

POP CULTURE WEEK – MARCH 30-APRIL 3

# THE NUGGET

Thursday, March 19, 2009  
Volume 46, Issue 23



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## NAIT'S OWN IRONMAN

Michael Watson, with NAITSA assistance, overcame the odds to finish an Ironman race  
Story in Sports, Page 8



Photo by Amy Bizovie

### FOR A JOB WELL DONE

Dr. Sam Shaw, NAIT's President and CEO and Captain of the S.S. Benefit NAIT, gets ready to present the ship's bell to Ken Jurina, Honorary Chair for the 2009 NAIT Cruise to Madagascar. Jurina, a NAIT alumnus, is now a successful Edmonton businessman. This year's NAIT Cruise, held March 7, raised \$1,020,172 for the institution.

**EMPTY**  
THE NEST

**APRIL 3, 2009**  
DOORS 7PM - \$10 TICKETS @ NAITSA

PLUS YOU COULD WIN A TON OF GREAT PRIZES.  
CHECK OUT THE AD INSIDE FOR MORE INFO!

WITH **TUPELO HONEY**

CHRISTIAN HANSEN AND THE  
AUTISTICS, AND RAPTORS!



# NEWS & FEATURES

## Recruiting ... quickly



By **BRITTANY BLACK**  
Assistant Issues Editor

Last Thursday, March 12, NAIT held a unique Career Fair event in the conference room next to Common Market. It was referred to as "Speed Recruiting," an idea that Brian Wrightson, an instructor in Marketing and Management, came up with last month.

"I just happened to hear something on the radio about speed dating and I thought, why not? So we made the transition to speed recruiting and got on the phone and got some employers" said Wrightson, who seemed very satisfied with how the event was going.

NAIT was looking to do something a little different with the Career Fair (which still took place in the South Lobby) and speed recruiting seemed like a new, exciting spin on typical formats. Wrightson understands that the Career Fair is "a good concept, and it's a tried and proven one. This isn't, though, so we thought we would try and see what it would do for the students."

The hope was to allow both students and employers to generate as many ideas and interviews in one hour as they could.

It worked much like speed dating. A few employers were

situated in a circle as students came through to sit and have five minute face-to-face interviews. Almost 30 students and 10 employers were able to participate over three one-hour sessions. Wrightson said that finding employers and students to participate was one of the easiest parts.

"We were having employers come to us saying they need people."

When asked how many students they might end up hiring, Wrightson replied, "hopefully everyone. Even if we just get to the second or third interview because of this, that is important. When I've been listening to the various employers, I'm regularly hearing, 'we have to talk again.'"

Dennis Schultz, a finance diploma course student, was among the people in speed recruiting. Schultz said his experience was a positive one and added that the five minutes gave little time to get to know the employer: "You have to cut to the chase. You don't have much time even to introduce yourself and where you've been before. It's pretty much just exchanging

e-mails," he said.

Although the meetings were short, students felt it was an advantage to have that interview experience, and perhaps even a second interview.

The recruiting is targeted to sales and business students, but Wrightson said they wouldn't turn down another student if they really wanted to par-

ticipate. After this positive experience, NAIT is hoping to continue the speed recruiting every year.

**Although the meetings were short, students felt it was an advantage to have that interview experience, and perhaps even a second interview.**

## BBQ for Boyle Street

By **KATHARINE HAY**

Three students from NAIT's Sheet Metal Manufacturing classes are about to make life a lot tastier for people who rely on the Boyle Street Community Services for support.

Ian Palnerchuk, Adam Brian and Sterrin Kereliuk, all students at NAIT's Patricia Campus, are making an industrial sized, stainless steel barbecue that will be presented to Boyle Street Community Services when it is finished later this semester.

Speaking about the yearly project, Jim Ripley, chair of the Sheet Metal Apprenticeship program, said he is very proud of the students taking part.

"This is not an easy project," said Ripley, as he discussed the intricate methods needed to get the BBQ "just right."

This is considered a cost recovery program, and usually one of the two industrial BBQs made each year will be sold off. This year, it was different. The dean of Applied Building Sciences, Peter Lawlar, asked if this time around one of the BBQs could be donated to the Boyle Street Community Co-op for use in their facilities.

As for the students, they are little nervous.

"I just want it to turn out OK," said Kereliuk, as the group took a break from working for the day.

**"I just want it to turn out OK."**

**— Student Sterrin Kereliuk**

"Today has been a tough day," added Brian, saying that some things aren't going perfectly on the BBQ. Brian added that the overall turnout of the project will be fine, this is just one of the usual bumps along the way.

All three of the students were happy that the BBQ will be going somewhere charitable.

From an instructor's point of view, it is nice to let the students come out of the box with more custom type of work, although with the media attention this may generate, there is more pressure on the students.

"They're a little nervous, I think," said Ripley, noting that the students are likely more worried about grinding through and getting the project done, rather than the media attention at the end of it.

"That's the unfortunate thing, the students will likely not be around for when the BBQ itself is presented, as this classroom term ends on April 9," he said.

Ripley went on to say that the school may work to put on a media event the students can be part of.

"They are working hard on this, and deserve recognition for all their work," said Ripley.

The BBQ will end up being six feet long, made of 16-gauge steel and have the NAIT logo right on the front of the lid.



Photo by Jason Buile

**AJ Moretti pours some shots at the Bio Sci Beer Garden on St. Patrick's Day.**

**Thinking about your future?**

Definitely. And wondering — What am I good at? What do I want from my career? How will I pay for my education? What jobs are out there? Find the answers at ALIS. Your next steps are just a click away.

**alis.alberta.ca**

CAREER PLANNING • EDUCATION • JOBS

**» Make the most of your future**

Alberta



# World's greatest job

Grant MacEwan student Linda Hoang wants to win Australian competition

By KATHERINE HAY

In the midst of a cold Alberta winter, many dream of visiting warmer climates, snorkelling by the Great Barrier Reef, surfing and enjoying the sun. Some even go so far as to take out a temporary work visa and visit the land down under for themselves.

For Grant MacEwan Journalism student Linda Hoang, this dream just got closer to becoming a reality. Hoang is one of the top 50 finalists in a competition for what is being advertised as the greatest job in the world: "Caretaker of the Islands of the Great Barrier Reef," in the state of Queensland in Australia. The responsibilities of the job are simple – use Web 2.0 skills, such as blogging, video blogging, Twitter, Flickr and Facebook to tell the world about what you have done and what tourists could do if they visit Queensland for themselves. And as a bonus, it pays \$125,000 Cdn for a six month contract.

## 'So excited'

"I'm so excited for this chance – if I get the job it will be life changing," says Hoang adding that the requirements are perfect for her outgoing, bubbly personality.

"Being in the top 50, I'm super excited about it. Here were almost 35,000 other people who applied, so that is a big accomplishment."

Hoang had always planned on travelling after school and considers herself a very independent person, which only made this opportunity more enticing for the 19-year-old.

To enter the competition, Hoang had to create a video exactly 60 seconds long detailing why she would be best for the position, which is featured on the competition's website. She was then chosen to be in the top 50 by Queensland judges. Of these lucky 50, 10 will be chosen by the judges to go to Australia for interviews, with one person chosen as a "wild card" by the public.

Hoang doubts she will be one of the wild cards, but is optimistic about her chances with the judges. "I'm hoping to be one of the 10 people chosen by the judges, they've already noticed me to pick me in the top 50, so hopefully I'll get to go down to Australia for the interview process."

## Happy with her options

Even if she doesn't get chosen for this opportunity, Hoang is happy with the options she has in Edmonton, saying, "I think this is helpful for my career as a journalist. Some of the media that have interviewed me have said to call them if this doesn't work out."

The online voting deadline is March 24, with the top 11 finalists being announced publicly on April 2. These candidates will then have just over a month to get ready to go to Australia for interviews, starting on May 3, to determine the final winner on May 6. Queensland will be taking care of the winner's visa needs, and supplying the housing for the duration of the six-month contract.

For more information about the position, see [www.islandfreejob.com](http://www.islandfreejob.com). For more on Linda Hoang, check out <http://linda-hoang.com>.



Supplied photo

Linda Hoang used a computer to put herself in the Great Barrier Reef as part of her application to the government of Queensland, Australia.




## Spring Meltdown Sale!

# Up to 75% off

selected clothing, giftware & supplies\*

### Sale starts March 19th

\*While quantities last





## BOOKSTORE

**Order your grad gown by April 3<sup>rd</sup> and save \$15!**



### The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 471-8866  
[www.thenuggetonline.com](http://www.thenuggetonline.com)

### Editor-in-Chief

Chris Carmichael-Powell  
[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

### Sports Editor

Amber Tienkamp  
[sports@nait.ca](mailto:sports@nait.ca)

### Assistant Sports Editor

Landon Hommy  
[landonh@thenuggetonline.com](mailto:landonh@thenuggetonline.com)

### Entertainment Editor

Bryce Althouse  
[entertain@nait.ca](mailto:entertain@nait.ca)

### Asst. Entertainment Editor

Leanne Truong  
[leannet@thenuggetonline.com](mailto:leannet@thenuggetonline.com)

### Issues Editor

MacKenzie Marshall  
[issues@nait.ca](mailto:issues@nait.ca)

### Assistant Issues Editor

Brittany Black  
[issues@nait.ca](mailto:issues@nait.ca)

### Photo Editor

Javier Salazar  
[javiers@thenuggetonline.com](mailto:javiers@thenuggetonline.com)

### Online Editor

Kathleen Versteegt  
[online@thenuggetonline.com](mailto:online@thenuggetonline.com)

### Production Manager

Frank MacKay  
[fmackay@nait.ca](mailto:fmackay@nait.ca)

For advertising, call 471-8866  
or e-mail: [fmackay@nait.ca](mailto:fmackay@nait.ca)

### Submissions encouraged: [studenteditor@nait.ca](mailto:studenteditor@nait.ca)

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

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

## Letters

### 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.



# Stem cells hold out promise



**MACKENZIE MARSHALL**  
Issues Editor

Recently, U.S. President Barack Obama lifted the ban on funding embryonic stem cell research that was put in place by former President George W. Bush in 2001.

"In recent years when it comes to stem cell research, rather than furthering discovery, our government has forced what I believe is a false choice between sound science and moral values," Obama said in announcing his decision last week.

The decision allows scientists and researchers in the U.S., normally world leaders in many types of research, to get the funding they need to hopefully create a cure for many diseases that have been thought of as incurable. Researchers haven't been able to do much research during the last eight years because most of their time was spent looking for funding rather than doing research.

## Hope for many cures

Embryonic stem cells (ES cells) appear in an embryo four to five days after a sperm has fertilized an egg. ES cells are pluripotent, meaning they can differentiate into different types of cells in our body.

The hope is that through research, ES cells can be used to repair parts of our bodies that have suffered damage. For example, when a person suffers a heart attack, a scar is left where the attack took place. That part of the heart won't "work" anymore and it can't be healed because heart cells can't divide and repair themselves like skin or liver cells. The hope is that ES cells can be used to fix the scar in the heart.

The hope for ES cells goes much farther than the heart, though. Scientists believe that one day they will be able to cure many diseases and heal many injuries. Alzheimer's, Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease) and Parkinson's are all believed to be curable. Curing paralysis and growing new organs are other things that embryonic stem cell research could lead to.

Obama's decision is meeting some opposition, though. Most of the controversy surrounding embryonic stem cell research comes from the fact that harvesting stem cells destroys the embryo. It brings up the age-old debate over

**Alzheimer's, Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease), and Parkinson's are all believed to be curable.**

whether an embryo is a human life. Obama is mostly being criticized by his opponents on the right. Speaking to MSNBC, House Minority Leader John Boehner said Obama's decision breaks his election promises and is separating Americans.

"This decision runs counter to President Obama's promise to be a president for all Americans," Boehner said. "For a third time in his young presidency, the president has rolled back important protections for innocent life, further dividing our nation at a time when we need greater unity to tackle the challenges before us."

But for the opposition Obama is facing, he's getting a lot of support, too, in some cases from surprising people. Nancy Reagan, wife of the late for President Ronald

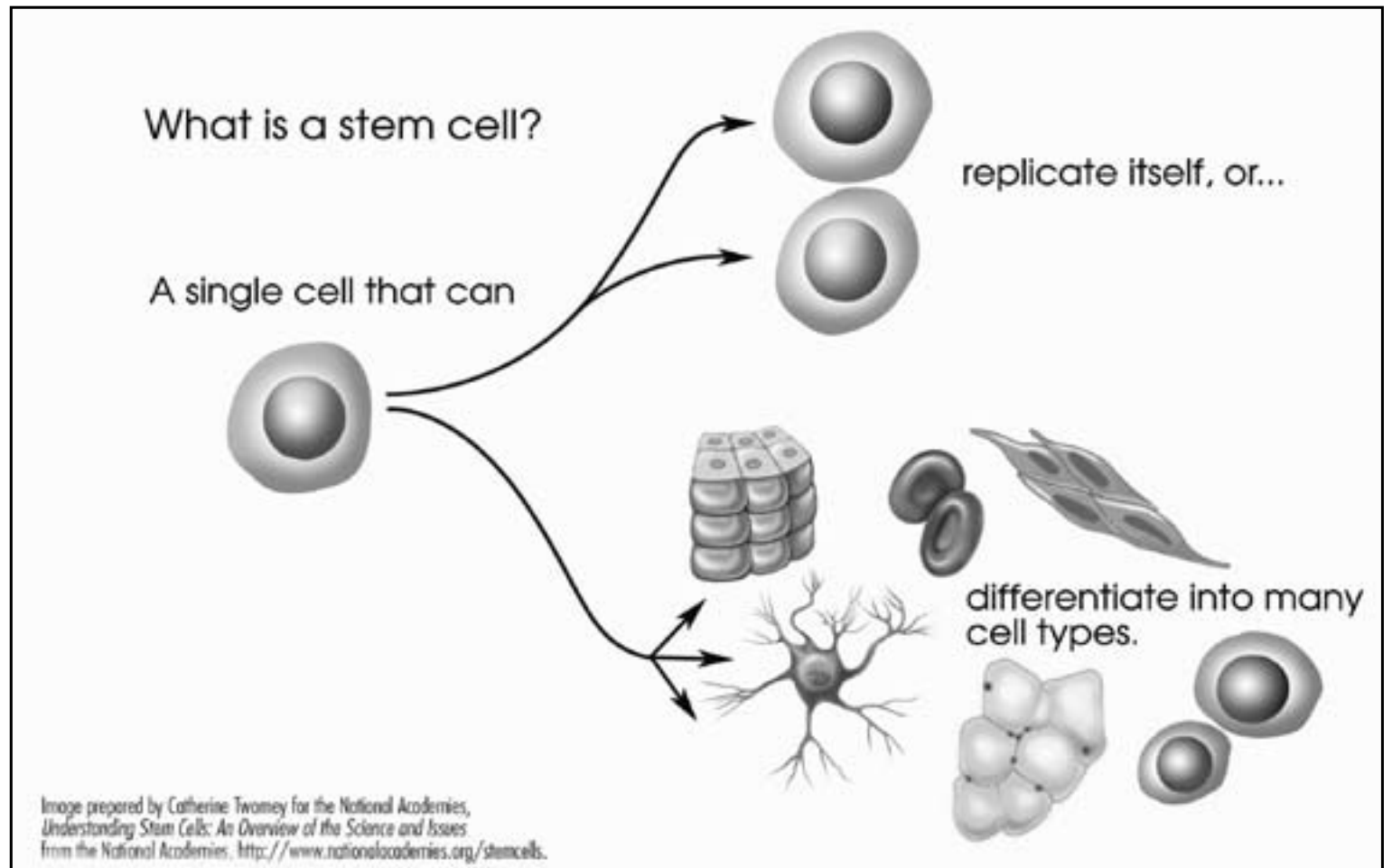
Reagan, has become one of Obama's biggest supporters.

## World leader

Currently, Canada is one of the world leaders in embryonic stem cell research, but the U.S. decision could mean that many talented Canadian researchers would be lured away.

Under the current government, the laws around embryonic stem cell research are unclear and hard to understand.

Canadian researchers expect many of their people to be recruited by large American research companies with more money and less red tape to work around.



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



cuadvertising





# Municipal airport and its fate

By COLLEEN NUC

Canada's oldest licensed airfield, the Edmonton City Centre Airport, may soon be shutting down. The airport, which has been open for over 80 years, used to be Edmonton's thriving transportation facility. But once the International Airport opened its doors, the City Centre Airport limited its access to private, corporate and small commuter flights to northern Alberta and only commutes about 20,000 passengers a year. This makes the city question whether the airport is worth keeping open.

Mary-Anne Stanway, chairman of the Kingsway Business Association, said to NAIT Newswatch that the City Centre Airport is still bringing in a substantial amount of revenue to the city and that the airport is an important historical monument for downtown Edmonton.

"A company called The Sun did a report and they estimated the City Centre Airport, in its current state right now, with the restrictions it does have, still contributes about \$7 million to the Edmonton economy on an annual basis. The airport has been here for decades and for it to be sacrificed simply

because certain developers want to develop certain areas of downtown Edmonton seems like a huge loss for the City of Edmonton," says Stanway.

A city report claims that the 217 hectares of land could be worth over \$500 million if the airport were to shut down, and that the land could be used for housing for over 32,000 people. If Edmonton were to utilize the land for accommodations, this would bring in over \$95 million a year in property taxes. This would also be an opportunity for NAIT to potentially expand its campus downtown and provide more housing for students in the future.

The ultimate question is whether or not the city wants to preserve an historical monument, perhaps even fix it up to create more revenue, or shut it down and create a more compact downtown Edmonton. If there is a way for the city to improve and develop the City Centre Airport, then perhaps it's worth keeping.

But with urban sprawl becoming more and more of a problem for Edmonton, then perhaps utilizing that space for housing and



www.aviationalberta.com

businesses would bring more money downtown. This revenue could even improve downtown Edmonton's transportation sys-

tem, and create a bigger NAIT campus.

City council will resume the Edmonton municipal airport debate in early July.

## Lots to do – check it out!

### INK NIGHT

March 31, 4:30-6:30 p.m.  
at The Nest

On Tuesday, March 31, we're hosting Ink Night at The Nest for all of you with Ink pride!

Local tattoo artist and icon Bear, from Bear Skin Art, will be here discussing current trends in tattoo culture. Other great local tattooists will be here to represent their shops and there will be a chance to win some ink time with one of the artists! Other prizes include best/worst tattoos as voted by the audience that night, so bring your friends to vote!! PLUS, Get a free airbrush tattoo – artist will be onsite from 4:30-6:30.

If you're proud of your tattoos, keep an eye out for NAITSA reps around campus the week before Ink Night. They'll be searching for cool tattoos to photograph and display at the Nest!

Submit photos of your tattoos to: [nait-saevents@nait.ca](mailto:nait-saevents@nait.ca) and be sure to come out to the Nest to celebrate your ink!!

### NAIT'S GOT TALENT

April 1, 4:30 p.m. at The Nest

Do you have a great voice, amazing dance moves or an unusual talent that you like to show off? We've got the competition for you! Wednesday, April 1 is NAIT's Got Talent Night in the Nest, starting at 4:30 p.m. First prize is \$500, second is \$250 and third is \$100!

If your talent is fun, cool or even April-Foolish, register to get a chance for some stage time to show off your mad skills for your friends!! You will have up to five min-

utes to showcase your talent.

To enter, register at the NAITSA office (E-131) or at the Nest before March 26.

### EMPTY THE NEST

Friday, April 3, 8 p.m.  
at The Nest

Empty the Nest with Tupelo Honey, Raptors and Christian Hansen and the Autistics! Tickets only \$10!

We know it's rough in the downturn, so we're bringing in some hot bands and some brand-new student essentials to give away at Empty the Nest on April

3, such as a big-screen TV, grocery and liquor store gift certificates, and a laptop!

Here are some of the extremely excellent prizes you could win:

- Big Screen LCD TV
- Wii System
- Laptop with Hot Game
- New full-size beer fridge
- Jack Daniels electric guitar
- "Slightly used" 3/4 size acoustic guitar
- \$500 grocery gift certificate

And then, to help "Empty the Nest," you could win:

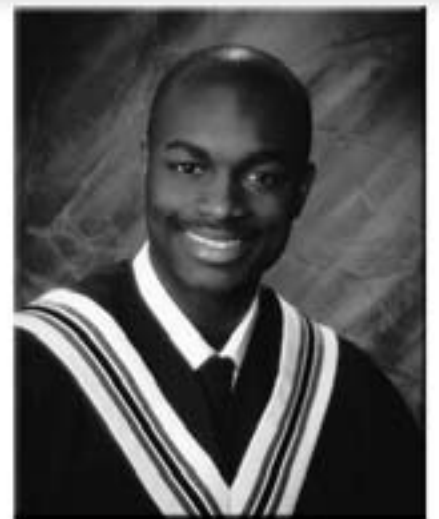
- "Slightly used" CR big screen
- "Slightly used" PS2 and CR TV
- Scribbler w/movie tickets
- NAITSA cooler bag
- Case of Kraft Dinner and ketchup

We'll also have \$3 beers and \$4

coolers while quantities last, and much more, so make sure you buy your tickets early

from NAITSA (E-131) or The Nest! Space is limited. (Only 200 tickets available!)

## GRADUATION PORTRAITS



**Book your appointment @**

**<http://www.lifetouch.com/appointments/nait>**

**or**

**find the link on the NAIT student portal website.**

**Portrait Sessions starting Mar 23 - Apr 3 on NAIT campus**

**Room U209-E**





*TechTalk 2.0*

# Protect that phone!

**By AARON NODELMAN**

Hi, fellow techies, welcome to another edition of Tech Talk 2.0!

OK, so you've all heard of iPhones, Blackberries and other smart phones so far, right? All of them have a very common problem. Damage. They're all very fragile, no matter which one you purchase. Well, here are a few solutions that can help you deal with that.

First up, for iPhone there is the new and improved "invisible shield." This simple, clear case is attached to the phone using a simple water-based adhesive that dries solid and won't be removed by simple touch. It's durable and protects both screen and case from a certain

degree of beating it around. It's worth the purchase at \$24.95 US for full coverage, \$18.95 US for back coverage and \$14.95 US front coverage at your nearest Apple retailer.

Unfortunately, non iPhone users don't have anything nearly as fancy but they still get to have their own protec-

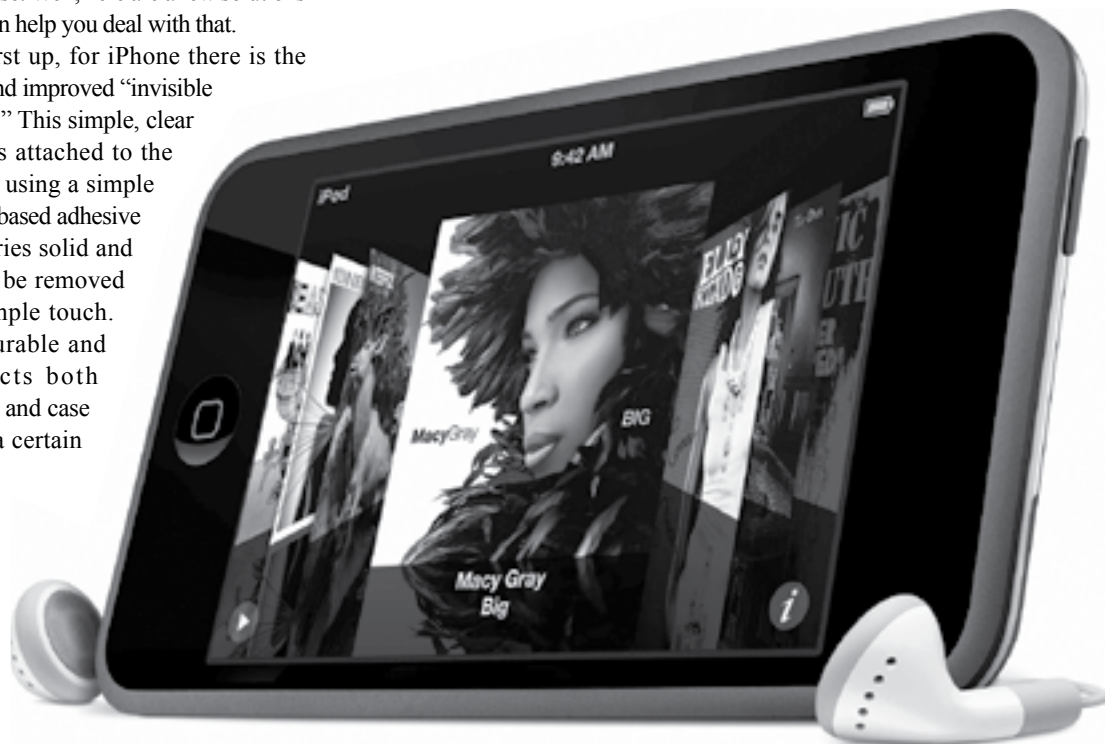
tive cases. If you own a smartphone that isn't an iPhone, don't fret, there are still some solutions out there for you. You can get a simple case from almost all technology retailers, from Best Buy to Future Shop to Staples. You can usually find enough selection that you'll go mad trying to find

the one you want.

Ah, but you ask, what happens if my phone is already damaged? Well, that's an easy enough solution even if it's not so easy on your wallet. Just bring your damaged phone in to your phone service provider and as long as it's not intentional damage, they'll

give you a loaner phone to use and send yours away to be repaired. My phone recently underwent a similar repair job and came back to me good as new. They even threw in an extra protective case for my Blackberry!

Alright, that's all for now, until next time folks!



## 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](http://www.collegepro.com)



University of Lethbridge  
**Edmonton Campus**

## Earn a Degree While you Earn a Living



**Now, you can work toward your Management degree and have a day job too!**

Through evening and weekend programs at our Edmonton and Calgary campuses, you can earn a recognized Bachelor of Management degree even as you hold a full-time job...an opportunity that makes the U of L an attractive choice.

- Study full-time or part-time
- Starting in fall 2009, you can complete the full 4-year BMgt degree in Edmonton or Calgary
- If you have a business diploma, you can complete your BMgt in as little as 2 years
- If you have a non-business diploma, contact us to customize your degree
- Choose from the majors employers demand: Accounting, Finance, Human Resource Management, Marketing, General Management, International Management
- Enrich your future prospects with our international, work/study abroad, and co-op programs
- Learn from industry leaders and PhD-qualified specialists



**EDMONTON CAMPUS**  
**780.424.0425**

**EARNandLEARN.ca**  
MANAGEMENT DEGREES WHILE YOU WORK



# OPINION

— Editorial —

## Spring has sprung!



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

Everyone, it is time to celebrate. Put your shovel back into the shed, because finally, spring has sprung. Depending on who is asked, spring's first official day is March 20. Some may argue that spring begins on the 21st

of March, but I, on the other hand, like to think it starts on the 20th because it means winter ends sooner.

Don't get me wrong, there are a lot of fun things you can do during the winter months. There is nothing like skiing down a hill (or snowboarding, if you prefer) and feeling the wind in your hair, then stopping in the chalet for a beverage, alcoholic of course. Actually to be honest, I only go spring skiing, and now that I am reflecting on it, I hate winter. Nevertheless, spring is here. And with spring comes the good and the bad.

### Spring and summer the best

Spring and summer in this city are the best! We have long hot days in the sun and a plethora of different festivals to attend. For those of you who are new to Edmonton, and have yet to enjoy our spring and summer months, you are in for a treat. For the rest of you Edmontonians, perhaps when you read this you will remember all of the wonderful things Edmonton has to offer.

Let's start with Whyte Avenue in the months to come. Whyte Avenue is the perfect place to spend a nice spring day – shopping at Gravity Pope, grabbing a new book at Chapters followed by a fish-bowl at Julio's Barrio. I get excited just thinking about it. Not only does Whyte offer great eats and good shops, there are also a few festivals you can't afford to miss. The Fringe is one of my favourites. It does start in the later summer months, but if you remember to attend, don't forget to have a green onion cake and some freshly squeezed lemonade, yum.

### Then there are the potholes ...

It's not all smiles, butterflies and rainbows when the snow melts. Spring is also when the mosquitoes start multiplying – gross.

In addition, spring unfortunately is the only season when driving in this city feels like playing a life-sized game of Minesweeper. The potholes in Edmonton are unreal. Driving home on Monday evening, I saw a pothole big enough that the whole front end of my car could have fallen into it (this could be a slight exaggeration). Following months of evasive driving methods, the streets begin to be bombarded with block upon block of road construction.

Is it just me, or when the roads are being repaired does it not seem to last all of the spring, summer and fall months? Really, is this necessary? Maybe it is, because every time I crawl past the construction zones, all of the workers appear to be on break. Always.

I would love to have one month where the roads are fixed and the streets are clear of construction. I know what you are thinking, this sounds almost too good to be true.

You're right, it is.

— Letters —

## A real gear grinder

As Peter Griffin would say, "You know what really grinds my gears?" The school gets tons and tons of donations every year, yet they use this money towards things the students don't really see. They paid a famous chef thousands of dollars to just come here for a few days and talk about himself, when they should instead use this money for priorities. My main concern is parking. Yes, we have heard this rant many times before, as I am a devoted reader of the *Nugget* and have seen an article about parking many times. I am sure that this is not the first year there have been so many complaints, so why haven't they tried to fix the problem?

My guess is because parking doesn't really concern them. All the staff have their own reserved parking spots, so why would they complain? I do not believe this is fair, when we all pay a fee for parking, our parking should be guaranteed as well. I did not pay \$300 to come to school and have nowhere to park, and I am sure many of you feel the same way.

Personally, I have a Z pass, and am enrolled in Business Administration. We only have four-hour days of school, so the school thought it would be a clever idea to double book all these parking spots, because when some students are leaving school, others are coming in. This is the dumbest idea I have ever heard. What if I choose to stay after school and study? Then someone else is out of a parking spot that they paid for. This is ridiculous, especially since staff do not have to deal with problems like this.

So it has come to midterm week, and YET AGAIN, there is no parking to be found in my parking lot. This has happened all year when it comes to midterms or finals, and their advice when I complain is "go park in the tower." When my test is in 20 minutes, I do not have time to go find a parking lot, walk five minutes and risk being late for my exam. Plus, if I park in the tower, am I not taking someone else's spot from them? So yesterday I decided to park in the reserved parking for staff, as I did not have time to go look for other parking. When I got out and got to my car, not to my surprise

there was a ticket. In these circumstances, I find it VERY unfair that I should have to pay a \$50 fine, when it is not my fault that parking that I PAID FOR is not available. The security officer seemed to agree with me when I complained, but said I would have to call the bylaw office and tell them. He said the bylaw office will cancel it. Let me tell you, if you get this advice, don't bother. I called them and today they called me back to say: I either pay it, or go to court. When I have to register my car in a few weeks, this is no option for me, so I am forced to pay this ticket. This makes me so angry with NAIT, I am starting to hate this school.

The school needs to fix this problem, and they are not going to do it unless we all keep complaining. Why can't they spend some of these donations on getting the students reserved parking as well? I believe if someone pays \$300 for parking, they should have a guaranteed parking spot. The staff should not get that special privilege over us, when we pay more for a parking pass than they do. It would not be that hard for them to paint lines on the pavement, to avoid people double parking, or parking straight when it says parallel (believe me, people do it). If the school were to invest some money in painting stalls and putting reserved numbers on each stall, all the parking complaints would stop. It would be easier for security to catch people who are parking in a lot without a pass because the person who owns that spot would tell them. Next year, if I pay \$300 for parking, I expect to have a spot with my name on it. Well not per se my name, but a number that matches the number that would be on my parking pass.

I am sure many of you agree with my solution to this parking problem, and it is not that hard an idea to come up with. I am sure the school has thought about it before, but instead chose to spend their money elsewhere. I would love to hear back from students regarding this letter. We need to come together and get this problem fixed. Hope to hear from some of you in the *Nugget* next week!!

— Shannon Kaulback

**I did not pay \$300 to come to school and have nowhere to park, and I am sure many of you feel the same way.**



# SPORTS

## Ironman's dream comes true



By **AMBER TIENKAMP**  
Sports Editor

It is amazing and inspirational what you can do when you work hard and have some determination.

Michael Watson, a first year Civil Engineering student at NAIT, took part in Ironman Canada on Aug. 24, 2008.

Unlike some people, as well as doing it for himself, Watson raced to raise money for

the Canadian Diabetes Association and for a family member.

"My grandfather was a great inspiration to me ... surviving WWII ... and living half his life as a diabetic ... I know he was proud of me and I wish he could have seen me (in the Ironman)," says Watson.

His grandfather passed away two months before the race, but Watson says that he was always a great encouragement for him since he was "tough as nails." Faced with not only the challenge of a gruelling training regime, Watson was also trying to raise money for his spot on Team Diabetes, and work to make money for school in the fall.

That's where NAITSA stepped in. Watson went to NAITSA and gave them a demonstration and he says, "I would like to



Supplied photos

**NAIT student Michael Watson competes in the bicycle portion of the Ironman Canada race last August.**

thank NAITSA again for their help. Without their help I would never have reached my fundraising goals and been able to run in

Ironman Canada." clips or a repair kit. But he says there was no way he was stopping.

"It was pure determination to finish.

I kept thinking how much punishment I had been through already and I knew I would not stop until I had that medal."

Despite the amount of effort and work the Ironman took, Watson says he would do it again to raise money for Team Diabetes.

"(It) meant a lot to me because my family and many others suffer from this disease," he said.

Watson finished 19 out of 23 for his age group (18-24 years) and 1,997 out of 2,211 athletes.



Watson thought the bigger challenge was going to be the fundraising, but it turned out he was wrong. "The training was crazy ... I followed a strict eight-week schedule ... some of my larger training days consisted of 35-30 kilometre runs, 120-160 kilometre bikes and three to five kilometre swims."

Watson is a swimmer, so he felt that was his best discipline, but found the biking was a bit of a challenge. This may have also been because Watson did the whole race on a \$200 Canadian Tire bike, without pedal

**"I kept thinking how much punishment I had been through already and I knew I would not stop until I had that medal."**

– Michael Watson

"The Ironman has been a dream of mine for a long time" says Watson, "and has forever changed my life."



**Michael Watson raised some money for diabetes and met a huge personal challenge when he competed in the running, biking and swimming event that tests the world's best athletes.**





# 2 minutes in the box

NAHREMAN ISSA

There are many hockey phrases and lingo that are well known to hockey fans – such as: “top-shelf,” “five-hole” and “threads the needle” or “five-on-three. But I heard a line again during the Oilers/Avs game on Saturday and I still don’t know where it came from.

The line used was, “He went in UNMOLESTED.” I love that line as much as I hate it – unmolested. I can just see the referee ask a for-

ward to point out on a hockey doll where the defenceman “touched” or in this case, “didn’t” touch him.

Sports Centre Catchphrases Rejected as Too Religious – By Max Lance, taken from cracked.com:

- “Manny Ramirez mixed up God’s message to Abraham and sacrifices himself instead of Isaac to score Johnny Damon from third.”

- “Yes, folks, he’s gonna be in purgatory for a while because he

pulls off the suicide squeeze!”

- “And Edgerrin James calls on Satan-to whom he sold his soul-to help him break another tackle.”

- “I would swear that Jason Kidd had grown the wings of an angel to dunk that ball over Kevin Garnnet, were it not for the indisputable theological fact that angels don’t exist.”

- “... Amare Stoudemire takes a page out of Jesus’ playbook, treat-

ing Stephon Marbury like a merchant in the temple: NOT IN MY HOUSE!”

- “Back goes Torii Hunter. He leaps, and he breaks the 10th commandment by robbing Ichiro Suzuki’s homerun!”

- “Look at Tiki Barber driving through the Vikings defence with the force of a nail into Jesus Christ when he died for our sins.”

- “Randy Johnson dispatches

the top of the White Sox lineup like he is God smiting the homosexuals who lived in Sodom and Gomorrah.”

- “Look at that punt hanging in the air, like Judas Iscariot hanging himself after he betrayed Jesus.”

- “And it’s celebration time as the Red Wings flood the ice to celebrate around the Stanley Cup like the Jews celebrating around a golden calf in the desert.”

# Outdoorsman shows are best



By LANDON HOMMY  
Assistant Sports Editor

Boats and hoes. Minus the hoes.

If you dig the outdoors, hunting, fishing and impressive machinery, then you probably know all about the Edmonton Boat & Sportsman’s Show that took place last weekend at the Northlands Agricom.

That doesn’t mean you can’t enjoy this review however, because either you’ll agree with what I say and feel better about your read, or disagree and feel better about yourself. For those who didn’t check it out, here’s what you missed:

The best time of the year. And by year, I mean weekend. And by weekend, I mean

Saturday afternoon.

It started off with some shopping. If you’re like me and blame a missed shot or lost fish on your gun and rod, then you had plenty of options for replacing said equipment with something better. I personally bought a new Bob Izumi fishing rod, a new reel and some shiny new jigs to make sure that big one stays on the line – or to at least look like a fisherman. I stayed away from the hunting supplies, five per cent because I like what I have and 95 per cent because I’m a student and couldn’t afford a simple duck call.

Next I moved on to the fishing and hunting demo, where they shared tips on how to do each. But again, it’s not my technique, it’s my gear.

So I bailed on that, walked by the kiddie fishing pond, and took in some hunting retriever demos. I used to have a hunting dog. Or at least I thought I did until I saw these ones. They made Lassie look like an idiot. Needless to say, I got jealous and left.

Shortly after that, I came across our



NAIT forestry section, and got a free tree sampling. Don’t laugh. It’s like a child, a NAIT child – like you – soon to grow into

something noble and strong. What’s your act of green?

From there I walked amongst all the new space ships, until one kind man in a neon purple Polaris jacket pointed out that they were in fact boats. Who knew?

Then I wandered through all the ATV’s, fifth wheels and other outdoor paraphernalia, thinking how nice it’d be if I could actually buy any of it.

I offered one quad salesman a quarter for a down payment but that didn’t fly, so I figured my day was done.

But on the way out I stumbled across this new indoor wakeboarding setup where the boarders were winched along this massive indoor pool. They were good. Almost as good as in my dreams, when I pull off the ol’ 1080-1080 switch rodeo off a 10-foot wake.

Well that’s the gist of it. If you went, well done – you’re a real man/woman/transsexual.

If you missed it, then remember – there’s always next year.

# It’s all fun and (rec) games



By AMBER TIENKAMP  
Sports Editor

When you have finally let the dream die of playing in the NHL, the NBA or the CFL, there is always that fallback team that you can play for ... the rec team.

Anyone who has ever played any kind of sport and attends college or university usually has the

option to join some sort of rec league team. Indoor soccer, Thursday night hockey, intramurals at school, casual weekend curling, whatever it may be, people find teams within their school or the city.

Summer is usually a better time, because you have the classic slo-pitch beer league teams, soccer, rugby, baseball or maybe you play rec water polo.

“It’s fun to play once a week in a semi-competitive setting, and I went to high school with half my team, it’s a blast” says Dylan Retz, a student at NAIT, who plays in the ERHL (Edmonton

Rec Hockey League).

I would venture to say Mr. Retz is like 90 per cent of us out there who join a club team. It’s fun, it’s semi-serious, it keeps us in relatively decent shape (unless you play rec poker) and you usually play with people you played with throughout high school or are friends with.

But then there is the other 10 per cent. And when I explain what I mean by the “others” you’ll probably understand what I mean. It’s the guy or girl who plays like there are scouts in the crowd, and this is their next break. I’m sorry my friend, but if you are playing Tuesday

night floor hockey, the moment has passed. And believe me, I’m one of the most competitive people I know, but I hate that one hard-core kid that walks in and makes it his or her business to stuff everyone on the other team, and run around like a big shot.

If you’re such a big shot, why aren’t you at practice with an actual team? Does it honestly make people feel redeemed to come out and dominate in rec league? Competition is great, winning is better, but if you’re using it to prove that you should have made it farther than you did, go home and play NHL ’09 and win there instead of ruin-

ing the sport for everyone else. In saying that, it’s great when you face a team that is equally matched to yours and it’s competitive, but the point of rec is that you want to leave with your team, go have some drinks after, and show up the next week ready to play hard again.

The leagues aren’t to help you get noticed as the next superstar of the sport. So go and join a team. The Edmonton Sport and Social Club has four different starting seasons a year, and NAIT also has rec teams for students to play on. It’s a good way to get started on that beach body, and it’s never too early for that.



# Our own K-Mart

By **LANDON HOMMY**  
Assistant Sports Editor

He's our boy. Our hero. The Michael Jordan to our UNC. The cotton to our candy. He is NAIT's most famous athlete alumnus. He is Kevin Martin.

I'd skip the part where I tell you who he is, or what he just accomplished, because you should know that, but I have to in order to make this article worth its weight.

You see, Kevin Martin is a curler, which you know, and he just won his fourth Brier – and second in a row – last weekend here in Edmonton.

That's huge in its own right, since only two others have won four, Saskatchewan's Ernie Richardson and Alberta's Randy Ferbey. But then he went and curled 97 per cent, a record for a skip in a final, on his way to a second straight undefeated record – another record. Again, you knew that.

He leads a team comprised of third John Morris, second Marc Kennedy and lead Ben Hebert. The consummate professional, he makes his decisions with a matter-of-fact confidence, executing them with enviable skill, all without the curt arrogance or theatrical impatience that some others

rely on. As a result he stands as one of the most respected curlers in the world.

Originally from Killam, Martin garnered many of his skills during 1984-87, when he studied Petroleum Engineering here at NAIT. He won a gold, silver and bronze medal for the NAIT curling team, winning the 1985 Canadian Junior Championship as well. He is coached by the same man who heads our squad today, Jules Owchar. Now you know.

So my point is, why doesn't NAIT make a bigger deal about him? Why can't we have a school holiday in his honour? Or rename a wing of the building "K-Mart?"

An imaginary source said that although Kevin Martin is awesome, one shouldn't expect such excitement over possibly the best curler of all time.

You also know that he is an Olympic silver medallist, and a 2008 World Champion. The way he's playing, he'll be at Vancouver too. So, imaginary source, what's the big deal?

Speculation abounds that he is simply too good to be recognized, his power and influence being far too massive to be exploited.

But you already knew that.

# Prep the forks!

By **KITA MURU**

It's past the three-quarter mark in the 2009 NBA season, and it's time to stick a fork in the Toronto Raptors. In fact, as of Monday March 16, after a 112-86 loss to the Charlotte Bobcats, it's time to stick exactly 44 forks in the Raptors, and their play-off hopes.

On the court, there are many issues with the Raptors: Inconsistency, injuries, lack of toughness, and an especially poor home court. These problems stem from most of their key players. Chris Bosh is the Raptors' most effective player, however, the 42-point air raid that Dwayne Wade delivered in the Raptors' 108-102 loss to the Miami Heat on March 8 showed that Bosh still isn't able to put a team on his shoulders in the way that Wade or LeBron James is able to. Andrea Bargnani is capable of spreading opposing defences, however, he's often shying away from the physical play required of a starting centre.

Mostly, the Raptors are struggling due to inconsistent performances on most nights. Usually one player has an off night, and the team tends to fall apart. Firing previous head coach Sam Mitchell and hiring Jay Triano has not worked, while Jermaine O'Neal and "Super" Jamario Moon were swapped for Shawn Marion before the trade deadline. A dismal 13-19 home record, a handful of blown leads, the debacle over the possibility of Bosh leaving, and having 25 games for the very small minority of people

who have TSN-2, have been some of the notable points of this season.



Right now, the Raptors are either playing for pride, or a high draft pick. They're floundering in the Atlantic Division basement with a 24-44 record, and 14 games left. Where they go is up to them, but if the season so far is any indication, they'll be ready for dinner after a couple of games.



Chris Bosh

commons.wikimedia.org



www.savillesportscentre.ca

Famous NAIT alumnus Kevin Martin has just won his fourth Brier.



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







# ENTERTAINMENT

## The Pontypool man speaks



**BYRCE ALTHOUSE**  
Entertainment Editor

As promised, I am following through with my interview with Bruce McDonald, who directed *Pontypool*, the movie I reviewed last week.

Over the background music at Lux Steakhouse & Bar, Bruce and I began to discuss what the inspiration for *Pontypool* was. He replied that much of the inspiration came from a Martin Scorsese documentary on film producer/ screenwriter Val Lewton called *The Man in the Shadows*. It detailed Lewton's making of a few influential horror films for RKO Pictures in the 1940s, but specifically one film interested McDonald, which was 1942's *Cat People* which was a low budget horror/suspense film known for creating fear and fright through atmosphere. That is, each situation was made frightening through unseen horrors and framed

by the music, setting, mood, etc. Bruce then began to discuss how this began to influence him to make a film that went back to the elemental side of fear (like being afraid of the dark) that was more about storytelling and performance, than just an overload of blood and guts. To put it more bluntly, Bruce stated, "Our Industrial Light & Magic is your brain. We let the mind create the horror."

At this point, I asked for a clarification into the "conversationalists" I had heard McDonald earlier describe. Bruce replied that the film was made with a bit of a homage to zombies, but his characters were definitely not among the undead. Rather, his monsters are easily dispatched with conventional weapons. The real enemy, though, is the fast spreading virus that infects people with the "sickness." The first stage of this sickness is when someone begins repeating a word or gets stuck on a phrase, the second stage is when your language becomes scrambled and you cannot express yourself, and finally the third, and last stage is when you feel the need to chew your way through the mouth of another person.

As Bruce explained, the conversationalists go from catatonic to extreme emotions rather quickly. Finally, as our interview came to a close, I had to ask Bruce if the main protagonist Grant was based on himself. His reply was that while Grant is different than him, he identifies with the character and they do indeed have similarities. The fact they both wear the same style of hat is just one of those "similarities," but Bruce pointed out that he and the character both have a similar take-no-prisoners attitude and both believe strongly in full disclosure.

So with that, there is everything you could ever want to know about *Pontypool*. Personally, I believe this film is the next big thing in the horror genre and should enjoy a tidy profit at the box office/cult following IF enough people get the word to go and see it. On that note, you do have the chance to go see this movie as *Pontypool* opens soon in Edmonton. If you are a fan at all of movies in the horror genre, I strongly suggest that you go see it. At least so you can think of how to prepare if a virus was to infect the English language for real ...



**Bruce McDonald**

twitchfilm.net

# NATS

## got Talent

### Show off your skills!

Whether it's cool, odd, or embarrassing,  
we want to see your special talent!

## April 1st

## 4:30pm

## 1st \$500

## 2nd \$250 • 3rd \$100

Do you have a special talent that you love to share? Two minutes in the Nest spotlight could mean big prizes!

- crack some jokes
- sing
- burp the alphabet
- tap-dance
- impersonate a celebrity
- play an instrument
- breakdance

...think about it...everyone has a skill, yours could earn you \$500!

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.

## POP CULTURE WEEK

MAR 30 - APR 9

### MARCH 31ST-4:30PM @ THE NEST

**BEAR FROM BEAR'S SKIN ART WILL BE ONSTAGE AT THE NEST**

DISCUSSING THE LATEST TRENDS IN TATTOO CULTURE.

#### PRIZES INCLUDE:

- ★ INK TIME AND PIERCING GIFT CERTIFICATES
- ★ JEWELRY
- ★ TATTOO SWAG
- ★ AND SO MUCH MORE!

### FREE AIRBRUSH TATTOOS

If you want to submit pictures of your ink, visit our website for the Ink Night submission information and email. [www.naitsa.ca](http://www.naitsa.ca)

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



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mix-tape



**BRYCE ALTHOUSE**  
Entertainment Editor

This week on 3.99 mixtape, I decided to make my illustrious return to the helm of this column. But I was faced with a problem, what genre of music should I present in my “come-back” track listing? Well, I chose the only logical answer, and that was to bring you a shipment of ass-kicking metal good-

ness. So I sat down with my trusty pen, paper, and iPod and tried to think of what songs to include ... and then I got the interesting idea to set my iPod to random. I clicked “shuffle” and then formulated a method by which I would select the songs. It had to be metal, I couldn’t use the same artist twice, and I had to write them down as they came up until I had 17 tracks that I felt were entirely awesome. The result is the list you see below ... hopefully it will be a conversation piece for all you metalheads out there.

1. Pantera – Floods
2. Gwar – Penguin Attack
3. In this Moment – Postmortem (Slayer Cover)
4. Anthrax – Indians
5. Rammstein – Rammstein (this is not a typo ... the

song is about the airshow disaster from which the band draws their name)

6. Mastodon – Cut You Up With a Linoleum Knife
7. Napalm Death – Twist the Knife
8. Metallica – Dyers Eve
9. Opeth – The Grand Conjunction
10. White Zombie – I Am Hell
11. Decapitated – Mother War
12. It Dies Today – Our Disintegration
13. Shadows Fall – Venomous
14. 3 Inches of Blood – Demon’s Blade
15. In Flames – Drifter
16. System of a Down – Radio/Video
17. Carcass – Suppuration

## U2 adds to list of great albums

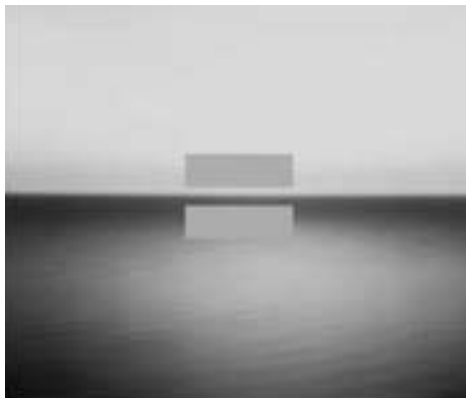
By **XAVIER CARLISLE**

Some people say they love U2, while others say they don’t, but maybe everyone needs to look at the bigger picture. U2 is and has been the biggest, the most relevant, and the most successful international band in over the past 20 years. Their ‘bigness’ only solidifies their significance along the rock ‘n’ roll landscape and every album has acted as the most accurate predictor of what the future of rock ‘n’ roll holds for an entire planet. Mos Def once said that the only way to find out where hip hop is going is by asking his fans to ask themselves where they are going. So, maybe the only way to find out where rock ‘n’ roll is going is to ask U2 where they are going.

More importantly, it is impossible to accurately measure the true value of *No Line On The Horizon* (NLOTH) without considering what

U2 represents to the listener. Neither this album, nor any other U2 album can be looked at objectively without comparing it to a different chapter from the U2 book. If NLOTH is your first ever exposure to U2 (then you need to ask yourself where the f\*ck you’ve been over the past 30 years), you could look at NLOTH as a good album. Good, but not great. But since the entire world already has formed a preconceived notion about U2, this album can only represent one’s pre-established opinion of a band that the music industry lies down in wor-

ship of. If you’re a fan of any period of U2, there are songs on NLOTH that you’ll enjoy time and time again. Some songs could have appeared



www.deviantart.com

on *War* or *The Joshua Tree* or *Achtung Baby* or *Zooropa*, while others just show a band that knows what it wants.

It’s no secret that U2’s career has taken many of the same twists and turns as the Beatles. Each band needed a handful of albums to fully come into their own, each had an experimental middle period and then brought the music back to their own roots in the later time

frame. So, *No Line On The Horizon* is definitely U2’s *Let It Be*. Both albums show a band that is musically as strong as ever, but arrives too late in their respective careers to be acknowledged as being a masterpiece. Also, both of these albums are also overproduced by geniuses who should have been a little more hands off.

NLOTH closes with, “Choose your enemies carefully ‘cos they will define you,” as Bono sings on *Cedars Of Lebanon* because they’re, “gonna last with you longer than your friends.” You might not love *No Line On The Horizon* or even U2. That’s all fine and dandy, but if you like your rock ‘n’ roll music, all you need to know is that U2 has continued to pave a clear path on the horizon for all those who do and will last longer than many other musical acts you will hear in 2009.

★★★★☆

## Feisty Lily Allen is still at it



**LEANNE TRUONG**  
Assist. Entertainment Editor

Why is it that nowadays, nobody is man enough to take the blame for their own wrong doings?

I’d like to believe that people are forgiving and are able to accept the fact that no one is perfect, especially in times like now. However, that is not the case, and probably never will be. Here is the cold hard truth – you may not like it, but here goes ... it’s not me, it you ... you’re the reason why I have become such a cynical brat and have nothing but pessimistic views about everything.

I am flawless and the earth I walk on is gradually crumbling and you lost your job not only because you are terrible at what you do but also because you also contributed to the

Depression 2.0. It’s all you, baby.

Wow, that was real therapeutic to blame everything awfully forsaken on someone else. That explains why everyone does it. I too could write a whole list of songs and put out a CD solely on shifting the blame to someone else, just like the privileged upper-class Brit and spawn of a famous actor and film maker, who made a name for herself though videos of her singing and blogging on MySpace. Oh, Lily Allen ... you were once a fresh and adorable aspiring indie songstress who was bitter, but sweet all in one.

*It’s Not Me, It’s You*, is Allen’s sophomore album which contains mainly feminist ballads on everything that one outspoken female can possible rant about.

From George Bush (*F\*ck You*) to drugs (*Everybody’s at it*) to a past rendezvous (*Not Fair*), even one on her father (*He Wasn’t There*) and the reasons why she acts the way she does (*Could I Say*).

Although it might seem as if she put out this CD to basically speak her mind, all is not bad. She

actually took time to put considerable work on her second album. About a two and a half years to be precise, but it all paid off.

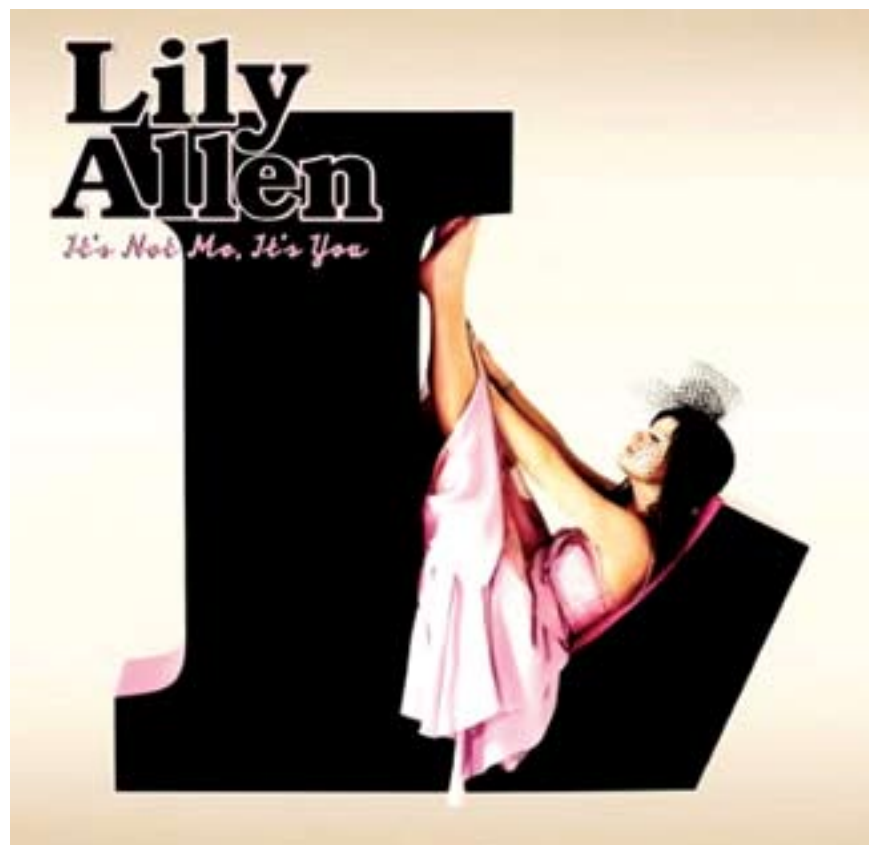
The girl does have a pleasant sounding voice overall. It’s soft, angelic and choir-like. Ironically, Lily Allen the person is quite the opposite. Known for her boozing brawls and scuffles with the paparazzi, she’s definitely making use of her celebrity status, but for no particular good at all. Maybe I’m envious because she gets to sit front row at Chanel shows during fashion week, and also gets styled by, and rubs shoulders with Karl Lagerfeld ... Hello? He’s like the god of anything couture related.

But, it’s not me, it’s you ... well actually everyone – we’ve all been aware and succumb to what Allen is made of. Despite the soulful songs that she may put out, we can’t overcome the

erratic behaviour that overshadows her status as a singer. So if you’re keen on picking up this CD, and

whether you enjoy it or not, don’t blame me.

It’s not me, it’s you.



www.washingtontimes.com



# Tailgate party for your ears



By COLLEEN NUC

Here's a fact: Country fans are people too. They eat breakfast in the morning, they take naps, and they enjoy driving trucks. The only thing that separates them from the rest of the population is their questionable taste in music. However, Alberta is home to many country fans, and luckily there's Tailgate Party on NR92.com, every Thursday from 7:30-9pm to satisfy a country fans desires. Jacqueline Spiller, a bubbly blonde who wears red cowboy boots everyday to school and Samantha Lloyd, a Saskatoon native whose love for



Samantha Lloyd and Jacqueline Spiller of NR92.com's Tailgate Party

Photo by Colleen Nuc

country music slightly outweighs her love for anything girly, invite you to their Tailgate party for a rip roaring yee-hawing good time.

**Nugget:** Describe your show in three words

**Sam:** Tail. Gate. Party.

**Jacq:** (in a Shania Twain singing voice) Party for YOU!

**Nugget:** Not familiar with that song. What makes your show special?

**Sam:** We are awesome and we take requests!

**Jacq:** We are the only ALL country show on NR92 and we have tons of fun.

**Nugget:** Well that is special...I suppose. Anything cool/weird ever happen during your show?

**Jacq:** Last week we had the 'cast' of Locker Talk, another show on NR92.com, sit in on our show with us. We were very distracted by amount of hockey players in the on-air booth.

**Sam:** what she meant to say was....hot guys!

**Nugget:** Hot hockey players in an on-air booth? That would be any girls' dream come true. So do you ladies get along?

**Sam:** Very well!

**Jacq:** We have so much fun together on the show.

**Sam:** Only on the show??? I'm hurt.

**Jacq:** Sam ... you know I love you!

**Nugget:** If you could be a celeb for one day, who would it

be and why?

**Sam:** Megan Fox because I get to lean over really hot Camaros and....I'd be really hot!

**Jacq:** Carrie Underwood. She's country, she's talented, she's beautiful ... she's amazing.

**Nugget:** What colour underwear are you wearing?

**Sam:** Grey. It matches my bra. You can ask for the size.

**Jacq:** Bottoms are black and the top is red.

**Sam:** Oooohhhh! Sexy!

**Nugget:** When was the last time you were drunk?

**Sam:** Ummm ... this past weekend

**Jacq:** I have never have been drunk before.

**Nugget:** Wow, your liver must be thanking you. OK, last question, and it's a hard one. Do you love me?

**Sam:** If this is Colleen ... Yes. If this is the *Nugget* ... No. Because you only come out on Thursdays!

**Jacq:** Of course I do. I have a heart full of love with your name on it.

**Nugget:** I love you guys too, but I hate country music.

**Sam:** I won't hold it against you.

Listen to Tailgate Party every Thursday from 7:30-9 p.m. only on NR92.com. Phone in to request a song or share a story at (780)471-8833.

# Bromance serves up laughs



BRYCE ALTHOUSE  
Entertainment Editor

In today's movie landscape we've got all sorts of movie genres poppin' up left, right and centre in every movie theatre. You've got the romantic comedy, the horror movie, the drama, the Rom-ComZom (Romantic Comedy Zombie flick) and more. Then you have the bromance genre which is ... well a film that bases itself around the complicated love and affection shared by two straight males (thanks for the definition UrbanDictionary.com!). However, this genre has done more than just sound a bit "ginger beer." It has yielded such films as *Pineapple Express*, *Wedding Crashers*, *Role Models* and the soon to arrive *I Love You Man*.

Now, where the other movies perhaps just touched on the concept of bromance, *I Love You Man* manages to base itself entirely around that idea. This is evident when you realize that the plot bases itself around a character named Peter Klaven

(played by Paul Rudd) who has spent his life surrounding himself with women, including his fiancée Zooey (played by Rashida Jones) who he does everything with, but has never had a close male friend his whole life.

With his wedding fast approaching, Klaven realizes he is without a best man and decides to start going on man dates in order to try and meet that perfect buddy. The dates descend into comic madness, leading up to when Klaven meets, by chance, slacker/ultra "dude"

man Sydney Fife (played by Jason Segel) who has the perfect mancave, a strong interest in the

band Rush and a carefree lifestyle.

The rest of the film explores the bond that



Jason Segel, Paul Rudd in *I Love You Man*.

builds between Peter and Sydney, how it begins to affect his relationship with his fiancée, the eventual fight/breakup, and finally the end of film "kiss and make up" (which occurs rather figuratively in this film, thankfully). Doesn't this sound a lot like a typical romantic comedy? If you agree, then

you now can understand why this is such a perfect example of bromance.

As for my opinions on the film, *I Love You Man* definitely delivers on the laughs side. Like many recent comedies of the last few years, this movie is chalk full of moments that many people will no doubt start quoting to their friends and during other completely inappropriate times (kinda of like when you start quoting *Anchorman* on a date and happen to tell a girl she is a "smelly pirate hooker"). It also is full of typical guy humour, but is pitched in such a way that you can take you girlfriend out on a date to see this movie and it manages to stay relevant to both of you and keep you both satisfied (unlike drunken sex). Overall, unlike most movie critics, I don't want to spoil the plot for you, the *Nugget* reader, so I can only say that while *I Love You Man* is not a movie that will be considered a comedy classic someday, it is an enjoyable vacation for your brain that doesn't require much thinking, yet delivers a more than decent amount of laughs.

That alone easily justifies the price of a theatre ticket (but maybe not the price of theatre popcorn, that stuff is highway robbery) and should be a stellar enough recommendation for you to go see the film. *I Love You Man* comes to Edmonton on Friday, March 20.

★★★★☆

# Mad World gruesome but funny

By KITA MURU

To the dismay of parents everywhere, SEGA and Platinum Games have brought out an ultra violent, action-adventure game called *Mad World* ... on the Nintendo Wii of all places. In *Mad World*, a terrorist group known as "The Organizers" have taken over Varrigan City, and turned it into the site for their game show known as Death Watch. You are Jack, a marine sent in by the president to participate in, and bring down, Death Watch.

First, on the bad side, since there is no right analog stick on the Wiimote, you can't freely move the camera behind Jack. The controls sometimes get choppy. Worst of all, it's short ... really short. You can start it at six in the morning on

normal difficulty, and finish it before lunchtime. There is also no online play, which hurts replay value, but that's where the bad stuff ends.

The game can only be described as *Sin City* meets *No More Heroes*. Like *Sin City*, Varrigan City is portrayed in black and white like a comic book, or a graphic novel. The only colour present is red for the amount of blood spilled. Like *No More Heroes*, it's stylized and violent. The soundtrack and commentating while in the *Death Watch* show suits the experience well.

The Wiimote gestures are incorporated into finishers at the end of a combo. Instead of flailing, they serve as the payoff. It has good pacing, and plenty of variety; branching from vehi-

cle scenes, challenges, and boss fights in which you mainly kill people. Best of all, the ways to kill people are over the top, and very style based. That's where the charm of *Mad World* lies, instead of taking itself seriously like *Manhunt*, it relies more on being fun.

With the controversy *Mad World* has gained around its release, it's surely not for everyone. It is, however, for the Wii owner who's looking for something mature. It's gruesome and violent, but yet remains original, stylized, funny and a fun game. It may not be as great as *No More Heroes*, but it is easily a rental.

★★★★☆





Dr. Conwisdom,  
I think I'm going to ask my girlfriend to marry me. How should I propose to her?  
– Prudent Planner

*Dear Prudent Planner,  
Nothing frustrates me more than clowns  
who can't take the time to be creative in their  
marriage proposals. Girls love fairy tales – and  
I have just the one.*

*a cake, hire John Stamos and buy a guitar. You take your girlfriend on said plane while playing "I'm Leaving on a Jet Plane" by Jefferson Airplane with your guitar. Ignore the fact that plane was said three times in that sentence with another word similar to it, then skydive out of the aircraft. Pull out the cake and make her stuff her face before you hit the minimum parachute altitude and die, during which time she will swallow the ring. Have John Stamos in ER-form use an*

*X-ray machine on the ground to reveal what is inside her stomach.*

*BAM! Instant classic. You could tell that story to your kids.*

Dr. Conwisdom,  
My boyfriend is Irish, so for St. Patrick's Day he obviously got crazy – a little too crazy if you ask me. What can I do to keep him under control for next year?

– Mad Little Leprechaun

*Dear Mad Little Leprechaun,  
You must be English. I haven't heard something that ridiculous in about two days. First of all, there won't be a boyfriend to "keep under control" next year if you keep this up. St. Patrick's day is not Valentine's Day. It's not meant to bring you two closer together (except at the end of the night in a drunken tangle fit for the Discovery Channel). And the man's Irish for crying out loud! Get over it.*

# Men not so liberated after all?

**By WENDY GILLIS**  
**CUP Central Bureau Chief**

**SASKATOON (CUP)** – While society expects men to demonstrate a constant and insatiable desire for sexual activity, they are limited in what sexual behaviours they may exhibit once in the bedroom, a new study has found.

Todd Morrison, a University of Saskatchewan researcher and psychologist, has discovered that men are more bound by considerations of sexual normality than women, turning on its head the assumption that men have a high degree

of sexual freedom.

Morrison surveyed a group of 104 university students between the ages of 18 to 25, seeking to find what they considered normal and abnormal behaviour.

Each student was given 33 different written sexual scenarios – half of the surveys with a female exhibiting the sexual behaviour, the other half with a male playing out the exact same scenarios.

“We were interested in looking at university students’ perception of reality ... when they look at sexual practices – which ones would

they deem normal,” said Morrison. “We had assumed that if a male target engages in given behaviour that’s more likely to be seen as normal than a female engaging in the same behaviour.”

But, when the surveys were tallied, the assumption Morrison and fellow researchers made was proven incorrect.

While only one of the sexual scenarios – voyeurism – was deemed abnormal for a woman and not men, there were seven examples considered more abnormal when the genders were flipped.

For example, participants thought it was less normal for a man to have homoerotic fantasies as well as receive or desire pain during sex.

Participants also thought it was abnormal for a male target to be less interested in sex.

On the question asking about the relative normalcy of a person never masturbating, it was considered considerably more abnormal for a man than for a woman. There were similar results on a question regarding celibacy.

Also, it was considered more abnormal if a man didn't achieve

orgasm in a sexual encounter, Morrison says.

Morrison and his team of researchers have been able to draw a fascinating conclusion telling of a blatant societal hypocrisy.

“On one hand, society disseminates the message that men should be hyper sexual and interested in all things sexual and whatever sexual opportunity presents itself, they should just go for it,” Morrison said. “Yet, we argue that it seems that expectation is channelled in specific ways, so men are not quite as free as they may assume they are.”

## 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



NAIT Food Services





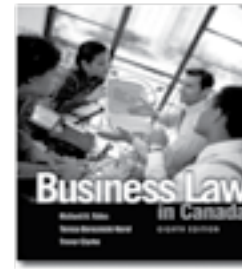


Photo by Javier Salazar

#### PHOTO OPPORTUNITY

William Jans, a Vancouver based photographer, speaks during a recent appearance at the Shaw Theatre. Mr. Jans showed examples of his work and fielded questions from the audience.

## Terry Cooke Law Text Bursary



### Could you use Financial Help?

10 bursaries will be awarded

- ➔ Are you a full-time student in year 1 of Business Administration or BBA?
- ➔ Did you start full-time studies (Day or CED) in September 2008?
- ➔ Are you currently enrolled in Semester 2 (January - April 2009)?
- ➔ Did you have a grade point average of 2.3 or higher in your first semester with no course failures?
- ➔ Did you have at least an 80% course load?
- ➔ Can you prove high financial need? (Main Prerequisite)

Apply now for a **\$500**

### Terry Cooke Law Text Bursary!

Pick-up an application form in Room T300

Deadline: Wednesday, March 25, 2009

@ 4:00 p.m.

*Successful applicants must attend the awards ceremony to receive the bursary*

**ASET**  
2009 AGM and Convention



Join us with  
**Jay Ingram**

As part of the 2009 AGM and Convention, ASET is pleased to present Jay Ingram, co-host and producer of the Discovery Channel's Daily Planet, as guest speaker during the ASET Annual Award Luncheon on Saturday, March 28 at noon at the Hyatt Regency in Calgary.

Students are welcome to join us with a special ticket price of \$15.

For more information or to RSVP please call Lynnell at (780) 425-0626, 1-800-272-5619 or [lynnellip@aset.ab.ca](mailto:lynnellip@aset.ab.ca) by Monday, March 23, 2009.

For more information about ASET or other events at the AGM, please check the web at [aset.ab.ca](http://aset.ab.ca)

Guest speaker sponsored by



**Insurance**

Meloche Monnex

The  
**NEXT**  
**45**



# Grapevines

Opposites attract,  
And best friends make a perfect match,

If you only knew that.

— *If you only knew*

• • •

Grapevines:

I think I understand why I can't buy cold medicine here, which really sucks, but I have a hard time understanding why I can't buy "feminine hygiene" products here at NAIT anywhere. There aren't even any machines in the bathrooms! Maybe the brass thinks that there is so much testosterone around here that we ladies suck it up somehow and stop menstruating. It's bad enough we are "cursed" and have to put up with this, but it's not fun having to run over to

Kingsway Mall in the event of a very abnormal visit from Mother Nature.

— *Signed: Walking the halls of NAIT with toilet paper shoved down my panties.*

• • •

If you're walking down the street and three tampons walk up to you, which one will talk to you first? None of them; they are all stuck up c\*\*\*\*. Bhahahaha

— *Joker*

• • •

D-train runs train on b\*\*\*\*\*.

— *Donnie Mcrobb*

• • •

Hello all! I have a confession. I wanna hook up with Dave in Construction Engineering. He's soo damn sexy and I can't help it! I just want

to get with that sexy ass.

— *From Ciera.*

PS: You can come see me at work at Showgirls anytime on Fridays and Saturdays

• • •

Facebook Texas Poker Hold'em is one hell of a drug.

— *MEC TECH ADDICT*

• • •

Engineer vs. Management

A man is flying in a hot air balloon and realizes he is lost. He reduces height and spots a man down below. He lowers the balloon further and shouts: "Excuse me, can you tell me where I am?" The man below says: "Yes, you're in a hot air balloon, hovering 30 feet above this field." You must be an engineer," says the

balloonist. "I am," replies the man. "How did you know?" "Well," says the balloonist, "everything you have told me is technically correct, but it's no use to anyone." The man below says "You must be in management." "I am" replies the balloonist, "but how did you know?" "Well," says the man, "you don't know where you are, or where you're going, but you expect me to be able to help. You're in the same position you were before we met, but now it's my fault."

— *MechTechEng*

• • •

To the people who don't wash their hands after they use the bathroom:

Eeww — for a lack of better word. Go talk to the lab, students,

and they'll show you what's growing on the toilets. I am completely appalled by you because not only are you too lazy to take two minutes to wash your hands, but because after you use the bathroom, you're going to the HP Centre to use a computer. After which I or some other unfortunate person will sit down at the same computer you used and have to pick up the bacteria you transferred from the toilet seat to the keyboard. Thanks! So please, do us all a favor and wash your hands.

— *Disgusted*

• • •

I want to be hot single. But I am soo shy.

But i am also soo hot.

— *Hot and shy*

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

## Students homeless by choice

By LES HONYWILL  
The Link (Concordia University)

MONTREAL (CUP) — Students often live on the bare necessities, but this week, eight Concordia University students and alumni will survive on far less.

As part of the 5 Days for the Homeless fundraising campaign, the Concordians are camping out on the streets from March 15-20 in a makeshift shelter and without food.

The group plans on surviving on nothing more than handouts for nourishment to raise awareness for the nearly 30,000 homeless Montrealers.

Environment Canada has predicted four of the five nights of their campaign will dip below zero.

"Warmth is the biggest issue," said Kristina Partsinevelos, a Concordia alumnus who is co-chair of the 5 Days campaign. "People can go for a couple days without a lot of food but staying warm

will be the biggest issue, as will the construction."

The group will literally live on a construction site: the underground tunnel running through campus, a \$5-million project to be completed in December 2009, is already under excavation.

Partsinevelos says the close proximity of the group to the early morning noises of bulldozers and jackhammers could wreak havoc on the sleeping patterns and patience of the volunteers.



### OPENING SOON IN WEST EDMONTON MALL

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 MARCH 2nd – 31st | 11am – 7pm

#1946-8882 170 Street NW, West Edmonton Mall (next to Sears)

[www.cactusclubcafe.com/careers](http://www.cactusclubcafe.com/careers)



CACTUS CLUB CAFE

School of Business

**MAC**EWAN

b  
pe

com  
csjw

MacEwan's new **Bachelor of Commerce** is a four-year baccalaureate degree with three majors: Management, International Business and Supply Chain Management.

Do you have a business diploma from NAIT? Or another college... MacEwan will give you block credit toward this degree. You could be halfway to a degree.

And... We can work around your schedule by offering select courses from the Bachelor of Commerce degree program part-time and online.

This is the MacEwan difference.

be here

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



# HOT SINGLE OF THE WEEK



Photo by Jessica Loughlin

## Colleen Nuc

**Age:** 21

**Program:** CARPET-ry

**Hot Single:** How would you describe your personality?

**Colleen:** I'm very anal ... if you know what I mean.

**HS:** Describe your perfect date

**C:** Bailey's and Bear-rugs ... if you know what I mean

**HS:** What do you look for in a guy?

**C:** I like the full package ... if you know what I mean.

**HS:** Cup size?

**C:** A full pint ... if you know what I mean.

**HS:** What is your favourite part of your body?

**C:** My right hand ... if you know what I mean.

# money back fast

student  
tax prep  
**\$29<sup>95</sup>**  
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](http://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

### Bio Sci

**Event:** Garage Sale  
**When:** March 25, 26  
**Where:** North Lobby

### Aboriginal Students CLub

**Event:** Silent Auction,  
Craft and Bake Sale  
**When:** March 30

### Where: South Lobby CETSC

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

**Event:** Beer Garden  
**When:** April 3; 4 p.m.  
**Where:** 8th floor,  
Tower Lounge  
Chemical Technology

**Event:** Easter Egg Sale  
**When:** Week of April 6  
**Where:** NAIT Campus

### LARGE GIFT

MECSA has donated \$3,000 to the Mechanical Engineering Technology Bursary for Students in Financial Need. Ken Kaminski-Raab, left, Regan Harris, Mave Dhariwal, Operations Manager-NAIT Shell Manufacturing Centre, Scott Oracheski and Andy Huerilmann attended.



Supplied photo



Supplied photo

### CLOTHES GALORE

CETSC recently donated 251 pounds of clothing to the Youth Emergency Shelter. Left to right are Chad MacNeil, Marcellus Gotell and Elliot Fraser.

FACE THE ELEMENTS AND THE NAIT OUTDOOR CLUB PRESENT A

## Silent Auction & DodgeBall Tournament

CRUSH Dance Troupe

**April 4<sup>th</sup> - NAIT GYM**  
Doors: 6:30pm Tournament: 6:45pm  
Register your team of six on Facebook  
or at: [face-the-elements@hotmail.com](mailto:face-the-elements@hotmail.com)  
Proceeds of this event are going towards environmental restoration



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)

## Chemical Technology Presents



**MARK**

**The Easter Bunny**

Delivering your Easter Candies April 6th through 9<sup>th</sup>  
Only \$1.50 Each  
While Supplies Last.

Proceeds go to Chemical Technology Student Council

visit: [joinalbertacops.ca/nait](http://joinalbertacops.ca/nait) to win a signed Oilers Jersey



# Want to volunteer? Classifieds

## Community Park Little League Coaches and Volunteers Needed

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

## Special Olympics Edmonton Sports Program & Special Events Volunteers

Special Olympics Edmonton is a non-profit organization, providing weekly sport programs to individuals with an intellectual disability. More than 500 athletes participate in 35 weekly sport and recreation programs in 17 different sports. Volunteers coach all programs. They are currently looking for sports program and special event volunteers. For more information, please contact the Special Olympics Edmonton office at 780-448-1886 or volunteers-soe@telus.net.

## The Edmonton Brain Injury Relearning Society (EBIRS) Volunteer Refurbishing Computers

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 the volunteers. Used computers and computer parts are donated to EBIRS from individuals in the community, companies, schools and several other organizations. Volunteer computer technician and tech assistants completely wipe clean donated computers and begin the refurbishing process. The computers are then sold for \$50 to brain injured survivors and individuals of low income.

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.

## 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!

# 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.

## 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  
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.

## Looking for a job on campus for the fall term?

NAITSA 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.



TOP 10 TIPS

# Managing your anger



**MARGARET MAREAN**  
NAIT Student Counselling

In addition to affecting relationships with friends, family and co-workers, angry outbursts also affect your self-esteem and your overall health. While anger is usually a reaction to stress, losing your temper has the overall impact, ironically, of increasing your stress levels.

**1.** Know your triggers and your warning signs. Look back and determine what types of things cause you to explode. Be aware of the physical, mental and emotional signs that let you know that you are getting out of control. Rapid breathing, increased heart rate or muscles tightening in the upper body, neck and jaw are common physical signs.

**2.** Recognize that how you respond to a situation is your choice. There are many alternatives to losing your temper.

**3.** Take a physical and/or mental time out. If possible leave the situation until you can calm down. If this is not possible, count to 10 slowly or say the alphabet backwards.

**4.** Find ways to express your feelings in a calm way. It is important not to hold anger in and stew on it. Stick to the current issues and do not bring up past problems. Keep your

focus on finding a solution rather than placing blame. Practise empathy by trying to see things from the other person's perspective. If you cannot speak to the person that has triggered your anger, try talking about it to a friend, family member or counsellor. For some people, writing can help. However, if you write something you want the person you are angry with to read you may not want to give them your first draft or to send your e-mail immediately.

**5.** Regular exercise is a great method for defusing overall stress. Physical activity, such as a brisk walk, pushups or jumping rope, can quickly release pent up frustration.

**6.** Quick relaxation techniques include deep breathing, visualizing a relaxing place or thinking of something humorous. Yoga, meditation, listening to music that relaxes you or doing a relaxing craft or hobby are other stress reducing techniques. And of course having a balance of school, personal time and social time is important too.

**7.** Identify the negative thinking that leads up to angry outbursts. Your inner self talk has a major impact on how you respond to stressful people or situations in your life. It often helps to keep a journal of what triggers your anger and of what self-talk goes on when you are triggered. Examples are self-criticism, over generalizing, all-or-nothing thinking, a need to always be right or building things out of proportion. When you are aware of your usual pattern of inner messages, you can work on changing your self talk with the goal of creating positive resolutions.

**8.** Learn to talk yourself down. You can defuse anger with simple questions such as

"How much will this matter in five years?", "Is this a reaction to the situation right now or to something from the past?", "Are my expectations realistic?" or "Is this person trying to make me angry on purpose?" (e.g. if a stranger cuts you off while you are driving it is very unlikely that they are trying to annoy you personally). If your anger is justified then it is important to talk yourself down with messages such as "I need to wait until I can think about this rationally" or "I can stay calm and relaxed" before you respond with words or actions that you might regret.

**9.** Keep a "what to do" list of techniques that work for you when you are angry. Practise deep breathing, brisk walks, humour, visualization, positive self talk, carrying your MP3 player with you and listening to calming music, and other things which may be calming for you.

Carrying an object such as a smooth stone in your pocket and rubbing it when you feel your stress rising works as a quick calming technique for many people. Once you have figured out what works best for you in most situations make a list that you can refer to when you feel yourself losing control. Having a list of options will also help you deal with a variety of stressful situations.

**10.** Seek help. Talking about stressful situations in your life can help you put them into a new perspective. Relationship counselling can help couples develop more effective communication techniques. Individual counselling is free through Student Counselling while you are a NAIT student, so take the opportunity to try it out while you are here. All appointments are confidential and can be booked at Room O-117 or by calling 780-378-6135.

### 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)

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



## Identity theft and what to do



Identity theft is the unauthorized acquisition, possession or trafficking of personal information. It is also the unauthorized use of information to create a fictitious identity or to assume an existing identity. This is done to obtain financial gain, goods or services or to conceal criminal activities.

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public. The two major credit bureaus, Equifax and Trans Union, indicate that they each receive approximately 1,400 to 1,800 Canadian identity theft complaints every month.

**Be vigilant. Protect yourself!**

Theft of your identity can occur by Internet, telephone, fax or through the mail. Everyone must be vigilant in protecting themselves against loss.

**Be proactive.**

Learn and use safety measures to minimize the chance of becoming a victim. Be wary of unsolicited e-mails, telephone calls or mail attempting to extract personal and financial information.

Ask yourself if you need all of the identity documents in your wallet. Remove any cards you don't need and store them in a safe place.

**Be careful about sharing personal information.**

Provide personal information on the phone, mail or Internet only when you have initiated the contact or know who you are dealing with. Someone with your SIN or birth certificate can pretend they are you and make fraudulent financial transactions.

**PAYMENT CARDS (CREDIT AND DEBIT)**

- Periodically check your

credit report, bank and credit card statements. Report irregularities promptly.

- Don't lose sight of your credit and debit cards during transactions.
- Shield your PIN when using your debit card.
- Memorize all PINs. Do not write them on the cards.
- Change your PIN regularly.

**MAIL**

- Shred personal and financial information before putting it in the garbage.
- Protect your mail. Deposit outgoing mail in post office boxes and remove

mail from your mailbox promptly.

- If you are unable to pick up your mail, have someone pick it up for you.

**WHAT TO DO**

1. Act immediately. Report the incident.
2. Notify creditors and/or financial institutions immediately.
3. File a report with the Edmonton Police Service.
4. Cancel credit and/or debit cards.
5. Check your credit file with both credit bureaus (Equifax and Trans Union).

6. Report fraudulent activities to:
  - a. Reporting Economic Crime Online: [www.recol.ca](http://www.recol.ca)
  - b. Phonebusters: 1-888-495-8501 [www.phonebusters.com](http://www.phonebusters.com)

*If you have information about 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 eligible for a reward of up to \$2,000.*

Everybody benefits, except the criminal.

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

BE PART OF  
*the Centre of*  
**ATTENTION**  
*SHAW* Conference Centre

- 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](mailto:careers@edmonton.com)

**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, [catherinernyan@telus.net](mailto:catherinernyan@telus.net)



## NOTICE FROM THE OFFICE OF THE REGISTRAR

**ARE YOU GRADUATING IN THE SPRING OF 2009?****CONVOCATION 2009**

Saturday, May 9, 2009

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

If you expect to complete program requirements by **Tuesday, June 30, 2009** and you plan on attending the Convocation ceremonies in May, you **must order your gown**.

**Deadline for ordering gowns: FRIDAY, APRIL 3, 2009**

Orders will be taken at:

- NAIT Bookstore, Room X-114 • Patricia Campus Bookstore, Room P-135
- Souch Campus – Room Z-154
- NAIT's Northwest Campuses, contact the NAIT Bookstore at (780) 471-7717

For Information Call: (780) 471-7717

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

<b>Morning Ceremony</b> <b>Saturday, May 9, 2009 – 9 a.m.</b>	<b>Afternoon Ceremony</b> <b>Saturday, May 9, 2009 – 2 p.m.</b>
<p><b>School of Arts, Sciences and Communications</b>  Legal and Realtime Reporting  Medical Transcription</p> <p><b>School of Health Sciences</b>  Animal Health Tech. – Fairview Campus  Animal Health Tech.  Combined Lab and X-Ray Tech.  Cytotechnology  Dental Assisting  Dental Tech.  Denturist Tech.  Diagnostic Medical Sonography  Emergency Management  Emergency Medical Tech. – Paramedic  Magnetic Resonance  Medical Laboratory Assisting  Medical Laboratory Tech.  Medical Radiologic Tech.  Occupational Health and Safety  Optical Sciences Contact Lenses  Optical Sciences Eyeglasses  Personal Fitness Trainer  Respiratory Therapy  Veterinary Administrative Assistant</p> <p><b>School of Applied Media and Information Tech.</b>  Bachelor of Applied Information Systems Tech.  Computer Systems Tech.  Digital Media Design  Graphic Communications  Photographic Technology  Radio and Television (Radio)  Radio and Television (Television)</p> <p><b>JR School of Business</b>  Bachelor of Applied Business Administration – Accounting  Bachelor of Applied Business Administration – Finance  Accelerated Accounting  Accounting  Applied Banking and Business  Finance  Human Resource Management  Management  Marketing  Nutrition and Foodservice Management  Office and Records Administration</p>	<p><b>School of Hospitality and Culinary Arts</b>  Baking  Cooking  Culinary Arts  Hospitality Management  Retail Meatcutting  Apprenticeship:  • Baker  • Cook</p> <p><b>School of Mechanical and Manufacturing Technology</b>  Auto Body Pre-Employment  Automotive Pre-Employment  Building Environmental Systems  CNC Machinist Technician  General Mechanic  Harley Davidson Technician  Heavy Equipment Service (Fairview)  HVAC Specialist  Industrial Heavy Equipment Tech.  Marine Service Technician  Materials Engineering Tech.  Mechanical Engineering Tech.  Power Engineering – 4th Class  Power Engineering – 3rd Class  Power Engineering Certificate (Fairview)  Power Engineering Technology  Apprenticeship:  • Auto Body Technician  • Automotive Service Technician  • Heavy Equipment Technician  • Machinist  • Millwright  • Motorcycle Mechanic  • Outdoor Power Equipment Technician  • Parts Technician  • Rig Technician  • Welder</p> <p><b>School of Applied Building Science</b>  Aircraft Skin and Structure Repair – July 17/09 grads  Architectural Tech.  Civil Engineering Tech.  Construction Engineering Tech.  Engineering Design &amp; Drafting Tech.  Geomatics Engineering Tech.  Golf Course Turfgrass Management  Graphic Sign Arts  Interior Design Tech.  Landscape Architectural Tech.  Millwork &amp; Carpentry</p> <p>Turfgrass Equipment Tech.  Apprenticeship:  • Boilermaker  • Cabinetmaker  • Carpenter  • Crane and Hoisting Equipment Operator – Boom Truck  • Crane and Hoisting Equipment Operator – Mobile Crane  • Floorcovering Installer  • Gasfitter  • Insulator  • Ironworker  • Lather – Interior Systems Mechanic  • Painter and Decorator  • Plumber  • Roofer  • Sheet Metal Worker  • Steamfitter-Pipefitter  • Structural Steel and Plate Fitter</p> <p><b>School of Electrical and Electronics Tech.</b>  Avionics Engineering Tech.  Biomedical Engineering Tech.  Computer Engineering Tech.  Computer Network Administrator  Electrical Engineering Tech.  Electronic Systems Integration  Electronics Engineering Tech.  Instrumentation Engineering Tech.  Network Engineering Tech.  Telecommunications Engineering Tech.  Apprenticeship:  • Communication Technician  • Electrician  • Instrument Technician  • Power Lineman  • Power System Electrician</p> <p><b>School of Resources and Environmental Management</b>  Bachelor of Technology in Technology Management  Biological Sciences Tech. – Environmental Sciences  Biological Sciences Tech. – Laboratory and Research  Biological Sciences Tech. – Renewable Resources  Chemical Engineering Tech.  Chemical Tech.  Forest Tech.  Geological Tech.  Petroleum Engineering Tech.  Water and Wastewater Tech.</p>





# Your horoscope



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)

You will be overcome with sexual feelings for your best friend. If your best friend is a woman, sweep her off her feet by holding a boom box playing Meatloaf's *I'd Do Anything for Love* below her bedroom window. It'll be a great way to tone up your arms too. If your best friend is a dude, then wear nothing but a trench coat and show up at his place of work. If your best friend is the same sex as you, then you are gay.

### Taurus (April 20-May 20)

Plan a vacation. To Red Deer. It's all you need.

### Gemini (May 21-June 20)

You are practical and persistent. You have a dogged determination and work like hell. Most people think you are stubborn and bullheaded. You are nothing but a communist. You have an intense love for whips and chains. You are unable to cry.

### Cancer (June 21-July 22)

You will be sick. Stop looking at your neighbour through the window.

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

A lost item of yours will remain lost ... unless, of course, you find it. You won't.

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

You will be held accountable for the needless deaths of hundreds of Canadians just days after composing an irresistibly catchy jingle about the rewards of drinking bleach.

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

Yes ... those Tim Horton's cups you threw out last week without rolling up the rim, had the big screen TV and free coffee under them! Shitty for you.

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

You love happy movies where everyone is jolly and having fun, but you also love to fight with waiters and get upset with billboards. You especially like bar fights and if for some reason you can't actually get into a bar fight, you make up interesting stories about them which everyone knows you are lying about. Which, by the way, is incredibly embarrassing.

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

Shave your head. Not for cancer, but for Cancer. You do that and the April babies will be all over you.

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

You are the pioneer type and hold most people in contempt. You are quick tempered, impatient and scornful of advice. You are basically a prick. You seldom think others are good enough for

you so you masturbate a lot.

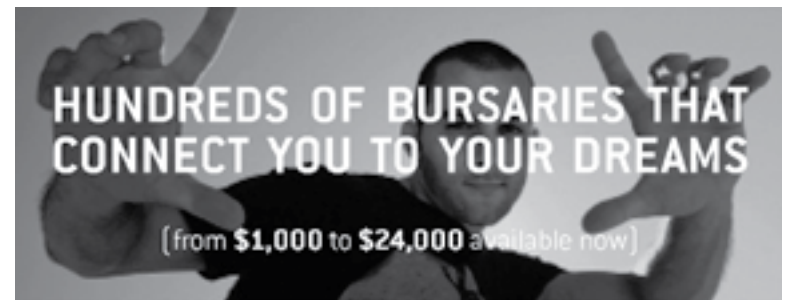
### Aquarius (Jan. 20-Feb. 18)

You are the logical type and hate disorder. This nit-picking is sickening to your friends. You are cold and unemotional and often fall asleep while screwing.

You would make a good garbage collector.

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

Imagine yourself as your greatest hero. Upon realizing you'll never live up to that person, take up crochet.



Imagine finishing your post-secondary studies with lower debt and working in your field in one of the hottest economies in Canada – northern Alberta. It's not for everyone, but then you just might have what it takes.

We provide over \$850,000 in bursaries each year.

FIND OUT MORE AT  
BENORTH.CA



## 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
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](mailto:askfye@nait.ca) OR VISIT [www.nait.ca/fye](http://www.nait.ca/fye)

## TRAILER PARK BOYS!

RICKY, BUBBLES, & JULIAN!  
Community Service Variety Show

Thursday, April 2nd @ 8pm  
Winspear Centre  
Tickets: 780.428.1414

[www.winspearcentre.com](http://www.winspearcentre.com)  
or in person at the box office



## 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





Brittany Black  
and  
Colleen Nuc

# What is one quote you live by?



Live life to the fullest.

Jackson Davies  
NET



Everything happens for a reason.

Alex Descotes  
Visitor



Live hard. Die young.

Brandon Pipke  
Carpentry



Every day above ground is a good day.

Micah Robinson  
Carpentry



You should never hesitate to trade your cow for a handful of magic beans.

Jenna Turner  
NAITSA

# EMPTY THE NEST

WITH

# TUPELO HONEY

CHRISTIAN HANSEN AND THE AUTISTICS,  
AND RAPTORS!

# APRIL 3, 2009

DOORS 7PM - \$10 TICKETS @ NAITSA

## YOU COULD WIN



THIS...

A big screen with surround sound

OR

OR THAT...

'Slightly used' big screen from The Nest

Wii game console

OR

'Slightly used' PS2 and a TV

Laptop with a hot new game

OR

Scribbler

Bar fridge

OR

NAITSA cooler bag

Jack Daniel's guitar

OR

3/4 Acoustic guitar

\$500 Groceries

OR

Case of Kraft Dinner and ketchup



BUY YOUR TICKETS EARLY FROM NAITSA (E131) OR THE NEST,  
SPACE IS LIMITED. (ONLY 200 TICKETS AVAILABLE!)

