

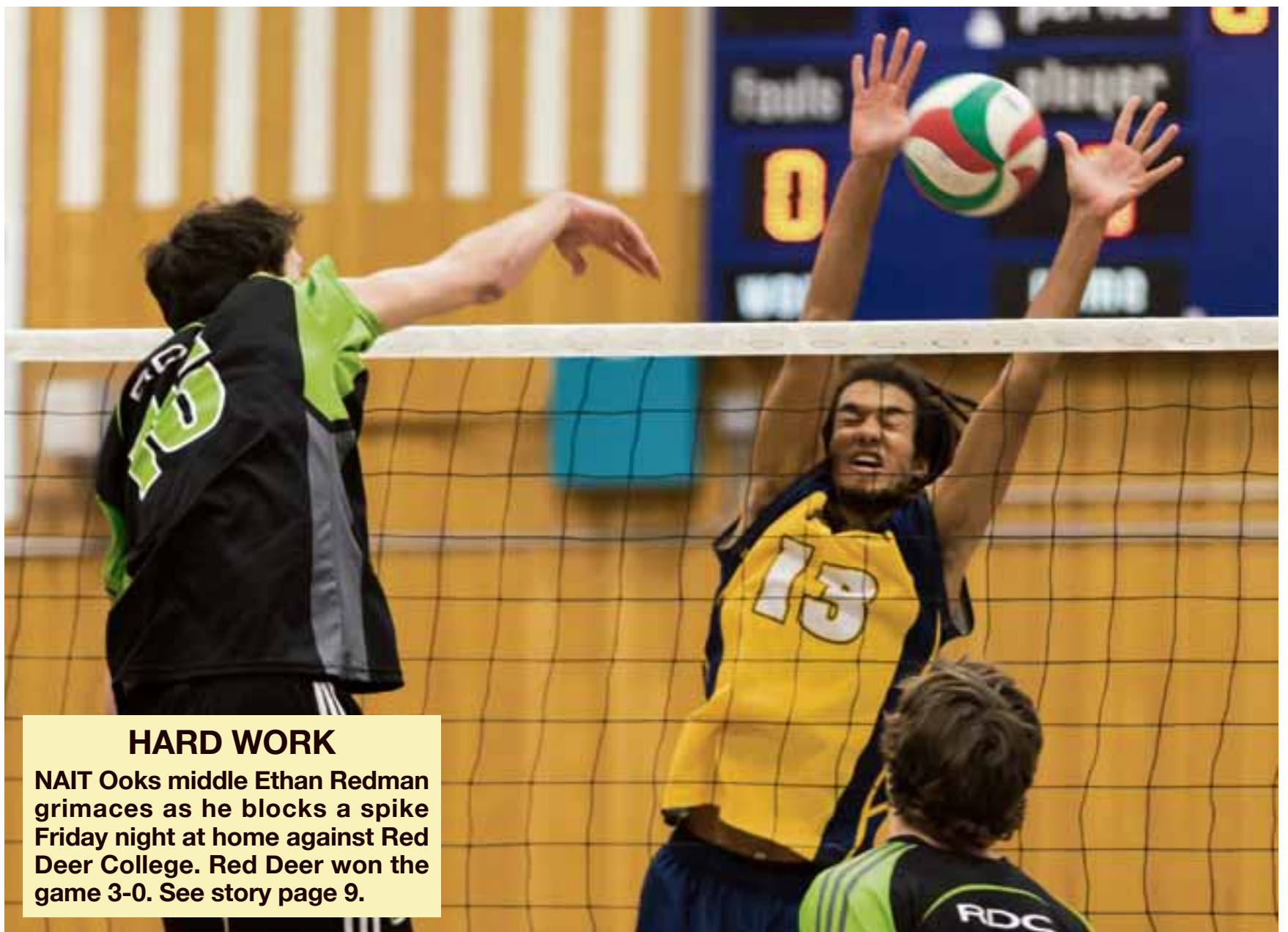
THE NAIT NUGGET

Thursday, January 16, 2014
Volume 51, Issue 16

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

PSST – GOT FLU?

Staying healthy with or without a shot, see pages 4, 6



HARD WORK

NAIT Ooks middle Ethan Redman grimaces as he blocks a spike Friday night at home against Red Deer College. Red Deer won the game 3-0. See story page 9.

Photo by Jesse Kushneryk

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NEWS & FEATURES

NAIT appoints new VP



KRYSTA MARTELL
Issues Editor
@tweetsbykrysta

Over the years, applied research and innovation initiatives have seen significant growth. In 2007, the Government of Alberta gave colleges and polytechnics, such as NAIT, the mandate to engage in applied research.

To help NAIT continue to grow as an institution, Dr. Chris Dambrowitz has been named the new associate vice president of research and innovation.

Dambrowitz has a PhD in Molecular Biology and Genetics from the University of Alberta and has held a series of leadership roles related to applied research and innovation that directly contribute to the skill set he brings to NAIT. Previously, he was the director of strategic initiatives with the Biorefining Conversion Network based at the University of Alberta.

NAIT's applied research program is quite a big one with

several advancements that not many people know about.

The focus of the program includes video games being developed by the Digital Media and Information Technology program, the same program that invented the mind controlled video game known as Project Vulcan. Forest land reclamation, which has expanded and opened its new state of the art research greenhouse, laboratory and office complex in Peace River is also under its umbrella, as are new applications for nanotechnology, which include Molecular Detection Technology (a new platform of bacteria detection with results in less than five minutes) and NanoCARTS, which provides industry with prototyping, product enhancement and testing related to nano and microtechnology.

NAIT recently placed second among Canada's Top 50 research colleges, moving up from fourth place, after attracting research income of \$6.3 million in 2012.

The role that Dambrowitz has been given requires him to oversee all of these initiatives, to help NAIT achieve its long term vision to be the most relevant and responsive post-secondary institution in Canada and one of the world's leading polytechnics.

"For me, this is a remarkable opportunity to contribute to the momentum at NAIT – to support and expand on the work that's been done in applied research," said Dambrowitz. "This is a very exciting time to be in this environment. I look forward to helping students and industry improve their competitiveness over time through research and innovation."



Dr. Chris Dambrowitz
Associate VP of Research and Innovation

Supplied photo

Career Fair set for Jan. 21

By **WHITNEY FOX**

NAIT's 2014 Career Fair will take place Tuesday, Jan. 21 on the main campus from 9:30 a.m. to 3 p.m.

Organized by the NAIT Department of Advancement, the Career Fair will consist of over 100 participating organizations with booths set up in the Gymnasium and the North and South Lobbies. These companies are here with a purpose: to meet and recruit future NAIT graduates.

Jody Fath is NAIT's Stewardship Co-ordinator. This means that she works with organizations that form partnerships with NAIT to co-ordinate funding that they provide. Fath explained that partners that support NAIT are interested in seeing a return on their investments in the form of a pool of employable graduates with skills that make them ready for the field.

"A lot of organizations that support NAIT are interested in recruiting students," said Fath. "It's a good opportunity to have so many students in one place on one day."

Fath added that it's also "a great opportunity [for students] to talk with over 100 employers."

The sheer numbers can be a little overwhelming for students hoping to make contacts and get their names out, so the Department of Advancement has been working on streamlining the process to make the Fair user friendly.

This is where the NAIT Career Fair booklet comes in. The booklet provides not only helpful tips for students seeking employment but also a method of customizing an



www.nait.ca

effective visit to the Fair. The booklet contains a list of programs at NAIT. Under each program heading there is a list of companies that will be attending the Fair that could provide employment for graduates of that program. There are also maps of where all of the organizations will have their booths, so students can even create a route for themselves if they're really pressed for time.

To make this even easier, NAIT has simplified the above "How To" process for the booklet to a Vine that can be accessed via the @NAIT Twitter feed.

As stated, the booklet, which was mainly handed out during the winter 2014 orientation, can be picked up in various locations around campus, can be seen online and will be available at the Fair, also has tips for get-

ting the most out of the experience and for job hunting in general. There are resume pointers, statistics and advice regarding the use of social media for networking and even suggestions for interviewing well and shaking hands properly.

"These employers start recruiting in January for work terms starting in the summer and September," Fath said.

This means that students who are completing their time at NAIT over the next few months to a year could make meaningful connections if they're prepared.

To be ready, Fath suggested that students use the booklet to "make sure to know before the event which employers to visit and research companies beforehand."

This sort of advice and more can also be found in NAIT's two-minute promotional video for the event, accessible on Twitter @NAIT. The video includes insights from employers and past students alike as to what can be expected from the day and how to make the best of the opportunity.

Anyone attending is welcome to enter NAIT's #naitcareerfair contest using Twitter and Instagram. Students can also head over to the North Lobby information booth to sign up to have a Career Fair survey e-mailed to them. Those who complete the survey will be entered to win an iPad Air.

For more information, including links to an online version of the booklet and details about the contests, visit www.nait.ca/careerfair.

World meets here



RICHARD LUKACS
Issues Editor
@DickTorrance

More than 200 folks from all around the world landed recently in Edmonton. They came with a backpack of thirst for knowledge and started their studies as the new international students of NAIT.

It was only five short months ago that I was wearing the exact same shoes, so I still remember the storm of thoughts, fears and excitement. Considering that my memory is not much better than the tragedy of your ice cream falling onto the concrete on the hottest day of summer (worst thing I can think of), it's like a tiny miracle.

A crabby and suspicious European like me looked on the kindness and friendliness of the locals with mistrust.

"These folks are all so happy, polite, com-

panionable and helpful, I'm sure there's a trick somewhere. It has to be a huge sect and they're going to sacrifice me shortly," – I thought.

Well, if it's a sect, then I became one of them. From grumpy male-hag to blissful chap. Gobble, gobble!

I was also worried that my English was not good enough and now I'm an editor of this magnificent newspaper. If you are worried about the same thing, just talk, interact, read and write (for the *Nugget*, for example)!

You are not alone here! But after the excitement of starting a "new life" dissipates, you will feel alone. What you will need then is a bunch of new friends. To get that, you must speak. You are a cool person from an interesting country with a boss accent! Use it!

I have lived in the capitals of three different countries but the wide selection of all kinds of arts that is reachable here in Edmonton is still shocking. Living the acrid life of a stiff horror nerd, comic book freak and underground music geek, I used to have difficulties with finding my medications. Well, not here, my friend! The city is packed with extraordinary and unique stores, festivals, clubs, exhibitions, galleries, movie and "regular" theatres.

Whatever is the focus of your interest,

go for it, look it up and most importantly: get involved! Volunteer! There is a great system: volunteering is appreciated and it opens a lot of doors. And, first and foremost, it's mad fun. You meet interesting people, have the chance to make beneficial connections and to get involved in a field that interests you. You can also find a lot of volunteering opportunities on campus.

When I went through my orientation, two things were strange. The first was that this school is bigger than my hometown. The other is that people looked like they're having fun here. I've studied in six different educational institutions before and let me tell you, schooling never seemed more fun than a deadly outbreak. And guess what? I did not miss a single day here and I'm having the time of my life. You can easily have the same, all you need is participation! That, and a new winter coat. But seriously, here at NAIT you have the chance to share in anything you want and leaving your comfort zone is a blast! You really should try out everything at least once while you're here, with the obvious exception of crack cocaine.

So I'd like to welcome you all my fellow voyagers in Canada and at NAIT! You just made the best decision of a lifetime.

Bike with a brain *Making rehab fun*

By KRYSTA MARTELL
Issues Editor
@tweetsbykrysta

The NAIT Technology Management students have brought a new dimension to rehab cycling. The virtual bike is a new high tech invention that aids in rehabilitation therapy for young patients at the Glenrose Hospital. The idea is to make rehab more fun in a game-filled bike ride that can motivate patients to work harder on their therapy, which can lead to faster recovery times and better outcomes.

The Virtual Bike melds an exercise cycle with a Wii U console and games, steering-wheel controller and big screen TV to help pediatric patients who require lower-limb therapy to regain strength, coordination and reactive skills. Currently, the bike is being used for children or teens with cerebral palsy, as well as orthopedic disorders or brain injuries. Adults and geriatric patients will soon begin using the bike as well. This is a big advancement in cycling therapy, as previously an exercise bike might be parked facing a white wall, a poster or window, with puppets or stuffed animals on the handlebars to keep a young patient motivated. This sort of non-interactive therapy has made patients less engaged and not wanting to do any more repetitions with their therapy. Now, with the virtual bike they can challenge themselves and be fully engaged.

The Virtual Bike is the result of an ongoing partnership between clinicians at the Glenrose, an Alberta Health Services facility and NAIT.

"The partnership has been a huge benefit to us," says Michael Cimolini, Technology Service Leader at the Glenrose. "It's been absolutely instrumental in advancing the technology here.

"We also benefit by using off-the-shelf equipment, which tends to bring the price way down. Meanwhile, each student puts in at least 80 or 90 hours. If we went to an engineering firm to do that work, we'd be looking at about \$18,000. That's money our partnership has saved us."

The idea came from therapists Vance Pilipchuk and Barbara

Lopetinsky. It evolved into an eight-month design project for NAIT Bachelor of Technology in Technology Management students who modified a recumbent bike so the rider could control a Wii console on a virtual adventure.

The Glenrose funded technology costs of about \$2,000 in the creation of the virtual bike, in support of their goal to help patients live the life they want to live.

Dr. David Carpenter, Dean of NAIT's School of Information Communication and Engineering Technologies, says: "We're very proud of our partnership with the Glenrose Rehabilitation Hospital. As one of Canada's leading polytechnics, NAIT provides students with hands-on, real-world experience and the opportunity to engage in applied research. This project is helping to improve the lives of patients and demonstrates the essential role NAIT has in Alberta."

Coming in the near future are many plans for the bike, as NAIT students will design custom games to provide maximum therapy for patients.



Photo by Jamie Bell

Virtual Bike



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Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

Common sense and the flu

By ALEXANDER SACKIW

Start stockpiling chicken soup and Kleenex because flu season has finally hit with the fury of an enraged Norse god. With the recent outbreak of H1N1 cases in Alberta, it's easy to understand why the media is jumping on the "Oh my god! It's a pandemic! Run! Hide! Duck and Cover!" band wagon.

While the incidences are happening at an alarming rate, Dr. James Talbot, chief medical officer of health, told the media last week that this outbreak was not a pandemic. H1N1 is a recurring

strain that people are becoming infected with this year.

You may ask how this affects NAIT students. Well, consider the following: NAIT has a student body that is roughly the same size of a moderately large town. With that many students, it would be easy for an infectious strain of influenza to spread. What separates H1N1 from the common flu is not only the rate at which it infects, seemingly higher than usual but also its potency, which can cause severe flu symptoms in only a few days and ultimately may require hospitalization.

Now, this information is all well and good but what you, dear readers, should be interested in is how to prevent this from happening to you.

I sat down with Ben Rauschnig, clinical liaison from the School of Respiratory Therapy, to discuss the recent H1N1 outbreak.

"Students in our Health programs should know that when they're in the hospital or clinic or practicum in general, there is

a variety of different types of influenza they could come across this time of year. It's contagious, it's airborne and it's in the environment for an extended period of time where people can become infected with it," Rauschnig said.

He then went on to explain that there were a number of free immunization programs that students are able to take advantage of.

"I would also recommend that students who want to know more about the immunization go to the Alberta Health Services website, www.albertahealthservices.ca."

With that in mind, I stopped by the NAIT Health Office, located in the South Lobby, to find out about immunization programs available at NAIT and sat down with Linda Shaw, Health Services supervisor.

"We did contact Alberta Health Services to try to set up a clinic here for staff and students but unfortunately, because of a limited supply of vaccine, they have chosen to distribute it within their own organization to be as efficient as possible and to set up as many clinics throughout the Edmonton area as they could," Shaw said.

Since Alberta Health Services won't be able to open an immunization clinic at NAIT, I asked Shaw what students could do to mitigate and protect themselves from getting or spreading the flu.

"They need to do proper respiratory etiquette, which means if they are going to be touching surfaces, do a lot of frequent hand washing. If there is no water and soap available, use a hand sanitizer.

"If you have a cough or a sneeze, make sure you do it into your clothing; into your elbow as opposed to into your hands. If you do sneeze or cough into a tissue, make sure you wash your hands right away."

What if it's not you that is sick but someone in your class?

"If someone is ill and coughing around you, I recommend that you keep that three-foot parameter between you and the person, because that's how far the average length that sputum or droplets in your breath can go out into the atmosphere. So, if you keep a bit of a distance, you are kind of protecting yourself that way as well."

In short, there is no real reason to panic this flu season. If you were one of the lucky ones and were able to get vaccinated, you have a leg up on your fellow students. If not, be courteous and keep these three things in mind – wash your hands, cover your cough and stay home if you are sick.

If you leave the prevention up to someone else you may end up as another statistic of the ongoing outbreak.

Remember, people – stay smart, stay safe, stay healthy.



Photo by Jamie Bell

The H1N1 flu strain has sent many people to hospital with severe symptoms this year.

Want to learn How to ... ?

By JOSEPH RANGER

If one of your New Year's resolutions is to learn a new skill or to try something outside of your comfort level, perhaps the NAIT Students' Association can help.

Buoyed by the success of previous "How To ..." sessions last year, NAITSA is embarking on another year of engaging students by offering (mostly free) sessions touching on how to make sushi, to how to ski and snowboard.

Students looking to maintain resolutions on healthy eating may wish to sign up for the "How To ... Eat Well" session.

"We bring in a holistic nutritionist who will talk about fuelling your body naturally, how to build your immunity naturally and meal planning for busy people," said NAITSA's Event Coordinator Michelle Goulet.

"Response to the How To ... series has gone very well. Last year, we pretty much sold out and most are free to attend. We will be doing quite a few more through the year."

Already, the sushi session has been booked solid. All other How To ... sessions are still taking bookings, available through www.naitsa.ca.

"Sign-up is at capacity," said Goulet, who noted that sometimes students who sign up for the allotted spots don't

attend, which means there is still a chance for others to attend – if they are wait-listed through www.naitsa.ca.

"When things are free, sometimes people don't show up," said Goulet. "I try to attend most of them. I am looking forward to how-to-make sushi – you get to eat the sushi as well."

"Students like it because they are fun, they don't require a ton of commitment and they are free."

NAITSA covers most of the cost; however, in rare instances, such as with skiing and snowboarding, for which there is an additional value-added fee.

The only How To ... session requiring a fee is the ski/snowboard event, and that is primarily because it's conducted off NAIT property at Sunridge. Even at that, there are four affordable options. Ski lift, lesson, rental and transport to and from NAIT will cost a student \$25. Those wishing only a lift pass, transport and rental will pay \$22. Lift, lesson and transport costs are \$20. The least expensive package with lift and transport, costs \$18. Student ID will be checked prior to departure from NAIT. Meet at the Nest at 4:30 p.m., and as with all others, pre-registration through www.naitsa.ca is required.

"We take almost a full bus of students," said Goulet. "There are a lot

of beginners. We don't do anything too crazy."

2014 How to ... – Events

Tuesday, Jan. 21. – How to Make Sushi (class full, but can be placed on a waitlist though www.naitsa.ca).

Wednesday, Jan. 22. – How to Eat Well (Naturally) (still accepting students) From 4:30 p.m.-6:30 p.m. in Room E-102

This two-hour workshop will explore more natural alternatives for balancing school/life/food through meal preparation, building your immune system and fuelling your body. The first part of the workshop will be theory based, while the second part will be more of a demonstration. A certified holistic nutritionist will lead the workshop.

Tuesday, Jan. 28. – How to ... Ski/Snowboard (still accepting students)

Haven't been on a pair of skis or snowboard? It's time for you to learn it with your classmate or friends! Come try skiing or snowboarding with your NAIT Students' Association! We prepared an all-inclusive package just for you and your friends! Whether your first time or second time on the skis or snowboard we will take care of you. You don't have to worry about ski, helmet, lift tickets and transport to and from the

ski resort we all have it ready for you. Helmet is required!

We have a bus to and from the Sunridge Ski Area leaving NAIT at 5 p.m. and returning at 9:30 p.m. Register now for a very affordable price.

Four different options for students
1. Lift, lesson, rental and transport, \$25;
2. Lift, transport and rental, \$22; 3. Lift, lesson and transport, \$20 and finally, lift and transport, \$18. Student ID will be checked prior to departure from NAIT. Meet at The Nest at 4:30 p.m.

Feb. 3, 5, 7 – How to ... Guitar (slots still available, Room E-102 at 4:30 p.m.)

We will be bringing in a professional guitar instructor to teach students the basics of playing the guitar. There will be three 1 hour lessons, each lesson is a progression from the one before so be sure to attend all three! A \$100 gift card for Long & McQuade will be raffled off on the last day. Bring your own guitar or use one provided.

Feb. 5 – How to ... Professional Development. Learn how to create an impressive resume and have your resume reviewed by HR professionals.

March 6-7 – How to ... Photography, a two-day workshop where participants can learn techniques to better use their own cameras.



Infill a work in progress

By **NICOLAS BROWN**

Everyone is familiar with our city's plans for a new arena. Proponents have heralded the arena deal as an opportunity to revitalize the downtown core. Both sides have tirelessly debated the merits and shortfalls of the arena deal ever since the deal was first proposed. It is not, however, my intention to repeat those debates in this article. Instead, I want to focus on the City of Edmonton's Planning Department and their work beyond the new arena district. City planners aren't about to slow down or rest on the laurels of past projects; administration is already working on a new project.

The newest initiative has been dubbed "Evolving Infill," a three-step program focused on building an action plan advancing infill in the city's mature neighbourhoods. To provide some perspective, infill could take the form of encouraging development of secondary suites, such as basement apartments in single family homes or developing duplexes to replace houses.

The first step of the project is currently

underway and the planning department is looking for community input. Public forums and focus groups have come together to provide feedback and allow Edmontonians to voice their concerns and suggestions. These events have been hosted by the City of Edmonton and various community organizations since the launch of the project in November.

I had the opportunity to attend two of these events last week. Now sometimes, it can seem that Edmontonians don't always agree on a variety of topics. However, when it comes to our homes, occasionally consensus can be reached on what ranks highest amongst our concerns. Among these concerns and opinions voiced at these forums, the most prominent included;

- Maintaining our green spaces (along with some healthy debate on what qualifies as green space).
- Focus on underutilized spaces, including vacant lots and unused commercial properties.
- Parking restrictions and traffic volume as a result of infill development.
- Bylaws and regulations surrounding

secondary suites, basement suites, garage suites, etc.

- Maintaining the character of our neighbourhoods.

Every neighbourhood and household has its unique concerns and suggestions regarding the plans for new infill development. This list only attempts to give a brief glance at the many voices that need to be heard in this discussion that will arguably

shape our city in the future.

Step one of the Evolving Infill project is scheduled to end on Jan. 31. Until then, I encourage my fellow NAIT students to voice their opinions to the city or submit questions. Submissions are still being accepted on the City of Edmonton website, www.edmonton.ca/evolvinginfill, which includes project details, contact information and an online discussion forum.



Look around, there's lots to do

By **DAKOTA BARBER**
@dakotabarber

For a lot of students, back to school this January may have started out with them clinging to their bed sheets when their alarm went off, with visions of sugar plums still dancing in their heads.

It can be rough getting back into the routine of things after a relaxing holiday break but lucky for us, NAIT is making the transition a little more easy and enjoyable. For the 200 new international students, a special day was set up on Jan. 6 for the students to mingle with each other, meet their instructors, pick up ID cards, familiarize themselves with the school and even learn how to do some good old Canadian curling.

Apprentices and some second-year credit courses started up on Monday as well, while most credit programs weren't back in action until Wednesday Jan. 8. As always, there are mixed feelings from new and returning students about being back at school. The workload can be intense and time for sleep and a social life can seem a little sparse.

The key is staying positive and finding happiness in the little things, says accounting student Emily Tomlinson.

"This semester seems demanding and labour intensive but I am looking forward to it! I got a kick out of my taxation instructor's Texan accent today."

It's important to keep in mind that whether this is the beginning, middle or

end of your time at NAIT, there is always a light at the end of the tunnel and you'll be out before you know it, like Hospitality Management student Bryanna Lowe.

"I'm feeling relieved that my education will be complete after this semester and eager to join the work force in my industry," said Lowe.

There is a lot to look forward to about being a NAIT student and a quick glance at the campus bulletin boards will help guide you to what's going on. If you're feeling adventurous and looking to meet new people and learn a few things, the NAIT Students' Association has set up a fun How To ... series that features snowboarding, making sushi and eating healthy.

If you're feeling sassy and looking to show off your strut on the catwalk, NAITSA's annual Next Top Model search is looking for applicants up until the 23rd of the month. NAIT's campus bar and grill, The Nest, is hosting a Beer Fest on Jan. 31 and if none of the above tickles your fancy, you can check out more than 60 clubs at NAIT online at naitsa.ca/clubs/current-clubs.

So, whether you're planning on keeping your nose in the books this back-to-school season or branching out a little to see what NAIT has to offer, keep in mind:

"It's better to do something imperfectly than do nothing flawlessly"

— Robert H Schuller.

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Point Counter Point Flu – shot or not?



By ALEXANDER SACKIW

Perhaps that one month has gone to your head, dear editor. Or maybe it's flu of ignorance. Yes, over 300 people have been hospitalized and yes, 10 people have died but that doesn't mean you need to sound the alarms and scream doom unto thee. H1N1 has now become a seasonal flu. That means we'll be getting it every year from now on. Which means ... if you're going to be exposed to it, wouldn't you want to do it the natural way, by getting sick and missing school for a few days? (I mean, who doesn't like a little R&R that a few sick days bring?)

Do you know what is really in those shots? I certainly can't tell you everything that is in them but I can tell you that all shots contain mercury. Yes, the dangerous and toxic element mercury. It's a preservative for the flu vaccines. "So what?" you may say "It will keep me from ending up in the hospital and dying." Well, most cases that are in the hospitals are due to complications from underlying medical issues that the flu made worse. And yes, the flu shot can lessen the effects of the flu upon your body but I would like to bring you to an article that I think illustrates my point very effectively. "www.ctvnews.ca/w5/sleeping-sickness-a-w5-investigation-into-the-sudden-rise-in-childhood-narcolepsy-1.1524420". Take a read, folks. The H1N1 flu vaccine is now linked to the cause of narcolepsy, the rare sleeping disorder with no known cure. There is now a little girl that every time she feels happy, falls asleep instantly. Think about that. Every time you feel happy, you fall asleep, missing whatever it was that brought you to that mood. You could never laugh, enjoy time with your friends or feel the joys and feelings of love ... because you would fall asleep. You will never know a happy life thanks to this disorder, now linked to the H1N1 flu vaccine. Im sorry, but I know where I stand on this issue and it's not behind the pharmaceutical companies.

Mercury is poison

You are right, people won't be immune from the effects of underlying complications forever. Everyone gets old, everyone gets something and everyone dies. But I'd rather die of natural causes due to complications at 80, than by heavy metal poisoning at 60. Now, to be fair, yes, the mercury in the shots is a trace amount but traces can build up. Your body does not process heavy metals like that. Flu shots twice a year is little much. I'm not saying all vaccines are evil, I'm saying I'd rather live with the evil I know (how sick I am going to get with the flu) than with the evil I don't (the still unknown effects of flu shots). As for the rest ... did you want my hat? I could make you a tinfoil toque.

Government policy is dictated by who screams the loudest, longest and lobby groups are run by corporations, which force the government into situations where their monetary value outweighs all other interests. The government bends to the will of those with money. They have all the real power.

And who trusts the pharmaceutical industry? Every year, people get the flu shot and they still get sick. Why don't we skip the part where we inject your bodies with chemicals and dead flu virus and just take it in the natural way. Better yet, use proper hygiene and cough into our clothes, wash our hands after coughing or use a hand sanitizer.

Look up SV40. It was in the polio vaccine and you wonder why I think that pharmaceutical companies can't be trusted. Look, I'm not crazy (minus my tinfoil toque, of course) but if you can't see the writing on the walls, maybe it's time for a pair of new glasses. The bottom line for any company is their shareholders. I'm just thankful we have dedicated people working in our health care industry. And although I don't stand by vaccines ... I stand by our medical professionals.



By QUINTON BERGER @QuintonBerger6

Well, it's that time of year again ... huh, that's sort of become my go-to lead off sentence when writing articles. Dear God, I've been an editor for a month and have already fallen into a rut. This paper is doomed, but not as doomed as you could be if you don't get your flu shot! Flu season is upon us and it's coming full force will over 300 patients in the hospital already. Fact is, H1N1 comes full circle and like all things that do, when it comes back, it comes back more powerful than before! Voldemort from Harry Potter is a prime example. It only makes sense to protect yourself. Sure, it's likely you may not even contract the virus and sure, all the "cool kids" aren't getting vaccinated, but why risk it? Why be one of the people who ends up in the hospital or even dying when it could have been prevented with a free shot? You may feel pretty intelligent by not getting vaccinated but you'll feel even more stupid when you're dying of the flu! Now I know Alex is going to respond with some paranoid drivel about vaccines being bad for us and the evil pharmaceutical giant. I'll explain why all of that is complete nonsense.

Patterns inconclusive

OK, I will toss you a bone and agree that yes, the majority of flu patients in hospitals do suffer from some underlying health issue, thus making their flu worse. However, there are a concerning number of people in this country with health issues and thousands more will develop health issues each and every year so once again it comes down to a precaution. It may only "not apply to you" for so long. And it is also true that there have been increases in autism and narcolepsy but once again there are so many potential factors that cause these conditions that pointing to a sole perpetrator is foolish. The more people that are vaccinated, the more potential outcomes there are for a person's health and DNA structure and the more cases of previously rare conditions there will be. Take the tinfoil off of your head, Alex! Sure, there is some mild validity to the claims linking vaccines to things like autism and narcolepsy but it's not a viable reason to say vaccines are evil. Look at the numbers of children who get vaccinated that are perfectly fine. People who make these claims are just searching for a needle in a haystack because for every case of "vaccinations gone wrong" that you hear about, there are thousands of other people who

are just fine. There are so many unknown factors that go into something like autism or narcolepsy that you can't logically make a direct connection between the two. Hell, look at me. I got vaccinated and I'm totally fiiiiiii. ZZZZZZZZZZZZ...ZZZZZZZZZZZZZZZZZZ... Oh sorry, I just got excited about proving Alex wrong and I fell asleep.

Don't believe everything you hear

I'm good, Alex. I'm not terrified of the powers that be, who are really just here to help us. That's really what it comes down to. So many people are against flu vaccines (not all but a lot) because they're paranoid of the government and don't trust the pharmaceutical industry. "It's the man, man!" I've seen people talk about how terrible vaccinations are when I know they haven't done any real research on the topic. They read it on A Sheep No More or hear Alex Jones (see, people named Alex are crazy) spew paranoid nonsense and automatically believe it but neither source is credible. Medical statistics are, though. The pharmaceutical companies are here to help us, not harm us. If they were, the government would stop them. Don't be afraid. The government is our friend.



Photo by Josie Baerg

OPINION

— Editorial —

Chance of a lifetime



CARLY ROBINSON
Editor-In-Chief

An open letter to Nugget editors:

I really hope you realize how good a job you are doing. You have set an extremely high standard for yourself, which I respect immensely. To be clear, I take my job as a huge responsibility, and will treat it as the title deserves. My job, and the job of every editor-in-chief of every paper, is not only to liaise between editors and the publisher but to insure that the paper comes out at the highest quality possible without having a detrimental effect on my staff. In two issues you have worked yourself way harder than I expect, writing a lot more than necessary. This will not be the case for the rest of the year and I want to personally promise you this will not be the case as we grow our writer base.

Leadership experience

Some days you may end up having a problem with my leadership style and I will never blame you for that. I pride myself on my leadership experience and am infinitely grateful for the situation that it came from and the work I put into learning about how to better the world. I am very young, yet I have knowledge about leadership through the francophone community and my experiences are way beyond my age. My leadership style is to put as much in black and white as possible so that everyone is on the same page and then to do my best to inspire those around me to meet their own full potential.

Almost surreal

This past week has been nearly surreal in my own personal realizations and personal growth surrounding my mental health. My anxiety has always brought me to hide and, in particular, keep my experiences and qualifications to myself in fear of alienating people. My style of leadership is one that is typically respected in men and feared in women. My desire in not wanting to scare anyone away, in particular because it tends to hurt me so much when it does happen, kept me from showing this to those around me. But I have a passion and my passion will keep me strong and on my path in life.

This feeling is intimidating to me and has inspired me to the point of exhaustion.

However, I do not ever want you to feel intimidated by me. It is twice now, through the span of two issues, I have seen you bust yourself in order to make this paper a reality. You continue to be my inspiration.

I am committed to learning as much as I can while I

am in a Top 3 television journalism program here at NAIT. My hope is that we are able to transfer this same pride to every individual at NAIT who reads our paper.



Photo by Madeleine Arseneault

Nugget Editor-In-Chief Carly Robinson in her role as deputy speaker at a francophone youth model parliament last week in Ottawa.



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

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

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

SPORTS

Teams face stretch run



CONNOR HOOD
Sports Editor
@connorhood27

The new year may bring a crop of beginning students, staff and faculty members to NAIT but one thing that remains constant is that most Ooks sports teams will continue their season and their quest for championships. Many of you may not know how all the teams did in the latter half of 2013 and so I'll recap the seasons that are finished, how those teams did and a preview of the NAIT Ooks in 2014.

The Ooks men's hockey team came into the season as the defending ACAC champions, which was NAIT's 14th title in men's hockey. Hopes were high on a possible repeat as they had 17 returning players, including forward Joshua Lazowski and goalie Kyle Birch. Not only have these veteran players helped NAIT from having a championship

hangover, they have led the team into second place in the conference, only one point back of SAIT. The men are currently on an eight-game winning streak and haven't lost a conference game since Nov. 1. With 13 games left on the schedule, team morale is high and hopes are that they will maintain their strong play and make a big push for a second straight championship.

Not only is the men's hockey team coming off a strong 2013 but so is the women's team. Along with the men, the women are also defending ACAC champions, winning the title last March. After this weekend's action, the Ooks sit in second place, two points back of MacEwan University. The women have six games left on their schedule before playoffs, including a home and home against SAIT this weekend. Playoffs start during the third week of February.

As for the third team on ice, the NAIT curling teams started 2013 on a high note, as the men, women and mixed teams were in first place. Similar to that of hockey, both the men and women's teams were the defending champions heading into the season. Play resumes for the clubs in late January, as NAIT hosts the

Winter Regional Tournament. ACAC championship playoffs take place during the third week of February at Lakeland College.

Both the men and women's basketball teams are off to strong starts to the season. The men sit in second place, while the women are tied for third out of 15 teams in the conference. The men started the season with a bang, winning nine of their first 11 games and are currently on an eight-game winning streak. The women have won six of their last eight and boast a 9-2 record. Playoffs for both squads will begin during that last week of February and conclude in early March.

The men's soccer team continued the winning trend at NAIT, placing second in the ACAC championships, and earning a spot in the CCAA Men's Soccer National Championship in Saint John, N.B. This year's Ooks squad was younger than in previous years, having 11 new faces on the team. Although relatively young, they weren't without their share of veterans, including leading scorer Monty Haines and ACAC All-Star. Despite not reaching the podium in Saint John, making it to nationals was a huge accomplishment

for the school, as they finished the season ranked 4th in the country.

Having won consecutive ACAC championships, the women's soccer team had high hopes of winning an unprecedented third straight title heading into the start of the 2013 fall season. The women kept this dream alive, going an impressive 8-2 in the regular season and earning the second seed for the playoffs in late October. After winning the first two games and earning a spot in the gold medal match, the Ooks lost to Grant MacEwan University in that final, earning a silver medal and ending the golden streak. However, finishing second put the women into the CCAC Women's National Championships in Surrey B.C. The squad finished Nationals ranked sixth.

NAIT is known for its strong academic programs, good campus, and their strong sports teams, and this year is no different. With so many of the Ooks teams having won or are the defending champions, students at NAIT should be thrilled. Hockey, basketball and curling are sports we have to keep an eye on during 2014, as they are all strong podium contenders. Never has our athletic program thrived like the Ooks are now, and we can only hope they can maintain this success not only till the end of the year, but for years to come.

WOMEN'S HOCKEY

Women drop two to Griffins

By BRIDGETTE TSANG
Sports Editor
@BridgetteTsang

For the Ooks women's hockey team, the new year started off with a non-conference exhibition game against the ESP Velocity on Jan. 5. It was a great opportunity for the players to get back into game mode after the holiday break and focus on bringing back another championship title in the spring. Although the game ended in a 4-3 loss to the Velocity, players were more keen and prepared to take on their next opponent, the MacEwan Griffins.

The Ooks came into the first regular season game in 2014 on Friday Jan. 10 only one point shy of the Griffins for first place in the ACAC standings.

The first period did not start out the way the Ooks had hoped for as they were scored on only 13 seconds in. Although the Ooks battled hard for the rest of the game, the Griffins were vicious and did not let up and scored again in the third period and held on for a 2-0 victory.

Head coach Deanna Iwanicka was disappointed with her team's execution level.

"We appeared to play a more individ-

ual game, that lacked execution," said Iwanicka. "The Griffins were hard on the puck and moved it with ease. We just didn't have it."

Luckily, the team would not have to wait long for the rematch as it was the following night at the Confederation Arena when the puck dropped and the battle continued.

Both teams were strong on the puck and won some key battles. There was no scoring until early in the second period when the Griffins whistled one past Diachuk and took the lead 1-0. Five minutes later, the Ooks responded with a goal by Samantha Dyk to even things up. Unfortunately, it would not be tied for long as the Griffins tipped another one in and took a 2-1 lead heading into the third period. On an early power play in the third, the Ooks capitalized on a goal by Sherri Bowles and the game was knotted at 2-2.

Regulation was not enough time for this battle to be decided and the game headed to overtime. With two minutes remaining in OT, the Griffins came hard into the Ooks zone and scored to win the game 3-2, handing the Ooks' their second loss in two nights.

Coach Iwanicka was critical about her

team's play but remained optimistic.

"Overall, I felt we played hard and as a team. At times our play appeared immature and we seemed to tighten up under pressure," she said post game. "We need to get our confi-

dence and composure back."

The Ooks will have to look past these two losses as they will take on yet another big rival next weekend when they meet the SAIT Trojans on Jan. 17 and 18.



Photo by Jesse Kushneryk

Ook Carlin Boey gets around a MacEwan defender Saturday at NAIT Arena in a game that the Griffins went on to win 3-2 in overtime.

GSP wows the crowd

By **CONNOR HOOD**
Sports Editor
@connorhood27

A Canadian mixed martial arts icon was in Edmonton on Saturday Jan. 11, as Georges St. Pierre was honoured before a packed Rexall Place for the home opener of the NLL's Edmonton Rush. The visit is the start of his retirement and makes perfect sense, as St. Pierre shares a nickname with the local lacrosse team.

St. Pierre, or simply known as GSP, is quite possibly the best product coming out of Canada in the ever popular sport of the Ultimate Fighting Championship (UFC) and one of the greatest Canadian athletes of all time, despite being only 32.

GSP had a highly publicized career, culminating in successfully winning and defending nine welterweight championships. He was named Canadian Athlete of the Year three consecutive years by Rogers Sportsnet and currently holds the record for most ever wins in the UFC. After winning the welterweight title on Nov. 16, 2013, in UFC 167, St. Pierre announced he would vacate his belt and take a leave of absence from the UFC.

He is now on a cross country tour, including the stop here in Edmonton and starting an acting career with an appearance in the new *Captain America* movie.

The Rush took his appearance to a whole new level, having GSP themed jerseys, meet and greets at centre field during half time, having him drop the ceremonial ball, and even being an honorary Rush coach for the first quarter. His appearance made an impact on the team and the fans — 7,950 came to watch the Rush beat the Colorado Mammoth 17-6. As for how he liked his first lacrosse game, GSP appreciates the skill level of the players.

"It was my first lacrosse game I've seen live, and it's very fast," said GSP during the post-game press conference.

"When you see the athletic ability of the



Georges St. Pierre at Rexall Place

Photo by Jesse Kushneryk

Retired MMA star Georges St. Pierre performs a ceremonial ball drop Saturday Jan. 11 at Rexall Place before a game between Edmonton and Colorado.

guys, it's pretty impressive. It was a great experience and I hope to do it again."

This was the Edmonton Rush's ninth season opener, after being founded in 2005. The Rush haven't had the start to the franchise that they had hoped for, not winning a home game until their second season and only having two winning seasons in franchise history.

Despite the team's rough start, expectations for this season are very high, as former first overall pick and rookie of the year Mark Matthews is expected to improve on his strong first season. Matthews' play was crucial in Sat-

urday night's game, as he racked up five goals and nine points in the Rush's win.

Even with the local team getting the big win, focus after the game was still on the former welterweight champion and the status of his career in the octagon.

"I had my first Christmas and New Year's with my family without thinking of training, because I usually have a guy that wants to beat me up," said St. Pierre of his retirement. "I am enjoying it and have a lot of plans for the future."

The Canadian fighting champ was more

than willing to answer questions about his future, although was careful not to give any hints as to what's in store next. GSP seemed to enjoy the publicity and was more than willing to accommodate his many fans with pictures and autographs, even letting members of the media get a chance to meet him after the Q&A.

What better way to end the night than to ask the humble fighter what position he would play in lacrosse. "I think I would be a better spectator," he said to the laughter of the media. "I would probably get my butt beaten in a lacrosse fight."

VOLLEYBALL

Red Deer shuts out Oaks

By **BRIDGETTE TSANG**
Sports Editor
@BridgetteTsang

The Oaks men and women's volleyball teams entered the second half of their season this past weekend coming off 3-2 wins against the Lakeland Rustlers before the break and looking to improve over the rest of the year.

The women came into the first game of 2014 with an impressive 7-3 record as they took on the first-place Red Deer College Queens on Friday night in the NAIT gym. Although the team played a fair game, it was not enough to get past the Queens as they fell 3-0. The Oaks did not have to wait long to get back into action as they travelled to Red Deer the next night for a

rematch. Oaks' Kelsey Tymkow had 12 kills on the night for her team, but the Oaks ultimately fell 3-0 yet again.

Head coach Benj Heinrichs believes that despite his team's losses, they can learn a lot from their opponent.

"Red Deer is the most disciplined, consistent team I've seen in the past couple of years. We need to continue to work on being more disciplined. We have the tools and we need to have the willingness to address our



Benj Heinrichs
Need more discipline

weaknesses in order to take our game to the next level," said Heinrichs.

The men's team were also up against Red Deer College in their home and home set. Coming into the Friday game at NAIT, the Oaks looked to improve on their 5-5 record, but it wasn't an easy task against the top team in the standings. Oaks' Spencer Voight had nine points on the night and played great offensively.

Unfortunately, the Kings gave the Oaks all they could handle

as they won 3-0. The second night resulted in the same 3-0 loss as the first but with the Oaks playing at a much higher level, Doug Anton came away with some optimism in his team's play.

"We played a lot better tonight," said Anton. "We competed better, passed better and at times blocked much better than we did Friday night."

"Still, we need to find a way to be more consistent in our play and become more comfortable with the pressure that the top teams apply."

After the hefty losses at the hands of the two top volleyball teams in the nation, both the men and women look to rebound when they travel to Briercrest to take on the Briercrest Clippers on Jan. 17 and 18.

MEN'S HOCKEY

Ooks split with Red Deer

By JOSH BUCHHOLTZ
@Josh10B

The NAIT Ooks split their series with the Red Deer Kings this weekend. After winning a 6-2 decision in Red Deer on Friday, they then fell 6-5 at home on Saturday night. Both teams were coming off of winter break and looking to continue their strong play, with Red Deer sitting second in the standings and NAIT right behind them in third.

The Friday game got off to a slow start with both teams showing some rust. After a cross-checking penalty was assessed to Red Deer, Ooks forward Jordan Wood took advantage by potting a power play goal at the 15:40 mark of the first period. Then in the second, it was Wood who headed to the box after interfering with King's goaltender Mike Salmon. Less than a minute into that power play, the Kings equalized with DJ McGrath scoring at 6:09 into the period. That's when Kyle Harris took over for the Ooks, scoring twice in a four-and-a-half-minute span to put the Ooks up 3-1. The Ooks then capitalized on a late power play when Tyler French scored with just 39 seconds left to play in the second period. Early in the third, the Ooks put it away on goals from Jamie Johnson and captain Liam Darragh to make it 6-1. Halfway through the third, the Kings did get a goal from Jared Ramstead but that was as close as they would get, with the Ooks taking it 6-2. Both teams got great goaltending, with Ty Swabb stopping 32 of 34 shots for the

win and Mike Salmon holding the Kings in it by stopping 55 of 61 shots.

NAIT head coach Serge Lajoie was pleased with his team's play and in particular of Darragh.

"He's our captain for a reason; he plays the game the right way," said Lajoie. "I am happy to see that Liam is being rewarded for his hard work, and he's positioned himself to start playing in key situations for the remainder of the year."

After Friday night's result, the game Saturday loomed large as it would decide who would move into second place in the ACAC standings. It started quickly with Darragh giving NAIT the lead just two minutes in. Unfortunately, the lead did not last, as two quick goals by Pat Martens and Mike Marianchuk made it 2-1 for the Kings. After an interference penalty was called on NAIT, Red Deer wasted no time in taking advantage, with Brett Printz scoring off the faceoff just six seconds into the power play.

NAIT got it back when, with just 58 seconds left in the first, Jordan Wood sniped one off the post and in for the power play goal.

Starting the second period down 3-2, the Ooks tied the game at the 8:34 mark when Wood slid a pass across to Tyler French on a two-on-one. However, the Kings got it back just over one minute later when Riley Simpson squeaked a deflection past Swabb. Simpson then slid a superb pass through the slot to Shamus Graham, who buried it with just 1:43 to go in the



Photo by Josie Baerg

NAIT Ouk Kyle Harris gets set to take a shot on the Red Deer goalie on Saturday, Jan. 11 at NAIT Arena. The Ooks lost 6-5.

second. With just 34 seconds left, Brandon Archibald tipped home a Simpson point pass to make it 6-3 going into the third.

Coming out to start the third was Ooks goaltender Kyle Birch, who replaced Swabb after he allowed six goals on just 17 shots. The Ooks came out hard to start the third and were rewarded with a power play opportunity with just over seven minutes left in the third. Darragh scored on the power play to pull them within two with 6:48 left. The Ooks continued to put the pressure on in the attacking zone and eventually scored to make it 6-5 but that was as close as they came, as Red Deer came away with the victory.

Lajoie had strong words to say after the game about his team and Swabb's shaky goaltending.

"He's going to have to [bounce back]. There's nothing we can say that's going to get him back in his space, but that's his responsibility," said Lajoie.

"If he's not ready to compete, then we'll see that in practice and he'll make the decision for us."

The Ooks now have a three-game week coming up, starting with Concordia on Wednesday at 7 p.m. On the weekend, they face Briercrest on Friday at 7 p.m. and Saturday at 2 p.m., with both games at the NAIT Arena.

BASKETBALL

Uneven wins for men, women

By AARON BORDATO
@aaronbordato

The NAIT men and women's basketball teams were back in action this weekend after a lengthy holiday break. The men's team travelled to SAIT Polytechnic to take on the rival Trojans. The Trojans haven't quite been off to the season they envisioned, going 2-10 during the first half of the season. The Ooks, however, have been rolling this year and entered the game third in the ACAC standings.

The first half was stressful for the Ooks, as they jumped out of the gate a little rusty after the break. They were down 15-20 after the first quarter but with perseverance and some coaching adjustments, the team was able to turn it around and end the half on a 25-9 run which gave them the lead going into the third quarter. The Ooks battled hard and never looked back after that, as they finished the game with an extremely efficient 28 points in the fourth quarter and were able to walk away with an 80-67 victory, their ninth overall and eighth in a row this season. However, it was not the game that head coach Mike Connolly had envisioned.

"We need better intensity and defensive

focus for 40 minutes," said Connolly. "We played well at times but our focus this week will be on our defensive intensity and attention to details."

Yonas Berhe was credited with player of the game honours as he had a big day on the stat sheet with a total of 24 points, four assists and a critical four steals on the defensive end. Defence was the theme of the game for the Ooks after the first quarter and Berhe led the way, contributing to the stellar nine points allowed in the second frame. Chase Campbell came up big for the team after some time off last semester and was able to chip in 13 points in 13 minutes.

The Ooks look to continue their hot play as of late with a pair of big games coming up on the schedule this weekend. They travel to Lethbridge College on Friday night and then wrap up four straight games on the road with a battle against

St. Mary's University at 8 p.m. on Saturday night.

The women were also in action this weekend as they went into SAIT looking to continue their hot play from before the break and go for their fourth straight victory. The game was closely contested throughout. The Trojans came in at 5-6 while the Ooks sat fourth in the ACAC standings with an 8-2 record.

Coming into the game as a heavy favourite, the Ooks did not jump out to the start they would have liked. At the end of the first quarter they were down 14-9 and by the time the buzzer went for half-time they saw themselves down by a slim two-point margin. The women battled hard in the second half, however, and finished with a second half score of 31-22,

giving them a 54-47 victory.

Head coach Todd Warnick was not pleased with his team's offensive output but

was encouraged their ability to battle back and play their game.

"While I was disappointed in our offensive output, I give full credit to SAIT for defending at an elite level," said Warnick.

"I was pleased by our tenacity to continue to battle throughout the game and make a late push using our defence to find a way to win."

The ladies weren't able to get much done on the offensive end, so they had to pick it up somewhere else and stepped up their defence and registered 20 steals while forcing a whopping 29 Trojan turnovers.

Torey Hill continued her streak of double doubles with 14 points and 10 rebounds, while Shea-Lynn Noyes added 13 points, five rebounds and five steals on the night. Nicole Ruptash was player of the game for her efforts off the bench with five rebounds and one steal.

The victory brought the Ooks to 9-2 and gave them their fourth victory in a row. They travel to Lethbridge College to take on the fellow 9-2 Kodiaks for a battle that will determine third place in the ACAC.

They wrap up the weekend Saturday as they travel to St. Mary's University to take on the winless Lightning. Tip off is 6 p.m.



Coach Connolly

Athlete Profile



Player: Kaitlyn Whaley
Sport: Hockey
Position: Left defence
Program: Dental Technology

By BRIDGETTE TSANG
 @BridgetteTsang

What inspired you to play hockey?

My dad was a fanatic and he kept pushing me to play and then I finally started to.

Do you have any pre-game rituals or routines?

Not really. I usually have a peanut butter sandwich before games.

What are some of your hobbies?

I like reading, dirt-biking, and hunting.

Do you have a favourite athlete or role model?

My role model is my dad.

What is your favourite thing about NAIT?

Mostly the small classes. It's easy to get help with what I need help with.

There's a lot of resources to use, not just the teachers but also student services and such as well.

Is there a quote or a motto you try to live by?

I like the one "go hard or go home!"

Favourite TV show?

Heartland.

Favourite movie of all time?

Definitely *Step Brothers!* I know pretty much all of the quotes!

What kind of music is on your playlist?

I like country music, like Eric Church and Luke Bryan



Athlete Profile



Player: Mike Piluso
Sport: Hockey
Position: Right wing
Program: Building Environmental Systems

By BRIDGETTE TSANG
 @BridgetteTsang

What inspired you to play hockey?

My dad inspired me to play when I was young.

Do you have any pre-game rituals or routines?

I like to eat the same pre-game meal, like pasta and chicken and get a nice pre-game nap.

Who is your favourite athlete or someone you look up to?

I like Sidney Crosby. I look to him right now and I like to model my game after his.

What is your favourite thing about NAIT?

I've been here a couple of years now

and everyone just gets along really well. It's a good environment for learning and playing sports, so I've enjoyed it a lot.

Do you have a quote you live by?

I think Gretzky once said, "You can't score if you don't shoot" (You miss 100 per cent of the shots you don't take")

Favourite TV show

I like *Breaking Bad* right now and *Dexter*.

Favourite movie of all time

I like the first *Hangover*. The second one wasn't as good, though.

What is on your playlist right now?

I pretty much like everything. But my favourite genre would be rap, dance, or like Top 40 kind of music.

Opinion

TV deal a threat?

OTTAWA (CUP) – On the morning of Nov. 26, Rogers Communications Inc. purchased the exclusive broadcasting rights to all National Hockey League games in Canada for the next 12 years, effective next season.

The deal shuts out TSN, Rogers' main competitor in sports broadcasting, from covering any NHL games (outside of regional games in Winnipeg and Montreal), and gives the company control over the profits and editorial content of CBC's *Hockey Night in Canada* (HNIC).

This signifies the end of competitive hockey programming in this country, furthers the monopolization of the entire Canadian sports and television industries, and effectively ends the relationship millions of Canadians have developed with HNIC since it began on the radio in 1931.

While other networks will still be able to provide commentary on NHL news and games, Rogers' stations will be the sole Canadian broadcaster of games.

This agreement destroys any motivation for Rogers to produce effective and affordable hockey broadcasting.

The NHL has the right to sell its broadcasting rights to whichever company it wants. But when that broadcaster already owns the only National Basketball Association and Major League Baseball teams in Canada, as well as the exclusive Canadian MLB broadcasting rights, they are selling more than just the NHL

to Rogers. They are selling control over pro sports in Canada.

Sports broadcasting was Canada's No. 1 source of television revenue in 2012. According to the Canadian Radio-television and Telecommunications Commission, TSN and its French affiliate RDS generated more than \$542 million in revenue for the broadcast year ending in August 2012, the majority of which comes from NHL programming. In comparison,

the largest non-sports channel, the Discovery Channel, generated just over \$99 million.

With Rogers now able to limit the viewing of the majority of sports in Canada to only their customers, the competitive balance of the entire Canadian television and Internet market is threatened.

The agreement also signals the end of HNIC as many Canadians have come to know it. Rogers will now control the editorial content of HNIC, including all personal decisions – like whether to keep Don Cherry and Ron McLean at the helm.

For millions of fans, HNIC is more than just a broadcast. It's a Saturday night tradition that has spanned generations.

Rogers' agreement merits a response from Canadian sports fans, whose passion for sports is now tied to one company. But it also deserves attention from the Canadian Bureau of Competition, as it impends the end of a competitive television market in Canada.



Athletes of the week

January 6-12

Torey Hill Basketball



Ooks forward Torey Hill was instrumental in her team's 54-47 win over the SAIT Trojans Saturday night in Calgary. The win improved the team's record to 11-4. Torey had 14 points and 10 rebounds Saturday and was a force all night on both the offensive and defensive end. "Torey's consistent effort on the glass and solid point production have been key for our program's success this season," said head coach Todd Warnick. "This marks Torey's seventh double-double of the season." Torey is a second year Personal Fitness Trainer student from Viking.

Yonas Berhe Basketball



Yonas helped lead his NAIT Ooks men's basketball team to a 80-67 win in Calgary Saturday night over the SAIT Trojans. Berhe had 24 points, five assists and five steals and was a constant threat all game. "Yonas stepped up with some timely baskets at important times of the game to answer any run or deflate any momentum SAIT tried to build," said head coach Mike Connolly. "He did an outstanding job of organizing our team's offence and making sure we were efficient in our offensive systems. This was evident as the team had 19 assists and only 14 turnovers." Yonas is a fifth-year Millwork and Carpentry student from Toronto.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
SAIT	19	14	14	3	0	2	90	46 30
RDC	20	14	12	6	0	0	73	50 28
Augustana	20	12	12	4	1	3	86	50 28
NAIT	18	13	13	4	1	0	81	33 27
MacEwan	17	9	9	7	0	1	67	57 19
Concordia	19	7	6	10	1	1	59	74 16
Portage	19	6	6	12	0	1	53	81 13
Keyano	18	3	3	14	1	0	45	71 7
Briercrest	20	3	3	17	0	0	42	134 6

RESULTS

January 8

Augustana 5, Portage 1

January 10

NAIT 6, Red Deer 2

Augustana 7, Briercrest 3

SAIT 6, Portage 1

MacEwan 4, Concordia 2

January 11

Red Deer 6, NAIT 5

Augustana 7, Briercrest 3

SAIT 4, Portage 3

MacEwan 2, Concordia 2 (OT)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
MacEwan	12	8	6	3	0	1	29	22 17
NAIT	12	6	6	3	2	1	26	26 15
Red Deer	12	5	5	7	0	0	27	19 10
SAIT	12	4	4	8	0	0	22	37 8

RESULTS

January 9

SAIT 1, Red Deer 0

January 10

MacEwan 2, NAIT 0

January 11

MacEwan 3, NAIT 2 (OT)

SAIT 2, Red Deer 1

MEN'S BASKETBALL

Team	Div	GP	W	RW	L	OTL	TIE	GF	GAPts
Red Deer	S	12	5	6	11	1	1	17	
NAIT	N	11	5	4	9	2	13		
MacEwan	N	12	5	4	9	3	13		
Medicine Hat	S	12	4	4	8	4	12		
Lethbridge	S	11	3	4	7	4	11		
Briercrest	S	12	4	3	7	5	10		
Keyano	N	13	4	3	7	6	10		
Concordia	N	11	3	3	6	5	9		
Grande Prairie	N	12	3	3	6	6	9		
St. Mary's	S	13	3	3	6	7	9		
Lakeland	N	11	2	3	5	6	8		
Augustana	N	13	2	3	5	8	8		
SAIT	S	13	1	1	2	11	3		
King's	N	13	2	0	2	11	2		
Olds	S	11	0	0	0	11	0		

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

RESULTS

January 10

St. Mary's 96, King's 93

Medicine Hat 78, Keyano 68

Red Deer 106, Grande Prairie 55

Augustana 79, Lethbridge 75

Concordia 97, Briercrest 84

January 11

NAIT 80, SAIT 67

Lethbridge 92, King's 76

Augustana 100, St. Mary's 84

Keyano 84, Briercrest 78

Concordia 79, Medicine Hat 74

MacEwan 85, Olds 71

January 12

MacEwan 87, SAIT 72

WOMEN'S BASKETBALL

Team	Div	GP	W	RW	L	OTL	TIE	GF	GAPts
MacEwan	N	12	5	6	11	1	17		
Augustana	N	13	7	5	12	1	17		
NAIT	N	11	4	5	9	2	14		
Lethbridge	S	11	4	5	9	2	14		
Grande Prairie	N	12	5	4	9	3	13		
Medicine Hat	S	12	6	3	9	3	12		
Lakeland	N	11	3	3	6	5	9		
Keyano	N	13	1	4	5	8	9		
Concordia	N	11	1	3	4	7	7		
Red Deer	S	12	3	2	5	7	7		
SAIT	S	13	3	2	5	8	7		
King's	N	13	0	2	2	11	4		
Olds	S	11	2	0	2	9	2		
Briercrest	S	12	2	0	2	10	2		
St. Mary's	S	13	0	0	0	13	0		

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

RESULTS

January 10

King's 51, St. Mary's 34

Medicine Hat 71, Keyano 64

Grande Prairie 69, Red Deer 54

Augustana 68, Lethbridge 56

Concordia 90, Briercrest 53

January 11

NAIT 54, SAIT 47

Lethbridge 72, King's 46

Augustana 79, St. Mary's 43

Keyano 67, Briercrest 44

Concordia 57, Medicine Hat 48

MacEwan 80, Olds 52

January 12

MacEwan 67, SAIT 42

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	%
S	Red Deer	10	10	0	30	0	1.00
N	MacEwan	12	11	1	34	7	.917
S	Medicine Hat	12	9	3	28	18	.750
S	SAIT	10	7	3	24	13	.700
S	Augustana	10	6	4	21	15	.600
S	Briercrest	10	5	5	22	21	.500
N	NAIT	10	5	5	17	18	.500
N	Gr. Prairie	12	6	6	22	23	.500
N	King's	10	4	6	16	18	.400
N	Keyano	12	4	8	19	26	.333
N	Lakeland	12	3	9	13	30	.250
N	Concordia	12	2	10	9	32	.167
S	Olds	12	0	12	2	36	.000
S	Lethbridge	0	0	0	0	0	.000

Note: All games vs Lethbridge do not count in the standings

Rankings based on winning percentage

RESULTS

January 10

Red Deer 3, NAIT 0

(25-22, 25-17, 25-13)

MacEwan 3, Lakeland 0

(25-15, 25-12, 25-15)

Grande Prairie 3, Concordia 1

(19-25, 25-8, 25-20, 25-22)

Medicine Hat 3, Keyano 1

(22-25, 25-23, 25-21, 25-21)

King's 3, Olds 0
(25-23, 26-24, 25-16)
Augustana 3, SAIT 2
(25-21, 23-25, 25-22, 19-25, 18-16)

January 11

Red Deer 3, NAIT 0

(25-13, 25-21, 25-19)

King's 3, Olds 0

(25-19, 25-13, 25-19)

MacEwan 3, Lakeland 0

(25-23, 25-17, 25-19)

SAIT 3, Augustana 0

(25-16, 25-20, 25-23)

Grande Prairie 3, Concordia 0

(25-16, 25-15, 25-17)

Medicine Hat 3, Keyano 2

(26-24, 20-25, 25-21, 25-27, 15-11)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	12	12	0	36	3	24
N	Gr. Prairie	12	10	2	33	15	20
N	MacEwan	12	9	3	32	11	18
S	Briercrest	12	9	3	29	19	18
S	Olds	12	7	5	27	19	14
N	King's	12	7	5	22	19	14
N	NAIT	12	7	5	23	22	14
N	Lakeland	12	6	6	23	22	12
S	SAIT	12	6	6	25	25	12
S	Augustana	12	6	6	23	24	12
S	Lethbridge	12	3	9	14	30	6
N	Keyano	12	2	10	18	33	4
N	Concordia	12	0	12	5	37	0
S	Medicine Hat	12	0	12	4	36	0

RESULTS

January 10

Red Deer 3, NAIT 0

(25-15, 25-15, 25-19)

MacEwan 3, Lakeland 0

(25-19, 25-14, 25-15)

Grande Prairie 3, Concordia 0

(25-16, 25-10, 25-13)

Keyano 3, Medicine Hat 1

(25-17, 25-27, 25-14, 25-18)

Briercrest 3, Lethbridge 1

(25-18, 25-15, 21-25, 25-18)

King's 3, Olds 2

(21-25, 25-18, 21-25, 25-16, 15-6)

SAIT 3, Augustana 1

(20-25, 25-13, 25-21, 25-14)

January 11

Red Deer 3, NAIT 0

(25-12, 25-17, 25-15)

King's 3, Olds 2

(14-25, 25-20, 30-28, 22-25, 15-11)

MacEwan 3, Lakeland 1

(22-25, 25-19, 25-19, 25-17)

SAIT 3, Augustana 2

(21-25, 25-18, 28-30, 25-17, 15-7)

Grande Prairie 3, Concordia 1

(25-15, 25-22, 19-25, 25-15)

Keyano 3, Medicine Hat 2

(24-26, 25-22, 25-22, 19-25, 15-3)

Briercrest 3, Lethbridge 1

(25-15, 21-25, 25-14, 25-22)



HOME GAME SCHEDULE

MEN'S HOCKEY

FRI JAN 17 @ 7:00PM

SAT JAN 18 @ 2:00PM



WOMEN'S HOCKEY

SAT JAN 18 @ 7:00PM



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ENTERTAINMENT

Ode to Archer

CIA covert operations, the Cold War, Nazi scientists, sexual deviancies and abrasive wit



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

Archer has returned to save the day once again to the delight of fans everywhere. The popular animated program aired Monday night on FX for its fifth season. While having only been around for a couple few years, *Archer* has already attracted a cult following and it's not hard to understand why. The premise is absolutely hilarious, the writing is beyond clever and the cast is phenomenal!

For those who may not have seen the show, *Archer* centres around ISIS, a top secret intelligence gathering agency where no one seems to be very good at their jobs, and hilarity ensues. At the forefront of the show is Sterling Archer, a drunken, womanizing secret agent whose massive ego pales in com-

parison to his massive amount of deep seated "mommy" issues. The best way to describe Archer would be if James Bond and Tucker Max (*I Hope They Serve Beer in Hell*) had a baby. Archer's an abrasive, arrogant douche but still manages to always save the day, so it's impossible to not like him.

Behind Archer at ISIS is a cast of insanely funny characters. There's Cyril Figgis, the group's punching bag. Cyril's about as neurotic as Woody Allen and if something goes horribly awry, it's usually Cyril's fault. Lana Kane enters as the show's female lead. Lana's a strong, confident woman who's constantly being set aside as ISIS's No. 2 agent, frustrating her to no end. Plus the fact that she and Archer used to date only opens the door for more hilarity to ensue and believe me, it does! Jessica Walter's (*Arrested Development*) character enters the show as Archer's mother and head of ISIS, Mallory Archer. Each one of Archer's psychological issues become very easily explained as we watch Mallory. If there were a Razzie award for parenting, Mallory Archer would get it. One of my favourite examples is a flashback to Halloween when she beats a young Archer at poker, takes all

his candy and taunts him as she eats it. She then tries to show him how to drink and proceeds to taunt him as little Archer throws up in the bathroom. Then there's also Pam, the obnoxious blabbermouth, Carol the psychopath, Ray the token homosexual and Woodhouse, Archer's heroin addicted butler.

My favourite character, though, is ISIS's bat sh*t crazy scientist, Dr. Kreiger. Kreiger spends most of his time working on projects aimed at his bizarre sexual fantasies, rather than anything that might actually help ISIS. He also has a virtual girlfriend, blood ties to Adolf Hitler and a love of the band RUSH. Kreiger's other insane antics include genetically engineering mutant "pig boys," filming bum fights and turning people into cyborgs.

Another great aspect of the show is all the spins done on actual CIA operations from the Cold War. However, it's hard to say exactly in what time period *Archer* takes place. The Soviet Union still exists and the KGB is alive and well but the characters all have modern looking cellphones.

If you're intrigued by CIA covert operations, the Cold War, Nazi scientists, sexual deviancies (pretty much every character has one) and abrasive wit, this is the show for you!

Archer can be seen Monday nights on FX. And with Season 4 ending on such notes as Lana announcing she's pregnant and Cyril (who she's been dating on and off throughout the series) is not the father and Ray becoming crippled for the second or third time, there's no doubt in my mind that Season 5 will live up to its predecessors. Check it out, you will not be disappointed.



www.entertainmentwallpaper.com

Your NAIT Students' Association

January Event List

- 2-23 NAITSA's Next Top Model (NNTM) Applications Open
- 21 Learn How to Make Sushi
- 22 Learn How to Eat Well
- 24 Clubs Training Retreat
- 28 Learn How to Ski/Snowboard
- 31 Nest Beer Fest

NAIT STUDENTS' ASSOCIATION
CELEBRATING 50 YEARS

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By **RICHARD LUKACS**
@DickTorrance

I'm a lucky guy as I've been a music addict all my life and it's very easy to satisfy this addiction. The reason for that is the monumental range of different genres I'm listening to. As a footnote, at the same time I feel I could slap the face of everyone who says: "I listen to all kinds of music." The only people who say that don't listen to anything at all.

This breadth of view (some friends call it the lack of pretension but I think they're just jealous) is the reason my collection is swelling with 60 to 80 new albums each year.

Not in 2013. Don't get me wrong; it was a great year. I only got half of the regular dose of dope but the quality was sick. I could list about 25 absolutely flawless albums and while there were some nice cushy ones (the new

Nick Cave for example or Beastmilk's Climax – see my review for more details), this week I want to make your ears drip blood.

We've got a few long awaited comebacks of genre-godfathers. While it often turns out crookedly, re-animated post-hardcore pioneers (Boyssetfire), death/grind brain-surgeons (Carcass) and the bare creators of metal music (Black Sabbath) all returned to life with exquisite material. Some fools used to complain that all Motörhead albums are the same but I can't agree. The style is similar but the quality of their new album *Aftershock* is more consistent than their recent material and is one of their finest ever. The Dillinger Escape Plan is an outrageous monolith of controlled chaos and *One Of Us Is The Killer* is their best work in 10 years. By that they show some similarity to the blues-influenced stoner-rock legend Clutch as *Earth Rocker* is one of the slickest chapters of their nearly 25-years-long history. To stick with legends, Shai Hulud – the best metalcore band ever – made me forget what much of metalcore has become from the attack of the clones over the last few years. It is the most disgusting development in underground music since hairspray and

glitter took over emo.

But not only forefathers flashed power. Lately, if I'm ready for a bit of the old ultra-violence, I put on *Abandon All Life* by the devastating Nails. If I want to space out, I switch off the lights and listen to Windhand's incredible second full-length called *Soma*. Based on their debut, *Twitching Tongues* was my dearest hope recently and they respected my trust with an irresistibly dark and catchy follow-up. The beer soaked sludge-pop Red Fang's *Whales And Leeches* is harder to catch than its predecessors but is very indebted once it opens up. Carnist is a truly sympathetic young, vegan DIY hardcore/punk band who put in a loud word for animal rights and gender politics.

The highlight of Canadian metal was the stupefying *Volition* by Protest The Hero. Local Converge-influenced noise hardcore punched in a deadly combo with Baptists and KEN mode. Black Wizard from BC is not simply one of the billion Sabbath shadows but one of the most notable ones.

All in all, 2013 was a blast, more in quality than quantity but one thing is sure: we are very far from a global crisis if it's music we're talking about.



The Dillinger Escape Plan

1. Boyssetfire – "Heads Will Roll"
2. Carcass – "The Master Butcher's Apron"
3. The Dillinger Escape Plan – "Paranoia Shields"
4. Protest The Hero – "Without Prejudice"
5. Baptists – "Bullets"
6. KEN mode – "Counter Culture Complex"
7. Black Wizard – "H.U.G.H."
8. Black Sabbath – "Damaged Soul"
9. Motörhead – "Lost Woman Blues"
10. Shai Hulud – "Reach Beyond The Sun"
11. Nails – "Wide Open Wound"
12. Windhand – "Orchard"
13. Twitching Tongues – "World War V"
14. Carnist – "Punx Is Small Town"
15. Red Fang – "Dawn Rising"
16. Clutch – "Oh, Isabella"

January 21

...need help?

January 22

January 28

For more information visit naitsa.ca

What's on in 2014

By BAILEY BAUGH

We're only a few weeks in but 2014 is already shaping up to be quite the concert heavy year. So far Rexall place is booked for 17 concerts this year, with more to be announced as the year progresses. Over the last few years, Edmonton has been moving up the ranks to become a premier concert destination. According to Pollstar's annual report on concert ticket sales, Rexall Place ranks 26th in the world since 2012. Rexall is also third place in Canada, right behind the Bell Centre in Montreal and the Air Canada Centre in Toronto.

The city of champions will play host to a variety of concerts this year. From heavy hitting Top 40 artists like Justin Timberlake on Jan. 13 and 14, Pink on Jan. 16 and Lady Gaga on May 26, to country superstars like Keith Urban on Jan. 18 and Lady Antebellum on March 7. Additionally,

legendary performers like ZZ Top (March 18), Cher (June 23) and Black Sabbath with front man Ozzy Osborne (April 22) will also be performing in oil country. Along with this lineup of musical talents, a host of returning favourites to the city include Kings of Leon (April 2), Hedley (April 4), City and Colour (May 20) and Michael Buble (June 22.)

Another highlight for the year is Arcade Fire coming to Edmonton on Aug. 11. The Grammy award winning band skipped over our fair city the last time they toured in 2010, much to the displeasure of many local fans. This time around they will be playing at Rexall Place and those who will be in attendance at the show have been advised to comply with the band's suggested dress code for the evening, which consists of formal attire or a costume to go along with the bands fun, carnival like atmosphere for the show.



countrymusicvideodirectory.com

Keith Urban here Jan. 18

Edmonton is also home to a growing local music scene with many great venues showcasing up and coming talents. For a great website to check out what live music is playing in Edmonton every night, as well as an extensive list of live music venues in the city, check out barsnbands.net. This includes venues like the Pawn Shop, Blues on Whyte and Wunderbar Hofbrauhaus.

Wunderbar is a small, intimate venue located just off Whyte Avenue and 101 Street. This venue is packed with personality and features live music almost every

night, as well as hosting events to get you interacting with others in your community. You can check them out on Facebook at facebook.com/newwunderbar or on their website <http://wunderbar-edmonton.com>.

With 2014 still as fresh as it is, there are sure to be more concerts announced in the weeks and months to come. To keep on top of all of the announcements you can download the Live Nation or Ticketmaster app for your smart phone, or follow these promoters on twitter at @LiveNationWest and @TicketmasterCA.

Timberlake lovestones city

By BAILLIE SCHEETZ

Online Editor

@bailliescheetz

On Monday and Tuesday night, Justin Timberlake was in Edmonton to perform two sold out shows at

Rexall place with his 20/20 Experience tour. When JT and his house band, The Tennessee Kids, hit the stage, it quickly became apparent that Timberlake's production is worth more than the cost of admission.

I have never seen such a vast and intricate set design, with screens and lights spanning the entire width of Rexall Place. From the opening note of his first song "Pusher Love," an old school jazzy compilation from his newest album, it was obvious that Timberlake had brought his A game. Dawning an all-black tuxedo, Timberlake flawlessly ripped through the beginning of the set list with impressive falsetto and awe-inspiring dance moves. In a world where actually singing while pulling off choreographed dance moves seems to be a thing of the past, Timberlake blew the audience away with his seemingly effortless talent.

A standout track from the first half of the concert was when he combined his new smash hit duet with Jay Z "Holy Grail," with an old favourite from his 2002 album *Justified*, "Cry Me A River."

Timberlake didn't slow down as he navigated through his older and more recent songs with polish, also taking time to address the crowd and thanking them for their attendance. He also added some personal touches, referencing the Oilers Stanley Cup banners as well as Wayne

Gretzky. About halfway through the show, a portion of the stage that Timberlake and his dancers were standing on lifted up and began to travel across the entire arena, slowly going through the entire crowd on truck-like machines driving down the aisles. This gave every single member of the audience a chance to get closer and more involved in the show. While the skinny platform was moving through the crowd the show did not halt, with Timberlake running across the platform with no harness or ties. The platform then stopped at the back of the arena where he did a couple of songs for the back portion of the audience.

Though most of his songs were big Broadway level productions with lights, lasers and dancing, he also showed off his other talents while playing piano impressively and also playing acoustic guitar for a stripped down version of "What Goes Around."

Timberlake immersed the crowd in his variant set list, even taking some time to cover Elvis Presley, paying tribute to his Tennessee roots, as well as an intimate cover of Michael Jackson's "Human Nature." Timberlake finished the show with an encore consisting of two of his biggest hits "Sexyback" and the more recent "Mirrors," where he reaffirmed that he must not be human.

Overall, saying the show that had a run time of about three hours was impressive would be a major understatement. The combination of the extraordinary stage design, full musical sound and Timberlake's raging talent made the show one of the best I have ever seen. It's safe to say sexy won't be leaving any time soon.



Photo by Jesse Kushneryk

Justin Timberlake at Rexall Place.

Dare to Fail

Bold new city company dresses for success

By **QUINTON BERGER**
Entertainment Editor
@QuintonBerger6

Hip hop nowadays has become a pretty split genre. There's been a big line drawn down the middle between those who rap about the payoff and those who rap about the come up. The cultures become divided and everyone has a side. Now, I'm not here to lecture you about which side I'm on (my previous articles have illustrated my stance) but it's pretty much a fact that the underground is where all the heart lies. Not just with the artists but the companies who support them as well.

Cue Failed Youth clothing, an ambitious, Edmonton based company with a message of passion and acceptance. I spoke with the owner, Court Strattons about this company and the ideas that surround it.

"Since I am heavily tattooed, the majority of society will always make assumptions and judge me (and other heavily tattooed people) as being a failure or going nowhere," explains Strattons,

"I don't believe life is about judging people or being judged. I want it to represent anyone who has ever felt like they have been judged negatively based on something they are passionate about. Everyone has their own idea of beauty."

The company's message comes with the vision of not only being able to wear what

you want and not pay ridiculous amounts of money for it.

"My inspiration to create my clothing company came from walking into a store and having to pay \$50 or \$60 for a T-shirt," says Strattons.

"I wanted to be able to wear unique, good quality clothes and not have to break the bank."

Strattons' prices are true to his word. Failed Youth Clothing T-shirts can be found on Bigcartel.com ranging from \$10-\$25. They can also be found at Northside Clothing here in Edmonton or at the company's launch party on Jan. 18.

Failed Youth's launch party will be held at the Pawn Shop on Whyte Avenue and feature performances by the Calgary based group Suicide Kings, along with Edmonton duo Brothers Grim and Canadian heavy-weight Snak the Ripper. Brothers Grim have been working with Failed Youth since October, helping to promote the brand and support its message.

"I've always been a fan of fashion and street wear clothing companies," explains Pat Grim (one half of the duo). "When I first saw the design and styles, it was really a look I was already a fan of and embraced."

Comments like this only prove that Stratton has latched onto something here as he does the majority of Failed Youth's designs himself.

"This is a family business. My wife and I own it and my brother is an amazing non-profit artist who has designed a couple shirts for us." The company has already been seeing success with Failed Youth clothing being carried in stores in Edmonton and Fort Saskatchewan, along with repeat customers on Big Cartel.

"I hope one day I will be able to support my family with the sole income that my clothing company makes us," said Strattons.

"I am very passionate about it and dedicated to it. I believe it has a lot of potential. So yes, it excites me that some day I could make my living on this alone."

Ticket information for Failed Youth Clothing's launch party can be found on the event's Facebook page and, with affordable prices and a stellar lineup to promote the brand, things are only looking up.

"Failed Youth expresses a lifestyle that a lot of people can relate to and with quality fabrics and designs at affordable prices, I believe it could grow into something of a



Facebook

DGK, for example," explains Grim.

Strattons is finally getting to realize his dream.

"This is something I have wanted to do for about five years now," says Strattons. "I am surprised and grateful for the amount of support and success we have received so far, although we have a long way to go."

ALBUM REVIEW

Beast of a record

By **RICHARD LUKACS**
Issues Editor
@DickTorrance

Nice guys on stage come and go but rock 'n' roll by nature, will always stay wicked and atrocious. As history often repeats itself, occult rock had to become a buzz in the underground again. Bands with the most diversified sounds are flirting with the cryptic. There is one common point in most of them: they pay a lot of tribute to the manes and mostly play in the vein of the gorgeous '70s. Uncle Acid and the Deadbeats, Orchid, Witchcraft, Blood Ceremony and other groups are in the footsteps of Led Zeppelin and Black Sabbath while Ancient Vvism is playing unholy, acoustic campfire psalms. In the meantime, Ghost became an almost-mainstream sensation with their crooked image and plain but dangerously catchy melodies. And they use one thing that most of the others don't dare: humour. With that we arrive at Beastmilk, another bunch of rascals who don't take themselves dead serious. But unlike Ghost, they are very far from a simple joke.

The Finnish group defines itself as "apocalyptic death-rock" and just like the aforementioned; they rattle in the past too but with a fairly unique approach. Pitchfork made their point perfectly by stating that they combine "elements of a gloomier Joy Division, an angrier Echo & The Bunnymen, a medicated Killing Joke and even a lush layering of Peter Murphy."

I'd add a hint of Sisters of Mercy, early Danzig and an unerring sense of writing flawless hits to the blender, and you got the best record of 2013.

When I was listening to *Climax* for the first time, I kept on thinking that it's Ian Curtis, rocking out hard in his coffin. So I looked it up and the truth was even stranger.



beastmilk.bandcamp.com

Besides the quality of songs, I have to praise the quality of sound as well

This is another band of restless multi-talent Matt "Kvoht" McNerney of the avant-garde black-metal legend Dødheimsgard and many other musical projects including Code, Void and the folk based Hexvessel. He's showing a brand new voice here and I couldn't welcome it more as it sounds like he was born for this. When I heard him singing the indelible chorus in the album opener "Death Reflects Us," at first I felt immediately that it's something extraordinary. It pumped life into my veins, I felt like I had to dance right away in an empty, dark room (besides the tone of the music, emptiness and darkness is crucial as I'm the worst dancer ever).

It would be nonsense to pull out songs because the standard is equally high for all but for we frozen-assed Albertans, titles like "Nuclear Winter" or "Love In A Cold World" definitely carry some weight. They hover on the thin line of being grey and comical with the lyrics of "Genocidal Crush" and 'Surf The Apocalypse' which are the new measurement of coolness in my book.

Besides the quality of songs, I have to praise the quality of sound as well. Kurt Ballou of Converge and GodCity Studios is the best producer of our time, but as his trademark is noisy hardcore and crushing metal, the warm and gloomy jangle of *Climax* was virgin territory. Mention must be made: he did an irreproachable job.

As for a summary, I couldn't recommend anything else but to pour some Beastmilk in your ears right now!

What's wrong with Ke\$ha?

By **EVAN KIRBY**
@evankirby

Wake up in the morning feeling like P. Diddy,

Haven't ate much food, so I'm feeling pretty little,

Before I leave, brush my teeth with a bottle of Jack,

Not eating, or throwing up is pretty whack.

Knock, knock, TiK ToK, who's there? Ke\$ha in rehab. Popular singer Kesha Sebert, better known as Ke\$ha, or "ke, dollar sign, ha" as I like to call her, has committed to a rehab program for bulimia. Ke\$ha has joined a rehab program for an eating disorder in Timberline Knolls, outside of Chicago, most known for being the rehab facility where Demi Lovato sought treatment in 2010 for the same eating disorder.

Ke\$ha has long been criticized for her originality of songs and now the stomach contents of her tracks have come into the forefront. After a whirlwind of popularity and two albums in three years, Ke\$ha has seen the top and bottom of success in the music industry.

Ke\$ha's 30-day stint in rehab has gar-

nered a lot of questions as to why she has gotten to this point. While often a diagnosis of an "eating disorder" seems to fall by the wayside of other afflictions, it's never to be taken lightly. Maybe indeed love should be Ke\$ha's drug instead of regurgitating whatever famous singers eat.

Unfortunately, as it often seems, rehab stays for things like eating disorders get the short stick from the popular celebrity ones like drugs and alcohol.

The "Timber" singer has been in rehabilitation since Jan. 3 but the hiatus doesn't seem to be affecting her touring or album schedule, as it has fallen between her other endeavours.

The once "full" Ke\$ha (ugh, I hate typing that dollar sign every time), seems to have been possibly pressured from her producer, Dr. Luke, into slimming down. The producer who signed her at the age of 18 is being criticized for comparing her to large objects such as refrigerators.

Now, as Ke\$ha's mom has tried to fend off people who believe the singer's problems are more than just bulimia, she has committed herself to the same facility as her daughter. The 57-year-old is seeking help for post-traumatic stress disorder brought on by the stress of Ke\$ha's condition.



celebzter.com

Ke\$ha

This cavalcade of Ke\$ha in rehab, and her mother's rebuttal of the true purpose of her stay has caused an even bigger problem, making a small issue into one that's been deemed important enough to be printed in this paper.

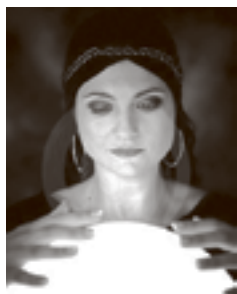
Unfortunately, as it often seems, rehab stays for things like eating disorders get the short stick from the popu-

lar celebrity ones like drugs and alcohol. Bulimia is often as disastrous and important as other eating disorders, holding the ability to cause as much damage.

The NAIT Health Services centre in the South Lobby provides several counsellors with information on dealing with eating disorders and abilities how to confront it.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 16-22

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

Capricorn (Dec. 22-Jan. 19)

Before the semester gets busy, take a break this weekend and do something for yourself. Treat yourself to dinner or a movie and have that

piece of chocolate cake. You will need the strength to really soar this term.

Aquarius (Jan. 20-Feb. 18)

Contact that old friend that you used to be so close with but have since lost touch. Even though you both are on different paths, there is still so much you can learn from him or her.

Pisces (Feb. 19-March 20)

It's your week for love and not just the romantic kind. You will start to realize just how many people in your life love you. Celebrate it and show them that you love them in return.

Aries (March 21-April 19)

Beauty is in the eye of the beholder. Something you have previously found to be repulsive will become beautiful after you see it in a new light.

Taurus (April 20-May 20)

Be the first to apologize. While

people admire your strength, true strength is admitting when you are wrong.

Gemini (May 21-June 21)

You are only as strong as the people you surround yourself with. This week, think about the people that treat you like gold and don't waste any more time on the ones who don't.

Cancer (June 22-July 22)

This week is an excellent time to hit the gym. But your true work lies in maintaining your exercise regime, even when the going gets tough. If anyone can do it, Cancer, it's you.

Leo (July 23-Aug. 22)

Did anyone ever tell you that you're beautiful? You are stunning Leo and don't forget it, not just on the outside but inside where it counts.

Virgo (Aug. 23-Sept. 22)

Your attention to detail is a great

attribute but you can't always have things exactly the way you want them. Let it go this week. Details will get fuzzy before they become clear.

Libra (Sept. 23-Oct. 22)

Do something spontaneous. Take a chance on that opportunity that scares you the most. Being safe is important but you will never grow if you don't take a risk.

Scorpio (Oct. 23-Nov. 21)

There is no doubt that you are a high achiever but watch that your work-life balance doesn't come crashing down. As second semester begins, keep things in perspective and as a result you will find you can achieve even more.

Sagittarius (Nov. 22-Dec. 21)

Travel plans are in your future. Plan a jaunt to Disneyland on reading week or Bermuda, for that matter. Then again, a stay-cation might be just the thing you need.



All of the above and more

By **QUINTON BERGER**
Entertainment Editor
@QuintonBerger6

Edmonton, as we all know, is a veritable melting pot. Our city contains such a wide range of people who come from different backgrounds, speak different languages, interact with various social circuits and produce an even wider range of musical genres.

This city alone has over 27 radio stations, broadcasting multilingual music to gospel and everything in between, plus five

talk radio stations.

But all of the above and more is found on one station in Edmonton. Edmonton's University of Alberta campus radio station CJSR spends 2014 celebrating its 30th anniversary on the airwaves.

"I think the heritage is what's kept CJSR around for so long" explains promotions co-ordinator Mark Rogers.

"There's been volunteer radio at the university for quite some time. Not just 30 years."

The station started out as the University of Alberta's radio club in the 1940s has grown into the city's most diverse station, while supporting huge amounts of local talent.

Even before getting its FM licence in 1984, CJSR was supporting Edmonton based music.

"We have a serious vinyl section that we utilize on a daily basis," says Rogers. "We have locally made stuff

that predates 1984," he said.

News Director Matt Hiriji said the station opens a door for performers.

"What CJSR does is provide opportunity for voices and artists to gain exposure, allowing their views and sounds to be heard by a wider audience," Hiriji said.

"We really pride ourselves on having an open door policy. Anyone can drop off their CD and anyone can walk in and learn the ins and outs of radio."

It's not only local bands and artists that get CJSR's helping hand, either. The station has a number of talk radio shows which cover a wide variety of topics.

"We have about 40 producers here who work on specialty news programs," said Hiriji.

We have everything from LGBT news, to environmental news, labour and activist news and more community oriented and Edmonton based news."

It's not only aspiring on-air personalities who can utilize CJSR's open door policy. With the exception of about two people, the station is made up entirely of volunteers and receives a lot of its funding from donors.

"We have two free apps, one for Android and one for iPhone, both of which are produced by volunteers," states Rogers.

This also goes for the station's pro-

ducers and anyone else involved with the behind the scenes aspects of CJSR. "There's work if you want to write scripts, there's work if you want to produce, there's volunteer opportunities on a daily basis."

However, aside from just giving community members volunteer options, CJSR also aims to challenge and educate those on the other side, the listeners.

"You're gonna learn so much just by listening to CJSR," explains Rogers "people that listen to CJSR listen to it because they want to be challenged."

CJSR has been able to stay around through the ups and downs and even manages to keep up with professional stations, transitioning into the 21st Century. From starting as a school's radio club to transforming into the city's most diverse station 60 years later, CJSR has thrived almost solely on the efforts of people who are there simply because of their passion and love for radio.

"Part of our mission statement is to constantly challenge the status quo," says Rogers and CJSR has done exactly that. The station has given hundreds of people within the community creative outlets, exposed even more local artists, helped countless people get their voice heard and at the end of the day, isn't that really what campus radio is all about?



www.gigcity.ca

Many influences of Jamerson

By **KYRA MULLER**
Entertainment Editor
@muller_kyra

You may recognize Sierra Jamerson's big hair, stunning personality and powerful vocals from various events and shows throughout Edmonton's music scene in the last few years. Jamerson has sung at events such as Daughters Day this past August to stop discrimination and abuse towards women, and quite recently, was selected to sing at new Mayor Don Iveson's inauguration.

Jamerson has been keeping herself busy, now a full time vocal instructor at Long & McQuade, performing at various Edmonton events and, most exciting of all, releasing her long awaited EP *Blood in the Water*, early this May.

Jamerson is a MacEwan University graduate and has shown a passion for music from a young age. She is trained in jazz but describes her own music as having a jazzy, R&B and soul feel. Grounded in the roots of African American music, Jamerson has found it easy to cross genres to create powerful songs that touch the listener.

When asked about *Blood in the Water*, Jamerson described it as not a breakup record but not a happy record.

"I'd say pretty angsty," Jamerson told me while laughing. "All the songs have teeth to them."

Her inspiration for the album came from her own experiences, not all of them positive. She described her songs as 'journal entries with chord progressions.' Overall, her hope is that her music touches people.

"I really want people to feel something. I want people to have a very strong emotional reaction to my music," she said.

The style of the album is inspired by artists like Courtney Love and Alanis Morissette and it has an eclectic, edgy rock feel.

Jamerson's music at times touches on feminism and she draws influences from her cultural ties to the Tahl-tan First Nation. Inspired constantly by family members who passionately fight to get their messages across and risk their freedom for tradition, Jamerson has been able to incorporate those themes of struggle and oppression into her music.

Jamerson also finds feminism to be present throughout her music.

"I just don't believe in submission. You can still talk about emotion and vulnerability and still be feminist."

Jamerson has set her goals high, and is hoping to have a Juno in five years. Otherwise, her dreams are quite simple.

"Fame wouldn't be for me," she said. "I don't want to be a superstar, if I have the respect of my peers, if I make it on a national level and people respect my talent ... to me, that's success."

Her advice to aspiring musical artists is to either experience or understand the emotion they are trying to portray through their music. She encourages her own students to watch the musical or read the book their musical theatre pieces are coming from so they can capture the emotion needed to connect with their listeners and she uses similar practices herself.

"Artists and writers, we know the more experiences we have the more authentic our work will be. I think you understand the human experience better and can be a better conduit to other people who are trying to make sense

of their own emotions and their own lives," she said of learning through her own experiences.

Catch *Blood in the Water* early this May. It will be released on iTunes, CD Baby and will be in record stores across Edmonton.



racinenoire.wordpress.com

Sierra Jamerson

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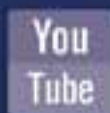
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rm e-131

THROWBACK THURSDAY

James Avery, The Shredder, RIP

By DYLAN WOLFINGER

In West Philadelphia he was born and raised or at least that's what we thought. It's been a little over two weeks since James Avery, the actor who played uncle Phil on the *Fresh Prince of Bel-Air*, passed away.

Hey, here's a good ice breaker "did you know James Avery's first movie role was an uncredited part in the *Blues Brothers* as a man dancing on the street?" Realistically, it's not that good an ice breaker and let's face it, if you're opening with that, the conversation is doomed anyways.

James played a judge over 12 times in his career, most notably judge Philip Banks on the *Fresh Prince of Bel-Air*, but he also voiced characters on several animated shows including *Rambo*, *Rock 'n' Wrestling* and Chuck Norris's *Karate Kommandos* (that's how they spelled it). Also, between 1987 and 1993 he was the original voice of The Shredder from the TMNT series. So we learned a few things here:

- 1) I didn't know Rambo had an animated series, either
- 2) He probably knew Chuck Norris

Every time he stepped behind the microphone to bring life to The Shredder he fired another shot at the Ninja Turtles ...

3) We lost the first super villain the TMNT ever had. On Dec. 28, 1987 TMNT first hit our television screens as a five-part miniseries. It became so popular it got picked up on Oct. 16, 1988 for a full season consisting of 13 episodes.

During that span, turtle power erupted. Between movies, action figures, video games and comic books, nothing could slow the Turtles down, expect for The Shredder.

That's right, every Saturday morning while we all were sitting in front of our televisions with a bowl of cereal and wrapped up in a blanket, James Avery was voicing the bad guy we all rooted against. Every time he stepped behind the microphone to bring life to The Shredder he fired another shot at the Ninja Turtles, by either trying to capture Master Splinter, April O'Neil or trying to lure the Turtles into another trap.

You know, maybe if he didn't spend most of his time trying to capture and trap everybody and was focused more on whatever his goal was, he wouldn't have gotten foiled so many times. Which, if you think



nypost.com

James Avery in a scene with Will Smith in *Fresh Prince of Bel-Air*.

about it, what did The Shredder want? I mean, I don't think he ever really specified what his end game was. World domination, city wide destruction, terrorism or maybe he was just really a big fan of turtle soup and wanted to make it in bulk, Costco style, we don't know. The one thing we do know is that we lost one of the original animated bad boys of our youth, the polar opposite of

what he was known for.

So, I'm throwing it back this week for James Avery, who will mainly be remembered for playing uncle Phil but hopefully after reading this he will also be remembered for being the original voice of The Shredder or at the very least for dancing wildly in the street. You know, it's a neat fact, just don't open with it.

Making it all up

By JORDAN WARDELL

I had the pleasure of going to *The 11 O'clock Number*, an improvised musical, this past weekend. It started off with a few jokes and cast introductions, but what happened next was really where it all began. The cast of the show asked the audience questions to come up with a title, genre and location for the musical they were about to make up for us. We ended up with *Peanut Butter and Jam*, the horror musical.

I was truly blown away by how on the spot everything was. The cast meshed well and the show ran so smoothly that it could have been something that was pre-rehearsed. Not only did the actors have to come up with a dialog for their show but they were making up songs off the top of their heads as well. The musical aspect of the show made it just that much more impressive.

There was musical accompaniment for a majority of the performance. This had to be one of the most impressive things I

have ever seen. The pianist set the mood for every scene and was following the actors to change the tone exactly when needed. I was blown away by the fact that he could follow the story and find the right notes to play without having rehearsed it beforehand. The way that the pianist followed the actors for changes and the way actors listened to the music seemed effortless. This is no easy task, though and that's really what made it so mind blowing.

The show had the audience laughing from beginning to end. I have to say my favourite thing was when one cast member could get a chuckle or a smile out of their fellow actors. They seemed to be able to poke fun at each other and you could tell that the crowd loved it.

The venue was smaller with the stage just slightly lifted off the ground. It had a cosy feeling and with the show only going on a couple feet from the front row, it created a warm atmosphere. The actors all seemed thrilled to be there and so did the audience. They created a show that was funny, entertaining and very impressive. I enjoyed the performance from beginning to end. Grindstone Theatre Company seems to be full of very talented individuals. I would go to *The 11 O'clock Number* again in a heartbeat.



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RESTAURANT REVIEW

DaDeO food – pitch perfect

By QUINTON BERGER

The first thing you notice when you walk into DaDeO is the inviting atmosphere and swanky vibe the restaurant has. This New Orleans style diner and bar has been a part of Whyte Avenue for over 20 years and it's easy to see why.

The feel of the place is great, very upbeat, very inviting and all the music being played seems to predate 1980. The walls are plastered with New Orleans décor, portraits of various jazz musicians along with sugar skulls and masquerade masks. But of course none of the wall décor or swingin' music give the N'awlins vibe like the incredible Cajun food that I was about to eat.

We started off with appetizers, some calamari and Cajun cigars. Cajun cigars are these hand-rolled spring rolls filled with either veggies or seafood and served with a sweet and sour sauce that's loaded with Cajun spices – unreal! We had the veggie ones, which were awesome, so I can only imagine how amazing the seafood ones must be. The calamari was some of the best I've had yet. The bread-ing was nice and thin, so you really got the chewy goodness that is calamari, topped with more unreal Cajun spice.

After the appetizers, it was on to the main course. DaDeO has a bunch of different jambalayas, po'boy sandwiches and other Cajun entrees. I got the Philly cheesesteak po'boy

with a side of sweet potato fries and my buddy got a chicken-rib combo with a side of jambalaya rice. I'm normally not a huge fan of sweet potato fries but these were a shocking exception. Absolutely delicious!

The breading on the fries was also thin, proving to be a very nice complement to the sweet potatoes underneath, a damn near perfect breading-sweet potato ratio, which a lot of restaurants don't have. The ratios on the po'boy were also perfect, just the right amount of steak, cheese, peppers, tomato, herb mayo and salsa.

Just typing this out is making my mouth water. I asked my buddy what he thought of his meal and he said, "The chicken was so good. Really tender and Cajun spices were perfect. The sauce on the ribs was good but the meat itself was coarse and only half my rice was cooked 100 per cent."

I don't know what he's talking about because I went back a couple of days later and had a bayou burger po'boy with a side of jambalaya rice and mine was perfect. All the rice was fully cooked and once again had just the right amount of spice on it. It was hot but not so hot that I was having a sip of water every time I ate it. The bayou burger was also unbelievably good; a juicy patty, tequila salsa with a butt load of cheese on a lightly toasted bun, hell yeah!

Of course, no trip to a New Orleans



imonlyherethereforthefood.com

themed restaurant would be complete without sampling the cocktails, which come in singles or "Mardi Gras size," which are just doubles. I started off with a Hurricane, a New Orleans favourite, which contains both white and dark rum mixed with passion fruit juice. The rum in this drink really hit the spot and had a little bit of kick to it but not too much (damn, this place is good with ratios). I followed the Hurricane with a Disco Lemonade, a drink made with vodka, blue curacao and lemonade. The drink was good but very sweet. If you or your girl enjoys fruity drinks, then this one will be right up your alley.

DaDeO is easily one of the best signature style restaurants I've ever been to. The staff are all incredibly friendly and courteous, the food is amazing, the place looks great and the music far surpasses what you'll hear in most restaurants.

While relatively quiet during the day, the place really livens up at night, which only increases the upbeat atmosphere. It seems like it'd be the perfect place to have dinner before a night of bar hopping on Whyte. The friendly feel, swinging tunes and amazing food would perfectly set the tone for a night out, ensuring you leave with the spirit of Mardi Gras!

And the Oscar goes to ...

By KURT FABISCH

Oscar nominations are being announced Jan. 16. These are my predictions.

Having not seen every film in 2013 some of my predictions are based on word of mouth and current award trends.

* – have not seen

Best Supporting Actor

Michael Fassbender – *12 Years a Slave*
Daniel Bruhl – *Rush**
Jared Leto – *Dallas Buyers Club**
Barkhad Abdi – *Captain Phillips*
Bradley Cooper – *American Hustle*

The always stellar Fassbender is terrifying as the vicious plantation owner in *12 Years* and the film villain of 2013.

Best Actor

Chiwetel Ejiofor – *12 Years a Slave*
Christian Bale – *American Hustle*
Tom Hanks – *Captain Phillips*
Bruce Dern – *Nebraska**
Oscar Issac – *Inside Llewyn Davis**

Bale let himself go and got a comb over to play the slimy con artist in *American Hustle*. He's great in the film and very funny.

But the clear front-runner is Ejiofor in *12 Years*. He gives a heartrending performance as the slave Solomon Northup, who struggles to survive long enough to find a way back to his family. Much of Ejiofor's best acting doesn't involve dialogue at all, making this the performance of the year.

Best Actress

Cate Blanchett – *Blue Jasmine**
Amy Adams – *American Hustle*
Meryl Streep – *August: Osage County**
Sandra Bullock – *Gravity*
Judi Dench – *Philomena**

Bullock in *Gravity* had to hold up this sci-fi epic almost singlehandedly, not an easy feat.

Best Supporting Actress

Jennifer Lawrence – *American Hustle*
Lupita Nyong'o – *12 Years a Slave*
Julia Roberts – *August: Osage County**
June Squibb – *Nebraska**
Oprah Winfrey – *The Butler**

Lupita Nyong'o was devastating in *12 Years*. And Jennifer Lawrence in *American Hustle* steals the film as Bale's ditsy wife.

Best Original Screenplay

*Blue Jasmine**
*Her**
*Inside Llewyn Davis**
*Nebraska**
American Hustle
Great screenplay in *American Hustle*. The line "I told you not to put metal in the science oven," is my favourite line of 2013.

Best Adapted Screenplay

12 Years a Slave
*The Wolf of Wall Street**
*Before Midnight**
*August: Osage County**
Captain Phillips

12 Years a Slave, with a screenplay by John Ridley (writer of *Undercover Brother!*), was based on the memoir of Solomon Northup, causing it to be a beautifully written film.

Best Director

Paul Greengrass – *Captain Phillips*
Alfonso Cuarón – *Gravity*
Steve McQueen – *12 Years a Slave*
Martin Scorsese – *The Wolf of Wall Street**
Spike Jonze – *Her**

Greengrass again, does outstanding "non-fiction" filmmaking with *Captain Phillips*. Cuarón set a new standard in visual effects with *Gravity*. But it's McQueen who made the movie that dug deepest into my soul with *12 Years*.

Best Picture

*Her**
12 Years a Slave
*Rush**
Gravity
Captain Phillips
American Hustle
*Inside Llewyn Davis**
*Nebraska**
*Blue Jasmine**
*The Wolf of Wall Street**

Gravity was a visual plethora, *Captain Phillips* was the tensest film and *American Hustle* had the best overall ensemble acting. But it's *12 Years a Slave* that is the real front-runner for best picture as it gracefully showed us the most gruesome aspects of slavery, one of the darkest periods of American history.



WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHO	WHEN	WHERE
Gamers of Dungeons & Dragons	Wednesdays, 5:15pm – 11:00pm Fridays 5:15pm – 11:00pm Saturdays 8:00am – 8:00pm	Room WA-114 Rooms WC-316, WC-312, WC-306, WC-320 Room T-015
Business Connex	Tuesdays, 4:45pm - 5:30pm	Room T-107
Latter Day Saints Student Association	Thursdays, 11:15am – 12:10pm & 12:15pm – 1:10pm	Room WA-212
Christian Club	Fridays 12:15pm – 1:10pm 5:15pm – 8:00pm	Room E-201 Room E-216
Investment Club	Wednesdays 4:40pm – 5:40pm	Room T-509
Improv Club	Thursdays, 4:15pm – 7:15pm	Room A-122
Aboriginal Club	Bi-Monthly beginning Oct. 22; 4:15pm – 5:10pm	Room H-111
intoNAITion Toastmasters	Mondays; 4:40pm – 5:30pm	Room H-003

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
ENACTUS/Btech	Beer Garden	January 17; 3:00pm	ANNEX Dock
Chinese Students Association	Spring Festival	January 24; 5:30pm	Dynasty Restaurant
ENACTUS	27 Hour Hunger Challenge	January 30/31	NAITRIUM

CAMPUS CLUBS NEWS

WHAT	WHEN
Clubs Training #2	January 24 & 25, 2014
Clubs Connection #3	February 3, 2014
Grant #3 Deadline	February 4, 2014
Clubs Showcase #2	February 6, 2014
Clubs Social #2	February 13, 2014



VISIT THE CAMPUS CLUBS CENTRE

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780.471.8457 | 780.471.8871
campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates

MOVIE REVIEW

Mud makes my heart sing

By **RICHARD LUKACS**
Issues Editor

I'm afraid 2013 will be a fairly short paragraph in the Encyclopaedia of Remarkable Movies. *Gravity* is delusional, equally on a direct and a metaphorical level; the dividing *Only God Forgives* is a strange, bleak, acrid, unforgettable art-house bash; *Before Midnight* is another worshipful act in one of the most real celluloid romances of all time and *The Place Beyond The Pines* is a spellbinding ensemble of our inherited destiny as sinners.

And there was *Mud*, which is probably not the best movie of the year but it's my favourite one, for sure. There's a special place for coming-of-age stories in my heart (maybe because I'm a 31-years-young teenager) and this one wormed itself in there to share company with *Stand By Me*, *The Last Picture Show* or more recent residents like *Igby Goes Down*, *Fish Tank* and *The Perks of Being a Wallflower*.

Ellis and Neckbone are native sons of the southern swampland, living in tumbled down houseboats on the Mississippi River. To escape disenchanting reality, early one morning they row to a tiny deserted island

where they unexpectedly meet Mud (Matthew McConaughey), a lurking and starving fugitive who asks for their help. His story and motivation all originate in the everlasting love of a girl named Juniper (Reese Witherspoon). The boys – on the margin where “childish” and “adult” emotions first collide – make a fellowship with him. At that point, we realize that it's not the story of two kids and a man but two young and one middle-aged boy.

I hope we have all felt once that we could burn the whole world down for the sake of our love. Mud still feels like that as he is a woefully helpless romantic who never stopped loving his childhood sweetheart. And this is the reason why, as

a grown man, he has nothing else but his dirty lucky shirt and a gun.

Juniper appears in town alongside some bounty hunters on the heels of Mud but the film very cleverly sticks to its slow paced drifting, which is the key to empathy here. The presentation of the rural outback with its residents, their poverty and personal struggle, is almost as flawless as the portrayal of our protagonists. *Mud* is an adventure film, but the kind in which the real odyssey is unseen and happens inside the characters.

Only after three feature films can it be declared that Jeff Nichols (alongside Steve McQueen) is the most remarkable new voice of independent American cin-

ema. *Shotgun Stories* was a rare debut followed up by *Take Shelter*, one of the most impressive art-dramas of recent years. The astonishingly photographed *Mud* is so deeply personal, yet mature and unerring that it feels more like the work of an old, experienced veteran than a newcomer in his mid-30s.

The cast here is pure gold. Can someone tell me when McConaughey became such a shockingly great dramatic actor? The two boys seem born for these roles – they deliver so much clean and pure emotion to the screen that, if it doesn't bring a tear to your eye, you're beyond recovery. Michael Shannon (the director's continual stall) and Sam Shepard could be wasted in their tiny parts but they still get some unforgettable lines and looks. Even in the smallest roles (400 local residents are in the movie) there are faces you won't forget easily.

Why do I love music, literature and movies so much? Rarely one comes from out of nowhere and speaks to me, exactly like a real friend. And I love my friends. I love *Mud*.

★★★★★



TIMELY TIPS

Starting off on the right foot

By **KRISTA PIERCE**
NAIT Student Counselling

We've all done it. Admit it. If you are like me, you have, most likely, at one time or another, put off something you know would be good to get done. It may be exercise, cleaning the house, studying for an exam or completing an assignment. In fact, researchers estimate that 80-95 per cent of college students procrastinate, with 50 per cent doing it on a regular basis. While at first glance procrastination may not seem like a big deal, it can lead to feelings of guilt, inadequacy, depression and self-doubt. Procrastination can also interfere with your academic and personal success as a student.

So why do we procrastinate?

• **Poor time management** – In essence, procrastination means not managing time wisely. You might be overwhelmed by a task and therefore keep putting it off, socializing, watching TV and doing other tasks instead. You may also be worried about an exam or assignment but rather than studying or completing it, your time is spent stressing out over it.

• **Difficulty concentrating** – You may find yourself daydreaming, zoning out, easily distracted, or spending a lot of time gathering supplies, tidying up, and organizing.

• **Fear and Anxiety** – You may be afraid of failing or doing poorly on as

assignment, therefore having a difficult time even getting started. You may think if you don't get an A you are a failure, or that if you fail an exam you as a person are a failure, rather than a good person who happened to fail an exam.

• **Negative beliefs/self-talk** – You may hear yourself thinking “I cannot succeed in anything”, “I'm going to fail the test anyway”, “I am not smart enough to do this assignment”.

• **Personal problems** – You may have a hard time focusing and getting work done due to anxiety and stress over financial difficulties, relationships, a job etc.

• **Finding the task boring** – You may try to complete an assignment or task, but find it so mundane that it's hard to stick with it.

• **Unrealistic expectations and perfectionism** – You may believe you must read absolutely everything ever written on a subject before you can begin writing your paper, or that you haven't done the best you could possibly do, so your assignment is not good enough to hand in.

How do we gain control of our procrastinating?

• **Recognize that you are a procrastinator** – Be honest with yourself and examine whether you are a procrastinator (use the statements below to help you decide):

Here are some useful indicators that will help you know when you are

procrastinating:

1. Filling your day with low priority tasks from your To Do list.

2. Reading emails several times without starting work on them or deciding what to do with them.

3. Sitting down to start a high priority task, and almost immediately going off to make or get a tea/coffee/drink.

4. Leaving an item on your To Do list for a long time, even though you know it's important.

5. Regularly saying “yes” to unimportant tasks that others ask you to do, and filling your time with these instead of getting on with the important tasks already on your list.

6. Waiting for the “right mood” or the “right time” to tackle an important task.

• **Focus on a specific task** – It is most helpful to narrow your focus on doing one thing. It's overwhelming to think about all the things that need to get done – but getting one thing done proves you can overcome procrastination.

• **Assign a specific time** – Procrastinators are often vague about getting things done; you might say “this week” or “sometime.” Be specific. Say “today from 9-10 a.m.,” and make an appointment with the task. Sometimes it's hard to get started because there isn't enough time all at once to get the whole task done. That is OK – you don't have to get the whole thing done, just start.

• **Make progress, not perfection** – Many procrastinators who are not getting things done are perfectionists; wanting the assignment to be perfect is stopping you from completing it. Successful imperfection (doing something slightly imperfect) empowers you to take on tasks, practice them, and complete them. Remember: perfection is the enemy of progress!

• **Modify your environment** – Eliminate or minimize noises and distractions. Make sure you have enough lighting, all the necessary equipment, and a comfortable place (but not too comfortable – the point isn't to have a nap!)

• **Manage stress** – The feeling of constant stress and pressure will make it hard to work productively. In fact, for many people procrastination initially works as a coping strategy to keep stress under control. Try some things to help with your stress level like exercise, a bubble bath, taking a TV break, easing up on caffeine, and getting enough sleep.

• **Reward yourself for getting it done** – Try treating yourself like you would a friend who made progress. Give yourself a pat on the back, and reward yourself for getting something done – maybe with time to relax.

Now that you've read through this issue of the *Nugget*, it's time to get up, get going, and do the one next task you need to accomplish! Just do it.

CHECK OUT THE EMPLOYERS ATTENDING NAIT CAREER FAIR 2014

GYM

EMPLOYER	BOOTH
Acrodex Inc.	60
Agrium Inc.	26
Air Liquide Canada	10
Alberta Blue Cross	58
Alberta Innovates Technology Futures	77
Alberta Roadbuilders and Heavy Construction Association	2
All Weather Windows	61
AltaLink	33
Amega West Canada, Ltd.	3
The Association of Science and Engineering Technology Professionals of Alberta	11
ATB Financial	25
ATCO Power	18
Bank of Montreal	20
Bentley Co.	57
BOMA Edmonton	48
Brandt Tractor Ltd.	12
Canadian Armed Forces	9
Canadian Natural Resources Ltd.	42
Canon Canada	56
Casman Group of Companies	13
Cenivus	40
Chandos Construction Ltd.	47
Chartered Professional Accountants Education Program	72
City of Edmonton - Roads Design and Construction	19
Clark Builders	66

EMPLOYER	BOOTH
COMTECH (Communication Technologies) Ltd. & iEI	43
Industrial Electric & Instrumentation Ltd.	
ConocoPhillips Canada	39
Dow Chemical Canada ULC	41
EBA Engineering Consultants o/s EBA, A Tetra Tech Company	5
Edmonton Construction Association	49
Edmonton Valve & Fitting Inc.	68
Enbridge	32
Engineered Air	34
EPCOR	59
Fastenal	38
Fanning (Canada)	44
GCS Energy Services Ltd.	15
Government of Alberta - Corporate Human Resources	37
Halliburton Group Canada	50
Hi-Tech Seals	22
Honeywell Limited	73
Imperial Oil Limited	67
Intergraph Canada Ltd.	45
Investors Group	62
Jacobs Canada Inc.	74
Joey Restaurant Group	76
Lafarge Canada Inc.	71
Leavitt Machinery	46
Ledcor Group of Companies	1
Magna TV Engineering	63
Maxxam Analytics	70

EMPLOYER	BOOTH
Millar Western Forest Products Ltd.	75
Pengrowth Energy Corporation	8
Pyramid Corporation	65
Rupert's Island Institute	28
Schlumberger	51
Servus Credit Union	54
Shell Canada	27
Sheritt International	35
Sheritt International	36
Spa Lady	16
Spartan Controls	6
Stantec Consulting	78
OPUS Stewart Weir	21
Stream-Flo Industries	52
Tartan Canada Corporation	55
TELUS	31
Tetra Tech, BNG Engineering	4
Thermal Insulation Association of Alberta	29
TransCanada	30
Universe Machine Corporation	23
URS Flint	14
Voice Construction	7
Walward Steel Fabricators Ltd.	69
Wajax Power Systems	64
West Fraser	53
Westburne Electric/Rockwell Automation	17
Weyerhaeuser	24
WorleyParsons	79

NORTH LOBBY

EMPLOYER	BOOTH
AECOM Canada Ltd.	109
Alberta Health Services	113
Aztec Engineering Inc.	121
Baker Hughes Inc.	107
Black & Veatch Canada Company	102
Brian Energy	122
ClearStream Energy	117
E Construction Ltd.	118
Focus Corporation	112

EMPLOYER	BOOTH
Fraser River, Pile & Dredge	104
Husky Energy	123
JBS Food Canada, Inc.	106
JBS Power Centre	114
Lauren Engineers & Constructors, LLC	116
Lutech Resources	119
Mackenzie Pulp Mill Corporation	111
McElhanney Consulting Services Ltd.	115
Nelson Contracting Group Ltd.	124

EMPLOYER	BOOTH
Progressive Engineering & Construction Ltd.	120
Sanjel	103
Sun Life Financial	108
Tervita	105
Trilogy Energy Corp.	110
United Rentals	100
Urban Systems Ltd.	101
Zodi	125

SOUTH LOBBY

EMPLOYER	BOOTH
Bird Industrial Group	86
Canada Revenue Agency	92
Covenant Health - Strategic Recruitment & Workforce Planning	95
Cybertech Automation	84
Edmonton Kenworth Ltd.	85
ENTREC Corporation	90
ESC Automation	91

EMPLOYER	BOOTH
Investors Group/Edmonton Metro	97
KBR Industrial	94
Mammoet Canada Western Ltd.	98
Morgan Construction	99
Noralta Lodge Ltd.	87
NOVA Chemicals	81
PCL Family of Companies	80

EMPLOYER	BOOTH
Pembina Pipeline	89
Powell Canada	96
Standard General Inc.	93
Sunway Construction	82
Sunway Construction	83
WorleyParsonsCord	88

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CAREER FAIR 2014

NAIT MAIN CAMPUS | TUESDAY, JANUARY 21 | 9:30AM - 3:00PM



STORY BOOK REVIEW

Little Mermaid – the original

By **KYRA MULLER**
Entertainment Editor
 @muller_kyra

I think most of us keep fairy tales in their own imaginary world with happy endings, princes and long beautiful hair. I used to as well until I visited Denmark and read the true story of *The Little Mermaid*, written by Hans Christian Andersen. In the original, the story goes a bit differently than the cartoon Disney version. Let me explain.

The little mermaid lives under the sea with her merman daddy, five sisters and her mermaid grandmother. Once a mermaid turns 15, she's allowed to go to the surface to take a peek at the ever so remarkable human world and each time one of her older sisters came back under the sea, the little mermaid was awe-struck by their vivid descriptions of what they had seen.

When it is finally the little mermaid's turn to go to shore, she sees a ship and falls in love from afar with the prince on board. A huge storm hits and it's the mermaid's big day, as she saves the prince from drowning and leaves him on shore, where another girl finds him, without him having as

much of a glance at the little mermaid.

Now, the little mermaid did some investigating and is told by her grandmother-mother that mermaids live longer than humans but when they die, they turn into sea foam and cease to exist. Humans, on the other hand, have eternal souls and so therefore, never truly die. Little mermaid thinks her life as a sub-human sea creature is a ripoff, so she decides to visit the evil sea witch.

Sea witch says that yeah, she could make the little mermaid more human by giving her legs and that all she'd have to do is cut out her tongue. You know how in the Disney movie she has the most beautiful voice in all the land, well instead of just not having a voice, she literally has no tongue. The little mermaid agrees to getting legs and giving up her ability to talk for some sweet dancing abilities and is told that once she's human she can never come back under the sea. Oh yes, and her feet will feel like glass is cutting into them, enough to make her feet bleed and she will remain soulless unless she somehow convinces her true love to kiss her and then marry her. Otherwise, on the dawn that he marries another woman

she will cease to exist and turn into sea foam. So, seeing this as a legit trade, the little mermaid is like sweet, let's do this.

To speed up the ending, the prince thinks the little mermaid is hot and she impresses him with her dancing skills, even though it hurts like no other. The prince is arranged to marry another woman and refuses, until he realizes she's the girl from the day he washed up on shore and he believes that she saved him, so they get married.

The little mermaid knows she's screwed until her sisters show up having chopped all their hair off in exchange for a knife from the sea witch. If she can kill the prince and drip his blood onto her feet, she will turn into a mermaid again and return to her old life.

The little mermaid cannot kill the prince, so she throws herself in the sea where her body turns into foam. Instead of disappearing into nothingness, she ends up turning into a spirit, an air-maid of sorts. Apparently she turned into an air-maid because she tried with all her might to have a soul which she will earn from them by doing good deeds.

Moral of the story is ... Disney lied and if being a mermaid doesn't work out, there are other options.



Supplied photo

Entertainment Editor Kyra Muller with the statue of the Little Mermaid in Copenhagen, Denmark.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Apartment, condo safety



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

DO:

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

call Police if warranted.

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

DO NOT:

- Allow access to anyone you do not know

or do not recognize. If you feel uncomfortable or impolite closing the door on a stranger when you enter the building, please consider it is for your own safety and the safety of your property.

- If a stranger comes to the door asking to use your phone, offer to make the call for them. Do not let them in.
- Give personal information to telephone solicitors or to 'wrong number' callers. Ask, "What number did you dial?" and just tell them, "You reached the wrong number".
- Get on an elevator if there is someone on it you do not feel good about. Wait for the next one. Always stand near the elevator's control panel. This will allow you to get off on the next floor or sound the emergency alarm should you encounter a problem.
- Allow trees to block the view of your windows. Let people see what is going on outside your windows or patio doorways. Always close your curtains or blinds after dark.
- Put your name beside the apartment number at the entrance. Use "occupied" or nothing.
- Leave the opening to your mailbox uncovered, so no one can see if there is an accumulation of mail. Consider asking a friend

or neighbor to take in your mail when you are away. In an apartment situation, you may ask the rental office to collect the mail until you return.

- Leave your lights on all night when you are away. This draws attention to your apartment especially if all other apartments in the area are dark. Use a light timer set in different rooms with different start/stop times to give your apartment an appearance of being occupied.

• Assume your apartment is safe from unlawful entry, even on the higher levels. Always lock your balcony doors and/or place a wooden stick cut to fit the slide area at the bottom of the door thus preventing it from being opened from the outside.

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

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

Everybody benefits, except the criminal.

YEG PARTY GUIDE

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TUESDAYS
\$5 RIBS ALL DAY
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THE PINT
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1 BUCK DRAFT | 5 BUCK FOOD SPECIALS

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