

THE NAIT NUGGET

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

LEADING THE LEAGUE

Men top ACAC hockey standings, story page 11



Photo by Jesse Kushneryk

NAIT President Dr. Glenn Feltham drops the ceremonial puck on Saturday Jan. 25 at NAIT's annual hockey alumni night. The Oaks went on to win the game against SAIT 2-0, taking first place in the process.

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NEWS & FEATURES

Fine art of borrowing



RICHARD LUKACS
Issues Editor
@DickTorrance

There is a cartoon franchise that made me laugh through precisely 540 episodes for 25 years now. And for that, I'm a diehard fan of *The Simpsons*. Nothing will ever change that. But I just don't know how to feel now that I've figured something out: it might not be entirely original.

A few days ago I found some old Hungarian newspapers from between 1931 and 1935 on my stepdad's shelves and discovering a comic strip on their last page starring *The Adamsons* shocked me. The illustrations are unmistakable dead ringers for *The Simpsons*. Homer Simpson is not simply similar to Mr. Adamson but a clone, a doppelganger, an absolute look-alike, he is Homer Simpson himself; the same fellow with the same face, same figure, the same amount of hair, in the same situations.

Discovering this was bugging me so I pinned on my detective badge and started to investigate. I found out that the creator of Adamson was a fairly popular Swedish cartoonist, Oscar Jacobsson, born in 1889. During the

early and mid 1900s, the Adamson comics became so iconic that the Swedish "Nobel Prize of comics" was named after them as the "Adamson Awards." The author's Swedish Wikipedia page (alongside only a handful of online articles) mentions that it might be an "inspiration." This line is missing from the English translation.

It is very unlikely that Matt Groening, Gabor Csupo (creator and animator) or other significant members of the creative team of *The Simpsons* never encountered Mr. Adamson previous to its creation. Groening is from the USA where Jacobsson's character was well known as Silent Sam. Csupo is from Hungary, where the comics were published in *The Budapest Journal* and he lived in Sweden just before he moved to the USA.

Of course it's all speculation and suspicion. And most importantly: does it matter at all? Is plagiarism or stealing/borrowing in arts a bad tendency? You cut out a tiny piece of yourself and show it to the world. It can be substantial on its own but as it becomes fuel for other artists and inspires them, it becomes way more important. Artists outlive themselves this way. Literature, music, films, theatre, fine arts are all sucking each other dry and feed one another that way.

I doubt that many people remember the character of Mr. Adamson today. Yet everyone is familiar with Homer Simpson. He and his family have had billions of us laughing like crazy for about 16,200 minutes now. Still, I think Oscar Jacobsson deserves credit for his (pre-



Photo by Richard Lukacs

Mr. Adamson looking just like Homer Simpson in this comic strip from the Budapest Journal in the early 1930s.

sumably more than) "influential" work on the most profitable and popular cartoon franchise of all time. But I think if he'd be alive, he would love *The Simpsons*.

We live in the age of recycling (it's enough to take a look at Hollywood where you get 10 remakes and sequels on each original idea). But if homage were a crime, Quentin Tarantino would deserve a death sentence. Should Black Sabbath be the only band with a permit to play metal, as they were the first? Should all coming-of-age novels be banned from the last 60 years as they all have been impacted by *The Catcher In The Rye*?

I don't think so. But I think we have to at least aim for originality because – and let me build a colossal oxymoron here by using a cliché – we are all slaves. We are all part of society, most of us are working, are in relationships, are students and many of us have different addictions. All of these states and stages of life have their own regulations, rules that we have to keep. We have to behave, except when we are creating something. Then there are no good or bad, no borders, no rules, no margin, no mercury and finally we can be all messed up. So move your asses, kids and breed some art! Your fellow artists are waiting in line to steal it.

McCoy gives \$500K

By **CARLY ROBINSON**

NAIT is essential to Alberta.

These are the words seen around the city to brand the technical institute, which seem to resound with many local businesses.

Last Thursday, Ernest's played host to the first big financial gift announcement of the new year. McCoy Global announced they are going to invest \$500,000 in NAIT, its students and applied research.

"McCoy recognizes the value of our relationship with the institute," said McCoy President and CEO Jim Rakievich.

"We've benefited from hiring

NAIT grads and utilizing the innovative solutions generated through applied research."

The investment will be split to include \$250,000 towards applied research, \$200,000 to help keep NAIT's Machinist Program's equipment and labs up to date, and \$50,000 for future scholarships. The scholarships are intended for students in the CNC and Machinist apprentice programs.

"As a global company with deep Edmonton roots, we are pleased to invest in NAIT and its students," said Rakievich.

McCoy Global saw its beginnings

as a blacksmith shop 100 years ago and has since expanded into a global company, supplying the energy sector with drilling equipment, engineering expertise, productivity enhancing software and more.

"We are most appreciative of this generous gift from McCoy Global, which will benefit our students and staff for years to come," said NAIT President and CEO Dr. Glenn Feltham.

"Our partnerships with industry are essential in ensuring NAIT continues to meet the current and emerging needs for polytechnic education and applied research in Alberta."



Photo by Carly Robinson

Balmy January days

By **DAKOTA BARBER**
@dakotarbarber

I've been torn between three activities this week: 1) Throwing on a bikini and splashing around in giant puddles, 2) Permanently gluing skates to my feet, 3) Cancelling all my plans and endlessly circling through the car wash with hopes of enjoying a clean vehicle for more than a millisecond.

Edmonton weather has been unseasonably warm, which typically would draw no complaints from anyone, however it's left our city with lots of extra water laying around, sheer ice sidewalks and a ton of sloppy mud that isn't shy about turning every part of your vehicle a dull shade of brown.

Head start

While our city wasn't expecting these spring-like temperatures in January, many Edmontonians will be pleased to know that a few companies are taking advantage by getting a head start on filling some potholes.

As hard as it is to keep up with Edmonton's bizarre weather, NAIT's maintenance staff are doing their best. Grounds Services does daily checks of all walking and driving surfaces to look for icy areas, and they spread road chips on the parking lots and roadways where needed.

Sandboxes

Grounds supervisor Cheryl Bailey wants staff and students to know that there are sandboxes located at several entrances, and anyone is free to use them if they see an icy area that hasn't been taken care of yet.

"Walk slowly with your hands free!" reminds Bailey.

A television student here at NAIT is choosing to stick to the positives. Brett Morton says the ice on the roads reminds him of being in the mountains.

'Sweater weather'

"I love that it's sweater weather!" says a smiling Morton.

As always, with the changing weather in our city comes some frustration, especially when it comes to transportation but there is one key virtue we all need to practise: Patience!

Not every driver on the road handles changing conditions fearlessly. Even if you're not afraid of a little slush and slop, the car in front of you might be facing the all too real nightmare of run-

ning out of windshield washer fluid on the Yellowhead.

Remember that there are workers city-wide out and about constantly sanding, salting, grating, clearing and generally working their buns off to keep up with faithfully indecisive weather. If they haven't got to your neighbourhood yet, trust that they're coming.

Lastly, do yourself the favour of keeping

extra clothes in your car, locker or backpack ... just because it seems warm enough in the a.m. to throw on a dress with a light jacket, you may be desperate for your long johns and wool sweater by the p.m.

CTV's trusty weather expert, Josh Clasen, tweeted his prediction for these mild temperatures to last until the end of the month and possibly into the beginning of February.



Photo by Elena Hoddinott

It sometimes looks like spring, but we aren't there yet.



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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.

Meat-ing safe standards

Cleanliness a priority for Meat Cutting and Merchandising Program

By JOSEPH RANGER

One of NAIT's smallest and shortest programs also has one of the largest responsibilities – food safety.

Food borne pathogens have caused high profile incidents across North America, with causes being traced back to exposure to raw foods including spinach, cheese, cantaloupe and processed meats.

At NAIT, food borne pathogens like listeria monocytogenes are simply not given the opportunity to take root through proper hygiene, safe food handling and preparation practices taught to students at NAIT's School of Hospitality and Culinary Arts.

"Listeria is everywhere and is very hard to kill," said Dan Westgeest, chair of NAIT's Professional Meat Cutting and Merchandising program, part of the School of Hospitality and Culinary Arts.

"The best thing to do to keep it in check is with a very good sanitation program. If you don't give it the opportunity to grow, it won't," Westgeest said.

"We are worried about numbers. We don't give it the opportunity to grow, we don't feed it.

"Our particular school, of which meat cutting is part of, has an occupational health and safety steering committee. Each program has a representative on that committee. We are the ones who said we needed it, to develop standards, policy and procedures for the school."

According to Westgeest, responsibility starts right at the student level.

"They are all inoculated with the same standard. We drill it into these guys. These standards involve a checklist, which the students fill out twice a day."

Among the criteria are repeated check-



Students work in NAIT's meat store adjacent to the Common Market cafeteria. Program head Dan Westgeest, inset photo, says product safety starts with the students.

Photo by Megan Lemoine, inset by Joseph Ranger

ing of the sanitary conditions of the lab and the personal professional appearance of each student.

"That instills confidence to know the products are safe and the equipment they use to fabricate meat items are also safe."

At the end of each day, students perform a complete wash down and sanitization of the work area and any equipment used is broken down into its components. Any equipment left out overnight is sanitized first thing in the morning before use.

The Professional Meat Cutting and

Merchandising program operates under four stations – one each for pork, beef, sausage and another dedicated to anything destined for NAIT's retail shop.

"Each station deals with a specific item to prevent cross contamination," said Westgeest. "So far, we haven't had an incident, and I attribute that to the fact we have very good cleanup practices."

Students in the program have a vested interest in food safety. They sample each product they create, which helps them to know the flavour profile of their product for

customer information purposes.

"It is called point-of-sale information," said Westgeest. "Our students know that our processed meat items, such as garlic rings, smokies, and wieners, have a secret ingredient in them – meat.

"If we add something, we put it on the label – like cheese to the spicy cheese wieners. When we have a ham-garlic ring, it is ham – not lamb and chicken lips. When we have turkey sausage, it is turkey. A lot of people can't believe how good it tastes. All our formulations have the emphasis of meat first."

Career Fair judged a success

By TAYLOR DENNEHY

According to the students of NAIT and the Career Fair guests, the 2014 Career Fair was a great success.

If you took the time to walk around campus on Tuesday Jan. 21 to visit some of the various information booths set up for students, you would have found that there was much to learn.

Many of the guests thought that this was one of the best Career Fairs in NAIT history. Not only was the fair helpful for the students but it was a major benefit for the companies and guests present.

When asked how the Career Fair benefited her company, Navi Chatha, a Worley Parsons Cord employee said, "We want to be an employer of choice and by coming to the Career Fair we are able to brand our company and let people know what we do," said Chatha.

Nolan Hamilton, an employee at Nova Chemicals agreed and said that the fair helps Nova with exposure for their company.

As for the students, Danielle Joly and Celine Eddy, second-year Engineering students, said the temperature at the event was too high.

Maybe next year, Career Fair co-ordinators should set up some fans for air circulation. Despite the heat, both students said the fair opened up a lot of avenues for them and was extremely helpful.

Career Fair organizers tried something new this year and had an online survey that all students at the fair could com-

plete and enter to win an iPad Air. The survey was used in hopes of getting some

ideas for improving the next fair. We just might even see some air-conditioning.

Poll clerks needed

Duration: Feb. 13, 2014

Compensation: \$15/hour

• Poll clerks are needed on Feb. 13 from 10 a.m.-2 p.m. for the NAITSA Executive Council election.

• Must have a strong command of English and a complete and clear understanding of the democratic election process.

• All poll clerks must attend a

paid training session on Thursday, Feb. 13 at 8:30 a.m. at NAITSA.

• Poll clerks must have a complete understanding of the online voting process and be comfortable providing guidance to students.

• Apply in person at the NAITSA office, E-131 from 8 a.m.-4 p.m.



Leftovers – an opportunity

By **ROB MacGILLIVRAY**

You know what's the best part about writing for *The Nugget*? It's that I'm bound to learn something new every week and once in a while that something makes me even more proud to be going to school at NAIT. This week it had to do with NAIT Food Services.

Just last week there was an article published in *The Edmonton Journal* which mentioned a disturbing fact: every year Canadians throw away roughly \$27 billion in food products. That works out to just under \$800 per person, which got me thinking, how much food do we toss out here at NAIT? To answer that question, I sat down with the NAIT Food Services Executive Chef, Lesley Ward and the NAIT Food Services Manager, Gloria Booth.

Having worked in a restaurant, I'm no stranger to the practice of ordering only what you need for a couple of days. This makes the amount of waste you find in a restaurant much less than what you or I would have but the professionals that work in NAIT Food Services take that practice a couple of steps farther.

Not only do they order as little as possible and only when they need it, they have procedures for preparing menu items set in stone. When you do that, you don't have a discrepancy between how many carrots each chef needs to prepare the same dish. I don't know about you, but I always seem to



Photo by Taylor Mah

Students may have left over food, but Food Services rarely does.

run out of dressing before lettuce for some reason and then the lettuce just sits in my fridge until it starts to crawl away.

On top of this, Food Services co-ordinates their menus with the classes going on in Culinary Arts. At a basic level, this means that if Culinary Arts students are going to be learning how to cut carrots, then we're going to see menu items with carrots in them at the Food Services outlets.

"It offends us when we have to throw something away," Ward says. "They're going to make sure nothing goes to waste."

Of course, the fluctuations in the appetites of NAIT students play a big role in whether or not there are any leftovers. If my friends and I decide to pick up some lunch at Chai's, it may mean the difference between selling out or having leftovers when they close.

So what happens to those leftovers? Depending on what it is, one of three things will happen to it.

1) "Lesley and her team are very creative," Booth says of her chef. "They can take any product that is still viable and turn

it into some amazing features."

Anything that is left over from the previous day will make an appearance as the next day's daily special as long as it falls within strict guidelines.

2) If it is a packaged well roughly three days away from its expiry date and it doesn't look like it will be used the next day, it heads off to places like The Mustard Seed or Hope Mission.

3) When a food item breaks one of the 101 rules that dictate whether or not it can be served or donated (keep in mind that places like Hope Mission and The Mustard Seed follow the same rules Food Services does, meaning that they won't take anything expired, even if it's perfectly fine), it has to be thrown out, something that thankfully rarely happens at NAIT.

You could write a small novel detailing the intricacies of the processes going on behind the scenes in NAIT's Food Services but between the lack of waste, the creative use of leftovers and the donations they make, those folks do a job 10 times better than I would have ever expected.

So the next time you see something deliciously unique on the menu at The Common Market – like beet humus or blackberry pink peppercorn dressing for salad at the salad bar – remember that it's the work of creative Food Services workers who are saving the planet one leftover beet at a time.

Unsung heroes keep us safe

By **DYLAN WOLFINGER**
@thewolfinger

Let's give it up for some of the unsung heroes of our school this week. I'm talking about campus security.

Though I'm sure we hardly notice them around the school, I can assure you that they're around and helping to make our college experience as safe as possible.

Think about it, if there were no campus peace officers, the school would go into a state of complete anarchy. There would be food fight turf wars in every cafeteria, mashed potatoes and meatballs would make prime projectiles, while coffee and chocolate bars would pass as some type of currency. The parking lots would turn into a daily demolition derby with students missing class to make illegal wagers on the outcome of the chaos unfolding in front of them, some of them to be involved in the chaos. The outside of our school would look like some kind of post-apocalyptic scene with garbage and debris scattered from the soon to be famous cafeteria turf wars and we could possibly have a tire fire to rival Springfield's from the tires left over from the madness of the daily parking lot derbies. There could be a roaming band of

muggers lurking around the hallways and campus like shadows in the night, trying to collect all the coffee and chocolate bars for some type of underground conspiracy ring that goes so deep I can only assume the government is behind it.

Thankfully we'll never have to experience any of those things thanks to our own personal boys and girls in blue. Our school is filled with experienced peace officers that are always looking out for the safety of the students and the environment around them.

After looking into some of the procedures they overlook and execute in their job, I feel much safer around campus. They have procedures to deal with acts of violence, bomb threats, hazardous material spills, infectious disease outbreaks, evacuations and lockdowns. Like I said, that's just a few. They also have your more traditional services such as an escort to your vehicle any time of the day if you're feeling uncomfortable, parking enforcement to make sure that the students that pay for parking get the spots they paid for and a lost and found where items are kept up to 30 days.

They're also involved in multiple community activities such as Santas Anonym-

ous, the Edmonton Food Bank and the Christmas Bureau of Edmonton. These men and women of our campus security group are truly one of a kind; they're beauties, it's nice to know if we need anything or have any questions or concerns they have no problem helping us out.

So I'm going to end with this, if you ever find yourself passing an officer or you see one down the hall, smile and wave or throw a high five to let them know that you appreciate the great job they're doing, I can tell you from experience they won't leave you hanging.



Photo by Taylor Mah

NAIT Protective Services is on the job.




STUDENT ELECTIONS

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CANDIDATE SPEECHES

President
VP Academic

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VOTING BEGINS FEB. 7
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3 student senators named

By **NICOLAS BROWN**

The Christmas holidays are over for our Student Senate and its first meeting of 2014 took place on Wednesday Jan. 22 when student representatives took part in the essential workings of student governance. The meeting covered a number of important subjects that concern our student body.

To open the meeting, the Senate welcomed three new senators to represent the interests of their fellow students. Daniel Faucher-Dunnigan from Environmental Management, Alexandra Ursescu from Health Sciences and Ajay Dhugga from Skilled Trades and Apprenticeships, filled empty seats in the Senate, bringing the student representative complement to 17 seats in the 18-seat body. A second seat for Media and Design still remains empty.

During question period, the future of the U-Pass program was raised. The U-Pass arrangement with ETS is a four-year contract, which was just renewed last year. With a renewed contract, negotiations for a new U-Pass deal will not be on the radar for another two to three years. With our current U-Pass deal secure and the imminent expansion of LRT service directly to NAIT's main campus, accessibility to public transportation for NAIT students is continuing to grow.

The only other current U-Pass consideration is the potential implementation of a new smart card system by ETS. Although a new system would affect price negotiations for any future U-Pass deals, it would also

provide valuable data to NAITSA.

Finally, as election season approaches for the NAITSA executive positions, the Senate has formed the 2014 elec-

tion committee to oversee this year's election. Five senators will sit on the committee. For more information about NAITSA's election process, contact the NAITSA office.



NAITSA President Jonathan Bilodeau addresses a meeting of the NAIT Student Senate on Wednesday Jan. 22 as Chair Becky Kallal, left and Meagan Strachan, VP Academic, look on.

Photo by Nicolas Brown

Ready, set, elect!

Candidates campaigning for NAITSA's Executive Council

By **WHITNEY FOX**

NAITSA Executive Council elections are set to take place and it's time to get a refresher on what it's all about.

First, nominations are in. The deadline for nominations for the four positions was Jan. 27. The candidates have this week to finalize their campaign messages, and as of Feb. 3, they're on the trail.

In the meantime, the *Nugget* has compiled some background on NAITSA and details about the election for students to get an idea of how to handle the election.

The positions available are president, vice-president Student Services, vice-president Academic and vice-president External.

The current executive is made up of the James Head, VP Student Services; Meagan Strachan, VP Academic; Daryn Rainer, VP External and Jonathan Bilodeau, president.

All are fourth-year Bachelor of Business Administration students. The team aims to represent and advocate for students in many different arenas, as well as provide services for the students on campus and off.

Although they all have some set jobs, according to Head, also the deputy returning officer for the election, this team has been par-

ticularly good at collaborating. "We've formed good relationships among the four of us. And so we've been, I feel, very productive," he said. "We've been able to get a lot of work done."

In a separate interview, Bilodeau also mentioned the teamwork of this executive. "We've worked extremely hard and we're really proud of what we've done," he said.

He went on to discuss the future of the council.

"There are going to be some projects that are ongoing that we're going to actually transition into whatever the new group is starting."

Both executives believe there is a strong foundation in place for the new team to both take over existing projects and start new ones. The current council spent

time building relationships with not only the NAIT administration and students, but also the Alberta Students' Executive Council, a group representing students from all over the province that lobbies the government. They are

pleased with the state of the council as they hand over control.

So who will be taking this control? Well it's up to the NAIT students.

As noted, candidates will begin campaigning Monday, Feb. 3. On Feb. 4, at noon in the Shaw Theatre, each candidate will give a speech outlining his or her platform. These speeches will also be posted on the NAITSA website.

Elections will begin online at naitsa.ca on Feb. 7, and carry on until 4 p.m. on Feb. 13.

When asked what students should look for in a candidate, both Head and Bilodeau said, without hesitation, that the key is passion.

"Passion for the students here, passion for the student movement," Bilodeau said.

[One must be] passionate to represent students and be the voice of the students."

Head simply said, "You have to have passion if you're going to represent tens of thousands of students."



James Head

Bilodeau also mentioned a strong work ethic when he added, "This is not a walk in the park. It's for sure one of the most challenging things I've ever done but also one of the most rewarding."

Head felt the same about the challenge, adding that time management quickly becomes an important skill for executive members to possess.

The new council will begin training in March and officially take over May 1.

"I can't wait to see who the next group is going to be," said Bilodeau.

"It's exciting!"

TUITION TAX RECEIPTS for 2013

The T2202A Tuition Tax receipts for the 2013 calendar year will be available on the Student Portal late February 2014.

Please note: As in previous years, the tax receipts will not be mailed.

Point ^{Counter} Point Cable – ties that bind?



By **QUINTON BERGER** @QuintonBerger6

Cable is a thing of the past! It's no secret that technology has come amazingly far in the past few years. Our lives have become immensely enriched by the ever advancing giant that is technology. And of course, with advances in technology lots of old technology must be set aside to make room for what's bigger and better. This brings us to the death of cable (cue violins).

If you're like most people today, there's a pretty good chance you don't watch TV all that much but you do have favourite shows and movies that you watch. Well, thanks to things like Netflix (and the rise of pirating) you can do that without requiring cable. For the price of less than your cable bill, you can watch all your favourite shows and movies at your leisure. You can even find a wide selection of shows you've never seen before.

I will admit, a lot of it is not very good. But hey, for \$8 a month (or free if you Torrent), it doesn't matter! I, myself, am one of the many people out there who has removed the shackles of cable for more convenient media sources and I bet it feels similar to how the slaves felt after Lincoln freed them.

Commercials suck

While conventional TV has made us all slaves, it continues to taunt us with some of the most gruelling, agonizing punishment that seems more appropriate to come from the hands of slave drivers and brutal dictators. Of course, I'm talking about commercials.

Now, I know that commercials make people money and create jobs and blah, blah, blah ... but you can save me all that because commercials suck and everyone knows it. They take up precious TV show time, they take forever and nine times out of 10, they're terrible! I mean, honestly, how many commercials have you seen that genuinely made you want to buy a product? Chances are slim to none. This is because the majority of commercials on TV are cheesy, poorly written and annoys the viewers rather than entices them.

Thanks to our lord and savior Netflix and Torrent, we can watch TV shows without the pain of watching commercials. I can recall one instance when a commercial made me want to buy something but that's only because Dr. Dre was in it. You know that Dr. Pepper commercial where Dr. Dre's talking about how slow beats are better, then he drinks a Dr. Pepper, puts on a beat and everyone's like "Oh sh*t" and he's like "trust me, I'm a Doctor?" That commercial is bad ass.

Time wasted

Cable television has strapped us in with Stone Age wires and brainwashed us with horrible advertising. It's the engine in the machine that is the brainwashed masses. TV has not only strapped us in and brainwashed us, it also has pieces of our days (and therefore, lives) revolving around it! How, you may ask? Time slots! Cable TV shows only air at certain times of certain days. That means if you want to watch a show, you have to be in front of your TV at a specific time on a specific day. Your evening is based around watching a TV show. I know there are also things like PVR that allow you to record shows as you wish so you can watch them whenever you please, but guess what? Those things cost money! That's money you could be spending elsewhere, gaining real life experiences. Instead, you're buying a machine that records TV shows.

Well, I have all the shows I could want as well and I got all of them without cable! Cancel your subscription to cable, save some money and still see all the shows and movies you want at little to no cost.



By **ALEXANDER SAKIW**

Although people have been flooding to the convenience of other ways of viewing television, our system isn't capable of supporting only Internet-based TV and movie systems. Take me, for example. I have what you might refer to as "peasant vision." No cable, no satellite, no Netflix, just pure, straight off the airwaves, TV. "Analog," if you want to get all technical.

Where I live there is no high-speed Internet. What we run off is comparable to when your Internet hits limited connectivity. Try streaming videos through that, let alone try and game on it. The Internet is an amazing advancement but at the same time analog TV is still going to exist because the accessibility of the Internet is not for everyone. This is where you are falling short, my friend. Analog, cable and satellite TV will exist simply because some people cannot stream as fast as everyone else or because they don't have the means.

Billions of dollars made

The television industry is one where companies are made or broken along the shores of marketing and sales. Billions of dollars are made in TV and radio on sales of airtime for commercials. Billions! People aren't paying money out of the goodness of their hearts just because they like what you do (unless you are CKUA and are funded through donations). You have literally just killed our industry.

I will not save you the "blah, blah, blah," because the "blah, blah, blah" puts bacon on the table. I agree with you that commercials can be terrible but you come across some gems every now and then. Some that endear themselves to our hearts forever. "Where's the beef?" Oh, and let's not forget about the commercials for the Super Bowl. There is a lot of money that is pumped into those. As a matter of fact, people now watch the Super Bowl just to watch the commercials. That tells me they are going to be around for a long time. They probably won't be removed from our Internet-provided TV any time soon (as YouTube has shown us).

What reward?

Let's get something in the open right now; if you had the convenience to watch your favourite show, any time, you and I both know people would sit their butts down in their beds and watch *Breaking Bad* from start to finish, literally wasting an entire week of their lives. What reward is there in that? Having shows separated by a week in our real life is what makes us tune in. Every week, we wait to find out what our plucky young hero will do next or how our action star will get out of the predicament he got in last week. Suspense is what drives us all to do things. Excitement. Wonder. Mystery. Take out all the time in between and we end up wasting away in front of our computer screens, just "because it's there." It would be nice to do that but it takes away all the buildup to the next episode.

With this in mind, along with the fact that the Internet isn't really "that great" in some areas and that billions are created through advertising, I think TV will still exist, cable will still be a thing and our terribly written and over budget commercials will still plague our airwaves for years to come.



Photo by Josie Baerg

OPINION

— Editorial —

Ahead of his time



CARLY ROBINSON
Editor-In-Chief

This time last year, Chris Figliuzzi found himself as the only male participant in NAITSA's Next Top Model. Having initially entered the contest as a joke, he never saw himself actually taking first runner up and drawing so much from the experience.

"I drunkenly entered after a night at the bar with some friends who thought it would be hilarious," says Figliuzzi a former assistant entertainment editor at the *Nugget*. "I had no idea what to expect but it was really a great time. I was the only guy in the contest last year which did make me a bit nervous about how seriously I would be taken."

Gender stereotyped

Modelling is one of those highly gender stereotyped activities that bring out a lot of questions on gender roles in our society. While women who aspire to enter a male dominated industry are often met with criticism of their ability to perform in their career of choice, men who aspire to enter a female dominated one are more often than not met with simple ridicule.

However, this year the number of males participating in the campus wide modelling contest is much closer to a proportional representation than last year. Going from one to 10 is a huge shift.

Breaking with gender roles from time to time can leave you with new experiences. You never know what an experience will bring you, no matter how far out of your comfort zone.

The hardest part was actually sitting for the makeup," says Figliuzzi. "I had never had make up done before so it was weird, plus the eye liner felt like I was being stabbed in the eye!"

'Pretty funny'

"It was pretty funny, actually. I was always the last one to sit for hair and makeup but always the first one done. I still keep in contact with the girl that did most of my makeup."

Another thing Figliuzzi brought to the table was a different view on beauty in modelling.

"I also tried to be funny and put my personality into the interview and questions for the web site," he said.

"I was nice and tried to joke around with everyone from the other competitors, the people putting it on and the cameraman. I think that was probably a big help for me. It's far easier to vote for someone that you like and is easy to work with."

He believes a large portion of his success is due to his use of social media and connections with students who are doing their practicum out in the work world.

It goes to show that definitions of what a model can be does not need to be a solely look-based. Men can be models too and a strong personality can put you ahead even in such a looked-based competition.



File photo

Chris Figliuzzi, runner-up in last year's NAITSA's Next Top Model competition, poses with winner Julie Levitan, right and Inae Choi at the Nest last March after the results were announced.



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SPORTS

OLYMPIC HOCKEY

For us, it's gold or bust!



CONNOR HOOD
Sports Editor
@connorhood27

With the 2014 Winter Olympic Games starting in the next two weeks, that can only mean one thing for hockey fans – the start of the Olympic hockey tournament. One of the most, if not the most covered events of the Games brings large audiences from all over the globe and rivals only the Stanley Cup finals as the most watched two weeks of hockey in the world. One thing this tournament has that the Cup final lacks is the global appeal of the Olympics, with teams such as Slovenia, Latvia and Austria having qualified. Now with the tournament imminent and each team's rosters selected, it's time for a preview of the games and a prediction as to who will stand on the podium in Sochi in one month's time.

The host Russians are always a threat to win the gold medal and this year is no different. Led by superstar forwards Alex Ovechkin and Pavel Datsyuk, this team should have no trouble scoring. The Russians may not have a stacked blue line like Canada or the United States but with their desire and drive to win, it might not matter. It was Ovechkin, after all, who said he would leave the NHL and play in Sochi if NHL players weren't given permission to play in the games. This shows how much this tournament means to this team and anything less than gold will be considered a failure.

Ever since the International Olympic Committee let NHL players compete in the Olympics, Canada has been a favourite to win gold every four years. In the 16 years since that decision, Canada has won gold twice, in Salt Lake City in 2002 and

Vancouver in 2010 and it's no surprise this team is the pretournament favourite yet again. Looking at Canada's roster, I find no glaring weakness, only superstars from top to bottom. You know when players like Martin St. Louis and Claude Giroux don't make it, your team is pretty good. The issue I do have with Canada is their ability to play on the large ice surface. Both of their gold medals took place on the North American sized ice, and they had a miserable seventh-place showing in Turino, Italy in 2006. Team Canada's management took this issue seriously in putting together this team, with an emphasis on team speed, skill and the ability to play at both ends of the ice. I think this team is too good not to finish with a medal but, like the Russians, it's gold or bust for Canada.



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Alexander Ovechkin

Henrik Zetterberg, both Sedin twins and the Capitals' Nick Backstrom leading the charge. Goaltending shouldn't be a problem either for the Tre Kronor, as the 2012 Vezina trophy winner Henrik Lundqvist provides stability for this team. Defence may be the one question mark for Sweden, as they bring a group of young skilled defencemen including Erik Karlsson and Oliver Ekman-Larsson instead of size and physicality on the back end. After winning in 2006, expectations are big for Sweden, as they should make an appearance on the podium.

With so many strong teams and rosters in this tournament, one cannot forget the defending silver medallists – the United States. Strength in net with the likes of Jonathan Quick and Ryan Miller will win this team their share of games but what I

think is keeping them off the podium in Sochi is their offence. Can they score enough to keep up with Canada and Russia? The States are similar to Canada, with their roster loaded full of NHL talent but they lack an elite goal scorer such as Ovechkin or Steven Stamkos. It will take a scoring-by-committee approach and another MVP performance from one of their goalies for this team to equal their success of four years ago.

Another team known for its history and resume of winning is Finland. The Finns are coming of a silver medal eight years ago and a bronze four years ago. A large part of the credit for this success has to go to their unbelievably deep pool of goaltenders, all stars in the NHL. Finland has been known for years as a goaltending factory, pumping out star after star and this year's team is no different, as any one of Kari Lehtonen, Tukka Rask, and Antti Niemi could be the No. 1 in Sochi. Whoever the coaching staff goes with will be sure to steal them some games. Even with the boost from the crease, I don't have Finland finishing in the top three this time around.

Although teams like the Czech Republic, Switzerland and Slovakia are elite hockey clubs, the chances of one of them upsetting one of the top teams is slim. The Czechs bring some power on offence, with New Jersey Devil teammates Jaromir Jagr and Patrik Elias and Edmonton Oiler Ales

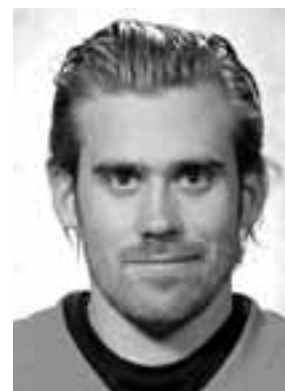
Hemsky up front. Scoring goals shouldn't be an issue for this experienced team but keeping them out of their net might be. Olympic rookie Ondrej Pavelec is slotted in as their No. 1 goalie, and his ability to stop the top teams will be put to the test.

Switzerland heads to the Games with a roster lacking NHL stars. Only 32 per cent of the team is made up NHL talent and the play of goalie Jonas Hiller is what is giving them the slim chance to have an upset.

Slovakia, on the other hand, is coming off a fourth place finish in Vancouver, yet not expected to achieve as much this time around. This experienced Slovak squad will use veterans like Zdeno Chara and Jaroslav Halak to mount a formidable defence. Slovakia has a greater chance for success at these Games compared to the Swiss or the Czechs, but a medal at Sochi seems like too much for this team.

Lastly, there are four teams that are just happy to have qualified for the Games. Norway, Latvia, Austria and Slovenia could combine their teams and still wouldn't come close to medalling at Sochi.

One thing I have learned from previous tournaments is that there will always be an upset, always a team that should have won that didn't and always a Cinderella team that will capture the hearts of fans all over the globe. I have Russia beating Canada in the final, with Sweden capturing the bronze this time around, but no matter who stands proudly on that Olympic podium after the final buzzer goes, it's sure to be a fantastic two weeks of hockey.



Henrik Zetterberg



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Team Canada 2014 jerseys

MEN'S HOCKEY

Wins bring first place

By JOSH BUCHHOLTZ
@josh10b

The ACAC version of the battle of Alberta took place this weekend, with NAIT shutting out SAIT in both games. With the wins, NAIT moves past SAIT for first place in the standings and will now get a long break with almost two weeks off before their next game.

Friday night the teams squared off in Calgary with the SAIT Trojans leading the Oaks by three points in the standings. Less than five minutes in, the Oaks found themselves on the power play when Scott Fellnermayr buried the first goal of the game. In the second, Fellnermayr sprang Killian Hutt on a breakaway, who beat Trojans goaltender Brayden Hopfe to make it 2-0 for the Oaks. The Oaks would add one more goal before the end of the per-

iod making it 3-0. Fellnermayr continued to put on a show, scoring one minute into the period and then completing the hat trick two minutes later. After the Oaks scored again to make it 6-0, things got violent with a dirty hit by Brad Drobot of the Trojans. Drobot picked up five minutes for kneeing, five for fighting, two for instigating and two game misconducts. The Oaks stayed disciplined with Kevin Carthy picking up the only penalty for the Oaks on a two-minute roughing call. On the five on three it was Jordan Abt who made it 7-0 and extended his point streak to four games. The final shots were 49 to 26 in favour of the Oaks, as Kyle Birch picked up his third consecutive shutout.

After the game, Oaks coach Serge Lajoie talked about Fellnermayr stepping up offensively.

"I think it's just a result of how he's been practising since the second half. We put him in a position where he's playing at centre and we wanted to see how he would perform at that position and I think he's feeling quite comfortable. He has been generating some chances and the puck wasn't going in, so it was a good night for him."

On Saturday, it was NAIT Alumni night at the NAIT arena. NAIT looked to continue their strong play and send the sellout crowd home happy. In the first period it was Josh Lazowski scoring on a back door pass from Liam Darragh to put the Oaks up 1-0. In the second, Jason Wark walked out of the corner and wired a wicked wrist shot top corner over the glove of Brayden Hopfe. Sam Waterfield extended his point streak to nine games with a great knockdown at the point to keep the play alive. SAIT came close to

scoring late in the first, but a strong defensive play by Abt kept it 2-0 for the Oaks.

The third period was uneventful, with NAIT protecting the two-goal lead and the Trojans unable to beat their trap. The final shots were 35-28 in favour of the Oaks, with Birch posting his fourth consecutive shutout. Birch's shutout streak now sits at 271 minutes and his record is now 11-0-0 with seven shutouts on the season.

Lajoie was happy with the results on the weekend and the play of his goalie.

"It is a mindset for our team knowing that Kyle is there. He's playing with a lot of confidence and that permeates through the rest of the team and as you can see we're getting the results with him in net."

The Oaks are not back in action until Wednesday Feb. 5, when they face the University of Augustana Vikings.

NAIT Oak forward Kyle Harris charges the net as SAIT goalie Brayden Hopfe covers up during a game at NAIT on Saturday Jan. 25. NAIT won 2-0 to sweep the two-game series.



VOLLEYBALL

Struggles continue

By CONNOR HOOD
@connorhood27

The men and women's volleyball teams were back in action this past weekend, as both teams played the cross town rivals Grant MacEwan Griffins. The Oaks volleyball teams haven't had the season either of them were hoping for, losers of a combined nine matches heading into the weekend's games.

The women lost Friday night 3-0, and followed it up by losing 3-0 again the next night. Grant MacEwan is currently ranked third and had no trouble beating the eighth-ranked Oaks. The first game on Friday night was a tightly contested match, as both teams had opportunities to win each set. The Oaks were led offensively by Shaynah Godlien, who finished with 10 kills in the first game. Jelena Saric was strong defensively, as she finished with five blocks.

The second game was similar to the first, as both teams played strong, but MacEwan again came out on top. Godlien earned player of the match, as she led the Oaks with seven kills. Head coach Benj Heinrichs felt like there were positives from his team.

"Both teams served great, MacEwan passed better when they needed to and that

was the difference. We are definitely improving and the next step for us is to handle the pressure at the end when the game is on the line."

The women next play host to Concordia on Jan. 31.

The men also took to the court for a home and home, losing 3-1 and 3-0 to the same Grant MacEwan Griffins. NAIT won the first set 25-20, and had fans thinking of an upset. That was not the case however, as the Griffins would go on to win the next three sets and the match. Jordan Teliske was named player of the match for the Oaks, finishing with 16 kills.

The second game took place on Saturday night at NAIT. The Griffins took control early, easily winning the first set 25-15. NAIT battled back in the second but ultimately dropped the set 26-24. The second ranked Griffins were just too much for the Oaks, winning the third set and extending NAIT's losing streak to six matches.

Despite the losses, Oaks head coach Doug Anton spoke confidently regarding his team.



Photo by Jesse Kushneryk

Ook left side Bryce Cardinal returns the ball as middle Spencer Voight looks on during a match Saturday Jan. 25 in the NAIT gym. NAIT lost 3-0.

"We played well at times, but could not handle MacEwan's sustained pressure and outstanding defence. Still, we're improving. We're passing well and our offence is starting to fire. If we can just stabilize our play in some areas, we may be able to make

a strong playoff run."

The men take to the floor next against the Concordia Thunder in a home and home next weekend. Concordia currently sits three wins behind NAIT for ninth in the standings.

Oil Kings dominating teams

By TAYLOR BRAAT

On Thursday Jan. 22, the Edmonton Oil Kings and the Regina Pats went head to head at Rexall Place. The Oil Kings were coming off two high scoring games against the Prince George Cougars and looked to improve upon their mini two-game win streak.

The game started off rocky for the Oil Kings as the Pats gained an early 2-0 lead in the first minutes of the game with goals from Carter Hansen and Morgan Klimchuk. It wasn't the start the Oil Kings would have wanted but a goal at the end of the first period by Curtis Lazar had the Oil Kings within one heading into the second period.

Entering the second, Lazar was off with great confidence once again and tied the game 2-2 just 1:48 into the period. The Oil Kings' leading scorer was looking for the hat trick and would pick up the rebound on the power play to make the game 3-2 Oil Kings. Lazar wasn't finished just yet. He then set up Edgars Kulda for his first goal

of the game, already having three assists under his belt. Towards the end of the game, Cody Corbett scored an empty netter to make his night a great one as well with a goal and an assist. The final score was 5-2 Oil Kings, giving them a two-point lead over Calgary for the top spot in the WHL standings.

Entering Saturday's game, there was fire in the Oil Kings' eyes as they were set to face off against one of their biggest rivals, the Calgary Hitmen. Like any good rivalry, it started with five minutes worth of penalties. Power plays were killed off and it definitely set the mood for the rest of the period as Brett Pollock and Tyler Robertson each scored a goal to put the Oil Kings up 2-0. The Oil Kings outshot the Hitmen 19-6 during the first frame in what was a very energetic period. The



Oil Kings definitely had an agenda to beat the Hitmen. Four minutes into the second frame, Pollock and Lazar combined for a total of three goals in just three minutes. Griffin Reinhart and Brandon Baddock added goals in the second period. It was

a milestone night for Henrik Samuelsson as he notched a pair of assists and reached the 100 points mark in his WHL career. Over 9,900 fans were in attendance at Rexall

to watch as the Oil Kings beat their bitter rivals 7-3 and tied them in the WHL standings with 67 points. Though tied in points, the Oil Kings had more wins than the Hitmen.

The Hitmen and the Oil Kings had another date the next night in Calgary for the chance to break the tie in the standings. After a great game from Samuelsson the previous night, the Oil Kings

looked to him again for another spectacular game. The Oil Kings had an early power play 50 seconds in but could not capitalize. Halfway through the first, Dysin Mayo put the Oil Kings on the scoreboard, connecting with Samuelsson and Mitch Moroz; 1-0. But Calgary quickly responded with a goal by Connor Rankin to even the score 1-1. Calgary scored again to go up 2-1.

In the last minute of the third period, Samuelsson was clutch again as he tied the game 2-2 with 30 seconds left in regulation. Overtime capped off what was already a great night for Samuelsson as he fed Mitch Moroz for the one-timer to win the game 3-2. Both Moroz and Samuelsson had three points.

The Oil Kings continued their hot streak Tuesday when they defeated the Brandon Wheat Kings 4-2, and now are set to play the Tri City Americans on Jan. 31 and the Medicine Hat Tigers on Feb. 1.

BASKETBALL

Men split, women swept



By **AARON BORDATO**
@aaronbordato

The NAIT men and women's basketball teams each had a pair of big games against the MacEwan Griffins this weekend. The teams both played on back-to-back days with the first matchup coming Friday night at the NAIT gym.

The male Ooks came out firing immediately following tipoff as they were able to put up 28 first-quarter points against a very strong defensive team like the Griffins. They continued their sharp shooting for the first half and sat with a comfortable 17-point lead at halftime.

Cue the dramatics. The third quarter saw MacEwan jump out to a level of play the Ooks hadn't seen before and ended with the Griffins tying the game at 66 by the end of the third. Head coach Mike Connolly laid into his guys

before the fourth and stressed the importance of coming out strong defensively and shutting the Griffins down. The guys did just that as they were able to hold the opposition to only nine fourth-quarter points and secure the 85-75 victory.



Mike Connolly
'Refocused'

"We had some bad luck and lost our composure a bit in the third but we got out of it and refocused," said coach Connolly.

"We need to maintain the same intensity but with greater commitment and discipline. All in all, I am happy with our fourth quarter defensive effort."

Ooks guard Yonas Berhe led the way on both sides of the ball as he had a game high 24 points and three steals in the win, good enough to earn him player of the game.

The battle between the teams didn't end there, as they were scheduled to face each other once

again on Saturday night at the MacEwan gymnasium.

The Ooks came out strong once again and led 48-46 at half-time but, due to their cold shooting in the second half, were not able to muster much against the MacEwan defence. Tired legs and labouring bodies were a theme in the second half as the Ooks were only able to create 30 second-half points, compared to 31 in the second quarter, which ultimately led to their 93-78 defeat. Berhe was strong for the Ooks with 22 points but had a game high six turnovers in the loss.

The weekend brought the Ooks to second place in the ACAC standings where they sit two points ahead of Grant MacEwan and six points behind first place Red Deer College. The guys will try to bounce back as they take on Concordia College in a pair of games next weekend.

The women's team was also in action on the weekend as they took on MacEwan. The two-game matchup would determine second place in the ACAC standings, and act as a possible playoff preview between the two squads.



Photo by Josie Baerg

Ooks forward Robyn Gibson takes a shot against MacEwan on Friday Jan. 24 in the NAIT gym. The Ooks lost 89-57.

The games were much less than advertised as the Griffins dominated in both games, and delivered two serious blows to the Ooks' confidence. The first defeat, in which the Ooks shot a lowly 33 per cent from the floor, came at home in the NAIT gym and was a clear one-sided performance. The girls lost 89-57 and were nowhere to be found on the glass as the Griffins dominated the rebound category 54-28.

With star player Torey Hill only playing two minutes in the game, the girls had to look for other players for scoring. Josephine Peacock was the lone Ooks player to record double digits, while Shea-Lynn Noyes recorded nine points in the loss.

Looking to rebound from arguably their worst performance of the season, the Ooks headed down the street to take on the Griffins on their home court. Their game improved from the night before and even saw the Ooks take a 36-31 lead into halftime. With cold shooting and inexperience in the starting lineup, however, the Ooks

could not hold onto the lead and let the game slip away in the fourth quarter with an eventual 73-65 loss.

Fifth-year guard Peacock earned player of the game honours with 13 points and 12 rebounds, while Shea-Lynn Noyes added 16 points and four steals to the Ooks' totals.

Despite the difficult weekend, Ooks head coach Todd Warnick felt satisfied with his team's play, and even more satisfied with the girls' ability to battle back.

"We showed great character and perseverance to come back after yesterday's loss," said Warnick. "While no one likes to lose, we played quality basketball today versus one of the top teams in the country. We can only grow from that."

The Ooks head back to the hardwood next weekend in a pair of games against the Concordia College Thunder on Friday and Saturday. The first is at Concordia, while the latter half takes place at the NAIT gym.

Tip-off for each goes at 6 p.m.



Photo by Josie Baerg

Ooks wing Adrian Curtis takes a running shot against MacEwan Friday night Jan. 24 in the NAIT gym. The men won the contest 85-75.

Athlete Profile



Player: Emma Cooley

Sport: Hockey

Position: Goaltender

Program: Business

By CONNOR CHAN
@Chanicus

At what age did you start playing hockey?

Probably age 10 or 11 – whatever second year PeeWee is.

If you had to choose someone to play you in a movie, who would it be?

Emma Stone, cause she's really, really hilarious.

Carey Price or Jonathan Quick?

Jonathan Quick, because of his technical play and he's so good down low. Plus, I also hate Carey Price.

What is one thing you do to get ready before a game?

I do a certain routine in the exact order every single game. If not, I don't feel right.

Who is your celebrity crush?

Skylar Astin or Ryan Gosling. I can't decide because both are complete babes.

What is your strongest attribute on the ice?

I'd probably say my technical game. It's something that I've always worked on every year and see improvements every year.

What is your biggest accomplishment in your hockey career?

Playing in State Wars (which is an Inline Tournament) and playing for Team Alberta. We went to Chicago and won gold. Best week of my life!

Who would you say is the weirdest person on the team?

Everyone says me but I beg to differ. I'd say Wags (Laura Wagner).



Athlete Profile



Player: Kyle Harris

Sport: Hockey

Position: Forward

Program: Radio and Television

By CONNOR CHAN
@Chanicus

At what age did you start playing hockey?

Started skating at the age of 3, then got into organized hockey when I was 4.

If you had to choose someone to play you in a movie, who would it be?

I would pick Taylor Kitsch, the guy that played Tim Riggins in the *Friday Night Lights* series.

Crosby or Toews?

Such a hard one to answer. Crosby in my opinion is the best skilled player. But I'd pick Toews due to his winning record and all around play.

What is one thing you do to get ready before a game?

Get a little sewer ball action in with the boys.

Who's your celebrity crush?

As of late it's been Jennifer Lawrence but Margot Robbie from *The Wolf of Wall Street* is up there. Talk about a smoke show.

You're wearing an "A" this season. How did it feel to be named an alternate captain.

It was an absolute honour. To be looked upon as a leader on and off the ice by your peers is always a great feeling.

What is your biggest accomplishment in your hockey career?

Winning the ACAC last year. Never won anything in hockey before, and doing it last year was such an unbelievable feeling.

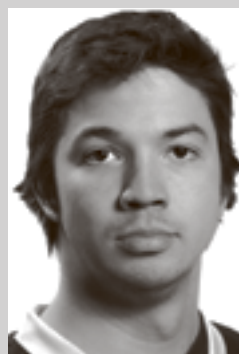
Who is the biggest chirper on the team?

Ha, ha I'd have to say myself or either Carthy and maybe Johnson. We all can get caught up in verbal battles with opponents.

Athletes of the week

January 20-26

**Kyle Birch
Hockey**



Kyle has been sensational over the past four games, posting consecutive shutouts. This past weekend he shut out the SAIT Trojans 7-0, stopping 26 shots Friday in Calgary and 33 more in a 2-0 win Saturday at NAIT. The previous weekend, he picked up two more shutouts in games against Briercrest, making it 260 minutes of shutout hockey. "Kyle has been able to absorb any sustained pressure our opponents have thrown his way ...," said head coach Serge Lajoie. "... what Kyle has done over the past four games is nothing short of remarkable." Kyle is a third-year Business student from North Battleford, Saskatchewan.

**Andy Ko
Badminton**



Andy had a tournament to remember this past weekend for the NAIT badminton team at the Badminton Alberta Series event at the Royal Glenora Club. Ko won the men's singles event and then teamed up with Lei Chen to capture the men's doubles. "Andy had a remarkable tournament this past weekend," said head coach Jordan Richey. "Winning an event at an Alberta Series event is a tough task and Andy won two. His versatility gives our coaching staff options heading into the nationals qualifying weekend Feb. 15." Andy is a second-year Denturist student from Edmonton.

Cheer hard!

By KEVIN MAHER
@kevinmaherv

The Sochi 2014 Winter Olympic Games are only a week away, and the Canadian Olympic Team is looking to build off their terrific showing in 2010. One of the sports that Canada has always fared very well in is men's and women's curling, so it shouldn't be a surprise that both Canadian contingents are looking very strong heading into this year's Winter Olympic Games.

The Canadian Olympic curling teams were decided this past December in Winnipeg at the 2013 Tim Horton's Roar of the Rings curling trials. The week-long trials did not disappoint avid curling fans, with the likes of Kevin Martin (2010 Olympic gold medalist), Brad Jacobs (2013 Brier champion), Brad Gushue (2006 Olympic gold medalist), Rachel Homan (2013 Scotties Tournament of Hearts champion) and Jennifer Jones (four-time Canadian champion and former world champion) battling it out for the chance to represent Canada in February. In the end, the 2013 Tim Horton's Brier champion, Team Jacobs, and former world champion, Team Jones, walked away winners and will now be wearing the Maple Leaf on their backs in Sochi.

Team Jacobs is Brad Jacobs (skip), Ryan

Fry (third), E.J. Harnden (second), Ryan Harnden (lead) and Caleb Flaxey (fifth). Team Jones is Jennifer Jones (skip), Kaitlyn Lawes (third), Jill Officer (second), Dawn McEwen (lead) and Kirsten Wall (fifth).

Both teams are coming off from representing North America at the Continental Cup in Las Vegas this month, and have now focused all their attention on the Winter Olympic Games. Brad Jacobs' rink hopes to defend Canada's gold medal performance in 2010, whereas, Jennifer Jones' rink is looking to return Canada to the top,

after Canada came up just short of a gold medal with a respective silver showing in Vancouver.

Canada has won this tournament a total of three times since curling entered the Olympics for the 1998 games in Nagano, Japan.

The men have won twice, while the women have only won in 1998. The women also hold two bronze and silver medals and the men two silvers on top of the golds.

Although both Canadian Olympic curling teams are favoured, they will face stiff competition. Norway, Great Britain and Sweden always field a good men's team, while Sweden, China and Switzerland have the best shot for the women.

Olympic Curling coverage starts Feb. 10 on CBC.



ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
NAIT	22	17	17	4	1	0	107	33 35
SAIT	23	16	16	5	0	2	98	56 34
Red Deer	24	16	14	7	1	0	88	63 33
Augustana	24	14	14	6	1	3	100	62 32
MacEwan	21	11	10	9	0	1	79	73 23
Concordia	21	8	7	11	1	1	64	79 18
Portage	21	7	7	13	0	1	59	89 15
Keyano	22	4	4	17	1	0	57	90 9
Briercrest	24	4	4	20	0	0	48	155 8

RESULTS
January 24
NAIT 7, SAIT 0
Briercrest 4, MacEwan 3
Augustana 7, Keyano 2
Concordia 3, Red Deer 2
January 25
NAIT 2, SAIT 0
Briercrest 2, MacEwan 1
Augustana 6, Keyano 2

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
No league games played

MEN'S BASKETBALL

Team	Div	GP	W	Div	Inter	Div	W	L	Pts
Red Deer	S	16	6				8	14	2 22
NAIT	N	15	6				5	11	4 16
Lethbridge	S	14	5				5	10	4 15
Concordia	N	15	5				5	10	5 15
MacEwan	N	15	6				4	10	5 14
Grande Prairie	N	15	5				4	9	6 13
Briercrest	S	16	5				4	9	7 13
Medicine Hat	S	16	5				4	9	7 13
Lakeland	N	15	4				4	8	7 12
Keyano	N	15	4				3	8	10
Augustana	N	17	2				4	6	11 10
St. Mary's	S	16	3				3	6	10 9
SAIT	S	16	2				2	4	12 6
King's	N	17	2				1	3	14 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 24
NAIT 85, MacEwan 75
Concordia 61, Keyano 59
Lakeland 81, King's 66
Red Deer 109, Briercrest 73
SAIT 77, Medicine Hat 71
Lethbridge 81, St. Mary's 70
Grande Prairie 86, Augustana 85
January 25
MacEwan 93, NAIT 78
Concordia 87, Keyano 75
Briercrest 101, Red Deer 96
Grande Prairie 73, Augustana 66
Lakeland 79, King's 78 (OT)
Lethbridge 94, St. Mary's 70
Medicine Hat 83, SAIT 74

WOMEN'S BASKETBALL

Team	Div	GP	W	Div	Inter	Div	W	L	Pts
Augustana	N	17	9				7	16	1 23
MacEwan	N	15	7				7	14	1 21
NAIT	N	15	4				7	11	4 18
Lethbridge	S	14	6				5	11	3 16
Lakeland	N	15	5				5	10	5 15
Grande Prairie	N	15	5				4	9	6 13
Medicine Hat	S	16	6				3	9	7 12
Concordia	N	15	3				4	7	8 11
SAIT	S	16	5				3	8	8 11
Keyano	N	15	1				4	5	10 9
Red Deer	S	16	5				2	7	9 9
Olds	S	14	2				3	5	9 8
King's	N	17	0				2	2	15 4
Briercrest	S	16	2				0	2	14 2
St. Mary's	S	16	0				0	0	16 0

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

RESULTS
January 24
MacEwan 89, NAIT 57
Concordia 54, Keyano 53
Lakeland 76, King's 68
Red Deer 68, Briercrest 57
SAIT 53, Medicine Hat 47
Lethbridge 79, St. Mary's 22
Augustana 70, Grande Prairie 58
January 25
MacEwan 73, NAIT 65
Concordia 66, Keyano 57
Red Deer 58, Briercrest 49
Augustana 86, Grande Prairie 66
Lakeland 66, King's 41
Lethbridge 79, St. Mary's 22
SAIT 78, Medicine Hat 42

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	%
S	Red Deer	14	14	0	42	4	1.00
N	MacEwan	16	15	1	46	9	.938
S	Medicine Hat	16	12	4	37	24	.750
S	SAIT	14	10	4	34	16	.714
S	Augustana	14	8	6	28	22	.571
S	Briercrest	14	7	7	31	27	.500
N	Gr. Prairie	16	8	8	29	29	.500
N	Lakeland	16	6	10	22	36	.375
N	NAIT	14	5	9	18	30	.357
N	King's	14	5	9	23	27	.357
N	Keyano	14	4	10	20	32	.286
N	Concordia	14	2	12	9	38	.143
S	Olds	16	0	16	3	48	.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 24
MacEwan 3, NAIT 1
(20-25, 25-22, 25-21, 25-23)
Red Deer 3, Briercrest 1
(25-15, 25-23, 23,25, 25-14)
SAIT 3, Concordia 0
(25-23, 25-20, 25-21)
Augustana 3, Grande Prairie 1
(25-18, 29-27, 24-26, 25-16)
Medicine Hat 3, King's 2
(25-19, 20-25, 25-12, 23-25, 15-6)
Lakeland 3, Oids 1
(25-22, 25-14, 22-25, 25-19)
January 25
MacEwan 3, NAIT 0

(25-15, 26-24, 25-20)
SAIT 3, Concordia 0
(31-29, 25-12, 25-12)
Red Deer 3, Briercrest 2
(26-24, 23-25, 25-19, 21-25, 15-12)
Augustana 3, Grande Prairie 0
(25-23, 25-23, 25-22)
Medicine Hat 3, King's 0
(25-16, 25-17, 25-20)
Lakeland 3, Olds 0
(28-26, 25-21, 25-19)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	16	16	0	48	4	32
N	Gr. Prairie	16	14	2	45	20	28
N	MacEwan	16	13	3	44	11	26
S	Briercrest	16	11	5	35	25	22
N	King's	16	11	5	34	19	22
S	SAIT	16	10	6	37	26	20
S	Olds	16	9	7	37	27	18
N	NAIT	16	7	9	23	34	14
S	Lethbridge	16	7	9	26	30	14
N	Lakeland	16	6	10	25	34	12
S	Augustana	16	6	10	25	36	12
N	Keyano	16	2	14	18	45	4
N	Concordia	16	0	16	6	49	0
S	Medicine Hat	16	0	16	4	45	0

RESULTS
January 24
MacEwan 3, NAIT 0
(25-22, 26-24, 25-21)
Red Deer 3, Briercrest 0
(25-23, 27-25, 25-22)
SAIT 3, Concordia 0
(25-20, 25-11, 25-22)
Grande Prairie 3, Augustana 1
(25-11, 22-25, 25-14, 25-18)
Lethbridge 3, Keyano 0
(25-23, 26-24, 25-20)
King's 3, Medicine Hat 0
(25-17, 25-17, 27-25)
Olds 3, Lakeland 1
(25-19, 22-25, 25-19, 25-22)
January 25
MacEwan 3, NAIT 0
(25-22, 25-17, 25-15)
SAIT 3, Concordia 1
(25-17, 25-23, 25-27, 25-13)
Red Deer 3, Briercrest 0
(25-14, 25-17, 25-21)
Grande Prairie 3, Augustana 0
(25-14, 25-14, 25-19)
Lethbridge 3, Keyano 0
(25-17, 25-19, 25-14)
King's 3, Medicine Hat 0
(25-19, 25-13, 25-20)
Olds 3, Lakeland 1
(22-25, 25-19, 25-20, 25-13)

HOME GAME SCHEDULE

VOLLEYBALL

FRI JAN 31
WOMEN'S @ 6:00PM
MEN'S @ 8:00PM

VS

BASKETBALL

SAT FEB 1
WOMEN'S @ 6:00PM
MEN'S @ 8:00PM

VS

WOMEN'S HOCKEY

SAT FEB 1 @ 7:00PM

VS

2014 BIG KAHUNA/CCAA BADMINTON NATIONAL CHAMPIONSHIP
Championnat National de Badminton ACSC
February 27 - March 1, 2014
NAIT, Edmonton, Alberta

ENTERTAINMENT

Lamenting loss of Ookfest



QUINTON BERGER
Entertainment Editor
@QuintonBerger6

It's pretty much known to every student in the school that NAIT is one of the best schools around. We get hands on experience from instructors who know exactly what they're talking about and there's never a shortage of things to do. We always have events and guests coming into the school for students to visit and take part in. That's why I was surprised to find out that Ookfest is no longer held at NAIT.

For those who may not know, Ookfest used to be NAIT's annual "back to school" party that was held every October. Ookfest's reputation quickly grew, making it one of Western Canada's back to school parties. I remember hearing about Ookfest on the radio back when I was a kid, before I knew what NAIT was or even knew that I wanted to come to this school. As for the lineups at Ookfest, oh my god! This wasn't just some low funded

Battle of the Bands event, this was the real deal. Past Ookfest lineups have included the likes of Swollen Members, Metric, Bif Naked, Yellowcard, even Vanilla Ice. That's right, we had Vanilla Ice at our festival!

So why did Ookfest stop? From everything I've read online, this was the party to be at. It recoded attendances in the thousands, raised a ton of money and brought some of the best talent in Canada (and Vanilla Ice)! I've tweeted NAIT and NAITSA, asking them about this and they answered that it was a long story. I'm sure at the end of day it came down to an insurance type of thing, which is understandable. Any sort of large scale event is bound to have its problems. You get people there who can't handle themselves at a party, people who don't respect the property and leave garbage around the place and the unavoidable noise complaints that usually come with concerts. It's understandable but in this case, I feel Ookfest had more potential to do more good than bad.

Nothing raises spirits better than live music events and parties (having been to several I feel I have the authority to say that). So why not keep the good vibes going. Picture this, you're at a massive party, you're surrounded by your classmates, meeting tons of people from other programs and seeing some of Canada's best artists in person! That sounds amazing, sure

to set an amazing tone for the amazing year you're sure to have.

Ookfest sounds like something every student could be proud of. Every article I read in *The Nugget's* online archives spoke incredibly highly of it and while I don't know any of the factors that lead to it being stopped, I have an idea for Ookfest, which would add even more spirit and heart to it.

What if instead of a back to school party, we made Ookfest an end of the year party, an end of the year party that all the students helped organize, build and launch. Think about it, we could get all the engineering and electrical stu-

dents to build the stage and lighting. We could get business students to promote the event and get it all organized, radio students to do on air coverage and promotions, culinary students to make food and stuff during the event, along with a ton of other programs that could be involved. How amazing does that sound?! A massive party by the students for the students, with all the money raised going to the students (well to NAIT, but still). I think this is an awesome idea but there's only one way to bring it to fruition. We all need to band together, put our game faces on and get Ookfest back at NAIT!



www.flickr.com

Metric performs at Ookfest in 2006.

February Event List

- 1 NNTM Industry Night
- 3 Clubs Connection
- 3, 5, 7 How to Guitar
- 4 Executive Council Speeches
- 5 Learn How to Write a Resume
- 6 Clubs Showcase
- 7-13 Executive Council Voting
- 8-9 NNTM Photo Shoots
- 13 2nd Clubs Social
- 17-21 Reading Week
- February 24 - March 14 NNTM Voting



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape . . .



By KATIE PUIM

Parachute
"White Dress"

"White Dress" by Parachute is a song that has a pop and country flavour, making any fan of this music genre fall in love. With its strong guitar riffs and a steady drum beat, this is the perfect song that will add to a fun summer night out with your friends.

...

Neon Trees feat. Kaskade
"Lessons In Love"

The alternative rock band, Neon Trees teamed up with EDM producer Kaskade to create a fresh and fun track. The strong bass progression at the beginning of the song pulls you in and the lyrics get you singing along. Not a fan of rock music? No worries! This song balances the music genres of rock and dance perfectly, making it

an original song that you will love.

...

Imagine Dragons
"On Top Of The World"

Imagine Dragons has come together to create a positive anthem for anyone who is having either a great day or a horrible day. This is an upbeat song that can change your bad mood and get you singing along, or make you even happier on a good day. From its rhythmical clapping at the start to its cute guitar melodies, this song will be stuck in your head for days!

...

One Republic
"Counting Stars"

"Counting Stars" starts out with a smooth acoustic sound before its dance-rock mood comes through. With its indie, dance-rock vibe, this song makes for a great listen! Whether you're out with friends or you're getting ready for a night on the town, this song will get you excited and is the ultimate anthem for having fun.

...

Kelly Clarkson
"Catch My Breath"

The American Idol alumnus is back with a new hit and a new message!

'Catch My Breath' is the perfect listen when you're feeling down or when you find yourself stuck in a stressful situation. With its upbeat sound and inspiring lyrics, this song is sure to cheer you up on a bad day.

...

Zedd feat. Liz
"Hourglass"

Now I'll admit that I'm not much of an EDM fan but listening to this song always makes me want to dance. "Hourglass" starts off with a clock ticking, which draws you in and makes you curious about the song. Another strength that this song has comes from



www.trendingrecords.com

Liz's phenomenal vocals, which really compliments the song and makes you want to dance.

...

City and Colour
"Thirst"

If I could describe this song and band in one word it would be brilliance. City and Colour has always come out with quality rock songs and they are personally one of my favorite bands to listen to. The riffs are catchy and interesting; it makes you want to nod your head along to the beat. Dallas Green has a hypnotizing voice that stands out above most artists. When you listen to the lyrics it's like poetry, very heartfelt meaningful lyrics. 'Thirst' is one of the many great songs off his brand new album *The Hurry and the Harm*.

...

Passion Pit
"Alright"

This song is a quality break song, not a sappy sad song. It is infused with synths and it is also an upbeat and positive song. I highly recommend this song to anyone who is going through a break-up as this song will keep your spirits high.

FEBRUARY 14

Valentine's Day Special-Bottle of Jacob's Creek Shiraz Cabernet - \$20

FEBRUARY 17-19

Closed for Reading Week

FEBRUARY 20, 21

Open 10am-6pm

FEBRUARY 27

Plunder the Night - 3-6pm - Enjoy Black Sheep samples, prizes and airbrush tattoo station with the Black Sheep Street Team!

The Nest – the home of Team Canada on campus! Enter to win a Canada jersey with the purchase of a Team Canada 16oz. domestic pint or Crazy Canuck shooter!



NAIT Main Campus, Room S110 | Mon - Fri 9am - 8pm
780.474.0121 | www.nesttaphousegrill.com

Jack knows his burgers

By JORDAN WARDELL

Jack's Burger Shack is a cosy little restaurant hiding on the main street of downtown St. Albert. It is pretty easy to miss as you drive by but it is definitely a hidden treasure. The place only has seating for about 30 or so people by the looks of it but that doesn't mean they don't draw a big crowd. I went for lunch on a Friday around noon and the place filled up within 15 minutes.

When you walk in, there is a till right up front with the grill and kitchen directly behind it. I don't know if everyone likes this setup but I know that I like to see my food being prepared. There are three chalk boards on the wall displaying a hand written menu with a choice of nine burgers, six sides and a variety of milkshakes and drinks. One thing that I really loved is that they have a "DailyBurg" which changes every day and takes a contemporary twist on a homemade burger.

These burgers broke the cookie cutter mould that most restaurants have when it comes to burgers. The burgers aren't perfect circles and sometimes the patty is bigger than the bun. I know I made a mess of mine by the end but it didn't bother me at all. The bun was soft and fresh, and the all-beef patty was tender and perfectly seasoned. If you aren't a big fan of buns they also offered the option to wrap the burger in lettuce or use two grilled cheese sandwiches instead.

The food was very reasonably priced for the quality; however you do pay for your burger and side separately. If you

aren't a beef fan, they have a vegetarian option but chicken fanatics are out of luck. If you are in the mood for a "burg," as they call them but are tired of the typical lettuce, tomato and onion topping, then Jack's Burger Shack is a place I strongly recommend.

They have everything from your classic burger to burgers with potato chips on them and even a poutine themed burger with cheese curds and gravy on it.

If you are ever venturing out to St. Albert and are in need of some grub, then

Jack's is the place to be. But you need to watch your timing as they are open from 11-2 for lunch and then open again at four for dinner. I have yet to see Jack's not fill up when they are open but it is well worth the wait.



Jack's Burger Shack is a St. Albert treasure.

www.jacksburgershack.ca

The Mighty Steeds riding high

By AARON BORDATO

What is there to say about The Mighty Steeds? They are just a group of three local guys who like to play fast, loud punk rock music. There are no gimmicks, no false egos

and no pretension about them. Formed in February 2013, the Steeds have been playing shows around Edmonton to both empty and packed rooms alike. The three-piece, comprised of vocalist and guitarist Nick Lucas,

vocalist and bassist Blake Basaraba and drummer Matt Bordato deliver a fun, high energy performance that sparks the punk in all of us. Playing under the banner, "Mediocrity at its finest," the Steeds seek to blow minds and have fun.

"We just want to play shows, drink beer and have fun," says Bordato. "We try not to take ourselves too seriously. When we started the band, all three of us agreed that we would do this to have fun; not to try and become famous and definitely not to play music that isn't representative of who we are as people. The worst bands are bands that play music they think others want to hear, as opposed to what they truly want to write and perform."

As someone who has been to multiple Mighty Steeds shows, I can confirm that their modest attitude is truly reflected in their performance. Regardless of whether or not the venue is empty or full, the Steeds give a performance that shows how much they genuinely enjoy performing. While sloppy at times, their set includes many fast, hard-hitting tunes. Drawing influence from such punk bands as Bad Religion, NoFX and

Lagwagon, the Steeds have a sound that fills listeners with feelings of nostalgia and memories of the Tony Hawk's Pro Skater soundtracks.

At the moment, the Steeds play every show they can get.

"We are hungry to play," said Bordato. "Being on stage is one of the best feelings in the world. We just want to share our music with as many people as we can. If they don't like it, that's OK. It's not music for everyone."

And that pretty much sums up the entire experience that is The Mighty Steeds. At more than one show a fight has broken out in front of the stage, no doubt incited by excessive drinking and aggressive dancing. So it is safe to say that if you do not like loud, fast and drunk musicians, you probably should not attend a Mighty Steeds show. However, if you like to rock out, sing loud and have a good laugh, you should consider checking out their Facebook page and keeping up to date on upcoming shows. The next show is set for Feb. 15 at the Brixx downtown. Do the right thing, support local Edmonton music.



The Mighty Steeds

Facebook



DANIIL ANSELM

“What do you think of Daryl Katz’s letter to Oilers’ fans?”



“The team needs to rebuild around a larger group of core players, not just a couple guys.”

Tasha Frey



“I’m not sure! I need to katzup on the news!”

Jacob Kalinowski



“Can’t say I’m surprised ... he basically said thanks for all the support and money for the arena but I didn’t ask for your opinions. Kevin Lowe is my best bud.”

Matt Fowler



“Sackless”

Jordan Bussiere



“Pfft ... not even worth giving any thought.”

Jeremy Weerasooriya

Age of Aquarius is here

By **QUINTON BERGER**

@QuintonBerger6

Edmonton’s Electronic Dance music scene has blown up over the past few years. The scene that began as a relatively underground circuit consisting of a few shady clubs has thrust itself into Edmonton’s mainstream.

The city is even home to a number of different companies who collaborate with artists to put on massive electronic parties in venues as big as the Shaw Conference Centre. There are a few shows happening this weekend but if I had to recommend one to check out, it would be Age of Aquarius being brought to us courtesy of Zodiac Series and United Bass Collective.

Unlike other companies in the city, the shows put on by Zodiac Series provide more of a festival kind of vibe, bringing in a different crowd than those at your more mainstream shows, along with a number of different artists and vendors.

“We try to portray the different elements of a festival, rather than having a regular bar show or club show,” explains Francesco Maio of Zodiac Series and Astral Harvest music festival in a recent interview.

“Age of Aquarius features two Astral Harvest headliners along with some live painters and body painters. There’ll also be art for sale.”

Zodiac Series has come from humble beginnings after starting as a single show, drawing inspiration from Western Canada’s premier electronic music festival, Shambhala.

“We started off doing shows, each themed

as different Zodiacs and then it eventually became its own company,” says Maio. “After going to our first Shambhala, we realized that vibe was missing here in the city so we started putting on shows focused on décor and community.”

Age of Aquarius features a variety of attractions including over 10 different producers and DJs from within the Edmonton area and around the world. At the head of this lineup is the multi-genre’d powerhouse, Love & Light.

Love & Light’s music breaks all the molds, piling into something amazing that defies classifica-

tion. Having originally started at Burning Man (a desert festival in Nevada), the group has gone global and have performed at such festivals as Coachella, Shambhala and Earth Frequency. Love & Light’s performances alone make Age of Aquarius a show you don’t want to miss.

Also heading the lineup is UK based jungle drum and bass duo, Serial Killaz. Serial Killaz’ unique blend of reggae music and drum bass has made the duo very popular among not only fans but other producers. Also headlining the show is bass music producer, G Jones and German dance producers CMC & Silenta.

“While this show is happening, there’s also this big Excision show so we thought it’d be a great idea to work together and cross promote, because it’s all about community” explains Maio.

“I’d describe the Excision show more like a Village (a stage at Shambhala) kind of vibe, whereas we’re pushing more of a Fractal Forest (also a stage at Shambhala), funky vibe.”

Age of Aquarius is being held Saturday, Feb. 1 at the Starlight Room. Tickets are \$25 and can be purchased at Foosh on Whyte Avenue or at the door.

Zodiac Series has been putting on shows for quite some time now in the Edmonton area, gaining a much deserved following in the city’s EDM scene. They’ve come a long way since forming in 2010 and every show they put on gets better and better.

“I love putting on these shows,” says Maio. “I like to contribute to humanity through art and culture.”



VOTE FOR YOUR EXECUTIVE COUNCIL REPRESENTATIVES

Online Voting

Feb 7 12am - Feb 13 4pm

Poll Stations

February 13 10am-2pm

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre
Engineering Technologies Annex Building | North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus) | South Campus | Patricia Campus

For **more** detailed **information** and to
hear our stories please **visit us online** at
naitsa.ca/ec

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your voice, your vote



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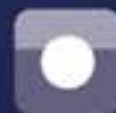
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VP Academic

VP Student Services
VP External



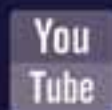
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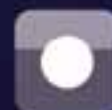
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rm e-131

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Jan. 30-Feb. 5

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

Aquarius (Jan. 20-Feb. 18)

You need some alone time! Your heart is with those around you at this time and it's stressing you out! Take some time apart from friends and drama, and do something just for you. You'll know when you feel ready to re-engage with the world. Avoid spiders this week.

Pisces (Feb. 19-March 20)

Love is in the air for you, Pisces! Don't worry about rushing into something scary – sometimes it's good to take a chance. Reach out and take the good things in your life before they pass you by. You will solve a mystery this week.

Aries (March 21-April 19)

You are taking charge of your

future at this time and your efforts are being rewarded. It seems like you're taking on more than you can handle but your drive and determination will inspire others. Avoid negative people.

Taurus (April 20-May 20)

People are taking advantage of you! Realize that it's alright to say no! Do the things you have to do and let others do what they have to do; don't shoulder more than your share of the burden. Someone unexpected will make your life better.

Gemini (May 21-June 21)

Gemini, it's OK. Things are really stressful for you right now and you're feeling the tension building. Take time for yourself but remember that you have friends and you don't have to go through it all alone. Watch *Animal Planet* to take your mind off things.

Cancer (June 22-July 22)

Your body is telling you to slow down! Have you been eating right? Sleeping enough? Playing enough? You need to find some balance right now, otherwise you'll crash hard. A mentor will notice your accomplishments.

Leo (July 23-Aug. 22)

You have a secret admirer but you are too busy to notice! You must decide whether your happiness lies in your own accomplishments or in the company of others. Weigh your options carefully. Redecorate your room.

Virgo (Aug. 23-Sept. 22)

Life isn't happening fast enough for you. You need a challenge at this time. Try something new! Now is the time for you to do something you've always wanted to! You may be pleasantly surprised. Good things will come in threes for you this week.

Libra (Sept. 23-Oct. 22)

Something is scaring you this week. It could be a romantic commitment or a scholastic presentation but whatever it is, it has you completely paralyzed. Find a unique solution to confront your fear. You will get good news from an old friend.

Scorpio (Oct. 23-Nov. 21)

Something is making you mad. Is it your job? Your classes? Your friends? Figure out what's been making you grumpy and address it to make things

better. Remember that sometimes patience works better than force. The grass isn't always greener on the other side.

Sagittarius (Nov. 22-Dec. 21)

Something has changed your perspective recently and you're not sure how to handle it. Keep in mind, new things aren't bad! You may be questioning some things in your life right now but don't worry, this change is for the better. Embrace nature this week.

Capricorn (Dec. 22-Jan. 19)

Your strength will be needed by those around you this week. Though you are doing your best, your efforts may not be outwardly recognized by those around you. Hang in there and remember that nothing lasts forever; this too shall pass. The colour red will bring you luck.

7 steps to health

OTTAWA (CUP) — If you make health and fitness a priority you will start seeing results before you know it. Here are seven simple steps to get you closer to turning your crazy dreams into real results.

1. Be realistic. When starting a new fitness program or routine, always ask yourself "Is this realistic?" The answer should be, "Yes, I can commit to that."

2. Look at your nutrition. Stop and look at your plate. Make sure it's not filled with only meat and carbs. Get yourself a "vegucation." The more colour you see, the more likely you're getting good nutrition.

3. Drink eight cups of water per day. It will help you burn calories more effectively and stay hydrated, which will keep you going in the long run.

4. Track your calories and make sure you are eating enough of the right calories.

Most women need 1,400 calories a day and men need 1,800. We all need a mix of calories from protein for muscle and complex carbs like fruits and veggies for energy.

5. Get moving. Pick a workout plan that works for you. Whether it's walking, running or hitting the gym, make sure you'll enjoy it. You're not always going to look forward to your workouts, but if you're not really enjoying them, you need to change it up.

6. Stay motivated. Find out what gets you amped. It is only when you combine motivation and a good workout plan that workouts become less of "I've got to do" and more of "I want to do."

7. Be consistent. Track your days. Keep a notebook or put a dot in your calendar to make sure you stay consistent. So many people think they are being consistent but they really aren't.

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Museum visit with a twist

By **CARLY ROBINSON**
@carlydionne

What is the best possible way to get people excited about the new downtown museum starting construction?

Those who attended the Royal Alberta Museum's sneak peak of what to come on Friday the 23rd, called Museum After Dark, left with a feeling of change surrounding what the establishment has to offer.

The message when announcing the changes that come with the move is that it will be a total metamorphosis. Not only will it be a new, open-design building with 31 bathrooms but it will show innovation in how information is displayed. However, the Friends of the Royal Alberta Museum (FRAMs) where not about to wait the 43 months of construction to get started with the changes. The event was just one way to get the message out so that people can be prepared.

B. J. Normand of FRAMs said that the event was one to attract a newer audience. While

most of their past openings were geared for members only, the opening of Chop Suey on the Prairies was such a huge success that they wanted a repeat of the outcome.

"We looked at what made that successful and it was the social media push behind it as well as just the demographic we were going after."

Turns out, the demographic is a mature yet younger crowd.

"We decided to go after that demographic again," said Normand. "Push the food side, because Edmonton is becoming a very big food community. And you know, lure them in with the great prizes we have and the ability to have a behind the scenes peek at the new museum we are going to have."

The event also gave adults an opportunity to have some fun in an adults only setting. The exhibits, so often found with swarms of kids, played host to an excited group of adults, getting to try their hand at some of the hands-on learning experiences in the Pat-



Photo by Ben Turner

NAIT Digital Communications Specialist Linda Hoang socializes at the recent Museum After Dark event at the Royal Alberta Museum.

tern Wizardry exhibit. They then had a chance to run around the museum in an interactive game of bingo, needing to find answers to trivia questions found around the displays. The grand prize was a "cooks tour" of the current Royal Alberta Museum, as well as a

behind the scenes preview tour of the new downtown location before it opens.

"At our first meeting we said 'Aw, you know, 50 people would be great, 100 would be amazing,' and yesterday we hit 225 people and were just blown away."

The overall feeling that was given off by the FRAMs members was appreciation. They had a taste for change, and were more than happy to embrace it. Look for more events put on by the FRAMs, at the old and the new locations.

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Slacktivism – more harm than good?

By **JESSE COLAUTTI**
The Fulcrum
(University of Ottawa)

OTTAWA (CUP) – As I poured over my news feed on Facebook during the holiday break, it was hard not to feel inadequate compared to the growing number of students engaged in humanitarian efforts. Links to documentaries focused on particular injustices, status updates liked by hundreds stating a startling fact about inequality and cover photos graciously donated to the cause of climate change have seemingly become the new norm for activism.

But are such armchair efforts really doing that much to make the world a better place? Research suggests a resounding no. The fact is that much more good would come from students by simply making more conscientious spending decisions.

Little involvement

The Oxford English Dictionary defines slacktivism as “actions performed via the Internet in support of a political or social cause but regarded as requiring little time or involvement.” You might recognize it in the online petitions asking for you to share or like a page and, while these efforts no doubt increase outreach for many issues facing the world today, research shows they do very little to benefit the causes themselves.

A study by the University of British Columbia suggests that slacktivism may actually result in fewer donations for causes.

“Our research shows that if people are able to declare support for a charity publicly in social media, it can actually make them less likely to donate to the cause later on,” said co-author Kirk Kristofferson said in a statement to CTV News.

The Swedish division of the United Nations Children’s Fund (UNICEF), who ran a campaign called “Likes Don’t Save Lives” earlier this year, which included a 10-year-old orphan speaking to the camera, shared such a sentiment.

“Sometimes I worry that I will get sick, like my mom got sick. Then who will look after my brother?” said the child, captioned in English.

“But I think everything will be alright. Today, UNICEF Sweden has 177,000 likes on Facebook. Maybe they will reach 200,000 by summer. Then we should be alright.”

So, what is a better way to address some of the world’s problems? One solution involves simply spending money. It’s called ethical consumerism.

Ethical consumerism isn’t a new idea. The principle behind the idea – that you can promote change by supporting only companies that follow ethical practices – comes from a foundation of capitalism that is as old as Adam Smith: supply and demand.

If enough consumers support companies that contribute beneficially to solving the world’s issues, then demand for those products will rise, as will the profits of companies who supply such ethical services and products. Such a process should, in theory, force unethical companies to adapt to more ethical standards or risk financial downfall.

A great example of this concept was presented in the 2008 documentary *Food Inc.*, which showed how Stonyfield Farm was able to get its organic yogurt distributed in Walmarts all across North America.

But according to the 2008 Statscan General Social Survey, only 28 per cent of Canadians aged 20 to 24 said they had chosen or boycotted a product for ethical reasons. It seems that students, perhaps from a lack of disposable income, are not letting ethics affect their purchasing power.

Free-trade coffee

Choosing to buy certified free-trade coffee is one way to make a statement to such coffee giants as Starbucks and Tim Hortons.

One of the best ways we can promote change is through choosing cellphones that are not only ethically produced, but also have a lifespan of more than one or two years. According to the United Nations Environment Programme (UNEP), 20 to 50 million tons of e-waste are generated worldwide each year, a huge part of which consists of mobile phones. In 2010 alone, the United States was responsible for the disposal of 152 million mobile devices.

Resisting the urge to upgrade our phones each year might force cellphone companies to develop products that are promoted by their durability rather than the size of their screens.

We need to start focusing less on expressing how offensive issues are to us and focus more on what we can do about them.



Photo by Andra Moca

Jaspreet Cheema Accounting

We ask NAIT students what’s hot right now:

How would you describe your style?

Jaspreet: “I pick up anything that looks unique or different.”

Which style trends are you into right now?

Jaspreet: “Nothing specific ... but I like bright colours and patterns.” (She looks at celebrities and magazines to draw inspiration for her outfits.)

Which trends can’t you stand?

“I don’t see a lot (that I don’t like), I’m pretty open to everything.”

If you could raid any celebrity’s closet, whose would it be?

“Kim Kardashian!”

Where do you shop to find your favourite styles?

“I’m all over the place, but one place that I pretty much can find everything is Forever 21. You can literally go there and find anything!”

Where did you get what you are wearing today?

“Shirt: Forever 21; Pants: Garage.”



Photo by Josie Baerg

Chinese New Year is special

By **BRIDGETTE TSANG**
@BridgetteTsang

Growing up in a Chinese family, Lunar New Year (or better known as 'Chinese New Year') was a pretty big deal in my house. What it means is that there would be a lot of house cleaning leading up to it, and my cheeks would be sore after getting them pinched by all

my aunts and uncles. But Chinese New Year is more than just that. There's food, culture and a lot of tradition behind this celebration.

Chinese New Year is a traditional Chinese holiday celebrated on the first day of the lunar calendar. It can be said that the span of Chinese New Year is the longest celebration in the Chinese calendar. It typ-

ically starts in the last month of the year in the lunar calendar, to the Lantern Festival that happens on the 15th day in the first month. But what that means for me is that I get to prolong my New Year's resolutions for a month and a half. Yay!

Every year, my family would go to our church's Chinese New Year carnival to celebrate with all our friends and family. And that would be where I learned just how scared I was of the lion dance. My mother would tell you that when I was small, I was horrified by the sights and sounds of the lion dance, to the point where she thought my crying would break a decibel meter. Truthfully, in Chinese tradition, the loud drums that play during the lion dance are to 'scare' off the bad and evil spirits. It certainly scared me off! But I've toughened up since my early days, and I can now actually watch it without running away. I've seen the lion eat fresh lettuce and throw it up in the air and into the crowd. And no, I actually meant lettuce, not money. To some, it may seem like such a waste of a salad, but it actually signifies 'to grow wealth and prosperity' when it is pronounced in Chinese ('siang choi'). Sometimes, the lettuce is replaced with candies wrapped in red to spread the 'luck' to everyone.

The colour 'red' in Chinese culture is a very celebratory and special colour

used for happy events; eg, weddings, parties, etc. Chinese New Year is no different. One of my favourite things about Chinese New Year is receiving all the lucky red envelopes I get from my elders. Inside those envelopes is lucky money used to 'suppress or put down the evil spirits'. So in my words, use it or lose it. Usually, the amount of money inside the envelope isn't important. What is important is that someone has passed their luck onto you, and you will have luck for the rest of the year.

I'm very lucky for all the food I get to eat during this time of year! One of the most traditional foods during the new year is the golden dumpling. It is a deep fried dumpling with a filling that includes sesame seeds, peanuts and sugar. I remember my grandma would make these every year for us and it's always such a treat! Some of the other traditional new year dishes include Niangao (New Year cake), turnip cakes, mandarin oranges, and sweets.

Chinese New Year this year – the Year of the Horse – is on Jan. 31. But don't worry, if your first New Year's resolution didn't quite work out the first time around (me!), you have 15 more days to make it happen.

Happy Chinese New Year; 新年快乐! Xin Lian Kuai Le! 恭喜发财! Gong Xi Fa Cai!



Photo by Josie Baerg

The lion dance, top and above, is performed at City Centre Mall as a run up to Chinese New Year on Jan. 31.

MOVIES – THE KURT LOCKER

Madness and delusion

The King of Comedy
a
Scorsese gem

By KURT FABISCH

How far would you go for fame and respect? In Martin Scorsese's *The King of Comedy*, one man is willing to do just about anything for a shot at stardom.

Robert De Niro plays Rupert Pupkin (commonly mispronounced as Pumpkin); he's an aspiring stand-up comedian in New York City who wants nothing more than to be known as one of America's greatest comics. His main goal to have an appearance performing stand-up on *The Jerry Langford Show*, Jerry Langford played superbly by Jerry Lewis in a rare straight role. Through a brief fan encounter with Jerry, Rupert becomes convinced that he'll be on the show and become a celebrity overnight.

The film then shows us Rupert's inner most fantasies. It starts with he and Jerry having lunch, except in the fantasy, Rupert – instead of being a nervous and uncomfortable guy – is now a suave, charming and famous man. In this fantasy, Jerry is begging Rupert to guest host his talk show for six weeks. And Rupert is so busy in his own career that he refuses. It's a dream of anyone aspiring for celebrity, to be so successful that you can turn down the hottest gig in TV.

"I can't take over the show for six weeks. I can't even take over my own life for six weeks!"

The fantasy cuts back to Rupert in his mother's house acting out both sides of this lunch conversation. This scene and moment captures the essence of *The King*

of Comedy, hilarious and then, at the same time, horribly sad. But you don't feel for Rupert as much as you just pity him. When he begins to spiral downward, you see him less as a pathetic human being and more as a villain ... especially when he takes out his frustrations on Jerry himself.

I think a good way to describe the film is to compare it to another Scorsese film; *Taxi Driver*. Where in *Taxi Driver* the main character is obsessed with killing people, in *The King of Comedy*, the main character is obsessed with being famous. It's the same level of obsession, just focused in a different place.

Scorsese and writer Paul Zimmerman craft a fascinating portrayal of madness and delusion in this film. De Niro has never played such a weak sort of person before. We're so used to seeing him play cool and calm characters, it's almost shocking to see him play such a loser like Rupert.

De Niro gets to flex his comedic muscles in the film as well. He actually has an extended single take scene where he performs a stand-up set and De Niro pulls it off.

Also great in the film is Sandra Bernhard as Rupert's insane Langford groupie friend. She has a scene where she gets to play out a fantasy of hers with Jerry and it's truly unnerving.

It's a terrific film that sadly failed at the box office in 1983, but it has since become known as a classic Scorsese film.



THROWBACK THURSDAY

Life skill learned

By DAKOTA BARBER
@dakotarbarber

For this week's edition of Throwback Thursday, I'm talking about common sense, the little life skill that allows you to foresee the outcome of a situation, make smart decisions without having to think too hard and helps you to be a more productive person. As a kid, I boldly demonstrated my lack of this life skill time after time.

Incident #1: The Bike. My seven-year-old self was asked to move her bike to the front of the house. Instead of walking it up like a sensible person would, she decided to ride it. Instead of riding it like a sensible person would, she decided to find out how slow she could ride her bike before it would tip over. She found out when her head became one with the rock siding of the house.

Incident #2: The Haircut. My five-year-old self was supposed to be watching TV, but was inspired by someone she saw on a show to give herself a haircut.

She didn't want to get caught, so she hid the hair behind her Dad's bedroom door. What she didn't realize was how quickly her missing bangs would tip off her Dad that a haircut had taken place and she cried while revealing where she stashed the hair.

Incident #3: The Skipping Rope. My four-year-old self was feeling creative one night, and decided to tie a stretchy skipping rope to the television stand, and tie the other end around her waist. She was enjoying leaning back and experiencing standing on a slant until the TV stand fell down and nearly crushed her. She was fine, the TV was smashed.

I feel thankful to have grown into a lady who can rely on common sense to kick in most of the time but childhood memories of complete oblivion are always good for a belly laugh or two. I can only hope my future babies inherit my sense of humour and not my poor judgment.



pastemagazine.com

Robert De Niro as Rupert Pupkin in *The King of Comedy*.

Who ya gonna 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.

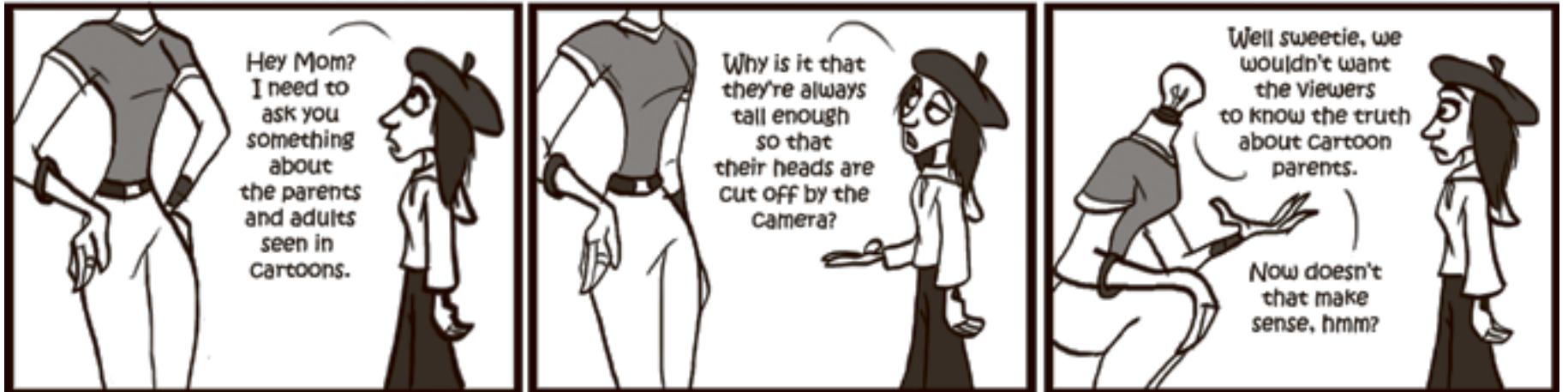
Student loans, grants – Financial Aid Office, 780-491-3056, Room O-111.

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.

THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

Got a tale to tell?

*Then The
Edmonton Story
Slam is for you!*

By **DAKOTA BARBER**
@dakotabarber

The third Wednesday of every month might not hold much significance for you, but after checking out the Edmonton Story Slam it certainly does for me! The Story Slam is a story telling competition where up to 10 participants compete by telling original and completely uncensored stories in five minutes or less. Some read from a script, some have it memorized and some totally make it up as they go. The organizers of the event randomly choose five audience members to become the judges, who rate each story out of 10 and hold up their score for all including the participant to see. The prize is cash, \$5 is collected from each participant and the rest donated by audience members.

I had the pleasure of watching eight story tellers bravely take the stage and totally put themselves out there for a chance at the prize. The story topics included a motivational speaker with no motivation, remembering a gentleman who passed away at a halfway house, a young man's unpleasant introduction to sexuality through his gynecologist-mother's books, two dudes recalling their dumpster diving and muffin retrieving adventures, an immigrant's hilarious story about his struggle trying to buy tongs at Walmart by asking employees for giant tweezers, the bond between two brothers, a poem that resembled *The Wolf of Wall Street* meets Dr. Seuss, and a former construction worker's light hearted memories of almost dying on site.

Bohemia, a small pub downtown complete with bright red walls, dim lighting and a disco ball on the ceiling that totally fit with the vibe of the evening. Some do it just for fun, like Seth Bryant who admitted, "I got a call from a good friend saying we were telling a story 20 minutes ago!" Others come for another reason like Gloria L, who nervously told a fellow competitor,

"You do it for fun, I do it because I want to win the money."

At the end of the night, Wade Kelly was announced the winner for his story about being freshly 18 on his first construction job and accidentally causing an explosion that could have killed him! While it doesn't sound funny, it was his voice, expressions and sound effects that had the audience

laughing along the whole time.

One of the sponsors of the event is NeWest Press, an Edmonton literary agent that is always looking for new talent, which makes the Story Slam an exciting night for aspiring writers.

This event is great for anyone looking to trade off a night in with Netflix for some local entertainment in our city.


www.edmontonstoryslam.com

The Story Slam was held at **A story teller gives it her all at the monthly Story Slam at a downtown pub.**

Ice is nice – on Whyte



By KRYSTA MARTELL

The 11th annual Ice on Whyte festival kicked off this past weekend at End of Steel Park located right in the heart of Old Strathcona. Since 2009, the festival has hosted the International Ice Carving Competition in which 10 teams of two from around the world are brought together to create amazing ice carvings.

The teams had only three days to complete their sculptures and the warm weather created a hiccup in their carving schedule, as they had to work during the night. At the end of the third day, all sculptures were evaluated based on first impression, structure, skill and technique, concept and design, creativity and artistic merit.

All ice carvings will be on display for the duration of the festival for the public to enjoy. The ice carving competition wasn't the only event taking place at the festival. There is fun for the whole family, including an interactive kids zone and an outdoor play area where the giant ice slide is a huge hit.

Evenings are filled with live music presented by Alberta musicians. Along with providing food and hot beverages, there are many activities throughout the day that include free skating, Old Strathcona sleigh rides, crafts, Lil Chipper ice carving lessons, cultural exhibits, Lululemon frozen yoga and demonstrations by the Edmonton Ringette Club, U of A Pandas and Artist In Residence, just to name a few.

Some of the days were also celebrating different cultures. Last Sunday, Jan. 26, was Chinese Culture, with some events including Chinese crafts, martial arts and a Chinese drama



Photo by Courtney Bergen

An ice carver starts his project at Ice on Whyte

club. Russian Culture is highlighted on Thursday Jan. 30, Latvian culture is on Friday the 31st and Dutch culture is on Feb. 1 and for the last day of the festival, Canadian culture is celebrated on Feb. 2.

I've been hearing rumblings that if you were to go for just one day, it would be the last day for the fire and ice extravaganza. It probably isn't like anything you have seen before as

ice gets lit up in flames (Seriously!). The evening also provides a lot of variety with Aboriginal drummers, the national anthem by Asano, the Alberta athlete's torch relay, fire dancers and Orquesta Salsabor.

If you're feeling creative, Ice on Whyte is featuring random photo contests on social media. Like them on Facebook and follow them on Twitter to get more details. Remem-

ber, if you are submitting a photo, use the hashtag #iceonwhyte and #exploredmonton. So as you can see, there is a bunch of activities and events to see and do. If you've been studying for the past 3 hours or have continuously been working on a project and are in need of a break, head on over to the Ice on Whyte festival to take in the atmosphere, I can guarantee that you won't be disappointed.

TIMELY TIPS

Be wary of this “study aid”

By KRISTA PIERCE
NAIT Student Counselling

Adderall, an amphetamine based prescription drug, is typically used to treat diagnosed ADHD (Attention Deficit Hyperactivity Disorder).

In individuals with this diagnosis Adderall (or other stimulants), can have significant positive effects. However, the illegal use of this drug has been described as “an epidemic on campuses across North America” (Chang, 2013).

A 2011 editorial in the *Canadian Medical Association Journal* estimated that anywhere from five to 35 per cent of Canadian post-secondary students had abused the medication, although extensive research has yet to be completed (Uzielli, 2013).

Students are increasingly feeling the competition at college and are attempting to get a lot of work done in short periods of time. Termed “study drugs” or “brain steroids,” many believe that the use of stimulant drugs boosts academic performance by increasing attention, alertness and allowing more work to be done in less

time (Preibe and Ciarfella, 2013).

When polled, many students disclosed that they would consider popping a pill no worse than brewing a pot of coffee and staying up all night (Uzielli, 2013).

Although Adderall is known to improve concentration, when used among those who do not require it due to a diagnosis, it can also have a number of negative side effects. In an article written in *McLean's* in February 2013, Dr. Pierre-Paul Tellier, who is the director of student health at McGill University, noted that for the typical student, Adderall can make concentration worse, as it may cause anxiety, hyperactivity and lack of concentration (Chang, 2013).

On the other hand, some supporters in the medical community believe the drug should be prescribed as a study aid. They assert that this will cut down on Adderall being accessed illegally and will ensure that a doctor is overseeing its use (Chang, 2013).

However, despite having some supporters, many medical professionals argue that, in the long run, stimulants can produce feelings of decreased appetite, affect sleep, elevate heart

rate and blood pressure, cause nausea, muscle spasms and can produce problems in thinking, mood and functionality (Preibe and Ciarfella, 2013).

Medical arguments aside, there may be other issues to consider. Legally, it is a crime to buy or use these medications without a prescription or to sell one's own prescription. Some campuses have even indicated that the use of so-called study drugs is a violation of the school's academic code of honour (Preibe and Ciarfella, 2013).

Given the legal ramifications and concerns noted by doctors, why is Adderall so heavily used and considered by many students to be safe and helpful? According to Uzielli (2013), the short answer is lack of awareness. Students typically find out about Adderall from their peers who are raving about its effects. Additionally, while many campuses focus on a number of campaigns (for example, safe sex, acceptance, etc.), there is not the same focus on the prevalence and potential dangers of study drug abuse (Uzielli, 2013). The bottom line is that if you have good study habits, study-

ing for an hour or so at a time with breaks is better for you than an eight-hour uninterrupted stretch and will not have a negative impact on your health.

So, what can you do instead? Although it is not a quick fix and will take more time, the best strategy is to take care of yourself. Make sure you get enough sleep, eat healthy foods and use relaxation techniques and coping strategies to deal with stress. These things will develop lifelong patterns that will positively affect both your academic and work life. The Internet is full of information on Adderall use by post-secondary students, including comments from students themselves who have tried it while in their academic program. If you are interested, you can do a search and do some reading for yourself.

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Where did JoJo go?

Young star spent years getting out of onerous record deal

By KYRA MULLER

Hold onto your seats ladies and gents, news on the street says that young pop and R&B singer JoJo is returning to the industry to take the music world by storm.

First question however, is where exactly did JoJo go in the first place?

JoJo was offered a record deal at only six years old and the offer was turned down by her mother. JoJo continued on to be discovered by Blackground years ago on America's Most Talented Kids, and signed a seven-album deal with them at age 12. In 2004 she released her self titled certified platinum album and the song many people know her by, "Leave (get out)" at only 13 years of age. When the song hit Top 40, she officially became the youngest solo American artist with a No. 1 hit and became the youngest artist nominated for an MTV Video Music Award.

JoJo carried on to release another album *The High Road* in 2006, her hit from that album, "Too Little Too Late" breaking records for the fastest jump, moving from No. 66 on the Top 100, to No. 3 in only a week. But shortly after the release of her second album, things got quiet from JoJo's end of the woods.

Snippets of news would come out about how JoJo was being held back by her record label Blackground Records, no-one quite sure of what the exact issue was. Her fans campaigned on tumblr and Twitter, with trending hours with hashtags, #free-jojo to raise awareness and draw attention to her battles with her label.

JoJo came forward claiming she had recorded three different versions of her new

album, cover, credits and track listing, but every time she approached Blackground Records to present them with the new album, she failed to hear back from them.

JoJo filed a lawsuit against her record label in 2009, on the grounds that her label wasn't honouring her contract because they were failing to do their part in distribution. The suit was dropped when her label shifted the distribution of her new record to Interscope. The only issue with this was that Interscope dropped Blackground Records three years later and she was again without distribution.

Finally, last July, JoJo filed another suit to be released from her label for being left powerless. There are also regulations that come with seven-album contracts that are signed without a time period and finally, JoJo was released from Blackground Records and in December signed with Atlantic, the same label as Bruno Mars. JoJo is now officially free to release a new album, and many people, including myself, are excited to see what she will come up with and what will change from the punchy vocals and sassy lyrics of her teenaged days.

JoJo isn't the only artist who had similar struggles with music labels. Artists such as Sky Ferreira, Bow Wow and Lupe Fiasco, all struggled with similar issues. Not all situations with these artists were exactly the same but if artists aren't at the absolute top, sometimes they get lost somewhere in-between. Things can change immensely when the label merges with another company, management changes, priorities are set on a bigger artist or



www.mrldavis.com

JoJo

management believes that the artist they're developing isn't high enough in demand. All of these factors play major roles in the decision making processes, including those which impact whether or not and when an album will be released.

But, I think "Leave (Get out)" describes the situation better than I could. If you consider the one she's referring to in her song is her record label ... the lyrics ring too true.

"Come and sit and talk to me and tell me how we're gonna be together always"

(if always equals approximately seven years)

"Now that you're here (now that I'm signed) *boy all I want is just a chance to say get out*, (I actually want nothing to do with you!) *Leave right now, it's the end of you and me.*" (Except not because I signed a seven-album contract...)

"I gave up everything I had, on something that just wouldn't last." (Yup!)

You said it, 13-year-old JoJo, if only you knew.

Shows galore coming to city

By SETH MUNOZ

Over the last few years, Edmonton has been developing a much larger presence in

the entertainment industry, with prominent concerts, speakers and events all occurring throughout the city.



And along with these, the theatrical scene has been developing as well, with larger musical and Broadway productions attending the city. Next month for instance, we have *West Side Story* at the Jubilee, the classic Romeo and Juliet tale sprawled across 1950s New York, running from Feb. 18 to 23. And from March 15 to April 20 comes Disney's beloved *Mary Poppins* to the Citadel. Following that is the smash hit *Mamma Mia!*, filled with all the ABBA hits we have grown to love, running at the Jubilee from April 22 to 27.

Coming up in July (and back to the Jubilee by popular demand) is the Tony award winning musical *Wicked*. Based as a prequel to *The Wizard of Oz* it tells the story of the Wicked Witch of the West before Dorothy landed in Oz and how her rivalry with the Wizard originally came to be. It runs as the Jubilee's summer production from July 2 to 20.

During the winter we will see a reimagined version of the '80s hit film *Flashdance*

(creatively titled *Flashdance The Musical*) running (again) at the Jubilee from Nov. 25 to 30. It will be filled with nostalgic '80s music and will show us the life of Alex, a daytime welder who moonlights as a "flashdancer" in the evening and how she dreams to attend an academy for dance.

In 2015 we will see the Broadway phenomenon *The Book Of Mormon* grace the stage of the Jubilee. Penned by the writers of *South Park*, *The Book of Mormon* satirically follows two Mormon missionaries, as they travel to Uganda and tackle modern day issues. Described as "... the funniest musical ever" by Adam Green, theatre reviewer of *Vogue*, it will run from March 24 to 29 next year.

From tickets starting at around \$50, and season ticket packages available for the avid theater lover, it would be a night to remember if you were to attend any of these musicals. With such amazing productions coming to Edmonton, it is very exciting to see what will be coming up in the future.

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
ENACTUS	27 Hour Hunger Challenge	January 30/31	NAITRIUM
Ahmadiyya Student Association	Information/Awareness	January 30; 10:00am – 5:00pm	South Lobby Kiosk (main campus)
Geo Tech Rockers	Pub Night	January 31	Knoxvilles
Chemical Tech Student Club	Bake Sale	February 3; 9:00am – 4:00pm	HP Centre, 2nd floor near pedway
CESTC	Beer Garden	February 7; 3:00pm	Business Tower Lounge, 8th floor

CAMPUS CLUBS NEWS

WHAT	WHEN
Clubs Connection #3	February 3, 2014
Grant #3 Deadline	February 4, 2014
Clubs Showcase #2	February 6, 2014
Clubs Social #2	February 13, 2014

Ringette Player? New, or been playing for years? Currently registered at NAIT?

We would like to start a campus Ringette club, so get your gear out!

Students, staff and alumni are invited!

We are looking for team members of all positions, as well as a few committed leaders to hold executive positions.

Email LachelleF@Nait.ca to see how you can get involved!

Check out this website if you are interested <http://naitringette.got.to/>



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

GRAMMYS

Entertaining and diverse

By BAILLIE SCHEETZ

The 56th annual Grammy Awards took place Sunday night in Los Angeles and it featured some of the biggest stars in music today, as well as some old favorites from the past.

A common theme that is typical of award shows lately is that the shows have become much more about extravagant performances and much less about the actual awards being given away, and this show was certainly no exception. The three and a half hour show was opened by power couple Beyoncé and Jay Z performing their new single “Drunk In Love,” a very provocative performance that was well received by the audience. Seventeen-year-old Lorde from New Zealand then sang her monster hit “Royals” in a performance which really featured the young singer’s strong vocal abilities as well as her strange ethereal performance style. Katy Perry’s performance also generated some talk as she was burned at the stake while dressed as a witch performing “Dark Horse,” a performance also equipped with pyrotechnics and elaborate choreography.

Taylor Swift also had a memorable per-

formance shedding her typical over the top production factor for a stripped down strictly piano version of her new single “All Too Well,” though she still managed to throw some head banging into an otherwise calm performance.

There were also many collaborative performances in the show, including Imagine Dragons and Kendrick Lamar doing a mash up of the songs “Radioactive” and Lamar’s song and “m.A.A.d City.” Another noteworthy performance from the evening was when Paul McCartney and Ringo Starr teamed up to perform a new song entitled “Queenie Eye” from McCartney’s 2013 album *New*. The most memorable performance of the night for many was Macklemore and Ryan Lewis performing their song “Same Love,” an anthem for equal marriage rights, while 33 couples said their marriage vows.

When it came to the actual awards, there were many surprises. For record of the year, Daft Punk and Pharrell Williams’ “Get Lucky” took home the Grammy, beating out Imagine Dragons, Lorde, Bruno Mars, as



Daft Punk

www.spin.com

well as Robin Thicke. The song also won for best pop duo/group performance. Lorde took Song of the Year for her single “Royals,” which also won her best solo pop performance. Best new artist, an award previously given to artists like The Beatles, Christina Aguilera and Adele, was given to Macklemore and Ryan Lewis, beating out

other newcomers Ed Sheeran, James Blake, Kendrick Lamar and Kacey Musgraves. Perhaps the most anticipated award of the night, Album of the Year, was awarded to Daft Punk for *Random Access Memories*.

Overall, the awards show was highly entertaining and really showed how diverse the music industry is today.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES

Identity and info theft

What is identity theft and what are the impacts?

Identity theft is the unauthorized acquisition, possession or trafficking of personal information. It is also the unauthorized use of information to create a fictitious identity or to assume an existing identity. This is done to obtain financial gain, goods or services or to conceal criminal activities.

Once stolen, a victim’s identity is used to create bank loans, cellphone contracts, mortgage applications, major purchases, etc. Identity theft can involve:

- Theft of credit cards and other government documents
- Skimming
- Dumpster diving
- Shoulder surfing
- E-mail and website spoofing
- Mail theft.

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public. In 2009, the Canadian Anti-Fraud Center (CAFC) received over 11,000 reports of identity theft, totalling a loss of more than \$10 million.

Most victims are unaware that their personal information has been stolen. It can take months or years to be rid of an identity thief. Identity theft can result in:

- Destroyed credit status, resulting in loan and credit card refusal.
- Criminal record – victims discover that they have criminal records as the iden-

tity thief used the victim’s identity when arrested.

- Denial of employment or promotion – for a position requiring a background check. If a criminal has committed a crime with your identity, you may not get the job or promotion.
- Psychological scars – victims may become hyper vigilant, feel angry, vulnerable, helpless or violated.

Reducing the risk

- Be credit card safe – never carry more credit cards than necessary and cancel all credit cards that you no longer use.
- Protect your PIN – when entering your PIN, scan your surroundings. Be sure that no one can see it.
- Safeguard personal information – Never carry your SIN card or birth certificate. Provide personal information only when you have initiated the contact or you know who you are dealing with. Be cautious and smart about personal information that you publish on any social networking site.
- Change passwords frequently – you may be compromised and not know. Minimize your risk.
- Review your records regularly – Check your bank and credit card statements when they arrive and report any discrepancies.
- Protect your passwords – use different passwords for your credit card, bank and telephone accounts.
- Secure your mail – Shred all credit

card receipts, utility bills or documents that contain personal details. When you change your address, ensure that you contact Canada Post and all relevant financial institutions.

- Ensure your computer and Internet safety – install a firewall to prevent outsiders from accessing your data.
- Be vigilant.

What to do

Signs you could be a victim:

- You receive credit card bills for cards you did not apply for;
 - You no longer receive credit card statements or notice that not all your mail is getting delivered
 - A collection agency contacts you about purchases or accounts that you never opened.
1. Contact all credit grantors and banks and have your accounts red flagged.
 2. File a report with your local police department.
 3. Advise a credit reporting agency.

Credit agency information

Equifax – Large and small businesses rely on Equifax for consumer and business credit intelligence, portfolio management, fraud detection, decisioning technology and marketing tools. They help individuals manage their personal credit information, protect their identity and maximize their financial well-being.

Equifax was founded in 1899 and maintains information on over 400 million credit holders worldwide. Equifax is based in

Atlanta, Georgia with over 7,000 employees in 14 countries.

Contact:

- Online: www.equifax.ca
- By phone: 1-800-465-7166

Transunion – With national headquarters in Toronto, Ontario, Transunion was formed in 1989. They operate in over 25 countries across five continents. Transunion delivers educational information and tools to help consumers gain a clear understanding of their credit history, the impact of their financial behaviour and helps guard against identity theft and financial fraud.

Contact:

- Online: www.transunion.ca
- By phone: 1-877-525-3823 (Between hours of 8 a.m. and 8 p.m. ET)
- By mail:

Transunion

Attention: Fraud Victim Assistance
Department
P.O. Box 338, LCD1
Hamilton, ON L8L 7W2

– Information obtained from the
Edmonton Police Service.

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

Everybody benefits, except the criminal.

YEG PARTY GUIDE

SUNDAY FEBRUARY 2

SUPER BOWL SUNDAY FUNDAY

\$4.50 HIBALLS, SHOTS & PINTS OF BUD & BUD LIGHT
\$10 HANGOVER BRUNCH UNTIL 2PM - NFL MENU ALL DAY

780.497.7468
DOWNTOWN

780.758.7400
WHITE AVE

RESERVE YOUR TABLE TODAY!

 THE PINT

 NY & NJ

 FIREBALL™
CINNAMON WHISKY
FRIDAYS
EDMONTON'S OFFICIAL BAR OF FIREBALL™

\$3 FIREBALL & \$4 HIBALLS 1oz

LAUNCH PARTY - FRIDAY JAN 31

KNOXVILLE'S
CLUB

10736 Jasper Ave • @knoxvillesYEG • /knoxvilles - knoxvilles.ca
Please drink responsibly - don't drink and drive.

LADIES NIGHT
EVERY SATURDAY

 3 SHOTS + REDBULL

13⁵⁰ Red Bull

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

VIP ENTRANCE & NO COVER FOR LADIES 11:30pm

 THE OLD STRATFORD RACK