

INK NIGHT AT THE NEST – MARCH 31, 4:30 P.M.

# THE NUGGET

Thursday, March 26, 2009  
Volume 46, Issue 24



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## FIRMS THAT ARE HIRING

Story Page 2

### INSIDE:

**Clubs Corner:** Page 17

**Dr. CONwisDOM:** Page 14

**Editorial:** Page 5

**Entertainment:** Pages 10-12

**Grapevines:** Page 15

**Horoscopes:** Page 13

**Hot Single:** Page 16

**Mouthing Off:** Page 20

**News:** Pages 2-4

**Sports:** Pages 6, 7

**Top 10 Tips:** Page 19



Photo by Kevin Stachniak

### ONE-MAN BAND

Neil MacDonald performs at Indie Night last Thursday (March 19) at the Nest. Also appearing with the popular local musician was the band Nobody Likes Dwight.



FRIDAY  
APRIL 3

DOORS 7PM  
\$10 TICKETS  
AT NATSA

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

*Tupelo of Toney*

CHRISTIAN HANSON & THE AUTISTICS  
AND RAPTORS

# NEWS & FEATURES

## Telecom grads in demand



**MacKENZIE MARSHALL**  
Issues Editor

It's really hard to be a graduating from school right about now. We all know what's going on with the recession, and Mclean's Magazine recently said that 2009 is the worst year to be a post secondary graduating student because of the falling economy. Last week, some NAIT students found out that they're a lot better off than many other students.

On Wednesday, NAIT's Telecommunications Engineering Technology program held a technology employer conference for all of

its students. Eight companies attended the event, including ATCO Electric, Telus and Leducor Technical Service Group. Things got started early in the morning with a sponsored breakfast then it quickly moved along into sessions with keynote speakers. Most of the sessions were about how "hot" the telecommunications systems field is right now. A quick look through the "sci/tech" section of any newspaper or online news source shows just how hot telecommunications is. While many major corporations are reducing employees and making major cuts, companies like Bell and AT&T seem to be doing just fine. Bell recently purchased the chain of electronic stores known as The Source from Circuit City. According to the Bell CEO George Cope, the purchase will support "strategic imper-

atives to accelerate wireless and leverage momentum in services like Bell TV, Bell Internet and Bell Home Phone." AT&T, the largest telecom provider south of the border, recently announced plans to invest \$18 billion and create 3,000 new jobs in the U.S. to expand its broadband and wireless services.

Telus announced last week that they'd be spending \$500 million this year to upgrade fixed line and wireless broadband infrastructure in British Columbia. A new broadband centre will be opened, creating 200 new jobs over the next couple of years. Even Blackberry creator Research In Motion is getting in on the fun, announcing that they'll be sponsoring U2's upcoming 360 degrees European tour.

The heat from the industry is hitting a lot closer to home, too. Leducor said on Wednesday that they have the capacity to hire all 38 of NAIT's graduating students from the telecommunications program

this year.

"We're fortunate to be in a position where economic turmoil may not dictate our plans and we may be going against the norm," said Bram Vanderkracht, a Leducor manager, speaking to NAIT NewsWatch.

He added that they'd also be looking to future NAIT

telecommunications students as they'll be looking to fill close to 50 or 60 positions in the next six months.

Hopefully, the strength of the telecommunications industry will keep the economy afloat during these tough economic times and lead us out of the recession that is so badly affecting the students (like me) not lucky enough to be enrolled in the telecommunications program at NAIT.



Photo by Javier Salazar

### UNDER CONTROL

Firefighters pour water on a fire on the top floor of the Kelly-Ramsey block, located at 10048 101A Ave., Tuesday afternoon after a \$3.5-million fire ripped through one of downtown's oldest buildings. The building is nearly a century old. There were no injuries in the blaze, which was brought under control by 6 p.m.

## 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**



# Cruise benefits NAIT



**MacKENZIE MARSHALL**  
Issues Editor

The 21st annual NAIT Benefit Cruise was a huge success. Over \$1 million was raised with help from more than 500 volunteers doing everything from serving food to checking coats.

The theme for this year's Cruise was Madagascar. The south end of NAIT's Main Campus was transformed from its usual drab look to a wonder for the eyes. As guests arrived, they were led down hallways that were

transformed to look like a tropical paradise. They were also greeted with the sweet sounds of Malagasy singers. The singers, who are also students at NAIT, used traditional instruments like congas and shakers to produce their magical sounds. They also used guitars and keyboards as they performed about 12 songs, including a traditional welcoming song that was sung a cappella. The Common Market looked so different from what it does normally; people were seen doing double takes to make sure they were in the same room. It went from your average college cafeteria to a dining room straight out of a movie. Realistic statues of exotic animals surrounded the perimeter of the room while tables were covered with red table cloths and featured centre-pieces with colourful plants.

The annual fundraiser this year raised money for NAIT's local and international programs. NAIT does training in the African country of Madagascar and this year, there are 15 students from the island country training here in the millwright and instrumentation programs. The students have been here since November and they will return to Madagascar to take jobs in a nickel refinery being built there. The students are also being trained in leadership roles through the Sherritt refinery in Fort Saskatchewan.

The Cruise featured both live and silent auctions. There were lots of exciting items up for grabs, including a 1964 Corvette convertible. J.R. Shaw donated one of the other biggest items – a B.C. fishing trip for 12 that went for \$60,000. The trip will take the 12 from

Edmonton to Prince Rupert, B.C. via a private jet, then from Prince Rupert they'll be taken to Eagle Point Lodge, a 20-minute sea plane ride. Eagle Point Lodge is said to have some of the best fishing, food and scenery in Canada. The trip takes place from Aug. 31 to Sept. 3, 2009.

In total, the auctions raised \$500,000. Clark Builders announced that they would match the amount the auctions raised, adding another \$500,000 dollars to the night's total.

Dr. Sam Shaw was extremely proud of the event, saying, "thanks to our outstanding volunteers, we've held first-class events and raised a lot of money over the years – \$7.5 million since the Cruise began. I'm proud to be associated with such a hardworking and dedicated group."

## Showdown in Calgary

By KATHARINE HAY

On Saturday, March 21 in downtown Calgary, about 40 Aryan Guard marchers faced off with about 250 members of anti-racism and anti-fascism groups from Calgary and Edmonton.

The day started peacefully, with members of Anti-Racist Action Calgary (ARAC) and other groups massing at City Hall to commemorate March 21 as the "International Day to Eliminate Racism." Meanwhile, members of the Guard were holding their own rally on the other side of downtown, with the intention of marching to City Hall to finish their rally for the day.

From the ARAC's perspective, their goal was to prevent the Guard from reaching City Hall. To reach this goal, the ARAC had a co-ordinated effort of scouts, flag bearers and other individuals to block the streets and prevent Guard members from progressing towards City Hall.

One of the ARAC organizers, Bonnie Devine, characterized the Guard as nothing more than a gang. "They are a group existing under the guise of European pride and free speech, but ... the Aryan Guard are racists. They believe in white pride and white supremacy."

As the day went on, the protests became increasingly violent, with cans, rocks and glass thrown from one side to the other, as police held a line between the Guard and the anti-fascist organizations.



www.canada.com/Calgary Herald

During the melee, one officer said: "move them back, use force" to his subordinates, when referring to the protesters, who had nothing but a police bike line between themselves and Guard members. This led to some confrontation between

police and protesters, who hurled insults like "is your mommy proud of you for protecting racists" towards the police.

This scene occurred immediately after a scuffle between Guard members and anti-fascism protesters, which resulted in some minor bloodshed on both sides. After this, police began using more force to keep the protesters away from Aryan Guard members, including detainment and arrest.

This was in stark contrast to the more casual individuals who were taking part in the rally.

"I live in Calgary," said Pamela Daignault, adding that, "people shouldn't be allowed to walk around the streets spouting messages like that without someone on the other side."

Daignault and other protesters who were not affiliated with a group stayed away from the militancy at the heart of the con-

flicts. Of the close to 400 members of the anti-fascism/anti-racism side, not more than 60 were involved in direct clashes with police and Aryan Guard members.

According to the Aryan Guard website, <http://aryanguard-calgary.nfshost.com>, their goal is simple: "We (Aryan Guard) must secure existence of our people and a future for white children."

None of the Aryan Guard members were willing to talk to the media.

At the end of the day, the Aryan Guard made it no farther than three blocks from their starting point in downtown Calgary. Three people were detained and there were some minor injuries to both sides.



## 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.

## TechTalk 2.0

## New and improved DSi



By AARON NODELMAN

Hello, fellow techies, and welcome to TechTalk 2.0.

This week we're taking a look at the new Nintendo DSi. This portable video game player is the third iteration of the Nintendo DS (double screen) GameBoy system and is new and improved. It is 12

per cent thinner than the previous iteration (the DS Lite) and now includes additional camera functionality that was not previously available.

It also has the following new features:

An expansion card slot has been added for more memory, allowing

for faster load times, less graphical issues and possibly less hardware malfunction. A full 802.11 internal wireless adapter allows for complete Internet connectivity to other players around the world instead of only at specific Nintendo hotspots. Previous models required this. Soon a DSi Shop will open, allowing downloadable content to be purchased online using points purchased through Nintendo (and thus, being called Nintendo Points) for various things, from updates and extra content in games to completely new downloadable games. This function uses the expansion card to store data if it's too big for the DSi to fit on its own. The expansion card can also be used to store pictures taken with the new camera and recorded sound from the microphone introduced in the first iteration of the DS and music and videos if you choose to use it as a media player.

Unfortunately, there are a number of downsides to this new iteration of the DS. As some of you are already aware, the original DS had backwards compatibility that allowed it to play games from previous versions of the GameBoy, specifically the GameBoy Advance (GBA 2001) and the GameBoy Color (GBC 1998), and the GameBoy Original (GameBoy 1989). However, on the second iteration (the DS Lite), the backwards compatibility was limited to only GBA. This time around, unfortunately, the DSi is being limited to only DS games, though it has been promised that the more popular GBA games will be released on the DS Shop.

In all, I would wait before making the choice of purchasing the new

DSi. Its limited capabilities dwarf the new features for it, especially since the DSi Shop currently has limited selection (probably due to it being so new), and requires the user to download an additional application to the DSi prior to its use. All this being said, it's still possible for the DSi to become a very popular and powerful system, so the final decision is really up to you.

The DSi will be released in North America in Matte Black and Matte Blue on April 5 for \$169.99 US and \$199.99 Cdn. If you are going to purchase it, I would recommend pre-ordering it at your favourite game store, since they will still likely sell out very quickly.

Alright, that's all for now. Until next time, folks.



Nintendo DSi

## A idea for you!

By BRITTANY BLACK  
Assistant Issues Editor

It's time for all you smarty-pants out there to sell your million dollar idea. If you've got some sort of invention or business plan, head down to the Shaw Theatre tonight (Thursday) — one-wheeled motorcycles have already been invented, sorry. NAIT's own Women in Technology is putting on Speaking from the Dragon's Den: An Evening with Arlene Dickinson. You've probably seen the daunting "dragon-lady" poster floating around campus, and it might be a good idea to pay attention to it.

If you don't already know, Arlene Dickinson is commonly known for her spot on the Canadian CBC's hit TV show *Dragon's Den*, a show that consists of entrepreneurs pitching what they think could be a potentially successful

business plan. They try to secure a certain amount of financial stability from the "Dragons" (five rich entrepreneurial business people). The contestants also agree to give these business experts some sort of a percentage of their company's stock, which, of course is the reason for negotiation.

Arlene was offered this position because of her success in marketing. She is the CEO of Venture Communications and a 20-year veteran in marketing communications. Over the last 11 years, Arlene has turned what was once a small, local firm into one of Canada's largest independent marketing firms. In 2005, she was named one of Canada's Top 100 most powerful women and has received many awards during her successful career.

Needless to say, her presence here is

an exciting event. NAITSA is saying it is the "must-see marketing, communications, entrepreneurial, vision, leadership, growth and motivational event of 2009."

The show takes place in the Shaw Theatre on NAIT's Main Campus. There will be a pre-presentation reception with light refreshments at 6:30 p.m. and An Evening with Arlene Dickinson will start at 7 p.m.

The show isn't just for those of you with "million-dollar-ideas." It will be a great opportunity for you to get some advice on how marketing can be accountable and how to go about delivering clients' business goals.

The tickets are \$20 ... but hey, after you make your first million, you'll be wiping caviar off your Mercedes-Benz's leather seats with \$20 bills.

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*

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](http://alis.alberta.ca)

CAREER PLANNING • EDUCATION • JOBS

» Make the most of your future

Alberta

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)

# OPINION

— Editorial —

## Lining up



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

Times are changing, and so are the ways people interact with each other. Throughout the past few weeks I have found myself intrigued with the phenomenon of Internet dating. I myself have never tried to meet someone online, but I have a motto; I will try anything once, twice if you say please and three times if I like it. It's the motto I live by and so far it has never led me astray. Perhaps after this week meeting people online it is the only way I will meet people, seeing as conventional methods have been far less than successful.

### Making its mark

Once considered nothing more than a late night booty call, Internet dating is finally making its mark on the world. If you ask me, it only makes sense. In today's fast paced environment, the Internet seems to be the most effective and efficient form of communication. So, why not meet people that way? Having the ability to scroll through countless online profiles allows me to concentrate only on the people that interest me. I wish everything in life were so easy. It sort of reminds me of shopping for a new car. First you go online and look for a vehicle that catches your eye. Then you click on the photo of the car and read up on what it has to offer, just as you would click on the profile picture to read the profile information. If everything looks good, you are to go to the dealership and take a test drive, I am sure you can all figure out what step of online dating that refers to, the date of course. Finally, after all the searching and a few successful test drives, you have yourself a new car, or girlfriend, or boyfriend. Play your cards right and you could end up with all three.

### Always a pitfall

With all great dating methods there is always a greater pitfall. With online dating it is the honour system. And let's be honest with each other, it's clearly not a good idea to take everything posted on a profile to heart. You have to keep in mind people are only posting the good things about themselves. It is not to often you are going to come across a profile that says, "three-foot-two inches, 500 pounds, unibrow, 39-year-old male, still lives in mom's basement, smells like blue cheese and unemployed." Chances are the profile will more likely read, "stocky, well rounded mature male, self-employed entrepreneur, enjoys evenings of wine and cheese in my newly renovated basement suite." Now that I think of it, something tells me that all of the doctors found online are not all actually doctors. Chances are many of them pump gas, flip burgers and clean toilets. Talk about false advertising.

Is online dating for you? If you're attached, probably not, but if you are single, it could help eliminate a lot of time wasted on small talk. At least you can be sure everyone online is looking for companionship of some sort. The hard part is deciphering what they are really looking for, and who they really are. So all you single ladies (insert Beyonce song here) and men out there looking for something more than textbooks and employment this summer, perhaps you should give online dating a try. Just remember, always let someone know where you are going, and cover your stump before you hump.



www.washingtontimes.com

— Letters —

## Washroom blues

A lot of you at NAIT know that some of the bathrooms on campus are very large. If you're a male, it means you urinate in a urinal and some of the bathrooms on campus being large, have many urinals, some as many as eight. Alternately, some are very small, only having one urinal and one toilet.

Now, during one of my spares I found myself quite waterlogged and went to relieve myself. Following my own personal rules of etiquette I go and use the urinal on the end. Let's just outline the situation here: eight urinals, I'm on the end and nobody else is in the bathroom.

I hear someone enter the room to also take a leak. I can feel him in the room, though I don't look around. Suddenly, I realize he's decided to take the urinal right next to mine, out of the seven remaining, he took the one closest to me. Talk about awkward. Even worse still, I start to get the feeling that he's sneaking peeks. Now I'm just getting a little disturbed.

Fortunately, I'm finished by now and go to wash my hands. No really,

I just took a leak; I'm going to go wash my hands. With a whoosh and a slamming of doors, the other guy is gone. Oh. My. God. He didn't wash his hands. Gross.

Simply put, these things bother me. Now, I can't possibly stop people from doing them since they're obviously social rules and can't be enforced since they always vary from person to person but I can say that it cheeses me off.

Along with those things, I also find it really uncomfortable to have a conversation in the bathroom, especially about the consistency of one's bowel movements (is it supposed to be yellow and lumpy?), a business opportunity (no! Buy! Buy! Buy!) Or a comment to someone else from your class in the same bathroom (did you finish Lab 8?).

Another thing that really bothers me is that nobody is really willing to flush a toilet around here. You all know that some of the bathrooms in NAIT are also very small, nothing more than a single urinal and a single toilet. Whenever the urinal is full you can always use the toilet, right?

Well, I have yet to use a toilet that is flushed before I use it. What on Earth is it with people leaving behind a disintegrating fragment of your last meal? Does it impress you so much that you have to share? No thank you, please flush. Good day.

Oh yes, another thing that really creeps me out: cell phones, MP3 players, electronic devices. Those things really ought to be banned from the bathroom. I mean, it's bad enough that I have to hear the noises your colon makes when you go, but I really don't want to hear music from Britney Spears while you do it (I'm not joking, I really heard it). Not only that, just about everything has a camera on it these days. Seriously, have you ever thought of that? Camera? Bathroom? Creepy.

Anyway, enough about me. I'm sure there's enough examples to overflow a single article, so I'll just leave you with that. I do, however, encourage you to write in your own bathroom escapades to the *Nugget*, or even a rebuttal if you like.

— Aaron Nodelman

## Pedal power a solution?

Dear Student Editor:

Shannon, the Business Administration student in last week's "Letters" needs help. Shannon could use an e-mail address, in her letter, so that someone could drive her to NAIT. Typically, at university, Business stu-

dents drink beer continuously, and for that reason I think of beer instead of ultra-healthy Polar Bear distilled water, when I chat about Business students.

Possibly, Shannon could have bought a bicycle at Walmart, and then pedalled to NAIT. Or, Shannon

could have parked in a residential area, and then walked three blocks to NAIT. Anyway, Shannon's \$50 parking ticket is cheap compared to her car insurance bill.

Sincerely,  
R. Blakely

# SPORTS

## What happened to Oil Kings?



By **LANDON HOMMY**  
Assistant Sports Editor

One of the best things about writing for the *Nugget* is that there is only one issue a week. But with the good comes the bad, and the bad part about a weekly paper is keeping things timely.

You probably already know what happened to Edmonton's WHL team last night (Wednesday). Down 3-0 in their best-of-seven series, the Oil Kings faced the Calgary Hitmen in hopes of posting a win and staying in the playoffs.

But I don't know, since I'm writing this on Tuesday. So I'm going to assume about 95 per cent of you rely on us for your news, so join me now in pondering – in conjunction with my little theme here – the good and the bad of everything Oil Kings:

The Good: The boys are in the playoffs. In only their second season of play they are adding to the "City of Champions" already long list of sports successes.

The Bad: To get there they lost their final two regular season games against the sorry Red Deer Rebels, forcing a one-game playoff against

the Prince Albert Raiders for the final post-season spot.

The Good: They won that game of course, doing all that so you could enjoy more WHL hockey.

The Bad: They're playing Calgary. If they won last night then the sky may have fallen and you are not actually reading this.

The Good: That metaphor.

The Bad: Man I wish Game 4 was earlier.

The Good: They've given Calgary a challenge. Or at least goaltender Torrie Jung has. He's been ridiculous, making 95 saves over the last two games. That included a 2-1 OT loss in Game 2, which is a feat

unto itself considering Calgary has the league's best offence, led by two of the league's top scorers in Brandon Kozun and Brett Sonne.

The Bad: Most of you probably didn't know any of that. That's too bad since it's great hockey – as good as the Oilers current play-off run and slightly worse than Ooks games.

Ultimately though it's all good, since Edmonton has another great hockey team to cheer for. Of course it's going to take a few years for an expansion team to acquire success, so the fact that the Oil Kings are getting some so early in their existence is exciting.

Hopefully people realize by now that: a) they're not the Edmonton Oilers with a new name (I actually know someone who thought that), and b)



www.oilkings.ca

**Oil King Brett Breitkreuz, a left winger, tied for third in team scoring with 19 goals and 36 assists during the regular season.**

they're the real deal, so it's OK to start paying attention to them a little

earlier next season.

ended ...

I just wish I knew how this one

## Another Heintz to NAIT

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

The NAIT Ooks women's hockey team will have a name familiar to Ooks hockey fans in its lineup next season. Teegan Heintz, the sister of former Ooks men's hockey standout Dustan Heintz, has committed to the Ooks for next season.

Dustan played two seasons for the Ooks from 2002-04, and led the Ooks in scoring in his first season with 47 points.

He collected 75 points in 53 games during his stint with the Ooks and was named an Alberta Colleges Athletic Con-

ference second-team all-star.

It would seem that a scoring gene runs in the family as Teegan led the Prince Albert A&W Bears of the Saskatchewan Female Midget AAA Hockey League in scoring this season. The native of Lusk, Sask., scored 19 goals and nine assists for 28 points in 28 games in the regular season, and then ramped up her production in the playoffs, scoring 10 points in six games to lead the SFMAAHL in

postseason scoring.

The five-foot-nine forward, who turns 18 this month, has applied to the personal fitness trainer program at NAIT and is

expected to challenge for a first line role on the team next year.

"Teegan is hard worker and a strong forechecker," said Ooks women's hockey team head coach Deanna Iwanicka.

"She likes to be the first forward in, creating turnovers for offensive opportunities.

"I last saw her play in a tournament in December and she's since scored quite a few more points for her team. We believe that she'll put up some points on the board for us next year."

Terry Ballard, head coach of the Ooks men's hockey team, called Teegan's brother Dustan, whom he coached at NAIT, an "outstanding player and person."

Said Iwanicka of Teegan: "Her brother was an all-star for NAIT and, given her talent level, I don't doubt she can do the same."



### ACAC HOCKEY PLAYOFFS

#### MEN PLAYOFF RESULTS

**March 20**  
SAIT 5, MRC 4  
SAIT leads series 2-1

**March 21**  
MRC 3, SAIT 0  
Series tied 2-2

**March 22**  
SAIT 1, MRC 0  
SAIT wins mens championship

#### WOMEN PLAYOFF RESULTS

**March 6**  
U of C 4, MRC 3  
(U of C leads series 1-0)

**March 8**  
MRC 1, U of C 0 (3OT)  
(Series tied 1-1)

**March 13**  
U of C 3, MRC 1  
U of C leads series 2-1

**March 14**  
MRC 2, U of C 1  
Series tied 2-2

**March 15**  
U of C 1, MRC 0  
U of C wins womens championship



# 2 minutes in the box

NAHREMAN ISSA

Showboating or harmless fun? That's the "burning" question being asked around the hockey world this week. The controversy is dogging Washington Capital's forward Alex Ovechkin after he scored his 50th goal last week.

For those who need a refresher on the incident, the 23-year old Russian potted his 50th goal in 71 games this season against the Tampa Bay Lightning last Thursday. But it was his celebration that has left a bad taste in many people's mouths.

Ovechkin laid his hockey stick on the ice after scoring the goal and

pretended it was on fire, all the while warming up his hands over it. The pre-meditated move upset the Lightning and got many around the hockey world, including Don Cherry, to gripe about it.

This now raises the question: should pre-meditated celebrations be cause for a fine or suspension?

My answer is no. I think Ovechkin is great for hockey and great for creating such an enthusiasm for the game. But this is the NHL. Hockey has always been a conservative, traditional game and so many people think the

showboating move was too much. But I think it's just some good ol' fashioned fun. Hockey needs a little more punch and Ovechkin is the perfect candidate to get the ball rolling.

When Ovechkin scores a goal, he acts as though it's the game winning goal. His enthusiasm for the game is what this league needs. While showboating after a goal may be distasteful in certain circumstances, this one was acceptable. The guy just scored 50-goals and became Washington's first three-time 50-goal scorer. Just thank God he didn't do pushups like Sean Avery did after he scored a goal. That was just a tacky move.

Ovechkin has been in the news before with regards to his goal celebrations. Cherry criticized the player a few weeks ago during a *Coach's Corner* segment.

"What I try to do is teach the kids the Canadian way," Cherry said. "What we have

to watch is we don't start acting like goofy soccer guys." [Ovechkin]'s got a free ride. He runs at guys, does this stuff. I'm predicting somebody is going to get him and somebody is going to get him good."

Ovechkin is prepared for the reaction he knows is coming.

"He is going to be [ticked] off for sure," Ovechkin said. "I can't wait to see what he says about me."

While the debate will continue whether or not Ovechkin's goal celebration was too much, it's nice to get some excitement back into the game.

In my opinion, if he really wanted to celebrate he should have grabbed the Lightning goalie's water bottle and poured water over his stick to "cool it off," ... but I guess that move would have really ignited a firestorm.



stanleycupplayoffs2008.com  
**Alex Ovechkin**

## MENS HOCKEY

# Squad a model of consistency



By **AMBER TIENKAMP**  
Sports Editor

They are one of the best. They win, a lot, and they almost always give us a chance to watch a NAIT team in the playoffs.

I'm speaking about the men's hockey team. Let's not kid ourselves, the team is good. Consistently in the post season, they give us a reason to put on some blue face paint, sit on crappy benches and shout "Go Oaks!"

Finishing the 2008-09 season with 15 wins and only six losses, the team ended up in second place in the division.

Head coach Terry Ballard has been with the team for 13 seasons, and stands fourth in all-time ACAC coaching wins. The team has made the post season every year that he has been here.

This year, the team faced Mount Royal to make it to the final two this season, but lost heartbreakers in the final two of five games (both which went into OT).

"The effort was there, but we just couldn't get the right goals," Ballard told NAIT NewsWatch about the tough series loss and that the team would just keep improving. The team really doesn't have too much room for improvement.

Four NAIT players finished among the top 15 scoring leaders (Jeff Topilko, Chevan Wilson, Mark Nelson and Jeremy McKibbin, who are all in their first, second, third and fourth years with the team).

Wilson, who played with the Golden Bears last year, made a strong impact with the team in his first season.

The team also finished right behind ACAC champion and rival SAIT in power plays.

But with the team's consistency of going to the playoffs, it won't be long until the NAIT hockey fans can head to the rink again and cheer for one of NAIT's most consistent teams.



— Photo by Carla Pearson

**Ooks goalie Anthony Heuer waits for a faceoff during Game 3 of the ACAC semifinal series against the Mount Royal Cougars on March 6.**

# Detox diets – good or bad?

By JULIE MCMANUS  
The Navigator  
(Malaspina University-College)

*Editor's Note: This article is not intended to replace the advice of a medical doctor. Please consult with a doctor if you are considering doing a detox.*

NANAIMO (CUP)—A lot of people have tried one or more of the many diet strategies currently out there. But, enthusiasts who are as interested in their overall health as their immediate appearance seek a more intense type of diet – the detox.

Detox diets, often referred to as “cleanses,” come in a variety of shapes and forms. Most promise things similar to conventional dieting: weight loss, a feeling of starvation for the first couple of days and a jump start to a healthier approach to eating.

The benefits of detox are still being debated, but many dietary aids are now in place. The trick is finding which one works for a particular health concern.

Gone are the days of radical bouts of fasting that deny the body of essential vitamins and lead to a malnourished appearance. Detox aids containing natural substances and herbal supplements are now available at any health food store. These can support the liver, kidneys and colon during the body's toxic purge.

A detoxifying diet picks up what the liver leaves behind, while the right one will promote the excretion of toxins and foreign chemicals from the body. These toxins are a result of our increasing intake

of processed foods, preservatives, drugs, artificial ingredients, and alcohols.

“Periodic fasts help to stress cells in the body to secrete chemicals,” said Randall Fitzgerald, author of *The Hundred Year Lie: How to Protect Yourself Against the Chemicals that are Destroying Your Health*.

Diane Irvine, the owner of Natural Health Food Store in Nanaimo, B.C., has been in the health food industry for 29 years. She has seen a spike in detox diet sales over the past two years.

“The foods we eat are not as good as they used to be,” said Irvine.

But, it's important to set apart proper detox diets from untested fads, she says.

“We're not talking about the heavy lemonade diet, which is too hard on the body. Instead, our industry has become more of a way to support the system while people cleanse,” Irvine said.

Unlike the lemonade cleanse that involves a diet only of lemon juice, maple syrup and cayenne pepper for 30 days, supplements combined with specific foods do the work of a fast, while preventing the body from becoming malnourished.

For people with very unhealthy systems, the harsher version of detox can lead to the release of too many toxins into the bloodstream at once, so much so that the body becomes overwhelmed and can't support and expel them fast enough. The body is then prone to inflammation and shutting down.

Irvine says this type of detox should be avoided by first-timers and sick people.

A shorter, gentler cleanse that is customized to the needs of the individual has advantages.

Patrick Pettit, 22, of Nanaimo, B.C., has decided to do a 12-day cleanse called the Wild Rose Herbal D-tox.

He learned about the diet through family and friends and decided to do a cleanse because of “too much partying during the holiday season and a week-long vacation.”

The Wild Rose detox restricts gluten, white rice, sugar, alcohol, most fruits, and all dairy products.

Pettit is looking forward to a boost in energy as well as weight loss when his detox is complete.

Irvine suggests lighter forms of detox for students, as they can increase students' concentration skills and create a healthier body more capable of handling the stress of student life. Detox supplements can help with sleep, too.

**EARN \$3,000 / MONTH PART-TIME**

and continue earning it  
when you go back to school.

**For More Information:**

Call Catherine 780-966-1207 Email, catherineryan@telus.net

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

**Button Bonanza**

**NRG2**  
NAIT  
Campus Radio  
WEAR IT AND WIN!  
GO TO [NRG2.COM](http://NRG2.COM)  
FOR MORE DETAILS

BROUGHT TO YOU BY:

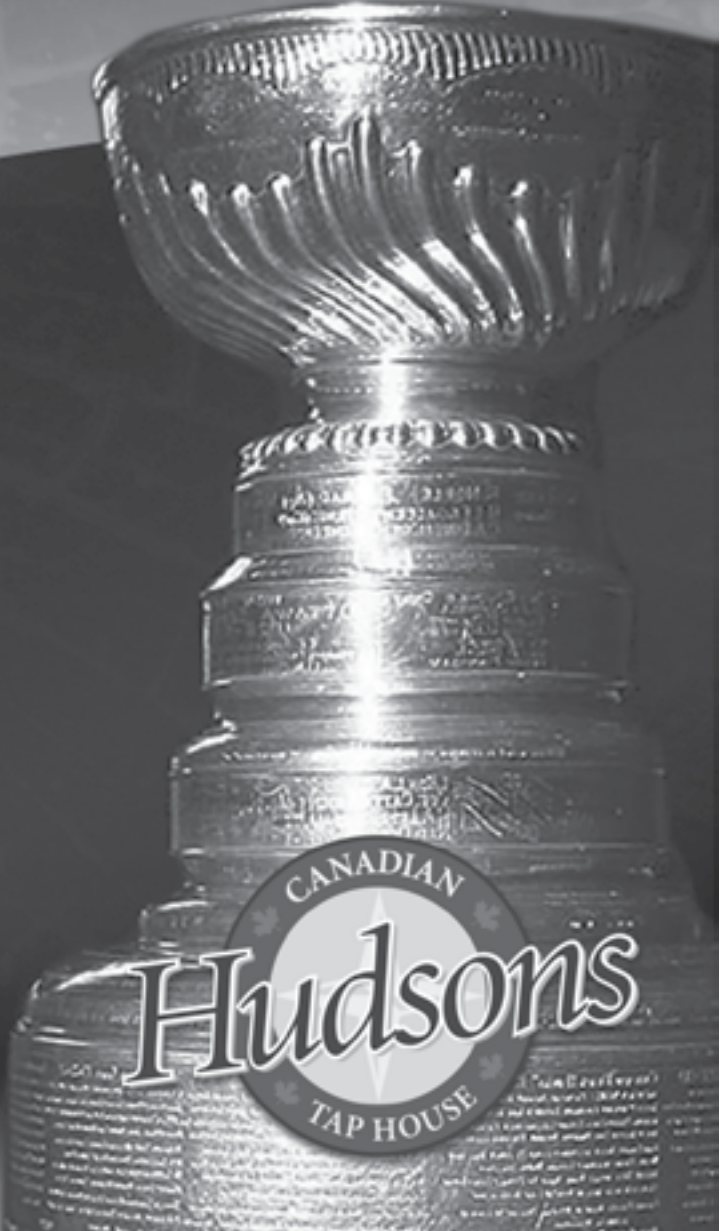
NAIT BOOKSTORE NAIT GEARSTORE NRG2 dot com NAIT Campus Radio





**I WANNA RANCH ALL NIGHT**

**GET PAID 2 PARTY** GO TO [THERANCHROADHOUSE.COM](http://THERANCHROADHOUSE.COM) TO FIND OUT HOW YOU CAN GET PAID \$20 CASH TO PARTY AT THE RANCH



**CANADIAN HUDSONS HOCKEY NIGHT**

**ROAD TO THE PLAYOFFS**

**PREFERRED RESTAURANT**

**CANADIAN Hudsons TAP HOUSE**

# ENTERTAINMENT

## TT an oldie but a goodie



**BRYCE ALTHOUSE**  
Entertainment Editor

Like many things people don't know about me, a lot of you would not guess that I am a "video-game cheapass."

Now without giving a strict definition of that term that I just made up, basically I refuse to pay full price for any video game or video game system. In fact, every system I own has been either won in a contest, received in a trade or was purchased at a substantial discount from retail price. This has many benefits, as I usually stay one step behind the current "trendy" machines and collect vast amounts of previous-generation games for next to nothing. For example, I've been doing this lately for my PS2, as I've been scouring bargain bins and picking up recent games for \$8-\$15. It was on one of these recent game "hunts" that I was lucky enough to stumble on a copy of Tourist Trophy: The Real Riding Simulator.

Now for those not aware of this gem, Tourist Trophy (TT) is a motorcycle racing simulator

from the makers of the Gran Turismo (GT) series, Polyphony Digital. Therefore, when they say "Real Riding Simulator," they definitely mean it, as the core game engine is carried over from GT4. This game has a beautiful physics engine and unique handling for each bike. Speaking of bikes, the game offers well over 100 bikes from manufacturers such as Buell, Ducati, Honda, Kawasaki, Suzuki and BMW. There are bikes of every sort from scooters, to motards, to '80s streetbikes, to "crotch rockets," to fully modified racing machines. This provides great variety, and it doesn't stop there. TT has 35 different real-life and fantasy courses for you to race on. The majority of those fantasy courses are reworks of GT favourites, while the real courses are legendary places like Suzuka Circuit. TT, which came out in 2006, is also one of the few games to support 1080i on the PS2, so everything is of the highest detail that the PS2 can keep up with.

Jumping into this game, you realize that it is pretty much a carry-over of the menus, sounds and feel from GT4 so it is pretty easy for PS2 racing game veterans to start playing right away. However, this does not mean there are not differences. The most obvious one is the lack of money in this game. Nothing is bought, but instead all is earned. Each bike is earned through a one-on-one challenge or given away as a race prize. Performance parts are limited to mufflers and tires and are given away



free with each bike. Beyond that, you can also customize your rider. From height and riding gear, to even his riding form on the motorcycle, almost every piece of that rider is adjustable.

Once you get away from customizing and into racing, you realize just how true this game is to real life. The controls are mostly a carry-over from GT4, and are pretty much perfect for a game like this. Turning is accomplished by leaning into curves, then fine tuned by the brakes, throttle and by weight transfer. But like in real life, if you try to roar into a corner at 120 m.p.h., you will either lock the front brakes and dump the bike, or go into a slide and dump the bike. This creates a rather high, yet proper, difficulty level as each race turns into a maddening challenge of keeping yourself from turning into a red skid mark, much like real life.

Now, some of you may bitch that I featured a game that is over three years old, but it is the BEST among any motorcycle racing game I have ever played. If you are at all into riding motorcycles (or like me, a broke dreamer wanting one someday), I highly suggest you find a copy of this game and then get to playing. Being so realistic, this game crosses over into the principles of real riding and perhaps, like its Gran Turismo counterpart, can make you a better rider through the understanding of better bike control. I paid \$14.99 for my copy of Tourist Trophy at EB Games, which is less than the cost of a set of handlebar grips for a motorbike ... let alone an entire motorcycle or the medical bills that would inevitably follow.

★★★★★

## Not worth the cost

By KITA MURU

Sonic and the Black Knight is the second instalment of a series of Sonic adventures exclusively for the Nintendo Wii, the first being 2006's Sonic and the Secret Rings. Unlike the previously released Sonic Unleashed, Black Knight focuses on the storybook adventure King Arthur. The game consists of Sonic the Hedgehog picking up a sword, battling various foes while moving at high speeds.

Or he would have, if the method of Sonic running really fast through colourful levels wasn't crippled by the same slow, dull combat that crippled Sonic Unleashed. This does not suit Sonic at all. You can use combos, but flailing around the Wiimote is enough, as long as it doesn't wind up in the television screen. But it will probably happen because this game is usually frustrating, when it's not tedious.

The quick time events plucked from (where else) God of War have no challenge. Unlike most Sonic games, the camera can keep up with you, because throughout the game you're

mindlessly flailing at enemies. Battle mode is simply adventure mode in an arena full of monsters and the same frustrating controls, in a word: pathetic.

Black Knight does look good and is presented well. It's not the best on the Wii, but it's decent. The voice acting is average, which is jaw dropping, and it somewhat nails the feel of the era it's portrayed in. You can't compete against other players online, but you can trade items with other players. The Gallery also contains Developer and Fan Art based on the game and Sonic in general.

Sonic and the Black Knight is presented well, but it's frustrating to play. There are better games to play on the Wii and there are better Sonic games to play on the Wii. Given Sonic's track record, that's not a compliment. Even if you're a devout Sonic the Hedgehog fan, Black Knight is not worth the asking price of \$50. Those dollars can go to something better like groceries, gas or maybe Mad World.

★★☆☆☆

**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.natsa.ca facebook

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



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mix-tape



**BRYCE ALTHOUSE**  
Entertainment Editor

I hate this week. I thought it might start well but there have been the projects, sleepless nights, starting to get sick and so much more. I'm sure the majority of you are all ready to agree with me, although I think some of you may not,

and that means you have it far too easy (\*cough\* \*cough\* RTA students ... KIDDING). So for this week's 3.99 mix-tape, I'm making a play list which is like a drinking soundtrack for the weekend. Personally, this was a necessity as I plan to completely annihilate myself this weekend, and need to play something in the background. I've picked my songs based on sheer awesomeness and dropped them into the list below. I highly suggest you listen to them loud, like we're talking public disturbance loud. Oh and some of these may have appeared on lists before, but who is going to complain? I'm guessing no one.

1. The Transplants – Gangsters and Thugs
2. The Distillers – The Young Crazyed Peeling

3. Lars Frederiksen And The Bastards – For You
4. Turbonegro – Sell Your Body (To The Night)
5. Black Sabbath – Sweet Leaf
6. Sublime – 40 oz. to Freedom
7. Bloodhound Gang – Three Point One Four
8. Dead Kennedys – Too Drunk To F\*ck
9. Anti-Flag – Drink Drank Punk
10. Metallica – Phantom Lord
11. NoFX – Party Enema
12. Bigwig – Cheers
13. Blink 182 – Enthused
14. Against Me – Walking Is Still Honest
15. The Fratellis – Chelsea Dagger

# Getting ready for a change



**LEANNE TRUONG**  
Assistant Entertainment Editor

The end is coming ... and no, I'm not talking about 2012. It's only about a month now until we finish up here at our beloved NAIT and get ourselves prepped for the real world. Let's just say it's quite hard when I come to the realization that the hand that has guided me is soon going to let go. We have all found our little niche in this comforting environment, but as the journey comes to an end, I've been periodically reminded that it is a dog eat dog world out there. Soon the interviews, practicums, co-op and field practices will come rushing in before we can re-learn how to tie a tie or iron our skirts.

As much as we'd like to wear our NAIT sweat pants to an interview, that, my dear, is a vile offence. It's common knowledge that the first impression that you make during your job interview will be your golden ticket to your dream job.

It's going to be a bitter sweet moment when you go to the mall, all excited to buy your spanking new suit for an interview, only to realize that you have been in school for the past century and can't afford a hefty price tag. Do you want my opinion? GO FOR IT! It will be worth every penny! Trust me, it's not always about the brand name, it's the quality.

Not only that, it will be beneficial to all of us. Does that sound unreasonable? Let me explain. Every now and then, I surrender to my guilty pleasure of buying fashion magazines ... but only the reputable ones, and usually I flip through all the pictorials and then suffer buyer's remorse for paying an excessive amount for the publication. But I'm glad I picked up the latest edition of Vogue, mostly

because Michelle Obama is gracing the cover and that is one intriguing and poised lady.

Vogue is featuring articles about powerful and phenomenal women such as Mrs. Obama, Queen Rania of Jordan, Melinda Gates and Carla Bruni-Sarkozy.

At first, I was more eager to read these ladies' stories, but then it was the very powerful editor-in-chief, Anna Wintour, who wrote an amazing editor's note that just plainly made sense. To sum it up, she just wanted to remind readers to continue shopping as we have been, but in these times of recession, with moderation.

Of course, it would seem obvious for an editor, especially Wintour, to address this issue, coming, as she does, from a highly praised fashion magazine that is advising us to

spend during a time when we should really be saving. It just appears to be another marketing scheme, but the point is, continuing to spend will steadily keep our economy going and gradually escalate it back to where it should be.

On that note, I will put in my own expertise, and inform you of the five hottest and tasteful trends for this upcoming season. I thought before I ended my run this year at The Nugget, I too should have a Top 5 list. Although my article won't be as much discussed as my senior

editor's article on the Top 5 women he'd like to accompany him to bed (although I'd like to note that he is now praised for that article by most of the male population at NAIT ... in my opinion) but hopefully, mine will have a little more class. By the way Bryce, congrats on your VP Campus Life position, you're going to be awesome!

Thanks to my handy iPhone, I've discovered style.com through their addictive iTunes application. I discovered some of the top looks we will soon be following. First off is the basic blazer with the rolled up sleeves. Just think early 90s during the Miami Vice era. One thing about these styles are, what's old is now new again. I'm thinking we're doing the early 90s cool cat trend. Pair it with either

a fedora or plastic framed Ray-Bans, which are offered in a magnitude of colours. I'm totally feeling the return of plaid, in all arrays of colours but mainly the style that Joey Lawrence wore on every episode of *Blossom*. Hate it or not, grunge is making its return, everything from acid-washed ripped jeans to pink or aqua T-shirts. That's not really my favourite, but it's making its way from the runways to our hallways.

Aggressive statement shoes are another big thing, and this one I totally love. I'm quite infatuated with a pair of studded Balmain sandals with a rock-punk edge. It's kind of out of my price range – it's only \$2,300 a pair, totally

recession friendly.

Lastly is another one of my favourites: fluffy A-line skirts. They're so adorable and dressy. We grown ladies can feel lady-like and a princess all at once.

So there it is, my fashion forward opinions, and sorry fellows, I know it didn't really include some of your top trends, but there is always Bryce's famous article to re-familiarize yourselves with.

So, with these words in mind, let's brace ourselves for what's to come. With our heads held high and some nicely styled clothes to refine our look, we can rise above our competitors.



style.com

★ **POP CULTURE WEEK** ★  
MAR 30 - APR 5

**INK NIGHT**

**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)



Photo by Tammy Paul

### A FEW LAUGHS FOR ST. PAT

Comedian Howie Miller sets up a joke on St. Patrick's Day at the Nest.

## STUDENT INFORMATION SESSION



### For students in the following NAIT programs:

Biological Sciences Technology  
Chemical Engineering Technology  
Chemical Technology  
Geological Technology  
Materials Engineering Technology  
Mechanical Engineering Technology  
Petroleum Engineering Technology  
Power Engineering Technology

Date: February 11, 2008

Time: 5:30-7:30pm

Location: NAIT Main Campus-  
Shaw Theatre



Plan to attend this free presentation regarding The Association of Science and Engineering Technology Professionals of Alberta (ASET).

### Topics will include:

- Professional credentials issued by ASET
- How to become a member (it's free for students!)
- Benefits of becoming an ASET member
- Process for becoming professionally certified
- Recognition of previous education and experience
- Accredited programs vs non-accredited programs
- Questions and answers

ASET staff and certified members will be on hand to provide their real-life experiences and take your questions about the organization and the value of an ASET credential.

Refreshments will be served. See you there!

For more info, or to apply for free membership, go to [www.aset.ab.ca](http://www.aset.ab.ca)

*Your way ahead.*

**ASET** The Association of Science  
and Engineering Technology  
Professionals of Alberta



# 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 are going to be noticed by a instructor you've had a crush on lately. He/She may be looking at you as if you were just another student, but really they want you. If you aren't certain a connection exists, it's proba-

bly better not to complicate your school life.

### Taurus (April 20-May 20)

When you go outside today, a dirty old man will flash you and you will have nightmares of his horribly saggy and unappealing junk for the rest of your week. Then you'll get over it, miss it, and look up saggy weiners on the Internet.

### Gemini (May 21-June 20)

If you have an identical twin, sew yourselves together so you'll be siamese. I do not advise being attached by sexual organs.

### Cancer (June 21-July 22)

Do not eat fast food this week ... or you will get cancer. Believe me it could happen!

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

You roar like the tiger you

wish to be, but you sound like a lil' pussy ... cat.

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

The creepy person who you catch looking at your Facebook profile will probably try to molest you. Watch out!!

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

At least once this week say, "screw it", and jump off the norm. You will not regret it. In fact, you'll love it!

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

You think it's a good idea to show off your astrological sign, so you decide to get an ACTUAL scorpion necklace. Good luck with the poison in your jugular.

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

You will start to realize you really don't have that many

friends. Which is fine, but really embarrassing. You will have a few tragic attempts at social activity, like pretending to smoke weed and renting a hot tub for a hot-tub party, in which many people show up and leave as soon as they are finished with the tub. You will begin to fill this social gap by eating obsessively and learning the mystic truths of masturbation. So mighty are your attempts to become cool, you will finally realize you are just fat and lonely.

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

You're caught between two lovers. One, a giant asshole/bitch (a very, very hot asshole/bitch) and the other, a cute (but NOT hot) sweetie pie/sugar bum. What to do? Well, seeing that you're a Capricorn ... you will make a

very poor choice. You will take the cute (but NOT hot) sweet cakes, when you could have had a hot hottie. What you should have done, was taken the hottie, but only for a week or so, then you can have-atter with the sugar pastry, who will be waiting for you, because chances are he or she is very insecure.

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

Yesterday when you sat down on the toilet, that wasn't water that you sat on.

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

Don't worry, spring is on the way. Have fun with ladies, don't turn them away. In the heat of the moment don't you fret, just whip out your titties, that's the best bet. Remember to wrap that shit before you tap that shit.

## 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 X114

Patricia Campus Bookstore, Room P135

or at Souch Campus – Room Z154

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)

# Dr. CONwisDOM

– Newbie

● ● ●

– Au Natural

● ● ●

- Confused

# A spelling bee – without any clothes

Tjia has a penchant for social events last suffered in middle school; he also co-organizes the bar's popular Slowdance Nights.

# Grapevines

The woman who was complaining about being ogled at the Bytes Cafeteria in the HP Centre, shut up and deal with it. It's not our fault that you can count the number of vaginas in the HP Centre on one hand. I mean give us a f\*\*\*\*\* break.

— rager

• • •

What is with winter/spring these days? Is there something wrong with not deciding? Well, just for your information, Mother Nature, there really is something wrong with that! Please, please, please let

it be Spring! We're tired of our Winter ... although, if it's like anything last year, it won't be here till May!

— Spring Fever

• • •

Dear Instructors:  
Please ease up on our homework. For about this last month and a little bit we're all trying to get decent summer jobs. We're trying to do this to ensure our attendance at next year's classes. I do not understand why the last month crunch matched up with the exams and whatnot. Is

it because of lack of organization on the course itself? It seems that some programs/courses have issues with this. Or is it us, the students, who cannot understand the key concepts that are part of the course in the allotted time? What is it and what can we do to fix this problem? Stress is not the answer.

— Need More Time

• • •

At least once a week I hear some guy bitching about how the City Centre Airport bus never runs on time, etc.

If he has problems about this or any other school issue, how about, instead of complaining to me or some other poor unsuspecting student, how about you talk to the people that you forward part of your student fees? The Nugget and NAITSA are these organizations of people to assist you on these needs. They are there to put your money to good use and are used as a voice in advocacy on these type of issues.

— The Guy You Always Bitch To

• • •

You're beautiful

Like a rock  
Chargin' from the gate  
You're beautiful  
And birds  
And rocks  
And things  
You're beautiful  
I love you like  
A fat kid loves cake  
It's true I said  
To no one there  
And no one heard at all  
Not even the chair

— Hallmark card

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

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



## Keeping your vehicle safe



### Do you know where your car is? Are you sure? Did you know that ...

- Every day more than 45 vehicles are stolen and nine are never seen again.
- Everybody's vehicle is a target for thieves, including family sedans and trucks.
- Vehicles are stolen whenever the opportunity presents itself, but mostly between the hours of 1 a.m. and 5 a.m.
- Statistics Canada reports that NO criminal charges are laid in more than 80 per cent of vehicle thefts in Alberta.

### How do you keep your vehicle safe?

No vehicle or anti-theft device is 100 per cent theft-proof and discouraging thieves is not an easy task. A thief's greatest enemy is time. The more difficult your vehicle is to steal, the more time it takes to be stolen. Courtesy of Edmonton Police Service and AMA, here are some tips to make that thief

move to an easier vehicle:

- Always lock your vehicle, even when you are only going to be a "minute."
- NEVER leave your vehicle running.
- Park in a well lit area unless you have a garage.
- If you have a garage, USE IT.
- Be careful with your keys. Put them in your pocket.
- Secure your registration and insurance documents; they have your home address.
- Completely close car windows, including sunroof, when parking.
- Install a car alarm or steering wheel locking device.
- Turn your stereo off before you get to the parking lot.
- Park with your wheels turned to the curb.
- Back into your driveway if you have a rear-wheel drive or four-wheel drive vehicle.

- Never leave valuables where they can be seen and remove portable items.
- Engrave expensive accessories – join Operation Identification.
- Join the STOP THIEF program, sponsored by AMA.
- Drop business cards, address labels or other identification inside vehicle doors.
- Activate your vehicle's security system.

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 be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

**HUNDREDS OF BURSARIES THAT CONNECT YOU TO YOUR DREAMS**

(from \$1,000 to \$24,000 available now)

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](http://BENORTH.CA)



School of Business
**MACEWAN**

## Turn your CREDITS into a CAREER

With just 30 post-secondary credits, you can fast-track to a career at MacEwan. MacEwan's **Public Relations** or **Insurance and Risk Management** programs offer career focus in just 10 months.

Have an interest in writing, media relations and promotions? MacEwan's Public Relations program is Edmonton employers' number one choice for PR professionals. [www.MacEwan.ca/pr](http://www.MacEwan.ca/pr)

And, MacEwan's new Insurance and Risk Management certificate program is rooted in the real world. Students take their classes in the afternoon and work mornings in the industry, thereby doubling the learning experience. [www.MacEwan.ca/insure](http://www.MacEwan.ca/insure)

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

# HOT SINGLE OF THE WEEK



Photo by Javier Salazar

## Callen Gillmore

**Age:** 18

**Program:** Radio

**Hot Single:** What is your favourite part of your body and why?

**Callen:** Definitely my chest. I have nice chest symmetry.

**H.S.:** What is your favourite thing to do with a girl?

**C:** Watch TV and snuggle on the couch, ALL ALONE in the basement.

**H.S.:** What is your favourite hobby and why?

**C:** Amateur body building. It makes me feel really good about myself.

**H.S.:** Do you kiss on the first date?

**C:** Yea, all the time.

**H.S.:** What do you look for in a girl? And what is the first thing you notice about the ladies?

**C:** I look for a nice person with a sweet soul, and I notice their smile.

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

- Dental Technology**  
**Event:** Bake Sale  
**When:** April 6 and 7;  
 11:30 a.m. to 1:30 p.m.  
**Where:** NAITSA office and  
 2nd floor HP Centre
- Aboriginal Students Club**  
**Event:** Silent Auction, Craft  
 and Bake Sale  
**When:** March 30, all day  
**Where:** South Lobby
- CETSC**  
**Event:** "Bubble of Doom"  
 Beer Garden  
**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  
**MRT 62**
- Event:** Bake Sale  
**When:** April 8; 11 a.m. – 2 p.m.  
**Where:** NAITSA Office
- RTA**  
**Event:** NR 92 Promotion  
**When:** April 8; Noon  
**Where:** Common Market
- Petroleum Club**  
**Event:** Beer Garden  
**When:** April 15  
**Where:** The Annex Dock
- DeFeYe Arts**  
**Event:** Studio Day  
**When:** March 28; Noon-8 p.m.  
**Where:** Harcourt House

FACE THE ELEMENTS  
AND THE NAIT OUTDOOR CLUB PRESENT A

## Silent Auction & DodgeBall Tournament

MEET THE  
**Crush**  
Dance Team

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

Chemical Technology Presents

**MARK**  
**The Easter Bunny**

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

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

## SKILLS CHALLENGE

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

BBQ Lunch  
 Prizes for Male / Female  
 - Oilers Tickets  
 - other hockey prizes  
 Entertainment

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

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

*Where is your money going?*  
 Find out at the  
**Dollars & Sense**  
 Financial Literacy Seminar

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

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

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

**SIFE** Please email your RSVP  
 to:  
[awakaruk@sifenait.com](mailto:awakaruk@sifenait.com)



## NAITfye (First Year Experience) Workshop Schedule—Winter Semester

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

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

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

# 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. 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 drivers' 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

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

### STREET TEAM

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

### VOLUNTEER CO-ORDINATOR

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

### MOVIE NIGHT CO-ORDINATOR

Responsible for:

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

### EVENT CO-ORDINATOR / HEAD OF SECURITY

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

### SUDS SECURITY GUARDS

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

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

## TOP 10 TIPS

# Changing those bad habits



**MARGARET MAREAN**  
NAIT Student Counselling

Right off the bat I am going to tell you that, as a student, this is probably NOT a good time to make major changes such as quitting smoking. For most students, the end of term is a stressful time with finals looming and projects due. However it IS a good time to start thinking about what you want to change and how you are going to succeed. Here are some tips to consider:

**1. Learn from the past.** If you have tried to make a major lifestyle change in the past, look at what prevented long-term success, what triggered you not to follow through, what you could have done instead and how you could have handled side effects, social situations and public reaction differently.

**2. Know yourself.** When would be the best time for you to make a change? Are you convinced that you are ready to make the change? What are the motivations for making the change? What personality strengths do you have that will help you and which personality traits might get in your way? Should you change gradually or go "cold turkey"? Are you a private or a public person?

**3. Know your motivations.** Write down

reasons why you want to make the change such as physical health, mental health, saving money, looking better, or any other benefits. Keep expanding your list and have it handy when you are feeling weak.

**4. Make your goal public.** Tell friends and family about the change you are planning to make and be specific about what would and would not be helpful in terms of support. However, if there is someone in your social circle who will belittle your goal, you may be wise not to tell them. Even if you are a private person, it is usually beneficial to tell at least one other person.

**5. Set specific short term goals and rewards.** If you are gradually cutting something out be specific about how much, when, where, etc. If you are quitting cold turkey set rewards for going a week, two weeks, a month, etc.

**6. Have a plan to deal with withdrawal symptoms.** Whether your goal is to make changes to shopping, eating, smoking, drinking, gambling, emotional outbursts or negative relationship habits, recognize that there will be some hard times ahead. What positive habit are you going to replace your negative one with? What are you going to do when you feel drawn back to the old patterns? With physical addictions, the first few weeks are generally the most difficult. However, with any bad habit we have to be aware of the pull of slipping back into old patterns. Having a plan for keeping on track is very beneficial. Journaling works well for many people. Having a friend touch base periodically, or having a list of people you can call for support, is helpful for others. Relaxation techniques, yoga or meditation can help you get

through tough times, too. Take the time to write down your plan.

**7. Clean up your environment.** Get rid of things that are likely to trigger you like ashtrays for smokers, ice cream for overeaters ... This may mean letting go, at least temporarily, of relationships that foster your bad habit. Re-arranging your furniture or moving around some pictures can reinforce that you have are making new, positive lifestyle changes.

**8. Surround yourself with success such as positive people, environments that you feel good in, hobbies or pastimes that you enjoy.** Think of activities that are not compatible with your bad habit, such as going out for a run, cleaning a cupboard, dancing to some music or calling a friend.

**9. Be mentally prepared.** What are you going to say and do when you feel the urge to backslide? Telling yourself how you are getting stronger, fitter or better or imagining the benefits when you succeed can keep you on track.

Giving yourself positive messages such as "I am a smoke-free person," or "I can feel myself getting healthier," or "I am strong and I can do this," will increase your motivation. Emotions such as anxiety, anger or depression can easily weaken resolve. Having a plan in place, ideally a written one, can help.

**10. Get support.** While you have to make changes on your own, it is often helpful to get professional help. There are many programs to help with smoking, over- or under-eating, compulsive shopping or other habits. While friends and family can be supportive, they usually find it difficult to be objective about your situation. Professional counsellors, such as NAIT Student Counselling staff, can facilitate your progress towards healthy change.

Counsellors are available to help you with this or other personal, academic or career concerns. To book an appointment come to Student Counselling, Room O-117, or call 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)



University of Lethbridge  
**Edmonton Campus**



**EDMONTON CAMPUS**  
**780.424.0425**

## 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

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



Brittany Black  
and  
Colleen Nuc

## Who'd you like to punch in the face and why?



George Bush – for too many reasons.

**Chandeep Buttar**  
Business



He knows who he is.

**Donald Osetsky**  
EMT Paramedic



No one. I'm all about peace and love.

**Garry Regnier**  
EMT Paramedic



Pierre McGuire – because he always says the most obvious things.

**Mike Belley**  
EMT Paramedic



Geoff Tate – because I can.

**Sydney Anderson**  
Business

**EMPTY TV**  
*in the nest*

WITH  
*Tupelo Honey*

CHRISTIAN HANSON & THE AUTISTICS  
AND RAPTORS

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

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

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

**YOU COULD WIN**

THIS...	OR THAT...
A BIG SCREEN WITH SURROUND SOUND	'SLIGHTLY USED' BIG SCREEN FROM THE NEST
WII GAME CONSOLE	'SLIGHTLY USED' PS2 AND A TV
LAPTOP WITH A HOT NEW GAME	SCRIBBLER
FULL-SIZE BAR FRIDGE	NAITSA COOLER BAG
JACK DANIEL'S GUITAR	3/4 ACOUSTIC GUITAR
\$5000 GROCERIES	CASE OF KRAFT DINNER AND KETCHUP