

HAVE A ST. PATRICK'S DAY LAUGH AT THE NEST WITH COMIC HOWIE MILLER

# THE NUGGET



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Thursday, March 12, 2009  
Volume 46, Issue 22

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



**BRRRRRRRR!**  
Students take it to the government outside J Wing Tuesday over tuition hikes

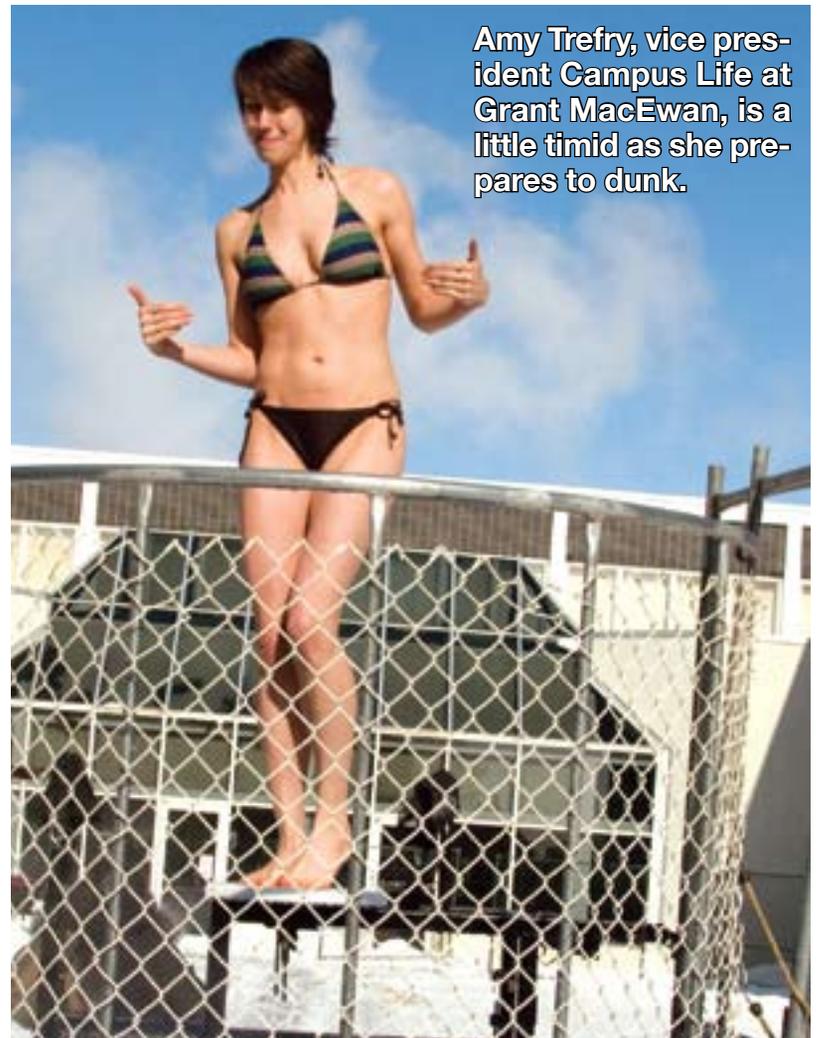
# FREEZING ... FOR A CAUSE

Hardy students dunk it out over tuition hikes, story page 2

NAITSA President Brent Constantin (masked) runs by resting Red Deer College student Marshall Boyd Tuesday during a tuition hike protest.



ACTISEC Chairman Matt Koczur, left, plays in the snow with his pals.



Amy Trefry, vice president Campus Life at Grant MacEwan, is a little timid as she prepares to dunk.

Photos by Zachary Ayotte

# EMPTY THE NEST

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CHRISTIAN HANSEN AND THE AUTISTICS, AND RAPTORS!

# NEWS & FEATURES

## Cold play



**MACKENZIE MARSHALL**  
Issues Editor

NAITSA President Brent Constantin will go to great depths to help out the students that he serves. On Tuesday, wearing nothing but a bathing suit and a Mexican wrestling mask, Constantin jumped into a pool of freezing cold water in minus 25 C weather to pressure the government on tuition reduction.

The event was organized by ACTISEC, the Alberta College and Technical Institute Student Executive Council. ACTISEC represents over 120,000 Alberta students and for 25 years has been lobbying the government to make sure that student issues remain a priority. The committee is made up of student executives from 13 schools across the province. Constantin serves on the ACTISEC executive as the marketing and communications director.

"We have lobby initiatives throughout the year. For a lot of the smaller schools they don't really have the resources they need to go out there and lobby the provincial or federal government or do any kind of advocacy work, that's where ACTISEC comes in," Constantin said.

ACTISEC does most of its work behind the scenes. It's usually working with the government through lobbying and meetings. Constantin said that working with the government

as opposed to working against it is a better way to accomplish goals.

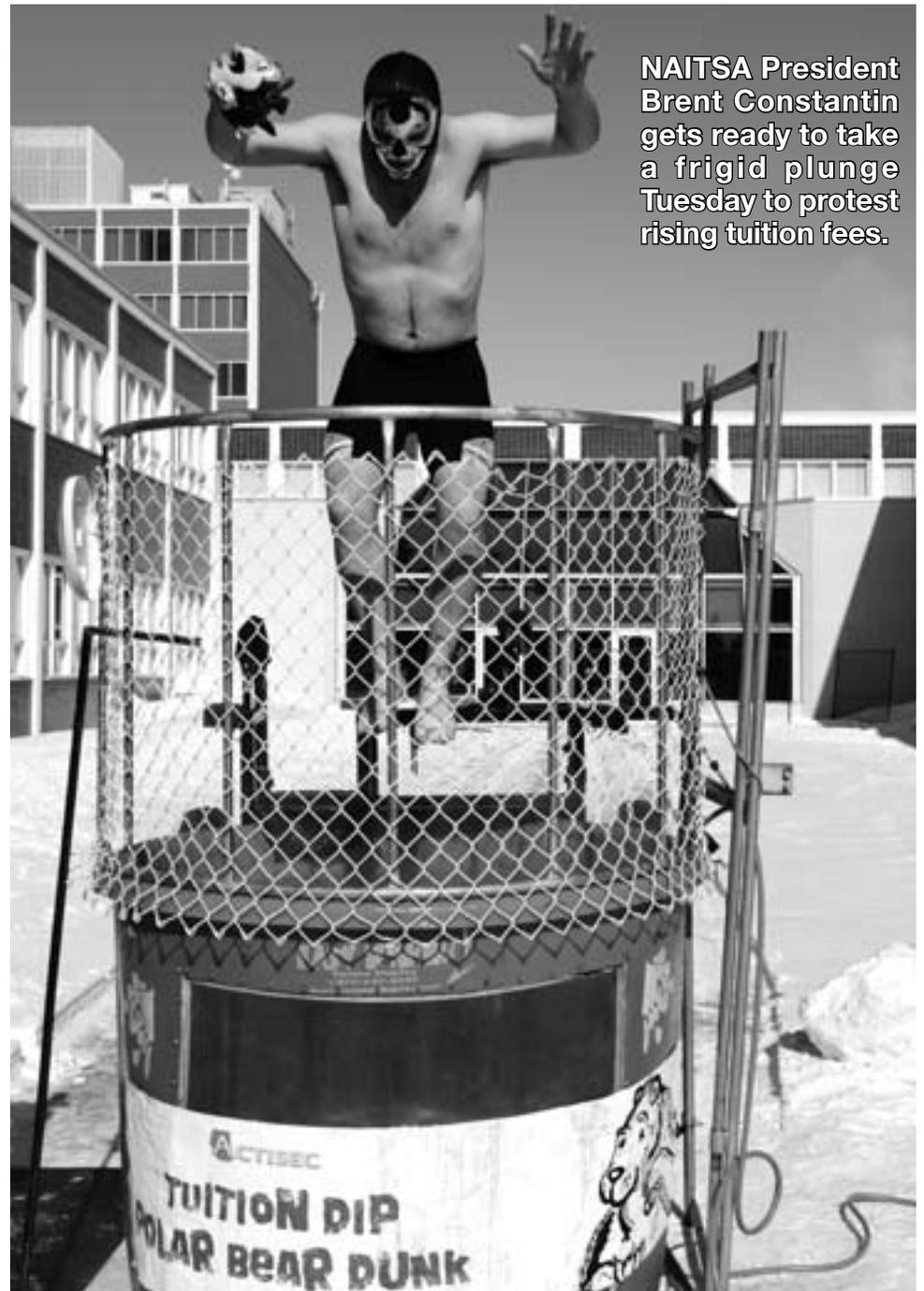
"The most effective way, I don't think, is violent protests and things like that. It's working with governments, presenting them with the ideas of people who deal with the situations day to day and giving them lobby points. It's the best way. We've got a good track record of working with the government."

The idea behind Tuesday's tuition dip was to showcase the work that is being done behind the scenes. ACTISEC has been working to keep the tuition rate the same over the next year. Currently the provincial government sets the allowable rate for tuition increase. The rate is tied to the Consumer Price Index, or CPI. ACTISEC requested that the government continue to raise costs at CPI each year, but not factor that into tuition fees. They would like that cost to be paid by the government. They called the plan a "tuition dip" and jumped into the water to display their work. Constantin was pleased with the event.

"One of the things we like to do throughout the year is to have these media events. We had the dunk tank, the hot tub, and students bussed in from places like Grande Prairie and Red Deer. We had a really good media turnout. Apparently it was the coldest it had been on that day in 50 years, so it really worked out well for us. A lot of people said it was unlucky because it was so cold, but we got what we wanted."

Constantin added that the cold water was quite the surprise.

"The water was pretty cold. It's never as cold as the air outside, but it's definitely a shock. You seize up and then jumping into the hot tub you get pins and needles. I felt pretty messed up afterward."



NAITSA President Brent Constantin gets ready to take a frigid plunge Tuesday to protest rising tuition fees.

Photo by Zachary Ayotte

For more information on ACTISEC you can check out their website at [www.albertastudents.ca](http://www.albertastudents.ca)

## Recycling stations on the way

By **CURTIS BINKOWSKI**

Every student at some point has approached a vending machine, reached into their pockets, pulled out a handful of lint and coins, and purchased a canned or bottled drink.

But where do these cans and bottles end up? It appears that on NAIT campus, you will do one of three things. You will a) hold onto it until you see a recycle bin, b) toss it into the nearest bin, regardless of its intended use, or c) place it on top of a garbage can because you have had some environmental speech in the past tickle your heart in a way that makes you not want to send a recyclable to the landfill.

An advanced recycling program on NAIT campus is in the planning stages. By the 2010-11 school year, NAIT will have a revamped system, hopefully campus-wide. There are

some places on campus, like the HP Centre, which have the trifecta of trash, bottles and paper, but this is only a portion of the school. Much of the other areas of NAIT lack recycling bins. Some garbage cans stand alone. So what's the big deal? Why can't NAIT just deal with the issue already and place recycle bins next to all the garbage cans? I wondered the same, so I spoke to the chair of the sustainability committee, Katie Kohlenberg, and found out that it doesn't just happen overnight.

NAIT is looking for a long term solution. The institute wants to buy recycling centres that have a large capacity. The older ones are hard to clean, are not durable and ultimately are not for long term use. They'll be in a semi-permanent position. Solid enough to not be moved aside or

knocked over, but still movable for functions and events.

There were reports of bottle collectors lifting up lids, taking bags, and hoisting stacks of recyclables on their bicycle. I say hats off to the bold homeless man who successfully pulls that off. Perhaps most importantly, it seems weird to think of this, but a good style and colour is essential to attract awareness.

There is enough funding this year to fill about one third of the campus. That third is expected to be filled by September. The advanced recycling shift is expected to take the rest of next year and be completed the year after.

In two years, NAIT could be a world recycling leader among universities and colleges. Maybe we have finally identified the importance of recycling in this new day and age.

Perhaps steps like this will prevent the end of the world in our lifetime, and postpone it one more generation – sorry kids.



Photo by Kathleen Versteeg

Waste cans with recyclable bottles stacked on top will soon be a sight from the past.

# Attendance under review



By **AARON NODELMAN**

To a number of students, NAIT's attendance policy was an irritant, and I'm certain that a number of them in the NET and CNT departments rejoiced when a mass e-mail went out stating that it had been put under review. Great! But what does this mean to students?

In a recent interview with Bill Yaremko, associate dean, School of Electrical and Electronics Technology Operations, he revealed what was really going on. As it turns out, the attendance policy is not currently being enforced until some changes are made to make it more applicable to the departments in question.

The original intent of the policy was to ensure

that students had the appropriate hands on experience to complete any job dealing with their own field of work. This policy of making a student be present in all labs and possibly all lectures does not, however, make the most sense when the majority of students can take the work home and use their own resources to complete the labs adequately.

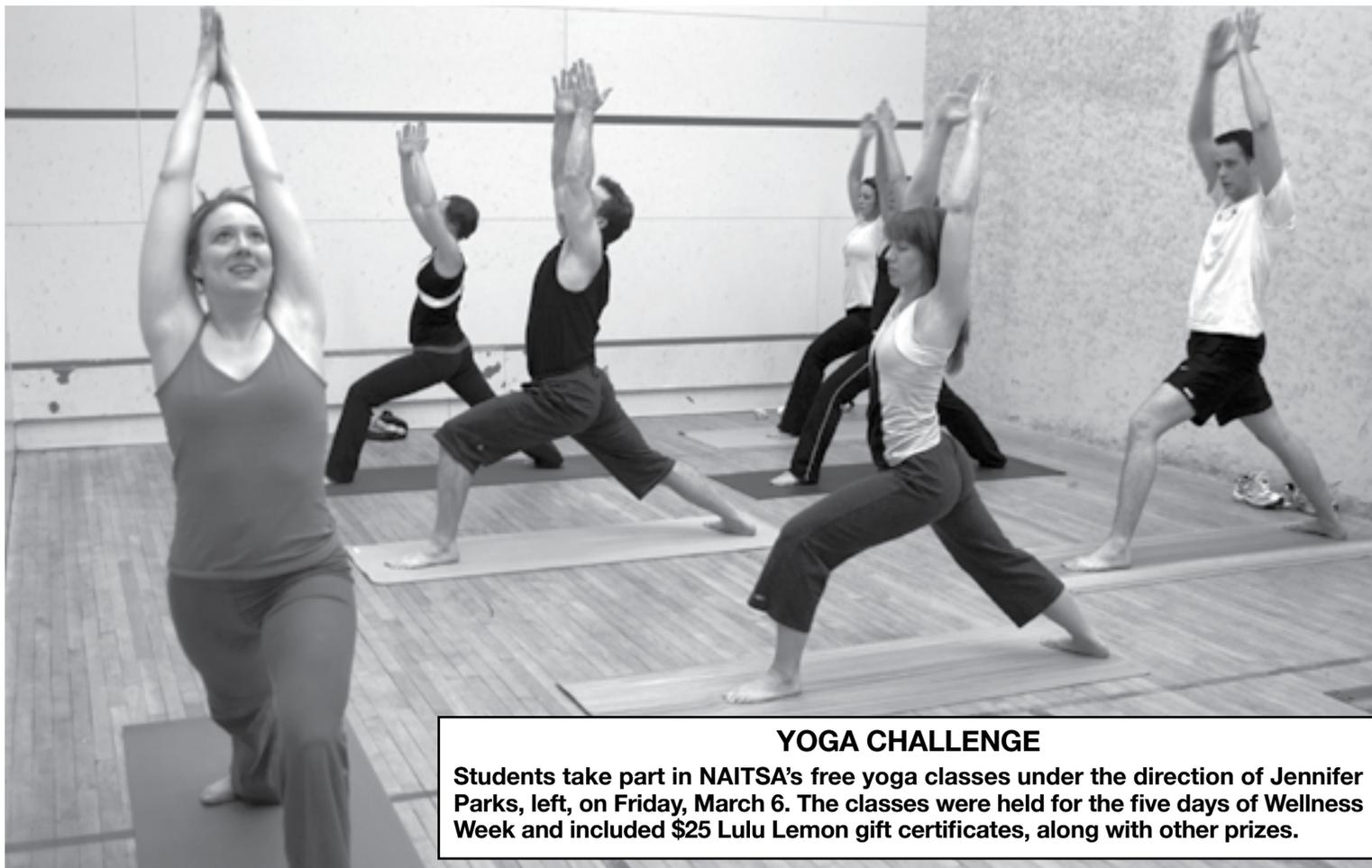
Must a student stay in the lab for two hours to complete a lab or assignment that could have been finished at home in one hour? Yaremko says no. This being said, in a department like automotive repair or something similar, it would make sense to attend all the labs for lack of access to the required resources at home.

Must you stay at a lab that needs a \$3,000 piece of equipment that you cannot access from home? Yaremko says most likely.

The attendance policy review is likely to take up to a year to complete. It involves, mostly, interviews with students and surveys asking what sounds appropriate as a policy before the final decision is made. If you wish to aid in this process, you can e-mail Bill Yaremko at [billy@nait.ca](mailto:billy@nait.ca).

No matter what, however, the attendance policy is likely to not be re-implemented until September 2010 at the earliest.

Until that time, I encourage you to e-mail Mr. Yaremko and ask any questions that have not been answered by this article.



### YOGA CHALLENGE

Students take part in NAITSA's free yoga classes under the direction of Jennifer Parks, left, on Friday, March 6. The classes were held for the five days of Wellness Week and included \$25 Lulu Lemon gift certificates, along with other prizes.

Photo by Coralie Di Massa

# Recession hard on pets, too

By **BRITTANY BLACK**

It seems as though this recession, that has so kindly affected everyone it could, is now taking its toll on family pets. The number of animals being surrendered due to financial instability is a growing problem. The Edmonton Humane Society (formally known as the SPCA) has a concern for these animals. Shawna Randolph, media representative for the EHS, explained that "there were just three animals admitted for this reason in 2008, January, compared to 19 in January of 2009."

There have been situations where people simply left their pets behind after moving out, and although the EHS understands that caring for a pet can be pricey, they hope that people will consider dropping them off at the centre rather than deserting them.

"The reality is, in society, some people are in situations where it

changes for them. They may be able to afford an animal at one time, and then someone may lose a job, and then they're in financial dire straits," says Randolph, who believes that many people are just "in over their head."

Moreover, the EHS stresses the importance of becoming educated in pet care before making a decision to adopt one. Some owners forget just how much things will cost; anything from vet trips, to collars and kennels.

In fact, in a step towards educating the public on animal care, the EHS's new facility is going to be running a program called Kids Club that bring in school classes for day trips, to find a way to bring responsible pet ownership into their curriculum. The new facility is to be finished in May of this year.

Excited about the new building, Randolph explains that it is

"more than a shelter, it's a community learning centre that allows the EHS to not only care for over 10,000 animals a year, but to bring in more volunteers and educate society about animal care ... hopefully in the end we'll have fewer animals coming through our doors."

The new building, estimated at about \$15 million, is named The Chapelle Centre for Animal Care and will be located on 136 Avenue

and 163 street.

The EHS is reminding and encouraging people to bring in their pet, rather than abandon it during economic hardships. Animal care is "a lot more detailed than just giving a dog a scoop of dog food in the morning" says Randolph, "and we are thankful for those who are bringing in these pets." For more information, or if you are interested in volunteering, call (780) 471-1774.

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### 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](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. Write us.

## TechTalk 2.0

## Earphones: No strings attached



By AARON NODELMAN

Hi and welcome to TechTalk 2.0. This week we're discussing headphones. Everyone knows about these handy little devices that fit over or behind your head or even right into your ears. However, I'm sure that each of you have at least once gotten tangled in your headphone cord or discovered that it was too short or too long by "that" much.

Have no fear, wireless is here. That's right folks, Bluetooth headphones have arrived. Costing between \$60 and \$100, you can have a pair of headphones that has

an average receiving range of up to 10 feet and can transmit through clothing, backpacks and book bags with perfect quality. Believe it or not, you can even get wireless in-ear bud earphones that come in a nice little package.

I even went so far as to personally test two brands of wireless headphones and have some suggestions should you want to buy a pair.

First up, the iLuv. Built with the iPod in mind, it is a small, unassuming pair of headphones with reasonable quality and good sig-

nal strength. Though only marked to handle around a 10-foot distance between the receiver and the headphones, they proved capable of handling up to around 25 feet and several walls before they started to lose connection. The cons of this particular brand was that although they were of good quality, they quickly fell apart around the plug on the receiver (it pulled away from the plug seating and began to short) and the case around the headphones which cracked and fell off after a bit of hard wear (cosmetic damage at best, it was easily taped/glued back on). It has a proprietary connection for charging and unfortunately only came with one plug for two batteries, leading me to have to swap the plug each day to not lose battery power.

Next up, the Energy. This setup is more carefully built for day to day wireless use. Its range isn't as good as the iLuv, but it's

got pretty decent signal strength for walking around with an iPod in your pocket.

The dock has a rotating plug instead of a loose short cord like the iLuv and is less likely to break in as short a time. And the plugs that power it are non-proprietary and can be found in any tech store if you ask for it. Also, the package came with two separate plug-ins, allowing the owner to charge both the headphones and the receiver at the same time. As well, the receiver

supports a USB connection to your computer and can act like an alternate set of computer speakers if you install the included drivers.

To conclude, either work perfectly well for the average user. Both can be obtained in the NAIT Techstore or even from a place like Future Shop or Best Buy if you look for them.

Enjoy!



iLuv earphones

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# OPINION

— Editorial —

## WebCT ... get with the program!



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**CHRIS CARMICHAEL-POWELL**  
Editor-in-Chief

One of the main benefits of attending NAIT is the use of the WebCT learning system. I'm not sure how many of the students at NAIT have the benefit of using this program, but it truly is a great addition to the learning environment. WebCT allows students

access to teaching materials online, in addition to the many other applications. One of my favourite things about WebCT is it allows instructors to post marks online so students can assess their in-class performance on a regular basis. Why is it that educators are not using this tool to its full potential?

### Include WebCT use

I understand instructors have many students, but I don't feel that negates their responsibility to the students they do have. When they're setting up a lesson plan it should include WebCT use. Have your slides online, it helps the students when they're studying for exams, or when they don't have the ability to make it to class. OK, let me be a little more honest – when they choose not to attend class. I don't think students should be penalized because they have other things to do during class time. For the most part, we are all adults, and sometimes we have to make the decision to go to class, or not, depending on the other things we have on our plate that week.

Sometimes I learn better on my own. An instructor's teaching style does not always mesh well with my learning style. Having slides posted on WebCT avoids this exact issue, because, if need be, I can teach myself. This technique is not unheard of. Harvard has some of their professors post their full lectures online – all I am asking for is a full set of slides. Don't get me wrong, there are courses where the in-class instruction is enough for me. But I am not everyone, and because it works for me does not mean it works for the masses.

### Great for viewing marks

Now, for my favourite part of WebCT – having the ability to look at my marks throughout the school year. This is amazing! When you complete a quiz, test or assignment it is nice to be able to turn on your computer from the comfort of your own home and take a peek at your grades. Now when I have completed assignments or tests and I go to check my grades on WebCT and they are not there it is not nice, it's frustrating. Why can't instructors update our marks on a regular basis? I know it is possible because I have instructors who do just that. Are the rest just lazy? Or do they just not care? I'm going to give them the benefit of a doubt, and assume they do not understand the stress that goes along with waiting for marks. I understand it will take a little more time to post grades regularly, and that instructors are busy people. But trust me, we students understand your pain. Not only do we attend your classes, some of us have two jobs on the side, myself included, yet we are still expected to finish our assignments on time and take exams on our schedules.

NAIT is an institute of technology, key word, technology. I think it's time a standard is set and instructors start using the technology they're provided with to their fullest potential. Please.

— Letters —

## A proof completed

Dear Student Editor:

All the carbon dioxide in the atmosphere, if concentrated, forms a layer just three metres thick. With an instructor's help, I filled a three-metre tall bag with carbon dioxide. The objective was to prove that the

gas emits almost no infrared, and so it should not be called a greenhouse gas.

An infrared thermometer, pointing skyward, was positioned inside the bag at the bottom of the bag. Then a cover at the top of the bag

was removed, so that sky temperature could be measured. Sky temperature was identically cold when measured outside the bag, which completed the proof.

Sincerely,  
R. Blakely

## Your views are important

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

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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

## Ooks are golden at nationals

By **LONDON MOSKOWEC**  
Dept. of Athletics and Recreation

For the second year in a row, the NAIT Ooks badminton team has captured a pair of gold medals at the 2009 Canadian Colleges Athletic Association national championship at Humber College in Toronto.

Reigning national champion Dan Kai successfully defended his national men's single title against Shawn Zhang of Douglas College of the British Columbia Colleges Athletic Association in two sets (21-19, 21-17). The native of Xi'AN, China showed tremendous composure in the match against Zhang, who had previously pushed Kai to three sets in their round robin matchup.

### 'Tremendous achievement'

"The coaches and players are so proud of Dan," said head coach Jordan Richey. "Defending your national title at this level is a tremendous achievement and shows just how talented a player he is and how tough he is mentally."

"His final match against Shawn Zhang was at such a high level, it was very comparable to last year's final [against Kiran Bogavelli of Capilano College]."

NAIT's mixed doubles pairing of Joey Vandervet and Sinead Cheah also won a gold medal against Douglas College's duo of Andy Cheung and Amy Leung in two sets (21-11, 21-15). This was the first CCAA mixed doubles gold for NAIT in the school's history.

"I was quite surprised that in their first year and at such a young age that they were able to win gold," said Richey, "but pleasantly surprised. This was a great way to cap off their first year playing at the college level."

The Ooks also took home silver and bronze in women's singles. Ogul Kaltakci upset her teammate and defending women's singles champion Yang Sun in their semifinal match in three sets (21-10, 15-21, 21-18). Sun had previously defeated Kaltakci in the Alberta Colleges Athletic Conference provincial championship.

Kaltakci lost in the gold medal match to Douglas College's Lynn Haung in two sets (21-8, 21-10), while Sun defeated former NAIT Ouk Karen Ng, now at Georgian College in two sets (21-15, 21-14) in the bronze medal match. Ng

played at NAIT for two years from 2005-07.

"Ogul's mindset going into the tournament was that she could beat anybody, including Yang Sun, who she's lost to all year," said Richey. "Every time the two played, Ogul got closer and closer to victory and in her mind there wasn't anybody at nationals that could beat her."

"She came up against a world class competitor in the final and put in a great effort."

Kaltakci was the only player not seeded first or second after the round robin to reach a championship match. She was seeded third after a 3-2 record in the round robin, including a three set loss to Sun.

NAIT's other mixed doubles team of Jonathan Chang and Natalie Neumann lost in the bronze medal match to Mike Del Fante and Kayla Odorizzi of the Ontario Colleges Athletic Association's Cambrian College in two sets (21-10, 21-15).

"I feel bad for Jon and Natalie because they wanted it more than anyone else," said Richey. "We expect them both back next year, though. After building upon their experience at Humber, I think they'll have a strong chance to win a medal at next year's nationals."

Only NAIT and Douglas College captured gold medals this year, with NAIT winning the men's singles and mixed doubles titles, while Douglas took home the women's singles and both the men's and women's doubles titles.

Douglas College captured the team championship with the top overall record in the round robin.

### NAIT to host in 2010

All the members of team BCCAA and team ACAC qualified for the gold medal matches except for Kaltakci, who qualified from the ACAC wild-card team.

NAIT will host the 2010 CCAA national championship. NAIT has hosted three times previously, the last in 2002.

"We're very excited to be hosting nationals next year," said Richey. "It will be tough to top Humber, as they hosted the best nationals I've ever seen, but I'm confident that the NAIT staff will be able to put on a first-class event."

"We're getting closer and closer to surpassing Douglas and it would be unbelievable if we could do that next year at home and win the team championship."



Photo by Jes Wojkowski

Ook badminton player Joey Vandervet sets up for a return during the CCAA national championships at Humber College in Toronto. Vandervet teamed with Sinead Cheah to win the gold medal in mixed doubles competition.

## Athletes of the week

March 2-March 8

### Sinead Cheah Badminton



In her first year with the NAIT Ooks badminton team, Sinead captured a gold medal at the CCAA national championships at Humber College in mixed doubles with partner Joey Vandervet. Sinead and Joey recorded a perfect 7-0 record over the weekend and defeated the BCCAA champions Andy Cheung and Amy Leung of Douglas College in the championship match in two sets (21-11, 21-15) to earn the first national mixed doubles title in NAIT's history. "Playing in front of friends and family, Sinead was unstoppable and easily the top female in the mixed doubles event," said head coach Jordan Richey. A first-year student from Toronto, Sinead is enrolled in the academic upgrading program at NAIT.

### Ogul Kaltakci Badminton



After qualifying for the semifinals at the CCAA national badminton championship as third seed in women's singles with a 3-2 round-robin record, Ogul, a first-year ESL student from Corum, Turkey, experienced her finest moment as she upset the defending women's singles champion and teammate Yang Sun in three sets (21-10, 15-21, 21-18). Ogul came home with a silver medal after losing to Douglas College's Lynn Haung in the championship match. "Ogul fought all year to try and beat her teammate and rival Yang Sun, and she accomplished that it at just the right time for her, in the semifinals at Nationals," said head coach Jordan Richey.





# 2 minutes in the box

NAHREMAN ISSA



**Our own Nahreman Issa with the one and only Richard Simmons during his recent appearance in Edmonton.**

Ladies and Gentlemen: I have met the one and only RICHARD SIMMONS. I know right now, in a school filled with a lot of apprenticeship students, they are pretending to not care or even know who he is. But I know that's a lie. Everyone knows the little munchkin who wears sparkly tank tops and beyond short shorts (it looks like a bedazzler attacked his clothing).

I jumped at the chance to do a one-on-one interview with him for CTV News when he rolled into town for the Health & Wellness show on Feb. 27. The flamboyant, high energy, totally gay (in the old fashioned way, not in the way you see scrawled in a bathroom stall when a girl wants to get back at a guy so she writes, "Steve is gay") way!

Anyway, Simmons had a lot to say about an epidemic that is the most preventable cause of illness and death in North America. Over 50 per cent of Americans are overweight while in Canada, about 40 per cent to 60 per cent have a weight problem.

Simmons takes a different approach to the way he works out. To him, it's all about having fun.

"I always use silliness and fun to get a point across," said Simmons. "The point is too many people don't take care of themselves. They take care of their cars, take care of their computer, their phone better than they take care of their own body."

It's that reasoning that has the 60-year old exercise enthusiast travelling more than 200 days a year to spread his message. Simmons knows first hand what it's like to be overweight – he weighed almost 300 pounds at one point in his life. It was his struggle to lose weight that inspired him to help others.

"I lost weight in so many ways that was bad for me," said Simmons. "I took 30 laxatives a day, I was throwing up three to four times a day and I finally starved and lost 123 pounds in two and a half months and ended up in the hospital."

It was that wake-up call that made Simmons change his attitude towards life and most important, himself. He

says low self esteem is the biggest obstacle plaguing obese people.

"Don't put yourself on the backburner," Simmons said. "Look in the mirror and give yourself three compliments every day. Start to build up your self esteem. Because when you build up your self esteem and your self worth, then you don't want to eat the junk, then you don't want to sit and watch television all day long."

Simmons has been extremely successful in his career. He has written more than 10 books, released numerous exercise DVDs and even had his own show. But it's his success in understanding older people with obese issues that makes him so popular.

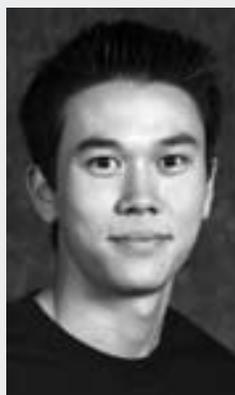
"I make everyone feel like they are at a prom or at a dance rather than an exercise class," Simmons said. "That's why I travel and teach my classes because no one teaches classes like me because I've been doing them so long."

It's that message that Simmons wants to get across. He says exercise can be fun, eating healthy can be easy and most important, loving yourself can make all the difference in the world. And his message comes out loud and clear – just like his personality.

## Athletes of the week

March 2-March 8

**Joey Vandervet**  
Badminton



Joey, a first-year academic upgrading student, captured the gold medal in mixed doubles with partner Sinead Cheah at the CCAA national badminton championships at Humber College this past weekend. Joey and Sinead were undefeated in the tournament and earned gold by defeating Andy Cheung and Amy Leung of Douglas College in the championship match in two sets (21-11, 21-15). "I wasn't really sure what to expect from Joey at nationals as a first-year player," said head coach Jordan Richey. "He was relaxed the whole time, got the job done, and brought home a national championship title. He has a bright future in this sport." Joey is from Brantford, Ontario.

**Dan Kai**  
Badminton



Dan Kai, a second-year ESL student from Xi'AN, China, successfully defended his CCAA national badminton men's singles title at Humber College this past weekend. Dan was 7-0 in his matches, losing only one set in the round robin. In the gold medal match he defeated the BCCAA champion Shawn Zhang of Douglas College in two sets (21-19, 21-17), to retain his championship title. "Dan showed once again that he's the top badminton player at the college level in Canada," said head coach Jordan Richey. "He always takes his game to another level when he has to. He's so calm on the court, his composure is second to none."

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## MEN'S HOCKEY

# Ooks ousted from playoffs



By **LANDON HOMMY**  
Assistant Sports Editor

The Ooks men's hockey team was eliminated from the playoffs this past weekend (March 6, 7) at the hands of the Mount Royal Cougars.

The best-of-five series stood tied at 1-1 entering last Friday's game at NAIT, but back-to-back victories for the southern rivals closed out what many predicted would be an Ook victory.

Ranked 2-3 entering the playoffs, NAIT and Mount Royal swapped victories on home ice two weeks ago.

NAIT head coach Terry Ballard decided to go with netminder Anthony Heuer in Game 3 after a great week in practice, as the Ooks were determined to regain the series advantage before heading back to Calgary on Saturday.

The first period saw the Ooks do just that with Mark Nelson putting one past

Cougars goaltender Jordan McLaughlin. However, Coleton Theilmann tied things up with a quick shot off the faceoff, reminding the home squad that they could expect a far better effort than the one they witnessed the Friday before, a 3-0 NAIT victory. Entering the second period, it was clear it was going to be a close game.

"Both teams play a real strong brand of hockey, and have a lot of depth, so you're going to see those tight games," said Mount Royal coach Jean LaForest.

The second period saw each side put up two goals with Nick Stermer, Ben Stokes converting for the home side. However, McLaughlin made a couple of highlight-reel saves to keep the Ooks from pulling ahead.

The third saw the physicality increase, intensifying an already close game. Bret Pepler tied the game at four after Mount Royal went in front early in the frame, leaving the anxious crowd thinking they would get some overtime entertainment.

But with 30 seconds to go, Theilmann scored an identical goal as his first by snapping one past Heuer off the hat trick in the 6-4 win.



Photo by Carla Pearson

**Ook goaltender Anthony Heuer has more than just the puck to deal with in last Friday's playoff game against the Mount Royal Cougars. NAIT lost the game 6-4 and one in Calgary on Saturday 6-2 and was eliminated from the ACAC playoffs.**

The teams again spent Saturday morning on the road to Calgary. With Ziegler getting the start. The team repeated a poor start from their last appearance at the rival

rink, and couldn't recover. Sparring you the gory details, it ended up 6-2 in favour of the Cougars, with McLaughlin putting in another solid game.

"The story of the series was unlucky bounces," said NAIT forward Jared Smale.

"It kind of just fell apart at the end there."

## WOMEN'S HOCKEY

# Looking to next year

By **AMBER TIENKAMP**  
Sports Editor

Finishing last place in the division isn't an improvement. However, for the Ooks women's hockey team, the season itself was an improvement over last year.

The women doubled their wins from last season, going from three to six. First year head coach Deanna Iwanicka, who joined the Ooks this past July, says the year was about transition, not winning.

"I came in late, and missed the regular recruiting season ... now this year we have a fresh start and we can move forward," she said.

Iwanicka says that even though the team had a tough season, while it's not an excuse, it does

hurt the team's confidence and mental set. You may recall seeing the ad in the *Nugget* calling for a female goalie. The Ooks lost four goalies this season, one to mono, one to a knee injury, one goalie failed out of school and starting goaltender Lauryn Dzioba was lost to a concussion.

They also lost three defencemen throughout the year. Anyone who has ever played a sport knows losing four players is tough, especially from the same position. Iwanicka knows a change is needed but that the team's problems couldn't be solved last year by having a new coach.

"The team needs to change, and the mental set," she said.

"My job is to instill that hope and confidence

that we can and will improve."

Iwanicka's team will have between eight and 13 players returning, and for most of those players it will be their last year. Iwanicka hopes the returning players will have some extra drive, and be up for the challenge. There will be a recruiting camp from April 3-5, and it will be an opportunity for the team to increase its depth of talent and attract academic as well as skilled players.

"We have to move forward," says Iwanicka.

"Even with all those problems last year, we were still able to come to the rink day after day with confidence and get on the ice."

And there is nowhere for the team to go but up.



**Deanna Iwanicka**  
"We have to move forward"

# ACAC Playoff Results

## MEN'S HOCKEY PLAYOFF RESULTS

March 6

**MRC 6, NAIT 4**

(MRC leads series 2-1)

Concordia 4, SAIT 3

(SAIT leads series 2-1)

March 7

**MRC 6, NAIT 2**

(MRC wins series 3-1)

Concordia 3, SAIT 2 (2OT)

(Series tied 2-2)

March 8

SAIT 3, Concordia 2 (OT)

(SAIT wins series 3-2)

## WOMEN'S HOCKEY PLAYOFF RESULTS

March 6

U of C 4, MRC 3  
(U of C leads series 1-0)

March 8

MRC 1, U of C 0 (3OT)

(Series tied 1-1)

## MEN'S BASKETBALL PLAYOFF RESULTS

March 6

Semifinals

MRC 72, Lethbridge 69

Concordia 81, RDC 80

March 7

Bronze Medal Game

Lethbridge 91, RDC 62

Gold Medal Game

MRC 81, Concordia 68

## WOMEN'S BASKETBALL PLAYOFF RESULTS

March 6

Semifinals

MacEwan 76, King's 61

Concordia 60 - Lethbridge 86

March 7

Bronze Medal Game

King's 66, Concordia 60

Gold Medal Game

Lethbridge 81, MacEwan 78

## MEN'S VOLLEYBALL PLAYOFF RESULTS

March 1

GPRC 3, Briercrest 1 (18-25, 25-14, 25-21, 28-26)

RDC 3, Keyano 1 (20-25, 25-21, 25-20, 25-18)

## Bronze Medal game

Medicine Hat 3, SAIT 1 (23-25, 25-14, 28-26, 26-24)

## Gold Medal game

MacEwan 3, MRC 2 (19-25, 23-25, 30-28, 25-20, 15-11)

## WOMEN'S VOLLEYBALL PLAYOFF RESULTS

March 1

Medicine Hat 3, SAIT 2 (18-25, 28-26, 23-25, 25-21, 15-12)

Lakeland 3, King's 2 (12-25, 23-25, 27-25, 25-21, 15-12)

## Bronze Medal game

GPRC 3, MRC 1 (25-22, 25-21, 22-25, 28-26)

## Gold Medal game

RDC 3, MacEwan 1 (25-17, 22-25, 27-25, 25-13)

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# ENTERTAINMENT

## Funny ... kind of



**Brent Constantin**  
Didn't disappoint

By **NAHREMAN ISSA**

“What’s the deal with airplane food?”

For those who don’t get it, it’s a *Saturday Night Live* skit from back in the mid-90s when Jerry Seinfeld was the guest host – it was during the skit “Stand-Up & Win” where stand-up comedians compete for cash. Hilarious stuff!

While trying to do stand-up comedy takes guts, some people should just not do it. This comes on the heels of watching some wannabe comedians perform at The Laugh Shop – with one of those people being your NAITSA President, Brent Constantin.

Constantin was one of many students that took to the stage last Wednesday as part of Metro’s Continuing Education Stand-up Comedy course. While it does take guts to get up on stage and really open yourself to strangers, it just gets awkward when the person is just not funny.

We were treated to 10 comedians that

night – including the five students from the class. In fact, the students were like the start of a joke. There was Constantin, the Whyte Avenue chick, the lady with the bif (butt in front) and a guy who was a little slower, mentally. Now imagine them walking into a bar ...

Howie Miller was the headliner and

**While trying to do stand-up comedy takes guts, some people should just not do it.**

for those who have seen him before know he is the funniest local comedian. Too bad I can’t say the same about the host. He was the instructor from Constantin’s class and was the most unfunny person ever. He sucked! He went on for about half an hour in the beginning and then during every intermission between comedians, and I wanted to bash my head into the table whenever he came on. He would spit (and sitting in the front row, not fun) and was just not funny. I could have done a better job and trust me, I was so close to grabbing that mic and ending everybody’s misery.

To believe he teaches a class on stand-up comedy when he’s the most

unfunny person ever is hard to fathom.

The students on the other hand, weren’t so bad. Good for them for getting up and doing something as brave as stand-up comedy.

But some should stick to their day job. Constantin was the last student to take the stage and he didn’t disappoint. His shtick was about shaving ... yes, the ever funny world of removing facial hair. But he made it funny! He did have a tiny hint of creepiness with the voice and the facial expressions, but those who know Constantin aren’t too surprised. He definitely had the most laughs from all the students.

My favourite part of his skit wasn’t even a part of it. When he got on stage, somebody called out his name and he told her that he had limited time ... sorry, that was much funnier in person than in print.

While I can’t go into details about his skit, it was about five minutes, and the laughs he got were truly genuine.

In the end, it was a fun night, mostly saved by Miller, though, and the one comedian who joked about *Crimestoppers* re-enactments!

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Register your talent at E-131 by March 26th.

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

\* All skills registered must be in reasonably good taste and be safe to perform in public.

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

FOR YOUR LISTENING PLEASURE ...

# \$3.99 mix-tape



**MACKENZIE MARSHALL**  
Issues Editor

In my recent travels, I picked up some tickets to see "The Gaslight Anthem" next month. Doing this seemingly ordinary activity soon led to a discussion with some friends about the

greatest concerts we have ever been to. When it was my turn to think of a few, I realized that I have been lucky enough to attend several amazing shows by lots of different bands: Coldplay, The Red Hot Chili Peppers and Kanye West, just to name a few. So, for this week's \$3.99 Mixtape, I have picked some tracks, in no particular order, that I believe are the greatest songs I've ever seen performed live. They may not flow together that well, but they are definitely a grouping of some simply amazing songs.

- 1) (I Can't Get No) Satisfaction – The Rolling Stones
- 2) Crash into Me – Dave Matthew Band
- 3) It's a Man's Man's Man's World – James Brown
- 4) 1,2,3,4 – Feist

- 5) Gone Daddy Gone – Gnarlles Barkley
- 6) Get 'em High – Kanye West
- 7) One Love – Nas
- 8) Till Kingdom Come – Coldplay
- 9) Let's Get Lifted – John Legend
- 10) Otherside – Red Hot Chili Peppers
- 11) 4am – Our Lady Peace
- 12) Hurt Me Soul – Lupe Fiasco
- 13) Andy, You're a Star – The Killers
- 14) The Love Song – k-os
- 15) The Thin Line – Jurassic 5
- 16) Why Georgia – John Mayer
- 17) Major Label Debut – Broken Social Scene

# Pontypool worth talking about



**BRYCE ALTHOUSE**  
Entertainment Editor

I love zombies. Well I don't physically love zombies, but when it comes to choosing a movie to watch I'll gladly take something featuring hordes of the undead over the next Drew Barrymore-pimping romantic comedy. When I was presented with the chance to see an advance screener of director Bruce McDon-

ald's pet horror film project known as *Pontypool*, I didn't walk to the theatre, I ran. But, as McDonald has said, this movie is not another zombie movie. Instead he describes the infected of Pontypool as "conversationalists."

Now while that may sound confusing, it makes sense once you see the movie and the effect of this new "twist" is nothing short of shocking.

Set in the small Ontario town of Pontypool (an actual community), the film centres around protagonist and shock jock radio host Grant Mazzy (Stephen McHattie) and his radio team, who start taking reports of extreme and bloody incidents happening throughout the town of Pontypool. What starts as an isolated incident soon unfolds into a worldwide epidemic as it is discovered that

the infection that is causing all of this violence is spread through the use of the English language. What follows is a very powerful and interesting horror film that plays on your sense of fear by using isolation and a sense of being alone, rather than the commonplace hyper-realistic blood and gore that is sprayed all over in a majority of today's horror films. For me, this creates more realism and credibility than any other method and had me thinking what exactly I would do if I was put in the main character's shoes.

Soon after I watched the advance screening



**Lisa Houle and Stephen McHattie in Pontypool.**

of *Pontypool*, I was offered a chance to interview the director himself, the aforementioned Bruce McDonald. The interview will run in next week's *Nugget*.

Meanwhile, I thoroughly recommend this movie.

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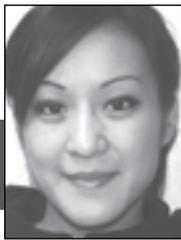
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## ADALINE – FAMOUS FOR FIRE

# Sweet Adaline



**LEANNE TRUONG**  
Assistant Entertainment Editor

Soulful, free spirited, angelic.

Those are just a few words I could use to describe Adaline's album *Famous for Fire*. The Canadian songstress reigns over the Vancouver music scene with an amazing compilation of her own writings that has many resemblances to the *OC* sound tracks. If you are familiar with those albums, a lot of those songs are contemporary and mellow songs that played well with the "oh so dramatic" scenes of the series.

That being said, I believe Adaline's album could take over all five sound tracks from that series with her soulful, powerful music. I can't believe I didn't discover her CD earlier!

Now ... to convince my friends how amazing this CD is. Although you probably won't hear any of these songs on The Bounce or SONIC 102.9, your best bet would probably be EZ Rock because we all know EZ Rock is pretty amazing (calling Michael Buble, anyone?). This Canadian indie singer is taking the rest of Canada by storm and will probably be up in the ranks with other fellow

Canucks like Feist and Metric. It should be soon that she gets more recognition for her work.

*Famous for Fire* has so many interesting, emotional tracks that you will probably zone out while you're listening to them, because it's that tantalizing. Adaline falls into the same category as Norah Jones, Adele and, well, any other contemporary artist out there. She's already been praised by the Edmonton Journal, so why let it stop there?

Inside the CD cover it says "Adaline: vocals, piano, Rhodes, Wurlitzer, organ, glockenspiel." I don't even know what a glockenspiel is ... but that is some serious dedication to her work! She successfully puts out a work of art that I personally won't be putting away for a while. If only I could carry a tune as solid as the one she sings. Some of my favourites and soon to be yours are: *Famous for Fire*, *Whiter/Straighter*, *Poor You*, *Meaningless Meeting*, *Plane to Nowhere*, *Clean*, *State of Mind*, and *We've Got Something*. The rest will probably grow on me once I listen to the CD a couple more times.

Seriously, check this CD out. If you don't like it, give it to your sister, girlfriend, cousin, mother, father, or even neighbour! Hey, I'm only being persistent because this CD is the next big thing. There is no denying that some of these songs could play background to any *Gossip Girl* episodes, because it's great music that can set any scene. This rising Canadian songbird is alluring and will probably soon head for Juno gold.



Arlene Dickinson, CEO,  
Venture Communications Ltd.  
As seen on *Dragons' Den*,  
CBC TV



## Speaking from the Dragons' Den

NAIT welcomes Arlene Dickinson, high-powered marketing entrepreneur and well-known "dragon" on CBC's hit TV show *The Dragons' Den*, for two exciting speaking engagements.

### Q & A Interview

Thurs. March 26, 3:00 p.m. NAIT Shaw Theatre  
Hosted by local broadcaster Lynda Steele

FREE ADMISSION for NAIT students - you must RSVP by March 16 to [mparker@nait.ca](mailto:mparker@nait.ca). Seating is limited. Some programs have already reserved seats, so please check with your instructor before RSVPing.

Have you got a question for the dragon? What would you like to know from this 20-year marketing veteran, now CEO of one of Canada's largest independent marketing firms? Submit your questions to be asked at the Q & A event before 3:00 p.m. on March 16, and you could be one of four students chosen to have dinner with Ms. Dickinson! For questions and contest criteria, email [mparker@nait.ca](mailto:mparker@nait.ca).

### An Evening with Arlene Dickinson

Thurs. March 26, 6:30 p.m. NAIT Shaw Theatre

Tickets \$20.40; includes pre-presentation reception with light refreshments. Tickets available at NAIT Bookstore (main campus), or purchase online at [www.nait.ca/dragonsden](http://www.nait.ca/dragonsden)

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**HOT SINGLE OF THE WEEK**



Photo by Javier Salazar

**Miguel**

Miguel is a 21-year-old Marketing and Business Administration student who took some time to answer a few Hot Single questions.

**H.S.** – What do you look for in a girl?

**M.** – She should be fun, adventurous, intelligent

**H.S.** – What's your favourite part of your body?

**M.** – Chest

**H.S.** – Where would you take someone on a first date?

**M.** – A nice restaurant, perhaps a walk

**H.S.** – Do you kiss on a first date?

**M.** – If I find the right moment.



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# Grapevines

Thank god for 7-11. Where else can you buy a box of condoms at 4:30 in the morning?

– *Guy Incognito*

•••

Way to get sports writers who actually know something about what their topic. Plus the editor is hot!

– *Sports Fan*

•••

People shouldn't have to live in these weather conditions

– *A respected meteorologist*

•••

The best looking people on cam-

pus are either in the fitness, television or dental hygienist's program. Believe us, we've looked.

– *Single people*

– *hot single is right*

•••

How cold does it have to be for winter to finally be over? Apparently in March it doesn't have to be over -10C ... and why would it? We all know that spring doesn't happen until mid July.

– *Cold Hearted*

•••

Is it just me or is the Fresh

Express amazing. Well, considering it is a school cafeteria. lol

– *LOVES FRIES*

•••

I am tired of walking to the Tim's in the HP Centre and have the guys there stare at my chest like they have never seen tits before. Well get over it boys, across the room is as close as you're getting to them!

– *busty beauty*

•••

I was thinking about Starbucks the other day ... when I mean the other day, of course I mean every

five seconds and was thinking to myself when would Starbucks get the equivalent of the famous "Roll Up The Rim To Win." What would they call their version? Perhaps something like, "Roll up The Most Expensive Over Priced Coffee In The World's Sleeve"... OK, so that wouldn't go well considering that Starbucks wouldn't want to say that they are overpriced. Damn it, Starbucks! When are you going to have a contest. They're fun and profitable! I'm sure that Timmy's gets a whole lot of extra business around

this time of year. What about you guys?

– *Hot Coffee Contes*

•••

I am so tired of this winter weather. When will I finally have something worth waking up for. I hate that nothing is keeping me warm outside my house or in my bed.

– *lonelytiredt*

•••

Can we please see more hot singles with less clothing!?! Finally something worth looking at in this paper.

In Grapevines, you can speak anonymously to other students. Contributions: [grapevines@thenuggetonline.com](mailto:grapevines@thenuggetonline.com)

## CLUBS CORNER

### Upcoming events

#### NASS

Event: Silent Auction  
When: Saturday March 14; 6 p.m.  
Where: Canadian Brewhouse

#### Bio Sci

Event: Date Auction/Beer Gardens  
When: Tuesday, March 17; 3:30 p.m.  
Where: 8th floor Tower Lounge

#### PFT 2010

Event: Bake Sale  
When: Tuesday March 17;

11 a.m. to 1 p.m.

Where: HP Centre 2nd floor

#### Bio Sci

Event: Garage Sale  
When: Wednesday March 25  
and Thursday March 26

Where: North Lobby

#### CETSC

Event: Bubble of Doom  
When: Thursday April 2; 3:30 p.m.  
Where: The Annex Dock

## St Patrick's Day Beer Gardens

And Date Auction  
Cheap Beer, Highballs  
Shot Ski

Location: Business Tower  
Top Floor  
Date: St. Patty's Day  
March 17  
Time: 3:30pm – Midnight

Come join NAIT Bio Sci for a great time....Don't forget to wish Heather a happy birthday.

MIDTERMS ARE OVER...  
**TIME TO GET LUCKY!**  
SIFE NAIT FUNDRAISER

**\$3.75 HIBALLS ALL NIGHT LONG FRIDAY, MARCH 13**

TICKETS ARE \$5 AND INCLUDE PRIORITY ENTRANCE, FREE ADMISSION AND \$10 CASH BEFORE 11 PM  
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TICKETS ARE AVAILABLE AT NAITSA - ROOM E131

UNION HALL PAID 2 PARTY  
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# Want to volunteer? Classifieds

## The Edmonton Brain Injury Relearning Society (EBIRS) Volunteer Computer Techs and Tech Assistants Needed

The Edmonton Brain Injury Relearning Society (EBIRS) is a community-based rehabilitation program established in the early 1990s in response to the need for brain injury rehabilitation. All of our participants are survivors of Brain Injury.

The Computer Refurbishing Program is operated by volunteers. Used computers and computer parts are donated to EBIRS from individuals in the community, companies, schools and several other organizations.

Volunteer computer technicians and tech assistants completely swipe clean the donated computers, and begin the refurbishing process. The Reconnecting Program Computer Refurbishing is part of the Microsoft Authorized Refurbished (MAR) Program.

Through this program, Microsoft provides operating systems at a reduced cost which EBIRS purchases and installs on all donated computers. Each computer package includes a tower, monitor, mouse and keyboard. The computers are then sold to Brain Injured Survivors and Individuals of low income for \$50. Without volunteer technicians we could not offer this valuable service.

This is an excellent opportunity to add to your resume and to gain valuable work experience. If anyone would like to volunteer with EBIRS please contact Jean Roy at (780) 477-7575 ext 26.

## Habitat for Humanity Office Assistant

Habitat for Humanity Edmonton is looking for volunteers to answer phones and do some light duty office work. Shifts are from 9-5 p.m. on weekdays. These volunteers must make a commitment of one day per week.

If you or anyone you know is interested in this position please contact Angela Robichaud to apply: [arobichaud@edmonton.hfh.org](mailto:arobichaud@edmonton.hfh.org) or 780-479-3566 ext 223.

## Habitat for Humanity Maintain Prefab Shop

Volunteer needed to maintain prefab shop at Habitat for Humanity Edmonton located at 8210 Yellowhead Trail NW. Duties will include maintaining order in the shop, putting away tools and equipment and assisting with loading and unloading equipment. Ability to lift 30 pounds, follow the instructions of a supervisor and climb stairs comfortably. Work times can be flexible; looking for two full days a month or four half-days, M-F. If interested, please contact Louise Henein at (780) 479-3566 or [lhenein@edmonton.hfh.org](mailto:lhenein@edmonton.hfh.org).

## LIFESTYLE HELPING HANDS

We are a non-profit organization serving seniors in Southwest Edmonton. Our goal is to assist seniors in remaining independent in their homes. We need snow shovellers, housekeepers, handymen and seasonal gardeners. Snow shovelling is currently our main priority. Pay for the above positions would be negotiated. An average amount would be approximately \$20 per hour.

We are also seeking volunteer drivers (honorarium) to transport seniors to various appointments and to do shopping. The amount for an hour and a half of a driver's time would be \$9. Contact:

Lifestyle Helping Hands Seniors Association  
4069 106 St.  
Edmonton, AB T6J 2S3  
Phone: (780) 450-2113

## Make money, golf for free!

Coloniale Golf Club  
Hiring for all positions  
Lounge, Banquet, Kitchen, Guest Services, Ground Maintenance  
Fax 780-929-2540  
E-mail: [cjaciuk@coloniale.ca](mailto:cjaciuk@coloniale.ca)  
Phone: 780-929-4653, ext. 221

## Spacious, upper floor two-bedroom apartment

Partially to mostly furnished. Decks on both sides.  
Private entrance. Utilities included. No pets, no smoking.  
\$850 per month. Damage deposit negotiable.  
Available immediately. Call 780-471-0859

## 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](http://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.

## NEW 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.



**NEW!**

## 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](http://www.nait.ca/counselling)

## TOP 10 TIPS

# Do you have an eating disorder?



**MARGARET MAREAN**  
NAIT Student Counselling

An eating disorder is a set of eating habits, weight management practices and attitudes about weight and body shape that are caused by emotional problems. Eating disorders result in loss of control or over-control around food, and often lead to obsession, anxiety and guilt, alienation from yourself or others and/or physiological imbalances which are potentially life-threatening.

Eating disorders are experienced by both males and females and include anorexia nervosa, bulimia nervosa and compulsive overeating. All are serious emotional problems that can have life-threatening consequences.

People with anorexia have an intense and irrational fear of body fat and weight gain, an incredibly strong determination to become thinner and thinner and a misperception of body weight and shape. Thoughts about food, calories, weight and weight management dominate the person's life.

**Bulimia** is characterized by self-perpetuation and self-defeating cycles of binge-eating and vomiting. During a binge, the person consumes a large amount of food in a rapid, automatic and helpless fashion. The food may act

like an emotional anesthetic but the person usually experiences physical discomfort and anxiety about weight gain. Therefore, the person makes her or himself vomit or uses a combination of restrictive dieting, excessive exercising, laxatives and/or diuretics.

**Compulsive overeating** is characterized by periods of impulsive gorging or continuous eating. Sporadic fasts or repetitive diets are common with compulsive overeaters, and body weight may vary significantly.

### What Causes an Eating Disorder?

Eating disorders arise from a combination of long standing psychological, interpersonal and social conditions. Feelings of inadequacy, depression, anxiety and loneliness, as well as troubled family and personal relationships, may contribute to the development of an eating disorder. Our culture, with its unrelenting idealization of thinness and the "perfect body," is often a contributing factor.

Dieting, bingeing and purging help some people cope with painful emotions and, initially, to feel more in control of their lives. At the same time, these behaviours undermine physical health, self-esteem and a sense of competence and control.

**Assessing Your Risk** (this is not meant to replace a discussion with a qualified professional)

1. \_\_\_ My eating habits are different from those of my family and friends
2. \_\_\_ I have become obsessed with food to the point that I cannot go through a day without worrying about what I will or will not eat. A high percentage of my time is spent thinking about food, weight, body fat, hunger and/

or exercise.

3. \_\_\_ I would panic if I got on the scale tomorrow and found out I had gained two pounds.

4. \_\_\_ I find myself going on uncontrollable eating binges during which I consume large amounts of food to the point that I feel sick and make myself vomit OR I find myself compulsively eating more than I want to while feeling out of control and/or unaware of what I am doing OR I have lost weight and am currently below the minimum recommended weight for my height.

5. \_\_\_ I have felt more depressed and irritable recently than I used to and/or have been spending an increasing amount of time alone.

6. \_\_\_ The most powerful fear in my life is the fear of gaining weight or becoming fat.

7. \_\_\_ I exercise a lot (more than five times per week and/or more than five hours per week) as a means of weight control.

8. \_\_\_ I tend to be a perfectionist and am not satisfied with myself unless I do things perfectly.

9. \_\_\_ Even though people tell me I look good, I think they are being polite and I still believe I need to go on a diet because I am not satisfied with my body.

10. \_\_\_ I spend, or have spent, a substantial amount of time reading books, websites or magazines about dieting, exercising and calorie counting.

If you checked two or more of the above questions consider seeing a counsellor or family physician to determine whether you may have an eating disorder or a tendency toward developing an eating disorder. Seeking help early on

makes it easier to overcome a disorder.

### How to Help a Friend You Think May Have an Eating Disorder

- Approach your friend in a private place when there is time to talk. Be caring but straightforward and tell your friend what you have observed and what your concerns are. Let him or her know that you are worried and want to help.

- Give the person time to talk and encourage them to verbalize feelings. Ask clarifying questions. Listen carefully and be non-judgmental.

- Try not to get into a power struggle about whether there is a problem or not. Just let your friend know that you are concerned.

- Offer to help the person make an appointment with a counsellor. If they are resistant, encourage them to consider going for one appointment before they make a decision about ongoing treatment.

- If the person denies the problem recognize that this is often part of the illness. Unless the person's life is in immediate danger they have the right to refuse treatment.

- Do not continually bring the subject up or the person will resent you and may start avoiding you. By talking with the person and offering help you have done all that is reasonably expected and have, hopefully, planted a seed that may lead the person to seek help in the future.

*If you think you have a problem with eating or body image see a counsellor at NAIT Student Counselling. Book in person at Room O-117 or call 780-378-6135.*

## TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



# Apartment and condo safety



As students, many of you are living in an apartment or condominium far away from home. For some, this is a first time adventure that may be full of unwelcome surprises. When it comes to safety in your home, you must rely on good judgment. Here are some Do's and Don't's supplied by the Edmonton Police Service to help make your new adventure a little safer:

### DO:

- Do make sure all doors are locked after entering or exiting your building.
- Do ensure that the parkade car entrance door closes fully when entering or exiting. This will keep others out.
- Do notify the resident manager immediately when you notice suspicious people or vehicles in the parkade.
- Do ensure all valuables have been taken out of your vehicle and that the vehicle is locked when parked.
- Do confirm whom you are allowing into the building, especially through the intercom.

- Do pay notice to people inside your building if they look out of place or suspicious. Say "Hello!" and ask if they live in the building. Thieves hate attention.

- Do report suspicious people in or around the building property to the resident manager or call police if warranted.

- Do record all serial and model numbers and engrave all your property.

- Do make sure parkades, hallways and entrances are well lit. Notify the building manager if lights are burned out.

- Do get to know your neighbours. Learn whom you can trust and let them know when you are going to be away. Keeping informed and watching your neighbour's apartment is a great safety feature.

- Do be aware of your surroundings, especially in the laundry rooms, parkades and elevators.

- Do change the locks immediately when moving into a new residence. The residence manager should be able to assist you.

- Do use your through-the-door viewer (or 'peep hole'). If there is not one on your door, have one installed. A viewer with an 180 degree angle is the best.

- Do have your key ready as you approach the door. Do not hide spare keys.

- Do have emergency phone numbers listed on or near your phone.

- Do have an 'escape plan' that allows you to leave your residence quickly.

### DO NOT:

- Do not allow access to anyone you do not know or do not recognize. If you feel uncomfortable or impolite closing the door on a stranger when you enter the building, please consider it is for your own safety and the safety of your property.

- If a stranger comes to the door asking to use your phone, offer to make the call for them. Do not let them in.

- Do not give personal information to telephone solicitors or to 'wrong number' callers. Ask, "What

number did you dial?" and just tell them, "You reached the wrong number."

- Do not get on an elevator if there is someone on it you do not feel good about. Wait for the next one. Always stand near the elevator's control panel. This will allow you to get off on the next floor or sound the emergency alarm should you encounter a problem.

- Do not allow trees to block the view of your windows. Let people see what is going on outside your windows or patio doorways. Always close your curtains or blinds after dark.

- Do not put your name beside the apartment number at the entrance. Use "occupied" or nothing.

- Do not leave the opening to your mailbox uncovered, so no one can see if there is an accumulation of mail. Consider asking a friend or neighbour to take in your mail when you are away. In an apartment situation, you may ask the rental office to collect the mail until you return.

- Do not leave your lights on all night when you are away. This draws

attention to your apartment, especially if all other apartments in the area are dark. Use a light timer set in different rooms with different start/stop times to give your apartment an appearance of being occupied.

- Do not assume your apartment is safe from unlawful entry, even on the higher levels. Always lock your balcony doors and/or place a wooden stick cut to fit the slide area at the bottom of the door, thus preventing it from being opened from the outside.

These few Do's and 'Don't's could spell the difference between an enjoyable and a painful experience.

*If you have information regarding a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477).*

*Your identity will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.*

Everybody benefits, except the criminal.



Brittany Black  
and  
Colleen Nuc

# If you could acquire a super power, what would it be?



Swimming – so I can go off the deep end in all aspects of life.

**Jill Rice**  
Business Administration



Controlling cats with my mind.

**Jeff Rion**  
Carpentry



Make anything I want in origami.

**Lee Lamouche**  
Carpentry



Save the world with my wit.

**Mark Coley**  
Carpentry



I wish I was Buzz Lightyear.

**Rick Nybakken**  
Electrician

## Start Your Day in a Healthy Way!

### Join Our Breakfast with a V8 Challenge!

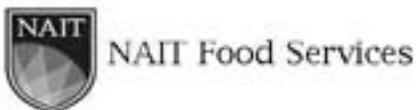


### Purchase any breakfast grill item & V8 juice product for a chance to win!

Bi-Weekly Draws: MEC Water Bottle & \$10 Gift Card  
Weekly Draws: \$50 MEC Gift Card  
Grand Prize: Nintendo Wii Console & Wii Fit

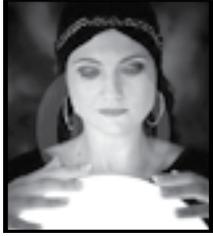
Participating Sites: Common Market, Fresh Express, Bytes, Embers, Bistro, Elements & Plates

Promotion ends April 3, 09  
Entry ballots at cashier stations





# 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)**

Woah, Horsey. You need to slow things down. You're way too far ahead, and you're going to get stressed out. Stop finishing all of your homework assignments. And try skipping a few classes this week. You'll be treated like shit, but you won't feel like it.

**Taurus (April 20-May 20)**

You're not a team player, and this week you will be crushed for it. Literally. Watch your back.

**Gemini (May 21-June 20)**

Tone down your "sucky-ness" this week. You're getting on everyone's nerves. You're unfortunate looking and you're terribly annoying. Having a Gemini within 200 metres of a house devalues its property value.

**Cancer (June 21-July 22)**

Your love life is hopeless. Unless of course ... you are drunk. Drink as much as you can, as often as you can and you will score some romantic successes (with other hopeless drunks... but hey ... take what you can)

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

This week you will be faced with the perfect opportunity to steal money from someone. Do it. Take

full advantage, and never look back.

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

The sad truth is that the Earth's natural resources are slowly dis-integrating. In a race to save the planet for another decade, Virgos are going to be the first to go.

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

You'll develop an itch. Don't go see your doctor. It will go away. Unless I'm wrong.

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

Change your e-mail address to something fun and youthful. Like Sweet\_buns\_69 hotmail.com or hockeystudd\_bauerboy@hotmail.com. You'll be a lot more respectable.

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

Start laundering your money. Keep the cycle on low heat and high speed. Remember to clean out the lint filter between each

stack of cash.

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

Easy on the burgers this week. Simply because you are a Capricorn, you have a 98 per cent higher chance of getting heart disease than any other sign. However, you have absolutely zero chance of being hit by a car, ever.

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

Ask someone out for a movie this week. The movie will be *Backdoor Sluts 9*. Trust us. It's gold.

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

When e-mailing, texting or even just talking, use more shortcuts. Lol, brb, lmao ttyl and omg's are going to take you a lot farther than you think. Throw them in your job applications and perhaps even slip one in during an interview. Technology is changing and so is language, Pisces will be the first to show them off.



**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.

March-09				
17	Tues	Run the Show! Learn leadership skills that will help you in the workforce	4:30-5:30pm	X205
19	Thurs	Run the Show! Learn leadership skills that will help you in the workforce	12:15-1:10pm	T112
25	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X215
April-09				
6	Mon	Meditation Basics- Learn how to relax before exams	12:15-1:10pm	Studio (S112)
7	Tues	Meditation Basics- Learn how to relax before exams	4:30-5:30pm	Studio (S112)
15	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X203

**QUESTIONS?? E-MAIL [askfye@nait.ca](mailto:askfye@nait.ca) OR VISIT [www.nait.ca/fye](http://www.nait.ca/fye)**

**Searching for employment?  
And a balance of work & play?**

Post your resumé. Connect with employers.  
[www.WorkPrinceGeorge.ca](http://www.WorkPrinceGeorge.ca)

**A CITY  
WHERE YOU CAN  
BALANCE BOTH**

**PRINCE GEORGE**  
*Life in perfect balance*



**EZZIE'S NIGHT CLUB**

*Industry Night Tuesdays  
Esmeralda's Salsa Fridays  
Student Appreciation Saturdays*

Visit our website at  
[www.ezziesnightclub.com](http://www.ezziesnightclub.com).

Check out our Facebook group  
Esmerald's Night Club!

Ezzie's Night Club | 11834 Kingsway  
780.453.7320





JR SHAW  
SCHOOL OF BUSINESS

## CAREER FAIR 2009

# WHAT'S YOUR NEXT STEP?

**Thursday, March 12**  
**10:00 am to 2:00 pm**  
**North & South Lobby**

Tailored for the graduating JR Shaw School of Business student, your upcoming Career Fair will offer opportunities to speak to a variety of potential employers about the many choices available upon graduation.

### Employers

- Accountemps
- Alberta Health Services - Edmonton Area
- Alberta Highway Services Ltd.
- ATB Financial
- ATCO Gas
- Banff Lake Louise Hotel Motel Association
- BMO Bank of Montreal
- Bridge Brand Food Services
- Canadian Forces Recruiting Centre (CFRC)
- City of Edmonton
- Delta Edmonton South
- Edmonton Marriott  
& River Cree Resort & Casino
- Edmonton Police Service
- Edmonton YMCA
- Enterprise Rent a Car
- Executrade Consultants Ltd.
- Fairmont Hotel Macdonald
- Financial Planners Standards Council
- Government of Alberta
- Greater Edmonton Foundation:  
Housing for Seniors
- HSBC Finance
- Investors Group
- Leduc County
- Matrikon
- My Job Finder Inc.
- Northlands
- Office of the Auditor General of Alberta
- Public Service Commission of Canada
- Shaw Conference Centre
- Sun Life Financial
- Sunfresh Farms Ltd.
- TD Waterhouse Discount Brokerage
- The Gear Centre Group
- The Works Art and Design Festival
- Trikon Group Corporation
- Ville De/Town of Beaumont
- West Edmonton Mall & Fantasyland Hotel
- Worker's Compensation Board - Alberta

### Professional Accreditation and Further Education Options

- Athabasca University - School of Business
- Chartered Accountants of Alberta
- NAIT - Bachelor of Business Administration
- Certified General Accountants' Association
- CMA Alberta
- NAIT Student Employment

**Interested in Speed Recruiting? Check out WebCT for more details.**