

EMPTY THE NEST ON APRIL 4 – \$5,000 IN PRIZES! SEE PAGE 12

# THE NUGGET

Thursday, April 3, 2008  
Volume 45, Issue 26



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YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## NAITSA VP CHOSEN

Executive positions filled for next year, story page 2

### TAKING A BREAK

All 40 lucky skiers enjoyed themselves during the last weekend of March on the Mystery Mountain trip to Sunshine Village. Story, pictures page 3.



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# NEWS & FEATURES

## Hello VP, goodbye A&C



**NAHREMAN ISSA**  
Sports Editor

Well, voting is over and NAITSA has a new VP Apprenticeship & External. The position recently won and vacated by Amanda Spearing now belongs to Geoff Tate.

Yes, the *Nugget's* Geoff Tate. The Arts & Culture editor is moving on to bigger and better things. As much as the *Nugget* is happy for him, his storytelling will be strongly missed. From Captain Morgan to asbestos in the Annex, Tate managed to make everyone smile ... and even get Occupational Health to investigate!

Moving on to the issues of the job, Tate is excited to get going. "Super Awesome! I feel super awesome." He would go on to say something smart. "I

want to make the role of [VP] more reasonable. Amanda did a great job, which I plan on doing too, but there are easier ways to make the same result happen. I want to make things easier for apprentices."

President-elect (and self proclaimed resident pervert) Brent Constantin is looking forward to him joining the team.

"I'm excited Geoff is on board. He has some great ideas and a great attitude," he said.

"He's eager to get involved and will make a great part of the team."

Constantin is also excited that he is making a clone of himself through Tate. "He's following through my footsteps ... I came up through the *Nugget* and the Senate." No word yet on how perverted Tate is.

Tate officially starts on May 1 after three weeks of training.

Any last words, VP?

"All hail Megatron! And thanks to RTA and everyone who showed up and voted. Also, I want to give a huge shout out to Nahreman. She incorporated everything I looked for in a campaign manager. Besides the RTA area, she did nothing and I won!"



**Geoff Tate**  
New VP Apprenticeship  
and External

### REPORT FROM AFGHANISTAN

## IEDs a plague

**GABRIELLE HAY-BYERS**  
Student Issues Editor

Edmonton-based Sgt. Kelly Stewardson is well into his tour in Afghanistan, and is truly in the action since his recent move to a police substation in the Panjwayi district.

"We are very, very busy dealing with IEDs (Improvised Explosive Devices) and insurgents. We . nd or hit IEDs almost daily around here," said Stewardson in a recent e-mail to NAIT instructor Raymond Bilodeau.

Bilodeau then shares these personal emails with his students and the *Nugget*.

With Canadian casualties mounting, the importance of soldiers deploying to Afghanistan has never been so tantamount. Unfortunately, soldiers like Stewardson are not only replacing their brothers who have returned home.

"I replaced Sgt. Jay Boyes after he was killed by an IED on March 16. It seems every-time I get a task it is because someone was killed," said Stewardson.

Despite such losses, according to Steward-

son, morale is high.

"All the troops are happy to be here and doing their job," he writes.

"The locals appreciate the security we provide and are happy we are here so they are not beaten or killed by the Taliban. The children are, of course, innocent and are just like children anywhere else in the world ... they like candy."

Despite the innocence of the children, our Canadian soldiers have much work to do in Afghanistan.

"We are busy patrolling to disrupt insurgent activity and keep the local nationals safe. The Taliban is very active and attacks occur daily in our vicinity."

Stewardson then concludes his e-mail to his friend with a promise to write back soon.

"My time is up Raymond, so I will talk to you at my earliest opportunity ... Stay safe, stay happy, brother."

Stay tuned to the *Nugget* in September for an extensive update on Stewardson's tour of duty in Afghanistan.

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# Mystery solved



**SHANT CHAKMAKIAN**

It was a glorious time as about 40 lucky students went on the Molson Mystery Mountain Ski Trip. No one knew where they were going, as the passenger side windows to the bus were blacked out.

The celebration was intense and the good times abounded as these hard-working students extricated themselves from their projects and busy schedules for a weekend of hard-earned celebration.

"It was awesome, a good group of people and we partied pretty hard. I feel like I'm able to think again," said Eddy Long, referring to the sheer awesomeness of the event.

Arriving in Banff, we got more than we bargained for as we were given two nights in a three and a half star hotel, lift tickets for two days at Sunshine Village and, of course, a ride there and back – all for \$105.

"The event was off the hook, it was a blast, the snowboarding was wicked and an all-around super fun time with a team of champions," said Brad Harder.

This trip was hosted by Downhill Riders and many students were amazed and impressed by the superior service and hospitality, when compared to the Backside Tours New Year's ski trip.

"I thought this was an awesome trip, we had really good tour guides,



**It was a tired but happy group of skiers who took time to pose for this photo at a pit-stop in Red Deer on the way home.**

better hotels and it was more organized. Molson and Downhill Riders did a great job," said Dave Murray.

Although the previous ski trip was plagued with terrible hotel accommodations, poor planning and incompetence, the Molson Mystery Mountain Ski Trip made up for all that disappointment tenfold at a third of the price.

Trevor Ross, a veteran at tour guiding NAIT ski trips with Downhill Riders, got rave reviews as he did what he does best – being an awesome host.

"We're really looking forward to doing this with Molson again next year," said Jen Grundke, NAITSA's campus culture director; who was responsible for organizing the

event and was hailed as a hero for putting this great event together with Molson.

As the ski season comes to an end, this group of champions went out like lions, in a spectacularly awesome fashion.

With nothing but projects and final exams lying ahead, we all got a taste

of what it's like to reach the light at the end of the tunnel.

Those who are coming back next year are looking forward to the next Mystery Mountain trip. I know I am.

This was a great way to end a year that was nothing short of legendary. Good luck on exams. See you next year.



**Stephanie Bosch, left, Laureta Boychuk and Shant Chakmakian enjoy the conditions at Sunshine Village.**

## The Nugget

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## Submissions encouraged.

[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

## THE DEADLINE IS

Noon on the last school day of the week. (All submissions must include your name and student ID number.)

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

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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?

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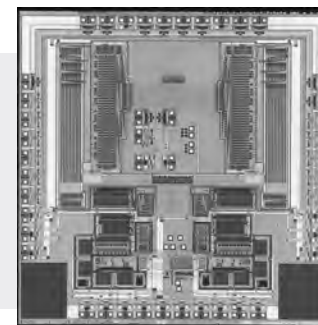


*Tech  
Talk*



SHANT CHAKMAKIAN

# Office 2007



Microsoft has been making office applications for decades. Adding to that history is the new Microsoft Office 2007.

Full of new features, bells and whistles, this new package offers ground-breaking functionality and productivity, but unfortunately at the detriment of compatibility.

Office '97 and Office 2003 have been using the same file format for almost a decade. As a result, the traditional file format has its limitations, which results in holding back certain features.

The new file formats use Extensible Markup Language (XML), which has been an open standard for years and potentially will make it easier to open with other applications.

Despite the advantages of this new format, luckily you can still change the default save format under the options menu (under save).

Also, you can specify how you want the file to be saved under Save As. This is helpful when you need to save a file so that someone with a different version of Office can work on a document.

Keep in mind that you will be warned if you save to an earlier file version and as a result that version will lose certain formatting and features that you used in this newer office version.

If you want to avoid accidentally using features that may not work with other versions, you can place the necessary Office application in compatibility mode.

Those of you who do not have Office 2007 and do not intend to get it for a while, you can download the Office 2007 Compatibility Pack to allow Office 2003 to create, open, edit and save Office 2007 files.

Also a very noticeable change in the new version is the interface. With the new Microsoft Office Fluent, interface users will find office more functional and easier to use.

However, the changes take some getting used to, especially without a visible file menu. But the newer and more graphically customizable interface known as "The Ribbon" makes it easier and saves you time navigating through menus.

"We wanted to preserve an uncluttered workspace that reduces distraction for users so they can spend more time and energy focused on their work," says the Microsoft Office website.

After looking at Microsoft Office and demo-ing it, I found that I was using more features with my documents and that in general they looked better. Most people rarely use the features of Microsoft Word but after these new

interface changes, it seems like I have so many options in front of me.

Here at NAIT, not all computers have Office 2007 and some have a combination of Office 2003 and Office 2007, like in the Computer Commons, so if you have the chance, give it a try.

Once you get the hang of it, you will find your documents look better and are easier to manage and author.

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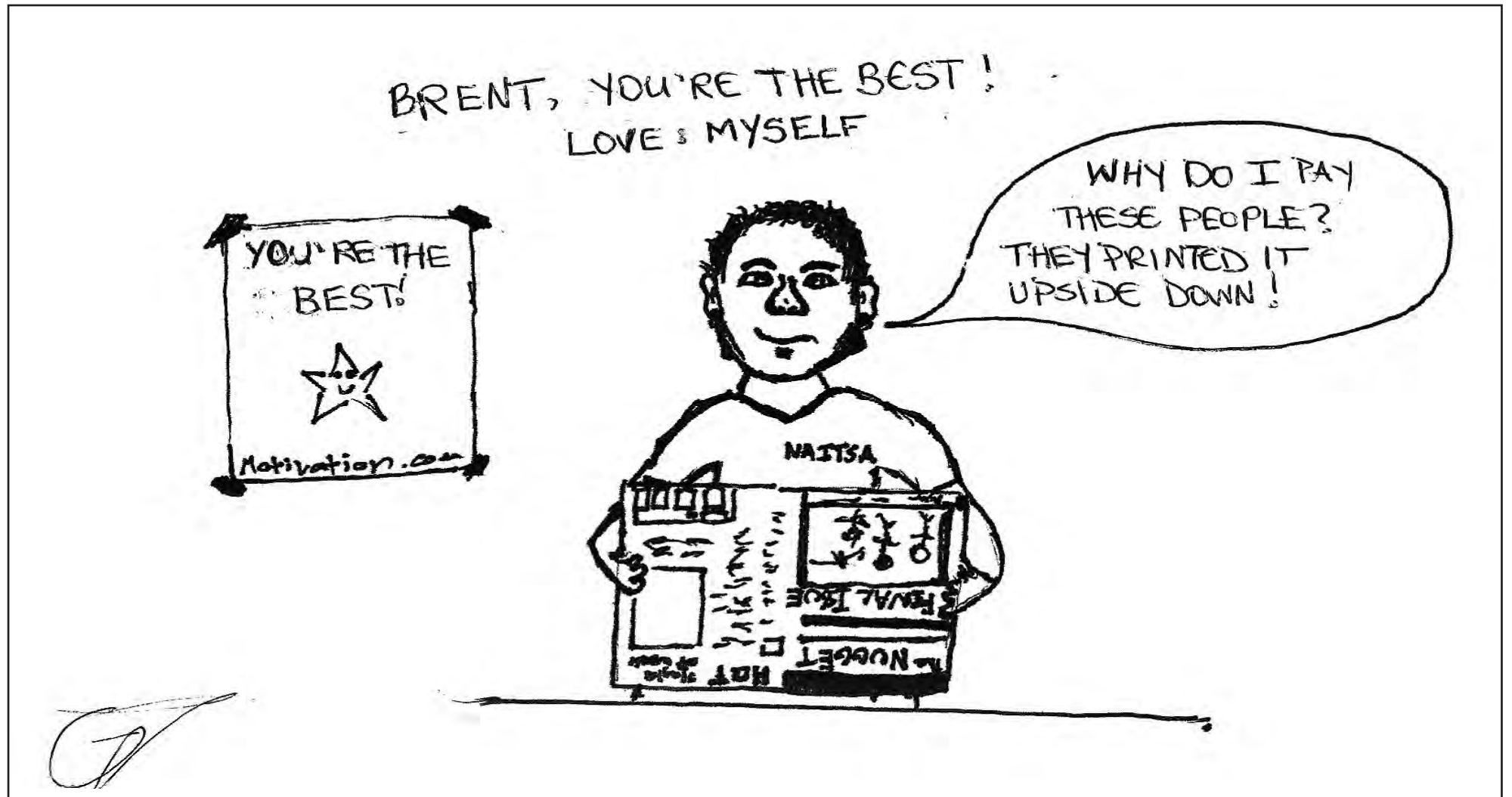
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# OPINION



— Editorial —

## Panty-wasted after all



**ALISTAIR WILKINSON**  
Student Editor

The panties have been the most confusing aspect of my time as editor-in-chief (sort of) here at the *Nugget*. Keep in mind, I'm one of those people who are embarrassed by words like "shoe" and "Switzerland," so "panties" is a word that I'm not even comfortable writing. Yet, from a media perspective, it's an incredibly provocative word, guaranteed to be eye-catching.

It's the perfect beginning for any article, especially one that no one reads. The item that the word represents, when used as a captivating and controversial picture on the cover of a student newspaper, is apparently even more provocative, to the point that simply flashing a panty-shot garners more attention – and lawsuits – than, I don't know, SOMETHING ACTUALLY WORTH THINKING ABOUT!!

We're coming to the end of the year,

and here at the paper, we – or rather, I – thought it useful to comment on what stories the *Nugget* covered, at least in an I-haven't-really-paid-attention-to-what-I'm-employed-to-do-but-I-should-at-least-pretend kind of way, as well as the response we've received.

### Remarkably unfair

The *Nugget* has sometimes been accused of tabloid journalism, which is remarkably unfair. After all, people read tabloids. More to the point, the *Nugget's* mandate is to provide an unbiased media outlet from the student's perspective, to attempt to create a well-informed student body, and there has never been a greater motivating force than an unfettered press.

Judging by the sort of attention we've received over the past eight months, we've at least kept all of you interested. If we haven't always succeeded in creating an articulate and pertinent publication, we've ... uh ... where was I going with that train of thought? Oh yes, I meant to say that we've done our best to cover stories (ad nauseum, with regards to security, parking and student government) that affect you, largely because what affects you affects us, and we're selfish, nosey and lonely (like journalists everywhere). Plus, you pay us to, which is nice of you.

World-weary and cynical as we may be (again, for "we" read "I"), it's still stunning that despite covering stories on unsafe buildings, failing or non-existent safety and security procedures, delayed funding, loan mismanagement, fires, floods, stabbings, thefts, corporate involvement at NAIT (cross-reference with fire, flood and theft), Richard Blakely and, of course, our sports editor's nymphomaniac penchant for NHL players and Serj Tankian, the one story that caught us the most flak needed a flash of feminine tighty-whities. I'm referring to our Nov. 1 issue, the now-infamous "Nova" story. Really? That one? Aw, c'mon! Don't we have more serious issue to address?

### Little stories

A news writer I know once told me, "If you're not pissing people off, you're not doing your job," and the *Nugget* has managed to piss people off – sometimes because of things unrelated to our writing ability. Yet I always imagined that the important stories, rather than the petty, would captivate an audience.

Unfortunately, none of us work that way. It's the little stories we tell, the ones closest to us, which cause us to reflect, to hold a mirror to ourselves. Perhaps that's why looking at what happened is so important – but it shouldn't distract us from what's ahead.

## Your views are important

### We want to hear from you

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 your letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

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



## SPORTS

## R.I.P. – 2008 playoffs



**NAHREMAN ISSA**  
Sports Editor

The fat lady has sung ... and it sounds horrible. It's official – the 2008 playoffs will not be featuring the Edmonton Oilers. And to add salt to the wound, it was provincial foe the Calgary Flames putting the boot to the Oil.

Even though it's hard for die-hard fans to be OK with missing the playoffs, they can still revel in the fact that we at least came close. Personally, I'm still not over

the 2006 playoff run. Man, I cried myself to sleep for days after the devastating Game 7 loss. For a while I thought I would need Oilers therapy. (Why God?! Why would you do this to me?! All I've ever wanted was a Stanley Cup. Why?!) Yeah, I should see a therapist.

Missing this year's playoffs is a little easier to swallow (and I mean very little). Every sports station, hockey expert and Calgary Flames fan predicted us to be dead-last in the Western Conference. And for a while they were dead-on. Five weeks ago, the Oilers were in 14th place and



**Sam Gagner**  
Shares top Oiler rookie award

13 points out of a playoff spot. But at one point last week, the Oilers were tied for the eighth and final playoff spot.

Keep in mind the Oilers played almost the entire season with-

out their captain Ethan Moreau.

Shawn Horcoff, Sheldon Souray and Raffi Torres were out for most of the season. If it were not for the rookies, especially the Kid Line, the Copper and Blue might not have even been sniffing around a playoff berth.

The only other thing I can think of that is positive with this is that Brian Burke doesn't get a better draft pick. I think fans all across Edmonton can agree with that.

**SOUND BITES** – after the 3-2 loss to the Calgary Flames:



**Steve Staios**  
Unsung Hero

*"It's pretty tough right now. We all believed and we came together as a team really well. We're all proud of our effort. Hopefully we can build on this for the future. This has come to an end. But we've all got to be pretty excited for the future."*

– Sam Gagner

*"Guys played with courage and guys stepped up. It almost makes it even more disappointing."*

– Steve Staios

*"I don't know what to say. We've been battling for so long ... it's been a lot of fun. I think everybody in the team is proud of themselves, how well they've played the last few weeks, battling*

*for each other, never giving up."*

– Robert Nilsson

The Oilers handed out the hardware before the game in Calgary. The annual awards are chosen by fans on-line, with the exception of two. The Top Defenceman Award is selected by a vote of the Edmonton sports media and the Oilers Hockey Operations department chooses the Community Service Award.

#### AWARDS

Zane Feldman Trophy (MVP): **Ales Hemsky**; Most Popular Player: **Ales Hemsky**; Top First-Year Oiler: **Sam Gagner** and **Andrew Cogliano**; Top Defenceman: **Tom Gilbert**; Community Service Award: **Ethan Moreau**; Unsung Hero: **Steve Staios**; Top Defensive Forward: **Fernando Pisani**.



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# 2 minutes in the box

**NAHREMAN ISSA**  
Sports Editor

## THIS ARTICLE IS DEDICATED TO THE MEMORY OF BABY NATALIA

...

A little over a month ago, TSN was crossing out teams that were not going to make the playoffs. One of those teams was the 14th-place Edmonton Oilers. Well, as of the morning of March 31, 2008, the Oilers were two points back of eighth place. They didn't make the playoffs, but it was a hell of a run that no one predicted. They busted their asses and made their 2007-2008 season respectable.

...

The Oilers have had 328 man-games lost (and counting) this season, a franchise record. So for

the Oilers to make a run for the playoffs without the likes of lead scorers Shawn Horcoff and Sheldon Souray is quite impressive. Imagine the possibilities with a healthy team next year?

...

Loved this story – New York Rangers forward Sean Avery has been linked to a Manhattan escort service, according to the *New York Daily News*. Avery's name and private cell number were among the 2,000 names in "Manhattan Madam" Kristin Davis's customer book.

According to the report, Avery was a client of Maison de L'Amour, a mid-range prostitution service, which sends escorts to Manhattan hotels for \$500 "dates."

Davis was arrested last week and charged with running a high-end prostitution ring which raked in millions. Avery has denied the accusation.

...

In the *Edmonton Journal* last Sunday- from Calgary contributor Derek Wilken (I'm too lazy to think of anything, and these are hilarious!):

• "Earth Hour came early for the Toronto Maple Leafs; it was lights out on Thursday."

• "A man from Quebec City says he has purchased the world's oldest hockey stick and confirmed it with carbon dating, expert analysis and asking Chris Chelios when he last used it."

• On Roberto Luongo leaving the Vancouver

Canucks to be with his wife while she gave birth: "In a show of support, the rest of the teams fighting for a playoff spot in the Western Conference were seen handing out cigars."

• "Former slugger Jose Canseco says in his latest book that Alex Rodriguez of the Yankees tried to hit on his wife. Fortunately, Canseco says, it was during the post-season, so A-Rod struck out."

From Cam Hutchinson (*Edmonton Journal*):

• "The most expensive ticket for a New York Yankees game next season when the team moves into its new stadium will be \$2,500. While most of us think that is ludicrous, Eliot Spitzer calls it "an amazing bargain for three hours of action."

## Rookie of the year

### AMBER TIENKAMP

Although the NAIT women's hockey team's season did not go as well as hoped, a player from the team has been recognized by the Alberta Colleges Athletic Conference. Goal-tender Alycia Monahan has been named by conference coaches as the 2007-2008 Rookie of the Year.

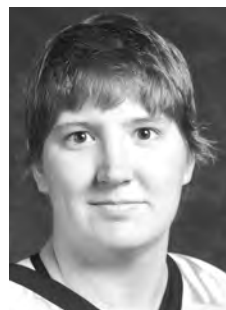
Monahan is a first-year college prep student from High Prairie. Earlier, Monahan was selected to the All Conference first team as the starting goalie. Despite the Oaks tough season, Monahan shone, despite a

record of 2-10. With a save percentage of 0.911, Monahan did her part to try and help the Oaks win every night.

Head coach Keith Garner looks past the team's record.

"This year's record was deceiving. We were very competitive and I thought we had a chance to win every game," he said.

Indeed. The Oaks lost nine games by one goal, and several games in



Alycia Monahan

shootouts.

Throughout the year Garner remained confident in the Oaks goaltending, and he said that he thought Monahan always had a chance to be an All Conference player. He admitted that the Rookie of the Year award was a pleasant surprise.

Garner has high praise for his goalie.

"Alycia possesses great poise and an in-your-face style. Alycia is very

competitive on the ice, (and) solid as a rock. Her aggressive play and skill with her goalie stick makes her a formidable opponent."

But outside the rink it's a different story. "Alycia is quiet and shy off the ice," he said.

Obviously we all look forward to seeing what Monahan can do for the team next year, and if it is anything like the outstanding effort of this past season, the Oaks have some solid ground on which to build.

Best of luck next year, Oaks, and congratulations, Alycia!

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# ARTS & CULTURE

## Solo! Hoo hoo hoo hoo ...

**GEOFF TATE**  
Arts and Culture Editor

I will bet you \$10 you didn't know this was the last *Nugget* issue of our current academic year. Feel free to stop by the office with a sixer of Miller, and we will call it even. Don't tell anyone, I definitely did not realize this was the last time I had to write anything for this paper. I know! I'll let you have at least two of the Millers, it's the least I can do.

So now we come to the part where I have to come up with something to write about ... I can't begin to tell you how bittersweet this is. With only minutes to go until our deadline (blame my tech report for the lateness of this "art"-icle), I need to come up with something awe-inspiring to amaze you with. Trust me, the list of potential items is huge, taking up a whole corner of one those sticky pads I am so fond of. I covered only a few things this year when compared to the amount of things I really thought you should know; namely Captain Morgan and how much the Annex really sucks.

Give them money, they are dying over there. At the very least, give them a pedway just so they feel like a part of NAIT. But be sure to go over top of that Spartan building. That place has more things wrong with it than the Annex, and my god, that is saying something.

So here we go, a melting pot of things I should have covered but just never got around to. Hope you enjoy!

First of all, I need to give a shout out to Colin Blyth, the coolest cat this side of Millwoods. This man deserves a place in the *Nugget* archives. From his killer Mexican accent, to that time he handed a girl a piece of gum, telling her she needed it really badly; he truly is a king among men. Hope to see you next year, pal!

Secondly, porn movies that have really sweet

names, aka *The Chronicles of Nectar: The Tits, The Ass, and The Foreplay*, generally tend to be awful. Stick with the ones that really are self-explan-

atory as far as it comes to the title. Edward Penishands would be a bad choice, so please avoid titles such as this in the future.

Next, keep up the sweet bathroom graffiti! "Megatron penis" will live on forever, even though they replaced all the stalls in that bathroom. I keep that one close to my heart, and you should too. And on the topic of bathrooms, be sure to check out the one by Ernests! The place smells like a bomb of potpourri and cinnamon went off, and I love it.

Furthermore, put your goddam coffee cups in the goddam bins with the goddam orange lids. Heather, our NAITSA volunteer coordinator, has worked her ass off this year, and this project is no different. She has put countless hours into making sure you enjoy every event NAITSA puts

on, so RECYCLE YOUR COFFEE CUPS! Do it for her, me and Jesus.

And when renovations take place in the Annex's Dock, remember that will be the locale of the newly formed Fight Club. On that note, someone better start a fight club. I think that would be a great fundraiser for any program.

And finally, I have to throw out a huge thank you to everyone that has picked up a *Nugget* on one of their many adventures through these high school-ish halls. It has been an honour to serve the masses at the expense of my personal and academic life, especially with the staff this paper has been blessed with.

Frank MacKay, our production manager, has lifted this entire paper on his manly shoulders this entire year. He makes us look good every week, never complains about how late or terrible our articles are, and has my utmost respect for dealing with all the garbage I send him.

Hats off to you all, you kick ass. Until we meet again ...

Bargo wanchi kox paa, Solo! Hoo hoo hoo hoo ...



Photo by Gavin Thomas

**Geoff Tate, our fearless Arts and Culture Editor, does what he can to get by.**

## WEEK 4 LESS STRESS

**April 21**

NAITSA Brain Food

**April 22**

10 Minute Massage

**April 23**

Big Boxing

**April 24**

Free Noon Yoga Class

**April 25**

Free cookies, fruit and juice outside the NAITSA Office-E131



Visit [naitsa.ca](http://naitsa.ca) for details

## The Nest Retro Party

**Bust out your hot retro costumes!  
70's to 2000's**

**Retro Tunes,  
Prizes, and  
Drink specials all night!!**

**Starts at 5:00 pm**

**Ticket Price: \$5 at the NAITSA office or at the door**

**Performance by the Ookettes**

**Games and Prizes,  
including Best Costume**





RUN, FAT BOY, RUN

# Laugh-out-loud flick

LIAM CRESWICK

Despite a title that dragged up unpleasant memories of my high school gym teacher, I took a chance on *Run, Fat Boy, Run*.

Surprisingly, this is one of the most laugh-out-loud funny flicks I have seen in quite some time. Not only does it offer up more laughs than almost all recent sports comedies (I'm looking at you, Will Ferrell), but it also has a genuine, feel-good story that was as satisfying as the comedy.

*Run, Fat Boy, Run* follows a dopey, lazy security guard named Dennis (Simon Pegg of *Shaun of the Dead* fame) as he attempts to run a marathon to win back the love of his ex-fiancée, or at least her respect. Hank Azaria plays the too-good-to-be-true suitor, Whit, who currently has the ex's affection. The flick is made up of typical sports movie clichés, like the training montage, the fleeting consideration of quitting and the miraculous victory, but it never feels clichéd or predictable as a whole.

First time director David Schwimmer (the annoying guy from *Friends*) does surprisingly well behind the camera. He nails the pacing, structure, comedic timing and cinematography all the way through the film. And, as a bonus, he never screws it up by making an appearance.

His soundtrack choices are also wonderfully fitting. To his credit, he has help from a very talented cast. Pegg is a comedic natural, from slapstick stunts to subtle quips. Thandie Newton plays the ex-fiancée, and is genuinely amiable. She doesn't become the typical eye-candy trophy for the two men to fight over. Dennis's surly sidekick, Dylan Moran, almost steals the show, but Schwimmer keeps the focus on Dennis enough to keep him as the highlight.

I was a little disappointed, though, at how Hank Azaria's character Whit changes midway through the film. At first, he is the antagonist by definition only. He's kind, likable and charming, and serves as a benchmark for Dennis's success, rather than a villain. In the end though, he becomes

Hank Azaria, left, in *Run, Fat Boy, Run*.

the stereotypical sports movie douche bag, which I felt was the only uninspired part of this film.

*Run, Fat Boy, Run* takes the best parts of *Rocky* and *Dodgeball* and mixes them together for a thoroughly enjoyable, funny and satisfying film. The marathon story did make me feel a little guilty for getting the extra-large tub of buttery popcorn, though.



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## Come On In!



The Student Employment Office will be open throughout the summer to help students with resume reviews, cover letter reviews and general job search tips.

**Student Employment**  
471-8899

[www.nait.ca/studentemployment](http://www.nait.ca/studentemployment)

## NAITSA is now hiring for the following two positions:

### Shinerama Coordinator

This position will coordinate all aspects of the 2008 Shinerama campaign for the NAIT Main campus, which is a yearly event, hosted by the Students' Association in cooperation with the Canadian Cystic Fibrosis Foundation.

The successful candidate will possess the following:

- Special event planning;
- Volunteer management experience;
- Sponsorship package development;
- Strong leadership skills
- Highly organized
- Strong communication skills

Please apply in person at the NAITSA office in E-131 with a cover letter and resume, or via e-mail to ShannonM@nait.ca by 4:30pm on April 10, 2008. NAITSA will contact only those applicants required for an interview. Applicants not contacted are thanked for their interest, no calls please.

### Events Coordinator

This position will work with the Campus Culture department planning next years event calendar. The successful candidate will possess the following:

- Special Event planning experience
- Strong interpersonal communication skills
- Event marketing experience
- Sponsorship package development
- Volunteer management experience

Please apply in person at the NAITSA office in E-131 with a cover letter and resume, or via e-mail to ShannonM@nait.ca by 4:30pm on April 10, 2008. NAITSA will contact only those applicants required for an interview. Applicants not contacted are thanked for their interest, no calls please.







# MARDI GRAS

CANADIAN STYLE



BOURBON ST. SUMMER '08



# — BACK OF THE RACK — Little bit of this & that



LIAM CRESWICK

Welcome to Back of the Rack, a look at lesser-known movies new on DVD. The following films have little in common, but fit nicely when related to a Douglas Adams reference. Between them, these films touch on the wonderfully broad topics of life, the universe, and everything. I figured this expansive and encompassing theme appropriate, as this is the last BOTR column of the year. (And not because I have simply run out of ideas for themes.)

## Into the Wild

This film, which is based on a book and on a true story, follows a young man named Chris who abandons society and hitchhikes his way to Alaska to live in the wild. The story bounces between his life on the road, his distraught parents and his struggles in the Alaskan wilderness.

*Into the Wild* is both touching and tragic, perfectly balancing triumphant moments with bittersweet ones. It's enough to make even the burliest mountain man shed a tear. Fortunately, mountaineering is the second manliest hobby next to amateur film criticism, so I was immune to this movie's heart-string-tugging nature, \*sniff\* completely immune.

Emile Hirsch does a decent enough job as the film's lead, but it's the survival story that is really the star of the show. I highly recommend this motivating and moving film as an alternative to the typical adventure flick or road trip picture.



Emile Hirsch in *Into the Wild*.

## Sunshine

Apparently my fears of a zombie holocaust or robot takeover are unwarranted, because according to *Sunshine*, it's the sun that will be humanity's demise. Fifty years into the future, a crew of astronauts are sent to reignite earth's dying sun.

When they discover the abandoned ship of an earlier, failed attempt to reignite the sun, they make an unscheduled stop to pick up its payload. The story goes from a sci-fi feature to a horror flick when the crew realizes they've picked up more than they thought.

Chris Evans and Cillian Murphy are both strong and fitting as the film's lead characters. Evans plays a coldly logical army man and Murphy an eccentric, lofty physicist. Their performances are outshined (pun needlessly intended) by some exciting scenes and visual effects. Overall though, this is only a decent space drama, and it didn't make as big a point about the fragility of life as I was expecting.

*Sunshine* is worth a watch, but if you miss it, it's not the end of the world. (Well actually ....)



## Planet Earth: The Complete Series

The great thing about reviewing DVDs is that I can give cool TV specials and series some attention too, and *Planet Earth* is definitely a DVD that demands attention. This is the nature documentary to end all nature documentaries. British nature guru David Attenborough narrates a collection of high-definition footage taken from every corner of the globe.

This BBC series covers just about every nook of the natural world you could ask for. You see majestic mountain ranges, time-lapsed mushroom growth, bizarre cave creatures, predators taking down prey in one steady shot, and much more than this article can house. It also touches on the damage being done to our environment, but never once seems preachy or accusing. If you have the technology, this series is beautifully indescribable when watched in high definition.

The show loses points only for reusing some content in later episodes; otherwise this is a near perfect representation of the beauty and wonder that is our planet.



Thank you to anyone who has read this column over the past school year. I had a blast writing it, and I hope you dug reading it.



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# Empty the Nest!



**GABRIELLE HAY-BYERS**  
Student Issues Editor

Excitement is building for NAITSA's year-end event, Empty the Nest, on April 4. Bands are set to play and the headliner is Faber Drive.

Chuck Erman, an events co-ordinator for NAITSA, is looking forward to the event.

"The bands will be high energy, and are all great entertainers. It will give the chance for NAIT students to see these bands in a smaller venue," Erman said.

In addition to the opportunity to experience amazing bands in an intimate venue, you can attend the show with all your friends for the crazy low price of \$5. You can pick up your tickets in the NAITSA office, but get them quick!

Dave Faber of Faber Drive had a chat with the *Nugget* earlier this week, and while he was shocked at NAIT's male to female ratio, the band is ready to come to NAIT.

"We're currently doing our Seven Second Surgery tour, since the start of February, going all across Canada," Faber said.

"It's a 35-show tour and about half of those are sold out. We're excited to come to NAIT. It's been a while ...

"We got a call from our manager the other day, and we're No. 3 in Canada on the radio. We'd like it if our fans could request our new single and help us get to No. 1."

But it's not only Faber Drive playing, they're there with special guests Hello Operator and the Mike Roste Band.

This is an excellent opportunity for students who missed out on the Mike Roste Band at Last Band Standing last month.

The entertainment isn't all that should interest you about Empty the Nest, there are over \$5,000 dollars in prizes up for grabs.

I don't know about anyone else, but I'd like a 50-inch television! Also advertised as up for grabs are:

- Laptop computer
- Tickets for Edmonton's hottest concerts
- Coors Light couch
- Jack Daniels race car hood
- 20 x \$50 mall gift certificates
- NR92 prize packages
- Truck load of swag from Molson Canadian

It's not every day you can watch Juno nominees and have a chance to win big for \$5, so get your tickets now.

It'll be a great chance to relax before exams slam into you, too!

So come on out and Empty the Nest!

NAITSA presents  
**Environmental Awareness Week**  
April 7-11

**Cup Collection\***  
April 7 - April 11  
Drop your disposable cups in the marked bins this week to see how many cups NAIT uses.  
\*paper based cups to be composted by CG Composting System Inc.

**Enviro Jeopardy**  
April 10 - Common Market -  
11am - 1pm  
How Green Are You? Show off your green knowledge to win some awesome environmentally friendly prizes!

CLUB ENVIRONMENTAL STUDENTS' ASSOCIATION

## Earn credits online this summer

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| ○ Early childhood care and education | ○ Office administration |
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| ○ Health care                        | ○ Professional writing  |

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Check with your academic advisor to learn more about which online courses you may apply towards your program.

University transfer and academic upgrading also offered.

**Register now or learn more at:**

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STEPS TO SUCCESS

# In the moment



**SHANT CHAKMAKIAN**

We live a busy life, filled with things to do, stressful deadlines and rush-hour traffic.

Life can sometimes be stressful, a challenge and even, at times, a battle. These are times that test your will, strength and resolve.

As project deadlines close in and exams loom, we all feel the pressure. It can be intense, but also fun. When the going gets tough, don't give up, but get a game plan and just take it on!

There is something enjoyable about a healthy level of stress, "gettin' 'er done," making things happen and not collapsing under pressure. It's like living a season of 24 as you rush to take care of projects, study, do errands, etc.

This is where diet, sleep and exercise come in. It can be hard to fit in, given time constraints, but it is still doable and crucial. It's important to take care of your body and mind so you can be an effective machine in securing your objectives.

It's also important to take a break and

just "breathe," to stop and talk to friends from time to time, to look out the window and remember whatever else life has to offer when responsibilities are taken care of.

Taking a break helps, but it is also important to find points of strength, to listen to songs that motivate you, people who encourage you, and to think about your goals.

Then take that strength and go boldly with will and resolve and complete your mission, staying focused and determined. Put your heart into it, your soul and every ounce of will. Be in the moment.

Make a plan, try to stick to it, but adjust and recalculate as changes occur. Re-evaluate and manage your objectives, but stay in the moment.

It may sound intense and it can be, but frankly it's fun to lock down your duties efficiently, laced with a healthy adrenalin rush.

And when your day is over, don't forget to take a break.

Look back at your accomplishments while looking ahead to the next day, knowing full well the bountiful reward the fruits of your labour will bring.

*Please feel free to visit my blog at <http://shantc.blogspot.com> or to e-mail me any comments or suggestions at [shant\\_c@hotmail.com](mailto:shant_c@hotmail.com) I value and look forward to your input.*

School of Business

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## think Career

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Whether you're wrapping up your first or your final year, MacEwan can turn those credits into a career in less than a year.

Effective communication is the backbone of any business in any industry. Public relations professionals are in high demand, and employers know the quality of a MacEwan PR grad.

This career diploma is a 10-month program that requires as few as 30 previous post-secondary credits – with at least one English course. The program includes two months on-the-job experience, and can be completed on a full or part-time basis.

For more information, visit [www.MacEwan.ca/pr](http://www.MacEwan.ca/pr), or call 497-5389.



[www.MacEwan.ca/business](http://www.MacEwan.ca/business)



## Turn Your Career ON.

Alberta technicians and technologists have a powerful ally in their quest for a lucrative and rewarding career. ASET, the Association of Science and Engineering Technology Professionals of Alberta, is made up of nearly 17,000 men and women. They're the difference between 'On' and 'Off' in the oil and gas sector, telecommunications, construction, computers, chemistry and dozens of other industries in full growth mode. When you join ASET, you put yourself in the forefront of the wave of technicians and technologists who are being eagerly sought by employers in today's hot economy. To find out more about the many benefits of ASET membership, call 1-800-272-5619 or visit our website at [www.aset.ab.ca](http://www.aset.ab.ca)

*Your way ahead.*

**ASET** The Association of Science and Engineering Technology Professionals of Alberta





## SINGLE OF THE WEEK



**BRENT  
CONSTANTIN**  
*Wiggling nuisance*

All good things must come to an end, a statement, I believe, holds just as true for mediocre things.

Oh sure, some of you will be back in the fall for another full year of the *Nugget* (and the best part of the *Nugget*, the Hot Single of the Week), but, for many of you this will be your last hurrah before opting to graduate and enter the workforce or dropping out and leeching off your parents for a few more years.

Whatever the case, let's remember the good times that we shared together ... are you remembering them? Good.

Remember that one article ... where the, ummm ... guy was doing all that stuff with that stuff? 'Mem-

ber? 'Member that? You 'member. I know you 'member it.

Our final HSW of the year is Bryce, a first-year business student going into marketing in the fall.

**B:** Hi, Bryce.

**B:** Hi.

**B:** Whoa ... this is no good ... our names both start with the same letter. This has never happened ... let me try something ... OK, go ahead Bryce.

**b:** Is that OK?

**B:** Perfect. Now tell me about yourself.

**b:** Well, I'm 20 years old. I play the guitar. I'm really into music and I'd say that I'm well versed in pretty much all forms of slacking.

**B:** And when was the last time you were seeing anyone?

**b:** Oh boy, maybe high school? Never really anything serious, obviously.

**B:** Which high school did you go to? Are you from the city?

**b:** No, I'm actually from a little town in Saskatchewan called Porcupine Plain.

**B:** Porcupine Plain? That sounds like an ice cream flavor to me ... like a vanilla with razor blades in it, or something.

**b:** We are just down the Rocky Road from Prince Albert.

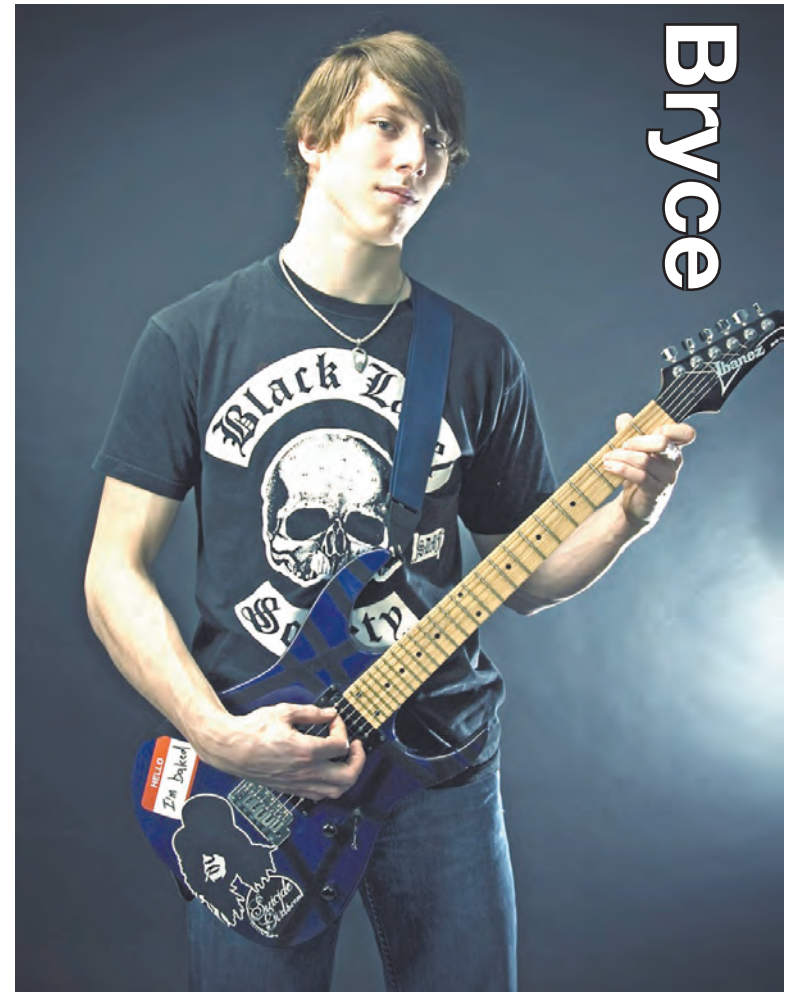
**B:** I'll make the jokes, thanks. So what kind of girl are you looking for?

**b:** I'd love to meet a girl that's well connected to music. Maybe I'm shallow, but I just get so turned away when girls don't know anything about it. That and general personality, someone fun, and someone with a pretty face. I figure the face should be nice since I'd spend a lot of time looking at it, potentially.

**B:** So anything else you'd like to tell the fine people at NAIT about yourself?

**b:** Well, I'm a former engineering student at the U. That didn't work out so well, so I took some time off to work at a few places, an auto body shop and my uncle's honey farm as a beekeeper.

**B:** I heard that there are some serious issues hitting the North American bee industry. The desire to increase pro-



**Bryce**

duction and produce bigger bees has left most hives susceptible to mite infestation, causing the widespread collapse of many colonies across the continent.

**b:** Yes.

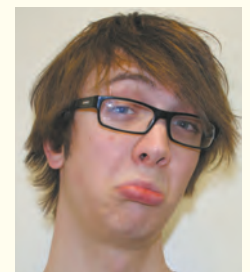
**B:** Tragic. (I encourage all readers to educate themselves on Colony Collapse Disorder and get active advocat-

ing for the rights of the honeybee.)

If you think Bryce could be the one for you, e-mail me here at [bconstantin@nait.ca](mailto:bconstantin@nait.ca). And, if you'll be back next year, you can keep that address handy to nominate yourself for next semester as HSW. Other than that, if you'd just like to chat e-mail as well, I get so lonely!



## Out and about Would you touch this?



**GAVIN THOMAS**



**Sometimes a picture can be worth 1,000 words.**



## Classifieds

After Hours  
Singles Party  
Meet New and Interesting People  
The Edmonton Party Line  
Dial: 44-Party  
Ads\* Jokes\* Stories & MORE!  
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### Landscaping/lawn maintenance

We are hiring 5-10 landscaping and lawn maintenance positions.  
Starting pay is at least \$15/hr.  
Contact Trevor @ 267-7645 or gcland@telus.net

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Coloniale Golf Club is seeking:  
Grounds Maintenance Personnel, Mechanic's Assistant  
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### Attention Students!

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\$19.00 base appt.  
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## Student Parking September 2008

Are you going to be returning to NAIT  
next September and need a place to  
park your vehicle?

Don't miss this opportunity!

The Parking Office will start to take  
applications on March 31.

Applications are available at Parking  
Services, Room O112.

Any questions: phone 471-7539

## VOLUNTEER?

### Alberta/NWT AAC Regional Dog Agility Championships

Are you a dog lover? A number of volunteer opportunities are available this June for the championships. Last year there were 150 dog/handler teams running the courses, jumping the jumps, weaving the poles, vying for the Regional Championship title, and trying to qualify for the National Championships in Ontario. If you are interested, contact Seanna O'Neill at dogsport.org@hotmail.com.

### Taste of Edmonton

Looking for something to do this summer? Help out at this Edmonton Festival. Various positions are available. For more information, contact Danielle Nobert at dnobert@eventsedmonton.ca.

### Cerebral Palsy Association

Do you love helping others? Want to make some great friends? Gain valuable work or vocational experience? Cerebral Palsy Associations' mission is to support and enrich the lives of individuals and persons affected by Cerebral Palsy. A variety of volunteer opportunities are available for people of all ages. From working with adults in our bowling program and other Members' nights, to helping out with special events or dances, yoga or Art Expressions programs; you can volunteer as much or as little as you want! Check out the website for more information about our volunteer program, [www.cpalberta.com/volunteers.htm](http://www.cpalberta.com/volunteers.htm). You can also call Eve Hughes, at 780-477-8030 or e-mail [eve@cpalberta.com](mailto:eve@cpalberta.com).

### NAIT

Have you always wanted to get involved at your school? Now is your chance! NAIT is looking for volunteers for May 21, July 22 and Aug. 18. The events are from 6-9 p.m. Volunteers are needed from 5 -9:30 p.m. on each evening and for a training session before each event. The volunteers will work in one of the following roles:

1. "Ask Me" Roving volunteer – The student simply walks around campus and directs people where to go and helps them with general inquiries.
2. Check-in tables – The student welcome the guests and provide a nametag and orientation package.
3. Tour Guides – The student will lead Icebreaker activities for their group and then lead a campus tour to select locations.
4. Evaluation drop-off table – Collects evaluations and puts them in the draw drum.
5. DJ.

For more information, contact Sarah Franks at [sarahf@nait.ca](mailto:sarahf@nait.ca)

### Extended library hours during exams

#### Project Factory

Saturday April 5: 10 a.m.-6 p.m.; Sunday April 6: 10 a.m.-8 p.m.

#### Library and Project Factory

Saturday April 12: 10 a.m.-6 p.m.; Sunday April 13: 10 a.m.-8 p.m.

#### Library

Saturday April 19: 10 a.m.-6 p.m.; Sunday April 20: 10 a.m.-8 p.m.

### TUITION TAX RECEIPTS 2007

**STUDENTS:** The T2202A Tuition Tax Receipts for the 2007 calendar year will be made available on the student portal at [www.nait.ca/MyNait](http://www.nait.ca/MyNait) in late February 2008. Instructions are provided on line to assist in creating your NAIT login and printing your T2202A.

**Please note:** Tax receipts will not be mailed. Students requesting a printed T2202A form will be charged \$10.



## Ask a NAIT Student Counsellor

# Fighting exam anxiety



MARGARET MAREAN

Being anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know you've studied and are well prepared.

## HOW CAN YOU REDUCE EXAM ANXIETY?

### While studying:

- Allow yourself plenty of time. Spread review over several days rather than cramming.

- Set study goals.
- Build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.
- Make sure you are "really" studying. Many students prepare for a test by reading their notes or textbooks. As you read along, you may feel that you know (understand) what the author is saying. Understanding what you are reading at the moment does NOT mean that you know it well enough to remember it for a test when the book isn't there to help you.

- Try to think like your instructor. What types of questions has she or he asked on previous exams? What would you ask if you were making up an exam on the material you are studying?

- Study actively by thinking of potential exam questions and the correct answers, and by making sure you can recite or jot down key concepts with your textbook closed.

- Devise a system for practising rapid problem solving as part of your review for the test. Being experienced at working under time pressure can help alleviate exam anxiety.

- Take care of yourself by eating a balanced diet, getting enough rest and exercising.

- Learn relaxation techniques to use while studying and while taking the test, such as deep breathing, progressive muscle relaxation, visualization and positive self-talk. Counsellors at Student Counselling would be more than happy to work with you on improved stress reduction and relaxation techniques.

### Prior to the test:

- If you have problems with anxiety, avoid caffeine (coffee, dark colas). Caffeine mimics and escalates the symptoms of anxiety.

- Try not to study on the same day as the exam.

- It is often helpful to go for a brisk five to 10 minute walk before the exam. This increases blood flow and gets you breathing deeply, thereby reducing stress.

- Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt your knowl-

edge, but don't arrive so early that you have a lot of time to let your stress build up.

- Do not let yourself get into a negative mindset such as "I always panic on exams" or "I blanked out last time, so I will blank out again." Instead, think thoughts such as "I know my material," and "I can stay calm and relaxed," etc.

### During the test:

- Look over the questions to familiarize yourself with the test. Underline key words or phrases in the test directions. Many students with exam anxiety make errors because they don't read the question thoroughly.

- Don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.

- If you go blank, skip the question and go

on. Find some questions you can answer.

- Sipping water or chewing gum can relieve tension for some students

- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later.

- Don't panic when you don't know an answer. On multiple choice eliminate options you know are incorrect and then make an educated guess. For other questions start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.

- Use positive self talk. Come up with positive statements which help to keep you calm, such as "This is only one test," "I am familiar with this material," "I can do it", etc.

- Humour works to reduce stress, and to help with creative problem solving. If you are stuck, try thinking of the funniest thing that has happened to you in the last month. Another quick technique is to visualize a very relaxing place, such as a beach, and to imagine yourself at that place for 30 seconds.

- Last but not least, don't forget to breathe. Taking five to 10 slow, deep breaths when you are feeling panicky doesn't take long but gets more oxygen to your brain, thereby combating stress.

Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic, career or personal issue that may be affecting your success at NAIT. To book an appointment call 378-5028 or come in person to Student Counselling, Room W111-PB, HP Centre.

## What you need to know about

# working this summer

Let employment standards work for you.

- ☒ Overtime is paid if your shift is longer than 8 hours
- ☒ A workday cannot be more than 12 hours, including breaks
- ☒ A break is required if your shift is longer than 5 hours
- ☒ The minimum wage is \$8.40 per hour
- ☒ Workers are guaranteed 3 hours of minimum wage for short shifts

To learn more about your rights, go to [employment.alberta.ca/es](http://employment.alberta.ca/es) or call toll-free 310-000 and ask for employment standards (to call direct dial (780) 427-3731).

Alberta



NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU GRADUATING IN THE SPRING OF 2008?

CONVOCATION 2008

Saturday, May 10, 2008

The Northern Alberta Jubilee Auditorium, 11455 – 87 Avenue, Edmonton, Alberta

If you expect to complete program requirements by **Monday, June 30, 2008** and you plan on attending the Convocation ceremonies in May, you **must order your gown**.

Deadline for ordering gowns: FRIDAY, APRIL 11, 2008

Orders will be taken at:

- Campus Reads and Needs, Room X-114 • Patricia Campus Bookstore, Room P-135
- Souch Campus – Room Z-154

NAIT'S Northwest Campuses, contact Campus Reads and Needs at (780) 471-7717

For Information Call: (780) 471-7717

Information regarding the Convocation ceremony, gown orders, timelines, etc., is available by visiting NAIT's website at [www.nait.ca/convocation](http://www.nait.ca/convocation)

Morning Ceremony Saturday, May 10, 2008 – 9 a.m.	Afternoon Ceremony Saturday, May 10, 2008 – 2 p.m.
<p><b>School of Arts, Sciences and Communications</b> Legal and Realtime Reporting Medical Transcription</p> <p><b>School of Health Sciences</b> Animal Health Tech. – Fairview Campus Animal Health Tech. Combined Lab and X-Ray Tech. Cytotechnology Dental Assisting Dental Tech. Denturist Tech. Diagnostic Medical Sonography Emergency Medical Tech. – Paramedic Medical Laboratory Assisting Medical Laboratory Tech. Medical Radiologic Tech. Occupational Health and Safety Ophthalmic Dispensing – Contact Lenses Ophthalmic Dispensing – Eye Glasses Personal Fitness Trainer Refracting Optician Respiratory Therapy Veterinary Administrative Assistant</p> <p><b>School of Applied Media and Information Tech.</b> Bachelor of Applied Information Systems Tech. Computer Systems Tech. Digital &amp; Interactive Media Design Graphic Communications Photographic Technology Radio and Television (Radio) Radio and Television (Television)</p> <p><b>JR School of Business</b> Bachelor of Applied Business Administration – Accounting Bachelor of Applied Finance Accelerated Accounting Accounting Administration des Affaires – Accounting Administration des Affaires – Finance Administration des Affaires – Management Administration des Affaires – Marketing Applied Banking and Business Entrepreneurship and Innovation Finance Human Resource Management Management Marketing Nutrition and Foodservice Management Office and Records Administration Project Management</p>	<p><b>School of Hospitality and Culinary Arts</b> Baking Cooking Culinary Arts Hospitality Management Retail Meatcutting Apprenticeship: • Baker • Cook</p> <p><b>School of Mechanical and Manufacturing Technology</b> Auto Body Pre-Employment Automotive Pre-Employment Building Environmental Systems CNC Machinist Technician General Mechanic Harley Davidson Technician Heavy Equipment Service (Fairview) HVAC Specialist Industrial Heavy Equipment Tech. Marine Service Technician Materials Engineering Tech. Mechanical Engineering Tech. Power Engineering – 3rd Class Power Engineering – 4th Class Power Engineering Certificate (Fairview) Power Engineering Technology Apprenticeship: • Auto Body Technician • Automotive Service Technician • Heavy Equipment Technician • Machinist • Millwright • Motorcycle Mechanic • Outdoor Power Equipment Technician • Parts Technician • Rig Technician • Welder</p> <p><b>School of Applied Building Science</b> Aircraft Skin and Structure Repair – July 13/07 grads Architectural Tech. Civil Engineering Tech. Construction Engineering Tech. Engineering Design &amp; Drafting Tech. Geomatics Engineering Tech. Golf Course Turfgrass Management Graphic Sign Arts Interior Design Tech. Landscape Architectural Tech. Millwork &amp; Carpentry</p> <p>Turfgrass Equipment Tech. Apprenticeship: • Boilermaker • Cabinetmaker • Carpenter • Crane and Hoisting Equipment Operator – Boom Truck • Crane and Hoisting Equipment Operator – Mobile Crane • Floorcovering Installer • Gasfitter • Insulator • Ironworker • Lather – Interior Systems Mechanic • Painter and Decorator • Plumber • Roofer • Sheet Metal Worker • Steamfitter-Pipefitter • Structural Steel and Plate Fitter</p> <p><b>School of Electrical and Electronics Tech.</b> Aviation (Pilot) Training Avionics Engineering Tech. Biomedical Engineering Tech. Computer Engineering Tech. Computer Network Administrator Electrical Engineering Tech. Electronic Systems Integration Electronics Engineering Tech. Instrumentation Engineering Tech. Network Engineering Tech. Telecommunications Engineering Tech. Apprenticeship: • Communication Technician • Electrician • Instrument Technician • Power Lineman • Power System Electrician</p> <p><b>School of Resources and Environmental Management</b> Biological Sciences Tech. – Environmental Sciences Biological Sciences Tech. – Laboratory and Research Biological Sciences Tech. – Renewable Resources Chemical Engineering Tech. Chemical Tech. Forest Tech. Geological Tech. Petroleum Engineering Tech. Water and Wastewater Tech.</p>





# Your horoscope



KATIE BERLINGUETTE

## April 3-April 10

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

## Aries (March 21-April 19)

The stars are shining down on you this week, Aries. It looks like everything is going to go your way. You should take advantage of this string of good luck, as it does not come your way very often. The sky is the limit and you get to make all of the decisions this week. You should be able to have

some fun with it.

## Taurus (April 20-May 20)

You have been selfish lately, Taurus. As the moon goes retrograde in Saturn and Venus this week, you would benefit from random acts of selflessness. Also, the stars are showing a state of inner turmoil this week. Is the turmoil from regret, indecision or just an upset stomach?

## Gemini (May 21-June 20)

Focus all of your energies this week on avoiding catastrophe. The most effective way to do this is by making all the necessary preparations ahead of time. It never hurts to be over-prepared either. What you do now will put you ahead of the game later.

## Cancer (June 21-July 22)

Measure twice and cut once.

## Leo (July 23-Aug. 22)

You will be lucky in love this week, Leo. However, everything that this entails is still unclear. Be ready for the unexpected, because you are in for one wild ride. Also, surprise that special someone with a special something. They'll definitely appreciate it.

## Virgo (Aug. 23-Sept. 22)

Respect your elders. They have all of the means necessary to get you back tenfold. Watch your step during the middle of the week, as you might find there is an unexpected object obstructing your path.

## Libra (Sept. 23-Oct. 22)

You may be nearing the end of a project, Libra. You will feel greatly relieved as you face this time of reflection. Be careful not to get too complacent because the good feelings won't last.

## Scorpio (Oct. 23-Nov. 21)

Ever wonder if everyone is looking at you? That's probably because they are and you are something of an attention hog. The stars are warning you to spend your energies focusing on others this week. It's good for the ego to take a hit every now and again.

## Sagittarius (Nov. 22-Dec. 21)

The stars are showing a state of great epiphany in your sign, Sagittarius. You may have just realized that there really is no way out and you are most certainly on the road to your demise. However, don't despair just yet. A hidden path is headed your way.

## Capricorn (Dec. 22-Jan. 19)

You would do best to take preventative steps in all matters of importance. You may find that pressing money matters are being left unattended. The best way to resolve these issues is by selling everything

you own, liquidating all of your assets and starting from Square 1. You will be better off in the long run.

## Aquarius (Jan. 20-Feb. 18)

The world is going to end and you are going to be the first one to go. The best preventative measure that you could possibly use is to buy a boat. No one can get you when you are sailing the seven seas. Be sure to avoid eating any fish this week, as you might just reach your demise sooner than you think.

## Pisces (Feb. 19-March 20)

Be careful not to get details muddled this week. If you are not cautious and don't watch your step, Pisces, you could find yourself in a giant pit of quicksand with no way out. Just laying on your back won't work this time, either. Honesty really is the best policy.



## Need extra money this fall?

Make some cash to line your pockets, work in a fun environment, and help your Students' Association! It's a win, win, win deal!

- Volunteer Coordinators
- NAITSA Street Team/Street Fighters
- Front Desk Clerks
- Poster Distribution & Maintenance
- Poll Station Clerks
- Cashiers for Special Events
- Campus Clubs Clerk
- The Nest Restaurant & Bar
- The Nugget

Job details and postings will be available at

[www.naitsa.ca](http://www.naitsa.ca)

Keep checking our website over the summer for updates!





**NAIT 3<sup>RD</sup> ANNUAL  
INDUSTRY DAY  
& OIL SHOW**  
**FRIDAY, APRIL 4TH**  
**OILFIELD EQUIPMENT  
DISPLAYS & DEMONSTRATIONS**  
**10AM TO 3PM - NAIT ANNEX**  
**EAST SIDE OF CAMPUS - (L BUILDING)**  
**BEER GARDENS 3:30 PM**



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## CLUBS CORNER

### Upcoming Events

#### MECSA/KVA

**Event:** Beer Garden  
**When:** Friday, April 4; 3 p.m.  
**Where:** Business Tower  
Lounge 8th Floor  
**OOKETS**

**Event:** Cabaret  
**When:** April 5; 8:30 p.m.  
**Where:** The Ranch Road-  
house

#### NASS

**Event:** BBQ  
**When:** Wed., April 9;  
Noon-2 p.m.  
**Where:** The Annex Dock



#### NASS

**Event:** Beer  
Garden  
**When:** Wed., April 11;  
3 p.m.  
**Where:** The Annex  
Dock

*Rose Martin Baumgartner*  
NAITSA  
Campus Clubs Mgr.  
Main Campus  
Room E-133  
Ph: 471-8871;  
Fax: 491-3989  
E-mail: roseb@nait.ca

NAIT's third annual Industry Day and Oil Show will be held Friday, April 4 at the parking lot of the NAIT Annex (L Building, east side of Campus). This event will showcase new oilfield equipment and equipment demonstrations throughout the day. Everyone is welcome to attend all the outdoor activities, beginning at 10 a.m. and running to 3 p.m. Beer Gardens will begin at 3:30 p.m. at the Annex Docks.

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**Scott Church**  
U of L Student

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JR SHAW  
SCHOOL OF BUSINESS





# Drink some rain

## KSENIA PRINTS CUP Central Bureau Chief

WINNIPEG (CUP) – In the mad dash to stop global warming and increase conservation, people resort to some crazy ideas. Yet a simple green building initiative called rainwater harvesting helps bring us one step closer to a vibrant and ecological landscape.

Operating on the principle of recycling, this mechanism collects fallen rainwater in a big tank, located under or above ground. After being made viable for household use by a relatively simple filtration process, the water is pumped into the house's water system.

Khosrow Farahbakhsh, an assistant professor of engineering at the University of Guelph, installed his own rainwater harvesting system in 2005. He could not be happier.

"It's very high quality water; it saves us money, over 40-45 per cent of our water demand is met through rainwater harvesting ... and it's soft water [that is] better for our laundry," he said.

### Water security

"Most importantly, it gives you security in terms of water."

The Farahbakhsh household uses purified rainwater for toilet flushing, laundry and irrigation. It goes through three purification cycles, and is considered of exceptional quality.

Farahbakhsh was not propelled to use the system out of environmental fanaticism, though.

A researcher of sustainable water management for over 13 years, he began a study on the viability of mass-scale rainwater harvesting in Ontario in 2005, with a grant from the provincial government.

"Over the past 50 years, we've invested primarily in one approach to water management," he said. "Because we have diverse demands [for water use], our sources should also be diverse," said Farahbakhsh.

Canada is no pioneer in the area of rainwater harvesting. It is widely used in the United States, Australia and New Zealand.

### Gaining popularity

Rainwater harvesting is gaining popularity on our side of the border largely due to little islands in British Columbia where no centralized water systems exist. Locals must rely on well water, which varies in quality and quantity.

"Most of our clients don't have an alternative source of water," said Bob Burgess, president and chief designer of the Gulf Islands Rainwater Connection. His company installs and retrofits rainwater harvesting systems in homes and businesses.

He reports installing 50 complete rainwater harvesting systems since starting his company, and participating in over 200 partial projects. Their prices vary, with simple garden watering tanks starting at \$3,000.

Farahbakhsh believes water catchment will not come to replace the central water system, nor does he recommend it as the only system in place.

"Of all the water that comes to our house, we only consume (for drinking or cooking) 10 per cent of it ... If we can meet the majority of our demands through [harvested rainwater], that's also OK," he said.

Others disagree with his opinion. Burgess claims full-usage rainwater harvesting systems are actually better than what most have in their faucets.

But running at over \$50,000 a system, these are not for everyone.

"Those people are not too concerned with the cost, they just want water of a higher quality without all the chlorine and the treatment," said Burgess of those who own the full systems.

Texas-native Billy Kniffen is the water resource specialist for a distance education extension of the Texas A&M University. He uses a full rainwater system, and has no secondary sources in place.

"Seven years ago, I moved to a place outside city limits (in Menard, Texas) where there was no water ... I knew I could build it," he said.

Kniffen himself installed five 3,000 gallon tanks for use inside the house, and a 1,500 gallon tank for irrigation. The materials cost him \$6,500 in 2001; he estimates them to be near \$9,000 now.

"We've tested our water and ours has always been zero bacteria and no minerals," he said. "I feel safer drinking this than I do in some cities. It certainly smells and tastes better."

**"It's very high quality water ... over 40-45 per cent of our water demand is [from] rainwater harvesting."**

**– Khosrow Farahbakhsh**



## JOB OPPORTUNITIES!

The Department of Athletics and Recreation is currently seeking part time help in a couple of operational areas. Should these opportunities interest you, please come see us or drop your resume off at either the Pool (S-030) or the Sport Equipment Centre (E-026)

### Sport Equipment Centre – E-026; 471-7729

The SEC is looking for students to work various shifts during the upcoming spring and summer time. Shifts will range in duration between 6 a.m. and 8 p.m. daily. The successful student will be facilitating counter service with both students, staff and the general public.

Computer knowledge is essential as well as a positive attitude and reliability. You will work closely with children as we have a number of summer camps during July and August.

If you are at all interested, please drop a resume down to the SEC counter E-026 or call Bruce at 471-7729

### NAIT Pool Lifeguards – S-030; 471-8711

We are looking for NAIT students interested and qualified for part time lifeguarding positions.

The work is predominately during the week days over the summer months, but training and occasional hours are presently available.

Interested candidates must possess the following minimum qualifications (NLS, AEC or equivalent first aid, Bronze Cross, O2 admin). Other relevant aquatic certifications and experience will be taken into consideration as well.

Drop off or forward a resume to either the POOL or SEC counter, or contact Jeff (jridle@nait.ca) 471-7605.

# NAIT LOOKS

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**5th Prize: \$2,500**

**6th - 10th Prize: \$1,000**

**11th - 20th Prize: \$500**

**21st - 30th Prize: \$250**

**31st - 60th Prize: \$100**

**61st - 100th Prize: \$50**

**Round One Leader: \$1,000**

**Round Two Leader: \$2,000**





Photo by Carla Pearson

**IT'S COLD OUTSIDE**  
Chilly NAIT students huddle outside the main campus last Monday during a fire alarm evacuation.



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between my success and failure is their mentoring program. Alex is my sounding board and my inspiration on those days when you just cant take it anymore.

My company, DreamLife Design is expanding beyond my wildest dreams. We have over 25 employees and service many top real estate developers, working with them to bring *their* blue prints to life.

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– Robert Kenfield

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Canadian Youth Business Foundation



# Birth control conundrum

**NAOMI LIGHTMAN**  
**The McGill Daily**

MONTREAL (CUP) – “Alesse made me stop wanting sex.”

This is scrawled in black Sharpie on an advertisement for the popular brand of birth control, in a stall of a women’s washroom. Simple and shocking, it hints at the contradictions that surround women’s attempts to control their fertility. Why does a drug that allows women to have sex without fear of pregnancy also potentially inhibit their desire to do so?

Laura McMahon, a McGill student, has a horror story about a birth control pill. She credits this pill with what she calls a “completely, all-consuming bout of depression” which lasted for an entire year of high school.

“It never occurred to anyone – not my mom, my boyfriend, my friends, or even my therapist – that there was a link between my taking the pill and my depression,” she says.

The malaise temporarily ended McMahon’s relationship, caused problems with her friends, and left her feeling somehow inadequate. Only through a combination of travel, new circumstances, and, most significantly, using a different form of contraception, did McMahon manage to fight the depression and get back on her feet.

Today, McMahon resolutely says that “[hor-

monal] birth control is no longer an option, and never will be again in my life.”

Yet McMahon’s story, as well as that of the anonymous bathroom scribe, are just two among many. Birth control is intrinsically linked with the “free love” movement of the ’60s, second-wave feminism and women’s liberation. While some women rely on chemical or hormonal forms of birth control, such as the pill or the patch, others rely primarily on barrier methods, namely condoms or diaphragms.

Many women experience only positive benefits from hormonal forms of fertility control. However, a growing minority of women and men are now emphasizing the need for more vigorous debate surrounding the pill’s safety, distribution, and efficacy.

Jocelyn Porter, who works as a Health Animator at Head and Hands, a not-for-profit organization that promotes physical and mental well-being for youth, emphasizes that birth control has been tested primarily on marginalized populations that had very little control over the process.

Significantly, most trials for contraception drugs were done in poor, “underdeveloped” nations in the global south. The pill, for example, was tested most extensively on thousands of poor women in Puerto Rico in 1956 before it was approved for use in the United States in 1960.

Norplant, a long-lasting birth control implant (which was discontinued in the U.S. and Canada in 2002) was tested on women in Chile in 1972.

Depo-Provera, which uses tri-monthly injections of progesterone, was tested for decades on Mexican and Thai women to establish whether it was acceptable for use by North Americans. Native American women, especially those with mental disabilities, were also used as test subjects.

Many women recall going to the doctor to discuss birth control for the first time, feeling rushed and uncomfortable, as if taking the pill was really the only viable option.

Optimally, women would learn in high

school – in a relatively neutral, non-judgmental way – about the array of birth control options available and then make informed decisions.

While many Canadian schools currently offer comprehensive sexual health education, including instruction on different birth control methods, studies consistently report that these programs are deficient.

Hormonal oral contraceptives put the entire onus of birth control on women. While this is reassuring for many, it also completely eliminates any male accountability. As a consequence, it becomes women’s sole responsibility to obtain, pay for and take the pill – as well as to suffer its physical or emotional side effects.

**She credits this pill with what she calls a “completely, all-consuming bout of depression” which lasted for an entire year ...**



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