

THE NAIT NUGGET

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

NEXT STEP, A JOB

Career Fair not only way to employment, see page 2



Photo by Josie Baerg

LOOKING FOR A MATCH

Employers and students get together at NAIT's annual Career Fair, held Tuesday Jan 21 in the gym and north and south lobbies. Thousands of students attended to hear from 125 companies looking to hire qualified people. Ninety per cent of NAIT graduates find work within a few months of leaving the institute.

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NEWS & FEATURES

Small gesture, big step



KRYSTA MARTELL
Issues Editor
@tweetsbykrysta

It was a cold, snowy, dark December day. I was approaching the end of a very busy semester. All I had left was to finish some final projects and I would be on my Christmas break. I walked to my car to find a piece of paper on my windshield.

At first I panicked because my initial thought was “Oh great! I got a parking ticket, it’s all I need” but instead, it was a note that said, “Dear stranger, I hope you found some warmth in this cold snowy day! Have a lovely evening and good luck with any finals you may have! From a fellow student.” Little did I know that something so little could mean so much.

A little gesture like that can turn your day right around. Not a lot of people think to do something like that, me being one of them. With this thought in mind it triggered my New Year’s resolution. At first, my resolution was pretty basic, like continuing to eat healthy, exercise and get a job in the broadcasting field. The thing was; I didn’t want to do anything differently. Then came the idea that I would give back 12 times in

12 months in ways that would make a difference in someone else’s life since there are so many others who don’t have what we have.

I invite you to read what I plan to do for 2014 in making a difference. As my schedule permits, among the things I would like to do is “give a cup of warmth.” One of my favourite stores, David’s Tea, has a promotion on right now that if you buy a cup of tea they will give a cup of warmth to a local charity, which for Edmonton is the Food Bank. My other plans include giving back to the Heart and Stroke Foundation, donating blood on June 14 as that is national blood donor day, participating in World Food Day, Earth Hour, as Edmonton is a finalist for the 2014 earth hour city challenge, donating to cancer research and

packing a Christmas box for Operation Christmas Child because why not give it to the ones that need it the most.

As I’m sitting in the drive through at Tim Hortons, I will consider paying for the person behind me whereas in the past, it never crossed my mind. I also want to make a change in my life and challenge myself to do something I’ve never done before.

I know you are probably wondering, all this for a note? But it’s more than just that, it is the gesture and the thought that you brightened someone’s day. In the end, it is just a simple piece of paper that was left on my windshield on that cold December day and to the person who left it, I want to say thank you, because if it weren’t for that, I never would have realized my New Year’s resolution of giving back.

Want a job? Check online

By **DAKOTA BARBER**
@dakotarbarber

Fifteen per cent of recruiters say they have made a hire through Twitter, 26 per cent through Facebook and 89 per cent through LinkedIn, according to a 2012 Job-site survey.

Simply searching the hashtag “job” on Twitter brought me to over 40 postings freshly tweeted in the previous five minutes. There are a handful of Facebook pages dedicated to posting different job openings so job seekers can “like” the page and have postings conveniently delivered right to their feed.

LinkedIn is a site designed specifically for connecting people together professionally, so it only makes sense to utilize each of these networks when you’re on the hunt for employment. Employers have started to take a new approach to filling open positions and that’s by going straight to the social networks that their target audience can so frequently be found scrolling through.

Social media can be so useful when it comes to job-hunting because you never know which of your 782 friends might have an uncle who has a friend who owns a business with a summer opening that fits exactly what you’re looking for ... you just have to let them know you’re looking.

Now, keep in mind there is a major difference between “Yo, any1 no of any jobz?” and a well worded, to the point, status or tweet stating exactly what you’re looking for. A serious thought to keep in mind when using your social networks for professional reasons is what your future

employer might be seeing when they stumble across you. If the first thing they see is a photo of you double fistfing Jäger Bombs, your education states that you attended Hogwarts and the last five of your posts are links to videos of girls falling down while twerking – you may be at risk for plummeting to the bottom of their list or off it altogether.

NAIT’s Digital Media Co-ordinator, Linda Hoang, feels there is a lot of opportunity to find employment online.

“There’s no reason why you can’t use

social networks personally and professionally, Hoang says. “Strike a balance!”

Even if you can sneeze on demand and recite every line from Stepbrothers, it’s best to only list skills that your target employer will find useful on your LinkedIn profile.

Another way to benefit is to follow people online who are in the industry that you are aiming to work in. Whether it is the CEO or any other company representatives, you’ll gain insight into their work life and potentially pick up tips that will set you apart when it comes to tailoring your

resume and preparing for an interview.

Learning about different companies and their staff is important but be careful about going overboard with your cyber research; your future boss will likely be horrified if you tell them you love the shade of his or her dog’s fur or that you think his newborn baby looks just like his great aunt Lorraine.

While you want to be a little careful with it, using social networks you are already on to build your professional brand is a pretty simple way to boost your chances of landing your dream job.



Online job hunting can be a useful way of finding employment.

Photo by Jesse Kushneryk



Photo by Andra Nikolaev

Lineups like this one in the North Lobby should be a thing of the past with the new microwaves in the NAITrium.

Microwaves added

By ANDRA NIKOLAEV

NAIT students highly value food-related issues. It has been a constant battle to efficiently heat up food around NAIT. This can be due to the miss-matched ratio of high numbers of students in need of microwaves to the low number of microwaves available.

According to NAIT Students' Association President Jonathan Bilodeau, students have been demanding improvement to the microwave situation for some time now. Complaints have included: taking up to half an hour to get through lineups at the microwaves, microwaves not working as they should anymore and taking most of lunch time to get food heated.

NAITSA has committed to answering the needs of the students by purchasing 14 new microwaves that will be available for use when classes commence after reading week on Feb. 24.

These microwaves will be added to the NAITrium due to the high concentration of students requiring this service in and around that area.

Bilodeau said the cost of the project amounts to approximately \$35,000. Each industrial strength microwave costs \$600, and the electrical work, cabinet construction, dry walling, installation and other miscellaneous work adds up to about \$25,000.

Reaction to the news of new microwaves

by students has been very positive and many are looking forward to the likelihood of shorter lines. However some students expressed that additional microwaves would be useful in the Fresh Express cafeteria, since it can get very busy there too. Additionally some noted that it would be nice if the new microwaves were put in a location that is not closed for events or sometimes early, thus limiting access to the microwaves located there.

It seems as though NAITSA is certainly putting in great efforts to support and act on the requests of NAIT students, however there is always room for improvement in other areas.

Hunger for a cause

By ROBERT MacGILLIVRAY

Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

This rings true when we look at the heart and soul behind the upcoming 27-Hour Hunger Challenge being put on by Enactus, a group dedicated to empowering people in need. On Jan. 30, at 7 a.m., NAIT students participating in the challenge will kick off the event by having a big pancake breakfast in the NAITrium before the 27-hour famine starts at 8 a.m.

Why are they doing this?

"Knowing that kids live without food is a hard pill to swallow," says participant Melissa Chow. "Nowadays we take for granted the little things we have. Basic necessities, such as food, are thrown away if not finished, while others don't even have the opportunity to have a bite."

Chow continued with a statement that

echoes the words of Margaret Mead, "It brings awareness and an opportunity for change which I want to be a part of."

It is this kind of dedication and willingness to help those around them that will turn the ideals of these students into meals for children who would otherwise go hungry.

Students participating in the challenge are looking for sponsors to help them support Hope Mission, an organization dedicated to helping children eat full meals and get opportunities they may otherwise never see, such as going to summer camp.

For every \$2.70 they receive, Hope Mission can make sure that a child in need will have the full meal they need to perform well in school and not go hungry.

Sadly, depending on who you talk to, the number of children in need of a good meal is anywhere from 20,000 to 48,000 and they cannot keep up without help. The organization also has many other worthwhile programs for adults which will help them get

out of a rut in their life they may otherwise never see the end of.

If you want more information go to hopemission.com for a breakdown on their financials as well as further explanation about the projects they take on.

So now that you know what the challenge is about, are you ready?

There are three main ways to help: you can tell everyone you know about the event and the issues it is trying to tackle, you can provide a cash or cheque donation to support the cause or, better yet, you can participate. All you have to do to sign up is get in touch with the project manager Monica at mtysiakiewicz@enactusnait.com.

Even if you don't collect any donations, spreading the word through social media and letting your friends know about your participation in the challenge will raise awareness about some of the very serious issues we have in our backyard, issues that a province with as much wealth as Alberta shouldn't have.



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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.

The cost of growth?

Overcrowded schools

By NICOLAS BROWN

The call has come out; we're running out of room! However, the call isn't coming from the direction you'd expect. We aren't in the middle of a critical housing shortage nor is the city busting at its metaphorical seams. Instead, it is our public school system that is facing a crisis.

As Edmonton continues to grow, it was inevitable that some growing pains would crop up. The city's outward expansion has sped up in recent years, and it has created an increased demand for schools in our newest neighborhoods. Our ability to build, fund and staff new schools, however, hasn't been able to keep up with this demand. In fact, in the past eight years, over 46 new neighborhoods have been formed in Edmonton and public school enrolment has increased by over 6,600 students in the past three years.

The Edmonton Public School Board has been working on a new initiative, "Space for our Students", which is a public consultation to gather suggestions from the public. The school board has committed a portion of their website to providing information on overcrowding and the options the board is considering.

"We haven't seen this level of growth, at this pace, before in this city, said EPSB spokesperson Ayesha Moughel.

"We did have a plan for it, we're still planning for more schools, but the reality is these schools aren't keeping up with the growth we are seeing."

So what is the process involved in forecasting capacity or demand in these new areas and why didn't it predict this outcome?"

"To a certain extent, the EPSB can forecast growth, but we have experienced unprecedented growth in the outlying suburban areas," Moughel said.

With Edmonton experiencing such incredible levels of growth, certainly those



Photo by Nicole Walper-Lee

in the past eight years, over 46 new neighborhoods have been formed in Edmonton and public school enrolment has increased by over 6,600 students in the past three years.

moving to these new areas might want to weigh in on these issues. Glastonbury Community League has commented in the past about the overcrowding in area schools, and encouraged residents to voice their concerns. In fact, Glastonbury Community League's area encompasses two of the schools currently suffering from overcrowding.

NAIT students were happy to weigh in.

"ETS should focus on expanding service to these school areas," said Naomi Mbanefo when asked how moving students to less-crowded schools could address this problem.

"Edmonton Transit Service is ... notoriously thin in our newest neighborhoods, and addressing transportation concerns may just alleviate the problem."

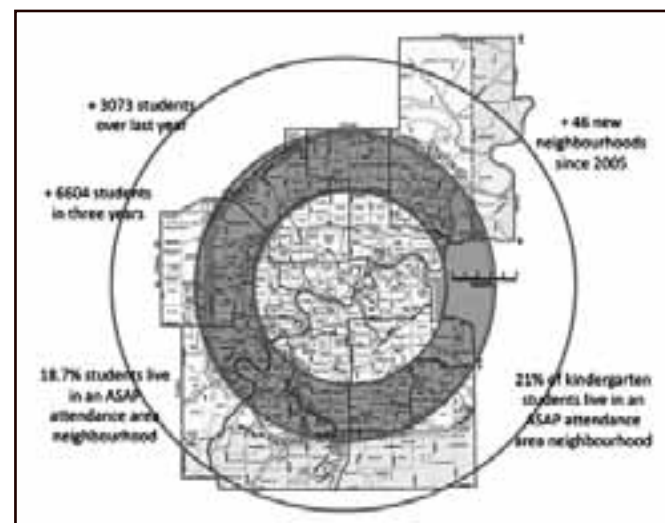
Steven, a Finance student in NAIT's Business Administration program offered

his advice,

"For younger students, it makes sense for parents to want the schools nearby. But for high school students, I bused across the city to go to high school, I think it would teach students independence."

Is there a lesson to learn about how, or where, to send children to school in Edmonton? Maybe there is, but if there is one thing that can be said, it's that Edmonton is a city with growing pains and growing pains are a pain for everyone involved.

If students are interested in learning more about the EPSB's "Space for our Students" initiative, information is available online on their website.



Student's hair colour a job killer

By SHEEBA JOHNSON

What comes first: one's appearance or one's work ethic? Shenese Langlois got the answer to this question over the winter break.

When I met up with Langlois, my first impression of her was that she looks like a normal person. She was clean, well groomed, dressed like any other student at NAIT and she had long purple locks. It was these purple locks that got her in a bit of a tight spot during a job interview at UPS.

"I got a phone call from UPS, they scheduled a date and I was very excited to have the interview," said Langlois.

"I drove all the way to the 151 Street office when it was super blizzarding. My tiny little car finally got there and a lady

with blond hair and brown roots showed me to the office.

"I said hello to the interviewer and did all the paper work. It took around 30-40 minutes. She asked me all the interview questions and had my criminal record check.

"We were talking about how much my uniform was going to be and we were talking about when, where and how I would be doing that job, how other drivers do their jobs differently ... it seemed like I was getting the job because we were talking about working and when and where," she said.

"After that, she left the office for a few minutes. When she came back she looked at me straight in the face and told me that to work here you have to have natural hair colour.

"I was shocked! I didn't even know what to say to her, she told me it was their oldest policy, so I tried to explain to her that it wouldn't be possible.

"I thought when she said natural hair colour I thought she meant my natural hair color because my hair is a light brown almost blond and I explained to her that my hair is over 26 inches long and even if I stripped the purple out it would still be blond underneath. You can't strip blond out of your hair once it had been bleached and I'm not cutting my hair over a one-month job.

"Then it dawned on me that she meant a natural hair colour. The only thing she could tell me was that it was their oldest policy."

Langlois was upset. For a month-long

job where she would have to deliver packages for UPS, her skills and work ethic should be more important than what colour her hair was.

Her uniform would be the uniform she would be wearing; her hair colour was not a part of the uniform.

Let me ask you a question, what defines a uniform? The clothes you wear or what your hair colour is? Should companies look into their hiring policies and change things that would affect them hiring able people who would be great at that job just because their hair is purple, pink or blue?

In today's age where everyone likes to wear their personality on their sleeve, is it fair that people might have to think twice before they express themselves freely?

The legacy of Fukushima

By HANNAH TIEDE

Fears over the tsunami-ravaged nuclear plant in Fukushima, Japan have surfaced after several articles circulated on the Web, claiming Reactor 3 was undergoing a meltdown.

One particular report, entitled *Underground Nuclear Explosion At Crippled Japan Atomic Plant Shocks World*, stated that “mysterious steam plumes” indicated a series of underground nuclear explosions on Dec. 31. The plant was badly damaged by a huge tsunami on March 11, 2011.

Daily release of radiation

Concerns were only furthered by the Japanese government’s tendency to down-play the severity of the situation. However, no credible source has proven the allegations of an underground explosion to be true. Although it has been confirmed that the steam was always present and weather conditions have only recently made it visible, the daily release of radiation is still cause for concern.

Approximately 300 tons of radioactive water have been pouring into the ocean every single day for almost three years! Radiation levels in the sea surrounding Japan have remained the same, instead of declining like they were expected to. This would indicate that the leakage is still not under control.

Many fisheries in Japan remain closed due to the approximately 42 species of seafood that are unsafe for consumption. Since radioactive cesium does not sink to the sea floor, substantial amounts of fish in the Japan area ingested the toxin through their gills and from eating other infected organisms. The contaminated water is expected to reach the west coast of North America early this year and many are uncertain about what impact it will have on seafood caught off the west coast.

Should we be worried?

Should we be worried?

According to the World Health Organization, particles from the Fukushima incident that make their way to North American waters will have limited health effects on humans. The contaminated water off the coast of Japan will be diluted below the WHO safety standards before it even reaches North America, mostly due to ocean currents. Recently, Blue Pacific tuna caught off the California coast were tested and found



It is estimated the cleanup will take 40 years.

to have trace amounts of radioisotopes from the Fukushima plant. They contained a smaller amount of radioisotopes than one would routinely obtain from the environment.

Still, there is no such thing as safe radiation and North America will likely see radiation levels rise as the Pacific becomes increasingly contaminated by Fukushima. Since TEPCO (Tokyo Electric Power Company) predicts the cleanup may take up to 40 years, we will be seeing an increased impact on sea life for years to come!

So what caused the 2011 Fukushima crisis?

- When a 9.0 magnitude earthquake hit just 270 km north-east of Tokyo on March 11, 2011, TEPCO activated the first safety precaution. All of the nuclear reactors were automatically shut down and control rods rose into the reactors to stop nuclear fission. Unfortunately, the earthquake caused a power outage that prevented water from circulating on the fuel rods, which were still extremely hot.

- During the second safety precaution, emergency diesel-

powered generators began to spray coolant on the rods. These generators also failed shortly after the tsunami hit the power plant.

- In the third safety measure taken, steam created in the reactors was converted into water and circulated back to the fuel rods. In order to lower the pressure that was building up, steam was released from time to time. Soon more water was being vented and boiled off than added to the reactors, causing the water levels to drop. Several fuel rod cladding exceeded 1,200 °C, resulting in a series of hydrogen explosions. Originally the problem centred on reactors 1-3, but Reactor 4 became a problem five days later. Seawater was forcibly pumped into the containment vessels in a desperate attempt to cool the reactors, and much of the contaminated water leaked or was boiled off.

- 160,000 people had to be evacuated from the area near the nuclear plant once it became apparent how serious the situation had become.

NAIT offers gift of life for dogs

By LISA BERG
@bergLisar

In 2002, NAIT became a satellite clinic for a Canadian Animal Blood Bank (CABB), which is a place for canine volunteers to donate blood.

Our school was lucky enough to become part of this because of two women, Shauna Lesick and Jocelyn Forseille who, after proposing the idea to NAIT and talking with the Winnipeg clinic, were able to open up.

CABB is a not for profit organization that originated in Red River College in Winnipeg as a joint effort between the Manitoba Veterinary clinic and Red River College. Along with the original location in Winnipeg and ours in Edmonton, there is a third location at the Central Toronto Veterinary Referral Clinic in Toronto, Ontario and from these three clinics blood is sent out to veterinarians all over Canada.

Blood transfusions for canines can be needed for treating an acute blood volume loss, anemia and as a preventative measure during routine surgery if the animal has a bleeding disorder. One of the questions asked often in regards to donation is whether it is something that just dogs can do or if it’s available for more animals. Unfortunately, since there are many regulations for what makes a candidate eligible, dogs are the only animal that fit the criteria. Cats, for example, are too small as well as too temperamental to give donations. For them to donate they would have to be sedated and the volume of blood taken would be too great for them to handle. Veterinarians typically do blood transfusions with cats or other animals on an animal-to-animal basis.



Shauna Lesick of the NAIT clinic explained some of the regulations to me as well as the process for finding eligible candidates to donate. She said that for dogs to be eligible they must be “at least 50 pounds and generally good tempered.”

After reading through the CABB website, some of the other requirements include: being between one and eight years of age and having current vaccinations. They also prefer that the dog is spayed or neutered and recommend heartworm medication as they are around so many other dogs. Because the regulations are fairly straightforward any breed of dog is eligible for donation, the most important requirement is that the dog be even tempered.

In 2007, NAIT’s donations reached

around 1,000.

Most of the donors are regulars that come in every three months, which is the time necessary to wait between donations. Collections are done three times a month and the clinic usually receives between six and 12 animals per night. When a dog donates, they donate 450-500 ml and that one donation can help up to two dogs.

Word of mouth is often relied on to find new donors and people from the clinic will go to events such as Pets in the Park to look for new donors. The busiest time for new donors is in the summer months.

If you’re interested in submitting an application for your dog, there is more information on the process on the CABB website.

To make contact with our satellite clinic at NAIT, information can be found on the school website.

Point Counter Point Early bird brains



By **QUINTON BERGER** @QuintonBerger6

There were a lot of things going this semester here at NAIT that I really had to prepare myself for. I had to prepare myself for the massive workload that was about to befall me and I had to prepare to bring my “A” game for everything.

However, in the mix of all this there was one thing I hadn’t prepared for and probably never will – 7 a.m. classes! You have got to be kidding me! I understand that we’re all in the process of becoming adults and members of society but even the most grown up, responsible member of society shouldn’t have to bear the pain of waking up at 6 in the morning. It’s cruel and unjust! Seven is just an ungodly hour, especially here in Canada! With winter upon us and our daylight being severed in half, we are faced with practically living in darkness. It’s dark out when we leave our homes and it’s almost dark out when we get home. This is no way to live. Classes at 7 a.m. are an abomination, a terrible scheme thought up by evil geniuses with the intent of exploiting our tired minds. It’s the only logical explanation.

No sense from educational standpoint

Classes at 7 a.m. also don’t make sense from an educational standpoint. Now, we’ve all been here; you wake up in the morning but you’re still half asleep. Without even thinking about it, you shut off your alarm clock or make some ridiculous conclusion about how long you have to sleep, when in reality, you’ve got much less. This has happened to all of us at one point or another. So why are we putting the strain on our brains by getting up and going to class right after? How are we expected to learn and retain anything when an hour ago, we could barely form a logical thought? Our brains are like machines and like any machine, need time to recharge. It’s known that our brains operate better when we’ve had time to wake up and get ourselves in motion for the day (say around 10 a.m.-ish), so why do we do the exact opposite and come to class so early in the morning? It seems like a bad move on the faculty, who ultimately want us to learn as much as we can and get as much as we can out of our NAIT experience. So why have part of our day, during the time when our brains aren’t up to speed? That’s just dumb.

No need for nine-hour day

While I do agree that a class going till seven at night would be wack, there’s also just no need for a nine-hour school day. I don’t know about everyone else at this school, but after a long ass day which has entailed getting up early, taking three classes which are three hours apiece and doing as much as we do in RTA, I’m freaking tired! I feel burnt out which isn’t good because college also involves a ton of projects and papers and things you have to do on your own time. Now obviously we’re all adults and it’s up to us to balance our time wisely but if there’s too much information and work in a day, then eventually we will fizzle out. Our brain is like a sponge and, like a sponge, it can only absorb so much before it gets too full. I understand that the workloads we receive here at NAIT are even tiny compared to the amount of stuff we’ll have to do once we graduate and get jobs but that’s something we need to build up to. I’m not trying to say that college is too much or that our workloads are too heavy (even though I kind of did), I’m just saying if we’re expected to take these massive loads *snicker* then we should do it while our brains are operating at maximum capacity, say, at 9 a.m.?



By **ALEXANDER SAKIW**

I have three years experience in waking up at six (or earlier) every morning for 7 a.m. classes. Those three years taught me that there is nothing you can’t put off the day before that you can’t rush that morning.

Now, I know we are all guilty of the “I’ll do it tomorrow” mentality. When you have that big assignment or test the next day, you stay up late and study like crazy in order to pass it. But in some cases, you just can’t quite finish it. Thus, 7 a.m. classes provide the best time to finish those projects, assignments or to study for that test. I’m sure your instructor isn’t going to like you doing that but he’s just as tired as you and I doubt he will notice.

Great things to do early

And then, there are all the great things you can do if you just wake up early in general. You’ve got an entire morning to enjoy a sunrise while drinking your sweet, sweet coffee. Or avoid the morning traffic by getting in early. And what about personal things? You could have a nice relaxing shower before your day or a good hearty breakfast or spend some time with your significant other. There is certainly a benefit to waking up early to do those things, work safe or otherwise. Now, I’m not saying that it’s for everyone. Hell, sometimes when I stay late, I go home and it’s already night. There are medical studies that say that kind of lifestyle can cause depression, just from the lack of sunlight and all the wondrous things it brings.

Classes at 10 a.m. would be amazing but then think about how long you would have to stay after our regular 4 p.m. end time. If we go from 7 a.m. to 4 p.m. on an average day – would you want to be stuck here until seven at night? I wouldn’t. I’d rather get it started earlier than finish later ... just saying.

Not any argument

In any other argument, I would have agreed with you that 9 a.m. is the perfect time for class to start. But this is not any argument; it is Point counter Point. So ... what follows is what I would say if I were whacked out of my mind. Ahem ... “What? 9 a.m. classes? Ridiculous! Unacceptable! Children should start learning by the time they get up, and not stop until going to bed. Knowledge! No different from any other college student. Educational! We should start at 5 a.m. with jumping jacks and cardio. Then, eat a hearty breakfast of bacon, pancakes and eggs! After that, we shall be strapped to a desk and forced to remember mind numbing information, telling us what to learn, and never telling us how to learn.” And that, Quinton, is what I could have sounded like if I was completely insane.

As it stands, 9 a.m. may be good for a class start, but I still think students should be waking up at six or seven in order to fully prepare their brain for the long day ahead. I mean, if we started at 10, you and I both know that people would be sleeping until nine or 9:30, then rushing to classes. It’s just ... a college thing.



Photo by Josie Baerg

OPINION

— Editorial —

Rights or wrong?



CARLY ROBINSON
Editor-In-Chief

Since 1977, front line employees of the Government of Alberta have had one of their rights taken away from them – the right to strike. Without the option of job action, workers have lost a large portion of their power to reach a fair deal.

The word “strike” tends to conjure a negative image. Typically the first thought would be of a picket line and an empty work place. However, this is not the only thing outlawed by provincial legislation. Job action can take the form of a slow down of productivity, no longer performing certain tasks and the list goes on.

Any mass message of unhappiness from the public work force is not allowed. This is not only about pay, as strikes can occur over working conditions. Take, for example, the wild-cat strike at the Edmonton Remand Centre last spring: concerns about unsafe work conditions, which had been brought up multiple times, were not resolved, resulting in employees spontaneously walking off the job in frustration.

‘Have to be able to act’

Andrew Hanon, in charge of the Alberta Union of Provincial Employees communications, stresses that the right to strike is “important to workers everywhere because what other option do you have when you are fighting for yourself and for your livelihood? What other options are there? You have to be able to act.”

As the pay gap between public and private workers widens due to pay freezes which do not reflect our current economy, the provincial government has started to steam through legislation that makes it even harder for provincial employees’ demands to be justly heard. Bill 45, the Public Sector Services Continuation Act, would make “strike threats” an offence.

Limits to freedom of speech

If I were to say here in my editorial that government employees should show just how important their work is and take job action, this would be an offence under proposed provincial law. Even here in a student newspaper in the opinion section, there would be limits to my freedom of speech. There would also be huge financial impacts on unions and those who represent employees if there is intention to strike.

The first step in contract review is obviously not to strike. As Hanon elaborates, it “is a tool that you use. Obviously you want to bargain and come to a mutual agreement (first).”

“But how can you negotiate when you are against a side that has already decided what the outcome is?”

At this time, the provincial government also wants to put an end to an ongoing negotiation outside of arbitra-

tion. Their solution is not to come to an agreement but rather impose a deadline on which their proposal will become law. This is Bill 46, the Public Services Salary Restraint Act.

So these are two propositions simultaneously taking away public sector employees’ fair chance at being heard by their employers. While a pay freeze during an economic downturn may be understandable for public employees, this is not the case now. The province’s economy is stable and should allow for an increase in pay.

How does this impact NAIT students?

Whether you are someone who plans on working in the private sector or the public, the right to strike will most likely impact you at some point in your life. When provincial employees are making 10-12 per cent less than the private sector due to an unwillingness to listen to demands, can you even imagine where we will be in 10 years if these laws get more severe? There is no question as to how the public sector pays more, where it reflects the current economy and the public reflects the economy five years ago.



albertadiary.ca

Workers protest loss of right to strike.



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

AJ gets a new show Entertainment and sports on MTV



BRIDGETTE TSANG
Sports Editor
@bridgettetsang

Before, when you thought of MTV, you wouldn't normally think of it as being much of a sports channel or anything remotely about sports. But nowadays, the crossover between athletes, celebrities and pop culture is becoming a recurring trend in both the entertainment and sports worlds. Aliya-Jasmine Sovani is the host and producer of one of MTV's newest shows, *Play with AJ*; an interactive magazine-style show that combines both the sports and entertainment worlds.

Many interviews

Over the years, Sovani has interviewed many A-list celebrities, including Kanye West, Tom Cruise and Carrie Underwood. But as a life-long sports fan, she has also interviewed some of the biggest names in sports, including The Great One, Wayne Gretzky, Hendrik Lundqvist and Georges St. Pierre. In 2010, Sovani covered the Vancouver Winter Olympics as a reporter for CTV's *Olympic Morning*. She has also covered the NHL playoffs for the NHL Network and TSN.ca.

As a host on so many different platforms, the idea for a crossover show was a no-brainer for her. And because of that, I am super jealous of her job! So I thought I would pick her brain to see what makes her so successful and if she would be willing to trade places with me so I can finally have my dream job. Just kidding but that would have been cool. Instead, we talked about something we are both passionate about — hockey because, as the Tim Hortons' ad says, "nothing brings Canadians together like a good ol' hockey game."

Concept of the show

Tsang: Tell me about the concept of the show *Play with AJ*.

Sovani: "My whole career I've done a lot of entertainment and I've always been into sports and really loved sports. But I'm not someone who knows stats, I'm not a stats person. I love sports, I can talk sports and I've always been able to. And I've always kind of did sport-y things, like I work for the NHL Network or the Olympics or for TSN here



mtv.ca

Aliya-Jasmine Sovani

and there but never fully. But I think that I represent a lot of my friends — guys and girls — who love sports, don't know every stat but are able to talk to you about, say, how the Leafs are doing or why they like watching football or whatever. [The show] is kind of like a merge of pop culture and sports and you can watch it with your boyfriend or girlfriend who might not like it and you both enjoy it. Like, if you watch a story about Khloe Kardashian and Lamar Odom, both of you are gonna love it because it's a little bit of everything, which I think is the whole point. It's good for everyone."

T: I know you're a huge fan of the Ottawa Senators. How devastated were you when Daniel Alfredsson left?

S: When Alfie left, I was really mad and I didn't believe it! Like my friend and I actually had this whole rant back and forth on WhatsApp. And then I was saying like 'this can't be true! He said if he was ever going to win a Cup it would be with the Sens. He was gonna retire with the Sens. How is this possible?' I was really upset. And now, he means nothing to me. (Aww) I don't think he exists; it doesn't matter. I was watching HBO 24/7 of the Winter Classic and there's this scene where Dion Phan-

euf was talking to Alfie during the game and he was just like "F*ck you, Alfie!" And I was like 'Yeeeahhh! You go, Dion! You tell him,' even though I totally don't like the Leafs but I still cheered. Alfie is dead to me, now. But I'm still a huge fan of the Senators. Spezza has always been amazing and the team is great. I think Bobby Ryan has done an amazing job; Marc Methot is just awesome. I think that team just has a bunch of really good dudes."

T: How do you feel about Bobby Ryan not making the USA team?

S: You know, I don't think he necessarily should have been on the team but I feel like Brian Burke's comments about him were inappropriate. I think there are a lot of great players in the NHL who aren't able to play for their country but it doesn't mean they're not great players. It's just that they weren't good enough. Bobby Ryan wasn't that good but Brian Burke going on to say he can't spell "intense," the way he phrased things, I thought that was unnecessary. But the way Bobby Ryan handled that situation, I thought it was very classy.

T: Are you happy about Team Canada, though?

S: Yes! I love Team Canada! There were

a few surprises but I'm really happy with the team. I thought Claude Giroux should have been on it but no matter what, I get fired up about Canadian hockey and when they announced it, it was really emotional for me.

T: Are you going to Sochi this year?

No, I'm not but I wish I was. Maybe I'll somehow get a ticket but you never know.

T: Who is your dream interview?

My dream interview is John Tortorella. Hendrik Lundqvist is a good friend of mine he would tell me stories about John Tortorella and I would watch the media interviews he would do. If you YouTube John Tortorella, his media interviews are just him yelling at people and I just really want to be that person who he yells at. I feel like there's just this huge part of my consumption of John Tortorella yelling at press after games. I just want to interview the legend.

Editor's note: Since this interview, John Tortorella has added to his notoriety. He got in trouble for entering the Calgary Flames dressing room area on Jan. 16 in an apparent attempt to get at Flames coach Bob Hartley. This followed the first period of a game marred by a line brawl with his Vancouver Canucks following the opening faceoff. On Monday, the NHL announced that Tortorella had been suspended for 15 days.

'I love sports, I can talk sports and I've always been able to.'

MEN'S HOCKEY

Briercrest easy pickings

By JOSH BUCHHOLTZ
@josh10b

The NAIT Oaks men's hockey team got two big wins this weekend with 10-0 and 7-0 victories over the Briercrest Clippers. They were also scheduled to face the Concordia Thunder on Wednesday night in a makeup game, but it was postponed for a second time. With the wins, NAIT now sits second in the standings at 31 points, just three behind SAIT for first place, with a game in hand.

Kyle Birch started Friday's game in goal for the Oaks while the Clippers went with Christian Mueller. The Oaks pressured Briercrest throughout the first period ending up leading 5-0 and outshooting the Clippers 27-5.

The Oaks special teams were strong early, with a powerplay and a shorthanded goal in the first period. They weren't as dominant in the second period as the first and were only able to add one more goal due to some spectacular goaltending by Mueller.

Starting the third quickly, the Oaks got goals from Kevin Carthy and Liam Darragh less than three and a half minutes in. With the score at 8-0, things started to get physical with some big hits thrown by each team. With 3:32 to go in the third and the Oaks up 9-0, Luke Robitaille crosschecked Kyle Harris into his goalie Mueller. The play left Mueller down on the ice for a couple minutes before he made his way to the bench. Connor Dobberthien came in for Mueller but got beaten just 30 seconds later when Harris fired a wicked wrist shot top corner over his glove to make it 10-0. The final shots were 82-14 in a game controlled by the Oaks from start to finish. Kevin Carthy was player of the game for NAIT with one goal and two assists, while Mueller got it for the Clippers with 63 saves on 72 shots before he was replaced.

NAIT coach Serge Lajoie talked about

the absence of leading scorer Josh Lazowski and how the team was still able to produce without him in the lineup.

"Josh was accepted into the fire department in Leduc. There is a couple of games that just conflict with his training. Friday was one of those games, so we're just in a situation where we just have to change some lines around and some power play combinations," Lajoie said.

"I think that when you're playing against Briercrest and you know you are going to be able to generate a lot of offence, it's all a matter of staying structured," he said. "You know it's good for those guys to stay within the structure we wanted them to play within and still be able to contribute offensively."

Saturday's game was an afternoon game, meaning both would be working with little rest. Birch started in goal for the Oaks with Dobberthien getting the start for Briercrest. Lazowski returned to lineup, giving the Oaks an offensive boost and opened the scoring on the power play seven and a half minutes into the game.

The Oaks added three more before the end of the first, including a pair from Michael Piluso. With the shots 26-8 in favour of NAIT, Dobberthien held his team in it with a couple of spectacular glove saves, diving across to rob both Killian Hutt and Piluso.

It remained 4-0 until Darragh extended his goal scoring streak to five with a marker late in the second. After two periods, the Oaks were outshooting the Clippers 47-15. Early in the third, the Oaks got goals from Jordan Abt and Tyler French to make it 7-0, which ended up being the final score. Sam Waterfield picked up an assist in the first period to extend his point streak to seven games before leaving after being struck in the face by a puck. French and Darragh also extended their point



Photo by Josie Baerg

A NAIT Oak celebrates a goal against the Briercrest Clippers at NAIT arena on Friday Jan. 17. NAIT won the game 10-0.

streaks to seven games while Birch improved to 9-0-0 with five shutouts.

After the game, Lajoie commented on having a full roster with 13 forwards and five defencemen and the injury to Waterfield.

"I rotated players through. Ty Carey played defence in the first period and then Kevin Carthy in the second and Liam Darragh in the third. It gave us an opportunity to play some forwards on defence and actually play with six defencemen for the first time in probably six weekends, so it's nice to get a full complement of 20 players in our

lineup," Lajoie said.

"Waterfield will be ready to go (next weekend). He's actually the backbone of our defence and the backbone of our power play in the sense that he's one of the most skilled defencemen I've had the opportunity to work with.

"When it comes to his vision, his evasiveness, his puck skills; we are very fortunate to have him on our team. He's a quiet leader for us."

The Oaks next play a home and home against the conference leading SAIT Trojans who are three points ahead of the Oaks.

VOLLEYBALL

Men and women shut out

By NICOLE STILLGER

It was a busy weekend on the road for our Oaks. Both the men's and women's volleyball teams spent the weekend in Caronport, Saskatchewan where they took on the Briercrest Clippers. After a disappointing and motivating weekend against Red Deer College, both teams were looking to get back in the winning column. Unfortunately for both sides there was no bringing home a "W."

In the first of two games, the women had a strong and energetic performance against the Clippers and spread the offence well with three players getting five kills each. Unfortunately, it would not be enough to defeat the Clippers as they fell 3-0. Despite the loss, head coach Benj Heinrichs praised his team for their energy and perse-

verance throughout the match.

"I loved our energy and we definitely got better. We served tough and hit aggressively when we had the chance, so if we can improve our serve-receive we will take another step forward as a team," said Heinrichs.

The next night, the Oaks came out to play with high energy and grit yet again. Kelsey Tymkow led the Oaks offensively with 10 kills and two aces but the team just could not hold on as they suffered yet another 3-0 (25-18, 25-21, 29-27) loss at the hands of the Clippers. After the game, Heinrichs acknowledged his team's recent struggles but was quite optimistic with the team's young crop of players.

"This young team continues to take steps forward and it will pay off. We

wanted to get better in our serve-receive today and we did that but Briercrest is a great team and they played better today as well. I know this team wants to be great and will continue to work hard and improve," said Heinrichs.

The men's team was also looking to bounce back from a disappointing weekend against the Red Deer College Kings that resulted in two 3-0 losses in Jan. 10 and 11. But they would have to overcome this deficit against the Briercrest Clippers' high pressure and aggressive blocking. The Oaks came out lacklustre and could not overcome the Clippers' strong play, which resulted in a 3-0 loss. Head coach Doug Anton was sorely disappointed in his team's play.

"There's no way to sugarcoat it," said

Anton. "We were terrible tonight. There's really nothing positive to say about our performance.

The boys got a chance to defend themselves on Saturday as they took on the same Clippers. They came out with a better all around performance than the night before. The sets were close, but they fell 3-0 again. Anton commented on the improvement of play and saw positives even though the scoreboard did not agree.

"We played better today," he said. "But we continue to struggle with consistency. Our middle attack was the best it has been all year and that was a positive."

The Oaks will look towards this weekend as they take on their rivals, the MacEwan Griffins.

WOMEN'S HOCKEY

A tie and a win versus SALT

By **CONNOR HOOD**
@connorhood27

The NAIT women's hockey team kicked off the third week of January with a two-game series against the SALT Trojans. The Oaks were coming into the games having lost three in a row and looking to have a strong bounce back, while the Trojans were winners of three straight and climbing out of the ACAC basement.

SAIT kept their strong second half of the season going, as they tied the Oaks 2-2 at home in Game 1. The Trojans jumped out to the early lead, scoring just over two minutes into the opening frame. Forward Sarah Botter was credited with her first of the year, assisted by Emma Malsbury and Bret Howe. Renata Mastna tied the game at one shortly after for the Oaks and the game was even after the first period.

The Oaks opened the scoring in the second, a period that was controlled largely by the Trojans. Karli Reeve gave NAIT the advantage with her third goal of the year coming on the powerplay. The Oaks lead was held for the majority of the second, until the Malsbury line struck again, tying the game at two. Despite the even score, the second period was a much better one for the Trojans, who outshot NAIT 10-4. The third period was one that was dominated by both goalies. Laura Wagner and Leticia Castillo both shut out the opposition's

attack, as they kept the game level at two throughout the third and overtime periods.

The tie means both teams get a point, and extends the Oaks' winless streak to four games.

"We weren't playing with a lot of confidence," said Oaks head coach Deanna Iwanicka after the game. "It felt like we couldn't catch a break."

The second game took place Saturday night at the NAIT Arena and was a much better one for the home team. NAIT skated away with a 5-1 win, keeping them one point ahead of MacEwan for first place in the conference.

The women took control of the game early, scoring twice in the first period, with goals from Mastna and Sherri Bowles. The last place Trojans weren't going to go down without a fight however, scoring the only goal of the second period to cut the lead to one. Howe was the lone goal scorer of the frame in a period that could have been a lot worse for NAIT, as they were outplayed and outshot 12-4.

Whatever coach Iwanicka said to the girls at the break seemed to work, as they put the second period behind them and finished the game with three unanswered goals. Reeve, Haley Vandepoele and Samantha Dyck all scored for the Oaks in the third within a four minute span to put them up for good. Penalty trouble cost the Tro-



Photo by Jesse Kushneryk

Ook forward Renata Mastna battles in front of the SALT goaltender on Saturday Jan. 18 in NAIT arena. The Oaks won the contest 5-1.

jans in the second game, with NAIT capitalizing on four of their 10 powerplay chances. Special teams have been a staple of this team's offence, and coach Iwanicka believes that they can build off the strong powerplay they showed in these games.

With only four games left until playoffs, each one is crucial. NAIT currently holds the top spot in the conference, with games against the second ranked Griffins

still ahead.

"We have a tough four games ahead," Iwanicka said.

"We have yet to play Grant MacEwan, so that will be huge for us."

The league will have a bye next week, with games resuming in two weeks' time, when NAIT plays the Red Deer College Queens in a home and home series on Jan. 30 and 31.

BASKETBALL

Men, women go 3 for 4 *Against St. Mary's, MacEwan*

By **AARON BORDATO**
@aaronbordato

The NAIT men's and women's basketball teams were back in action this past weekend. Each team had a pair of big games against the Lethbridge College Kodiaks and the St. Mary's University Lightning on Friday and Saturday night.

The men didn't start the weekend off the way they envisioned, as they had their eight-game winning streak snapped by the Kodiaks on Friday night. The guys battled hard throughout but were unable to come away with the victory and lost a closely contested game by a score of 91-85.

Adrian Curtis was NAIT's player of the game with 14 points and five assists, while leading scorer Yonas Berhe led the way once again with 15 points and nine assists.

"We didn't play well. No defensive focus and we were sloppy on the offensive end," said NAIT head coach Mike Connolly.

"It was good for our growth to take one on chin," he added. "We will see what (kind of) character we have and how we come out tomorrow."

Whatever Connolly said to his guys

between games had a big effect, as the team came out firing against St. Mary's. They walked all over the Lightning and were almost able to crack 100 points but eventually settled for a 92-75 victory.

Chris Neptune was NAIT's player of the game with another double double, scoring 24 points and pulling down 17 rebounds. The win brings the Oaks record to 10-3, which is good enough for fourth place in the ACAC standings at just over the halfway mark of the season.

Coach Connolly was pleased by his team's ability to refocus after the loss on Friday and come out as strong as they did on Saturday.

"It was a much better defensive effort. All 12 players played well," he said.

While the men struggled at times this weekend, it was the women who dominated on the two-game road trip. The girls

started the weekend off with an impressive victory over the South Division leading Kodiaks by a score of 53-50. The Oaks trailed at half by a two-point margin but

with an explosive fourth quarter, the girls were able to put up an astounding 26 points to come away with the win. The close game left head coach Todd Warnick very pleased with the Oaks effort.

"I was extremely proud of our defence as we showed tremendous mental toughness to compete at the defensive end," said Warnick.

"It was our collective effort as a unit that allowed us to secure a hard fought road win against a very good team."

The highly contested game truly was a team effort, as no Ook player topped double digit points. Nikki Ruptash and Josephine Peacock each tallied nine points in the win, while Peacock added nine rebounds, six

assists and seven steals to her stat sheet.

The victory set the stage for a much more lopsided matchup on paper as the 10-2 Oaks travelled to St. Mary's in Calgary for a matchup against the winless Lightning. The game went just the way you'd imagine as the Oaks walked all over the Lightning and came out on top with a satisfying 78-26 victory.

Four separate Oaks players tallied double digit points. Freshman guard Teresa Wiebe was named player of the game with 15 points, four rebounds and three steals. Torey Hill had yet another dominating performance as she finished with 15 points and seven rebounds, while Peacock chipped in with a double double as well.

The pair of wins were key for the women as they finish all matchups against South Division opponents 7-0 in inter-divisional play and now sit a point back of MacEwan (12-1) who are in second place in the ACAC standings.

The Oaks improved their record to 11-2 on the year and will now return to their home court on Friday, Jan. 24 to take on cross town rivals MacEwan Griffins. Tip off goes at 6 p.m.



Coach Warnick
'Extremely proud'

Athlete Profile



Player: Maegan Kuzyk

Sport: Volleyball

Position: Setter

Program: Geological Technology

By KEVIN MAHER
@kevinmahertv

What inspired you to play volleyball?

My family inspired me. My older brother and cousins played and I enjoyed watching them, so I thought I would give it a shot.

Do you have any pre-game rituals or routines?

Yes, I go get coffee with one of my teammates, Victoria, then listen to music.

What is the best part about being on the NAIT team?

Getting to play the sport I love and the amazing friendships I have made.

What are some of your hobbies?

Drawing and watching cat vines.

Who inspires you the most?

My Dad.

What is your dream job?

Anything to do with rocks or the environment.

What is your favourite sport to play or watch outside of volleyball?

A toss-up between soccer and basketball.

What music can be found on your playlist?

Mumford & Sons, Bastille and Dan Mangan.

Do you have a favourite TV show?

I don't watch much TV but my favourite movie is *The Lion King*.

What three things can you not live without?

My family, my friends and my cats.

Do you have a favourite quote or saying?

"You've got to be a kitten me right meow!"



Athlete Profile



Player: Sam Waterfield

Sport: Hockey

Position: Defence

Program: Academic Upgrading

By KEVIN MAHER
@kevinmahertv

What inspired you to play hockey?

I started skating at a young age and then registered for my first real season when I was seven and never looked back.

Do you have any pre-game routines?

Playing sewer ball with the boys before games.

What is the best part about being on the NAIT team?

Best part about being on the team is the culture you get to be a part of day in and out.

What are some of your hobbies?

Hobbies away from the rink are golfing and hanging out with friends and family.

Who inspires you the most?

Family inspires me to go after every-

thing I want.

What is your dream job?

My dream job would be doing anything involved in the game of hockey.

What is your favourite sport to play or watch outside of hockey?

My favourite sport to play outside of hockey is soccer. I also love watching the NFL.

What music can be found on your playlist?

I listen to all kinds of music (Rock, Techno, Country, and Rap).

Do you have a favourite TV show?

My favourite TV show is *Entourage*.

What three things can you not live without?

Three things I couldn't live without are my phone, hockey and money.

Kaetlyn to Sochi

By NICOLE STILLGER

As the best athletes are collected from all over their respective countries, we, as a nation, are filled with anticipation. Watching our Canadian athletes proudly parade the maple leaf through the opening ceremonies and onto the podium is a feeling that warms our hearts year after year.

There are few things that are as exciting as seeing these hometown heroes achieving any and all levels of success. Talented figure skater Kaetlyn Osmond will represent Canada in the upcoming Olympic Winter Games in Sochi, Russia. The 19-year-old Osmond was born in Marystown, Newfoundland, where she began skating at the crisp age of two. She and her family later moved to Montreal where she could better master her craft. At the age of 10, the family moved out West where Osmond currently resides in Sherwood Park.

After her stellar performance in the World's 2013 competition, the Olympics in Sochi was presumably the next step in her young career. Osmond's trainer of eight years, Ravi Walia, described the feeling as

"pure excitement." It gave them both the opportunity to reflect on the amazing and successful year they had and are going to skate into Sochi with the same planning, motivation and intensity.

The year 2013 was not all smooth sailing for the skater. An ankle injury at the end of August left Osmond out of action for four weeks. A torn hamstring followed two months later. The unfortunate hamstring injury required Osmond to pull out of the second part of the Skate Canada

2013 competition. Walia said that after the recommended recovery time they resumed training and were shortly "back on track." As Osmond gears up for Sochi, Walia mentions the intensity of her daily four hour skate sessions to prepare as well as rigorous off-ice training.

Canada is taking 17 skaters to Sochi, which is the biggest group of skaters this country has sent to any Olympic games. According to Walia, Osmond's

nerves are in check heading to Russia and she is looking forward to enjoying the "exciting and unique experience" where she can just "take it all in and do her best."

Best of luck to you, Kaetlyn Osmond! All of Canada is behind you.



www.thestar.com

Kaetlyn Osmond

Athletes of the week

January 13-19

Kirsten Molesky
Basketball



Kirsten helped lead the NAIT Ooks women's basketball team to road wins over Lethbridge and St. Mary's this past weekend. Molesky had 18 points and 12 points in the Ooks' two victories to help NAIT improve its record to 11-2 on the season. "Kirsten provided consistent offensive output at key times this weekend that contributed to the team's success," said head coach Todd Warnick. "On Friday versus Lethbridge, all eight of her points came in the fourth quarter to spark a critical run that allowed the Ooks to secure the road win. Saturday her 10 points and seven rebounds were again significant." Kirsten is a fifth year Open Studies student from Westlock.

Liam Darragh
Hockey



Liam had two goals and two assists this past weekend for the NAIT Ooks men's hockey team in two games at home versus the Briercrest Clippers. The Ooks swept the Clippers and Darragh was a big reason why with his four points and solid two-way game. "Liam has had a great start to the second half of the season and his strong play continued against Briercrest," said head coach Serge Lajoie. "Not only is Liam contributing offensively, he is committing to playing the game with a high level of attention to habits and details." Liam is a third year Business student from Quesnel, British Columbia.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
SAIT	21	16	16	3	0	2	98	47 34
NAIT	20	15	15	4	1	0	98	33 31
RDC	22	15	13	6	1	0	83	58 31
Augustana	22	12	12	6	1	3	87	58 28
MacEwan	19	11	10	7	0	1	75	67 23
Concordia	19	7	6	10	1	1	59	74 16
Portage	20	6	6	13	0	1	57	88 13
Keyano	19	4	4	14	1	0	52	75 9
Briercrest	22	2	2	20	0	0	42	151 4

RESULTS

January 17

NAIT 10, Briercrest 0

Keyano 7, Portage 4

SAIT 5, Augustana 1

MacEwan 5, Red Deer 4 (OT)

January 18

NAIT 7, Briercrest 0

Portage 2, Keyano 1

SAIT 3, Augustana 0

Red Deer 6, MacEwan 3

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
NAIT	14	7	7	3	2	2	33	29 18
MacEwan	14	8	6	5	0	1	30	31 17
Red Deer	14	7	7	7	0	0	36	20 14
SAIT	14	4	4	9	0	1	25	44 9

RESULTS

January 16

Red Deer 6, MacEwan 0

January 17

NAIT 2, SAIT 2 (OT)

January 18

NAIT 5, SAIT 1

Red Deer 3, MacEwan 1

MEN'S BASKETBALL

Team	Div	GP	W	Div	Inter	Div	W	L	Pts
Red Deer	S	14	5				8	13	1 21
NAIT	N	13	5				5	10	3 15
Lethbridge	S	12	3				5	8	4 13
MacEwan	N	13	5				4	9	4 13
Concordia	N	13	3				5	8	5 13
Briercrest	S	14	4				4	8	6 12
Medicine Hat	S	14	4				4	8	6 12
Grande Prairie	N	13	3				4	7	6 11
Keyano	N	13	4				3	7	6 10
Lakeland	N	13	2				4	6	7 10
Augustana	N	15	2				4	6	9 10
St. Mary's	S	14	3				3	6	8 9
SAIT	S	14	1				2	3	11 5
King's	N	15	2				1	3	12 4
Olds	S	14	0				0	0	14 0

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

RESULTS

January 17

Lethbridge 91, NAIT 85

Grande Prairie 87, Olds 77

Medicine Hat 83, Lakeland 81

Red Deer 98, Concordia 73

SAIT 83, King's 72

Briercrest 85, Augustana 77

January 18

NAIT 92, St. Mary's 75

Lakeland 121, Briercrest 115

Red Deer 92, MacEwan 83

King's 95, Olds 87
Augustana 97, Medicine Hat 66
January 19
Concordia 74, Olds 63

WOMEN'S BASKETBALL

Team	Div	GP	W	Div	Inter	Div	W	L	Pts
Augustana	N	15	7				7	14	1 21
MacEwan	N	13	5				7	12	1 19
NAIT	N	13	4				7	11	2 18
Lethbridge	S	12	4				5	9	3 14
Grande Prairie	N	13	5				4	9	4 13
Lakeland	N	13	3				5	8	5 13
Medicine Hat	S	14	6				3	9	5 12
Keyano	N	13	1				4	5	8 9
Concordia	N	13	1				4	5	8 9
SAIT	S	14	3				3	6	8 9
Olds	S	14	2				3	5	9 8
Red Deer	S	14	3				2	5	9 7
King's	N	15	0				2	2	13 4
Briercrest	S	14	2				0	2	12 2
St. Mary's	S	14	0				0	0	14 0

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

RESULTS

January 17

NAIT 53, Lethbridge 50

Olds 71, Grande Prairie 56

Lakeland 66, Medicine Hat 38

Concordia 69, Red Deer 40

SAIT 70, King's 29

Augustana 90, Briercrest 66

January 18

NAIT 78, St. Mary's 26

Lakeland 89, Briercrest 36

MacEwan 85, Red Deer 50

Olds 73, King's 63

Augustana 75, Medicine Hat 59

January 19

Olds 71, Concordia 56

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	%
S	Red Deer	12	12	0	36	1	1.00
N	MacEwan	14	13	1	40	8	.929
S	Medicine Hat	14	10	4	31	22	.714
S	SAIT	12	8	4	28	16	.667
S	Briercrest	12	7	5	28	21	.583
N	Gr. Prairie	14	8	6	28	23	.571
S	Augustana	12	6	6	22	21	.500
N	NAIT	12	5	7	17	24	.417
N	King's	12	5	7	21	21	.417
N	Keyano	14	4	10	20	32	.286
N	Lakeland	14	4	10	16	35	.286
N	Concordia	12	2	10	9	32	.167
S	Olds	14	0	14	2	42	.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 16

Red Deer 3, Augustana 1

(25-22, 20-25, 25-14, 25-20)

January 17

Briercrest 3, NAIT 0

(25-22, 25-23, 25-14)

MacEwan 3, Keyano 1

(25-17, 25-17, 21-25, 25-23)

Lakeland 3, King's 2

(25-22, 25-17, 21-26, 22-25, 15-12)

Medicine Hat 3, SAIT 1

(24-26, 25-19, 27-25, 25-22)
Grande Prairie 3, Olds 0
(25-18, 25-20, 25-21)

January 18

Briercrest 3, NAIT 0

(25-22, 28-26, 25-18)

King's 3, Lakeland 0

(34-32, 25-23, 25-20)

Red Deer 3, Augustana 0

(25-13, 25-21, 25-18)

SAIT 3, Medicine Hat 0

(25-12, 25-20, 25-16)

MacEwan 3, Keyano 0

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

Grande Prairie 3, Olds 0

(25-18, 25-23, 25-20)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	14	14	0	42	4	28
N	Gr. Prairie	14	12	2	39	19	24
N	MacEwan	14	11	3	38	11	22
S	Briercrest	14	11	3	35	19	22
N	King's	14	9	5	28	19	18
S	SAIT	14	8	6	31	25	16
S	Olds	14	7	7	31	25	14
N	NAIT	14	7	7	23	28	14
N	Lakeland	14	6	8	23	28	12
S	Augustana	14	6	8	24	30	12
S	Lethbridge	14	5	9	20	30	10
N	Keyano	14	2	12	18	39	4
N	Concordia	14	0	14	5	43	0
S	Medicine Hat	14	0	14	4	42	0

RESULTS

January 16

Red Deer 3, Augustana 1

(19-25, 25-20, 25-19, 25-21)

January 17

Briercrest 3, NAIT 0

(25-21, 25-18, 27-25)

Lethbridge 3, Concordia 0

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

MacEwan 3, Keyano 0

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

King's 3, Lakeland 0

(25-19, 25-11, 25-22)

SAIT 3, Medicine Hat 0

(25-12, 25-13, 25-7)

Grande Prairie 3, Olds 2

(23-25, 25-21, 28-26, 21-25, 15-8)

January 18

Briercrest 3, NAIT 0

(25-18, 25-21, 29-27)

King's 3, Lakeland 0

(25-6, 25-20, 25-19)

Red Deer 3, Augustana 0

(25-12, 25-22, 25-16)

SAIT 3, Medicine Hat 0

(25-8, 25-17, 25-13)

Lethbridge 3, Concordia 0

(25-21, 25-15, 25-17)

MacEwan 3, Keyano 0

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

Grande Prairie 3, Olds 2

(25-21, 23-25, 25-19, 16-25, 19-17)



HOME GAME SCHEDULE
BASKETBALL

FRI JAN 24

WOMEN'S @ 6:00PM

MEN'S @ 8:00PM



VS



VOLLEYBALL

SAT JAN 25

WOMEN'S @ 6:00PM

MEN'S @ 8:00PM



VS



MEN'S HOCKEY

SAT JAN 25 @ 7:00PM



VS



2014 BIG KAHUNA/CCAA BADMINTON
NATIONAL CHAMPIONSHIP

Championnat National de Badminton ACSC

February 27 - March 1, 2014
NAIT, Edmonton, Alberta



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
Investment Club	Wednesdays 4:40pm – 5:40pm	Room T-509
Aboriginal Club	Bi-Monthly beginning Oct. 22; 4:15pm – 5:10pm	Room H-111
intoNAITion Toastmasters	Mondays; 4:40pm – 5:30pm	Room H-003
Christian Club	Fridays; 12:15 – 1:10pm	Room X-215
Btech Club	Saturdays; 12:00 – 5:00pm	Room T-212
Anime Club	Fridays; 4:15 – 8:00pm	Room F-106
Western Martial Arts	Mondays; 3:15 – 4:30pm	Studio

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Chinese Students Association	Spring Festival	January 24; 5:30pm	Dynasty Restaurant
ENACTUS	27 Hour Hunger Challenge	January 30/31	NAITRIUM
Aboriginal Club	Aboriginal Crafts	January 23; 4:30 – 6:30pm	Room E-115
MECSA	Pub Night	January 25	Central Social Hall
EDDT	Pub Night	January 25	Hudsons Downtown
Ahmadiyya Student Association	Information/Awareness	January 30; 10:00am – 5:00pm	South Lobby Kiosk (main campus)

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

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

ENTERTAINMENT

Crying at the movies



KYRA MULLER
Entertainment Editor
@muller_kyra

I don't know about anyone else, but I am an intense movie crier. For some reason, for my entire life I have had this cry button that gets pushed during basically every single television show and movie that has ever existed.

Now some people, they aren't criers. They don't have to reach for a box of tissues or taste salt on their lips as tears run down their cheeks, I get it. I, however, am not one of those people. So I am going to compile a list of some of the saddest movie moments of all time for all of you. Whether you are an all-time regular crier like me and you want to have a crying marathon for fun, or you feel like you can make it through this list with-

out batting an eyelash, then here I present your challenge. This is my list, in no particular order.

Movie: *The Notebook*

Scene: The scene where they break up right before summer ends because she has to go to school.

Why It's Cry-Worthy: Besides the fact that these two are the cutest couple to ever grace the earth and the story is borderline perfect, seeing any angry, sad fights makes the tears flow! It makes me so sad how Allie is upset with Noah because he may be breaking up with her so she does it herself and goes from being completely consumed by sadness to filled with rage and hits and pushes him away until he leaves without another word. The acting is extremely believable and incredibly moving and if you have experienced any fight – even

a little bit similar – those feelings will come hurtling back at you.

Movie: *Titanic*

Scene: Where the band on the deck decides to keep playing until the ship goes down.

Why It's Cry-Worthy: As if it wasn't already sad enough for a band to be dedicated

enough to play music of comfort in what would be many people's final hours, the fact that they all decided to stay and play together until the end is heart shattering. Instead of trying to escape the

impending doom they were well aware was on its way, they decided to do what they loved to do, with one another, in their final moments, while comforting others. When considering all that, it's hard not to well up.

Movie: *Lord of the Rings: Return of the King*



Frodo cries

Scene: Last scene, where everyone says goodbye.

Why It's Cry-Worthy: I think it all begins with the heavenly music that plays, and tiny hobbit faces, all scrunched up from crying ... Frodo slowly hugs each of his closest hobbit friends goodbye one by one and saves Sam for last. They pull each other close, both visibly crying and you can see the entire history of their relationship flash before your eyes, and that Sam is terrified of being without his bestie. Then tiny Frodo gets on a boat with very tall Gandolf and smiles at his friends from the ship, which makes you sob harder and you're not quite sure why.

If you are looking for other sad movies to cry in, I highly recommend *Edward Scissorhands*, *Mr. Holland's Opus*, *Eternal Sunshine of a Spotless Mind*, *I am Sam*, *The Lion King*, *Seven Pounds* and, most of all, *Dear Zachary*. For this last one, you will literally need a bucket for your tears.

Anyhow, I guess I should probably end my list here, as I'm sure almost any movie has the potential to make me cry.

...need help?

For more information visit naitsa.ca

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape . . .



By TAYLOR BRAAT

Is happiness evading you lately? Are you stressed? Is this awful Alberta winter getting you down? Sometimes music is the best reliever of stress and troubles and can be very therapeutic. Who am I kidding? It is always the best reliever of any of life's stresses and anything involving our day to day struggles. For me, music isn't "on," it is within. So, when I am listening to good music that has a positive vibe, I can't help but be in a good mood and spread positive vibes. I have put together a playlist of music that has the ability to make my attitude extra positive and can also bring me back to some better days with a few songs from the early 2000s that we all forgot existed. I laced it with some tunes that are nothing but mood-boosters and sprinkled it with some summer anthems so we can

forget this never-ending winter season! For a few minutes in time, take a listen to this playlist, dance a little dance, sing a little song and be happy. ☺

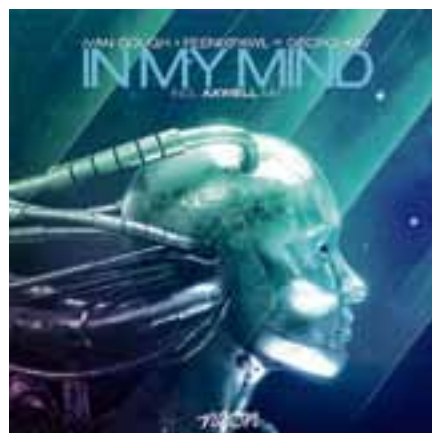
1. Suga Suga – Baby Bash
 2. Praise You – Fatboy Slim
 3. Ventura Highway – America
 4. Feel Good – Robin Thicke
 5. In My Mind
– Ivan Gough & Feenixpawl
feat. Georgi Kay
 6. Right Now
– Rihanna (feat. David Guetta)
 7. Feeling Good – Muse
 8. Ride Like the Wind
– Christopher Cross
 9. Sea of No Cares – Great Big Sea
 10. Must be the Feeling
– Nero (Delta Heavy remix)
 11. Glowing – Nikki Williams
 12. On a Good Day
– Above & Beyond
 13. My Girl – The Temptations
 14. Party – Beyoncé (feat. J. Cole)
 15. Good times
– Super8 & Tab (feat. Betsie Larkin)
 16. 500 days of Summer – Netsky
 17. Dreams – The Cranberries
 18. Teenage Crime – Adrian Lux
- Hope you all enjoyed my hand-picked feel good playlist. ☺



rapdirt.com



eil.com



www.shazamers.com



guestofaguest.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


STUDENTS' ASSOCIATION
 CELEBRATING 50 YEARS



ALEXANDER SAKIW

“What was the best thing that happened to you in 2013?”



“The birth of my son. It’s actually my first child.”

Amor Paulo Episcopo
Auto-tech



“Hmmm ... finishing my first year of Respiratory Therapy with flying colours, probably.”

Caitlin Fortier
Respiratory Therapy



“Meeting new friends. The true friends of life.”

**Alyssa, Danny,
Macrina, Chris**
Hospitality
Management



“Battlefield 4 came out. The year that game comes out makes it the best year ...”

Harvey Li
Grant MacEwan



“I hopped on a float plane with four new acquaintances and flew to the southern point of the Princess Elizabeth Islands to check out totem poles that probably won’t be standing in 50 years.”

Whitney Fox
Radio

CONCERT REVIEW

Barenaked Ladies delight

By **JORDAN WARDELL**
and **DANIIL ANSELM**

Crowds of all ages were entertained Monday night as the Barenaked Ladies put on a typical BNL show – hilarious yet musically inspiring. While they were on tour to promote their new record *Grinning Streak*, the quartet ran through 25 years of hits, ranging from “If I Had a Million Dollars,” “One Week,” to their new single “Odds Are.”

The band casually graced the stage with little fanfare after the two opening acts: Clara Venice, an electro-pop singer from Toronto and Ladies of the Canyon, a country rock group from Montreal. The crowd was clearly ecstatic to see that the Barenaked Ladies have not lost a step and still remain a musical force without ex-band leader Steven Paige.

What might have been the most entertaining part of the concert was the band’s comedic interludes. Ed Robertson kept the audience laughing as he took the role of comedian between songs, throwing in some tailored jokes about Edmonton. Clearly improvised parody songs were added to the mix throughout the night, as well as a dramatic medley



Photo by Jordan Wardell

The Barenaked Ladies perform at Rexall Place on Monday Jan. 20.

of Top 40 hits of 2013 to close off the main show.

The simplistic setting forced the diverse audience to just sit and enjoy the music. From grandparents to tweens, there was a little something for everyone. Halfway through the set, the ladies

stripped down to an acoustic set to perform a couple of their love ballads, as well as some of their quirkier material such as a cut from their children’s album *Snack Time*.

It would be safe to say that both of us had a fantastic time listening to a

group that has been around since before we were kids.

The Barenaked Ladies are clearly still enjoying themselves and it makes for a delightful show. An electrifying encore ended the show perfectly ... they went out with a “Big Bang.”

In the belly of the beast

By KATIE HUDSON

This past Saturday, I spent part of my afternoon at The Telus World of Science or, for some of us who are slightly older, what used to be called The Space and Science Centre.

Subtle?

I wandered up to the travelling exhibit, "How to Make a Monster, The art and technology of animatronics." The exhibit is part of a creature workshop by John Cox, an Academy Award winner for visual effects on the film *Babe*. I enter the exhibit where there is a quote on the door from John Cox that reads, "Subtlety is the key to a realistic performance." I am unsure whether or not I know what that means. Aren't monsters on the big screen anything but subtle?

Now, I admit that the exhibit was smaller than I expected. An animatronic parrot from the 2003 film, *Peter Pan*, catches my eye, along with a large crocodile head, several life size gorillas and a display on crocodile eyeballs. There are step by step posters, interactive buttons to move the machines, and television screens playing movies about making the monsters. Yet, I am almost disappointed.

Interesting facts

I start to realize that maybe the key to a full experience here lies in the write-ups underneath all of the props. What looks like a room with a couple of monster sculptures and old movie props becomes a wealth of interesting facts. The large gorilla, for



HELLO IN THERE
A curious visitor checks out an exhibit at How to Make a Monster.

www.ffwdweekly.com

example, looks like a decent costume up close, but I start to appreciate it more when I read that a team of wig makers spent a week putting every individual hair into each hand, only to have the producer decide that he wanted them to go the other way. Or that the Crocodile from *Peter Pan* actually took 16 weeks to build and runs on a three metre hydraulic pow-

ering system.

At the "How to light a monster" station, I corner the two people interacting with the buttons and we get to talking. Matt Andruchow, notes, "It's really cool to see. I mean something as simple as lighting, we take that for granted". I agree. Even if it's just for a little perspective, this exhibit is worth the glance.

Maybe now when a fire breathing dragon or life size alien pops up on the big screen, I will appreciate that someone put a lot of thought and meticulous detail to earn that payoff.

In addition to the exhibit, general admission also includes access to other exhibits about space, the body, criminology, the environment as well as

shows at the Star Theatre and the Science Stage. This makes for a full afternoon of family fun. I glance at the quote on the door again on my way out where Cox talks about subtlety. I certainly have a new found respect for the subtle detail that goes into animatronics. I recommend checking it out and maybe after, you will too.

NEED A
LITTLE HELP
WITH YOUR
WRITING?



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THROWBACK THURSDAY

When the CD was king ...

By ALEXANDER SACKIW

Remember the times before iPods or smartphones? Before every single piece of technology could play your 1000 favourite songs, tell when your birthday is and find your car after a long night of partying? Pepperidge Farm remembers.

Let's go back to the days of the early '90s. Before iPhones, MP3 players, before downloading songs and when the most pressing news was what your mom was making for dinner tonight. Yes, let's go back to the time when dinosaurs roamed the earth, when we all drove mid-sized family sedans and not having Pokemon cards meant you got laughed at. Yes, let's go back to the time of the Walkman and the compact disk, when cassettes and CDs were "hip" and "cool." Oh sure, we laugh about it now, only being able to fit 10-12 songs on either. But wasn't there something just exciting about that time? Holding your tape recorder up to the radio, your fingers like Kool-Aid fuelled lightning as it hit the "record" button just at the right moment of your favourite song? Then there were CDs. You could carry around a lot more music and it was fairly compact. The lack of readable space also made us more choosy with our music. But then, with the creation of the MP3 file format, CDs could carry even more

music, turning a couple of CDs, into a library of hundreds of songs. If you have an MP3 playing CD player, you were the coolest kid back then. Now? They laugh at you. The file formatting has now gotten to a quality so significantly better that the untrained ear may never know if that was an MP3, OGG, MP4, FLAC or a WAV file, which is great for the music industry today. But what about the lost and forgotten cassette tapes? They used to be so mainstream. So easy to trade, listen to, re-record over, play back, distort, break, fix, catalogue, main-

tain and use. (... Almost made some Daft Punk lyrics there.) But seriously, guys, the only Walkmans I see these days are in the hands of jean vest wearing, Skrillex haircut having, thick rimmed glasses using hipsters. I shudder to think that such a versatile and popular device ended up in the hands of someone who could be drowned in the mainstream. And CD players? They've become limited to boomboxes. Big, clunky things that have no right being called portable, even if you carry it on your shoulder like some jacked up beach walker, commonly referred to as a female cleansing product.

I just miss the days of low technology, no Wi-Fi and actual freedom. I'm not a technophobe, not in any sense of the word, I just like the idea that my iPod isn't tracking my every move with a GPS or telling advertisers to target me based on my listening or browsing choices. I like the idea that if I don't like what I'm listening to, I don't have to go through 50 folders, with 100 artists to find a needle in a haystack.

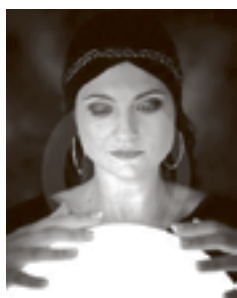
Now, I know those forms of technology won't ever become popular again, barring some major global technological apocalypse that causes all the smartphones to rise up against humanity. Still ... it's nice to look back with fond nostalgia.



nl.wikipedia.org

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 23-29

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

Aquarius (Jan. 20-Feb. 18)

A new relationship is adding excitement to your life right now! Whether it is friendship or love, cherish it because it will turn out to be one that is long-lasting and possibly even permanent!

Pisces (Feb. 19-March 20)

Your mind is full of lots of different thoughts right now. Write them down in a journal, blog or anywhere you can see them and visually make sense of

them. It will clear your head so you can focus on what is important.

Aries (March 21-April 19)

Your personal life is booming with excitement right now! Boredom is not a word in your vocabulary at this moment in time. Enjoy this happiness and pay it forward to someone who may be experiencing some emotional discontent or monotony.

Taurus (April 20-May 20)

You may be feeling some impatience with people right now. Whether it's at school, work or in your personal life, there is one person or a few people who are just not at your speed. Find some inner peace to help you get through this period of impatience and think about working with other people or separating yourself so it doesn't cause any displeasure in the future.

Gemini (May 21-June 21)

There is someone in your life that is bringing you a great amount of happiness right now. They are making sure you never feel alone and just being there for you whenever you need them. Show this person just how much you appreciate them by doing the same for them and let them know how happy you are to have them in your life.

Cancer (June 22-July 22)

Your life is changing at a rapid pace right now. You are feeling as though some people are not sharing your values and goals as much as they used to. This is a part of life. Some friends are meant to be your friends forever and some are only there for a while. Keep this in mind when you are faced with the decision of keeping them as friends or letting them go.

Leo (July 23-Aug. 22)

This year, you made a resolution and for the first time you are going to follow through with it. You finally feel like you have all the tools and mind power to really change your life for the better. Keep up with this positive thinking because it will definitely pay off for you.

Virgo (Aug. 23-Sept. 22)

Are you stuck in a decision and are being forced to decide soon? Trust your gut, Virgo, because only your heart knows exactly what to do. If the answer is not clear to you now, take a few moments to think about what you really want and go for it.

Libra (Sept. 23-Oct. 22)

You are going out of your way

for someone you love and it is very much appreciated now. Actions speak louder than words and you are really showing your love. Great job Libra, it is never a bad time to show someone how much you love them.

Scorpio (Oct. 23-Nov. 21)

You may be wanting to go on a vacation and it is the right time to start planning one. If you already have a vacation planned or coming up soon, it is great timing and an amazing adventure awaits!

Sagittarius (Nov. 22-Dec. 21)

Widen your horizons this month and try something new! Whether it be a new class at the gym or a new restaurant with a loved one. New things will help you see things in a different way. Seeing things in a new way can change your whole perspective and increase positive thinking.

Capricorn (Dec. 22-Jan. 19)

It seems as though right now life keeps throwing you curveballs and you just can't seem to get ahead. Don't worry because all this turmoil will pay off by the end of the month when all of your ducks are in a line. Stay positive because the people in your life won't let you fail.

Questions needing answers

By **BAILLIE SCHEETZ**
@bailliescheetz

Do you think you could fall in love with Siri? Likely not, because Siri never understands what you're saying, is frustrating and generally unhelpful, but falling in love with artificial intelligence isn't as farfetched as you might believe.

In the new Spike Jonze film, *Her*, a man falls in love with a newly developed highly advanced operating system. The operating system in the film is fully capable of human feelings and emotions and they develop a deep connection. On seeing the film's trailer, I instantly believed the concept was ridiculous and a completely implausible work of fiction.

After seeing *Her*, my opinion changed drastically. The film was made beautifully but this isn't a movie review, I leave those to Kurt

and Richard.

If art is a mirror that reflects the time it was created in, *Her* is nothing short of a well-crafted masterpiece. If anything, the social commentary going on in this film is so accurate and true to life that audiences can't help but feel perfectly at home within the relatively futuristic world presented on screen.

Her creates a world that is both familiar and just futuristic enough that we can imagine ourselves in it. The familiarity between *Her* and today's society makes it more than just a movie; it's a statement for the people of today. Is it odd to see people in your everyday life



www.imdb.com

seemingly talking to themselves while wearing their Bluetooth headsets? Is it odd to see people's noses buried in the screens of devices,

ignoring those around them? Is it odd for two people to begin or maintain a relationship via online dating, Skype, e-mail or instant messaging? These are everyday things that have become mainstream for humans and their relationships and make us wonder where the line is.

Is human contact necessary for love, or has love evolved to a point where interaction of any kind will suffice? That is not a question that I can answer for you, and I certainly do not have authority to make a prediction for the future, but I do know that mar-

riage rates are declining in North America and divorce rates are heavily inclining.

Clearly, what we are doing now isn't working. How far away are we from creating artificial intelligence for successful companionship? What does it mean to create an intelligent entity just for the purpose of meeting a human need? What are the ethical implications?

What has gone wrong in our society that we may be on the brink of needing to create idealistic partners instead of connecting with the people around us? I know I have left you with many questions and very few answers, but for me, *Her* is a film that had my mind racing from the moment I left the theatre and still has me thinking to this day. When something that is created purely for entertainment leaves you with this much deep thought it deserves to be reflected on.

12 years of Idol chatter *Who made it, who bombed*

BRANTFORD (CUP) — In the fast-paced world of Hollywood, stars are chewed up and spit back out on a weekly basis, unless you manage to twerk on a foam finger or dangle your infant from a hotel window. *American Idol* is the addictive show that gives ordinary people a claim to fame.

However, some of the winners seem to take the *American Idol* crown but burn out shortly after their poorly-written sentimental single hits iTunes. You're probably thinking, what happened to them?

As predicted, some have soared to international fame and others have fallen off the face of the earth. Here are the good, bad and the ugly updates of life post-Idol.

Season 1 — Kelly Clarkson

Kelly is the prodigal child of the *American Idol* family. This girl has given me some of my favorite shower ballads. Her powerful voice has produced chart-topping albums since 2002, three of them multi-platinum. Kelly is still going strong and is currently teaming up with Maroon 5 for the 2013 Honda Civic tour.



Season 2 — Ruben Studdard

We really haven't heard much from large-and-in-charge Ruben since his Grammy nomination back in 2003. However, if you've been missing him, you can find him getting verbally abused by Jillain Michaels on this season of the reality weight loss show, *The Biggest Loser*. Run, Ruben, run!

Season 3 — Fantasia Barrino

Although her R&B tones didn't debut on the pop charts, Fantasia has received eight Grammy nominations. She hit Broadway post-win to perform in *The Color Purple*

and is guest starring this year in the Broadway production *After Midnight*.

Season 4 — Carrie Underwood

Another wonderful gift given to the world by *American Idol*, Carrie has been topping the country charts since her win in 2005.

Season 5 — Taylor Hicks

We all loved his Clooney-esque look and those funky dance moves. Memorable? Yes. Sustainable? Not quite. His bluesy tunes never quite made mainstream charts and after a few appearances on and off Broadway, good old Hicks settled for a comfortable spot performing at the hotel/casino Paris Las Vegas in January 2013.

Season 6 — Jordin Sparks

This beauty sang out some of my favorite high school heartbreak songs. If you say you've never sung *No Air* into a hairbrush at some point, you're lying.

Sparks has managed to stay in the spotlight through her adorable relationship with pop star Jason Derulo. She also announced this year that after a four year hiatus, she will be returning to the industry.

She released her latest pop single, "Skipping a Beat," in August 2013, which is now available on iTunes.

Season 7 — David Cook

I had to rack my brains to remember this guy. However, I quickly recalled the memory of bawling my eyes out after David Archuleta (drool) lost to him. He managed to tour for a bit, then signed an endorsement deal with the shoe company, Skechers, in 2009. He released a mediocre rock single, "Laying Me Low," in April 2013. At least he has nice shoes.



www.bubblews.com

Carrie Underwood

Season 8 — Kris Allen

Kris who? Oh yeah, that guy that won instead of Adam Lambert! He released a generic pop single last year, but that's about it for Kris. Sorry, dude, at least you got your 15 minutes. Maybe call Adam and see if he needs an opening act.

Season 9 — Lee DeWyze

Another forgettable winner — even after Googling his image, it's a struggle to recall him. Living the old news and burn-out lifestyle, he toured a bit and managed to pump out a new singer-songwriter album called *Frames* in August 2013.

Season 10 — Scotty McCreary

Baby, lock them doors and turn the light down low! Scotty McCreary, one of my personal Idol faves, has been using those deep country chords to top charts as his first album went platinum in 2011. After touring with Brad Paisley in 2012, he's currently headlining his own tour, *Weekend Roadtrip*.

Season 11 — Phillip Phillips

That adorable face and raspy voice made his post-Idol single, "Home," a phenomenal hit. The song managed to be the theme for a variety of commercials, including promotions for the Olympics. He was nominated for the 2013 New Artist of the Year at the American Music Awards. Currently touring as the opening act for John Mayer, Phillip Phillips is still maintaining his stardom.

Season 12 — Candice Glover

Power to this girl — after two previously unsuccessful auditions, she finally managed to finally obtain idol glory. Celebrity judges Nicki Minaj and Mariah Carey managed to steal her spotlight last season but she's been holding her own lately. Her album *Music Speaks* took fourth on iTunes, even beating out Drake's *Nothing Was the Same*.

American Idol heads into its 13th season this month.



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FASHION

Bright colours for 2014

By KATE PUIM

It seems like it was only yesterday we were in 2013; starting class, writing finals, doing final projects and enjoying Christmas break. Now as we begin a new year, it is time to focus on 2014. What better way to start a new year than in style? Here are some of the latest ideas that will help you stay updated on the new fashion trends of 2014.

This year will be a bold year in fashion for the ladies, so start 2014 off with a kick and add bold colours to your wardrobe. Go ahead and buy that red punch top or that pair of sunshine yellow shorts. Your closet will thank you but what if going bold is not your thing? Have no fear. Trendy style pastels will be in this year, too. That's right, lighter tones! Many fashion websites agree with this comment from Glamour.com, "You can pick your most-flattering colour and wear it with whatever silhouette flatters that excite you."

It's easily dressed up or dressed down and will give you the best of both worlds. I know what you're thinking, 'I'm a student and I don't have the money to go buy runway clothes or styles from out of a magazine,' but no need to worry. There are several stores, such as H&M, that are well-known for having cute styles at reasonable prices. You won't have to spend hundreds of dollars on your perfect outfit! Another store that has trendy looks at a reasonable price is Garage Clothing. This young and hip store has everything from colourful jeggings to plain blue jeans, a variety of shorts and cute shirts that will complement anyone's wardrobe. In addition to its multiple styles of clothing, Garage also has floral jackets,

which is a fun way to add a flirty look to your closet. Their friendly sales associates are willing to help you find your perfect outfit on whatever budget you have and even offer their advice on what looks good.

As for you men out there, we didn't forget you! Floral prints are always a fun way to play up your outfit and they go with just about anything. Add a couple floral shirts to your wardrobe, put on your favourite pair of blue jeans and you're good to go! Now if you aren't ready to add some floral to your closet, that's OK.

Another good look for men in 2014 will be plaid. It's effortless and trendy. Accompany your plaid shirt with a pair of jeans and you'll be set for the day. A great way to finish off any look would be a blazer, which can be played both up and down. Whether it's a date with your girl, a job interview or just going out for a drink with the boys, a blazer can really put your outfit together. There are a number of great stores where you can buy these looks. As mentioned before, H&M has many colours and styles to choose from and is affordable. Another reasonably priced store is Urban Outfitters, which carries a variety of trendy and retro looks. Lastly, second hand shops are cheap and there is nothing wrong with adding a little vintage to your wardrobe every now and then.

So there you have it. That's your go-to looks for all the 2014 fashion trends. Remember to have fun and express yourself any way you want. Get out there and find your perfect outfit! See you on the runway – I mean in the hallway.



foxnews.com

The hottest colour for 2014? According to Pantone Colour Institute, it's head-turning radiant orchid that flatters nearly every skin tone.

Nominations open January 6 - 27 @ 4pm

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rm e-131

Perfect time for a brewski

By WHITNEY FOX

So you've been back in school now for about a month, and you're starting to feel comfortable again. You're reacquainted with your fellow students, and have probably met a few new ones. You have a general idea of what to expect from your classes and the coming months. You're not really looking forward to midterms, but you're about ready to really hunker down.

It's time to fortify yourself.

And what better approach than taking a break from the mounting winter storm than by having a beer?

Or a few.

Enter NAITSA's first Nest Beer Fest.

You can get out of the cold and deal with that case of SAD that January has given you and escape the building pressure just a little longer by stopping off on a Friday afternoon for a nice, refreshing brew.

And if you do it on Jan. 31, you can do it for a bargain.

The Nest Beer Fest is new this year, and the premise is simple. It will be a regular Friday evening but there will be the addition of four booths set up around the place, each attended by a beer rep with their specific brand available, plus some swag to giveaway.

First you visit a ticket booth and grab some beer tickets. Here's the kicker: you

can get a ticket for a four-ounce sampler for just \$1!

So once you pick up \$20 worth of these tickets, you head over to the booths and trade them in to taste whatever they have to offer. Representatives from the Big Rock, Alley Kat and Labatt breweries will be there, each with two unique local and microbrews to choose from. The fourth booth will have some surprises, with samples from a little farther away.

You can wander around, chat with the reps about their products and have a few on a low budget, all while enjoying the company of fellow students.

"We don't have any entertainment," said NAITSA Event Co-ordinator Michelle Goulet. "It's going to be like a social sort of thing so people are able to talk and hang out and drink beer."

NAITSA is the organizer for the event, and as Goulet added, "We just wanted to bring in some more local beers, give students more options and keep it cheap so it's affordable for people to just have a fun night."

The timing was intentional as well.

"We wanted to make it earlier in the semester, but not too early," Goulet explained. "Give students a chance to settle in and then at the end of January have a nice big party before people start getting

into midterms and stuff like that."

Makes sense, right?

So you're planning to go have an evening of cheap and interesting beers with your classmates. What if you taste something you really like, but The Nest doesn't usually stock it? Well after the Beer Fest, you could see some new additions to the menu.

"That's sort of the intention as well, to try different beers and see how they work," said Goulet. "Michelle [Dirksen], The Nest manager is definitely open to that."

The Beer Fest is free, so gather your friends, pool your loonies and head down to The Nest after school on Friday, Jan. 31 for cheap, "fancy" beers and a fantastic time.

Who to call?

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

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

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

Program-related concerns – Contact Program Chair or Program Adviser.

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

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

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

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. Cost is approximately \$15/hour.

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Natalia Bouajram

Two festivals, dynamite lineups

By TAYLOR BRAAT

The past two weeks have been exciting for music festival goers with the unveiling of two huge music festival lineups. Frequency, which is located in Edmonton at the Shaw Conference Centre every February on the Family Day long weekend, is having its 15th anniversary.

It offers amazing electronic music diversity, including almost every sub-genre in the genre itself.

The Coachella Valley Music and Arts Festival coming in April, is located in Indio, California and it is also in its 15th year.

Coachella's lineup includes electronic dance music as well but it also offers other genres such as rock, alternative rock, indie rock, pop, hip-hop and others.

Frequency is two days long, while Coachella spans a long two weekends for a total of six days of music acts. Such diversity has made these two events controversial but their untouchable reputations prove that no one will be skipping out due to too much genre variety.

While the Coachella lineup has brought in some wow-factor with OutKast's long awaited reunion, Frequency is going to be showcasing many new and fresh artists that not many people have heard of, setting it apart from any other year.

Coachella has brought a large magnitude of new and recognizable artists. This festival is bar none, with its ability to showcase great upcoming talent and this year it has outdone itself with names

such as Jhene Aiko, Lorde, Martin Garrix, Capital Cities and more. Andre 3000 and Antwan "Big Boi" Patton re-united after seven years of being apart to bring back six-time Grammy award winning group OutKast. They have previously said that they would never re-unite but the duo has decided to re-kindle its flame for their 20th anniversary, beginning with the Coachella festival.

This monumental festival brings thousands of people from around the world and is widely known to have many celebrity attendees. For more details on this amazing music festival visit WWW.coachella.com

Frequency is held by Boodang and this company has thousands of loyal fans who look forward to each event that they put on. These events almost always run until 6 a.m. with DJs performing music for fans who dance all night long.

Frequency is an all-night massive

dance party and this year it sold out in a record breaking time of two days. Artists such as Dada Life, Sub Focus, Emma Hewitt (live), Noise Controllers, Showtek, Tritonal and many others are included on this year's roster. There are going to be warm-up events in clubs throughout Edmonton and Calgary, free for those who have bought tickets to Frequency.

The event is showcasing a dance group called Rhythm FX, which will be out on the dance floor stimulating an interesting atmosphere for everyone attending. This lineup is one of the most diverse ones that Boodang has ever made in terms of new talent and well-known talent and also because of the many electronic genres involved.

Amazing electronic dance music artists will be gracing the decks on Feb. 14 and 15 for an unforgettable night. For more details about Frequency visit www.Freqy.com



www.dadalife.com

Dada Life



TELEVISION

New shows to watch



By AARON BORDATO
@Aaronbordato

With the fall conclusion of ground breaking shows like *Breaking Bad* and *Dexter*, viewers have been left with a vacant hole for quality programming that can't quite yet be satisfied. While it may just be wishful thinking to expect shows of that caliber to come out and grab our attention the way Walter White in his underwear did, I do believe there is a new batch of hit TV shows just waiting to be discovered this winter season.

Now I could tell you about already continuing shows like *Shameless*, *Californication* and *Archer* (which, if you didn't catch the season premiere, I highly advise) but I took it upon myself to go out and look for some new winter 2014 TV shows which are sure to steal the spotlight.

First up we've got a new hit animated comedy on FX called *Chosen*. This raunchy comedy follows the life of a white, gay, ex-convict rapper who after his recent time spent in the slammer, is back on the streets with a positive message gleaned from his time on the inside. This prime time comedy stars a number of big names including SNL's Bobby Moynihan as Chosen, while Danny McBride, Hannibal Burress and Nick Swardson co-star in this vulgar comedy that will leave you drying the tears from your eyes.

The show comes from the creative minds of executive producers responsible for big hits such as *Eastbound & Down* and *Archer*. It premiered on FX on Jan. 13 right



www.facepunch.com

after the season premiere of *Archer* which in my opinion creates one of the funniest hours of television in the new year.

Keeping with the lighter side of television there is one new show which will grab your attention from the star studded cast alone, *The Spoils of Babylon*. The show stars a number of Hollywood big names including the always hilarious Kristen Wiig, the surprisingly talented Tobey Maguire and the stunningly beautiful Jessica Alba ... and, oh yeah, it's also got Tim Robbins, Val Kilmer, Haley Joel Osment and, did I mention Will Ferrell?

The show follows the brother-sister pair of Maguire and Wig as they rise from the ashes of oil fields to the illustrious life of power and influence in New York. This comedy has already received great reviews

for its unusual type of storytelling and hilarious ability to poke fun at the soap operas of the 1980s.

And finally, I come to the one new TV show I justly believe is capable of *Breaking Bad*/*Dexter* kind of viewership this winter season ... *True Detective*. This new HBO hit follows a pair of Louisiana state police officers who are responsible for trying to solve an eerily bothersome string of murders, each gorier than the last. The two detectives you ask? Yes they are played by none other than Academy Award nominees, Matthew McConaughey and Woody Harrelson.

True Detective tells the story of a 17-year period in which the duo try to solve a violent string of murders. It demonstrates the stress and commitment police officers make every day on the job which is clearly

evident through McConaughey's demeanor in the first episode.

The two actors bring together such great chemistry on the show. Harrelson plays the older, wiser partner who has been around the block a few times. McConaughey on the other hand plays an ex-alcoholic police officer with a deceased daughter and a divorce.

While I can't predict where the show will end up, as it follows an American anthology format which means the show will have a new cast every season, I can say that this will be one of the highest watched programs this winter. The premiere season will only have a total of eight episodes so it is my recommendation that if you're a fan of dramatic, tense, heart wrenching television, this, my friend, is the show for you.

MOVIES – THE KURT LOCKER

The Academy missed a gem



www.graffitiwithpunctuation.net

Ryan Gosling as a motorcycle stuntman in *The Place Beyond the Pines*.

By KURT FABISCHE

After the Oscar nominations were announced, I knew I wanted my next review to be of a 2013 film that was shut out entirely by the Academy.

They do a half decent job at nominating some of my favourite films. They did justice to *Django Unchained*, *Pulp Fiction*, *LA Confidential*, *District 9* (which is still my favourite "They nominated that for Best Picture?" movie).

But sometimes they just flat out ignore what I feel is a truly great film and this year they shut out a classic. *The Place Beyond the Pines* by Derek Cianfrance, who made *Blue Valentine* a few years ago.

Anyone who sees this film will tell you it is damn near impossible to describe without spoiling anything. But I'll do my best.

Like *Pulp Fiction*, the film tells three interconnected stories. Exactly how they're connected is the spoilery part, so I won't get too detailed.

The first story features Ryan Gos-

ling (in probably his best performance) as Luke, a motorcycle stuntman with a traveling carnival who finds out he's a father to a child he never knew about. The mother is played by Eva Mendes (who finally gets to show off her acting chops). Luke leaves the carnival, sticks around and does his best to provide for his new family even if that family doesn't want much to do with him. Luke wisely decides the fastest way to make money is ... to rob banks.

The second story features Bradley Cooper as Avery, a New Jersey police officer who manages to get entangled in Luke's life in the most shocking of ways (seriously, you'll swear you've never been more surprised than when that happens). Avery becomes part of a group of corrupt cops, the leader of whom is played by Ray Liotta. When Ray Liotta wants to be scary, he is very scary. There's a moment when he just stares at Bradley Cooper in silence and it is so unnerving. Solid supporting performance by Harris Yulin as

Avery's father, too.

The third story features Dane DeHaan (Harry Osborn in the upcoming *Amazing Spider-Man 2*) and Emory Cohen as a pair of high school students who meet and find out they have things in common they never knew about. This part of the film tends to get a lot of flak for being its weakest segment but I loved it. The film's general level of darkness just seems more dangerous when the story is centring around kids.

There is one important thing that makes this a great film in my opinion, along with the great acting, writing, directing and score by Mike Patton. It's that when the movie was over, I couldn't think of a single film to compare it to. *The Place Beyond the Pines*' plot doesn't remind me of any other movie. That is a rare thing when you've seen as many movies as I have. It's a true original and what I would say is the best film of 2013.



ALBUM REVIEW

Beyoncé hits all the notes

WINDSOR (CUP) — Christmas came early for all loyal followers of Queen B. The diva released a surprise self-titled album on Dec. 13, exclusively on iTunes. Not only is it a surprise album, it's a surprise visual album. There are 14 audio tracks and each is accompanied by their own full-length music video. In its first two days, it outsold Katy Perry, Lady Gaga, Britney Spears and Miley Cyrus, all who had released albums that year. The album is expected to sell somewhere between 550,000 and 600,000 copies.

I will warn you now — Beyoncé will make you laugh, cry, weep and last but not least — booty shake. The album features anthems for girls and women and focuses very heavily on feminism. Somehow Beyoncé manages to embody the voice of girls and women going through just about anything a girl or woman could go through.

Beyoncé starts off with "Pretty Hurts," which focuses on the unrealistic standards of beauty women are expected to keep up

with — "it's the soul that needs the surgery." The second track is "Haunted," which is both lyrically and visually haunting.

Many of the videos are very erotic. While I believe Beyoncé's music to be appropriate for all, some of these videos are definitely not. The third track, "Drunk in Love" (featuring Jay-Z) is the first of these videos. I think the title says a lot about what the song and video are about.

Beyoncé's younger sister Solange makes an appearance in the video for "Blow" but surprisingly is not featured vocally on any of the tracks. "Blow" is a fun song and the video features a roller rink with a lot of neon and booty shorts as well as Beyoncé's favourite dancers, Les Twins.

"No Angel" is a song about women not being one-dimensional and goes along with the feminist theme and tone of the album. "Yoncé" is probably the most erotic track and video on the album ... I'll let you hear and see why.

Right now, my top track is "Flawless"



nydailynews.com

which is a hard-hitting feminist anthem, which features Beyoncé's latest motto — "Bow Down Bitches."

Also on the album is a ballad dedicated to Beyoncé and Jay Z's daughter, Blue

Ivy. Look out for guest appearances and vocals from Drake, Frank Ocean, Pharrell Williams, Timbaland, Michelle Williams, Kelly Rowland and Justin Timberlake, just to name a few.

TIMELY TIPS

A matter of finding balance

By KRISTA PIERCE
NAIT Student Counselling

Do you ever feel like a juggler with too many items in the air, just waiting for them to come crashing down on you? With the busy-ness of life, family, classes, assignments, studying and, for some, a part time job, you may start to feel like you're on a merry-go-round spinning out of control. According to the Canadian Mental Health Association, 58 per cent of Canadians report "overload" associated with their many roles — work, home and family, friends, physical health, volunteer and community service.

It can be hard to balance life and work while being a college student. You may feel buried under a pile of assignments, trying to find time to study, while family and a part time job drain your last bit of energy. It is, however, possible to find a healthy balance! Read on to see some ideas of ways you can balance your juggling act.

Personal Care

Research shows that a lack of sleep can lead you to feel more stressed out, resulting in decreased academic performance and a higher chance of suffering from depression and anxiety. Getting at least seven to eight hours of sleep at night as frequently as possible is recommended. Three meals a day and some healthy snacks are also essential. It can help to carry trail mix, granola bars and dried fruit in your backpack. Exercise keeps your body fit and a fresh supply of oxygen going to your brain, even if it's just briskly walking a longer route to class

or running on the treadmill while studying your flash cards — it all helps.

Course Load

You may be tempted to sign up for a large course load to finish your program sooner but your grades may suffer if you take on too much at once. This is especially important to consider if you're also working. Schedule your classes so you have a slight break between class and work, if at all possible. Give yourself time to unwind, breathe and transition to the next part of your day. When choosing your courses, even it out so you take a more difficult class with some easier classes in a term, if that is possible.

Work Schedule

Having a job while attending college is a reality for many college students. Working evenings and weekends may be the way to fit in a job. You could also work in the morning and attend afternoon, evening or weekend classes. However, don't forget the extra study time or down time that you require to be academically successful. Avoid overbooking yourself and ease up a bit on your course load or work hours if you notice a drop in your grades or your health.

Social Life

All work and no play is just no fun at all. Even if you just assign one or two nights a week for a fun activity, just do it. You can go to a movie, buy tickets to a show, attend a party, go for a hike or visit your parents. The key is to do something just for the fun of it. It's necessary to release some of the stress of the week by

finding something enjoyable to do to blow off some steam. You may be pleasantly surprised at how refreshed you feel after some time to relax and socialize.

Organization

To keep everything on track and running as smoothly as possible, you can get a detailed planner, use a phone app or use a whiteboard and stickies — whatever will help you to be on top of things. Choosing a method that will keep you from forgetting important assignments, work shifts, doctor appointments, grocery store runs or coffee dates with your friends, is a big must.

Learn to Let Go

Sometimes it all just can't be done. Remember there will always be an infinite amount of stuff to do but time is finite. Narrow it down and focus on the most important tasks, only three to five at most. Picking your personal peak time may also help you complete tasks; that may be 9 a.m., 9 p.m., or 4 a.m. — everyone is different.

Life Balance Wheel

It may be helpful to complete an exercise such as the Life Balance Wheel to have a visual representation of how balanced your life may or may not be. To do so, look at the picture included and for each area of the wheel and ask: How satisfied are you with each part of your life and are the activities you are doing now in this part fulfilling? Give each section a rank between one and 10. Ten means you feel fulfilled and very satisfied with this part of your life. One means you can't see any fulfillment coming at present from this part of your life.

After completing the exercise, ask yourself which of the spokes needs to be looked after to reduce the wobbly wheel? Then think about that part of your life and ask: how much energy are you prepared (one is none, 10 is a lot) to put into changing the situation?



www.recoveringworkaholics.com/
satisfactionwheeloflife.php

One final note — keep helpful resources handy for those times of stress or for when your wheel seems to be anything but round. For example, close friends can be invaluable as a sounding board and source of support. Activities like journaling, going for a massage or having some quiet meditation time can do wonders to help release stress. Although finding balance can be elusive, it is worth the effort and it doesn't have to happen all at once; one or two small changes can go a long way to easing stress and making things much more manageable.

Making 'em dance

**Edmonton group
KickupaFuss starting
to turn heads**

By **LISA BERG**
@bergLisar

Sonic 102.9's Band of the Month this January is KickupaFuss. The band is comprised of four friends: Jesse Thorsen, Brandon Jansen, Elliot Fraser and Daryl Payne.

All four young men were born in Edmonton and know each other either from school or playing in previous bands together. They have reached quite a bit of notoriety here in Edmonton and local TV news stations, newspapers and obviously radio stations have also taken notice.

In Edmonton they have appeared on *Breakfast Television*, playing their single on the show and the *St. Albert Leader* ran a front page story on them. The rest of the province is taking notice as well, as they have been named Alberta's band of the month and have been included on a Rock 20 Countdown on radio stations in Lethbridge, Grande Prairie and Fort McMurray.

In a short biography, these men are described as having an easy camaraderie that is shown when performing. The energy that they have when playing together is contagious and they engage their audience so much that the people watching are having as much fun as those performing. The energy they have is one of the most appealing aspects of KickupaFuss. They are quoted as having said: "To make 'em dance is to have succeeded."

Upon looking through their band photos and seeing some of their videos found on



www.sonic1029.com

KickupaFuss

their website, as well as on Facebook, you don't have to see one of their shows to know that they have incredible chemistry.

In a video interview that Jesse, Brandon and Elliot did, it was immediately apparent how well these men get along and how highly they think of each other.

When speaking about how their single "I Don't Need Your Sex" came about, it was spoken of as a collaborative effort and they seemed very supportive of each other

and the band as a whole.

Reminiscent of the Red Hot Chili Peppers, these men are known to do unorthodox things when onstage, such as dance wildly and perform naked. That is not the only commonality between them. Like RHCP, their music doesn't seem to fit into any particular genre. They are at times rock and roll, pop, dance and funk. This eclectic mix is, for me, what makes their music so interesting to listen to. This mixing of

genres is very apparent in "I Don't Need Your Sex," which starts as a dance type beat, moves into funk in the chorus and has a little bit of techno towards the end.

Their first single is available for purchase on iTunes and other songs are available to preview on Sonic's website. They play their Band of the Month show on Jan. 31 at The Pawn Shop and tickets are available on Sonic's website as well as the Pawn Shop's site.

Cosy, hip and happening **Remedy Cafe**

By **SHEEBA JOHNSON**

Remedy. The name says it all. If you asked me about this cosy café on my worst day, I will still call it a remedy for the soul. My very first time in Remedy was when my best friend dragged me there for a cup of chai on a rainy fall day a little more than two years ago. Ever since, this little cosy corner has been my escape from the crazy everyday life. For a person like me, who is raised in India for most of my life, it was like going home. And on that rainy day, sipping a steamy cup of spicy chai, I felt like it was home away from home.

Not only is the chai awesome, they have the most amazing masala dosa you can find in Edmonton and I consider myself a harsh judge when it comes to Indian or Pakistani cuisine. They have a great combination of South Asia meets Edmonton. The samosas are perfect on the taste buds and it really doesn't matter whether or not you are used to eating spicy food. The dishes have a unique blend of spices that are not harsh but very delightful on the tongue and you feel like there is an explosion of tastes taking place in your mouth.

Not only is the food pretty awesome, the atmosphere is a perfect blend of cosy, hip and happening. You can't help but let your guard down and chat with your friends as the time flies by. The staff is friendly and helpful and is not afraid to tell you all about their favourite item on the menu. So if you stop by there and are unsure of what to get, just ask. They also have a good selection of beer to pick from if you are looking for a few fun pops for yourself. My personal favourite was their peach brew but then again I like Aprikat

when it comes to beer.

And I know this sounds strange but I do kind of like their bathroom walls with their combination of silly doodles and controversial comments written on them. If you have a sharpie handy, no one's going to mind if you scribble your thoughts. I have read some pretty interesting things on those walls, like an argument between two girls about changing the last name after marriage and a monologue from *Lord of the Rings*. They

have a café on Whyte Avenue and 104 Street and a recently opened café in downtown Edmonton on Jasper Avenue and 102 Street. I have been to both the locations and loved both the cafés. The vibe and the energy of Remedy is hard to replicate and I highly recommend going there with friends to wind down after a long day. They have reasonable prices and friendly staff and they don't mind if you scribble on their bathroom walls. Why not give it a try?



www.glutenfreedmonton.com

Water, water everywhere

By **QUINTON BERGER**
Entertainment Editor
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Fans of live theatre in Edmonton have something to be excited about this week with the announcement of an award winning production running at the Fringe Theatre on Gateway Boulevard.

The Frequency of Water, written by Alberta native Carol Murray-Gilchrist, features a far-out concept relating to the relationships we share with water and the idea of “dowsing.” The play draws upon many personal experiences of Murray-Gilchrist and the fine line between belief and fact as the main character struggles with some of his own conflicts.

The Frequency of Water centres around a character named Michael who is constantly haunted by memories of his grandmother. Michael’s grandmother was a dowser, also known as a water witch, so the connection he shares with water is very deep-seated and personal. Michael is forced to take a personal theory and battle with the veritable devils and angels on his shoulder that are science and belief. Murray-Gilchrist

draws on personal experience while writing the play as her grandmother was also a dowser.

“I have very fond memories of my grandmother,” said Murray-Gilchrist in a recent phone interview. “You can apply a certain vibration to water and it will cause a bubble to form and it becomes incredibly hot and this incredible pressure forms. It’s this amazing mystery that nobody understands.

The Frequency of Water premiered in 2007 (the same year it won a Sterling Award, which celebrates outstanding professional theatre in Edmonton) and has been growing and changing ever since.

“I was able to do rewrites with input from the actors that are in the play now,” said Gilchrist.

“It’s such an evolving creature. I hate to sound trite but it’s like a child. It grows.”

Murray-Gilchrist then went on to explain the amazing feeling of watching a play transform from paper and come to life and of winning the award.

“Even now during this run of the play, I find myself holding my breath

and living in the moment with the characters. I feel really humbled.”

The humbling feeling only continued when she won the Sterling.

“I was really surprised. The people at my table had to tell me to go up because I wasn’t expecting it at all.”

Murray-Gilchrist is no stranger to theatre as it has been her passion her entire life. She majored in both English and Drama at the U of A and has taught Drama and English in schools through-

out the Parkland County region.

She is also the director of Multi-Youth Productions, a semi-professional theatre troupe consisting of teenagers. Multi-Youth has found great success touring and performing all throughout the province.

The Frequency of Water can be seen at the ATB Financial Arts Barn at the Fringe Theatre. Tickets can be purchased at the door or online at fringetheatre.com



blog.zap2it.com

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Textbook theft and you



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

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

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

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

- Always keep your books with you.

Never leave them sitting on a desk or table while you go out of the room.

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

- Report the theft or loss of a textbook IMMEDIATELY after discovery. The quicker the loss is reported, the higher the chance of recovery. Call Protective Services at 780-471-7477. Give a complete description of the book, including any identifying marks, and the location of where it was lost, as well as any other information you may have. Be sure to leave your name and contact number in case the book is recovered.

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

- If the Customer Service Supervisor is not available, inform the staff member who is handling your call about the loss.
- Monitor the Lost and Found at Protective Services on a regular basis.

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

- When returning a textbook for a refund, the student MUST produce the

original receipt AND a current valid student ID. These transactions are electronically recorded and monitored on an ongoing basis.

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

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

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

• NAIT’s Registrars Office is informed of the suspected activity.

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

If you have information 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.

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WEDNESDAY JANUARY 8 | LAUNCH PARTY

THE BUCKINGHAM

*6oz glasses of draft

LADIES
NIGHT

EVERY SATURDAY



13⁵⁰

SKINNY GIRL 3oz BUCKETS
3oz skinny girl vodka with a sugar-free redbull

3 SHOTS
+
REDBULL

VIP ENTRANCE & NO COVER FOR LADIES @ 11:30pm

