

"EMPTY THE NEST" SELLS OUT!

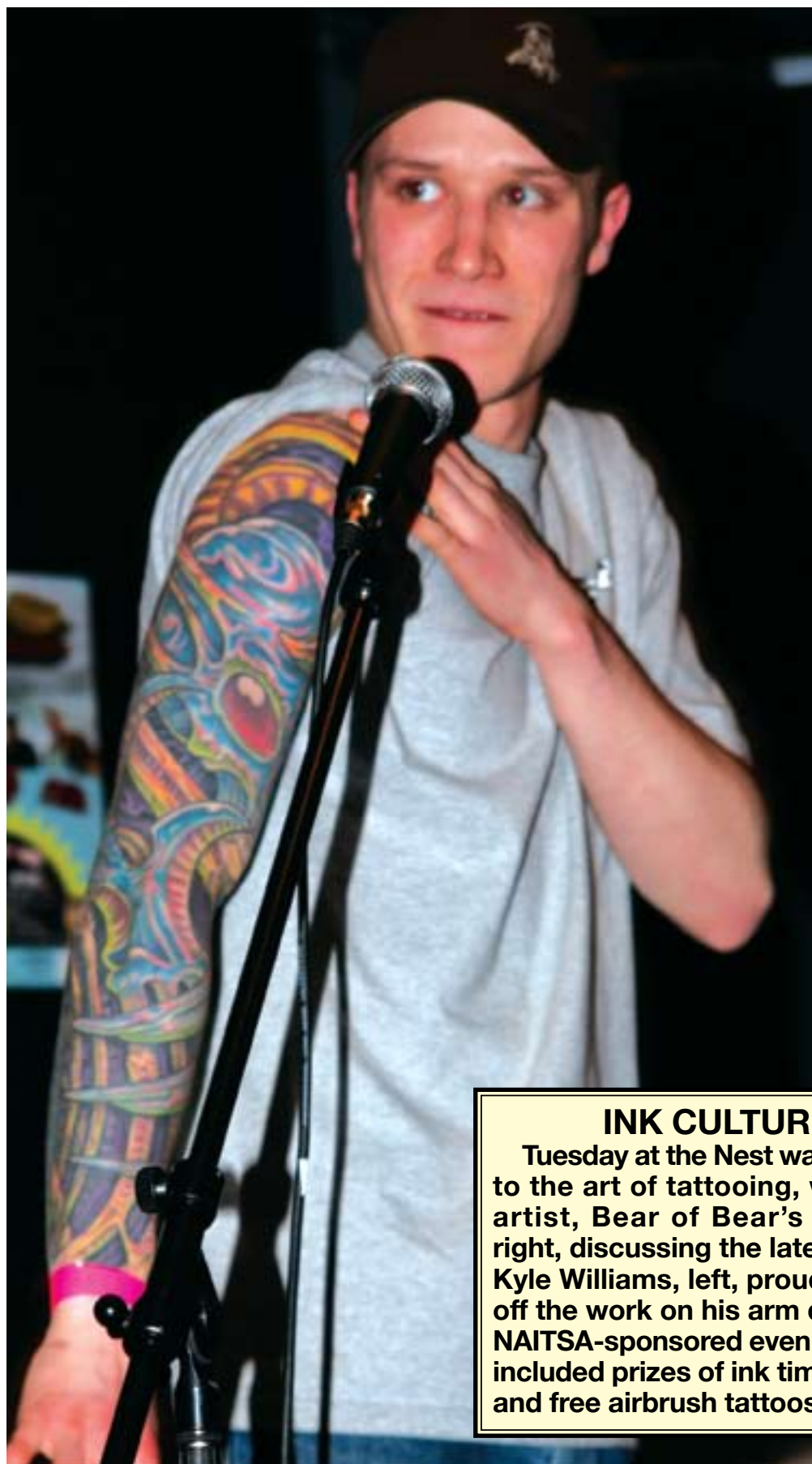
THE NUGGET

Thursday, April 2, 2009
Volume 46, Issue 25



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



INK CULTURE

Tuesday at the Nest was devoted to the art of tattooing, with local artist, Bear of Bear's Skin Art, right, discussing the latest trends. Kyle Williams, left, proudly shows off the work on his arm during the NAITSA-sponsored evening, which included prizes of ink time, jewelry and free airbrush tattoos.

NEST SET FOR A RENO

Changes
to kitchen
part of
next year's
budget
Page 3



Photos by Kari Knapp

THE NEST

—YOUR CAMPUS RESTAURANT & LOUNGE—

Daily Specials:

Monday to Friday Happy Hour 4 -7 pm

Domestic Jugs \$10.50

Domestic bottles \$4.25

NEWS & FEATURES



Photo by Jason Ness

When Arlene speaks ...

Arlene Dickinson speaks to a large group at the Shaw Theatre on March 26. Dickinson owns Venture Communications, one of the top marketing companies in the country. Her speech, which was open to the public was about her late entry into the business world and about how it was fuelled out of necessity, at 31, with four children. Ten years ago, she bought out her last partner. Dickinson is perhaps best known as a “dragon” on CBC’s hit show, the Dragon’s Den.

Minimum wage increased 5%



By **BRITTANY BLACK**
Assistant Issues Editor

NAIT! It no longer matters that your tuition may be rising by 4.1 per cent! Because all you minimum wage makers are getting a five per cent raise. Nice. Alberta’s minimum wage officially increased from \$8.40 to \$8.80. Hallelujah.

This will make Alberta second among the Canadian provinces with an estimated 20,000 minimum wage earners. Although it is expected that by May or June, provinces like Ontario, Saskatchewan and Newfoundland will all be on the rise. Ontario’s minimum wage will lead at \$9.50 per hour this year, and it is estimated to rise to \$10.25 by 2010. In Canada, however, the hourly wage is quite high, with an average of \$23.90.

Employment ministry spokesperson Barrie Harrison, expressed the stress that comes with deciding about the minimum wage. Obviously there is pressure from both the employees and employers who really have two separate interests: One wants to make money, and the other doesn’t want to lose it. Finding a happy medium is not a simple task.

“We want to ensure that Albertans earning the minimum wage are as protected as possible during these changing times,” said Hector Goudreau, Minister of Employment and Immigration.

“While a vast majority of Albertans earn much more than the minimum wage, we can’t forget about those in lower-income occupations.”

Some employees don’t really believe the 40 cent raise will make much difference in their bi-weekly pay cheques. However, those who have been with a company for over a year have seen some significant increases. Thinking back to 2007, Alberta’s minimum wage was only \$7, and it jumped by one dollar over the next year. Since then it has been hiked almost \$2.

Although this is an attempt to keep up with the raising wages across Canada, it seems as though perhaps this recession isn’t killing us all that much. This rate is much better than the wage throughout the Klein years. Then, the problem was said to be that we could not raise the minimum wage without killing jobs and the economy.

To put this into perspective, a full-time (40 hours/month) employee will receive about \$1,400/month before taxes. Before, at 40 cents less, he or she made about \$1,340/month before taxes. This is basically a \$60 increase, which may not seem like much, but to a student or single parent living on their own, this could make

or break their ability to make rent. The majority of these wage earners are between the ages of 15 and 19 and are working in the accommodation or food industry.

Lucky for us truck-driving NAIT carpentry students, we’ll keep on rollin’ in the dough.

college pro

PAINTERS

**SUMMER
JOBS**

COLLEGE PRO PAINTERS
 is presently looking for responsible / hard-
 working University or College
 students for:

Full-Time Painting Positions
 May - August
 No experience required,
 we will train you to paint.

Positions available in your area.
 If interested call 1-888-277-9787
 or apply online at www.collegepro.com

NAITSA budget Ok'ed



MacKENZIE MARSHALL
Issues Editor

After months of hard work, the NAIT Students' Association Senate has approved its new budget. Work on the budget began in January and continued up until last week when the budget was accepted by the senate.

"It started with me and the great people on my staff and the finance committee, which is made up of five members of the senate," said Jon Hoffman, director of finance for NAITSA.

"The first part is to start tabulating where we stand on the current year and then seeing where we're at compared to last year's budget," Hoffman said.

"We get reports from directors of different departments to see where they're at, then we get input from the executive and after that is working with the finance committee to see what

direction they want to take."

With all the hard work that went into the budget you can expect to see some changes around NAIT campus next year. The first change that will take place is in the Nest. The kitchen will undergo a complete renovation, giving the kitchen staff more storage, new equipment, and more prep and cooking space. This will lead some changes in the menu.

"The equipment in the kitchen is pretty old right now and that had created some inconsistencies, but with the new kitchen we'll be able to keep the quality high and bring some new menu items. Hopefully we'll be able to appeal to some more people," said Hoffman.

Another change to the Nest will be the signage outside. NAITSA has budgeted to add an archway to the outside entrance of the Nest along with a new sign on the brick wall hopefully to attract more people to the location.

"The Nest is in a tough spot because it's not in a central location. A lot of people don't usually wander down there. I know our manager at the Nest usually

leaves 10 to 15 minutes when she does a job interview because it's hard to find," said Hoffman.

Along with changes to the Nest, the new budget will bring changes to the first week of the school. A new frosh leader plan has been put in place to help students connect with each other and take pride in

the fact they go to NAIT. The plan is to put key leaders around areas on campus where new students congregate and help show them all the things that NAIT has to offer. Twenty seven leaders, three from each of the nine schools, will be selected and will attend a two-day retreat at the end of August that will build camaraderie among the leaders, create an understanding of what NAITSA does, build excitement for events next year, and bring

pride to NAIT students.

The new building fund is another interesting part of the budget. The budget now allows for a portion of student fees to be allotted to a savings fund over the next 10 years to be used on a new building or to update or renovate spaces on NAIT campus.

The (Nest) kitchen will undergo a complete renovation, giving the kitchen staff more storage, new equipment, and more prep and cooking space.

Incident highlights security

By KATHARINE HAY

NAIT campus served as the backdrop for the latest arrest by the special projects team from the Edmonton Police Service. At noon on Tuesday March 24, officers arrested an individual who was driving a stolen car full of stolen property. According to a police release to Campus Security, the individual had no connection to NAIT, and it was a pure fluke that they were picked up near campus.

NAIT security head Jerry Hove spoke to this relationship with the EPS: "We do have a very good network with the community beat station nearby, and the security services at Kingsway Garden Mall ... we work together a lot on common issues."

Answering questions

In this particular incident so close to home, Hove said EPS was mainly concerned about answering questions the campus community might have about it.

"Of course, EPS couldn't release the names and particulars, but I can confirm that the individual had nothing to do with NAIT," said Hove.

Hove later said that the usual interaction between NAIT Security and the EPS occurs when EPS is looking for a student and needs help locating them on campus.

"Usually this is just for questioning, or if a student has been subpoenaed," said Hove, adding "this is a far more formalized process than what happened last Tuesday."

Facelift for security

Within the next year, this existing relationship with EPS will change as Campus Security gets a facelift.

"We will be building on existing relationships with EPS when the new peace officers are brought onto campus," said Hove.

When the new security force – to be made up of one inspector, four sergeants, and 16 peace officers – takes over security at NAIT on June 28, they will be able to enforce much more than the current security services are able to.

These new powers include the recently passed Tobacco Reduction act – so no smoking on campus, and the Trespass of Premise Act – which means that people who do not belong on campus can actually be removed from campus. Campus Security is still in the process of hiring the peace officers, and already has hired the inspector for the new force.

The peace officers will be responsible for all NAIT prop-

erty and attached roadways. They will continue to work with city police on area crime as it relates to the NAIT campus. Current security will still be contracted out to run the A/B parkade on the north end of main campus and to patrol both South and Patricia Campuses after hours.



One stop shopping destination for all your needs!

BOOKSTORE



- Textbook Buyback
- Grad gown rental
- Resume kits
- Presentation supplies
- Envelopes & stamps
- Transparencies
- Business card templates



Order your grad gown by April 3rd and save \$15!



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Chris Carmichael-Powell
studenteditor@nait.ca

Sports Editor

Amber Tienkamp
sports@nait.ca

Assistant Sports Editor

Landon Hommy
landonh@thenuggetonline.com

Entertainment Editor

Bryce Althouse
entertain@nait.ca

Asst. Entertainment Editor

Leanne Truong
leannet@thenuggetonline.com

Issues Editor

MacKenzie Marshall
issues@nait.ca

Assistant Issues Editor

Brittany Black
issues@nait.ca

Photo Editor

Javier Salazar
javiers@thenuggetonline.com

Online Editor

Kathleen Versteegt
online@thenuggetonline.com

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged: 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

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!

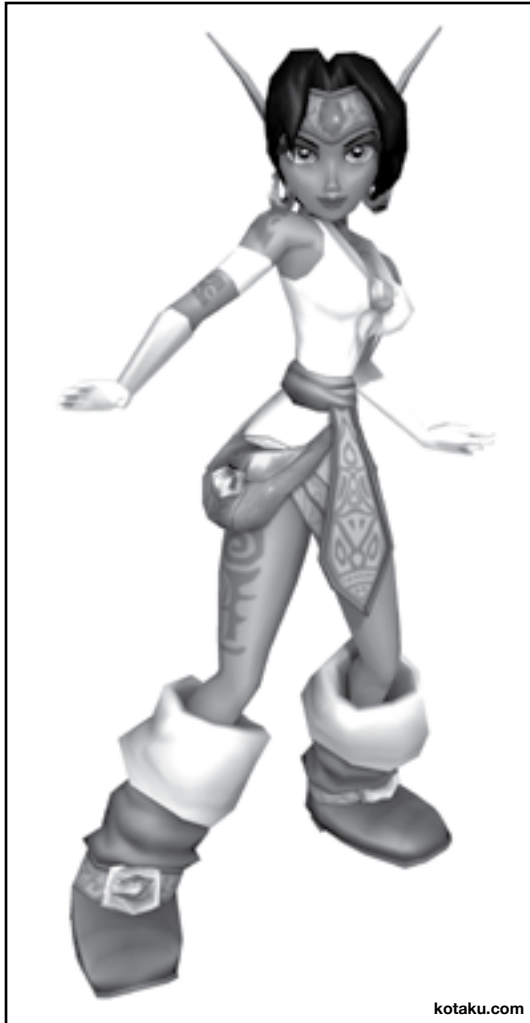
Submit your letters with your real name and phone number to: studenteditor@nait.ca.

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. Write us.

TechTalk 2.0

Onlive or Offlive?



By AARON NODELMAN

Hi and welcome to TechTalk 2.0. This week we're discussing video game consoles. Recently, at the Game Developers Convention it was announced that there will be a new type of video game console released. This new console, called "Onlive" is a revolutionary new way to get video games out to gamers around the world.

Basically, it works like the Shaw Video on Demand box by allowing the user to plug the modem into the Internet and access any number of games online and play them instantly. This amazing technology (according to the press release), will be compatible with PCs, Macs and even a regular TV and will have many different games available on release.

The downside of this however, are that the Onlive will not have access to video games that were dubbed "exclusive" by the developers. Thus you will not likely be seeing games like *Halo* or *Gears of War* for it any time soon.

As well, since the Onlive doesn't seem to boast an onboard hard drive to save the purchased video games, it appears that should the online service drop out due to server problems or even an Internet problem in the user's home, the Onlive will suddenly become an Offlive.

This isn't stopping developers though, as a number of game companies have already given the makers the rights to their games for when the first public device becomes available. If you need any more information, just visit www.onlive.com.

Now after all that, I personally don't think this will be as big a hit as it looks to be. It has a number of barriers that need to be overcome. First, the entire system is based on its network, so it needs to develop a very powerful network before it will work correctly. I understand that this is how they got around hard-



ware problems and it actually is a neat solution. They've provided the hardware to run the games on their end so all you need is the modem to connect to it.

The next, of course, is that it doesn't replace the already existing consoles. It won't have exclusives and this is a big downside. None of the games on this system are unavailable from another source, be it computer, Xbox, Playstation or Nintendo. This too is a downside as those of us who already have one or more of those consoles are likely to not be all too interested in the Onlive.

My personal opinion is that this system is a cool idea that might work if they get past the barriers I mentioned. I probably won't buy it but that is only because I already own many consoles and buying the Onlive would only be an exercise in redundancy. If you don't have enough money to buy all the consoles though, it might be worth a look ... provided enough developers sign up.

Well, that's all for now folks. Hope you enjoyed this quick preview on the Onlive! Until next time.

NR92 GOLD RUSH

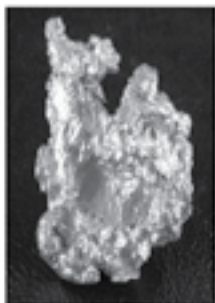
FIND THE NUGGET AND STRIKE IT RICH

BEGINS APRIL 2ND HP CENTRE: 11:30 AMAPRIL 3RD: CLUES WILL BE ANNOUNCED AT 8:30, 12:30, 4:30 ON NR92

CLUES RELEASED THE NEXT DAY ON NR92.COM AND FACEBOOK

JOIN THE FACEBOOK GROUP TODAY AND BE SURE TO LISTEN TO

NR92



NR92 dot com
NAIT
Campus Radio



CASH FOR BOOKS!

Get cash for your used textbooks!

...plus a **Buyback Buck** to spend on anything in the store with each book bought back.

The buyback list will be available at:
www.nait.ca/bookstore

The Bookstore will be buying back some used textbooks. Not all books are bought back. Please note that if your book is not on the buyback list today, it could be bought back later. The buyback list is updated daily as instructors bring in their text requirements for the coming semester.

Buyback April 20-June 26



Donate your used textbooks to
Books for Africa and end the
book famine!



BOOKSTORE

OPINION

— Editorial —

Legalize pot? Why not!



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

I think I have a great idea to help stimulate our economy without our current dependence on the fossil fuels. Now bear with me here, I know this might sound like I am out to lunch, but I do have a pretty good argument. I think Canada should legalize the use of marijuana. I can hear all the

conservative prudes cursing me as they read this. Now before you all jump down my throat, hear me out.

Imagine the tax dollars that could be saved if people were no longer being prosecuted for smoking pot, and the money that could be earned on the taxation of marijuana cigarettes. Honestly if people are willing to pay \$10 for a pack of smokes, I can only imagine the amount they would be willing to drop for a pack of joints. If 50 per cent of that is going to the government, how can they complain? That would be a nice chunk of change, if I say so myself. I am not saying it is going to pull us out of the recession, but it could make a difference. In addition, think of all the people that go to Amsterdam simply to enjoy the freedom of smoking a joint and not getting a beat down by the local police. We could be the new Amsterdam! How exciting does that sound? I'm positive it would be good for the tourism industry.

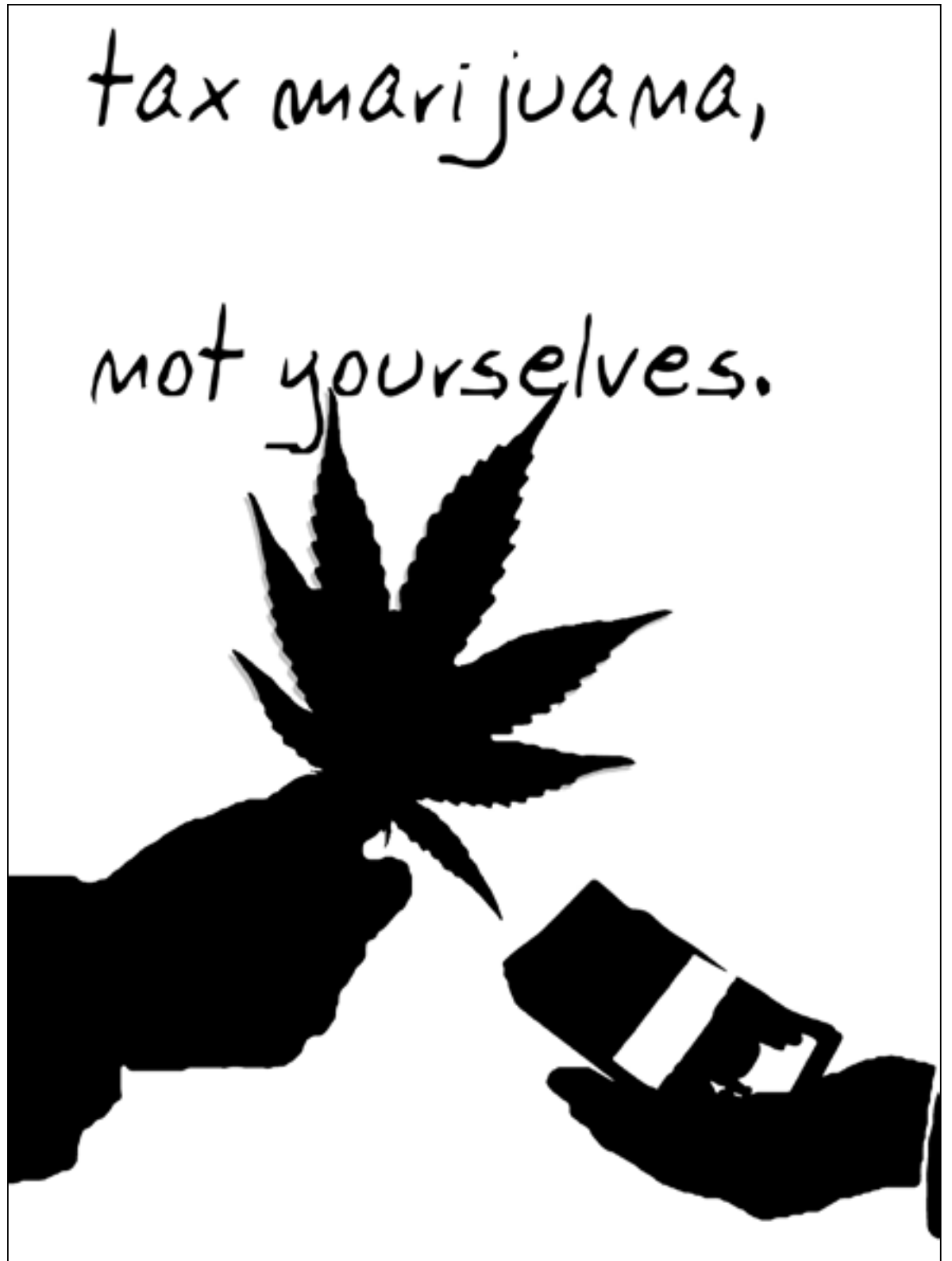
Quality assured

Legalizing marijuana would allow the government to ensure it is a safe and quality product that can be purchased in safe places. I don't know if they are kidding themselves, but I'm not. It is common knowledge that marijuana is being bought and sold every day. Why not make purchasing it safe? This is the same government that made safe havens for intravenous drug users after all. Plus if someone knows they can get some grass from the liquor store (or wherever they would sell it) people would have no need to get into contact with sketchy drug dealers.

Alcohol, butts more addictive

And speaking of being safe, I believe it has been proven on more than one occasion that alcohol and cigarettes are not only far more addictive but additionally far more dangerous to the human body than the effects of marijuana use. What the hell is with that? Why are those not illegal? Think about all the frat students you hear about that have died of alcohol poisoning. How many times does a story about a marijuana overdose hit the airways ... that's right, you haven't, because it doesn't happen.

I am not saying that all legislation regulating marijuana use should be abandoned. It's not like I think people should be able to have their own grow operations in their basements, I just think it should be regulated the same as alcohol. Seeing as alcohol is more dangerous and addictive, it only seems to make sense.



www.stonerforums.com

Put sex back in unisex

By COLLEEN NUC

If there's one thing I hate, it's segregation. Why is it that men and women have to urinate and change in different rooms, I have no idea. But Edmonton has finally heard my cries for equality by proposing to set up the very first unisex change room at the Queen Elizabeth outdoor pool.

Men and women would be able to change in front of each other in the light of day without any of the shame or embarrassment from any previous night's activities. There are so many advantages to this decision, I don't even know where to begin.

First, I can now get a sneak peak of some precious goods here and there without the fear of getting arrested. I can now flash a man with-

out the fear of seeing my tatas on the next Girls Gone Wild – College Girls Edition.

This proposed new change room, which is to include 22 large stalls that can accommodate families or persons with a disability, is the perfect size for those 14-year-old schoolboys or 22-year-old welding students looking to pop their cherry.

But wait, there's a catch. The city says that in order to protect patrons, showers will be situated on the pool deck; so unfortunately, men won't be able to get that "deep clean" and will probably be going home with some sudsy balls.

Also, lifeguards will be making routine change room sweeps, keeping an eye on things. But this to me isn't

a downfall; it's a straight up perfect setting for a porno: male lifeguard walks into change room, catches two blonds making out, and then joins in on the action. Dreams do come true, my friends.

So to sum things up, Queen Elizabeth outdoor pool will pretty much be my destination of choice this upcoming summer. It's going to be the next cheap motel for cheating husbands and the next lookout point for students still living with their parents. It's going to be a daytime nightclub, minus the booze but adding the skin. It's going to be great.

Either that or it's just going to be another boring change room that people use before they go swimming.

SPORTS

MENS BASKETBALL

An eager look ahead



File photo

First-year men's basketball coach Don Phillips has some ideas about taking the team to the next level in the coming year.

It often gets worse before it gets better. For the NAIT men's basketball team, that's a cliché they hope proves true heading into the offseason.

After a season of unusual and frustrating circumstances, the Oaks are looking forward to a fresh start next fall.

It was the first year for head coach Don Phillips, who was one of six full-time coaches hired by NAIT in their new approach to improving the athletic program.

The only downfall was that Phillips, a former NCAA and CIS standout, with coaching experience at the U of A and Paul Kane High School, took on a program comprised of a talented young squad, but with less time to prepare entering the season.

Even with familiar faces from St. Albert like Evan Eger, Marcus Bennett and Klaus Figueiredo on the squad, it was an accelerated bonding process between players and coaches to start the season. Unfortunately this was complicated by a number of student athletes leaving the team at the start of the season.

"All of the kids that decided to join us and stick this turbulent ride out should be commended for the blood, sweat and tears they contributed to NAIT Oaks Athletics," said Phillips.

The praise was returned by brothers Cyril and Dennis Ashworth, who commented in this year's *NAIT Athletics Magazine*: "It's great to see a coach who loves the game so much. He makes us work so much harder."

It was this mutual respect that helped lay the foundation for a solid start to the season, not to mention the emergence of players like the Ashworths, who emerged from relatively low expectations to become impact players.

But by midseason, adversity struck. A coaching suspension, key injuries and the forfeit of five games due to student eligibility issues plagued the team over the

remainder of the season.

Despite this they still made the playoffs and pushed the defending national champion Mount Royal College Cougars in two close games before being eliminated a few weeks ago.

As for next season, Phillips cites a couple of key areas to improve upon:

For himself he plans on taking a more invested interest in off-the-court affairs in order to avoid another eligibility mishap.

"It is my responsibility to micro-manage my own program. It was a difficult lesson

to learn for a young coach and an even younger team," admitted Phillips. "But whatever doesn't kill you will definitely help you build character if you identify it, accept it and learn from it."

As for the team, he emphasized the need to mature, either by recruiting new players or developing the ones already here. He pointed to Mount Royal's recruitment of Craig Jantzen from Briercrest in 2007 as a key catalyst to their success.

The second is getting bigger in the shooting guard and small forward positions.

"In the crunch, this made it tough for us to score and defend bigger opponents," said Phillips.

He also pointed out a grim reality for Canadian colleges, citing the inability to offer full-ride scholarships to players like our NCAA counterparts. Regardless, optimism is present among fans, players and staff alike, in particular for the man at the helm.

"Rome wasn't built in one day, but I think what we have been able to build here in one year has and will serve as one hell of a foundation to continue to rebuild this program back into national prominence."

The worst is over – now for the good part.



By LANDON HOMMY
Assistant Sports Editor

Baseball pre-season should be scrapped

By MATT DI MARCO
The Concordian
(Concordia University)

MONTREAL (CUP) – Practice makes perfect. Stretch out those muscles, we don't want you to pull a hammy. No hustle, no love. Keep your eye on the ball. Stick the needle in your butt because Congress hates talking about your ass. Pretend you don't speak English. Misremember.

These are all solid pieces of advice that any Little Leaguer will hear when working his way up to the Major Leagues.

Not all will take the road paved with hormones, steroids and 15 year-old country singers, but those lucky few who make their way up to the upper echelons of pro ball will know there is no down time.

When you're not playing baseball, you're practising baseball. When you're not practising baseball, you're

thinking about baseball. And if you're Pete Rose, when you're not thinking about baseball, you're betting on baseball. It consumes your life.

There's the regular season, the post-season, the winter leagues and every now and then there's the World Baseball Classic, but the most worthless and damaging of them all is the pre-season; a useless showcase of long-shots, over-achievers and inflated rosters that seems to be more of an exercise for the infirmary than the actual players.

The regular season is painfully long. The players have to endure a marathon campaign of 162 games to finally decide who advances to the playoffs. Let's face reality. No one cares what happens in the first 50 or 60 games. No one is chasing any records, and as Colorado proved in 2007, it doesn't matter how many games you're down

coming into September.

Why on Earth would players want to endure another 30 pointless games before they can even count towards your team's standings? The Cactus and Grapefruit Leagues are causing way more harm than good, and they offer absolutely no indication of who will be contenders.

Let's examine the evidence. Of the past six World Series winners, only one has posted a pre-season record of over 500. That team was the 2004 Red Sox, who went a decent 17-11-1 in spring training fun.

For the record, it took a monu-

mental comeback to actually make the final round, as they were down three games to none to the Yankees in the ALCS. So, barring that large historical anomaly, I could have looked immensely clever. Regardless, the underlying facts are hard to refute.

So what do we have spring training for? Well, it's a great way to injure your players a lot earlier in the season so they can come back rested and repaired in time for the dog

days of August.

That sounds ridiculous, but in essence, it seems to be what is happening.



Manny Ramirez, A-Rod, Dustin Pedroia, Kevin Youkilis, Chad Billingsley and Joe Mauer are all hurting. That's just the tip of the iceberg that dips all the way down to caveman Randy Johnson who is having biceps problems, probably stemming from stamping his cards too hard at the bingo hall (he's way too old).

Not to mention I didn't count the sudden frequency of pitchers being drilled by line-drives.

Why not just take your expanded roster, make each player run two miles, and then push them down a flight of stairs. It seems to yield the same result.

Spring League is to baseball what showers and dignity are to Kevin Federline, what a hairstylist is to Donald Trump, what talent is to Simple Plan: clearly not important.

It's March and ... I'm mad



By **LANDON HOMMY**
Assistant Sports Editor

It's springtime baby. Beautiful, warm, snow-free March.

And I'm mad.

Mad, in part, because March is none of those things, instead being potholes, windshield washer fluid and sand covered streets. But mostly it's due to a little basketball tournament coined, fittingly enough, March Madness.

If you don't follow it, the name refers to the craziness that ensues during the annual 64-team tournament. The bracket format brings you back to junior high days and inspires possibly the most intense excitement sport has to offer.

Sure it involves only American colleges, but if you like basketball

there isn't a better time of year. Others seem to agree, considering the fact that March is the most unproductive month on the calendar in the U.S. – not to mention the \$10 billion bet on the tourney annually.

Speaking of gambling, with money or pride, you may also have filled out a bracket. If you did, and it isn't trashed like mine, then you can attest to the spectacle that this weekend embodies. That's saying something, since it's taking place in Detroit.

The Final Four kicks off on Saturday, when number one seeds North Carolina and Connecticut face off against third ranked Villanova and two-seed Michigan State.

The Final Four is kind of like Christmas, except Santa is a seven-foot-three centre from Connecticut in the form of Hasheem Thabeet and Jesus is forward Tyler Hansbrough from UNC – and they're dishing out double-doubles for all the boys and girls.

Huh?

Stars like these are only part of what makes it so great to watch. Unlike the NBA, where the individual reigns supreme, the NCAA spotlight is on the team, with the key players adding emphasis. With so many fans invested in a cer-

tain college, either due to regional proximity or being alumni, the tournament breeds a loyalty beyond the name on the back of the jersey.

Still, that doesn't stop nearly every analyst from talking up the Blake Griffins, DeJuan Blairs and

Ty Lawsons of the league. Which isn't bad since they're unreal and make the games even better. The point is that it's just nice to watch a product with such a dynamic, multi-dimensional presence.

Doesn't that just piss you right off?



NAIT

TECHNIQUES TO
MAXIMIZE LEARNING
POTENTIAL

STUDENT COUNSELLING

STRATEGIES FOR SUCCESS

Pick up your free copy at Student Counselling, Room O-117

NR92

IRON CHEF

WHAT THE FOOD IS THIS?

NR92 is giving you the chance to go **crazy** with creating a pizza. When we say **crazy** we mean **c r a z y!**

HOW CAN I GET CRAZY?

Piece of slice, tune into NR92.com Your Campus Radio Station or join our Facebook Group: **NR92 IRON CHEF** & give a **crazy** pizza recipe then be entered to be a contestant to have your 10 minutes of pizza fame PLUS foodtastic prizes!

WHEN THE HECK CAN I CHOW DOWN THE DOUGH?

WEDNESDAY, APRIL 8
11-12 p.m.

WHERE IS THE SHOWDOWN GOING DOWN?

The FRESH EXPRESS!

NR92 dot com
NAIT Campus Radio

MMA ACTION

LIVE ON **UNION HALL TV**



STRIKEFORCE

SATURDAY, APRIL 11
DOORS AT 7PM SHOW AT 8PM

UFC 97

REDEMPTION

SATURDAY APRIL 18
DOORS AT 7PM SHOW AT 8PM

Argyll and 99 St. • 780.702.2582 • unionhall.ca



THE RANCH

I WANNA RANCH ALL NIGHT

GET PAID 2 PARTY

GO TO THERANCHROADHOUSE.COM TO FIND OUT HOW YOU CAN GET PAID \$20 CASH TO PARTY AT THE RANCH



HUDSONS

CANADIAN HOCKEY NIGHT

ROAD TO THE PLAYOFFS

Hudsons

CANADIAN TAP HOUSE

PREFERRED RESTAURANT

ENTERTAINMENT

Ways to waste your \$\$\$



BRYCE ALTHOUSE
Entertainment Editor

You know that feeling you get when you wake up one Saturday morning with a terrible hangover and an empty wallet? Well I do, as it tends to happen to me more than I'd like to admit and I know that it happens to a fair amount of you too, not even just with partying. Some of us buy things impulsively, we think we are going to take the next spot on the World Poker Tour or we simply just spend money and try to justify it later. I've seen and done this all too often, so I've started compiling a list of things that you should never spend your money on while in school, unless you've got a cool half-mil to burn up. So sit back and read through the following wastes of capital.

1. Strippers

Do I even need to tell you why this is such a bad idea? Sure, having a semi-hot/hot girl peeling off clothes and grinding all over you seems like a great buy, but first you have to realize how badly you are getting screwed for the 15-minute lap dance you are receiving. As I learned through "research" (let's just call it that) a five min-

ute lap dance is \$30, a 15-minute lap dance is \$90 (they don't give you a "volume discount"), and when you figure it out quickly, a 60-minute lapdance is \$360. Now stop and consider this for a second ... \$360 dollars an hour? When was the last time that your job at Wal-Mart paid this well? Never, that's when. Of course, I'm sure the strip club takes a fair chunk of this revenue from the dancers, but now just going out to the bar and picking up a random doesn't look that expensive, does it?

2. Kegs

This goes back to a saying that my dad used to tell me as a young boy. He would say, "Son, if you are going to buy alcohol, you best damn well buy it in bulk ... now go get me another beer." These strong words taught me the value of purchasing a 60 oz. or even a Texas Mickey (101 oz.), but a keg is a different story. A keg (or a multiple of said keg) is useful if you are throwing a party and plan on selling "cups" to the crowd for \$5 bucks a pop (made over a grand that way once ... true story), but for just you and your friends a keg is a terrible idea. When a keg is opened it instantly becomes a ticking time bomb, that is you have at best a week to drink it and after the first two days it's never quite as good as when you first tapped it. Most girls don't drink beer, so unless you are having a sausage party you will still require rum, vodka, rye and/or coolers. Finally, you can usu-

ally buy large amounts of canned beer for around the same price, and if you don't use it all, it's easy to store and drink weeks later. Clear Creek Ice, anyone?

3. Fast Cars

This is pretty self-explanatory, I feel. A fast car, while fun, is almost a universally bad idea while in college. This is usually because one lacks the funds to (a) maintain/repair/put gas in said vehicle, (b) put decent insurance coverage on a car of that nature, and (c) afford all the photo radar tickets that you will soon receive in the mail. I'm sure there are exceptions to this situation, but it's not hard to flip open an Auto Trader and see a handful of Mustangs and RX7s that are selling "due to school."

4. Gambling

So you think you are the next Doyle Brunson and you have what it takes to be a poker champion and make millions or you think that you and your buddies are a group of crack card counters and can tackle Blackjack tables like a certain MIT team. Well, so does everybody else out there that gambles. If we didn't think in some way or form that we could win more than we brought with

us, then we wouldn't gamble at all. However, for that to happen someone else has to lose (especially in poker) and usually you end up on the receiving end of losing. Don't even get me started on VLTs or Keno, because those are just losing bets to begin with. If you are going to play, though, I suggest online money poker. Skill is involved and you can win small amounts of money, but stick to the fixed limit tables with small blinds. You'll thank me when you think twice about going all-in with your

student loan.

So there you have it, four things that you should not put money towards unless you want to kiss it goodbye and spend your days slaving away at work to make it back. I had a few more things up my sleeve to talk about, such as spending large amounts of money on people you are dating, but I just plain ran out of space. So discuss it among your friends, make a list yourself and post it on Facebook or write into the *Nugget* Grapevines, even. You only have two issues left, so get it off your chest. What do you, the NAIT student, see as a colossal waste of money?



RESIDENT EVIL 5

Play this one with a friend

By KITA MURU

Not too long ago Capcom brought out Resident Evil 5, a survival-horror game for the Playstation 3 and Xbox 360. Set in the fictional African village of Kijuju, you take the role of Chris Redfield and his partner Sheva Alomar. The story involves viruses, tentacles, mutated African people, and (as usual) umbrellas.

At the beginning, RE5 looks incredible and captures the essence of being in Africa. Then Capcom puts their spin on Kijuju as it progresses, keeping the experience fairly unique. The writing and acting are cheesy, but the story is very deep. It builds up on the previous RE titles and offers up insight on the whole series, so RE5 can appeal to a broader audience. The music throughout isn't memorable with the exception of the final boss fight.

RE5's core gameplay is unchanged from Resident Evil 4. You still move around and stop to aim at the people you want to shoot,

but an enemy receiving five headshots, and still standing is pretty nuts. The main feature of RE5 is cooperative play, which you'll be able to play with a friend locally or online, which is recommended. Artificial Intelligence on enemies and allies is also very weak.

The inventory system, which has nine slots for weapons, ammo, etc. is broken. It's just the balancing. One herb takes up the same space as an RPG. It gets worse with the protective vests, because they take up a space even when you're wearing them! The cover mechanic is annoying, but the quick time events are exciting. The best part about RE5 is the boss battles, as they pack a sense of scale and challenge that keeps it exciting (unless there's an RPG). There are lots of extras, like mercenaries mode, the gallery, and the theatre.

Resident Evil 5 is a game which is frustrating and exciting at the same time. It has gone through a transition from survival-horror to

more action-adventure. If you're a fan of RE, you've probably already played RE5. If you're not a fan, but

have been interested in trying the series out, RE5 is not a bad start; but you'll probably want to play

with a friend, though.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



BRYCE ALTHOUSE
Entertainment Editor

It has dawned on me that soon the *Nugget* will be done its run for this year and my time as Entertainment Editor is coming to a complete and total close. I was actually surprised, as it seems like yesterday that I was first hired and came up with the idea to write the 3.99 mixtape column. So, after shedding a few tears and drinking a few beers, I decided that for one of these final "mixtapes" I would come up with an entire set of songs by none other than the one and only Beastie Boys.

This is one of my favourite trios to ever walk the earth. From their days as a punk band, to early success as a rap group, to the "experimental" '90s, and now to their flirta-

tions with both rapping/being a "jam" band, I have followed the Beastie Boys. Now, mind you, their first album *Check Your Head* was released two years before I was born, but what counts now is that they are one of the few artists of which I have bought almost every single album they have produced. Anyhow, I felt I should manifest this strong like for the band into a playlist of songs that avoided most of their mainstream hits. If you are as big a fan as I am, you may recognize some truly rare tracks here that few people have ever heard. Enjoy.

1. Beastie Boys – Jimmy James (From *Check Your Head*)
2. Beastie Boys – Rhymin' & Stealin' (From *Licensed to Ill*)
3. Beastie Boys – Beastie Groove (From *Rock Hard EP*)
4. Beastie Boys – Flute Loop (From *Ill Communication*)
5. Beastie Boys – The Brouhaha (From *To The 5 Boroughs*)
6. Beastie Boys – Hold It Now, Hit It (From *Licensed to Ill*)

to Ill)

7. Beastie Boys – B-Boys Makin' With the Freak Freak (From *Ill Communication*)
8. Beastie Boys – Professor Booty (From *Check Your Head*)
9. Beastie Boys – Oh Word? (From *To The 5 Boroughs*)
10. Beastie Boys – Electrify (From *Hello Nasty*)
11. Beastie Boys – Time to Get Ill (From *Licensed to Ill*)
12. Beastie Boys – Super Disco Breakin' (From *Hello Nasty*)
13. Beastie Boys – Rock Hard (From *Rock Hard EP*)
14. Beastie Boys – She's On It (From *Krush Groove Soundtrack*)
15. Beastie Boys – Looking Down the Barrel of a Gun (From *Paul's Boutique*)
16. Beastie Boys – Cooky Puss (From *Some Old Bullshit*)
17. Beastie Boys – B-Boy Bouillabaisse (From *Paul's Boutique*)

New look – a new outlook



LEANNE TRUONG
Assist. Entertainment Editor

Did you know that having your own personal fashion consultant is closer than you think? And you don't have to be rich, famous or even fussy about it at all. It's just a phone call or e-mail away to booking an appointment and only requires a tax deductible \$20 donation to Suit Yourself (an Edmonton-based charitable organization which collects and distributes quality clothing and accessories, free of charge, to low-income women who are seeking employment or making a transition in the workforce).

Your own style coach

That will entitle you to your own style coach at Southgate Mall. Your stylist, who is a knowledgeable fashion expert, will discuss your needs, preferences and budget, and as a professional fashion shopper, she will guide you through a selection of stores that best fit your style and will offer co-ordination and outfit-management tips and suggestions.

On March 5, NAITSA's Makeover Event chose two lucky winners, Allison and Barb, to get pampered from head to toe and styled by Emily Salsbury.

NAITSA's Fe Maquinay accompanied these ladies as they received their glamorous transformations from various places.

First off, both ladies received the latest haircuts, colour treatment and makeup application from students of Marvel College, which took about 3½ hours, but as you ladies know, there is no time constraint when it comes to our hair and cosmetics.

Afterwards, they all met up with Emily at Southgate and were consulted about the style that most suited their overall looks. The ladies received pants from the Gap, tops and outerwear from Reitmans, scarves from Le Chateau, shoes from Spring and bags from Aldo and Sirens.

Looked stunning

The winners looked stunning and you probably wouldn't recognize them, as they looked quite different afterwards, compared to their look before the makeover. To finish off the night, the ladies dined and enjoyed the evening at the Shark Club.

Endeavours such as this makeover can make a significant change and perhaps impact one's life in a positive way.

Later, Allison said her Makeover experience was "like being on an episode of *What Not to Wear*, except no Stacey & Clinton to criticize my wardrobe.

"Being pampered all day long, with no worries was fabulous," she said. "No kids bugging me, just a personal hairdresser and makeup artist to work their magic on me!! I looked like a whole different person when I left Marvel College and Fe said I looked five years younger! You have got to like that! Not sure if I liked getting photographed in the "during" phase, but

that's the price you have to pay!

"My favourite part was the shopping at Southgate. I have had my hair and makeup done before, but I never had a style consultant to help me find clothes that looked amazing on me.

"I have a lot of trouble shopping. The clothes I like on the hanger usually don't work too well on my body, so to have clothes picked for me (suggested anyway)

was great," she said.

"(Emily) knew exactly which stores to go to for the different elements of the outfit. I never would have thought I could look that good. It was a great boost for my ego," she said.

"Along the way, I got to see myself in different varieties of outfits and I have a much better idea of how to shop for myself. I would, and have, recommended using that

service at Southgate, I can't wait to use it again myself! It is such a confidence booster to wear clothes that fit properly and look great!"

So the next time you need some expert advice on what to shop for, remember, a style coach is available and is closer than you think (and a bit of pampering doesn't hurt either!). For information about this service, e-mail emily@mypurestyle.ca or call 780-910-5116.



Photo by Fe Maquinay

Barb, left, and Allison flank stylist Emily Salsbury after they were given a new look recently in NAITSA's Makeover Event.

Time to “Empty the Nest” ...



BRYCE ALTHOUSE
Entertainment Editor

So the events such as “Ink Night” and “NAIT’s Got Talent” have come and gone this week, and like many of you facing the “end of year workload blues,” I was not able to go to them. Some of us are simply just too busy, stressed out and unable to freely allocate time toward going out/drinking. For the other section of our student population, they have gotten their tickets and are waiting for the sold-out Empty the Nest (EtN) party on April 3 at, where else, the Nest!

First off, you have not just THREE bands headlining this year, but thanks to a last minute change you have FOUR bands taking over the Nest stage to provide you with excellent tuneage for the entire evening. They’ve got the “big shots” known as Tupelo Honey, the

Sonic 102.9 favourites known as Christian Hansen & the Autistics, previous Nest guests The Raptors and now Edmonton heavyweights RADIO-FORHELP have been added to the playlist. How did they secure such a band lineup? Power? Influence? Money? Sexual favours? We may never know ...

But that’s not where it ends. In fact, that’s more of the icing on this meatloaf, and then we hit the meaty core and see that they are giving away an “economic depression friendly” boatload of prizes at EtN. This year we’ve got both awesome prizes and then we have some almost as awesome prizes that follow up. On the awesome side, we’ve got stuff like used big-screen TVs, an acoustic guitar, a NAITSA cooler bag and a case of Kraft dinner and ketchup! Not interested yet? Well than you probably won’t dig the lame prizes either, such as a brand-new LCD widescreen TV, a Wii, a new Laptop, Pilsner Beer fridge

or a Jack Daniels electric guitar.

More meaty goodness finally comes onto the plate as the Nest manages to roll out some drink specials of \$3 beers and \$4 coolers for all that attend to enjoy. But this is only while supplies last, so it’s best to order two up on every round and double fist those drinks until they announce that the bar is closed.

So on that note we have established that this year’s Empty



Tupelo Honey

the Nest is a fantastic orgy of bands, booze and prizes to give away to the entire student population. Tickets were \$10, but now that they are sold out, you may have to scalp them from the unfortunate souls who bought them and are now unable to attend. This is a onetime deal, so you ticket holders best get on down to this shindig and make it incredibly memorable, as I have a funny feeling this could be one

of the last times the Nest keeps its current look. This event is also sponsored by the Shark Club, so you all best put your hands together for the assistance they have provided, and you may just have to stop into the Edmonton location over the summer months. Anyhow, look out for your favourite entertainment editor at this event ... I’ll be hanging out at the bar, as usual.

FIRE EMBLEM, THE SHADOW DRAGON

Can't go wrong

By **AARON NODELMAN**

With it’s newest release of Fire Emblem, the Shadow Dragon for the Nintendo DS, Nintendo and Intelligent Systems have done their best to bring an old classic into the next generation. The game is a remake of the original Fire Emblem which was never translated for North American audiences but new players will still recognize the classic favourite Marth from the Super Smash Bros series.

The game is excellently redone with the graphics and engine beautifully formatted to include new functions and better images on the DS. The touch screen is also fully utilized to provide a new level of game-play to those stylus fanatics out there.

Fire Emblem brings about some old features from previous games and introduces us to a few new ones along the way. However, some of those same old features from the previous two portable Fire Emblem titles for the Gameboy

Advance were left behind. The most noticeable is the ability to have the game automati-

cally make a one time save if you reset or turn off your system.

New features abound, though, as you can now upgrade a weapon you own to make it more powerful and even give it a unique name to go with it. Additionally, you can now “re-class” your troops and change useless or extra units into different ones for a more rounded army. Too few armour knights? Change one of your cavaliers into one!

A thing that bothered me though, is the graphics style. Nintendo has recently been sliding towards a particular 3-D graphics style that bothers the heck out of me. To me, it’s not too big a deal, however, as all the new features and the release of the original story with Marth in North America for the first time excites me too much to worry about how it looks.

If you’re a fan of the Fire Emblem series you can’t go wrong with this one. Even new players can get into the series just as easily as old ones.



honya-ch.com



sweet+sticky
hot+spicy

WEDNESDAY NIGHT
WING NIGHT

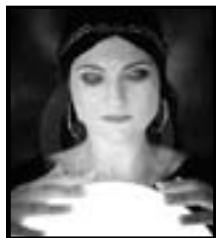
35¢ each
EVERY WEDNESDAY
3PM-CLOSE
Sold only in groups of 10 wings.

17328 Stony Plain Road
780.487.4275
sharkclubs.com

SHARK CLUB
SPORTS • BAR • GRILL



Your horoscope



MADAME O

March 12-18

(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)

Since it's spring, you will decide to wear that cute little pink tutu dress that you bought from Forever XXI. But unfortunately on your way to school, you will get splashed by a bus rolling through a puddle. Don't worry, your friend Samantha will be there for you, after she bangs five guys ... because she's a slut.

Taurus (April 20-May 20)

Don't buy that brand of protection; otherwise you'll have a little Taurus bull-child running around by this time next year.

Gemini (May 21-June 20)

You will find financial success by starting up a POG franchise that millions of children will latch onto. The business will be the source of all playground fights, but you won't care, cause you'll be bathing in 100 dolla bills. Then you'll wake up and realize that it's 2009 and not 1995, and the pain will be just as intense as losing your favourite Slammer.

Cancer (June 21-July 22)

There comes a time in everyone's life when they should skydive. Or is it get married? Either way you should do it.

Leo (July 23-Aug. 22)

You will finally build up the courage to ask out that cute babe who always sits in Com-

mon Market for lunch. Impress her with your knowledge on where she works, what time she goes to bed and what her hair smells like. Then wait six months for the restraining order to blow over and try again. She's a sucker for relentless men.

Virgo (Aug. 23-Sept. 22)

If you would have signed up for NAIT's Got Talent, you would have won 500 bucks. Sucks, doesn't it?

Libra (Sept. 23-Oct. 22)

Buy a lottery ticket. You will win. But you will split half of the winnings with a waitress as payment for a missed tip. The two of you will fall in love. You are Nicolas Cage.

Scorpio (Oct. 23-Nov. 21)

Believe in Oprah. Follow her words of love and hope. Kill Dr. Phil.

Sagittarius (Nov. 22-Dec. 21)

You'll go see *The Watchmen* this week. You will be

oddly turned on by the naked blue man. You will then suggest to your boyfriend to paint his package blue. This will end up being the only way for you to climax, as well as the ultimate cause of your relationship's demise. So, needless to say, you'll have the blues this month.

Capricorn (Dec. 22-Jan. 19)

Impress your friends by picking up an English accent. Not only will your friends think that you're smarter, the opposite sex will also find you more attractive. This little schtick

will be your ticket into pants and panties of all kinds. The only downside is that your teeth will slowly rot away.

Aquarius (Jan. 20-Feb. 18)

You know that sweet car down the street. It's yours. They stole it from you in your past life. Just take it back.

Pisces (Feb. 19-March 20)

Your genitals will flare up in a hurricane of agonizing pain by the end of the weekend. You will require a sex change to fix it, and your new theme song will be *If You Seek Amy*.

ASSIGNMENT:
...saving lives!

**Fill our BANK and
we'll fill YOURS!**

**Become a blood donor recruiter for a chance to
WIN AN EDUCATIONAL BURSARY!**

Students in Grade 12 and University/College can participate and must recruit a minimum of 33 blood donors in order to qualify for a chance to win the educational bursaries.

For more information or to register for the program, please contact us at:

assignmentsavinglives@blood.ca

Canadian Blood Services
It's in you to give

1 888 2 DONATE



Put Your Career In High Gear

ASET certification sets you apart, right from square one.

Representing more than 16,000 technicians and technologists across Alberta, ASET provides its members with the professional certification that top employers demand. ASET members play an integral role in driving the Alberta economy and enjoy an above average income. ASET members represent a wide range of industries such as civil, mechanical, electronics, construction, environmental, engineering design, oil and gas, chemical, information technology, electrical, geological, instrumentation, telecommunications, robotics, and avionics engineering technologies.

For more information about ASET, membership, and benefits, please call (780) 425-0626 or visit our website at aset.ab.ca

ASET The Association of Science
and Engineering Technology
Professionals of Alberta

Dear Conwisdom:

– Lindsay

Dear Lindsay,

You seem like a nice sloppy-seconds type girl. Too nice. What you need to do is get a head start on your roommate by spazzing out on her for no reason – call her a bitch and throw her chair through the mirror. Babble on about irrelevant shit that will leave her so confused that when you slide in “I’m humping that guy you made out with” she’ll feel like she deserved the lack of a heads-up.

Dr. Conwisdom:

I have a little problem ... Recently, I engaged in anal sex for the first time with my boyfriend. It was great, but now it always feels like I have to take a big shit and I feel like there is a gaping hole in my ass. Should I be worried? Is this

normal? None of my gay friends seem to have this problem ...

– Worried and Hollow

Dear Worried and Hollow,

Did you ever see that Sex and the City episode where Samantha works on tightening up her vag? This is the same thing. Just spend 10 minutes a day flexing and thinking of flowers or hair scrunchies. At least you don't have to take more fibre.

Dear Doc:

I have a very embarrassing problem. I'm a 22 year old male and I'm having issues ... sexual issues. The majority of the time my girlfriend wants to have sex, I must decline. Not because I don't want to. But because by the time we actually get down to business I have already finished in my underwear. This is causing a lot of grief in my relationship. My girlfriend thinks I don't want to be with her or that I am gay. What am I suppose to do? I can't tell anyone, who says 'Sorry, honey, I can't have sex with you, because I just jizzed in my pants.' After the *Saturday Night Live* episode I would be the laughing

stock of NAIT

– Dirty Underwear

Hey Dirty,

Calm down! It happens to more people than you think. Tell your girlfriend. I'm sure she will understand. Just say she is way too sexy and you can't hold it in. It works every time, well, so I have heard. It is important that you get comfortable with your body. Get used to the sensations prior to ejaculation, that way you will know when to slow down if it is needed. An additional option is desensitizing lubricant, that way if you do get the chance to start, you won't blow so quickly.

Help me Dr.,

Yikes! I made a big mistake this weekend. I was having sex with my boyfriend and I yelled out one of my instructor's names. My boyfriend was fine with it, but I am freaked out. Am I secretly in love with my teacher? The worst part is I think he is a senior. Sex with a senior, who does that?

- Likes them old

Hey Oldie:

You may be in love with your instructor, I am not going to lie to you. But if you're not in love with him, relax yourself. It is common for people to fantasize about random things during sex. If you look on askmen.com, the eighth most common fantasy for women is a teacher/student fantasy. A senior might be awkward, but hey, at least you were not fantasizing about dead people. If you are worried about yelling it out again I have a great idea, get your boyfriend to gag you.

Yo, Conwisdom,

Please give me the 411 on etiquette in the men's change room. Is it OK to look at guys in the shower? Not in a sexual way. Sometimes I just want to size myself up. Is it so wrong to see where I stand?

– Peeker

Hi Peeker

I don't think there is anything wrong with it. It's natural to be curious. There are only two rules. One, don't get caught; two, look but don't touch. It is important you follow these rules to the tee. You know what they say, curiosity killed the cat.

This space is
Reserved
for your ad

Book your ad today and be seen.

Contact Shaun at : 1.866.867.0098
thenugget@cu-ads.org



OPENING SOON IN WEST EDMONTON MALL

SERVICES • SERVERS • HOSTS • BARTENDERS • LINE & PREP COOKS • SOUS CHEFS • DISHWASHERS

Cactus Club is proud to be the number one casual fine dining restaurant concept in Canada and one of the best places to work!

We are looking for talented people with a passion for creating memorable experiences for our guests. We offer superior training and development programs. All experience levels are welcome.

The only outdoor-facing restaurant in West Edmonton Mall, Cactus Club will be Edmonton's first premium casual dining restaurant, and is scheduled to open April 2009! Featuring a wrap around all-weather patio, two-tiered dining room, open kitchen and massive lounge with VIP area, this location is guaranteed to be the talk of the town.

PLEASE APPLY IN PERSON WITH RESUME ON-SITE MARCH 2 – MARCH 31, 2009

Monday-Sunday 9am-6pm | #1946-8882 170 Street NW, West Edmonton Mall

www.cactusclubcafe.com/careers



CACTUS CLUB CAFE



Grapevines

To Gary Regnier (paramedics),
I'm in love with you and want to
have your babies. They would have
beautiful eyes ... *xoxoxo*.

— Colleen

• • •

How can I contact last week's
Hot Single Callen Gilmore? I wanna
throw it in ... my mouth.

— Sheridan

• • •

This is for my fallen brother
from another mother in Mechanical
Engineering Technology who
got kicked out because of the
incompetence of the NAIT regis-

trar's office. We feel your pain and
hate the registrar's office as much
as you.

PS: If you feel the same pain, join
the facebook group called "Where's
Marco?"

— MEC TECHS UNITED

• • •

I don't want to see a ghost,
I'm as serious as cancer,
When I say rhythm is a dancer,
Slowly walking down the hall,
It's the sight that I fear most,
Faster than a cannonball,
Where were you when we were
getting high?

I'd rather have a piece of toast,
Watch the evening news

— Hallmark Card

• • •

Oh, for the sanctity of my lunch!
Thou jumps into the path and I will
strike!

— DM

• • •

Spring has arrived! Take it from
me ... as my nose seems to be act-
ing up in the wrong way. No, it can-
not be a cold or a flu ... I don't feel
stuffed up all the time. Does this
mean that it really must be Spring?
The weather is starting to be above

zero more and more ... and obvi-
ously it's nearing to finals time ...
Spring is upon us! We should all
rejoice!

— Spring in my Step

• • •

Really NAIT, I now pay five dol-
lars for parking and and you can't
pave your parking lots ... I believe
you told us the price increase was for
maintenance. WELL GET TO IT!!!!
Sometimes this place makes me sick.
Milk your students \$100 a month for
parking and driving through the park-
ing lot still feels like a mine field.
Disgusting!

— park 'n' pissed

Dear Instructors:

Thank you for heeding our call
with our homework! With the help
from you, we can now organize our
lives and have some good work in
there with good measure. Being
an instructor with guidance during
these times has been most helpful!
I do not know what exactly has hap-
pened, but obviously it's all for the
better. Thank you for realizing the
problems and issues we've been
having and sorting it all out. We
really do appreciate it.

— Need More Time

In Grapevines, you can speak anonymously to other students. Contributions: grapevines@thenuggetonline.com

U of W bans bottled water

By LOREDANA PERO
The Concordian
(Concordia University)

MONTREAL (CUP) — Last week, the Uni-
versity of Winnipeg became the first university
in Canada to ban plastic water bottles on cam-
pus. An advocacy group is trying to do the same
at Montreal's universities.

The ban at U of W came after almost 75 per
cent of students voted in favour of it.

The ban is not being implemented just yet,
because the university does not have enough
water fountains installed on campus to serve
the entire student population.

All containers

Once implemented, it will include every
container from small, portable water bottles to
the bigger gallon water containers.

Vinay Iyer, University of Winnipeg Stu-
dents' Association president, says that realisti-
cally speaking, water bottles should be out of
sight by January 2010.

Though he considers the ban a success, some
students are a little upset about this new rule.

"They have a right to be angry, because they
are just not informed," said Iyer.

Iyer says tap water is safer than bottled
water because it does not boast the same toxic
elements found in the plastic used for water bot-
tles — something he said many students aren't
aware of.

Tap Thirst, a Montreal-based project that
lobbies against selling and consuming bottled
water, is working with McGill and Concordia
in hopes of eliminating bottled water on cam-
puses at both universities.

According to a recent audit of the univer-
sity's waste, Concordia University
alone sees 1.2 million bottles of water
go through the hands of students and
administration each year.

Getting the attention of admin-
istration at Concordia hasn't been
the problem, says Laura Beach, Tap
Thirst's co-founder.

The problem, she says, is that
they're not following through. "A
major obstacle is the lack of commu-
nication," said Beach.

On-campus associations such as

Sustainable Concordia have already adopted
a "no bottle" policy. Beach calls this a sign of
hope.

"I am optimistic that things
will happen and the ball will
keep rolling," she said.

One obstacle anti-water
bottle advocates have to over-
come, she says, is how compa-
nies make people think bottled
water is safer for them.

While city water is tested
daily, companies don't test their
water very often.

Louise Hénault-Éthier,
Concordia's environmental co-
ordinator, says water bottles are
unnecessary.

Water fountains

"The quality of tap water
in Montreal is really high,"
she said. "Bringing your own
refillable container will allow
you to have fresh, clean water
available to you whenever you
like, by simply refilling it at the
water fountain."

The Students' Society of
McGill University has already
taken a step in banning water
bottles in their building.

"McGill is committed to
sustainable operation," said
Dennis Fortune, McGill's
Sustainability Director. "We
believe we should be encour-
aging tap water."

Hénault-Éthier also points to the high
price of bottled water. Water is a free

resource, she says, and "we shouldn't need
to purchase it."



www.runningpixels.net

Teach English Overseas
Internationally Recognized TESOL
Certificate in 5 days In-class or Online
1-888-270-2941
Overseas Job Guaranteed! Call NOW No Degree Required!
"Live Your Dream"
FREE Information Seminar every Tuesday @ 7
GlobalTesol.com 10037 B - 82 Ave, Edmonton Based

EARN \$3,000 / MONTH PART-TIME
and continue earning it
when you go back to school.
For More Information:
Call Catherine 780-966-1207 Email, catherineryan@telus.net

HOT SINGLE OF THE WEEK



Photo by Javier Salazar

Mandy Kostiuk

Program: Photo Tech

Hot Single: If you could describe yourself in three words, what would they be?

Mandy: Organized, caring and kind.

HS: What do you look for in a guy?

M: Kind to others, a good person to hang out with ... like your best friend.

HS: Favourite place to go out?

M: Suite 69.

HS: Do you kiss on the first date?

M: No.

HS: What's the first think you notice about a guy?

M: His eyes.

money back
fast

student
tax prep
\$29.95
get a FREE
SPC card

walk in with your taxes, walk out with your money
and you could win \$5,000 towards a road trip. visit refundroadtrip.ca

come in today or call
1-800-HRBLOCK (472-5625)



H&R BLOCK®

To qualify for student pricing, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2008 or (ii) a valid high school identification card. Expires July 31, 2009. Must also qualify for Instant Cash Back and Cash Back products. See office for details. Valid only at participating H&R Block locations in Canada. SPC Card offers valid from 08/01/08 to 07/31/09 at participating locations in Canada only. For Cardholder only. Offers may vary, restrictions may apply. Usage may be restricted when used in conjunction with any other offer or retailer loyalty card discounts. Cannot be used towards the purchase of gift cards or certificates.

CLUBS CORNER

Upcoming events ...

PGC
Event: Beer Garden
When: Friday April 3; 4 p.m.
Where: Tower Lounge, 8th floor
CETSC
Event: Bubble of Doom

When: Thursday April 2;
 3:30 p.m.
Where: The Annex Dock
Dental Tech
Event: Bake Sale
When: Monday April 6; 11:30

a.m. to 1:30 p.m.
Where: NAITSA office and HP
 Centrer 2nd floor
MRT 62
Event: Bake Sale
When: Wednesday April 8;

11 a.m. to 2 p.m.
Where: NAITSA office
RTA
Event: NR92 Promotion
When: Wednesday April 8;
 12 p.m.

Where: Common Market
Petroleum Club
Event: Beer Gardens
When: Wednesday April 15;
 3 p.m.
Where: The Annex Dock

ALBERTA C.O.P.S.
 CAREER OPPORTUNITIES IN POLICE SERVICES

SKILLS CHALLENGE

Shootout w/ Alberta C.O.P.S. Goalie
 Fastest Shot
 Shot Accuracy

BBQ Lunch

Prizes for Male / Female
 - Oilers Tickets
 - other hockey prizes

Entertainment

When: April 2nd
Time: 11am - 3pm
Where: Parking lot outside Common Market
Event is Free (accepting donations to the food bank)

visit: joinalbertacops.ca/nait to win a signed Oilers Jersey

Chemical Technology Presents



MARK
 The Easter Bunny

Delivering your Easter Candies April 6th through 9th
 Only \$1.50 Each
While Supplies Last.
 Proceeds go to Chemical Technology Student Council

Where is your money going?
 Find out at the
Dollars & Sen\$e
 Financial Literacy Seminar

March 25, 2009
 Topic: *Banking & Budgeting*
 4:30pm - 5:30pm
 Room T414
 Food & Beverages Provided

April 1, 2009
 Topic: *RRSP's*
 4:30pm - 5:30pm
 Room T414
 Food & Beverages Provided

April 2, 2009
 Topic: *Small Business Start-ups*
 4:30pm - 5:30pm
 Room T414
 Food & Beverages Provided

SIFE Please email your RSVP to:
awakaruk@sifenait.com

FACE THE ELEMENTS
 AND THE NAIT OUTDOOR CLUB PRESENT A

Silent Auction & DodgeBall Tournament

MEET THE
Crush
 Dance Team

April 4th - NAIT GYM
Doors: 6:30pm Tournament: 6:45pm
Register your team of six on Facebook
or at: face-the-elements@hotmail.com
 Proceeds of this event are going towards environmental restoration

NEW OFFICE HOURS FOR NAITSA

NAITSA has set up new, more convenient office hours for students. The Students' Association office at E-131 is now open from 8 a.m. to 6 p.m. Monday to Thursday and from 8 a.m. to 4:30 p.m. on Friday. With the new hours, Continuing Education students who want to make contact can do so by dropping by before their evening classes begin. Any other students who have late afternoon classes will also be able to access the receptionist later in the day.

Want to volunteer? Centre for Autism Services

The Centre for Autism Services runs a variety of group programs for their clients. These programs range from speech, feeding, symbolic play and gross motor skills development. Group programs provide a socially stimulating environment in which you, the volunteer, can help the children to learn and play. If you would like to become a volunteer, educational support is provided on autism and you may choose from a variety of eight-week group program blocks. E-mail cbuhr@centreforautism.ab.ca or call 780-488-6600 ext. 284.

Sexual Assault Centre

Crisis line volunteers are needed! The Sexual Assault Centre is recruiting volunteers for our 24-hours crisis line. Approximately one in three women and one in six men experience sexual abuse at some point in their lifetime. These statistics show that a significant portion of our community is affected by sexual assault. You can make a difference by volunteering with the 24-hour crisis line. We offer 50 hours of crisis intervention training at no charge. If you are empathetic, caring, non-judgmental, want to gain experience within this field and/or want to make a change in your community, this is an excellent opportunity for you! Please call Erin at 780-423-4102 or e-mail at erinm@sace.ab.ca for more information.

Community Park Little League

Are you a sports enthusiast? You can gain some experience and help your community by volunteering or coaching Little League teams. For more information, contact Darryl Poole at 780-984-5053.

TUITION TAX RECEIPTS 2008

STUDENTS: The T2202A Tuition Tax Receipts for the 2008 calendar year will be available on the Student Portal at www.nait.ca/MyNait by February 27, 2009.

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 \$12.

LOOKING FOR A JOB ON CAMPUS FOR THE FALL TERM?

NAITSA (NAIT Students' Association) is now accepting applications for the following positions:

STREET TEAM

- Students needed to promo upcoming NAITSA activities to other students on the NAIT main Campus.
- You need to possess an outgoing and positive attitude, be creative, energetic and possess the ability to have fun!

VOLUNTEER CO-ORDINATOR

- Help co-ordinate the NAITSA Volunteer Program.
- Assist with recruiting volunteers.
- Responsible for scheduling volunteers for campus events, leading volunteers during events.
- Responsible for planning all logistics associated with regular Volunteer Recognition Nights.

MOVIE NIGHT CO-ORDINATOR

Responsible for:

- Co-ordinating movies from supplier.
- Filling out monthly forms for supplier.
- Arranging for marketing for each Movie Night.
- Executing Movie Nights in the Shaw Theatre.

EVENT CO-ORDINATOR / HEAD OF SECURITY

- Assist in planning/set-up/clean-up of all NAITSA events.
- Act as the lead contact to schedule and supervise all student security (SUDS).
- Heavy lifting may be required.

SUDS SECURITY GUARDS

- Supervise and ensure student events are safe.
- Check IDs and ensure policies and procedures are followed.
- Guards will be expected to complete a training program (provided) before starting any shifts.

Application forms available in E-131, or submit a cover letter and resume to Shannon Marshall at the NAITSA office.

Are you an Aboriginal student at NAIT?

If so, there is a centre right on Main Campus designed specifically to meet your needs! The EnCana Aboriginal Student Centre is a great alternative to many of the study and work spaces available on campus. Unique features of the centre include cultural awareness workshops, mentorship programs and many business services such as fax and computer access. Even if you are not self-identified through NAIT, you may still make use of all the programs and services offered!

The EnCana Aboriginal Student Centre is available Monday to Friday, 8 a.m.-4:30 p.m., Room E-121. Questions? Please feel free to contact Stephanie Bean, co-ordinator of Aboriginal Student Services (780) 471-7839, or at sbean@nait.ca. Come by the centre and we would be happy to give you a tour!

5 minute Videos:

- How to be Successful at Math
- How to Get the Most Out of Reading
- Make the Most Effective Use of Study Time

Go to: www.nait.ca/counselling



NAITfye (First Year Experience) Workshop Schedule—Winter Semester

NAITfye is a new initiative developed to help students transition to life on campus. We have developed workshops on a variety of topics chosen with your specific needs in mind and theme oriented based on the time of year. Please attend as many of the following workshops as you wish. The sessions are free and no registration is required.

April-09				
6	Mon	Meditation Basics- Learn how to relax before exams	12:15-1:10pm	Studio
7	Tues	Meditation Basics- Learn how to relax before exams	4:30-5:30pm	Studio
15	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X203

QUESTIONS?? EMAIL askfye@nait.ca OR VISIT www.nait.ca/fye

TOP 10 TIPS

Steps to finding happiness



MARGARET MAREAN
NAIT Student Counselling

When I ask students who come for personal counselling what they want, many will say "I just want to be happy." But when I ask "What does happiness mean to you?" most don't have a clear definition. It takes some work but there are many things that you can do to improve your happiness immediately and throughout your life.

1. Define what happiness means to you. If you want something it is important to be clear on what it is that you want. What factors make up happiness and how will you know when you get there? (keep-

ing in mind that old saying 'happiness is a journey not a destination'). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? If so, you need to rework your definition so that you are in control of your own level of contentment.

2. Choose to be happy. Once you recognize that happiness is a choice, and that you can choose to react to things positively or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self talk and change your language to be kind and forgiving to yourself. Look for silver linings in negative situations.

3. Take care of yourself both physically and mentally by exercising, eating regular, nutri-

tional meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy and having things to look forward to. By prioritizing self-care (doing things that make you happy) you are automatically fostering happiness.

4. Nurture relationships. Too busy to get together with a friend? Then chances are you always will be. Take the time to schedule in coffee dates with people you have neglected. Do kind things for others. Not only will this make you feel better about yourself – you'll probably get kindness in return.

5. Take control of your environment. Surround yourself with happy, nurturing people, things you love, and an organized work space. Whenever possible avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you, and if not, what needs to change.

6. Laugh. Don't take yourself too seriously. "Laughter is a marvelous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, blood pressure, and boosts immunity function." (From *Be Happy: Tips to Banish Bad Moods* by T. Satrioglu).

7. Achieve. Find things you are passionate about and engage in them. Working hard and reaching goals create satisfaction. Procrastina-

tion might feel good momentarily but overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However make sure your whole life is not about achieving goals. Balance is important.

8. Take risks. Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.

9. Don't worry. Worry and guilt use a lot of mental energy and foster negativity. Try to stay focused in the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

10. You are OK just the way you are. Perfectionists are usually disappointed in themselves and this leads to self-criticism which fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn't perfect.

Many factors can contribute to happiness. If feeling good is a constant struggle for you, or if you have other personal, academic or career choice concerns, it may be helpful to seek help from a professional. Counselling is free to registered NAIT students and is completely confidential. Call 780-378-6135 or come by in person to book an appointment at Student Counselling, Room O-117.

Uncharted territory of digital law

By **ALEX HAMLYN**
The Eyeopener
(Ryerson University)

TORONTO (CUP) – Facebook offers its users a sense of confidentiality and privacy. Personal messages, private chats, and embarrassing photos are meant to be just between the user and their friends. But everything John Leduc considered private will soon be public.

Leduc is involved in a lawsuit over a car accident, and the defendant's lawyers claimed his Facebook page should be included as evidence. The judge on the case agreed, ordering Leduc to submit the contents of his page for trial.

This groundbreaking ruling is an example of the developing culture of digital law and privacy that first erupted on the Ryerson University campus last spring, surrounding the case of Chris Avenir.

Avenir, then a first-year engineering student, was accused of cheating for taking part in a Facebook study group that offered solutions and help on chemical engineering assignments.

Though one of his professors originally called for his expulsion, the ensuing media maelstrom and student outcry led Ryerson to rethink its position, and Avenir was allowed to stay at the school.

Cases like these, and others constantly pepper-

ing the news, will only increase as people's lives move further online and the disconnect between law and society grows.

"We're facing a generation gap like we haven't seen since the 1550s," said Mark Federman, a researcher at the Ontario Institute for Studies in Education.

Federman says the last time a similar change occurred was the societal upheaval of the Renaissance, when great scientific discoveries shared the world stage with the likes of the Inquisition and witch hunts.

He adds everyone needs to be extra-cautious while in the midst of such social change.

Federman believes our digital culture increasingly leads us to conduct our private lives in public view on the Internet.

But how people behave in person and on the Internet is very different.

"Society is in a state of confusion," he said, pointing to what many students post on Facebook as a perfect example.

"Some of the people in the fogey generation would say: 'Be careful. Your employer is going to see this.'

"We've now outed what used to be private and are surprised by our actions," said Federman.

Central Location!
Flexible Hours! Competitive Wage!
Hot Meals provided!

- Chef de partie, Demi Chef
- Apprentice #1, #2, #3
- Dishwashers & Kitchen Helpers
- Banquet Servers & Bartenders
- Events Services & Housekeeping

(780) 917-7609 or careers@edmonton.com

BE PART OF
the Centre of
ATTENTION
SHAW Conference Centre

Insurance & Risk Management certificate

Turn your CREDITS into a CAREER

Fire, flood, drought... bad things can happen. Be part of the team that restores lives and businesses. Choose a career in the insurance industry.

Do you have some post-secondary education? Use your credit (at least 30) towards this 10-month certificate. It's new, starting September 2009, and is offered part-time so you can also work at an insurance office -- putting your learning to work.

This is a hot career choice, with almost 100% employment. Check www.MacEwan.ca/insure or call (780) 497-5384.



Where business minds come to **grow**

www.MacEwan.ca/business



Brittany Black
and
Colleen Nuc

What do you think of a unisex change room at Queen Elizabeth Pool?



"I don't know why so many people are bitching and complaining about it. It's not a big deal."

Theron Smith
Computer Systems Tech.



"It's awesome. Nudity is great."

Molly McMahon
Radio



"It works in other places."

William Murphy
Retail Meat Cutting



"It would be just like a family change room."

Christen Long
Television



"Guys would really like it. Most girls may be creeped out."

Jenna Calver
Personal Fitness Training



WITH *Tupelo Honey*



Buy your tickets early from NAITSA (E131) or The Nest, space is limited. (Only 200 tickets available!)

FRIDAY APRIL 3 DOORS 7PM \$10 TICKETS AT NAITSA

\$3 BEER TILL ITS GONE! \$4 COOLERS TILL THEYRE GONE!

YOU COULD WIN

THIS...	OR THAT...
A BIG SCREEN WITH SURROUND SOUND	'SLIGHTLY USED' BIG SCREEN FROM THE NEST
WII GAME CONSOLE	'SLIGHTLY USED' PS2 AND A TV
LAPTOP WITH A HOT NEW GAME	SCRIBBLER
FULL-SIZE BAR FRIDGE	NAITSA COOLER BAG
JACK DANIEL'S GUITAR	3/4 ACOUSTIC GUITAR
\$500 GROCERIES	CASE OF KRAFT DINNER AND KETCHUP



SOLD OUT!