

LAST ISSUE OF THE NUGGET – SEE YOU NEXT YEAR!

THE NUGGET

Thursday, April 15, 2010
Volume 47, Issue 26



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



Photo by Karen LePage

Power Engineering student Tyson Ockerman is shown in C-Building on Wednesday afternoon. Third Class Power Engineering accreditation will be lost if a proposal to suspend more than a dozen NAIT programs is adopted.

THE UNLUCKY 13

NAIT is recommending that 13 diploma and certificate programs be suspended – Story Page 2, Editorial Page 7

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GOOD LUCK ON YOUR EXAMS
AND HAVE A GREAT SUMMER!

~NAITSA

NEWS & FEATURES

13 NAIT programs in peril

And NAITSA says a frail relationship with the administration could mean losing its home on campus

By JEFF CUMMINGS

As NAIT's Academic Council votes on chopping 13 certificate and diploma programs Friday, the school's Students' Association says it's tired of being "left in the dark."

Students' Association President Geoff Tate says NAITSA didn't find out about the decision until 24 hours before last week's meeting when the vote was originally scheduled.

And since the relationship between the two groups has always been strained, Tate says NAITSA could be forced to move off campus because NAIT administrators have cancelled legal agreements with the Students' Association.

"This relationship has always been strained, and this year we were just a little bit vocal about it," said Tate.

Legal agreements "terminated"

"Our legal agreements have been terminated, so we could be without a home next year. This is really interesting."

NAIT administrators, meanwhile, say the school is trying to cope with a \$12.3 million budget shortfall and the move could axe roughly 50 instructors and affect close to 700 students.

Programs on the chopping block include the Avionics Engineering, Court Reporting, Graphic Sign Arts, and Marine Service Tech programs, according to an internal memo to NAIT staff from Dr. Berry Calder, NAIT's vice-president academic.

The school still plans to move ahead with new expansion plans, including its two-year Nanotechnology System diploma program.

NAIT spokeswoman Rayne Kuntz says the slated programs are being "proposed for suspension," and the school's academic management team would "reassess" the decision after the 2010-2011 school year.

"NAIT always reviews all of their programs and there is a very detailed process that they go to," said Kuntz during an interview with NAIT 2nd Edition.

"It looks at market demand, it looks at student demand for those programs, it looks at cost of delivery ... It's a very, very detailed process and each of these programs went through that process."

Those enrolled unaffected

Kuntz says the move won't affect NAIT students who are already enrolled in any of the slated programs, and adds that the plan could save the institution \$2.8 million.

"Loss of programs isn't going to help anybody, of course – I have a vested interest myself because I am losing my position," said Jack Lusk, an instructor with NAIT's Marine Service Technician program, during the Corus Radio Network's *Rutherford Show*.

"About 150 techs are required by the industry every year and we are only putting out 24," Lusk said.

Having no court reporting program at NAIT

could also impact Edmonton's local chapter of the Canadian Hard of Hearing Association, the group says.

The program requires techs to transcribe meetings or group discussions for people who are hard of hearing and those positions are in high demand, says the CHHA.

"My e-mail inbox has been swamped for the last three days," said Tate.

"I have had 60 e-mails from industry people, especially from the court and caption reporting sector."

Friday's vote will also need to be approved by NAIT's Board of Governors during a meeting on May 10. After that, the plan will be sent to the provincial government for approval.

– With files from Linda Hoang and Ryan Flaherty

NAIT certificate and diploma programs on the chopping block:

- College Preparation
- Pre-Technology Regular
- Pre-Technology Accelerated
- Applied Banking and Business
 - Medical Transportation
 - Aircraft Skin and Structure
 - Graphic Sign Arts
 - Marine Service Technician
- Power Engineering Third Class
- Telecommunications Engineering Technology
- Avionics Engineering Technology
- Caption and Court Reporting
- Cytotechnologist

NAIT programs proposed for expansion:

- Bachelor of Business Administration
- Bachelor of Technology
- Business Diploma Online
- Nanotechnology Systems



Power Engineering students Mohamoud Mohamoud, left, and Garrett Rybak tend to their course Wednesday in C-Building. The Power Engineering Third Class program faces suspension under a recommendation going to the Academic Council tomorrow (Friday).

Photo by Karen LePage

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April-10					
15	Thurs	Exam Preparation and Writing	11:15am-12:05pm 12:15pm-1:05pm 4:30pm- 5:20pm	X111 X111 X111	
22	Thurs	Meditation Basics- Learn how to relax before exams	4:30pm-5:00pm	Studio Studio	

For more information contact:
Sarah Walz at 780-471-8823 or askfye@nait.ca

Biz how-to session

By JEFF CUMMINGS

A handful of students from NAIT had a chance to wine and dine with roughly a dozen employers to learn about business etiquette last Thursday night (April 6).

Business Connex, a college club that helps students improve their chances for post-NAIT career success, held a special dinner which gave students a chance to learn the “how-to’s” when it comes to dining with executives.

“We wanted those employers to have a five-course meal with the students, so they can sit down with them and help them build on their soft skills,” said Govind Pillai, the club’s founder and president.

“This is something that is very necessary for business students, and something like this isn’t taught in traditional classrooms.”

Pillai says the dinner is a good way to help with a student’s networking skills – something

that’s necessary after graduation.

Business Connex has plans to organize the

dinners once every semester and Pillai says the event is part of the club’s cornerstone project.



Motivational speaker Terry Pithers addresses members of NAIT’s Business Connex Club and employers on April 6 at a dinner to address the issue of business etiquette.

Photo by Karen LePage

Streamlined e-mail on way

By DARYLANN HUTCHINGS

OOKmail, NAIT’s campus-wide e-mail system, is getting a big makeover. To make way for the planned changes, the Oookmail system, as we know it, will be going offline as of May 1.

The system is an older one compared to many others, and over the years officials at NAIT have noticed that the number of students using and checking their Oookmail on a regular basis has decreased.

By comparison, some of the more well-known e-mail carriers like Hotmail and Gmail have increased in popularity over the years. There are a number of reasons for this, including the fact that they have larger mailbox sizes and can store more files.

Loren Bain, an analyst with the NAIT Technical Services department, says the desire for streamlined communication played a part in the decision to make a change. “We also collect personal e-mail addresses as part of the ApplyAlberta application system,” Bain explains.

“We wanted to be clear to students about which e-mail address we would be using to correspond with them.”


The new system will be much simpler than OOKmail. Every active student will get a NAIT e-mail address which will also serve as their login id, in the following format: yourname@studentmail.nait.ca. All communication that happens on this e-mail account will be forwarded to students’ personal preferred e-mail that is tied into their MyNAIT portal.


The response from students has been mostly positive. “I think it’s a great idea,” says Radio student Matt Debeurs. “I don’t use my Oookmail now as it is, and I won’t take the time to switch it all over, so this makes things much easier.”

In order to avoid any gaps in communication, NAIT Technical Services emphasizes that students should make sure they visit their stu-

dent portals some time this month and ensure their preferred e-mail account information is up to date.

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- Keep common surfaces and items clean and disinfected.
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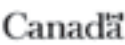

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The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we’re a newspaper not an encyclopedia. Give us a break!

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

Don’t sweat it. We won’t publish your phone number, but we do need to list your real name.

It’s all good. Getting something off your chest is downright therapeutic. Write us.

Students just say YESS!

By SAMANTHA SILVA

Raising money for someone else can be rewarding. Mike Coxsworth and Jordache Rajah, two students enrolled in the JR Shaw School of Business Marketing program, have learned first-hand the importance of giving back.

Sales Management Social

As part of the Sales Management course at NAIT, students participated in a social networking event to raise money for charity. When asked how Sales Management relates to fundrais-

ers, Keven McGhan, a NAIT Sales instructor, says "any organization gives back to their community for two reasons – to raise money and awareness for the organization and to create positive PR for them."

To achieve these goals, the group of students first selected a charity to help raise awareness for. They narrowed it down to two: the Stollery Children's Hospital and the Youth Emergency Shelter Society (YESS). The students decided on YESS. "YESS doesn't have a lot of awareness," Coxsworth explains.

Why do you need to say YESS?

YESS provides at-risk youth the chance to be a kid again.

Living in crisis and away from people they love, these are young adults who have to survive on the streets and scramble to find some sort of stability in their lives – a far cry from most NAIT students, who have a warm bed waiting for them and a place to call home.

But with YESS, these at-risk kids are given the opportunity to have what NAIT students have already. There are two options for kids who take advantages of the services provided by YESS. The first involves hand-

ing out tooth brushes and providing a warm place to stay for a night.

"Knowing that they have a place to go means the world to them," Coxsworth says.

The other option is more involved. YESS helps the kids find jobs and get the education that they deserve. But one requirement is that they must stay in school or have a job. This means that they have to work hard to stay where they are at. Once they graduate, YESS helps the kids find a house or an apartment.

By giving youth these opportunities, they learn responsibility. They are expected to maintain daily chores and attend weekly meetings that help them understand the necessities in life and make sure that they have a chance to survive.

Coxsworth adds, "There is nothing wrong with these kids. They are in a difficult situation."

Student Initiative

The idea for the card-playing fundraiser came from Rajah, who explains that he has celebrated several birthdays by hav-

ing friends come over to play card games to raise money for different charities. He and Coxsworth took the initiative to create what they hoped would be a fun-filled event. With only three weeks to plan and execute it, the pair thought a simple but fun and interactive activity would be most effective.

"Mike and Jordache truly showed initiative and embraced the cause



Keven McGhan

from the course," said McGhan.

Thanks to the initiative of these two, students in future Sales Management courses will have the option to create their own card nights or similar events to help local charities thrive.



Painters on a good mission

By NICOLE de CHAMPLAIN

The Hope Mission's office looks brand new thanks to NAIT's Painting students. From April 6-8, the students put their brushes and buckets together to give the Mission a fresh look.

Ten students and two instructors took on the pro bono project as part of their course curriculum, and helped the non-profit organization along the way. This is not the first charitable organization they have helped. The instructors are always seeking opportunities like this so that their students have the opportunity to get real world experience. One of the instructors, Andy Weaver, explains why the Painting program took on this project.

"In the past we've looked for opportunities outside the walls of NAIT and the Hope Mission is a non-profit org that helps out a lot of people in our city, [they] kind of hit the group of people we want to help," Weaver says.

The students repaired drywall and did spot trimming in the office and common area last Tuesday. On Wednesday the students were ready for surface repair and the first coat of paint. Finally on Thurs-

day, the whole group put on the final coat, leaving the whole place looking great. The painting students were always working trying to get the best results.

"It took us three days at the Hope Mission. We did two different rooms," Weaver says. "We were groups of five apprentices working in each room and it took three days at about five working hours a day."

While being marked on participation and their skill level, students kept a positive attitude and were excited to do any extra work during their hours. Students were happy to help an organization that does so much for Edmonton while asking for nothing in return.

"It took us three days at the Hope Mission."

– Painting instructor
Andy Weaver

"We use this particular experience to kind of practise what we have learned so [the students] appreciate the chance to do a little real experience as a complete paint job," adds Weaver. "They want to be involved and anxious to stay busy while we're there working."

The feedback from the project was entirely positive, and all the students and instructors involved thought the experience was great and they would definitely work with the Hope Mission again.



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NAITSA takes the stress out

By CLARISSE PORCA

Students at NAIT are now starting to prepare for exams that are looming around the corner. Here comes the stress! But on second thought, maybe not. From April 26 to 28, the Week of Less Stress is coming to the rescue and students will find themselves armed for battle.

This packed week provides tons of relaxing events organized by NAITSA with the purpose of helping students de-stress before exams and relax from constant studying.

To kick-start the event, the first 500 people will get a free cup of coffee at the Nest. Anyone in need of bit of caffeine to boost up his or her senses is in luck. As well, why not try laughing off the stress? Shows such as *The Office* and *Family Guy* will be playing throughout the week at the Nest. It's good to study hard, but it's also good to take a break once in a while.

On April 26 and 29, comfort food will be served to help add some fuel to those frantic thoughts. During the two days, students can visit the 8th Floor Tower Lounge, the NAITSA office, and the Annex above the common area for some delicious wraps, cookies, coffee and more. These will

be available starting at 10 in the morning until it runs out; so don't forget to drop by!

Now, if that's not enough pampering, 10-minute massages are also available! On April 28, students can get the tension eased off their shoulders from several professional therapists from around the city.

These sessions will take place at the 8th Floor Tower Lounge, the NAITSA's office, the annex, near the HP Computer Commons, and near the Fresh Express. There will be a poster in each area where students can sign up for a session.

Last year, these massages were a big success and are expected to be again this year. One of the best parts about everything offered during the Week of Less Stress is that it's free!

There's no need to add financial worries when students are already stressed out for exams. Instead, turn it the other way around.

A bunch of free treats and services to relax the mind will surely better prepare it for acing those exams. So look forward to a fantastic week ahead and don't miss out!



Photo by Karen LePage

YOUNG SCIENTIST

Bryan Reid from the Argyll Home School Centre shows off his exhibit at the Science Fair held at NAIT on the weekend.

Building mighty mousetraps



LINDA HOANG
Assistant Issues Editor

Last week, NAIT students got in on a little zany action with some crazy contraptions as mousetraps and more filled the Mechanical Engineering building.

As part of their final project, first-year Mechanical Engineering students were required to build an apparatus utilizing two mousetraps which could lift a hockey puck up 50 mm from the ground, then transport the puck two metres outside a circle drawn on the floor.

Students were allowed three tries to get the puck past the two-metre mark, and the closer they got, the higher their final grade ended up being.

"When this mousetrap triggers, [the apparatus] springs forward, lifts up this puck and we have a string attached to this hook over here and that activates [the second] mousetrap," explained Mark Estrada, a second semester Mechanical Engineering student, motioning to the mousetraps and string on his team's red, blue, green and yellow machine.

"This one pulls this string forward which is tied to the axle, which will

bring it two metres."

Estrada says his four-member team put a lot of time into their mousetrap project.

"[We spent] days, hours. We stayed at my friend's house till 2 a.m., pretty late," he said. "But it was fun. We had a lot of laughs."

Estrada's team used all three allotted tries to get their puck across the two-metre mark, tweaking their design and getting closer to the winning mark with each try, but in the end failing to pass the line.

Sean Mason and his team's machine just barely crossed the two-metre mark, causing students in the Mechanical Engineering wing to erupt with excited cheers.

"We worked on it for two months but it didn't work until [the day before] at all. Clutch moment, we came through," Mason said.

Mason said students applied skills and lessons they learned throughout the year, like math, stress and dynamics, in their mouse trap designs.

Second semester Mechanical Engineering students participate in a mousetrap final project each year. The designs are completely up to the students, and this year's designs ranged from small, colourful wheeled devices to long, metal mechanisms.

The project is designed to bring together engineering principles students have learned throughout the year into a fun, cumulative educational and competitive event.

WEEK OF LESS STRESS

APRIL 26-30

NAITSA wants to help you relax during exam time!

•Open to students only.

Exam relief in the Nest! Videos & FREE coffee!

500 FREE cups of coffee, no take out.

FREE BRAIN FOOD!

Free snacks at the NAITSA office on the 26th and 29th! 10am until gone!

Locations: 8th floor Tower lounge, NAITSA, Annex upstairs common area

Free 10-minute massages from 9-4 around campus on April 28th!

Sign up starts early! Make sure to book your spot!

Locations: 8th floor Tower lounge, NAITSA, Annex upstairs common area, HP Computer Commons & Fresh Express.

Good luck with exams!

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Linda's TechTalk

Summer destinations



LINDA HOANG
Assistant Issues Editor

Well, fellow students of NAIT, this is it.

The last *Nugget* issue of the school year and with it, the last Tech Talk of the school year.

I spent some time trying to figure out what the final technology column of the year should be about. The fact that a new iPhone 4G is coming out this summer (rumoured to be in June) or perhaps a summer gadget roundup article of sorts.

Then it came to me.

In a few short weeks,

once you leave the halls of NAIT for four months (or forever), you'll no longer have access to these weekly doses of technological information. (Actually, you could head to thenuggetonline.com and read the weekly archives there, but let's pretend for the sake of this week's column that that isn't an option).

So this final Tech Talk is here to help you stay technologically in tune without me over the summer months.

Here are a few essential technology-centric websites that you should bookmark and refer to daily, weekly or before making any tech-related purchase.

1. CNET Reviews (<http://reviews.cnet.com>)

This extremely credible review website has reviews on almost any and every tech you could purchase. It is the first stop I make when trying to decide which camera, phone or gadget I should purchase and why. CNET Reviews provides a ridiculous amount of thorough walkthroughs of a gadget along with simpli-

fied points on the good and bad, plus a straightforward editor star rating as well as user rating. CNET Reviews is only a section of CNET, a giant website jam-packed with technology news, videos, reviews, top gadget lists and more.

2. Engadget (<http://engadget.com>)

Engadget is an online magazine that is updated daily with news and speculation posts on the latest, as you might've guessed from the website's name, gadget. All Engadget posts are accompanied by a large, related image, and the posts are often riddled with the witty humour and insight from the web's most tech-saavy contributing writers.

3. IGN (<http://www.ign.com>)

If you're a gamer, you should be very familiar with IGN, the Internet's leading website for gaming. And if you're trying to impress someone with gaming knowledge, then you should get familiar with IGN. Everything and anything on current and upcoming video games and game-related technology can be found here.

IGN even boasts it's all about "everything guys enjoy." Make a point to visit.

4. MobileSyrup (<http://mobilesyrup.com>)

MobileSyrup is the leading Canadian mobile news and reviews website. While it isn't as shiny-looking as the prior-mentioned sites, MobileSyrup is stock full of extremely insightful articles and

reviews on the latest phones, phone software and more, daily. Sometimes it's hard to sift through the American vs. Canadian mobile information online so if you want purely Canadian content, MobileSyrup is the place to visit.

And that's that. Obviously there are more extremely informative and useful technology-related sites online, both general or very genre-specific, but these are some big ones in my opinion. If you're at all interested in tech, take some time to visit these places.

Have a great summer, everyone.



Building a healthier nation



POLITICALLY SPEAKING
RYAN FLAHERTY
Issues Editor

There has been much discussion of the health care reform bill passed by the U.S. Senate last month. Almost from the moment he announced his candidacy for office, President Barack Obama has been adamant that big changes were required for a system which, to many observers, did not adequately serve the American people. Many believe the U.S. health care model was an embarrassment for a nation which considers itself to be a global leader in virtually all areas of government. Although Obama himself did not author the legislation, and it's likely that what was approved did not contain all the reforms he would like to see, the President has already put a bold stamp on his time in office.

Since there's nowhere near enough room here to get into the nuts and bolts of the old system and the details of all the reforms that have been put into place, here's a brief summary of some of the highlights of the bill, which passed a Senate vote on March 23. Many of these changes are effective within the next year or so, and the rest are spread out over the next decade.

Within one year of the bill's enactment, insurance companies must stop the incredibly shameful practice of rescission, which in the insurance world means refusing coverage for clients who are diagnosed with a serious illness, especially one which would require expensive long-term treatment. Insurance companies would often claim that the customer withheld information when

they were first approved for coverage, and therefore had breached their contract with the company. Although this has assuredly happened in the past, in most cases this was just a case of greedy companies trying every trick in the book to avoid making payments. The new legislation explicitly forbids this practice, although how it will be enforced is another question altogether.

Also being enacted immediately are changes which will allow young adults to remain under their parents' health insurance coverage until age 26, instead of 19 or upon graduation from college as things previously stood. This acknowledges that children are moving out on their own later in life than previous generations did, and also reinforces that just because a person doesn't go on to post-secondary education doesn't make them less worthy of coverage. Families will now have one less thing to worry about during this important transitional stage of their children's lives.

Many of the more sweeping changes being made are supposed to be in place by 2014, under the auspices of the Patient Protection and Affordable Care Act. They include increasing the threshold for eligibility for Medicaid coverage to all persons with an income of up to 133 per cent of the federal poverty level

and requiring nearly every citizen to obtain health insurance coverage or risk being fined.

In an effort to limit the power that pharmaceutical and insurance companies hold over the financial markets, the new legislation has also implemented mandatory fees which will be based on the respective market share of each company. Another major change effective in 2014 is that employer health plans can no longer

exclude someone from coverage based on a pre-existing medical condition.

This is just the tip of the iceberg as far as American health care reform is concerned. Though they're still a long way from the universal system of which we Canadians are so proud, it's a start. Despite all the wailing and moaning from so-called pundits that these reforms have brought the United States to the brink of a commie socialist wasteland, it's clear that average Americans are ready to move forward and create a new system which doesn't leave the sick, the poor and the elderly out on the hospital steps to die. Further change is still needed, but considering where the U.S. was just two short years ago,

the progress they've made so far is nothing short of amazing. Here's hoping they seize the momentum and set an international example of which people all over the globe can be proud.



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Barack Obama

OPINION

— Editorial —

Cuts needed, but where?



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

I seem to recall Sam Shaw having sessions with members of NAIT staff within the last month, with the hope of finding some solutions to the budget crisis. It seems to me these sessions could have been another attempt to smokescreen members of the organization from the real solution, job cuts. I can't be sure what happened during those meetings, as Sam Shaw's office refused to comment to the *Nugget* when we reported on the subject, but I'm sure staff didn't go into the executive boardroom and demand the institution cut 13 programs, some of which are unique to NAIT. So it makes me wonder, what were these meetings truly about? My guess, an effort to make it look like administration cared about their staff and students, and an unsuccessful attempt at that.

Isn't it odd?

Suspending 13 programs is supposed to save NAIT \$2.8 million. Does anyone else think it's odd that when the institution's in a money crunch, NAIT still found \$1.5 million to cough up for the Ledcor partnership no less than three weeks ago? Let's do the math ... \$1.5 million is over half of \$2.8 million, so that means instead of the partnership agreement for applied research, NAIT could have made the decision to save seven programs and, I'm going to guess, at least 30 some odd jobs. Way to go NAIT, now if that's not looking out for your staff, I'm not sure what is. Furthermore, Shaw continues in his Ledcor interview with the *Nugget* by stating there will be more partnerships announced in the upcoming months. My assumption is NAIT will have invested a pretty penny in those as well, perhaps enough to save the remainder of their programs, and help put food on the tables of their soon to be former staff members. Considering the livelihood of NAIT's valued staff are on the line, spending money where it's not necessary is a pretty ballsy move. Which leads me to one conclusion, if we can't say anything nice about Shaw, at least we know he has a nice set of balls, golf balls that is. It will be interesting to see if the NAIT executive will be seeing an increase in their salaries this year. Considering Shaw's total compensation last year was over \$500,000, if my memory serves me right it was 541 to be exact, some might say he's overpaid, especially taking into account his organization's over \$12 million in the hole. But who am I to judge, I just go here.

Attempt to push motion through?

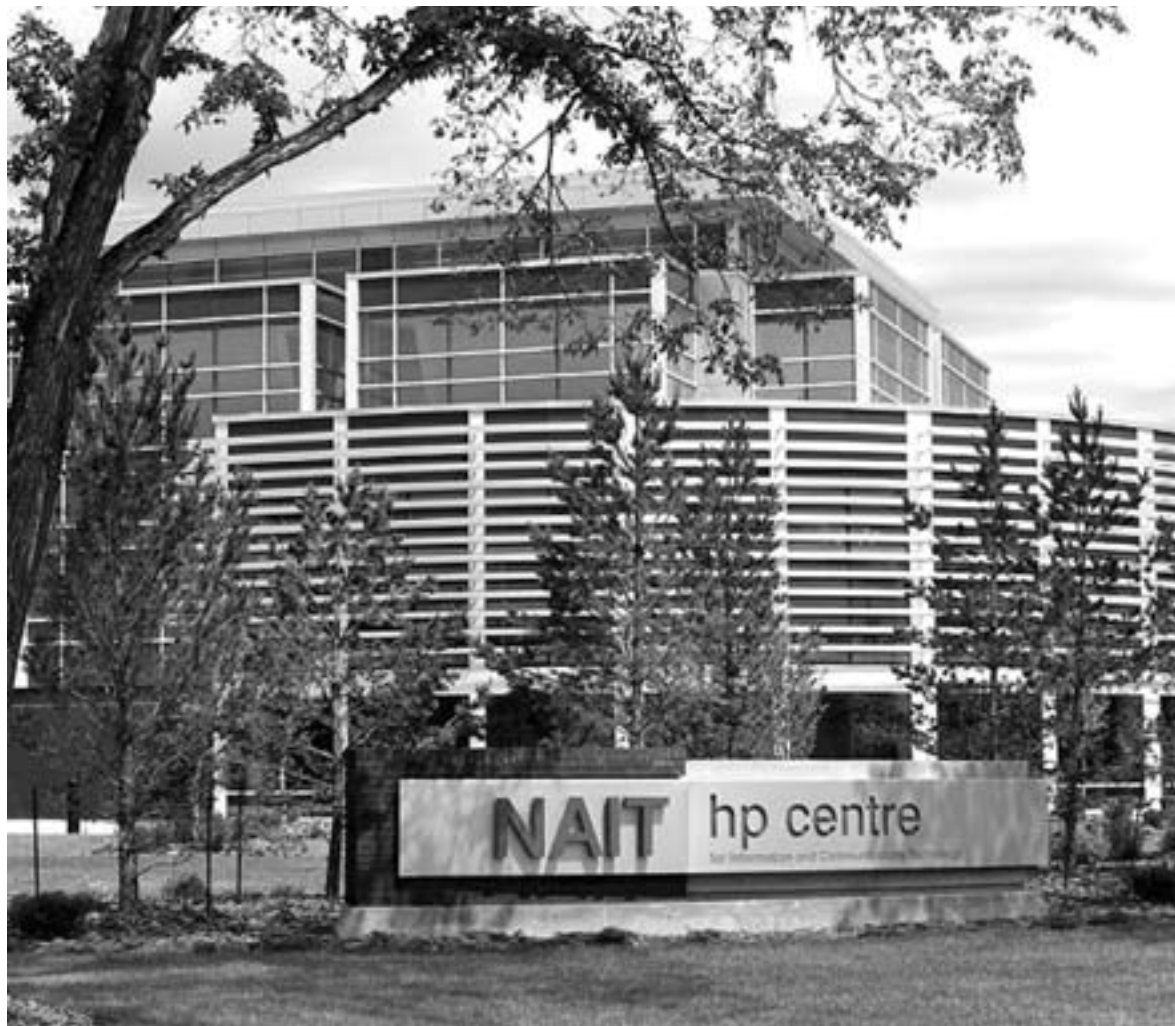
NAITSA is criticizing NAIT for their alleged attempt to push this motion through during the Academic Council meeting days ago. I'm sure they will try and deny this though, they've gotten pretty good at backpedaling over the past year. Nevertheless, NAIT did provide faculty members working in programs being looked at for suspension with redundancy packages. What a great way to say you're being let go, don't you think? Imagine waking up in the morning and having your cup of coffee, then coming to work, the place you've put your blood, sweat and tears into, and then your boss comes in and says, "Hi John, thanks for coming in today. The executives have mismanaged the institution's money for a while, and recently they've decided you're useless ... I'm sorry John, I mean redundant." It's bad enough NAIT is handing these packages out before anything has been passed, and considering the decision will ultimately be in the hands of the Minister of Advanced Education, I think NAIT could be jumping the gun.

It's good thing we have NAITSA around to protect the jobs of instructors here, as they were the group who originally proposed an extension to the motion to recommend suspending the 13 programs. My question is, why didn't NASA (the NAIT Academic Staff Association) say anything — you

know, the union the instructors pay their union dues to. A select few did support NAITSA's request, but if I were an instructor here I would be furious. As much as I dislike the idea of a union, their job is to protect the employment and well-being of their members. It seems they may have fallen a little short this week. Staff should be shaking their fists and pounding on union officials' doors. Job cuts and program suspensions are not something to be taken lightly, even more so when NAIT is creating a new diploma program for next year. I for one was excited for NAIT's plan to create the first nanotechnology diploma, until I realized they will be giving other members of staff the boot while doing so. Seems a little like that old man who's going through a mid-life crisis and thinks it's a

good idea to divorce his wife of 30 years and hook up with an 18-year-old bottle blond with an obvious pair of fake tits. And yet no one is saying anything. Staff are afraid to speak out in fear of becoming "redundant," and the union is sitting around doing God knows what.

My thoughts on the matter are that NASA needs to get it together and fight for the people paying their wages, and teachers need to set fear aside and speak up. It's time to challenge the process and be a leader. Sitting back is no longer effective. Peoples' jobs are on the line and it is not like we're living in a booming economy. I do agree with NAIT about one thing, it is time to make a change. The only difference, I think, is the changes need to happen in the executive suites.



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SPORTS

ATHLETIC AWARDS

NAIT honours its athletes



Stories by TAYLOR POLLMANN
Sports Editor

President's Award Male Athlete of the Year Joey Vandervet

The best of the bunch. Those are the exact words that perfectly define Joey Vandervet. After an evening filled with suspense and fine food, the 2010 edition of NAIT's own athletic awards ended with a splash; the announcement of badminton player Joey Vandervet as the year's Male InterCollegiate Athlete of the year. "I was honoured but really surprised at the same time, I didn't expect it," Vandervet commented.

At the team level of play, the Ooks badminton squad had a season to remember. With many victories over the course of the ACAC schedule and a mid-season vacation/tournament in Hawaii, the Ooks were ready to bring their "A" game to the ACAC Provincial finals. The women's singles, women's doubles, men's doubles and mixed doubles all earned a piece of the golden ACAC tapestry. One of those players included was NAIT's own Joey Vandervet.

While Vandervet and his mixed doubles partner Sinead Cheah won the ACAC championship for the second year in a row (a remarkable feat by itself), Vandervet couldn't help but reminisce on the areas of the game he needs to improve on.

"The season started well but unfortunately we didn't get the performance we wanted in the end as we didn't get the national title," he said.

The national title tournament was played at NAIT this year, a first in the school's long and proud history.

Looking ahead to next season, Vandervet believes his team will have to gel quickly after the departure of some key teammates.

"We lost a couple of players and I think gaining back the team spirit we had with those players is the big thing."

As for his own personal goals, Vandervet was clear on what his mindset would be going into next season.

"I'm going to go and try to defend that title and take it to the national level again."



Laura Stosky and Joey Vandervet with their awards.

President's Award Female Athlete of the Year Laura Stosky

After helping her team reach the Championship series, Laura Stosky has been rewarded for her incredible on ice performance. The standout defenceman, who plays for the NAIT Ooks women's team, was named last Friday as this year's female athlete of the year.

Head coach Deanna Iwanicka believes the award is a fitting end to the defenceman's season. "She was mature, had consistency, and experience along with leadership. She pretty much keeps things together and moves them forward."

Besides playing for the Ooks, Laura has already had a well-travelled career, which many student athletes could only hope



Photos by Karen LePage

to achieve in their entire lifetime. Before her tenure at NAIT, Stosky not only played in the United States at the University of Connecticut but then moved on to play in the Women's Western Hockey League with the Edmonton Chimos. The experience, Stosky believes, helps her team as a whole. "Just playing at the college level [helped]. I played there for two years and just bringing the experience to the team when some players have never played at the level before," Stosky commented.

Stosky has not only shined on the ice this season but through her work off the rink as well. Before the season, Iwanicka felt that her team locker room needed an upgrade. Knowing Stosky was in the carpentry program here at NAIT, Iwanicka asked her if she was interested in helping to build new benches for the team. Stosky was more than up for the challenge; "At the beginning of the year I made up a little design and added a better place for the girls to come and be together."

With the season ending merely a couple weeks ago, Stosky is already looking ahead to next season.

"I think our consistency will have to improve, but that comes with age. We had such a young team this year."

If the previous statement holds true, the women's Ooks team, along with Stosky, will have a season to remember next school year.

Team MVPs

Badminton

Joey Vandervet, Sun Yang

Women's Basketball

Dale-Marie Cumberbatch

Men's Basketball

Shane Cox

Cross Country

Adam Konig, Melissa Christensen

Curling

Cori Dunbar

Golf

A.J. Mark

Women's Hockey

Laura Stosky

Men's Hockey

Bret Peppler

Women's Soccer

Alex Mah

Men's Soccer

Thiago Silva

Women's Volleyball

Katie Seys

Men's Volleyball

Rory Ernewein



TAYLOR POLLMANN
Sports Editor

What's hot, what's not

Hot

Phil Mickelson: Hate or love him, you have to admit the man knows how to come through in the clutch, under the most stressful conditions. With his wife and mother diagnosed with breast cancer last year, Mickelson has endured the times and maintained his presence on the course. With his wife by his side for the first time since her diagnosis, Mickelson went on to win his fourth Masters green jacket. Congratulations Phil, on showing golf fans everywhere what truly makes a champion.

Edmonton Oilers: Nope, I'm not crazy; the Oilers actually have made the hot category this week. Though they may not have had the most productive season (an understatement to say the least), the squad managed to secure the first overall pick in the 2010 edition of the NHL draft. In what will be a first in club history, the Oilers will aim to rebuild their squad through the draft with their selection of either Taylor Hall or Tyler Seguin. Combine that with club prospects such as Jordan Eberle and Linus Omark, and the Oilers could actually be exciting to watch next year. Though, no Stanley Cup



sabcsport.co.za

Phil Mickelson

will parade on the streets of Edmonton for at least the next three years.

Lionel Messi: What can you say about possibly the greatest futbol player in the entire world? The 22-year-old Argentinean phenomenon scored not once, but four times in Champions League play, which led his team to a decisive 4-1 victory over the opposing Arsenal squad. Entering World Cup play at the top of his game, Messi could give Argentina the push they haven't had since the long gone days of futbol legend Diego Maradona.

Sidney Crosby: Sure he didn't win the Art Ross, or lead his team to the regular season President's Trophy, but Sidney Crosby truly had a remarkable campaign this season. With an outstanding 51 goals, Crosby tied the Tampa Bay Lightning's Steven Stamkos for the Rocket Richard Trophy, the first of his already illustrious career. With the trophy added to his collection, Crosby has nearly earned every trophy in the game today – team or individual. It must come a little sweeter to the ever so modest Sidney that the man he beat for the Rocket Richard was rival superstar Alexander Ovechkin.

Not

Tiger Woods: Oh, Tiger Woods. While I'm not going to fault the man for his personal life, the one area he could always count on has fallen apart recently. In his first game back since his "leave of absence," Woods started strong but then shocked fans across the world with his horrendous play. Heck, even Tiger was cursing himself! While a fourth-place finish in a major isn't anything to scoff at in most golfers' books, in Tiger's case, it is. Add the atrocious "poor me" ad run by Nike featuring Woods' deceased dad, and I think I will start cheering for Mike Weir. On second thought...

Rick Tocchet: Once again poor Rick Tocchet is fired and sent to the streets, though the reason this time may be for his team's performance, not side wagers. He will still be forced to watch the classifieds and pray another team takes a chance on him. If not, I hear Las Vegas could potentially be the final destination for Tocchet.

Sheldon Souray: Sure, the Oilers may have no sense of management but part of maintaining professionalism is to keep your opinions and ideas in check and not within earshot of the public. Through his recent

dagger comments, Souray has not only damaged his (now soon to be former) team's reputation, but his as well. Think about it, what team will trade to take on Souray's over inflated contract, when he is injured for half the season on a regular basis, and now has seemingly bad locker room charisma as well. Just some food for thought!

Santonio Holmes: Holmes may certainly contain the necessary assets needed to be an elite wide receiver in the NFL, but he may not have the smarts to go along with it. While most people his age love to relax and go clubbing on weekends, most don't end up sued by a woman who says he threw a bottle at her face and cut her. Whether or not this suit is successful, he has already shown his toddler-like behaviour in the past. With

the trade from the Steelers to the Jets, it's hard to imagine the receiver controlling his emotions in an even bigger city. Now to think of it, he was traded for merely a fifth-round pick! His ego must have been deflated a tad, which will suit him nicely when he will be forced to watch from the press box for the first four games of the season. Yes suspensions can be a rigorous and painful experience. Just ask Sean Avery.



www.daylife.com

Rick Tocchet

Masters a show

By KITA MURU

The Masters concluded at Augusta National Golf Club earlier this weekend, ending the quest for the green jacket in the biggest professional golf tournament out there.

It started with a tee-off between two of the game's greatest in Arnold Palmer and Jack Nicklaus. Then the tournament got underway, with excellent shots, courageous performances and some distractions along the way.

Phil Mickelson was the eventual winner. He was pretty consistent, shooting a 71 in the second, and 67 in the other three rounds to win. In the final round, he kept a steady game despite the nature of the course; nailing birdie putts, while maintaining par with gutsy swings over the water and into safety. Mickelson wound up at 16-under.

Lee Westwood was leading after the first three rounds, he shot 67, 69, and 68, but wound up second after he shot a 71 in his final round to leave him at 13-under. While

Mickelson experienced a solid run, Westwood struggled with bogeys on the first, fourth and ninth holes, and couldn't bring it back together.

Anthony Kim placed third after saving best for last. After shooting 68, 70, and 73, Kim shot a 65 in the final round. The only other person who shot a 65 was Nick Watney (also in the final round). Kim had six birdies, three on both the front

and back nine, shot only one bogey, and shot an eagle on the 15th hole.

The biggest story line heading into the masters was Tiger Woods, and how he would perform amidst the whole controversy. Woods only consistent round was the second; he shot a 68, 70, 70 and 69. That's below the usual Tiger Woods performance, yet incredible for a person who hadn't golfed professionally in six months. Also it looked like he was fighting his recent media fire storm, especially in the final round. He nailed two eagles in both the first and last rounds yet only wound up at four and three under respectively in those rounds.



Eversley Invitational

3 on 3 Basketball Tournament

Date: May 14th, 15th and 16th

Location: NAIT Main Campus
11762 - 106 Street Edmonton AB

3 Point Competition
Dunk Competition
Great Prizes
Bake Sale

Visit www.eversley.ca for more information and to register

Join the Eversley Invitational Notification Group on facebook for updates

Deadline for entry is April 23

Limited space available so register right away!

The Eversley Invitational Basketball Tournament is a 3 on 3 tournament with all proceeds going towards the Stollery Children's Hospital. The tournament is open to ages 16+



NHL playoff preview



By **TAYLOR POLLMANN,**
GARIT BYINGTON
and **DOUG YEARWOOD**

The NHL playoffs are once again in motion and we put the *Nugget* Sports Hockey Panel to the test. Their predictions are 100 per cent believable and are cold hard fact, so we suggest you follow their predictions to the bitter end in your class hockey pool.

WESTERN CONFERENCE

San Jose vs. Colorado

Taylor – Once again the San Jose Sharks are the No. 1 seed in the Western Conference, and once again they are facing a team seemingly on a downhill slide since the first half of



the season. So sadly, once again they will probably play fiddle to the curse that plagues their hockey club. While the Shark's loyal fans insist the addition of Dany Heatley will

bring forward the added ingredient they were missing in years past, Paul Stastny and company will pull off the upset (should we call it that if it happens every year?) and force Sharks management to make a major change to their squad in the off-season. Colorado in 6.



Garit – David vs. Goliath. Despite being known as playoff chokers, San Jose always seems to get out of the first round, and should be

in a good state of mind after finishing first in the conference. It will be good playoff experience for a young Avalanche team, but it will be a short-lived experience. San Jose in 4.

Doug – This is the third time that these two teams will go head to head in the opening round of the playoffs. Historically the all-time mark favours Colorado 2-1, but each club won as the higher seed. The Sharks will look to keep that streak going. San Jose won the regular season based on a 2-1-1 record. The Sharks might choke this year, but I don't think its at the hands of an inexperienced Avs team. San Jose in 5.

Chicago vs. Nashville

Taylor – This series looks like a mismatch on paper and it will probably turn out as one on the ice. The Blackhawks have all the fire-



power that is necessary to win the games that matter, the only question is their goalkeeping abilities. The Predators, on the other hand, while containing a few

household names, don't have the right mix of players needed for a lengthy Cup run. Though the Predator's goaltender, Pekka Rinne, could make a series out of it. Chicago in 4.



Garit – This series will showcase a very strong team against a very strong defence. Nashville may have the

edge on the blueline with Shea Weber (best in the business with Drew Doughty not too far behind), Ryan Suter and Dan Hamhuis, but this Chicago team is on a mission. They have had playoff experience now and are hungry after

last year's loss to Detroit. Really the only way I see them losing this series is if their goaltending forgets to show up – which sadly for Chicago fans could happen. Chicago in 7.

Doug – Two Central Division rivals going at it, with Chicago holding the 4-2 season series advantage. The Hawks are favoured by many to win, due to strong play from star forwards Patrick Kane (88 points in 82 games), Toews, Sharp and Hossa – but the main concern is going to be the depth or lack thereof in net. Chicago in 6.

Vancouver vs. Los Angeles

Taylor – While the Kings had a hot start to the year, led by standout Anze Kopitar, the Canucks



have too much in their arsenal to fall victim to the Kings. With one of the best goalies in the world in Roberto Luongo, and the dynamic duo of Henrik and Daniel Sedin, the

series will be the Canucks' to win. Vancouver in 6.

Garit – There's something about this Kings team. They have the gritty experienced players of Jarrett Stoll, Ryan Smyth, Dustin Brown, Matt Greene and young superstars Anze Kopitar and Drew Doughty. Vancouver's defence



will catch up to them these playoffs as Roberto Luongo is going to have Kings crashing his crease every shift. This series is going to see a few Kings' overtime victories for the upset. L.A. in 7.

Doug – Henrik Sedin is the NHL's scoring leader, and the strong play of Daniel and fellow Swede and playoff veteran Mikael Samuelsson are going to be needed in order for the Canucks to advance. Los Angeles is blessed with a strong defensive unit but is cursed with playoff inexperience. My bet for most exciting series in the West. Vancouver in 7.

Phoenix vs. Detroit

Taylor – I tip my hat to Phoenix for the truly remarkable turnaround season they have experienced, but they may not have improved enough to finish off an experienced and hungry squad from Detroit. With injuries depleting their roster most of the season, Detroit is healthy and on the rebound finally. Henrik Zetterberg and Pavel Datsyuk will keep Ilya



Bryzgalov busy and in the cases when Phoenix gets an odd-man rush, future Hall of Famer Nicklas Lidstrom will be there to fend them off. The series will go the distance but Detroit will

prevail. Detroit in 7.

Garit – Detroit finished strong, and have had all that playoff experience, but this series



is too reminiscent of Detroit's playoff losses to the goaltending of J. S. Giguere and Dwayne Roloson. Ilya Bryzgalov is arguably the best

netminder in the business, carrying the Coyotes to a season that a team with that kind of fan support doesn't deserve to see. But it pains me to say as a slight Red Wings supporter, I see

another classic first round seven-game series ending with me thanking the hockey gods for Calgary's missing of the playoffs. Phoenix in 7.

Doug – It's hard to imagine Phoenix actually being ranked the higher seed in this year's playoffs, because of the powerhouse Detroit has been for years. Even with the "White Out" in effect in Phoenix, it'll take a team of blacked out Detroit players to lose this one. They're just too experienced, and I can't see Wojtek Wolski and Shane Doan taking the Coyotes anywhere. Detroit in 6.

EASTERN CONFERENCE

Washington vs. Montreal

Taylor – The Washington Capitals are a force to be reckoned with for sure, but they do have some players on their squad who have a history of disappearing in the big dance. This may open a small gap of hope for the desperate



Canadiens but the sheer fire-power led by Ovechkin will keep Montreal fans at bay – leading to another year of waiting. Washington in 6.

Garit – If Montreal goes with Jaroslav Halak, this series takes a very interesting twist. He's capable of winning a playoff series – Carey Price is way too shaky and inconsistent. Washington is a much faster, bigger and a more skilled hockey club, but Halak has proven he's one of the best in the Eastern Conference. No doubt Ovechkin has a



bitter taste in his mouth after the Olympics, and expect him to bring his best. Washington in 7.

Doug – Montreal really limped in to the playoffs this year – not for the first time either, and Washington was 2-1-1 versus the Habs this year. Montreal will have a goaltending controversy, but one way or another one of them will have to stop Alex Ovechkin and company. Tomas Plekanec had five points in four meetings this season, and his play, along with Scott Gomez's experience, will be needed. Washington in 7.

New Jersey vs. Philadelphia

Taylor – This pick is sure to leave some



people scratching their heads, but I feel Brodeur's time to shine in April is up. Sure Philadelphia doesn't exactly have the best goaltending situation in the

league but they have a youthful squad filled with the desire for victory. Kovalchuk may light it up over the course of this series with his will for an outrageous post-season contract, but the Flyers will prevail. Philly in 6.

Garit – The Flyers definitely will be rarin'



to go after that shootout victory leading to their playoff birth, but as always, they forgot to answer their goalie problem. They never seem to get that guy in net, and

look who they are facing ... "The Guy" in Martin Brodeur. With an Ilya Kovalchuk addition to a great team, the Devils look poised for a deep

run in the East. New Jersey in 5.

Doug – Philadelphia's playoff season has already started, after a huge win-and-your-in against the Rangers in the last game of the season Sunday. They hold the season series advantage against the Devils, 5-1. However, Marty Brodeur proved he is still the league's top goaltender, and the Devils are always dangerous come playoff time. New Jersey in 6.

Buffalo vs. Boston

Taylor – The Buffalo Sabers may not have the most dynamic field of players in the playoffs but they do lay claim to arguably the best netminder in the game today, Ryan Miller. We all have seen what he could do in the past Olympic Games and the playoffs will be no different. Chara will have to make his shot a hell of a



lot harder to beat this American on a daily basis. Buffalo in 6.

Garit – Buffalo is my dark horse of the playoffs. I know it's a real stretch with

"Elasto-man" Ryan Miller in net, but they don't really have too many names that stand out besides his and Thomas Vanek's. Boston will



provide a great first-round opponent with the likes of Zdeno Chara and Patrice Bergeron, but Lindy Ruff's boys play the perfect team system, and they added Raffi Torres as that play-

offs' X-Factor to put them over the top. As we saw in the Olympics ... "It's Miller Time!" Buffalo in 7.

Doug – The Bruins hold a 4-2 series advantage against the No. 3 ranked Buffalo. The Sabres will count on scoring by community and hope that Ryan Miller's dominance in the crease will be enough to salvage them a series win. Boston has some toughness and size that Buffalo's top line won't be able to compete with. Tuukka Rask's strong play tips the scales in favour of Boston in 5.

Pittsburgh vs. Ottawa

Taylor – Sweep. The Penguins may not be entering the Stanley Cup playoffs on the same rampage as in years past, but with Sidney Crosby and Evgeni Malkin on your side, the team has a chance to win every night. The praising of Senator netminder Brian Elliot will



turn to chastising when he gets chased out of his crease by the stylings of the high-flying Penguins. Penguins in 4.

Garit – Jason Spezza might be able to will his team to a playoff victory, but the problem is he's facing four players likes Sidney Crosby,



Evgeni Malkin, Jordan Staal and Marc-Andre Fleury who can all do the same – 4-1 is not good odds. With Ottawa opening it up with Pittsburgh, as they too like to play a skating game, I don't like their chances against the champs. Penguins in 5.

Doug – SWEEEEEEEP. Pittsburgh's got it. Sorry Alfie, but it'll take more than a civic holiday to motivate your boys past this series. Penguins in 4.



Don Phillips Head Coach Men's Basketball



By DARYLANN HUTCHINGS

In the Final Profile of the Week for this semester, Darylann sat down with one of the most dynamic and successful coaches in local basketball today. Don Phillips has not only brought an area high school to two consecutive provincial finals, winning the latter, he has now brought the NAIT mens basketball team to the National Championship in just his second season with the squad. The future defiantly looks bright for Phillips and his men.

Darylann: Favourite Sport?

Coach: Basketball, no doubt

D: Did you ever play basketball when you were young? If so how long?

C: Started playing ball pretty late ... in the 7th Grade, but I advanced in the sport very rapidly and was recognized as one of the top 150 basketball student-athletes in North America while I was in high school.

D: When did you start coaching?

C: My start in coaching was in '93 when I arrived back home from university and I went to watch my cousin play a summer-league basketball game. Their coach never showed so they asked me to fill in. We won convincingly and I thought to myself "that was fun and I wouldn't mind doing it again;" so, I took over the team and we came from being the last team in their division to losing in the championship game.

D: What is your favourite thing about coaching?

C: The relationships that you build with student-athletes. A coach wears so many hats (teacher, counsellor, uncle, big brother, friend, etc.) but the most rewarding is when your student-athletes thank you for the life lessons they've learned through the sport and through your relationship with them.

D: Do you play sports?

C: Yes, I get out there when I have the time and show my guys that not only can I teach the game; but, I can also still play it (especially when my body allows me). Otherwise, the only other sport I play is pool (8-ball).

D: What are your greatest accomplishments in your coaching experience?

C: Besides taking a school like Paul Kane that has never won anything and leading them to 70-wins and six losses and a provincial championship in two years ... I would have to also say what I've been able to accomplish thus far at NAIT. I feel that I am very fortunate to be a full time coach at such a prestigious post-secondary learning institution.

D: What do you do in your down time?

C: Down time??? Well, let me state that doesn't happen too often in the field of coaching, especially if you're trying to build your program to be competitive nationally. Otherwise, I spend time with my family and hang out with a few of my local buddies watching some basketball and if not, defi-

nately talking about basketball.

D: Family?

C: As all families of coaches ... mine is exceptional. I spend numerous hours supporting, mentoring and/or teaching life lessons to other people's children and at the end of the day it is heartwarming to see my children emphatically happy to see daddy ... even though sometimes they may not see me until the next morning. I know I couldn't have experienced any type of success without my wife holding down the home front and my kids' unconditional love and support.

D: Favourite exotic car?

C: Rolls-Royce Phantom

D: What is your best memory of coaching?

C: Believe it or not ... it was some bad experiences that I had when I was a university student-athlete. If it weren't for those experiences, I wouldn't be where I am today. Many coaches either don't know or don't care about the affect they have on someone's child ... I am one coach that knows, understands and cherishes the position and power I have as a coach and takes this responsibility seriously.

D: Do you have any regrets?

C: Sometimes I have flashbacks of some of the people I have played against and some of the things I used to do athletically on the court ... these usually bring forth feelings of regret or what could've should've would've happened, but I quickly snap out of it and channel these self-inhibiting feelings into my responsibilities as a father and coach. Where I am currently as a father and career wise is my calling ... if it wasn't, I wouldn't be here.

D: Are you going to continue coaching?

C: I will as long as I continue to receive the support I've been privileged to receive from the home front.

D: Any other sports you have coached?

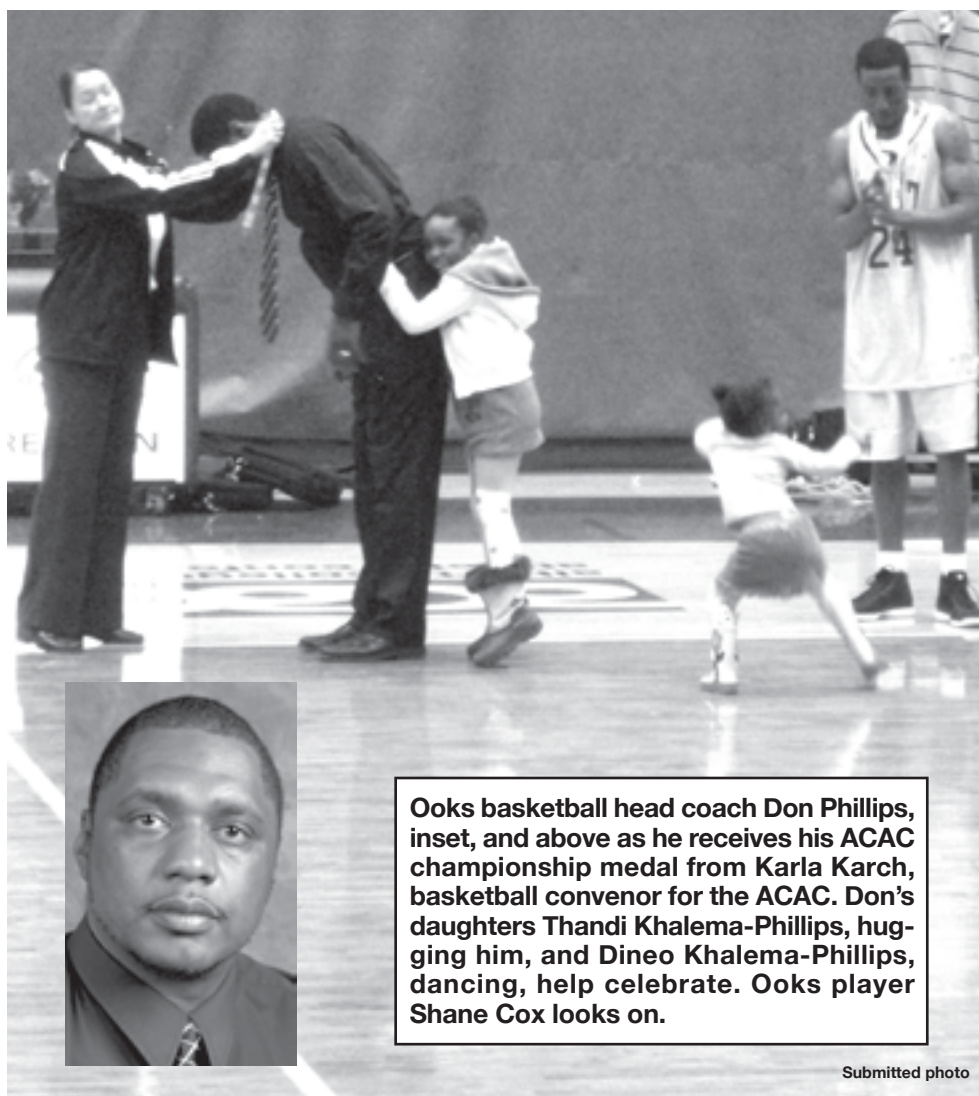
C: Surprising enough ... I was privileged to coach girls volleyball at a summer camp for Grade 9 student-athletes. I had a blast and my team won it all. Though it was a different sport ... it was an experience that taught me a lot.

D: Anything interesting about yourself?

C: The outside cover ... I'm one of those people that if you try and judge the book by its cover, you usually will get the wrong picture; but, if you open the book and take the time to read what's inside ... you will find a good, hard working, straightforward individual.

D: Anything else you want to add?

C: Yes, now that we've had one of the more successful seasons of the recent past ... we need our fans to increase their patriotism. I know NAIT is a business, but when our fans attend our competitions we need them to become our sixth man by showing their patriotism in the stands to establish home court advantage for our Ooks teams. Too many times we've had the most fans in attendance but the least in noise and we need that to change in order for us to become consistent provincial/national championship contenders. Our opponents should fear arriving in our facilities to compete against our teams because they know our crowd is one of; if not, the rowdiest (but respectful) crowds in the ACAC and/or country. If this can happen, I believe the Ooks faithful will be very appreciative of the results annually. Besides, our athletes sacrifice blood sweat and tears in the name of NAIT ... the least our fans can sacrifice is their time, energy and voices in support of our efforts.



Ooks basketball head coach Don Phillips, inset, and above as he receives his ACAC championship medal from Karla Karch, basketball convenor for the ACAC. Don's daughters Thandi Khalema-Phillips, hugging him, and Dineo Khalema-Phillips, dancing, help celebrate. Ooks player Shane Cox looks on.

Submitted photo

UFC disappoints

By PAUL FITZPATRICK

The UFC's Abu Dhabi debut at the Ferrari World Theme Park was kind of a rough one. The fight card started out with an interesting match between Mark Munoz and Kendall Groves. Munoz defeated Groves by TKO in the second round, earning them fight of the night honours. Rafael dos Anjos put Terry Etim in a very painful looking arm bar that won Dos Anjos not only the victory but also submission of the night. UFC 112 was off to a great start: this Abu Dhabi partnership just might work after all.

Then the ancient Renzo Gracie stepped into the octagon with Matt Hughes. Gracie has beaten four UFC champions but those guys are old and so is he. The first two rounds they felt each other out and it was quite uneventful. By the third round, Gracie's leg had been turned into mincemeat by Matt Hughes and his relentless leg kicks. Hughes won by TKO and had a little too much respect for his opponent. Renzo Gracie probably shouldn't have taken this fight but he's a celebrity in Abu Dhabi, it was for the fans.

Then it was time for the co-main event of the evening, the lightweight championship of the world. "The Prodigy" BJ Penn was a heavy favourite to defend his title easily against little Frankie "the answer" Edgar. No one gave the little 155-pounder from Jersey Shore a prayer in this fight. The fight started out pretty even but I gave the first round to the Champ. Second round was all Frankie Edgar. He started mixing it up a little better and land-

ing some good shots. Edgar kept up the footwork late into the fight leaving BJ Penn baffled. On this night the prodigy didn't look himself and Frankie Edgar had the answer. This fight would have been hard to score, it could have gone either way, but Frankie "the Answer" Edgar is the new lightweight champion of the world.

Then along came a spider. The UFC middleweight championship between Anderson Silva and Damien Maia will go down as one of the most bizarre fights in UFC history. The first couple of rounds were like something out of a movie. Anderson Silva was waving his arms around unnecessarily and taunting his opponent. At times it looked like he was dancing, that's how confident he was. It was

like watching a killer whale playing with a poor defenceless little seal, never putting it out of its misery, just toying with it. The lack of respect Silva had for Maia was obvious. The spider coasted to an easy victory with a unanimous decision that left a bad taste in the

mouth of fight fans everywhere. More important, Anderson Silva left a bad taste in Dana White's mouth. The UFC president didn't even put the belt on the champ as he always does because he was so disgusted with Silva. This fight card featured the middleweight champ because Dana White wanted to show his new business partners his greatest asset. If you mess with Dana White's money, you better believe you're in the doghouse. Don't expect to see Anderson Silva in a UFC main event anytime soon.





Time to play ball!



By **GARIT BYINGTON,**
DOUG YEARWOOD
and **RYAN FLAHERTY**

Our three prognosticators have put on their thinking (ball) caps and have come up with a preview of this upcoming Major League Baseball year.

AMERICAN LEAGUE EAST

Garit: Best division in baseball. There's the always dangerous Boston Red Sox, the young and competitive Toronto Blue Jays and Tampa Bay Rays, along with the revamped Baltimore Orioles and, of course, the champs – the New York Yankees. The Bronx Bombers have the best infield in baseball. They are strong both defensively and offensively, and with added speed in the outfield, look for them to be the opposing pitchers' worst nightmare and with Jeter and A-Rod best buds again ... look out! With Roy Halladay no longer a member of the Blue Jays, their chances of contending went out the window. The Yankees and Red Sox have very comparable pitching, but the Yankees take the edge in the bullpen and just continue to grow as a team. Expect Alex Rodriguez with the monkey off his back to have possibly a career year, getting the Yankees the division title. The Rays will do their best, likely getting them into third place. The Red Sox will take the wild card in a great AL wild card race!

Doug: For years this division has hosted the biggest rivalry in baseball. And again, with huge off-season moves being made by both the Bosox – with notable additions like John Lackey and Adrian Beltre – and the Yanks – signing Curtis Granderson – it looks as if we're in for a repeat performance. The Rays may be the third best team in the division, separated in skill both from the top tier teams and the lower rung Jays and Orioles.

Ryan: The annual Yankees vs. Red Sox debate. The Yankees have arguably the best starting rotation, but I think that Boston will come out on top thanks to their superior hitting lineup. When you've got a guy like Mike Cameron hitting so far down in the order, you know you've got some depth there. Tampa could sneak ahead of the Yanks, but with their pitching question marks that's unlikely. Hot start for Toronto, but they won't sustain it. Baltimore will continue to suck for the foreseeable future.

AMERICAN LEAGUE CENTRAL

Garit: This will be one of the most competitive divisions in baseball and it will probably come right down to the wire again, just like last season. As we've seen with the Detroit Tigers in past years, they can either be one of the best teams in baseball or one of the worst. Losing Curtis Granderson to the Yankees hurts a team that is built on chemistry, but they could very easily contend for the division or give the Red Sox a run for their money in the wild card race. Cleveland, I'm sorry, you missed your window for winning a few years ago; but hey, at least you're not the Kansas City Royals. Minnesota is just in need of some pitching to become a contender – with a healthy Justin Morneau, the Twins' lineup remains a scary one with the likes of Joe Mauer. Then there's the Chicago White Sox who have incredible pitching and a lineup that leaves much to be desired.

They are Obama's team ... White Sox take the division.

Doug: The addition of J.J. Hardy, combined with the M&M show (Morneau and Mauer), proves the Twins can stroke the deep ball, but it's up to the "pitching-by-community" system to determine Minnesota's success. Jake Peavy, starting his first full year with the White Sox, could provide the missing piece needed to clinch the division. The Indians did literally nothing this off-season – so don't look to a return to respectability anytime soon. Detroit received some bullpen and pitching depth this off season in Phil Coke and Max Scherzer, but lost Granderson, Polanco and Huff. I'm not mentioning anything about

the Royals other than they exist as an MLB franchise, and also add that I feel for the lack of support for Zach Greinke.

Ryan: The Twins have a new ballpark and a hometown star in Joe Mauer, who just signed a massive contract extension. Justin Morneau is back and healthy and the Twins improved defensively with the signing of Orlando Hudson and J.J. Hardy at second and short. But Minnesota's pitching leaves a lot to be desired.

Kansas City continues to improve, but they don't have a single lefthander in their rotation to start the season. Cleveland and Detroit are hard to gauge – both could potentially win the division or end up in the cellar. In the end though, Chicago has the most well-rounded roster, complete with double aces Mark Buehrle and Jake Peavy. So long as the White Sox hitting improves from the first week of the season, they should take this division. The wild card winner will also come from the Central, and it's going to be either Minny or Detroit.

AMERICAN LEAGUE WEST

Garit: Managed by Mike Scioscia, the Los Angeles Angels of Anaheim are always a methodical team to play against. They may have lost ace John Lackey, but their pitching is so deep, they will easily replace him as they did Bartolo Colon. Oakland and Seattle both will finish near the bottom of the AL, but the Texas Rangers could provide some surprising competition. Watch for Vladimir "Vladdy" Guerrero to put another team on his back, but that won't be enough. Angels take the division.

Doug: The AL West is going to be a two-team division. Jered Weaver and Joe Saunders were both 16-game winners for the Angels of Anaheim last year and newcomer Hideki Matsui can only further add to the AL Championship dreams that eluded them last fall. Mike Scioscia won his second AL Manager of the Year title last year, and could make it three. However, they lost Kelvin Escobar, John Lackey, Chone Figgins and Vladimir Guerrero, so we'll see. Seattle lost Adrian Beltre, Erik Bedard and Endy Chavez; but added Figgins, Cliff Lee and Milton Bradley as replacements – it was a tremendous

off-season for the Mariners, crucial in keeping the team alive.

Ryan: Until someone knocks them off, this will continue to be the Angels' division. Anaheim has a good combination of speed and power in their lineup, and even though they lost pitching stud John Lackey to Boston they still have a deep rotation. Oakland will improve over last year, but they just don't have the hitting to compete with the Angels. Texas could provide the biggest challenge to the throne, if they can only get better than usual pitching. Hopefully, Rich Harden can stay healthy and give them some stability on the mound. Seattle's wasting a season hosting a year-long Ken Griffey farewell tour, and they won't be a legitimate contender.

NATIONAL LEAGUE EAST

Garit: The Eastern based teams are unreal this season. The Philadelphia Phillies are as stacked as can be with a lineup only the Yankees can match, and the best in the business in ace Roy Halladay (sorry Tim Lincecum, you're incredible, but you're no Doc). The Atlanta Braves are the Atlanta Braves ... a team that seems to be destined for playoff appearances followed by playoff failures. The New York Mets seem to have a really strong team, especially with adding Trail, B.C. native Jason Bay, but like the Braves are the Braves, the Mets are the Mets – who's kidding whom. The Washington Nationals will be painful to watch this year, and the Marlins shouldn't make the playoffs, but they have always made it in years they weren't expected to, and seemingly won the World Series those years. Phillies take the division.

Doug: The Atlanta Braves are giving it one last kick at the can for manager Bobby Cox. With Tim Hudson still throwing heaters at 92 m.p.h., and unorthodox pitcher Tommy Hanson a year older, the Braves' staff is strong enough to compete; and the arrivals of slugger Troy Glaus and outfielder Melky Cabrera can only help. Unless the Marlins can somehow grease out some tough series (and they have in years past), the favorites to win this division are the Phillies. The combination of Halladay and Hamels on the mound, Ryan Howard dropping bombs, Chase Utley's ridiculous ability to get on base, and Jimmy Rollins' defence ... well, that's just dirty.

Ryan: The Phillies could have this division wrapped up by mid-August. Best hitting lineup in the National League, if not the entire MLB, and a pitching staff anchored by Roy Halladay and Cole Hamels, who will bounce back from the subpar season he had last year. The Mets and Braves have the best shots at knocking off the Phils, but both have questionable pitching depth. Atlanta did add some pop to their order with free agents Melky Cabrera and Troy Glaus, as well as rookie Jason Heyward, and they also signed closer Billy Wagner, so they might surprise. Florida was the surprise team last year, this year not so much. There aren't many guarantees in life, but the Washington Nationals in last place is one.

NATIONAL LEAGUE CENTRAL

Garit: Does any team stand a chance to contend with the St. Louis Cardinals? Not with that pitching rotation and fantasy-baseball-gem Albert Pujols. The Cincinnati Reds and Milwaukee Brewers will provide some competition as they can match, if not better, the hitting lineup St. Louis will deploy, but the Cardinals' pitching is just too strong. The team to beat in the NL is the Phillies, followed by the Cardinals, followed in the distance by everybody else. I feel for you, Pittsburgh Pirates, Houston Astros and Chicago Cubs fans, it's going to be a long year. Cardinals take the division.

Doug: The six-team central division shouldn't have to have all six teams mentioned, because only one of them has a shot at the World Series. Cincinnati, Chicago, Milwaukee, Pittsburgh and Houston



delawareonline.com

Roy Halladay
A Jay no more



jbgunn.blogspot.com

Jered Weaver
16-game winner



Time to play ball!



are not strong enough to be taken seriously for a playoff drive. OK, maybe the Cubs won't be that bad. But negativity is easy, seeing as they haven't won a World Series in 102 years. The Cardinals could run away with this one, they have such depth at pitching with Adam Wainwright and Chris Carpenter, and can rely on Albert Pujols to get at least 110 RBI.

Ryan: The Cardinals are often the fashionable pick in this

division, but outside of Albert Pujols and Matt Holliday, they don't pack a lot of offensive punch. That is somewhat offset by the fact that they have arguably the best starting five in all of baseball, with Wainwright, Carpenter and Brad Penny leading the way. Still though, it's not a slam dunk for St. Louis. Watch out for the Cincinnati Reds, who have a great rotation of their own and plenty of hitting to back it up, and of course the Chicago Cubs will provide plenty of excitement as always. The Pittsburgh Pirates won't make the playoffs (again), but they'll finally have a record over .500 for the first time since 1992. The Milwaukee Brewers will finish in the middle of the pack and the Houston Astros will bring up the rear.

NATIONAL LEAGUE WEST

Garit: Manny! Manny! Manny! This guy is definitely one of my favourites. The Los Angeles Dodgers are one of the most complete teams in the division based purely on their familiarity and chemistry, but this division will be a crapshoot. This division never has any powerhouses coming out of it, and rarely has more than one team with a winning record. The San Francisco Giants have one of the league's deadliest arms in ace Tim

Lincecum, followed by one of the league's deadliest seconds in Matt Cain. They're a young team with a possible re-emergence of Barry Zito, giving them a chance at the best starting staff in "The Bigs." The Colorado Rockies continue to grow as a great team, and even without Matt Holliday remain one of the best "teams" in the league. The San Diego Padres and Arizona Diamondbacks are in for one rough ride. Rockies take the division. Giants take the wild card on the back of their three-headed pitching monster.

Doug: In what was the biggest joke of a division a couple years ago, the NL West now hosts three, possibly four good teams, all of whom have hitting issues. The Rockies, loaded with Ubaldo Jimenez, Jorge De La Rosa, and hopefully Jeff Francis on the mound, will need help offensively if they hope to win the NL West crown. The Dodgers have some gaps in their lineup, noticed most in the lack of pitching experience, so like the Rockies, it comes down to who can produce offence (or who can wake Manny up on time for the game). San Francisco can maybe sneak in, if Lincecum has another deadly season (below 3.00 ERA in two consecutive seasons) and Matt Cain can continue to toss well, Pablo Sandoval and gang will have to rally the troops to win some low scoring baseball games.

Ryan: San Francisco definitely has the pitching to compete, but having Mark DeRosa and Benji Molina in the five and six spots in the order doesn't bode well. The Dodgers have plenty of bats and a solid stable of pitching arms, but they still have the Manny Ramirez sideshow to deal with. The Padres and Diamondbacks will struggle to produce runs as usual, though both clubs have the potential to sneak up on a lot of people. Colorado will end up taking this division, however, with an underrated starting staff, timely hitting and a reliable bullpen.



strotty.wordpress.com

Albert Pujols

Sorry end to Souray story



Check Out My 9-Iron GARIT BYINGTON Assistant Sports Editor

Sheldon Souray, you big beautiful babler, how could you have acted out so harshly towards a management team paying you \$5.4 million a year? The way you acted made Chris Pronger look like a saint. We all knew you wanted a trade. Hell, you would have been traded at the trade deadline if you didn't aggravate your pre-existing injury (he got an infection to his repaired injured wrist – an injury on an injury, only you Sheldon, only you). Ever since Souray arrived here he has been to an injury as a moth is to a flame. However, the worst part of Souray's comments were that of Oilers' management mistreating him, and forcing him to play before his injured shoulder had properly healed – a pretty bold statement.

First off Souray, do you understand the concept of a union? I'm sure there's some rules in place to prevent that. Second, I don't think for a second the Oilers' brass would force their five-year, \$27-million investment back from an injury before ready. This is where Souray loses some credibility. Oilers' General Manager Steve Tambellini tends to agree with me as he delivered a short well-spoken statement during draft lottery day.

"Sheldon's comments are unfortunate and counterproductive, but we are going to manage through this in a responsible and professional manner. We understand Sheldon has had a tough year and he has a desire to play elsewhere. His additional comments regarding being

'forced to play' when injured are far more serious and my stance is that they are demonstrably untrue."

The other claim Souray had, that he was never in contact with management while injured, and that they never called him, is laughable. Why don't you call them if it's important. He claimed they never checked up on his injury but they had trainer Ken Lowe check on him frequently – and who would have even blamed the Oilers for not checking up on him as what would that accomplish, he'd remain hurt, or return to action and get hurt. If management should be calling anyone on the team it's the struggling young guys, who could probably use a tip or reassurance, especially during such a tough season. Souray, you're making all NHL hockey players look like juvenile sheltered individuals who have been babied their entire lives ...

I mean, damn, this guy has a lot of baggage. A day after all the maniacal comments, Souray says he'd still play for the Oil Drop.

"It's not like I wouldn't come back here," said Souray. "September is a long ways away. There are a lot of things that can happen between now and then ... I'm still under contract here."

I'm sure the team appreciated you reminding them that you are in fact under contract. Quite the comments after not just burning bridges, but blowing them up with weapons-grade kryptonite plutonium. Well Sheldon, it doesn't sound like head coach Pat Quinn is going anywhere soon, and "The Big Irishman" isn't going to want you around when trying to build his young team.

"I'm one of those guys that if you don't want to play here, don't screw around, get the hell out," said Quinn on Souray's comments. "We've had a hard time here trying to build a team framework. I've always believed you should be able to look around that room and look into a teammate's eyes and say, 'I'm giving it my best. I want you to do the same.'"

"That's how you build trust. If you have one guy sitting over there who doesn't bloody well want to be here, how do you build trust?

Sheldon knows how I feel about that sort of thing."

As Souray said his four words aloud ("I want a trade"), I write these four words: I love Pat Quinn. It seems like he's trying his best to change the culture and steer this ship in the right direction.

So through all of this we see that maybe one of the worst cancers in the dressing was Sheldon Souray. If you have a high-priced veteran sitting alone from the group thinking how good he is, and that he's on a bad team and it's just the way it is, your team will never come together, and therefore never compete. Luckily he couldn't or didn't do too much damage hopefully, as he was sidelined for most of the time – being pressured into returning early from injury no doubt. Pfffft ... please! I thought you were a big boy Souray, can't you draw the last line if need be, to say you can't play yet.

You want players to pick each other up and take the bull by the horns on a young struggling team; which has exactly been the case with Ryan Whitney since he's joined the club. He gets my vote for wearing the "C" next season, and while you're at it throw the "A" on Tom Gilbert and build your team from there. "Surfer-man Tom" is now able to play his game knowing he has a Whitney, and not a Denis Grebeshkov to support him when he pinches, and tore it up on the blueline partnered with Whitney to finish out the season.

As much as Souray tries to engulf this team in a black cloud, the future is pretty bright I'd say, especially since the Oil has the first overall draft pick for the first time in franchise history – and I hope they'll be adding Taylor Hall to go alongside Jordan Eberle in their deep prospect pool. If all the young talented teams who've made this year's playoffs have proven anything, it's that one of the best ways to achieve success in this era of the NHL, is by hitting rock bottom and building from the ground up – and the Oilers have definitely achieved the first part of the formula.



norhymeorreason.wordpress.com

Sheldon Souray

ENTERTAINMENT

Empty the Nest rocks!



COLLEEN NUC
Entertainment Editor

What do you get when you remove all the tables from NAIT's beloved campus bar, the Nest, throw in a few rock, paper, scissor contests, three talented local bands, \$3 brewskies and a ton of prizes? You get NAITSA's annual "end-of-the-year prizefest," Empty the Nest, which took place last Friday. The event featured Jack Daniels girls handing out free drinks and a chance to win hundreds of prizes throughout the night.

Empty the Nest was kind of like a mutant Indie Night starring Social Code, who's gained national and international recognition for their 2007 self-titled album and the Apresnos, NAIT's winner of Battle of the Bands, who opened the night to a packed crowd.

So how has life changed for the Apresnos since their Battle of the Bands victory?

"So many doors have opened for us since winning Battle of the Bands. We've played at



Photo by Samantha Silva

Lead singer Todd Nesbitt of Social Code gets close to the fans.

the Nest three times now, and we just love it here. It's awesome and the sound tonight was awesome," says baby-faced lead singer Kenny

Bohn.

"Since getting off the stage at Battle of the Bands, we didn't think we would play a show like this. We've also recently been signed and we've been playing consistently ever since. It's been unreal."

Empty the Nest is only the beginning for this promising band, which will be playing venues like the Starlite Room and are planning a "campus tour" in the fall, which will take them to various campuses around Alberta. Although the name of the tour is a surprise, the lead guitarist says: "If the tour happens, it's going to be awesome. I can't tell you the name of the tour yet, because if I do, I'll get in trouble."

The Apresnos are currently finishing their demo tape and will be working on their first album in the fall.

The night wouldn't be complete without a few cockfights during Social Code's set, where lead singer Todd Nesbitt asks, "Do you know how often people have been thrown out while we are playing? I guess it's just one of those things."

Excitement and testosterone rose high during Social Code's set and Nesbitt says, "Our band is fortunate in having a lot of love from our fans and for that we are so fortunate. If that is fame, then we will take it. We are happy to have a chance in music and we love it."

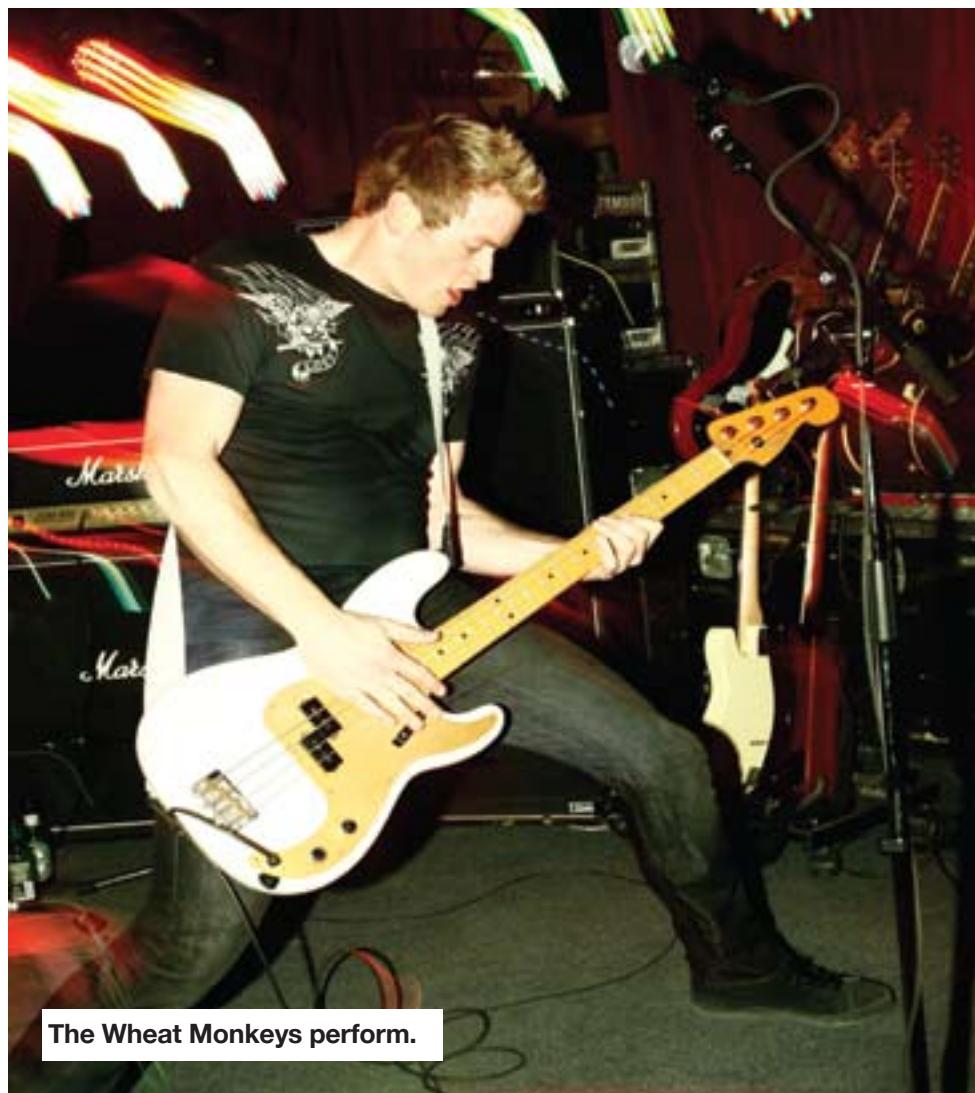
Although Social Code has no tour dates planned for the summer, they have been eternally immortalized on Google Maps street view. Type in 9522 102 Ave., Edmonton, Alberta to see their famous, blurred faces.

Social Code wasn't the only local celebrity to grace the Nest. 100.3 The Bear's Scott McCord took advantage of the cheap beer and

live music, saying, "It's been so much fun tonight. You can't go wrong with cheap beer."

Being a prominent figure in the local music scene, the radio DJ says, "It sounds like a total cliché, but if you want to make it as a band, you just have to want it bad and be willing to work for it. Some of the bands here tonight have the ability to really make it big."

Empty the Nest proved to be a huge success, and although the crowd was slightly smaller than last year, there was no shortage of NAIT students drinking their pre-exam sorrows away.



The Wheat Monkeys perform.

Photo by Shawn Gilhespy

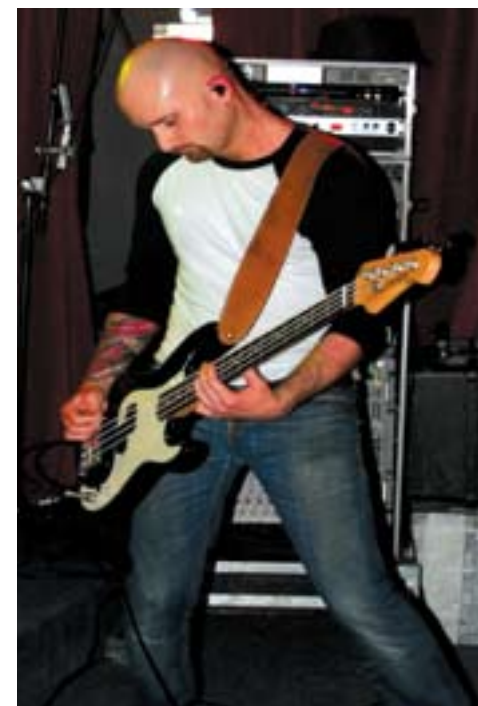


Photo by Samantha Silva

Social Code

FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape

By ALI YUSUF

So if you're like me and like new twists on familiar songs, then take a look at this week's 3.99 Mix-tape ... Punk bands covering pop songs. I'm quite the enthusiast when it comes to bands of mine playing very catchy Top 40 songs by the likes of Jay Sean, Rihanna,

T.I., and many others. So I hope you'll enjoy what I'm bringing to the table. Warning: You may not have heard of ANY of these bands.

1. I Gotta Feelin' – The Shoreline
2. When I Grow Up – Mayday Parade
3. Got Your Money – Say Anything

4. Down – Signal the Escape
5. Disturbia – The Sequence
6. Just Dance – Steven Loki Howell
7. With You – Hello Hollywood
8. Toxic – A Static Lullaby
9. Hey Ya – Lorene Drive
10. Live Your Life – The Shoreline
11. Apologize – Silverstein

12. Since You've Been Gone – A Day To Remember
13. -Beat It – Fall Out Boy
14. Under Pressure – My Chemical Romance/The Used
15. Billie Jean – Cobra Starship
16. Close To Me – The Get Up Kids
17. Poker Face – Blowsight

VIRAL VIDEO

History will be made ...

By KITA MURU

The NHL's new slogan for the upcoming Stanley Cup playoffs is being churned out in 30-second commercials based on epic play-off moments like Ray Bourque lifting the Cup. The countless parodies that have come up after it often reflect on more humorous occurrences throughout the NHL season. Like the Nike commercial parodies, there are many hilarious ones, so I'll just go with the epic failure of one Patrik Stefan. Look up "History Will Be Made - Patrik Stefan."

...

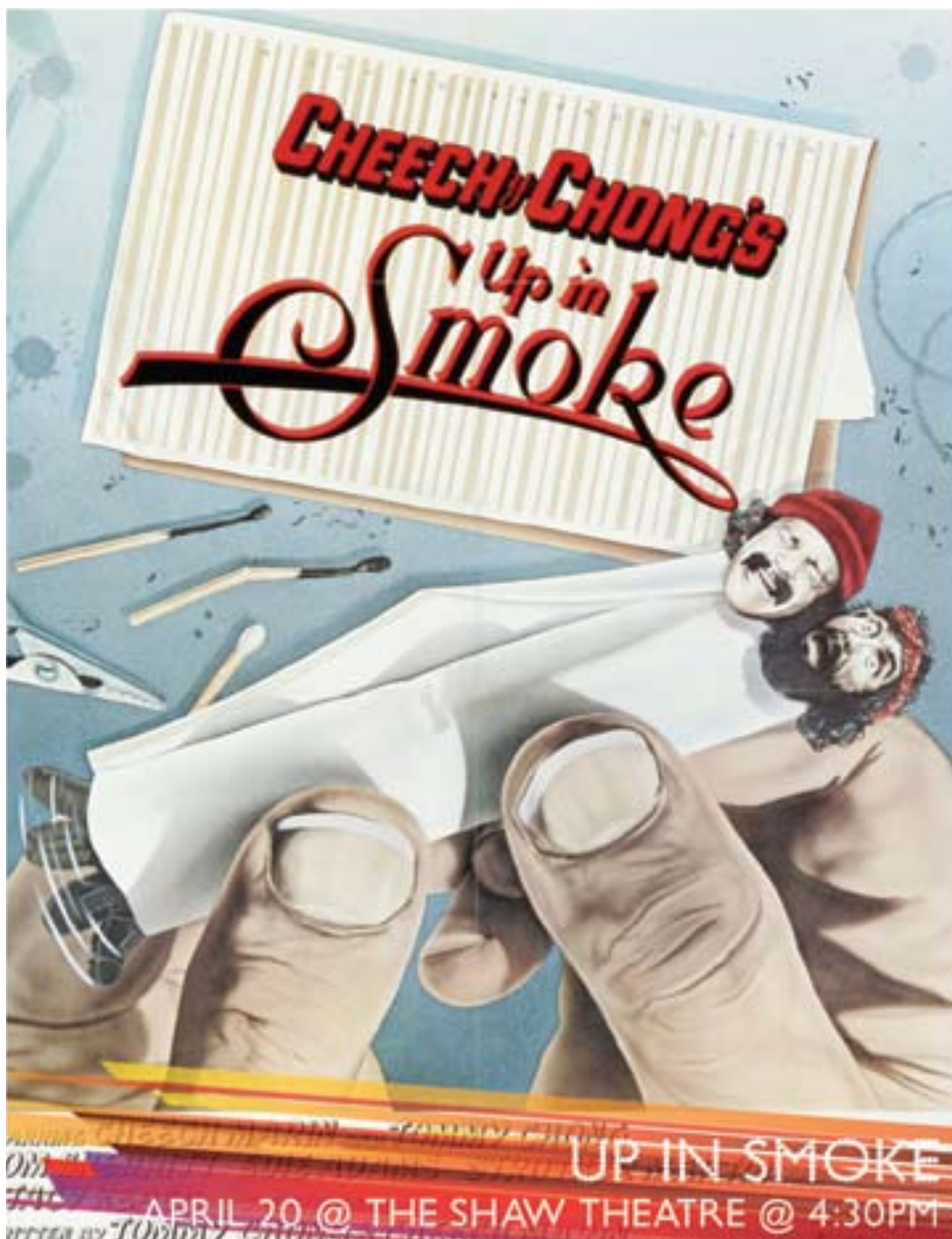
The title probably gave you a hint as to what the viral video of the week is about. It consists of parodies of the new Nike commercial, which has been the most searched video for the past

week and a half. The original Nike commercial features a sad faced Woody (get it?) staring at you while old voice overs of his late father play, asking him questions on what he was thinking and if he learned anything from it, obviously relating the past message to his current adulterous situation.

I've watched around 20 of them on <http://deadspin.com>, and picking out a favourite from a shitload of videos of a guy staring at you is pretty hard considering it's fairly simple to copy the video, and they're pretty hilarious. I'll just go with the most obvious one, profiling that fateful text from Tiger to girl No. 2 ... or 4 ... or 12? Pretty much the text about Elin snooping through his phone that led to her driving his face off with a Nike golf club (allegedly).



Believe it or not, he misses the net!



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A porn reviewer says bye



COLLEEN NUC
Entertainment Editor

A student recently asked me the other day if I actually watch all the pornography I review and if I in fact enjoy watching this particular genre of film. When I answered yes to both questions, he responded, "That's weird, because I didn't think women enjoyed porn."

I'll admit it's not every day that you get a female who not only owns up to the fact that she enjoys watching two or more individuals go at it, but also openly admits it to an entire college by writing about it in a student newspaper.

This year, I've been blessed with the chance to watch pornography and get paid for it by NAITSA, an opportunity which I'm sure they were thrilled about. I remember one particular evening when a friend of mine invited me to a hockey game. I told him that I wouldn't be able to attend because I had to go home and write an article on *Cum On My Face #4*. My friend then asked me if the movie was any good, and I quickly responded, "Sure, if you're into gonzo facials and tough love. I gave it three out of five

pearl necklaces."

Needless to say, it has been awkward at times. One incident involved a friend of my parents who read one of my articles while watching little Johnny play hockey one day. The article prompted him to phone my parents and say, "Wow. Colleen writes pretty interesting articles, hey? They're pretty ... enlightening."

Of course, this comment fuelled further parental questioning during one of my weekly family visits, to which I responded, "Well, I like to take a more educational approach to my articles. Can you pass the potatoes?" End of conversation.

There have been a few similar awkward conversations with various teachers from my faculty. One particular teacher commented that my controversial articles were "the talk of the town," which could be either a good or bad thing, while another teacher stopped me in the hallway and said, "I have never seen *Pirates* before. Should I rent it this weekend?"

I'll be graduating from the Radio and Television Program this coming May, and I could only imagine myself as an example for future students in the program of what not to do if you want to one day work in a newsroom. Thank God for production companies.

It's been interesting to see how people treat you differently when you blatantly write about sex and pornography for a college paper populated by mostly males. It has been an eye opening experience, to say the least.

I've had a few racy friend requests on Facebook thrown my way, suggesting a few dates involving adult films. My classmates actually

laughed at me once because I responded naively to one request that said, "I've read some of your reviews and I would like to help you review one some time," thinking that he just wanted to give me a few suggestions.

I've also received the occasional free drink at the Nest from gentlemen who think I'm down for anything. I can only imagine what these guys are thinking, "Man, this chick digs porn, she must be freaky," as they hand me a drink, give me a wink that says, "Baby, I'm the worst idea you'll never regret." Of course I accept free drinks and winks with open arms. I'm a gracious person, after all.

Openly writing about pornography has given me the chance to get a glimpse into the secret lives of both strangers and friends. *Art School Sluts* was given to me by a co-worker of mine who I thought shuddered at the mere thought of an erect penis, but turns out she likes to get a little freaky-deaky between the sheets. I found out that Joe Schmoie standing in line at the Fresh Express is a big fan of *The Texas Vibrator Massacre*. These are little "nuggets" of information that I will cherish forever.

I guess my parting words would be a big thank you, NAIT, for being sexy. Not only have you embraced my obsession with nothing but open-mindedness, but you've let me into your hearts and your bedrooms. Now I'm off to Photoshop some kittens on a few naked ladies.



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Make a date for laughs

By CLARISSE PORCA

Mix together some action, comedy, Steve Carell and Tina Fey and the result is a movie called *Date Night*. Starring two of Hollywood's most well-known comedians, *Date Night* is another comedy that will keep viewers laughing in their seats.

Directed by Shawn Levy, Carell and Fey play Phil and Claire Foster, a married couple who are stuck living in a dull, everyday routine. They deal with their two young children and have boring jobs. Every Friday night they have a 'date night' where they go to the same family restaurant, eat the same food and have the same conversations, which leads the couple to start questioning their marriage and happiness. As a result, they decide to spice things up and upgrade to a fancy Manhattan restaurant on their next date. When the couple is denied a table, Phil spontaneously steals the reservation from a no-show couple named Tripplehorn. This is where the bad luck begins. When two cronies appear at their table, the Fosters are mistaken for the Tripplehornes. Here, they find out that the Tripplehornes have stolen a flash drive filled with incriminating information from Manhattan's crime lord, Miletto. This gets the Fosters into big trouble

and puts them through a rollercoaster of comical events as they attempt to clear their names from a crime they did not commit.

With the most ridiculous and quirky situations involving pole dancing, high-speed car chases and a sexy shirtless man, the plot is quite amusing. However, it's nothing new. This type of comedy plot has been done before. So what made this one such a great movie? It's simple. The actors, of course! There's no disappointment when it comes to Carell and Fey, as they prove to be the perfect on-screen pairing. Their charming presence, constant energy and hilarious acts are the perfect chemistry and will draw viewers into the scenes and keep them hooked to find out what will happen next.

There are also some amazing special effects used in this movie. One particular scene involves a high-speed car chase, which shows off these effects as cars spin out of control and rush by dangerously. Overall, this movie is definitely worth seeing as it guarantees a lot of laughs. It's a great movie to watch for a casual and fun date, so go ahead and give that a go. It is 'date night' after all.



Itsy bitsy, teeny weeny ...

By ALI BRUNI

Although the weather is still a little bit chilly, it's around this time of year when women start their workout regimes and weight watching diets to fit into those itsy bitsy bikinis! It's great to be in shape, but remember the important thing is to buy a swimsuit to fit your body, not the other way around!

You need to pick out a swimsuit that works with what you've got, whether you have a perfect beach body or not! What's not acceptable is buying a suit that's too tiny! I'm all for the bikini look, but bathing suits are something you need to try on and make sure you're covered up! I know it sounds funny to say "covered up" in a bathing suit but it's important to make sure the material of the suit is not tight or pulling, and that it falls nicely on the right parts of your body. If you're not sure what works for your body, check online or check with a friend who is going to give you an honest opinion.

This summer, it's all about bright colours! Bathing suits are just one of those articles where you can choose neon colours and wild patterns and still look absolutely stunning!

Stripes, polka dots, flowers – they're all acceptable this summer. Another piece of summer attire women sometimes forget about is a cover-up and jewelry. Just because you're going to the beach, doesn't mean you have to cover up in some old grimy shorts and a T-shirt from 15



Small is in, but make sure it fits!

commons.wikimedia.org

years ago!

This is 2010, people! You can experiment with cute little dresses or rompers! If you're on a budget, purchase a beach cover-up that's a simple solid colour or pattern that will work with multiple bathing suits. Don't be afraid to try some cool jewelry with your bathing suits too! Long necklaces or some big earrings always look great in the summer time! Of

course if you're going to be involved in a game of beach volleyball, you might look silly sporting huge hoop earrings.

The most important thing to remember this summer is to have fun with your look! Try a cute one piece or a bikini with some crazy sparkles! Don't be afraid to step out of the box this summer. Enjoy the weather and enjoy your fashion!

PB & J

By KATHY LE

Ice-pops

As a kid, one of my fondest memories of summer time is a nice juicy Popsicle. Well, those days of childhood are gone, but that certainly doesn't mean that frozen treats need to go too. Warning: Not for those who aren't fond of the taste of rum.

The Stuff:

- 1/3 cup granulated sugar
- 1/4 teaspoon ground ginger
- Zest of 1/2 lime
- 3 cups fresh pineapple chunks (about 1 pound)
- 2 dried star anise pods
- 1 1/2 tablespoons white rum
- Juice of 2 to 3 oranges (2/3 cup)
- 2 1/2 cups dry white wine

The Magic:

1. Heat a nonstick skillet over medium-high heat.
2. In a medium bowl, combine the

sugar, ginger and lime zest.

3. Add the pineapple and toss.

4. Scrape the pineapple into the skillet.

5. Add the star anise and cook, without stirring, until the pineapple caramelizes. Do this for five minutes.

6. Stir in the rum and let the alcohol burn off, about three minutes.

7. Remove from the heat and stir in the orange juice, scraping the bottom of the pan. Let cool.

8. Discard the anise.

9. Puree the fruit mixture in a blender.

10. Stir in the white wine and pour the mixture into ice-pop molds.

11. Freeze until solid, about four hours.

NOTE: What are star anise pods? It's a star shaped fruit from a plant native to Asian countries. Its seeds can be used whole or ground for flavours. You can find them in Asian supermarkets.

Designing a winner



KATHY LE
Assist. Entertainment Editor

Two students in the Interior Design program at NAIT are feeling proud after winning a design contest for the Make-A-Wish foundation.

Breanna Mitchell and Michelle Amsbaugh's future design for the front entrance of the Make-A-Wish office beat out 12 other designs created by their classmates.

"We wanted to create a space that was really branded and distinctively 'Make-A-Wish' without being too cliché, so one of the easiest ways was with the colour blue, simply because that is their branded color," says Mitchell.

One of the pair's focal points while making the design was creating a specific way to count the wishes.

"We made a plinko-style wish counter, so kids can write their wish on a round Plexiglas disk and send it down the ramp so it could fall in a container," explains Amsbaugh.

"We wanted the kids to have something concrete to hold on to and we wanted to make it memorable for them."

NAIT has collaborated with Make-A-Wish on a number of projects in the past and came to the program with the design idea in early fall of 2009.

After a few months of planning, the project not only served as a contest but also as an assignment implemented in the curriculum. "I think connecting with someone like this in the community is a great opportunity for the students. It's great for the students to complete a project for class but also one they will eventually see built," says Loni Demaine, an interior design instructor.

With only two weeks left before graduating, Mitchell and Amsbaugh couldn't agree more. "We have been designing things for two years but nothing was really ever built. But to finally have something built for such a great cause, I think that's going to be really rewarding," says Amsbaugh. Even though the contest gave students the opportunity to experience a taste of the "real world," Demaine hopes they have learned a valuable lesson about giving back to the community. "Once they leave here they need to know that sometimes there are other things they can use



Supplied photo

Jodi Chalifoux from the Make A Wish Foundation congratulates Michelle Amsbaugh, centre, and Breanna Mitchell for their winning design.

their skills for, and we hope that by introducing the idea to them early on we can get the connection going," she adds.

The deadline for the renovations to be complete is November or December 2010, however, before anyone can start building Mitchell and Amsbaugh's design, they must gather volunteers, donations, funding and labourers. Mitchell and Amsbaugh will play a big part during the building pro-

cess; donating whatever time they can to fulfilling their dream design. Once the project is complete, the students will see their names etched on a plaque, which will be placed in the front entrance.

An Alan Wake up call

By **GRAHAM McCANN**

Imagine being a writer where the words of your horror novel – a novel you don't remember writing – come to life. This is the premise for Remedy Entertainment's upcoming psychological thriller *Alan Wake* for the Xbox 360.

You take the role of the titular character Alan Wake (or A. Wake), an insomniac writer who moves with his wife to a sleepy American Northwest town. Wake has not written a story in two years. Alan's wife, Alice, thinks that bringing him to the idyllic town of Bright Falls may re-invigorate his creativity. However, Alice goes missing and Wake is thrust into a nightmare he may, for all he knows, have created.

The adventure game will have day/night cycles, where Wake explores the town in the day to talk to characters and learn about the town and delve deeper in the mystery, and at night, confront malevolent entities.

The combat will heavily rely on light. The supernatural

enemies in the game, called "The Taken," are sensitive to light, forcing the player to use light sources such as a flashlight or flares as primary weapons, along with firearms. The player can also set traps against the enemies, which also involve the use of light.

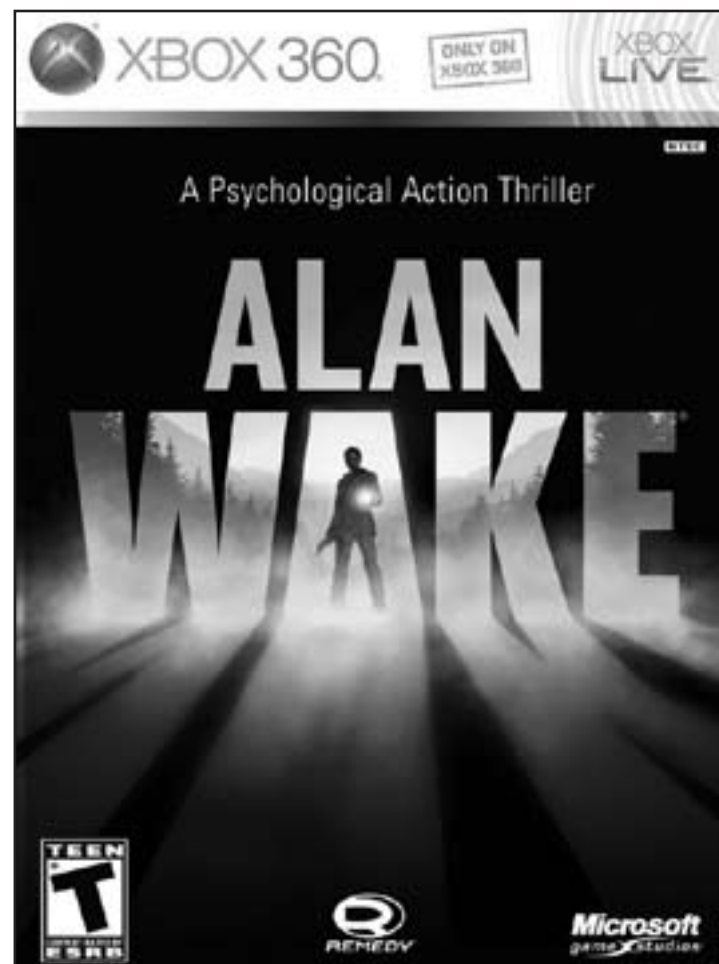
The supernatural enemies in the game, called "The Taken," are sensitive to light, forcing the player to use light sources such as a flashlight or flares as primary weapons, along with firearms.

Alan Wake is also expected to be the first game in an ongoing series.

The game is set to be released on May 18 and will be \$69.99 for the regular edition and \$89.99 for the limited edition.

The game's musical score, composed by Petri Alanko, is expected to be excellent. The soundtrack also includes the band *Poets of the Fall*, who also wrote the ending theme for Remedy's game *Max Payne 2*.

Alan Wake could be considered the 360's competition to the Playstation 3 psychological thriller *Heavy Rain*, which was released in March. However, *Wake* is action-oriented on top of adventure exploration and also focuses more on psychological horror.



Satire meets heartfelt music

By ALI YUSUF

Let's break this down just right. Say Anything is a band that makes use of satire and comedy to blend with their pop-punk style and their upbeat tunes. Angels and Airwaves is a band with inspiring tales and uplifting melodies that communicate straight to the heart. You would think that with such a mismatched band list, the Edmonton Event Centre last Sunday would have given off the wrong idea of what kind of show was happening. I'll tell you what kind of show it was: a gratuitous-amounts-of-fun kind of show.

Usually every time I go and see a show at the Edmonton Event Centre, I'm not incredibly excited. There are better sounding, more intimate or spacious venues such as the Starlite Room or the Shaw Conference Centre, but this show definitely pulled a fast one on everyone in the audience. Say Anything opened up with an energetic display of showmanship and the crowd went nuts. Max Bemis, the lead singer, definitely came out to Edmonton to play, and that's what he did. To get a feel of what kind of music *Say Anything* performs, they have a Motion City Soundtrack style with their humour and a dash of At The Drive-In (these are bands you've probably never heard of but are worth it if you're into the punk/pop-punk genre). Say Anything is definitely worth listening to for a good laugh ("Wow I Can Get Sexual Too," "Do Better," "Shiksa (Girlfriend)," "Hate Everyone"... check those songs out.)

When Angels and Airwaves came around, the entire crowd lost their minds



The members of Say Anything have a pop-punk style to their upbeat tunes.

rcamusicgroup.com

again. The venue shook – for those who don't know, Blink-182 vocalist and guitarist, Tom DeLonge, leads Angels and Airwaves. The opening song the band played was "It Hurts," which is a very popular song on the alternative rock scene. The light show was engaging to say the least, considering it was the Edmonton Event Centre (I'm still not a big fan of the place).

Tom DeLonge seemed to have struggled getting into his own music at the beginning of the show; however, he was definitely connected a few songs in. You know how I could tell? DeLonge does this weird marching-dance thing when he's really feeling his performance. It made my friends and me laugh pretty loud. The set included many Angels and Airwaves

favourites such as "Secret Crowds," "The War," "Everything's Magic," and, of course, "The Adventure."

I came out of that show with laughs and uplifted feelings. Between the laughs and gags of Say Anything to the high-spirited lyrics of Angels and Airwaves, I'll finish off with what I said to my friends: "That was f*****g incredible!"

NOTICE FROM THE OFFICE OF THE REGISTRAR ARE YOU ATTENDING CONVOCAATION 2010?

CONVOCAATION 2010

Saturday, May 8, 2010

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

PICK UP YOUR GOWNS AND TICKETS:

Gowns and tickets can be picked up in the North Lobby on NAIT's Main Campus:

Wednesday, May 5, 2010 from 10 a.m. – 7 p.m.

Thursday, May 6, 2010 from 10 a.m. – 7 p.m.

For more information regarding Convocation 2010, visit NAIT's website at www.nait.ca/convocation



Sky high

By GRAHAM McCANN

The Sky Life landed at The Nest for this past Thursday's Indie Night. They treated the audience to six of their tracks – "As We Speak," "Cold Cannikin," "Ghost," "Time Alone," "Roots and Wings" and "Spinning Around." The best of the six was "Roots and Wings," which is also the title of their current album. The worst was "Spinning Around," because it seemed to be less like music and more like random loud and irritating sounds. "As We Speak" is their new single and will be debuted on Sonic 102.9 in the near future.

Lead singer Justin Carter is a very talented guitarist and an even better singer. He had a very professional presence on stage. Carter started playing guitar in 1997 when he was 11 years old, and he also showed an interest in singing at the same time.

Carter describes the five-member band as an alternative rock band, but this wasn't always the case. The Sky Life was created in 2005, and was originally a three-member band that focused on acoustic music. In June 2009, two more members joined the band and changed it to what it is now. Carter said the band is being revamped to reflect their image of being genuine, live performers, rather than being a commercial band. Carter said his inspirations are Blink 182, Dashboard Confessional, and Newfound Glory.

adventures on the road as an indie band.

Carter said that one of their more uncomfortable incidents was going on tour at a Wakeboard competition in Saskatchewan. At two in the morning, there was no more room to sleep in their Suburban, so they had to sleep on the gravel road.

However, now *The Sky Life* is heading to the skyline of success; they are currently in talks with an American label and are considering a North American tour.

After their performance at The Nest, they sound like they are almost certain to blast off to their dreams.



Photo by Colleen Fiddler

The Sky Life entertains at Indie Night.

The band has certainly had some

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DISCOVER



CANADA'S PUB

Free and on the air at NAIT

By DARYLANN HUTCHINGS

In the radio world there are a lot of interesting radio shows. One is a show broadcast on NR92.com called *Small Towns, Sex and Sandwiches* with Lyndon Suvanto. This first semester television student is enjoying his opportunity on the other side of radio. I sat down with Lyndon just to find out what his show is really all about.

Darylann: Why did you choose to host your own radio show?

Lyndon: I thought that starting my own radio show would benefit my career in the long run. Learning both sides of this program is definitely a great experience.

D: Why do you like hosting your own radio show?

L: I like hosting my own show because it gives me the freedom to choose what I want to hear and hopefully what my four listeners want to hear, too.

D: Do you have any co-hosts?

L: I tend to have co-hosts who are surprise guests from various aspects of my life.

D: What is your show about? What do you talk about on your show?

L: My show is a topic-based show. And what I talk about is pretty random, but ground breaking important knowledge of a world traveller.

D: What kind of music do you play?

L: I play extremely ground-breaking music



Lyndon Suvanto in his office.

Photo by Darylann Hutchings

from all across the world including Marky Mark and the Funky Bunch, Will Smith and of course Dewey Cox.

D: When can your show be heard?

L: My show can be heard right after the *Andy Ferguson Radio Show*. My show starts at 2:30 p.m. every Saturday.

D: If you could be an animal, what animal would you be and why?

L: I would most likely be an eagle with the head of a bear, probably because I am praised by the Americans

and hibernate during the winter.

D: If you could be any famous celebrity, who would you be and why?

L: I would probably be Danny Glover, 'cause I'm too old for this S***

D: Is there anything that people may not know about you?

L: I used to be a woman.

D: Anything you'd like to tell people who

haven't listened to your show?

L: I think that people should listen to my show because it will simply change their lives, and I'm not saying for the

better.

Tune in every Saturday to catch Lyndon's show, on www.nr92.com.

It's the Station for the Students.

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STUDENT OPPORTUNITIES

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

Street Team

Students are needed to promote up coming NAITSA activities to other students on the NAIT main campus. You need to possess an outgoing and positive attitude, creativity, energetic, and the ability to have fun!

Part-Time Event Co-ordinators (2)

Assist in planning/set up/clean up of all NAITSA events.

Act as the lead contact to schedule and supervise all student security (SUDS).

Help co-ordinate the NAITSA Volunteer Program.

Assist in recruiting volunteers.

Responsible for scheduling volunteers for campus events, leading volunteers during events.

Responsible for planning all logistics associated with regular Volunteer Recognition Nights.

Heavy lifting maybe required.

SUDS Security Guards

Supervise and ensure student events are safe.

Check I.D. and ensure policies and procedures are followed.

Guards will be expected to complete a training program (provided, at no charge) before starting shifts.

Shinerama Co-ordinator

This position will co-ordinate all aspects of the Shinerama campaign for the NAIT Main Campus. This is a yearly event hosted by the Students' Association in co-operation with the Cystic Fibrosis Foundation.

The successful candidate will possess the following:

- Special events planning experience
- Volunteer management experience
- Sponsorship package development
- Strong leadership skills
- Highly organized
- Strong communication skills

Please apply in person at the NAITSA office in E-131 with a cover letter and resume, or via e-mail to ShannonM@nait.ca.

NAITSA is now accepting applications for the following **volunteer** positions:

Frosh Leaders

As ambassadors for NAITSA, Frosh Leaders have many roles and responsibilities and will be expected to:

- remain motivated, enthusiastic, co-operative and outgoing while assisting new students
- assist in providing a welcoming campus experience for students and their families
- display a working knowledge of academic programs, campus services and NAITSA services
- effectively communicate and uphold NAITSA policies, procedures

and rules

- appropriately confront any situation where conduct is inappropriate or infringing upon others' rights
- perform responsibilities in a punctual, reliable, and conscientious manner
- be ready and willing to make decisions, accept new tasks, or take on additional responsibilities
- be a leader, take initiative in planning, organizing and supervising activities
- serve as positive role models in all that you do and have blast!

Focus Group Volunteers

Do you have an opinion? Do you have ideas for new events? Suggestions on how to make campus life at NAIT better?

Do you enjoy free food? NAITSA is looking for 20 volunteers to be part of a focus group to make suggestions, develop new ideas, and help mold campus life for the future.

If you're interested, please e-mail naitsaevents@nait.ca. The focus group will be conducted after school with a free meal.

MAIN FLOOR

NAIT area, very clean, two bedroom main floor house, four appliances, fenced yard, pad parking. \$750 plus 2/3 utilities, damage deposit same, non-smoking, shared laundry. Phone: 780-474-6014

DECKS

Customized wood deck building. No GST. Make an appointment. Phone: Doug 780-482-5796.



Photo by Jamie Anderson-Reid

Johnny Tran, 23; Ryley Smith, 19 Computer Network Administration

What are three things you look for in a girl? – **Johnny:** No hair anywhere else other than the head, fresh breath, and willingness to wash my car, naked. **Ryley:** Has to be fun, must be born female, no ring but rings still don't plug holes.

What are three body parts you like about yourself? – **Johnny:** hair. teeth. my big di... feet. yees... My big huge black feet.

Ryley: hands, my tongue, my liver.

If a girl farted on a first date with you, how would you handle it? –

Johnny: what? girls don't fart. **Ryley:** yes they do, they fart out unicorns and butterflies.

What is one thing about you that will blow the ladies away? –

Johnny: My smile. There's a rumour that it also turns guys gay.

Ryley: My leaf blower.

If you could be a superhero, which one would you be and why? –

Johnny: turn into a girl by choice. Ya... I've been pretty lonely lately.

Ryley: Chuck Norris, he's the best.

6. What do you want to say to the women at NAIT? – **Johnny:** If you

don't go out with me, i will ninja my way into your room and break your legs with my mind. True story. **Ryley:** Hey, how's it going? You know about me, let's hear about you.

Are you hot and single? E-mail us at entertain@nait.ca

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TIMELY TIPS

Surviving final exams



MARGARET MAREAN
NAIT Student Counselling

Most students feel pressure mounting towards the end of the semester. Here are some suggestions for handling the weeks before and during final exams:

1. **Write up a schedule** for the weeks before and including exams.
2. **Start early.** Schedule your study periods to avoid last-minute cramming. Start studying at least 2 weeks prior to your final exams.
3. **Make a study guide for yourself.** Include lists of key points, terms and ideas, as well as any other important information you find difficult to remember.
4. **Allow enough time to study each subject thoroughly.** Schedule large blocks of time so that you have time to understand concepts and basic relationships.
5. **Learn information in the same form that you need to remember it for exams.** For example, brainstorming questions from your notes and making up a mock test similar to the one you expect will be given is one of the most effective ways to study. Ask instructors if they have practice tests available.
6. **Vary what you study.** Don't study for two similar courses consecutively and don't study any one subject for too long.
7. **Schedule breaks.** Taking a short break every 30 to 60 minutes is recommended. Your brain cannot learn effectively without breaks, and shorter study periods are the most effective.
8. **Use short periods for review.** When waiting for the bus or in the shower, recall and review material that you have studied. Remember, the more frequently you review material the more easily you will remember it and the more it will broaden your understanding.
9. **Stay with your routine.** Stick to your normal daily

routine as much as possible. Avoid staying up all night or going to bed really late; it is better to get up a couple of hours earlier than to continue studying late at night.

Take Care of Yourself

1. **Think positively about your abilities.** Don't allow yourself to get down on yourself about all the studying you should have done in the past, or to compare yourself to others whom you perceive to be smarter or more organized than you are.
2. **Be assertive about your needs.** Let family and friends know that you need time to study and that you will be putting yourself first until finals are over.
3. **Eat properly.** A well balanced diet, including regular meals and snacks, can keep you feeling alert.
4. **Exercise.** A regular exercise program helps with stress. Running on the spot or dancing during study breaks increases blood flow and oxygen to your brain.
5. **Use stimulants moderately or not at all.** Coffee, tea and cola drinks contain caffeine and may cause jitters or prevent sleep if taken in large quantities. Drinking plenty of water is the best way to keep your brain functioning effectively. Eating an apple can also make your brain more alert without the stimulant effect.
6. **Beware of taking drugs.** Try not to start any new prescription medications unless absolutely necessary. Over-the-counter stimulants may increase alertness but reduce retention of material.

Take Steps to Deal with Tension

A certain amount of tension is normal and is to be expected. Tension heightens your awareness, motivates you and can enhance your performance. However it can work against you if it escalates too much.

1. **Take time to relax.** Exercise, meditation and relaxation exercises are a few ways to release nervous energy and maintain your stamina.
2. **Anxiety is contagious.** Keep away from students or other people who are highly anxious; their nervousness may increase your own stress.
3. **Plan rewards.** Schedule an activity to look forward to between exams such as coffee with a friend or a walk. Plan a treat for when

finals are over so that you have something to look forward to.

4. **Book an appointment with a counsellor** at Student Counselling if you're feeling highly anxious or overwhelmed.

The night before ...

1. **Spend your last hours calmly reviewing** what you've already learned. Try not to tackle new material the night before an exam.
2. **Avoid staying up all night.** The shorter you are on sleep the less clearly you will be able to think and write what you know on the exam.
3. **Cram selectively.** The night before an exam when you are more anxious than usual is one of the least effective times for study. Your ability to deal with concepts and synthesize material is greatly reduced, and your ability to memorize is impaired by anxiety. Cramming only serves to make you more frantic about the exam and less prepared to do your best. If you do come up to exam time unprepared, use your last minute studying as a review of key concepts instead of trying to learn it all.
4. **Don't go to the movies** or get involved in any other activities that might either interfere with what you have been learning or make you feel guilty. Review and relax!
– Some of this information has been adapted from University of Texas and Harcourt Brace College Publishers handouts.

NAIT Student Counselling is located in Room W111-PB in the HP Centre. To schedule an appointment phone 780-378-6133 or drop by the office. Our hours are 8 a.m. to 4:30 p.m. Monday to Friday.

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TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Safety begins with you



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. Campus Security Services cannot be everywhere and are usually involved only after the crime has been committed.

The NAIT Security website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit www.nait.ca/security.

To avoid theft, Campus Security Services suggests the following:

AT HOME

- Lock your doors/windows whenever you

leave your room or residence.

- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables, including descriptions and serial numbers.

AT WORK OR SCHOOL

- Do not work alone in an unlocked office or classroom.
- Do not bring large sums of cash with you to work or school.
- Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.
- Secure your locker with a good quality lock.

AT THE LIBRARY

- Do not leave personal property unattended, even for a minute.
- Keep personal property in view at all times.
- Do not bring valuables with you to the library.

AT THE GYM

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Lock valuables in the high-security lockers provided or leave them at home.
- Keep your locker locked whenever it is unattended.

FROM YOUR VEHICLE

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down,

not even a crack.

- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

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

Dr. CONwisDOM

Dear Dr CONwisDOM,

I am definitely into hairy girls. I find it very "natural" and it completely turns me on. Why should women have to constantly shave off what God gave to them in the first place? In my opinion, I think the hairier the better. It doesn't even matter where it is. On their virgin islands, armpits, legs, back. Hair, hair everywhere is great! Unfortunately, the girl I'm seeing doesn't think so. Am I just weird?

— Hairier is Better

Dear Hairier is Better,

So you're saying you're into Sasquatches? Alright, to each their own. I'm not saying that you should change what turns you on, but perhaps the only solution is to find yourself a lady companion who shares the same interest as you. On the flip side, without getting too out of hand, some females find it cumbersome to constantly be groomed for their man. So perhaps your girl should be more appreciative of your hairy fetish. Good luck, my weird friend.

...

Dear Dr CONwisDOM,

In the past month I have been having these constant sexual dreams about my married boss. He flirts with me all the time, so I know he's into me. Part of me thinks that if he didn't get caught he would totally sleep with me. The dream starts out with me sneaking into his bedroom window (wife-less of course), and then waking him up ... without describing it I'm sure you can guess how I'd do it. But before either of us reaches the big O, I wake up! It's frustrating and the more I have these dreams the more I want to experience the ending in real life. Help me!

— Sleepless Nights

Dear Sleepless Nights,

I love those married-boss love affairs!!! It's completely wrong, but at the same time that's what makes it so enticing. The only question I have for you is 'How heavy is your conscience?' If you don't have one, then jump on him, but if you have any regard for his wife's feelings, then perhaps relieve your sexual urges by f***ing the copy boy.

...

Dear Dr CONwisDOM,

So when my boyfriend and I have sex, most of the time he can only do round one. I always want more rounds, but he can only go until round 1, sometimes round 2. Do guys normally only go until round 1 of sex? Is that normal?

— Hungry for more

Hi Hungry,

A lot of guys don't have the stamina required to satisfy the needs of their women, either that or he only pretends to find you attractive, either way there a very simple solution to your problem. First and foremost, go and buy yourself a sex toy. Don't be ashamed, every girl should have a vibrator hidden in their underwear drawer. They're not only great, they don't talk back, they don't stop until you're done, and most importantly they won't cum in your hair. After your long overdue purchase, the next time your boyfriend's ready to roll over after round one, you can whip out the silver bullet for round two. Chances are watching you will get him hot enough to participate in round three. There you go, problem solved.

...

Dear Dr CONwisDOM,

A couple days ago my girlfriend and I were experimenting in the bedroom and my girlfriend tried rimming my ass. I thought it would be funny to fart in her mouth and now she hasn't talked to me in a couple days. Is she overreacting or was that a bad idea?

Sincerely,
Stinky Thomas

Oh Stinks,

Honestly I'm torn by this question. Half of me thinks you should have caught her reaction on tape and posted it on YouTube. That video would be destined to go viral. The other half thinks you're one dirty kid. Think about this for a second, your girlfriend had the balls to lick your, I assuming, hairy ass ... and you fart in her mouth. Now that I think about it I'm no longer divided, just angry I won't be seeing this on YouTube anytime soon. If you think your girlfriend is over-reacting, she's not. Think how mad you would be if some guy farted in your mouth. My suggestion, be super nice to her, tell her you're sorry. The next time she eats your ass, fart again, but this time have a camera handy.

...

Dear Dr CONwisDOM,

Recently I stopped ejaculating while having sex? Does this mean I'm infertile?

— Empty

Dear Empty,

Unfortunately what has happened to you is a bad case of Ovarianitis, a condition that slowly turns your penis into a vagina. The good news is, you will soon be able to have orgasms again. The bad news is, you will get periods and can get pregnant. So, to answer your question; no, you're not infertile, so I suggest you go on the pill.

...

Dear Dr. CONwisDOM,

I've been attending NAIT for the past year and my Information Technology course is almost over. I'm really into one of my teachers, and I think he's into me, and we're both mature male adults, so would a consensual relationship after school be something that's OK or is that a no go?

— cupidshoeburt

Dear crazy sign off name,

I like to live by the motto; "If it's mean, clean and not my teacher, I'm gonna bang it!" I think that this motto really pertains to your situation. Your teacher will no longer be your teacher in a few weeks, so I say it's free game! However, watch out for STIs or any other weird abnormality, because I hear Information Technology teachers are f@#ing dirty. You better wrap that shit up.

...

Dear Dr. CONwisDOM,

I've been seeing this girl recently and we've regularly been having sex, but recently she wanted to introduce shizer into the bedroom. I don't know about most people but the thought of being dumped on is revolting to me. What should I do?

— ThomasMACdaddy

NOTE: Shizer is another name for sex

involving defecation ... yeah

Dear ThomasMACdaddy,

First of all, I would like to thank you for introducing a new sex term into my vocabulary. Now I can finally put a name to my Friday night adventures. Unfortunately for those who don't like to "shizers" in b-room, it's either get dumped on, or just get dumped. What's fascinating about this is that you call yourself a mac daddy but can't even handle a little shit here and there. You're very vanilla, if you ask me. Do you think Ice-T lets CoCo shit on his chest with her abnormally large ass? Fo-shizers!!! I say you should start being a "try-sexual" and let your girlfriend shit on your chest, at least once. Hell, can you imagine all the favours you'll be able to ask in return? It's worth it man daddy, now grow some balls.

...

Dear Dr CONwisDOM,

Me and my boy have been together for quite a long time and the sex has been great but for the last six months or so, but he doesn't last more than a few minutes of sex, any advice on how to make him last longer?

— Wanting a GOOD ride

Dear Good Ride,

There seems to be a common trend here. I get countless e-mails about men who can't last more than a few seconds. Maybe it's a NAIT thing, who knows. Men who can't last more than a few seconds raises a few questions on my end. First, how old is he? If you're playing Mrs. Robinson and dating a pre-teen, then you can't really blame the kid for blowing his load in five seconds right before charging you with statutory rape. Second, if the guy is going bear back, and not wrapping his Johnson up then he's not going to last and you probably have herpes. Last, try and prolong the foreplay, or make him stop pumping once he gets close to the edge. If this doesn't work, try dating a human being instead of a jack rabbit.

...

Do you have any personal questions that you want to have answered? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

TEXTBOOK SALES ARE NOW ONLINE!

With the launch of our **NEW NAITSA STUDENT FORUM**, you can now sell your books and more online!

Go to www.naitsa.ca/forum, click on Registration/Sign up, and follow the simple instructions.

While you're there, chat with fellow students about events, clubs, classes, Nugget stories and more!

Grapevines

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca or submit online at www.thenuggetonline.com

Two more weeks of this bulls***!
 ...
 – Sick of School
 ...
 All I want is to be a star. Is that too much to ask for?
 ...
 – Wants to be Famous
 ...

To all the boys who hang out in the automotive halls and by the shops, please stop looking at us women like we are aliens.

– Steel-toed ball kicker
 ...

You know it's sad when your guy friend, who was the biggest player in high school, gets married before you do.

– Jealous and Sad
 ...

So I'm going to New York, do you want me to get you something? A rich lawyer? OK, I'll get right on that!

– Non Wearable Merchandise
 ...

This guy in second year LAT is so jacked. I think his name is Randy.

– SuperPump
 ...

To all the people that have not checked out my music yet ... STOP SLEEPING !!!

www.myspace.com/justinelmer

www.reverbnation.com/justinelmer

– Shameless Self Pomoter ... and Proud of It
 ...

Hot single from two weeks ago was such a tit.

– Just saying

...
 Anyone else thinking of doing tacky Hawaiian for grad dinner?
 ...

– BoozeCruise
 ...

I ABSOLUTELY hate upgrading :(why do programs have to be so hard to get into? Why can't you learn while you're in the program? It's all new material anyways!

– angerrrrr
 ...

A guy rides a bike about the same size as himself shows his A** crack. Everyone is telling him no one wants to see your hairy A**. His wife looks like a horny s***, and he probably doesn't know where her mouth and p**** have been.

– No one likes you
 ...

To the Asian girl in the V-building, I'm the one who gave you an extra penny when you were short one at the Fresh Express to buy a drink. Hope you're interested. Let's hang out during the summer.

– Brad Pitt
 ...

To the Horoscope-Hater,
 Really? Stupid? Glad to know that NAIT didn't look at your high school marks when you applied here. It's a miracle you're in post secondary with such an extensive vocabulary. As well, I'm pretty sure they are there just for fun and shouldn't be taken seriously. If you don't like it, then go read Teen Cosmo

like the little girl you are.

– Faithful Nugget Reader
 ...

Some people just piss me off. The only reason 'chivalry is dead' is because some stuck-up girls won't get off their high-horse and see how everything looks down here. The only difference between girls and guys is that we don't lose our shit once a month. We're all people, get over yourselves.

– Nice Guy Not Finishing Last
 ...

To the guy I met at Buddies last weekend, real guys kiss on the lips. You were a great kisser, love to see you again!

– On the Hunt
 ...

When I'm having a bad day, all I want is to talk to him and scream. I hate it when he gives advice. If I didn't ask then don't give. Why is that so hard to understand?

– Just shut up
 ...

I'm going to New York. Only 30 more, long, gruelling days.

– I heart NY
 ...

I can't wait to go riding with you. Motorcycles are definitely sexy!

– Varrooommmm!
 ...

I find my program at NAIT a lot more stressful than my five years of University.

– Stressed Out

...
 Dear Project Factory, thirty-five cents for one legal size colour print. Grow Up!

– Printer Patron
 ...

The wannabe cops around campus are really attractive. I would love to be arrested by you any day.

– Handcuffed
 ...

To the sexy girl that writes the porn review, how about we make our own movie. I guarantee you'll rate it five out of five pearl necklaces ... I've been saving this load for weeks.

– ChanceB
 ...

What happened to all the slutty girls on campus? How is a guys supposed to get laid around here. Just a hint ladies, abstinence is not cool.

– Pole-man
 ...

Thank you for making my day every morning, Starbucks lady. You make my day.

– :)
 ...

Cut my program hey?? Some day karma is going to kick you in the ass, and hard.

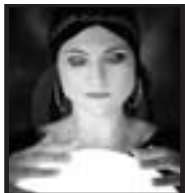
– Anonymous
 ...

So what you caught me looking, BIG DEAL. Or more accurately, not so big deal. ha ha

– Not worth the risk



Your horoscope



MADAME O

April 15-21

(Warning: These 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)

Those long days at school will trouble you no longer. Your summer will be filled with adventures and times you will

never forget.

Taurus (April 20-May 20)

Be sure to keep in touch with old friends as well as new ones over the summer. That way, it will be harder for people to forget you. You also need more friends, smelly.

Gemini (May 21-June 20)

Fresh air, sandy beaches, shimmering lakes and amazing road trips ... These are the things you won't be having in the summer. Why? It's because you're poor. Get a job, you free-loader!

Cancer (June 21-July 22)

Nobody likes cancer. Have a good summer.

Leo (July 23-Aug. 22)

Keep your eyes peeled this summer. A very special someone may share the same feelings you do. Play your cards right and witness the fireworks happen.

Virgo (Aug. 23-Sept. 22)

If you have confused feelings about certain people, let it all out. They'll be glad to tell you what you need to know. Just don't grovel at their feet screaming how much you love them with tears in your eyes. Nobody likes making a scene.

Libra (Sept. 23-Oct. 22)

Thank the stars you'll be taking an incredible exotic trip this summer! Just make sure you

pack enough sunscreen. You're pasty and the sun doesn't like you all too much.

Scorpio (Oct. 23-Nov. 21)

This is your lucky summer! Go ahead and take all the risks you want! But then again, do you trust a horoscope in a school newspaper? Here's your chance to find out.

Sagittarius (Nov. 22-Dec. 21)

Summer is meant to get out there and explore the world. So do it, already! I don't mean the fantasy world where the opposite sex thinks you're the coolest shit around, the real one where your friends hit on your hot mom. By the way, how is she doing?

Capricorn (Dec. 22-Jan. 19)

Don't indulge too much this summer. There is a point when having too much fun and getting put in the drunk-tank every weekend probably isn't an ideal way to spend your summer. Just be safe.

Aquarius (Jan. 20-Feb. 18)

You should never miss a chance to shut up your pie-hole. You talk too much and people have stopped listening to your douchy opinions.

Pisces (Feb. 19-March 20)

You'll know when the time is right to raise your hands in triumph this summer. Just let it all happen and everything after that will work out for you.

CLUBS CORNER

Upcoming events ...

Petroleum Club

What: Beer Garden
When: April 15; 3:30 p.m. – 10 p.m.
Where: The Dock (Engineering Annex)

DeFeYe Arts Club

What: Improv
When: April 17; 11 p.m.
Where: Varscona Theatre; 10329 83 Ave.

SCORE A HAT TRICK!!
 3 Key Ideas For The Success Of Your Business



PRESENTED BY:
 

Thursday, April 15, 2010
 Time: 4:45 pm – 6:00 pm Place: Room X107
 Contact: dollarsandsense@slf.ca

NAIT PAINTBALL

Register as a team or individual
 Competition play offs and free for all!

Teams must be 6-8 players
 Competitive group rate
 From \$ 35.50E for equipment
 From \$17.99E with your own equipment


Sunday April 18th (unconfirmed)
 Located at Young Guns Paintball

To register email
icloudier1@ookmail.nait.ca
 Or visit our Facebook Group
 NAIT Paintball


The All Famous Weatherford Spice



Only \$5/Bottle
Fundraiser for PGC Student Club
Available at the PGC Office (room L223)
 or from
 Larry Boisvert or John Hirschmiller

 **Help support the Children's Stollery Hospital**

Club Culinaire is having a dinner and would like you to be there.

April 17th 2010,

Cocktails @ 5:30 pm
 Dinner @ 6:00 pm


Menu:
 Roasted tomato basil soup
 Caesar Salad
 Steak, roasted garlic mashed potatoes and fresh vegetables
 Tiramisu ice cream with lady finger cookies and fresh raspberries

Tickets are \$40

50% of proceeds go to the Children's Stollery Hospital.

Please come and have a great dinner and support a great cause.

To buy tickets please contact Danielle Job
 4th semester-patisserie
 780-915-9289
d_djob@telus.net / djob2@ookmail.com




CLUB NEWS

Club Centre Hours: Monday-Friday 8 a.m.-5 p.m.

Grant Intake #5: Deadline, May 3, 2010

Grant Intake #6: Deadline, July 5, 2010

FORUM: It's up and running! Join up, make yourself a name/avatar, and find out the latest club news/events. <http://nait.ca/Forum/>

Do you Like Candy?!



Take a guess and win!

Win Bob Marley picture, a Dancing teddy bear or, a Brand new in car DVD player!

1 ticket= \$1.00
 5 tickets= \$3.00

We'll be in front of the Common Market everyday until
 April 20th 12:15-1pm 3:15-4pm

Each Jar denotes a different prize!

1 ticket is valid for one guess*

Personal Fitness Trainer
GRAD FUNDRAISER



Linda Hoang
and
Kathy Le

If you had \$1 million, where would you go for summer break?



"A cruise ship with a bunch of Victoria's Secret supermodels."

Adam Manah
Radio & Television



"Cuba. Do you know how much land you can buy? You can live like a king!"

Kyle Brown
Heavy Equipment Tech



"I would go to space."

Govinder Shangri
Construction Engineering



"Japan, because I love Pokemon."

Mike Brown
Radio & Television



"Asia, because they have an awesome sex trade."

Jack Nemo
Radio & Television

GOOD LUCK ON YOUR EXAMS AND HAVE A GREAT SUMMER!

From your NAIT Students' Association

NAITSA VISION

As your Students' Association, we envision a campus where every student is proud to be connected to the NAIT community.

NAITSA MISSION

Our mission is to provide value to students through exceptional services and representation.



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