

THE NAIT NUGGET

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TOO LATE FOR NAIT

LRT line should open early May, story page 2



Photo by Ciaran Boyle

Edmonton Mayor Don Iveson speaks at a news conference Wednesday as the city announced a timeline for completion of the Metro LRT Line to NAIT.

NEWS & FEATURES

Students will be gone ...

The City of Edmonton announced yesterday, Wednesday, Jan. 21, that the long delayed Metro LRT Line that will service NAIT is not scheduled to open until early May, too late for U-Pass students to use it this spring.

A timeline shows that a six-week evaluation and training period is scheduled to begin on March 23, meaning that the line wouldn't be operational until May 4.

"Based on the most recent testing schedule provided by Thales Rail Signalling Solutions Inc., the City of Edmonton is cautiously optimistic the Metro Line LRT will open to public service in spring 2015," the city said in a news release.

The line was originally scheduled to open in spring 2014, but "the complexity of the interface between the Communication Based Train Control (CBTC) signalling system and Edmonton's existing LRT system requirements delayed completion of the project," the news release said.

Transportation Services General Manager Dorian Wandzura said, "Thales has made some progress over the last few months but they still have several project milestones to achieve before they can turn the system over to the City for evaluation

and ETS operator training."

The City says the CBTC system allows LRT trains to detect how close they are to each other, with oversight by a centralized master control. This allows trains to safely reduce spacing between them, and provide more frequent service. In contrast, the traditional fixed-block system of existing Edmonton's LRT system requires LRT trains to maintain greater distance between them, which means less frequent service.

Integrating the CBTC with the fixed-block system is taking longer than anticipated.

"Thales appreciates the patience of everyone in Edmonton as we work to complete the signalling system for the Metro Line," said Thales Vice-President Mario Peloquin.

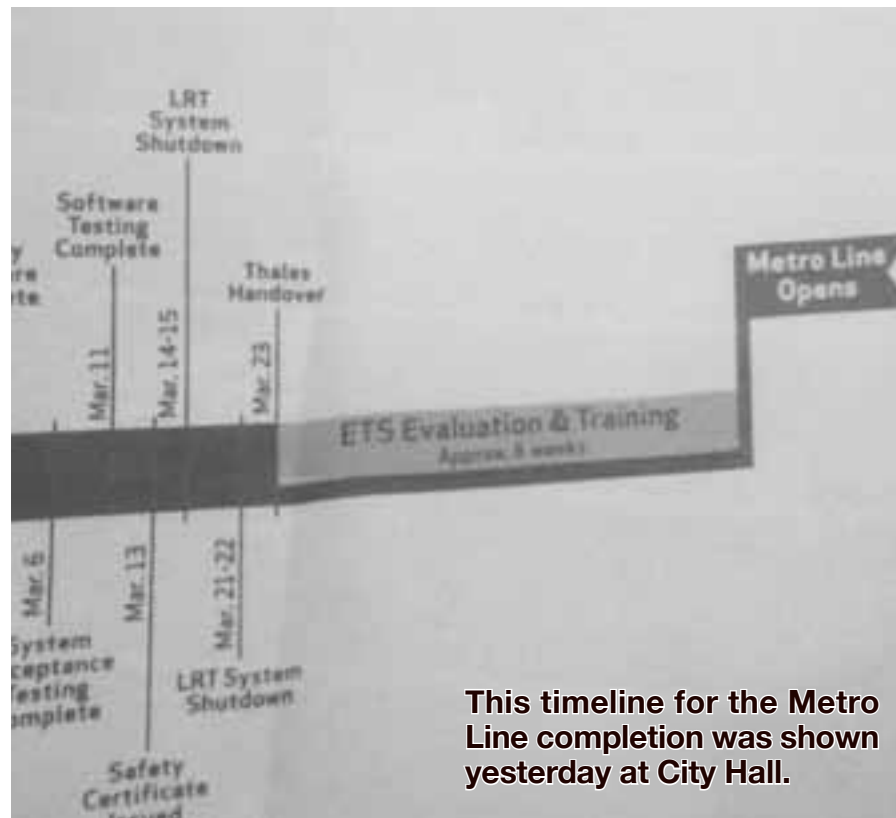
The City says the line is expected to add 13,200 weekday riders to Edmonton's LRT network and link major destinations such as NAIT, the Royal Alexandra Hospital and MacEwan University to the rest of the network.

Critics of the project are angry about the setbacks, but in a previous interview with the *Nugget*, city spokesman Graeme McElheran was quick to clarify that this will not be a recurring

problem moving forward.

"This is not something that we'll have

to do again in the future. The work will already be done," he said.



This timeline for the Metro Line completion was shown yesterday at City Hall.

Twitter

Oil slump damage control



NICOLAS BROWN
Issues Editor
@bruchev

Is Canada about to lose its much vaunted "stable" label on its national economy? As oil prices remain stubbornly low, politicians nationally and provincially are scrambling for damage control.

On the national scene, Federal Finance Minister Joe Oliver has announced that the budget will be delayed until at least April, citing market instability and uncertain economic growth. Speculators list a variety of reasons for this delay, which has frustrated opposition finance critics. Coming just two days after the Bank of Canada warned that oil prices will stay low for a prolonged period and several large private sector companies announced major layoffs,

a delayed budget could be seen as the government trying to hide rising panic behind the bureaucratic process.

Dropping oil prices have punched an ever-growing hole into the ruling Conservative's "balance the budget" message, as economic projections and unemployment numbers have begun to reverse their positive movement. With a federal election scheduled for October, the Conservatives have to consider how current events will affect their bid for re-election. Economic bad news throws a big wrench into the traditional "fiscal responsibility" message that the Tories have put out and, with a balanced budget missing from their election toolkit, it could turn into a rough ride for the party in October.

Even as uncertainty at the federal level have economists and speculators guessing, Albertans are catching the brunt of the eco-

nomic sucker-punch, with rumours abounding that Conservative Premier Jim Prentice is eyeing a provincial sales tax. Opposition parties have been quick to pounce on the rumours, with Interim Leader Heather Forsyth of the Wildrose leading the charge against unwanted tax increases.

The Wildrose, severely weakened in December by the loss of nine MLAs, including party leader Danielle Smith — who crossed the floor to join the Tories — are struggling to prove that they can still be effective as the Official Opposition in the provincial legislature. Meanwhile, it is unsure what the ruling Progressive

Conservatives are truly considering, as Prentice wavers between non-answers and political sidesteps.

The provincial Conservatives have to be cautious when it comes to financial issues, as opponents have been hammer-

ing them on poor fiscal performance and the province's reliance on resource revenue. Even with one of the strongest mandates in the province's history at 72 seats, the party will need to carefully maneuver this new economic challenge if they want to keep the confidence of the voters. Talk of a provincial sales tax certainly doesn't help that confidence, even as some critics suggest that the Conservatives may be preparing for an early election. As always, the ruling party has to look to either distance itself from poor governmental performance or make sure it's around long enough to look like they had a positive effect. Whether the Tories dropped the ball or are simply playing the long con, it will certainly not be a quiet year in Alberta politics.

Even as Canadians across the country enjoy lower prices at the pump, others are seeing the dreaded pink slips (are those even still used?) on their desks. Ultimately, some tough choices may have to be made should the situation continue to deteriorate. Until then, to paraphrase Shaun from *Shaun of the Dead*, let's grab our friends, go to the Nest and wait for all of this to blow over.



Premier Jim Prentice

www.thestar.com

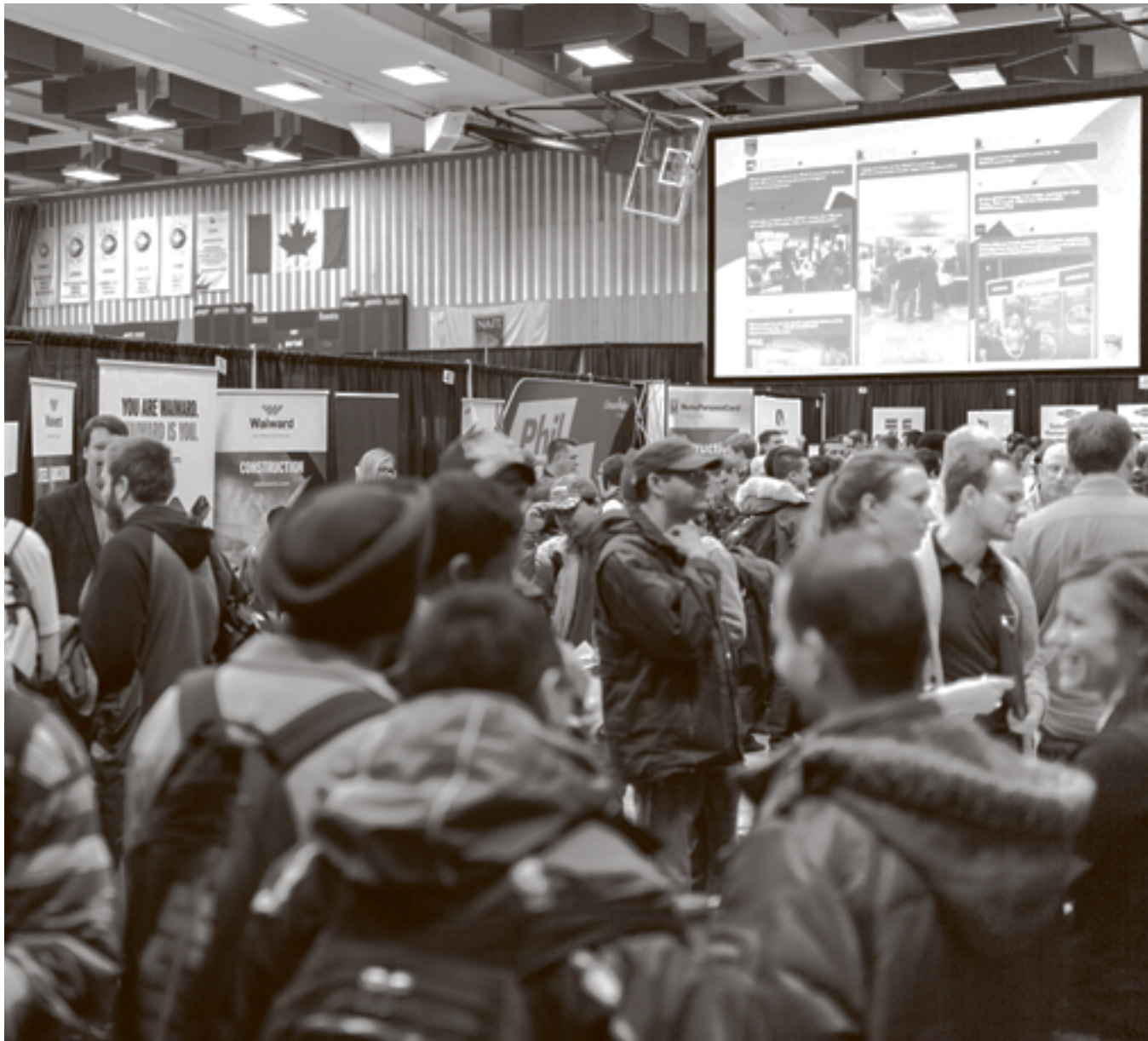


Photo by Ciaran Boyle

JOBS, JOBS, JOBS

Students turned out in large numbers to check out potential employers during the annual Career Fair on Tuesday June 20. More than 130 companies set up on campus, a record number.

Two little-known parties

By **NICOLAS BROWN**
Issues Editor
@bruchev

This article is the first in a series by Issues Editor Nicolas Brown on Canada's federal political parties, which number 17. This week he looks at the Canadian Action Party and the United Party of Canada.

As Canada approaches its 150th year as a nation, can it really be claimed that our sovereignty or identity as a nation is at risk? Some would say that it is, as two federal parties have listed sovereignty and the integrity of our confederation as key concerns in party communications. These parties are The Canadian Action Party, and the United Party of Canada.

The Canadian Action Party

Founded in 1997, the Canadian Action Party is a centre-left party which focuses on a "Five Pillar" platform structure. These five foundational party policies are; monetary reform, sovereignty, civil and human rights, parliamentary reform, and environment. Monetary policy is a central pillar for this party, as party membership chair Neville O'Grady explains, "You can't have

sovereignty if you don't have your own finances." The basis for this policy revolves around reforming the powers of the Bank of Canada, as the party expounds that we must "go back to using the Bank of Canada the way it should be [used]."

This focus on the Bank of Canada doesn't just affect the national economy however, as part of the party's policy also extends to education. O'Grady explains that the party believes, "students, as long as they do their work, should be entitled to interest-free loan, and grants, for their education." As a major pillar in their platform, it is difficult to predict how successful their monetary reform policies will actually be. However, it is a policy platform that could be extremely attractive to Canadian voters.

The United Party of Canada

The United Party of Canada is a relatively new party founded in 2009. A steadfastly centrist group, the United Party holds three key party policies, fiscal responsibility, social progressivism and environmental sustainability and the party has an overarching theme of renewing national unity in Canada.

Although the party is relatively new in the federal arena, party leader Bob Kesic is confident in the party's potential, "[The United Party of Canada is] establishing a strategic initiative whereby we are going to potentially be running an individual candidate in every riding across the country."

Focusing on a strong social media and peer-to-peer interaction to build the party, it appears the United Party is looking to attract the younger generations. With a generation that has historically low voter turnout, it will be difficult to predict the rise of the party before election season. Should the party's grassroots approach take off, it could propel this new political entrant into the federal spotlight, however, the chances of a party sweep similar to the NDP in Quebec last election are not promising.

If you are interested in learning more about either party, you can contact them directly on their websites. Minor federal parties give supporters the opportunity to shape party policies and have a direct impact on the party's future. With a federal election scheduled for October 2015, now is the time to get involved.



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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.



NAIT Ooks hockey players Keenan Bailey, left, Kevin Carthy and Sam Waterfield man a booth for the Food Bank in the South Lobby.

Hockey showdown for food

By KEVIN CARTHY

The NAIT Ooks men's hockey team will embark upon their battle against the SAIT Trojans this month to see who can raise the most monetary and food donations for their respective schools' food banks.

January is an important month for food banks as they work to replenish their inventories after the busy holiday season. So let's help them out and start 2015 on the right foot by supporting those in need in our surrounding communities.

The Ooks will be in action at NAIT Arena on Jan. 30 to take on one of their most competitive rivals, the SAIT Trojans. However, this time around there is more on the line than just four points in the standings. The Ooks need your help as they have challenged SAIT to see who can raise the most donations for the Food Bank by the end of January. Enactus NAIT and the Athletics Association have teamed up to bring you this event and there are a number of ways that you can help support the cause.

Come visit us at our booths where you can enter our raffle to win two gold seats to an Edmonton Oilers game (\$370 value) as well as some other amazing prizes. You are also encouraged to bring in any non-perishable food items as we will have food hampers set up in various areas around campus.

Note: All food donations and proceeds from our raffle will be donated to The Edmonton Food Bank at the end of the month.

Booths will be set up on campus in the

South Lobby near the Common Market from 12 p.m.-1 p.m. on the following days:

- Wednesday, Jan. 21
- Thursday, Jan., 22
- Monday, Jan. 26
- Wednesday, Jan. 28
- Thursday, Jan. 29

Any donation would be greatly appreciated and we thank you for your support.

Your Ooks hope to see you in the stands on the 30th as we will have more amazing prizes to give away when the puck drops at 7 p.m.

Information clerks for student election

Duration: Feb. 11, 4 p.m.-7 p.m.
Feb. 12, 10 a.m.- 2 p.m.
Compensation: \$15/hour

- Information clerks are needed on Feb. 11, 4 p.m.-7 p.m. and Feb. 12 from 10 a.m.-2 p.m. for the NAITSA

Executive Council election.

- Information clerks must have a strong command of English and have a complete and clear understanding of the democratic election process.
- Information clerks must have

a complete understanding of the online voting process and must be comfortable in providing guidance to students.

- Apply in person at the NAITSA office, Room E-131 from 8 a.m.-3 p.m.

It's getting much warmer

By **BRANDON HESS**
Meteorologist in Training

We are getting good warming coming through the region. Daytime high on Thursday, Jan. 22 will be near 10 C. We will be somewhere near 9 C this day as a warm southwesterly wind mixes warmer air sitting aloft down to the surface. At this time of year the wind is what helps us out in temperatures. An upper warm front coming in will eventually make its way down to the surface ... if we have the right wind profile.

The ECMWF model (European Centre for Medium range Weather Forecasting) is consistent in projecting a daytime high of 7 C on Thursday. The ECMWF model tends to do well in projecting high temperatures in this warm wind and mixing situation. I have noticed in many of these setups how well the ECMWF does in projecting the high. I have a lot of faith in this model for Thursday's high. I am going a couple degrees above what the model is projecting for a high.

Do you like the wind? Wind will continue. Systems are moving rapidly and pressure is changing. Your weekend will start off windy out of the west at 25-35 km/h. Now is the right time to get outdoors and enjoy this warmth (depending on your perspective).

Temperatures are staying well above the average high for this time of year. Looking to the middle of the week of Jan.

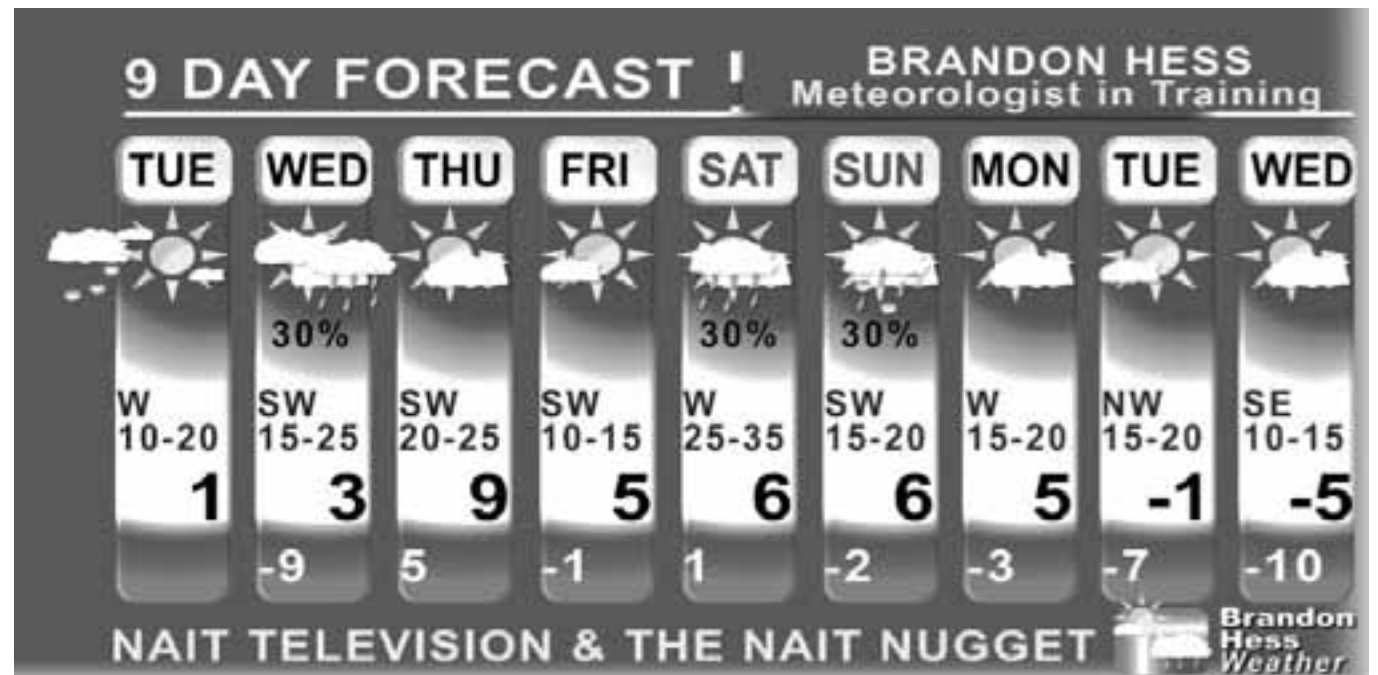
25-31, I am looking at daytime highs cooling down and getting into the minus area. It will not stay warm forever and it looks like this month will end on a cool note. February will also start cool. The long range output on the GFS ensemble has us near minus 10 C at the start of February.

At this time of year, model guidance can get really undercooked and it is up to me as a forecaster to interpret all these different mod-

els. I will deliver this in a way suitable to you.

If you enjoy the snow, I have to tell you that I do not see any major snow chance in the long range forecast. There is still time to possibly see a decent snow event before temperatures warm. Right now, we are mostly seeing patchy showers and flurry chances. Nothing is too organized. When we get some warm air meeting the cold air that is where we can get the development of precipitation.

In forecasting, I like to use the GFS ensemble and ECMWF model guidance output a lot. Every forecaster prefers different models as we all gain experience using different models. This is how we all determine which models we feel most comfortable with. That is the beauty of meteorology. I for example do not feel comfortable using the GEM/CMC model guidance and I only use the NAM model for wind.




NAITSA FITNESS CHALLENGE **\$25.00 DEPOSIT**

All challenges start at 4:30pm
COMPLETE ALL CHALLENGES. GET YOUR DEPOSIT BACK!

January 19	Goal Setting & Boot Camp
January 21	Yoga
January 23	TRX
January 26	Aqua HIIT
January 28	Spin
January 30	Try a Tri

TECHNICAL SHIRT, TRAINING JOURNAL & OTHER AWESOME SWAG INCLUDED!

*First class at the first following the Try a Tri
Meet at NAITSA office (E-131) at 4:15pm. Transportation provided.

Sign up at naitsa.ca or in the NAITSA office (E-131)

Point ^{counter} Point Cats and dogs



By **QUINTON BERGER**

When it comes to the typical house pets, no animal beats a dog. Dogs are man's best friend, it's a known fact. Dogs love you unconditionally, which is the type of companionship that every human being needs because, as human beings, we screw up. Cats are assholes that hold grudges, sometimes for no reason. Dogs drown you with affection, while cats only give you a splash. How many people know a cat who will sit there seemingly content while you pet it, only to have it start biting you or something? It's an all too common experience. Why? Well, because cats are assholes! What do dogs do when they're tired of you petting them? They roll over so you can pet their bellies and come on, that's cute as hell. Dogs never get sick of you. They'll never leave your side while cats will bolt at the first chance they get. Don't be fooled, your cat tolerates you. It doesn't love you.

Litter boxes

Now, I know cats require much less attention than dogs and I can see why that may seem appealing. Don't be fooled by the misconception of it being a good thing, though. There is a terrible result of their independence, litter boxes! Cats already have terrible god complexes and we aid this by giving them their own bathroom. There's one major problem with this bathroom, though, it doesn't flush! You literally have piles of animal excrement sitting in your house and that's disgusting. You have a place in your house where piss and shit festers. Now, I know you're going to say, "I regularly change my cat's litter box." Your cat looks down on you for this. It uses the bathroom, then you clean it out. Cleaning cat waste isn't like cleaning dog waste, either. You have to bend over and get close to it and sift out the hardened urine and fecal matter ... ew. Dogs, you take outside, pick their shit up with a shovel or pooper scooper and you don't even have to worry about the pee. Dogs win again!

Toxoplasmosis

Speaking of cat shit, I think we should address something. It's called toxoplasmosis! It's a parasite that affects countless warm blooded animals, primarily cats and humans. Believe it or not, crazy cat ladies are actually major sufferers of it. This stuff can become airborne and, as a result, an estimated one third of the human population is infected with it! What's scary is that symptoms can vary in severity. You may experience a mild, flu-like illness or you may develop ADHD, OCD or schizophrenia, as recent research has suggested. That's pretty freaky. Get a cat and you're playing Russian roulette. You're putting yourself at risk of developing a sickness that could potentially lead to developing severe mental disorders. They are literally poisoning you. So, don't be fooled ladies and gentlemen, your furry little felines are little Judases. The pose as friends then they screw you over. Et tu, Garfield?



By **NATE BRYANT**

I don't even feel like this one needs to be argued. Seriously, I am pretty much going to phone this one in because this is so obvious. Since the dawn of time, one animal has reigned supreme. The King of the Jungle, the Silent Stalker of South America, the Worshipped of Egypt and also a pretty successful Broadway play. I mean, really, is it not obvious that people love cats? You show me a longest running Broadway production titled *Dogs* and then I will still ignore you because cats are the most badass animal ever. Cats just don't care. You can come and go, you can even die and they are content as long as they get fed and can nap freely. Dogs are needy. They need you for everything! Cats are bros. They're cool and they will probably help you get that lady friend that you've been eyeing. Dogs are overly attached girlfriends. They want to go everywhere with you and, when you come home after a 10-minute trip to the supermarket, they freak out like you've been gone all day. Calm down, Spot, it's not that big a deal!

New kitten

I have cats. I have one named Schrödinger, one named Loki and this Christmas I got a new kitten who I named Gandalf (I know, I'm pretty great at naming cats). Let me tell you about having a kitten. He runs around and attacks things and is adorably stupid. I mean, I watched this thing chase its tail inside a box for 15 minutes. It's cute. And puppies, I mean, they're OK but compared to kittens, puppies got jack. Puppies look like unevolved creatures compared to kittens. Girls dig kittens, they see them and just freak. The seconds they feel that incredibly soft fur and hear the tiny kitty purrs, they are sold. Make sure you have eggs, because you're making breakfast for two in the morning! My point, kittens are wingmen. Then when they get older and become just cats, they just stay out of your way, so it doesn't even matter.

Wingmen

I honestly don't know who decided dogs were a man's best friend, but I can guess. I bet it was a dog that took over the body of a normally cat loving man and convinced him they were not the lesser being. No one hates cats. The Internet doesn't, the Internet loves cats! What is a loldog? I don't know, but I know what a lolcat is! Cats rule jungles, Egypt and now the Internet. Trust me, they didn't luck into that position, they earned it. Through centuries of being chill, and making friends with man. Then dogs became their official best friend, but you know what? Cats were too cool, so they just said OK and walked away. If there is anything you take away from this article, it should be that cats are cool, you're going to get a cat and that you love cats.



File photo

OPINION

— Editorial —

We let them down



GABRIELLE HAY-BYERS
Editor-In-Chief
@Gee_H_Bee

The morning after I asked my colleagues Nicolas and Quinton to spend a moment at the Tomb of the Unknown Soldier for me, I was in the search radius for the Apex Casino shooting. I drove past roadblocks, I saw our mayor's requests for calm, and later, the request to lock down in place. I was shocked, and more than a little mad.

While the mainstream media portrayed the area as 'rural', in reality there are hundreds of us who live in subdivisions within a few kilometres of where the shooter was found. This is a quiet area, normally patrolled by the Morinville RCMP division. Not much happens here – and it's nice that way.

Vulnerable

Collectively, we all want to be mad about the senselessness of this act. How could these RCMP officers be left in such a vulnerable position? How could our justice system allow a man with a lengthy criminal history that included violent interactions with the police as recently as October to walk free amongst other citizens? People are angry and justifiably so. This shouldn't have happened.

Our society is one that loves to complain about the salaries paid to civil servants. We love to be jaded and complain about how the government fritters away our money. We love to moan about taxes and take measures to minimize them regularly while soaking up the benefits, like universal health care, freely. But of course, only 61 per cent of us could be bothered to vote in the 2011 federal election. Then we have the audacity to throw our hands up in disgust when our national police force, which has been repeatedly forced to do more with less with this year's funding deficit a "mere" \$32.5 million, isn't adequately protected.

Left out to dry

We didn't adequately protect the RCMP. The citizens of this country did not protect the RCMP. You and I left those officers responding to a routine call out to dry. It's time that the average citizens of this country started understanding that we all have a role to play, a sacred responsibility afforded to us by every man and woman who has died protecting our right to live freely in our beautiful country.

It's much easier to complain than it is to vote. It's much easier to complain than it is to get involved in our communities. It's easy to be jaded and cynical. It's definitely easy to look at the United States and obsess over their

problems, or become emotionally attached to the Charlie Hebdo story ... while we have problems in our own back yards. While in our back yards, RCMP officers are being shot.

Of course, as Albertans, we have a special role to play in this. Only 50.4 per cent of us saw it necessary to vote in 2012. Who are we to complain about a justice department that let a man like this walk amongst us? We clearly don't care. Actions certainly speak louder than our armchair politician words because when it comes to election time, we are lazy and complacent. Our politicians may be crooked,

confused, inadequate, whatever you want to call them. But we were too lazy to do anything about it, and look where we are now.

So as our community sits in sadness, remember- we did this. Our society did this. We let the RCMP down. Don't blame the politicians, the justice department, the shooter- blame yourself. If we were more interested in a safe, healthy, well-run country ... we would have it. If we were interested in making sure our RCMP were well supported, they would be.

We failed the RCMP.



A woman takes a moment Tuesday at the flower display for RCMP Const. David Wynn at the St. Albert detachment. Const. Wynn died Wednesday from a gunshot wound he received Saturday at the Apex Casino in St. Albert while investigating a stolen truck.

Photo by Gabrielle Hay-Byers



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

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

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

SPORTS

Way to win? Maybe not



JOSH RYAN
Sports Editor
@JoshRyanSports

Cheering for a team stuck in mediocrity, or even futility, is hard. Just ask fans of the Oilers, Leafs or any professional sports franchise in the city of Cleveland.

So, when their team falls out of the playoff picture, fans always fall back on tanking. The strategy of deliberately putting a losing team on the field/ice/court is nothing new and remains hotly debated. However, I'm always puzzled why so many people readily accept losing on purpose to get a high draft pick as the first response to losing. Few teams have achieved success with this approach and often spawn future futility in the process.

Despite this, the average fan, and almost any fan of specific teams in the middle of tanking, refuse to consider it's a bad idea. This isn't a comment about how tanking is immoral and against the purity of sport; it's simply a look at what happens to teams that decide to pursue this plan.

From an outside perspective that doesn't account for the intangibles, tank-

ing for lottery picks makes sense. When the postseason is light-years away, it's better to finish last rather than fourth-last. The draft ultimately delivers the future stars of the game and no team can win a championship without stars. Yes, it takes a team that's full of different pieces, but even the 1993 Montreal Canadiens had Patrick Roy, Vincent Damphousse and a young Eric Desjardins.

Several general managers have admitted to tanking for the top pick in the draft in the past and some of those situations resulted in success, such as the 1984 Pittsburgh Penguins. The players on that team played through one of the worst situations possible, but tanking brought the Penguins Mario Lemieux.

The problem with going for that generational talent is you don't know how a player will turn out, no matter how confident scouts may feel about a particular player. From Alexander Daigle to Andrea Bargnani, there are too many examples of high draft picks turning into busts. Injuries also trip up young talents. NBA player Greg Oden looked like a sure-fire pick but knee injuries have reduced him to a league minimum player.

Right now Oilers' fans are praying they

get the No. 1 pick and thus get Connor McDavid. However, there's no way of predicting McDavid won't get hurt, lose confidence or simply not develop into the player people expect.

Teams that benefited from tanking also required many other factors for success. The Penguins got another generational talent in 2005 with Sidney Crosby and added additional first-round picks in Evgeni Malkin, Kris Letang, Marc-Andre Fleury and others. But Pittsburgh was blessed with several cagey veterans and previous Stanley Cup winners, such as Darryl Sydor.

Gary Roberts wasn't with the Penguins when they won the Cup in 2009 but he played a major role in guiding the young Pens in the seasons prior.

Most important, tanking is dangerous because it breeds the wrong culture in the locker/dressing room. Sure, it's great to have several young talents on the team all at once but if there's no veteran leadership and no system of support to guide players through losing, then how can you build a winner? Hockey fans in this city have finally become sick of being in the NHL toilet every year but still don't fully understand the problem. Taylor Hall, Jordan Eberle, these guys have poten-

tial, but the rest of the lineup still needs major work. Getting McDavid won't change eight years of a losing team that are acclimated to the situation. The Detroit Red Wings weren't always the greatest franchise in the league. In fact, Hockey Town used to serve as an easy win in the early '80s. As the roster improved and experienced players were brought in, the Wings eventually developed that winning culture and became the powerhouse Detroit is today. Of that core group that won back-to-back titles in the '90s, Steve Yzerman is the lone Red Wing drafted by Detroit with a Top-5 pick.

An example outside of hockey that rings true for many Canadians is the Toronto Raptors. When Masai Ujiri traded star player Rudy Gay a little over a year ago, that move was seen as the beginning stage of roster demolition. However, the return pieces added to the Raptors depth and team chemistry. Despite fielding offers for other players, including future all-star Kyle Lowry, Ujiri chose to let the players decide the future through their play on the court. Now, the Raptors have become one of the best teams in the league.

So, before Oilers' fans start yelling, I'm not saying the team is better off by moving up in the standings at this time. There's nowhere to go but up; the Oilers are in last place. However, McDavid is not going to solve all of the problems. If he ends up on a plane to Edmonton come summer time, hopefully the roster will look drastically different and a new attitude is solidified in the room.



Connor McDavid

www.hockeysfuture.com

WOMEN'S HOCKEY

Ooks stay atop the standings

By **KATHERINE HILL**

After a slow start to January, the NAIT Ooks women's hockey team has found its scoring punch. NAIT swept a two-game series against the SAIT Trojans this past weekend, winning 5-1 and 4-1. The sweep keeps the Ooks perched atop the ACAC standings at 10-2-1. The Trojans fall to three games back.

Although the battle for first wasn't the main focus in this week's preparation against the Trojans, the Ooks went into the game knowing their hold on first overall was at stake.

"I wouldn't say that we'd prepare any differently but it's just a matter of knowing where things sit and we want to stay in first," said head coach Deanna Iwanicka. "We've got to be prepared to do that."

Friday night marked an offensive breakthrough for the Ooks as they head into the second half of the season. Breanna Frasca

scored two goals in the game, including a power play marker in the first that led the way for the win. The Ooks outshot their southern rivals 46-18, with dominant performances throughout their lineup. Frasca's play was backed up by goals from Alyssa Imler, Alyssa Shorts and Livia Lucova. Fifth-year forward Sherri Bowles also played a strong offensive game, with two assists on the night. The only goal for the Trojans came in the third period, scored by Cara Daudlin.

"There was a difference in effort today, big time," Iwanicka said. "We had a full lineup, so we finally had everybody healthy and going."

"It makes a difference when you've got everybody in the lineup just competing for a

spot and wanting to keep playing."

It was a physical game, especially late in the second and into the third period. There were plenty of penalties to go around, including a lengthy five-on-three to end the second frame. Emotions were running high but both teams mostly managed to contain their emotions.

"They bought into the fact that we didn't want to be penalty killing and we wanted to make sure we were staying on top and staying disciplined," said Iwanicka. "We've been working on our power play, so the more we're in the box, the more we can't do that."

Frasca's two goals earned her player of the game honours for the Ooks on Friday. Trojans' goalie Leticia Castillo earned the

award for her team, turning away 41 of 46 shots.

The Ooks followed up Friday's game with another dominant performance over the Trojans in Calgary on Saturday. Bowles opened the scoring in the first for NAIT and Veronika Kuzelova, Jordyn Tibbatts and Renata Mastna rounded out the Ooks' scoring. Forward Keisha Robertson scored the lone goal for the Trojans, her first of the season. It was another penalty riddled game but neither team capitalized on the advantage. NAIT went 0-for-8 on the power play and SAIT failed on three attempts.

The Ooks now look ahead to a home-and-home series against the MacEwan Griffins. MacEwan currently sits fourth in the ACAC standings, six back of the conference-leading Ooks. Friday's game starts at 8:15 p.m. at Confederation Arena, followed by a 6 p.m. game at NAIT Arena on Saturday.



Deanna Iwanicka

Keeping score

Who's the best QB?

Because our compatriots over in Issues have created such a great column with Point Counter Point, I thought using that idea would work similarly with sports. This week, we here at the Nugget debut a weekly sports segment that pits writer against writer, debating who is the superior player, who is the surlier coach, which is greater championship team and much more. Because the Super Bowl is around the corner, the first head-to-head features a pair of future hall of fame quarterbacks; Tom Brady and Aaron Rodgers. However, please note that the debate is not over who is the greater QB of all time. Rather, it's which of these two superstars is the greater player right now. Now, please enjoy the stylings of my predecessor Connor Hood and my own two cents.



JOSH RYAN
@JoshRyanSports

If my life depended on the result of a football game where I could select current NFL stars draft style, my first pick would be Aaron Rodgers. Since Brett Favre's departure, and subsequent fall from grace, Rodgers has become Green Bay's hero and the most valuable player in the NFL. Does he stand next to Tom Brady on the all-time scale? No, but he is gaining ground and he is the better quarterback right now.

The first argument is in Rodgers' statistics. This season, his passing percentage was a full point better than Brady's, he threw more touchdowns, he threw fewer interceptions and had more all-purpose yards. If you compare the first 114 starts of each players' career, Rodgers threw 60 more touchdowns and 23 fewer interceptions. This includes Brady's three Super Bowl seasons. Yes, Brady has those rings and he has proven himself in big games so many times but Rodgers has done



Aaron Rodgers

great things as well and with less help. The Packers have had, at best, an average defence most of Rodgers' career and yet he piles on wins every season. Having receivers like Jordy Nelson helps any quarterback, but having a monster like Rob Gronkowski helps any quarterback. Plus, Brady plays for Darth Vader himself; Bill Belichick. Having an evil genius like Belichick can get anybody to the Super Bowl.

People are going to knock Rodgers since the Packers will not take on the Patriots in Arizona but the blame shouldn't fall on his shoulders. Not only has Rodgers carried this Packers team from mediocrity early in the season to overtime in the NFC Championship, he did so on one leg. Rodgers is one of the best running quarterbacks in the league and also uses those legs to throw bombs downfield, two things that old man Brady can no longer do with any efficiency. The past few weeks, Rodgers played with a calf injury and still managed to beat the Dallas Cowboys, even limping to a first down late in the Seattle game this past weekend.

Speaking of Seattle, there's a much tougher opponent than the inexperienced Colts that the Pats took on in the AFC tilt. If Brandon Bostwick hadn't forgotten how to catch, the Packers would be taking on the Patriots for the Super Bowl. Brady is an amazing player and may go down as the greatest quarterback ever but Aaron Rodgers is the best QB in the league right now.



CONNOR HOOD
@connorhood27

Down by five, two minutes left in the fourth quarter of the Super Bowl, and you have to pick one guy to lead you to victory. Do you pick Tom Brady, or Aaron Rodgers? My money, as well as three Super Bowl rings, are on Tom Terrific. Not only has Brady proved himself to be one of, if not the greatest quarterback of all time, he is still perhaps the best at that position in football right now.

Just take a look at this year's matchup in the NFL championship game. Is it Rodgers leading the Packers to a win and making the trip to Arizona? Nope, it's Brady and the Patriots. After the Pats dominating 45-7 win over the Colts in the AFC Championship, it's hard to argue against Brady being the best player in the game today. Sure, Rodgers had an outstanding regular season but true great-

ness isn't assessed on how you do during the season, it's how you do when the games truly count – in the playoffs. And once again, it's the golden boy leading his team to the title game.

One of the greatest weapons for an offence and a QB isn't a wide receiver or even a tight end, it's actually the running back. They take the pressure off the passing game, create a more balanced offence and let the passer control the game, in turn making himself better as well. The Packers have one of the best young backs in all of football in Eddie Lacy and he is one of Rodgers' best assets. The Patriots, on the other hand, have had a different back lead the team in yards in each of the four months of the season. That shows that no matter who you surround Brady with, he will succeed. Yes, having Rob Gronkowski is a huge bonus to Brady, but outside of him, they haven't had much talent at the receiver position since Randy Moss left. Imagine the kind of things Brady could do with some of the



Tom Brady

weapons Rodgers has. Thinking of Brady chucking touchdowns to Randall Cobb or Jordy Nelson gives me chills. I think if you had to pick one of these two guys when the game is on the line, Tom Brady is, and always will be, the best.

New app-titude for exercise

By COURTNEY BELL

Fitness is a huge part of many peoples' lives. But living in Edmonton, it's really hard some days to go outside and get a workout. With snow and ice covering the ground, things like running, swimming or golf are very difficult to do. For those people who love to stay inside during the long winter months, there's another way for you to exercise; the Nintendo Wii!

Let's start with Nintendo's Wii Sports. This video game is very active, despite what

most people think. You can play tennis, baseball, golf, bowling and boxing, all in the comfort of your own living room. You can use your own Mii characters and play at any level with all of your friends.

Then there's Wii Fit, where you can do yoga with the Wii Fit Balance Board. The board can read your real life movements and bring them to life on your TV screen. One of the main focuses of the Wii Balance Board is to help you with your centre of balance, as it is a very important for your health. Your cen-

tre of balance has a lot to do with your posture and without it, you create an unnecessary strain on your body. There's six different training modes and more than 60 exercises and activities designed to help improve body balance and fitness. The modes are yoga, strength training, balance games, aerobics, training plus and my Wii Fit Plus.

The game tracks your daily exercises in easy-to-understand charts and graphs. The graphs track your BMI from your first check in and from then on, it's easy to tell how you've

done since you starting using Wii Fit Plus. You can also set goals, check your Wii Fit age, and even enter exercise time you've done outside of Wii Fit Plus.

Don't worry, you can even have fun with up to eight of your friends or family members. The Wii Fit combines fun and fitness all into one. It'll change how you work out at home, your centre of balance and even how you move. It's a lot of fun for you and your friends to learn new moves and work on your fitness during the long cold months of winter.

Strong start for Ook curlers

By CONNOR O'DONOVAN

The NAIT curling teams showed promise on the weekend in the Fall Regional tournament at the Avonair Curling Club. The men's and women's teams both finished tied for first with Grant MacEwan with records of 5-1 and the mixed team finished second behind Augustana with a record of 4-2.

Both the men's and women's squads suffered their only losses at the hands of the Griffins. The men lost 5-3 while the women dropped a tight 6-5 decision. The mixed team dropped games to Lakeland College 7-2 and Grande Prairie Regional College 8-5.

"We did a lot of things right," said men's skip Matt Brown. "Our shot percentages were high and when we struggled, our other teammates were performing well to pick up the slack throughout the weekend on all teams."

The nine school tournament was the first of two before the ACAC championships in Grande Prairie from February 27 to March 1. The provincial bout consists of the top four teams in each division. All three teams are now in good position to qualify. The winners of that tournament will advance to the CCAA nationals, hosted by Olds College from March 25-28 (there is no mixed category in the national tournament).

NAIT is coming off back to back national appearances by both the men's and women's teams. The men have won

CCAA silver and gold medals in the past two years while the women have won bronze and silver. Hopes are high for the women this year, who are looking to round out their medal count with four of five team members returning from last year's squad. The men's team, meanwhile, consists of two veterans and two rookies. The mixed team is composed entirely of ACAC freshman.

"We have six returning players and nine rookies on the team," said Brown, "so the dynamics of the teams are extremely interesting."

Brown is in his third year of his accounting degree, has over 15 years of curling experience and moved to Edmonton from Winnipeg to curl competitively. He commented on how team dynamics can affect performance.

"As a small team composed of four players, curling is the ultimate game of getting familiar with all our tendencies, from throwing the rock to what to say to teammates after a good shot as well as a missed shot," he said.

The Oaks will practice twice a week until Feb. 6 to work on their game and strengthen those team bonds. That weekend they head to Camrose for the Winter Regional tournament.

The ladies, led by skip Karynn Flory, will also be on the ice this week for the 2015 Jiffy Lube Alberta Scotties Tournament of Hearts in Lacombe.



Matt Brown



Photo by Kyle Winters

NAIT's women's team, which will be competing this week in the provincial curling championships in Lacombe, is shown at Avonair Curling Club on Monday. Members are Katie Roskewich, left, lead; Amanda Moizis, second; Jules Owchar, coach; Richelle Baer, third and Karynn Flory, skip. This team is the first ACAC team to qualify for the event.

Athletes of the week

January 12-18

Breanna Frasca Hockey



The NAIT Oaks women's hockey team increased their lead at the top of the ACAC standings this past weekend with a sweep of the second-place SAIT Trojans and Oaks captain Breanna Frasca was a big reason. Frasca had two goals and an assist in the Oaks 5-1 win Friday at NAIT and then notched two more assists in Saturday's 4-1 win in Calgary. "As the team captain, and with five points, Breanna deserves the recognition she is getting," said head coach Deanna Iwanicka. "The team needed to make a change after last weekend and Frasca initiated that change, which is important as the captain." Breanna is a fourth year Emergency Management Diploma student from Kamloops, BC.

Connor Hoekstra Hockey



Connor helped lead his NAIT Oaks men's hockey team to a two-game road sweep of the Keyano Huskies this past weekend in Fort McMurray. Despite not tallying any points in either the Oaks 6-2 win Friday or their 5-4 victory Saturday, Connor's effort did not go unnoticed from the coaching staff. "Connor's tremendous contributions this weekend did not show up on the stats sheet," said head coach Serge Lajoie. "He was fearless on the penalty kill and was a physical presence for us all weekend. We will need to have more guys play with Connor's determination for us to achieve our ultimate goal." Connor is a first year Academic Upgrading student from St. Albert.



Photo by Paige Hart

NAIT women's skip Karynn Flory during competition on the weekend in the Fall Regional at Avonair Curling Club.

Athlete Profile



Player: Tanner Cochrane
Sport: Hockey
Position: Forward
Program: Academic Upgrading

By CHARLIE ZHAO

1. What made you start playing hockey? My dad was a junior hockey coach when I was younger, so I pretty much grew up in a rink.

2. Who is your childhood idol?

Why? My Papa, Daryl. He's one of the hardest working people I know and constantly puts others before himself.

3. What are your hobbies during spare time? Golfing, boating and hanging out with my friends.

4. What type of music do you enjoy? Why? Country, because I can

two-step and that's like fishing with dynamite at The Ranch.

5. Which sport do you like except hockey? Football and baseball.

6. Who inspires you the most? My parents and little brother Carter.

7. What three things can you not live without? My phone, food and the weekend.

8. What is your dream oasis? Mexico with my teammates.

9. What is the best advice you've been given so far? "Just grab face" - Jamie Johnson.

10. What do you want to say to your team? Hey guys!



Athlete Profile



Player: Kaitlyn Whaley
Sport: Hockey
Position: Defence
Program: Dental Technology

By CHARLIE ZHAO

1. What made you start playing hockey? My dad. I was always hanging out at the rink anyways with the boys, so my dad signed me up for boys novice and I've played ever since.

2. Who is your childhood idol? Why? Honestly, I couldn't really have any other idol than my dad ... He's always been hard on me, pushing me to do my very best in anything (which being an only child is stressful).

3. What are your hobbies during your spare time? I enjoy reading, watching movies and playing fetch with my dog, Kona, when I'm home for the summer.

4. What type of music do you enjoy? Why? I like pretty much anything, but my radio station is definitely country.

5. Which sport do you like except hockey? I like basketball, baseball and rugby.

6. Who inspires you the most? My

mom. She's honestly a superhero. She works so hard and gives her all in everything she does. Always a helping hand at her two jobs, the two clubs that she's in and always taking time to see how I'm doing.

7. What three things can you not live without? Food, hockey and my dog Kona.

8. What is your dream oasis? Living in New Zealand would be pretty badass. Weather's nice and just insanely beautiful.

9. What is the best advice you've been given so far? I have two, I can't decide which is my favourite. "Never be satisfied." It was my team motto for when I played for my midget team. I think it really just speaks to me that in everything I do, I can always do better. My other one is "Shit happens." Sometimes, shit hits the fan and there's not much we can do but move on.

10. What do you want to say to your team? To my team, you guys are honestly the best. Couldn't have asked for a better team for the last two years.

Don't-miss events of 2015

By MATTHEW LORENZ

2014 has come and gone, leaving behind some cherished sporting memories. Now, we look ahead to the bright future that is 2015. As always the only thing we care about in a new year is sports so, the *Nugget Sports Section* brings you (cue drum roll) ... 2015's Most Anticipated College and Professional Sporting Events (in order of appearance).

1. NFL Super Bowl – Feb. 1

Ah, the Super Bowl. Nothing like watching 260-300 pound men crash into each other while protecting a small ball of leather. Even in Canada, the Super Bowl is one of the most anticipated and watched sporting events in the Western World.

2) The Masters – April 6-12

Now, while golf isn't everyone's cup of tea, to play or watch, the Masters tournament at Augusta National is still an exciting event. If you don't find golf that interesting, you can always watch it to cure your sleep apnea, works for me every time.

3) NHL Stanley Cup Playoffs/Final – June

If you aren't excited for the Stanley Cup playoffs you're probably an Oilers fan,

or have a fierce hatred for everything good in the world. Now, it's bad luck to mention teams that could be in the playoffs so ... I think Calgary might make it.

4) NBA Finals – June

The NHL's leading competitor for television viewing, at least during playoffs, is, of course, the NBA. Of the three major sports in the west, basketball is probably the most undervalued for entertainment. Take a look during the finals. It's awesome stuff, if you can get

past all the whining.

5) Wimbledon Championship – June 29-July 12

Yeah, tennis is in here, too. With last year's heartbreaking defeat of Eugenie Bouchard in the women's singles final, Canadians everywhere will be tuned in this time to see if our girl can go all the way.

Our NAIT Ooks are looking to compete in some major sporting events of their own this year, that are a bit closer to home for many of us.

1) ACAC Men's/Women's Volleyball Championships Feb. 26-28

Volleyball championships are right around the corner and both our NAIT teams are in the running. The



men currently sit in second behind Augustana, while our ladies are in fourth behind Grande Prairie. The men's championships are being hosted by the U of A – Augustana campus this year, while the women's

contest is in Olds.

2) ACAC Curling Championships – Feb. 27 – March 1

The Brier and Scotties are fun, but there's real excitement in the college ranks. The Ooks are vying for the ACAC title once again as both teams look to improve on the men and women's silver finishes and the mixed bronze finish last year.

3) ACAC Men's/Women's Basketball Championships March 5-7

With a 14-0 record, our men's basketball team is a powerhouse in the

North Division this year. Our ladies have also done well this year and are sitting in second place in the North. Still, it's a tough road ahead and anything can happen. The women's championship is here at NAIT while the men are at Keyano College.

4) ACAC Women's Hockey Championships March 6-15

NAIT's women's hockey team has also done extremely well this year. They are sitting in first place with a comfortable lead and are going for their third straight title this year.

5) ACAC Men's Hockey Championships – March 20-22

Our men's hockey team is a definite contender in this year's final. While currently in second place behind SAIT, our boys have dominated for most of the year and look to avenge the loss in last year's finals. We hope to see the same domination come playoff time.

So there you have it, 2015 is shaping up to be an exciting year in sports around the world and right here at home. Be sure to come watch or tune into the live streams for our NAIT Ooks.



ENTERTAINMENT

Not coke ... but cocoa



By **QUINTON BERGER**
Entertainment Editor
@QuintonBerger6

We live in a world that is always changing, rearranging and exchanging. Therefore you shouldn't be surprised when you find an upgraded equivalent of your favourite product, used for other purposes by a different country.

Think about it. Nintendo used to have the game market cornered till Microsoft came along (but now, Sony's on top, so the ball goes back to Japan), we've gone from having gargantuan mobile phones to hav-

ing personal computers in our pockets and now, the world has snortable chocolate. The term "nose candy" now has a very literal meaning.

I'm 100 per cent serious, too! I looked it up multiple times to make sure I wasn't getting Onion'd. This stuff has made its way to Vancouver and now, you can head on down to Licorice Parlour and do a "bump" of chocolate for \$2. The idea originated in Europe and after a candy store owner experienced it, she decided that everyone back home needed to as well. Hmm, someone went to a foreign country, snorted something and brought back large amounts for others to experience ... I feel like that's happened once or twice before.

The story may be old, but the method is very new. Rather than busting out your favourite piece of foreign currency that's permanently rolled into a little tube, this stuff comes with its own contraption called a "chocolate shooter." Think of it like a reverse mouse trap, you press down on two little platforms, sprinkle your cocoa on them, then press a button and it flies

up your nose! It's literally two little shots. I won't lie, when I first heard about this, I envisioned a bunch of morbidly obese folks crushing up an Aero bar then breaking out a \$100 bill and doing lines of it but I assure you the intranasal consumption of chocolate is far more sophisticated.

Now a lot of you are probably asking "why would anybody snort chocolate when they can just eat it?"

Well, here's what a friend told me ...



gadling.com

A chocolate snorter

yeah, a friend. When a substance enters your nasal cavities, the taste will enter the back of your throat and you taste it for a period of time. I've heard this experience be referred to as "the drips," not that I would know. So essentially when chocolate enters your sinuses, you end up getting subtle tastes of it for longer periods of time. That's not the only plus, though.

Snorting chocolate allows your body to experience chocolate without the caloric intake and that's awesome! So it hits all the same pleasure receptors in your brain, you taste it for longer and you don't even get fat!

I've got my chocolate shooter coming in from Belgium as we speak and I highly recommend you do the same. You can be a part of a new trend, experience chocolate for longer than it takes to eat it and hey, you won't be the first person to lose weight by snorting something! Snorting chocolate, it's sure to take the world by storm, giving a whole new meaning to O.T. Genasis's one and only famous lyric, "I'm in love with the cocoa."

JANUARY EVENT LIST

- 5 | EXECUTIVE COUNCIL NOMINATIONS OPEN
- 6 | TOP MODEL APPLICATIONS OPEN
- 19 | FITNESS CHALLENGE DAY 1
- 20 | WELLNESS WEDNESDAY
- 21 | FITNESS CHALLENGE DAY 2
- 23 | TOP MODEL APPLICATIONS CLOSE
- 23 | FITNESS CHALLENGE DAY 3
- 24 | TOP MODEL INDUSTRY WORKSHOP
- 26 | EXECUTIVE COUNCIL NOMINATIONS CLOSE

- 26 | FITNESS CHALLENGE DAY 4
- 28 | CLUBS SHOWCASE
- 28 | FITNESS CHALLENGE DAY 5
- 29 | HOW TO: WAX SKI'S & SNOWBOARDS
- 30 | FITNESS CHALLENGE DAY 6
- 31 | JASPER IN JANUARY

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By CONNOR O'DONOVAN

Media streaming companies are getting so precise with their recommendations these days.

I swear, Netflix suggested a category of movies to watch while feeling hungry but not too hungry, the other day. So for this week's shuffle, I decided to get equally exact. This is the Playlist To Listen To While You're Riding the Bus To School Without Having Completed That Major Assignment That's Due Today. We've all been there (right?). You procrastinated for weeks, telling yourself that you'd get things done tomorrow before spending the whole day memeing your instructors and cheating on Trivia Crack. Then, the evening before shit's about to hit the fan, you plan an

all-nighter but there's something about looking at a word processing document that makes your eyelids droop. Now, it's due day and, boy, are you stressing out. But fear not, you lazy sloth, for this carefully curated playlist will have you breezing through the five stages of grieving.

First, you need a song to rip you out of your sad little make-believe universe and embody and hopefully fulfill the murderous rage you are feeling. Then the fury is gone but it's replaced with a damp fear. There's a swirling in your stomach and sweat on your brow. What if you fail the course? This project was worth so much of your mark! Your peers will laugh you out of the classroom, your girlfriend will leave you and your parents are going to disown you. You're getting a big, fat zero, even if you have Colin Mochrie-calibre improvisational skills ... then, there's sadness. But then again, you're pretty much doomed, so you might as well accept it and move on. School is overrated anyways ...

- The Denial Phase: The Rolling Stones – Lies

- The Anger Phase: Rage Against the Machine – Killing in the Name

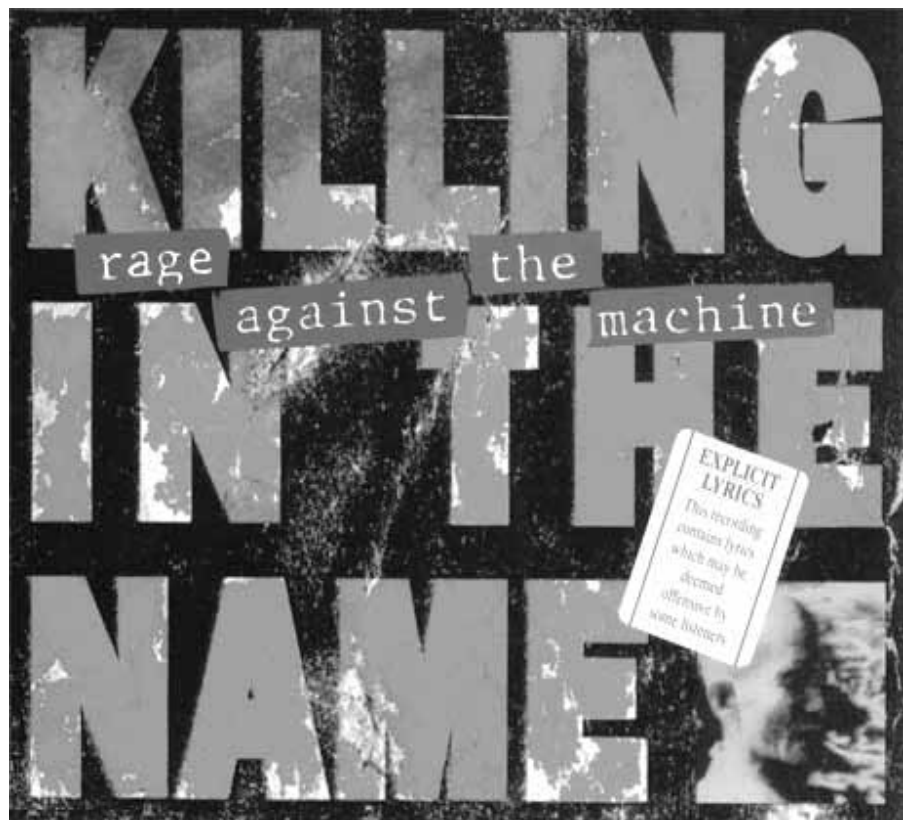
- The Fear/Bargaining Phase: The Who – Bargain

- The Sadness Phase: Adam Sandler

- Somebody Kill Me Please

- The Acceptance/Moving On Phase:

- Aloe Blacc – Hey Brother



en.wikipedia.org

The Interview's nothing special

By KYLE MATZ

Even before it was released, *The Interview* was at the centre of an international situation that even prompted U.S. President Barack Obama to give a statement on the issue.

Sony Pictures was hacked, with personal information from employees and four movies leaked online. According to the FBI, the hacks originated from the North Korean government. Despite all of this, *The Interview* was released on Christmas Day.

Starring the duo of James Franco and Seth Rogan, *The Interview* details the story of a late-night talk show host and his producer as they travel to North Korea to interview "the Supreme Leader," Kim Jong-un. Before they leave, though, the CIA casually requests them to "take out" Kim Jong-un.

The movie is nothing special. Yes, people around the world are going to purchase this movie as a symbol of freedom and capitalism, though the content of the movie leaves something to be desired. Many of the funny parts were in the trailer (as they tend to be). Additionally, the digital effects were noticeable and took me out of experiencing the movie. There were also extended references to *Lord of the Rings* and Katy Perry. This was enjoyable the first time

but they mentioned them at least twice each. It seemed as though they were the only two intellectual properties that they were allowed to reference in the movie. Useless fact: Katy Perry is signed to Columbia Records, which is owned by Sony Music Entertainment.

Reviews for this movie are all over the scale. Movie critics were more negative toward the movie and viewers were more favourable in their ratings. *The Interview* was released for digital download simultaneously with the theatrical release. Although simultaneous releases have been teased before, the circumstances of *The Interview* (read: terror threats) caused Sony to think of a safer and better release method. Some theatres refused to show the movie because of these release circumstances and the fact that they didn't want to have to compete with people wanting to stay at home to watch the movie. But does

the release of *The Interview* mean that we're going to see changes in how movies are released? Probably not, there are too many big companies that make tonnes of money with the current structure of movie releases. First, the movie is shown in theatres, and then it moves to cheap theatres (though there are fewer and fewer of them around these days). After that, it moves into DVD, Blu-ray and digital download release with VOD following shortly after. Then, after all the money to be made has been made, they

sell rights to cable companies to play on their channels.

All in all, you should see this movie, not just so you can watch Franco's character gradually befriend Kim Jong-un but also so that you can share in a movie that a nation rallied for the right to see.

Invite your friends over, make some popcorn and enjoy the movie that we fought to view. You can view it by going to www.theinterview-movie.com.



techcrunch.com

James Franco and Seth Rogan in *The Interview*

HIGHLEVEL DINER

Old standby

By CONNOR O'DONOVAN

"The ketchup's pretty good, man," my friend tells me casually.

I urge him to expand on his opinion, "Just good?"

"Exquisite."

He's referring to the Highlevel Diner's house-made ketchup, which they proudly sell by the bottle for \$7. I wait until he goes to the bathroom, swipe one of his fries and swirl it around in the red pool covering half of his plate. He's right, the exclusive condiment is pretty damn flavourful. It starts off sweet, then hits you with just the right amount of sour and, unlike its Heinz-made opponent, you can actually taste tomatoes in this ketchup.

31 years

I hit up the Highlevel Diner this weekend on the recommendation of a friend who frequents the joint with his mother. It's located at the southern tip of the High Level Bridge and has been for the last 31 years. It's been featured on the Food Network show *You Gotta Eat Here*, is Lonely Planet's second best thing to do in Edmonton and supposedly sees long lineups for breakfast every Saturday and Sunday. Needless to say, my expectations were high.

The diner is very cosy and quaint. I felt like I was walking into a good friend's house. It's small, probably seating about 50, and features an open layout that results in a decent buildup of ambient chatter but not enough to drown out the conversation at your own table. Another unique feature of the restaurant is its adamant support of local art. Wall space is adorned with paintings and photographs of Edmonton based artists and creative glass chandeliers hang from the ceiling in certain areas, acting as creative room dividers.

I decided on the aptly named Black Bean Chili (\$13). At first glance, the portion size seemed a little small for the price but my opinion quickly changed. The bowl was stuffed full of thick and chewy black beans bathed in a Santa Fe broth and made for a spoonful that was both hearty and flavourful. The chili was garnished with cheddar cheese, sour cream, guacamole

and some slightly rotten cilantro. The sour cream offset the sweet broth nicely and added textural contrast to the beans. The guacamole was fresh but the dish could have used more than its almost nonexistent dab. The chili also comes with a side of grilled corn bread, which crumbled easily for convenient dipping.

My friend went with the Diner's Clubhouse (\$14) and house cut fries. I can't speak for him but his own lack of speech while hurriedly consuming it leads me to believe that he enjoyed it. It is definitely a hipster's sandwich, as your standard, domesticated pig bacon is swapped out for strips of wild boar bacon. Thinly sliced chicken breast and organic tomatoes flesh out the innards of the clubhouse, which are housed between thick slices of lightly toasted multigrain bread greased with a maple and roast garlic aioli.

Cinnamon bun

I opted to go without dessert but the giant cinnamon bun placed on the table next to me made me regret my decision. It truly was a monstrosity, dominating the table and its pungent cinnamon scent radiated far and wide. I watched with jealousy as the newly love-struck couple that ordered it peeled apart the thick and moist dough. Without tasting it, I could tell it was far superior to any cinnamon bun I have recently tried – cough ... Common Market ...cough – and I wasn't surprised to learn that it has been the recurring victor of the Best Cinnamon Bun in the City contest (which I was surprised to learn actually exists).

The service was prompt and very efficient. The waiter was informative and friendly and the waitress refilling our water was on her A game.

All in all, the Highlevel Diner was a pleasant culinary experience. I wouldn't say "You gotta eat here" but, if you're in the area and in the mood for some home-style cooking, give it a go.

Check out www.highleveldiner.com for more information and a link to the *You Gotta Eat Here* episode.

10912 88 Avenue NW
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FASHIONISTA OF THE WEEK



Supplied photo

Caroline Crawford BBA Marketing

Where do you shop? – I enjoy hopping at The Bay, BTB, H&M and Simones.

How often do you shop online? – Every few months for shoes or dresses.

What is your favourite online store? – Top Shop.

How much do you spend shopping in a month? – \$50-\$100

What do you think the next fashion trend will be? – Vintage clothing is becoming more popular all the time.



www.tripadvisor.ca

Highlevel Diner

The genius of rap's odd couple

By MATT MOSEWICH

What do you get when you combine the funky southern sounds of Outkast with the robust assault that is Rage Against the Machine? You get rap's odd couple, Run The Jewels. Run The Jewels is an American rap duo consisting of New York based rapper/producer El-P and Atlanta-based rapper Killer Mike. Although both had previous success as solo acts, it wasn't until they teamed up in 2013 to release their self-titled debut album *Run The Jewels*, that they found mainstream success. *Run The Jewels* was met with critical acclaim and immediately stood out as one of 2013's most entertaining and lyrically sharp rap albums. Just over a year later, the duo somehow elevated their game and dropped my pick for 2014 album of the year, *Run the Jewels 2*.

Released in October 2014, *Run The Jewels 2* not only resumed the lyrical onslaught of its predecessor but it took the duo's meticulously violent sound to a new level. The album kicks off with Killer Mike's energetic battle cry, "I'm gonna bang this bitch the f*** out" less than two seconds into the album's opening track "Jeopardy." This stands as a precursor for what's to come as the first half of the album is a non-stop barrage of brutal intensity and cunning lyrics.

Throughout the album, the duo takes on

a number of serious subject matters. They rap about urban over-policing, drugs, the American prison system and even religion. The album features a number of great guest artists including Blink-182's Travis Barker on the track, "All Due Respect" and Zack de la Rocha of the aforementioned Rage Against the Machine on the track, "Close Your Eyes."

The first half of the album is incredible but you don't really feel the heart until the latter part. You get a reprieve from the assault, as they reel it back with some more emotional tracks. My favourite is one of the most dramatic on the album, "Crown." Killer Mike recounts his earlier life as a young man caught up in the Atlanta gang scene. He opens up about a life-changing drug deal in which he dealt cocaine to a pregnant woman, whose child later developed serious health issues. He talks about how the incident affected his family and how he still feels shame to this day. However, it was a turning point for him, as he promised to turn his life around. The track is a depressing view into a world I know nothing about but I can relate to his emotional honesty.

Run The Jewels 2 is a masterpiece. As someone who considers himself a fringe rap fan it truly takes something unique and dynamic to catch my attention. From the heavy gut-wrenching beats



pitchfork.com

Run The Jewels 2 album cover

to the diverse lyrics, *Run the Jewels 2* is downright impeccable. The chemistry between El-P and Killer Mike is uncanny, their skills are unmatched and they have

cemented themselves as the next challengers to rap's throne.



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Gibes at Golden Globes

By **TANIA BOYKO**

The 72nd Golden Globes hosted by Amy Poehler and Tina Fey started this year's awards shows with a bang by pushing the boundaries with their comedic material. North Korea, ageism, North Korea, *Cosby*, North Korea, sexism and more North Korea were topics that left audiences both laughing and uncomfortable.

Starting off with the hosts' beginning monologue, North Korea's position on last year's movies became the joke of the evening due to the country's recent move against Sony's movie *The Interview*. "North Korea referred to *The Interview* as "absolutely intolerable" and "a wanton act of terror." Even more amazing, that was not the worst review the movie got," joked Fey.

Poehler praised *Boyhood* for providing great roles for women in their 40s and joked "as long as you get hired when you're under 40." Later on in the evening, Patricia Arquette received a Golden Globe for her nomination as supporting actress in a drama for her work in *Boyhood*.

Gasps filled the room when the comedic duo focused on the recent sex allegations against Bill Cosby. In reference to the nominated movie *Into the Woods*, Poehler shocked the audience with: "Sleeping Beauty just thought she was getting coffee with Bill Cosby." The duo also attempted to do voice imitations of Cosby explaining how he "put the pills in the people."

Laughs ensued when Fey zeroed in on the newlywed couple, George and Amal Clooney. While highlighting the achievements of Amal, a successful human rights lawyer, the co-host joked that "tonight, her husband is getting a lifetime achievement award."

The comedic stylings of Fey and Poehler weren't the only highlights of the show. Comedian/actress Margaret Cho performed a controversial sketch posing as a North Korean member of the Hollywood Foreign Press for the *Movies Wow Magazine*. Since the airing of the awards show, she has defended her bit, pointing out that she herself is Korean and that only those who aren't Asian are taking issue with it.

While there was more politics involved in this year's award show than one would have thought, there was one Cumberbatch that stole the show. Benedict Cumberbatch added another photo to his celebrity photobomb collection that started at last year's Oscars when he posed behind Irish band U2.

This year, he launched himself into the air behind Meryl Streep and Margaret Cho during her North Korean bit as they posed with an issue of the *Movies Wow Magazine*. Audiences watching the awards at home loved the move and declared it the #Cumberbomb.

Acceptance speeches this year continuously addressed the horrendous attacks in France. Clooney moved many with his speech.

"Today was an extraordinary day," he said. "There were millions of people who marched – not just in Paris but all over the world. They didn't march in protest. They marched in support of the idea that we will not walk in fear. So, Je Suis Charlie."

The show marked the last time Fey and Poehler will host the festivities and announced that Margaret Cho will be hosting next year.

Notable wins of the 2015 Golden Globes:



Twitter

Benedict Cumberbatch photobombs Meryl Streep and Margaret Cho.

Movies

Picture, drama: *Boyhood*.

Picture, comedy or musical: *The Grand Budapest Hotel*.

Actress, drama: Julianne Moore, *Still Alice*.

Actor, drama: Eddie Redmayne, *The Theory of Everything*.

Actor, musical or comedy: Michael Keaton, *Birdman*.

Actress, musical or comedy: Amy Adams, *Big Eyes*.

Supporting actor, drama: J. K. Simmons, *Whiplash*.

Supporting actress, drama: Patricia Arquette, *Boyhood*.

Director: Richard Linklater, *Boyhood*.

Screenplay: Alejandro G. Inarritu, Alexander Dinelaris, Armando Bo, Nicolas Giacobone, *Birdman*.

Foreign film: *Leviathan*, Russia.

Animated film: *How to Train Your Dragon 2*.

Original score: Johann Johannsson, *The Theory of Everything*.

Original song: "Glory," from *Selma*.

Television

Series, drama: *The Affair*.

Series, comedy or musical: *Transparent*.

Television movie or mini-series: *Fargo*.

Actress, drama: Ruth Wilson, *The Affair*.

Actor, drama: Kevin Spacey, *House of Cards*.

Actress, comedy or musical: Gina Rodriguez, *Jane the Virgin*.

Actor, comedy or musical: Jeffrey Tambor, *Transparent*.

Actress, mini-series or television movie: Maggie Gyllenhaal, *The Honourable Woman*.

Actor, mini-series or television movie: Billy Bob Thornton, *Fargo*.

Supporting actress, mini-series or television movie: Joanne Froggatt, *Downton Abbey*.

Supporting actor, mini-series or television movie: Matt Bomer, *The Normal Heart*.

JUST THE TIP

Wonderful way to wake up

By **BERRY McCAULKINER**

Mornings can be tough. They're early, you're tired, and you always end up rushing to get ready.

Unless, you're a morning person ... and then I just don't understand how you work as a human being. Weekends and getting to sleep in, even just for an extra hour, are what I look forward to almost all week. One thing that can make almost any situation better, though, is a little sex.

My boyfriend had been staying over all weekend. Now, he is a morning person and as you have probably gathered, I am not. So, he was staying over and it was so nice getting to wake up every morning next to the guy I care about. But he wakes up earlier than I do, no matter what time either of us fall asleep the

night before. When I wake up next to him his smile isn't the only thing that's excited to see me.

I know I shouldn't really be flattered by that because I'm aware that it just happens sometimes regardless whether I'm around or not. But, I like to feel responsible for any time my boyfriend ever gets hard. He woke up this way every morning that weekend. Then he would roll over and snuggle up to me while I'm half asleep at this point. It's nice and cute that I get woken up by cuddling but that isn't what really woke me up.

His hands would graze over my entire body and then by the time my eyes were starting to open his hand was moving between my legs. It was gentle and a little teasing but also a very nice way

to start your day. It would start off pretty slowly but was enough that I was fully awake. Slowly pajamas would come off, if there were any that morning. But, that was depended on the activities that took place the night before. We would roll around and enjoy the warmth of the bed and up until this point it had pretty much been all about me.

By the time I roll over to make sure he is getting as much out of our morning in bed as I am, he is already as hard as a rock. It still shocks me a little every time because I never expect him to be as ready as he is. But, again it's a little flattering that he is still so turned on by what I look like in the morning, which can sometimes be a little rough. Anyways, by the time I notice how ready he is, he already knows

it's time. He has pulled me close to him and he is kissing my head, neck and chest all while his hand is still between my legs. At some point during the kissing I hadn't really noticed that his hand was gone but it was soon replaced with something a lot harder.

Before I could get over how nice being woken up like that was it was already full blown sex. It was somewhere between romantic and super intimate and a quickie. It was on the faster side but still very close and passionate. When it was all said and done I was now also awake for the day. But, I have to say it is a wonderful way to be woken up. I highly suggest trying it, not that I was the one in control or decided anything other than to let it happen.

THROWBACK THURSDAY

Kobe's 81-point display

By MATT MOSEWICH

January marks the anniversary of one of the most dominant individual single game performances in sports history. Nine years ago, L.A. Lakers superstar Kobe Bryant scored 81 points against the Toronto Raptors. In what looks to be the twilight of the black mamba's career I want to take a look back at just how incredible his performance was.

On Jan., 22, 2006 Kobe Bryant scored a mind-boggling 81 points in a 122-104 victory over the Toronto Raptors. Kobe started the game with 14 points in the first quarter and 26 at the half and his Lakers were down 63-49. In the second half of the game he had an insane 55 points, which is the second most all-time. Kobe alone outscored the Raptors by 14 points after halftime. The Raptors were left paralyzed by Kobe, who threw his team on his back and carried them to a victory. With 4.2 seconds remaining, Kobe's historic night came to an end as he left the court to a standing ovation, having shot 28 of 46 from the floor, including seven of 13 from three-point range, and 18 of 20 from the foul line. To put Kobe's legendary game into perspective, that same season over 150 different times a team was held below 81 points. Kobe outscored the Raptors 55-41 in the second half and led the Lakers back from an 18-point deficit. At one point he scored 19 consecutive Laker points. He scored 66 per cent of his team's points, and 36 per cent of the game's points, both of which are NBA records.

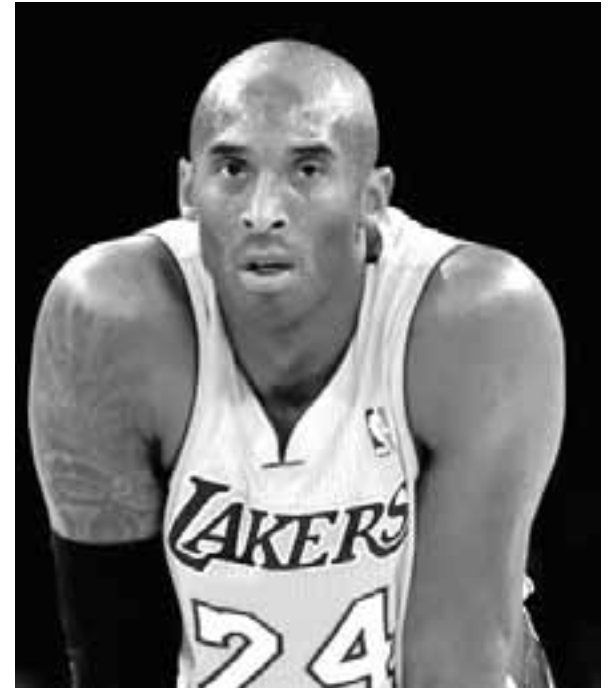
Kobe's 81-point game is second all-time to Wilt Chamberlain, who 44 years earlier scored an NBA record 100 with the Philadelphia Warriors. While both performances

were truly great, many feel as though Kobe's performance is more remarkable. Let's break this down.

Chamberlain recorded his 100-point game on March 2, 1962 against the New York Knicks. Wilt shot 36 of 63 from the field and 28 of 32 from the foul line while playing all 48 minutes. Compare that to Kobe who, as mentioned above, went 28 of 46 from the floor, including seven of 13 from three-point range and 18 of 20 from the foul line in 42 minutes of action. Wilt scored 59.2 per cent of his team's 169 points in their 169-147 victory. Kobe managed to score 66.4 per cent of his team's 122 points. Wilt took 63 shots to get 100 points, Kobe 17 less. The Warriors beat the last-place Knicks and had their own spot in the playoffs locked down. Kobe's Lakers were two games above .500, however the Raptors were a weak team. Furthermore, the Warriors had the game on lock and fed Wilt the ball throughout the third quarter inflating his number. Whereas Kobe's Lakers were losing the game for 30 minutes before Kobe exploded. Add to that, Kobe scored 81 in the more sophisticated modern defensive era and you have a case for Kobe's performance trumping Wilt's.

Regardless of which game is better, basketball fans will always remember Kobe's 81. Bryant was often unstoppable but on that night he played at a higher level than even he imagined possible. It's not only a testament to his greatness but a truly memorable moment in the league's history. Bryant will go down as one of the most polarizing players in NBA history and whether you like him or dislike him, the fact that he was and still is a special player is not arguable. His killer instinct carried him to five NBA titles, two

titles MVPs, one MVP crown, two scoring titles and 16 All-Star game appearances. With only one year left on his contract after this season, his illustrious career seems to be coming to an end and when it does he will go down as one of the best ever.



www.forbes.com

Kobe Bryant

Check out your study skills



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Whether you are continuing at NAIT or just starting out, a few weeks into the semester is a great time to evaluate your study skills. Even if you did well last semester there may ways that you can study smarter. Sometimes small changes can make a big difference. Check off areas that might be helpful to try out.

Location:

- I have one or two regular study areas which have:
 - good lighting and ventilation.
 - room to spread out my materials.
 - minimal distractions (noise, interruptions, clutter).
 - a chair that is comfortable but not so comfortable that I doze off.
- I have evaluated whether it is best for me

to study at NAIT or at home. Some students find they are too distracted at home and it is better to find a regular study area at NAIT or an alternate location outside of the house.

Study Time:

- I study every day. The sooner you review new material the easier it is to retain it.
- I know the time of day when I am most alert and I use that for my most important studying and homework projects.
- I study at approximately the same time each day. By getting into the habit of a regular study time the brain automatically pre-prepares and becomes more efficient at that time.
- I do a daily review of all new material as well as a weekly review.
- I know my maximum concentration time. For most people this is approximately 30 minutes but can range from 20 to 50 minutes. Taking frequent short breaks (e.g. five to 10 minutes every 30 or so minutes) helps with learning and retention. Studying for more than an hour without a break often overloads the brain and is ineffective for retaining material.
- I balance my study time, being careful to spend more time on what is most difficult for me and on how much the assignment or exam is worth.

What to Study:

- I use the course objectives/learning objectives as a guide for what to focus on.
- I pay attention to which areas the instructor emphasizes in class and with

assignments.

- I use a daily planner to keep track of due dates and to prioritize my tasks.
 - I allot more time to difficult subjects, and study difficult subjects or topics first when my brain is most alert.
 - I formulate a specific study goal at the beginning of each study session. This will automatically improve your concentration.
- How to Study:**
- I set aside time when I can commit 100 per cent of my attention to my studies.
 - I experiment with different ways of studying (groups, a partner, reading out loud, flash cards, making charts or diagrams).
 - I use repetition, visualize the concepts as I read them, and try to make new material meaningful by asking myself how does this relate to something I already know or to something else we have learned in class?

- I incorporate self-testing into my sessions.
- I focus on understanding, not just memorizing the material.
- I break tasks into small, manageable chunks.
- I maintain a positive attitude – it really does help with memory and retention.

Lifestyle Factors:

- I get adequate sleep. (Most people need 7 ½ hours or more).
- I am aware of things that distract me and am working towards taking control of com-

puter games, television, cell phone interactions, and other distractions. (It often works well to use these as a reward after you study).

- I eat nutritious, regular meals and snacks and know that students who eat breakfast are better able to concentrate in class.
- I get regular exercise. This helps with memory, learning and relaxation.
- I plan to attend free drop-in winter Study Skills workshops to enhance my study skills. See details on posters around NAIT
- I have reviewed NAIT's on-line study skills manual: *Techniques to Maximize Learning Potential*, which includes information on study skills, time management, procrastination and memory, exam writing and exam anxiety. Access the manual at www.nait.ca/counselling
- If I have any academic or personal concerns, I will book an appointment to see a counsellor.

Have a great semester!

*Student Counselling
Room W111-PB, HP Centre
Appointments available:*

*Main campus: Monday to Friday between 8:15 and 4:15, and until 5:15 on Tuesdays.
Patricia Campus: Thursday afternoons; book with Nettie in P-133.
Souh Campus: Mondays from 9:15 to 5:15; book with Andrea in Z-145.
Appointments can be booked in person or by calling 780-378-6133.*



TANIA BOYKO

If you could be any villain, who would it be and why?



"I'd be the female version of Loki because he hates everyone."

Victoria Brown



"Cruella de Vil, because her fashion game is on point, if nothing else."

Sara Zampa



"Goro, the guy from Mortal Combat, because he's got four arms, is a badass and throws people really far."

Tyler Yestal



"Hades, because I like Greek mythology and would be ruler of the underworld."

Connor Neumann



"Ursula, because I can easily see myself being her and it's my favourite cartoon."

Madison Olthof

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (11lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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Photo by Ciaran Boyle

A recruiter welcomes a student to his booth at Tuesday's Career Fair.

NAIT Presents

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CROSSWORD

Across

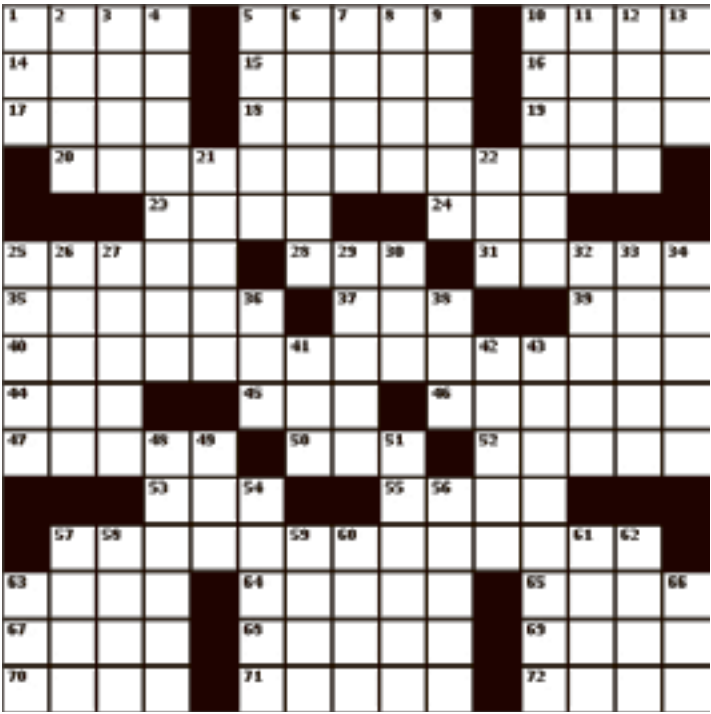
- 1- Baby powder
- 5- Nobelist Bohr
- 10- Prejudice
- 14- Colorful fish
- 15- Dam across the Nile
- 16- It is in Spain
- 17- Comedian Carvey
- 18- ____ there yet?
- 19- Defence grp. since 1949
- 20- Rebirth of the soul in a new body
- 23- Back of the neck
- 24- Frat party staple
- 25- You ____ right!
- 28- K-O connection
- 31- Govt. security
- 35- Generic
- 37- Descartes's conclusion
- 39- Lay down the lawn
- 40- In spite of
- 44- Salt Lake City player
- 45- Hung. neighbor
- 46- Tranquil
- 47- Song part

- 50- Baseball club
- 52- Pierced with horns
- 53- Henpeck
- 55- Synagogue
- 57- Rubella
- 63- Monetary unit of Germany
- 64- Castle water pits
- 65- First name in scat
- 67- What ____ mind reader?
- 68- The brainy bunch
- 69- Back end of something
- 70- Drew on
- 71- Item having exchange value
- 72- Abominable snowman

Down

- 1- Director Browning
- 2- On ____ with
- 3- Alley
- 4- Portable power saw
- 5- Civil rights org.
- 6- Sharon's land
- 7- Pitcher
- 8- Mown grass
- 9- Move stealthily

- 10- Not malignant
- 11- Golfer Aoki
- 12- Env. notation
- 13- ____ Paulo, Brazil
- 21- Mother-in-law of Ruth
- 22- Hanoi holiday
- 25- Cancel
- 26- Like tubers
- 27- Computer key
- 29- Beethoven's "____ Solemnis"
- 30- Writer Hentoff
- 32- Bendable twig, usually of a willow tree
- 33- 1,000 kilograms
- 34- Created a border
- 36- LAX posting
- 38- Bell and Barker
- 41- Wheel center
- 42- Old Ethiopian emperor
- 43- Whimsical humor
- 48- Encroachment
- 49- Engine part
- 51- African fly
- 54- Type of ray
- 56- Attacks



- 57- Wrigley varieties
- 58- Part of HOMES
- 59- Denials
- 60- ____ best friend
- 61- Gen. Robert ____
- 62- Narrow strip of wood
- 63- It's bottled in Cannes
- 66- Former Bush spokesman Fleischer

Puzzles provided by BestCrosswords.com (<http://www.bestcrosswords.com>). Used with permission.

SOLUTION
Page 23

Steps in the walk of life

FASHIONISTA OF THE WEEKSTA



TAYLOR BRAAT
@TaylorBBraat

Not every day is good but there is good in every day. These 10 little pieces of inspiration may seem obvious but they are easily forgotten. I don't want anyone to forget how great life is, so here's a little reminder that the smallest things can be the biggest.

1. When beginning your day, think of everything as a gift. Be grateful for everything you have because it could all be gone in a second. Your clothes, your bed, your laptop, your phone; all of these things are so wonderful and only a small portion of the world has them, so be thankful.

Find new music

2. Always make time to find new music that you love. Music is the soundtrack to your day. A good song while walking could fly you straight into a grand theatrical moment in the cinema that is your life.

3. Never take a day for granted, there is always time to learn something new that could brighten up any day. Whether you learn how to use chop sticks at a sushi restaurant or learn how to longboard in the summer, these new skills can improve your quality of life.

4. Even if you're having a bad day, never miss an opportunity to brighten someone else's up. Start a conversation at the bus stop, buy the next person's coffee in line or simply smile at someone you are passing by. These things can go a long way, longer than you think, so be the ray of sunshine on a cloudy day.

5. Never hold in a simple thought of kindness towards anyone else. Always give the compliment that is on your mind. They will appreciate the kindness, they will have that little bit of extra confidence and you can walk away knowing you made someone feel good. It's that split second of just saying something, instead of over-thinking it and making someone feel great for it.

6. I cannot stress this one enough – make time for yourself every day. Whether you want to be alone under the covers watching your favourite TV show or hanging out with 20 of your closest friends, this time is essential to yourself in leading a happy healthy life, with less stress. I know that it is hard sometimes to find this time, but putting the textbook down half an hour earlier will make all the difference when it comes to feeling good.

7. If you are feeling unhappy more often than you are feeling happy, make a change. Do it for yourself and do it sooner than later. Jobs can be stressful and annoying and they need to go. Money is not more important than your happiness. Money is important, but it is not the most important thing in life. Cut out people in your life that do not add anything positive to it. Know that life is short, and there is only one (that we know of), so do not waste any time in making your life the best it can be!

Enjoy!

8. Let yourself eat cake! I am speaking metaphorically, of course but I also mean you should eat cake. What I am trying to say is, don't inhibit yourself from doing what you want or eating what you want. No one leads a perfect life and everyone needs a "cheat day."

9. Make goals, personal and career ones. Think of goals as a direction to walk instead of aimlessly making steps. Goals help us to achieve things we normally couldn't. The simple act of thinking you want something and actively trying to do it, is half the battle in obtaining it. Anything is possible if you dream it.

10. Focus on the good in life and your life will be good. Don't mistake a bad day for a bad life. Life is awesome and there is a lot to be thankful for.

Keep your face to the sunshine and you cannot see a shadow.

– Helen Keller

Keep looking up, the future is always bright!



Photo by Cassandra Chester

Gabrielle Fung is a student in the Graphic Communications Program. She recently made the scarf she is wearing and says she threw this outfit together quickly. Her best accessory? Tinsel hair extensions.



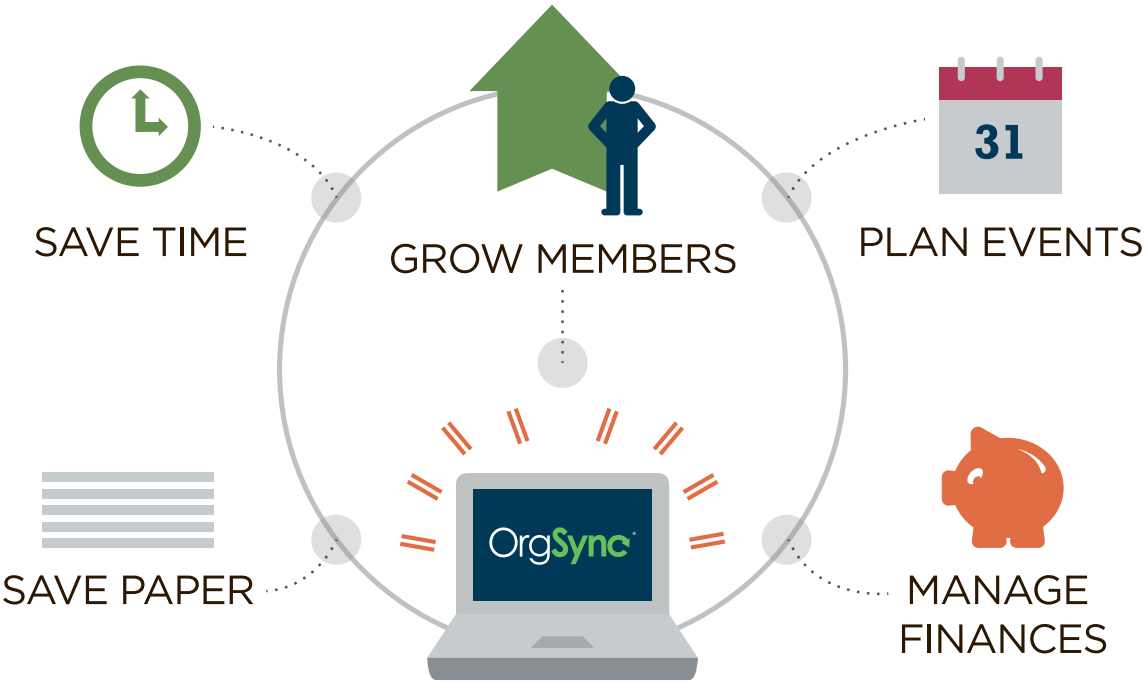
WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAITion Toastmasters	Every Monday from Sept. 15, 2014 -April 20, 2015	Room X-111
Aboriginal Students	Every 2 weeks on Monday's Jan 12-Apr 20 3:30pm-4:30pm	Room H-111

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
BCX	Super Bowl Beer Garden	Jan. 30 3:00pm-10:00pm	Tower Lounge
Toastmasters	Leadership Institute & Club Officer Training	Jan 31 8:00am-4:00pm	Shaw Theatre (& additional room tbd)
Accounting Club	CPA Info Session	Feb. 4 5:30pm-7:00pm	Room T-416
Ahmadiyya Club	Existence of God	Feb. 25 6:30pm-10:00pm	Shaw Theatre
CETSC	Clothing Drive	Nov. 24-Mar.25 All Day	NAIT Campus Wide Donation Boxes
BCX	Clothing Drive	Tuesdays Jan 31-Apr 14 2:30pm-4:30pm	Outside NAITSA Office



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CAMPUS CLUBS CENTRE

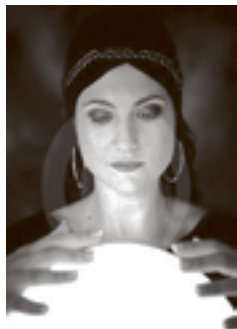
VISIT THE CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitsa.ca/clubs

Check out the Clubs Website for other upcoming Important Clubs Dates.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 22-28

(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)

This week will bring you lots of joy and smiles. Make sure to pay attention to the small details and to remind yourself that life is beautiful. You will realize that things that were once so

important to you don't mean as much anymore and don't be afraid to move on.

Pisces (Feb. 19-March 20)

Having an "I don't care attitude" won't help you. You need to buckle down and focus. Actions have consequences and if you don't deal with the situation soon, things are going to backfire.

Aries (March 21-April 19)

There will be a hard decision to make in the near future. Don't be afraid to jump and go for what you want. It doesn't matter what anyone else thinks of you. Do what makes you happy because in the end, that's all that matters.

Taurus (April 20-May 20)

With school starting up again, you are feeling the stress more than ever. Go out and blow off some steam. Go for a massage, work out or just do something you enjoy. Stress is only going to make your course load harder.

Gemini (May 21-June 21)

Someone new will be walking into your life very soon. Keep an open mind and don't be afraid to let someone in. It may be a new friend or possibly even something more.

Cancer (June 22-July 22)

It's going to be a very bad week for you. Keep your head up and stay strong. This storm will pass. There is always sun after a storm. Whatever it is you will be going through, it'll pass and you'll be a better person for it.

Leo (July 23-Aug. 22)

This is a great time for you to go out and try something new. Find a new hobby, sport or passion. It may even lead to you finding something you didn't even know you were missing.

Virgo (Aug. 23-Sept. 22)

The first couple of weeks of 2015 have been great for you so far but don't let that fool you as something you're not expecting is going to be coming your way. Be careful of who

you trust but don't let that scare you away from new relationships.

Libra (Sept. 23-Oct. 22)

Something great is going to happen this week. You're going to receive some amazing news that will change your life.

Scorpio (Oct. 23-Nov. 21)

You are very loyal and committed. You are also a great friend. Someone is going to need you very soon but try not to get offended or defensive, as your friend really needs you right now.

Sagittarius (Nov. 22-Dec. 21)

You tend to be a bit of a dreamer but don't worry, that perfect relationship you've been waiting for is just around the corner. Keep your mind and your heart open for new things.

Capricorn (Dec. 22-Jan. 19)

Don't give up. This bad time you are going through right now will pass and everything will get better. Stay positive and keep smiling.

DIY

Projects for used bottles

By TANIA BOYKO

Waking up to find your place surrounded by empties indicating a lively weekend with your closest mates can be exhausting. Luckily, there's a DIY for all you partiers and drinking enthusiasts.

Repurposing empty drinking bottles is on the rise and the opportunities are endless. Where most people struggle is how to cut the bottle's glass. These are the instructions, which if done correctly and safely, will allow you to put those empties to good use.

This DIY may appeal to those pyromaniacs out there but should be used with caution. Many of the products seen in farmers' markets and on online sites such as ETSY use this method to create their pieces.

Materials: Thick yarn, ice, a lighter, cleaned glass bottle, gloves, eye glasses, face mask, sand paper and either nail polish remover or acetone.

Step 1: Completely remove the labels from the bottle of your choice. Ensure that it is completely cleaned.

Step 2: Measure out a piece of yarn that wraps three times around the point of the bottle you wish to cut. Soak that bad boy in acetone or nail polish remover.

Step 3: Prepare a large pot or sink with

cold water and ice cubes.

Step 4: Put on a face mask to protect you from the fumes, put on gloves and don the glasses to protect your dazzling eyes.

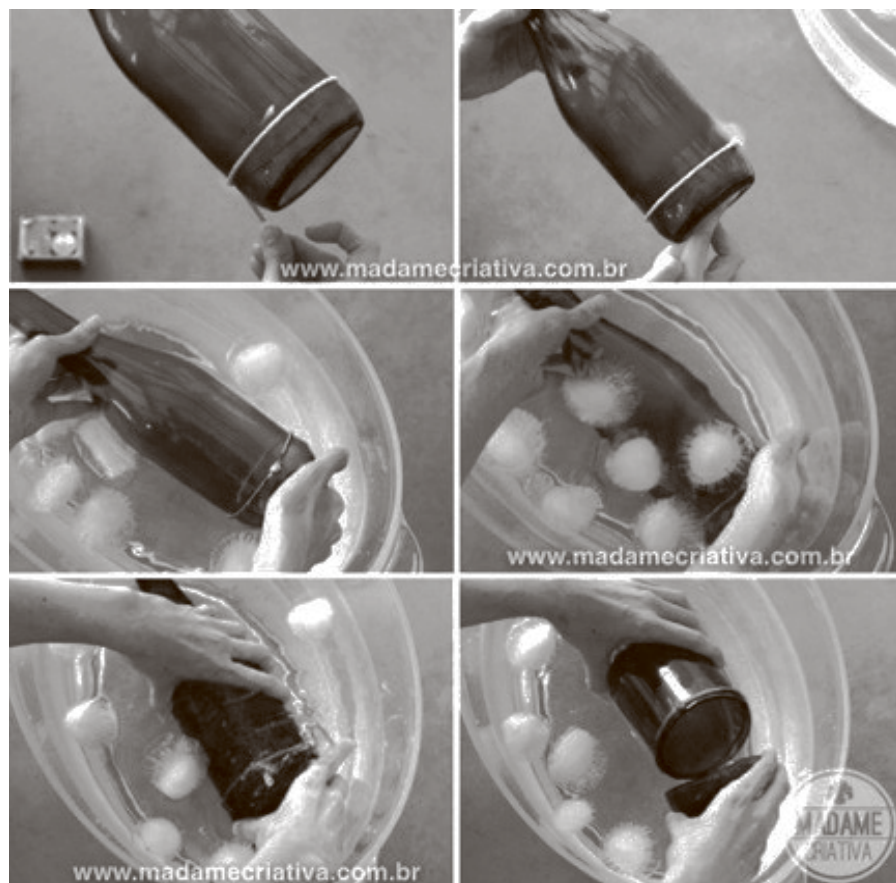
Step 5: Wrap the soaked yarn three times where you wish to cut the bottle. Wipe off any excess alcohol from the bottle. This step is important to prevent lighting the entire bottle on fire and possibly your hands.

Step 6: Over the cold water (just in case) light the yarn on fire and let the fire burn out on its own.

Step 7: After the flame goes out, immediately submerge the bottle into the prepared cold water. This will cause the bottle to break in two. If the bottle has developed cracks, you will have to try again with another bottle.

Step 8: Sand the sharp edges of the glass first with the coarser sand paper and finish with a fine grade to give it a sleek finish. It is important to keep on your safety equipment and ensure you are in a contained space so glass shards do not go everywhere.

You now have the tools to create any bottle DIY you wish to make! Some make drinking glasses, soap dispensers, wind chimes, terrariums and more.



For more information on DIY options to do with your freshly cut bottles, visit

Pinterest and search glass bottle DIY. The only limit is your imagination.

Predictions for dance music

By **BRETT BOHL**
@djBohLd

It's time to look ahead at the coming year. Based on the sounds, ideas and themes that emerged in 2014, where is the future of dance music going in 2015? Here are some of my predictions.

Progressively, more artists are going to be paying more attention to non-musical, web-based styles and incorporate them into most (if not all) of their productions. This is a tool used to expand marketing and a way to promote the music to a different audience.

Things that blew up on the Net "yes-terday" scale, will soon literally be heard on the drop of next "tomorrow's" club banger. These songs that were not yet discovered by the mainstream audience are becoming more and more valuable to club and radio DJs. Aim to be a DJ who brings the music that is familiar but different and more importantly though, has not yet been overplayed to the majority of the listeners. This is an important and active point in the overall conversation of dance music in 2015 and onward.

Dance music performances will soon dominate all festival lineups. Ever since Daft Punk's performance at Coachella in 2006, the amount of electronic dance music performers doing live shows and multi-genre festivals have grown larger and larger.

This year, EDM acts are in the

majority at Canadian events such as the Boonstock Music Festival, which did not primarily focus on dance music acts previously. The original Boonstock brought an entirely rock based lineup, proving the increase in the genre's popularity.

Other larger scale events such as Lollapalooza and Coachella are going down the same road. In fact, Coachella's lineup in 2015 is practically dominated by EDM artists.

Electronic dance music films are arriving. In the United Kingdom, it took several years for the "rave culture" to exist before it was implemented into feature films such as *Trainspotting*, *Human Traffic* and *Groove*.

This year, EDM is going make major appearances in the big leagues – Hollywood.

Future films will include *We Are Your Friends*, named after the Justice vs. Simian song, starring Zac Efron. Will Ferrell is set to produce Sony pictures *I'm In Love with the DJ*. *Eden*, a movie loosely based on Daft Punk and about the French house music scene. The upcoming *Entourage* movie features electronic producer Calvin Harris and an HBO comedy is being developed by Calvin Harris, Jay-Z and the author of *Trainspotting*, Irvine Welsh.

Dance music no longer a thing that just belongs on our blockbuster soundtracks, the culture itself is now becoming substance for our silver screen pictures.



www.thatdrop.com

Dance music performances will soon dominate all festival lineups

Dance music will increase in comedy performances. *Saturday Night Live* has a brilliant sketch called *When Will the Bass Drop* demonstrating that EDM is important enough to be a worthy target for our comedic acts. A self-parody presence exists in other music videos, like Knife Party's song "Internet Friends" or the Chainsmokers track "Selfie."

Even in the education world, there are new ideas beginning to be explored with dance music. The first "Techno Studies" conference was prepared and hosted in Berlin last year in December.

I believe that our electronic dance music culture will continue to be developed and, as it does, it will continue to establish itself through superior and more insightful approaches.

CROSSWORD SOLUTION

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Where does your mind take you?

B

Sounds like you could use a little snack. Best not make decisions about university on an empty stomach.

M

Yes, agility is essential in today's business world. Since you're already thinking this way, you'd be perfect for our School of Business.

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EXECUTIVE COUNCIL

member

nominations open

january 5 - january 26

The NAITSA Senate is comprised of 18 student representatives at NAIT. They meet 10 times throughout the school year (October through April) to discuss and make decisions on issues that concern NAIT students.

for more information visit naitsa.ca/elections

 **STUDENT ELECTIONS**

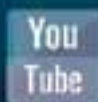
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