

"EMPTY THE NEST" ON APRIL 9

# THE NUGGET

Thursday, April 8, 2010  
Volume 47, Issue 25



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

# LOOKS COACH FIRED

Hockey head coach Terry Ballard let go by NAIT Athletics after 14 years, story Page 8



Photo by Claro Cagulada

Terminated coach Terry Ballard, inset and behind the bench, above right, watches the action during a game in October against Briercrest.

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# NEWS & FEATURES

## Plan to graze the roof



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**Gord Rajewski of Williams Engineering is heading the project, with NAIT students as partners.**

**By DARYLANN HUTCHINGS**

Students in their final year of the Bachelor of Technology program have partnered with Williams Engineering in Edmonton to build a greener rooftop.

Gord Rajewski of Williams Engineering is heading the project.

“The project is about demonstrating what types of vegetation can be successfully grown on a rooftop in downtown Edmonton,” Rajewski said.

“The objective of Green Roof projects is to provide insulation, help lower urban air temperatures and filter pollutants and carbon dioxide out of the air.”

Landscape contractor Erscon Canada has a two-year warranty on the system. Erscon will be providing the maintenance for the duration of the warranty.

“The system will require vigorous watering care and attention during the first six months to a year, until the growing media becomes rooted and established,” Rajewski explains.

**This project will allow [NAIT students] to test many different types of vegetation that would be best suited for Edmonton’s harsh climate.”**

– Gord Rajewski

“Between our own staff, Tonko personnel and some students from NAIT, the system will have a number of maintainers and otherwise interested parties.”

Students will have the opportunity to test and understand the growing medium that will thrive on a green roof in Edmonton’s harsh climate with its often-drastring temperature fluctuations.

“The advantage will be for the NAIT students. This project will allow them to test many different types of vegetation that would be best suited for Edmonton’s harsh climate.”

Rajewski says the partnership NAIT has with Williams Engineering should prove to be beneficial for both his company and NAIT students.

“Williams is a strong promoter of research and development and will continue to support the interests of NAIT students.”

The plants will stay on the roof of Williams Engineering until the assembly is completed, then it will be removed. There are a variety of

plants that are going to be in the mix including: Blue Flax, Low Golden Rod, Rocky Mountain Fescue, Sandberg Blue Grass and a host of others.

Rajewski says the project should be a success, but not without its share of obstacles.

“We may have some roadblocks, considering the location of the Williams Engineering Building. We will have to contend with gusting winds created by the river valley of the North Saskatchewan River, as well as the two towering Telus building towers that consistently reflect heat and cast shadows onto Williams’ roof during the day,” he said.

Last fall, Williams Engineering completed a green roof design on behalf of the City of Red Deer at the Fort Normandeau Interpretive Centre. They are also in preliminary designs for other significant buildings in Edmonton at this time.

“Our firm is committed to becoming sustainable in our practices as well as in the designs we offer to our clients. “Living Roofs” are good for the earth, and they add to the architectural appeal of buildings,” Rajewski said.

The Native Plant Producers Society of Alberta has donated 1,500 seedlings to the Williams project.

## Clean water project for student club

**By SAMANTHA SILVA**

Students in Free Enterprise (SIFE) business club is hoping that NAIT students will help make a difference.

With Royal Bank as a sponsor, the SIFE Blue Water project is meant to effectively help the community through global fresh water initiatives.

The Water Wealthy team runs NAIT’s Blue Water project and the team will be in the South Lobby today (Thursday) talking about how students can become more water efficient with a few small steps in their own homes, while helping those in Third World countries receive clean water.

“Water scarcity is a big problem in every part of the world,” said Hans Larsen, president of SIFE. “With this event we hope to educate people on how to conserve water here at home but also give them a chance to create drinkable water for those who don’t have it abroad.”

Students can talk to SIFE team members about what they can do to be more water efficient. There will also be a raffle to

win prizes, including beer for the rest of the year from Hudson’s Tap House, dinner prize packages and more.

All proceeds from the raffle will be used to purchase FilterPure filters. FilterPure is a non-profit organization that has created a filter for clean water that is made and used in the Dominican Republic and Tanzania, as well as shipped to other Third World countries.

One \$30 filter from FilterPure Filters can support up to seven individuals and removes 99 per cent of bacteria from the water, saving individuals from the deadly parasites and illnesses that

are found in contaminated water.

The Water Wealthy team says students can take simple steps to help solve clean water scarcity.

Would you drink water from the North Saskatchewan River? Millions of people around the world drink unsanitary water each day because they have no other options.

With SIFE’s event, NAIT can join together to conserve water here at home, while creating clean water overseas for those who don’t have it.

Imagine the possibilities.



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# Dr. Shaw promoted



By DARYLANN HUTCHINGS

It was a cold and windy March 25 morning when squadron members, families and media gathered in the main hangar of the 408 Tactical Helicopter Squadron (THS) to witness an historical moment.

This was the day that 408 THS announced their fourth honorary colonel/lieutenant-colonel and this year, NAIT's president and CEO Dr. Sam Shaw, was awarded the title.

## 'Terrific leadership'

"Under terrific leadership, the men and women of 408 Squadron are amongst the finest examples of those providing service to our country, and Dr. Shaw is a most fitting addition to the Squadron's family," said 1 Wing Commander Col. Coates.

"I am very pleased to be able to share this time with 408 Squadron as they welcome their new honorary colonel."

The squadron's new honorary colonel was noticeably excited about this role.

"To be named honorary colonel of 408 Tactical Helicopter Squadron is such a privilege," said Dr. Shaw. "408 Squadron has played an important part in the Canadian Forces' aviation history and continues to provide critical tactical air support to a variety of missions at home and abroad."

## Behind the scenes

As an officer on virtually all issues except operations, HCol. Shaw's responsibilities will range from participating in unit and community functions, fostering unit esprit de corps and providing expertise when and where requested.

Essentially, he will be working behind the scenes to provide a connection between the community and the Canadian Forces.

"This is a memorable day for 408 Squadron," the squadron's acting Commanding Officer Maj. Trevor Teller said. "We are very fortunate and pleased to have Dr. Shaw as our honorary colonel. As the president and CEO of NAIT, Dr. Shaw represents one of Alberta's finest post-secondary institutions."

"He brings an incredible background, as well as an enthusiasm for Air Force Tactical Aviation, that will serve us well. Having him represent our squadron continues a tradition of excellence that has been a part of 408 Squadron since 1941."

Col. Coates says the 408 THS is heavily committed in military operations including, but not limited to, providing "the backbone" for the current rotation to Afghanistan and managing personnel and support for the Canadian Forces efforts in Haiti.



NAIT photo

NAIT President Dr. Sam Shaw, Honorary Colonel of the 408 Tactical Helicopter Squadron, gets a feel for one of the choppers in the unit.

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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?

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# NAITSA Gala a Mardi Gras

By **LINDA HOANG**  
Assistant Issues Editor

It was Mardi Gras at NAIT Tuesday as NAITSA's annual Gala Dinner and Awards Night took place.

Half of NAIT's gym was re-modeled for the evening with decorative street lamps, a long red carpet leading up to the award-giving stage, and colourful mask decorations hanging along black curtains encompassing the half of the gym where the gala was taking place.

Many embraced the semi-formal Mardi Gras masquerade theme, dressing up with masks, beads, and more, in celebration of a year of NAITSA successes.

"We're here to celebrate NAITSA," said NAITSA president Geoff Tate in his welcoming address of the night. Tate went on to speak about the size of the Students' Association, and how hard everyone has worked this school year.

Fundraising clubs, volunteers, outstanding NAIT staff and student leaders were only some of

the awards given out during the evening. Even *Nugget* editors received certificates honouring their hard work throughout the year.

The gala was something of a final hurrah for current Students' Association executives, while also welcoming in the incoming NAITSA executives for the 2010-11 term including new NAITSA President Timothy Jobs, VP Academic Tess Cocchio, VP Campus Life Tyler Bernard and VP External Govind Pillai.

The night continued to impress with delicious food provided by the Nest, a thrilling aerial gymnastics-like performance and even a magician, followed by casino games.

The 2010 NAITSA Gala Dinner and Awards Night is only the first in a week of celebrating, as a similar sports gala will take place tomorrow night, recognizing and celebrating our Oaks athletes. The gala also symbolizes a wrap-up for the school year, with exams and summer, just around the corner.



Photo by Francine Wivchar Photography

NAITSA Executive Director Chris Chelmick presents the prestigious Golden Torch Award to outgoing NAITSA President Geoff Tate Tuesday night at the annual Gala Dinner and Awards Night. Assisting is Shannon Marshall, NAITSA Director of Personnel and Administration. The award is presented to an Executive Member for leadership, achievement, co-operation, school spirit, sportsmanship and overall contribution to NAIT.

## Ooks' Den hears pitches

By **NICOLE de CHAMPLAIN**

Yesterday, some business students re-created the hit reality TV show *Dragon's Den* right here at NAIT.

Three contestants, who are in the process of possibly being on the reality TV show, came to NAIT to share their business propositions with four specialists from NAIT in the school's *Ooks' Den*, put on by NAIT Business students.

Casey DeLano, Lyndon Hodgins, Alison Rayner, and T.J. Schroepfer from JR Shaw School of Business made up the team that organized the event.

### Present their ideas

*Dragon's Den* is a reality TV show where people present their ideas to a panel of judges to see if their invention is marketable.

Rayner says *Ooks' Den* was beneficial for the entrepreneurs.

"We want to help out these entrepreneurs that are possibly going onto *Dragon's Den* and give them some input from some of the expert panel at NAIT," said Rayner.

*Ooks' Den* is a combination of *Dragon's Den* and *American Idol*.

Pamela Parker, Frank Campbell and Richard Korbyl are the three entrepreneurs who pitched their ideas to a panel of experts who gave them feedback and criticism, while an audience was able to vote for their favourite presenter via text at the end of the presentations.

The automatic polling system helped calculate the votes right as they happened.

"It's called 'Poll Everywhere' and you can set it up on a Powerpoint slide so that when they text, it's the same as I imagine *American Idol* [being]," DeLano said.

"You have to text a certain word or a certain number to an actual number and it's all

polled automatically."

All students were welcome to come check out the presentations for a makeup revolution, a farm-sitter program and a solution to male baldness. All were very different ideas, but were equally interesting, especially since the ideas were from actual entrepreneurs trying to launch a successful invention, as if they actually were auditioning for *Dragon's Den*.

All participants benefited from great feedback, but Pamela Parker's makeup revolution was named best of the three presenters.

What the entrepreneurs did get out of the event is the opportunity to practise pitching entrepreneurial ideas to a group of people who are in that kind of mindset. These entrepreneurs are Management students who really want to go in that route.

The four judges on the panel are from different areas of expertise. They were managing director Dar Schwanbeck, associate chair of the Management program; Laurie Pisesky, Entrepreneurship and Innovation instructor Jay Kryslar and Management instructor Don Ausman.

### Goals in mind

NAIT students who put on the event had a few goals in mind as they planned the event.

"One is that we want to help out these entrepreneurs that are possibly going on to *Dragon's Den* [and] give them some input from some of the expert panel at NAIT," DeLano said.

"Another one is we're in the Management stream and Entrepreneurship Innovation so we want to draw attention to this seminar course that we're a part of. I don't know if it's new but it hasn't gained a lot of attention so we're trying to do that ... It's a part of a seminar series that we're responsible for."

After all the presentations, these entre-

preneurs could possibly be moving on to *Dragon's Den*. Hopefully, the panelists criticisms will help them move forward in their journey.

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# NAIT staffers join team



**RYAN FLAHERTY**  
Issues Editor

A pair of NAIT staffers will represent Canada in a pair of prominent international culinary competitions over the next two years. Vinod Varshney, chair of the Culinary Arts department, and Clayton Folkers, an instructor in the Baking Certificate program, are filling key roles on Culinary Team Canada, an all-star squad of chefs from across the country. The team has been brought together to compete in the Culinary World Cup in Luxembourg later this year, as well as the next Culinary Olympics, which will be held in Germany in 2012. Varshney will serve as the team's assistant manager and Folkers is one of the coaches.

Both men already have experience as members of the team. Varshney, who has already

logged a decade as assistant manager, says there are unique logistical challenges involved with co-ordinating a group of people who are spread out across the country. "Everybody is quite busy in the industry now," Varshney explains. "So the biggest task is to organize and assemble them together to come for the practices."

The team, with members from as far west as Victoria and as far east as St. John's, will get together several times over the next few months to practise for the upcoming events. According to Folkers,

**"It's months of prep just getting to know every single thing."**

**- Culinary Team Canada coach Clayton Folkers**

this preparation is vital to the team's chances for success.

"Like any other team, you have to know what the other guy is about to do," he says. "It's months of prep just getting to know every single thing."

Folkers hopes his experience as a competitor in past Culinary Team Canada events will serve him well in his coach's role.

"There's always the mind games that go on,



**Clayton Folkers**

the fun side of it, staying positive, because it is a long slope to get through this competition," he noted.

Although his focus is currently on the World Cup in November, Folkers has a personal stake in the 2012 Olympics. "It'll be the 20th anniversary of the last time Canada won an Olympics, and I was a team member then," he explains. "It's been a long, dry stretch between, so that will be a big one."

The group assembled for the first time a few weeks ago, and business manager Simon Smotkowicz is confident they have the



**Vinod Varshney**

necessary ingredients to bring home a title. "The creative talent, solid culinary training, diverse professional experience and passionate drive of these chefs makes them push for the best from themselves and each other," said

Smotkowicz in a press release.

"Add the vision and focus they're creating together, and Canada has a world-class team heading to the Culinary Olympics."



Photo by Delain Witzaney

## UNIQUE APPROACH

Popular comedian Daniel Packard, whose show is based, not on jokes, but on a dialogue with the audience, performs at the Nest recently.

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*Linda's TechTalk***Honda's humanoid**

**LINDA HOANG**  
Assistant Issues Editor

As I prepared to watch the previews that come before the feature presentation at the theatre this weekend, a commercial came onto the big screen that made me stop and stare in fascination.

It was a commercial promoting the Honda ASIMO.

The ASIMO, which stands for Advanced Step in Innovative Mobility, and is pronounced like "awesome-o," is touted as the world's most advanced humanoid robot and you better believe it's advanced.

I immediately took to Google and what I found, not going to lie, sent a shiver up my spine. It was like the movie *iRobot* had materialized in our present-day world.

This walking, talking, super slick-looking robot can run, walk, turn and climb stairs. There are even video clips of the ASIMO kick-

ing a soccer ball and bringing a tray of food to someone.

Right now Honda is using ASIMO demonstrations to encourage and inspire students to study science. In the future, the Japanese multinational corporation says ASIMO could be used to help the elderly or people confined to a bed or wheelchair, and might even be able to fight fires or clean up toxic spills.

While I was researching ASIMO, I told a couple of people of my plans to write about it for Tech Talk, to which they immediately told me that actually, the ASIMO is not new news.

In fact, Honda began creating ASIMO way back in 1986. It took "more than two decades of persistent study, research, and trial and error" before ASIMO was good enough to debut in America in 2002 and since then, the robot has been making demonstrative rounds around the world.

But the fact that Honda is now taking ASIMO awareness to movie theatres across the country has got to mean big, perhaps commer-



**ASIMO serves up a tasty meal for his trendy master.**

asimo.honda.com

cial, things are on the way.

Back in 2002, *Forbes.com* reported the ASIMO could be "leased" for about \$150,000 per month, but only in Japan. Maybe soon the leasing will expand to more countries around the world and could be cheaper?

If the ASIMO's price does reduce drastically in the future, which it should if Honda plans on making it something thousands of elderly can use for assistance in their homes, then I want one.

I don't care if robots could potentially turn on humans and destroy us all.

**Katz has work cut out for him**

**POLITICALLY SPEAKING**  
**RYAN FLAHERTY**  
Issues Editor

Since his company purchased the Edmonton Oilers in 2008, Daryl Katz hasn't been shy about his desire to have a new facility built for the team. He has frequently said that a new building would not only allow more fans to see their beloved Oilers, but that the construction of such a complex would have numerous benefits for the city as a whole. It's no mystery then, that a recent move by Katz to put his money where his mouth is has become one of the key talking points in the run-up to this fall's civic election.

At first glance, one could be forgiven for assuming that the proposal would be a slam-dunk for approval by the municipal government. After all, Edmonton has carved much of its identity from its proud sporting history. We wouldn't call ourselves the City of Champions if that weren't the case. And no sport in this city is more sacred than hockey, so who wouldn't want a brand new arena for their favourite team?

As a matter of fact, there are plenty of people who wouldn't. In the current economic climate, many Edmontonians aren't wild about sinking more of their tax dollars into a building which, in

their minds, isn't particularly necessary. Some wonder why a man who is one of the richest in all of Canada is asking for public assistance in financing the project. The current performance of the would-be arena's primary tenants isn't helping to boost support either, as the Oilers will finish dead last in the NHL standings this season.

The specific financial details of the Katz Group proposal, which includes hotels, office towers and a climate-controlled outdoor pavilion in addition to the aforementioned arena, are understandably complicated. In simple terms, they have asked the City of Edmonton to pony up approximately \$400 million in construction costs in exchange for ownership of the future complex. In turn, Katz has pledged to invest \$100 million of his own dough in the surrounding complex, which will cost over \$1 billion in total, and eventually generate revenue

which the city can use to pay off its initial investment. The hope is that the Katz money will attract further dollars from other private sources to round out the cost of the project.

After months of work behind the scenes trying to butter up the right people, Katz has taken his appeal for downtown revitalization to the masses in the form of a YouTube video featuring

Oiler great Mark Messier and Katz outlining the reasons why the public should support the plan. The public campaign also includes Facebook and Twitter pages and a dedicated website. Katz hopes the multimedia blitz will tip the scales of public opinion – and subsequently, city council – in his favour.

For now, however, the discussion is just beginning. With an election on the way, and a second arena plan being explored by Northlands, a chief business rival to Katz's Rexall Sports and Entertainment brand, the only certainty is that the issue of a new rink is one that Edmontonians will be talking about for quite some time. Here's hoping that the officials involved take their

time and decide on a course of

action that's in the best interests of the city and the people who live here.

That would truly be the mark of a championship city.



**Oilers owner Daryl Katz, left, with Kevin Lowe.**

www.daylife.com

# OPINION

— Editorial —

## Can we all live together?



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

Habitat for Humanity is a great organization. With a large and loyal volunteer base, Habitat for Humanity Canada builds a number of homes for low-income families all over the country. I consider the Habitat for Humanity our every day Extreme Home Makeover, without Ty Pennington, of course. Being such a remarkable organization with

an honourable purpose, Habitat for Humanity is generally a welcome addition to any community – well, unless you live in St. Albert that is.

Chris and Karleena Perry are both business owners and concerned citizens living in the St. Albert area. Earlier this month they wrote a letter to the editor in the *St. Albert Gazette* expressing their concerns with Habitat for Humanity's proposal for building a 59-unit townhouse in conjunction with a private developer, of which at least 15 units will be reserved for Habitat families who are unable to make a down payment on their home, and the impact this would have on their higher than average income earning community. Hopefully the first effect it will have will be a tad bit of modesty ... I'm just saying.

### Potential issues

Their letter, which I strongly recommend you read if you're looking for a good laugh, continues by detailing potential issues Chris and Karleena Perry see arising in the future due to the development of the proposed low-income housing. Some of these outrageous concerns include the introduction of drugs into St. Albert's school systems and an increase to gang violence. Really, Perrys? You have got to be kidding me. I hate to be the bearer of bad news, but someone has to drag these two out of the cave of naivety they're currently dwelling in. There are already drugs in St. Albert's school system, and you would have to be relatively uninformed to think otherwise. Furthermore, I would argue that kids with handfuls of money and nothing to do with it, considering the most exciting place in St. Albert on a Friday night is Blockbuster, are going to be more likely to spend their unearned money on a joint than a student that unfortunately does not possess the money in the first place. Trust me, I know. I coached in a St. Albert high school for two years, and I recall the drug dogs roaming the halls, sniffing around for goods. Unless of course, the dog was just there hanging out for fun, because apparently St. Albert is so high class they don't have to worry about anything, except the germs and disease brought in by the riffraff, vagabonds and the middle class.

### Preposterous

As for the increase of gang involvement being brought in by the Habitat project, that's preposterous! Habitat for Humanity is building 59 units, of which 15 will be reserved for Habitat families; they're not trying to rebuild Spanish Harlem on St. Albert's doorstep. But just in case things take a turn for the worse and the 15 units do turn into a Spanish Harlem, I would like to reassure the Perrys that I'm well versed in the *West Side Story*, and I'm completely willing to help mitigate any damages caused by gang violence through a wide variety of song and dance. So clearly, there's nothing to worry about!

Residents of St. Albert already have to deal with the pretentious stigma they're associated with. The Perrys are not making this uphill battle any easier, and it is attitudes such as theirs that create these negative connotations linked to communities like St. Albert. Attitudes in St. Albert vary just as much as in any other city, and the Perrys have single-handedly cast a cloud of judgment over the city they love so much. The letter to the editor has received national coverage, and the outcry has been consistent from coast-to-coast, as it should be. Any person or group of people believing their city should be surrounded by walls and only provide entry to those with an account balance exceeding \$90,000

deserves a slap, right in the face. And let's all be completely honest with each other, it's St. Albert we're talking about, not a gated community in the Hollywood Hills. I think someone, I'm not going to mention names, has overestimated their importance in

their community, and is in serious need of a reality check. Money, or having a lack thereof, is not an accurate indicator of a person's ethics, nor does it provide an accurate depiction of their behaviours. Hey, if you don't believe me, ask Bernie Madoff.



## Your views are important

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Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.



# SPORTS

## MEN'S HOCKEY

# Life after Ballard for Ooks



**TAYLOR POLLMANN**  
Sports Editor

NAIT Athletics has announced a major personnel change. Terry Ballard, the head coach of the men's Ooks hockey team for the last 14 years, has had his contract terminated, ending one era and beginning a new one.

"Terry did a great job in his time here but we as an organization decided to make a coaching change and move in a different direction," Linda Henderson, NAIT's athletic director, said during an interview on Tuesday.

During Ballard's tenure, the Ooks qualified for the playoffs on numerous occasions, and Ballard won two ACAC Coach of the Year awards. This past year, the Ooks finished fifth in league standings and were eliminated 2-0 in games by Augustana in the first round of the playoffs.

While Ballard achieved success during the regular season, his teams' performance in the playoffs created concerns for NAIT's Athletic Board.

Ballard was hired full-time two years ago, along with a women's hockey coach and men's and women's coaches in basketball and volleyball, in an effort to upgrade the programs. That move placed more pressure on coaches to win.

"We're here looking for someone to win provincial championships, so we felt it was



NAIT photo

**Fourteen-year hockey coach Terry Ballard, far right, poses with the 2009-10 Ooks.**

necessary to make the change," Henderson said.

The search for a new head coach has already started. The Athletic Board is placing job postings in local and national markets, with the intention of having a new coach on campus before June 1.

The panel charged with selecting the new head coach consists of four members – Linda Henderson, a NAIT alumnus and sponsor, a human relations member and a NAIT program head.

While Henderson has stated she currently has not received any applications for the job,

she is confident the position will attract many candidates.

"It's a well sought after position, so we should get applications from across the country," she said.

One of the reasons the job is believed to be so highly valued is because it offers a full-time position.

"We are the only [school] who has full time coaches in the college level," Henderson remarked.

While a full-time coaching position allows coaches to focus more on recruiting and game

preparation, some critics believe the system adds more pressure to the job than existed before.

"It's a double-edged sword. While on one hand it allows for the coach to focus more on his team's success, it takes away job security because now his future is merely based on his team's performance, not combined with his work in the classroom," an area coach commented.

This is the first coaching change since Henderson was named NAIT's Athletic Director in 2008.

# UFC, the Nest put on a show

## By PAUL FITZPATRICK

UFC 111 may have disappointed some, but the Nest, which broadcast the March 27 event, did nothing but impress. The atmosphere was great, the service was top notch, and the show (in my opinion) was off the hook.

The girls of Captioning and Court Reporting sold 100 tickets, but it wasn't too crowded; it was just right. With a huge screen and TVs everywhere, any seat in the house had a great vantage point to catch all of the action.

On a day where the Nest would normally be closed, the place was rocking. When Georges "Rush" St. Pierre entered the octagon, the whole place erupted. St. Pierre pushed the pace of the fight for all five rounds, taking

Dan Hardy down 10 times. The fight ended with St. Pierre's hand being raised for the 14th time in his UFC career, and for the sixth time in a championship match.



[elitecagefight.blogspot.com](http://elitecagefight.blogspot.com)  
**Georges St. Pierre**

After defending his title for the fourth time, you think the guy would get some respect, but that wasn't the case. St. Pierre was apologetic for not finishing a fight in which he was dominant, and after being openly criticized by almost everyone in the MMA world, including Dana White, I still can't understand why.

The French Canadian executed his game plan to a tee and didn't give his opponent a sniff of success. So what's up with the disappoint-

ment? This is a sport, and in sports winning is what athletes strive for. You play to win the game. If these guys just went out to entertain the fans without giving any thought to what their opponent was bringing to the table, then maybe people should watch WWE. It's ridiculous to think that Georges St. Pierre should move up a weight class just for entertainment value. He fights in the welterweight division because that's where he's the most successful. The same goes for all of the titleholders in the UFC. Why move up or down a weight class just to appease the masses? Are you telling me that there aren't enough fighters out there who can challenge these guys? This isn't the case at all as every division is deep with talent.

Fight fans just need to be patient and wait for fighters like Cain Velasquez, Nate Marquardt, Josh Koscheck or Tyson Griffin to develop into the future superstars they have the potential to be.



[www.mmalink.com](http://www.mmalink.com)

**Dan Hardy**

to fundraise for such an event in the near future.



# What's hot, what's not

**TAYLOR POLLMANN**  
Sports Editor

## Hot

**Butler Bulldogs:** Sure the Bulldogs lost in the deciding game, but they won the respect of the United States. A team that wasn't on anyone's radar as contenders to begin the tournament trounced and stormed their way through the opposition to the Final Four. Though they lost to the powerhouse Blue Devils in the finals, it was by a mere two points. Head coach Brad Stevens and his men should be proud of the season they've had, and the long and prosperous ones they will have in the years to come.

**Coach Mike Krzyzewski:** Call me biased, I don't care! The legendary coach deserves to earn a spot in the second last column of the school year. Thirty years of coaching the Duke Blue Devils has resulted in four National Championships, 11 Final Four appearances and 12 ACC Conference titles. After numerous offers to leave Duke for the esteemed land of the NBA, Krzyzewski has remained with the team he has dedicated nearly his entire life to. Think about it, how often does a coach in any high level sport remain with the same team for 30 years, without getting fired in the process. Exactly! Thus, he deserves a spot in Hot or Not.

**Steven Stamkos:** It's funny how so many people are eating their words about this young player from Markham, Ontario. While his first year in the big leagues may not have matched

expectations (46 points in 79 games), the centre has pounded the scoreboard night-in and night-out this season and now has a chance to win the Rocket Richard Trophy. He currently sits two goals behind Sidney Crosby with three games remaining. Who is he tied with you may ask? Alexander Ovechkin, of course!

## Not

**Marc Bulger:** Ouch, this one has certainly got to hurt the ego. Imagine playing for the worst team in the NFL for the past couple of seasons. Now imagine being told you're not even good enough to play for them. This is no nightmare, it's Marc Bulger's sad reality these days and the nightmare is only going to continue. What team is actually going to sign Bulger to play as their quarterback? No! To answer the question, Oakland does not count as a team.



**Mike Krzyzewski**

talkingproud.us

**Philadelphia Eagles:** Eleven seasons, five NFC Championship games and one Super Bowl appearance, equalling no Super Bowl rings. Sure, it was time to make a change to reach the top, but not by trading the franchise face to a division rival. Now, not only will a capable Pro-Bowl quarterback face the Eagles twice a year, the Eagles are forced to start an inexperienced quarterback in Kevin Kolb (OK, he had two games with over 300 passing yards but look who he faced). If young Kolb is not up to

the challenge, then Philadelphia will go with a man whose idea of a "game," is not shared with the mass public. Way to go Philly, let Michael slaughter the Eagle.

**NCAA Tournament:** Perfection is hard to achieve but the NCAA basketball bracket has seemed to achieve this elite status with the excitement and drama the tournament brings to the country every March. Now the NCAA commission is stating they are considering expanding the tournament to 96 teams, eliminating the NIT tournament and basically making regular season play a joke. The reason behind this – money, plain and simple. Expanding the tournament would bring more revenue, equalling richer student athletics boards. It's nice to know the dignity of the sport is guided by money, not just at the professional level but now in amateur sport as well.



www.ramsgab.com

**Marc Bulger**

**Disgruntled PGA Golfers:** Recently there have been some comments surfacing through the press that certain PGA golfers are a little fed up with the attention that Tiger Woods is drawing on a regular basis; and that it's taking away the spotlight from the main event, the Masters. Sure the avid golfers will argue this, but come on; Tiger Woods is the figure on the PGA's logo. He's the golfer thousands pay to see on a regular basis and the figure millions tune in to watch at every Major Championship. While there are other players enjoyable enough to watch, very few citizens would have discovered them if they hadn't started to tune in to watch the Tiger Show. So PGA players, simply shut your mouth, suck it up and walk away with your padded pockets that Tiger helped make a little heavier.

# Honda signs on

By **TAYLOR POLLMANN**  
Sports Editor

The future of the annual Edmonton Indy may have been made a little more secure this past week.

With the decision by Rexall Sports to drop their sponsorship, the future of the yearly event was put in doubt past this year's upcoming race date of July 24-26.

This past Thursday however, Northlands unveiled the signing of a gigantic corporation to their resume.

"Northlands is pleased to present the 2010 Honda Indy Edmonton," Northlands President Ken Knowles announced.

Honda Canada Vice President Jerry Chenkin stated: "We will be working closely with Northlands and the other sponsors to ensure that Honda Indy Edmonton remains as the largest motor sports event in Western Canada for this year, and many to come."

While the Indy experienced a rough year last season in the Capital Region, running a deficit of over \$3.9 million, Mayor Stephen Mandel believes this year's event will leave a smaller dent on taxpayers' wallets.

"I think when all is said and done, hopefully when the race ends on the 25th we'll be able to show citizens of Edmonton this a sustainable world class event."

While Honda Canada only signed a one-year contract with the city, the length of the contract was not of Honda's choice.

"We don't believe in having short-term relationships. Honda doesn't form short-term relationships with anybody. If we didn't believe this was for the long term future, we wouldn't be involved," Jerry Chenkin assured.

The Edmonton Indy only has one year left on their contract with the Indy Series organization and will have to enter contract negotiations after the conclusion of this summer's race.

## Eversley Invitational

### 3 on 3 Basketball Tournament

Date: May 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>

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**3 Point Competition**  
**Dunk Competition**  
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Visit [www.eversley.ca](http://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+\*

# Improved, boring Tiger?



**Check Out My 9-Iron**  
**GARIT BYINGTON**  
 Assistant Sports Editor

Tiger Woods emerged in public at his recent press conference, prior to his return to the Masters and professional golf, showing off his new facial hair – no doubt it has been a struggle for Woods since Gillette dropped him from their ads.

It's good to see Tiger, after his career and life flashed before his eyes, declare himself to be more approachable with the fans – he actually signed autographs while heading to the Augusta practice range, something he only did before after beaming a fan in the head with one of his drives.

Woods said he's going to try and tone down his negative outbursts, and his positive outbursts as well. Over all the years of struggling to get a solid quote out of Tiger, now we are going to see an even more emotionless Woods. He has always been one of the PGA's worst interviews, and on the course during play is the odd time we see some emotion from Tiger.

I've loved the F-bombs he's dropped, and the slammed drivers after erratic drives. Maybe I'm a little unrealistic saying these outbursts will stop. I just get the awful thoughts of a tame John McEnroe when the subject of a great athlete "PG-13'ing" it or becoming more politically correct comes up. These are some of the best pipelines for children to learn these colourful and wonderful words – who better to learn it from than their role model too!

Tiger is going to be bringing his game mentally, as I'm sure he can hardly wait to escape reality and begin focusing all his mental powers on the game he was born to play. It's the one place he can get away from it all. And what Tiger

has shown us in the past, ala his winning the US Open on a torn knee playing an extra 18 playoff holes, is that he thrives under adversity. I think by the end of the Masters, they may just need to Tiger-proof Augusta once again.

•••

In this year's MLB season, there are a few changes and a few things staying the same. The changes include the New York Yankees showcasing the first ever ambidextrous switch pitcher, Pat Venditte, who threw with both arms during the Yankees pre-season. Some things that remain the same are the Toronto Blue Jays gaffing a solid starting pitcher performance and losing a game with relief pitching on the mound. Shaun Marcum was tossing a no-hitter going into the seventh only to see his Blue Jays come out with a 5-4 loss versus the Texas Rangers on opening day. That type of occurrence was something Roy Halladay was all too familiar with in his time with the Blue Jays- Halladay, by the way, got the 11-1 win for the Philadelphia Phillies on Opening day.

•••

Way to go, President Barack Hussein Obama for representing your team's colours. Throwing the traditional presidential opening pitch at the Washington Nationals home-opener, the President strutted to the mound in a Nationals' jacket, only to slip on his beloved Chicago White Sox cap before his pitch. It was not a popular choice for most in attendance, but you got to respect Obama for not falling in line with "the man" ... Oh ... wait a second ... The best part of that opening segment though, besides all the balks Obama did, had to be the boos echoing throughout Washington when former President George W. Bush was shown on the video montage.



Tiger Woods when he did Gillette ads.

# City honours Olympic athletes

**By GARIT BYINGTON**  
 Assistant Sports Editor

Last week, Edmontonians gathered at Churchill Square to honour local athletes who competed in the Vancouver Olympic and Paralympic games.

Crowds gathered at the downtown square to meet the athletes, hear speeches from city politicians and take in an awesome video montage. Fans watched and cheered the highlight package as Bachman Turner Overdrive's "You Aint Seen Nothing Yet" blared through the speakers.

There was a special recognition for Dr. Bob Steadward, who has long worked to have disabled athletes included in the Games, and in turn received the Olympic Order in Vancouver. At the rally he was presented with a stellar painting in recognition of his great contributions.

Mayor Stephen Mandel was unable to attend the rally, so Acting Mayor Ben Henderson delivered the mayoral speech.

"I, on behalf of Mayor Stephen Mandel, do hereby proclaim March 30, 2010, as Olympians and Paralympians Day in Edmonton – Alberta's capital city," exclaimed Henderson.

Once the politicians were off the stage, the athletes proceeded to give a few speeches.

"I would like to thank the fans

for making Edmonton a great place for us athletes to live and to train," said gold medal winning goalie Shannon Szabados. "I have this medal for a reason, so here it is, Edmonton!"

Szabados then proceeded to cruise the crowd sharing the feel of her gold medal with the fans in attendance. The five-medal winning para-alpine skier Viviane Forest also spoke to the fans, along with gold medal winning curler, and NAIT alumni Kevin Martin.

Martin spoke in detail of one of the most remarkable moments in the curling matches his team took part in. It was where Marc Kennedy was in a pressure situation (to say the least), and the entire crowd began singing "Oh Canada."

Kennedy, prepping for his shot, was puzzled with how to handle the situation. Martin just told to sit back and wait it out. So there's the Martin rink letting 3-4 minutes run down on their clock as Oh Canada is serenaded.

After the podium speech, Martin was asked how winning Olympic Gold felt.

"Surreal," remarked Martin. "You don't realize it for

probably almost a week, where it actually hits home."

Martin spoke of how they

haven't been home much over the month they have had since the Olympics finished, but loves the

fact that Edmonton had this rally to allow the fans get face to face with the proud Canadian athletes.



Kevin Martin



# Ooks Profile of the Week



## Alessandra Bruni Central Sweeper Women's Soccer



By **NICOLE de CHAMPLAIN**

Alessandra Bruni was part of the NAIT women's soccer team last season. She is an amazing athlete who brings her all every time she steps on the field. She has travelled to many different places to play soccer. Nothing has gotten in the way of Alessandra's goal, including broken bones. Her work ethic has reflected directly in her accomplishments as she continues to play soccer and go to school here at NAIT in the Radio and Television Program.

*Nicole: Jersey number?*

**Alessandra:** Numero 5.

*N: Why did you choose to play soccer at NAIT?*

**A:** I always wanted to play with my post secondary team.. No seriously, my mom threatened to kick me out of my house if I didn't play. She said after all of the years of playing and the thousands of dollars it cost, I owed it to her.

*N: When did you start playing soccer?*

**A:** When I was four years old with the Kilkenny Cougars.

*N: What are the main things you like about the soccer?*

**A:** I love everything about it – the fitness, the competition, the aggressiveness, winning, scoring, everything and anything about it, oh except the broken bones.

*N: Have you played any other sports?*

**A:** Sure have, volleyball, basketball, cross country running, track and field, umm ... I used to swim too.

**N:** What are your greatest accomplishments in soccer?

**A:** I am very lucky I have had many opportunities including several offers to play soccer in the States on a soccer scholarship. I've been to provincials with my club team many times, placing in the top three. I've travelled all over for soccer – Las Vegas, San Diego, Toronto, Italy, multiple times for different scouting and showcase tournaments. My first trip to San Diego for soccer was probably one of my biggest accomplishments. I was noticed by three different schools, and it was a great experience and a little nerve-wracking to play in an atmosphere where there are hundreds of coaches watching you play.

*N: What do you do on your off time?*

**A:** I usually only get a week or two. I play indoor and then go right into outdoor. So for my two weeks, I work out and just get ready for whatever season is coming up next.

*N: What is one of your favourite memories on the team?*

**A:** The Cheryl conversations with all the girls. Cheryl was just an inside joke that started at the beginning of the season and then just grew into this hilarious tradition with all the girls.

*N: What's your favourite food?*

**A:** Hmm, salad and grilled cheese.

*N: Showers or bubbles baths? Why?*

**A:** Showers. Baths are gross. They are like bathing in your own filth.



**Alessandra Bruni**

and it is always swollen because I have pieces of bone that have chipped off floating around in my ankle. Umm ... I have a small obsession with fancy pantsy soccer cleats and need a new pair every season. I've played soccer in the snow, as well as plus 35 degree weather in Vegas.

*N: What do you drink during soccer?*

**A:** Water and Gatorade!

*N: Blackberry or iPhone?*

**A:** Blackberry for sure!

*N: What's your pet peeve?*

**A:** Losing, oh how I hate to lose!

*N: Favourite word?*

**A:** Cheryl.

*N: Favourite joke?*

**A:** What did the Easter egg say to the boiling water? It may take me awhile to get hard, I just got laid by some chick.

*N: Anything else funny about you?*

**A:** I can be kind of ruthless and mean on the soccer field. If any girls start chirping, I'm in there like a dirty shirt chirping right back, and after the game it can be hilarious to think about what I actually said.

*N: Anything else interesting about yourself?*

**A:** Umm ... I have broken my right ankle three times during a soccer game, and my left one once. I detached my cornea in a junior high soccer game once and was on bed rest for two weeks. I've broken many toes and fingers, and pulled hamstrings and groins time and time again. I will have arthritis in my right ankle

# Playoffs live up to the hype

By **KITA MURU**

The first half of UEFA Champions League quarterfinals were played last week, with some thrilling results. All four fixtures in the first half were hyped, high-profile events, and they ended on the same high.

### **Bayern Munich/Manchester United**

Between Bayern and Man-U, in a minute Wayne Rooney had Man-U up 1-0 and they held onto it until the end of the first half. In the second half, Bayern started pressing and it paid off as Franck Ribery tallied (77 minutes) to tie it up. The score would hold up to injury time when Ivica Olic pick-pocketed Patrice Evra as Evra was fumbling with the ball, Olic scores for the 2-1 Bayern victory.

### **Inter Milan/ CSKA Moscow**

The match Between Inter Milan and CSKA Moscow didn't have much to show until when Diego Milito scored (65 minutes) to give Inter the lead. CSKA subbed in Pavel Mamaev, Keisuke Honda, and Evgeni Aldonin after that, but to no avail as Inter held on for the 1-0 victory heading into the second half.



### **Barcelona/Arsenal**

Easily the most hyped match of the week had nothing happen in the first half except yellow cards for Arsenal's Andrei Arshavin, Alex Song, and Cesc Fabregas. The second half was completely different. Zlatan Ibrahimovic scored twice (46/60 minutes) to give Barca the lead, Theo Walcott replied (67 minutes) to cut Barca's lead to one. Then Carles Puyol received a red card in the penalty box, leaving Fabregas to tie up the game on the resulting penalty kick. Tied 2-2 into the second leg, both teams will be missing their respective captains due to accumulated cards.

### **Bordeaux/Lyon**

In the battle of Ligue 1, Lyon and Bordeaux traded goals early thanks to Lisandro (10) and Marouane Chamakh (14) respectively. The goal would hold up until Michel Bastos gave Lyon the lead. Bordeaux defender Mat-

thieu Chalmé took an unfortunate handball in the penalty area, and Lisandro converted the

resulting penalty kick to seal a 3-1 Lyon victory in the first leg.



**Ivica Olic**

**Scored winner in 2-1 victory over Manchester United in the first leg of the UEFA Champions League quarterfinals.**

# ENTERTAINMENT

## Winners on Nest stage

By SAMANTHA SILVA

Two of Sonic's Band of the Month winners came to Indie Night last Thursday. Parachute Penguin (winner for October 2009) and Christian Hansen and the Autistics (winner for April 2009) debuted without a hitch.

Sonic 102.9 has been supporting local bands and artists by giving them air time. Some of the previous winners have included Ten Second Epic, Tupelo Honey and My Sister Ocean. These bands have already found success in some way.

Jill Peterson, event co-ordinator for NAITSA, says, "These two bands are my favourite local bands and I want to share this experience with NAIT students." She also mentions that "Edmonton's musical community is quite a tight-knit [group]."

### Since March 2007

Parachute Penguins have been playing since March 2007; the dance/rock band has already opened for Ill Scarlett. Not only that, the band received an overwhelming encore from NAIT students last Thursday.

The band has four members – three brothers and a best friend – Steve Virga (lead vocalist), and Matt Kokotilo (guitar and vocals), and Jon and James Kokotilo. Steve and Matt have been best friends since age 14. All of them write the music and Steve mainly writes the lyrics.

Steve Virga defines the Nest audience as "mellow and laid back," which brings a different vibe than the number of bars they have played. Steve's favourite moment was at Showcase Band of the Month at the Pawn Shop. With 400 people in attendance there, the fans started to crowd surf.

Although Jon has applied for firefighting courses, the band still plans to work around Steve's schedule to continue creating great music. Currently, they are booked at least once a month.

### 'Lucky to have them'

To sum up their true inspiration, Matt says, "I come to see the crowd and play for them every night. We play for the people and we are lucky to have them."

Christian Hansen and the Autistics is another band to look out for. With Scott Shpeley (Bass), Christian Hansen (lead vocalist), Molly



Parachute Penguins

Photo by Amber Dawson

Flood (keys) and Ava Jane Markus (keys), the four have created a new style of music called artsy/pop. The band captivates audiences by bringing art into their music.

With all of the members having an educational background in fine arts and acting, they have definitely pumped it up a notch to make their music their own. Although their music sounds a lot like popular '80s song "Video Killed the Radio Star," their vibe is definitely different than that genre.

Back in the 1980s, music was all about electronics and using guitar and drums. Christian Hansen and his crew of Autistics stand out from the way music used to be by just having keyboards, bass and most importantly, vocals.

Although the band, as it stands now, has technically played together for only a year, Scott and Christian have been rocking it out since 2006 and paving the way for the recognition they are now getting.

Scott emphasizes that the band's music is not like the typical stuff you hear on the radio today. Making their music meaningful to them, he says that the songs are about "telling stories that matter."

When asked why they would have the word Autistics behind Christian Hansen's band name. Scott says that Christian works with several autistic individuals and is inspired at how they relate and express themselves.



Supplied photo

Christian Hansen and the Autistics

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By NICOLE de CHAMPLAIN

Dancing to any song around my living room is easy for me to do. But there are certainly a few that have taught me new dancing moves! For me, these are songs that came out when I was in elementary school. Growing up in the '90s, girl and boy bands greatly influenced my life. Listening to these songs allows me to let loose. I'm sure you will love moving

your hips while holding a fake microphone and singing along. Enjoy!

1. Everybody – Backstreet Boys
2. Bang Bang Boom – The Moffats
3. It's All been done – Bare Naked Ladies
4. Bye Bye Bye – N'Sync
5. Candyman – Aqua
6. Addicted – Simple Plan
7. Liquid Dreams – O-Town

8. A Song For Mama – Boyz II Men
9. If Only – Hanson
10. BOOM BOOM BOOM – Vengaboys
11. Addicted – Simple Plan
12. Wannabe – Spice Girls
13. Crush on you – Aaron Carter
14. Reach – S Club 7
15. All My Life – KC and JoJo
16. Get Down – Backstreet Boys

VIRAL VIDEO

# Father teaches "son" to ride a bike



www.cracked.com

By ALI YUSUF

There was a time in all our lives where we picked up some useful knowledge from our parents, whether it be baking a cake, how to take a proper batter's stance, or learning to read. In this week's Viral Video, we take a look at a warped version of a "father" teaching his "son" how to ride a bike.

As I was cruising down one of my favourite websites, www.cracked.com, I saw this little gem that I figured was suitable for this week's Viral Video. Now, I previously mentioned the video to be warped ... you'll understand why I say that once you see the video. Let's put it this way, I counted around 42 F-bombs in this two minute and 47-second segment. The basic set-up of the video is two 20-somethings act out a piece in which

one plays the father teaching his son how to ride a bike. The characterization in the video is limited in that they still act like they are 20-somethings. Does that necessarily make the video a bad experience? Hell no. It most certainly amplifies the comedic effect 10-fold. Also, the fact that the son is clearly an adult yet he doesn't know how to ride a bike is just a cherry on top of a scrumptious cake and if you don't like cherries, you can beat it.

Do you remember what it was like when you first attempted riding your bike? You kept saying to your parents, "if I do it like this then I can ride it" or the squealing "don't let go." Throw in a few F-bombs and a pseudo fistfight between you and your trainer and you'd be experiencing this video. Don't get me wrong, I mostly never endorse any sort of

violence against your folks, but damn this is golden material here.

If you ever wanted to take a stroll down Nostalgia Road and relive what it was like to learn how to ride a bike for the time time ... well, this video isn't for you. But it is suitable if you decided that you need a better memory of someone else learning how to ride their bike! Even if it does entail bleeding from the mouth and a level of F-bombs that would peak Trey Parker's interest (Trey Parker ... The dude who co-created *South Park*. If you didn't know that, we're no longer friends.) With all that's been said, you need to go to www.cracked.com and search up *Father Son Bonding Time Goes Horribly Wrong* in the video section. It's well worth the time, I promise you.

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THE NUGGET

## ADULT FILMS

# Porn cover up



**COLLEEN NUC**  
Entertainment Editor

Adult films come in all shapes and sizes, and with millions of options out there, it's hard to decide which one is the best fit for you. Some people pick their porn solely on content, keeping to one genre like BDSM or orgies; others may only purchase porn featuring their favourite actors. However, there are certain people out there that will literally judge a book by its cover and pick their poison only by looking at the cover art. This is where I would like to take a moment and appreciate the genius behind the adult film cover art.

Anyone walking into an adult superstore is automatically bom-

barded by various shades of beige or black, so how does one narrow down their purchase to only one movie? There are several different types of cover art, so if you're new to the whole "watching sex on television" thing, I would like to give you a few tips that will make the decision process a little easier.

First, you can usually tell the quality of porn by the cover. Cover art with women surrounded by multiple schlongs may not necessarily be the best choice if you plan on watching porn with your loved one. These kinds of "in your face" cover art usually don't follow a story line, but it may be a good choice for those who just want to get the job done. Cover art with bright text, graffiti style montages and bent over females also typically follow this trend. One piece of advice is that there will be no "love making" in these kinds of movies.

Second, strange cover art is always a gamble. A few weeks ago a girlfriend of mine purchased an adult film, which name escapes me, with an extremely Photoshopped alien-like woman wrapped in blue rib-

bon. Now let's be honest, you know a movie like this is going to be "effed" up, and whether that's a good thing or a bad thing is for you to decide. My girlfriend said that the movie was like "making love and playing dungeons and dragons all at the same time." She gave the movie two out of five pearl necklaces.

Finally, if you're unsure which movie to buy, go for the high production value pornography. If the cover looks like it could be a Hollywood movie, with perhaps the occasional nip, chances are the movie will have a nice mix of story lines and sexy times. These kinds of movies are typically showcased at the front of the store and are produced by big name companies like Vivid Entertainment or Diabolic. Keep in mind that the farther you venture into an adult store, the more you will become acquainted with obnoxious covers.

After following these tips, it should be a breeze picking out any after hours material. However, if you're still having trouble choosing your perfect lover in DVD form, take a look at what the people around



hischampion.blogspot.com

**The less explicit the cover, the better the flick?**

you are looking at and follow them closely. Not only is this not creepy, it may increase your chances of going home with the real thing.

# God of War III – go out and get it!

By KITA MURU

If you've ever heard of the God of War series, you already know it has modernized many traits found in most action games today. From the quick time events to the multi-tiered boss battles, God of War does a lot of things right. Now that *God of War III* is here, it's set to rip off your wings, head and eyes all in its PS3 glory.

If you haven't played the first two games yet, it's recommended that you should, in order to avoid feeling lost when starting the third game.

If you feel like you don't have time to look into the prequels, then here is a short summary to get you up to speed. In the

first game, Athena asks Kratos (protagonist) to kill her brother Ares (original God of War). Kratos goes through hell and back and finally ends up killing Ares. In the second game, Kratos is the new God of War,



hiphoppamershow.ning.com

but is stripped of his powers and killed by Zeus (King of Gods). Gaia (a Titan) resurrects Kratos with the hopes of him making a second attempt at killing Zeus. Kratos goes through hell and back again to face Zeus and almost kills him, but accidentally kills Athena, and now he's out to kill Zeus in the third game.

By PS3 glory, this game looks ridiculous (sadly the only thing I say about PS3 exclusives these days). Kratos is so badass it

looks like he could rip the limbs off his previous iterations. Unlike the first two games, there are no CG cut-scenes. The game runs completely on the in-game engine, although they look inconsistent sometimes and the graphics are, overall, incredibly detailed. It still feels pretty huge despite being set on a linear path, and the camera is still controlled for you, but it's solid in directing you where to go. The orchestral sound track, and solid voice acting, lend to how brutal the experience of going through ancient Greece is.

All in all, the game still plays the same, with a few slight changes. The button that prompts for quick time events now comes up at the edge of the screen. Magic is now tied to each weapon, but most of the weapons you get are similar to your blades other than the Cestus (the giant gauntlets) and most weap-

ons aren't as useful as the blades. The combat is still solid, as you rely consistently on attacking, blocking and dodging, and a lot of fights aren't the conventional "attack, attack, attack" routine. Like *God of War I and II*, there are a shit load of extras after the game is finished. For instance, the Challenge of Olympus, the making of *God of War III* and arena mode add some mileage to it.

*God of War III* is as advertised. It's a must-have PS3 exclusive, especially if you like action games centred on ancient Greek mythology. If the thought of ripping out Cyclop's eyes or Harpies' wings makes you queasy, then you might not be as interested in it, but either way it's an exceptionally well done game.



## PB & J

By KATHY LE

### Mango Peach Smoothie

Spring is evidently here and I've decided to finish the last couple of issues up with some summer inspired recipes. For this one, all you need is a blender.

**The stuff:**

- 5 slices of frozen peaches
- 5 slices of frozen mangoes

- 1/2 cup vanilla soy milk (or regular milk)
- 1/2 cup orange juice, or as needed

**The magic:**

1. Place the peaches, mangoes, soy milk and orange juice into a blender.
2. Cover, and puree until smooth.
3. Pour into glasses to serve.



# A dragon and a few laughs

By RACHEL LEES

*How to Train Your Dragon* is a new humorous movie filled with action and adventure. I found it extremely witty and smart, and even got all teary-eyed. The graphics were stunning (OK, so it's no *Avatar*, but for a family animated movie, it was pretty awesome), and the story was extremely comical. All the characters were very funny, and watching the Viking culture unfold before your eyes was simply hilarious.

Hiccup Horrendous Haddock the Third, is the lead character played by Jay Baruchel, who is a very sarcastic young Viking who dreams about being a dragon fighter, but after meeting one face to face, begins to change his mind. America Ferrera, Jonah Hill, and Gerard Butler are also featured in the movie as fellow Vikings, and are equally hilarious.

They took a lot of time in developing the characters, and you couldn't help but be entertained by all of their Viking habits. They were all uniquely animated and I began to fall in love with the detail and humour of the dragons. With all the beautiful sky shots and environment, I was completely sucked into the story line.

The movie is based on Cressida Cowell's book, but is actually drastically different. The moral of the tale was the same, but the story line was very different (better if you ask me), so if you are planning on picking up the book, you may be a bit confused. The concepts and lessons throughout their Viking culture are very relatable (besides the fact that they have a dragon pest problem instead of a bug or mice problem).

The story was very cute and inspiring, and I think anyone watching would come out laughing and feeling encouraged. I loved every second of it, and I would see it again in a heartbeat. *How to Train Your Dragon* is an adventurous and heart-warming film that is sure to entertain.



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THE NUGGET

Don't forget to check the following week's Nugget edition for your "prescription"!

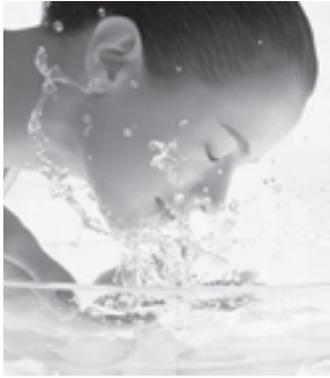


# Skin care for summer

By ALESSANDRA BRUNI

With the sun shining, the clouds gleaming and the snow almost gone, it's that time of year to adjust our skin care products and procedures. Many of us forget that when the weather transitions, our skin care regimen should too. To ensure healthy and attractive skin, there are a few precautions women must be aware of. Here are my tips to maintaining healthy skin:

1. Switch to a lighter foundation and moisturizer with built-in sun block. SPF sun block will help keep your skin from baking all day long and the



www.saidaonline.com

lighter foundation will prevent it from running off or sticking when outdoors under the heat. Plus, using a lighter or powder foundation will make it easy to re-apply and protect your skin throughout the summer heat.

2. Forego tanning beds. The UV rays constantly damage your skin. It is better to avoid the tanning beds and use a self tanner instead (self-tanners do not cause skin damage). You can get self-tanners at Sephora, which will give your skin a perfect sun-kissed glow. Self-tanners and bronzers are a great way to achieve bronzy skin

without the risk of skin cancer.

3. Always remember to cleanse your skin with an exfoliating sponge and a mild soap and make sure you moisturize as well. It's too often that women are reluctant to throw on some moisturizer, but if you're looking to steer clear of dry skin this summer, it's the only way to go. Find a moisturizer that suits your skin type and your facial moisturizer should contain minimal scents or ingredients that cause irritation. When choosing a moisturizer for your body, you have a little more freedom, depending on your skin type.

4. Shower frequently. This is one of the most important things for keeping skin luscious and beautiful all summer long. Immediately after working outside, take a nice warm shower to remove all the particles off your skin. Use a sponge to eliminate sweat and other particles that are harmful to your skin after a long day.

You don't have to spend a lot of money on products to keep your skin safe in the summer. A simple moisturizer and sun block will do the trick, along with a few simple techniques to keep your skin looking warm and fresh all summer long.

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\*\*At participating offices. Some restrictions may apply.

# Help Empty the Nest!

By CLARISSE PORCA

It's back! NAIT's third annual Empty the Nest will happen on Friday, April 9. Organized by NAITSA, this event is an end-of-the-year party which, of course, takes place at the Nest.

It will be staged with live band performances from the Wheatmonkeys and NAITSA's Last Band Standing winners, the Apresnos. Not only that, the stage will also be graced by the popular Canadian band, Social Code. Yes, that's right, Social Code. If you haven't heard of Social Code, then you're missing out. Their songs have spawned success across Canada, and they've toured with bands such as Sum 41 and Finger Eleven. Now, they'll be coming to the Nest!

But that's not the only exciting part of the event. As a way of "emptying the Nest," a bunch of free stuff is waiting to be handed out, such as some Molson Canadian and Jack Daniels swag. With over \$4,000 in prizes to be won, every person who comes is guaranteed to go home with something. For those with a competitive side, a game of This or That might just be the answer. How does it work? Those lucky enough to get called

on stage will get a chance to battle in a game of rock-paper-scissors and win either "this or that." "This" meaning a new laptop computer or "that" meaning a coil-bound notebook. The winner will get the prize of greater value, and the loser will get the latter of the two. Other round prizes include a \$250 grocery gift certificate or a box of KD, a night at a classy hotel or a tent, a 15-inch plasma TV or a smaller standard screen TV, and much more!

Event Co-ordinator Jill Peterson talks about the popularity of the event.

"It's a wonderful way of celebrating the end of the year," she says, "The event is always packed."

Doors will be open by 7 p.m. and the show will start at 8 p.m. Tickets can be bought at the Nest or NAITSA's office for only \$10.

Think about it. By coming, you get a night filled with some amazing rock tunes, free stuff, great prizes and \$3 beer for frugal students! It's a great way to spend a Friday night with friends, a date or to meet up with some new people, de-stress and put the thought of exams behind. Don't miss out as it's sure to be a hit!



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# Remarkably unremarkable

By RACHEL LEES

*Useless Thoughts & Unremarkable Opinions* is the NR92 Radio show created by Jack Nemo. After having the privilege to be on the show twice, I have been able to experience it first hand! The show is filled with peculiar facts and deep conversation (not to mention mindless banter with his co-host Linda Hoang). The show really can't be categorized, as Jack makes an effort to have no limitations on what he talks about. Besides the fact that he really doesn't sugar-coat any of his opinions, I found the show really open and accepting, with freedom to speak about anything. I feel extremely lucky to have taken part of the madness.

**Rachel Lees:** What is your show called?

**Jack Nemo:** *Useless Thoughts and Unremarkable Opinions*. Nice question, by the way.

**R:** (Laughs) Why is it called that?

**J:** It opens it up to being able to talk about anything and everything.

**R:** What do you like to talk about on your show?

**J:** I try to find funny stuff that's happening around the world, just stupid bizarre things. And most of the time I can't, so I just talk about my life.

**R:** What about this fantastic co-host I've heard so much about?

**J:** You mean me?

**R:** No, co-host!

**J:** Oh, Linda was supposed to be just a guest, but I thought it worked really well and she added a whole new level of chemistry. Because I'm male and she's female, it adds a whole new perspective on anything I bring up. So I just asked her back again and again. At first she refused to be a co-host, but eventually she broke down and came to me.

**R:** Does she have her own segments or anything?

**J:** She has her news every show, which is like gossip news, and its mostly involving Glee. And I

have to listen to it every week. Plus, anything else she has to bring to the table.

**R:** Have you two ever fought on the show?

**J:** Constantly. I'm always trying to pull personal information out of her that she doesn't want to give up.

**R:** Where do you want to go in your future with radio and/or Linda?

**J:** Well I hope me and Linda get married and have many kids (all on-air, of course, otherwise it wouldn't be worth it). But besides that I want to eventually do a morning show, and hopefully get to New York because that's the pinnacle of radio.



Jack Nemo takes a rare break.

Photo by Rachel Lees

**R:** Are people allowed to call in?

**J:** Of course! Sometimes I get the odd random call but mostly I hear from my friend Aaron. Or my mother.

**R:** What kind of music do you play on your show?

**J:** I try to play whatever I'm feeling. It's a lot of alternative kind of stuff ... Oh, and Linda gets a pick, which is always a horrible idea. I don't know why I implemented it in the first place 'cause for two weeks in a row it's been the same song. (Laughs) She's not very creative.

**R:** Hasn't it been three weeks in a row?

**J:** Probably. It's all become a blur of the same Linda-

pick songs. Whatever she picks sounds the same anyway.

**R:** Gotcha. So what makes your radio show different from everyone else's?

**J:** There are a lot of good radio shows, and a lot of good potential. I think I'm one of the few that has a mostly-talk show. Out of a two hour show, it's usually an hour and 45 minutes of talk.

**R:** Why should people listen to your show?

**J:** I hate this question, I don't know, If you're into a lot of talk-comedy radio then you should listen. It is Sundays from 5-7 p.m.

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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

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## DECKS

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Photo by Jamie Anderson-Reid

### Marc Majeau, 21 Radio and Television

- Idea of a Perfect Date** – The Old Spaghetti Factory and that new movie Miley Cyrus is in.
  - Most Favourite Pick Up Line** – “Hi, I’m Marc. I’m not afraid of ghosts ... and I stutter sometimes.”
  - Boobs or Ass?** – I like a girl with a nice, strong jaw.
  - What do you think of one-night stands?** – They are OK, but only if they end up funny. Like *Knocked Up*.
  - Hobbies** – Music, sports and movies.
  - Where do you want to go with your Radio Diploma? (Ideal job)** – Just to be better at life than Andy Ferguson. Take that, Ferguson! Take that!
  - Anything to say to the ladies of NAIT?** – Ladies! I know *Desperate Housewives* is all the rage, but you should totally listen to *The Marc Majeau Show*, Sunday nights at 7 p.m. on NR92.com.
- Are you hot and single? E-mail us at entertain@nait.ca

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## TIMELY TIPS

# Enhancing self-esteem



**MARGARET MAREAN**  
NAIT Student Counselling

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However, you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

**1. Identify your self-defeating thought patterns and work towards changing them.**

- **All or Nothing Thinking.** “I am a total failure when my performance is not perfect.”
- **Magnification of the Negative/Minimization of the Positive.** Expecting that things will always go wrong is a common attitude. A single negative detail, a piece of criticism or a comment colours all reality. Good things don't count nearly as much as bad ones. “She didn't say hi to me, so nobody likes me.” or “I got five As but the one C really

shows my abilities.”

- **Jumping to Conclusions.** Concluding things are bad without any definite evidence.
- **Emotional Reasoning.** “I feel ugly/stupid/unpopular so it must be true.”
- **Overemphasis of “Should” Statements.** “Shoulds” distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. “Should” statements are often perfectionistic and reflective of others' expectations rather than our own. (I “should be getting straight As”).
- **Labelling.** Instead of saying “I made a mistake and I can learn from that,” saying “I am a loser and it is all my fault.”
- **Difficulty Accepting Compliments.** “You like this outfit? I think it makes me look fat.”

**2. Emphasize your strengths**

Give yourself credit for everything you try. By focusing on what you attempt, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with those that can't be changed as well as those that you don't want to put the effort into changing.

**3. Develop your skills**

Learn and practise the skills that you feel you are lacking and that would add value to your life.

**4. Set realistic goals**

Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as – “Anything less than an A in school is unacceptable” – invites stress and feelings of failure.

**5. Take risks**

Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process. Don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

**6. Experience success**

Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch – but don't overwhelm – your abilities. Allow yourself to acknowledge and feel good about your successes.

**7. Use Positive Self-Talk**

Stop listening to your negative inner “critic.” When you

notice that you are doubting or judging yourself, tell yourself “stop” and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

**8. Respect your own needs**

Recognize and take care of your own needs and wants first. Identify what really fulfills you – not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

**9. Solve problems**

Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

**10. Make decisions**

Practise making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

**11. Be assertive**

This means looking after your own needs while being respectful of the needs of others.

**12. Rely on your own opinion of yourself**

Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.

**13. Let go – of the past, of unhealthy relationships, of anger you are holding onto**

**14. Love yourself**

Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.

And remember – there is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

“Today is yours to make it whatever you want it to be”

– H. Johnson

If you feel you would like further assistance enhancing your self-esteem or dealing with other personal or academic concerns, contact NAIT Student Counselling, Room W111-PB in the HP Centre or phone 378-6133 to book an appointment.

– Some of the above information was adapted from University of Texas and University of Illinois handouts.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



## Avoiding identity theft



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

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public.

The two major credit bureaus, Equifax and Trans Union, indicate that they each receive approximately 1,400 to 1,800 Canadian identity theft complaints every month.

**Be vigilant. Protect yourself!**

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

**Be proactive in fighting identity theft.**

Learn and use safety measures to minimize the chance of becoming a victim. Be wary of unsolicited e-mails, telephone calls or mail attempting to extract personal and financial information. Ask yourself if you need all of the identity documents in your wallet. Remove any cards you don't need and store them in a safe place.

**Be careful about sharing personal information.**

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

**Payment cards (credit and debit)**

- Periodically check your credit report,

bank and credit card statements. Report irregularities promptly.

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

**Mail**

- Shred personal and financial information before putting it in the garbage.
- Protect your mail. Deposit outgoing mail in post office boxes and remove mail from your mailbox promptly.
- If you are unable to pick up your mail, have someone pick it up for you.

**What to do**

1. Act immediately. Report the incident.
2. Notify creditors and/or financial institu-

tions immediately.

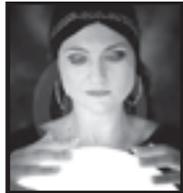
3. File a report with the Edmonton Police Service.
4. Cancel credit and/or debit cards.
5. Check your credit file with both credit bureaus (Equifax and Trans Union).
6. Report fraudulent activities to:
  - a) Reporting Economic Crime Online: [www.recol.ca](http://www.recol.ca)
  - b) Phonebusters\*: 1-888-495-8501 [www.phonebusters.com](http://www.phonebusters.com)

*If you have information about a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.*

Everybody benefits, except the criminal.



# Your horoscope



MADAME O

**April 8-14**

(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)**

Get close and move slow. That should be your motto for the next week.

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

Most would believe that your intellect is a true strong point in your character. I'm here to tell you that you're simply just the comic relief. This is code for "you're a dumb-ass."

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

Worldly prospects can be seen from here. All you need is a well-deserved break and a

whole lot of money. Even so, it's just beyond the horizon.

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

Put your talents to good use this week. But if your talents have anything to do with juggling dead rats with your feet and catching them in your mouth, I sincerely don't want any part of that. Nor do your friends.

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

Did you go see John Mayer this week? If you did, I have zero respect for you. Lighten up and listen to some good music you sack of crap.

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

Your lottery numbers are 8 - 9 - 19 - 28 - 31 - 37. Your bonus ball is 22, and if this works, you owe me some serious cash.

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

You'll find yourself waking up, doing some shit, doing some more shit, then going to sleep a lot this week. Oh, I'm sorry, were you looking for something more philosophical? Well, you can't see it but I'm flipping you

the bird. Eat it.

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

I don't need to say any more to you. Put down the World of Warcraft, go outside, and get some sun. You're too pasty and you are the only one to blame for all of your problems. Oh, and your parents never wanted you.

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

People shouldn't judge others by the colour of their skin, but people should always judge you for the pot-holes on your face, the greasy puddles on your forehead, the misshapen head you were born with and maybe the buck-teeth you call a smile. You're not pretty. You better change that.

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

Try to avoid any ambiguous situations dealing with your love life, but always remember, seven no's and one yes still means yes.

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

It's time to own up to those mistakes from your past. Just

make sure you take in everything being said to you, and articulate your apologies. In the grand scheme of things, your favourite word will be "sorry."

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

You're going to have a great week and you won't even know why. Just soak it in and take it for granted.

**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](http://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!

EXPLORE CANADA'S

**GREAT INDOORS**

CANADA'S PUB

# Grapevines

Grapevines is a chance to speak your mind. E-mail [grapevines@nait.ca](mailto:grapevines@nait.ca) or submit online at [www.thenuggetonline.com](http://www.thenuggetonline.com)

Boys will always be boys. NO matter how good they say they are. They're just a bunch of assholes.

– Boys are Assholes

•••

What am I thinking? Well if you want to know, it was to either run you over with my car or cut your d\*\*\* off. Happy?

– Dilemma

•••

So let's plate this dish up ... um ... where are the plates? (Awkward and uneasy silence).

– Plateless

•••

I love Marianas Trench! Hugs to Mike Check and Matt Check. Tee-hee.

– MC Times Two

•••

I can't wait to go to New York. Shopping, shopping and more shopping. But first I need to find my sugar daddy.

– Gold Digger

•••

If you think that I am conceited, then say something TO MY FACE. I am com-

ing away from dealing with a personality disorder and I am just learning to be more confident. I was made to hide within myself emotionally because Jagoffs like you didn't give a f\*\*\* to know the facts and were too proud to admit you were wrong.

– Say it to my face

•••

I think I found my doppelganger in the Business Tower. Looking good, chum!

– Doppelganger

•••

Man that guy who writes the horoscopes is one clever son of a b\*\*\*\*!

– Horoscope Crush

•••

To my sexy chemistry teacher, thanks for the perky term ...

– Giggidy

•••

I hate being ignored by a teacher. I tried to ask for help but they rather help people who talk too much in class than people who are unnoticed. Good thing I never have to take that stupid class again

– Get better teachers

•••

If you are going to urinate, wash your damned hands! I wouldn't want to shake your hand if I knew that I would essentially be touching your genitals. You must have at least a good 25 years on me.

– Unimpressed

•••

To that Asian girl in the V-Building that always passes by us guys in the morning, You're hot and I'm into Asian chicks. Let's get to know each other.

– Brad Pitt

•••

I'm always wondering who's a VIRGIN and who's not with ANYONE I know or meet. People in my class, can we go around and each say our sexual status? Just to ease my curiosity.

– Curious

•••

To the person who writes the horoscopes, go f\*\*\* yourself. Would it kill you to be positive for once? P.S. You're stupid.

– Hates negative D-Bags

•••

As I am a true gentleman, I will simply respond to your query with, "I wasn't made this big to be left short in other places." I am quite proportional. But, if you'd like to find out first-hand (pun intended), I'm taking reservations for viewings and samplings this week.

– Dick

•••

If lusting after girls more than 10 years younger than me is wrong, I don't ever wanna be right.

– Horndog

•••

It is SOOO beautiful outside!!! Spring is finally here.

– Goodbye Winter

•••

OK, there's a NAIT pedway with wet paint on one side and I was an idiot who didn't know ... there goes that sweater.

– Bitter Paint

•••

Holy was one part of campus blistering hot this week. What was up with that?

– My Easter Chocolate Melted

# Dr. CONwisDOM

Dear Dr CONwisDOM,

I did the stupid thing most girls do – give their boyfriend a second chance after he cheats. Well, we are trying to make it work and it's been about two months since the day. Now we've run into another problem. I can't seem to enjoy sex with him anymore. It's so dry ... if you know what I mean.

– Sad and Dried

Dear Sad and Dried,

No wonder you can't get the water from the wells to come in, there are serious mental problems here. It probably doesn't help that every time you guys hit the sheets the only thing on your mind is where his penis has been ... in some other dirty whore. You need to leave him, honey! There are plenty of other guys available to soak you up.

•••

Dear Dr CONwisDOM,

I have a serious pet peeve – weird looking feet. It's the one thing that can take me from 60 to 0 in no time. I met this real nice girl and we hooked up for the first time. Everything was going so good and then I glanced at her feet and couldn't finish. What the hell do I do?

– 60 to 0

Dear 60 to 0,

You are bizarre. It's not like the actual "intercourse" part will involve her feet (unless you're into that kind of stuff). Now, it will be a problem if you like to nibble on her

toes, but if that's not the case, then just stop going south after a certain point. Or, better yet you can just turn out the lights. Good luck with that, man.

•••

Dear Dr. CONwisDOM,

My boyfriend wants me to talk dirty to him when we're in bed, but I don't feel very comfortable doing it – in fact, I don't really like to say anything. I'm more of a moaner. My parents raised me not to say dirty words like that, and it just makes me feel weird. However, I'm worried that if I don't do it, he'll break up with me. Any advice?

– Not a Potty Mouth

Dear Not a Potty,

This is one of those situations where a compromise would probably be a good idea. You don't have to become a full-on gutter-mouth to make your boyfriend happy – he probably just wants a bit more verbal approval of what he's doing. Men can be very insecure in the bedroom, and they need to be reminded that they're doing well (if they, in fact, are – you shouldn't lie to him). Phrases like "you feel so good inside me," "you make me so wet," or "give it to me baby" can up your level of dirty talk without actually making you feel ashamed of what you're saying. You'd be amazed at how much dirtier you can sound without actually saying anything terribly offensive. Who knows? After starting with some relatively tame stuff, you might get more comfortable talking dirty, and you

may even surprise yourself with what comes out of your filthy little whore mouth.

•••

Dear Dr. CONwisDOM,

I heard that taking magic mushrooms and screwing is an incredible experience. Anything in particular I should know before trying it for myself?

– Willing to Experiment

Dear Willing,

First, a disclaimer. As a doctor, I would never condone the use of illegal drugs such as magic mushrooms. However, if you do decide to defy the law and dabble in a little drug-induced humping, there are some things you should be aware of. First off, if this is the first time you will be taking mushrooms, DO NOT attempt to do anything else while high, including having sex. You just don't know how your body is going to react to the fungus, and for that matter, you don't know how much to take to achieve the desired effects. Now, if you are an experienced mushroom-taker, you already know your limits, so as long as your partner is into the idea, go ahead. Just remember to have lots of water handy, because taking mushrooms can easily make you dehydrated. Adding a physical activity like sex into the mix will just add to that dehydration, so keep this in mind. Also, understand that mushrooms can cause you to become more emotional than usual, so don't be surprised if you start crying during your hump session. In the end,

it's your body – just be safe.

•••

Dear Dr. CONwisDOM,

I am 26, and have been with many girls, but now I'm losing hardness and stamina and trend is going on and on. Someone told me that it is only psychological effect. What to do?

– Regards

Khelly

Hi Khelly,

Sounds like you're having a little trouble keeping your love balloon inflated. If your friend told you it's all in your mind, they could be right. It's a well known fact if you focus on your performance it's bound to fail, so calm down and just have fun. Like you said, you've already been with a lot of girls, perhaps they're just not cutting it anymore. Perhaps Khelly Jr. is telling you it's time to play for the other team, and hey, no big deal. You're in college, it's time to experiment – out of the pink, and into the stink! But, if penis play's not in your near future pick up some of the little blue pills that keep smiles on the faces of seniors around the world.

•••

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

# CLUBS CORNER

## Upcoming events ...



### SIFE

**What:** Blue Water Fundraiser  
**When:** April 8; 9 a.m.-6 p.m.  
**Where:** South Lobby Kiosk

### Business Connex

**What:** Business Etiquette Dinner  
**When:** April 8; 6 p.m.-9 p.m.  
**Where:** Fresh Express;  
Tickets \$20

Contact Govind Pillai at gpillai1@ookmail.nait.ca

### CCR

**What:** Silent Auction  
**When:** April 9; 8 a.m.-12:30 p.m.  
**Where:** South Lobby

### DeFeYe Arts Club

**What:** Studio Day  
**When:** April 10; 12 p.m.-8 p.m.

**Where:** Harcourt House, 10215 – 112 Street

### 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.

## CLUB NEWS

**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/>  
**Grant #5 Deadline:** May 3, 2010

## 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



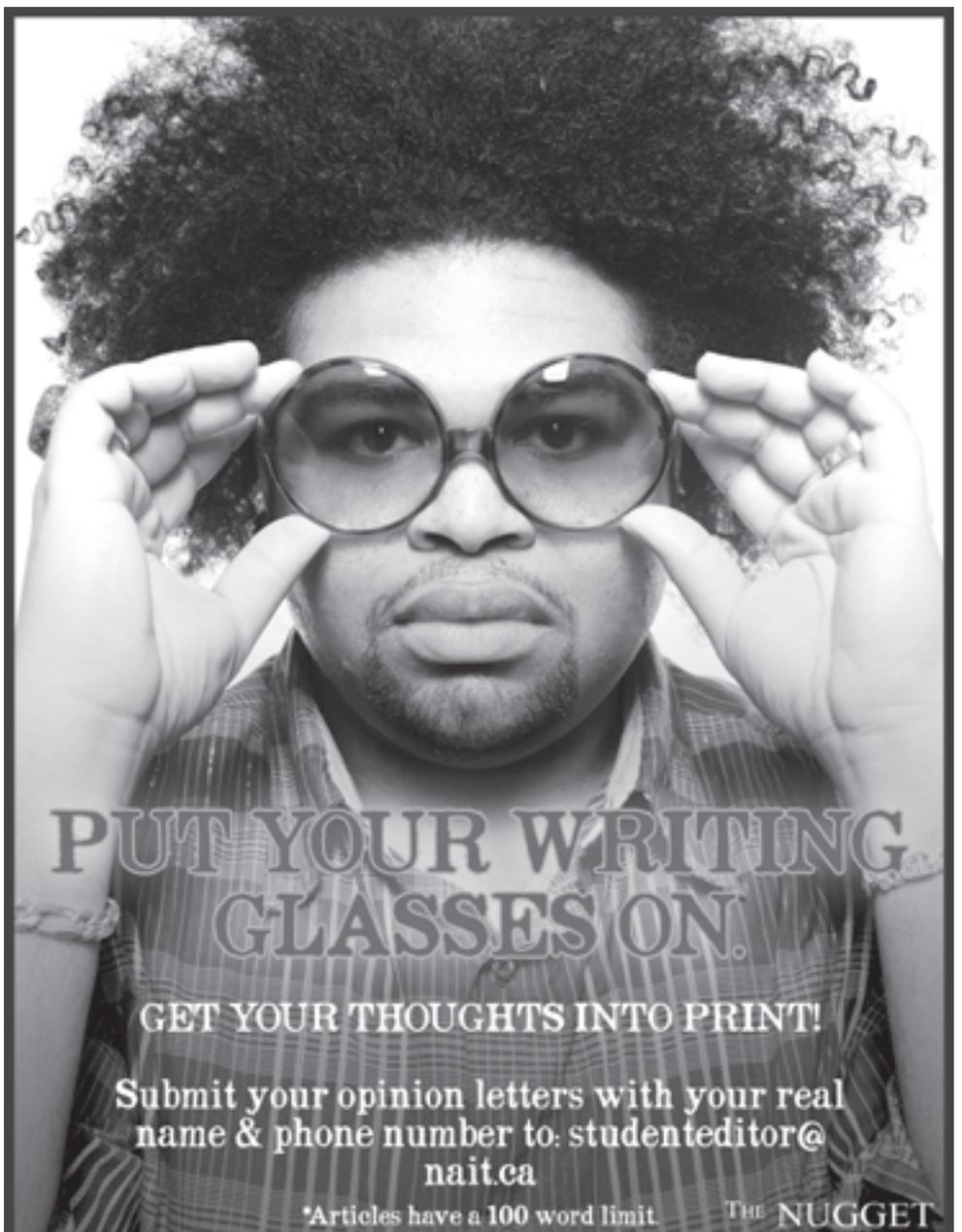
Conserve Water Locally. Create Water Globally.

April 8<sup>th</sup> South Lobby

Learn ways to conserve water  
And how you can help bring clean water to those in  
Haiti, Tanzania, Kenya and Uganda

Win

Beer for a Year  
Earls' Gift Pack  
Comedy Strip Tix



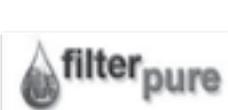
## PUT YOUR WRITING GLASSES ON.

GET YOUR THOUGHTS INTO PRINT!

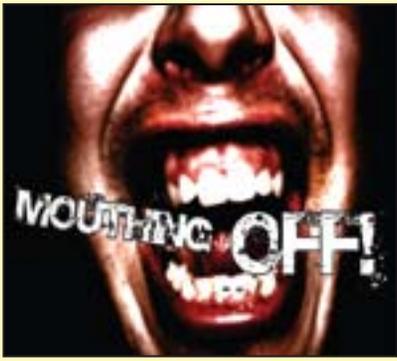
Submit your opinion letters with your real name & phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca)

\*Articles have a 100 word limit

THE NUGGET



# Which is better, 2D or 3D movies and why?



Linda Hoang  
and  
Kathy Le



"It depends on the movie. Watching *The Notebook* in 3D wouldn't be as exciting as opposed to *Avatar*."

**Sanam Dhaliwal**  
Business Accounting



"2D. I get too nauseous with 3D."

**Chad Kroeger**  
Radio & Television



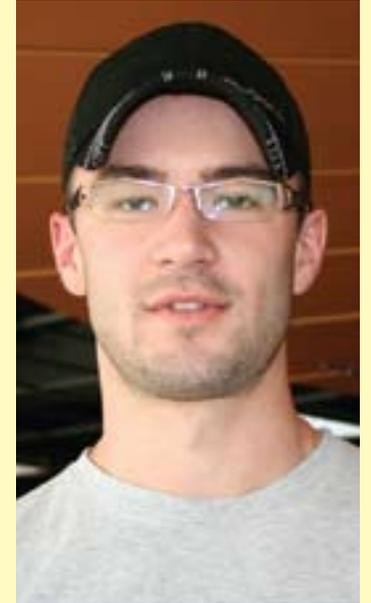
"It doesn't really matter to me but I like cartoons in 3D."

**Jillian Fraser**  
Pre-Technology



"3D, because they are fun to watch."

**Cathy Gonzalez**  
Business Accounting



"2D movies because there's more selection and you don't have to wear the glasses."

**Miso Uletilovic**  
Instrumentation

## HOW WAS THE U-PASS DECISION MADE?

The U-Pass referendum passed with a 68% majority on March 25th.

Voter turnout was phenomenal, and the results were overwhelmingly in favour of the U-Pass. Because of this successful turnout, we've been receiving requests for how the U-Pass campaign was conducted and promoted.

Over the past two years, surveys were conducted with NAIT students to determine U-Pass interest and expectations, which resulted in 86% of respondents replying in favour of pursuing the U-Pass for NAIT students. Because of the number of NAIT students who were interested in the U-Pass program, NAITSA participated in over a year's worth of meetings between the City of Edmonton, ETS, the U of A SU, and the MacEwan SA, which resulted in a new U-Pass contract being negotiated, including the decision that an overwhelming majority (more than 66.6%) must be met in order for the U-Pass to go ahead at NAIT.

All NAITSA-created promotional materials were up for over a month before the referendum, and referred people to our web page or office for

further information. Our materials included:

- www.naitsa.ca/upass website created with further information regarding service, our site had over 10,000 visitors during the month preceding the election
- 30 22x28 posters posted throughout campus including all large format posters stands
- 60 medium format posters posted on bulletin boards throughout campus
- 5000 handbills distributed through: NAITSA Office, The Nest, Common Market, Fresh Express, Bookstore, Athletics kiosk, Registrars Office, Cash Office, Health and Dental Office
- 3 weeks of full page/full colour ads in The Nugget and several articles by students were written regarding the program
- Student Portal and Staff portal postings kept up throughout informational campaign
- NAITSA Twitter and Facebook pages provided ongoing information regarding referendum
- Notification of referendum sent to over 13,000 eligible student voter email

addresses throughout voting period

- Forum U-pass category opened with FAQ's and Yes/No campaign threads
- \$1000 promotional material allowance provided to both No and Yes campaigns
- Students requesting further info on either side of campaign directed to ensure to vote, and to contact the No/ Yes campaign leaders to help out

Voting for the U-Pass referendum was open online for a full week, 24 hours a day, with one day of on campus poll stations in various locations across campus for those without computer access (with the added intent of drawing attention to the referendum). Email notifications were sent to all eligible student voters, totaling over 13,000 Oookmail/contact email addresses provided by NAIT.

Finally, 2012 NAIT students voted in the referendum, a higher voter turn-out than for any other referendum or election in NAITSA recent record. 68% of these voters voted "yes" for the U-Pass, meaning that it passed with over the desired overwhelming majority.



If you would like more information on the new U-Pass program, visit our website at [www.naitsa.ca](http://www.naitsa.ca) or come by our offices at E131 (by the gym)

