



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



Photo by Kevin Tuong

### WHO WILL BE THE TOP MODEL?

Students Andrée Desrochers and Chris Figliuzzi are both contestants for NAITSA's Next Top Model. The two are among 16 who have signed up for the annual honour. After a series of elimination rounds, the winner will be announced on March 20.

# TIME IN A BOTTLE

What should be included  
in NAIT's 50-year time  
capsule? Suggestions  
accepted, story page 6

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# NEWS & FEATURES

## Josh signs on to the Nugget

By JOSH YAWORSKI  
Assistant Issues Editor

There is a moment in every day when the body forgets it has an expiry date and we can truly rest. When every moment and memory slide off your mind like cheap beer through an automotive funnel. That's a good moment, a moment I spend every day in search of. It's that second that you remember you don't always need to be doing something. My name is Josh "The Big Dog" Yaworski, and I guess I'm the new assistant Issues editor.

I grew up on a farm outside of Fort Saskatchewan, and keep the ethics of hard work and honesty with me in NAIT's radio broadcasting program. The *Nugget* has printed a pile of my ink, and I've eaten a pile of their pizza. Along with my bi-weekly editorial that will start next week, check out me and Chris Figliuzzi's new opinion feature, (page 4) in which we solve all of life's debates. With our minds.

NR92's listeners know my politics from *The Wiener Roast*, a talk show hosted by me and fellow *Nugget* Issues Editor, and my boss, Sarah Stilwell. I always lean towards the preservation of family values and conservative ideology, except when I don't. And I always vote for the Liberals, except when I need to pay taxes. The NDP get my vote until they milk a dead mans corpse for votes.

But politics isn't always my No. 1 concern. NR92's late night listeners are very familiar with my preoccupation with conspiracies and bizarre news from The LUG show. Whether it be because of mercury in tuna or my low exposure to the mind controlling fluoride in city water, I spend many nights reading about conspiracies and the hidden overlords plans. And I'm always interested in talking about them.

Seriously. Always.

My goal as a *Nugget* editor is to bring more of a male perspective into the *Nugget* office, and to make sure NAIT gets a little bit of a skewed perspective represented. I, like most people, like to believe that my opinion is correct and cemented by good, albeit unconventional, logic and real world knowledge. My biggest influence in writing is most certainly the father of gonzo

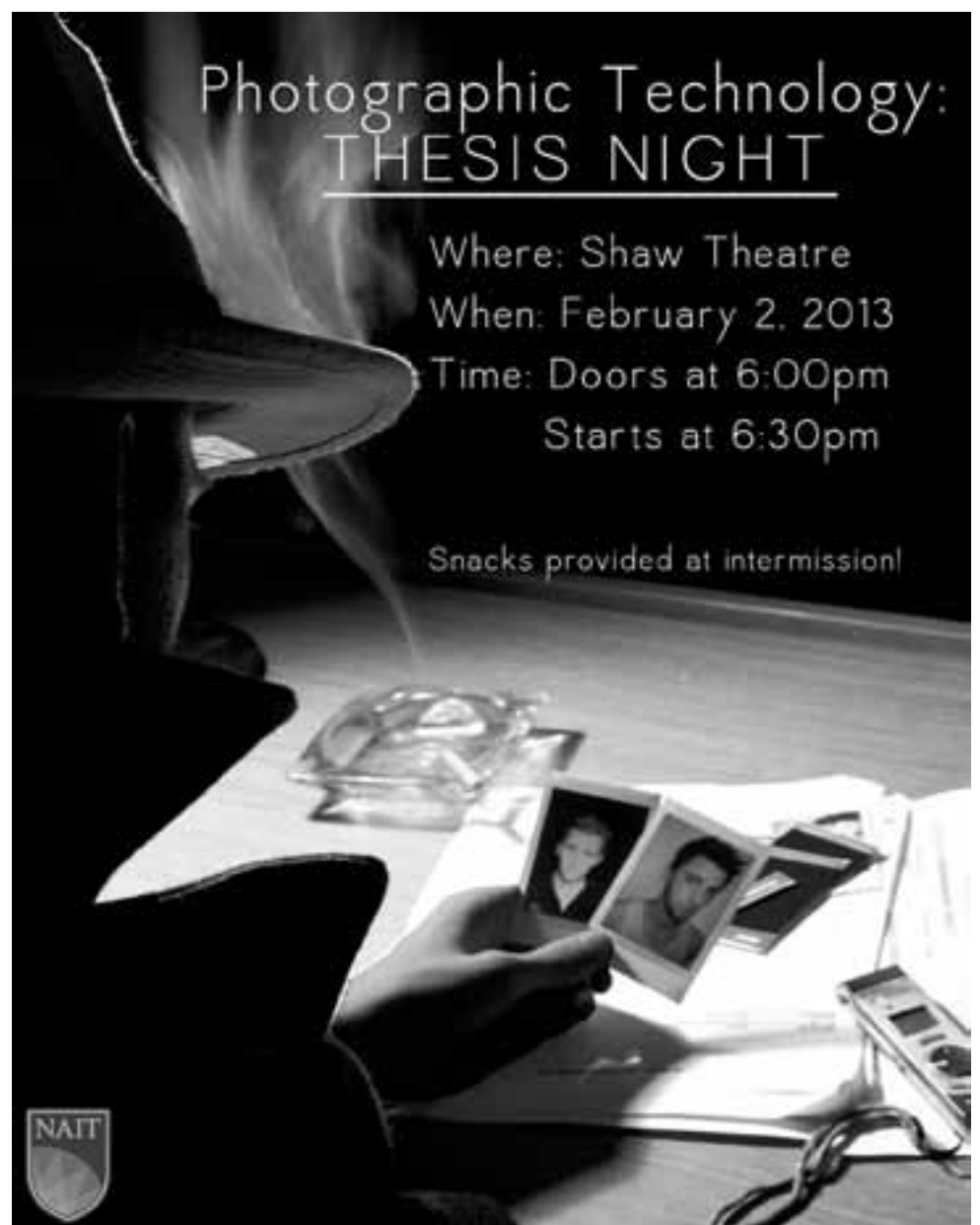
journalism, the late Hunter S. Thompson, and it is my reverence for him that pushes me to leave you with this.

Most people who deal in words don't have much faith in them and I am no exception – especially the big ones like happy and love and honest and strong. They are too elusive and far too relative when you compare them to sharp, mean little words like punk and cheap and phony. I feel at home with these, because they are scrawny and easy to pin, but the big ones are tough and it takes either a priest or a fool to use them with any confidence.

**I, like most people, like to believe that my opinion is correct and cemented by good, albeit unconventional, logic and real world knowledge.**



Josh Yaworski



### Strong feelings about U-Pass?

Then the NAIT Students' Association is looking for you. NAITSA wants two students – one who is in favour of the U-Pass and one who doesn't like it – to run two campaigns, a Yes and a No promotion. While these are volunteer positions, NAITSA will provide each student chosen with \$250 to do on-campus ads, such as posters, etc. If you are interested, contact Jason Roth at 780-471-7603 or e-mail at [jroth@nait.ca](mailto:jroth@nait.ca) by Feb. 1, 2013.



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# Starbucks, Chinese style

By YINING XIONG

If somebody asked you if you knew what Starbucks was, you would say “yes” without any hesitation.

If somebody asked you if you knew anything about Starbucks in China, you would probably be doubtful and have to Google it. Starbucks in China is very different from the Starbucks we know here in Canada.

The Starbucks outlets in Canada are normally dark green for the main colour of the store and glass windows. However, some of the Starbucks stores in China have non-mainstream style. There aren't any signs or symbols outside and you can hardly tell it is a Starbucks coffee shop.

Some unique Starbucks stores' designs are dominated by wood, such as wooden fretwork doors and wooden attics. They may also hang up the traditional Chinese lanterns. When you are there, you can enjoy the blending of traditional culture and coffee.

Well, when you feel everything is such Chinese style, you may be worried that you might not be able to read the Starbucks menu in Chinese or order whatever you want in your own language. Don't worry about that, you will be totally fine.

In those developed cities in China, the Starbucks menus are written both in Chinese and English and the employees can speak at least one foreign language. That is the requirement for hiring in most Starbucks stores in China.

One of my friends has experienced that. She was majoring in Spanish and went to a Starbucks in Beijing, where she found that the employees there could speak fluent Spanish even better than

her. So feel free to speak your language!

In addition to the store decoration and service, you most likely want to know about the price difference between Starbucks in China with Canada.

Let me show you an example. Here at NAIT, a Grande Vanilla Latte is \$3.26 and it is 33 yuan in China, which is about \$5 Canadian. You can tell there is not a big difference in the actual price.

However, on the basis of people's income, Starbucks of China set the prices at a certain high level.

When Starbucks entered the Chinese market, according to Chinese purchasing habits, it was positioned as a high-end brand in order to get more profits. So most of Starbucks stores are located in

office buildings or malls and downtown lots.

Normally they don't set up the stores at schools like NAIT, because its main demographic is white-collar workers who have stable income, rather than students. But an interesting phenomenon is that the Starbucks is incredibly popular in China despite the relatively high price. Some of the customers really like the taste, others just go to it for vanity.

Because of the popularity of Starbucks in China, the country will become the second-largest market for Starbucks in the world within a couple of years. When you travel to China some day, I hope you have an interesting experience there. Do not forget to take a photo of a uniquely styled Starbucks and share it with your friends.

## 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.

### The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 471-8866  
www.thenuggetonline.com

### Editor-in-Chief

Nicole Murphy  
studenteditor@nait.ca

### Issues Editor

Sarah Stilwell  
issues@nait.ca

### Assistant Issues Editor

Josh Yaworski  
issues@nait.ca

### Sports Editor

Lauren Fink  
sports@nait.ca

### Assistant Sports Editor

Kyle Harris  
sports@nait.ca

### Entertainment Editor

Alison Mullock  
entertain@nait.ca

### Assist. Entertainment Editor

Meaghan Willis  
entertain@nait.ca

### Photo Editor

Chad Steeves  
photo@nait.ca

### Production Manager

Frank MacKay  
fmackay@nait.ca

For advertising, call 471-8866  
or e-mail: fmackay@nait.ca

### Submissions encouraged: studenteditor@nait.ca

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?

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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.

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

# Health care – a concern for all

By JASMINE MORRILL

Recently, many people have been asking themselves if our Canadian health care system actually cares about its patients. In a high demand field such as health care, is it necessary for health professionals to go the extra mile or to just provide sufficient service?

From a general opinion, one could say, “Well at least we have it free!” Undoubtedly, free health care is a benefit. However, there are many people who beg to differ on that notion.

NAIT Television student Tamarra Canu believes that Alberta health care is very disorganized.

“My grandfather, who suffered from cancer, had to undergo treatment. Unfortunately, the treatment in turn caused blood clotting, which resulted in his death,” said Canu.

She also said that poor research was to blame. It is clear that from certain perspectives, factors such as research, knowledge and proper background information for a patient all need to be improved.

On the contrary, it could also be that many health care providers just don’t have a true passion for the proper care of patients.

Shery To, soon to be a licensed practical nurse, expressed her frustrations on what she experienced in her training process.

“The majority of my colleagues were asked exactly why they were there ... and the money was the real motive for most,” Shery explained, “I do it because I care about the dignity of every person.”

On the more experienced side of the spectrum, Angie Morrill, a former nursing aide of 19 years gave some interesting

insight.

“As a nursing aide, I honestly do not think that we are paid enough for the work we do, when sometimes we end up doing the most.”

As an employee, she has experienced firsthand the negative results of staff shortages.

“Everywhere I worked, this has been the biggest problem.”

Morrill had to pull more than her own weight due to a lack of work ethic in her co-workers.

Eunice Khan, who is currently a patient at the University hospital, has experienced both sides and shares her story with a smile.

“It has been such a long journey of two years,” she said.

Khan had been diagnosed with cancer along the lining of her brain, caused by a nasty fall two years ago. Since then, she has been in and out of various hospitals and experienced home care as well. She is undergoing treatments to properly assess her case, since it is a unique one. Through it all, she reaffirms that her attitude and faith is what held her together.

“You won’t always experience all the proper care you need or deserve, and you may also feel sorry for yourself ... But I refuse to (feel that way).”

Her positive and inspirational outlook is infectious. Eunice feels more now than ever that she is receiving excellent care and that they are making sure that she is comfortable and that she feels valued.

It is no doubt that the education provided is up to par with regulations and standards and that each person is fully equipped with knowledge. As for the final weigh in, it is evident that we need to incorporate genuine love and respect into each patient.



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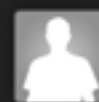
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# Point counter Point

# The guns among us

By CHRIS FIGLIUZZI

"Guns don't kill, people do," is a popular slogan used again and again by people trying to argue in favour of guns and against any implementation of gun control.

My friend Josh would have you believe that the world is a dangerous, frightening place wherein the only source of personal security and safety is a gun. This, however, could not be further from the truth. In study after study, it has been shown that owning a gun is pretty much the single worst thing you can do when trying to improve you or your family's safety. The main argument against the regulation of any gun control is now and has always been the need to protect yourself and your family. This is very misleading logic. Study after study has shown that owning a gun not only doesn't increase your safety but in reality lowers it significantly, raising the likelihood of gun related violence.

A 2012 study by Dr. David Hemenway of the Harvard Injury Control Research Center found that "having a gun in your home significantly increases your risk of death – and that of your spouse and children."

In fact, the increase in danger was so significant that in 2000, the American Academy of Pediatrics issued a policy statement recommending that paediatricians urge all parents to remove guns from their homes. This reality is often countered by bringing up the Swiss gun laws, where they not only encourage gun ownership among their population but actively issue firearms to males between the ages of 20-30. More important, the state also provides education and training as to how to maintain, store and use the gun in an effort to prevent the weapon from getting into the hands of those it's not intended for or malfunctioning. This is the essence of regulation:

The government grants guns to those they know can handle them and are properly trained. This has proved extremely successful, with only 40 firearm related homicides in 2010.

Switzerland illustrates that gun

control and regulation mixed with education is extremely effective. The problem with gun control is that there is still the underlying perception that the best method for self preservation is to own a firearm. In all reality, owning a firearm simply increases your own personal risk. A gun creates a false sense of security and invisibility. It is this false sense that often leads people into situations and risks that they would normally go out of their way to avoid. Regulation ensures that guns are in the hands of those that require them and are suitable to carry them. You can add to this gun security by further regulating education on gun safety and maintenance. Gun safety and maintenance will help monitor those who have been granted the privilege to own a gun and ensure that they continue to use their gun in the way intended. In the end, we must remember that a gun, much like a children's toy, are an invention of man, and inventions in and of themselves aren't inherently evil. It is the people that use them that decide the level of danger they create. Would we allow an unlicensed driver on the roads? Would we allow an unlicensed doctor to practise medicine? No, of course not, because both of these situations pose a real viable danger to themselves and to those around them. So why then would we allow guns to be unregulated? By allowing unregulated guns more and more untrained and misinformed people will be granted access to a product that is capable of serious injury or death. Personally, I would feel a lot safer knowing that guns are in the hands of those that know how to use them, and more importantly understand the danger that they can pose.

By JOSH YAWORSKI

Never have I felt as unsafe as I do in Edmonton. At all times I feel the gaze of hundreds of peering eyes into even my most private places and leave me feeling exposed and defenceless. And I am far from the only person feeling this.

I am a large male and have held my own in more than a few scrapes but I know that there are times when I am hopelessly out-matched by those around me.

When I am home on the farm, I know I am secure for two simple reasons: This is my family's land and these are my family's guns.

"Violent crime is trending upwards," Edmonton police chief Rod Knecht recently told the *Edmonton Sun*. In the last year, crimes of a violent nature expanded another four per cent, even as our murder rate falls.

We live in an unpredictable world, where the classic values of good and evil are all but forgotten in a slew of half truths and overcrowded prisons. When repeat offenders are paroled, and the mentally unfit ride the Greyhound bus beside unwitting civilians, what safety can we claim?

Right now, an antiquated gun registry and the PAL (Possession and Acquisition Licence) system stand as the gatekeepers to the nations weapons. But even as these stand, violent crimes and murders are committed using guns.

Gun control does not keep weapons out of crime. It does keep guns away from civilians. An armed criminal can be fairly certain, in our nation, that his victim is at a disadvantage.

But when criminals in a 1982 survey were asked about their decision-making process when their victim may be armed, 40 per cent of all criminals would not commit a crime and 69 per cent of criminals personally knew other criminals who had been injured while attempting to commit a crime.

Crime statistics for major American cities of Washington and Chicago and from the states of Texas and Michigan, when graphed, illustrate a visible increase in crime when gun laws are introduced and a decrease in crime when the laws are revoked.

There are places in the world where gun laws are even more lax than they are for our southern neighbour and yet crime rates are lower. The proud nation of Switzerland comes in third in the world for number of weapons per 100 residents, still far from The United States with 88.

In 2010, Switzerland saw 0.5 homicides per 100 000 citizens, one tenth of the United States stats.

"Social conditions are fundamental in deterring crime", says Peter Squire, a pro-

fessor of Criminology at the University of Brighton. The problem the U.S. faces is in its education system. Switzerland's tiny crime rate comes from its citizens' ingrained loyalty to their country, which in turn comes from the mandatory service all men aged 20-30 face as part of the Swiss Armed Forces.

All soldiers are required to have, in their home, either a SIG 550 rifle or the officer's P220 9mm handgun. Their weapon is required to be maintained and kept ready at all times so they may always be able to defend themselves. Even after they leave the service, most men retain their weapons free of charge. In doing so, the Swiss government is secure in the knowledge that, at any time, they have an armed and ready militia of males in the prime of their life trained and ready.

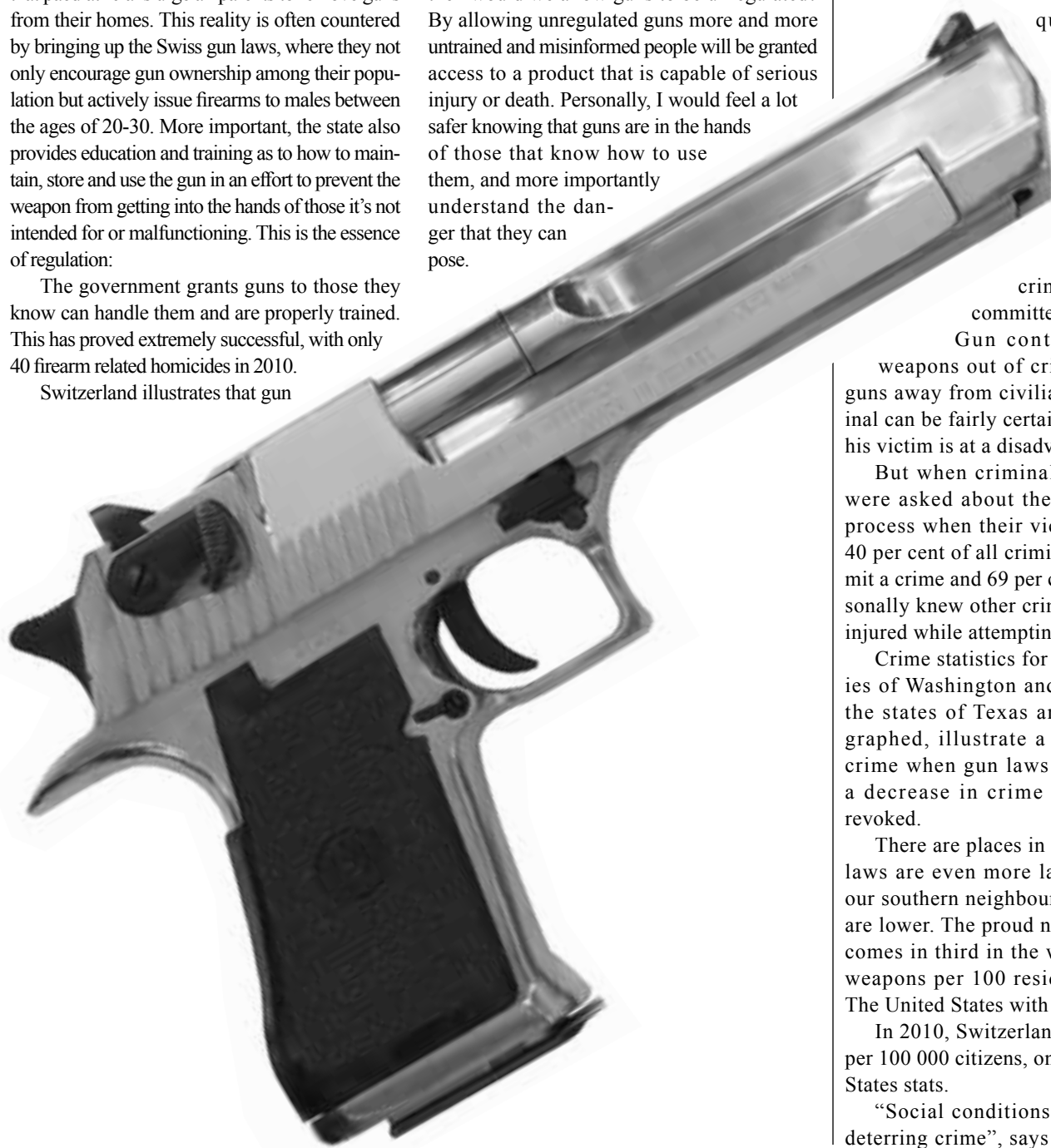
This service time teaches the responsibility and power of a weapon. It teaches the simple fact the if one points a gun, one intends to end a human life. There is a respect forced upon them and education drilled into their minds.

When we look at the perpetrators of this latest wave of violence through the United States, we see a generation abandoned by their parents to be raised by the media machine. We see children who can recount more of the plot of *Grand Theft Auto* games than they can actual moments of childhood.

These are the creation of a society so obsessed with overprotection of their children and the protection of politically correct positions that a parent runs the risk of having his or her children taken away if they dare do something so foolish as to punish them. These so called maniacs are our creation. But they are not blameless, for they are still the people who pulled the trigger.

No more do we need to be afraid of the actions of those around us. We can, instead, take comfort in the fact that we can out-match them. We do need to not take advantage of those around us. We have no need for violence, but we do know how to dispatch it. We are all capable of understanding the consequences of our actions and should have the power to remind those who have forgotten. It is a person's right to feel safe, and it is a person's responsibility to protect that right.

**What is your position on the subject of gun control? Two Nugget contributors share their views.**



# Making history

By **DANIEL STILWELL**

In the late 1950s Edmonton was booming. The Alberta provincial government decided that a new institution of learning needed to be established to cater to the demand for higher trained jobs.

The Northern Alberta Institute of Technology was ordered in 1959, followed by its first class of Communication Electricians starting in the fall of 1962 before the building was completed.

NAIT opened its doors in the spring of 1963 by Premier Ernest Manning. The excitement surrounding such an event demanded a celebration to leave a fingerprint: a fingerprint that would be re-examined on the celebration of its 50th year anniversary in April 2013. This fingerprint, a time capsule to store the identity of NAIT in its first year, contains pictures, mementos, and information – a blast from the past.

To coincide with such an event, a project to prepare a second time capsule was created. “Yes, celebration is in order,” says NAIT President Dr. Glenn Feltham, in regard to the opening of the 1963 time capsule.

“Celebration is part of the NAIT way.”

The second time capsule will be buried in the spring of this year and will contain a similar array of objects and information as the 1963 capsule, but with more options. In addition to club memorabilia like jerseys and tools, postcards and digital media are some of the new ideas in store for the new time capsule that will help document NAIT’s growth and history from its inception until this year; 2013.

The time capsule will be constructed by NAIT trades students and will be roughly two by two by three feet large.

The original time capsule was unburied (still unopened) in the 1980s to make way for renovations and new construction of NAIT facilities. A location for the 2013 time capsule is still yet to be decided, but the celebration, opening and burying will all take place this spring. Events have been held, and will continue to be held, around NAIT campuses until spring which will give students and faculty the opportunity to submit anything they wish to the planning committee.

Erin Kuebler, Advancement Relations officer and chair of the time capsule committee, and her team have been planning and arranging for the event since the summer. Submis-



Photo by Josie Baerg

**NAIT student Chloe Xing makes a suggestion for what should be contained in the 50-year time capsule being prepared for NAIT’s 50th birthday.**

sions started to be accepted in early fall and will continue to be taken until the end of this month.

“The Alumni Archive is where all of the extra submissions will go,” says Kuebler.

Students are encouraged to submit ballots containing personal words, sayings and information with the reward of being entered in the numerous draws and door prizes the events have to offer.

The next two events scheduled will be on Jan. 25 at the South Campus from 10 a.m. to 1

p.m., and Jan. 26 at the Patricia Campus from 10 a.m. to 1 p.m..

Evan Brunt, local artist and former NAIT Power Engineer, has created a piece to be displayed during the celebrations.

Students and staff are invited down to celebrate the past 50 years at NAIT and welcome in the next 50. Submissions for the 2013 capsule will be accepted until Jan. 31 via dropoff at the NAIT Alumni Office, e-mail to [advancement@nait.ca](mailto:advancement@nait.ca) or by posting to the NAIT Alumni Facebook page.

# Blatchford a community

By **STEPHAN SUTCLIFFE**

@StephanSutcliff

The City Centre Airport is scheduled to undergo a massive redevelopment in the coming years. NAIT is eyeing the closing of the airport as an opportunity to expand the existing campus.

A naming committee with the City of Edmonton has chosen the name of the community set to be on the City Centre Airport lands as Blatchford, named after former Edmonton Mayor Kenneth Blatchford.

Mayor Blatchford held office from 1924 to 1926, but in that short time he played an important role in Edmonton City Centre Airport, becoming the first municipally run airfield in Canada.

Now that the runways are scheduled to be water and bikeways, Stephen Mandel acknowledges Mayor Blatchford for seeing the great potential that Edmonton held 87 years ago. Mayor Mandel went on to mention that the redevelopment will be known around the world for its innovation and that its future namesake of one of Edmonton’s great visionaries couldn’t be more fitting.

The redevelopment will see many firsts in the world as the community will become self-dependent from the current Edmonton infrastructure. Transportation within, as well as in and out of the community, will be efficient. An extension on the North LRT line is expected when the community takes shape, not to mention the 10-minute walking time around the whole community.

Made up of a variety of tenants, the airport will maintain its use as an industrial destination in the centre of the city but will now include dwellings for current and future

Edmontonians to call home.

NAIT expansion is probable as land becomes available adjacent to the current campus for the long waited residence that should hold full and part-time students.

The City Centre Airport Redevelopment has the potential to change Edmonton for the better. A city the size of Edmonton has never had the opportunity to makeover such a large parcel of land in the centre of its city.

The culture that will exist in a community made up of industrial, collegiate, and new residential properties will be unmatched. Ninety-three per cent of the people living in the community will live with a two-minute walk from a park and the other seven per cent will have to endure a five-minute walk to reach a park. It will change the idea of how people live in a northern city. The lifestyle of a year-round walking community will draw the finest minds into this rethought land.

A group of about 200 individuals and companies have a property interest, or right, to use the city centre lands. Those affected should be off the site by late summer 2013, allowing for the first construction to begin in early 2014.

Edmonton City Council approved the Area Redevelopment Plan on May 16, 2012 and later approved the expropriation process on Oct. 3, which will continue until all its property interests are acquired.

The firm Perkins + Will continues to work on the redevelopment’s Master Plan, which should be completed in the coming months. The city project team has begun working on the Blatchford brand and marketing plan. A date for the closure of the airport has not been set. That will be determined by a council vote at a future date.

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6:30 pm: Keynote presentation

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# OPINION

— Editorial —

## What to do with Lucy?



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

The Edmonton Valley Zoo is at the top of the 2012 list of the 10 worst zoos for elephants, according to the In Defence of Animals group.

The IDA is an international organization that was founded in California by veterinarian Elliot M. Katz in 1983. The organization is dedicated to helping protect the rights, welfare and habitat of animals around the world.

I understand if you are thinking, “Oh no, not more protesting against having that elephant here! She is sick and cannot be moved to a sanctuary!” or “I don’t care about some elephant, what about the homeless people!” or “What elephant?” I used to think the same way, until I had the opportunity to research the controversy surrounding Lucy, the only elephant in the Edmonton Valley Zoo.

### In the news

A couple of months ago I was given a group project to research a current event going on in the city, to get an interview and present the information that was found to my class.

Picking a topic proved to be harder than expected but finally the group I was in just went with the Lucy debate. Paul McCartney had been playing in town that week and gave permission for activists to protest at his concert, so once again the controversial topic was hitting the news.

I truthfully thought that this topic was going to be boring, but I dove full force into research anyway. What I discovered is hard to put into words.

I fell head over heels in love with elephants. I started to understand why people are such dedicated activists for this strangely beautiful animal. I found out that elephants really do not forget. They can remember friendships from years previous.

### Very affectionate

In one story, an elephant named Shirley was brought to a sanctuary after 20 years of solitude in a zoo. When introduced to a elephant named Jenny, the two could not get physically close enough. You see elephants are very affectionate and touch all the time. They intertwine their trunks and stand close to each other to meet a basic companionship need. It was revealed that Shirley and Jenny had been in a circus together 22 years earlier and shared a special bond that was never forgotten, even though they did not have contact for the duration of that time.

Elephants in the wild also mourn when other elephants die. In fact, research has shown they even remember the bones of their loved ones, and when they come across them in their migration, they mourn again – almost like how humans visit their loved ones’ grave sites.

In the Edmonton Valley Zoo, Lucy does not have elephant companionship, she does not have freedom to roam and the weather here is way too cold for an Asian elephant such as her. She spends nearly 70 per cent of her time inside. These are all main points supporting the idea to move Lucy to a sanctuary.

When I found out all this information it seemed that Bob Barker, who I once thought to be a crazy old man, perhaps

was right. Obviously a move to a sanctuary with other elephants would be the best decision for Lucy.

At least she could live her last years with companionship, space and warm temperatures.

But with any good issue, there are always two sides to the story. I had the pleasure of talking to Dr. Milton Ness, who formerly worked at NAIT and now is Lucy’s veterinarian.

He informed me of the many health problems Lucy has. More important, he told me of the improvement in Lucy’s health since he started working with her in 2007.

He has brought her weight down to a healthy size. Most of her infection and arthritis has been reduced but Lucy has an obstructed left nasal cavity and since there is no elephant MRI machine, the obstruction remains a mystery.

As a veterinarian he must look out for the animal’s welfare and to sign a health certificate for her to move he insists would endanger her life.

“It would be malpractice to sign a health certificate and unethical,” Ness said.

The Edmonton Valley Zoo has retired its elephant program. After Lucy passes away no new elephants will be brought in to Edmonton.

With increased awareness of elephants’ basic needs and welfare, lots of cities in North America, including Toronto, have ended their elephant programs. Recently, Toronto has made the decision to move their three elephants to a sanctuary and has been urging Edmonton to do the same.

An article in the *Globe and Mail* quotes Edmonton Mayor Steven Mandel as saying, “I think it’s very disrespectful of other cities to pass resolutions about what Edmonton should or shouldn’t do,” he said.

“I think [Toronto] should understand why we’re doing what we do. We’ve been told repeatedly that this particular, wonderful addition to our city would die if we shipped her out.”

I believe the Lucy controversy will go on until her passing, or her move to a sanctuary. Both these events will bring more uproars of controversy and I am sure long after her death there will be a continual debate of “what ifs.” The fact that so many people care about the well-being of Lucy is a good thing.

I hope that what is best for Lucy will continue to drive both those in favour and those against a move for her. I hope it is not about being right, but about achieving the highest standard of living for Lucy.



zootography.ca

Lucy



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

## Student athlete scores high



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

It isn't often you meet someone your own age who inspires you, however, I've had this luxury after meeting Cecile Novel.

Novel is originally from Cancun, Mexico and moved to Banff at the age of 10 with her family. Now all grown up she plays not one, but two varsity sports here at NAIT. On top of playing soccer and hockey, she still maintains a 4.0 GPA!

Just when I thought she couldn't be any more impressive, I learnt Novel is trilingual. She learned French on top of Spanish and English when she moved to Montreal for soccer in Grade 10.

"It was hard to adjust and I had to go to school in French which was quite different, but soccer was amazing and I improved a lot in one year."

When Cecile returned to Banff from Montreal she went back to playing hockey at the Banff Hockey Academy, she then was the recipient of the Student Athlete of the Year Award for both years she attended the academy.

Not only is Cecile an incredible athlete, but

her energy is infectious. As I interviewed her I felt inspired and motivated. Here are some parts of that interview:

**Nugget:** When did you move from Mexico, and why Canada?

**Cecile:** My family and I first moved to Canada in 2004, when I was 10 years old. My parents wanted a change of "perspective" and mostly to do something different.

**N:** Why did you choose to pursue both soccer and hockey?

**C:** When I lived in Mexico I did gymnastics for quite a few years as well as soccer, but no hockey. Surprisingly, hockey is not very popular in Mexico, so I never knew about the sport until moving here.

**N:** Did you ever think you would play both soccer and hockey at a varsity level?

**C:** I played both sports when I was in high school, but never really thought it would be possible to do it at a higher level because it would be hard to balance school and one varsity sport, let alone adding in another sport.

*When I asked which is her favourite to play, she politely decided to decline an answer. Who can blame her; I wouldn't want my team to be mad at me either!*

**N:** Excelling in both sports, how do you have time to excel in school as well?

**C:** I think it's all about finding a balance and being able to set priorities, as well as managing your time properly and not letting projects get behind. It's also good to not be afraid to ask for help from other classmates or teammates when you feel like you're getting lost or overwhelmed. You also have to be willing to

sacrifice some things, such as your social life, in order to be successful in others areas.

**N:** How does it feel being a part of the bronze medal team for soccer?

**C:** I feel really honoured to have been a part of such a great team, it was an incredible experience. I'm already excited for what next season will bring and I look forward to playing with my teammates again.

**N:** How do you feel about the ACAC championships in hockey?

**C:** I think we are strong contenders for the gold medal and as long as we stick to our game plan we will accomplish a lot of things the rest of the season.

**N:** Are you superstitious? Do you have any pre-game rituals?

**C:** I'm not really superstitious. I mostly have a routine for game days and try to stick to it as best as I can. I usually try to be there two hours earlier.

**N:** Being an athlete how do you feel about the recent revelations from Lance Armstrong?

**C:** I think it's sad to find out that someone who so many people look up to did that for so many years. But at the same time I don't think anyone is perfect and that everyone has flaws, and makes mistakes.

**N:** If you have free time, how do you spend it?

**C:** The little free time I have I love spending with friends or family, playing the guitar, reading, drawing, or baking. Sometimes all of the above in one day.

**N:** Do you ever think you'll move back to Cancun?



**Cecile Novel**

**C:** I don't think I'll ever move back, even though I still have friends and family there and I miss them. I just think there are a lot more opportunities here and more of a chance to be successful. I really miss the beach and windsurfing though!

Luckily, Cecile is rookie and will still be here at NAIT for another year.

Check out Cecile's *Nugget* writing debut on the facing page as well as on the ice with the NAIT women's hockey team, Feb. 9 at 7 p.m. against Red Deer College.

### BASKETBALL

## NAIT feasts on GP Wolves

By **DEXTER WATTY**  
@DWattySports

The NAIT women's basketball team was back in action this weekend. Going up against the 7-8 Grande Prairie Wolves, the Oaks were looking to improve to 11-4 on the season. The Oaks accomplished this in two away games, winning both in convincing fashion. They outscored the Wolves by a combined 44 points over the course of the two games.

Friday night was all NAIT with the Oaks outscoring the Wolves by 13 points in the first quarter, and taking a 24-point lead into the half. The Wolves battled in the second half but NAIT still pulled out a 29-point victory, winning the game 85-56.

The Oaks had three players score more than half their points with Jordan Enns, Brie Gray, and Nicole Ruptash combining for 48 points, scoring 16 points apiece. Wolves Guard Kelly O'Hallahan was the game's leading scorer, putting up 22 points.

The second game started out a lot closer, although the first quarter could not have been classified as beautiful basketball, with both teams combining to score a measly eight points.

The Wolves outscored the Oaks by three points in the second quarter to take a one point lead going into the second half. The offensive woes weren't over for the Wolves though, as they were outscored by 14 and managed just nine points in the third frame. The Oaks never looked back after the second half and won this game 78-63.

Kelly O'Hallahan led the way for the Wolves again, by scoring 18 points while NAIT's Josephine Peacock was the game's leading scorer, racking up 19 points and tallying five steals as well.

The women look forward to two games this weekend against The Concordia Thunder (7-6).

The men were back in action this past weekend in Grande Prairie against the 1-14 Wolves.



**Josephine Peacock**  
19 points

They also won both games to improve to 8-6 on the season. The Oaks are coming off dropping two in a row to the Lakeland Rustlers (7-8) coming out of the winter break.

The teams were knotted after the first quarter, but the Oaks took control of this game in the second, outscoring the Wolves by seven points.

After commandeering a double-digit lead in the third quarter, the Oaks cruised through the fourth, outscoring the Wolves 26-21 en route to a 94-76 lead. Matthieu Johnson and Gumacho Ibrahim led the way for the Oaks, scoring 21 points and 20 points respectively.

Saturday afternoon was much the same. The Oaks outscored the Wolves by three points in the first quarter and took an 11-point lead into halftime.

The Wolves outscored the Oaks by two points in the third quarter, and in the fourth both teams managed 27 points. The Oaks outscored the Wolves by nine points and took the game 94-85. Ibrahim was the game's leading scorer with 30 points on 9-17 shooting and four three-pointers made. Jordan Teo was the leading scorer again for the Wolves, managing 25 points in a losing effort.

The Wolves are up against the Lakeland College Rustlers next week while the Oaks can look forward to a couple of tough games against the Concordia Thunder who currently sit at 9-4.

The next home game for the Oaks is on Saturday Jan. 26, at 6 p.m. when the women take on the Thunder. The men take the court at 8 p.m. Make sure to come down to the NAIT gym and cheer on your Oaks!

## Women curlers wanted

NAIT needs three women curlers to participate in the ACAC Winter Regional on Feb. 1-3. The meet is being held in Edmonton at the Avonair Curling Club (across from NAIT). Some experience preferred. Contact coach Jules Owchar at 780-221-1717.



## WOMEN'S HOCKEY

# Two-game sweep over SALT

By CECILE NOVEL

The NAIT women's hockey team's sweep of SALT this past weekend took them back in time to November, the last encounter between the two teams, when the Oaks took four points from the Trojans as well.

The team travelled to Calgary on Friday night to face the ACAC last-place team who were hungry for points. The Oaks would go on to snatch a win from them in a 2-1 battle, before heading home to a dominating 5-1 victory on Saturday night.

## 17 shots

The first game started out sluggish for both teams, though the Oaks still managed to dominate as evidenced by the 17 shots that they showered on the SALT goalie.

The score was tied 1-1 after 20 minutes of hard play, until a breakaway goal by captain Danielle Brown late in the second period, which gave the Oaks the lead.

"I thought the team was a little slower than usual, but still outplayed SALT. We just couldn't finish on all our opportunities," said fourth year defenceman Nicole Gregoire.

## Stalemate

The third period ended in a stalemate as no goals were scored by either team. The Oaks were happy to take the win but were not satisfied with their overall performance after such a close match.

Saturday proved to be a whole different game as NAIT came out strong and stayed that way for the full 60 minutes. The Oaks received goals from different players and their play was a prime example of a team coming together and executing a game plan.

"It was complete team win, with the defence jumping into the offence consistently, the forwards playing a strong two-way game and the goaltender making key saves," said assistant coach Cheryl Harwardt. "It was an important step towards our second-half goals."



Photo by Kevin Tuong

**NAIT Ook Michelle Pochapsky (19) fights for the puck in front of the SALT goaltender during a game on Saturday Jan. 19 at NAIT arena as Danielle Brown (18) comes to help. The Oaks went on to win 5-1.**

Both teams seemed to be lacking energy during the first period, however, as the arena was quiet except for the Oaks' celebration of a late power play goal scored by Brown.

That all changed when the Oaks found a way to bring their energy up in the following period and came out on fire. The next period saw goals from the league's top scorer, Sherri

Bowles, and No. 24, Jody Rammel.

In the third period the Oaks netted another goal with the help of returning player Jill Mathieson, as well as rookie Sharlea DeBruyn, who saw her shot hit the back of the net for the first time of this season.

"It was very exciting scoring my first goal. I was a little shocked at first when I saw the puck

bounce over the goalie's shoulder," said the first year defenceman with a chuckle.

The next game will see NAIT go face to face against the Red Deer College Queens, their strongest rivals, on Feb. 7. The Oaks will be back home on Feb. 9 at the NAIT arena where they hope to make a statement and climb to the top of the league.

## MEN'S HOCKEY

# Close win over Concordia

By KYLE HARRIS

@TheHarrisShow20

After a dominating weekend against the Briercrest Clippers last week, the NAIT Oaks faced off with a more challenging opponent, the Concordia Thunder.

Heading into the weekend the Oaks sat above everyone in the top spot of the standings, while the Thunder were fifth with a 6-9-3 record.

In a weekend set earlier this season against the Thunder, the Oaks dominated their way with 5-0 and 6-2 victories, but this weekend the Thunder came at the Oaks with a new approach.

In the opening frame, the Thunder were relentless. It was a fast paced back and forth game, with the Oaks playing sloppy throughout all three zones.

The team looked undisciplined in the opening frame as they started off the first five minutes of the game shorthanded, with penalties from Mike Westfall and Kyle Harris. The penalty kill looked strong as they forced the Thunder to make bad passes and cough the puck up

in the offensive zone.

Midway through the first, on a powerplay opportunity, the men got things going, as Liam Darragh cycled it low to Harris, who then dropped it off for the as of lately "on fire" Andy Willigar, who blasted home his seventh of the season.

Minutes later, Thunder captain Andre Herman streaked into the Oaks zone with a flashing toe drag and ripped it crossbar down to tie it up at one.

The second period continued with back and forth play as neither team seemed to be able to get any offence going. At the 11:23 mark of the second, Thunder defenceman Chris Lijdsman snapped one on net from the blue-line past Shannon Szabados to make it 2-1 Concordia.



**Shannon Szabados**  
Unbeaten

As the third period rolled around, the home team seemed to get back to their old ways. The team started to outwork the Thunder, forechecking, moving the puck well and using their speed effectively.

Early in the third, Oaks' forward Josh Lazowski tied it at two with a quick release down the wing, which fooled goaltender Tommy Sandahl. The Oaks continued to press and put pressure on Concordia trying to regain the lead. Midway through the third, Jordan Abt hammered one home, for his second of the season, to make it 3-2 for the home team. (For game photo, see page 12.)

The men regained their confidence and continued to play with more jump and energy, as

they held on to a 3-2 win outshooting the Thunder 38-21. Szabados recorded her 11th win on the season to continue her unbeaten streak.

The Oaks headed to Confederation Arena Saturday night where the game was postponed with six minutes remaining in the first.

Forward Riley Marsh's strong forecheck on a Thunder defenceman while another Concordia player followed, caused him to fly into the Zamboni gate, which knocked the gate wheel off its track, preventing it from closing.

A rink employee and several others tried to get the gate closed but were unsuccessful. The game was called and postponed for a later date. The Oaks were down 1-0 and were outshot six to five.

The team now have two postponed games, as they still have to make one up with the Grant MacEwan Griffins later this month.

They will now prepare for the team that gave them their only loss, the Augustana Vikings.

The Oaks return home to the NAIT Arena on Friday, Jan. 25 for a 7 p.m. start.

# Oil Kings split weekend games

By KELSEY LYDYNUIK

After a 4-1 loss to Red Deer on Thursday, the Oil Kings looked to better their weekend at home on Friday against Medicine Hat.

The team was back at full strength, with Griffin Reinhart returning home from the New York Islanders camp and Martin Gernat returning from shoulder surgery.

While Travis Ewanyk tried to spark the team early in the first, dropping the gloves with Medicine Hat's Tyler Lewington, all it sparked for the Oil Kings was a few penalties on which the Tigers capitalized.

Trevor Cox scored on the power play, giving Medicine Hat a 1-0 lead, which they carried into the second. Halfway through the second, Elgin Pearce slipped one past Tristan Jarry, putting the Tigers ahead by two.

Later in the second, Keegan Lowe managed to put the puck past Cam Lanigan, putting the Oil Kings up on the board. With a few broken sticks in the third, the final score was 2-1 Medicine Hat, with Lowe scoring the lone goal for the second consecutive night.

While head coach Derek Laxdal complimented the goaltending on both sides of the ice, he believed that the offence needed some work.

"We just are not generating any offence," said Laxdal "The kids are trying to compete, they're trying to work hard. It just seems that sometimes you go through those psychological energy funks you have as a team and I think that's kind of hit us right now and we're not scoring a lot."

On Sunday, they were back at Rexall looking for a win on the weekend against former teammate Klarc Wilson and the Cougars. Since being traded to Prince George, Wilson tallied his first

points the previous night against Red Deer, notching a goal and an assist.

While everyone was anxiously waiting to see if any drama would unfold between Wilson and a former teammate (similar to the Moroz/Geertsens fights on Jan. 5 when the Oil Kings and Giants last met), he kept a low profile for the entire game. Instead, Cole Benson and Jake Mykitiuk dropped the mitts to kick off a game full of penalties for both teams.

Halfway through the first, on the power play, Colin Jacobs scored, giving Prince George the lead. Minutes later, Trevor Cheek evened the score at even strength. Early in the second, Curtis Lazar capitalized on the power play and gave the Oil Kings a 2-1 lead over the Cougars. Just before the halfway point in the second, Stephane Leagault scored a short-handed goal and gave Edmonton a two-goal lead. Just as the buzzer rang to signal the end of the second, Henrik Samuelsson found the back of the net but the goal was disallowed as the clock had stopped.

It was as if that had set a fire under Samuelsson, as halfway through the third period, he found the back of the Cougars' net. Shortly after, Edgars Kulda notched his fifth goal of the season. As if a four-goal lead was not enough for Edmonton, Samuelsson put another past Brett Zarowny for his third time of the night, making the final score 6-1.

Laxdal was much happier with the outcome of this game, compared to that of Fridays, attributing their success to their penalty killing (ranked No. 1 in the league at 91.3 per cent).

"I think in the second period we might have killed six or seven penalties and maybe had three or four shots, so the guys did an out-

standing job," Laxdal said.

The Oil Kings are on the road Tuesday and

Wednesday, and back home against Brandon on Saturday, Jan. 26.



## Athletes of the week

January 14-20

Nicole Ruptash  
Basketball



Nicole was instrumental in leading her team to two victories in Grande Prairie over the GPRC Wolves. Nicole had a career game Friday in the Oaks' 85-56 victory. Ruptash was selected as the player of the game with 16 points, eight rebounds and two steals on five-of-six shooting. In Saturday's 78-63 win over GPRC, Nicole continued her brilliant play, adding eight points, three steals and four assists. "Nicole has been among our most consistent players this season," said head coach Todd Warnick. "Her work ethic and energy at both ends of the floor were invaluable to our sweep this weekend." Nicole is a second year Personal Fitness Training student from Sherwood Park.

Brock McMillan  
Basketball



Brock was a force for the Oaks men's basketball team leading the team to two road victories over the GPRC Wolves this past weekend. Brock had 15 points, six rebounds and five assists Friday in the team's 94-76 win and followed that up with another strong performance Saturday in the Oaks' 94-85 victory. "Brock is our leader and our anchor. This past weekend it really showed why Brock is one of the best players in the league," said head coach Ben Julius. "He does everything. He's one of those players that you're glad he's on your team." Brock is a fifth year Business student from Calgary.

**ALDO**  
vs  
**EDGAR**

**UFC 156**  
PRESENTED BY ENZO ANGILERI

**FEBRUARY 2**  
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PRESENTED BY  
**N** NEST  
**P.O.W.** PAINBALLING

DOORS OPEN AT 6:30 PM | THIS IS AN 18+ EVENT

### HOME GAME SCHEDULE

MEN'S HOCKEY	
FRI JAN 25 @ 7:00PM	VS

VOLLEYBALL	
FRI JAN 25	
WOMEN'S @ 6:00PM	VS
MEN'S @ 8:00PM	
SUN JAN 27	
WOMEN'S @ 1:00PM	VS
MEN'S @ 3:00PM	

BASKETBALL	
SAT JAN 26	
WOMEN'S @ 6:00PM	VS
MEN'S @ 8:00PM	

## CURLING

# Calling all women curlers!

By **STEPHAN SUTCLIFFE**

@stephansutclif

The women's curling team is putting a call out for three new members. The Oaks have lost a trio who are stepping away from the team to slide, throw and sweep for Team Alberta at the Canadian junior women's championship Feb. 2-10 in Fort McMurray.

Skip Karyn Flory, second Klara Smiley and lead Katie Roskewich are the three Oaks going to the nationals. Flory competed in the Juvenile Nationals in 2012 and placed third.

Richelle Baer will remain with the Oaks to bring the new women into the winning team culture for the Winter Regionals on Feb. 1-3 hosted by Concordia University College of Alberta at the Avonair Curling Club across from NAIT. The women occupy second in the ACAC with a 5-1 record.

If you have experience, the opportunity to curl at a high collegiate level has arrived. If you don't have experience but are interested in trying out, don't hesitate to give curling a try.

Coach Jules Owchar says he will give anyone the opportunity to compete.

"Anyone that can slide in the right direction," he said.

Talking with Owchar on Friday, he says interest has been expressed but some women are unsure. If any final convincing is needed maybe the fact that you get to put on the beautiful blue and gold of the Oaks and represent your school will be the broom to sweep you into the women's curling house.

The curlers practise Monday and Wednesday afternoon 4:30-6 p.m. You won't even miss supper, just your afternoon nap. Stop by the NAIT Athletics office across from the NAITSA office, to get more information.

The men are in first place with a 5-1 record and Owchar says they should qualify for provincials, while the mixed team is 3-2 in third and hanging on to the spot that gives them a berth

in provincial playdowns.

The women's team has played well throughout the season and don't want their effort to go to waste. Currently in second place, the women don't want to lose their shot at provincials. Owchar summed up the feeling of the curlers.

"The question is, can we hang on (to second place) and make the next round?" he said. "If

the women don't play, we're disqualified."

Provincials are in Olds and are made up of the top four teams in the province. A play-in tournament will be held in each region. The North and South Regions will each have three teams competing for one spot, while the Peace Region will have two teams vying for another, leaving host Olds College to round out the four participants.



Karynn Flory



Klara Smiley



Katie Roskewich

# Working off Christmas pounds

By **DAVID HANSON**

"Unleash your inner awesome"

Two weeks off from school and all I seemed to eat was turkey dinner and all you can eat ribs. I was long overdue for some activity, so I went straight to the NAIT gym, but something was wrong. I realized to my horror that the

gym was absolutely packed! People shoulder to shoulder, every station occupied with people waiting in lineups. You couldn't grab a weight without somebody already holding it. "Crap!" I exclaimed.

Luckily, there are alternatives. All around campus are fitness posters for all kinds of dif-

ferent activities; from yoga to boot-camp. Each is led by a trainer, takes only an hour and without waiting in line. I joined the Extreme Fitness Challenge, so I get to sample different workouts each week; some that I've never even heard of.

At first I hesitated because of the commitment and the \$50 fee. However, a friend signed up with me and I learned from NAITSA that if you participate in each event, the \$50 will be returned to you. So what should I do with the reimbursement? Do I save it, buy something or splurge on whatever I feel like eating (beat my personal best rib count? ... ) Each week, I will share my unprofessional opinions and experiences with each event accomplished.

## Zumba

Zumba, which originated in Colombia, has an instructor leading the group through a series of dances. Zumba combines music and dance styles from different parts of the world – including India, Ukraine, South America, and has styles like hip hop and country. Our instructor was a young lady who was a never ending supply of enthusiasm and stamina. I feebly tried to follow her feet but they were a blur. I was beginning to wonder if she was human or a dancing machine (sorry that was lame). I admit I was the least enthusiastic about this event. This is true for most men, as it is more popular with the fairer sex. Personal pride aside, though, Zumba has many benefits. It will

undoubtedly attract dance enthusiasts and those hoping to learn rhythm. You are so focused on following the instructor that you don't realize how tired you are, thus you are being tricked into doing cardio and burning fat. For anybody training in a sport that requires fast and precise foot work, Zumba can greatly improve your co-ordination. And men, there is guaranteed to be a high volume of athletic mamacitas all in one place.

## TRX (Total-body resistance eXercise)

After I stumbled through international dance, the group then got to try TRX. Developed by a former Navy Seal, TRX is a method of suspension training that uses the participant's own body weight as resistance; bad news for me since I weigh close to 200 pounds! The workout uses a two handled Kevlar strap that hooks onto the wall. We moved from one exercise to the next without stopping. It was an incredibly efficient workout. For anyone wanting bigger arms (also called pythons, guns, pipes) I would strongly recommend TRX because it is very good at targeting those. TRX offers a full body workout but I felt that it was better for upper than lower body strengthening. The added benefits of TRX are that it works your abdomen and stabilizing muscles simultaneously, it's good for speed and power and it's easy to scale to make it easier or harder depending on your fitness level.

Week one accomplished! Next I get to try a spin and a yoga class. I still need to figure out what to spend the \$50 on ...



Photo by Taylor Mah

David Hanson tries out TRX



Athlete Profile



Player: Kevin Carthy  
Sport: Hockey  
Position: Forward  
Program: Business Administration

By BRETT MORTON

Coming from the AJHL, why did you decide to attend NAIT? – Being away from home for three years it was an easy decision for me to be closer to family and friends.

Did you have any offers from college teams? – I had offers from Division 3 teams but it wasn't for me so I decided to come home and play for NAIT.

What is your most memorable moment playing in the AJHL? – My first year, in the playoffs, we played Spruce Grove in the first round and gave them a run for their money. We took them to Game 7. It was

one my best playoff series performances personally.

If you weren't playing hockey what would you be doing? – I'm in school pursuing a career in business as a backup plan.

Who was your favourite hockey player growing up? – My favourite player would have to be Peter Forsberg.

What is your pre-game meal? – Pasta and meat sauce.

Favourite video game console and game? – I don't play video games very much but when I do it's PS3 and my favourite game is Chell (NHL 13.)



Photo by Jesse Kushneryk

UNDER CONTROL  
Ooks goaltender Shannon Szabados closes the door on a shot by a Concordia player on Friday, Jan. 18. NAIT won the contest 3-2.

ACAC Standings

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
NAIT	18	16	16	0	1	1	97	25	34		
SAIT	20	13	13	3	0	4	93	45	30		
Augustana	20	13	12	3	0	4	100	57	30		
Portage	20	10	9	8	0	2	81	71	22		
Concordia	19	6	6	10	0	3	63	65	15		
Keyano	20	6	6	12	2	0	57	94	14		
MacEwan	19	6	6	13	0	0	58	82	12		
Briercrest	20	1	0	19	0	0	26	136	2		
RESULTS											
January 18											
NAIT 3, Concordia 2											
MacEwan 2, Portage 1											
Briercrest 2, King's 1 (OT)											
SAIT 5, Augustana 5 (OT)											
January 19											
King's 5, Briercrest 2											
SAIT 3, Augustana 0											
Portage 5, MacEwan 3											
WOMEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
Red Deer	14	11	11	3	0	0	50	20	22		
NAIT	14	10	10	2	1	1	59	35	22		
MacEwan	14	3	3	10	0	1	20	41	7		
SAIT	14	3	2	10	1	0	28	61	7		
RESULTS											
January 17											
Red Deer 3, MacEwan 1											
January 18											
NAIT 2, SAIT 1											
Red Deer 3, MacEwan 0											
January 19											
NAIT 5, SAIT 1											
MEN'S BASKETBALL											
North Division											
Team	Div	GP	Div	InterDiv	W	L	Pts				
Briercrest	S	12	4	7	11	1	18				
Red Deer	S	12	2	8	10	2	18				
Lethbridge	S	14	3	6	9	5	15				
Concordia	N	13	5	4	9	4	13				
Keyano	N	13	4	4	8	5	12				
Augustana	N	13	3	4	7	6	11				
Medicine Hat	S	14	3	4	7	7	11				
NAIT	N	14	6	2	8	6	10				
MacEwan	N	13	3	3	6	7	9				
SAIT	S	14	3	3	6	8	9				
Olds College	S	15	2	3	5	10	8				

Lakeland	N	13	3	2	5	8	7
St. Mary's	S	14	3	2	5	9	7
King's	N	13	2	2	4	9	6
Grande Prairie	N	15	0	1	1	14	2
<i>Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.</i>							
<b>RESULTS</b>							
<b>January 18</b>							
<b>NAIT 94, Grande Prairie 76</b>							
Briercrest 101, Olds 76							
MacEwan 60, Concordia 56							
Keyano 78, King's 76							
Lethbridge 96, Medicine Hat 74							
SAIT 85, St. Mary's 71							
Augustana 86, Lakeland 84							
<b>January 19</b>							
<b>NAIT 94, Grande Prairie 85</b>							
Briercrest 91, Olds 72							
Keyano 90, King's 77							
Concordia 65, MacEwan 55							
Lakeland 86, Augustana 72							
Lethbridge 103, Medicine Hat 96 (OT)							
St. Mary's 88, SAIT 72							
<b>WOMEN'S BASKETBALL</b>							
<b>North Division</b>							
<b>Team</b>	<b>Div</b>	<b>GP</b>	<b>Div</b>	<b>InterDiv</b>	<b>W</b>	<b>L</b>	<b>Pts</b>
Augustana	N	13	6	7	13	0	20
King's	N	13	6	7	13	0	20
<b>NAIT</b>	<b>N</b>	<b>14</b>	<b>5</b>	<b>5</b>	<b>10</b>	<b>4</b>	<b>15</b>
MacEwan	N	13	2	6	8	5	14
SAIT	S	14	4	5	9	5	14
Lakeland	N	13	1	6	7	6	13
Olds	S	15	7	3	10	5	13
Concordia	N	13	3	4	7	6	11
Medicine Hat	S	14	5	3	8	6	11
Grande Prairie	N	15	3	4	7	8	11
Keyano	N	13	0	4	4	9	8
Red Deer	S	12	2	0	2	10	2
Briercrest	S	12	2	0	2	10	2
St. Mary's	S	14	0	1	1	13	2
Lethbridge	S	14	0	0	0	14	0
<b>RESULTS</b>							
<b>January 18</b>							
<b>NAIT 85, Grande Prairie 56</b>							
Olds 76, Briercrest 38							
Concordia 61, MacEwan 52							
King's 75, Keyano 40							
Medicine Hat 72, Lethbridge 51							

SAIT 74, St. Mary's 30							
Augustana 77, Lakeland 54							
January 19							
NAIT 78, Grande Prairie 63							
Olds 107, Briercrest 63							
King's 73, Keyano 57							
Concordia 71, MacEwan 70 (OT)							
Augustana 77, Lakeland 53							
Medicine Hat 82, Lethbridge 65							
SAIT 68, St. Mary's 35							
MEN'S VOLLEYBALL							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	14	14	0	42	14	28
S	Briercrest	14	13	1	40	15	26
S	SAIT	14	12	2	39	10	24
S	Medicine Hat	14	12	2	38	21	24
N	Keyano	12	10	2	32	10	20
S	Lethbridge	14	7	7	28	25	14
N	King's	14	7	7	31	34	14
N	MacEwan	14	6	8	24	27	12
S	Augustana	14	4	10	22	31	8
N	Lakeland	14	4	10	19	33	8
N	Grande Prairie	14	3	11	16	36	6
N	NAIT	12	2	10	13	31	4
S	Olds	14	1	13	13	41	2
N	Concordia	14	1	13	11	41	2
RESULTS							
January 17							
MacEwan 3, King's 1							
(20-25, 25-21, 25-23, 25-23)							
January 19							
MacEwan 3, King's 1							
(25-27, 25-14, 25-12, 25-18)							
Lethbridge 3, Medicine Hat 1							
(23-25, 25-22, 25-23, 25-22)							
Red Deer 3, SAIT 1							
(15-25, 25-19, 25-20, 25-20)							
Augustana 3, Lakeland 0							
(27-25, 26-24, 25-21)							
Grande Prairie 3, Concordia 0							
(25-18, 25-17, 25-21)							
Briercrest 3, Olds 1							
(25-22, 25-17, 17-25, 25-19)							
January 18							
Grande Prairie 3, Concordia 2							
(25-21, 25-12, 22-25, 18-25, 15-11)							
Augustana 3, Lakeland 1							
(18-25, 25-17, 25-20, 25-19)							
Medicine Hat 3, Lethbridge 2							

**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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# ENTERTAINMENT

## Weathering a case of the flu



**MEAGHAN WILLIS**  
Assistant Entertainment Editor

It's Sunday night and I'm pretty sure everyone in Edmonton is watching the hockey game, having a jolly old time. Not me, instead of downing that extra spicy caesar I so crave, I'll be chugging Buckley's. It's flu season and that SOB finally caught up to me. It's not like I have a hectic life that needs my undivided attention or anything, no way, I love being sick.

Did you ever notice you always begin feeling under the weather at the absolute worst possible time? The cold/flu season has no sympathy for anyone, especially not me. I have a full time program, weekly show, Nugget duties and a part time job ... and now I can barely get out of bed.

Is there something I could have done to prevent this, I wonder?

This year flu and cold season is making headlines across the country. Whether you're in bed with a cold or flu it's no joke. Some health care professionals are saying last year's flu season was extremely mild compared to this year's winter sickness, with some cities worse than others. Health care workers recommend if you haven't been vaccinated with the flu shot, then do so, try to keep your distance from people coughing and sneezing and of course wash your hands.

There are other precautions you can take to

protect yourself as well. Try avoiding public places like the mall and movie theaters and make sure you dress properly in cold weather. Now that I think of it, I might have brought this on myself by hot tubbing with my girlfriends for six hours this Friday in -20 weather and then going to see "Mama" at the movie theatre on Saturday. Oh well, YOLO right?

It's said that once you have the flu virus that you will typically be in bed for 3-4 days. I stocked up on the essentials to get myself on the road to recovery--cough syrup, orange juice and chicken noodle soup. But I think the number one thing to do is get some rest.

After making a Facebook status asking someone to bring me some chicken noodle soup and a call to my mom, I realized I was in this alone. So I got up and braved this horrendous -30 weather to get myself some more supplies. While at Safeway I coughed and cried on about 6 people, but still no sympathy for me. Finally the woman at the check-out had some kind words for me.

"Are you sick dear," she said, to which I enthusiastically responded, "Yes, I am. And I'm writing an article all about it." She grimaced and said, "Oh my, that's going to be an angry article."

Hopefully this article isn't so much angry as it is bitter, because that was what I was aiming for. Bitter for the fact that I missed school on Friday and will probably miss school tomorrow (I hate missing school, weird I know). There is so much you miss out on when you're not well, but I have learned over time that you simply need to sit back and just be sick for a couple days before you can start doing anything again. Of course there might be some things to speed you up on your road to recovery.

While trapped in my bed tonight while my friends are all out celebrating the return of hockey I decided to research some home remedies for the



**Warm, soothing chicken soup**

cold/flu season. Some were typical treatments, while others were a bit surprising.

First off we had your classic chicken noodle soup (which I am currently eating by the ladle-full!), then of course you are recommended to drink plenty of fluids such as water, juice and tea and lastly stay in bed and rest as much as possible. Which is why as soon as I'm done writing this article I plan on giving myself a drug induced coma by taking cough syrup and melatonin. Maybe when I wake up I will feel right as rain! (Fingers crossed)

Besides the usual home remedies I did come across one strange medicine that I might as well give a try for the purpose of research and this article.

Apparently dark chocolate eases a cough because it contains Theobromine, which acts as a natural cough suppressant. Well if I must eat chocolate for research sake, then that's what I'll do. Although there is no way I'm leaving my house again and the only chocolate I have is a box After Eight's left over from Christmas... But anything that might help right?

So now in total I've eaten a bowl of chicken noodle soup, half a box of old chocolates, and I've drank a litre of water and orange juice. Do I feel any better? No, worse, actually, and I don't think I've ever been so tired. I think it's time for this girl to have some cough syrup, hit the sack and hope for the best in the morning.

### THROWING IT BACK

## Seinfeld Show – one of TV's best



**Kramer, George, Elaine and Jerry**

**By STEPHAN SUTCLIFFE**

This week I'm throwing it back to my friends Jerry, Kramer, George and Elaine. Along with all of Kramer's friends like Bob Sakamano, "Slippery Pete" and the infamous Newman. If I've lost you and you have no idea where I'm going with this, remove yourself from the rock'afeller Center you live under and take a trip back to the '90s.

It was before anyone watched anything on the Internet except the Netscape loading window. Huge TVs that make our flat screens look like a painting took over living rooms and families happily gathered around the silver screen to catch on the latest drama, laughs and cries.

It was the greatest era in TV and the situational comedy king ruled the 'Kenny Rogers' roost. I am of course talking about *Seinfeld*, the brain child of comedian Jerry Seinfeld and Larry David. Once they washed the stink of cigarettes and cheap whiskey off in the first few episodes, the show was a hit.

Jerry, playing a satirical version of himself, his neighbour Kramer (Michael Richards), boyhood friend George (Jason Alexander), and ex-girlfriend Elaine (Julia Louis-Dreyfus) made up the perfect, situational comedy team. The charac-

ters said and did everything I want to say but can't for fear of social repercussions, their personalities molding me as I grew up.

Coming home from school, I watched reruns on TBS and as I grew up I began to understand more of the jokes. I related to the situations of this situational comedy. I became friends with the *Seinfeld* gang and made it a habit to catch at least one episode a day, they never got old. People still tune in to *Seinfeld* more than 10 years after its last new episode aired, and using a line from the show will let you know the reach the show still has.

Larry David stepped out from the *Seinfeld* shadow and created a show of his own, *Curb Your Enthusiasm*, which recently featured a *Seinfeld* reunion the only way *Seinfeld* could. There was no big ad campaign, Jerry and Larry, like *Seinfeld*, found a way to change the reunion show game.

*Seinfeld* resonates with people who never lived in New York, never lived across from a horse-faced doofus and maybe you have a friend that can't keep a job. It may never tug at the heart strings, but *Seinfeld* is a vacation from our normal TV lives. Close your lap top, sign off your Netflix and find an episode.



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By LUCAS ANDERS

The NHL season is finally upon us and there is no better way to get fired up than listening to music as your favourite team hits the ice. Here are a few tracks to get you in the mood for the return of the hockey season and represent some of those residuals left behind from long labour negotiations. It has been an agonizing wait for this season to get underway and hopefully these tracks ease the pain a little. Some represent our feelings as fans or are just a good old hockey songs. They certainly represent some of the sentiments

of hockey fans across the board. Sit back, enjoy and cheer on your favourite team!

1. Imagine Dragons – It's Time
2. Offspring  
– Secret From The Underground
3. Blur – Song 2
4. Sam Roberts – Hard Road
5. Jimmy Eat World – Sweetness
6. Fat Boy Slim  
– Right Here, Right Now
7. Green Day – Know Your Enemy
8. Sum 41  
– Baby You Don't Wanna Know



theskitchannel.com

## Imagine Dragons

9. Van Halen – Panama
10. Ramones – Blitzkrieg Bop
11. The Japandroids  
– The House That Heaven Built
12. Flight of the Concord  
– Hurt Feelings
13. One Republic  
– It's Too Late To Apologize

## VIRAL VIDEO

# Mysterious guitar man strikes again

By KODY DAVIDSON

I think it's about time we talked about Mystery Guitar Man. He's a Brazilian guitar player who moved to America a few years back and now Joe Penna is one of YouTube's biggest stars. This talented guy is making tons of videos. Creative short music videos. Done in video stop motion (mostly)!!! Covering a few songs just like his first video of 2013, Bananaphone Stitch.

This is a fun little video with a catchy new take on the classic Bananaphone song. Heavy on visual effects, this video has you follow

Joe as he walks through many different scenes, matching every step as he goes from one to the other. It's simple, fun and has the style Joe has developed over the years. Just like all his other videos, he performs the song himself, from the guitar to the singing. It's just a feel good video. After watching it, Bananaphone will be stuck in your head for sure! I don't know how else to describe it, the video just feels fun. It's not perfect, but as Joe explains in the Behind the Scenes "it's hard to make a video every week."

This is why I would like to suggest his channel as whole. This video is fun

and light hearted but not his best work. The channel has so many videos that you just need to spend some time and watch them. It is amazing the things he has done. The only reason I picked this video as opposed to another one of his, is because this is his first real video for 2013. It's a fun start but it's just a tease of what's to come from this mysterious guitar man.

You can watch Bananaphone Stitch here: <http://www.youtube.com/watch?v=p6ZMq5avN0Y>

You can watch Behind the Scenes here: <http://www.youtube.com/watch?v=id=p6ZMq5avN0Y&v=RFrGxqHkySc>



# Live

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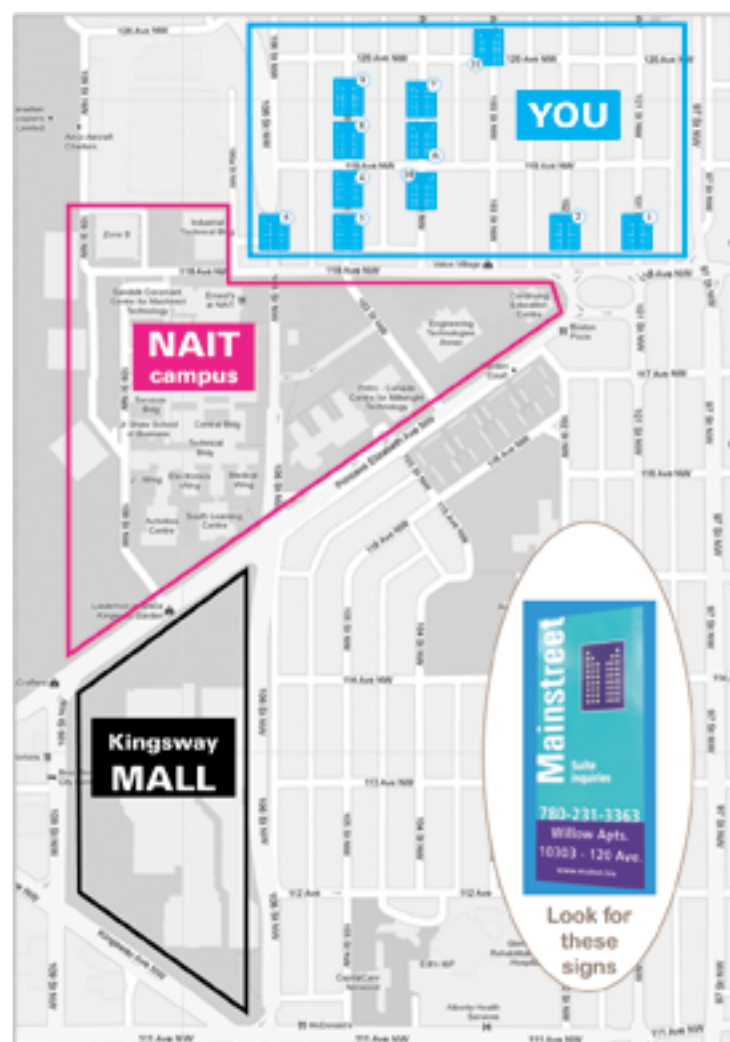
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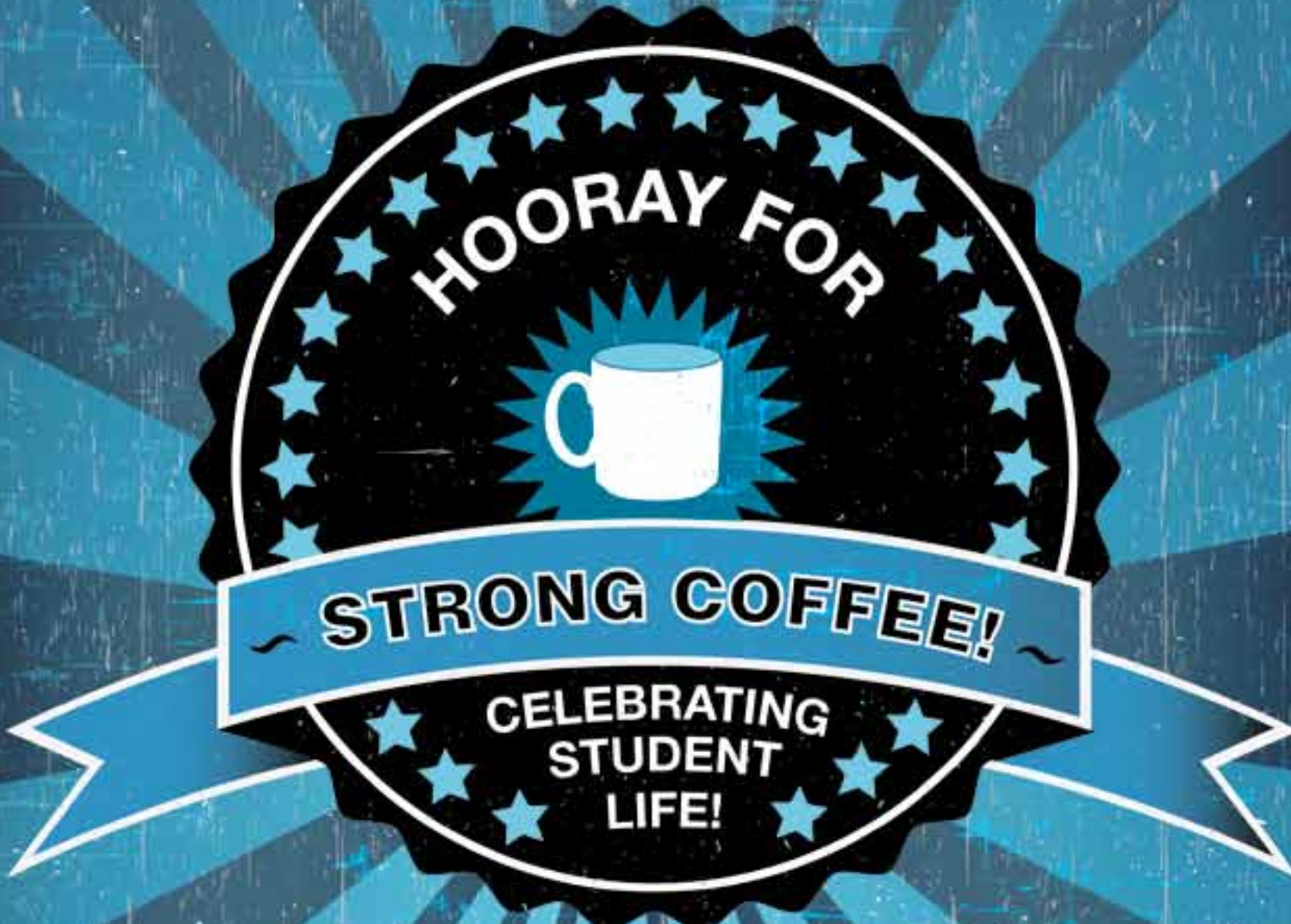
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# Nominations open

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

*Govind Pillai - Former Senator & NAITSA President*

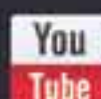
## Become an **EXECUTIVE COUNCIL MEMBER FOR 2013/14**

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 **STUDENT  
ELECTIONS**

your voice, your vote





# A twist on learning our ABCs

By SPENCER TIMANSON

On a typical Friday night you can expect most people to go home after school or work, or both, and spend no more than an hour on getting ready to go out with their friends, leaving plenty of time to plan and enjoy some pre-party activities. But this past Friday night people attending NAITSA's ABC (Anything But Clothes) party at the Nest had to start planning and creating their outfits a week in advance or be stuck wearing a garbage bag poncho.

For those who don't quite understand the theme, an Anything But Clothes party just means that party goers are not supposed to wear traditional clothes, but instead think of other creative alternatives to wear to the party. Something that I noticed is that pretty much anything goes as long as it's not full on nudity (the private parts must be covered).

NAITSA Vice President Jonathan Bilodeau's outfit for the party took him over seven hours to put together, and all that work had paid off having one of the most creative costumes at the party. His was a whole deck of playing cards stapled together into a suit, it may have been restrictive but it made up for it in style.

Other outfits may not have been as time consuming but were equally cool, like the shredded paper suit. When the wearer danced, all the paper over his body danced with him, which made for a very cool effect. It may have seemed like a last minute idea but it still worked very well. This entire party was a very

good display of the creativity of NAIT students, from the three shower buddies, two guys in towels and sandals and one as the shower with the curtain around his waist, to the girl with the cupcake wrappers all over her body. Even simple costumes such as garbage bags, and brightly coloured tape.

They made entire garbage bag tuxedo with ties made out of bright neon tape and it looked very good. Everyone at the party seemed to be enjoying themselves and the chance to meet other students outside of their own programs, which was a good thing for the two boys in the garbage bag tuxedos who are from Grande Prairie Alberta and didn't know many other people around town.

This party was a great opportunity for them and others to branch out and make new friends, which is what a party like this is all about. Another purpose of this party was to raise funds for the many campus clubs. Each club was given a number of tickets to sell for this party at \$5 each with a total of 200 tickets sold. That is a good chunk of cash for the campus clubs, and on top of that, whichever club brought out the most guests won an extra \$1,000 for their club, which is a great cause.

So a big thank you goes out to the organizers of this event for putting on a great party with an awesome vibe and some great music, as well as a thank you to The Nest for hosting the event. Here's hoping that NAITSA puts on a few more parties like this one.



Supplied photo

NAITSA VP Jonathan Bilodeau, wearing his playing card costume, poses with two other partygoers at the Anything But Clothes event at the Nest.

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BOARD GAME REVIEW

# Eclipse an awesome game

By ALLISON KARCH

“I got a new game. It’s called Eclipse,” said my friend Jill, just after Christmas.  
“It’s only rated 8.5 on Board Game Geek, but it won Ludoteca Ideale last year.”

If that last sentence drives you to Google, you’re probably normal. It’s a dead giveaway that my friend and I are seriously, nerdily into board games. FYI: Board Game Geek is a website about board games (duh) and Ludoteca Ideale is a board game award.

A few of our favourite games are past winners, so I expected greatness or at least really-goodness. Jill warned me that it would probably be a long first game, so we set a date with another equally game-nerdy friend.

The day soon came and my first look at Eclipse made me giddy. The huge six-pound box features beautiful artwork that perfectly captures the space exploration and battle theme.

A quick look at the contents showed that art echoed throughout many of the numerous components, primarily in the player boards. You have the option to play as humans, who all have the same basic starting setup, or as different aliens, each of which has their own special powers and drawbacks.

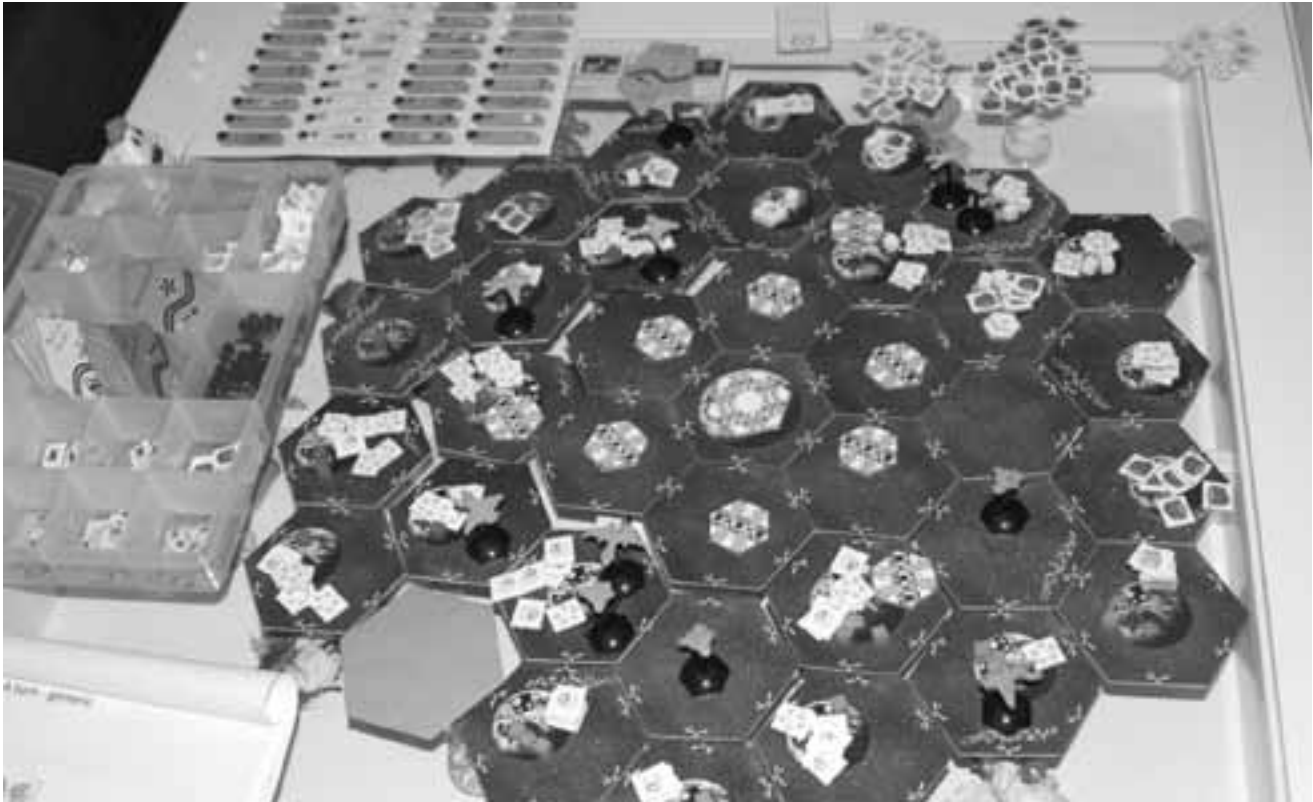
Armed with cheap beer and plenty of snacks, we cracked open the 30-page rulebook and got to work setting up the components. Set up is slightly fiddly but not bad once you know what you’re doing (and as long as you put away all the components neatly at the end of your last game).

We soon discovered that we had barely enough room on Jill’s sizeable coffee table. There is a communal resource supply board, each player has their own player resource board and the actual gameplay area is built tile by tile throughout the game.

For three players, that meant over 12 square feet of play area. We moved our beer and snacks to side tables and waded in.

Every few minutes we had to consult the rule book. I know that sounds excessive but the game has so many different things that can happen on each turn that we were continually running into something new. So, we erred on the side of caution and looked up everything. If you’re going to learn something, we thought, you may as well learn it correctly.

The game is played in nine rounds, and as I’ve said, there is a lot to do. Each player chooses an action, such as to explore a new area of space, to research new technology or to upgrade or move her ships. She can keep choosing actions as long as she can afford to, which is determined by a mechanism that is intuitive and makes



boardgamegeek.com

perfect sense but is a bit too convoluted to explain.  
Once everyone has taken as many actions as they can (or want to), the combat phase occurs. If any ship is on a space tile (or hex) with another ship, they must fight.  
Again, the fights are not quick to explain, but they are fantastically satisfying abstractions once you understand them. I can say that dice are involved, but not in Warhammer numbers.  
Our first game took six hours, from opening the box to the end of the ninth and final round. I know that sounds outrageous, but at no point did I ever want to give up – the game kept my interest the whole time.  
The strongest testament to Eclipse’s awesomeness is that all three of us couldn’t wait to play again. I even considered playing a solitaire game against myself, since we couldn’t get together again right away.  
Over Christmas, we played two more times. Each of those games was significantly shorter since we knew how to play and my

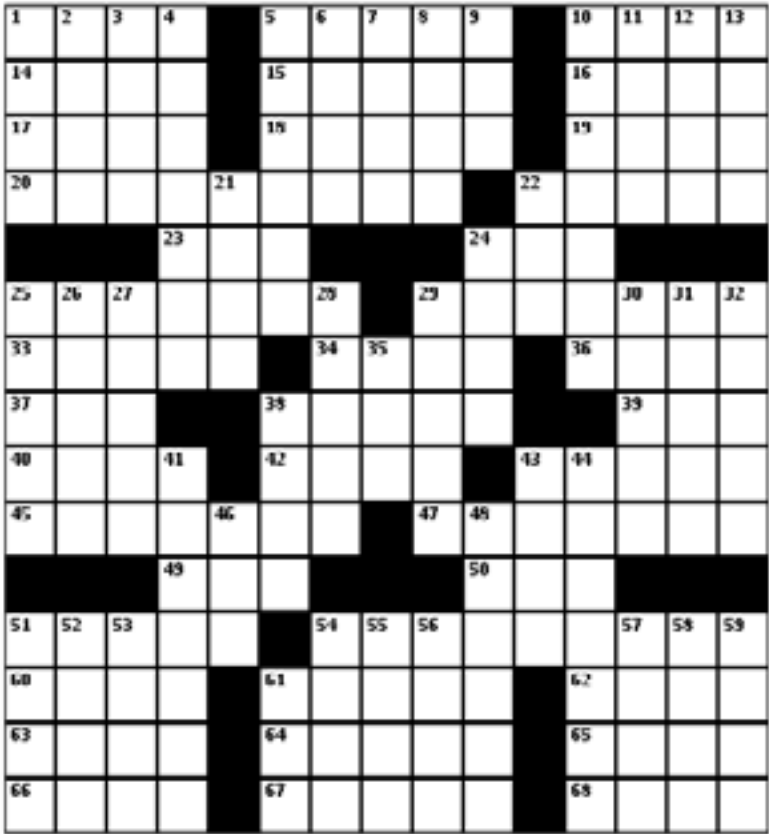
enjoyment of the game only went up with each successive play.  
But, nothing in life is perfect – I do have a few minor complaints.  
The biggest one is that, if you approach the game the wrong way at the beginning, it can be nearly impossible to recover. That could mean not really understanding how to best use your alien’s special abilities or it could just mean being overambitious in the beginning and spreading yourself too thin, which is a real detriment later on.  
Another downside: cheap looking and feeling plastic ships. But in a game with thousands of pieces, to expect solid die-cast metal ships would make the game impractically expensive.  
Overall, this is an engaging, well-balanced game that seamlessly melds Euro-style and American-style aspects but I would recommend it only for dedicated board gamers who’ve already been exposed to games of a similar depth. The numerous components, large number of variables and significant learning curve make it a bad choice for those whose favourite game is Monopoly.

## CROSSWORD

- Across**

  - 1- Unruly crowds
  - 5- Biblical spy
  - 10- Ali \_\_\_\_\_ & the 40 thieves
  - 14- Drug-yielding plant
  - 15- Old French expression meaning “goodbye”
  - 16- \_\_\_\_\_ saw Elba
  - 17- Cosecant’s reciprocal
  - 18- Staggers
  - 19- Dweeb
  - 20- Harmony
  - 22- Inclines
  - 23- Narrow inlet
  - 24- No. cruncher
  - 25- Regal
  - 29- Hardy horse
  - 33- Cathode’s contrary
  - 34- Partly open
  - 36- Quasimodo’s creator
  - 37- \_\_\_\_\_ the season...
  - 38- Flat surface
  - 39- Thor Heyerdahl craft
  - 40- Take \_\_\_\_\_ from me
  - 42- Trompe l’\_\_\_\_\_
  - 43- Killed
  - 45- Christens anew
  - 47- Christmas item
- Down**

  - 1- Not fem.
  - 2- Potpourri
  - 3- Beethoven’s birthplace
  - 4- Goes ballistic
  - 5- Worldly
  - 6- Summer coolers
  - 7- In \_\_\_\_\_ of
  - 8- Long fish
  - 9- Clear tables
  - 10- Below
  - 11- Tract
  - 12- Capital on the Aare
  - 13- Helps
- 21- Mozart’s “\_\_\_\_\_ kleine Nachtmusik”
  - 22- CD forerunners
  - 24- Remedy
  - 25- Emirate on the Persian Gulf
  - 26- Join forces
  - 27- Red fluorescent dye
  - 28- Some locks
  - 29- Virile
  - 30- Otic
  - 31- Marsh of mystery
  - 32- Departing
  - 35- \_\_\_\_\_ alai
  - 38- Composition in verse
  - 41- Associate
  - 43- Hill toy
  - 44- Correspondences
  - 46- Floor covering where the cat sat!
  - 48- System of social perfection
  - 51- Lens holders
  - 52- French friend
  - 53- Must’ve been something \_\_\_\_\_
  - 54- Envelope part
  - 55- Crescent-shaped figure
  - 56- Neighbor of Saudi Arabia
  - 57- Rapper born Tracy Marrow
  - 58- Lady of Spain



59- North Carolina university  
61- \_\_\_\_\_-pitch softball  
*Puzzles provided by BestCross-words.com (http://www.bestcross-words.com). Used with permission.*

**SOLUTION**  
**Page 22**

# Bootleg Glory lights up Nest

By JACQUELINE PAWLYNA

Have you ever heard of the band Bootleg Glory? If not, I recommend reading this and downloading some of their music! The show on Monday Jan. 21 was free at the Nest and it started right after class.

You are sure to fall in love with this band as soon as you hear their flawless combination of rock, punk and blues. The lead singer has amazingly raspy vocals. This unique vocal performance is often accompanied by fast paced instrumentals.

Bootleg Glory's well-written verses and catchy choruses keep you on your feet and leave you wanting more. The band combines old and new by mixing modern rock with a '70s feel. Comparisons to Kings of Leon and to The White Stripes instantly come to mind upon tuning into their four-song EP. Their recordings will blow you away with memorable songs such as "Pillowcase Blues." Upon first listening to this up and coming band, you can't help but want to sing and dance along.

I recommend checking out Bootleg Glory's Facebook or Twitter page for some interesting updates about their cross Canada tour. You will find postings of interesting Instagram pictures of their tour venues and merchandise. They have also been documenting the comedic trials and tribulations with the van they are touring in. Hopefully, with a little bit of support from their new fans at NAIT they will be able to buy a van that breaks down less often. Recently the band released a music video for their captivating song "Tease." I suggest checking it out on YouTube. The video of them performing gives you great insight into the liveliness of their shows. Surely,



Photo by Charissa Kennedy

**Matt Meraw, Ryan Thomas and Nick Greaves of Bootleg Glory perform at the Nest.**

the Nest resembled this exhilarating scene!

Bootleg Glory's show was a high-energy event. This versatile band has something for

everybody, regardless of what genre of music you love. Check them out on iTunes or Soundcloud. Bootleg Glory has played two shows

in Edmonton. NAIT hopefully proved to be the band that we can party harder than Calgary, that being their last stop.

# Muse coming to Edmonton

By SCOTT PEDRICK

Muse are coming back to Edmonton this February and, by all accounts, they're going to top the spectacle of their last Rexall performance.

The English rockers can count themselves as one of the rare bands that continues to push their own boundaries. That tenacious attitude is particularly evident on their most recent record. However, many new Muse fans may not realize that *The 2nd Law* is actually Muse's sixth album. In fact, this is a band that spent almost an entire decade privately ruling the arena scene across the pond in Europe, before coming stateside and redefining the terms behind "arena rock."

At any given Muse show, you can expect to hear the hits you know and love, such as their guitar hero classic "Knights of Cydonia," or the mega hit from the summer of 2009 "Uprising." You'll hear "Madness" and "Supermassive Black Hole," too. But there is a collection of songs from their early works that deserve your attention arguably more than their current slate. I'm here to tell you why.

When Muse broke big in the United Kingdom in 1999, they were filling a massive void left by the absence of a new Radiohead album. Their debut album, *Showbiz*, had just enough of the melancholy that sold Radiohead records by the millions but it also packed this insane rock bravado, Queen via Metallica in ways, that connected with arena fans. Expect to hear album

opener "Sunburn" this tour. The band have dusted it off and it's a stunner.

By the time their second record, *Origins of Symmetry* came out in 2001, Muse were being hailed "Best Live Act in the World Today" by *NME* magazine (a title they've since claimed more than once). Some of Muse's most popular live tracks are found on these albums. You'll never see a show without "New Born" or "Plug In Baby." Both of these songs have two of the most complex, enthralling and mind-blowing guitar riffs in popular music today anchoring them. They're a treat to behold.

Muse's third record, *Absolution*, is, in the opinion of this writer, their best. It houses "Hysteria," a song with a bass line so intense and unrelenting, it's worth wondering if Flea himself could play it with ease. "Time Is Running Out" is also popular.

It had some stateside attention when the album was out but the band never quite caught on until ... "Starlight," off the bestselling *Black Holes and Revelations*. One of their first North American hits, this song just lifts you up. It's a modern classic. While closing the tour cycle for this album, Muse played the opening of the newly renovated Wembley Stadium in 2007 to a crowd of 180,000 people (that show is documented on the amazing "HAARP" DVD, well worth watching!) No matter the venue, Muse plays the same set with the same energy and tenacity. It's amazing to think that a show capable of capturing over a 100,000 people will



poptower.com

**Muse**

be condensed into Rexall in a few short weeks.

If you don't have tickets to the show, get some. It's hard to believe this band has been around for over a decade. In many ways they seem so fresh to North America but they're already legends in so many ways.

Delve into their back catalogue. Maybe

you're a long-time fan who needs to rediscover what's made these guys superstars or maybe you're a new fan who doesn't know what's waiting for you on those early records. Either way, Muse are a true arena rock band in the best way and the show at Rexall is going to be something to talk about.



THE NUGGET PRESENTS:

## NUGGET COMICS



Comic by Rory Fidler

## Montreal comic making it big

By MILOS KOVACEVIC  
The Concordian  
(Concordia University)

MONTREAL (CUP) — For comedian and Concordia University graduate Andrew Searles it all started with a challenge. One night, a friend dared him to open for comics Joey Elias and Ryan Wilner at a John Abbott College comedy show. At the time, he thought it would be a fun experience, nothing more.

Now it's 10 years later and he's one of Montreal's most dynamic comedians, entertaining crowds from coast to coast.

For Searles, comedy allows him to be him-

self, only more so.

"I'm on stage, cracking jokes, hitting on girls in the front row, shooting down the jock who's being a douche bag."

And at the end of it all?

"After you do an amazing show, and you get off-stage, they say it's better than any drug you could ever take in life. The rush you get ... nothing beats it."

Searles has worked hard to achieve the success he experiences today. For years he would analyze videotapes of his shows, studying everything he could, even the way his audience reacted to his body language. All his hard work has made

comedy a seamless extension of his personality.

"People say we make it easy. People say comedy's a quick thing, but it takes years to become seasoned."

So what makes a professional comedian? Many things, according to Searles. Improvisation, knowledge of crowd psychology and brazen confidence are all key to the process.

"You have to be 110 per cent confident you're ready for what they're going to say next. I have to show that I'm ready to handle anything that's being thrown at me."

His upcoming projects are as numerous as they are different. In February, as part of Black History

Month, he will be participating in the second annual run of *The Underground Comedy Railroad*, a showcase of black Canadian comedic talent.

Screen wise, he'll be featured in a soon-to-be-released web series, as well as having some face time in a new Roland Emmerich (*Independence Day*) film alongside some big Hollywood names.

With such ambitions, where does he see himself in the future?

"I'd like to live in Los Angeles, juggling the comedy and acting careers. And Jessica Alba. Maybe live in a jet at some point and fly around."

THE NUGGET PRESENTS:

## Dr.CONwisDOM

Dear Dr. CONwisDOM,

My elicited illegal alien lesbian mail order bride and I have experienced our first problems in bed. We used a whole Tuba Lube and now she is very sick and refuses to go anywhere near me. Help?

Sincerely,  
Not a real musician

Dear Not a real musician,

Concerning your elicited illegal alien lesbian mail order bride's sickness, I'm going to take a stab in the dark and say she's probably sick because you were using a lubricant called Tuba Lube. I can only assume that Tuba Lube is some sort of lubricant to keep your tuba in good working order. (Hint: "tuba" is not slang for any reproductive organ) There is a very small piece of writing on all sorts of products like this that include some sort of warning or direction on how to use it properly. Next time I suggest you read this before using the whole bottle. I would love to give your partner a prescription to stop whatever the sickness may

be, but I doubt you would read the instructions and in turn probably cause more damage. In the meantime, I would like to suggest staying away from all music stores while experimenting with sex. You may also want to stay away from all Jiffy Lubes and Lube Xs and Lube Cities. They're not what you think they are.

•••

Dear Dr. CONwisDOM,

A friend of my son's has just started writing an advice column for the school newspaper and I'm afraid it's not getting him the recognition he thought it would. He writes all about sex, which you think would get the ladies "ready to go" if you know what I mean. Is there any advice you could give me so I could help my son's friend out. He's lonely.

Sincerely,  
Not Dr. CONwisDOM's mother

Dear Not Dr. CONwisDOM's mother,  
This topic hits fairly close to home with me. I also have a friend who writes an

advice column for the school paper. He does find it a bit hard when his mother writes in to the column pretending to be someone other than his mother. She asks silly questions and tries to get advice from her son, for her son. It's a completely backwards way of doing things and my friend is actually thinking about moving out of his mother's basement. She has a lot of cats and cooks meat loaf non-stop. He doesn't even like meat loaf! She just spends so much time with her damn cats that she doesn't even know that her son is a vegetarian. Anyway, I'm rambling now and have forgotten the question. Hope this helps.

P.S. Mom, I know this is you ...

Dear Dr. CONwisDOM,

•••

I have a hard time lasting in bed. My reputation has even supplied me with a nickname. Do you have any tips to help a guy last longer in bed?

Sincerely,  
Ten-second Ted

Dear Ten-second Ted,

I love the nickname! I've never had a nickname before, which makes me super jealous. As for lasting longer in bed, I don't think there's a real problem here. You're doing everything right. The way I see it, time is relative. So what feels to you like 10 seconds, is actually hours and hours of pleasure. You're just so good at sex that it speeds up time in your head. So keep doing what you're doing, because we all know that sex is a race and whoever finishes first wins. And if she doesn't think so, let her tell it to your back as you roll over for your well-deserved night's rest.

•••

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!

# Managing panic attacks



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

If you have ever had a panic attack you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, feeling light-headed, feeling unable to catch your breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. The

good news is that panic attacks are manageable. Here are some tips:

- Focus on breathing slowly and deeply. Breathe in through your nose to the count of five, hold your breath and then exhale through your mouth for at least five counts. As you breathe focus completely on your breath coming in and going out of your body. Try to draw your breath deep into your body. Do this at least five times. It can also be helpful to carry a balloon or paper bag with you. Focusing on blowing up a balloon or bag can prevent full-blown attacks.
- Keep something with you that will immediately help you become grounded. Carry a pebble or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.
- Move your body. During a panic attack a lot of adrenalin is released. Shaking your hands and arms can provide immediate relief. A regular exercise routine helps

reduce overall stress and anxiety.

- Never avoid situations out of fear of having a panic attack. Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.
- Have a plan. You shouldn't expect to have a panic attack, however it is calming to have a plan of what you would do if you did have one. For example being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation, or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted friends or classmates aware that you experience panic attacks can also be calming.
- Have supportive statements you can substitute for anxiety-producing thoughts. When anxious feelings start up it is helpful to have a statement ready such as "My thoughts are not

helpful right now. Instead I am going to focus on something supportive and healthy such as my cat playing with his ball." or "It is normal to feel anxious in this situation. When this is over I will be glad that I did it."

- Maintain as regular a routine as possible. Regular times and habits for going to bed and getting up, eating, exercising and other activities in your life can decrease overall stress.
- Read and talk about panic. From *Panic to Power* by Lucinda Bassett and *Overcoming Anxiety* by Reneau Z. Peurifoy are two good resources. There is plenty of information online as well.
- Seek help. See a counsellor to discuss other options to deal with stress and panic. Counsellors are available at Student Counselling, W111-PB, HP Centre (Main Campus), at Souch Campus on Wednesdays and at Patricia Campus on Thursday afternoons. Appointments can be booked in person or by calling 780-378-6133.

# Russ Dawson has come home

**By CHRIS FIGLIUZZI**

After spending some time living in Toronto working in the music scene as a sound tech, roadie and even a hired guitar, Russ Dawson felt it was time for a change and looked back home to Edmonton – a decision that I could not be happier with.

Originally starting out as a solo act, Dawson quickly took to the stage playing a unique and uplifting style of surf-folk that is downright captivating. Over the last three years Dawson has become a mainstay of the local music scene, having played venues ranging from the Pint, and On The Rocks all the way to Avenue Theatre and our very own Open Sky Music

Festival. Dawson eventually joined forces with Morgan Gies (Social Code, SIINES) to create their first album, *My Autumn*, an album full of oddly uplifting songs about loss and love. The most catching part of the album is easily the smooth yet folky vocals provided by Dawson throughout, a true blessing for fans, considering that he never envisioned himself as a front man.

Following the album's release, the band continued to grow in size, adding three new members and moving towards Dawson's goal of being the "Arcade Fire of folk music" with "(a) bunch of people on stage stomping and clapping, having a good time."

Currently the band is in the works to cre-

ate a live album in the next month or so, a feat that has become somewhat of a lost art in the age of auto-tune.

"Everything sounds so produced and perfect nowadays with everyone knowing how to use a computer and pitch fixer," Dawson says.

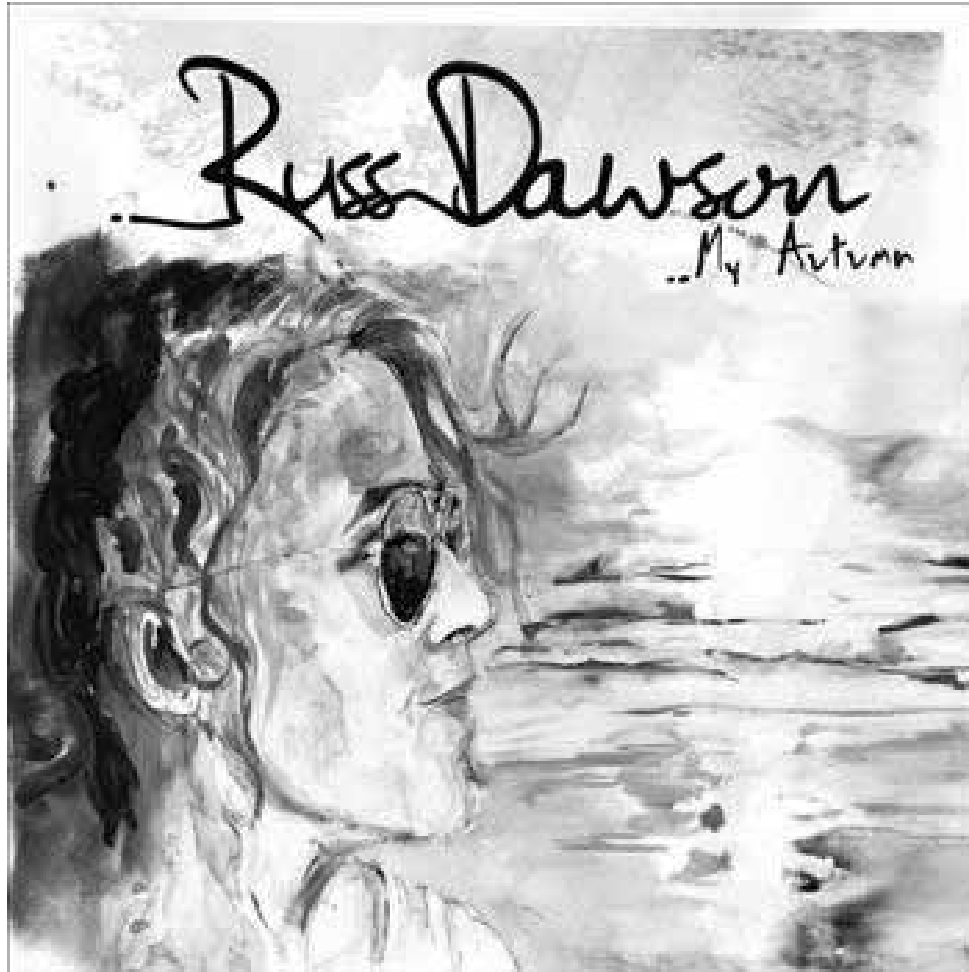
"I want to release something that has mistakes in it and has character and realism to it." After taking in a couple of shows and feeling the passion and energy in the performance and music I, for one, cannot wait for this to be released.

This isn't the only project on the go for this band that has quickly become one of the hard-

est working on the scene. They plan to have a new EP with five or six new songs on it ready to go a couple of months after the release of the live album.

You can find out more about Russ Dawson and his unique blend of folk and surf rock at [www.russdawsonmusic.com](http://www.russdawsonmusic.com) and be sure to check them out on Sunday Jan. 27 at On The Rocks.

If you are in a band or know of a band that you feel deserves exposure in our great city, shoot me an e-mail at [chrisfigliuzzi@gmail.com](mailto:chrisfigliuzzi@gmail.com).



## CROSSWORD SOLUTION

1	M	O	B	S		5	C	A	L	E	B		10	B	A	B	A		
14	A	L	O	E		15	A	D	I	E	U		16	E	R	E	I		
17	S	I	N	E		18	R	E	E	L	S		19	N	E	R	D		
20	C	O	N	S	21	E	N	S	U	S		22	L	E	A	N	S		
			23	R	I	A				24	C	P	A						
25	Q	U	E	E	N	L	28	Y		29	M	U	S	T	30	A	N	G	
33	A	N	O	D	E		34	A	35	J	A	R		36	H	U	G	O	
37	T	I	S			38	P	L	A	N	E			39	R	A	I		
40	A	T	I	41	P		42	O	E	I	L		43	S	44	L	A	I	N
45	R	E	N	A	46	M	E	S		47	Y	48	U	L	E	L	O	G	
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51	R	A	53	I	T	T		54	F	L	O	O	D	T	57	I	D	E	
60	I	M	A	N			61	S	L	U	M	P			62	E	C	O	L
63	M	I	T	E			64	L	A	N	A	I			65	R	E	N	O
66	S	E	E	R			67	O	P	E	N	A			68	S	T	A	N

## MOVIE REVIEW

# Horror movie a bad dream

By DARTANION JOHNSON

@Dartanion

I'm a huge fan of horror movies, so I believe that I have a high tolerance for the genre that's mostly looked down upon. Sadly, *Texas Chainsaw 3D* offers nothing to change people's minds about horror.

The *Texas Chainsaw Massacre* series started in 1974. The movie was deemed "too disturbing" for the average viewer and received very little acclaim at the time. Banned in numerous countries, the film quickly shot to cult status. People were bootlegging and holding secret showings to watch this graphic movie. The hype brought forth three sequels running from the '70s into the '90s. The sequels had little to no continuity other than they all featured Leatherface and his family slaughtering people.

Then 30 years after the original, a remake starring Jessica Biel was released. It took everything that worked with the outdated series and brought a new life to the chainsaw. It's popularity led to a prequel starring Jordana Brewster. The prequel was a huge disappointment, focusing on eye candy and torture instead of the sense of hopelessness and dread. I had hoped that the series would finally throw in the towel but then *Texas Chainsaw 3D* came out.

This is a direct sequel to the original 1974 film. A mob of enraged locals have burned down the Sawyer house and killed every member of the family.

Flash forward to 2012 and Heather Miller has inherited a Texas estate from her grandmother. She and her friends travel to Texas and find out she has a mansion and that Leatherface is still there.



bloody-disgusting.com

## Texas Chainsaw 3D

Creative? No. Exciting? No. Scary? No. This film should have never happened. The writers and director must have thought the fans are stupid.

First of all, the title has excluded the word, "Massacre," really dishonorable in my opinion. Second, there is a scene with a baby being born in the '70s. That baby is Heather Miller.

Did the filmmakers really expect us to believe that someone born in the '70s is only 26 in 2012? That would also place Leatherface well into his '70s. Outside of huge plot holes, the acting fares no better and the 3D offered nothing to enhance this movie. The horror was just rehashes of better movies done before. I would say avoid this movie like the plague but right

now the plague sounds like more fun than watching this horrible movie.

Unfortunately this movie shot up to No. 1 in the box office during its opening week. Those numbers have guaranteed a sequel. The only thing that would save this series is if the next movie tells us that this movie was just a bad dream.

## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Safeguarding your textbooks



When the decision is made to attend a post secondary school there is usually a complete and drastic change in the life of the new student. One of the biggest changes revolves around finances. After tuition is paid and textbooks have been purchased, there is usually very little money left to play with. Most people give up their jobs in order to concentrate on their studies, compounding the shortage of cash and a large number of students rely on grants, bursaries and student loans to make ends meet. By the time a diploma or degree is earned, many people are deeply in debt.

Whether a student is far from home or not, the loss of textbooks can be devastating, both emotionally and financially. Without them, many classes cannot be attended and most textbooks are extremely expensive. Replacing a stolen book could mean that the victim is unable to buy groceries for a week.

Each year, thousands of textbooks are stolen from unwary students across North America. In many large cities the theft of college and university textbooks has become an organized effort by gangs to help finance their activities. The stolen books are returned or resold to bookstores or unsuspecting students, netting the criminals quick and easy cash.

There is, however, several ways for students to protect themselves. They include:

- Always keep your books with you. Never leave them sitting on a desk or table while you go out of the room.
- Carry your books securely on your arm, in your backpack or satchel.
- Use the fasteners provided on your backpack to secure it to your body. Grip satchels tightly or place strap over the opposite shoulder in order to keep anyone from doing a grab and run.
- Never leave your backpack or satchel out of your sight. In a crowded cafeteria it could disappear from under a chair very easily.
- When in the restroom take your books in the stall with you, never leave them sitting on a counter or floor.
- Store your books, when they are not needed, in your locker. The best investment you could make at this point is a high quality lock. Make sure the lock is properly engaged when you leave the locker.
- As soon as you know that you have the right textbook for your course, put your name or some other readily identifiable mark on or in the book. This will aid authorities in recovering the stolen property. This is particularly helpful if the mark is not in an obvious place.
- Report the theft or loss of a textbook IMMEDIATELY after discovery. The quicker the loss is reported, the higher the chance of recovery. Call Protective Services at 780-471-7477. Give a

complete description of the book, including any identifying marks, and the location of where it was lost, as well as any other information you may have. Be sure to leave your name and contact number in case the book is recovered.

- Report the theft or loss to NAIT Bookstore as well. When alerted the staff will be on the lookout for the stolen merchandise with the intent of keeping the book for the rightful owner and, if possible, apprehend the suspect. Dial 780-491-3110 and ask for the Customer Service Supervisor. Give a complete description of the book, including any identifying marks, as well as the location of where it was lost, as well as any other information you may have. Be sure to leave your name and contact number in case the book is recovered.

- If the Customer Service Supervisor is not available, inform the staff member who is handling your call about the loss.

- Monitor the Lost and Found at Protective Services on a regular basis.

The NAIT Bookstore is committed to helping reduce of textbook theft by monitoring textbook refund returns, and textbook buy backs. Because many textbooks are sold privately, or handed down to younger siblings, it is difficult to administer any sort of tracking system. They have, however, several policies that speak to this problem. They include:

- When returning a textbook for a refund, the student MUST produce the original receipt AND a current valid student ID. These transactions are electronically recorded and monitored on an ongoing basis.

- Although a receipt is not needed when a buy back is offered, the person offering the books must produce a current valid student ID and leave his name. These transactions are also electronically recorded and monitored on an ongoing basis.

- All transactions, as well as general store activity, is recorded on a continual basis by a video surveillance system. These images have been successfully used to prosecute suspects.

- When a suspect is caught, Protective Services is contacted and, if necessary, the Edmonton Police Service. All suspects are prosecuted.

- NAIT's Registrars Office is informed of the suspected activity.

- If convicted, penalties could include a criminal record and / or termination from any NAIT sponsored program.

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

Everybody benefits, except the criminal.



THE NUGGET PRESENTS:

## HOROSCOPES



## MADAME O

## January 24-30

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

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

You may feel rushed with something this week. Plan and organize. You'll get everything done in time.

## Pisces (Feb. 19-March 20)

Sometimes things may seem bigger in your mind. Take the time to talk things out and see how things really are.

## Aries (March 21-April 19)

You may find a lot of different opportunities in different aspects in your life this week. Enjoy the great things that

come from the ones you choose.

## Taurus (April 20-May 20)

Something great will come from something unexpected this week.

## Gemini (May 21-June 21)

Try not to get overwhelmed by all the little things going on. Everything will work itself out.

## Cancer (June 22-July 22)

Your chances of success have increased. Now is the time to start working on one of your bigger goals.

## Leo (July 23-Aug. 22)

Something you've been working towards will be coming together this week.

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

Romance may be heading your way this week. Don't shy away.

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

Things may get really busy this week. Don't forget to make time to do all the things on your to do list.

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

You've been working really hard this week. Take time to do something fun and really enjoy yourself.

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

Just let things be if you're unsure about something. The answer that you're looking for may come to you later.

## Capricorn (Dec. 22-Jan. 19)

You may run into something you find challenging this week. Work through it and the results may surprise you.

## Who ya gonna call?

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

**Housing** – Online housing registry at [www.rentingspaces.ca](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.

## VLDR holds its own

## By DEXTER WATTY

I'm an avid fan of hip-hop music and rap in general. I've collected something along the lines of 35 CDs, with the majority of them being purchased in the past five years.

Outkast has always been one of my favourites, and in fact, *Speakerboxxx/The Love Below* was the first CD (double CDs technically) I ever owned. I received it as a gift for my 12th birthday and while mostly I had wanted to be able to listen to Andre "3000" Benjamin sing out the hit tunes "Hey Ya" and "Roses" from *The Love Below*, it was the other CD that got more playing time in my speakerbox.

Something about the way Antoine "Big Boi" Patton rapped had a certain flair and made him seem like he had an almost distinguished cockiness about him. Fast forward eight years to 2012 and Big Boi is releasing his second solo LP titled *Vicious Lies and Dangerous Rumors*. Dope rhymes coupled along with an indie-esque

vibe, *Vicious Lies and Dangerous Rumors* (VLDR) presents a drastic, although not entirely unforeseen shift in musical content. Big Boi teams up with the likes of Phantogram, Wavves and Swedish band Little Dragon to create some smooth blends of electro hip-hop laced with dope rhymes and also collaborates with rappers Kid Cudi, B.o.B., A\$AP Rocky, Big K.R.I.T. & ATL heavy hitters, UGK, Ludacris & T.I.

By the second song on the CD, you will realize that the strength of this album isn't Big Boi's rapping ability alone, but his ability to tie quality production, meaningful concepts and catchy hooks together

seamlessly. Listen to: "In The A," "CPU" and "Objectum Sexuality".

While this album may strike chords with a lot of fans of pure rap, VLDR holds its own, and is well worth the listen.

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FREETOBACCO  
REDUCTION  
PROGRAM

- Free counseling
- Free nicotine replacement products
- Personalized stop smoking plans
- Free quit kits

For more information, visit  
Health Services, Room O-119  
or contact  
Evelyn Gorecki, Tobacco Reduction  
Co-ordinator – 780.471.8733 or  
[egorecki@nait.ca](mailto:egorecki@nait.ca)



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

## 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 5 – 7pm Rm T212 and  
 Thursdays 3:30 – 5:30 Rm T115

**WHO** Christian Club  
**WHAT** General Meeting  
**WHEN** Mondays 12:15 – 1pm Rm H105;  
 Wednesdays 11:15am – 12:00pm  
**WHERE** Room T-212

**WHO** Anime Club  
**WHAT** General Meeting  
**WHEN** Thursdays, 4:30 – 7:00pm  
**WHERE** Room T-615

**WHO** Business Connex  
**WHAT** General Meeting  
**WHEN** Tuesdays, 4:30pm  
**WHERE** Room T-103

**WHO** ENACTUS NAIT  
**WHAT** Bake Sale  
**WHEN** Jan. 28; 7:00am – 1:30pm  
**WHERE** HP Centre near pedway  
 & outside NAITSA (main  
 campus)

**WHO** OHSSS  
**WHAT** Bake Sale  
**WHEN** Jan. 30; 8:00am – 3:30pm  
**WHERE** ANNEX (L Building) by  
 elevator

**WHO** BioSci  
**WHAT** Pub Night  
**WHEN** February 2; before 10pm  
**WHERE** Billiards Club on Whyte

**MONDAY Jan. 28**  
 Come get some  
**Sweet Treats**  
 (pay by donation)  
**7:00 am-1:30 pm**  
**FIND US:**  
 2nd floor of the HP  
 building and in front of  
 the NAITSA office  
 and support  
 enactus NAIT STUDENTS' ASSOCIATION

## CAMPUS CLUBS NEWS

February 6 Clubs Showcase  
 February 6 Clubs Connection #3  
 February 7 Grant #3 Deadline



## DO YOU KNOW?

There are over 60 active clubs at NAIT, with new ones starting up every day!

There is everything from "program specific" clubs to outdoors, gaming, business, sports, personal improvement, faith based, book, and movie clubs!

Check out NAITSA.ca for a list of all the cool clubs around campus.

## NEW PILOT PROGRAM

Campus Clubs is excited to be partnering with NAIT Athletics to run a pilot program for sports and fitness clubs. This partnership will make it easier for NAITSA clubs to benefit from the resources available through NAIT Athletics, such as booking studio space and coaching. It has never been easier to start a recreational sports club.

For more information feel free to drop into the Campus Clubs Centre in E-131.

**27 HOUR 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

Proudly brought to you by:

enactus NAIT STUDENTS' ASSOCIATION

**NAITSA**  
**CLUBS**  
**365**

## VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other  
 upcoming Important Clubs Dates





Mykenzie Mykietyshyn

## Does Lance Armstrong's doping confession affect how you view him?



"I think he made this worse by stretching the truth as far as he did. Plus having your teammates against you doesn't help."

Connor Chan  
Radio



"I don't know, kind of. I feel he shouldn't have done that."

Kylee Thomlinson  
Captioning and  
Court Reporting



"Obviously it has a negative impact on the sport and the athletes. I still have some respect for him, because as much prodding as it took, he still admitted to it."

Meghan Wilcox  
Business Administration



"I think it affects the integrity of the sport as a whole. It's, I guess, disappointing that he didn't earn his titles honestly."

Tyler Konig  
Carpentry



"There's probably a lot of embarrassment with it. Now that he has said it, he's probably thankful that he did."

Tyrone Wnuk  
Millwright

## Stay in fashion with blogs



Jenna D.

**By MEAGHAN WILLIS**  
**Assistant Entertainment Editor**

This week's fashion article is inspired by fashion blogs. Street-style and fashion blogs are everywhere you look these days. Fashion is no longer only in a monthly magazine where you are forced to wait for someone to tell you what is in or out. It's an everyday, revolutionary process that never stops changing and waits for no one to critique it.

With thousands of men and woman blogging daily, there are so many different blogs to choose from. However, I do have a few favourites that I make sure I check out at least once a day.

I was first introduced to Angelica Blick, a Swedish blogger, by my friend Jillian. She may or may not have been slightly obsessed with the Swede's stellar sense of style and recommended I check her out immediately if not sooner. I was not disappointed.

Angelica lives fashionably from head to toe, 365 days of the year. She embodies fabulousness in everything she does, from her breakfast in the morning to the galas she attends at night. Her blog has received many praise and awards since she began writing in 2009 and she is now a top blogger in Europe.

Angelica's blog, <http://nyheter24.se/modette/angelicablick/>, showcases just how lucrative fashion blogging can

really be if you dedicate your life to it. Because Angelica's blog is so successful, she is sent designer clothes and cosmetics and has access to the most exclusive fashion shows and events. Sigh, what a life.

Of course, there are hundreds, if not thousands of fashion blogs right here in Edmonton.

One blog, [www.smittenideology.blogspot.com](http://www.smittenideology.blogspot.com), written by my good friend Jenna is a fantastic fashion diary she updates about four times a week. She started blogging as a "creative outlet, something outside of being a student," and a typical post usually includes some photos of her outfit followed by a description of the outfit and an update on what is going on in her life.

Jenna had some good insight into why fashion blogs have become so trendy, saying, "I think fashion blogs are so popular because it lets you express yourself and your style."

Because of blogs such as Jenna's and Angelica's, we are able to view trends and style whenever we desire.

"It allows you to be part of the fashion world that otherwise feels kind of closed off, especially in an environment like Edmonton," said Jenna.

Make sure you check out Jenna and Angelica's blogs to pick up fashion tips and trends.



Angelica Blick



# HOT SINGLE OF THE WEEK



Photo by Renee Mandziak

## Justin Nand, 22 Accounting

**Ideal Date?** – Dinner at Boston Pizza, having a casual conversation and exchanging stories about practically anything.

**Favourite Food?** – Kraft Dinner and hot dogs.

**Hobbies?** – Reading, comic books, fixing things: “Anything I can fix, I will” and, of course, music. I am a huge fan of Jay-Z.

**Goals?** – Long-term goal is that I want to own my own comic book store, since I have a wide collection already. A short-term goal of mine is to teach at NAIT. An even shorter goal is accomplishing my designation in Accounting.

**Looking for?** – I am looking for a girl who is talkative and social, as well as sets goals and dreams for herself.

**Turn-offs?** – Rude to people and strangers.

**Activities?** – I am a part of a lot of clubs such as Business Connex, Enoctus, Investment Group, Toast Masters, the Accounting club and Leadership program.

*Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)*

# NEST TAPHOUSE GRILL

*Meet local CAs. Ask them questions. Hear their stories. It's as simple as that (plus, experience the joy of wearing rental shoes).*

**For only \$10** you get a t-shirt, unlimited bowling and food, and a chance to win a \$1000 tuition credit prize!

**Tuesday, January 29**  
Registration & sign-in: 5:30 p.m.  
Bowling & networking: 6:00–9:00 p.m.

**Gateway Entertainment Centre**  
3414 Gateway Boulevard Northwest, Edmonton, AB

Please register online at:  
<https://icaa.inviteright.com/cabowlarama>

Register ASAP because there are a limited number of spots available.

Dress code: Casual

Presented by: **CA** Chartered Accountants of Alberta

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.

# YOUR CAREER STARTS HERE

Entrepreneurial? Business minded? Energetic?  
Then join our team!



## PATTISON

[pattisonoutdoor.com](http://pattisonoutdoor.com)

[recruitment@pattisonoutdoor.com](mailto:recruitment@pattisonoutdoor.com)





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 @CentralSH

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We are showing EVERY Oilers game live on our high definition TVs with spectacular sound! Enjoy interactive games and prizes throughout the game.



**\$4 Pints of Coors Light & Molson Canadian**

**\$3 Mini Burgers**

**\$20 Faceoff Platter**



**Hockey** **Central** SOCIAL HALL

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109th & Jasper Ave