

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

# THE NUGGET

Thursday, March 27, 2008  
Volume 45, Issue 25



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newspaper when you are  
finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Cody Barnstable

## NAITSA VOTE ON APRIL 1

VP Apprenticeship and External  
opening to be filled

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### A QUIET MOMENT

Power Engineering student Ryan Powell  
studies in an unusually deserted North Lobby  
last week on the main campus.

## THE NEST

Your Campus Restaurant & Bar  
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### "TGIAF"

(Thank goodness it's almost Friday!)  
\$1 Coors Light Draft  
(8 oz glass)  
Every 2nd Thursday Universal Music  
Listening Party



# NEWS & FEATURES

## One more time!

The last NAITSA election this year – promise

Hello, hello. As the semester winds down in a grating, out-of-control spiral full of deadlines, late assignments and the unholy quest for summer employment (or potentially a full-time-until-the-day-you-die job), the last thing on your mind is probably another NAITSA election.

“Didn’t we just have one of those?” you may ask, potentially being a part of the 5% voter turnout in February. And my answer to you is yes, indeed we did. However, due to issues that have been mildly addressed, another vice-president position has opened up for the 2008-2009 season of NAITSA Executive Survivor.

As it turns out, I am the only contender vying for the position of VP Apprenticeship and External, once again thoroughly limiting your choices of who you really want to represent you. I really do apologize for that, and hopefully, someday, in the distant future, you will be blessed with an actual choice. Please refer to the South Park season 8 episode entitled *Douche and Turd*.

Regardless of this, I still plan on

doing this job well. My predecessor started something great for the apprentices at NAIT, and I wholly plan on following through with what she started. The majority of these issues, such as that whole EI eligibility thing, or straight up affordable housing for your limited tenures, are not just specific to NAIT and NAITSA, but are problems that need to be addressed at a local, provincial, and in some cases, federal level.

The apprentices of NAIT know what needs to happen to make their post-secondary worth the stress it adds to their lives, and they deserve the change that needs to take place. This is the largest technical institute in Canada, in a province with an economy that is based upon skilled labour. Without the apprenticeship program here, this province would not be where it is today.

So on April 1, please take the time to . ll out a ballot, and help me help you, even if you are only here for a couple more weeks. The people coming after you will appreciate it.

– Geoff Tate



Geoff Tate

### HELP!! We need some bodies.

\$12/hour

Poll Clerks needed for the NAITSA By-Election polling stations on April 1, 2008.

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 31<sup>st</sup> 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.

## It's time to vote... AGAIN!

NAITSA GENERAL BY-ELECTION 2008

April 1st, 2008

Voting from 9 am – 4 pm

### POLL STATION LOCATIONS:

- South Lobby
- Outside NAITSA Office – E131
- Outside Campus Reads & Needs
- Tower – 1st Floor
- Patricia Campus – P127
- Engineering Annex – Main floor by main stairwell
- Outside Bytes Cafeteria – HP Centre
- Outside Fresh Express Cafeteria
- South Campus – Z130
- St. Albert Campus

### VOTING INSTRUCTIONS

- There is one NAITSA Executive Council position being filled in this election;
- You may choose a YES or NO vote only;
- Mark your choice clearly;
- The candidate for VP Apprenticeship & External must receive more than 50% “YES” votes to be elected;
- Results will be announced in the Nest after 6 p.m. on Tuesday, April 1st.



NAITSA ELECTIONS

See [naitsa.ca](http://naitsa.ca) for information



# E-mail causes stir



**GABRIELLE HAY-BYERS**  
Student Issues Editor

After a phoney e-mail address was set up and an anonymous message was forwarded to over 80 e-mail addresses related to local media in the name of NAIT students, March 17 was a busy day for the NAITSA office.

Speckled with spelling errors, the message was as follows:

"There has been a fraudulent spending scandal at the NAIT Student's association which led to the resignation of a vice president of external Amanda Spearing. This is a serious issue that has been ongoing and the public has the right to know."

## Scanned documents

Attached to the e-mail were scanned images of a NAITSA Senate package outlining motions regarding VISA misuses as well as Amanda Spearing's letter of resignation. Interestingly enough, a *Nugget* article about Spearing's departure from NAITSA was also included.

NAITSA quickly became aware of the aforementioned e-mail and promptly issued a statement to set the record straight. NAITSA's Marketing and Communications Assistant, Jennifer Juchli, stated in her e-mail to various media:

"Any discrepancies implied in the documents forwarded have already been dealt

with proactively, thoroughly, and according to all of our bylaws and procedures.

"This is not an ongoing concern; any issues have been thoroughly resolved following all of our documented formal processes."

## Phones rang

Despite NAITSA's assurances that there was no "fraud" to be found within the NAITSA offices, phones reportedly rang off the hook. Edmonton media outlets also were in contact with the *Nugget* on the 17th and 18th about the e-mail and Spearing's tenure and departure.

No comment was issued from the *Nugget* office regarding the e-mail or its elusive author, but all articles published in the *Nugget* since January 2008 are available online at



Photo by Meaghan Baxter

## SLEEPY TIME

**Damien the Hypnotist has some fun with his subjects during his performance at the Nest on March 19.**

thenuggetonline.com.

Jennifer Juchli continued in her e-mail to assure the community that, "NAIT's Students' Association strives to ensure we provide effective

**"This is not an ongoing concern; any issues have been thoroughly resolved ..."**

**- NAITSA**

services and advocacy to help create a welcoming and well-rounded student experience for all NAIT stu-

dents. Our Student Executive is diligently focused on providing our student body exceptional representation with integrity and enthusiasm.

"Our representation comes directly from the student body, and we have effective systems and procedures to ensure that all aspects of an executive's tenure remain not only at expected levels of honesty and openness, but above them.

"We appreciate the work that Amanda Spearing did for our association as VP Apprenticeship & External, and while we regret the misunderstandings that have led to her resignation, we wish her all the best in her future endeavours."



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## 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.

# Letters welcome

## We want your views

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. Hell, 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.



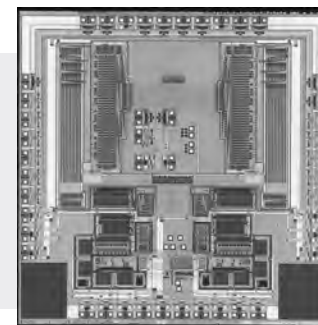


**Tech  
Talk**



SHANT CHAKMAKIAN

# Facebook facelift



For those of you who use Facebook, you'll notice that Facebook has recently undergone some changes.

After last month's multilingual additions, Facebook finally addressed the always annoying applications.

Finally, you can block applications that constantly bug you and even opt out of the annoying e-mails some send you. Also, the long awaited "clear all" button has been added so you can quickly say no to a bunch of applications with one click.

Another welcome change is the privacy settings and the ability to group users. Instead of having just a list of limited users, you can now make groups.

This makes it easier to keep track of friends, like your high school homies or people you travelled with. As result, you can also limit who sees what. For example, maybe you don't want your co-workers to see your party pictures or any of your photos, you now have that control.

After the initial change, existing privacy settings are very tight and as a result some limited users may not even be able to see you.

But once you figure it out and tweak them, you will find the changes convenient.

Also I strongly recommend that you lock down your privacy settings in Facebook regarding applications. In the "Applications" section of "Privacy Settings" under "Other Applications" uncheck all the settings under "Share my name, networks, and list of friends, as well as the following information."

This should ensure that applications will be unable to access your personal information in Facebook and can't exploit them.

Speaking of applications, many readers have asked if I can do a review on the applications on Facebook.

Unfortunately, there are way too many, but luckily when you get an application request, there is a rating for the application. That should help. I'll touch on my top five.

I would recommend: Superpoke!, iLike, Free Gifts, Graffiti and Videos.

Superpoke! is great for those who want to poke but do other cool actions, like buy a shot for, or hug, etc. It's also great for sending out to a bunch of friends.

iLike is ideal for dedicating songs to people and features many previews, definitely fun.

Free Gifts is great for sending free virtual

gifts to friends instead of paying \$1 for a gift that is really some icon from Facebook.

Graffiti is a really unique program allowing you to draw pictures on peoples' Graffiti wall.

And finally, Videos is an application by Facebook that allows you to upload and tag friends in videos. It adds YouTube-like func-

tionality to the platform.

There's a lot of great stuff in the world of Facebook, so log on and check it out!

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



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# OPINION

— Editorial —

## A simple president



**ALISTAIR WILKINSON**  
Student Editor

Excalibur Shell = \$150,000  
2009 U.S. Military Budget = \$713.1 billion

A night with Dick Cheney = one face

Keeping Oil Buddies happy = 4,000+ U.S. troops, 81 Canadian troops, etc.

A simple President = Priceless

I would love to wax lyrical on our southern neighbour's inept, corrupt, soulless and just-plain-evil leaders. I'd even love to bitch for a while on shoot-friends-in-the-face man's comment that the 4,000+ U.S. troops who have died in the Middle East ("They volunteered, didn't they? Next question.").

Had I the energy, I could even turn from the Yanks to complain about our own government's secretive ways, their obvious commitment to selling off everything Canada ever had to multi-nationals like Halliburton, their disdain for our troops (doing their job, next question?) and their appeasing approach to China's blatant disregard for socio-political and religious freedom (Yay, Olympics, next question?). But that's a tired, tired, so very tired topic.

### Not as daft as he appears

Instead, let's talk about economies, Canada's and America's (sorry, Mexico). Lacking the economist's traditional training (I puts the money in, and da food come out), George W., in an interview with PBS, found it difficult to predict the effect on oil prices as a result of OPEC's restrictions, to the extent that he claimed only to be "a simple president."

As an aside, I find it increasingly doubtful that Dubya is as daft as he appears, given that oil companies are reporting record profits while oil prices soar, the American economy tanks and Canadian economists half-soil themselves wondering if our economy follows the Yanks into kraken territory (as it usually does).

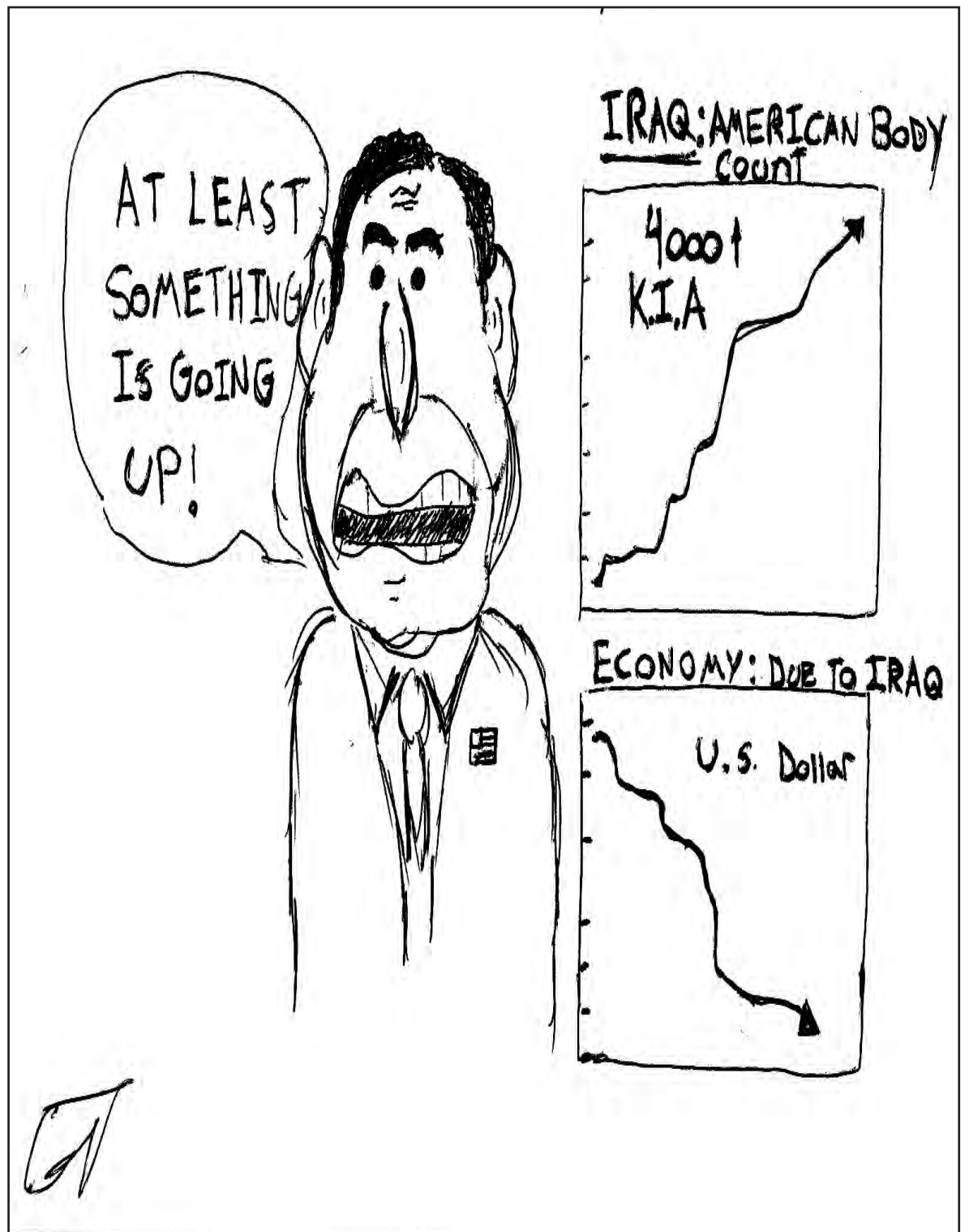
### Increasingly protectionist

American war efforts are a major part of grossly over-inflated oil prices, as well as the reason for decreasing confidence in the American dollar and that country's drooping economy. An even bigger reason is America's reliance on service and consumer satisfaction, to the detriment of manufacturing industries (hello, Mexico, welcome back!).

As a result, the U.S. is becoming increasingly protectionist in its trading practices (even with us NAFTA buddies – now, why did I think that was a bad idea?); naturally, Canada suffers when the U.S. gets sulky (aww, is da wittle supah-power gwumpy?). My question is: why the hell?!

Much as I disagree with industrial expansion, Canada – and especially Alberta – has more "resource power" than practically any nation in the world, and as Rick Mercer said, since Canada's on top and bigger, in prison, the U.S. would be our bitch.

Surely, we can turn America's economic loss into our gain, especially considering the nature of America's leadership. Now, more than ever, Canadians in general and Albertans in particular need to exercise control over our economy's direction rather than leaving it to follow in the wake of our American counterparts, because their economy rests on their government, and Bush is, after all, only a "simple president."



— Letters —

## Something to ponder

Dear Student Editor:

Orange County, California, is drinking its sewage water now. Apparently, it is cheaper to clean sewer water than it is to desalinate and clean ocean water.

In the future, air recycling will also be possible. Instead of burning hydrocarbons, air can be converted into hydrogen peroxide, and then the peroxide can be used to power engines.

But, air powered cars are only just beginning to be used. Although NAIT has a fuel-cell power plant, NAIT does not have an air-recycling plant yet.

Perhaps recycling air might be cheaper than burning fossil fuels, but someone has to test the concept.

Sincerely,  
R. Blakely

## 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

## NAIT coaching goes pro

ALISTAIR WILKINSON  
Student Editor

The season may be winding down, but there's still a lot of action going on in NAIT's Athletics Department. Although NAIT's athletes have been performing like pros, their coaches will now have all the time they need to help NAIT's teams achieve even greater results. NAIT's Director of Athletics, Linda Henderson, says she's very happy that new funding has changed the structure of NAIT's coaching positions.

"We're moving in a professional development model and we have got some internal funding that will help to elevate six of our coaching positions to a full-time basis."

Henderson adds that, by granting the coaching staff full-time status, students will have better access to coaching advice.

"One thing that'll be really helpful is that the coaches will be on campus," she said.

"They won't have to have off-campus positions to support themselves financially. They can devote all their time to everything from

recruiting to training sessions ... it's great for the professional component, as well as the performance component ... and as the new positions will be open for anyone to apply, so there may be professional coaches who want to be part of our program."

Henderson adds that she hopes to post the positions in April and, provided suitable candidates are found, they should be filled by June.

The new positions make NAIT the first college-level school in the country to have a full-time coaching staff. Given

how tough the competition is in the North division, full-time coaches

may give just the right edge to NAIT's athletic teams.

Linda Henderson  
Six openings

## A b-ball find

The NAIT men's basketball team has signed a highly sought after high school player from St. Albert Catholic High School.

At six-foot-nine, Mitchell Troock is physically intimidating with good hands around the basket, an uncanny ability to block shots and a dunk-first mentality. Coach Nwobosi is extremely excited about the possibility of coaching Troock.

"You just don't see high school

kids around here that are thinking to dunk the ball whenever they are in the key. The improvement of this young man from his Grade 11 year to his senior year has been phenomenal. If he continues to work hard in the summer, he is going to be frightening. I'm glad he's on our side," he said.

NAIT coaches and Troock plan to work together to polish his game and then sit back

and watch him shine in 08/09.



Mitch Troock

## EDMONTON

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**NAHREMAN ISSA**  
Sports Editor

# 2 minutes in the box

Bandwagon jumpers deserve to die! Harsh words, hey? But I just can't stand people who bitch about the Oilers, how they play, or who's coaching them. It pisses me off. Everyone counted the Oilers out of the playoff run from the start of the season. Every expert agreed that the Oil would be at the bottom of the Western Conference. Hey, for the majority of the season, they were dead on. But it's the Oilers we're talking about. We always play play-off hockey one month before the actual play-offs begin. So please don't sit there and bash the Oilers, then all of a sudden say you never lost hope.

...

As heartbreaking as it would be if we were to miss the playoffs by a couple of points, it's great to know that the Anaheim Ducks will not get that great of a draft choice. That itself is a good enough reason to keep on winning.

...

Craig MacTavish was told during the Oilers/Minnesota post game conference that the Oilers were the only team in the league to have 12 players with double digit goals. This is pretty impressive knowing that Detroit, tops in the league, has ten, and Montreal, tops in the east, has only nine. The Oil have been lucky with all four lines clicking in the last month and a half. Especially the Kid Line; where the hell did they come from?

...

After setting up a committee to study whether or not to build an arena in downtown Edmonton, they have concluded with this awe-inspiring answer. The project would be both 'feasible and desirable'. The fans could have told you guys that.

...

One of the greatest memories I have of NHL hockey is when Patrick Roy, then a member of the Colorado Avalanche, and Brendan Shanahan, then of the Detroit Red Wings, fought. I will never forget seeing Shanahan and Roy skating to the red line, jumping into the air and grabbing each other.

Well, it was sort of déjà vu as Roy's son, Jonathan, was involved in a full out brawl. Jonathan, who plays in net for the Quebec Remparts, has been suspended for seven games while Papa Roy was nailed for five games for "prejudicial conduct".

Ahh, it's like an episode of Cops, except they weren't arrested. But could you not see Patrick wearing a wife beater yelling at the cops to get off his property while his son is kicking a police car?

There is talk of police getting involved. As I mentioned before, unless someone gets stabbed or shot on the ice, keep the legal system out of it.

## ASK THE TRAINER



**Robin Willier**

# Get outside this summer!

One of my favourite things to do is to exercise outdoors, whether it be riding a bike, taking a long hike in the mountains, or playing football with some friends at a barbecue. This city has so many different options available when choosing to participate in some sort of outdoor physical activity.

Just getting the body to move regularly has a significant impact on your physical well-being. Getting involved in outdoor activities can be a great start to living a physically active lifestyle. Not only can it be great exercise for your body and mind, but also can be a whole lot of fun.

This week I am going to talk about some of the different options you have for keeping in shape this summer.

If you enjoy mountain biking, Edmonton has some of the best city bike trails in all of North America. Our parks also offer a diverse range of exercise opportunities – such as off-leash sites to take your dog for a run, playgrounds, picnic sites, walking trails, fishing (though you can't eat the fish due to the pollution in the river), and even horseback trail

rides. Our beautiful river valley has over 150 km of trails and 22 major parks, the largest in North America.

If it gets too hot for you sometime during the summer, and it probably will, there are a lot of great spots that you can cool yourself down in.

Here is a list of wading pools and spray parks located in Edmonton:

- Borden Park, 74 Street and 112 Avenue
- Castle Downs Water Spray Park, 117 Street and 153 Avenue
- City Hall, 1 Sir Winston Churchill Square.
- G. Edmund Kelly Water Spray Park, 79 Street and 150 Avenue.
- Kinsmen Park, 9100 Waltherdale Hill.
- Millwoods Water Spray Park, 66 Street and 23 Avenue.
- Legislative Grounds, 108 Street and 97 Avenue.

Golf can be a relaxing game for your mind, but can be workout as well. There are many beautiful golf courses located all around the city. As long as you don't drive a golf cart, it can be quite tiresome playing 18 holes of golf. You are constantly on your feet and walking. There are also various marathons and other

events going on all summer as well.

You can check [www.activedmonton.ca](http://www.activedmonton.ca) for details.

There are, however, some things to consider when exercising outside, especially now with "global warming."

1. Stay hydrated by drinking lots of water, even when not doing physical activity.

2. Be sure to wear sunscreen with an SPF of 45 or higher when in the sun for extended periods of time.

3. Take regular rest intervals and pace yourself. Remember that working in extreme heat can hinder your performance.

4. The UV rays can affect your eyes so wear UV tested sunglasses to protect them.

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## 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 (jriddle@nait.ca) 471-7605.



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MARCH 29TH**  
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# ARTS & CULTURE

## HD DVDs are ... gonzo



**GEOFF TATE**  
Arts and Culture Editor

Well, son-of-a-bitch ... According to the powers that be, HD DVD players are soon going the way of the dinosaurs, beta tapes, and my sex life.

Toshiba, the original creator of the HD DVD format, threw in the towel not so long ago to the more widely supported Blu-ray disc format. What this means for you (mostly me) is that our beloved Xbox 360 with HDMI output will no longer really have a use for that cheap (\$200 when I bought mine ... So pissed off right now) HD DVD add on that we asked our moms to get us for Christmas. The only stroking my player is going to be getting will soon be from that Harry Potter box set (\$150), which at the time

seemed like a ridiculously good idea.

I guess this is my way of venting my guilt at being such a sucker. I really want to apologize to my mom, whom I told to buy my father a HD DVD player (\$189) for his birthday. It doesn't really make it any better when your dad likes it so much, he goes out and buys another player (\$215) for his bedroom. At least he will always have Freddy Mercury and the Queen Rock Montreal and Live Aid disc (\$35.99) for his collection ...

With only two of the seven major movie studios still backing HD DVD, it's only a matter of time before HDs are all but gone from our lives. So I guess we should all start saving up for a PS3, or one of those very reasonably priced Blu-ray players (\$499.99 - \$799.99) that are apparently all the rage, what with their blue laser instead of the standard red one we have all come to know and love. Only the stellar people from Paramount and Universal Productions are holding on to the quickly dying HD format, keeping my faint hope of a gargantuan comeback

alive. With Microsoft heavily invested in the HD format as well, expect something from them in the near future to try and keep pace with their major competitor in the gaming console market, Sony.

Places like Wal-Mart are now agreeing to push only Blu-ray products, eventually removing all of their HD movies and players from the shelves, and replacing them with more expensive Blu-ray players and Carmen Electra strip aerobics films (priceless). Maybe in high def. Sweet.

But even after all this finally settles down, and Blu-ray is the only format available to us all, it will be once again replaced with a superior format, which is actually in the prototype stage at this moment.

Go and Google this new HVD disc that some Japanese companies have started

rallying around. It apparently can hold up to 20 times as much data as a Blu-ray disc, and for those technical people that are out there, that's about one tera-

byte. It still won't be out for a while, as Blu-ray needs its time to shine, but count on hearing more about it in the next couple years. Seacrest, out.



Photo by Geoff Tate

The waste basket is the inevitable destination for HD DVDs.



**Shaw Conference Centre**  
**April 4&5, 2008**

Tickets through ***ticketmaster***  
**[www.edmontonbeerfest.com](http://www.edmontonbeerfest.com)**



HAWKSLEY WORKMAN

# A slam dunk!

GABRIELLE HAY-BYERS

Canadian music redeems itself very rarely in my eyes, but artists like Hawksley Workman make up for the years of disappointment with albums like *Between the Beautifuls*.

After nearly swearing off of Canadian artists due to hearing one too many Nickelback songs, I stumbled along Hawksley Workman and kicked myself in my own pants for almost missing out on such a great Canadian gem.

With slide guitars, orchestral backups and a voice with the sexiest sandpaper rasp imaginable, this album is a doozy.

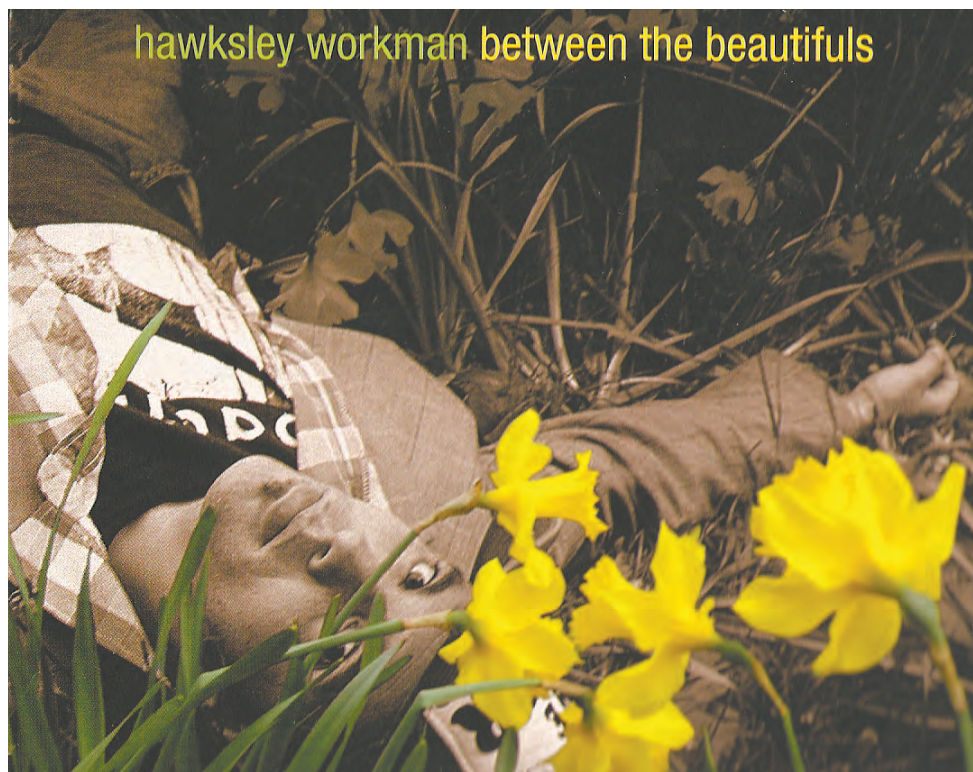
Now yes, this is a more mellow album than the last but *Pomegranate Daffodil* is upbeat – as is the bonus track, a Los Man-

licious mix of *Piano Blink*.

However, I'd only play the first half of album with any under 18-ers around, because as soon as *Pomegranate Daffodil* comes on, the style and undertones become more reminiscent of the "striptease for me baby" era.

As much as I still love that song, it reminds me of a long ago relationship and is not one I'd play with my mum around due to the fact that I just so 'get' it.

All the same, *Between the Beautifuls* is a slam dunk in my books. (Forgive me, I've been writing far too many sports articles of late, my analogies are all out of whack!)



# The Sultan Palace: A perfect treat

GABRIELLE HAY-BYERS

Friday night is a tough sell when it comes to getting me out of the house, as I much prefer to be in my sweatpants sleeping and over-eating at my own table, but when my grandma asks me out for dinner, I can't say no. We always have the best time together.

Having never had true Middle Eastern cuisine, I wasn't too sure what to expect, so we ordered a multi-course meal, with set dishes, for just over \$20.

You can do the same for \$30-\$40 dollars as well – the choices are easily laid out. You can also order single dishes of authentic cuisine for really affordable prices,

with fish, beef and chicken options as well as vegetarian.

Now after talking with Moe, the extremely informative and hospitable manager of the The Sultan Palace, I was no longer surprised at how amazing the food was – their chef has over two decades of experience on multiple continents.

The variety of the menu is abso-

lutely impressive, as is the quality of the food that is put out.

The best part of my night, however, was the chicken shawarma I had. Everything in that sandwich was so perfectly seasoned and cooked.

I was full, but I took that sandwich home with me to finish later. I couldn't leave it behind.

And starving students, don't worry.

The Sultan Palace has a students special to make sure you get your shawarma, too.

The Sultan Palace is located at:  
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## Ask a Student Counsellor

# How to kick butts



MARGARET MAREAN

Spring is coming and the stress of finals is still a few weeks away. So, if you have been thinking about quitting or cutting down this may be a good time to take the big step and butt out. Or it may be better to wait until school is over and you are under less stress.

Everybody knows the bad news about smoking. It lowers your life expectancy, decreases your fitness and has people coughing, turning up their noses and lecturing you on the health hazards of your habit. The good news is that nearly as many people have successfully quit smoking as still smoke. Life expectancy rates of those who quit smoking while they're fairly young are almost the same as for those who have never smoked.

Before you decide to quit it is important to ask yourself some questions:

- Is this a good time to quit? – i.e. not too stressful a period, not a lot of change happening in your life.
- Am I likely to be successful? – i.e. Are

you convinced you're ready to quit? Are you prepared to deal with the side effects? Are other people supportive of you quitting?

• If you've tried unsuccessfully to stop smoking in the past, ask yourself 'What did I learn from that experience and what can I do differently this time?'

• Am I the type of person who should quit "cold turkey" or would it be better to cut down gradually?

Some strategies for quitting:

• Make it public – tell your family and friends you are quitting, and let them know what is and is not helpful in terms of their support.

• Be prepared for hard times, especially the first few days. Withdrawal symptoms will hit hardest during the first week and will gradually weaken over time.

• Stop smoking first thing in the morning. You have gone 8 hours without smoking by then, so you are already a success.

• Find ways to replace smoking. Learn relaxation techniques if you used smoking to calm down. Carry sugar-free mints, cinnamon sticks or gum. Have something to do with your hands. Consider using nicotine patches as a substitute for cigarettes.

• Try to connect with someone who has successfully quit and have that person support you.

• Be mentally prepared with things to say and do when you feel the urge to smoke. Tell yourself how you are getting stronger, reducing your risk of cancer, moving towards running that marathon, becoming "superior" to non-quitters, getting closer to becoming an obnoxious ex-smoker, etc. Imagine your lungs becoming cleaner and air flowing more freely each hour you go without a cigarette. Go out for a walk, turn on some music and dance, clean a cupboard or do anything else that is incompatible with smoking.

• Throw away ashtrays, matches and lighters along with your cigarettes and avoid, as much as possible, triggers to smoking.

• Keep track of the money you are saving and plan to buy something you wouldn't normally buy with that money.

• Be prepared for social situations that trigger smoking – i.e. going to a bar or restaurant, coffee breaks. Limit alcohol when you are first quitting as it weakens your resolve.

• Start doing activities that are not compatible with smoking, such as exercising.

• Give yourself positive messages such as "I am a smoke-free person", "I am a healthy individual", "I have a lot of willpower", etc.

• Emotions such as anxiety, anger or depression are likely lead to the urge to smoke. Have a written plan on how you are going to deal with these emotions in a more positive way.

If you decide that quitting isn't realistic for you, what about cutting down?

Strategies for Cutting Down the Amount You Smoke:

• Count your cigarettes so you can establish your starting point.

• Set specific goals – for example cutting down by 50%

• Gradually restrict the places in which you allow yourself to smoke.

• Switch to cigarette brands you don't like, and start holding your cigarette in the opposite hand.

• Keep only enough cigarettes for your reduced daily goal, and never buy cigarettes in bulk.

• Gradually lengthen the amount of time between cigarettes, and try postponing lighting up a cigarette for a gradually increasing amount of time when you feel the urge to smoke. Smoke less of your cigarette and throw away the unused part.

Counselling staff are available to help you with this or other concerns. To book an appointment come to Room W111PB, or call 378-5028.

## 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 X114  
Patricia Campus Bookstore, Room P135  
or at Souch Campus – Room Z154

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)



# HOT SINGLE OF THE WEEK



**BRENT CONSTANTIN**  
*Wiggling nuisance*

As promised last issue, we have another one of the lovely ladies who are putting themselves out on the line in the Romantic Fusion contest, where, if you're lucky enough to be chosen, on April 7th at the Nest you can compete to win a date of your very own.

All those participating will receive treasures beyond their wildest imaginings!

Our penultimate Hot Single of the year is Amy, a 21-year-old RTA student who claims to shower regularly.

**B:** Hello, Amy.

**A:** Hi.

**B:** Tell me about yourself, hobbies, background, the existence of any man-sized shrubs outside of your home.

**A:** Well, I love to snowboard. I've lived in New Zealand and Japan, I

like walking on the beach and I hate rollerblading.

**B:** Why is that exactly that you've chosen to tell me that?

**A:** No one looks good rollerblading!

**B:** How offensive to rollerbladers. I'm going to mark down here in your permanent record that you have a HORRIBLE ATTITUDE. When was your last relationship, Amy?

**A:** My last one ended in January after six months. I really haven't dated someone longer than that.

**B:** Why do you think that is? Are you the problem?

**A:** Maybe. I just get bored really easily. I think the guys I date don't help either, I'm just too attracted to assholes.

**B:** ... not literally ... ?

**A:** No, I mean just jerks, "bad boys." I'm a sucker for a guy that rides a motorcycle.

**B:** And only dicks ride motorcycles?

**A:** Yes.

**B:** What kind of rebellious things do these guys do that turn you to them so much? Have you known them to stick their chewed bubblegum underneath of tables?

**A:** I'm just drawn to that attitude that

some guys have, that they don't really care about anything. Even though I eventually get hurt because of it.

**B:** So are you ready to put that self-destructive tendency behind you and maybe look for someone a little better for you?

**A:** Maybe, but I'd still want someone a little bit mean.

**B:** And, now you tell our readers why you're hot.

**A:** I'm not afraid to talk about anything! I'm up for a good time, all the time, and getting into awkward positions whenever I can. I also have no problem meeting a guy's friends and spending time with them.

**B:** That was just a string of things that, separately, and in a different context, wouldn't sound so filthy, but, as it is ... yowza.

Rev your computers up and e-mail me here at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) for a chance to meet Amy and compete for her affections in the Romantic Fusion contest, April 7 at the Nest!

Also, I'm still looking for a final Hot Single! If you'd like to have your face grace the back of the *Nugget* for the rest of the summer in empty hallways, get in touch with me as soon as possible for photo fun.



**Amy**



**GAVIN THOMAS**

## What was your worst job?



Second Cup. I like Second Cup, but could not stand it working there.

**Amy Belhumeur**  
Marketing and Business



At a library stacking books. If you want to have time go by as slow as possible, that's the job.

**Mark Pierzchajlo**  
RTA-Radio



A janitor at Paul Kane high school. I had to clean out the women's bathroom.

**Scott Lefebvre**  
Mechanical Engineering



I was a mascot as Chuck E. Cheese when I was 15, and minimum wage was low back then.

**Shane McCargar**  
Construction Engineering



I worked at a pita place in a mall during Christmas ... never again.

**Cynthia Marchessault**  
Pre-Tech





# Your horoscope



KATIE BERLINGUETTE

## March 27-April 3

(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)

This is a good week to focus on family matters, Aries. Certain aspects of your life have been neglected. Set attainable goals and work toward them this week and you will feel much better about yourself.

Lucky Vegetable: Arugula

### Taurus (April 20-May 20)

You should have good reason to worry about others' opinions of you this week. Some-

times you can't help what the stars are showing, but that should come as no surprise, Taurus. You would be wise to not leave the house this week as imminent, unavoidable and most certain destruction follows you.

Lucky Vegetable: Bean Sprouts

### Gemini (May 21-June 20)

You are half of one thing and two thirds of another, Gemini. This interesting combination will be to your advantage this week as you struggle to make yourself known. By doing things your way you will stand out to the people that you are trying to impress.

Lucky Vegetable: Broccochini

### Cancer (June 21-July 20)

You might think that the stars speak in code sometimes. However, things might make more sense after they leave you with this thought: Two potatoes were sitting in an oven. One turned to the other and said, "Whoa, I'm so baked."

The other potato turns and says, "OmiGod! A talking potato!"

Lucky Vegetable: Potato

### Leo (July 23-Aug. 22)

An unexpected encounter is very possible this week. With the moon going retrograde in Virgo, it is a good time to forget your uneasiness and try something new. You have nothing to fear by taking the plunge and doing what you want to.

Lucky Vegetable: Spaghetti Squash

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

Have you been thinking about your simple and unavoidable fate? A word to the wise, Virgo: If you look closely, you'll realize that there is more than meets the eye.

Lucky Vegetable: Okra

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

If you are feeling like you're buried underneath an impossible amount of work, don't despair. Soon enough you will be farther ahead than

you can see possible right now. Family matters could get stressful near the end of the week.

Lucky Vegetable: Carrot

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

You've got that sweet spicy something that is driving everyone crazy. Roll with the punches this week and you will be rewarded with everything you've ever wanted, and more. However, you should be careful not to jump at every opportunity that comes your way.

Lucky Vegetable: Ginger

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

It's time to get rid of the useless and mundane. If you aren't careful, you could be trapped in a vicious circle of repetitiveness. You would do best to avoid all leaf-eating creatures this week, as they are clearly out to get you.

Lucky Vegetable: Rapini

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

Do you remember the last time you cleaned house? Or

showered? At the change of seasons, you should always revamp your efforts at hygiene. This could also explain your extreme loneliness lately and if you are diligent, you could turn things around. Remember: wash and repeat.

Lucky Vegetable: Onion

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

The stars are showing a positive time in your sign for travel. Make plans for that great trip to somewhere exotic and take friends or family with you. Be careful around foes wearing red near the end of the week as they can't really be trusted.

Lucky Vegetable: Bok Choy

### Pisces (Feb. 19-March 20)

There's someone ready to spice up your life, Pisces. If you are not careful about your indecisiveness, you could miss out on this opportunity. Take this chance and you definitely won't be disappointed.

Lucky Vegetable: Habanero Pepper



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## Enrolled in a Red Seal trade?

Then you may qualify for a \$1,000 grant.

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.

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**CALL:** 1-866-742-3644 / TTY 1-866-909-9757

**CLICK:** [servicecanada.ca](http://servicecanada.ca)

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## Apprenti(e) dans un métier Sceau rouge?

Si oui, vous avez peut-être droit à une subvention de 1 000 \$.

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**CLIQUEZ :** [servicecanada.ca](http://servicecanada.ca)

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# Empty the Nest

**April 4th**  
**Show: 8:00**  
**Doors: 3:00**  
**Tickets: \$5**  
NAITSA OFFICE USE  
**Opening band**  
**Mike Roster Band**

**Prizes Include!**

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**JR SHAW**  
**SCHOOL OF BUSINESS**

# CLUBS CORNER

## Upcoming Events

### Chemical Technology

**Event:** Cabaret "Ezzies Night"

**When:** Friday, March 28

**Where:** Ezzies

### PFT 2008 Bake Sale

**Event:** 'Get Baked Goods' Bake Sale

**When:** Wednesday, April 2;  
 12:30 p.m. to 3 p.m.

**Where:** Outside NAITSA

### WINTech

**Event:** Networking

**When:** Wednesday, April 2;  
 5:30 p.m.-8:30 p.m.

**Where:** Union Bank Inn  
 Madison Grill  
 Library Room

10053 Jasper Ave.  
**Cost:** Professionals \$15  
 Students \$5; Includes  
 comp. first beverage

**RSVP:** [kathleel@nait.ca](mailto:kathleel@nait.ca)

by March 31  
 (Tickets limited)  
 Fostering the  
 success of women  
 in NAIT's Computer  
 Systems Tech  
 program and in the  
 Information Tech  
 workplace.

### MECSA/KVA

**Event:** Beer Garden

**When:** Friday, April 4;  
 3 p.m.-9 p.m.

**Where:** Business Tower  
 Lounge

### Petroleum Club

**Event:** Industry Meet and  
 Greet Beer Garden

**When:** Friday April 4;  
 3 p.m. to midnight.

**Where:** The Annex Dock  
**OOKETS**

**Event:** Cabaret

**When:** Saturday, April 5;  
 8:30 p.m.

**Where:** The Ranch  
**NASS**

**Event:** BBQ

**When:** Wednesday April 9;  
 Noon to 2 p.m.

**Where:** The Annex Dock

### NASS

**Event:** Beer Garden

**When:** Friday April 11;  
 3 p.m. to 9 p.m.

**Where:** The Annex Dock

*Rose Martin Baumgartner*  
*NAITSA Campus Clubs Mgr*  
 11762-106 Street, Room E-133  
 Edmonton, AB T5G 3H4  
 Ph: 471-8871; Fax: 491-3989



**WINTech** Presents

## Business Networking Basics

**Learn how to:**

- Develop an impressive introduction
- Start up a conversation with a new contact
- Build connections that support career development

**Monday, March 31<sup>st</sup>**  
**12:15 – 1:10 pm**  
**Room X105**



**pretech party**  
**CHEAP DRINKS**

# HATCH AND BASH!

**MARCH 28 2008**

**TICKETS AVAILABLE AT NAITSA  
 AND OR BAR ENTRANCE  
 DOORS OPEN AT 7 P.M.**

**THE NEST**



# Cricket crisis

**ANTIGONISH (CUP)** – A residence rivalry at Nova Scotia's St. Francis Xavier University was drowned out by the sounds of chirping insects, after approximately 1,000 live crickets were emptied into the hallways of a student dormitory as a pre-hockey game prank.

The March 16 prank resulted in at least one student being removed from the residence because of their phobia of insects, and two students being fired as residence executives.

Thompson and Tompkins, one residence, was targeted by its rival Chisholm and Gillis in advance of the university's residence hockey tournament, the Xavier Cup.

The university's facilities management placed small sticky pads in each room to try and kill the crickets without moving students out of the building. According to roommates Sarah MacLellan and Heather Johnston, it can take a couple of days for them to die once they become trapped.

At a meeting with university officials the following day, Sheryl MacAulay, president of Chisholm and Gillis, denied having had any advance knowledge of the prank.

The two residences were scheduled to play against each other in a hockey tournament on March 18 as part of the Xavier Cup.

Until the perpetrators of the prank came forward, university officials said, there would be no hockey game.

The student's union wasn't convinced the game should be stopped.

"We said 'woah woah woah, hold on here'," Adam Harris, president of the students' union, said.

"We treated the issue as very serious but hoped this was an isolated event by a small number of students. We wanted them to step forward."

On March 17, four individuals came forward. But Harris and university officials later learned that the residence's president and vice-president did in fact know about the prank before it happened.

"The house leaders had just told us 24 hours before that they weren't involved, this is why we asked them to resign," explained Harris.

MacAulay and Aylward said they were told that if they didn't resign, they would be brought before Student Union Council and impeached.

"Many people in the residence knew [about] and were involved with purchasing the crickets," Harris said.

"It wasn't just these four girls that organized it, there were reports that they collected money from the rest of the house and had been planning this."

Aylward said that because house elections for next year are so soon, there will be no house president for the remainder of the year. Funds amounting to approximately \$1,800 in the house bank account have been frozen.

Both residences have also been removed from the Xavier Cup.

The university also imposed undisclosed sanctions on several students, said Dean of Students Joe MacDonald.

Andrea Forbes, the students' union's vice-president of student relations, said that bonding activities are being planned for the two residences.



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## Student Parking September 2008

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

### 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)

### 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](mailto:sarah.krikke@hopemission.com).

### 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.



### The Vagina Monologues

Benefiting SAFFRON:

Strathcona Sexual Assault Centre  
March 30, 3 p.m.

Contact: Amanda for tickets: 904-0032,  
[amandao@nait.ca](mailto:amandao@nait.ca)

\*Sign language interpreters provided\*



# Facebook row raises issues

By DONOVAN FRANCIS  
(Reprinted from NAITLine, an internal publication for NAIT employees)

While a recent controversy at a Toronto university surrounding the alleged misuse of the social networking site Facebook for academic purposes has sparked much debate, NAIT's academic integrity policy is clear about the expectations for student conduct in online environments, as well as on campus.

The imbroglio stemmed from the case of a Ryerson University student who was accused of using a Facebook study group to help his classmates cheat on an assignment they were asked to complete independently. It triggered what some have called an ethical war in the wired world and has sparked much discussion at the water cooler.

Among the student activities prohibited under NAIT's Academic Regulations and Procedures, which were last updated in November 2006, is using or attempting to use other student's answers or sharing answers with other students, whether written or electronic, on an assignment that is subject to evaluation.

## Media is changing

Dan Vankeeken, Director of Communications, says upholding academic integrity at NAIT is of utmost importance. At the same time, he argues that communication media are changing.

"Two years ago, we didn't know about Facebook. We have to recognize that the way we communicate is changing and as the world changes, we have to evolve."

Given this, NAIT will continue to be as "embracing of technology as possible."

Mehadi Sayed, Manager of Customized Information Technology Training, sees this latest issue in much the same way as Dan.

He argues that "new media is a new way of communication and academia has to find a way to include it. There needs to be a framework in place that makes it possible for everyone, including students, to use these media while abiding by policies on academic integrity."

NAIT seeks to strike this balance by fostering a technologically friendly environment for students while at the same time having an up-to-date and objective policy on student conduct and academic integrity.

In June, recommendations for guidelines that will become part of the online learning code of practice will be brought forward, says Eleanor Frandsen, Dean of Technology and Curriculum Innovation.

## Paradigm shift

"The guidelines will support students and staff in their engagement of web applications, virtual learning environments, web-based tools and collaborative work environments," she says.

"The future will bring the paradigm shift that is starting to ripple toward most educational organizations surrounding social networking software and will find us utilizing these types of Web 2.0 applications to connect instructors and students on an ongoing basis. These guidelines will help NAIT to establish a safe and supportive learning environment for students and instructors."

The NAIT framework on academic integrity is outlined in the Academic Regulations and Procedures (PDF). The policy explains that students and staff share the responsibility for the academic standards and the reputation of NAIT.

"Failure to maintain standards of academic integrity is harmful to the values of NAIT and discouraging to the majority of students who pursue their studies with integrity," it says.

It is the student's responsibility to know what

these regulations are and adhere to them as a member of the NAIT community. Activities that constitute a breach of academic integrity are:

- Cheating, which includes but is not limited to any form of fraud, deceit, omission or misrepresentation of information including, but not limited to, the use or attempted use of unauthorized material in examinations, representing oneself as another in an examination,

classroom or lab-related activity, or being repre-

sented by another.

- Plagiarism, which includes but is not limited to taking the work of another person and passing it off as one's own work. Consequently, no student shall submit the words, ideas, images or data of another person as the student's own in any academic writing, essay, project, laboratory or assignment in a course or program.

- Falsification or misrepresentation of documents or credentials which are subject to academic evaluation.

- Using or attempting to use other student's answers or providing answers to other students on any document, whether written or electronic, which is subject to academic evaluation.

**"We have to recognize that the way we communicate is changing and as the world changes, we have to evolve."**

**Dan Vankeeken, NAIT director of communications**



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