Thursday, January 31, 2013

Volume 50, Issue 18

GGE'



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

LL YOU PASS U-PASS?

Students must vote yes or no – stories pages 3, 5



Photo by Tyler Frith

A HELPING HAND

The Enactus NAIT Club holds a bake sale on Monday, Jan. 28 to raise money to improve the lives of others. The group represents an international organization active in 39 countries with more than 1,600 teams worldwide. Staffing the table are Sadia Wattoo, Liam Zahara, Chris Ng-Muk-Yuen and Omar Syed.



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Services to Students with Disabilities

Student Counselling **Tutorial Services**

NEWS&FEATURE

Counselling centre reaching adémic Success Centre out to students



Issues Editor @sarah stilwell

With the University of Alberta, University of Calgary and University of Lethbridge receiving \$3 million in funding toward mental health, the NAIT Counselling Centre is expanding with the resources they have to combat the mental health stigma.

In December, a Mental Health Awareness committee was started to create initiatives about mental health awareness. They are currently looking for students to sit on the committee.

This measure is being undertaken in the absence of funding for larger initiatives.

Smaller schools, such as NAIT, can receive a total of \$1.5 million over three years, however it is currently only accessible if student associations apply for the funding.

"It is only accessible if there is a project that gets approved by the student body," says Margaret Marean, student counsellor and team lead at NAIT's Counselling Centre. Since NAIT has a larger student population than Lethbridge, many are confused as to why more funding wouldn't go to NAIT instead.

"I'm hoping they wanted to start with that," says Marean, in regards to the University of Alberta, University of Calgary and University of Lethbridge's funding, "and then prove that it made a difference. Then the rest of us will get the funding as well."

It looks as if the universities can use the funding any way they choose, but staffing is usually the most needed thing for institutions, such as in the University of Alberta's case.

Currently, NAIT's Counselling Centre has three regular staff - two psychologists and a professional counsellor. All three are generalists, though there is specialization available in attention deficit and eating disorders.

Students are mostly treated for anxiety, followed by depression, then relationship issues.

Even though NAIT is one of the smallest counselling staff's in the province, it is quite a busy centre, and as consequence, students usually need to give a couple days of notice to talk with a counsellor.

The centre aims to take away the stigma of mental health issues, since 85 per cent of people will enter a major depression sometime in their lifetime. Reducing this stigma is a national initiative.

With several initiatives already in the works, "Puppy Therapy" may happen a couple times a year.

If you haven't heard of Puppy Therapy, it is a therapy technique where puppies are brought for people to play with to alleviate stress or grief, or just boost the mood in general.

This technique was brought to the elementary students of the Newtown, Connecticut shooting and gained media attention for its ability to help the grieving children and families. It was used locally by the University of Alberta late last year to help reduce final exam stress and anxiety.

It was only a matter of time before the puppies reached NAIT.

"There are legal things we have to make sure of, like so people with allergies don't have to be exposed to the puppies," said Marean.

In addition to the puppies, the committee also plans to host booths during mental health awareness week, which runs the week of March 18, and to have uplifting things going on.

"Something to make the people smile," says Marean.

They will also have quizzes on depression and anxiety available, as many people don't realize how significant their depression might be.

The committee is also planning for meditation or quiet rooms to be established to help students destress while at school.

With mental illness currently in the forefront of societies attention, it is a good time to get involved and be aware of the stigma that mental illness often

If you want to get involved, you can contact Margaret Marean in NAIT's Counselling Centre or Miranda Holman, NAITSA VP External.



Photo by Tyler Friti

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

Where is our spirit?



JOSH YAWORSKI Assistant Issues Editor

Every day, with every action we take, we are videotaped. Entering businesses, riding trains, walking down the street, Big Brother is constantly watching. Those that place the cameras tell us that they are for safety, both ours and theirs, but at what cost?

Placing CCTV cameras throughout public places may dissuade some vandalizers, and may even prevent some crimes but in all the hours these machines aren't stopping or recording crime, the cameras are instead capturing normal people going about their own business. These cameras can track us from one end of the city to the other and document our passage the entire way.

What right does anyone have to revoke our anonymity and ability to move freely in privacy, even in the name of security?

If anyone can place a security camera and aim it at the general public without their consent, then any person may, at their own leisure, invade our privacy. There is no implied consent, there is no approval, there is only the choice of the invader and the cries of those who are invaded. It is this political climate that pushed a European movement to gather in protest.

They call themselves Camover, and they are taking back public spaces. Clad in black and wearing ski masks to protect their identities, youth through Germany, Greece, and a handful of other European nations are boarding trains, walking down streets and infiltrating businesses with the purpose of destroying every video camera they see.

The group is structured around a game in which points are scored for the most original or difficult camera destruction. They climb walls, lift each other up and throw ropes at the plastic representation of the desecration of their rights, and carry off the destroyed unit as a trophy. There are even groups responsible for tracking the points, as the winners will be given the honour of leading the protest on Feb. 19 at the European Police Congress meeting.

This writer wonders why it is that Canadian youth don't get this impassioned.

It seems this generation of youth longs for a revolution, for something to fight and yet they never act, save for an obligatory joint on Churchill in April.

Look at the music we claim to love and the stories that we love. The protest song is coming back and our films and television are filled with revolution and uprising. Only an nour on Facebook and one encounters numerous voices claiming, in their own way, to want change; to want to be a part of something bigger.

Yet, only the score of obnoxious entitled children that were the Occupy Movement have managed to coerce even a few sheep off the couch for the day. Small isolated groups drawn together by shared ethnicity seem to be the only group reliably able to come together and attempt to create change but even they don't really act up. This generational societal apathy comes through even in our politics, where every political party chases a demographic of the middle aged instead of actually attempting to bring in a youth vote. They've learned it isn't worth trying to get that vote.

Why don't we care? Is our life truly so comfortable that there is nothing for us to stand against? Or is our generation so pacified with Facebook that we can convince ourselves that there is nothing wrong with Canada or could it be that we have somehow managed to believe that by liking that picture we can actually stop social decay? Every day there is something to be upset about.

I refuse to believe that any of the generations before us would sit so idly by as our province is slandered and polluted by the American media.

I refuse that they would, or could, ignore the violence and inhuman indifference happening on our city streets. What happened to the spirit of our youth?

STUDENTS'

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The deadline is noon on the last school day of the week. (All sub-missions 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.

U-Pass decision again

By ALLISON KARCH

NAIT students are once again facing a referendum to determine whether or not to keep the U-Pass, and there are some significant changes in the new contract that's on the table.

The current contract expires at the end of this semester, and the NAIT Students' Association recently negotiated a new four-year contract with the transit authorities of Edmonton, St. Albert and Strathcona County.

SHOULD U-PASS CONTINUE

OULD U-PASS CONTIN AT NAIT (UNDER THE ABOVE CONDITIONS)?

VOTEYES OR NO FEB. 8-14

The new contract, which would take effect in September, keeps many of the features of the current U-Pass scheme.

Students will still get unlimited transit use, and the fee will still be mandatory. Apprentices will still be exempt, and students who work for a transit authority or have an alternate public transit pass such as DATS or a CNIB card will still be able to opt out.

The biggest difference is that the U-Pass will be mandatory for almost twice as many students.

Under the new contract, every credit student will be included in the U-Pass program, no matter how many courses the student is taking. The current contract includes only full-time day program students, not part-time and Continuing

Education students. However, students who have a practicum of nine weeks or longer and are outside of the service area will be able to opt out of U-Pass.

One notable exception is students who are taking all of their classes online – they will also be exempt.

Jason Roth, advocacy director at NAITSA, says that, "This change came about partly because of feedback from students and partly

> because of the introduction of NAIT's new academic model."

Roth notes that some students who don't qualify for the U-Pass under the current contract may have wanted or needed one.

For example, some Continuing Education students may be enrolled in only two classes but still have to come to campus four times a week. That would make the U-Pass almost as useful for them as for regular day program students.

Also, because it provides more flexible education pathways, the new academic model makes it more difficult to draw the line between full time and part-time students.

"Under the new model, a student is a student is a student," says Roth.

Making the new U-Pass contract apply to all credit students eliminates the potential headache of determining who should get the U-Pass in a system where educational paths are non-traditional.

The price of the U-Pass will also be going up under the new contract

This semester, it cost \$140. The price will go up incrementally each year to a total of \$170 per semester in 2016-2017, the final year of the contract

But as the cost of four monthly transit passes is over \$300, the U-Pass still offers a savings to students who use transit regularly.

It is clear, however, that not all NAIT students who would be paying the U-Pass fee actually do use public transit regularly.

In the winter semester of 2011, only 75 per cent of students who paid the U-Pass fee actually picked up their U-Pass sticker.

The student body must ratify the new contract in order for it to take effect. That means putting it to a vote, which will happen online between Feb. 8 and 14. The current U-Pass deal was also approved by students in a referendum three years ago, but just barely.

Before that referendum, the student senate passed a bylaw that requires two-thirds of votes cast to be in favour in order for the issue to pass. That referendum brought the U-Pass to NAIT for the very first time with 67 per cent of voters in favour – just a fraction of a per cent over what was needed to pass.

The upcoming referendum will also require a two-thirds majority to pass.

- For a debate on the pros and cons, see page 5

Letters

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print.
Keep them short and to the point. No more than 100 words.
tell, we're a newspaper not an encyclopedia. Give us a breakl Submit your letters with your real name and phone number to:

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need to list your real name.

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peutic. Write us.

Pot debate comes to campus

By JOSH YAWORSKI and LUCAS ANDERS

The NAIT Students' Association is not unaware of the questions and thoughts floating in the thick white smoke wafting out of car windows and hidden corners across campus. Right here, a centre of higher learning, is exactly the right place for a discussion about marijuana. As the weather gradually inches towards more hospitable climes, outdoor pursuits become more and more interesting. It is for this reason NAITSA hosted this controversial debate between two experts, and between two polar groups: Heads vs Feds.

Steve Hagar stands for the Heads, a man so epic he has his own place in the Counter Culture Hall of Fame. Across from him, the imposing figure of Robert M. Stutman, one of the most highly regarded DEA agents in the agency's history.

Steve has more than enough experience to hold down the pro stance. A Woodstock attendee, holder of a Fine Arts degree and a Masters of Science in journalism, he taught the Village Voice about hip-hop with his very first article published, and, as the editor of High Times, focused on disassociating the marijuana brand from hard drugs. He established both the Freedom Fighters and the Cannabis Cup and his work on conspiracies such as the JFK assassination is highly regarded world wide.

But Steve will not be arguing with any old beat cop. Robert M. Stutman was the DEA. With 25 years of experience behind him as a top agent, including six years as the leader of the the New York branch, Stutman has been taking down High Times clientele for many a decade.

His experiences have lead him to see three drug

drugs. 2) Adults have no grasp on the drugs and activities of the youth and 3) Drugs are devastating to neighbourhoods, families and lives. His time at the DEA pushed him to make his skills available to anyone that needs him, from police to families.

Hager argues with the classic stoner sentiments. Right now, marijuana use funds criminal activity nation wide. Gangs sustain their other plays by using the profits of running B.C. bud. And yet to many, marijuana is part of a culture, a culture of peace and brotherhood. Removing the gang and crime association would usher in a different climate all together. But Stutman hit

back with the classic arsenal of the potential for facts: 1) The law will never completely get rid of increased use, marijuana use's potential to lead

to dangerous dependence and the dangers of adolescent use. The rise in accidents of all kinds as consequence of legalized marijuana and the risk to the intelligence of the users round out his

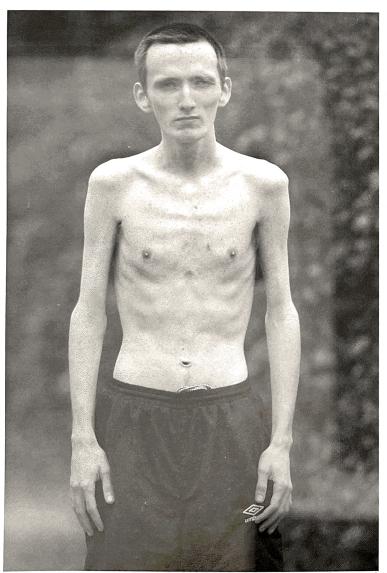
The most memorable of all exchanges occurred when rights were discussed. "It's their right to do it," argued Hagar. "When you start legislating people's behaviour, you're taking away their freedom. And freedom includes the freedom to make bad decisions."

Stutman was ready with an answer.

"I've never met a kid who wanted to become a drug addict," he bites back, with tensions rising, "I've never met a kid who wanted to be an

Two heavyweights lock over one little plant, each set in their beliefs. There is no winner, as both sides make their points and hold to them desperately. As ever in this debate, no one goes home a winner, both just go home exhausted. Oh, and there were free munchies. That was

Eating disorders in males on rise



By DARTANION JOHNSON

What was once deemed a female mental illness is quickly rising in males. 10-15 per cent of people with anorexia or bulimia are men, states The National Association of Anorexia Nervosa and Associated Disorders

Eating disorders have the highest death rate of any mental illness and men are starving themselves for the pursuit of perfection.

Athletes are prone to this illness and that includes excessive exercising leading to heart problems and premature death. Models and gay men also rank high in bulimia and anorexia but males from any background can be affected.

Among gay men, 14 per cent appear to suffer from bulimia and over 20 per cent appear to be anorexic, says the National Association of Anorexia Nervosa and Associated Disorders. Male cases of eating disorders reported from around the world range from boys as young as eight to 60-year-old men. In 2007, Australia had the highest rate of boys with anorexia, found the New York Times. One Australian boy believed that he could absorb calories through air and touching soil.

What is believed to be an issue of vanity actually goes much deeper than the skin. Much like women, men are faced with the same problems of a longing to be accepted, low self-esteem and being bombarded with sexual images. Most men and boys will not receive the support they need to break this sickness. Men are less likely to seek treatment for eating disorders because of the perception that they are "woman's diseases."

Within the last decade male eating disorders rose more than 10 per cent and these sorts of numbers are new to doctors that are not trained to see the symptoms in male patients. Eating disorders are harder to notice in men and often families fail to see the symptoms. Most men are too embarrassed to seek help and remain suffering in solitude.

Eating disorders lead to many health issues, including kidney failure, heart attack, loss of muscle, gum disease, yellowing of skin and thinning of hair. Professional help is almost always needed, but professional treatment itself is plagued with its own problems. Many centres don't admit men on the belief that treatment should be gender-specific. Doctors worry a male presence may unintentionally remind female patients of the pain they have endured at the hands of abusive husbands, fathers or

With 58 residential treatment centres listed in the Alliance for Eating Disorder Awareness's 2011-12 guide, only 25 admit men. With the increase of males with eating disorders, statistics are slowly starting to change and more options are becoming available to these men.

The Alliance for Eating Disorder Awareness suggests that people with any eating disorder try not to solve the problem on their own and not be scared to open up to loved ones.

One of the ways to battle this illness is to learn about eating disorders and to seek out continued support for recovery.



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Point counter Point — U-Pass — do we need it?



JOSH YAWORSKI **Assistant Issues Editor**

need the U-Pass.

AIT is not like other post secondary institutes. We have a pride and identity entirely our own, with our own customs and practices. Our student demographic is different, and as such what works and is necessary for other institutions, like the University of Alberta and Grant MacEwan, is not necessarily good for us. Where many of our students have already chosen careers and have even apprenticed or worked in their chosen field, many University of Alberta students are going to school just to find out what they want to do. It is for that reason I believe NAIT does not

When your industry requires traveling to many different work sites, or making repair calls, or finding the stories. grabbing the photographs, or running for ingredients, a person becomes reliant on their vehicle. It becomes an extension of self. Driving becomes more than transportation, it becomes a respite from the world in between life. We take pride in our vehicles, something you can see clearly from the amount of upgrades, stickers, details and vanity plates on vehicles throughout the parking lots. We don't mind the drive. And we are willing to pay for parking, as illustrated by the shear volume of parking lots around our campus. We already pay for gas and parking, why do we need to pay for transit?

Less tuition

NAIT students pay less tuition per year than U of A students. Where many U of A students pay an average of \$6,816 per school year, most NAIT students pay \$3,960. We spend equal amounts of time in classes and thus can work part time for the same amount of hours as U of A students, but we only have to pay half the tuition. Our finances are \$3,000 looser than U of A students and with more disposable income we may not need to rely on public transit as much.

The transit system isn't even fully prepared to service NAIT, as every day hundreds of NAIT students line up on tiny rectangles of pavement waiting for a bus that will probably only lead to another bus or train that will then require another bus to get anywhere close to where they actually live. The LRT isn't here yet, and until it is, transit is simply inefficient for the NAIT student.

Good for hard to access campuses

The U-Pass is a great idea for a hard to access, over crowded, LRT-accessible campuses that are short on parking. NAIT is directly off of one of the most trafficked highways in the Western provinces, far from the LRT route (for now), and with a new parkade has fewer parking issues than in the past.

Every day, streams of students flow into and out of our many parking lots, encompassed in their own space, with the radio playing. Every one of those drivers is being forced to pay a fee that they didn't ask for and will virtually never use. Why should drivers be forced to drop their money on a fee like this? The U-pass has a place. It just isn't here at NAIT.



By CHRIS FIGLIUZZI

y opponent believes that by appealing to your sense of pride and school spirit he can sway your vote towards the abolition of the U-Pass. He claims that NAIT is different, that most of us don't use the U-Pass or have any need for it because we own cars requiring us to already pay for parking, gas, insurance, and other costs associated with such a convenience. You know who else used a people's individuality and "special qualities" to stir a movement? Hitler! That's who!

Personally, I know I am guilty of driving into class on days where I wake up late or miss a bus. These days kill me though, as I have to pay for parking and use up valuable gas. Parking alone costs me eight bucks. EIGHT BUCKS! For just a couple of hours, that's ridiculous. Assuming you are here five days a week and pay for parking every day that you're here you would have to pay \$160 in January alone. That's almost the same cost as the U-Pass that you've spent in one month of driving, and that's not even taking into account the price you're paying for gas. This seems atrocious considering how much bitching and whining I hear constantly going on in our halls about "living on a student budget."

Useful everywhere

The U-Pass isn't restricted to getting you to and from NAIT, either. Rexall is a hub of activity hosting concerts, Oil Kings, Rush and a little team called the Edmonton Oilers. With such a variety of activities available, I am willing to guess that you will be interested in heading on down to Rexall at least once or twice over the course of the next few months. Normally this would require you gas up your car, fight the congestion and deadlock that is hockey night traffic in Edmonton, and then ponying up anywhere from \$5 to \$15 to park. Or, you can simply take your U-Pass and head to an LRT station and ride straight to the game free from traffic and having to pay for parking. And usually on these game nights, there's increased LRT and bus transportation.

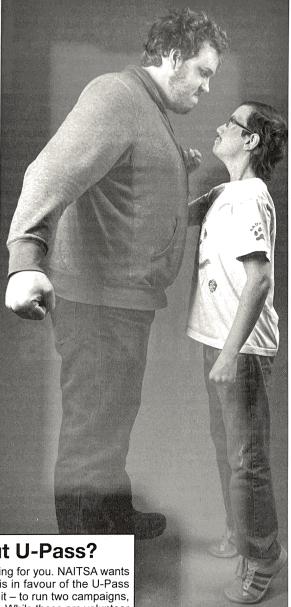
All this being said, I fully agree that NAIT is different and unique from the other campuses in and around Edmonton. Having spent time at both McEwan and the University of Alberta, I can tell you that it is not a perceived good difference. NAIT is seen as small, grubby and underwhelming for the most part.

Reverse progress

Having been a part of this institution since September, I know this not to be the case. But, by eliminating the U-Pass, we are falling right into this perception. It is reverse progress; the U-Pass makes school more accessible to more people. It opens education further for people who may not be as privileged, as fortunate or as financially secure as some of us. People that may not be able to afford the \$76.95 per month (that works out to \$307.80 per term) and are able to afford the \$147.50 cost per term starting in September.

Josh talks about identity and pride here at NAIT; about the pride we show in our cars and the identity of the school itself. Well, why not take this opportunity to focus these two concepts in a positive way. Let's pride ourselves on keeping education more accessible to more people and pride ourselves on using the U-Pass to its full extent in an effort to reduce our carbon footprint. Together we can foster this pride as a starting point to create an identity for NAIT, an identity as a leader in the community.

Photo by Tyler Frith



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 by Feb. 1, 2013.

STUDENTS SASSOCIATION

Career Fair welcomed by students

By AMOR DARDOURI

This semester's NAIT Career Fair was held on Jan. 22 between 9:30 a.m. and 3 p.m. in the gym and south lobby of Main Campus. More than 100 employers attended the event.

The representative companies showcased what they can offer to NAIT students and

"We are looking for power engineers, electricians, lab workers and those with forestry experience, said Jennifer Armstrong, area coordinator at Weyerhaeuser.

"Right now, we are looking for a lot of entry positions ... as many of our staff will be retiring shortly and we are looking for people willing to start at the bottom and work all the way up."

Participating organizations used the Career Fair to hire job seekers, as well as to expand their social media, such as Facebook, Twitter and LinkedIn. Lindsey Solodiuk, associate talent sourcing agent with EPCOR, highlighted the importance of attending the event.

"We will be hiring for a variety of positions, so our best advice is to apply for a position to get your foot in the door," Solodiuk said.

"Opportunities are available for current employees and the general population," she said.

"(The Career Fair) is the best way to help students get their foot in the door or by visiting our web site, not to apply to everything out there, but to try to honestly match your skills and qualifications to the appropriate position."

Knowing what to look for in a career fair is key to making your visit a success.

"I think if you're looking for a career,



Employers turned up at the Career Fair to tout the benefits of their organizations.

something you want to do and enjoy doing in your life, don't focus on what you are good at but think about something you are going to enjoy 20 years from now, that's what I tell students that come to me," said Frank Parolin, team leader at Energy Resources Conservation Board (ERCB).

"Are you prepared to do this for the rest of your life? Choose your career wisely," Parolin

The Career Fair draws many students and job seekers who are looking for a first job or who are starting a new career.

Selmi Laboukreen, a design engineer student, describes her visit to the Career Fair as effective.

"I am looking for a design type of job and found lots of booths that had my type of job,"

"I gave my resume to them. I think it is very

effective and I like the job fair very much. I can check their web site and apply online because I now know of the companies operating in my field."

The career fair attracted students from different backgrounds who are looking for a career or just to have an idea about job openings.

"There are a whole bunch of companies here and you get to ask them questions about how it is to work outside, and hopefully get our future employment from them," said Rantej Dolen, a computer engineering student at NAIT.

"We found many good companies and numerous positions we can apply for after we graduate, or even over the summer."

Mike Meyres, a NAIT student, said he was satisfied with the event.

"It is very interesting to get to talk to these employers and get the free stuff and the information," Meyres said.

"All the presenters are very nice, very friendly and gave me a lot of information. Most of them tell you to apply online, but at least I have an idea of what company I am looking for and how and when to apply."

According to NAIT graduate placement survey in 2011, the employment rate for graduates is 92 per cent.

Canadian connection to Algerian terrorists?

By STEPHAN SUTCLIFFE @stephansutclif

On Monday, Jan. 21, Algerian Prime Minister Abdelmalek Sellal held a press conference where he alleged that two Canadians were involved in the terrorist hostage taking at a natural gas plant in eastern Algeria.

Taken by surprise, the Canadian government called on the Algerian ambassador to explain the basis his government had to make this claim.

RCMP have since travelled to Algeria to investigate the claims of the Algerian prime minister. A team of investigators has been sent to the African country to find out if there are Canadian ties to a group of Al-Qaeda linked jihadists responsible for the gas plant attack.

Reports have claimed that Canadian passports were found on two of the dead militants. But these reports are unreliable, as the passports could have been stolen or forged - Canadian passports are known to be preferred by friendly and enemy foreign organizations.

Algerians have refused to release information, but co-operation with their Canadian counterparts is improving as relations between the two countries finds a solid footing after the Algerian prime minister's accusations.

Mounties are looking for information like passport numbers and DNA evidence to confirm or deny the accusations

In the past, Canadians have been rightly,

and falsely, linked to dead Al-Qaeda members in Chechnya, Pakistan, Afghanistan, Saudi Arabia and Somalia.

It isn't known whether the Canadian Security Intelligence Service has agents on the ground in Algeria.

Other reports suggest one of the militants in Algeria had blond hair, green or blue eyes and spoke perfect English; suggesting that this individual converted to Islam. However, whether this person was one of the accused Canadians remains to be seen.

Al-Qaeda values converts to Islam that have Western passports. These recruits give the terrorist organization an advantage for operations in Western countries, as they know the culture, speak the language and don't draw attention to themselves.

Islamic jihadists with Western passports are a concern as they may return to carry out iihad in their homelands. Born in Europe, the United States or Canada, individuals travel to conflict zones in the East, convert, train to fight and return home. The danger is that once they have returned and possess the skills and experience, they might carry out attacks at

Information has been hard to come by since the arrival of the Canadian contingent in Algeria, which could be a good sign of co-operation between the two countries



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OPINION

Editorial -

Be nice ... to yourself



NICOLE MURPHY **Editor-In-Chief**

It seems that the desire to be healthier is not new to this generation. Dating back around 5,000 years ago, yoga was invented to connect the body, mind and spirit, Although some would question if "invented" is the right word, perhaps "God inspired" would describes the discovery better for some.

Being that it predates the written word, the exact start date is unknown. Yoga became wildly popular in the Western world in the 1960s and seems to be gaining momentum.

Yoga focuses on three main ideas: exercise, breathing and meditation. If you are anything like me, you understand the exercise part and breathing is breathing.

But meditation? Meditation is to live in the moment to quiet the mind, connecting your breathing with your body and movement or lack thereof.

Focusing on the moment

When you have a ton of school, family and or work related issues up in the air, how do you focus on the present moment? The "to do" list in your mind needs to stop and that can be hard for some, including myself.

A paper in the journal Psychological Science, a study revealed that people who meditate can focus their attention better and also pick up visual cues better than a control group. Studies such as this suggest that if you took some time to meditate, no matter how busy you are, you might actually be able to focus and complete more of your school work or everyday tasks. I am a queen at multi-tasking, but I am now thinking it is time to take some time to regenerate my brain.

An awesome thing about yoga is you can never "finish it." There is always something to work on. Some days it is the stretches, some days the breathing, most days for me it is the meditation, but I can honestly say I have never regretted going to a yoga class.

Euphoric feeling

I have never ever thought that I mastered it and I have never finished a class and thought it was a waste of time. At the end of each class there seems to be a euphoric feeling no matter how hard the final 60 to 90 minutes were.

The movements of yoga put certain pressures on glandular systems, increasing flow throughout the body. This is one explanation for how great it makes you feel. But is the euphoria just a physical feeling or is there spirituality

Teachers of yoga say it is a spiritual connection first and then a physical one. This spirituality might not be religious, though.

The American Yoga Association explains that yoga is not a religion, but is of the belief everything an individual needs is supplied within. There is no worshiping of an external being, thus it would not follow traditional religious formulas.

However, other religions such as forms of Christianity feel yoga is a wrong practice. In a blog of Pastor Mark Driscoll entitled Christian Yoga? It's a Stretch, he writes: "A faithful

Christian can no more say they are practising yoga for Jesus than they can say they are committing adultery for Jesus," and goes on to say "A little over a year ago, I said yoga was demonic. My stance hasn't changed since then but I thought I'd take this opportunity to provide a much fuller and comprehensive teaching on what yoga is and why it is in fact demonic."

Yoga does have strong ties to Eastern religions such as Hinduism, so it could be understood this tie would oppose Christianity, but to say it is demonic is perhaps a bit extreme. I am not saying to disregard any kind of belief system you yourself may have, all I am saying is try yoga and then judge it.

Study after study shows yoga improves health and wellness.

The physical benefits alone are life changing.

There is viral video that shows an overweight war veteran unable to walk without assistance. By practising yoga he regains complete mobility of his legs after doctors told him he would not run again. This video is so inspiring and beautiful it is hard to believe any kind of evil could have created it. Besides, if yoga can help a person walk again, perhaps God could have the day

With yoga studios opening everywhere it is easy to find a place to try it. Go in with an open mind and be nice to yourself. Yoga is definitely about doing the best you can and not needing to be perfect.





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

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

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

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

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SPORTS

Good hockey fight's the best!



LAUREN FINK Sports Editor ₩ @laurenfink

Everybody loves a good ol' hockey game, it's just a part of being a Canadian. Everyone has a different reason. For many it's because of a personal tie to the most-beloved Canadian pastime or maybe they just enjoy catching a game while sipping an ice cold Molson Canadian.

You can watch the game at the arena, in a bar or even at home with a few buddies and still get the same experience thanks to the passion that exudes from the players and fans. It's so infectious that no matter where you watch it, you can feel it; that alone makes the sport remarkable.

Growing up in rural Saskatchewan, there wasn't a whole heck of a lot for me to do but, well, head to the rink and take in a game. Some of my first memories are in the rink. Whether I was watching the game or learning it, I loved being there. The feeling of being a part of the crowd and cheering on the home team was incomparable to anything else. I remember filling pop bottles up with coins and shaking them like crazy and cheering them on. Every time we scored. I loved the feeling of joy as we all jumped to our feet to celebrate. Little things like that really sparked my love for the sport. There are many other reasons I love the game.

Aside from being a part of something so special, one of my favourite parts of the game is ... fights, tillies, scraps, brawls - you get it. Regardless of what you call it, I love a good hockey fight. Almost as much, if not more, than when my favourite team scores.

I've seen a lot of hockey fights in my time, and whether they be in the big leagues or not, they always have the same effect on me. There is nothing better than the electric feeling you get when the gloves drop and fists start flying.

"Even though some people disagree, they are imperative to the game. They get the adrenaline going for the team and the fans up out of their chairs," says Radio and Televison student Kelsey Lydynuik.

I couldn't agree more with Lydynuik. They are imperative to the game. They can make or break the way a team performs. However, sometimes the tension between teams brews so much that it just boils over. That is exactly what happened in the third period of the Edmonton Oil Kings game against the Lethbridge Hurricanes at Rexall Place on Sunday Jan. 27.

If you haven't heard about these thrilling few minutes then this is the perfect time to turn to page 11 and read Lydynuik's Oil Kings recap. After doing so, come back and join me in discussing the series of most exciting fights I've ever seen in person.

From the second the Hurricanes' Josh Derko started attacking Curtis Lazar of the Oil Kings, I could sense the brawls coming. Almost every player on the ice, including Oil Kings goaltender Laurent Brossoit and Hurricanes tendy Ty Rimmer, dropped the gloves and went at it. The fights were all in all pretty exhilarating, but nothing is comparable to a goalie fight. Both goalies had pretty good moves, and



Oil Kings' goalie Laurent Brossoit, left and his Lethbridge Hurricanes' counterpart Ty Rimmer square off during a line brawl on Sunday Jan. 27.

it's hard to pick a winner, but hands down the best shot was an upper cut Brossoit handed to

I can't even begin to explain or justify what happened on the ice. Lucky for us, we have the Internet and YouTube, where you can experience it for yourself.

If you want to watch the fight visit: http:// www.youtube.com/watch?feature=player embedded&v=sdf7w6gPYK4

Although I'm a huge fan of hockey fights, there are also a lot of fans that understandably are not on the same page. For many, they don't like seeing players fight. They put their health and safety on the line and that's exactly what NAIT student Alison Mullock says.

"When I was little, my brother got into a bad one and ended up in the hospital. As a result, ever since then I just can't watch them. Plus, I'm a peace and love kind of gal."

I can see Mullock's point but I have a feeling that the only way hockey players are going to hash things out on the ice is with their fists and fast flying chirps.

Whether you love fights on the ice, or absolutely despise them, I hope we can agree that hockey is one of the best, if not the best, win-

Looking good after Hawaii

By RACHEL PRAZAK

Once again, the NAIT Ooks badminton team travelled to Oahu, Hawaii along with collegiate badminton teams from Concordia and Vancouver Island University, to compete in the 2013 Honolulu Open on Jan. 4-7. It was the team's seventh appearance at the Hono-Iulu Open since 2001 and the most successful.

NAIT's Lei Chen was the overall star of the tournament, winning the coveted triple crown. After beating opponents from Singapore and Japan, Lei defeated a player from Vancouver Island University in the men's singles final 21-10 and 21-12. Chen paired up with team mate Dan Kai to easily win the men's doubles event over a local team in the final 21-14, 21-10. On the final day of the tournament, Chen and former Ook standout Yang Sun won the mixed-doubles title after defeating a team from Japan in hard fought battle, 21-19, 15-21 and 21-17.

Aside from success on the court in Hawaii, the trip served as a tremendous team building experience. The team participated in many activities that allowed the team to bond. The team attended an NCAA basketball game, went skydiving, went to a PGA event and spent several hours at some of the most beautiful beaches in Hawaii.

The Honolulu Open was very successful for the Ooks and they plan to keep the momentum going strong.

On returning, the team resumed action this past weekend at the first unofficial ACAC tournament of the season held at Concordia. The Ooks did not disappoint and quickly showed why they are ranked No. 3 in the nation, according to CCAA rankings. The team finished first in four of five events and won 10 of a possible 15 medals.

In men's singles, Dan Kai placed first and Jason Chou placed second. Lei placed first again when he teamed up with Bin Xu in men's doubles. Andy Ko and Jason Chou placed second while Jim Chou and Lei Chen placed third in men's doubles.

The women were also quite successful. Jessica Yu placed first in women's singles and Ellexis Lathan and Renee Au placed second in women's doubles

Lei Chen and Jessica Yu paired up for the mixed doubles event and took home first place. Jason Chou and Olivia Lee placed third in mixed doubles

This exhibition tournament was seen as good practice for the team before heading into some tough matches in the upcoming weeks.

Coach Jordan Richey was pleased with his team's play.

"All in all, it was a great effort this past weekend for our team. We had several players play despite being sick as the flu bug has worked its way around our team. They all still came out and performed admirably," Richey said.

"We got a great look at the competition and the players now know what they need to do to accomplish their goals and get to the CCAA Nationals."

Next up for the Ooks will be the nationals qualifier at NAIT on Feb. 9. The winners of each of the five events from this tournament will represent the Alberta Colleges Athletic Conference at the nationals hosted by Georgian College in Barrie, Ont. from Feb. 28 to March 2.



Lei Chen

MEN'S HOCKEY

First setback of the season

Assistant Sports Editor @Theharrisshow20

It has finally happened. A regulation time loss for the men's hockey team, a heartbreaking 5-4 loss Wednesday night in Camrose against the defending league champions, the Augustana Vikings

The team came out flying through the opening minutes and had the Vikings back on their heels forcing goaltender Joel Danyluk to make some big stops early on in the opening frame.

The Vikings responded with a bit of their own pressure at the 12:08 mark as forward Devon Hobbs streaked into the slot and placed one blocker side past Shannon Szabados. Shortly after the men took a pair of undisciplined penalties as defensemen Jordan Abt and Jesse Althiem both sat in the sin bin and watched as Vikings captain Daniel Hope put up two power play goals just 1:18 apart.

Battled hard

The Ooks battled hard going into the second looking for a response and they got in from an unlikely source, Trevor Conrad. Conrad's knuckleball shot from the blue-line fooled goaltender Danyluk, to put the Ooks to within two. The two-goal lead would move up to three shortly after, as Daniel Hope potted his third goal of the night to complete the hat trick.

Early in the third, Devon Hobbs picked up a rebound and zipped in his second to make it 5-1, the largest deficit the team has faced all season. The Ooks started to battle and play more desperately as forward Mike Piluso netted his ninth of the year to get the scoring frenzy going. A minute and 47 seconds later Josh Lazowski buried his fifth of the season, then 17 seconds later Jordan Draper potted his 12th goal of the season to put the good guys within one. A few more opportunities came but unfortunately the Ooks were unable to sneak one past Danyluk, who made 35 saves on the night.

Unable to capitalize

The Ooks outshot the Vikings 39-16 but were unable to capitalize on the man advantage, going 0-7. Captain Andy Willigar was happy with the team's desperation in the third but not impressed overall.

"We didn't come out of the gate with enough intensity," he said. "Getting down three goals was a tough hole to start the game in."

Friday night the squad was back in action at the NAIT arena where they looked to bounce back and give the Vikings a taste of their own medicine, but it was the Vikings who struck first. Two minutes in, Viking Dane Bonish netted his fifth of the year. Minutes later, the Ooks redeemed themselves on the man advantage as Tyler French



NAIT Ook Jordan Draper scores one of his two goals against the Augustana Vikings on Friday Jan. 27. NAIT avenged a 5-4 Thursday loss with a 5-1 win.

dished it to Jordan Krankowsky for the one timer that went past Danyluk to tie it up at one. That would be just the beginning for the Ooks, playing with their hearts on their sleeves, crashing and banging a sluggish Augustana team.

Jordan Draper capitalized on an opportunity by tipping home a point shot from Trevor Conrad to give the men the lead. Near the end of the period on the power play, the big man on the blueline, Jesse Slobodian snapped home his second of the year to make it 3-1 Ooks after one.

In the second period, the Ooks were relentless. On another man advantage. Jordan Draper netted his second of the game to make it 4-1. Shortly after, Leduc native Josh Lazowski scored his second in as many nights to make it 5-1 Ooks!

After a miscue on a defensive zone faceoff in Ook territory, a wide open Brad Bourke put a shot past Kris Moore with one second left to make it 5-2 going into the third.

The third was a little calmer as the Ooks played more pas-

sively, controlling a majority of the play. Early on, the teams exchanged goals as Borrelli tipped in his seventh of the season, and Vikings forward Foster netted his seventh of the campaign.

Moore stopped 24 shots to secure the 6-3 win, as NAIT got revenge on the Vikings. Their season series ends with the Ooks going 1-1-1-1, getting four points out of a possible eight.

A much happier Willigar said: "It was great to see our compete level increase tonight and see the results we expect from our team."

The power play was also impressive, going three for three.

"Our coaching staff made some adjustments and we were able to implement the changes. It worked and we were very successful. It was a game changer for us," Willigar said.

The Ooks return to action this week for three games in four nights against the MacEwan Griffins. On Wednesday there will be a makeup game at NAIT at 7:30 p.m. and on Friday at 8:15 p.m. the teams will meet at the Bill Hunter arena. On Saturday, they will play at NAIT for the rubber match at 7 p.m. Come cheer on your Ooks!

BASKETBALL

*l*omen sweep Thunder

By DEXTER WATTY @DWattySports

The Ooks women's team (12-4) went head to head against the Concordia Thunder (7-8) this weekend, notching two very close victories in a home-and-home matchup.

The Ooks played in the Concordia gym on Friday and overcame a whopping 15-point deficit going into the fourth quarter to pull out with the narrow victory.

Brie Gray led the way in scoring with 19 points in a game that was simply Concordia's to lose. Going into the fourth quarter down 39-54. the Ooks rallied for a 20-5 run to tie the game up and bring it into overtime. It was all Ooks in overtime as they scored 13 points to down the Thunder 72-67.

The intensity from Friday's matchup spilled over into Saturday's game, which was played at NAIT. The Ooks squandered a seven-point lead going into the fourth quarter as the Thunder rallied to outscore NAIT 17-10, thanks to Meghan Allison, who scored a game high of 24 points. The Ooks won in overtime 68-60. Josephine Peacock led the home team in scoring with 17 points.

The Ooks are currently ranked 10th nationally and second in the ACAC behind the undefeated Augustana Vikings (15-0) who are ranked fourth nationally.

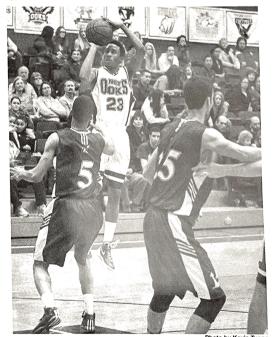
The men's team (9-7) was also in action this weekend with two games against Concordia (10-5) in a homeand-home series. The Ooks played in Concordia's gym in the first game and kept their composure, going into halftime with the score knotted at

This game was a tale of two halves, though, because the Thunder came and outscored the Ooks 49-29 and won the game by a score of 83-63. Milos Prijovic from the Thunder scored a game high 19 points on 57 per cent shooting. Brock McMillan led the way for the Ooks with 14

Saturday's game was a much better effort for the Ooks on both sides of the ball. The Ooks withstood a game-high 22 points from Milos Prijovic and held the Thunder to just six points in the final frame, while scoring 21 points of their own en route to a 65-50 victory.

Shaquille Bedminster led the way for the Ooks with 18 points on 53 per cent shooting, while Sabastion Cava chipped in with 12 points and three 3-pointers to lead the Ooks.

The men and women are playing against our 109th Street rivals the MacEwan Griffins this weekend, at home on Thursday, Jan. 31 at 6 p.m. (women,) and 8 p.m. (men,) and at MacEwan Friday at 6 p.m. and 8 p.m. Make sure to come out and cheer your Ooks to victory!



NAIT Ooks point guard Shaquille Bedminster takes a shot against the Concordia Thunder on Saturday in the NAIT gym. The Ooks won 65-50.

Brother battle Athletes of the week

By RACHEL PRAZAK

For the first time in Super Bowl history, two brothers will face off against each other as head coaches. The San Francisco 49ers' Jim Harbaugh and the Baltimore Ravens' John Harbaugh set up the coaching matchup with impressive runs through the playoffs which led the brothers to a berth in the Super Bow1

Super Bowl XLVII has one of the greatest pre-game story lines in the championship's history - brother vs. brother with the Lombardi Trophy at

Colin Kaepernick, the starting quarterback for the 49ers, has made seven career regular-season starts in leading the 49ers to Super Bowl XLVII. Only one quarterback has ever won a Super Bowl with fewer career starts at quarterback than Kaepernick - Jeff Hostetler of the 1990 New York Giants, with four regular-season starts.

Kaepernick hasn't flinched in the face of the pressure, helping the 49ers overcome a 17-point deficit

against the

Atlanta Falcons in the NFC Championship game en route to a 28-24 win. Kaepernick's combination of arm strength and running prowess will make him an exciting player for fans to follow on Super Bowl Sunday

Joe Flacco, the starting quarterback for the Baltimore Ravens, has won eight games in his postseason career. An NFL-record of six wins have come on the road. Two of them have come at Gillette Stadium, making Flacco the only QB to defeat Bill Belichick's Patriots twice at home in the postseason.

This year's run only improved his reputa-

tion as an elite quarterback in the NFL. Flacco is somebody who is able to perform under difficult, pressure-filled circumstances. Throughout the Ravens' journey to Super Bowl XLVII, Flacco defeated two of the NFL's elite quarterbacks, Peyton Manning and Tom Brady in their own stadiums, in back-to-back weeks. Flacco will be on an impressive personal run entering

the Super Bowl, having thrown for eight touchdowns and no interceptions in three playoff victories

Ray Lewis, the heart and soul of the Baltimore Ravens, will be playing with his heart on his sleeve as Sunday will be his last NFL game. Lewis has played with the Ravens for 15 seasons and after a tricep tear sidelined him for most of the 2012 season, he announced he will be retiring at the end of the 2012-2013 campaign. In 2001, Lewis and the Ravens beat the New York

> Giants and became the Super Bowl Champions.

> > Lewis, who made three solo tackles. two assists and blocked four passes, became the

second linebacker to be named Super Bowl MVP after Chuck Howley in Super Bowl V. Even though an injury held Lewis back this season, he will finish off his football career playing in the biggest game of the season. Retiring after a winning a Super Bowl Championship sounds like a dream, but that dream can come true for Lewis and the Baltimore Ravens on Sunday.

Super Bowl 47 kicks off at 4:30 p.m. on Sunday Feb. 3. So, invite your friends over, grab some food and make your picks for the big game!

By NAIT Athletics

NAIT is currently running a Twitter contest for students to explain why they are "proud to be an Ook." This contest is for all NAIT students but what about the "actual" varsity student-athletes? The one's that go into battle every weekend with the words "Ooks" across their chest? What would their response be?

If you see the yellow long sleeved shirts around campus that say "Proud to be" with the Ooks logo underneath and the saying "Ooks Fly Together" on the back you would know that these are extremely

proud student-athletes. The concept of these shirts originated from a discussion between NAIT Director of Athletics and Recreation Linda Henderson and administrative assistant Denise Wenzel as they travelled back from a men's hockey playoff game last season. The men's hockey team used the "Ooks

Fly Together" slogan last year and when the idea for the shirt was shared with the student-athlete council, they loved it.

When the women's basketball team was asked why they were proud to be an Ook they summed it up in three words: "United. Fearless. Unbreakable" was their response.

Second-year NAIT badminton player

Ellexis Lathan had her own take. "Being an Ook is something that inspires you to be your all."

This sentiment is shared by NAIT cross-country runner Meghan Wilcox, who states: "As a student-athlete, it is an

honour for me to belong to something that is so successful as the Athletics program at NAIT. It creates memories that will last for a lifetime."

Are our NAIT student-athletes proud to be an Ook? You better believe it. Use #proudtobeanook to give your thoughts.

January 21-27

Josephine Peacock **Basketball**



Once again Josephine was a leader for the NAIT Ooks women's basketball team in their two overtime wins over their cross-town rivals from Concordia. Josephine had 33 points, 22 rebounds and 14 steals over the two games, pacing her team to a 72-67 OT win Friday at Concordia and a 68-60 OT win at home Saturday night.

'Josephine was the team leader this weekend both physically and emotionally," said head coach Todd Warnick. "She helped guide us to a pair of victories, notching her amazing league leading sixth double-double of the year.

Josephine is a fourth year guard from Edmonton and is taking Business.

Lei Chen **Badminton**



In Lei's first year with the NAIT Ooks badminton team, he has impressed everyone who watches him play. Recently, the NAIT badminton team travelled to Hawaii to compete in the Honolulu Open where Lei was incredible, winning the coveted Triple Crown over tough competition from Japan, Singapore and Hawaii.

In last weekend's first ACAC event, Lei partnered with Jessica Yu to win mixed-doubles. "He is definitely a special player," said NAIT head coach Jordan Richey. "I have so much respect and admiration for him coming to a foreign country and fitting in as well as he has. His skill speaks for itself but it is his ability to adapt to being a student-athlete in Canada that is impressive." Lei is a first year ESL student from Xi'An, China.

Athlete Profile



Player: Karli Reeve Sport: Hockey Position: Forward Program: Graphic **Communications**

By CECILE NOVEL

When did you start playing hockey? - I started playing hockey when I was four years old, so about 15 years ago.

What is your most memorable experience with the Ooks so far? - It is probably last year when we were playing Mount Royal and we'd never beaten them, and I guess Deanna as a coach had never beaten them. I scored the tying goal to go into overtime, and then I scored the overtime winner.

Nice! Did you get player of the game? - I

Do you play any other sports? - I play baseball, lots of baseball, and that's about it. I played all the school sports when I was growing up but I had to quit because of hockey.

What would you consider to be your biggest athletic accomplishment so far? - In 2005 I got the Saskatchewan Minor Baseball Player of the Year award.

Who is your favourite athlete? - My favourite athlete ... I'd probably have to go

with a hockey player. I'm gonna say either Erik Karlsson or Kris Letang.

What do you want to be when you grow up? - Umm I don't really know yet. Right now I'm in a few different classes, and I've done a few different courses already. I've been leaning a lot towards a teaching path though, which runs in my family.

Who or what are your biggest inspirations in your life? - I'd probably have to say my brother, just because he's pretty much the reason why I started playing sports, I kinda followed in his footsteps. I wanted to be like my bigger brother sort of thing ... Or my grandparents, who were just always very supportive of everything I did and always came to watch me play.

How do you like spending your free time? - Probably hanging out with girls on the hockey team, just doing whatever.

What is your favourite Disney movie? -Hmm let's see ... I'd have to go with Finding Nemo. Nemo's a good one.

VOLLEYBALL

ms two for six on weekend

By BRETT MORTON

After a weekend off, the NAIT Ooks volleyball teams were back on the court this weekend against their cross-city rivals MacEwan Griffins.

It was a tough weekend for the men. After losing the first two sets 20-25 they shook off the rust for the third set and won 25-21. In the fourth set, the Ooks were too far in the hole to make comeback and dropped the game to the Griffins 16-25.

On Saturday, the Ooks played a lot better, taking the Griffins to five sets. The Ooks came out on fire taking the first set 25-22. They continued rolling and took the second set as well, 25-20. Once the third set rolled around the Griffins woke up and the wheels started falling off the bus for the Ooks. They dropped the third set to Griffins 17-25. With needing only one more set to win the game the men could not deliver and dropped the fourth set 22-25. The Griffins forced the fifth and deciding set. In the fifth the Ooks collapsed and lost 11-15.

On Sunday the Keyano Huskies of Fort McMurray came to town. The Ooks were hoping to forget about the two matches against MacEwan and salvage a win against the Huskies. The Huskies had other thoughts and took it straight to the Ooks. The Ooks couldn't prevent going 0-3 on the weekend and lost to the Huskies in three straight sets. The first two sets the Ooks lost rather handily. The first set finished 18-25 and the second set ended 15-25. In the third and final set the Ooks

started picking it up and tried to make a comeback, but the Huskies were not about to roll over and let that happen. The Ooks made it very close but the Huskies prevailed with a 22-25 victory. The Ooks went 0-3 on weekend. The Ooks hope to redeem themselves this weekend as they face the Grande Prairie Wolves.

The weekend however, had somewhat better results for the women. They split the two matches with the Griffins 1-1. On Friday it was the Ook's night against the Griffins taking the match 3 sets to 0. All three games were very close and great action on both teams part. The Ooks took the first set 25-21. The second set the Ooks kept up the pressure and took the it with the same score as the first, 25-21. In the third and final set the Griffins would mount a comeback and took the set 25-20.

However, on Saturday it was the Griffins turn. In the first set the Ooks came out flat and dropped the set 17-25. The second set was much better and the Ooks showed the Griffins that they would not go down without a fight. The Ooks dropped the set 23-25. The third set had the Ooks dominating the Griffins, and taking the set 25-11. Gaining momentum the Ooks came out on fire in the fourth set. Being up several times it looked as though they would force MacEwan into a fifth and final set. After a couple of time outs by the Ooks they let the lead slip away and the Griffins took the set and match 28-26.

"We should have taken them in the fourth set



The men celebrate a point on Wednesday Jan. 25 at NAIT gym against the MacEwan Griffins, but it was not enough, as they lost the match 3-1.

Saturday night but couldn't finish and paid the price," said Alison Mullock.

On Sunday the Ooks returned back to their winning ways, defeating the Keyano Huskies in three straight sets. The first set saw the Huskies trying to work off bus legs, but the Ooks gave them no chance in doing so and won the set, 25-16. The second set had the Ooks came out just as strong and hard taking the set 25-18. The third and final set seen the Huskies wake up and put up a good fight but the Ooks were not going to let the Huskies back into the game. Taking the set 25-22, the Ooks flew away with the win.

"Getting our bench in on Sunday was beneficial and will make us stronger in the end," said

The Ooks finished the weekend off with a 2-1 record. The women will be on the road in Grande Prairie as well looking for two victories. Good luck to both teams!

II Kings link with pi



By KELSEY LYDYNUIK

After a two-game road trip in Saskatchewan, the Oil Kings (ranking sixth this week in the BMO CHL Top 10 rankings) were back at home on Saturday. It was a battle of the Oil Kings as they took on the Wheat Kings.

Michael St. Croix put the Oil Kings on the board halfway through the first, with Stephane Legault following suit shortly thereafter. Just before the end of the first, Jayce Hawryluk put the Wheat Kings on the board.

In the second period, the Wheat Kings were the first to score, with Eric Roy evening the score at two. Curtis Lazar answered that, giving the lead back to the Oil Kings. Before the end of the second, Dylan Wruck would remind fans why Edmonton has the No. 1 ranked power play in the league and put one past Curtis Honey. Another goal from Lazar at even strength gave the Oil Kings a 5-2 lead going into the third.

Neither team found the back of the net in the third, however it was still a good period.



Oil Kings Griffin Reinhart, left, Michael St. Croix, Keegan Lowe, Henrik Samuelsson, Stephane Legault and Cody Corbett show off the pink uniforms yesterday that they will be wearing for Pink at the Rink, Friday Feb. 1 against the Swift Current Broncos. "Real men wear pink. If you can pull it off you're pretty manly," said Samuelsson. The jerseys and sticks will be silent-auctioned off at the game, with proceeds going to Compassion House Foundation, the Canadian Cancer Society, the Canadian Breast Cancer Foundation

"You could tell that in the third period our boys put the pedal to the metal and did a really good job. We did a lot of good things, really the only thing we didn't do was score," coach Derek Laxdal said.

"At the end of the night it was a good third period for us and obviously we want to carry the same momentum over into tomorrow night's game."

They did exactly that on Sunday against the Lethbridge Hurricanes. Halfway through the first period, Trevor Cheek opened up scoring on the power play, and seconds later Hurricane Josh Derko tied the game. Shortly after, Dysin Mayo notched his first WHL goal. Mayo was so excited the he "didn't really know what to do for [his] celebration." Clearly he could take a few tips from Edmonton Oilers' Nail Yakupov.

The second period was another demonstration of the No. 1 ranked power play in the league as St. Croix scored twice on the PP and Wruck once. In addition, Henrik Samuelsson netted one at even strength, netting a five-goal lead by the end of the second. In the third period Lethbridge swapped backup goaltender Christopher Tai for Ty Rimmer. That did not discourage Brandon Baddock, as he was able to push one past Rimmer to make it 7-1.

With just over two minutes left in the game, Griffin Reinhart and Jamien Yakubowski dropped the gloves and as if that wasn't enough, seconds later a line brawl erupted and Derko attacked Lazar. Harrison, Harper and Samuelsson went at it, Adam Henry and David Musil started a scrap and Brady Ramsay and Keegan Lowe dropped the gloves. If that wasn't enough action, Laurent Brossoit and Rimmer also dropped the gloves and met at centre ice for a goalie fight.

This was Brossoit's first fight and he said, "it was a lot different then I thought it would be, but it was a lot of fun."

While Brossoit enjoyed the fight, his teammates didn't seem convinced that it would be very fun to go up against him.

"He's got super long arms," said St. Croix. "If I was going to fight one guy on the team, I would definitely not want it to be him, But it was definitely cool to see him do it."

After an action packed game full of firsts for players, Edmonton took a 7-1 win away to add to their current five-game winning streak.

The Oil Kings are back in action Friday, Feb. 1 as they host their first ever "Pink at the Rink" game against the Swift Current Broncos, puck drop is at 7 p.m.

y Extreme Fitness journey

By DAVID HANSON

It all began with my frustration in early January, as the NAIT gym was overtaken by New Year's "Resolutionists" at the height of their temporary fitness craze. To beat this craze, and gym lineups, I signed up for the "NAITSA Extreme Fitness Challenge."

With week one out of the way, in which I and the rest of the group took on Zumba and TRX, it felt like we had accomplished our goal ... but we are far from finished.

For the next three weeks we try two completely new workouts that will lead us to our prize: The \$50 sign-up fee returned

Spin

This is among the most simple of the workouts assigned to us. It uses only a stationary bicycle

Unlike TRX which felt like a more upper body workout, Spin is entirely legs and cardio. While it is one of the simplest workouts you could do, our instructor Amy found

ways to challenge us by doing simple things like increasing the resistance by turning the gear knob or by changing position on the least.

the bike. When we turned up the resistance and leaned forward, it felt like we were pulling a sleigh like dogs.

Each minuscule change worked a different part of the leg and by the end of the workout mine were burning. Amy

surprised us by getting us up and off the bikes to throw in other exercises to mix

I would highly recommend Spin for anyone who needs greater leg strength or has a lack of cardio. It would certainly help your sports performance, weight loss goals and help you catch the bus.

Yoga is an interesting workout, to say

In looking up its history, it turns out that yoga is seriously old. Like archaeologists are trying to figure out how old. old. While some think of it as turning people into pretzels, for many it's seen as a lifestyle and a central aspect of faith

and spirituality. An instructor leads the class through stretches and poses while saving calming things with a "sultry" voice.

One of the challenge members, Michelle, revealed to us that she is a voga instructor. She showed us the poses at the front, and timed us all while saying uplifting and meditative things. She did an excellent job

of making every little detail easy to understand. We were able to ignore our discomfort by focusing on our breathing, a practice that has helped people with everyday stress.

Until trying yoga, I didn't understand its relaxing nature.

The best part is at the end when the instructor turns out the lights and you just relax on your mat. After a week of struggling to complete a never ending supply of homework at the cost of a good night's sleep, plus an hour of rigorous stretching, I can't remember being more relaxed. That must be how yoga helps Buddhists achieve enlightenment.

Yoga, by itself, has many benefits, like increased flexibility, weight control and strength. By complementing a workout regimen with yoga, expect results and recovery faster, with better stress management.

Week 2 is in the books. From here it gets more hard-core. Pick up your copy of the Nugget next week to see if I survive boot camp and a triathlon.

ACAC Standin

MEN'S HOCKEY Team GP W RW L OTL TIEGF GAPts NAIT 20 17 17 1 1 1 107 33 36 SAIT 15 15 3 0 4 105 47 34 Augustana 22 14 13 4 0 4 108 67 32 2 99 76 26 Portage 11 8 0 4 72 72 18 Concordia 7 10 Kevano 6 13 2 1 64 103 15 MacEwan 6 6 15 0 0 60 94 12 Briercrest 1 0 21 0 0 31 154 2 **RESULTS**

January 23 Augustana 5, NAIT 4 January 25 NAIT 6, Augustana 3

Portage 10, Briercrest 3 SAIT 7, MacEwan 0 Keyano 4, Concordia 4 (OT)

January 26 Portage 8, Briercrest 2 Concordia 5, Kevano 3 SAIT 5, MacEwan 2

WOMEN'S HOCKEY GP W RW L OTL TIE GF GA Pts

20 22

35 22

41 7

61

| Red Deer | 14 | 11 | 11 | 3 | 0 | 0 | 50 | | |
|-----------------------|------------|----|----|----|---|---|----|--|--|
| NAIT | 14 | 10 | 10 | 2 | 1 | 1 | 59 | | |
| MacEwan | 14 | 3 | 2 | 10 | 0 | 1 | 20 | | |
| SAIT | 14 | 3 | 2 | 10 | 1 | 0 | 28 | | |
| | 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 | | | | | | | | | |

Team

MEN'S BASKETBALL

| North Division | | | | | | | | | | |
|----------------|-----|----|-----|----------|----|----|-----|--|--|--|
| Team | Div | GP | Div | InterDiv | W | L | Pts | | | |
| Briercrest | S | 14 | 6 | 7 | 13 | 1 | 20 | | | |
| Red Deer | S | 14 | 4 | 8 | 12 | 2 | 20 | | | |
| Lethbridge | S | 16 | 5 | 6 | 11 | 5 | 17 | | | |
| Concordia | Ν | 15 | 6 | 4 | 10 | 5 | 14 | | | |
| Keyano | Ν | 15 | 6 | 4 | 10 | 5 | 14 | | | |
| Augustana | Ν | 15 | 5 | 4 | 9 | 6 | 13 | | | |
| Medicine Hat | S | 14 | 3 | 4 | 7 | 7 | 11 | | | |
| NAIT | Ν | 16 | 7 | 2 | 9 | 7 | 11 | | | |
| Lakeland | Ν | 15 | 5 | 2 | 7 | 8 | 9 | | | |
| MacEwan | Ν | 15 | 3 | 3 | 6 | 9 | 9 | | | |
| SAIT | S | 16 | 3 | 3 | 6 | 10 | 9 | | | |
| Olds College | S | 17 | 2 | 3 | 5 | 12 | 8 | | | |

St. Mary's 16 15 Grande Prairie N 17 0 Wins versus divisional opponents will result in point. Wins versus interdivisional opponents will result in 2 points in the standings.

RESULTS January 24 Augustana 83, King's 80 Lethbridge 91, Olds 68 January 25

Concordia 83, NAIT 63 Keyano 87, MacEwan 71 Lakeland 97, Grande Prairie 88 Red Deer 109, St. Mary's 56 Briercrest 90, SAIT 77

January 26 NAIT 65, Concordia 50

Keyano 95, MacEwan 93 Lakeland 92, Grande Prairie 70 Briercrest 87, SAIT 71 Lethbridge 110, Olds 78 Red Deer 99, St. Marv's 64 Augustana 57, King's 56

WOMEN'S BASKETBALL

| WOWEN S DASKET DALL | | | | | | | | | |
|---------------------|-----|----|-----|----------|----|----|-----|--|--|
| North Division | | | | | | | | | |
| Team | Div | GΡ | Div | InterDiv | W | L | Pts | | |
| Augustana | Ν | 15 | 8 | 7 | 15 | 0 | 22 | | |
| King's | Ν | 15 | 6 | 7 | 13 | 2 | 20 | | |
| NAIT | N | 16 | 7 | 5 | 12 | 4 | 17 | | |
| MacEwan | Ν | 15 | 4 | 6 | 10 | 5 | 16 | | |
| SAIT | S | 16 | 6 | 5 | 11 | 5 | 16 | | |
| Lakeland | Ν | 15 | 3 | 6 | 9 | 6 | 15 | | |
| Olds | S | 17 | 9 | 3 . | 12 | 5 | 15 | | |
| Medicine Hat | S | 14 | 5 | 3 | 8 | 6 | 11 | | |
| Concordia | Ν | 15 | 3 | 4 | 7 | 8 | 11 | | |
| Grande Prairie | Ν | 17 | 3 | 4 | 7 | 10 | 11 | | |
| Keyano | Ν | 15 | 0 | 4 | 4 | 11 | 8 | | |
| Red Deer | S | 14 | 4 | 0 | 4 | 10 | 4 | | |
| Briercrest | S | 14 | 2 | 0 | 2 | 12 | 2 | | |
| St. Mary's | s | 16 | 0 | 1 | 1 | 15 | 2 | | |
| Lethbridge | S | 16 | 0 | 0 | 0 | 16 | 0 | | |
| RESULTS | | | | | | | | | |
| January 24 | | | | | | | | | |

Augustana 87, King's 74 Olds 102, Lethbridge 52 January 25

NAIT 72, Concordia 67 (OT) MacEwan 58, Keyano 45 Lakeland 68, Grande Prairie 59 Red Deer 54, St. Mary's 42 SAIT 74, Briercrest 41

January 26 NAIT 68, Concordia 60 (OT)

MacEwan 73, Keyano 56 Lakeland 77, Grande Prairie 67 SAIT 81, Briercrest 33 Olds 93, Lethbridge 67 Red Deer 51, St. Mary's 48 Augustana 80, King's 71

MENIC VOLLEYBALI

| MEN'S VOLLEYBALL | | | | | | | | | | |
|------------------|----------------|----|----|-----|----|----|-----|--|--|--|
| VIC | Team | MP | MW | ML | GW | GL | Pts | | | |
| 3 | Red Deer | 16 | 15 | - 1 | 46 | 18 | 30 | | | |
| 3 | Briercrest | 16 | 14 | 2 | 45 | 20 | 28 | | | |
| 3 | SAIT | 16 | 13 | 3 | 44 | 15 | 26 | | | |
| 3 | Medicine Hat | 16 | 13 | 3 | 42 | 25 | 26 | | | |
| ٧ | Keyano | 15 | 11 | 4 | 38 | 16 | 22 | | | |
| 3 | Lethbridge | 16 | 9 | 7 | 34 | 26 | 18 | | | |
| 1 | King's | 16 | 9 | 7 | 37 | 37 | 18 | | | |
| 1 | MacEwan | 16 | 8 | 8 | 30 | 30 | 16 | | | |
| 1 | Grande Prairie | 16 | 5 | 11 | 22 | 39 | 10 | | | |
| 3 | Augustana | 16 | 4 | 12 | 23 | 37 | 8 | | | |
| 1 | Lakeland | 16 | 4 | 12 | 22 | 39 | 8 | | | |
| ٧ | NAIT | 15 | 2 | 13 | 16 | 40 | 4 | | | |
| 3 | Olds | 16 | 2 | 14 | 18 | 44 | 4 | | | |
| 1 | Concordia | 16 | 2 | 14 | 14 | 46 | 4 | | | |
| RESULTS | | | | | | | | | | |
| January 25 | | | | | | | | | | |

MacEwan 3, NAIT 1

Medicine Hat 3, Red Deer 1 (25-18, 25-22, 16-25, 25-23) Concordia 3, Olds 2 (22-25, 19-25, 25-20, 25-19, 15-11)

January 26 MacEwan 3, NAIT 2 (22-25, 20-25, 25-17, 25-22, 15-11)

Olds 3, Concordia 0 (25-22, 25-22, 25-15) Briercrest 3, SAIT 2 (25-17, 24-26, 25-15, 22-25, 15-13) Grande Prairie 3, Lakeland 1 (25-18, 25-15, 22-25, 26-24) King's 3, Keyano 1 (25-22, 20-25, 25-16, 26-24)

Lethbridge 3, Augustana 1

(23-25, 25-19, 25-23, 25-16)

Red Deer 3. Medicine Hat 1 (23-25, 25-21, 25-22, 25-23) January 27 Keyano 3, NAIT 0 (25-18, 25-15, 25-22)

WOMEN'S VOLLEYBALL

| DIV | Team | MP | MW | ML | GW | GL | Pts | | | |
|---------|----------------|----|----|----|----|----|-----|--|--|--|
| S | Red Deer | 16 | 14 | 2 | 46 | 14 | 28 | | | |
| Ν | Lakeland | 16 | 13 | 3 | 41 | 13 | 26 | | | |
| Ν | MacEwan | 16 | 13 | 3 | 41 | 19 | 26 | | | |
| N | NAIT | 15 | 10 | 5 | 36 | 18 | 20 | | | |
| Ν | King's | 16 | 10 | 6 | 38 | 23 | 20 | | | |
| S | Olds | 16 | 10 | 6 | 35 | 33 | 20 | | | |
| S | Medicine Hat | 16 | 9 | 7 | 33 | 28 | 18 | | | |
| Ν | Grande Prairie | 16 | 9 | 7 | 33 | 28 | 18 | | | |
| S | Briercrest | 16 | 8 | 8 | 33 | 33 | 16 | | | |
| S | SAIT | 16 | 6 | 10 | 24 | 31 | 12 | | | |
| S | Lethbridge | 16 | 4 | 12 | 25 | 39 | 8 | | | |
| S | Augustana | 16 | 4 | 12 | 14 | 41 | 8 | | | |
| N | Keyano | 15 | 1 | 14 | 6 | 43 | 2 | | | |
| N | Concordia | 16 | 0 | 16 | 7 | 48 | 0 | | | |
| RESULTS | | | | | | | | | | |
| 105 | | | | | | | | | | |

January 25 NAIT 3, MacEwan 0 (25-21, 25-21, 25-20)

Briercrest 3, SAIT 1 (25-21, 26-24, 23-25, 25-21) Grande Prairie 3, Lakeland 2 (25-16, 24-26, 13-25, 25-16, 15-11) King's 3, Keyano 0 (25-23, 26-24, 25-15)

Lethbridge 3, Augustna 1 (19-25, 25-22, 25-20, 26-24) Red Deer 3, MHC 1

(25-18, 25-12, 27-29, 25-20) Olds 3, Concordia 2

(22-25, 25-14, 23-25, 25-20, 15-9) January 26

MacEwan 3, NAIT 1 (25-17, 25-23, 11-25, 28-26)

Olds 3, Concordia 2 (21-25, 25-22, 18-25, 25-21, 15-8) Briercrest 3, SAIT 2

(22-25, 24-26, 25-23, 25-14, 15-13) Grande Prairie 3, Lakeland 0 (25-10, 25-21, 25-15)

King's 3, Keyano 1 (25-7, 21-25, 25-10, 25-12) Augustana 3, Lethbridge 2

(19-25, 22-25, 25-11, 25-19, 17-15) Red Deer 3, Medicine Hat 0 (25-22, 25-15, 25-18)

January 27 NAIT 3, Keyano 0 (25-16, 25-18, 25-22)

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

- 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:
 - 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



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ALISON MULLOCK **Entertainment Editor**

Waking up on a Saturday morning and being refreshed is not a regular event for your typical varsity athlete. Waking up on a Saturday morning being hungover is also not a regular event for your typical varsity athlete. Waking

Not going to practice

is never an option in

the varsity world. "Fak-

ing sick" or "too much

homework" are not

options, either.

up on a Saturday morning and jamming as much homework as you can do before you attend your pre-game with your team, is as much as you will have planned.

Being a varsity athlete obviously comes

with some amazing bonuses - leaving class early, travelling on weekends, spending a huge amount of time with your new sport family and playing the sport you love. I am not trying to

ence it obviously is, I am just trying to express how much stress is put on a student athlete. If you are not a student athlete, I hope this gives you some insight. If you are a student athlete, I hope this gives you something to relate to.

So, being a student athlete sometimes, completely sucks. You are extremely stressed about that game this weekend and that test next week, but which should you focus on? You have coaches and professors pulling you in each direction. Professors are upset you are missing school and the coaches occasionally lose track that the "student comes first." One stress that people don't understand is the dreaded Friday night. People consistently plan parties and outings on Fridays because it's the week-

> end. Mark me down as not attending because, "Ain't no athlete got time for that."

NAIT is different from many other institutions. Here you are taking a full time program directly relating to the field you want

to spend your life doing. You need to focus on what you are learning, it's not general studies. Having a successful team in a technical institute like NAIT is something to be

My non-athlete friends, when they ask me to do a school project or go for wings on Wednesday, I say: "No, sorry, I have practice."

Their response usually is, "just don't go." Not going to practice is never an option in the varsity world. "Faking sick" or "too much homework" are not options, either. Kelsey Bleier plays on the women's volleyball team and has this same problem with her roommates. She told me of a time when she was so tired she

couldn't get out of bed to make herself a meal but had practice later that night, and her roommate's response was: "If you are so tired, just don't go." One does not miss a sport for simply being tired.

All these complaints make it seem terrible being a student athlete but it's extremely beneficial. By no means is it easy but it is worth it. The connections you make with people you would normally never meet are incomparable. There are amazing relationships you will keep for the rest of your life. You play a sport you love and get to work out every day, even when you don't want to. This is why I have been a student athlete for three years.

your sport a brain break. I am a huge believer in taking these. That two hours you spend in the gym should be a time when you leave everything at the door. Lately I have not been following this maxim and I hereby announce that I will do it again.

From now on, when I walk into that gym I will shut out everything to do with school, family, friends and work. All student athletes have the capability to do this. Making excuses

> for being busy isn't beneficial. Sucking it up and not complaining is the only way to go ... especially when you are complaining to a nonstudent athlete. Just accept that they will never understand.

I also notice that you need to find something outside of all of these obligations and stresses to take time for yourself. Get a massage or go for a jog, not because you have to, but because you want to. Losing track of this outlet is the main flaw with the majority of student athletes. Once you can take your stress out on something that is completely leisurely, you will be able to walk into that gym, ice rink or field and leave it



Online Voting Feb 8 12am - Feb 14 4pm Poll Stations Feb 14 10am-2pm

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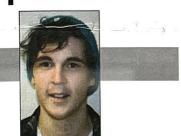
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FOR YOUR LISTENING PLEASURE ...

3.99 mixtape



By SCOTT PEDRICK

Muse are here on Sunday, so to get everyone primed for the show, this week's mix is a collection of tracks from some bands that have opened for Muse since

2002. Some of them have moved on to stadiums in the UK, while many have just started promising careers.

In the seasoned department, My Chemical Romance were just about to explode with "The Black Parade," and Kasabian's warmup slots paved the way for their arena success with their second album, Empire. Elbow would support the band in 2003, and while the softer act may seem a strange choice next to Muse's heavy riffs, soft-rock superstars Coldplay also opened for Muse back in 2000, right before Yellow came along and made them famous.

Smaller bands continue to be plucked

from obscurity and thrust into the spotlight for Muse's shows. The Horrors' sophomore album Skying topped various critics' lists in 2011 and L.A. rock chicks Deap Vally became one of the most buzzed about bands in 2013

Acts friendly to the North American charts usually get brought on for this side of the pond, with Metric, Silversun Pickups and The Joy Formidable supporting on multiple tours. Sunday's show at Rexall Place has Band of Skulls as openers. Hopefully, the playlist dictates that they're joining one talented pool of alumni.

White Lies - Death



Kasabian - Empire My Chemical Romance

- Thank You For The Venom The Big Pink - Dominos Deap Vally - The End Of The World Elbow - Grounds For Divorce

- Everything Is Average Nowadays Cold War Kids

- Something Is Not Right With Me Metric - Satellite Mind The Joy Formidable - Whirring Glasvegas - Euphoria, Take My Hand

The Horrors - Changing The Rain Silversun Pickups - Lazy Eye

By LUCAS ANDERS

Check out Arsenic and Old Lace this weekend for a great night full of comedy with Rare Form Theatre.

rsenic an

"The characters

walk between

being com-

pletely ridicu-

lous and being

someone you

can relate to in

real life."

Rare Form Theatre is a company out of Fort Saskatchewan, Lisa Whitson, along with Christian Stannard and I, established the company in 2007. Since then, Rare Form Theatre has produced high quality theatre with a crop of talented young actors from the greater Edmonton area.

Past shows include Beware the Quickly Who, The Importance of Being Earnest and Fools, Arsenic and Old Lace by Joseph Kesselring is a comedy that follows a successful dramatic critic, Mortimer Brew-

ster, who is on top of the world. He has a successful career and is about to be married to the love of his life, Elaine Harper. Mortimer also has loving and caring aunts that suffocate him with love and affection. Just when things are really starting to look up, Mortimer pays a visit to his aunts, only to find out they are lacing wine with

arsenic and serving it the lonely old men of Brooklyn.

They believe that they are doing the men a favour by putting them out of their misery. Mortimer's life and everything around him starts to unravel, along with an uncle who believes that he is President Teddy Roosevelt and a criminally insane brother who pays them a visit.

Producer Lisa Whitson was quick to emphasize the how much fun this dark

"The genre of the play is black comedy, which means it deals with darker subject matter in a light-hearted way," said Whitson.

"Yes, the play focuses quite closely on a lot of murder and yes, you see a couple of dead of bodies, but there is nothing you will see that will make you uncomfortable or squeamish, because you are truly able to appreciate the irony of what is happening."

The comedy follows Mortimer and his struggle to accept his family for who they

"The play deals strongly with the subject of family," said Whitson.

"Just how loyal are you to your family?

What would it take for you to turn your back on them? What horrible things could your family members do and you would still support and defend them?"

At the heart of it, we all deal with our family and their quirks. What better way to celebrate your family than to take them out to a great comedy, this Friday Feb. 1 and

Saturday Feb. 2 at 7:30 p.m. at the Shell Theatre-Dow Centennial Theatre in Fort Saskatchewan.

"Absurdity is such a fun theme to get to play with," said Whitson.

"The characters walk between being completely ridiculous and being someone you can relate to in real life."

Tickets can be purchased in advance through Ticketmaster or at the door, Join Rare Form Theatre for a great show with laughs and a whole lot of mischief.

Rare Form Theatre Association Presents: Arsenic & Old Lace By Joseph Kesselring Tickets available through Ticketmaster Shell Theatre, Fort Saskatchewan February 1 and 2 7:30 PM Arsenic & Old Lace is presented by special arrangement with Dramatist's Play Service, Inc., New York



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Nominations open January 2 - January 31 @ 4pm

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

Govind Pillai - Former Senator & NAITSA President

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CONCERT REVIEW

Intriguing after all these years

By JACQUELINE PAWLYNA

When the topic of Canadian music comes up, the Tragically Hip will undoubtedly be discussed. Originating in Kingston, Ont., this fiveman band has received 14 Juno awards on top of being inducted into the Canadian Music Hall of Fame. Formed in 1983, the band is still going strong and continues to make exceptional music as its newest album Now for Plan A clearly proves. On Jan. 23, the Hip made a stop in Edmonton on their tour, as they often do. Rexall Place was buzzing with excited fans, who fought the freezing weather to see their favourite songs, new and old, performed live.

It is impossible to experience the Tragically Hip to the fullest without seeing them perform.

Of course, the instrumentals were consistent with their recorded work; however, what really makes the Hip's show special is lead singer Gordon Downie's showmanship. Thirty years into his career, this man is showing no signs of slowing down. Gord's theatrical performance allows the Tragically Hip to play a two-hour set easily without losing the audi-

Most shows you can catch Downie dancing like a mad man with his microphone stand and using a handkerchief as a prop before throwing it to an energized crowd. While watching Gord remove articles of clothing playfully throughout the show, you can't help but be captivated by his comedic act.

This 48-year-old shows more energy and charisma then most young bands nowadays. His behaviour is something only a national icon can get away with. His manic and ridiculous behaviours may come off as insane but it is truly a passionate spectacle. It is obvious that Downie still has a love for his music and for entertaining the fans. During his deeper songs, Downie is expressive, emotional and intensely



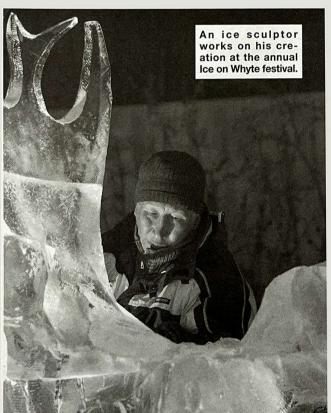
connected to his audience. As he is also a poet. he often breaks into quickly worded rants

While performing at Rexall, bands face many challenges they would not in a small venue. Often, in such a large setting, an audience can feel a disconnection from the per-

Gord Downie of Tragically Hip

formers they came to see. However, the Tragically Hip's emotional performance kept fans intrigued for hours. Many older diehard fans caught the show Wednesday, but there were also a surprising number of teen fans singing along with classics like "Ahead by a

A Tragically Hip show always promises a friendly audience, reflecting the gentle and kind spirit of the band itself. The Hip will surely return soon, as this band seems to crank out albums in no time. I suggest you check out their vibrant show the next time they make their way



Whyte ice is nice

By DARTANION JOHNSON

It's the 10th anniversary of ice, snow and chainsaws in Edmonton. Ice on Whyte is back! This yearly event was started in 2003 by a few individuals who wanted to show off their ice carving talents. As the years have gone by, the event has become larger and now includes over 100 activities to take part in or watch during the one-week event.

This year brings even more fun and competition. The ice carvers are from all over the world, from right here in Edmonton to the British Isles and Russia, to list a few. Five hundred blocks of ice, weighing nearly 155,000 pounds were brought in this year. You can win a trip for four to Jasper by simply voting at iceonwhyte.ca for your favourite ice sculpture or team. Some of the featured non-competitive ice sculptures include a mermaid, a Buddha and a

A local band Boogie Patrol performed live on Breakfast Television to open the festivities. One of the coolest interactive features is the giant ice slide! With three different height levels, any child or adult will enjoy zooming down pure ice. Another nice ice feature is the family skating (free skates are available). The skating is open during select hours to accommodate the rink for other events like the skating obstacle course and curling. The events are great for families. Kids can get their face painted, carve mini-ice sculptures and play games while adults can take in a concert, open mic night or frozen yoga.

On Jan. 31 Latvian culture is being celebrating from 2 p.m. to 9 p.m. On Feb. 1, featured events include Dutch snow carving, Dutch music and food and frozen karaoke. Chinese culture will be highlighted on Feb. 2 with the Edmonton Chinese Dance Academy and Hong De Lion Dance performing. Feb. 3 marks the end of Ice on Whyte, so expect it to be busy with a 10th anniversary party running from 6 p.m. to 10 p.m. The party will include fire, ice, a drumming extravaganza, a DJ dance party and light

With only three days left to enjoy Ice on Whyte, there is no excuse not to enjoy an event that takes advantage of Edmonton's frigid weather. Ice on Whyte is located at End of Steel Park at the corner of Gateway Boulevard (103 Street) and Tommy Banks

Hours of operation

Monday to Friday (Until Feb. 3) from 2 p.m. to 10 p.m. Weekends from 10 a.m. to 10 p.m.

Admission Adults \$5 Children 2-12 years old \$2.50 Under two years, free Cash only

Ode to Bootleg Glory

By CHRIS FIGLIUZZI

Touring across Canada is a long gruelling process for any band. Travelling across Canada in a van that is constantly breaking down is mind bogglingly frustrating. This is a situation that Bootleg Glory wished they never found themselves in as they arrived last week to play a set at our very own Nest Taphouse Grill. Watching the show, you would never have known because they put on a wildly energetic and entertaining show.

The band powered through their set playing their unique fast paced hard rock sound, blending elements of everything from Cage the Elephant to Hawksley Workman to The Sheepdogs to the blues, masterfully, and giving it their own twist.

This sound, combined with an instant camaraderie and stage presence, has the makings of a show that grabs your attention and won't let go. If it's not the music, it's the band's comfortable and often hilarious banter among themselves and with the audience that creates a special environment.

Currently Bootleg Glory finds themselves touring the country on the strength of their EP, a powerful four-song compilation. Featuring songs such as "Tease," a track the band just released a video for. "Tease" features an awesome combination of eatchy guitar riffs and vocals that leave the listener clinging to its every word and movement. Also featured on the EP, and my personal highlight, is "In Town." It is a straight up rock song oozing with

pure passion and emotion. The song starts out slow and methodical, slowly building in intensity, draws the listener in and then explodes into a climax of raw powerful emotion, before dropping back into the catchy and familiar bridge. The song follows this pattern of drawing the listener in and exploding and once they're invested to perfection, creates a real connection with the hand.

For more information on Bootleg Glory, you can check them out on Facebook, Bandcamp, or on their brand spanking new website www.bootleg-glory.com. The new website should be up in time for Canadian Music Week in March. That being said, their Facebook page is a must see as it is perhaps the most well maintained and hilarious page I



www.bootlegglopy.c

have seen in a long time, despite the band's contention that "it just started out of boredom from being on the road"

Be sure to check out their uploaded videos chronicling the van problems. It'll make you laugh, it'll make you cry but most of all it makes you fall in love with Bootleg Glory.

An 'eargasmic' experience

By CHRIS FIGLIUZZI

Edmonton's very own Forester just blew my freaking mind! I had last seen Forester back in 2011 when they played an opening set for the Sonic Band of the Month "Zerbin". Back then, the band felt a lot more bare bones with now lead singer Wayne Axani performing on the keyboard and supplying the vocals. Still, you could tell there was something about this band that was just aching to burst through.

Fast forward just over a year to January and I find myself back at the pawnshop eagerly awaiting my second chance to see Forester live. To put it simply, they did not disappoint. They burst onto the stage full of energy and blasting their songs with unrelenting force into the audience.



www.barsnbands.i

Forester

Foresters sound can probably best be described as a unique and irreproducible piano-core sound, think Matthew Good meets Rise Against or Gaslight Anthem, that will punch you in the face while

softly serenading you at the same time.

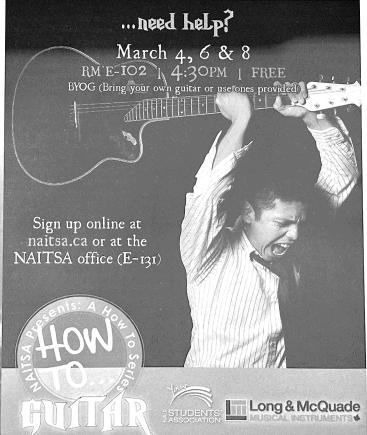
Further adding to the bands appeal is their belief that music is made to be shared to connect with people, a belief the band feels strongly about. Nowhere is this more clear then on their Facebook and Bandcamp sites where they openly share their music with fans. They encourage only a donation. As the band themselves put it "(we're) just passionate about the music and want it out there for as many people as we can reach. I mean it costs money to be in a band and make music and live so any donation is appreciated but really we just want the music out there r people."

Currently you can find Foresters EP "The Prison Leader" on iTunes and Bandcamp, along

with their latest track "Cigarettes." To say it is worth checking out would be a huge understatement. "The Prison Leader" is packed with quick paced rock songs laced with the perfectly placed piano accenting the sound perfectly. Forester then takes this amazingly aggressive majestic sound and highlights it with vocals that transition effortlessly between a smooth polished sound to one of aggression and emotion.

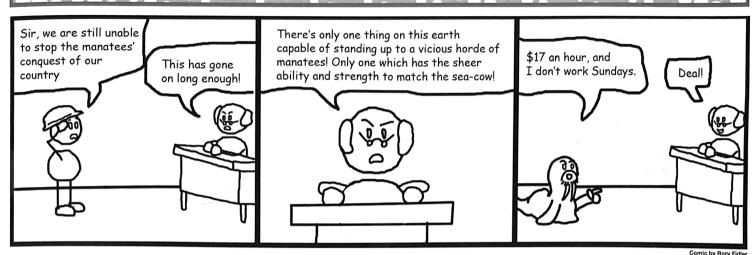
For more information or if you want a musically induced eargasm check them out at www.forestermusic.com or on Facebook. And ,as always, if you are in a band or know of an Edmonton based band demanding attention, shoot me an e-mail at chrisfigliuzzi@gmail.com or tweet me @chrisfioliuzzi





THE NUGGET PRESENTS:

NUGGET COMICS



CD REVIEW

Ke\$ha knows what she's doing

By MORGAN BLACK

I like to think that I have good taste in music. Some of my favourite bands include Vampire Weekend, Stars and the Yeah Yeah Yeahs. I appreciate complex lyrics. I disregard Pitbull. Yet, there exists a dark corner of my iPod, a corner inhabited by Ke\$ha. It started off as fizzy fun, until I discovered something that most are unaware of, Ke\$ha can actually sing. (Seriously, look up "Goodbye," an unreleased track that will disprove naysayers.) I've been hooked ever since.

With the recent release of her second studio album Warrior, I was excited for more infectious songs and she did not disappoint. Warrior brings

little new material to the table but it's a tried and true formula

The Nashville native is not an artist who looks to bring revelation and that's OK. We love Ke\$ha most as the wild child of pop. Unfortunately, she is often written off as an artist whose main interest is using whiskey as toothpaste. Silly, she is, but she's far from stupid. Small changes, such as Warrior's diminished use of auto-tune, prove that Ke\$ha is indeed making an effort to "marry the music [she listened] to, with the music [she] makes," as she said in an online interview. In turn, she then grows as an artist.

The 25-year-old ditches collaborations with bands like 3OH!3 and instead Warrior features Wayne Coyne of the Flaming Lips, Patrick Carney of the Black Keys and The Strokes. The majority of the songs in Warrior are familiar in both the way they sound and the way they make one want to dance but there are soft spots. Tracks like "Wonderland" and "Wherever You Are" are a welcome change of pace and remind us there's a heart under all that glitter. In classic Ke\$ha style, her latest single, "C'mon," rhymes "feeling like a sabre-toothed tiger" with "sippin' on a warm Budweiser." I don't know what it means to feel like said tiger, but I imagine it is comparable



to waking up feeling like P. Diddy.

Ke\$ha hasn't disappointed me yet and Warrior is more than welcome in the dark, albeit exceptionally glittery, corner of my iPod.

SEX SEX 4EX SEX SE Sex 4ex Sex Sex 5 SEX SEX SEX SEX

Dear Dr. CONwisDOM.

My sex life has been a little dry lately and I've been trying to spice things up with my boyfriend, but he isn't really into it. He'd just rather do the missionary position all the time. How can I get him to explore other options?

Sincerely.

I want to get crazy

Dear I want to get crazy,

If your guy isn't into having good sex with you, then my first suggestion would be to dump him and go after someone with a small penis because he'll be more experimental due to feeling the need to compensate. I would also suggest inviting another man into the mix, so if he doesn't want to get freaky at least the other guy might. If you're dead set on keeping this guy, and only him, just take control and make him do weirder things in bed. Sometimes watching weird fetish porn can also ease up his doubts. You'll watch the videos and think it's hot, he'll watch them and think, "There's no way I can be weirder than that guy" which

will calm his nerves. Ultimately he has to be comfortable enough with you in bed to want to explore. Set the pace, but no butt-stuff. That's something no one takes too kindly as a surprise.

...

Dear Dr. CONwisDOM,

My husband and I have recently become pregnant. I'm worried that once I start to show he won't want to have sex with me anymore. Should I expect sex while pregnant?

Sincerely, Not quite a hippo ... yet

Dear Not quite a hippo ... yet,

This happens to almost all women when they get pregnant. Hormones get stirred up due to the baby and that causes women to want to get freaky. Easy solution to getting sex while pregnant: during your first trimester, buy a pair of Spanx and cinch that tummy in. At that stage in your pregnancy your baby is still very small and the most resistant to damage (once you want to keep the baby, they turn into wimps and are very susceptible to harm). During this period you will be able to successfully trick your husband into thinking you'll remain the same size throughout the pregnancy. Men are stupid. You'll be able to get some good love in before you get really big. After the first trimester, take off the Spanx and buy yourself a sex toy. I'd also suggest naming it so your husband gets jealous. It's one of the small things that will get you through your pregnancy. Enjoy the morning sickness!

Dear Dr. CONwisDOM

I watch a lot of porn, and all those guys are huge! Is that really all girls want out of sex? Is there a way to grow my y'know "business"?

Sincerely

The adult film connoisseur

Dear The adult film connoisseur,

First of all, nice word choice. Connoisseur is a very hard word to spell. I'm also glad you chose the phrase "adult film" as opposed to "porno." It really cheapens the industry. On to your question. There is nothing wrong with having a small penis. Statistically, the men with the smallest average penis size are in India. Laugh all you like but they literally wrote the book on sex. There are a lot of ads on the Internet claiming that you can grow your penis in a short eight weeks, but they don't work. Trust me. Instead, think of this as a blessing. Unless women want to be doing Kegel exercises for the rest of their lives they'd better be looking for a guy who can use his "business" without fear of having a stroke. Jack be nimble, Jack be quick, but not too quick. They don't like that.

Do you have any personal questions that you want to have answered by the good doctor? Just send an e-mail with vour concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

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 intoNAITion 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 Rm T212

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 Civil Club

WHAT General Meeting WHEN Wednesdays 4:15 WHERE Room L-164A

WHO MSA

WHAT Islamic Awareness (Dawah) Booth WHEN January 31 and February 28; 8am-3pm WHERE South Lobby Kiosk

WHO International Club
WHAT Café Corner – Charade edition
WHEN January 31; 4:15pm – 6:15pm
WHERE Room E-124 International Student Centre

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

WHO Outdoors Club
WHAT Snow Shoeing
WHEN January 31; 10am
WHERE Elk Island Park
(\$25 includes lunch, snowshoe rentals, transportation)
Contact: theoutdoorclubatnait@gmail.com

CAMPUS CLUBS NEWS

February 6

Clubs Showcase

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

DO YOU KNOW?

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

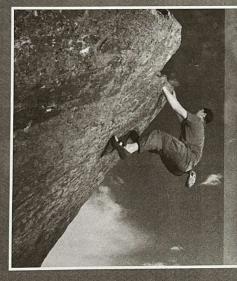
There is everything from "program specific" clubs to outdoors, gaming, business, sports, personal improvement, faith based, book, and movie clubs!

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.

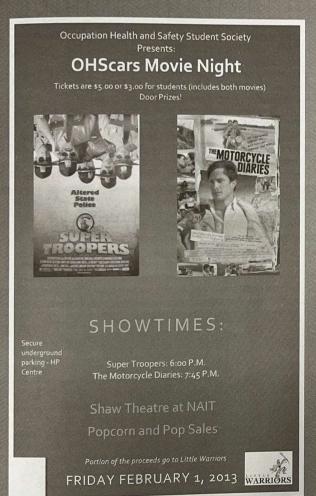


VISIT THE CAMPUS CLUBS CENTRE

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











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Check out the Clubs Website for other upcoming Important Clubs Dates

How to become motivated



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Winter is still here, reading break is still a few weeks away and finals seem like a long way off. Often students find it difficult to stay motivated at this time of year. If you find your motivation is slipping, ask yourself these questions:

1. Why am I at NAIT? If the first answer that comes to mind is "everyone should get an education" or "my parents chose this for me" it will be difficult to get motivated. It is important to find reasons why you want to succeed and what you want to get out of your education – otherwise you will be easily distracted. Give yourself occasional pep talks to remind yourself why you have chosen to continue your education and the long and short-term benefits this will have.

2. What causes my lack of motivation? Difficulty prioritizing activities, perfection-

ism, high stress, not planning ahead, making excuses, fatigue from too much time spent on extracurricular activities or working, the wrong career/program choice and/or not having balance in your life are a few things to watch out for.

3. Am I in a routine for studying and for other areas of my life? If you set aside a regular study time and stick with it, it will become a habit within a few weeks. Going to bed and getting up at the same time as well as eating and exercising at regular times help to improve time management, which in turn reduces stress and increases motivation.

4. Do I have realistic, challenging goals? Whether it is for short-term goals or longer term life plans, written goals are the most effective. Specify a clear-cut goal you want to achieve before you sit down to do homework or to study (i.e. "By the end of this hour I want to accomplish ... "). This puts you in a competitive mode and stimulates you to stay motivated and focused. For some students, competing for top marks or competing with yourself to get better marks than you have had in the past is a strong motivator.

5. What is my most effective time of day? If you are a morning person, do your most important tasks in the morning. Don't force yourself to do them at 11 p.m. when you feel the least energetic.

6. Do I have a positive attitude? Self-

statements like "I'm too lazy," "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn." Don't waste energy being negative and blaming yourself or others for how much work you haven't done or for past failures. Negative energy works in your brain the same way as driving with the emergency brake on works in your car. Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.

7. Do I work on my most important tasks first? Often we are motivated to do easy tasks or things we like first. However, when you are finished those you may have less energy to do the more important, difficult assignments. If you are feeling overwhelmed by a major project or assignment, break it into smaller parts and focus on one part at a time.

8. Do I have an incentive? When you aren't feeling motivated, set rewards for accomplishing difficult tasks or getting through a study period. Most people work best with positive reinforcement but for some people it is also helpful to set penalties for failing to follow through with tasks.

9. Do 1 get started on assignments right away and set realistic deadlines? Tasks that are put on hold cause guilt and de-energize you. Getting started right away

arouses your interest and gets your creative juices flowing. Setting deadlines helps you put boundaries on how much time you spend on a particular project or assignment.

10. Do I have balance in my life? Take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

If motivation continues to be a problem, or if you have any other academic or personal concerns, you may want to book an appointment with a counsellor in Student Counselling, Room W-111PB in the HP Centre or phone 780-378-6133.

Mental Health Awareness Committee

Would you like to participate in a committee that will help heighten awareness of mental health issues, decrease the stigma of mental health concerns and create a more positive and accepting atmosphere at NAIT?

We are looking for students with a few hours to spare who are interested in mental health awareness. This is a great opportunity to make a difference at NAIT. Please contact Margaret a mmarean@nait.ca or 780.471.7550 if you are interested.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Jan. 31-Feb. 3

(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)

Life is full of distractions, but you know how to keep a clear head. Trust your instinct, and always think things through.

Pisces (Feb. 19-March 20)

You want to let your curiosity rule through, but are scared to make the change. Don't let others stop you from doing what you want to achieve.

Aries (March 21-April 19)

Do not feel pressured by life and quit. You're determined to see things through and will always find a way to

Taurus (April 20-May 20)

The ones who appreciate what you are doing may already be near. Appreciate what you already have, and avoid trying to find it in others.

Gemini (May 21-June 21

If your reaching a mental indecision, give curiosity a chance.

Cancer (June 22-July 22)

If confronted with an upcoming choice, think long-term, not for a quick payoff. You will realize later how important that decision was.

Leo (July 23-Aug. 22)

Let faith guide you throughout this week, and remember that the hard choices are the best ones you can

Virgo (Aug. 23-Sept. 22)

Take some time today to appreciate what you have in your life, and what you accomplished in your life thus far.

Libra (Sept. 23-Oct. 22)

Keep your consciousness above your anger, and don't let it take over. Keep a clear head this week, and think about consequences of the poor actions you could have taken.

Scorpio (Oct. 23-Nov. 21)

Do not feel discouraged to move on. Change is always uncomfortable, but can make things better in the long run of life.

Backstreet memo

By ANASTASIA GODDARD

If someone told my 11 year-old self that I would one day meet AJ and Howie from the Backstreet Boys, I would keel over in sheer happiness. I feel as if every 11 year old girl has at some point in her life been in love with AJ, Nick, Howie, Brian

or Kevin ... or as in my case, all five.

Four years ago, I was at Earls for dinner, and from across the room I notice AJ and Howie just hanging out, having some beers. At first I didn't think it was real life. I did not scream the way I would have imagined I would back in 2002.

At this point I was 19 years-old, so I gained composure and decided my opening pick-up line would be to AJ (my favourite one) "I dressed up as you for my Grade 6 talent show, facial hair and all, can I please buy you a shot?". His response could not have

shot and to join his table. There I sat, with forever hold an extremely special place in my AJ and Howie from the Backstreet Boys, tell-

ing them they should come to Vinyl off Jasper Avenue. All the while, I found myself giggling like a little school girl, sending coy smiles their way and flipping my hair.

After leaving my future husband, the night had taken an awkward turn. AJ stayed

> up till about five in the morning texting me things that my 11-year-old self would definitely have not believed. Not only did he continue texting me that night, but a month afterwards he had texted me. I was somewhat tempted to ask him to send over some autographed photos, but thought that might be a bit tacky.

I would like to think that AJ and I have shared a special moment. A moment that no other "11 year-old school girl at heart" will feel. But I figure that may not be the case. All in all, I am left with not just more love for the Backstreet Boys then originally, but a new found respect for that

been more beautiful, he instead offered me a beautiful boy-band. The Backstreet Boys will

Sagittarius (Nov. 22-Dec. 21)

Let your high spirits play themselves out this week, and do not let anything that is upsetting bring you

Capricorn (Dec. 22-Jan. 19)

Stay strong at what you are doing, and don't forget about the final result you are looking to obtain. All good things in life take time and effort to receive.

Who ya gonna call?

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

Housing - Online housing registry at www.rentingspaces.ca

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

NAIT Security - 7477.

Part-time campus jobs/volunteering - Go to www.naitsa.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.



break **FREE**

TOBACCO 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



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

High note for All Time Low

By MATT DAVIES ₩ @koolaidmatt

As a guy who grew up being a longtime fan of the pop-punk genre, I was pretty excited when I found out that Yellowcard was coming to play a concert in Edmonton. With Yellowcard headlining, All Time Low was set to co-headline, along with Fireworks opening the show.

Unfortunately, my dream to see Yellowcard didn't come true. On the day of the show, Ryan Key, their lead singer, came down with a sore throat and was unable to perform.

"Please forgive me. I hate being the one to make this decision. I hope we get a chance to make it up to you all. Thanks," he tweeted on the day of the show.

The show did indeed go on, though, with coheadliners All Time Low and openers Fireworks.

As the Edmonton Events Centre has recently closed its doors, Edmonton has been in desperate need of another mid-size venue. Enter Union Hall, not a venue designed for a concert by any stretch but the nightclub did a good job to fit the

The openers were a five-piece band from Detroit, MI called Fireworks who really wanted to give the Edmonton fans a good show for their first ever stop in our city.

Unfortunately, their performance seemed (to me at least) a bit underwhelming. They opened up with "Arrows," the starting track off their latest album Gospel, which seemed to be a hit with the crowd. They played other hits from Gospel like "X's on Trees" and "Teeth."

The sound seemed to be having a lot of problems with feedback and the vocals were distorted and hard to hear.

There was an incident about half way through their set when an altercation between a few fans caused security to intervene and remove someone from the crowd. The band completely stopped playing after the incident and bashed security for what they did. After playing another few songs, they brought up the



All Time Low

situation again as they left the stage repeatedly calling the situation "embarrassing." I felt awkward watching them do that.

Not really being a fan of All Time Low initially, my opinion changed once they hit the stage. From the moment All Time Low played their first riff, from "Somewhere In Neverland," I felt like I was finally getting what I paid for.

There were no problems with their sound or feedback from the mics as we were treated to hits like "Damned if I Do Ya (Damned If I Don't)," "Coffee Shop Soundtrack" and "Time-Bomb." They also played a lot of new material

from their latest album Don't Panic, which was well received as the crowd sang along to every word of the majority of the songs.

Front-man Alex Gaskarth and lead guitarist Jack Barakat did a wonderful job of charming the crowd with their wonderful stage presence. Throughout the show, about a half dozen bras and all varieties of hats were thrown on stage, which Jack would proceed to add to his mic stand and continue on.

As they moved into their encore, they started with one of their new singles "The Reckless and the Brave," which was a real crowd-pleaser. After a request from a fan, they broke off from their normal set list they've been doing this tour and sang one of their oldest hits "Jasey Rae."

After finishing off the set with "Weightless" and "Dear Maria, Count Me In," they thanked the crowd again for an amazing night and deemed it the best night of the tour.

They've been doing what they love for a long time now and can arguably be called the kings of pop-punk for this new generation. I definitely came out of the show a fan and the band is clearly at an all time high.

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



What to do if assaulted



If you are assaulted, you will face a number of painful emotions. Victims often feel fear, confusion, anger, embarrassment, disgust and guilt. It is important to remember that you are not to blame. The only guilty party is your

Here is what to do immediately after an assault (as suggested by Alberta Justice, Public Safety Division):

- Call the police prompt reporting will help them obtain evidence, and they will help you get the assistance you need. If you feel uncomfortable, ask that a friend or loved one
- Don't bathe, change or dispose of your clothes. Such actions may destroy evidence that could convict your attacker.
- Do not consume any alcohol, drugs or medication.
- · Go to the hospital for a medical examination. You will be asked to give your name, age and details of the assault. You may ask that a friend be with you throughout the physical examination.

- If this is a sexual assault, you may also want to call a sexual assault centre. Trained counselors can provide you with emotional
- · Write down everything you can remember about the incident as soon as possible. This information could be vital and should be kept for court evidence. Use the following checklist to record all you can about your assailant.

Suspect Identity Chart

- Age
- Type of hair/colour/cut
- Beard/moustache
- Complexion
- Weapon
- Shirt, coat, trousers
- Method of escape/direction
- Height/weight
- · Eyes/eyeglasses Visible scars
- Shoes
- Licence plate
- Vehicle description

If your case goes to court (not all do), you will be treated as a witness for the Crown. This may involve one or more meetings with a Crown attorney. You may have someone with you during these interviews. Your case may take several months to go to court.

You may also consider a civil lawsuit. which can be started before or after criminal proceedings. Obtain legal advice if you wish to pursue this course of action.

Protective Services

If the assault occurred on campus property or if you are being harassed by your assailant, contact Protective Services and file a report.

- NAIT Peace Officers may be able to provide additional information for the investigating Police Officers.
- NAIT Peace Officers should be made aware of any court orders regarding contact (Peace Bond, Restraining Order, etc.).
- · Arrangements can be made with Protective Services for safe walks to and from your
 - We will work with you to help keep you

safe while you are on campus.

You are not alone

Family or friends may be eager and able to help. There are also many trained professionals who can offer emotional support and counseling. Know that help is available. You do not have to deal with assault alone. NAIT has access to information on counseling services for both staff and students. NAIT students can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Human Solutions at 1-800-663-1142. If you have been the victim of a sexual assault, you can call the 24 Hour Sexual Assault Crisis Line at 780-423-4121.

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

Everybody benefits, except the criminal.





MORGAN BLACK

Where is your favourite place on campus to eat?

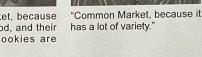


"The Nest, because they have beer and mozza sticks, and really good pasta."

"I don't eat at NAIT, because I am a student and I am poor.



"Common Market, because their food is good, and their sweet turtle cookies are addicting.





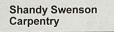


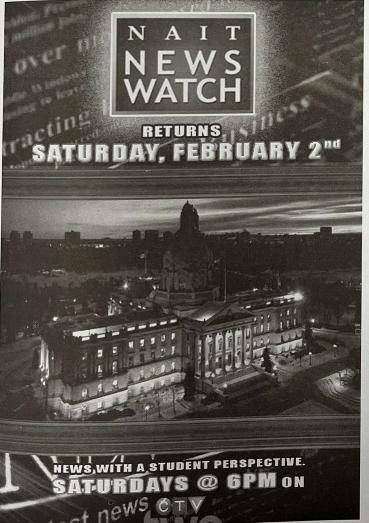
'The HP Centre, specifically Bytes. It's nice, fresh and healthy."

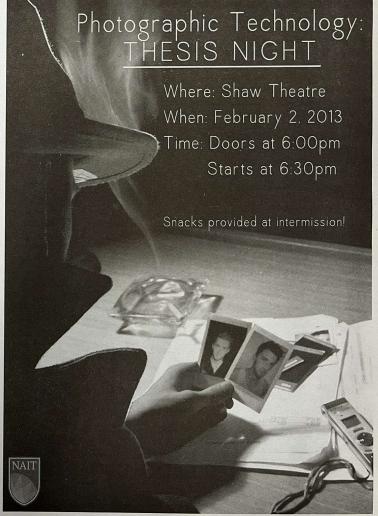
Kim Whale **Electrical Engineering Technology**

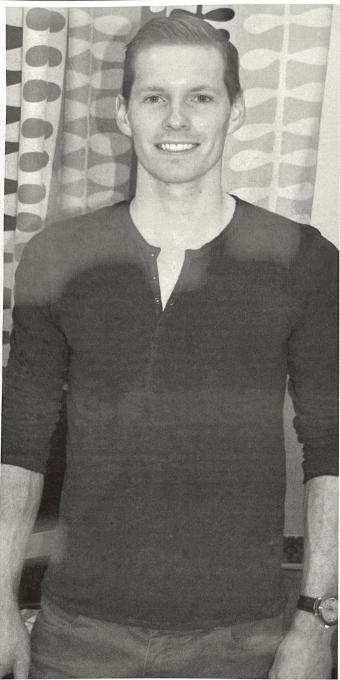
Braden Rooke

Andrey Sokolov Carpentry









Mark Winget, 22 Landscape Architectural Technology

What is your ideal date? - Homemade dinner, with a bottle of wine and a good movie to end it off. (Romantic comedy)

What are you looking for in a girl? - She needs to be funny, athletic, smart and able to talk to and have a good conversation with.

Turnoffs? - Doesn't take care of herself. Farting, burping and being a smoker. Hobbies & Interests - Big soccer fan and really enjoy new and old rock music. How could a women cook to your heart? - Steak dinner with baked potato. Marry one, kill one, sleep with one between Oprah, Ellen, Judge Judy? -Marry-Ellen; Kill-Oprah; Sleep with-Judge Judy.

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



The Lumineers

Worth a listen

By SCOTT PEDRICK

If the phrase "history is doomed to repeat itself" has any truth to it, then the same concept can be applied to phases in music. During the garage band revival of the early 2000s, The Strokes and Interpol inspired legions of imitators, who between them often weren't much to pass the time with. When disco ruled the charts, even the Rolling Stones took a crack at it. Now. folk music is dominating the rock associated airwaves and The Lumineers may be one of the acts worth paying attention to.

Their music is simple. Even the band's frontman won't deny that. It's wholeheartedly unoriginal and derivative, but it never finds a way to make that an offence. In fact, you feel like you've heard these songs before, even if you can't quite put your finger on it. Is that a bad thing? Absolutely not. I've decided to approach my enjoyment of The Lumineers with this analogy: it's like wearing an old, comfortable hoodie. I love the way it feels, old but reliable, but I'd never wear it out to dinner. It suits

It's not all positive mediocrity, though. There are some fantastic tracks on this selftitled record. You've probably heard the best two, "Ho Hey" and "Stubborn Love," but some of the quieter songs hit home too. "Slow It Down" is sandwiched in between the two radio hits and it fits perfectly. It's a tender, mournful ballad right out of the folk playbook, and I can't stress it enough, The Lumineers know what they're doing and they do it well.

Folk music and its latter day origins used to have a darker side that this new wave hasn't quite found a way to express. I'm saving now that out of the acts playing this scene to its fullest, The Lumineers should step up to bat and give us a folk record with some teeth, that shows the anger and resentment people feel sometimes and need to express. I think they're

If you liked this, try Noah and the Whale, The Head and The Heart, and The Avett

solved

By DARTANION JOHNSON @Dartanion

Why did I think I could do something myself? It once took me half an hour to plug in a vacuum, that's how useless I am at doing things on my own. One time in Grade 4, we had to recycle something and give it a new use. I made a friendly toy ... a tin can cat (tetanus shot not

included). So when I originally tackled this challenge I thought, "I can do this! I want to make something simple, but beautiful and useful."

So I found this awesome necklace made with melted plastics spoons. I ran out immediately and bought spoons and started melting them. I had high hopes until they started to literally burn. There is now a

toxic cloud floating in my house ... great! So then I moved on to painting over magazine pictures to create a work of art for my wall. As I went to grab water, my cats went to grab my paint brushes, spilling the paint and destroying my "art." My floor now has a nice baby blue smear to it. I'm going to pretend that I'm working on the Sistine Chapel on my floor, if anyone asks.

So frustrated and on the verge of just making a rubber band ball, I scoured my house for

objects. Then I saw it! Oranges! So I ran to my computer and started Googling. The orange peel votive candle! It's so simple!

You peel an orange so you have at least half intact, like a bowl. You keep the white stem in. Let the peel dry completely and then slowly pour in olive oil in to about three thirds of the stem (wick). You then light the stem

and you have a DIY homemade candle. The smell is a soft citrus and the orange skin glows. I think I have redeemed myself from my tin can cat days!

Starry, starry nig



MEAGHAN WILLIS Assistant Entertainment Editor

Awards season is here and is in full swing. This means a couple things for viewers: great entertainment and amazing fashion. Gowns, suits and ties graced the Screen Actors Guild Awards red carpet this past Sunday night, to recognize those in the act-

This year the red carpet did not disappoint. Actresses arrived in style in their stunning gowns and looked glamorous from head to toe, as always. There were, of course, those favourite few females that topped the list as best dressed.

Anne Hathaway

Receiving rave reviews and praise for her role as Fantine in Les Miserables, I'm sure we were all expecting great things from her on the red carpet at the SAG Awards. Anne showed up in a beautiful, black Giambattista gown. The dress followed the sheer trend this season with a mesh top and bottom to the dress, revealing a shorter skirt underneath.

Naomi Watts

Naomi was nominated for Best Female Actress but could have been nominated for best dressed this year at the SAGs. She wore a glittering, silvery white dress which matched her soft, pale

skin and went well with her elegant red lips.

Jessica Chastain

Jessica Chastain wore a red satin gown by Alexander McQueen and looked as good as a queen herself. The actress looked flawless in the tight fitting dress that had a va-va-voom essence to it.

Amanda Seyfried

Amanda Seyfried looked stunning in a navy blue dress by Zac Possen. The fit and flare dress accentuated Seyfried's beautiful body in all the right ways. She wore a long chain and pendant by Lorraine Schwartz that pulled the whole look together.

Maybe it's just because Tina Fey is my absolute idol but I thought she looked fantastic on that red carpet. In Oscar de le Renta, Fey rocks this gorgeous black frock with a classic gold belt and clutch to add a little something. She looked polished and very old Hollywood.



Naomi Watts



Anne Hathaway

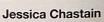


Amanda Seyfried





Tina Fey



CentralSocialHall

Hockey

Central SOCIAL HALL

Game Day Specials

We are showing EVERY Oilers game live on our high definition TVs with spectacular sound!

- \$4 Pints of Coors Light and Molson Canadian
- \$3 Mini Burgers
- → PLUS try our Faceoff Platter!

Enjoy interactive games and prizes throughout the game.

No reserved seating. First come, first served. Come down and get social.

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