

CHECK OUT LAST BAND STANDING

THE

NUGGET



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Thursday, March 13, 2008
Volume 45, Issue 23

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

President
~~Kerri Wyspianski~~

VP Apprenticeship & External
~~Amanda Spearing~~

VP Campus Life
Brent Constantin

VP Academic
Lisi Monro

TWO DOWN ...

Amanda Spearing has resigned as NAITSA VP Apprenticeship and External, meaning that two of four executives have left their posts since the beginning of the year.

ANOTHER NAITSA EXEC QUITS

VP Amanda Spearing joins ex-prez Kerri Wyspianski on the sidelines, story page 3, editorial page 5

INSIDE:

Arts and Culture: Pages 10-12

Ask a Counsellor: Page 16

Clubs Corner: Page 15

Editorial: Page 5

Horoscope: Page 14

Hot Single: Page 20

Mouthing Off: Page 20

News: Pages 2, 3

Sports: Pages 6, 7, 8

Tech Talk: Page 4

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NEWS & FEATURES

Camera crew vs. security



GABRIELLE HAY-BYERS
Student Issues Editor

A group of second semester Radio and Television students had an interesting experience on the evening of March 5 – according to a video clip obtained by the *Nugget*. They were approached by a security guard who first asked them to vacate campus and then threatened to damage their NAIT-owned video camera if they didn't stop shooting.

The security guard told the students that they were not permitted to film on campus for their program without permission from NAIT's head of security.

The students declined to comment on the record, but the video in

question shows the students expressing their discomfit and concern over the guard's action, and eventually agreeing as a group to return to the RTA area (V-Wing).

While the situation could have easily spiralled out of proportion, the students were quickly supported by their program chair, Patrick Galenza. According to Galenza, the outcome of the situation was positive and he is happy with the substance of his subsequent conversation with Jerry Hove, NAIT head of security.

"We're allowed to (film on campus)," he said. "We have a great relationship with NAIT in regards to their allowing us to cover stories at NAIT, and we try to promote all of the good things going on at NAIT."

"We teach our students that there are certain situations where they're required to get permission to film – for instance, if they wanted to film somewhere like West Edmonton Mall. If it's required, then they're required to get it."

Galenza continued, "The students were within their rights to shoot there – it just would have been better to let them (security) know we'd be there at an odd hour."

The Radio and Television program students typically run different hours than the average student, according to Galenza, due to the special equipment that is necessary for the students to complete their course work. For that reason, the RTA area has very accommodating hours. Galenza states that it's important for students to remember, however, to not stay late alone or confront suspicious persons. He also strongly promotes the use of the Safewalk service.

The RTA area is open to students with a valid student ID and is patrolled by campus security on a regular basis and security asks students to vacate the facility at closing time.

"Do they (security) always come and ask the students to leave? Probably not. Are they here when the stu-

dents really want to stay later? Of course!" says Galenza.

Head of Security Jerry Hove could not be reached for comment.

Mystery ski trip

SHANT CHAKMAKIAN

Dozens of students lined up to get tickets for the Molson Mystery Mountain ski trip.

"I'm pretty impressed with the turnout, and I know the trip will be freaking awesome!" said Jennifer Grundke, campus life director, but she's not the only one who can't wait.

"I'm gonna get pissed, fall down and hit my head. Good thing I got that helmet," says student John Heinen.

People lined up long before 5 a.m. as the first come, first serve trip took in only the first 40 people at NAITSA's door, which opened at 8 a.m.

People killed time by doing homework, surfing the net or just reading. However, the high point was

when one fat mouse wandered down the hall and everyone jumped.

I personally was pretty stoked on going, waking up at 4:30 a.m. and heading over to NAIT in fear that the lineup was long. Turned out there were four spots left after the lineup was processed, but those went quickly.

I tried my best to get the information out of Grundke with no luck, so until we get there, I will have no idea which mountain we are going to.

All I know is we leave 4:30 p.m. on Friday, March 28 and come back late that Sunday. We also have two days of killer snowboarding. I may not know exactly where we're going, but I can't wait to get there, I know it's going to be a blast!

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NAITSA exec resigns

GABRIELLE HAY-BYERS

Concern for apprentices abounds after another NAITSA executive has resigned – Amanda Spearing, VP Apprenticeship and External.

Spearing has submitted a letter of resignation to NAITSA's Senate, stating that she would be resigning as of March 31.

She joins former president Kerri Wyspianski, who resigned effective Jan. 1.

"The timing on my resignation decision, which is supported by Executive Council – is to ensure that my elected successor has a documented succession plan providing details on what this particular position entails," Spearing said in her letter.

In the week leading up to this decision, many rumours, allegations and truths have been circulating about the soon-to-be past executive.

Spearing readily admits that she was

not in good academic standing during the September-December 2007 semester. According to Spearing, she withdrew from a course because she was going on a business trip to advocate for apprentices' rights and was going to miss a key case study that the instructor would not allow her to pre-write.

"I withdrew from the class so that I could go fight for the apprentices. It was my own mistake that I only took one class," stated Spearing in an interview with the *Nugget* before she tendered her resignation.

Spearing later added that the NAITSA bylaws are not clear on the methods of calculating grade point averages for determining

academic standing.

However, academic standing was not the only issue raised about Spearing's tenure – her discretionary spending in regards to a NAITSA VISA card was also called into question.

A letter from Lisi Monro, acting president and VP academic, to the Senate, states:

"At the March 5 meeting of the finance sub-committee, executive discretionary budget VISA reports were informally reviewed and questions were raised by committee members as to the discretion of NAITSA executive members while using their executive VISAs.

On March 6, I was informed of some of these questions ... and subsequently undertook an extensive review of all NAITSA executive discretionary budget purchases."

Monro then says in her letter that in her opinion she discovered discrepancies during her

review. Minutes from a special executive council meeting on March 7 outline eight instances in which it was concluded that Spearing owed a total of \$1507.57 to NAITSA for non-business related purchases on her VISA.

At the time of her resignation, Spearing was in good academic standing and had paid full NAITSA fees, and was therefore eligible for her second run for office, which she won.

Senate chair Jason Morris made the following statement in his March 12 report:

"I'm sure that I express the sentiments of the Senate when I say that we are sorry to receive

the resignation of the vice president, that we trust her judgment that it is in her own best interests and in the

interests of the association, and we wish her the best in all her future endeavours."



Amanda Spearing
Stepping down

It's time to run AGAIN!!

We need a VP Apprenticeship & External

Do you want to get involved? Do you want to help make a difference? Get your nomination package in for VP Apprenticeship and External!!

Nominations open March 13th
Nominations close March 25th
Election will be April 1st

Get your Nomination Package from the NAITSA office, E-131.
Submit a completed Nomination Package to the NAITSA office before March 25 at 4:00 p.m.



See naitsa.ca for information.

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

All poll clerks **must** attend a training session on Monday, March 31st at 4:30 p.m. in E129. All clerks will be paid to attend the training.

Apply in person at the NAITSA office, E131

8:00 a.m. – 4:30 p.m.

The Nugget

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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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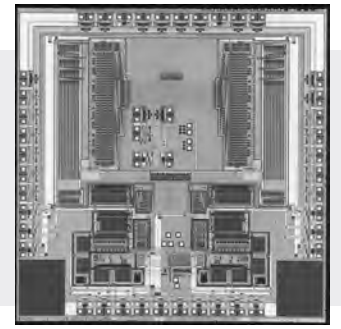


**Tech
Talk**



SHANT CHAKMAKIAN

Every-day security



Last week I talked about personal security when it comes to using your computer. This week, let's examine how you incorporate it into your every-day life.

Banking information is always a high profile target, especially for things such as debit cards. Debit scams focus on people who purchase items at high traffic location like gas stations or convenience stores.

When the attendant swipes your card, he or she swipes it into a card reader and then into the register for the sale. They would also watch the security camera to see you enter your PIN. Shortly after, they'd re-create your card and clean out your bank account.

As bank security always evolves, so do the scams. Now, debit scams consist of registers that are not only rigged to make the sale, but also to steal your PIN number and duplicate your bank card.

Generally after some time passes, someone will make withdrawals from your account in increments below \$500 on a daily or semi-daily basis, so as not to raise alarms.

Although banks generally cover fraud-

ulent activity and pursue such criminals, such fraud can be a very unwelcome inconvenience to you, the customer. It is important that you read your bank's policies on fraud protection and what they do to detect and stop such activity.

Always writing down your banking and credit card information and storing it in a safe place is a good idea if you lose your cards and want to report them stolen. Also check your bills regularly. Online banking is a great way to do this.

If you want to add another layer of protection, it helps to have a separate credit card with a lower limit for regular spending and to leave the other ones locked up at home.

It's advisable to regularly obtain credit reports from Trans Union or Equifax to ensure accuracy and to safeguard against fraud.

But there are low-tech ways of stealing information. Dumpster diving is a common, low-tech method of getting personal information. A paper shredder, or at least ripping bills and personal documents into little pieces (or burning them for warmth) is a great way to safeguard information.

Be aware of pre-approved credit applications. Always destroy them immediately and call the institution in question and demand that your information be removed from their lists. Also, have your number unpublished and be

very wary of what "free" things you sign up for, and who you give your information to. If telemarketers call, ask to be removed from their calling list.

One could take a course on avoiding identity theft and personal security. You don't have to be paranoid, just a bit cautious.

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. I value and look forward to your input.



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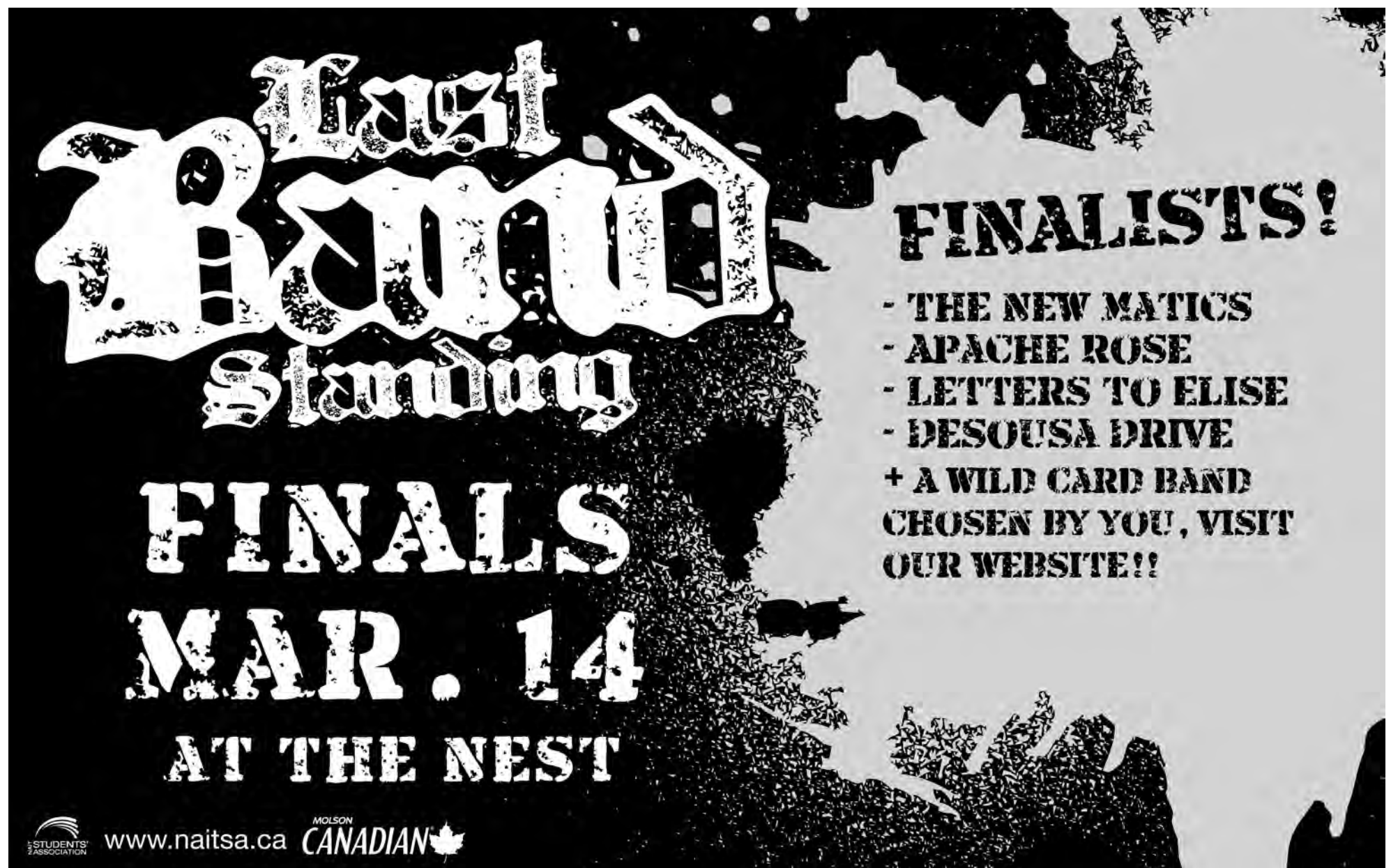
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OPINION

— Editorial —

Leave 'em to hang



ALISTAIR WILKINSON
Student Editor

Anarchists confuse me. I'm not speaking superficially, though. On the surface, late '70s anti-establishment punk anarchist artists, like Johnny Rotten and the Sex Pistols, the Clash and so forth still have the power to turn even the least repressed Edmontonian to safety-pin nose piercings, burning cars and general rudeness.

Of course, for that lot anarchy was just another cool buzz word, pleasantly harsh-sounding and with a cool tag even beginner vandals could spray-paint onto walls, carve into his or her arm, etc. It should also be mentioned that the Sex Pistols were a corporate product, a band designed strictly for the purpose of selling really ugly clothing, so one might guess that anarchist ideology was somewhat lost on Mr. Rotten, as it is on me. For different reasons, of course; my clothing is ugly enough that not even punks would buy it. I mean to say that anarchy as a system of government confuses me, which is why I start to question where our Students' Association is going. For those of you who weren't already aware, we've lost yet another student executive, this time the VP Apprenticeship and External. That's OK, the apprentices weren't that important to this trade school anyway.

We invented leaders to do the dirty work

If it were certain to work, I'd be right behind a system of government with no leaders, no order, no law, just everyone getting on with their lives and not really bothering one another – because no one's going to be so clichéd as to take advantage of an orderless, lawless society – but it goes without saying most of us can't be bothered to lead ourselves. Thus, we invented leaders to do the dirty work for us. At the student government level, the dirty work may be difficult to appreciate, or even to define, but ultimately the student leader is supposed to do his or her best to ensure the best for the student. It doesn't seem like an easy job, all things considered. This, presumably, is the reason why, here at NAIT, we have four student execs to do it. Did I say four? I meant three. No, scratch that, two. Henry VIII's wives had an easier time of it.

Legitimate reasons

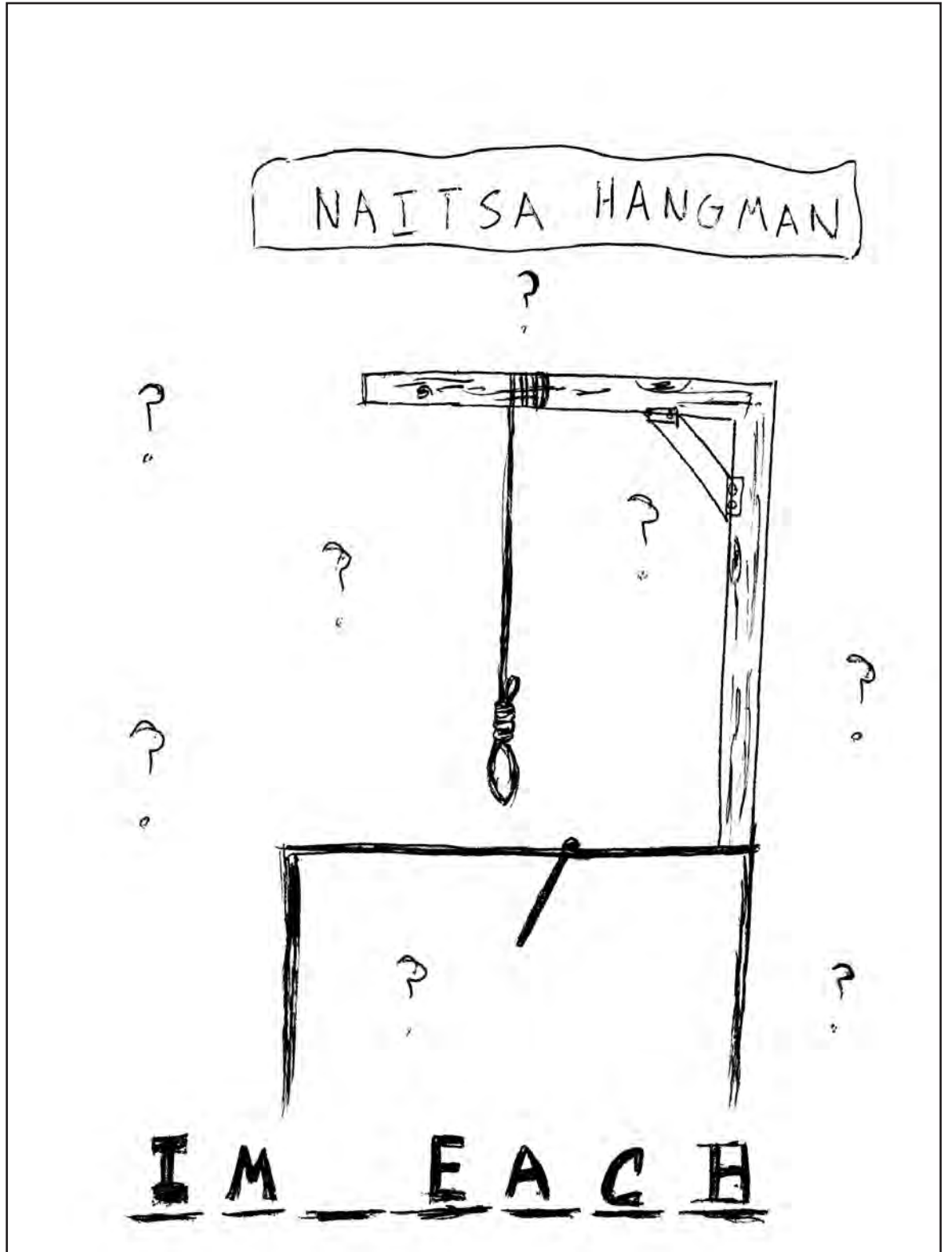
I'm sure there are legitimate reasons for a second exec's resignation, as there were for former NAITSA prez Kerri Wyspianski's departure, if one were to look closely for them.

After all, if our leaders don't confine themselves to boundaries and rules, we may as well have anarchy.

But we're headed closer and closer to a leaderless government, one aspect of an anarchist system, and I can't help but wonder if our self-imposed leaders are looking for reasons to trim what they consider excess. After all, if two can do the job of four, why bother with two? It's anarchy by design, just like the Sex Pistols, although with less profit involved. Maybe they're just giving themselves a little slack, some freedom to move, less excess to make that rope taut.

On the other hand, maybe the remaining execs have just enough rope to . . . well, not hang themselves, I don't know if we can afford to run with just one exec. But if that's the case, well why bother with any exec at all?

Let 'em hang.



— Letters —

Puncturing a myth

Dear Student Editor:

A student once told his instructor "a great myth can be punctured by a sharp fact." The greatest myth is global warming. The "sharp fact" is that clouds prevent global warming. First, heat evaporates water to form clouds, then the clouds block sunlight, and finally snow begins. Amazingly, clouds block sunlight for a long time, since water vapor is much lighter than air. Fortunately, a lack of clouds has forced the last ice age to end, because just 60 volcanoes are producing clouds. But, thousands of sleeping cloud-making volcanoes will cause the next ice age, as they have 20 times before.

Sincerely,
R. Blakely

Your views are important

We want to hear from you

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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.

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

B-ball teams re-tooling



By **NAHREMAN ISSA**
Sports Editor

The basketball season ended very early for both teams this year, with both the men's and women's teams not making the post-season. But head coaches for the men's and women's teams haven't been sitting around idly. Both the men's coach, Chuma Nwobosi, and the women's coach, Curtis Nelson, have been aggressively scouting this past season trying to find players that could add physical and athletic strength to the teams.



Curtis Nelson

The women's basketball team got a huge boost when all star Dale-Marie Cumberbatch decided she wanted to play another couple of years here at NAIT. With her school-

ing coming to an end (she just finished her second year playing with the team), Cumberbatch decided she wanted to further her schooling, and decided to return to the Oaks. But her teammates were the main reason she wanted to return.

"We'll be having a lot of returning players this year, which means more experience. This is better than going to a new team and starting over," she said.

As far as having another record-breaking season goes, Cumberbatch wasn't too concerned.

"We'll see. It kind of depends with what I'm surrounded with team-wise. I want a winning record with the team first."

It will be tough to try and match her previous performance in the upcoming season. The five-foot-10 forward has broken three ACAC records as well as becoming the youngest player to reach 1,000 points in less time than any other player. Knowing Cumberbatch's thirst for success, breaking even her own record is not out of the question.

Nelson is ecstatic his star player is coming back for another couple of seasons.

"The team is very excited," he said. "All the girls love playing with her and we love coaching her."

As far as getting Cumberbatch to come back, it was a no-brainer for Nelson.

"She's a big portion to our program and of our success."

Nelson went on to say that the Oaks have signed a couple of *Edmonton Journal* All-Stars, a few NAIT All-City players and a junior college player out of California.

As far as the men's team goes, aggressive scouting this past season

led Nwobosi to sign two new players. Six-foot-five Andrew Seeley and six-foot-nine Mitchell Trook will be suiting up for the team this season.

Shooting guard Seeley joins the team after playing two seasons with the University of Alberta. Coming straight out of high school, Seeley played for the Bears until Nwobosi pursued him to play for the Oaks.

"Andrew is a player that I've had my eye on when he came out of school four years ago," he said.

"I've been patient with him and he came around full circle in the end."

Nwobosi has only good things to say about Seeley.

"He is a unique player for a college-level position. He's a very

explosive athletic player, he plays above the rim and has a long range shot at the three-point range.

"He has the skill sets to help our team from both ends."

The 22-year-old is very excited to be playing for the Oaks as his younger brother, Chris Seeley, also plays for the team. Andrew has always wanted to play with him and come this season, the two brothers will get their chance.

This season should prove to be successful as both teams have been bulking up and making strides with their play.

Missing the playoffs this season was a lesson learned, and they plan on learning from their mistakes.



Chuma Nwobosi

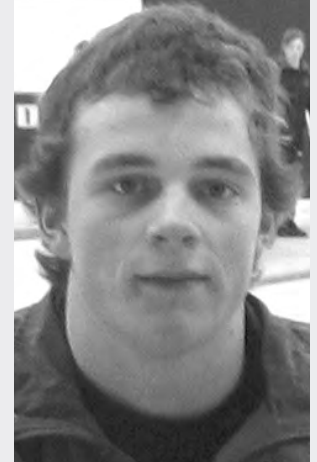
Curlers honoured



Shawn Donnelly



Bryan Carter



James Robertson

Three members of the NAIT curling team that won silver at the Alberta Colleges Athletic Conference championships last week were named to the All-Conference men's curling team. They were skip Shawn Donnelly, second Bryan Carter and lead James Robertson. Their selection brings to 22 the number of NAIT athletes who have been named to All-Conference teams this year.

THE WEEK IN NAIT ATHLETICS

NAIT MacEwan team up for charity

On Saturday, March 8, Millennium Place in Sherwood Park hosted the first NAIT/MacEwan indoor soccer game in support of the Edmonton Special Olympics soccer team.

The event was promoted by the NAIT women's soccer team, in conjunction with Sherwood Park Minor Soccer, to raise funds for the Special Olympics soccer team, which the team had been working closely with

since November. The pregame festivities, which included a ceremonial coin toss by the mayor of Sherwood Park, Cathy Oleson, featured masters of ceremonies, Adam Cook from CTV and the Team 1260's "Soccer Steve."

The closely matched, fast-paced action kept the estimated crowd of 400 on the edge of their seats throughout the game. In the end, NAIT emerged with a 5-3 win on a

pair of goals by Michelle D'Angelo, with singles going to Lindsay Smith, Jessica Sousa and Allison Hawkins. Players of the game were Alycia Weicker from MacEwan and Michelle D'Angelo from the Lady Oaks.

Following the game, both teams gathered in the foyer to sign autographs for the kids in attendance.

The event also marked the last games for retiring NAIT coaches Sue



Melnik and Carleen Beynon and the team rallied to give them the sendoff they deserved.

The big winner in this event was the Special Olympics soccer team

as sponsorship, 50/50 proceeds and gate donations totalled well over \$2,500. Special thanks to event coordinator Trevor Melnyk, who spent countless hours securing sponsorship, liaising with Sherwood Park soccer and co-ordinating this event with the support of the Edmonton Golden Eagles, masters women's soccer team.

Congratulations to all involved in this outstanding promotion.



NAHREMAN ISSA
Sports Editor

2 minutes in the box

Did you hear about the golfer who has been charged with animal cruelty after he killed a hawk for not shutting up? As much as this is a sad story, I couldn't help but laugh when I read the story. For those who do not know what happened, here it is.

On Dec. 12, Tripp Isenhour, who is ranked 152nd on the PGA Tour, was filming his television show, *Shoot like a Pro*, when a red-shouldered hawk kept squawking in the background. This bothered the golfer because the bird kept interrupting the filming of the show. So Isenhour decided he would try and scare the bird by hitting balls towards it.

Witnesses said that when the bird flew closer to the golfer, he directed more drives at the bird. It was also said that he reportedly declared: "I'll get him now".

A report released by wildlife officials

noted that Isenhour became excited as his shots drew closer to the bird.

"About the sixth ball came very near [to] the bird's head, and [Isenhour] was very excited that it was so close," it stated.

His 10th attempt proved deadly, as he hit the bird, knocking it to the ground. It's said that the odds of hitting the bird are about one in several thousand!

But the reason he got caught was because the sound engineer, Jethro Senger, was so overridden with guilt with what he saw that he had to tell the authorities. Senger described the scene of the crime to wildlife officials.

"The bird was on his back, bleeding from his nostrils, his mouth was opening and closing slowly and it was looking up at me as people ran over. I saw its eyes slowly close and I

was pretty sure that the bird had died." (While that is not funny at all, this was the part that made me kind of laugh. But I also felt very bad for the bird).

In his written apology, Isenhour stated that he is an animal lover.

"As soon as this happened I was mortified and extremely upset and continue to be upset. I want to let everyone know there was neither any malice nor deliberate intent whatsoever to hit or harm the hawk. I was trying simply to scare it into flying away."

If convicted, he could face a maximum penalty of 14 months in jail and a \$1,500 fine.

The bird was buried near the fairway by a production assistant but was exhumed and preserved in case it needs to be produced as evidence during a trial.

...

While this may seem like a freak accident, incidents like this have happened in sports before. These are just some of the incidents:

In 2001, Arizona Diamondbacks Randy Johnson's pitch hit a dove, and the bird basically exploded mid air.

In 1983, Yankees outfielder Dave Winfield killed a seagull in Toronto with a warmup throw. Ontario police charged him with animal cruelty, but the charge was later dropped.

In 2002, doubles tennis player Michael Llodra's forehand shot killed a bird chasing a moth on the court. Llodra joked that at least he saved the moth!

In 2001, golfer Tom Kite killed a bird with his tee shot. (This one was accidental!)

In 1987, Braves outfielder Dion James's fly ball killed a bird. He was still credited with a double on the play.

ASK THE TRAINER



Robin Willier

On Thursday last week I got to hear the story of a man who has lived with a heart transplant for the last 22 years. His story touched me and proved that anyone can overcome an obstacle if they keep a positive outlook.

His name is Dwight Robert Kroening. Born in 1959 in Herbert, Sask., he was a middle child of five. He's a graduate of the U of A who majored in Phys. Ed and minored in art, and was always considered an athlete. Dwight's most amazing characteristic is his attitude toward life. Despite being diagnosed with an oversized heart at 26, and being told that he might not have very long to live, Dwight kept a positive attitude, as did his wife.

It started in his first year of teaching Phys. Ed. Dwight had flu-like symptoms that lasted weeks. He said it got so bad sometimes that he couldn't even brush his teeth or comb his hair. He then received an X-ray and was told by his doctor that his heart had swelled up to twice the size it should be and would need to see a team of cardiologists right away. At first they told him that nothing could be done.

Imagine what goes through a person's mind when they are told that by their doctor. They then told Dwight that he had one alternative: a heart transplant in Tucson, Ariz. This, of course, was a difficult decision for him due to the fact that it's a very risky procedure and it was not guaranteed that his body would accept the heart.

The cost was also a major factor because it would have cost \$40,000 just to be assessed and placed on the transplant list, \$150,000 for the actual procedure, \$15,000 for each biopsy done

following the procedure, and \$10,000 a month for medications. However, lady luck would be on his side because his insurance company had changed their policy six months prior and was able to cover the entire cost. At the time after he had the procedure done, Dwight and his wife had no kids and were told that there was virtually no chance of having kids.

They proved the doctors wrong. At the time they were told they couldn't have kids, his wife was already two months pregnant. Today they have three healthy, active kids.

To this day, 22 years later, Dwight continues to live his life to the fullest. He is currently training to participate in an Iron man competition later this year as well as the World Transplant Games in Sydney, Australia in 2009.

Dwight now works as a personal trainer for a computer software company and attributes a lot of his success to keeping physically active. Some of the

things that motivate Dwight are his love of sports, physical activity, his family, his desire to inspire others and his personality and strength of character. He has, since his transplant, written a letter to the donor's family to express his gratitude, but has never heard back from them.

The reason I wanted to tell Dwight's story was to show people that you can overcome the odds, but in order to do it one must keep a positive attitude and be physically active. Dwight was lucky because, for many transplant recipients, there are no organs available. On average, for every million people, there are four donors. If more people were to donate their organs after they pass away, more lives could be spared. Signing the back of your health care card is one

step, but you need to tell someone else in your family that you want to donate your organs because hospitals will not take them with just a signed organ donor card.

If you want to know more, you can con-

tact the Goodheart Mentoring Foundation, the Canadian Transplant Association, or The Hope Program.

If you have any questions e-mail me at ask-thetrainer@thenuggetonline.com.

A story with heart



-AT THE NEST-

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Tue	Mar 11 vs. Blues	7:00 pm
Thu	Mar 20 vs. Canucks	7:00 pm
Wed	Mar 26 vs. Wild	6:00 pm PPV
Tue	Apr 1 vs. Flames	7:00 pm

PPV = Pay Per View

THE NEST

MOLSON



NAIT shows in provincials

JON SEMENIUK

Four NAIT students competed alongside the best in the province at the Alberta Provincial Racquetball Championships, held this past weekend at the Mayfield Inn & Suites Athletic Club.

Shad Barney, Will Pitcher, Henry Huynh and Brock Vander (Denturists Program) competed in two divisions, Men's C/D Singles and Men's B/C Doubles.

All four athletes represented NAIT very well, played hard and

enjoyed the entire event.

"It seemed like they were here all the time!" noted Gord Cutting, NAIT instructor and current vice-president of the Edmonton Racquetball Association (ERA).

Shad and Brock were rewarded for their efforts, capturing the consolation title in Men's B/C Doubles. They defeated Lloyd Edwards (Edmonton) and Ken Hogan (Lethbridge) in two straight games.

This year's version of the Alberta Championships was one of the larg-

est in recent memory, with nearly 120 entrants, and included adults and students from all over the province.

In all, 10 players from NAIT (staff and students) entered the event.

"It shows the strength of our organization, to have attracted such a large contingent of players. And, we are extremely happy to have attracted athletes attending post secondary school, to compete, like these four did," offered Marc Caouette, president of the ERA.

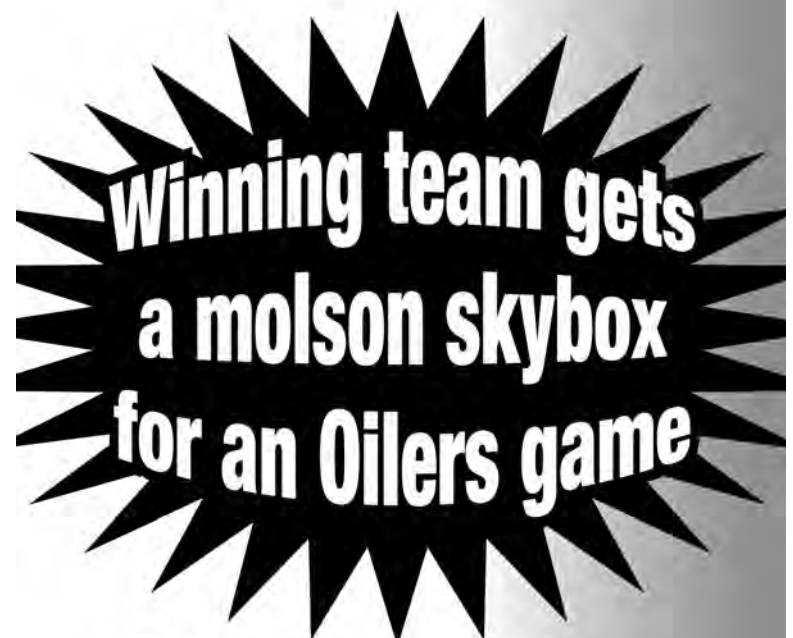
Students interested in playing racquetball at NAIT can call the ERA at 717-9495, or go to our website at www.racquetballedmonton.ca.

— Jon Semeniuk is the Director of Communications for the Edmonton Racquetball Association.



March 25th, 2008

- All players must be current NAIT Students
- Registration deadline is March 18th, 4pm.
- 1 female must be playing during all games
- Entry fee is \$50.00 due at the time of sign up
- Pick up a registration form at the NAITSA office (E-131) or online at www.naitsa.ca



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ARTS & CULTURE

Let's hear it for St. Paddy!



GEOFF TATE
Arts and Culture Editor

Why the hell not? It's St. Patrick's Day on Monday! This is the *Nugget's* tribute to a man who, with his magical leprechaun powers, chased all the snakes from Ireland (didn't really happen) and granted us another day to get ridiculously drunk whilst chanting terrible Irish drinking songs.

Without this man, there would be no beer of the green variety (unlike the ketchup, which, thank God, is no longer with us), nor a valid excuse to try out our awful Irish accents. He absolutely deserves a solid 300-350 words dedicated to his memory, and I was more than willing to take on this task of solidifying his place in the *Nugget's* intellectually stel-

lar archives, right alongside Captain Morgan, asbestos and that girl that wears her pants undone. It's the least I can do. So cheers to you, I've just cracked open another Guinness, and for this reason cannot be held responsible for the continual degradation of my word-smithing, nor the absolutely confusing and pointless rambling that, without a doubt, will occur (look, that was one right there).

St. Patrick was born into a wealthy family near the end of the 4th century, in either Scotland or Wales, making him, ironically, kind of British. Not Irish, kind of British. However, at the age of 16, Patty boy was captured by a band of roaming Irish pillagers, and his lush little teen body was whisked away to Ireland and held prisoner for about six years.

During this time, he spent a lot of time around sheep (mostly as a shepherd) alone and afraid of the beatings he usually incurred. He found solace in his Christian religion, becoming a devoted follower during his time as a prisoner. This would later come back and bite

those poor Irish bastards in the ass.

It is told that he escaped at the age of 22 after having a vision of returning to Britain. I know if I were in that dude's knickers, I would also have probably had a dream of getting the bajesus out of there, too. Anyway, Patty boy worked up the guts to run off one day, walking (possibly also running at times) some 200 miles to the coast, where he caught a ride with some passing British folks on their dainty little boat.

Upon getting back to Britain, the poor guy had another vision. This one told him to go back to Ireland as a missionary. I'd be super pissed if I was this guy. You just escaped being a slave for six years of your life, now some vision of an angel is telling you to get your ass back there. Lame. Thankfully, St. Patrick was not as quick to anger, and did exactly

what the voices in his head told him to do. He returned to Ireland shortly after escaping, and as God's punishment to the Irish for being just so gosh darn mean, he subtly began incorporating Christian symbols and practices into the Irish culture.



Statue of St. Patrick in Ireland.

The Irish had always loved fires, so he began holding giant bonfires to celebrate Easter. The Irish ate it right up. He then photoshopped (God gave him a computer) a cross onto a sun, a major symbol in Irish traditions, and thus blessed the poor, helpless Irish folk with what is now called a Celtic cross. And before you know it, Ireland was all but engulfed by this famous man named Jesus. He just kind of came out of nowhere.

It is also claimed that Patty boy chased all the snakes from Ireland by

himself. But the truth of the matter is the guy had help. Due to Ireland being an island, this theory called evolution and the basic principle of natural selection, snakes never actually lived in, on, or around Ireland. It's kind of like that time Colin and I killed every last Great White in the North Saskatchewan ... I guess a better way of wording it would be that he made sure snakes never came to Ireland, but you know how those Irish folks like to soup up those stories of theirs.

Anyhoo, be sure to get on out there and celebrate that little bit of Irish I know you have in you. Hey, maybe even stop by the Nest! When I asked Andrew what crazy things are going to be going on down there for, like, the biggest religious celebration of the year besides Thanksgiving, he said, "Yeah, we'll have green beer!" I'm sold. And now for the crowning Irish toast:

An Irishman is never drunk as long as he can hold onto one blade of grass and not fall off the face of the earth.

NAITSA PRESENTS
FREE MOVIE NIGHTS
TUES. MAR. 18 - SHAW THEATRE

WILL SMITH
THE LAST MAN ON EARTH IS NOT ALONE.

4:30PM FREE POPCORN
5:00 PM MOVIE STARTS

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SCREENPLAY BY ANDREW A. KOSOVE AND JACQUES MICHAEL KAPLAN
DIRECTED BY FRANK MARSHALL
CASTING BY JACQUES MICHAEL KAPLAN
COSTUME DESIGNER JACQUES MICHAEL KAPLAN
HAIR AND MAKEUP JACQUES MICHAEL KAPLAN
PRODUCTION DESIGNER JACQUES MICHAEL KAPLAN
EXECUTIVE PRODUCERS JACQUES MICHAEL KAPLAN AND JACQUES MICHAEL KAPLAN
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THE MARS VOLTA

Quirky, intoxicating

NAHREMAN ISSA

I now know how aliens would sound if they were to make a rock album. It would sound exactly like The Mars Volta. From the very second the CD starts, lead singer Cedric Bixler-Zavala is singing, but it sounds like Alf's cousin on crack. But this is a good thing, as weird as that sounds.

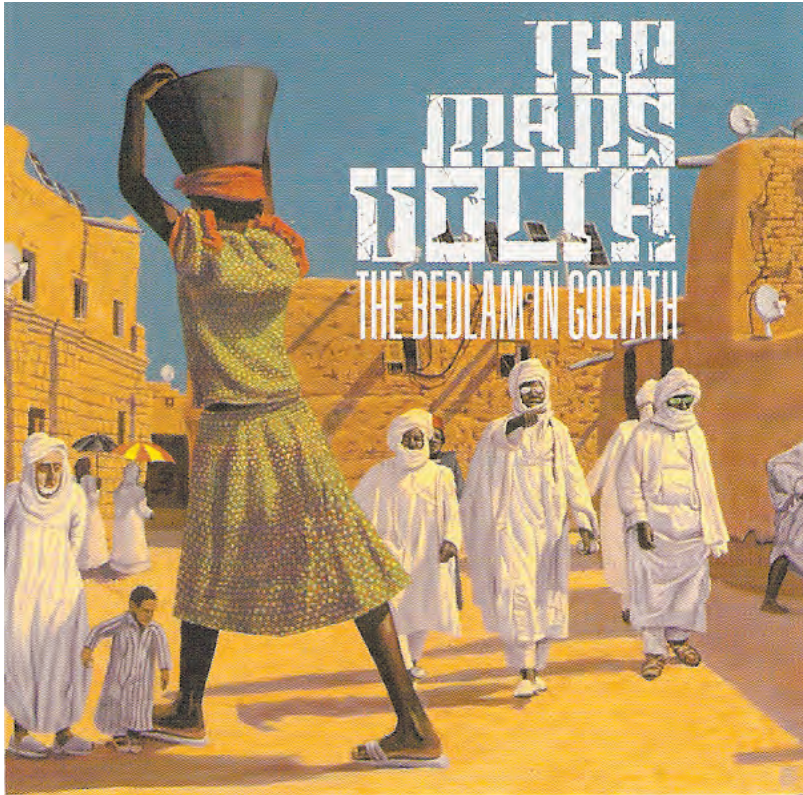
Alien rock mixed with a girly voice actually makes this CD quirky, yet very good. It will take you a few listens to the entire album before you actually really enjoy it, or learn to appreciate it.

The Bedlam in Goliath is not like any album I've heard of before. From funky beats (Red Hot Chili Peppers guitarist John Frusciante plays on the album) to songs that blend into other songs,

you have no clue when one song finishes and the other begins. Seriously, the first time I heard the CD, I thought half of the songs were like 10 minutes long because they would blend together.

The music on this CD sounds nothing like their big hit *The Widow*, but you will find a new favourite song. Speaking of favourites, tracks 3 and 10 are definitely the songs to listen to on repeat.

Zavala's voice may at times sound like an alien or a female (or a female alien at that) but it is quite intoxicating, just like this CD.



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PSYCHOLOGICAL THRILLERS

BACK OF THE RACK

All's explained in The Nines



LIAM CRESWICK

Welcome to Back of the Rack, a look at lesser known movies new on DVD. While I like goofy comedies and mindless action flicks, sometimes it's good to break a mental sweat with a psychological thriller. Movies ripe with metaphors, open endings, and unconventional story structures are a great way to engage your mind, flex the imagination, and other ... stuff. Anyway, here are two such movies.

The Nines

The Nines follows three interweaving stories, all starring Ryan Reynolds.

First, he is a coked-out actor under house arrest, then a stressed television writer and finally a video

Ryan Reynolds in *The Nines*.

game programmer lost in the woods. Each man begins to question his sanity though, when a series of unexplainable events happen and his two female friends, also playing different roles in each story, begin to argue and act strangely. Reynolds does a great job exploring each of these characters. This is certainly a more serious role than he usually plays, but his dry cynicism does trickle out at appropriate times.

The most engaging part of the film, though, is watching the clues and revelations appear throughout

each story, finally exposing what each character has to do with one another and *The Nines*.

The ending leaves nothing unexplained, which leaves no room for interpretation, but also means you won't need to watch it twice or have someone spell it out for you.



Slipstream

Anthony Hopkins does triple-duty on this feature as the star, writer and director. *Slipstream* is an incredibly surreal and avant-garde film with narrative so bizarre it makes *Mulholland Drive* look like *Bee Movie*. I'll boil the plot down as best I can, since I don't want to spoil the parts I under-

Anthony Hopkins wrote, stars in and directs *Slipstream*.

stood and don't want to misinterpret that parts I didn't.

Hopkins plays a screenwriter who is losing his distinction between reality and the worlds he has written. Some may think this flick is a dreamlike masterpiece, some may be

left utterly confused and hate it, but personally, I simply felt unfulfilled. I'm pretty sure I have a grasp on the events that take place, and with a little mental labour could probably suss out some meaning, but frankly, it was just too erratic and dull to bother. I can say with certainty that Hopkins and his cast (including Christian Slater and Jeffrey Tambor) all give great performances, despite the insanity around them.

If you like "difficult" movies, this is worth a watch, but I can certainly see *Slipstream* polarizing audiences. Love it, hate it, or just indifferent like me, you must admit Sir Hopkins' film is definitely unique.



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MITOSIS: (cell division)

Interphase → Prophase → Metaphase → Anaphase → Telophase → daughter cells

T.S. Eliot's Rhapsody on a Windy Night is on my computer.

STUDENTS FOR LITERACY

THE HOMEWORK CLUB

I like Chess. And Havarti.

Tutored kids in math & science

COMPASSION:

Not being able to know what to say but being able to know how to listen.

Dr. Matthew Lukwija: Ugandan doctor who confronted Ebola.

I'm a research assistant at the Princess Margaret Hospital.

PCR (Polymerase Chain Reaction)

Denaturation → Annealing → Extension

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- agarose
- loading dye
- 100 bp ladder

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Feb 25 - Mar 14, 2008

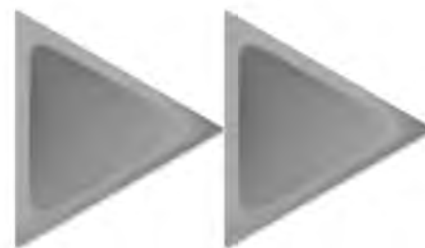
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Your horoscope



KATIE BERLINGUETTE

March 13-20

(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)

You would be better off if you forgot about your horrendous temper this week, Aries. If you would try to look at other peoples' points of view, you might just become a little more understanding and sympathetic. We all lose our cool sometimes, which is OK, just try a little harder. The nice thing about that is you don't have to necessarily agree with them.

Lucky Travel Destination: Israel

Taurus (April 20-May 20)

Don't sweat the small things. Look to a greater cause and you will be able to sleep peacefully at night. Take pleasure in what's close at hand. If you keep dwelling on little things, nothing will get accomplished. You'll feel overwhelmed and fall apart. Relax.

Lucky Travel Destination: Your backyard

Gemini (May 21-June 20)

It's about time you shake your dull

winter spirits, Gemini. There is nothing like being thrown out of your element to awaken those dull senses. By trying something new you will also have an opportunity to learn something new about yourself. Don't be afraid to take chances, make mistakes and get messy.

Lucky Travel Destination: Tokyo

Cancer (June 21-July 22)

Do your best not to overindulge in food and beverage this week. It would also be wise to avoid entering into an agreement without all of the information. While it might look like an opportunity, it is most likely a scam. This isn't the time to distinguish between recreation, hobby and addiction.

Lucky Travel Destination: Tijuana

Leo (July 23-Aug. 22)

Near the weekend you start to feel torn between two things. If you write out your priorities the answer to your problems may be clearer than you think. Either way, help is on its way. Be patient Leo and you will be able to make difficult decisions.

Lucky Travel Destination: Berlin

Virgo (Aug. 23-Sept. 22)

You have more at your fingertips than you realize, Virgo. Take advantage of your resources this week and everything will fall into place. Look forward to a surprising revelation late in the week. Also, don't discount the wildest proposals. There could be more there than what you initially see.

Lucky Travel Destination: Pincher Creek, Alberta

Libra (Sept. 23-Oct. 22)

Be prepared to be left out in the cold this week, Libra. Remember that all obstacles are not insurmountable. Taking others at face value will perpetuate a state of constant naivete, which will hinder your progress. You would do well to investigate further.

Lucky Travel Destination: Antarctica

Scorpio (Oct. 23-Nov. 21)

As the moon goes retrograde this week you will enjoy being busy. Your increased activity is a good sign. You should be able to find more time and energy to complete all necessary tasks and still have time to spend with friends or family. Enjoy it while it lasts, as nothing is forever.

Lucky Travel Destination: London

Sagittarius (Nov. 22-Dec. 21)

If you're in a dark place right now, all you need to find is a quick way out. At the rate you're going, that isn't likely to happen any time soon. So you may as well stay put and deal with the hand you're dealt. Staying put is going to give you a chance to focus on important family matters that could come up this week.

Lucky Travel Destination: Timbuktu

Capricorn (Dec. 22-Jan. 19)

You have made headway with money matters, Capricorn. This is great. However, you still have a long way to go. No worries, though. Things are looking up in all areas of your life, so take time to bask in the feeling. You have nothing to lose by speaking your mind.

Lucky Travel Destination: Nunavut

Aquarius (Jan. 20-Feb. 18)

Be very precise with what you want, Aquarius. Be sure to outline in detail everything that you are looking for. Don't be shocked when you run into an old acquaintance this week-end, even if he or she shares troubling news.

Lucky Travel Destination: Grocery store

Pisces (Feb. 19-March 20)

This week will be a challenge for you, Pisces. Keep in mind that you should never settle for second. Even if you have a change of heart in relationship matters, things will sort itself out in the end.

Lucky Travel Destination: Sydney

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Upcoming Events

PGC (Petroleum Geological Chemical)

Event: Beer Garden

When: Friday March 14, 3 p.m.

Where: Engineering Annex, The Dock
CAFP

Event: Cookie dough sales

When: March 10-20; 12:30 p.m.-2 p.m.

Where: Outside Common Market

Club Culinaire

Event: Guessing contest fundraiser

When: March 12-31; Noon-4 p.m.

Where: Hallway near Common Market

Chemical Technology

Event: Bake Sale

When: Thursday March 20; 11 a.m.-1 p.m.

Where: Reads and Needs

Rose Martin Baumgartner

NAITSA Campus Clubs Mgr

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Ask a Student Counsellor

Enhancing your self-esteem



MARGARET MAREAN

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives, and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are, and not depending excessively on the approval of others in order to feel good about yourself.

People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically, people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance and athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we

have learned as children into our adult lives. However, you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

1. Identify your self-defeating thought patterns and work towards changing them:

- All or Nothing Thinking. "I am a total failure when my performance is not perfect."

- Magnification of Negative/ Minimization of Positive. Expecting that things always go wrong is a common attitude. A single negative detail, piece of criticism or comment colours all reality. Good things don't count nearly as much as bad ones. "She didn't say hi to me, so nobody likes me." "I got five A's but the one C really shows my abilities."

- Jumping to Conclusions. Concluding things are bad without any definite evidence.

- Emotional Reasoning. "I feel ugly/ stupid/unpopular so it must be true."

- Overemphasis of "Should" Statements. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. (I "should" be getting straight A's).

- Labelling. Instead of saying "I

made a mistake and I can learn from that", saying "I am a loser and it is all my fault."

- Difficulty Accepting Compliments. "You like this outfit? I think it makes me look fat."

2. Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you can do, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with them.

3. Develop your skills. Learn and practise the skills that you feel you are lacking and that would add value to your life.

4. Set realistic goals. Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as – "Anything less than an A in school is unacceptable" – invites stress and feelings of failure.

5. Take risks. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

6. Experience success. Seek

out and put yourself in situations in which the probability of success is high. Look for projects that stretch - but don't overwhelm - your abilities. Allow yourself to acknowledge and feel good about your successes.

7. Use Self-Talk. Stop listening to your negative inner "critic." When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

8. Respect your own needs. Recognize and take care of your own needs and wants first. Identify what really fulfills you – not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

9. Solve problems. Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

10. Make decisions. Practise making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

11. Be assertive. This means looking after your own needs while being respectful of the needs of others.

12. Rely on your own opinion of

yourself. Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.

13. Let go ...of the past, ... of unhealthy relationships, ...of anger you are holding onto.

14. Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.

And remember – there is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

"Today is yours to make it whatever you want it to be" – H. Johnson

If you feel you would like further assistance enhancing your self-esteem or dealing with other academic, career, or personal concerns, contact NAIT Student Counselling, Room W111-PB in the HP Centre (phone 378-5028) and book an appointment with a counsellor.

– Some of the above information was adapted from University of Texas and University of Illinois handouts.

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of CanadaGouvernement
du Canada**Enrolled in a Red Seal trade?**

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There are a lot of reasons to pursue an apprenticeship. We've added another. The Apprenticeship Incentive Grant is a new grant that is available to registered apprentices once they have successfully completed their first or second year (or equivalent) of an apprenticeship program in one of the Red Seal trades.

How to apply:

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Aux diverses raisons de faire un apprentissage vient s'ajouter une autre : la Subvention incitative aux apprentis. Il s'agit d'une nouvelle subvention offerte aux apprentis inscrits, après la 1^{re} ou 2^e année de formation (ou l'équivalent) terminée avec succès dans un métier Sceau rouge.

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Apply now for a **\$500**

Terry Cooke Law Text Bursary!

Pick-up an application form in Room T500
Deadline: Thursday, March 20, 2008
@ 4:00 p.m.

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VOLUNTEER?

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. You can also call Eve Hughes, at 780-477-8030 or e-mail 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

Habitat for Humanity

Habitat for Humanity Edmonton needs a volunteer with strong AutoCAD skills who can come and spend some time in our office over the period of two to three weeks. The right volunteer needs to be able to work with direction but little or no supervision. We are updating and revising our working drawings with AutoCAD 2008. Interested? Contact Angela Robichaud at 479-3566 ext 223.

Hope Mission

Always wanted to help out your community in a positive way? Help prepare and/or serve meals to people experiencing homelessness. Volunteering is easy, flexible times throughout the week. Send an e-mail to sarah.krikke@hopemission.com.



The Vagina Monologues

Benefiting SAFFRON:
Strathcona Sexual Assault Centre
March 30, 3 p.m.
Contact: Amanda for tickets: 904-0032,
amandao@nait.ca
Sign language interpreters provided

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 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.

STEPS TO SUCCESS

Good works

SHANT CHAKMAKIAN

In today's world the saying, "nice guys finish last," can be true in some cases but not entirely accurate. Being a good person is an important thing – not only in life but also for yourself – plus it will get you further in life than the alternative.

The problem is, when someone gets screwed over, (be it in a friendship, serious relationship or even in something business related) and then believes that being self-centred, selfish and negative is the way to go, that's when they truly lose out.

The problem with such logic is that being a jerk will always catch up with you, and as my dad once told me "never feel bad for being good."

It's important to be secure and confident about yourself and to never feel ashamed of keeping good intentions and relations with others.

However, that doesn't mean you can't be a nice guy, but with an edge. Most "nice guys" get screwed over, not because they're nice, but because they inherently expect that people are just as good-hearted and well-intentioned as themselves.

Sunshine, puppies

Unfortunately, if this were the case, we'd all be holding hands and singing shambhala, skipping down the street with nothing but thoughts of sunshine, puppies and rainbows. Unfortunately as fun as that sounds, life would be boring and most people would go insane from such a "perfect" world that has no challenges.

The bottom line is to use your gut. Most people these days have lost touch with their instincts, but those who stick with their gut will get further. Listening to your instinct is the easiest way to determine one's true nature, to size up an opponent or to perceive an opportunity or threat.

But instinct alone can sometimes steer you wrong and that's where fact and experience come in to fill in the gaps and help everything make sense at the end of the day. Instinct laced with fact will help paint a better picture of any person, opportunity or threat, especially when done objectively.

Don't be a pushover

Standing your ground is also paramount. Don't be a pushover. That doesn't mean you have to be a jerk, however.

Diplomacy is key when dealing with others, especially in trying situations finding a balance between firmness and diplomacy can be the difference between resolving an issue or making an enemy.

Be proactive and passionate. Some people are threatened by talent and excellence and unfortunately, they have only their duplicity and lies to get them ahead in life. People like that can be anywhere, and again that's where instinct comes in.

It can be a rough world out there. It can be challenging at times but if you're a good person with an edge, you'll have an advantage. So be true to yourself, stay sharp and you'll find that life can be just as generous and kind as you.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to email me any comments or suggestions at shant_c@hotmail.com I value and look forward to your input.

GRAD PORTRAITS

Feb 25 - Mar 14, 2008

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SINGLE OF THE WEEK



BRENT CONSTANTIN
*VP Campus Life/President Elect/
Classically trained warlock*

Oh, hello! Didn't see you start reading the article. There, let me put on my good pants.

OK, they're on now. Thanks for not looking.

Each week, along with requests to be/meet the Hot Single of the Week, I receive twos upon ones of questions about myself. Who are you? What are your feelings about domes? Where have you buried the map that leads to the fabled Kool-Aid Wacky Warehouse?

All great questions, keep sending them in, and I'll continue to not answer any of them, except of course for the last – I can tell you that hints to the map's location can be found in my book *Eleven Ways to Count to Ten*, now available in paperback.

Today's HSW is Alyshia, a first-year business student who sat down in my office with me and participated in the following interview.

B: HELLO.

A: Hi.

B: Alyshia, tell me about (throws dart) your last relationship, how was that?

A: Not great, I date idiots most of the time.

B: How come?

A: I'm really shallow, I guess, for looks. I'll go for a guy that's a good looking asshole instead of a nice guy.

B: That's a shame.

A: Yeah ... hey how does this work anyway? Do people come and find me at school after they read this, or what?

B: No, you leave me your e-mail address and then I forward everything on to you, filtering out all the pictures of people's genitals that get sent in regularly.

A: People really send that in to you?

B: Not really people, more like the same person. At first I was a little scared, but now I like the regular updates, it's like watching a Chia Pet grow.

B: So what do you like to do with your time when you're not in school?

A: School takes up a lot of my time actually, I haven't been able to do everything I want to.

B: So you're only going to the bar every other day now?

A: Yeah, right ...

B: So what kind of young gentleman are you looking for?

A: Umm ... someone nice, I guess.

B: OK, what about what you're not looking for?

A: Immature guys that act like they're still in junior high school. Guys that cheat on their girlfriends and don't remember.

B: I see.

And, it's over. Let's all reflect on our lives now, isn't life great?

Enough of that.

E-mail me, Brent Constantin, at bconstantin@nait.ca to contact Aly-

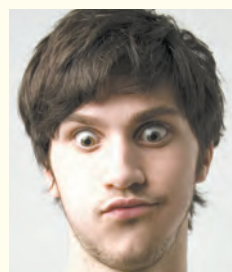


shia, or to nominate yourself or a friend as HSW. Let's get some guys in here people, it's been nothing but girls recently, I don't care how

ugly you are, don't let that stop you from contacting me. I have a special camera that brings out inner beauty.

Out and about

What was your worst drunken experience?



SCOTT PARADIS



I drank way too much Southern Comfort at grad and I'll never drink it again.

Kevin Clark
Pre Tech



I challenged my boxer friend to a match and got knocked out by the first punch.

Tasch Logan



After beer-bonging way too much, I passed out on my boyfriend's lawn. His dad had to tell him to come out and get me in the morning.

Amber Tienkamp
Radio and Television



I drank two full bottles of red wine and when I puked it up in my sink, I thought I was dying because it looked like blood.

Amy McBain
Radio and Television



I tripped over a coyote at a bush party. I have the bruises to prove it.

Landon Speers
Photographic Technology