time again. How do I stay skinny? How do I stay fit? The easiest way to keep on track is think of your motivation. Why are you doing this? Is it for yourself or is there a special person that you want to make part of your life? I'm betting it's the second one

because you had nothing better to do over the holidays than ask me how to keep you skinny. So, since you're doing this for a member of the opposite sex, my advice is drop the idea of having them in your life altogether. They're obviously not enough of a motivation to get you where you want to be physically. Pick someone who is ridiculously better looking than you and try to get yourself to a point where you can go out with them. Once you fail at that you can go after your original crush or drown your sorrows in tears and ice cream. Looking forward to hearing from you next year.

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](mailto:conwisdom@nait.ca) or submit them online to [www.thenuggetonline.com](http://www.thenuggetonline.com) and your sex doctor will have your "prescription" ready for you the following week!



# Rate your memory, methods



**TIMELY TIPS**  
**MARGARET MAREAN**  
**NAIT Student Counselling**

It is the beginning of the term and a great time to evaluate how your study techniques worked last semester and whether it is time to make some changes. Look at the list below and incorporate one or two new techniques that are realistic for you.

- ☐ **I know which subjects I need to focus the most effort on and I am aware of the study techniques that will be most effective for me in those subjects.** The on-line Strategies for Success Manual under ‘On-Line Resources’ at [www.nait.ca/counselling](http://www.nait.ca/counselling) has a variety of proven study techniques.
- ☐ **I review regularly, daily and at the end of the week, if possible.** This prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed the easier

it is to access, and to attach new material to.

- ☐ **I schedule shorter study sessions and spread these out over several days.** This is much more effective than a marathon study session.
- ☐ **I study my most difficult or most important material first** when my brain is most alert. I do not spend time studying what I already know.
- ☐ **I maintain a positive attitude towards the course material.** This improves concentration and enhances ability to remember. (While it is unrealistic that you will love every course you take, trying to find something relevant or useful, and thinking about ways in which it can actually apply it to your life will enhance your ability to learn and remember material).
- ☐ **I study in an environment that is similar to the exam setting** (e.g. a desk or table away from as many distractions as possible), knowing that this enhances learning and ability to recall information.
- ☐ **I study actively.** Passive reading is not enough for most people to commit something to memory. Instead, I:
  - skim chapter and note headings and course objectives, making them into questions and setting the goal of being able to answer these questions at the end of the study session
  - read a short section and then close the book and either write out or recite the major points in my own words

- visualize what I am reading. For major points it may help to make diagrams or pictures to cue my memory.
- group major ideas or do something to organize points
- read material out loud, or while walking around, for variety
- jot down major points in my own words
- explain the material to someone else

☐ **I have methods to improve my concentration** such as:

- setting a study goal and a time limit
- scheduling study sessions that are realistic in length (no more than 45 to 50 minutes)
- studying at the time of day I am most alert
- changing the subject I am studying each hour
- taking regular breaks
- choosing a quiet study area

☐ **I commit to memorizing a few definitions or points every day.** Flashcards work well for this.

☐ **I use memory tricks** – devices made up to cue my memory. For example the acronym HOMES is a way to cue the names of the Great Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym “Please excuse my dear Aunt Sally” can cue order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).

☐ **I test myself frequently** by making

**mock exams** from old homework assignments or end-of-chapter/module questions. I set a timer so that I need to work quickly, as I will have to on a real exam.

☐ **Right after studying I do something relaxing or I have a nap.** This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.

☐ **If I am having difficulty with a concept, I review it right before I go to bed.** (When you wake up you may find that you have a better understanding of the concept).

☐ **I get enough sleep, eat properly and exercise regularly** knowing that these factors are important for memory and concentration.

☐ **I have learned some quick relaxation techniques.** A relaxed state of mind increases the brain’s ability both to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).

If you would like to learn more about memory techniques, or if you have other academic or personal concerns, see at Counsellor at NAIT Student Counselling, Room W111-PB in the HP Centre. Book in person or by calling 780-378-6133.

# Addicted to your smartphone?

**By DARRYL GALLINGER**  
**The Lance (University of Windsor)**

WINDSOR (CUP) — A new survey suggests Canadians are becoming addicted to their smartphones; good news for those in the business, but phone dependency is a real problem.

On behalf of Canadian cell phone provider, Wind, Vision Critical recently conducted an online survey of 1,501 Canadians to determine what they would give up in order to keep their smartphones.

“The response to pets was the most surprising,” said Alexandra Maxwell, a spokesperson for Wind. The survey shows that 17 per cent of smartphone users would give up their pets. “I just didn’t see that coming, but I guess some people just love their phones more.”

According to the survey, 40 per cent 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.

“Surveys are a great way to check the pulse of consumers. With more and more Canadians switching to smartphones, we wanted to see just how much Canadians loved them,” said Maxwell.

“I’d feel pretty weird without my phone,” said Hanna Bellacicco, who wouldn’t give up her pet in exchange for her phone but would cut out coffee to stay connected. “It has to be near me. Even when it’s charging it has to be near me.”

Ken Hart, a psychology professor at the University of Windsor, was surprised by the results of the survey and said it could indicate an addiction trend.

Hart defined addiction as a loss of control. “The person feels a compulsive need,” he said. “This overwhelming urge to engage in

the behaviour is very strong, and the person is unable to restrain themselves.”

“[Addictions] cause your life to become smaller and narrower, because other activities in your life are being displaced by this,” said Hart. “Important life goals that you’re trying to achieve don’t get accomplished, so you start becoming unhappy.”

A Pew Research Center study of 2,200 Americans last March indicates that about 10 per cent feel they use their phones too much, suggesting people are becoming aware of potential abuse.

“I use my smartphone every day,” said Allisa Oliverio, who admits to feeling like she’s addicted to the device. “Without it I think I’d be lost ... It’s always with me; it’s always in my hand.”

Oliverio said that she sets boundaries with her use, such as avoiding using it when she’s hanging out with friends since she views that as rude behaviour.

Other countries are already struggling with smartphone addiction. According to the *Toronto Star*, South Korea has started a program to help children with their addiction to the Internet through various gadgets, including tablets and smartphones. The South Korean government estimates that 2.55 million of its people are addicted.

Hart said he was unaware of a program to treat such an addiction, but said that he could see an increased need for one in the future.

“The larger problem is being distracted ... maybe they’re addicted to distractions,” said Hart. “On the other hand ... feelings of depression and loneliness can be alleviated by

the smartphone, which is an outlet for social engagement.”

Hart uses the Internet mostly for work and

engages in social media sparingly. He only uses a land line and doesn’t own a mobile. “I don’t need one,” he said with a laugh.

## CROSSWORD SOLUTION

1	A	2	P	3	A	4	C	5	E		6	C	7	A	8	M	9	S		10	C	11	A	12	F	13	E
14	T	R	I	L	L					15	A	M	A	H					16	L	E	E	R				
17	T	O	R	I	I					18	M	I	L	A					19	E	O	N	S				
20	A	G	E	N	T					21	P	A	I	R		22	B	O	N	D							
				23	G	E	24	E				25	C	P	A												
26	P	A	D	S			29	M	30	A	31	L	E			32	T	33	R	34	A	35	I	36	L		
37	E	G	O			38	M	P	A	A				39	H	O	O	D	O	O							
40	N	O	T	41	W	I	T	H	S	42	T	A	N	D	I	N	G										
43	A	R	T	E	R	Y			44	S	E	T	S			45	M	I	O								
46	L	A	Y	E	R			47	T	O	M	E			48	T	E	A	S								
					49	O	50	P	E				51	S	52	R	I										
		53	H	54	I	55	E	R	A	R	C	H				58	A	T	R	E	E						
62	R	A	S	P				63	R	E	L	Y				64	I	T	A	L	Y						
65	E	L	L	O				66	E	D	A	M				67	S	E	N	S	E						
68	F	O	E	S				69	S	O	W	N				70	E	R	I	E	S						

# Golden Globes evening delivers

By CAYLA ELLSWORTH

Sunday night the 70th Annual Golden Globes honoured the best in films and television this year.

Hosted by Tina Fey and Amy Poehler, who were both also nominees for their performances in *30 Rock* (Fey) and *Parks and Recreation* (Poehler) were a solid comedy team. The hosts' monologues were filled with self-deprecating humour.

The three hours of awards were pretty tame with a few surprising moments including comments to the fact that former host Ricky Gervais has hosted the Golden Globes three times. Poehler and Fey complemented each other perfectly and were as entertaining as you could imagine. The show was pretty even paced with no very long thank you speeches.

The show was often filled, hilarious and had the occasional interesting, unexpected moments, including former President Bill Clinton introducing the film *Lincoln*.

It was nice to see that most of the shows or films that were nominated were recognized by the Golden Globes. *Argo* and *Les Miserables* were the big winners.

Ben Affleck won Best Director for *Argo* and the film won Best Picture Drama. Both Hugh Jackman and Anne Hathaway won Best Actor and Best Supporting Actress awards for their performances in *Les Miserables*.

*Les Miserables* also won Best Picture Musical or Comedy. Jennifer Lawrence won Best Actress (Musical or Comedy) for her performance in *Silver Lining's Playbook*. Daniel Day-Lewis



nymag.com

Tina Fey and Amy Poehler

was chosen Best Actor in *Lincoln* Jessica Chastain won for Best Actress in *Zero Dark Thirty*. Christoph Waltz took Best Supporting Actor for his role in *Django Unchained*. Other big winners in movies were *Brave* for Best Animated Movie and Adele won for her work for Best Song "Skyfall."

Shows that have been on the air for a while like *30 Rock* and *Big Bang Theory* were nominated. On the television side, the awards recognized some series that were new to TV this year. *Homeland* and *Girls* took multiple awards. Damien Lewis and

Claire Danes, both from the series *Homeland*, won the awards for Actor and Actress in a TV Drama. *Homeland* won for best Drama series. *Girls* series creator Lena Dunham won TV Actress Comedy. *Girls* also won for best Comedy series.

Other films and television series that were recognized were *Life of Pi*, *Downton Abbey*, and *House of Lies*. Honours for the Made for TV movies went to the political based drama, *Game Change* and the historical drama *Hatfields and McCoys* for performances.

## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Apartment, 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:

- Make sure all doors are locked after entering or exiting your building.
- Ensure that the parkade car entrance door closes fully when entering or exiting, this will keep others out.
- Notify the resident manager immediately when you notice suspicious people or vehicles in the parkade.
- Ensure all valuables have been taken out of your vehicle and that the vehicle is locked when parked.
- Confirm whom you are allowing into the building, especially through the intercom.
- 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.
- Report suspicious people in or around the building property to the resident man-

ager or call police if warranted.

- Record all serial and model numbers, and engrave all your property.
- Make sure parkades, hallways and entrances are well lit. Notify the building manager if lights are burnt out.
- Get to know your neighbours. Learn whom you can trust and let them know when you are going to be away. Keeping informed and watching your neighbour's apartment is a great safety feature.
- Be aware of your surroundings, especially in the laundry rooms, parkades and elevators.
- Change the locks immediately when moving into a new residence. The residence manager should be able to assist you.
- 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
- Have your key ready as you approach the door. Do not hide spare keys.
- Have emergency phone numbers listed on or near your phone.
- 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 mailbox 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 the 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, thus preventing it from being opened from the outside.

These few 'Do's' and 'Don'ts' could spell 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.



THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### January 17-23

(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)

You may feel the rush to get something done in another aspect of your life. Don't, you may miss out on something important.

### Aquarius (Jan. 20-Feb. 18)

You may be over thinking a situation. Other things will need your attention. Focus on those things instead.

### Pisces (Feb. 19-March 20)

It's great you've been leaping at the chance to experience different opportunities. Don't forget it's OK to take some time for yourself too.

### Aries (March 21-April 19)

Have reasonable expectations for yourself this week.

### Taurus (April 20-May 20)

Something great will come from an unexpected opportunity this week, be patient.

### Gemini (May 21-June 21)

Things may be overwhelming this week. Take a breath and focus on what your goals are. Believe you can accomplish them.

### Cancer (June 22-July 22)

Something may not work out the way you wanted it to this week, but don't worry because things will eventually work out for the better.

### Leo (July 23-Aug. 22)

You may find motivation from an unlikely source this week.

### Virgo (Aug. 23-Sept. 22)

Something unexpected might happen on your way to your goal, but something good will come from it. You may even learn something you didn't know about yourself.

### Libra (Sept. 23-Oct. 22)

Take the time to explore a new possibility in your life.

### Scorpio (Oct. 23-Nov. 21)

Don't let your mind wander too much. Many situations will require you to be present this week.

### Sagittarius (Nov. 22-Dec. 21)

This week will be full of interesting surprises but take them in stride, for they will teach you about yourself.

## 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](http://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](http://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.

**Tutoring** – The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday.

# Tasty eggplant

## RECIPE

### By DARTANION JOHNSON

Oprah is in town this month so it only seems fitting to review a recipe done by Oprah's trainer and dietician, Bob Greene. I took this recipe from his book, *The Best Life Diet*.

#### Ingredients:

- 2 cups of chicken or vegetable broth
- 1 cup of bulgur wheat
- 2 medium eggplants
- olive oil cooking spray
- 2 tomatoes
- 4 ounces of feta
- 3 tablespoons of Kalamata olives
- 2 tablespoons of fresh basil or mint
- ½ tsp of lemon zest

Note: For this review, I did not include olives and did use chicken broth and basil.

#### Method:

1. Bring the broth to a boil in a medium pan. Slowly stir in the bulgur. Reduce the heat to low and then cover the pan. The bulgur will absorb the broth in about 15 minutes.

2. Slice the eggplants crosswise into ½-inch slices. Coat both sides with the cooking spray. Place slices on a baking sheet or foil. Grill the eggplant for about

five minutes on each side, until tender.

3. Cut the tomatoes into ½-inch slices. Place on foil and grill for about five minutes.

4. Stir the feta, basil and lemon zest into the warm bulgur.

5. Place the eggplant on a plate. Place a tomato on top and spread the bulgur over that. Finally place another eggplant to top it off.

This recipe was great after some alterations. The basil overpowered the entire dish, so I remade the bulgur with no basil and the recipe was much better. The best thing about this dish is the bulgur wheat. The bulgur really absorbs the entire flavour of the broth. The texture is meat-like, which makes this dish great for vegetarians. You will find bulgur wheat in the health section of your grocery store and it must be refrigerated. Also make sure you get the fat eggplant, not the long Chinese ones. Eggplant is filled with fibre, vitamins, and magnesium, which helps to boost your immune system and vital organs, like your heart.

This is a great healthy recipe that tastes great, too!

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[egorecki@nait.ca](mailto:egorecki@nait.ca)



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS



Photographs by Chad Steeves  
Nugget Photo Editor





**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.



**27<sup>HOUR</sup> HUNGER CHALLENGE**

**WHEN:**  
**Thursday, Jan. 31**  
(event will begin with a pancake kick-off at 7AM)

**WHERE:**  
**The NAITrium**

**Sign-up date begins**  
**JANUARY 10th, 2013**

**Contact Mary To at:**  
mto@enactusnait.com

**Join and help stop hunger.**  
Money raised will be donated to E4C's hot lunch program, to help feed children at school.

**For more info, visit:**  
[www.enactusnait.com](http://www.enactusnait.com)

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**WHAT'S GOING ON AROUND CAMPUS**

**WHO** Latter Day Saints Student Society

**WHAT** General Meeting

**WHEN** Thursdays, 11:15am – 12:10pm and 12:15 – 1:10pm

**WHERE** Room J-006

**WHO** Gamers of Dungeons & Dragons

**WHAT** General Meeting

**WHEN** Fridays: 4:15 – 10:00pm

**WHERE** Room WC-316

**WHO** IntoNAITon Toastmasters

**WHAT** General Meeting

**WHEN** Mondays: 4:45pm

**WHERE** Room H-003

**WHO** Investment Club

**WHAT** General Meeting

**WHEN** Mondays: 3:15 – 5:00pm and Thursdays: 5:00 – 7:00pm

**WHERE** Room T-211

**WHO** LGBTech

**WHAT** General Meeting

**WHEN** Every 2nd Monday starting Oct 1: 12:20 – 1:00pm

**WHERE** Room H-005

**WHO** Anime Club

**WHAT** General Meeting

**WHEN** Thursdays: 4:30 – 7:00pm

**WHERE** Room WB-314

**WHO** Business Connex

**WHAT** General Meeting

**WHEN** Tuesdays: 4:30pm

**WHERE** Room T-103

**CAMPUS CLUBS NEWS**

**January 25-27** Clubs 365 Training Retreat  
(pre-registration required)

**February 6** Clubs Showcase

**February 6** Clubs Connection #3

**February 7** Grant #3 Deadline

**NAITSA****CLUBS****365****VISIT THE CAMPUS CLUBS CENTRE**

Room E-131, NAIT Main Campus  
780.471.8457 | 780.471.8871  
[campusclubs@nait.ca](mailto:campusclubs@nait.ca) | [nait.ca/clubs](http://nait.ca/clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates



LUCAS ANDERS

## Do you plan on supporting the NHL players as they return to the ice?



"Yeah, I'll support the players getting back to playing hockey. I think some people will probably boycott going to the rink. I don't think I will, they deserve to be watched, they're good enough."

**Gary Horte**  
NAIT student



"No I don't think so, I think it's not fair to the fans. Everyone should probably take a break for the rest of the year, so they get the message."

**Matthew Cannataro**  
Mechanics



"Yes, I will and so will you! Don't kid yourself."

**Mike Crochetiere**  
NAIT student



"Yes, I'm just big hockey fan. I grew up with hockey and love it. Gotta go watch it."

**Brady Verhaeghe**  
Second year Electrical



"I would still support them, because when you live in a place like Edmonton, you can't go without hockey. When they come back, of course you're going to support them."

**Krysta Martell**  
Radio and Television

# HEADS VS FEDS

THE DEBATE OVER THE LEGALIZATION OF *Marijuana*

**SHOULD WEED BE LEGAL? YOU DECIDE!**

**LISTEN AND PARTICIPATE AS AN AMERICAN DRUG ENFORCEMENT AGENCY VETERAN TAKES ON THE EDITOR OF HIGH TIMES MAGAZINE IN AN INTENSE, HUMOROUS, AND RELEVANT DEBATE OVER WHETHER OR NOT MARIJUANA SHOULD BE LEGALIZED.**

**STEVE HAGER**

**ROBERT M. STUTMAN**

**JANUARY 23, 2013 | 12:15PM**

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