

HAPPY VALENTINE'S DAY – THE NEXT NUGGET'S ON MARCH 4

THE NUGGET

Thursday, February 11, 2010
Volume 47, Issue 19



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



Ooks win on and off court

Lady Ooks, in pink uniforms, raised over \$4,000 for breast cancer research and swept No. 1 King's College 69-63 and 61-53 in weekend action

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Ook Molly McMahon takes a shot as Dale-Marie Cumberbatch, 6, waits for a rebound during a game on the weekend against King's College. For more, see What's Hot, What's Not, page 11.

Jamie Anderson-Reid

VOTE NOW!

Online polls close at 4 p.m.!



NEWS & FEATURES

Awards for NAIT media



RYAN FLAHERTY
Issues Editor

Wherever you go these days, it seems our school has a pretty solid reputation. Whether the subject is quality of education, tuition rates or class size, NAIT has established itself as one of the top schools of its type in Western Canada, if not the whole country. These days, thanks to increasing positive recognition, that reputation continues to expand and now includes the school's corporate communications, advancement, and marketing and digital media teams.

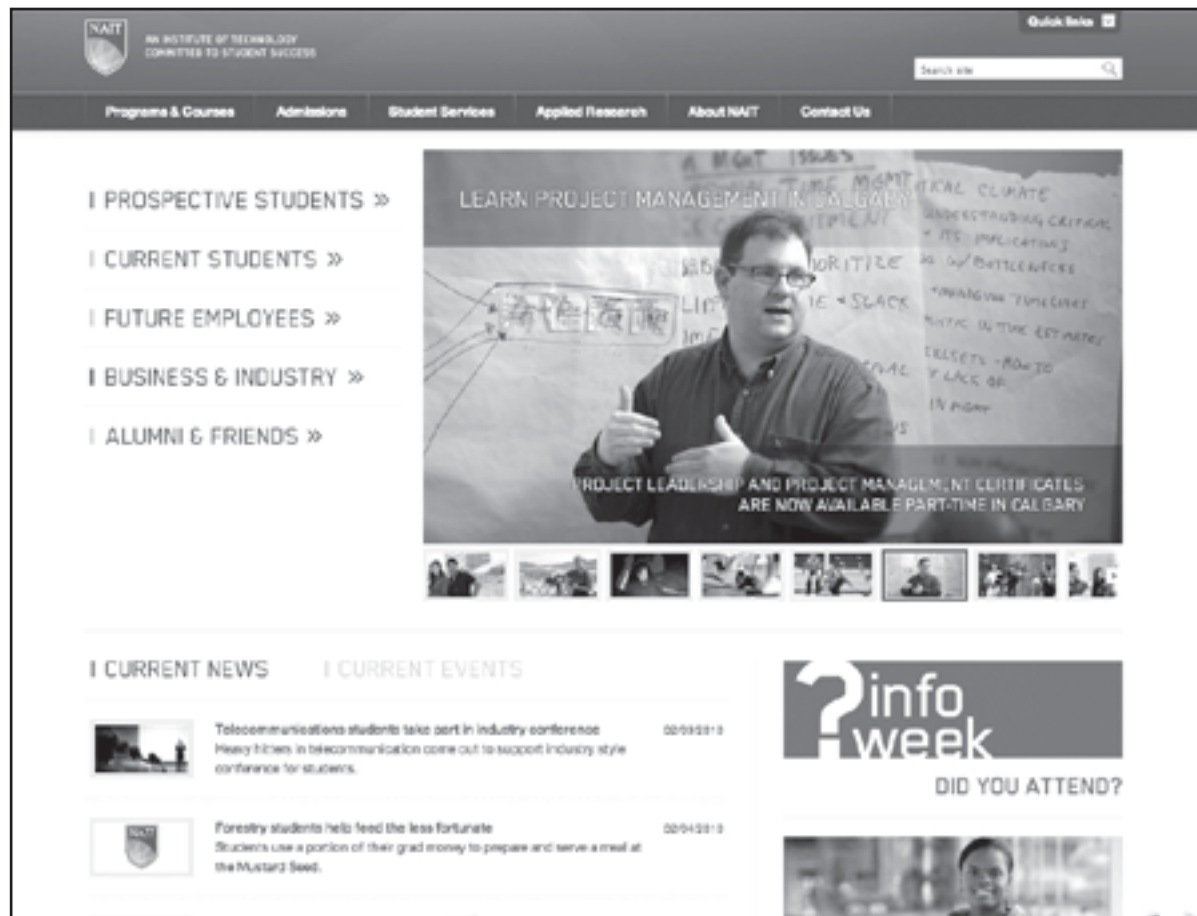
The latest example of this recognition came in the form of several awards won by the three departments. The awards, handed out by the Council for Advancement and Support of Education (CASE) in a number of geographical regions throughout North America, recognize creativity, talent and a whole host of other positive attributes displayed in a number of formats.

In District VIII (Western Canada and the Pacific Northwest of the U.S.), NAIT won seven awards in total, including two Grand Golds (the Big Kahuna of the CASE awards). The first of these was for work revamping the school's website. Dallas Stoesz, senior manager of marketing & digital media, explained that a lot of effort went into the redesign. "There was a really big move in 2008, 2009 to really focus on the website and make sure that it did what the institute needed it to do," she said. While

winning an international award was one of the team's goals, beating out a bunch of stiff competition was gratifying too. "UBC's site is in there, BCIT," Stoesz elaborated. "Those are really great sites. We're in with all the universities, all the other colleges in those regions, so it was pretty good to get the award." Marketing & digital media also won a gold for the School of Hospitality website and a silver in the photography and illustration category for its fall brand positioning campaign image.

Adding to the haul, *Techlife* magazine was handed two awards, including the school's second Grand Gold, which recognized the publication as the best general interest print magazine. The judges looked at a number of factors, explained Sherri Krastel, manager of corporate communications. "The award submission really focuses on demonstrating in a plan that you have had a goal and some clearly defined objectives with the magazine – that you understood your target audience, you knew who you were writing for," she said. "You put together a strategy that addresses challenges and opportunities."

In addition to the Grand Gold, *Techlife* senior graphic designer Derek Lue was given a silver award for his NetZero house cutaway illustration in the Spring 2009 issue of the



NAIT's award-winning, revamped website.

magazine.

Not to be outdone, the school's advancement team won a pair of CASE awards. The "SS Benefit NAIT Cruise to Madagascar" event garnered a silver medal in the projects and programs category, and photographer Amy Bizovie won an award for her photos of celebrity chef Rob Feenie, who was part of the Hokanson Chef In Residence program last year.

In the end, Krastel said, the awards motivate her department to continually improve their product.

"Winning the award is great but at the end of the day if we're not serving our readers we're not doing our job, so we do a readership survey following each issue," she said. "There [are] a few areas that we will try to improve on, but we really do take our cue from our readers."

Representatives from each department will travel to Portland, Oregon next week to be formally presented with the awards. Given the work done by all three departments, it likely won't be the last trip.

City TV cuts hit close to home

State of the Media By ALI YUSUF

On just the second day of his practicum interning at City TV Edmonton, MacKenzie Marshall, a fourth semester Radio and Television student, heard the news that all but two of City TV's news programming were being cut.

Rogers Communications Inc., City TV's parent company, eliminated nearly all of City TV programming across Canada in late January, leaving nearly 60 network employees without jobs.

These cuts were felt by many City TV stations across the country, including here in Edmonton.



MacKenzie Marshall

But Marshall is staying positive about media job prospects.

"I can't speak for anyone else at City, but I'm remaining optimistic about what's happening," Marshall said.

"It doesn't matter what field you're in, if there are cut backs employees are going to be a little worried for the first little while."

And while the loss of a news outlet can often mean audiences could be getting more streamlined news, due to a lack of media competition, Chris Durham, a NAIT Radio and Television instructor, doesn't think that'll be

the case in this situation.

"For media competition, I don't think [the City TV cuts] will have a major impact," Durham said. "City TV, for all its valiant efforts to be unique and diverse, has not struck a chord with viewers, ratings-wise anyway."

Durham goes on to say that it's not uncommon for a television station to bounce back and flourish after a bad spell, which could

mean more job prospects in the future for RTA students.

Despite losing many employees across the nation, City's Breakfast Television and Cityline still remain on air.

And Marshall believes that as sad as the City TV cuts are, situations like these give broadcasting students like him valuable experience that should help somewhere down the road.

Study Skills Workshops Check out these FREE Drop-in NAITfye (First Year Experience) Workshops				
February-10			Times	Location
11	Thurs	Stress Management	11:15am-12:05pm	X215 X215 X107
			12:15pm-1:05pm	
			4:30pm- 5:20pm	
For more information contact: Sarah Walz at 780-471-8823 or askfye@nait.ca				

DMIT growing pains



LINDA HOANG
Assistant Issues Editor

Disgruntled Digital Media and Information Technology (DMIT) students approached the *Nugget* last week to bring to light internal problems within the program.

Speaking on promise of anonymity, one first year, second semester DMIT student laid out the issues that he and his classmates have recently had to endure. He requested anonymity, fearing consequences if he were named.

"There's been some turmoil," said the second semester student.

"A good portion of the program didn't receive their schedules this semester until about a week after school started," he said, adding that the students spent their first week guessing as to which classes they had and which rooms they should be in.

'Frustrating process'

"Currently I only have five classes, which is below the minimum credit requirement per semester," he said, explaining that he and many other classmates haven't been able to get into certain courses because they've been filled, despite having met pre-requisite requirements.

"It's been a frustrating process."

"With all the scheduling issues, there are a lot of students who are really flying off the handle," said a second year, fourth semester student.

Digital Media and Information Technology was launched this September and is a merger of two older NAIT programs – Digital Media Design (DMD) and Computer Systems Technology (CST). Officials said at the time that as there are facets of digital media design in information technology and vice versa, combining the two to form the DMIT program made "logical sense."

"Every post-secondary education institution revises and renews its content and program offerings, and just like everything else when you are being exposed to something new, there is always, always some hiccups," said Sia Samimi, chair of the DMIT program. "So is it true that students are going through a transitional period with us, of course that's the case."

'Doing the best we can'

"We're doing the best we can to make life as palatable as possible for our students," Samimi said.

"That doesn't mean some students won't be disgruntled or dissatisfied, but we are doing our best."

He explained the delay in schedule distribution was due to late submission of final marks before the Christmas break. It was only after marks were inputted that

it could be determined which classes students could enter based on whether they passed or failed the pre-requisite courses.

Student morale has also been low because instructors have been leaving the program, the second and fourth semester students said.

But Samimi explains instructors have left because they're only hired to teach for a specific amount of time.

"The instructors we hired were sectional instructors," he said. "They are here for an appointment that they receive from this date to this date and then they go."

Samimi cited the main source of conflict within the program is the fact that NAIT diploma programs like DMIT do not have course-based registration, which means students aren't able to pick and choose their courses online.

"All of the troubles we've had in the past couple months is because students have not been able to register for courses themselves," Samimi said.

"We had to deal with student requests, placing them in individual classes one person at a time, so some students' schedules had to be revised, some of them had to go from one class to the next."

'With all the scheduling issues, there are a lot of students who are really flying off the handle.'

– DMIT student

"Once course-based registration is in place, much of these problems will be resolved because students will be able to decide what courses they want, what courses will conflict, and how many courses they can take in one semester."

"With so many elective courses, it's just extremely difficult to manage student requests and it is just painful for everybody involved," Samimi said.

Currently only NAIT's degree programs have online course-based registration.

"We came up with a model that is incredibly flexible and beautiful, but at the same time complex to offer by administrators," Samimi said.

He said it will take at least two years for the program to become stronger and problems to be sorted out, and that a request has been made for course-based registration to be available for DMIT students.

There are over 200 students registered in the DMIT program.

The program is two years in length and from second semester on, all of the courses are electives, including 3-D modelling and animation, motion graphics and game design.



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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



**DREAMS, CURIOSITY, IDEAS -
THE CREATIVE ELEMENTS
OF INNOVATION**

NAIT welcomes Dr. Roberta Bondar, astronaut, scientist, physician, environmental educator and acclaimed photographer for two exciting speaking engagements.

ESPECIALLY FOR NAIT STUDENTS
Thursday, March 18, 2:30 - 3:30 pm
NAIT Shaw Theatre

Be inspired by a brilliant career built on personal passions, change and adaptability.

Free admission for NAIT students! Tickets are required: email mparker@nait.ca by March 1 to request your ticket.

AN EVENING WITH DR. ROBERTA BONDAR
Thursday, March 18, 6:30 pm
NAIT Shaw Theatre

Tickets \$31.50; includes pre-presentation reception with light refreshments.

Tickets available at NAIT Bookstore on Main Campus, or online at www.nait.ca/bondar

NAIT Women in Technology sponsored by IUTS Energy Corporation.

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AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

Robot set to fight crime



LINDA HOANG
Assistant Issues Editor

It'll go in to negotiate hostage takings.

It'll gather intelligence and relay it back to headquarters.

At its fastest, it'll zip down the halls at a speedy 16 km/h.

Its name is Woody, and it's NAIT's latest creation.

Woody is a 150-pound, camera-equipped, controller-operated robot being built for the Edmonton Police Service by a team from NAIT's electronics engineering program.

"It's quite powerful and capable of high speed," said Mark Archibald, research co-ordinator of the eight-person engineering team. "It works on all surfaces, can spin around on its axis and push open doors no problem."

"When it's moving full speed, it's actually kind of scary," Archibald adds.

Ray Akbar, explosives technician with the EPS, says the partnership between NAIT and the EPS allows for Woody to be custom-designed specifically to what the EPS wants in a robot.

"It gives us an opportunity to explore some of the options that we don't have on our robots right now," Akbar said.

Woody is now at a developmental stage where he's functional enough to be shown off to the police and other potential manufacturers or buyers, but Archibald said the robot would not likely be ready for actual police use for at least another two years.



Photo By Linda Hoang

Mark Archibald, research co-ordinator for the team that developed Woody the robot, shows off his group's creation.

"But the final product will come out to a fraction of the price of current commercial robots," Archibald said, adding that most of the parts used to build Woody are off-the-shelf items that are

easily repairable if need be.

The EPS currently has three working robots that are used to detect bombs or deal in hostage takings.



Jamie Anderson-Reid

The NAIT women's basketball team's silent auction to raise money for cancer research.

Out and about ...

The Week That Was By KATHARINE HAY

It's time once again to take a quick and dirty look back at the week that was. Remember last Monday? Yeah, it's hazy for me too. Without further meandering, here are a few underreported news stories for the week of February 1-7.

- A tiny little bylaw change may end up changing the skyline of downtown Edmonton for good. The closing of an alley near 105A Avenue and 101 Street leaves room for development of a 25-storey condo/hotel. Awesome for all those out of town peeps checking out the downtown arena, if the plan ever goes ahead.

- Fifty year old EPS Constable Brian Toner was docked \$4,800 in pay after getting busted for impaired driving. He was given a conditional discharge and 18 months probation in court last April.

- A dozen terminally ill children almost had their wishes dashed when Edmonton-based Newwest Special Projects pulled the plug on a "floating hotel" cruise ship at the Vancouver Olympics. With poor sales – even at a below-Olympic market value rate – the group cancelled all the reservations on the Norwegian Star Cruise vessel. Luckily for the kids, part of a Make a Wish Foundation project, people in Vancouver opened their homes and all twelve children and their families found places to stay during the 2010 Olympic Games.

- At the University of Alberta, more than 1,200 students and staff tried to set a world record-sized dodgeball game. Since 2003, students at Lister Centre, the University's main undergraduate dormitory, have been dipping, diving, and dodging their way to glory. It will still be a few months before the Guinness Book of Records will actually verify this record breaking game.

- Iranian President Mahmoud Ahmadinejad has ordered his country to increase its uranium enrichment from 3.5 per cent to 20 per cent. Iran says this is entirely for peaceful purposes, and that the country needs a higher purity uranium to operate a medical research device in Tehran. The United States still fears the Iranian nuclear program could be used to produce an atomic bomb. To create missile warhead material – aka an A-bomb – the uranium must be over 90 per cent pure.

- **Olympic news:** The first thing Olympic athletes are being asked to do after checking in is to pee in a cup. Or take a blood-test. Or both. Yup, it's Vancouver's newest way of cracking down on drugs. Athletes in sports known for doping, like those hippies in cross-country skiing and biathlon, will likely be tested multiple times. In other doping news, apparently gene therapy is the new, hip way to get around the blood and pee-cup tests. At the very least, it could be tempting to ward off disease via protein blocking and a whole bunch of other scientific gobbledegook. Researchers warn not to attempt this, as it hasn't exactly been tested on people yet. Finally, Canadian cross-country skiing Olympic hopeful Sarah Renner placed third in the classic sprint category in her hometown of Canmore. Drug free, might I add.

- At NAIT, forestry students are forging their graduation festivities and donating the money raised for the event to the Mustard Seed. The \$1,100 fed 400 people, and the students chipped in further by rolling up the sleeves and serving the meals themselves.

- On Saturday night, the NAIT Ooks women's basketball team donned pink for breast cancer awareness. There was also a silent auction, in-game entertainment, and all funds from the auction and ticket sales went to the Canadian Breast Cancer Foundation.

Pink hair for a cause



KATHY LE
Assist. Entertainment Editor

Media, salon students and staff filled the Evelyn Charles Academy last week for the St. Valentine's Day Hair Massacre 'pinking' day.

Tammy Macdonald, executive director of the fundraiser, sat Edmonton Oilers centre Patrick O'Sullivan in a chair and squirted bright, pink dye into his hair. Though this isn't the first time he's contributed to a good cause, it's definitely the first time he's dyed his hair pink.

O'Sullivan didn't seem at all bothered by the new look, saying, "I don't have concerns dying it and I'm going to shave it too".

Over the last seven years the Val-

entine's Day Massacre has drawn the attention of a number of media and sports celebrities in the city, including members of the Oilers hockey team. Members of the Rush and Eskimos also partook in the significant campaign.

"As hockey players, we have the ability to impact the community on a big scale," said O'Sullivan.

These athletes are role models to a lot of people, influencing them to follow and help out any way they can.

Last year saw 1300 participants and raised \$840,000 for a total of \$3,640,000 since 2003. Half of the money raised goes to the Stollery Children's Foundation for research and the other half to the Make A Wish Foundation.

The Macdonald family, inspired by their youngest daughter, Kali, who was diagnosed with acute lymphoblastic leukemia at age 2, organizes the campaign.

Gordon and Tammy Macdonald were devastated about their daughter losing her hair for the third time due to aggressive rounds of chemotherapy and wanted to help her regain self-

esteem and spread awareness to others. Together they encouraged others to shave their locks to support those enduring cancer.

"It's a gesture of honour to shave your head," says Tammy, "It helps individuals realize and appreciate what cancer patients have to go through".

The pink hair is the trademark of the campaign and in January and February it's not uncommon to see many Edmontonians sporting a pink coif.

Pinking hair for hundreds of participants is a big task; however, 12 different salons volunteered to lend a hand, making the job possible.

Each salon chooses a day on which they welcome people to come in and dye their hair pink for a very reasonable price. Paul Mitchell and Manic Panic both donate bottles of dye to the fundraiser.

Of course, the pink doesn't stay forever, as the whole point of the event is to shave your head. On Feb. 12 all the pink hair will be replaced by skin when the masses head to West Edmonton Mall's Ice Palace to lose their locks.



<http://hairmassacre.blogspot.com>

Tammy MacDonald, left, cuts up with Christie Rudy-Peters at the St. Valentine's Day Massacre.

Info Week key for career planning

By **NICOLE de CHAMPLAIN**

You may have seen unfamiliar faces around NAIT this week. NAIT Info Week kicked off on Monday and ends Thursday Feb. 11.

Many prospective students have come to check out the campus and programs.

Info Week is designed for potential students who are seriously considering a specific program at NAIT. Instructors and program heads have been on hand to answer any questions and give prospective students the attention and information they need to make an informed decision about which post-secondary institution to attend.

Special projects officer Racheal Thompson says that Info Week gives prospective students a better idea of the career path they are choosing.

"Info Week is a means to provide students with program information for individuals that are specializing or just want to know about one program at a time," Thompson said.

If students feel ready to commit to a program immedi-

ately after the information session, there will be six computers on site that allows for immediate registration.

"We have about 700 to 900 people in the evening [coming] in that past experience has shown us," Thompson said. "It does influence registration week for sure."

Students were able to pre-register for particular information sessions online. Those who did pre-register are being put into a draw to win one of eight \$500 tuition credits.

Thompson explains that "people don't have to pre-register, but if they do, they are qualified to win. But they can only use [the tuition credit] in the 2010-2011 academic year."

Students who have attended Info. Week are also encour-

aged to give feedback after the week is over, so officials can determine how successful the event was.

"If [students] complete the feedback survey, we have another eight \$500 tuitions to give out," Thompson said.

Tour guides have also been on hand to help those unfamiliar with navigating around campus.

"Our [tour guide] volunteers [have been] showing off the campus by giving tours, and helping event attendees navigate around campus comfortably," said Amanda Nielson, a NAIT student advisor.

By attending NAIT Info Week, potential students have nothing to lose and everything to gain.

'Info Week is a means to provide students with program information for individuals that are specializing or just want to know about one program at a time.'

— Special projects officer Racheal Thompson

Noisy workouts can be hard on hearing

By **SAMANTHA SILVA**

Nowadays, it seems as though iPods are becoming an everyday accessory for people. Technological advancements have enabled manufacturers to lower their prices, making it an affordable gadget. However, with the familiar white buds wedged in everyone's ears all day long, what people don't know is that iPod headphones can potentially cause hearing loss.

Bill Hodgett, University of Alberta's Assistant Professor to the Speech Pathology and Audiology, has studied the influence of background noise and exercise on the listening levels of iPod users. He says that, "noise basically conditions everyone, but the prob-

lem exists on the level of exposure to loud music."

For those who are engaged in everyday tasks, a medium level of music suffices, however, for individuals who work out, increasing the workout can make them increase the volume on their iPod. Hodgett explains that, "When you add exercise, people's music gets even louder which pumps up their heart to work faster."

An article written by Hodgett and his colleagues show that the maximum amount of noise one can handle in a day can be achieved in a matter of minutes.

To put iPod headphones to the test, Hodgett asked twenty four young adults

(twelve males and twelve females) to listen to a highly motivating song called Music Sounds Better with You with non-sealing ear buds and a 4 GB Apple iPod Nano.

Participants were then asked to be placed on a stationary bike and subject themselves to three different situations (sitting in a quiet room, sitting with a recording of sounds from the gym in the background, and while pedalling with a recording of sounds from the gym in the background).

Hodgett found that volume levels went to a dangerous level once background noise was introduced and continued to climb while the person continued to exercise. One could only imagine how much damage is done to the

ear drum on a day-to-day basis. This doesn't mean that people should stop listening to music, only that extra precautions should be taken to prevent hearing loss.

Bill Hodgett suggests buying a set of headphones that fully cover the ear canal. It is important to also check the headphone packaging and find out what the maximum of decibels that can be heard. Hodgett says that a volume of 85 decibels is safe to listen to for eight hours.

Although his participants underwent an average of 92 decibels, this gave them a safe listening for about an hour and 40 minutes; which is a limit of almost half of the regularly exceeded minutes during a workout.



400 SERVED

Photo by Karen LePage

Members of NAITSA club Business Connex of NAIT volunteered at the Mustard Seed soup kitchen on Tuesday Feb. 9 to help serve food to inner city residents. They served up to 400 people. The event was organized by Michelle D'Angelo with a view to following the club's mission statement.

Feedback systems eyed



RYAN FLAHERTY
Issues Editor

The long road to a new and improved instructor feedback and evaluation system at NAIT has grown a little shorter. A special task force that began the review process last semester has completed what it calls 'phase one' of the project – defining the criteria by which teachers should be evaluated. Alison Lewis, a member of the task force, explained

that the group wanted to ensure that any new feedback system would analyze a wider range of information than the previous one.

"It was very important to the NAIT faculty that it be a comprehensive approach," Lewis said, "and whereas we all recognize that the voice of the students be heard and must be recognized and must be valued, that it's important that we have a more comprehensive approach to look at faculty development and performance evaluation, so we needed to include other voices as well."

Throughout the review, the task force has sought input from all areas of NAIT. Although many see this type of instructor feedback system as primarily student-driven, there are other factors to consider when weighing constructive criticism and even praise. NAIT Students' Association President Geoff Tate, who serves as the student representative on

the task force, is pleased that the student voice has been heard but echoes the need for a more complete analysis. "Obviously our concern was mostly the student feedback – with that I think that we got everything that we wanted," said Tate. "We're not just doing instructor evaluation, you know. If you go to a restaurant and someone gives you really awful food, but your server has been fantastic, it's not necessarily their fault"

"As far as the evaluation of the instructors at other levels, I think that's very, very important," Tate continued. "There's definitely a lot of personal issues and things that go on among staff members, supervisors, and people that report to them, so it's important that those are addressed as well, and I think they will be with this new system."

Having defined the information that will be analyzed in the new system, the task force is shifting its focus to determine the best way

to collect it. To do this, the group is looking for new members to contribute their voices to the discussion, and has sent out a survey to NAIT staff soliciting their input. "We are currently looking at creating a larger group of individuals to work on phase two, the implementation – and just pounding out what exactly these evaluations and feedbacks are going to look like," said Tate.

Interest in the review has been encouraging. "We had 35% response to the survey, which is phenomenal," Lewis elaborated. "We're pleased with that, and basically we've got support from NAIT faculty to move in this direction."

The task force intends to roll out a new feedback system by the start of the fall semester, and will re-evaluate it throughout the year. Though the road may be long, the hope is that students and instructors will find the journey worthwhile.

New post-secondary website

By **DARYLANN HUTCHINGS**

Most students applying for post-secondary know how much of a hassle it is. There are fees, deadlines and unfriendly office hours.

Students applying to post-secondary institutes across Alberta can take a sigh of relief now, thanks to a new website called Apply Alberta, which streamlines the often tedious application process.

Apply Alberta has made it simple and easy to apply to any post-secondary institute across

the province, all in one go.

In only six steps, students can apply to as many post-secondary schools, including NAIT, as they want.

"I think it's a great website that every student should use," said Anna Foshay with NAIT admissions. "It will streamline everything for students and make it much easier when applying for post secondary."

"I also really like how students don't have to pay for transcripts [when applying through

the website]," Foshay adds.

Apply Alberta is the result of the Access to Future Act, which was passed by the provincial government in 2005. The government's vision was for the creation and implementation of a web-based application system to provide students with easier access to essential information, services and admission to Alberta's colleges, universities and technical institutes.

However, there are some downfalls with the new website.

Students applying for graduate studies cannot do so through Apply Alberta. They must go directly to that institutes' website in order to apply.

For now, check out what all the buzz around Apply Alberta is about at www.applyalberta.ca.

There are currently 20 different institutes partnered with the website and an additional five schools that will be joining Apply Alberta soon.



Alberta Finance Minister Ted Morton discusses his budget.

Budget cuts into grants funding

By KATHARINE HAY

Finance Minister Ted Morton delivered Alberta's 2010 budget this week.

Dubbed "The Way Forward", Budget 2010 outlines the spending priorities of the government for the next few years. The Advanced Education and Technology ministry was not a focal point of this budget, but changes are in the works for how student aid is distributed in the province.

In particular, major overhauls are being planned for the student loans and grants system. Students who apply for financial assistance will still be eligible for the same amount as in previous years, but more of that cash will be coming from loans than grants.

Beverly Eastham, Chair of the Council of Alberta University Students' [CAUS] says she is concerned about students graduating with more debt. "[We're] not exactly excited to see that they're increasing the loan amount and decreasing the

grant amount," she said. Kay She, Vice President External of the University of Calgary Students' Union expressed her frustration with the decrease in grant commitments.

"The main problem for our students," she said, "is that students are coming out of university with huge debt burdens and not being able to contribute to society the way they want to."

The budget lists a total of just over \$200 million being spent on loans, with another \$85 million going towards scholarships, grants, and bursaries for students.

Advanced Education Minister Doug Horner looked at it a different way.

"I'd rather help more students with loans than less students with a grant that is direct" he said, as all ministries were asked to "dig deep" and find savings.

As for the "market modifiers" that made institutions consider drastic increases in tuition, Horner says those packages will be ready to go

within the next few weeks.

"We're feeling pretty good about where we're headed," he added, as government may actually be spending more on base operating grants than some institutions expected, achieving the best case scenario for 2010. "Last spring, we projected ... basically zero per cent for 2009/2010 budget, I'm happy to say that we've hit that best case," said Horner regarding operating grants for post-secondary institutions.

This means NAIT can expect to receive the same amount of money for its operations from the 2010 budget as it did from the 2009 budget. However, this is still a six per cent decrease in funding from the 2009 forecast for coming years.

There will also be a cut of \$73 million in operating support to post-secondary institutions. Horner attributes most of these cuts to the near-completion of major infrastructure projects at campuses around the province.

Moccasin-making skills taught

By PAUL FITZPATRICK

Last Thursday was the first of four instructional classes on moccasin making featured at the ENCANA Aboriginal Student Centre. The classes will run every Thursday in February from 4 p.m. to 6 p.m.

Elder Doris Bonaire, an expert moccasin-maker and guest teacher, came in from Winnipeg to teach any NAIT staff and students interested in moccasin making.

Bonaire, who has been making moccasins for over 30 years, teaches students all over Canada how to tan hides, bead, and make moccasins and can complete a pair of moccasins in one day.

On Thursday, Bonaire made students new to moccasin-making her first priority, ensuring they received hands-on instruction.

"Understand, be patient, listen, and be proud of yourself," Bonaire advised throughout the lesson.

The ENCANA Aboriginal Student Centre is a place where NAIT students can come together to network, socialize, or study. Activities are also often held throughout the year.

"It's a place [where] aboriginal students can do traditional things such as smudge ceremonies, but as well we welcome all students," said Michelle Plazier, manager of the student centre. "We encourage everybody to come in and take a look and see what we have available."

On February 26th, the aboriginal centre is holding a stew and bannock bake-off

event for all students and staff who want to participate.

"Everything at the centre is free, including the moccasin-making and of course, the

delicious bannock," Plazier adds.

The centre is located in room E121.



Linda's TechTalk

Apps: Good and bad



LINDA HOANG
Assistant Issues Editor

Last month, SnowSeekers Inc., a new client with NAIT research and enterprise development centre novaNAIT, launched a new iPhone application.

The SnowSeekers Go-Guides app is an extremely useful must-have application for skiers and snowboarders planning on visiting any of the more than 60 ski resorts and mountains in Western Canada.

The Go-Guides includes an overview of the mountains, a digital trail map, available activities; tips on where to ski, drink and eat, daily snow reports and more.

This useful application got me thinking of what other iPhone apps there are out there that are either useful or useless.

In this week's Tech Talk, I present you with a list of some useful and useless iPhone apps available. Enjoy!

Useful

Shazam: Bopping along to a great song that you have no clue who sings or what it's called? Point your iPhone in the

direction of the song and the Shazam app will detect it and spit out the artist and song title. Cost: Free.

Tipulator: If you're horrible at math like I am, but eat out a lot, and are keen on tipping for good service, make sure you've got the Tipulator app. Never under-tip, over-tip, or look confused when given the bill again. Cost: \$1.99

iPump Pilates: If your New Year's resolution was to stay in shape and get fit (like mine was, I'm failing horribly at it by the way), then get this fitness app. It'll not only motivate you to exercise but it allows for easy logging to help keep track of your progress. Cost: \$1.99

Useless

That's What She Said: This incredibly hilarious but really quite pointless application is a definite giggle-inducer. Pull it out at various innocent occasions and prepare to laugh. Cost: \$0.99

Lightsaber Unleashed: Got some time to kill? Epically battle your friend or foe by turning your iPhone into a Star Wars-style lightsaber. The best part of this app is the lightsaber sounds that come with each swing of your phone. Cost: Free.

BubbleWrap: Release your inner-child with this fun, free and completely random application where you pop virtual bubbles as fast as you can. Yup, that's all it is. Cost: Free.

Now if you don't have an iPhone, do not fret. Many of these



blog.laptopmag.com

Shazam is free and you will never have to wonder who's playing that song again.

apps are also available for Blackberrys and other smartphones. However, if you don't have a smartphone, my suggestion to you? Get one.

Don't vote? Can't complain



POLITICALLY SPEAKING
RYAN FLAHERTY
Issues Editor

Last week, I promised you a piece about the state of Alberta's education system (specifically Edmonton schools), but along the way I decided to take a detour. One of the perks of column writing, I guess. Instead, since NAITSA elections are upon us I thought it appropriate to look at a problem that is often discussed, but rarely dealt with effectively. That problem? Voter apathy and subsequent low numbers at the polls.

It's interesting that in a country where we value our democratic right to vote, the act of exercising that right seems to be like pulling teeth. Why do so few people cast ballots in elections at nearly all levels of politics? According to Elections Canada, the 2008 federal election yielded an all-time low voter turnout of 58.8 per cent. Some blamed the fact that Prime Minister Stephen Harper had pulled the trigger on a vote just two years after coming into power, and that voters were election-weary. But the turnout in the previous three elections wasn't any better – in fact, none topped 65 per cent.

That's just the beginning. Elections Alberta numbers show the provincial 2001 election only drew 52.8 per cent of eligible voters – a number that dropped even more to 44.7 per cent in 2004. In the 2007 civic election right here in Edmon-

ton, the figure was even more pathetic. A paltry 27.3 per cent of voters showed up for that one.

Although it's wise not to rely too heavily on statistics to tell a story (the old crack about 76 per cent of all stats being made up comes to mind), these numbers do hint at an intriguing narrative. It appears on the surface that the bigger the stage, the more people will actively participate in their own governance. Now, that's not exactly breaking news. However, it's a bit odd when you look it at it more closely. In many ways, the lower levels of politics have a more direct influence on our day-to-day lives. Things like housing costs, road maintenance, public transit, waste disposal and property taxes are constant topics of conversation for everyday citizens, and yet when it comes to voting for people who can directly affect the way those issues are addressed, people seem to be the most apathetic.

Sure, one can argue that there is plenty of important business conducted on a federal level. Taxes, health care, laws; these are all key elements of any political platform. But aside from the world of federal income tax, most big-ticket federal issues have a large element of provincial and regional management. Health care is a great example of this. Every province employs its own interpretation of the federal health care statutes and has elected personnel who make big decisions that affect thousands, if not millions, of lives.

So why do we seem to care less about getting involved in

our own society these days, and why do we grow more apathetic the closer to home things get? I certainly don't have the answer, but I'm sure there are a number of factors at work. Being comfortable is one thing – it's quite natural to begin taking things for granted when, overall, life is pretty decent. Though we're not the absolute wealthiest nation on the planet, and there are plenty of underprivileged Canadians out there, we're still doing pretty well overall. Complacency is subtle, but it happens.

Another factor is that many people are simply fed up with the choices they're given on the ballot. It's common to hear someone complaining, "they're all crooks anyway", when faced with making a choice.

These are just a couple of possible factors in the continuing decline of voter numbers. I'm sure plenty of people smarter than I have spent innumerable hours exploring the subject.

All this is a roundabout way of saying one thing: if you haven't already done so, get out and vote in the NAITSA elections today. The people elected will have a direct impact on your life at NAIT. The numbers in the past few elections have been dramatically low. Voting takes two whole minutes, it's free, and best of all, it gives you free licence to whine and complain or laud and praise your elected executive to your heart's content. Sure, it's cliché to say that if you don't vote, you can't bitch – but it's also somewhat true.



OPINION

— Editorial —

e-dates: why not?



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Since the creation of the Internet, life started to get a whole lot quicker. Now you can't walk three paces in the hallways without seeing a student on their smartphone. Life is becoming so fast-paced I sometimes find it difficult to keep up. In the workplace 15 years ago it might have taken up to a week for an organization to communicate between two of their

offices located on opposite ends of the country. Now with e-mail it is instantaneous. All you hear at work these days are words like efficiency, productivity and time management. With the introduction of Blackberrys and iPhones, people can be reached anywhere at any time. Sometimes I wonder how people functioned 30 years ago when there was no e-mail, spell check or backspace, for that matter.

Why the stigma?

With Valentine's Day just around the corner I thought it would be relevant to discuss how this environment is affecting our personal lives, more specifically Internet dating. Why is there a stigma associated with Internet dating? Where does this come from? To be quite honest, I'm not sure. Nor do I understand why this is the case. When you really get down to it, how many people do you see actually going on dates anymore? I know the majority of my friends are too busy with work and school to waste their time going on mindless dates with people they more often than not fail to hit it off with in the first place. If we use the Internet for everything else in our lives, why is the idea of a dot COM matchmaker so far fetched?

As we all know a responsible journalist always does some research before coming to any conclusions. After all, I would hate for anyone to question my "journalistic integrity," (ha, ha). As always I took one for the team and performed my due diligence, signing up at a dating site to see what it had to offer. Plenty of Fish was my choice. I figured I couldn't go wrong there; sushi's my favourite food.

Chance to do research

I know this might sound like a shallow thing to say, but the best part about an online dating site is you get to "research" the person you're going on a date with before you even have to talk to them. Women may not understand this because I think they tend to be a lot more rational. If they end up on a date with a guy that's not great looking, generally they will listen to their personality and give them a chance. Men on the other hand, tend to be pigs (don't get mad at me guys, it's not like we're doing a good job keeping it a secret). When we go on a date and the person at the other end of the table is ugly, we're generally already planning our getaway before the drinks have been ordered. Don't blame us, blame human nature ... or Darwin. We're just trying to spread our seed to the best suitor, survival of the fittest, right? Being able to take a good look at the profiles allows someone the opportunity to assess potential dating compatibility. Actually, you don't even have to do this anymore; most sites these days will do the work for you. All you have to do is answer a questionnaire. The sites take out most of the guesswork.

In the age of the information highway, constant communication, holiday e-cards and lightning fast e-mail, I don't think there is anything wrong with a little e-romance. So if you're spending Valentine's Day alone this year, turn on your computer, start a profile and find yourself an online mate. If you're still lonely and that seems like too much work, there's always Adult Friend Finder. It definitely has more bang for your buck.



blog.findingyourmateonline.com

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LETTERS
TO THE EDITOR

SPORTS

MEN'S BASKETBALL

Ooks soar over Eagles

By DOUG YEARWOOD

The NAIT Ooks have been on their perch atop the division looking down at many teams this season, including the wounded King's University College Eagles. Unfortunately for King's College, the Ooks were in a playoff-hunting mode this past weekend. The Ooks came into Friday's matchup hoping for another sweep of the Eagles, and if the first half of the game was any indication of how their weekend would transpire, coach Don Phillips must have been smiling.

NAIT was able to overpower King's 44-24 in the opening half, leaving the Eagles to spin out of control; almost as if a heavyweight's knockout punch was delivered straight to the temple.

The Ooks were then able to drop 17 in the third quarter and 21 in the fourth, allowing them to come out with an 82-57 victory. As per usual, Shane Cox led the way for NAIT, scoring 18 points, while Rodel Grenaway served up 15 points (2-3, 3PA) and was generous enough to dish six assists in the winning effort.

Saturday night's game was a complete domination by the NAIT Ooks men's team. The boys scored 24 in each of the opening two quarters, and 26 each in the final two frames. Ironically, that 2-6 record was exactly what Eagles players were found hold-

ing after the game, if only to drink the sorrows away. The night ended with the Ooks winning 100-71.

Gerard Mowza brought his hard hat, lunch pail and worker pants to Saturday night's contest, potting 17 points, two rebounds, two assists and crucially, only one turnover in the effort. Shane Reece and Chris Neptune did their best Dean Portman and Fulton Reed impression – because they looked like the Bash Brothers in *Mighty Ducks*. Neptune had 14 points and 10 rebounds and Reece had 20 points while collecting four rebounds.

The Ooks now head into their spring break, but you won't catch them tanning in Arizona.

"During this bye week, we need to continue our focus on the word TEAM as if we can continue to take positive steps towards this word and everything that comes with the definition of this word," says Don Phillips, who believes the playoffs start now.

"One thing I can guarantee is that whoever is the best TEAM from now until March 20 will be crowned the 2010 CCAA men's basketball National Champions."

The Ooks still sit comfortably in first place in the North Division, and with Augustana coming into town two weeks from now, don't look for Phillips to go easy on his squad.



Photo by Jamie Anderson-Reid

Ooks forward Shane Reece goes up and over some King's College players for a score on the weekend. The men won both games against the Eagles, 82-57 and 100-71.

WOMEN'S HOCKEY

No limits seen for this Ook



GARIT BYINGTON
Assistant Sports Editor

One NAIT student athlete is showing people that health challenges don't have to lessen your quality of life. Laura Williams is attending her first year of Cytotechnology at NAIT, is a member of the NAIT Ooks' women's hockey team, and suffers from a protein allergy.

She was born with a metabolic disorder, but, as she has done her whole life, she has never backed down from a challenge.

Williams is missing an enzyme her body needs in order to break down proteins.

"I could get really sick if I ate protein," she stated.

"If I ate a lot of protein over a long period of time, my brain cells would pop. And you can't get those back."

With protein being such an important source of energy, Laura has had to focus on a diet of carbs and specially made food from the United States that is made for people with protein allergies. Her teammates call her "Protein" or "Proton."

Along with competing on the women's hockey team and being in one of the most competitive programs at NAIT, Laura finds time to visit children and parents of children

who have protein allergies to show them living proof of what someone with this condition can accomplish in life. She wants to show that the condition isn't limiting.

"I show other people that this condition can't stop you," says Williams.

"If I can do it, you can do it too. I encourage families and children that life can still be lived to the fullest."

She is from Souris, Manitoba, and won the national tournament for women's hockey players ages 15-18, the Esso Cup. She currently has nine points in the team's 15 games played, and is the only female Ook with a shorthanded goal. Must be all the carbs.

Come on down to the NAIT arena on Feb. 12 at 7 p.m. to cheer on Laura and her fellow Ooks as they take on Red Deer College, with both teams playing the night prior in Red Deer.



Laura Williams
Special diet



TAYLOR POLLMANN
Sports Editor

What's hot, what's not

Hot

Washington Capitals: 15 games. That is how long the Washington Capitals winning streak has lasted. The feat is the longest winning streak in the history of the league, which was made possible largely due to the antics of Ovechkin and Co. In a rematch tilt against their rival Penguins last weekend, Ovechkin brought his team back from a 4-1 deficit, scoring a hat trick in the effort. If the Capitals keep this pace, Ovechkin may get to claim a Stanley Cup for his ever growing trophy case in the near future.

Saints: In a city that hasn't had much to cheer about in recent years, the Katrina ravaged city finally has a reason for celebration. With the first Super Bowl win in franchise history this past weekend, the victory was not only felt and cheered by the Saints and fans, but by the entire city. With the post game celebrations and parade coming days before Mardi Gras, it looks like the

"Big Easy" will be hosting the biggest party in the United States. Mark this city down as a possible destination during Reading Week!

Syracuse basketball: In what was expected to be a drop in production from the previous year, the Orange have stepped up and delivered all the fruit they have. The team has won 23 out of 24 games this season, making them No. 2 in the country, according to the AP polls. With the team on a tear like this, the Orange may finally drop the title of being called "perennial tournament underachievers," when March Madness comes on our televisions once again.

Women Ooks basketball team: There are great athletes and there are great human beings. In a time when all one can hear is personal greed and motivation in sports, the Ooks have demonstrated why we have come to love the game we do. With their first annual Breast Cancer Awareness fundraiser game held this past weekend, the Ooks



showed they are the kind of individuals who can win both on and off the court. The idea and motivation, stemming from ACAC star Dale-Marie Cumberbatch and carried along by her teammates, has helped them give back to their fans in a giant way. Congratulations Ooks, on winning the title that really counts.

Not

North Carolina Tar Heels: This next selection is like seeing Michael Jordan or Wayne Gretzky in the not column, it just doesn't happen every day. While the Tar Heels have a long and proud history of having one of the best basketball programs in the country, this season has turned out to be a nightmare for current coach Roy Williams. The team has had a brutal season since the Christmas break, and is currently seeing their chances of a title turning from March Madness to the lowly NIT tournament. The last time the Tar Heels were in the NIT was in 2002, which, ironically enough, was the last season for then head coach Matt Doherty.

NFL owners and players: First of all, both sides already make millions and millions of dollars. Their fans on the other hand, do not. Yet they still go out to all of the NFL games and pay a ghastly cost to cheer them on. Now due to childish bickering, the two groups may have a lockout in the near future. You can take away our hard earned money but you can't take away the game we know

and love. Clean you diapers and settle your disagreement like the good children you are!

Ilya Kovalchuk: While his stats have been great this year, his attitude and dedication to his fans have not. While he maintained that he wanted to be an Atlanta Thrasher for life throughout contract talks, his true feelings came through when it was revealed to the press what actually happened. When a player turns down a deal that would make him the NHL's highest paid player for the next seven years, he clearly does not want to stay in that city. The recent trade to the Devils, while it may be good for Kovalchuk, has left Thrashers' fans with a bitter taste in their mouth.

Gary Bettman: While it is true the current NHL commissioner has seen revenue grow under his leadership, his support in some hockey markets has severely diminished. While being labelled as someone who doesn't want hockey in Canada already, another issue has come to the plate. With the current Olympic deal running out after the Vancouver Olympics, Bettman said it could be a possibility that NHL players would not be allowed to play in the next Olympic games. Turns out Ovechkin and Malkin said they would play no matter what the league said. Everybody knows that Bettman couldn't really punish his star player because he played in his home country's Olympics. Great, Bettman, you ruined your cover that you actually had control over your players.



Gary Bettman
Not so hot

Athletes of the week

February 1-7

Sun Yang Badminton



Yang won her third consecutive ACAC Singles Championship this past weekend at Red Deer College and helped lead the NAIT Ooks to the No. 1 seed for next weekend's team championships. Sun won the Gold without dropping a set, defeating Grace Box from Concordia in the final 21-12, 21-10. Yang posted a perfect 10-0 record on the weekend and showed why she is one of the best female players in the conference. "After battling several nagging injuries last season, it appears Yang is healthy and once again ready to contend for a national championship," said head coach Jordan Richey. "It is a pleasure to watch her play when she is on top of her game". Yang is a third-year player and is a first-year Business Administration student.

Dale-Marie Cumberbatch Basketball



Dale-Marie was a force to be reckoned with over the past weekend against the Kings Eagles. She put up some impressive numbers while leading her team to two big victories. In the first game, Cumberbatch put up 20 points and hit 13 of 14 free throws. Cumberbatch was even more dominant in the second game, scoring 24 points and hitting 12 of 13 free throws. "Dale-Marie was simply amazing all weekend," said head coach Curtis Nelson. "She was the best player on the floor both nights and contributed in every aspect of the game – scoring, defence, assists, rebounds, steals, blocks, hustle plays – everything". Dale-Marie is a fourth-year player in the Bachelor of Technology Program.

Adam Ferrante Hockey



Adam was an integral player in the men's hockey team's split over the weekend. In the first game, Ferrante notched two goals and had one in the second game as well. He is fifth on the Ooks with 19 points and hasn't missed a game yet this season. He has two powerplay goals, a shorthanded goal and four even-strength goals. Ferrante is a fourth-year player from Edmonton in the College Prep program.

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- ▶ Cough and sneeze in your arm, not your hand.
- ▶ Keep common surfaces and items clean and disinfected.
- ▶ Stay home if you're sick. Contact a health care provider if your symptoms worsen.

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THE OLYMPICS

Let the games begin!

By NUGGET SPORTS

As the Olympics dawn once again in our beloved country, what would be more fitting than posting a special hockey preview in your beloved *Nugget*. So sit back and read this entirely biased breakdown of all the competitors at this year's Olympic Games.

Pool A Canada

The team with the weight of the entire country on their shoulders will face its hardest competition in Vancouver. After a turnover of staff from the horrid Turino eighth-place finish, Steve Yzerman and the troops will try to reclaim the Gold that fell from their grasp four years ago.

The goal scoring and playmaking decisions will rest on the shoulders of 22-year-old phenomenon Sidney Crosby. All eyes will be on him, as he will attempt to add to his already impressive trophy case competing in his first Olympic games. Joining him will be fellow superstars such as a Rick Nash, Jarome Iginla, Joe Thornton, Dany Heatley and Patrick Marleau to name a few. The rear end is led by none other than Scott Niedermayer who has been named captain of the team. Joining him will be the youngest member of the Canadian squad, Drew Doughty, who had the age of 20 has already turned heads around the league.

If the puck is able to get past this cast of all-stars, some of the world's top goaltenders will be there to stop it. The great Martin Brodeur will head the goaltending trio, which includes the jaw-dropping Roberto Luongo and 2009 Stanley Cup winner, Marc-Andre Fleury.

United States

No room for veterans. That must have been the thought that entered Brian Burke's mind when he announced the American roster. With a complete overhaul from the previous Games, the United States will press hard to compete with the Canadians for first place in Pool A. The new movement on the team is evident as only three players remain from the previous Olympic games.

One of the biggest assets for the American

squad is their goaltending, which features one of the league's hottest netminders this NHL season. Ryan Miller has a .931 save percentage, which could come in handy when facing the Canadians in the final round robin game.

Switzerland

When one mentions the word Switzerland and hockey together one automatically thinks of goaltending. Sadly there isn't much more to think about. While the antics of Jonas Hiller and Martin Gerber may be enough to battle off lop-sided defeats, this team will not be battling it out for a medal. Unless Martin Pluss scores six goals a game that is!

Norway

Eighteen NHL games of experience. That is all the Norwegians can lay claim to with their current roster of players. While it would be conceited to say other professional leagues of hockey are not world class in the their own right, they are simply not at the level of the NHL. Enough said. Good luck, Norway!

Pool B

Russia

When you think Russian Hockey, you think quick, action packed, goal scoring frenzies on ice. This year's squad will not disappoint those fans. With snipers such as Alexander Ovechkin, Ilya Kovalchuk, and Alexander Semin combined with the raw playmaking abilities of Evgeni Malkin, and Pavel Datsyuk, goals will be entering the net faster than the scorekeepers can mark them up.

The only weakness that is being shined on the team is their lack of defensive players. With their best defenders being offensive defencemen Sergei Gonchar, and Andrei Markov, the team may get caught up the ice on more than one occasion. Those odd man rushes against Russia will have to be cut off at the throat by Brag, and seasoned veteran Evgeni Nabokov.

This team will live and die by their offence, which will probably work out in their favour. However, when the sudden-death round comes around, a formidable opponent may take the chance and demonstrate why the saying "Defence wins championships" came to be.

Czech Republic

One of the most successful ice hockey teams on the international level will have to repeat their past success without some of their best players. Ales Hemskey (shoulder surgery) sustained season ending injuries early this season and will be unable to compete at this year's Games.

Once again, as in previous Olympics, Jaromir Jagr will be the team's go-to guy. The man who has already won Olympic Gold and two Stanley Cups is not finished yet and is looking to add more hardware to his impressive trophy case.

Look for the Czechs to be in the neck of things every game, which could potentially result in another medal. While the team lacks depth as a whole, they have two key factors that will always keep them competitive, at least for now: Jagr and Tomas Vokoun.

Slovakia

After a breakout Olympics in Turin, the team will aim to better its previous experience. The squad's focus will be on scoring goals as it lays claim to some of the world's best talent in that particular department. Marian Hossa, Marian Gaborik, and Pavol Demitra all have a Slovakian heritage, along with puck bomber Zdeno Chara who will surely be a nightmare for opposing goalies throughout the tournament. Their goaltending may be extremely shaky as they don't have a world calibre goaltender.

Latvia

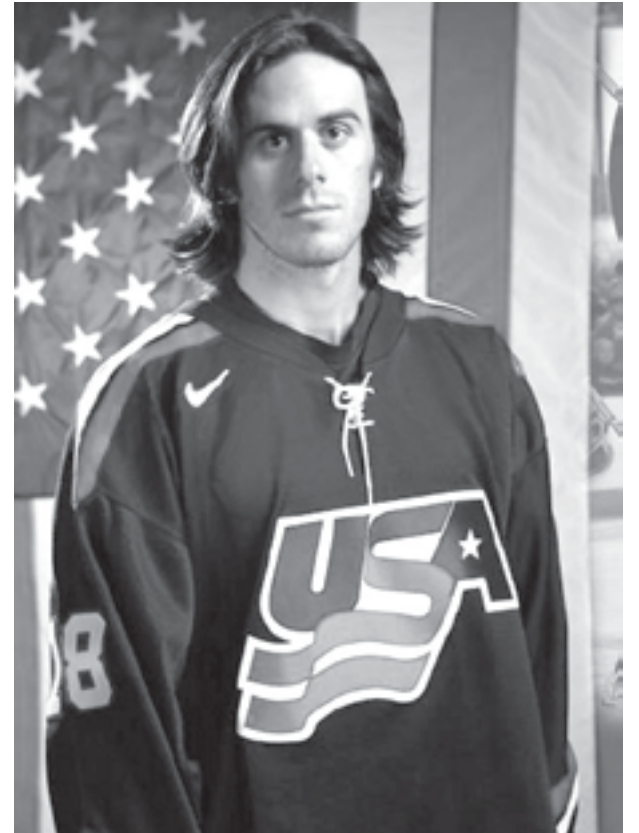
While this club, may not have some of the world-class athletes of the other participants in Vancouver, they can lay claim to being the closest knit team. With 15 players currently playing for Dynamo Riga of the Kontinental Hockey League, the team will be able to pull off plays and rallies that only come with familiarity. This could turn out to be an advantage in sudden death or one-goal games. However, on the flip side, the team lacks any proven NHL scorer.

This team may present a good game or two to watch, but they are merely a bystander in the Olympic battle for Gold. They could, however, take on the role of spoilers.

Pool C Sweden

The defending Olympic champions will once again send forth a team built on defensive assets combined with offensive weaponry. The defence of the Swedish elite squad is solid from top to bottom, starting with the leadership of five times Norris trophy winner Nicklas Lidstrom. If something manages to get behind this freak of nature, the world-class goaltender Henrik Lundqvist will be more than happy to end a sniper's dream of a goal.

The front line of Sweden is stacked with youth and veterans alike who all know how to put a puck in the back of the net, while at the same time how to come back and put the extra effort on the back end. Perennial Selke front runner, Henrik Zetterberg will take to the ice and will probably see his share of ice time with Capitals' sensation Nicklas Backstrom. The offensively savvy Sedins (Henrik and Daniel) will probably be the focus of opposing teams, as Henrik is



www.hvrsd.org

Ryan Miller A big asset for the Americans

experiencing an extraordinary season, which currently places him in second place in total points in the NHL. One surprising name to be called to play to the squad is the aging Peter Forsberg. The man who hasn't played a full NHL season since 2005 with the Philadelphia Flyers somehow managed to get his name onto one of the best rosters in the entire world.

The Swedes have all the right tools to repeat as champions. The pieces now just have to fall in the right places.

Finland

While placing second in the last Olympics, repeating that finish in the 2010 Games may prove to be a harder task for this proud country. Four years after Turino, Finland has seen their squad age without any new blood entering the system and taking over. This may prove to be a problem for the Finnish side as the tournament goes deeper and deeper into the closing rounds. Netminders Miikka Kiprusoff and Nik Backstrom will more than likely face a barrage of pucks. If they fail to perform, look for the squad to slowly fade away into the background.

Belarus

This squad basically consists of three world-class players and a fill-in crew. The Kostitsyn brothers (Sergei and Andrei) will aim to lift their team's confidence enough to potentially upset one of the big six. The back line will be bare due to injuries, which will turn out to be a major problem for the team. While a medal for this year's squad is probably out of reach, look for them to potentially upset a major contender and end a country's dreams of gold.

Germany

A fifth-place finish in the 1936 Winter Olympics is the best result this northern country has ever experienced in men's hockey. This year's team will be even harder pressed to finish in the Top 6 this time around. The team only contains seven current NHL players, led by Marco Sturm, which could be a major disadvantage as the games will be played on an NHL-sized rink (General Motors Place).



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Sidney Crosby All eyes on him

ACAC Standings

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
SAIT.....	26	21	21	3	0	2	160	62	44		
Mount Royal.....	26	19	19	5	0	2	123	66	40		
Concordia.....	26	16	16	9	0	1	114	90	33		
Augustana.....	26	14	13	11	0	1	111	108	29		
NAIT.....	26	14	13	11	0	1	111	85	29		
Portage.....	26	8	8	18	0	0	87	109	16		
Briercrest.....	26	4	4	20	1	1	69	167	10		
MacEwan.....	26	4	4	21	1	0	69	157	9		

Note: MRU forfeits Jan. 16 game vs. NAIT

RESULTS
Feb. 4
NAIT 5, Concordia 2
Feb. 5
Augustana 3, Portage 0; MRU 3, SAIT 3 (OT)
Briercrest 8, MacEwan 4
Feb. 6
Concordia 6, NAIT 4
Briercrest 7, MacEwan 3; SAIT 4, MRU 2;
Portage 5, Augustana 2

WOMEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
Mount Royal.....	21	13	12	6	1	1	62	43	28		
SAIT.....	21	10	8	9	1	1	49	53	22		
NAIT.....	19	8	7	7	1	3	47	50	20		
MacEwan.....	19	8	8	9	1	1	32	44	18		
Red Deer.....	20	7	5	9	2	2	37	37	18		

RESULTS
Feb. 4
RDC 3, MRU 1
Feb. 5
NAIT 1, SAIT 1 (OT); MRU 4, RDC 1
Feb. 6
SAIT 5, NAIT 3; MRU 2, RDC 1 (OT)

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
NAIT	22	19	3	38	2070	1585
MacEwan	20	16	4	32	1772	1377
Concordia	20	16	4	32	1817	1411

Lakeland	20	10	10	20	1660	1609
Augustana	20	5	15	10	1579	1774
King's	22	5	17	10	1535	1901
Grande Prairie	20	1	19	2	1274	2050

South Division						
Team	G	W	L	Pts	PF	PA
Mount Royal	16	12	4	24	1385	1141
SAIT	16	12	4	24	1230	1106
Red Deer	16	10	6	20	1360	1271
Lethbridge	16	8	8	16	1333	1307
Briercrest	16	3	13	6	1278	1539
Medicine Hat	16	3	13	6	1170	1392

RESULTS
Feb. 5
NAIT 82, King's 57; Concordia 125, GPRC 61;
Lethbridge 91, SAIT 60; MRU 83, RDC 77;
MacEwan 89, Lakeland 60;
Briercrest 92, Medicine Hat 81
Feb. 6
NAIT 100, King's 71; Concordia 117, GPRC 53
Medicine Hat 100, Briercrest 91;
MacEwan 79, Lakeland 72; RDC 99, MRU 92 (DOT)
SAIT 85, Lethbridge 71

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia.....	20	18	2	36	1541	1030
King's.....	22	16	6	32	1377	1223
MacEwan.....	20	15	5	30	1280	1109
Grande Prairie.....	20	10	10	20	1172	1264
Augustana.....	20	5	15	10	1240	1442
Lakeland.....	20	4	16	8	1198	1406
NAIT.....	22	4	18	8	1216	1550

South Division						
Team	G	W	L	Pts	PF	PA
SAIT.....	16	15	1	30	1326	873
Lethbridge.....	16	13	3	26	1239	1060
Mount Royal.....	16	7	9	14	1092	1071
Medicine Hat.....	16	7	9	14	1047	1147
Red Deer.....	16	5	11	10	893	1130
Briercrest.....	16	1	15	2	855	1171

RESULTS

Feb. 5
NAIT 69, King's 63; Concordia 76, GPRC 44;
SAIT 78, Lethbridge 66;
MacEwan 72, Lakeland 50;
Briercrest 69, Medicine Hat 67 (OT);
MRU 91, RDC 55
Feb. 6
NAIT 61, King's 53; Concordia 89, GPRC 44;
Medicine Hat 64, Briercrest 52;
MacEwan 75, Lakeland 53;
MRU 80, RDC 56; SAIT 93, Lethbridge 62

MEN'S VOLLEYBALL						
Provincial Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer.....	8	7	1	21	8	14
Mount Royal.....	8	6	2	22	9	12
SAIT.....	8	5	3	19	14	10
Grande Prairie.....	8	3	5	12	16	6
King's.....	8	2	6	8	19	4
MacEwan.....	8	1	7	7	23	2

North/South Division						
Team	MP	MW	ML	GW	GL	Pts
Lethbridge.....	8	7	1	23	11	14
Briercrest.....	8	5	3	20	12	10
Medicine Hat.....	8	5	3	18	15	10
NAIT.....	8	4	4	15	16	8
Keyano.....	8	3	5	14	18	6
Lakeland.....	8	0	8	6	24	0

RESULTS
Feb. 5
Briercrest 3, Medicine Hat 1
(25-18, 26-28, 25-19, 25-10)
Keyano 3, Lakeland 1
(15-25, 25-15, 30-28, 25-15)
Lethbridge 3, NAIT 1
(18-25, 25-21, 25-20, 25-20)
Feb. 6
Lethbridge 3, NAIT 0 (25-18, 27-25, 25-13)
Briercrest 3, Medicine Hat 1
(25-16, 18-25, 13-25, 20-25)

Keyano 3, Lakeland 1
(18-25, 25-20, 25-20, 25-22)

WOMEN'S VOLLEYBALL						
Provincial Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer.....	8	7	1	22	6	14
Mount Royal.....	8	5	3	18	13	10
MacEwan.....	8	4	4	15	14	8
SAIT.....	8	4	4	12	17	8
Grande Prairie.....	8	3	5	13	16	6
King's.....	8	1	7	9	23	2

North/South Division						
Team	MP	MW	ML	GW	GL	Pts
NAIT.....	8	6	2	21	12	12
Briercrest.....	8	6	2	21	13	12
Lakeland.....	8	5	3	15	12	10
Medicine Hat.....	8	3	5	15	16	6
Keyano.....	8	3	5	17	19	6
Lethbridge.....	8	1	7	6	23	2

RESULTS
Feb. 5
NAIT 3, Lethbridge 0 (25-16, 25-16, 25-11)
Briercrest 3, Medicine Hat 1
(25-20, 16-25, 25-16, 25-18)
Lakeland 3, Keyano 1
(25-23, 21-25, 25-14, 25-17)
Feb. 6
NAIT 3, Lethbridge 1
(25-17, 25-19, 21-25, 25-15)
Briercrest 3, Medicine Hat 1
(25-19, 19-25, 25-22, 25-21)
Keyano 3, Lakeland 0 (25-17, 25-19, 25-18)

BADMINTON		Points
Team		
1. NAIT Oaks.....		601
2. Concordia Thunder.....		525
3. Mount Royal Cougars.....		381
4. Red Deer College.....		150



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THE OLYMPICS

Crunch time for skaters



KATHY LE
Assistant Entertainment Editor

There are now only a few days left until the Olympics in Vancouver and 12 deserving figure skaters are doing last minute mental and physical preparations for the biggest competition of their lives.

There will be four categories making up the figure skating event: men's singles, ladies singles, pairs and dance. In addition to a sturdy track record at previous competitions in the past, the skater's last determining factor for a spot on the Olympic team was their placement in the Canadian Figure Skating Championships, which were held in mid January. A quota set by the International Olympic Committee limits the number of skaters representing each country and the majority of the country's qualification occurred at the 2009 World Figure Skating Championships.

Canada sits in third place, with 12 skaters representing their birthplace, behind the U.S., with 15 skaters, and Russia, with 16 skaters.



Joannie Rochette

The two men representing Canada are Patrick Chan and Vaughn Chipeur. Although both men skated quite well at Canadians and can land triple axels, it may not be enough to win the gold. While in Canada they may be the best, their true

test is the competition against the other men in the world. Skaters like Evan Lysachek and Jeremy Abbott from the USA and Evgeni Plushenko from Russia all have quadruples planned and they can land them too.

Joannie Rochette and Cynthia Phaneuf are the two leading ladies on the Olympic team.

Although Rochette placed third in last year's Worlds competition, her best effort in Vancouver may only be enough for a bronze medal. She is a very strong skater, but lacks the grace and flexibility of skaters like South Korea's Kim Yu Na and Japan's Miki Ando. These girls have no problems executing spirals up to their ears and are consistent with their jumps. Phaneuf performed very well at the Canadians and has the potential to perform very well at the Olympics. Her lines of movements and jumps are very beautiful and may even be better than Rochette's.

In the pairs event Jessica Dube and Bryce Davison, and Anabelle Langlois and Cody Hay will skate for Canada. However, the favourite team to win in Vancouver will probably be the German duo, Aliona Savchenko and Robin



Cynthia Phaneuf

Szolkowy. The duo won the World pairs title in both 2008 and 2009 with scores nearly 17 points above the second-place team. Another duo with the potential to win gold is Xue Shen and Hongbo Zhao of China. They won the Grand Prix Final, Skate America and the Cup of China last year.

In ice dancing, Tessa Virtue and Scott Moir, and Vanessa Crone and Paul Poirier will represent Canada. Last year Virtue and Moir placed third at the World Championships and have a good chance of medalling in their category. The Russian pair, Oksana Domnina and Maxim Shabalin, are suffering from injuries, which has opened the door for new teams to come through to the top.

With 12 skaters representing Canada, we will have a strong showing in Vancouver. How we will finish is ultimately up to how the skaters perform at crunch time.

The Saints go marching in

By **ADAM KAMARA**

The party on Bourbon Street began as Super Bowl XLIV ended. The NFC top seed New Orleans Saints defeated the AFC champion Indianapolis Colts 31-17.

New Orleans, who were in their first Super Bowl in their 43-year history, got the nod when

an errant throw by the Colts quarterback Peyton Manning went for a touchdown off an interception by Tracy Porter. The interception was the dagger to the heart of the Colts and their fans as there was less than five minutes left in the game.

New Orleans quarterback Drew Brees, in his first Super Bowl appearance, tied the NFL record with Tom Brady for most complete passes in the Super Bowl game with 32. Peyton Manning almost tied, with 31 completions.

The Saints started the game off slowly in the first quarter and trailed 10-0 going into the second quarter. Then the Saints defence turned up the heat and shut down the potent offence of the Colts, allowing only six plays from scrimmage. The half ended with the Colts up 10-6.

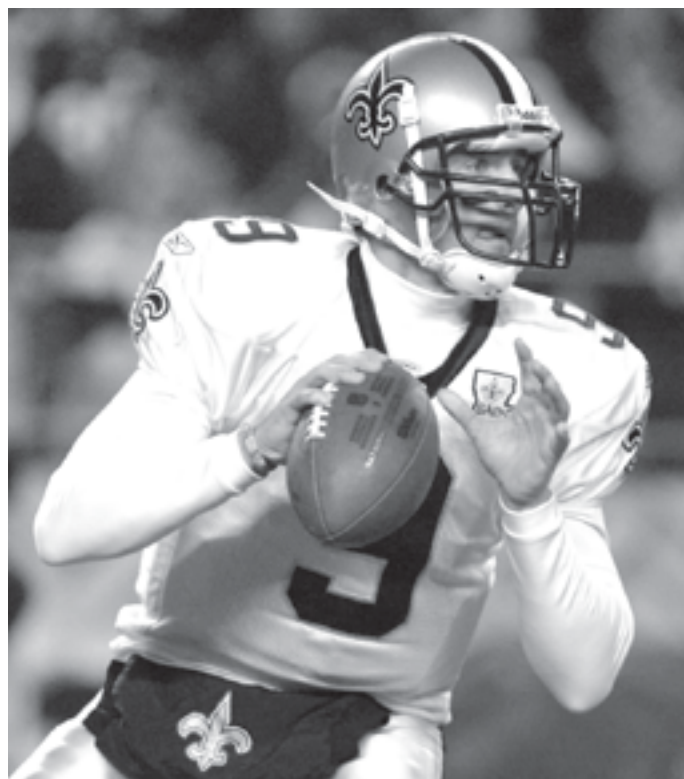
The second half is when the Louisiana magic happened. After winning the opening coin toss, the Saints took the ball to start the game and kicked off to the Colts in the second half. But it wasn't your regular kickoff, it was an onside kick that turned around the

game for the Saints. The kick was recovered by the Saints and took away any momentum going in to the second half by the Colts. It was the first onside kick performed before the fourth quarter in Super Bowl history.

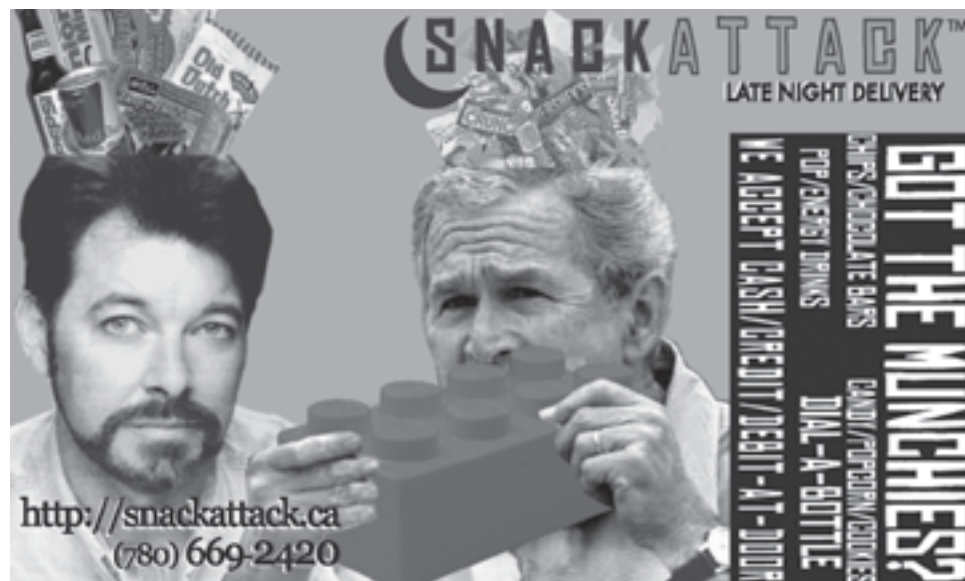
The bold move by coach Sean Payton enabled the Super Bowl MVP Brees to work down the field and keep the future hall-of-famer Manning off the field; while tiring out an already depleted defence – Dwight Freeney didn't practise all week with a torn ligament in his ankle.

The Saints also got help from their kicker, Garrett Hartley, who kicked three field goals from beyond 40 yards.

The Saints competed as a team not only for themselves but for the city of New Orleans. The city finally got to celebrate something they haven't seen in 43 years and since the devastation of Hurricane Katrina. With most of the city under water and having to uproot the population to other cities, the Saints gave New Orleans a reason to believe again.



Drew Brees



Ovechkin intense? You bet!



Check Out My 9-Iron GARIT BYINGTON Assistant Sports Editor

Alexander Ovechkin could be the most intense guy on the planet, let alone in the NHL – and yes, even more intense than Don Phillips. Not since The Moose (Mark Messier), in his prime have we seen such a true predator on the ice. Whether it's looking for the punishing

hit or pressing for that big goal, a definite comparison can be made. After the three goal, one assist performance by Ovechkin in Washington's win over Pittsburgh, Sidney Crosby was asked what it was like playing against such an intense player, and therefore intense team. He responded by saying with a deer-in-the-head-lights expression on his face, "yeah ... it's always intense when we play them." Expect Ovie to be even more intense (yes Crosby, that is possible) when he dons the jersey of his motherland, Russia, at the Olympics.

...

It shouldn't surprise anyone how the Ottawa Senators have emerged as one of the top-tier teams in the East as they have continued to retool year-by-year without losing any real skill level. Basically, with Dany Heatley (what's wrong with Edmonton, well yeah I guess it is like the frozen tundra ... and the hockey

team isn't the best ...) out of the picture, they replaced Marian Hossa and Martin Havlat with Jonathan Cheechoo, Alexei Kovalev and Milan Michalek – pretty good considering it's hard to remain a solid team when you're the one trading away a superstar in the deal (as they have done twice with Hossa, then Heatley). Most important to their success though is goaltender Brian Elliott, who is emerging as a Top-10 'tender. Along with the re-emergence of Jason Spezza, who since coming back from injury has been tearing it up like his Senators, Ottawa now helps round off the top four teams in the East with Washington, Pittsburgh and New Jersey; completely erasing the old thought that the East is a much weaker conference than the West.

...

Good on everyone who showed up this past Saturday to not only cheer on the Oaks, but to help donate to breast cancer research. Yours truly

was at the women's and men's basketball games doing commentary for NAIT campus radio and was able to witness first hand the dominating performance of Dale-Marie Cumberbatch. On the night she was inspired to create, she finally saw her fundraiser plan turn into action. Her highlight package included a last-second basket to end the first half, giving her team the lead going into the locker rooms. She beat four of King's College players with the dribble and took it hard to the basket for an incredible individual effort.

Cumberbatch helped her Oaks claim victory on and off the court as the team raised \$4,200 for Breast Cancer Research, with \$1,126 of that raised by St. Mary's Saints Junior High girls basketball team in Vegreville, headed by their coach Mark Kobelsky. Another \$500 was donated by the NAIT Students' Association. Great success for the first instalment of the newly-formed annual event, and expect next year's event only to get bigger.

THE OLYMPICS

An icy road ahead for bobsledders

By KITA MURU

Another week, another 18 Canadian athletes profiled for the upcoming winter Olympics. Last week it was the snowboard team; this time, it is the bobsleigh and skeleton teams that are hoping for medal finishes just under a week away in Vancouver.

Bobsled

The women's bobsled team consists of two teams; Shelly Ann Brown will be making her Olympic debut alongside Helen Upperton, who placed fourth in Turin. Upperton's partner at the time, Heather Moyes, will team up with Kallie Humphries who is also making her Olympic

debut after three podium finishes this season.

The men's side is probably getting the most attention for its newest additions; the first four-man team consists of pilot Lyndon Rush who had three podium finishes in November through January. His teammates alongside him will be Lascelles Brown, Chris Le Bihan, and brakeman David Bissett. The second team has the iconic Pierre Lueders who will be competing in his fifth Olympic Games at the age of 40. His teammates are Edmonton Eskimos running back Jesse Lumsden, Neville Wright and brakeman Justin Kripps.

Skeleton

Mellisa Hollingsworth and Michelle Kelly will suit up for the women, while Jon Montgomery, Jeff Pain, and Mike Douglas will represent the men. Hollingsworth is coming into her second Olympic games on a tear, taking podium finishes in seven of eight events, placing first overall, and attempting to improve on a bronze in Turin. Kelly has been relatively quite compared to Hollingsworth. As she comes into her third Olympic games, she has only par-

ticipated in five World Cup events this season. Montgomery and Douglas will be competing in their first Olympic events while this will be Pain's third. Pain, who took silver in Turin, has only one medal finish in World Cup events, this season, which occurred back in December. He has shared the spotlight with Montgomery who won the event, while Douglas placed fourth.

Bosh is the man

By DOUG YEARWOOD

There are a lot of story lines developing at the midway point of the NBA this season, but I think the most eye-catching story, especially for Canadian fans, is the continued strong play of the Toronto Raptors. Currently the Raps sit fifth in the Eastern Conference, and after having played arguably one of the toughest first half seasons of their existence, they actually look legitimate.

With Reggie Evans set to come back sometime next week, Toronto can only become a better team; he should be a huge boost on the defensive end. The reason why Toronto is finally turning the corner? Chris Bosh. Currently 'CB4' is averaging 24.7 points per game, good enough for eighth in the league, and is second in the league in double-doubles, with 37.

Let the debate for NBA Finals contenders begin now. The All-Star weekend always gives basketball fans a couple days to evaluate the season, and they're usually given a pretty good sense of who's legit, and who should quit. Obviously the two most talked about teams since the beginning of the season has been surrounding the Los Angeles Lakers and the Cleveland Cavaliers, and for good reason. For the last three years NBA fans have been treated to debates as to who is more dominant: Kobe or LeBron. This could mark the year where Cavs' stud LeBron James surpasses Kobe Bryant in terms of popularity and perceived game play, depending on what these playoffs have in store.



However, the 'Black Mamba' has had to play with an injured finger most of the season, and continues to remain as clutch as anyone can be. Another ongoing story of interest could involve how determined centre Shaquille O'Neill will be to face off against his old rival Kobe and old coach Phil Jackson, and to prove he still has some game left at the end of his powerful career; these two teams still have a long way to go before a potential NBA Finals matchup.

The Atlanta Hawks have proven, just as the Portland Trail Blazers (relinquishing their title of the 'Jail Blazers') are continuing to prove, that the rebuilding process by way of the college draft, is enough to make a team a legitimate contender.

Character guys like Joe Johnson and Al Horford have been remarkable, with Johnson averaging over 20 points per game, and Horford able to play "garbage man" adding close to 10 rebounds a game, as well as 14.7 points, this one-two guard-post combination is menacing. In Portland, you can really only imagine what could have been this year if second-year centre Greg Oden hadn't been sidelined for the remainder of the season for the second straight season, because he started the year hot, averaging 11.1 points per game and 8.5 rebounds per game. But you can thank guys like LeMarcus Aldridge, Andre Miller and Brandon Roy for keeping the Blazers afloat in the metaphorical sea that is the rough waters of the NBA.

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ENTERTAINMENT

ADULT FILMS

Nina's new position — a teacher



COLLEEN NUC
Entertainment Editor



Nina Hartley

picasaweb.google.com

There 's probably a good chance that the vast majority of us would like to enrich our sex lives with a few multiple orgasms. Think about it: the average female orgasm lasts about 5-7 seconds, so in other words, you're working pretty hard for minimal payoff. Although this payoff can be extremely gratifying, wouldn't it be nice to prolong this pleasure for say, two minutes?

Multiple orgasms can be defined as a "refractory period" between orgasms, usually achieved by women, but occasionally men. For example, you achieve a small orgasm from either yourself, or your partner, followed by more intense orgasms with a few seconds rest in between. Sounds pretty appealing, wouldn't you say?

Teach yourself

Well, in Nina Hartley's *Guide to Multiple Orgasms*, you can teach yourself to climax again and again, similar to how one can enjoy the pleasures of a McCain's Deep and Delicious cake. Nina Hartley, a well-known porn star from the 1980s and an open bisexual, retired her title as porn star and quickly became a teacher, releasing several sexual technique videos in the late '90s. Winning numerous awards throughout her career, such as Best Specialty Tape and Best Supporting Actress in 2005, Hartley has officially claimed the title as the ultimate sex guru.

It goes to show that you don't have to be a "looker" to enjoy achieving orgasm, and let me tell you, Nina is far from your average big-breasted blond bimbo. Donning ratty blond hair and an awful black bodysuit, Nina's weathered looks really gets you into the "educational" mood. The first scene includes Nina going over charts and diagrams with the help of her thick

friend, Nicole Sheridan. The scene is hilarious because these two women have their lady parts hanging out while looking like they're in a business meeting discussing stocks and bonds. Nina shows you how to stimulate the goods, how to maintain and how to "climax and stimulate another one into happening."

The fun begins in the second scene, where Nina "puts her money where her mouth is" and demonstrates how to achieve multiple orgasms through oral sex, going down on the lovely Aria in a intimate girl on girl scene. The scene gets a bit ridiculous after a while with all the "over acting," making me wonder whether Nina Hartley is, in fact, the queen of multiple orgasms. Nevertheless, it was probably the most intimate scene I've ever seen between two women.

The last scene features Nina Hartley guiding a couple, Layla Jade and her man, into some action, which leads to "multiple" endings, proving that any regular couple can achieve this level of pleasure.

Film looks dated

The film itself looks very dated, even though it was released in 2004. The sound is a bit flat, kind of like listening to someone in a gymnasium. The scenes all take place in a black room, with the exception of the last scene, which was the perfect portrayal of a romantic cliché: bearskin rug, fireplace, candles, the whole works.

In conclusion, this is a great film for those who are a little squeamish when it comes to pornography. It's simple, relatively tame, and most importantly, effective. Although I'm not sure if anyone will climax multiple times with this film, it may be fun for a couple to watch once in a while, or again and again!

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KATHY LE
Assistant Entertainment Editor

The reading break couldn't have come sooner for most of the students here at NAIT. Your stress levels are on overkill and most of you probably feel like jumping off a bridge. Interestingly, reading week was actually implemented for the very reason that students were committing more suicides during this special week than any other. Enough of the emo talk let's try to lighten the mood and de-stress your soul. Here are 10 songs that should do the trick, but if it doesn't and you still feel like going to the other side, go seek professional help my friend.

1. Bob Marley – Buffalo Soldier
2. Destiny's Child – Bootilicious
3. Shakira ft Wyclef Jean – Hips don't lie
4. Bob Marley – No woman no cry
5. Jack Johnson – Break down
6. John Mayer – Waiting on the world to change
7. Jack Johnson – Banana Pancakes
8. Pit Bull – Girls
9. Fire Fly – Owl City
10. Akon ft David Guetta – Sexy Chick

VIRAL VIDEOS

Grandma visits Jersey Shore

By **COLLEEN NUC**
Entertainment Editor

I'm pretty sure it's safe to say that everyone loves little old ladies. Whether they're your grandma or your neighbour, there's something charming about their cynical attitude that makes you want to give them a big hug as you eat their delicious cooking. So what could be better than a viral video about a little old lady? The answer to this question is quite simple, it's combining a little old lady and every college kids' passion of the moment: MTV's *Jersey Shore*. Add these two together and you get NJ Grandma Watches Jersey Shore.

Although this video has yet to achieve viral status, it's been making it's way through the wonderful world of the Internet for a few days now, appearing on popular websites like Perez Hilton and Collegehumor.com.

The concept is really quite simple: set up a camera while you watch *Jersey Shore* with your grandmother.

This simple idea sparked some of the most hilarious one-liners I've heard since David's "is this going to last forever?" quote while coming home from the dentist. Some highlights include, "Bowwow? What kind of a stupid name is that? And they're having sex on the dance floor? What, do they think that's nice?" and my personal favourite, "Can't you believe in Jesus without getting a tattoo? What, do you think he can read? Jesus, I mean."

This video is definitely worth watching, because any grandma with that much

sass deserves to be an Internet superstar.

<http://www.youtube.com/watch?v=LJIqKPfRmWU>



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Biggest loser's a winner!

By NICOLE de CHAMPLAIN

Winning a “loser” contest doesn’t seem like something that someone would consider a success. In Robin Halter’s case, winning EZ Rock’s Biggest Loser 2009 was among her greatest accomplishments.

Robin Halter, an administrative assistant in the executive office here at NAIT, lost an amazing 112 pounds after a whole year of hard work. In return for her dedication, she received \$1,000, a trophy and a new lifestyle.

Immediately after hearing about the contest from a friend, Robin submitted a letter hoping to be accepted as a contestant. She knew she wanted a change in her life and believed that this would be one of the best opportunities.

“My weight had gotten out of control and I was going through kind of rough time and I wanted to get it back in check. I thought it would be easier with some support,” Robin said.

She feels much better about herself now but does not deny the fact that it was an enormous struggle. The contest gave her the edge she needed to get started and to stick with the plan.

“The first six weeks we all had pre portioned food for our lunch and dinners,” explained Halter. “We also got a gym pass and training sessions.”

Once she reached the three-month mark, there was no turning back. She was doing great and proved to be doing better than the rest. She was the winner at the three-month and one year mark.

“At the three month mark I won a gym pass for a year which included 24 training sessions, a 500 dollar gift card to Element, a bike, a Minoura trainer from United Cycle, some meals from Delish and a free massage every month from Prana.”

Halter plans to continue with this healthy lifestyle she adopted not only for her but also for her 10-year old daughter.

She also tells about the stresses in her life and how she tries to deal with them in a positive way. She goes on to say how changing her lifestyle has put her in a better mood.

“You feel better when you have a healthy lifestyle. I’m trying to deal with my stresses in healthier avenues such as going for a bike ride”.

With the accomplishments that Robin has already made in her life, it will only motivate her to keep pushing forward.



NAIT photo

Robin Halter shows off her trophy and new look after winning a biggest loser contest.

Your guide to effective Facebooking

By JOHN MORRISON III
Humour Wire Co-ordinator

BURNABY, B.C. (CUP) — Facebook has become essential to the university experience. How else are you going to get invited to that toga party or find out if your crush is single? Interacting in the real world? Fuck that noise.

Follow this handy guide and you, too, can be popular on the internet!

Status updates

Status updates are the lifeblood of all things Facebook so you’ve got to be sure yours says everything you want to say. People like being kept up to date on everything – and I mean everything – that’s going on in your life. This may include, but is not limited to, what you had for dinner tonight, your thoughts on the weather, or how much you love your boy/girl-friend. Classic updates such as “is.” or just a simple “...” can show your thoughtful side.

None of these, however, can compare to how much people love reading song lyrics in your status. You are so real.

Groups

There’s no better way to protest university funding cuts, or just people wearing crocs, than joining a group. You can find others who want to stop poking and start having sex, or participate in one or more of dozens of “largest group(s) on Facebook!”

Photos

Hey, if it takes four or five tries to get the pouty shot with your friends at the bar just right, don’t feel the need to omit any of them when you upload your photos to Facebook. This is a historical record, so it’s important that

you include every photo you take and not miss a single one. How else would I know that your boyfriend tends to blink a lot when the flash is on, or how hard it is to take a group shot of people jumping.

Quizzes

Everybody loves quizzes; you should fill these out as often as possible. Not only are they

fun, they allow your friends to get to know you. What better way to get closer to people than letting them know which *Twilight* character represents you best (Edward!!!)? However, filling these out is not enough, you should invite your friends to do so too.

Games

Nothing teaches you more about economics, cooperation, and the real world than games such

as Farmville and CaféWorld. While some might call these games a waste of time, they actually provide useful experience that will become an asset in the long term. I put my Farmville score on my resumé, and nothing impresses the ladies on a first date like showing them your CaféWorld account.

Events

Listen, if there’s anything people enjoy, it’s receiving a Facebook invite to your fund raising event, some contest you’re trying to win, or a birthday party for someone they barely know. Invite everyone in your friends list, regardless of whether or not you want them to come.

There you have it, folks. Now go forth, apply what I have taught you, and you’ll be safe from ever having to use the phone or actually spending time with friends again!



Scenester 101



COLLEEN NUC
Entertainment Editor

You see it all the time, in the movies, in magazines, in local Edmonton bars such as the Starlight Room and Halo. They usually travel in packs and pretend not to have fun. They have over 700 Facebook friends and usually post “abstract” photos of themselves as if they were hired to model in a *Nylon* magazine fashion spread. You can smell their pretentious stench a mile away, which is occasionally masked with the smell of cigarettes and dirty hair. You all know what I’m talking about. I’m talking about scenesters, also known as Indie Kids, and the *Nugget* is going to give you a comprehensive, step-by-step guide on becoming a pretentious homeless indie kid.

1. Get Really Skinny

Nutrition is for chumps. The ultimate goal for a scenester is to get as skinny as possible, which is usually achieved through cigarettes and fancy cupcakes. A scenester never gets hungry, and when they do, that hunger can quickly be satisfied by smoking a little of the green stuff. However, it’s important to mask your disordered eating by posting the occasional “trip to MacDonald’s” pictures on Facebook, just to say, “look at me! I don’t care about nutritional value! I eat fast food all the time and I’m still this skinny! I’m so indie right now!” Once you’re about 10-15 pounds underweight, you’ll be ready for Phase 2 of your transformation.

2. Wear Really Tight Pants

Whether your male or female, it’s important to know that the Indie lifestyle includes wearing really tight pants, all the time. If you’re male, feel free to browse the wom-

en’s section when choosing your desired jeans, and make sure that you don’t highlight anything that might resemble an ass. Here’s a little rule to follow; if there are no marks on you legs when you take those suckers off at night, you are not fulfilling your commitment to the scenester lifestyle.

3. Pile on the Accessories

A scenester doesn’t know the meaning of “simplicity,” and they make sure they are perfectly decorated like a Christmas tree, every time they step outside. Why not pair those large hoop earrings with 10 gold necklaces? Is your eyesight 20/20? Who cares! Wear thick fake glasses to prove that you are not only beautiful, but you can solve a math equation too! Make sure the bag you carry is at least twice as big as your head, and if you’re a dude, carrying a florescent fanny pack is completely acceptable.

4. Invest in a Conversation Piece

Go out to your nearest Value Village and find the most outrageous piece of clothing you can find. If you find a boxy ’80s leather jacket or a sweet T-shirt with a wolf print on it, buy it. It’ll be the best \$2 you spend, because it’s those pieces that set you apart and makes you truly indie.

5. Don’t Shower

A scenester doesn’t care about personal hygiene and neither should you. If your hair doesn’t smell like you’ve been in a coma for four months, you’re not doing yourself or your fellow indie kids any favours. Trust me, no scenester likes the smell of Pantene ProV.

By following these five simple steps, you’re sure to become Edmonton’s newest, hottest scenester. So go out there, join the millions of other scenesters, and buy yourself



fasterlouder.com

a pair of skinny jeans, listen to some underground music and relish in your own “original style” while watching the friend requests come pouring in on your Facebook page.

Some thoughts on Valentine's Day

By **COLLEEN NUC**
Entertainment Editor

Valentine’s Day is one of those funny holidays that are created entirely by the retail industry. The name “Valentine’s” Day should really be renamed to “Buy a bunch of heart shaped crap and stick a Hallmark card on it” Day. Call me a pessimist, but Valentine’s Day has got to be one of the biggest clichés in the history of clichés. Valentine’s Day is just plain dumb.

With that being said, this year I’m expecting my date to go and buy me some red roses, maybe a nice card with a cute little bee saying “beee my Valentine,” and take me on a romantic dinner for two. Call me a sucker, but I can’t help the fact that I was born with an extra “X” chromosome.

So where are the best places in Edmonton to take your loved one this coming Valentine’s Day? There are countless restaurants and venues that will be featuring Valentine’s Day specials, which in turn, will make your evening special.

The Hat, located on Jasper Avenue, is a cosy little lounge with friendly staff and dim lighting and is one of my favourite date spots in the city. The lounge is featuring a set Val-

entine’s Day menu on that very day, and for 40 bucks a ticket, you can get you and your date an extravagant three-course meal including steak and crème brûlée.

West Edmonton Mall’s The Red Piano is featuring “All That Jazz Valentine’s Day,” a night with renowned jazz musician Dave Babcock and dinner from celebrated chef Tim Barath. Tickets are available at The Red Piano.

Want to take Valentine’s Day to the next level? Edmonton has countless places that offer full blown “romance packages” that will make your honey’s heart melt as well as your wallet a little lighter.

The Fairmont Hotel is offering a “Romantic Retreat,” including a night’s stay at the hotel with champagne, chocolates, dinner and a few contraceptives, if you ask the front desk nicely. The price tag on one of these packages is pretty steep, so hopefully your date won’t “disappoint” once the evening comes to a close.

The Sutton Place Hotel is offering a similar package with a smaller price tag, including accommodation, a four-course “epicurean adventure in Capitals Restaurant,” breakfast in bed and a little champagne and rose petals to

get you in the mood. This full day package is only \$350, which is actually a really good deal considering all the mushy romantic stuff you get.

If your wallet is a little more on the “starving student” side, let me give you a few fun ideas that won’t leave you wanting to pass out. Take your date to the mall, and with 10 bucks each, go and buy each other a cheap gift. Meet back at a specific location in 30 minutes,

revealing the gift you have chosen for your date. Afterward, go to your local grocery store and see what kind of a meal you can come up with for 20 bucks. Trust me, this is one of the best dates you can go on, it’s fun, light hearted and creative.

If all else fails, go out and buy a bottle of Boones, get hammered, and get it on all night long. That’s always a winning combination for all parties involved.

PB & J

By **KATHY LE**

Chicken Parmesan

This Chicken Parmesan will make you think you’re in Italy!

The Stuff:

1 jar of pasta sauce
6 tablespoons of Parmesan grated cheese
6 small boneless chicken breasts
1½ cups of mozzarella shredded cheese

The Magic:

1. Preheat oven to 375 F. Pour pasta

sauce into a 13x9-baking dish. Stir in 4 tablespoons (¼ cup) of the Parmesan cheese. Add chicken; turn over to evenly coat both sides with sauce. Cover with foil.

2. Bake 30 minutes then uncover.

3. Top with mozzarella cheese and remaining 2 tablespoon of Parmesan cheese, continue baking for 5 minutes or until cooked through and cheese is melted.

4. Serve over hot cooked pasta.



www.comfortcomes.com

Listen to Sounds

By HAILEY MATSON

Coming all the way from Sweden, *Crossing the Rubicon* is The Sounds third album release.

Consisting of upbeat pop/rock tracks throughout; this album is filled with familiar European pop sound that Sweden is so well known for.

For me this album was long awaited for. Ever since the release of their second album *Dying To Say This To You*, which won me over, with tracks like "Painted By Numbers" and "Hurt you". The Sounds came full speed with something I had never heard before, with their '80s sounding vibe and lead singer, Maja Ivarsson's unique raspy sounding vocals. It was the beginning of a music love affair, and

Crossing the Rubicon for me was no different. Coming across with a different mix of new tracks like "Underground" and "Home is where your heart is," that leave you reminiscing on your younger years and looking on your life, to more upbeat tracks like "My Lover" and "Beatbox."

Looking at reviews from *Rolling Stone* magazine had me alone in my opinion. Calling one track off the album "a solid heart cover", to rating the whole album only two stars out of five.

Despite outside opinion, this album brought everything that I hoped for and even more. *Crossing the Rubicon* is not an album that should be ignored and passed by; the tracks definitely deserve a listen.

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU GRADUATING IN THE SPRING OF 2010?

CONVOCATION 2010

Saturday, May 8, 2010

The Northern Alberta Jubilee Auditorium

11455 – 87 Avenue, Edmonton, Alberta

If you expect to complete program requirements by **Wednesday, June 30, 2010**, you are eligible to attend Convocation. If you plan on attending the Convocation ceremonies in May, **you must order your gown.**

Deadline for ordering gowns:

THURSDAY, APRIL 1, 2010

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Patricia Campus Bookstore, Room P135

or at Souch Campus – Room Z154

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

Flyleaf inspires

By RACHEL LEES

Memento Mori is Flyleaf's new inspiring album filled with heart-wrenching lyrics and tremendous vocals that can not be beat. The whole album is phenomenal; there isn't a single song I didn't enjoy. With their debut album going platinum, their new material has been highly anticipated by thousand of fans, and I believe *Memento Mori* has definitely lived up to the hype.

First of all, the lead singer, Lacey Mosley, shows off her voice in her usual screaming fashion, but also takes the time to sing in a different direction. She first won our hearts and proved her 'screaming potential' in their hit "I'm So Sick" (eatured on RockBand). When you see a picture of this girl, you wonder how such a small girl can be so loud! However, in this new album her voice is so beautiful and powerful at the same time; we can definitely hear how the band has grown musically and spiritually.

"Beautiful Bride" and "Again" are the first hits off this album and the group already has tremendous and artistic music videos. Flyleaf is very good at reaching people of all ages and

expressing what they believe, through very hardcore music and intense imagery (not what you would typically find in a Sunday school). When she screams, she is doing so with every bone in her body, and the passion for what she is saying is undeniable. They do not sugar-coat anything and are quite blunt, but do not stray away from the fact that they believe there is hope for every hurting person.



Flyleaf

The most beautiful songs on the album would definitely be "Arise" and "This close," which talks about overcoming pain and obstacles to become something more. It's funny to think how something so loud could be so inspiring, but on the other hand, it is nice for someone to portray these ideas in such a desperate and crucial way.

Over all, this entire album is phenomenal. Every song has a purpose, and they do not waste any time on superficial matters and little problems. This band is here to make a difference, and I believe they are doing so. If you would like to check them out, this year they are going on tour with *Breaking Benjamin* and *Three Days Grace*.

EDMONTON JOURNAL STUDENT PHOTOGRAPHY CONTEST



All post-secondary students in Alberta are invited to enter their best photos from 2009, for a chance to win prizes and be published in the Edmonton Journal and on edmontonjournal.com

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Doppelganger Week on Facebook? People don't even look like the pictures they put up!

– You Wish You Looked Like That

...

I used to use ice cubes to bathe and am considering doing it again. It's to keep my nut size down to respectable level, otherwise I certainly couldn't wear traditional gym shorts.

– Nutty Guy

...

The Fresh Express fries are a million times better than the Common Market fries! And the gravy is AWESOME.

– I Heart Carbs

...

This has been the worst school week of my life. I hate school. Fourteen hours at school was a little excessive.

– Weary and Tired

...

Does anyone else here feel like they want to go mentally crazy with the amount of schoolwork that has been piling on? Reading break couldn't have come sooner.

– Yay for Reading Break

...

I'm so stressed that I would actually sleep with you to relieve it. That's how stressed I am.

– So Stressed

...

WTF is up with these Dr. Conwisdom letters? There's no way even half of this shit is for real. Great advice though, every time.

– Skeptical

...

Everyone involved in the elections has totally creeped me out, and I have an uncle who has a bible quote tattoo, 80's van and smells like whisky and hockey skates. The posters of dudes in cheap suits and the loser smiles and clammy hadshakes I have gotten in the hallway make me want to vote for either the amazing bodega wrap or the parking guy at kingsway too stupid to catch me and my ninja like parking skills

– The Dude

...

I love Thursday at the Nest because it's 4 dollar wings and it's ladies night, so I eat for free.

– Mcnuggets Lover

...

Lindsey Vonn has finally given me a reason to watch skiing in the Olympics.

– Sports4life

To the guy strolling the hallways with his Bluetooth headset, hey spaceman, with two hands free why not give your self a good smack in the face to give yourself a reality check. News flash, you're not important.

– Annoyed

...

To all the girls I see on a regular basis at Mcdonalds, keep up the great work. You will be very useful for weighing down the back of my truck this winter.

– fatchicks4life

...

To the students who are still selling their used textbooks. We are four weeks in, so we are probably using new ones already. you are greasy and get a job, and while you are at it get a haircut. The grease is seeping down your forehead.

– Still broke

...

I love MUFF-ins! Just thought I would share that.

– Livin for muffins

...

Ha ha ha, you make me laugh. I'm glad you think you're so superior to me ... But last time I check you're unemployed – get a job.

– Laughing

...

BTW, it is spelled seriously ... Just for the record.

– Integrity in check

...

Out of ORDER! If I read that on another bathroom stall I'm going to piss on the floor. Are we clear NAIT... THE FLOOR!!!!!!!!!!!!

– Tired of holding it

...

Jay Leno is like a sex toy. it's fun at first but as time goes on, it becomes uninteresting and irrelevant.

– Can't wait for Conan

...

Sometimes when I'm all alone, I sit in the corner with a pail of ice cream and eat it until I throw up. I feel so much better getting that off my chest.

– 4-litre tub

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CATCH CANADA'S GAMES AT CANADA'S PUB

Dear John gem

By CLARISSE PORCA

Audiences these days can only expect so much from another movie filled with sappy scenes of lovers kissing in the rain, falling in love under a full moon and frolicking on the beach. But director Lasse Hallstrom recycles these scenes for a good cause as he puts together the sensational drama of *Dear John*.

Based on the novel by Nicholas Sparks, this story centres around John Tyree (Channing Tatum), a Special Forces soldier who falls in love with the doe-eyed and golden-hearted Savannah (Amanda Seyfried). They meet in South Carolina where John is home on leave to visit his father, and Savannah is spending Spring Break away from college. This means that the couple has only two weeks together before they must part ways again. When they do, they make a promise to write letters to each other during John's remaining year of service in the army.

It is here that the story finally picks up its pace and reveals its true colours. When a national tragedy occurs, John's service in the army is extended to dangerous top-secret missions, and the two lovers face a test as their love struggles to survive through time. *Dear John* is a heart-wrenching movie that provides a couple

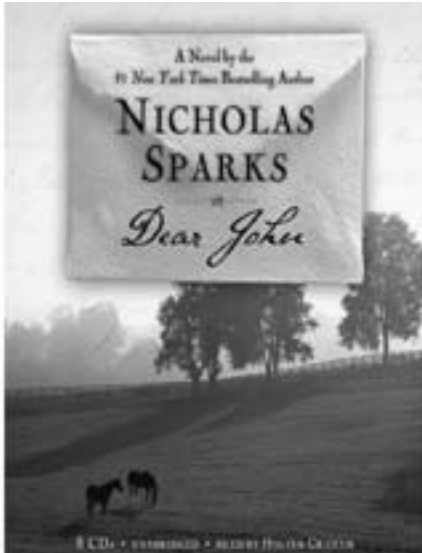
of twists and turns and will make viewers empathize with its characters. Viewers will not only discover a love story, but also a suffering father-son relationship between the once-rebellious John and his autistic father.

Cast as John's autistic father, Richard Jenkins physically expresses his quiet character well. For Amanda Seyfried, she proves yet again that she is one of Hollywood's rising young actresses in her portrayal of a young woman filled with tenderness and passion.

Channing Tatum seals off this pairing as he confirms that he is more than just a charming face and brawn, but also an exceptional actor who can greatly adjust his level of intensity. In fact, Tatum and Seyfried make the chemistry between the lovers look so natural that it's almost confusing when the actual "Dear John" in their relationship occurs.

It's not only the cast of *Dear John* that deserves a well-earned round of applause, but also the vivid cinematography that captures the dramatic elements of the film. Along with that are the musical numbers that are blended in nicely to enhance the integrity of emotion it evokes.

Overall, *Dear John* is a movie that is sure to take the reins this year's Valentine's Day.



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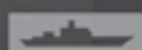
"Before I started this job I was thinking free education, only three years minimum service. Then one day I could open up my own shop, do small engine repairs. Dreams can change. Now, I'm here to stay."

Master Corporal **BRUNO DUGUAY**

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Caporal-chef **BRUNO DUGUAY**



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Sun and fun with NAITSA

By DARYLANN HUTCHINGS

So I know most of you already have your reading week planned, but for those of you who don't know what to do, here are some ideas for the relaxing week we get off.

For spring break this year, NAITSA's heading to sunny, sandy, Cancun! The package includes a roundtrip airfare, 7 nights accommodation at the all-inclusive Oasis Resort, airport transportation, a welcome reception, and daily hospitality and activities. The trip costs \$1,399 + Taxes (\$325), for a total of \$1,725.

If the NAITSA trip doesn't catch your interest you can always check out last minute deals online and at travel agents.

If you can't afford to go on the school trip, check out the other fun things to do around the city for little to no cost. You can visit the zoo. The weather may not be ideal, but the monkeys are worth the trip. The Alberta museum has some new exhibits that may be interesting. Feed your ADHD by checking out the Diamonds:

Mined, Refined and Designed exhibit, which has many shiny things. Or bring out the child in you by viewing the Much More Munsch exhibit.

If the zoo and museum sound boring to you, then hit the gym and lose the ten pounds you've put on in the last two months. You can take a road trip, even if it's just across Alberta. Or you can volunteer your time to those in need.

Some things you can avoid doing is stalking everyone you have ever met on Facebook. Oh wait, that's probably not much of a change. How about making your debut appearance on Girls Gone Wild? Or even worse be really washed up and attend a few good old high school parties. You'll really learn to appreciate the social scene when you come back to college.

Reading break is a great time to unwind and have fun. Seriously though, what happens in Acapulco doesn't always stay in Acapulco, so be careful and stay away from the wet T-shirt contests.



TIMELY TIPS

Is your relationship healthy?



MARGARET MAREAN
NAIT Student Counselling

Valentine's Day is a time we often get warm, glowing images about love and relationships. It is also a great opportunity to evaluate how happy you are with your relationships, romantic and otherwise. Good relationships don't just happen. They take effort.

Every relationship is different. However, some common characteristics occur in most good relationships. If you can honestly answer 'yes' to the following, you are probably in a healthy relationship:

- I feel like I can be myself
- I feel comfortable sharing my feelings with my partner
- We respect each other's differences (opinions, feelings)
- We can negotiate and compromise when we don't agree
- We don't hold grudges
- We can say "I'm sorry"
- We enjoy each other's company
- We both have an equal say in the relationship
- We trust each other
- We are honest with each other
- We don't take each other for granted
- Humour and fun are part of our relationship
- I look forward to seeing my partner
- My relationship brings out the best in me.

However, if you are staying in a relationship because you think your partner "has potential,"

will change or you don't want to be without a boyfriend/girlfriend, re-evaluate. By staying with your partner you are actually reinforcing the negative behaviours.

The following are warning signs of unhealthy relationships:

- I have felt pressured to do things that I find uncomfortable
- I have been threatened
- I feel controlled in this relationship
- My partner is very jealous
- My partner does not respect me
- We often shout or yell when we disagree
- I often feel put down by my partner
- My partner tries to isolate me
- I feel like I am losing my identity in this relationship
- I am dependent on my partner to make me feel good about myself

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you to potential problems. People in healthy relationships are willing to work at the relationship. They give without keeping score, have a strong sense of commitment to their partner, communicate openly, express affection, can compromise without losing their individuality and are sensitive to each other's needs.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication? See a counsellor for this or any other academic or personal concern. Appointments can be made in person at Student Counselling, Room W111-PB, HP Centre; phone 378-6133.

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Your horoscope



MADAME O

January 14-20

(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)

What's better: Having wild sex with your mate or cheesecake? I say, a little of A and a little of B. Who says you can't have your cake and eat it too?

Taurus (April 20-May 20)

For Valentine's Day you should be expecting a very delightful surprise ... in the form of a Dick In A Box.

Gemini (May 21-June 20)

Try being romantic for a change. The results will benefit you, for once. Just remember that bringing your special Valentine's road kill isn't romantic. Are we clear?

Cancer (June 21-July 22)

Spend just a little extra something on that awesome gift for that special someone. They are completely worth it. If you don't, you're just a cheap little shit.

Leo (July 23-Aug. 22)

Your sweetheart will appreciate a nice foot massage after a long day. Give them

the attention they deserve.

Virgo (Aug. 23-Sept. 22)

Easy on the Ben and Jerry's Triple Caramel Chunk this Valentine's Day. No one will find you attractive if you gained the girth of Rosie O'Donnell.

Libra (Sept. 23-Oct. 22)

Subliminal signals make more sense to you than direct communication this Valentine's week, so open up and let body language do its work.

Scorpio (Oct. 23-Nov. 21)

If love hurt you once before, keep your chin up, it's almost time for a new opportunity in love. Just keep an eye out for it.

Sagittarius (Nov. 22-Dec. 21)

Don't forget that someone's always

thinking of you. Whether they are thinking of you naked with whip cream and a camcorder or not, someone's still thinking of you.

Capricorn (Dec. 22-Jan. 19)

Trial and error. That's all it is. Keep taking risks and you'll be a better person than you already are.

Aquarius (Jan. 20-Feb. 18)

Are you kidding me? You won't find love on Valentine's Day unless it's your right hand.

Pisces (Feb. 19-March 20)

Go with your gut this week. Stop questioning yourself and make those Valentine's plans on a whim and you'll get what you deserve. In a good way, of course.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Preventing textbook theft



When the decision is made to attend a post secondary school there is usually a complete and drastic change in the life of the new student. One of the biggest changes revolves around finances. After tuition is paid and textbooks have been purchased, there is usually very little money left to play with. Most people give up their jobs in order to concentrate on their studies, compounding the shortage of cash, and a large number of students rely on grants, bursaries and student loans to make ends meet. By the time a diploma or degree is earned, many people are deeply in debt.

Whether a student is far from home or not, the loss of textbooks can be devastating, both emotionally and financially. Without them, many classes cannot be attended and most textbooks are extremely expensive. Replacing a stolen book could mean that the victim is unable to buy groceries for a week.

Each year thousands of textbooks are stolen from unwary students across North America. In many large cities the theft of college and university textbooks has become an organized effort by gangs to help finance their activities. The stolen books are returned or resold to bookstores and/or unsuspecting students netting the criminals quick and easy cash.

There are, however, several ways for students to protect themselves. They include:

- Always keep your books with you. Never leave them sitting on a desk or table while you go out of the room.
- Carry your books securely on your arm or in your backpack or satchel.

- Use the fasteners provided on your backpack to secure it to your body. Grip satchels tightly or place strap over the opposite shoulder in order to keep anyone from doing a grab and run.

- Never leave your backpack or satchel out of your sight. In a crowded cafeteria it could disappear from under a chair very easily.

- When in the restroom, take your books in the stall with you. Never leave them sitting on a counter or floor.

- Store your books, when they are not needed, in your locker. The best investment you could make at this point is a high quality lock. Make sure the lock is properly engaged when you leave the locker.

- As soon as you know that you have the right textbook for your course, put your name or some other readily identifiable mark on or in the book. This will aid authorities in recovering the stolen property. This is particularly helpful if the mark is not in an obvious place.

- Report the theft or loss of a textbook IMMEDIATELY after discovery. The quicker the loss is reported, the higher the chance of recovery. Call Campus Security Services at 780-471-7477. Give a complete description of the book, including any identifying marks, and the location of where it was lost, as well as any other information you may have. Be sure to leave your name and contact number in case the book is recovered.

- Report the theft or loss to NAIT Bookstore as well. When alerted, the staff will be on the lookout for the stolen merchandise with the intent

of keeping the book for the rightful owner and, if possible, apprehend the suspect. Dial 780-491-3110 and ask for the Customer Service Supervisor. Give a complete description of the book, including any identifying marks, as well as the location of where it was lost, as well as any other information you may have. Be sure to leave your name and contact number in case the book is recovered.

- If the Customer Service Supervisor is not available, inform the staff member who is handling your call about the loss.

- Monitor the Lost and Found at Campus Security Services on a regular basis.

The NAIT Bookstore is committed to helping reduce textbook theft by monitoring textbook refund returns, and textbook buy-backs. Because many textbooks are sold privately or handed down to younger siblings, it is difficult to administer any sort of tracking system. They have, however, several policies that speak to this problem. They include:

- When returning a textbook for a refund, the student MUST produce the original receipt AND a current valid student ID. These transactions are electronically recorded and monitored on an ongoing basis.

- Although a receipt is not needed when a buy-back is offered, the person offering the books must produce a current valid student ID and leave his name. These transactions are also electronically recorded and monitored on an ongoing basis.

- All transactions, as well as general store activity, are recorded on a continual basis by a video surveillance system. These images have been suc-

cessfully used to prosecute suspects.

- When a suspect is caught, Campus Security Services is contacted and, if necessary, the Edmonton Police Service. All suspects are prosecuted.

- NAIT's Registrar's Office is informed of the suspected activity.

- If convicted, penalties could include a criminal record and/or termination from any NAIT sponsored program.

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.



HELP WANTED!!

STUDENT HEALTH PLAN OFFICE

JOB TITLE: STUDENT SERVICE ASSISTANT PART TIME

RESPONSIBILITIES:

- Assist students with questions and inquiries regarding the Student Health Plan
- Assist students in completing claim, family add-on and opt-out forms
- Receive and document student information
- File documents
- Distribute Benefit Care Cards
- Keep up to date on the Benefit Plans, processes and changes.
- Liaise with Gallivan Head Office staff on problem situations
- Maintain a clean and organized work environment

QUALIFICATIONS:

- Must be customer centric
- Excellent verbal and written communication skills and a mathematical aptitude
- Excellent organizational skills
- Previous office experience is an asset
- General knowledge of the Student Health Plan is an asset
- Must be dependable and able to work independently

Hours: Up to 6 hours per week, plus additional hours during orientation and enrolment periods.

E-mail your resume to studentplans@nait.ab.ca

STUDENT OPPORTUNITIES

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

Big Brothers Big Sisters

Magical computer club, Somali homework club

The Canadian Cancer Society

Various opportunities

Communication Co-ordinator

Set up and run group speech practice sessions with students.

For more information on volunteer opportunities at NAITSA, please e-mail naitsavolunteers@nait.ca

Help Wanted

SENIOR NEEDS:

1. Fourth-year electrician apprentice (with residential experience) to wire 300 sq. ft. reno.

2. Someone to ceramic tile bath.

Weekend or evening work.

CONTACT: 780-462-4753.

House For Rent

Two bedrooms, one bath, large yard, \$1,000/month
\$1,000 damage deposit, no smoking, no pets.

ALSO

Two rooms to rent \$500/month

Call: 780-471-5322

ATTENTION

Diagnostic Medical Sonography students!

NAIT Continuing Education and Philips are sponsoring a Breast Imaging Conference on Saturday, March 6, 2010. Students from the DMS programs at both NAIT and SAIT are invited to attend this conference at the very reduced rate of \$75 (regular conference pricing is \$250).

The conference will run from 8 a.m. to 4:30 p.m., and includes a light breakfast, lunch and hors d'oeuvres. There will be lectures by several industry experts and hands-on sessions with the latest Philips equipment.

As a student, there are several advantages to you for attending this conference:

- Breast ultrasound is included in the CARDUP National Competency Profile.
- You will have an opportunity to meet and network with sonographers actively working in the field.
- You also have the opportunity to meet potential employers.
- You can put your classroom skills to use in a practical hands-on setting.
- This type of conference experience is an enhancement to your resume.

You can register for the conference online at: <https://www.regonline.ca/breastimagingconference>. In order to access student pricing, the registration system will ask for your student ID number. Once you are registered, you will be required to provide your student ID again when you check in on the morning of the conference.

There is a limited number of seats available for students, so we do recommend that you register as soon as possible.

If you have any questions, contact Sally Neal at sallyn@nait.ca. We look forward to seeing you at this exciting, learning-filled day!



Photo by Raymond Ip

Kiersten Pipke, 18 Radio Television Arts

1. **What is the first thing you notice in a guy?** – His eyes and facial hair ha, ha.
2. **Money, personality, or looks?** – Personality is a must!
Manly good looks are always a nice bonus, though ha, ha :)
3. **3 things you like about yourself?** – My (hopefully) stellar baking skills, my quirky sense of humour and my smile.
4. **Pantie or thongs?** – Definitely thongs.
5. **Your ideal romantic date?** – Something random and fun ... like go carting and ice cream!
6. **3 characteristics that describe you?** – Happy, spontaneous and bubbly.
7. **What would you like to say to the men at NAIT?** – Stop being so damn shy and come talk to us girls! We're not that scary ;)
Are you hot and single? E-mail us at entertain@nait.ca

CLUBS CORNER

Upcoming events ...

DeFeYe Arts

What: Studio Day
When: Feb. 13
Where: Harcourt House 10215 112 St.

DeFeYe Arts

What: Play – NEVERMORE
When: Feb. 20
Where: Catalyst Theatre
 8529 Gateway Blvd.

NASS

What: Cookie dough sales
When: Jan. 18 to Feb. 12
Where: L-254 Paperstore
 Engineering Annex

Club Culinaire

What: Truffle sales
When: Feb. 8 to 12 Noon – 2 p.m.
Where: Book Store, Business Tower,

NAITSA office (Feb. 12 only)

Outdoors Club

What: Pub Night
When: Feb. 27
Where: Union Hall; Argyll and 99th St.

PGC Student Club

What: Beer Gardens
When: Feb. 26, 4 p.m. to 10 p.m.
Where: Business Tower

CLUB NEWS

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

FORUM: It's up and running! Join up, make yourself a

name/avatar, and find out the latest club news/events.
<http://naitsa.ca/Forum/>

Grant #4 Submission Deadline: Friday, Feb. 26

Valentine's Week Candy Sales



Chem Tech Fundraiser

11:15am-1:15pm Feb 8th-11th

NAITSA and HP Center

CONSTRUCTION ENGINEERING TECHNOLOGY PROUDLY
PRESENTS THE FIRST ANNUAL
PONG TOURNAMENT!

BE AT THE
DOCK ON
THURSDAY,
FEBRUARY
11th FOR
SOME PONG
ON PONG
ACTION

\$3.00 BEER
\$2.00 PIZZA

TEAMS OF 2!

GRAND PRIZE FOR THE WINNERS!

VALENTINE'S DAY
FLOWER SALE

WHAT: FLOWERS = SINGLE \$5
= DOZEN \$50

DATE: FRIDAY, FEB 12.

TIME: 12:00 - 2:00 PM.

LOCATION: ENGINEERING FIRST FLOOR, 101 MAIN STAIRS.
PETRO GEM CATERING, FIRST FLOOR.
HP CENTER SECOND FLOOR.
MAIN CAMPUS - COMMON MARKET.

LAT
LAWRENCE ACADEMY OF TECHNOLOGY

STUDENTS' ASSOCIATION

BTECH STUDENT CLUB PRESENTS:

DR. AVI FRIEDMAN
WORLD-RENOUNDED ARCHITECT AND DESIGNER

Keynote Talk:
Sustainable Homes and Communities
for the 21st Century

Thursday, March 11, 2010
6:30p.m. - 8:00p.m.
NAIT Shaw Theatre

Tickets available at the Bachelor of Technology
office (X112) on NAIT Main Campus or by contacting Dr. Klay Dyer at
780-378-1168 or klayd@nait.ca

CLUBS CORNER

MIKE LIN RENDERING WORKSHOP

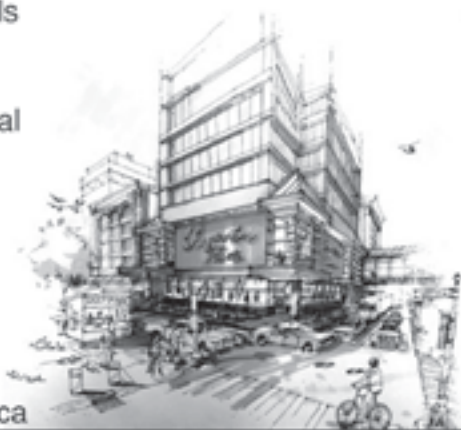
FEBRUARY 17 & 18, 2010 (READING WEEK)
NAIT MAIN CAMPUS (8:30 -5:30)
IDT, AT, LAT WELCOME

Improve your drawing & rendering skills
from one of North America's best

Create unique graphics for your personal
portfolios

For workshop examples:
<http://www.beloose.com>

Tickets \$100. Deadline Jan 29th
Contact : RM L245 Annex
Shannon Dore -sdore2@ookmail.nait.ca




TOP OF THE TOWER BEER GARDENS

3 Drinks for \$10

Top of NAIT's Business Tower
Pizza, Beer, Music, and TONS of FUN!!

Come out, bring a friend, relax
and have a great time

 **FRIDAY, FEBRUARY 26, 2010 4:00 PM** PGC Student Club Fundraiser

NAIT GAMERZ CLUB PRESENTS RETRO RUMBLE



Before the break, join us for some old school gaming fun!

FEB 12TH 2010

Friday @ 5:30pm. HP Center WC120
www.naitgamerz.com

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

Want Some Extra Kisses This Valentine's Day?



The girls from the Captioning and Court Reporting Club
are here to help!

If you can guess how many hearts are in the jar, you
could win some great prizes, including:

Spa Packages ☐ Entertainment Packs ☐ Restaurant Gift Cards

When: February 8 - 10

(Winners to be announced February 11)

Locations & Times

Feb. 8 - Near Fresh Express (11:30 a.m.-1 p.m.)

Feb. 9 - Spartan Centre (8 a.m.-9:15 a.m.)

Near Common Market (11:30 a.m.-1 p.m.)

Feb. 10 - Computer Commons HP Centre (11:30 a.m.-1 p.m.)

Tickets cost \$2 each or 3 for \$5!

NAIT Baker's Club Presents

Valentine's Bake Sale

In Support of
CANADIAN LIVER FOUNDATION FONDATION CANADIENNE DU FOIE

Friday February 12, 2010
10:30am to 12:30pm
In the South Lobby

..?!\$ Dollars and Sense

Financial Literacy Seminars

Next Seminars on:

Debt Management, Mortgages & Loans
Thursday, February 4, 2010

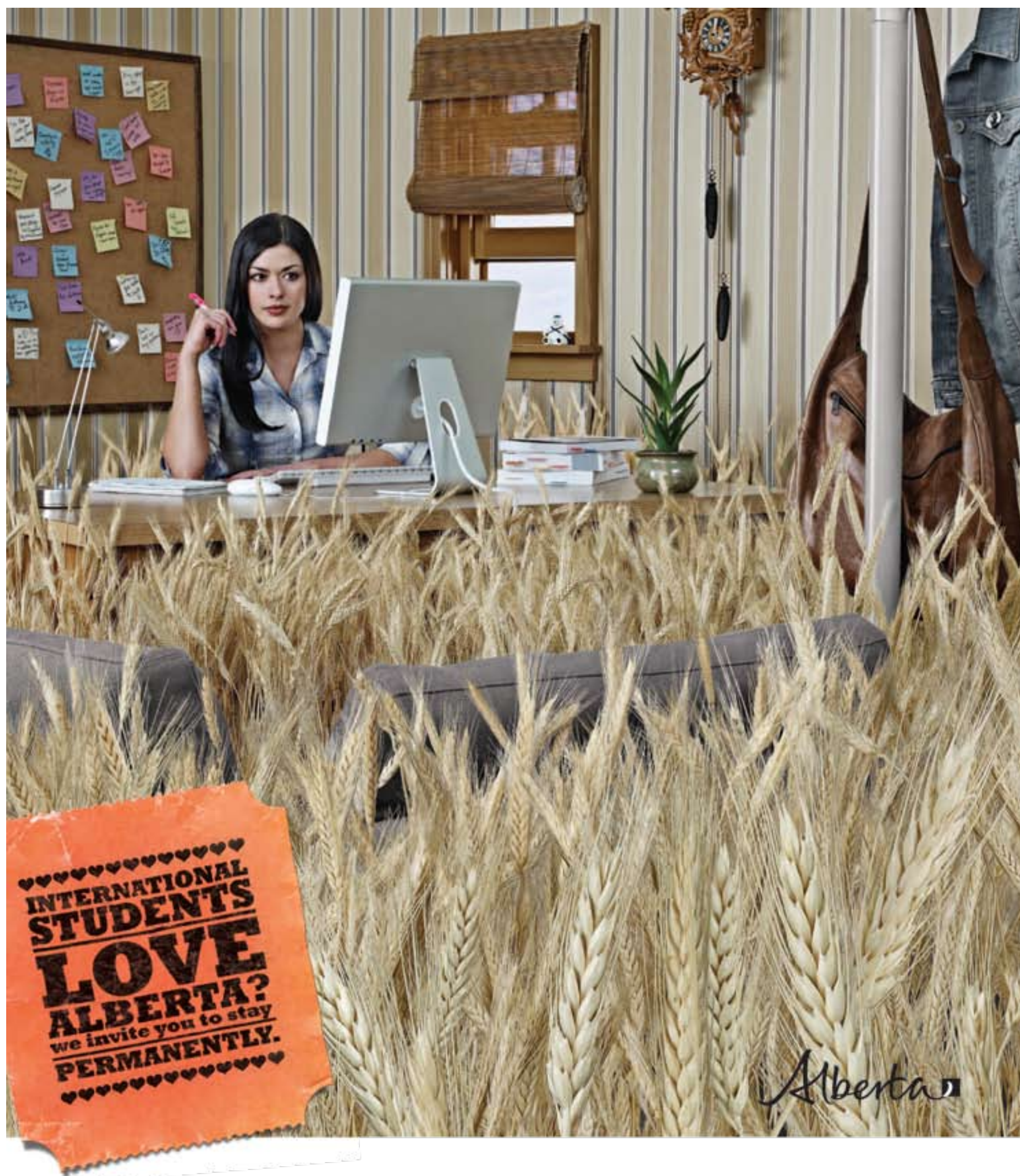
Investing & Retirement
Thursday, February 25, 2010

Room: X107 Time: 4:45 p.m. - 6 p.m.

Contact: dollarsandsense@sifenait.com for more information

Hosted by:





Free Online Webinar Sessions:
March 2, 2010 | 6pm MST

If you're an international student, join us for a free online webinar about the Alberta Immigrant Nominee Program—a great way for you to become a permanent resident of the province you've grown to know and love. Register at AlbertaCanada.com/lovealberta2010