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THE NUGGET

Thursday, March 11, 2010
Volume 47, Issue 21



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NAIT ATHLETES WIN!

Men take ACAC basketball title; two medals for badminton players at Nationals

See stories, pages 8 and 9



Supplied photo

HOW SWEET IT IS

NAIT men's basketball coach Don Phillips, far right, celebrates with his student athletes, coaches and staff after the team clinched the ACAC championship on the weekend in Calgary. Coach Phillips' daughters, Dineo and Thandi Khalema-Phillips, join in the fun.

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@ the Nest
@ 4:30

**FREE SHOW
MARCH 17**

NEWS & FEATURES

Astronaut to land at NAIT

By DARYLANN HUTCHINGS

Could you imagine spending eight days aboard NASA's space shuttle discovery?

For one woman it was a dream come true. When Dr. Roberta Bondar was offered the chance to be a part of the crew in the 1992 Shuttle Discovery mission, she didn't hesitate.

Dr. Bondar is Canada's first female astronaut-neurologist in space, getting the opportunity to orbit the earth for eight days while doing a series of tests and experiments in the first microgravity laboratory.

Globally recognized for her contributions to space medicine, Dr. Bondar has continued as head of an international space medicine research team working with NASA for more than a decade, finding new connections between recovering from floating in space and neurological illnesses such as stroke and Parkinson's disease.

On March 18, Dr. Bondar will be giving a keynote presentation for students at NAIT.

I got a chance to speak with her and ask a few questions:

Darylann: How old were you when you decided you wanted to be a spaceman?

Dr. Bondar: I wanted to be a spaceman since when I was growing up in the late '40s, early '50s. I was building plastic model rockets when I was eight. I knew I wanted to do this.

D: Did anything inspire you?

Dr. B: Support systems are huge, whether that is an inspiration or not, but certainly my support systems [would be] my family. [They] would buy me these plastic model rockets for my birthday ... so all that set into the creativity



Supplied photo

In addition to being an astronaut, Dr. Roberta Bondar is also an acclaimed photographer. She is coming to NAIT on March 18 for two speaking engagements.

and curiosity that I had as a young person. In terms of inspiration there was no one out there and no one had flown yet.

D: How were your experiments on the space shuttle Discovery important to you, to women, and to Canada?

Dr. B: To myself it was important that I conduct these experiments, so it was a tremendous amount of responsibility. I wanted to ... do

my own experiments and have them done correctly because there is no fallback, there is no other person that could come in and do them if I wasn't feeling great, so I pressed on even when I wasn't feeling well. I got through and felt a sense of personal accomplishment that I completed it. As for women, I think for just being able to have a woman go into space, anytime that happens, [as] the majority of flight crew is men, it's

always important for all aspects of society to see that there is an inclusive type of career path for people, and I think that is a good signal. As far as Canada goes it was important for Canada to participate in an international mission.

D: Have you ever had any setbacks in life that have made doing what you do hard?

Dr. B: I have had many setbacks and I have had many goals. I think that if we don't have setbacks then it doesn't give us the grit that we need to go forth and to be stronger in pursuing them. No matter the goal, there is always a setback, like sometimes I would feel I am going three steps forward and 12 steps back but in actuality, it was maybe three steps forward and one step back.

D: Did you ever want to spend more time in space? If you could, would you go back?

Dr. B: I am the kind of person that if I go back to something, there has to be a really good reason. To go forward is always better in my heart, so I think I would go further in space, and that would be to go to someplace like the moon. I would not want to go back into an orbit around the Earth.

Dr. Bondar is also an acclaimed professional photographer, focusing her talents on the natural wonders of our planet. She has written four photographic essay books and her works are held in private, corporate and institutional collections in Canada, the U.S. and England.

An Evening with Dr. Roberta Bondar

Date: Thursday, March 18

6:30 p.m.: Reception with light refreshments

7 p.m.: Evening keynote

Tickets are \$31.50, available online or at NAITSA.

Want a career? Got a year?

By NICOLE de CHAMPLAIN

Time doesn't stop for anyone or anything and in this day and age, time is everything.

NAIT has recognized this and has created many programs that will allow students to use their time as effectively as possible.

NAIT's answer, Career-in-a-Year Expo, is taking place this Saturday, March 13 in the South Lobby.

The Expo showcases the certificates NAIT offers and demonstrates how one year can influence someone's life positively, which is good when many people are looking for stable careers but don't have the time or money to go to school for a long period of time.

NAIT has over 50 certificate programs that range from weekend courses to full year programs to address the issue of receiving a stable career for a short period of education.

Don Stewart, NAIT's high school partnership co-ordinator, believes that secondary education is necessary in order to be successful in the job market.

"There's a definite need for people to have some sort of secondary education for them to do well in the job market," he said. "A certain group of people that want to, either out of necessity or out of preference, [should] be able to get training properly," Stewart said.

As a result of the slow economy, many people are looking for ways to continue making a living. Many people who have been laid off or cannot find work turn to NAIT's "Career-in-a-Year" programs in an attempt to get back on their feet.

Stewart has noticed that there are more applications for these programs in recent years.

"We are seeing an increase this year in the number of applicants we've received to date and one of the reasons for that we think might be the state of the economy. More people who are not working right now are thinking of getting retrained," he said.

The Career-in-a-Year Expo is here to provide people with information they need to make informed decisions about their career paths.

On Saturday there will be over 25 booths set up in the South Lobby and many people will be there to answer any questions prospective students might have.

Stewart thinks it's important for prospective students to attend the event.

"It's always an advantage to have information. The more information you

have about a particular program I think, the better prepared you are and the better decision it is for you to find a good match for yourself," Stewart said.

There will be computers set up for those who would like to apply online that same night. 91.7 The Bounce will also be there handing out

prizes.

For some who are in need of a career, but don't have the time to go to school, this is the perfect solution and opportunity for them.

All Career-in-a-Year programs present potential students a life-changing opportunity for an investment of less than one year.

Study Skills Workshops and MORE! Check out these FREE Drop-in NAITfye (First Year Experience) Sessions					
April-10					
6	Thurs	Time Management & Procrastination	11:15am-12:05pm 12:15pm-1:05pm 4:30pm- 5:20pm	X213 X213	X213
13	Tues	Managing Exam Stress	12:15pm-1:05pm	WC316	
15	Thurs	Exam Preparation and Writing	11:15am-12:05pm 12:15pm-1:05pm 4:30pm- 5:20pm	X111 X111 X111	X111
22	Thurs	Meditation Basics- Learn how to relax before exams	12:15pm-12:45pm 4:30pm- 5:00pm	Studio	Studio
NAITfye Booth Set-Up: If you would like to receive additional help, NAITfye will have a booth set-up at the following times and locations for on-the-spot tips and techniques					
22-Mar	Mon	Study Skills Booth- Come and get a few quick tips and techniques	11:00am-1:00pm	Business Tower Lobby	
05-Apr	Mon	Study Skills Booth- Come and get a few quick tips and techniques	11:00am-1:00pm	1st Floor HP Centre	
For more information contact: Sarah Walz at 780-471-8823 or askfye@nait.ca					

NAIT digests cutbacks

By JEFF CUMMINGS

With a roughly \$9.7 million rollback in government grants, NAIT school executives polled staff last week for ideas on how to make up the massive shortfall.

NAIT President Dr. Sam Shaw held one-on-one consultations with staff on Tuesday (March 9) to get feedback on how to deal with the 5.2 per cent cut.

"We wanted to engage all of our staff," said David Janzen, NAIT's chief financial officer.

"We received really good feedback. We've also put that opportunity to share ideas online for our staff so they can share their good ideas to

increase revenue or reducing costs."

Shaw declined *The Nugget's* request for an interview about the consultations.

NAIT's Board of Governors is proposing plans this month for its 2010/2011 budget to reduce the number of apprentice students it trains by as many as 1,000 – something that could affect staff levels.

The Edmonton technical institution trained more than 13,000 apprentices in 2009.

Other plans proposed include cuts to the school's daytime programs, according to a NAIT spokesperson.

"It's a situation that all the post-secondaries are facing – we are one of a number," said Janzen.

"We are just trying to make sure, as we go through our budgetary process, that we mitigate as much as we can so that we emerge from this situation as a stronger organization."

Janzen said he has heard from roughly 50 employees during the consultations as of Tuesday (March 9).

"Some of the ideas are small," said Janzen. "Others have bigger ideas with a focus on expanding in markets of corporate or international training."

Housing in Honduras

By TAYLOR POLLMANN
Sports Editor

Already on a plane bound for the developing nation of Honduras in Central America, Shirley Auvigne, an instructor at NAIT, along with four alumni, are taking on the task of providing housing for those who don't have the means to do it themselves.

"When we get there, we have hired people to construct the brick walls," Auvigne said before heading down the second poorest country in Central America. "Then we will be installing the plumbing, electrical, and putting up the doors and interior walls ourselves."

The yearly project started three years ago, when Auvigne and a St. Albert couple visited Honduras to work for a local volunteer project in the area. Auvigne and the couple were so shaken up by the visit that they decided to start a charitable organization with the goal of building a home in the nation for those who needed help. With the help of a local church member, Trevor Hover (who owns Habitat Studio and Workshop), the group has teamed up to build a house in Honduras each year for the last three years.

Auvigne and Hover came up with the money to build a home every year through rigorous fundraising and community support.

"This project we fundraise ourselves. Every penny that we fundraise goes directly into the project," Hover said.

While Hover and his men help with the physical construction of the building, Auvigne contributes to the on-site construction through her role as interpreter with the locals. Her knowledge of Spanish helps her find the necessary local volunteers to make the project possible.

The team assists in getting

locals food and water and Hover says they also leave all the tools that were used to build the homes behind, so the locals can write success stories of their own in the future.

Auvigne and Hover left for the poverty-stricken nation last Saturday and will return after the house is completed. This year's structure will be built for a 60-year-old Honduran woman named Juana, who is raising her four children in a run-down sugarcane shack after the passing of her daughter and being abandoned by her son-in-law soon after.



Shirley Auvigne



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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.

CORRECTION

An article that appeared on Page 3 of the March 4 issue of the Nugget included comments from Paula Burns, NAIT Associate Vice-President, Academic Affairs. The first name of Dr. Burns in the cut-line under the photograph that ran with the story was incorrect. The Nugget apologizes for any confusion that may have resulted.



Dr. Paula Burns

**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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U-Pass – yea or nay?

From March 19-25 NAIT students will be voting on whether to add U-Pass transit to their fees. Everyone has an opinion. The two sides make their arguments below:

Yes ...

We are all students – we are all lacking funds – so why not make life easier for ourselves and choose the less expensive route?

The U-Pass is a great way to travel everywhere you need to go for less money! For only \$110 per semester, you can take ETS all across the city. For those of you who are currently taking the bus, the decision to get the U-Pass is a no brainer, it is WAY cheaper than the monthly bus pass. It works out to \$27.50 per month, instead of the regular \$74.25. However, for all of you sceptics out there, did you know that if NAIT votes yes for the U-Pass, ETS will increase bus service to NAIT? Currently, the routes to NAIT are scarce and require a lot of trans-

ferring. When Grant MacEwan and U of A joined the U-Pass, ETS added 600 hours per week of service to accommodate U-Pass ridership. St. Albert Transit increased service to U of A by 20 per cent and more than doubled their service to MacEwan. Strathcona County increased their service to U of A by 40 per cent and 24 per cent to MacEwan. If NAIT agrees to the U-Pass, there will be a very large chance that we will get increased service! Think of all the money you would save on gas, parking, and insurance on your car if you were able to take the bus to school! Vote for less money out of your pocket! Vote for increased bus service! Vote for a change for the better! VOTE YES FOR THE U-PASS!

No ...

Just say NO! U-PASS is a “Universal” student riding pass put forth by ETS. This means everyone MUST pay, even if route service is unavailable to you, or you choose not to use public transit. Not only will the cost of the U-Pass be mandatory for all students, but part of your NAITSA fees (for ALL students) will cover the administration of this program, EVEN if you’re not eligible to receive a pass (Trade folks, we’re talking to you!!). If you choose not to take public transit, these costs still affect you IN ADDITION to personal driving costs (parking, gas, insurance, etc ...).

Many students are upset about the 1.5 per cent tuition increase next fall. The U-PASS program will cost almost DOUBLE this hike, and U-PASS will increase by 40 per cent by

2012!!! Why be penny smart if you’re not dollar wise with the same diligence?

The U-PASS relies on those not using public transit, subsidizing those who do. If ETS made U-PASS optional at the same cost, and allowed students to opt out, they would lose revenue from NAIT ridership since those people already buying post-secondary monthly passes pay double the cost of U-PASS.

This leaves us wondering: Is this TRULY “universally” beneficial to NAIT students or simply a way for ETS to guarantee revenue without having to guarantee an increase in service?

These are your hard earned dollars. Step up and have a say as to where they go. We urge you to VOTE NO March 19 – 25, 2010.

Going hungry for a cause



KATHY LE
Assist. Entertainment Editor

In a little over two weeks, 50 NAIT students will embark on a 30-hour fast for NAITSA’s 30-hour famine project. NAITSA volunteer co-ordinator Tyler Bernard initiated the event, saying that his high school experience participating in a 30-hour famine inspired him to

bring it to NAIT.

“At the time I didn’t realize the impact we had with the amount we raised, but now looking back on the videos and realizing the hunger shortage is real and people are suffering everyday, it hits home a lot more.”

This will be the first time this event will take place through NAITSA and the main purpose is to bring awareness to the student body about the issue of famine around the world. Bernard explains that, “around two billion people are in severe poverty, which is about a third of the world population, but here in Canada you really don’t see it.”

Participating students will also raise money towards the event and the goal is for each student to raise \$40.

“If we have 50 participants and

each raises \$40 then that’s \$2,000 raised, which is a great start, but hopefully we can shoot way above that”, says Bernard.

To fuel the event and make sure it’s a success, NAIT clubs will be a primary contributor. A cash prize will be granted to the club that recruits the most participants with first prize snagging \$1,000, second prize taking \$500 and \$250 for third.

There will be plenty of activities for students to keep them awake throughout the event including a volleyball tournament, swimming and a soccer game. They will take part in team building activities to discuss and reflect about issues relating to famine and poverty. A motivational speaker will also make an appearance to kick off the event, followed by a 30-hour

famine video. Before the event, students can use their creative skills by making promotional posters centring on the issues of poverty and famine. These posters will be showcased during the event where students can take the floor to explain the meaning behind their idea.

Supporting the theme of “Positive change through action” Bernard expresses that he believes people can do more to help than by donating money and aid. “Short term solutions aren’t always the best solutions,” he says.

“On YouTube there is a guy who is building universities in Africa. You’re educating them and creating leaders who can change the country so they can become more reliant. You really need to look at the foundation



Tyler Bernard
Brought idea to NAITSA

of the issue and build from there.”

For students who are interested in participating or volunteering, email Tyler Bernard at www.naitsavolunteers@nait.ca for more information.

Student biz club competed in Calgary



Cameron Laker

By SAMANTHA SILVA

NAIT’s Student in Free Enterprise (SIFE) business club students headed down to Calgary for their second annual Advancing Career Entrepreneurship (ACE) Regional at the Westin Hotel on March 4-5.

The SIFE club is an opportunity for students to use what they have learned in school and apply it to real-life business situations.

SIFE currently has three projects running at NAIT: Hatch, Dollars & Sense, and the Blue Water Project. Hatch is “designed to encourage students to hatch some bright business ideas” through a light-hearted business competition. Dollars & Sense inspires individuals to become interested in financial literacy, while the Blue Water Project promotes water conservation.

At ACE’s opening ceremony last weekend, guest speaker Cameron Laker, CEO and founder of Mind-

field Group, the leading retail service provider in Canada, inspired SIFE students and new entrepreneurs to stand out. Laker said his schooling and attending ACEs helped him to establish his career.

He encourages everyone to be a “Purple Cow,” based on a book written by Seth Godin. Seth’s book urges readers to “transform your business by being remarkable.” Instead of being the plain white and black cow, individuals should find a way to be different.

SIFE members participated and observed the HSBC SIFE Financial Education and TD SIFE Entrepreneurship Challenge. According to ACE’s website, the TD SIFE Entrepreneurship Challenge encourages SIFE teams to “assist aspiring entrepreneurs as a viable option and to work directly with local businesses to help improve their operations, profitability, creation of jobs, and to build a stronger Canadian economy.”

There was also the SIFE Green Challenge and Student Entrepreneur Competition that other schools were a part of as well. Students were judged on a set of criteria, measurability and sustainability. They had to present objectives for the project and future plans.

A career fair also took place at the ACE Regional, where students were given the chance to bring their resumes and talk to potential employers. Companies like Sun Life Financial, TD, Forzani Group and Loblaws were present.

If students aren’t aware of how to be business savvy, then joining NAIT’s SIFE club is a great opportunity to learn. Although the SIFE team came home empty-handed, they are still winners; since their program continues to help so many students gain knowledge about business and how to be in the business industry.

City to tackle vehicle noise



KATHY LE
Assistant Entertainment Editor

Noise complaints about loud mufflers and exhausts from motor vehicles, including motorcycles, is an on-going issue that the city is still trying to fix.

Excessive noise is disturbing residents and the current law is not an effective solution, since the loudness of a vehicle is measured by a person's subjective opinion. Loudness for one person can be different for another.

City council is working to change the legislation by introducing a device that can objectively measure the noise level from a vehicle. In conjunction with other groups, last year the Edmonton Police Service came up with noise-testing equipment that measures the level of noise in decibels, providing a concrete measurement. Waiting for provincial action may take a while, so the city is hoping to pass a noise bylaw with the same terms.

There are mixed feelings about the issue and city council is hoping to find a solution. Last year a pilot project was initiated to target motorcyclists for noise levels and many people are under the impression that the law excludes other motor vehicles, which can be just as loud.

Councillor Ben Henderson says the goal is to crack down on all motor vehicles with illegal mufflers/exhausts installed after purchase and not just motorcycles.

A machinist student from NAIT, who does not own a motorbike, disagrees with the bylaw saying: "I feel that it's a personal choice for us to ride a motorcycle and how loud the exhaust is. It's actually not really up to us; it comes with the bike itself."

Like this student, many feel that the bylaw is unfair by tar-



After market mufflers would be targeted in a proposed bylaw to curtail excessive noise on city streets.

getting bike owners who have no control over the internal system of the bike they buy from the dealership. However, noise from these bikes isn't the problem. The noise level from exhausts and mufflers of any motor vehicles bought directly from the manufacturer are certified.

It's illegal when the owners decide to upgrade the mechanical parts to straight pipes, drag pipes or performance pipes and this noise is what Henderson says the city is trying to curtail. Henderson also wants to identify certain brands of mufflers and exhausts as illegal so that law enforcers can easily recognize them, thereby eliminating the need to use any kind of decibel measuring device.

Other students such as Larissa Brown, from Occupational

Health and Safety, welcome the idea of the noise bylaw.

"I think it's a good idea to have it for motorcycles in residential areas only, but on the free way it's fine," she says.

Another student, Craig Tucker from Power Engineering Technology, is actually a bike owner and he also agrees with the bylaw. "I live near the Whitemud and the noise keeps everybody awake at night and during the day it's loud and annoying," says Tucker. "It's loud, ignorant and hurts people's ears. Everyone has a different sensitivity and I think that a big loud bike is no better than a quieter bike."

Right now the city, police department and other groups are waiting for the verdict of their proposal for a change in legislation. For now, residence will just have to endure the noise.



BLACK FACTS

Lillah Penddah addresses an audience Tuesday night at the Nest as part of NAITSA's Multicultural Awareness Week. Participants received a dinner and free prizes.

Linda's TechTalk

Google Buzz



LINDA HOANG
Assistant Issues Editor

The Internet is abuzz over Google's latest: Google Buzz.

If you have a Gmail account, you've probably noticed the "Buzz" addition to the homepage sidebar.

A "buzz" is like a status update or tweet. Sound familiar? It's basically a very simplified replica of Facebook and Twitter.

Once you open Buzz, you get a list featuring everyone with a Gmail account who you've e-mailed in the past. If you choose to follow these people, their buzzes will appear on your buzz feed.

Google says Buzz is meant to "go beyond status messages" but really it's just a status message.

You do get the option to add a photo, video or link with your message, and people can comment or like your buzz, but you can do that on Facebook.

When it was rolled out mid-February, it raised many privacy concerns.

Gmail address books automatically became a Buzz contact list revealing messages and communications to the public. As well, the Electronic Privacy Information Center, a public interest research centre in Washington, D.C., filed a 16-page complaint against Google, stating that the company abused user information and forced Gmail users into a social network they didn't want.

Steve Musil with the popular technology review website CNET.com, writes that Google Buzz has proven to be "a privacy headache for the web giant."

Since Buzz's launch and subsequent privacy complaints, Google has turned off the automatic follow function, has put up public and private buzzing options and has promised to

tweak and improve Buzz.

It seems like the company is trying very hard to make itself the one-stop shop for e-mail and social networking, but I just do not see myself typing Google into the browser and staying there for my entire Internet experience.

And as Ryan Paul with technology news website Ars Technica says, "there isn't much in Buzz that is new or original."

I do, however, think Buzz is handy for more intimate messaging. The option to make buzzes only

viewable to certain contact groups is great for buzz conversations between my fellow family members on Gmail.

Google has definitely caused quite a buzz with their latest product, but I would say it has been more bad than good.

Perhaps the well known saying, "there's no such thing as bad publicity," will eventually work in Google's favour.



Sergey Brin, co-founder of Google.

www.telegraph.co.uk

Tough choices for city board



POLITICALLY SPEAKING
RYAN FLAHERTY
Issues Editor

Last week, I outlined the problems facing the Northland School Division. Although the division has its own unique set of circumstances, it is not the only one struggling to balance community and student needs with today's economic realities. In case you hadn't heard, the Edmonton Public School Board is in the midst of a review, the goal of which is to decide whether or not to close a half dozen inner-city schools.

A delicate topic

The topic of school closures is always a delicate one. After all, any time a school is closed, life for the students at the school, as well as their families, is disrupted in a big way. For starters, the students have to adjust to being in a new building, with new teachers and classmates. This can be a major task for a lot of children, especially if they have always attended the same school. In addition, each school has its own way of doing business, with its own set of rules. Students might be used to doing something a certain way at their old school, only to be told to do it differently after relocating.

But by and large, kids are remarkably adaptable. Give them a few days and, more often than not, they'll make the best of their situation. One minute they're throwing a tantrum over having to go to a new school, the next they're having a ball playing with their new friends. No, in many cases, it is the parents who have the tougher time coping with a change such as this. When faced with a school closure, they might be faced with significant changes to their transportation, childcare and after-school plans.

In some instances, especially when a family has more than one child who attend a certain school, the parents have established a relationship with the school. They are familiar with the teachers and administration, and often there is an implicit trust between the parents and the school. This all has to be re-established at the new school, and it's no overnight process. In the most extreme circumstances, a school closure may even force a family to move closer to the new school, and that brings a whole new set of challenges.

The tendency in situations like this is to paint the school board as some faceless entity with no concern for people's needs. It's a coping mechanism – turning the board into a villain helps to justify the bitterness families feel when they are uprooted. But it must be difficult to make decisions which can have such a profound effect on so many lives. Many school board trustees are also parents and to look at this subject with objectivity and logic without allowing emotion to dictate response must be a tough task.

In this case, the EPSB has to

evaluate the declining enrollment numbers at each school and weigh them against the percentage of the board's budget that is dedicated to keeping the schools open. This month they are holding a series of meetings at each school being considered for closure, in order to get direct input from the families who may be affected. The first such meeting was held last week, and was met with skepticism. Some parents feel that these meetings are being treated by the board as a simple formality, and that the decision to close the schools has already been made. Their feelings are only reinforced by the fact that the EPSB plans to open a number of new schools in suburban areas in the fall.

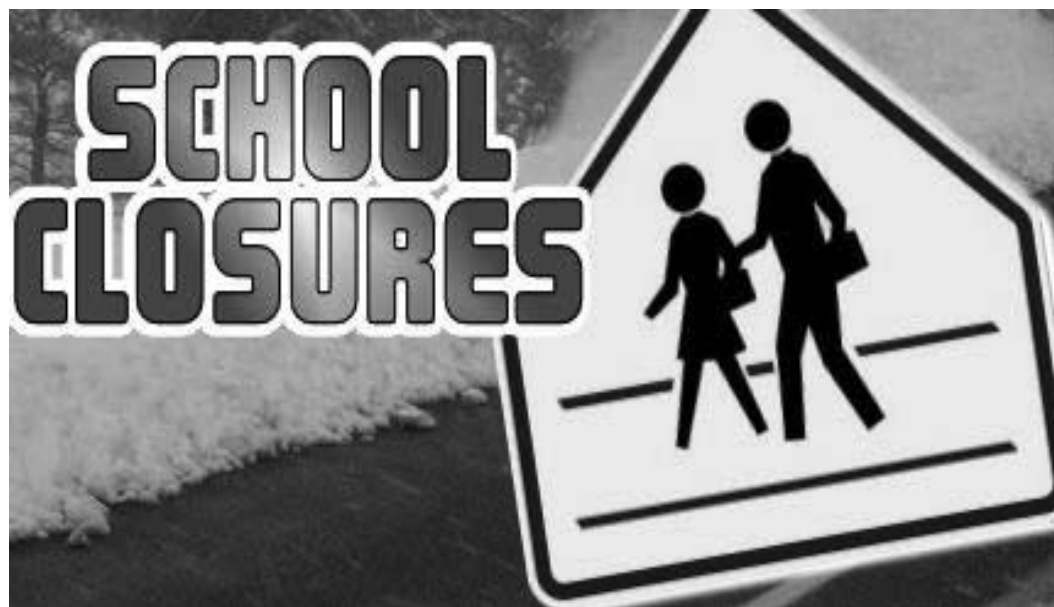
The fact is, it is hard to deny the out-migration that many cities are facing these days. The central neighbourhoods of Edmonton are fac-

ing an increasingly aging population, as more young parents opt to raise their children in the suburbs. Of course, not everyone is following this pattern, but the EPSB is faced with fewer students at its inner city schools each year.

No easy solution

There's no easy solution, and no matter the decision it's clear that not everyone is going to be happy. After all, the trade-off for keeping the money flowing and these particular schools open will likely be some form of budget cuts to other areas of the board's budget, and those cuts could affect schools all across the city.

The writing just may be on the wall – or in this case, the chalkboard – and if the closures go ahead as many expect, nearly 1,000 students and their families will have to cope as best they can.



OPINION

— Editorial —

U-Pass — Not!



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

When I first heard whispers of a potential U-Pass last year, I was excited. What a great thing for NAIT students. As the year progressed, and throughout this academic year my opinions of the much anticipated U-Pass have changed. Everybody is well aware of why a U-Pass is a good idea for a number of students, but frankly, I'm not one of those students. The thought that

I'm going to be tacking on an additional cost of over \$200 a year to my school fees, while others see the benefits from it, really frustrates me. I also find it interesting that NAITSA is proposing this hefty addition to their fees, while at the same time discussing how they think NAIT will be implementing additional fees in the upcoming year to account for their budget shortfalls. No big deal to the NAITSA executive, their tuitions are paid for.

Not cheap

I understand bus passes are not cheap. Frankly, I think spending \$75 to ride a grungy, oversized excuse for a transportation, which most likely smells like two weeks of dirty underwear, coupled with the stranger who has managed to fall asleep (god only knows how) and drool over my school bag is clearly overpriced and should be considered highway robbery. So instead of flushing my well-earned money down the toilet, I made an investment at a young age and bought a car.

To be honest, my car is still a poor excuse for transportation, smells like underwear and my bag is just as dirty. The difference is, it's my excuse for transportation, my underwear and my dirt. Students who drive are not going to see any benefit from spending their money on the U-Pass. People keep telling me if the U-Pass gets passed it will free up more parking spots. Sounds great doesn't it? Well at least it does until you remember that parking on campus is \$5 a day. So walk me through this slowly, I'm not the brightest crayon in the box. First I give my money to students who either choose not to drive, or can't afford it, then I give money to NAIT who's already getting a good chunk of my change. Seems to me that students who drive are going to see a significant increase in their spending, and people who take the bus, which is already cheaper than driving, will be saving money, Robin Hood much? Wow, sounds like a great system if you live in Sherwood Forest, but I don't, I live in Edmonton and as far as I'm concerned public health care is enough "giving" for me.

If the LRT stopped at NAIT ...

If the LRT stopped at NAIT I might be inclined to view the U-Pass differently. I would see the benefit to the having a U-Pass if it meant I could jump on the train during my lunch, catch a ride downtown, grab a bite to eat, and be back at school before my next class. But there is no LRT, there is no lunch trip and there is definitely no chance in hell I'm going to be stepping on the steps of a public city bus. I made a conscious choice to buy a car and I made the decision because I didn't want to give my money to the Edmonton Transit System. By making this choice a long time ago I've paid my dues, and my car off, just like many other students here at NAIT. Sorry guys and gals, I know we thought we were being smart and proactive in buying a car, but it turns out we're S.O.L. because Sally Bus Rider needs us to pay her bus fare. Screw you Sally, time to get some exercise and walk. If bus riders think 75 bucks a month is expensive, try paying for insurance, car payments and gasoline. Consider your \$75 a blessing because I'm going to let you in on a little secret – the cost of driving far surpasses the cost of a \$75 bus pass. You don't see me asking you to cough up \$220 a year to subsidize my expenses, why should I subsidize yours? The way I see it, if you need money that badly, we have a public service that takes care of your little situation. It's called welfare and you get it from the government, a portion of which is paid by my taxes ... so you're welcome.



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SPORTS

BADMINTON NATIONALS

Two medals for NAIT!



TAYLOR POLLMANN
Sports Editor

This past weekend the top college badminton players from across the country flocked to NAIT's main gym to compete in the annual CCAA National Badminton Championships. The event featured over 30 athletes from various association members of the CCAA, competing in the five various disciplines of badminton competition: men's singles and doubles, ladies singles and doubles and mixed

doubles.

The recent ACAC champions sent forward their largest team ever (the largest by any ACAC school in history) to the Nationals, with their eye on adding another trophy to their already impressive trophy case, which features this year's ACAC Championship.

On the men's side of the draw, NAIT's doubles squad, consisting of

Jonathan Chang and Romulo Yamsuan, gave it their all but failed to qualify for Friday's and Saturday's playoff round. NAIT's men did not send a team forward in singles play. The lady Ooks probably drew one of the loudest cheers from the fans in the Ooks' den. NAIT's own Sun Yang posted an impressive 5-0 record in round robin play, only to close with a heartbreaking loss to tournament

favourite, Lynn Huang of Douglas College from the BCAA conference.

"She (Sun) is a little disappointed because she beat the gold medalist in the round robin, which was the first time that [Huang] has lost in her history. It was an upset for Sun to win, but she thought she could do it. Unfortunately, that girl was too strong that day," said NAIT coach Jordon Richey.

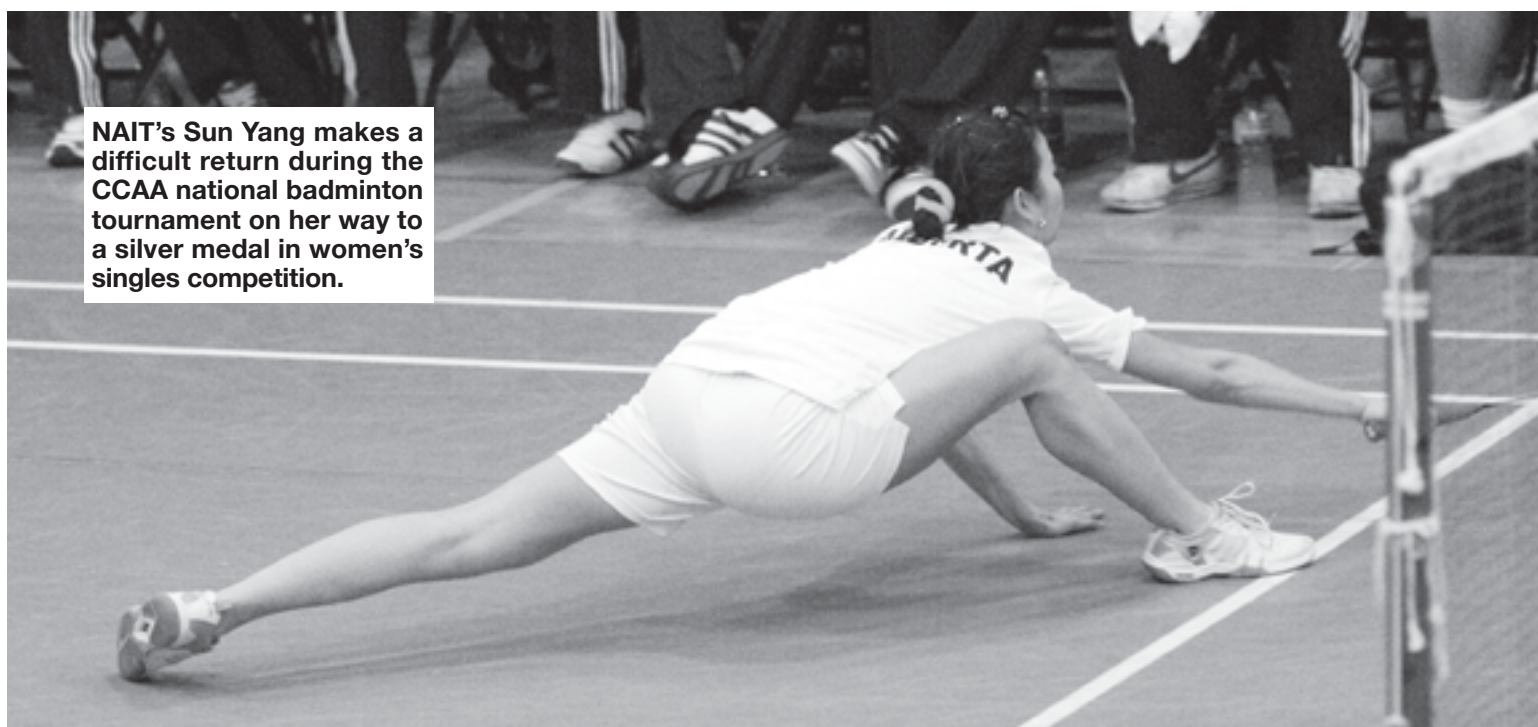
While home court advantage has proven to be a hindrance for some schools in the past, Richey was confident that his team would step up to the plate and deliver a great national performance.

"It was great to host it in our own school and gym. I feel our players did fairly well at Nationals considering all the distractions of playing at home," he said.

With the conclusion of the current season, coach Richey is already looking ahead to next year and how his team can improve on what's already been an impressive performance.

"We should be in the same position we were here and I'm going to try and recruit a few people to replace a few spots. We should be even stronger and we may even have Dan Kai back next year."

The start of the new badminton season starts in the fall of 2010.



Jamie Anderson-Reid

WOMEN'S HOCKEY

Headed for finals

By **DOUG YEARWOOD**

The NAIT women's hockey team has made a goal they set at the start of the year achievable, as they have advanced to the ACAC Finals after defeating Red Deer College three games to one in a best-of-five-series.

The series started off Feb. 26 with the teams battling through a triple overtime game, which saw the Ooks come out on the wrong end of a 4-3 score at home. The Ooks were able to quickly turn the tide as they played the next night in Red Deer and won 1-0 to tie the series.

Kendel Jurista was her usual stellar self as she had five points in the opening series that helped push NAIT towards their ultimate playoff goal. Jurista scored the winning goal, and only goal of Game 2, which for NAIT, was a must win game. Goal-tender Meghan Witt was solid in goal for the Ooks. On March 5, NAIT took the series lead at two game to one with a 1-0 win at home and finished Red Deer off the next night 3-1 in Red Deer.

"Meghan was confident and determined. She con-

trolled rebounds. She can do it. We have confidence in her," said Ooks' coach Deanna Iwanicka.

It will be a battle of the two heavy weights this weekend, because Mount Royal Cougars will be the Ooks' opponent. The Cougars are loaded with scoring talent up front, thanks to players like Chelsey Morrill, who has 19 points, Michelle McDonald with 20 points, and Chilla Fedoruk and Madison Quellet both with 18 points – not bad considering the league leader only has 26 points. The NAIT women's team has a lot depth in the scoring department, having five out of the top 20 scoring leaders in the regular season.

You can also tip your cap in the goaltending department Mount Royal's way as a pre-series favourite. Kendall Kilgour was tied for the most minutes played by a goalie and had a 1.68 GAA this year, combined with a 0.932 SV percentage.

The first game of the home-and-home series takes place in Red Deer Friday, but Game 2 will be played at NAIT Arena at 7 p.m. on March 13.



Kendel Jurista

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MEN'S BASKETBALL

Ooks champs in squeakers

By GARIT BYINGTON
and NAIT ATHLETICS

The dream that head coach Don Phillips used all season to keep his team focused has finally come true for the NAIT Ooks. A pair of skin-tight weekend victories – 80-78 over the SAIT Trojans, and 73-69 over the MacEwan Griffins, carried NAIT to the Alberta Colleges Athletic Conference men's basketball championship.

"I figured all along that we had enough offence to win," coach Phillips said during a brief lull in preparations for NAIT's opening game on March 18 against Champlain College of Quebec in the national college championship at SAIT.

"The big difference was the effort the team gave when we didn't have the ball. That, and the depth that we have. There were mental lapses at times, but when we needed big stops, we got a lot of them," Phillips said.

Bench strength became essential in the opener against SAIT when Dan Perepeluk went down with an injury. The next night, battling in the last half to protect their shrinking early lead, NAIT lost the services of Chris Neptune (dislocated finger) and Shane Reese (knee) – massive losses for the team.

However, one man's, or in this case men's misfortune is another's opportunity.

"We brought Nick Zutz off the bench and

he helped a lot," Phillips said. Zutz is a former MacEwan player who was part of a provincial high school championship with the Paul Kane Blues in St. Albert, when Phillips was their head coach.

The Ooks, who dominated Northern Division opponents offensively from the start of the season, were life-and-death to outlast the Leth-

bridge Kodiaks in their semifinal series, and the successes against SAIT and MacEwan were even more difficult.

"Every game in these playoffs has been a battle. We needed our best, and we will need even more in the CCAA (Canadian Colleges Athletic Conference) play-off," the coach said.

"What doesn't kill you makes you stronger and I'm sure these last few games have already made us a more complete team."

Shane Cox led NAIT's scorers in the opening game with 20 points. Reece had 14 and Rodel Grenaway chipped in with 13. Reece also had seven rebounds. As usual, MacEwan was paced by Gregg Frankson and his 23 points.

"We had to keep the ball away from him and make him work hard for his shots. He's a terrific scorer," said Phillips, who was edged by Griffins coach Ryan Dunk-



Supplied photo

NAIT's men's basketball team and a young supporter celebrate after winning the ACAC championship last weekend in Calgary.

ley in Northern Division coach-of-the-year voting.

"Both coaches had great merit," said Concordia Thunder coach Paul Sir, who helped the Ooks, and followed unspoken rules of courtesy by providing game film for the Ooks as they headed to Calgary.

"It was a boost, no doubt," said Phillips. "SAIT was much different than in the pre-season."

Steven Burke and Mitch Lonsberry each added 10 points for the Griffins, who finished one game behind NAIT in the regu-

lar season. Tops for NAIT in the final were Cox with 25 points, Grenaway with 16 and Gerard Mozwa with 13. Keenan Milburn led SAIT with 19 points. Emmanuel Chiek was a force with 17 points and a game high 11 rebounds.

"We're prepared to have trouble with Champlain," Phillips admitted. "We go in as the third seed and Champlain is No. 6, but ratings don't mean a thing at this time of year. We have to settle things on the floor."

I couldn't have said it better. Road trip to Calgary anyone?



TAYLOR POLLMANN
Sports Editor

What's hot, what's not

HOT

NAIT Ooks' Men's Basketball: After a solid end to regular season play, the Ooks went on to win the ACAC Provincial Championships at Mount Royal College in Calgary this past weekend. To add to their array of riches, team members Shane Cox and Shane Reece were named to the All-Conference first team. The Ooks will now go on to duke it out for national supremacy at the Nationals in Calgary from March 18-20. Let's go, Ooks!

UConn Women's Basketball: Perfection is hard at any level of sport, never mind in women's NCAA basketball. To be able to remain without a loss for nearly two entire seasons is enough to make any hoops fan speechless. The Huskies of UConn have set the NCAA record for consecutive wins in women's NCAA basketball. The team now says they are keeping their eyes on the overall NCAA basketball record set by the 1974 UCLA men's team, at 88 games. This task certainly isn't out of reach when you look at how well the Huskies are playing lately.

Steven Stamkos: The 20-year-old centre

out of Ontario is lighting up the scoreboards, in only his second season in the NHL. At last week's end he was named the NHL's second star of the week and currently sits third in total goals in the league with 41, only three behind league leaders Sidney Crosby, and Alexander Ovechkin. That certainly isn't bad company to be in! Stamkos is certainly making a statement as to why he should have had a spot on the gold medal winning Canadian team.

NOT

Allen Iverson: The former MVP's life has gone into the tank in the last few weeks. After struggling to regain any image of his former self in a second stint with Philadelphia, Iverson recently announced that he will not come back for a second season with the team and that he is seriously pondering retirement. He stated that he wished to care for his ailing daughter. If the current time in his life is not hard enough, Iverson's wife filed for divorce the same day he announced his possible retirement. Days later rumours surfaced about his possible alcohol and gambling addictions. Yet another day in the life of a professional athlete.

NFL: While I love the NFL, I hate the very idea that there will be no salary cap this year. In a league that almost pioneered the perfect salary cap in professional sports, it seemingly has dissolved in a matter of years. Gone will be the close matches in years to come and in its place will be lop-sided Super Bowl games. For the sake of the game, put a cap back into football and while you're at it, take away all the drama involved with the new player bargaining agreement. We don't want the NFL's image tarnished and start looking like the NHL's.

Commonwealth Stadium: It seems like everything is about money and ways to save it. With the recent announcement that the City of Edmonton is looking at replacing Commonwealth stadium's natural grass with artificial turf, some will start to agree with this opening statement. While officials say it's equal to natural grass, the real statement they should be saying is it doesn't cost money to fertilize and water turf, unlike natural grass. Gone will be Commonwealth's stadium's proud history of being the last stadium in the CFL with natural grass and in its place a sad

state of the times. Major soccer events may also be harder to find in Edmonton's future as the main reason Edmonton has hosted so many soccer matches, is because of its natural turf. The only way this decision could end up being beneficial to Edmonton's future is if the money saved goes towards the building of a downtown arena.

Cincinnati Bengals: All I can say is, what is Bengals management thinking? While I personally love the man who is called Terrell Owens, simply bringing him into the same lockerroom with the bursting ego of Chad Ocho Cinco is unthinkable. The two will certainly clash throughout the season, which will end in another sad and disappointing season for the Bengals. You can have all the skills in the world but it's partially the attitude that counts. I must be dreaming if I also heard that the Bengals are going to try and bring in Pacman Jones. Wait it makes sense now, the Bengals are aiming to host a season of the *Bachelor*, with a goal of the first overall pick in the draft. In that case, good job, Bengals! Your plan looks like it's coming along.

WOMEN'S VOLLEYBALL

Improving Oaks look ahead



TAYLOR POLLMANN
Sports Editor

The season came to a close last weekend, and left the Oaks women's volleyball team with no medal to show for their effort and all the time in the world to clean out their lockers. The Oaks finished strong in a long and grueling ACAC season but just fell short of their pre-season goal.

"Our goal was to finish third this year and we were just short of that," said coach Keith Lundgren as he reflected on his season. The Oaks finished fifth at the ACAC provincials, which were held at Grant MacEwan University. That's not to say that Lundgren wasn't proud of his team's performance this year.

"We were in the bottom four last year. There was a huge improvement and we are going in the right direction."

To reach their goal of a medal finish

next year in the provincials, Lundgren has a solid grasp of what the team needs to work on over the off-season.

"We have to work harder. We have to learn how to work harder. We need to hit the weight room more, get into better shape."

The conditioning of the team, however, isn't the only thing that Lundgren believes is essential to improving the skills and assets that lead to a championship-calibre team.

"Conditioning was a factor and we just need to learn the mental sides. How tough you have to work everyday to compete at this level, because it's just a competitive league."

The provincial volleyball action at Grant MacEwan saw the home team rack up an impressive 2-0 record in the tournament, only to lose to the Red Deer Queens in the championship. Red Deer College will now advance to compete in the CCAA National Championships in Cégep de l'Outaouais in Quebec from March 12-14. All games from the National Volleyball Championships can be watched for free online at <http://www.canadienvolleyball2010.ca/>.



Photo by Claro Cagulada

Ook Kimberly Bolin spikes the ball during a league game this year.



Supplied photo

Participants in NAITSA's Extreme Fitness Challenge take time out from their exertions to pose for a group picture.

A fit end to challenge

By **DARYLANN HUTCHINGS**

When NAITSA's Extreme Fitness Challenge wrapped up last month, the participants finished with a feeling of satisfaction and accomplishment.

For the ones who completed all of the challenges, they left with a sweet prize. There were a total of six winners standing after the challenge ended.

"The fitness challenge was a great way to stay fit, it was informational, and I got to try out a lot of new things," said one participant.

Another student continued: "It was a great way to experience a variety of activities for an amazing price."

The staff winners received a prize while student

winners received a \$50 refund and a prize package.

All participants were offered the chance to try out classes and activities such as pilates, rock climbing, boot camp and hot yoga. The feedback from the participants was positive.

"I really enjoyed the events and the instructors were all really good", said another student.

In addition to keeping in shape and trying out new physical activities the students and staff left the challenge with great memories and new friendships.

With rave reviews for a second round of the Extreme Fitness Challenge, the chances are likely for another event to take place as early as spring.

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ACAC Standings

MEN'S HOCKEY PLAYOFF RESULTS March 5

Concordia 4, MRU 3 (Concordia wins series 3-0)
SAIT 6, Augustana 5 (OT) (SAIT wins series 3-0)

WOMEN'S HOCKEY PLAYOFF RESULTS March 5

NAIT 1, RDC 0 (NAIT leads series 2-1)
MRU 2, SAIT 0 (MRU wins series 3-0)

March 6
NAIT 3, RDC 1 (NAIT wins series 3-1)

MEN'S BASKETBALL PLAYOFF RESULTS March 5

NAIT 80, SAIT 78
MacEwan 81, MRU 64
March 6

SAIT 90, MRU 71
(SAIT wins bronze medal)
NAIT 73, MacEwan 69
(NAIT wins gold medal)

WOMEN'S BASKETBALL PLAYOFF RESULTS March 5

Lethbridge 77, Concordia 69
SAIT 77, King's 45

March 6
Concordia 82, King's 64
(Concordia wins bronze medal)
SAIT 84, Lethbridge 72 (SAIT wins gold medal)

BADMINTON National Championships March 4-6 (At NAIT) GOLD Men's Singles

Shawn Zhang, Douglas College (BCCAA)

Women's Singles

Lynn Huang, Douglas College (BCCAA)

Men's Doubles

Jacky Ruan/Peter Huang
Capilano (BCCAA/Wildcard)

Women's Doubles

Melody Liang/Stephanie Ko
Douglas College (BCCAA)

Mixed Doubles

Raymond Wong/Renee Yip
Humber (OCAA)

SILVER

Men's Singles

Timothy Chiu, George Brown (OCAA)

Women's Singles

Sun Yang, NAIT (ACAC)

Men's Doubles

Alvin Lau/Darren Hong
Douglas College (BCCAA)

Women's Doubles

Jody Carruthers/Kayla Odorizzi
Cambrian (OCAA)

Mixed Doubles

Jake Perry/Grace Box
Concordia (ACAC Host)

BRONZE

Men's Singles

David Yuan, Capilano (BCCAA/Wildcard)

Women's Singles

Laura Fong, Mount Royal (ACAC)

Men's Doubles

Vuong Tran/Sam Lamoure
St. Clair (OCAA)

Women's Doubles

Michelle Simard/Ashley Jang
Kwantlen University, (BCCAA/Wildcard)

Mixed Doubles

Joey Vandervet/Sinead Cheah
NAIT (ACAC)

Women's hockey – too few, too good?



GARIT BYINGTON
Assistant Sports Editor

The International Olympic Committee has come to realize that having two countries consistently dominate women's hockey is not the landscape they would like for an Olympic event. Prior to Canada's 2-0 win over the U.S. for the gold medal, International Olympic Committee president Jacques Rogge warned that the lack of overall competitiveness of women's hockey has to improve or the sport will no longer be part of the Olympics.

"There is a discrepancy. Everyone agrees with that," Rogge said.

The United States and Canada outscored their opponents by an 88-4 margin in the 2010 Olympics. Also, Canada and the U.S. have played in every world championship and Olympic finals, with the exception of the 2006 Olympics when Sweden took silver. Right now, it's mainly a North American game. Such a lack of competition provides the argument as to why it should be removed from the Games – this is what is believed to have happened to women's ski jumping, and America's domination in softball and baseball caused it to be excluded from the 2012 Games.

On the other hand, this is still a fairly newly added sport to the Olympics and it would make sense for it to be given a legitimate chance to

succeed and grow. Even Jacques Rogge admitted that the game needs time, as it only debuted at the 1998 Nagano Olympics.

"I would personally give them more time to grow, but there must be a period of improvement," Rogge said. "We cannot continue without improvement."

Signs that improvement is occurring can be seen in Sweden's upset over the United States in 2006, which got a nation outside of North America an Olympic silver medal. Moreover, Finland beat Sweden for bronze in the Vancouver Games in a thrilling overtime game. The mere fact that Canada has won three of four gold medals doesn't seem to help the argument to get the sport removed from the Games. Streaks do happen in sports – look at Canada's recent streak at the IIHF World Junior Championship that was ended this past tournament. It seems premature for the IOC to bring up the argument that one country dominating gold for a few years is cause for concern, especially when during the 2010 Olympics, China broke a gold medal streak held by Russia since 1964 in pairs figure skating. That sport was never questioned with one country

taking gold for 12 straight Olympics.

Finland goalie Noora Raty said her team taking bronze at the Vancouver Games will help back home.

"I think the gap is going to be a lot closer in four years," Raty remarked.

"Now we will get more

practice and we can practice more."

Sweden and Finland have proven that the sport does have a place. If Canada and the U.S. really want to continue to be an Olympic sport, their hockey programs will have to be major contributors in helping boost the level of women's hockey in Europe and Asia.

"We're at the point where the U.S. and Canada have to take leadership roles," said Daniele Sauvageau, who coached the Canadian women's team to a gold medal in 2002.

Possible options could be to sponsor European coaches to come to Canada or the U.S.A. for training. Also, foreign teams could be sponsored to come to North America for tournaments, and North America can sponsor all the training materials for women's hockey teams at all levels in these countries of need. These European and Asian governments are not going to increase sponsorship spending until the game picks up in popularity in their respective countries.



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Trade deadline – winners, losers

By TAYLOR POLLMANN,
GARIT BYINGTON
and ADAM KAMARA

Ryan Whitney to the Edmonton Oilers from the Anaheim Mighty Ducks for Lubomir Visnovsky and a sixth-round pick

Taylor: This trade is interesting. Yes the Oilers give up Visnovsky, a power play specialist, but he is 33 and will earn \$5.6 million. Whitney, on the other hand, will only earn \$4 million and he is 27. While this trade favours the Ducks right now, in the long run the Oilers could come out ahead with more cap room and a pretty decent defenceman.

Adam: Edmonton, firmly entrenched in 30th spot with 17 games remaining, became sellers, depleting their defence by getting rid of arguably their best player in Lubomir Visnovsky to Anaheim. They got back Ryan Whitney but clearly lost this trade.

Garit: Great trade for both sides. Anaheim gets the best player in the deal. Edmonton gets younger, bigger and less expensive, exactly what General Manager Steve Tambellini was looking for on deadline day for a team in full-blown rebuilding mode. Whitney seems to make that first pass a little more often than the puck-carrying Lubo, which is a better fit in Edmonton.

Raffi Torres to the Buffalo Sabres for Nathan Paetsch and a second-round pick to the Columbus Blue Jackets

Taylor: The Sabres definitely win this deal. Torres adds depth to a roster that is looking to make a push in the playoffs behind solid goaltending. Torres has come up big before in the playoffs and is just the player the Sabres need. Secondary scoring could be the key the Buffalo Sabres need to get over the hump.

Adam: Buffalo, trying to add toughness and grit to their lineup, added a huge hitter in Raffi Torres for Nathan Paetsch and a second-round pick. Torres's game altering hits, known to Oilers fans from the 2006 Stanley Cup run, will be very beneficial to the Sabres. Their lack of size up front is upgraded and Torres adds secondary scoring to a team that has had trouble lighting up the lamp.

Garit: Great pickup by Buffalo. They get a proven playoff performer, who can score the big goal or deliver the series-changing hit – Milan Michalek better hope his Senators don't see Torres and the Sabres in the playoffs! Nathan who? He was a touted prospect once, wasn't he? More like suspect than prospect now.

Steve Staios to the Calgary Flames for Aaron Johnson and a third-round draft pick to the Oilers

Taylor: Call me out, I don't care. This trade is hardly news. Two below average players getting traded for each other. The only reason this trade was even reported is because we live in a hockey obsessed city that sadly hasn't seen glory since the early '90s, so there's not much else to talk about. Second, it was the first trade between the Flames and Oilers in franchise history. Way to ruin history over nothing, Tambellini!

Adam: Oilers also made another move that surprised many with the trading partner.

For the first time in both franchises' history, Calgary and Edmonton made a trade when the Oilers shipped Steve Staios for Aaron Johnson and a third-round pick where Edmonton clearly won the trade. They got younger and an expiring contract with a draft pick for another year of the aging Staios.

Garit: A Flames-Oilers trade! Well, this way the Oilers show they're very, very willing to be on the trade market. A great addition to Calgary to provide leadership and grit, that is if they make the post-season. A little strange to hear Tambellini say he hopes Staios can have a long playoff run ... really?!?!?

Wojtek Wolski to the Phoenix Coyotes for Peter Mueller and Kevin Porter to the Colorado Avalanche

Taylor: For once, both sides of this agreement seem to benefit in some manner. The Coyotes to an up and coming star who has the ability to put up put big numbers. He is also a shoot out specialist, which is a skill that could come in handy for a Coyotes team that will need every single point possible to qualify for the playoffs. Mueller on the other hand, had a great first season for the Coyotes but has slowed down the past two seasons. Look for him to pick it up again when he starts playing in a fresh city.

Adam: Phoenix made one of the best moves of the day acquiring Wojtek Wolski from the Colorado Avalanche, who gave up on the young sniper. Wolski started the year hot but cooled off in the second half. Phoenix parted with Peter Mueller, who despite a strong rookie season has not produced to the liking of the Coyotes.

Garit: Great trade for both sides again. Wolski always left fans wanting more with his inconsistency, and now Colorado gets to add the likes of Mueller to their young high-end-talent depth pool of Duchesne and O'Reilly. Mueller's high-end potential skill may be greater than any level Wolski can reach. However, Mueller was struggling in Phoenix, maybe brought along too quickly, (similar to that of Gilbert Brule's case in Columbus) but now they add a proven playmaker and goal-scorer to help them continue to turn heads around the league down the stretch drive.

Joe Corvo to the Washington Senators for Brian Pothier, Oskar Osala and a second-round draft pick to the Carolina Hurricanes; Scott Walker to Washington for a seventh-round draft pick to Carolina

Taylor: Why even comment on a trade like this. Scott Walker for a seventh-round pick? The Capitals pick up depth and leadership while the Hurricanes get a measly seventh-round pick, which usually doesn't end up in an NHL calibre player. Good job, I can see hockey is sure working in the south! With Corvo, depth is added to the Capitals' already deep offensive pool of talent. Washington is certainly setting its eyes on a run deep into the Stanley Cup playoffs.

Adam: With 17 games left, Carolina

became sellers. Although only eight points back of a playoff spot, they got rid of Joe Corvo and Scott Walker in two separate trades to Washington. The Capitals bolstered their depth for a deep playoff run this year. Corvo can bolster Washington's power play along with Mike Green. Walker gives the Caps much needed leadership they are sorely missing after an earlier trade with Columbus that saw them lose their captain Chris Clark.

Garit: First off, I think Walker will provide more of an impact for Washington than Corvo. He gives Washington that much needed fourth-line grit for the playoffs, and is more than capable of scoring that big playoff goal – just ask any Oilers' fan recalling the 2006 playoffs. Corvo gives the forward-heavy Capitals a much needed puck-moving defenceman, who will do wonders for the Capitals' power play.

Winners/Losers

Taylor: The biggest winners of this year's edition of the NHL trade deadline are certainly the Washington Capitals. Adding depth to their already insane pool of talent is jaw-dropping, to say the least. The one problem I can foresee with this team is that they could have picked up a defensive defenceman to strengthen the back line. We all know what happened last time in a deciding game when a team presented all offensive against

a solid team; ie, Russia vs. Canada.

Adam: The team that won the trade deadline was Phoenix. Their gain of a potential superstar in Wojtek Wolski by giving up on Peter Mueller, a young but struggling player, gives them the edge over all the teams who were buyers. Phoenix also reacquired defenceman Derek Morris from the New York Rangers and bolstered their blueline along with acquiring Mathieu Schneider from the Vancouver Canucks. It seems that this is an "all or nothing" year for them. The biggest losers of the trade deadline day were the Vancouver Canucks as their lack of movement for additional depth kept them from possibly moving farther in the playoffs than the second round in 16 years.

Garit: Biggest winners are the Capitals and the Coyotes. The Caps add playoff grit with Walker and with Eric Belanger (Ovie and the boys will be hitting), and add a solid puck-mover on the back end, which is exactly what they needed. The Coyotes added scoring with Wolski, and to a lesser extent Lee Stempniak, and added Derek Morris and Mathieu Schneider for next-to-nothing, the Coyotes definitely addressed their Achilles' heel – a struggling power play. Special teams are a must in the playoffs. Yes Adam, the Vancouver Canucks are losers (thanks for the Gold Luuuuu!!!!!!). Canucks fans were definitely looking for the team to add more than Andrew Alberts on the back-end on deadline day.



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Headshots – what to do?



Check Out My 9-Iron GARIT BYINGTON Assistant Sports Editor

So every time a headshot is delivered in the NHL, is the NHL brass just going to hold a conference call and discuss their recent weekend festivities? It seems as though the league loves to procrastinate on finding the solution to the head-shot issue – though they may have finally had successful, progressive discussion at the recent GM meetings. So in lieu of this meeting-of-the-minds and the recent headshots that headline the hockey world, I felt like dedicating “Check Out My 9 Iron” to another full article on the head-shot issue.

Matt Cooke’s hit on Marc Savard was the latest incident that raised that ever-popular headshot debate amongst the hockey

nation. The hit was very similar to that of Mike Richards’ hit on David Booth earlier this season; and a continuation of the trend that is sweeping all levels of hockey, that of no respect amongst players. This has always been the case, however, as cheap shots have always been a part of sports, not just hockey. The difference is, it wasn’t until the fight-instigator era that this flux of serious head injuries began occurring.

There has to be a correlation between the fight instigator penalty and an increase in headshots. Now, removing the instigator penalty may not be all that is needed to clean up the head injuries, but the onus should be on the players to clean up the game. Removing the instigator penalty and allowing the players to police themselves, will allow the players to do their best at

cleaning up the game. They may not respect others, but players like Matt Cooke respect themselves, and would think twice about those hits if he knew an opponent could beat the living hell out of them for just coincidental fighting majors.



Matt Cooke

the blame is put on. Currently, we tell players to “keep their heads up” and blame the recipient of the hit for allowing it to happen to themselves. Hell, “keep your head up” is the unofficial slogan for Canada’s physical brand of hockey.

What would need to be done is a complete 180-degree culture shift, where the player delivering the hit becomes the one to blame. This will be a hard transition for the hockey culture, as kids growing up are taught to finish their check, and their coaches are counting on them to. How will

the lower-tier third- and forth-line players adjust to this? A lot of them make their living by their checking ability. Also, this solution will have a hard time taking shape in a league whose players keep getting bigger and faster.

So what even happens if you make all hits on players who have their heads down illegal? Will you not see more players putting their heads down to draw the penalty? That’s exactly what happened when the NHL cracked down on checking from behind. Players began turning their backs more and facing the boards in order to draw a checking-from-behind or boarding penalty – while risking their health and career. No one thought these defencemen would be turning their backs as a result to the rule change, but they did.

There needs to be a separation from the lawyer-first mentality and the Micky Mouse stuff in the courtroom, and just start to respect one another on the ice as human beings. But the only way to really allow this, and let the players take responsibility, is by eliminating the fight instigator penalty. No doubt however, the NHL will take the “more rules added approach” to the situation, and this great game will be tinkered with yet again.

Though this is a tough decision that needs to be determined by the NHL, the late Foster Hewitt said it best when he remarked, “Hockey must be a great game to overcome the people who run it.”

Athletes of the week

March 1-7

Sun Yang Badminton



Yang won a silver medal this past weekend at the 2010 CCAA National Badminton Championships held at NAIT. It was Yang’s third consecutive medal at the Nationals in women’s singles. She won gold in 2008 and bronze last year. Yang had a phenomenal tournament and even beat the eventual gold medalist from the BCCAA in the round robin. Yang posted a 6-1 record throughout the championship. “We are so proud of Yang,” said coach Jordan Richey. “We knew Yang was talented but to see her compete like she did at Nationals was amazing.”

Meghan Witt Hockey



Ook goaltender Meghan Witt shut out Red Deer College for just eight seconds short of nine periods and was the main reason that the NAIT women’s hockey team was able to defeat the Queens three games to one and advance to the ACAC Championship series. She made a total of 58 saves on the weekend for a total of 132 saves in the series. “Meghan made the difference. She allowed us an opportunity to win,” said head coach Deanna Iwanicka. Witt is a first year Business student from Edmonton.

Shane Cox Basketball



Shane was an integral player as NAIT captured the ACAC title this past weekend. In the first game against SAIT, Cox had 25 points and was five-for-five from beyond the arc. He nearly matched the effort the following night against MacEwan, leading the team with 20 points. Head coach Don Phillips praised Cox by saying, “Shane was a huge part of our success this weekend. We had some injuries and when we needed players to step up, Shane did.” Cox, who hails from Brampton Ontario, is a fourth-year player currently in the HVAC Specialist program.

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STUDENT'S ASSOCIATION

New team for Edmonton



By NICOLE de CHAMPLAIN

Edmonton sports fans better make room for one more jersey in their closets because starting in 2011 there will be a new team in town. The NASL (North American Soccer League) will be welcoming Edmonton to their professional soccer league next season. The NASL is comprised of nine teams and two more will be added in the upcoming season. Edmonton will be one of the new expansions to the league, along with Atlanta.

Soccer, already the most popular sport in the world, has started to become more and more popular among Canadians in recent years. Thousands of people are joining youth and adult soccer leagues across the country. By Edmonton joining this pro soccer league, the team owners hope they will inspire more young

people to play soccer. Team co-owner Tom Fath, an owner of Fath Sports, is hopeful that this team will influence many members of society and that the players will become role models for children.

"The kids, they will have more local heroes because we are expecting to have a combination of our players, and on occasion, our coaches throughout the city meeting with various groups and classes promoting the sport," Fath said.

In preparation for the upcoming season, Edmonton will be playing over 10 exhibition games this summer against other teams in the NASL. FC Edmonton hopes that they will have many fans and supporters throughout their pre season. They are going to have many local players but are also planning on bringing in some

international players to increase their level of experience.

"That way we can develop more local players and we are also expecting to bring in three or four international players to help bring more experience and potentially, older players will bring their style of play," Fath said. "They also will bring more experience so they can help enter the local players as we primarily want to go with Edmonton and Western Canadian players."

Edmonton has proven to be ready for this new team by their positive reaction. The team will be playing at Foote Field or Clark Stadium and they expect their first game to be held in May 2011. Fath thinks that exposing Edmontonians to this high level of soccer will change their perspec-

tive on the sport.

"I think more kids will be excited by soccer. I think more adults will be excited by soccer," he said.

The team is developing this year and this month two high level Dutch coaches will arrive to help the team improve. They will have high expectations for this team. At this time, they are trying to set up a game with NAIT. They are hoping all the money raised will go to NAIT soccer and that the game will bring some awareness to NAIT students about the new pro soccer team.

Edmontonians had better prepare themselves for this team. Soccer has become much larger in the past few years and this team will hopefully make it a part of a Canadian's everyday life.

Older guy's ode to skateboarding

By BRAD DENBOW
The Quill

BRANDON, Man. (CUP) — If you're anything like me, then come springtime you can't stop asking, "Are we there yet? Are we there yet?"

Don't get me wrong, I'm a big fan of winter, and owe much of my demeanour to those bitter, frostbite-inducing months between October and April; but once the sun stops going down at 4 p.m., all I can think about is getting back on my board and rolling majestically into the sun-

set with a backpack full of brew and no specific destination.

I started skateboarding a few years ago out of a desire to learn the sport. I watched friends skate, thumbed through magazines like *Transworld* and *SBC* and thought to myself, "You know, that is some rad shit! I wanna learn how to do that."

With barely any experience or background in the game, in the spring of 2006 I bought my first skateboard. I was a rookie at an age where most people had already abandoned skateboarding as a

teenage phase, and I'll be honest when I say that I was intimidated at the prospect of beginning at an age deemed old in the sport. But none of that mattered to me — I wanted to learn, and I didn't give a shit about anything else.

As it turned out, this was the exact attitude to have when getting into skateboarding. For the next year, I skated every day until I was a pool of blood and sweat, went home, showered and passed out, only to wake up the next day and start all over again. I was determined to learn at whatever the

cost — and the cost, some might say, was high. I've lost at least an acre of skin and more blood than is in my veins, but it has been the most rewarding and enjoyable experience of my life.

Skateboarding, and any venture worthy of your devotion for that matter, is about doing something that you enjoy strictly for the sheer pleasure it gives you. Once I started skateboarding, I was immediately immersed into a brotherhood that welcomes new members with open arms and positive influence.



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Etiquette of wearing a jersey

By KITA MURU

While some people might see a jersey as just an article of clothing worn by athletes, some see it as something more. Jersey enthusiasts enjoy the many aspects of jerseys, whether it's a new model, specific player print or even embellished with special ceremonial patches. Jersey Fouls can simply be defined as any violations or practices towards a jersey and are

usually frowned upon by enthusiasts. Here are some examples:

The Misprint – Advertised jerseys with a mistake in their design, a name, number or captain's/ceremonial patch. This applies to wrong eras as well; putting a player's print onto a jersey that's not in the same era is not cool. Also, patches on a jersey that were never used in an event, like putting a Stanley Cup

Finals patch onto a Pittsburgh Penguins powder blue third jersey. They weren't used in the finals, so there should be no finals patch on them.

The Tuck Rule – Pretty straightforward, unless you're freeing up your shooting side, tucking the jersey into your pants is a definite no-no.

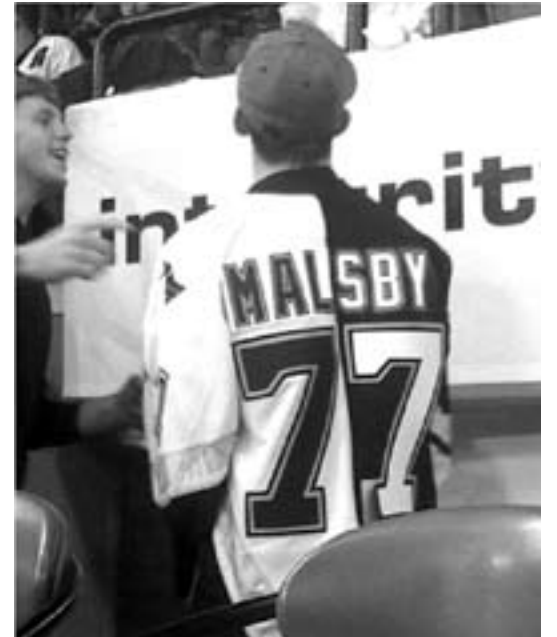
The Tape Job – the act of putting tape over a jersey, usually to put a name on, or a number, is usually frowned upon. I'm all for penny pinching, but that's overdoing it.

The Hood Hide – If you have a player named jersey and a hoody under it, and your hood covers name, please put your hood over your head. You are committing a foul by covering up the player's name.

The Inter Sport Method – When you are wearing a jersey of one team and pairing that with some kind of apparel from a different team, that's considered a foul. Unless the team from the other sport is playing on the same day, it's best to stick to one sport.

The "Frankenjersey" – In reference to Frankenstein, it consists of two different jerseys stitched together, hence Frankenjersey. Umm ... yeah, why the hell would someone buy two different jerseys, chop them in half, and then stitch the different halves together? Considering that new jerseys are around \$100, that feels like a waste, but hey, it's a free country.

The Unholy Union – If there's one thing you must never, EVER do, wearing your city's most hated rival's jersey is def-



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The Inter Sport Method

initely the worst foul you can commit. It's the most unforgivable of jersey fouls, and anyone caught committing this jersey crime should fear for their safety. Consider yourself warned.

Obviously there is only one way of avoiding the consequences of a jersey foul, and that's if you're a little kid. Kids don't vote, drink, drive, drink and drive (for the most part), so why would they need to follow all these comprehensive rules. However, for the rest of you sports fans, remember, committing a jersey foul is unforgivable.



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The Hood Hide



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ENTERTAINMENT

Last Band Standing is – Apresnos!



KATHY LE
Assistant Entertainment Editor

The harmony of sounds from the guitar, drums and vocals on the night of The Last Band Standing are still running through my head. Last Thursday the Nest was packed to capacity with band members, friends and family for the highly demanded competition amongst 12 bands, each with a very different sound but with one goal in common; to be the last band standing.

An indoor Boonstock

The show reminded me of an indoor Boonstock, but free of charge and with tables and chairs. The competition took place in previous years and was discontinued for a little while; however, due to persistent requests from students, NAITSA revived the event. Jill Peterson, event co-ordinator, tells how having a show later on in the evening is beneficial because, "It gives us the opportunity to put different kinds of genres together, since a lot of student bands may not fit the genre of Indie Night."

The energy from the audience after each band performed was one deciding factor in determining the winner; however, three judges had the final say. The panel was armed with professional ears and years of experience in the music industry. Steve Derpack, a previous programmer at NAIT, is now a concert promoter for JCL productions and the Haven Social Club. Mike Anderson used to play for a touring band, has been booking bands for over a decade with Trixstar Productions and has many years of experience judging live music.

Of course, our own NAITSA president Geoff Tate has a knack for music and a good eye for which band would be the new 'it' band. The bands were judged on five categories: musical ability, stage presence, technical ability, audience reaction and professionalism. In addition, each judge had something extra he was looking for. Tate was looking for "absolute originality" Anderson wanted to find a band "that will play a song I will have in my head

after I walk away," while Derpack wanted a band "that will crush this place and one that could play for Campus Chaos."

The lineup of bands ranged from death metal to country and everything in between. If one had never been to a concert before and needed a crash course to catch up on the different genres of music, then all they needed was four hours of their time at The Last Band Standing. The perk was being able to experience the music live. I now have a new appreciation for music outside of mainstream R&B and hip-hop after hearing and seeing the talent at the show. The death growl of the heavy metal band may still be too much for my liking, but the instrumentation was immaculate as the guitarist's fingers flew at rapid speed with great ease.

The band, *In the Midst of Murder*, was mesmerizing when the guitarists and lead vocalist head banged in sync while playing and singing.

Each unique

Each band performed their best and brought something unique to the stage, but only one could prevail. With scores tallying very close, a well-tailored, black and white suited quartet wearing fedoras and called The Apresnos, came out on top. They brought an edge to classy. This young group included lead singer Kenny Bohn, bass and backup vocalist Jordan Gervias, lead guitarist Will Potter and Jonathan Kelly on drums. Finding time between classes, and jobs, this group has been jamming for two years and has appeared at the Nest previously.

All of their music is original and while they have a difficult time narrowing down to one genre, they decided on "kick-in-the-teeth rock" with some heavy, blues and jazz influences. Looking the sharpest on stage, the band explained that they didn't want to look like they just came off the streets so they suit up every time they perform, while accenting their lead singer in white. The Apresnos have a strong future in music ahead of them and their dream is to make a career out of it one day.

Although The Trade did not win the competition, their name deserves recognition, as they were the favourites of the night. Other band members were cheering them on from the sides and even requested to hear another song after the band exhausted their allotted time. Sibling rivalry was not the case between lead vocal



Photo by Kathy Le

The Apresnos

Christopher Saltel and guitarist Jordan Saltel, as both complemented and enhanced one another's talents. Three other members, Mackenzie Croft, bass player John Paul Settingiano and guitarist Bob House completed the package. They have been playing together for about a year and are currently working on an EP to meet a summer deadline. Sitting in fourth place,

they commended the other bands for playing so well and raved about how The Apresnos were their favourite.

I did not know what to expect stepping into The Nest that evening, but was thoroughly blown away by the talent and will most definitely be attending the next student band competition.

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By DOUG YEARWOOD

I don't know about anyone else, but when I'm

done classes for the day, and my homework's done, it's time to relax. I'm not talking about listening to some country on the drive home, or blasting some neurotic metal band to amp me up. Hell no! Kick back, relax and take a load off. Don't get depressed listening to some redneck, or hearing some dude that looks like the Undertaker scream like he's the cookie monster. That'd anger me if I were driving and had to listen to that garbage. These wouldn't:

1. Iron Lion Zion – Bob Marley
2. Burn One Down – Ben Harper

3. Highwayman – The Highwaymen
4. Peace Train – Cat Stevens
5. Smoke Two Joints – Sublime
6. Hey Tonight – Creedence Clearwater Revival
7. Old Man – Crosby, Stills, and Nash
8. Wish You Were Here – Pink Floyd
9. White Hot – Tom Cochrane and Red Rider
10. Santeria – Sublime
11. Free Bird – Lynard Skynrd
12. The Weight – The Band
13. The End – The Doors

VIRAL VIDEO

An all-star blogger!

By ALI YUSUF

We all know what blogging is, but in case you've been stuck under a boulder the size of Manhattan (or you're Amish) it's a set of beliefs that an individual expresses via the Internet. Those beliefs can range from political news, entertainment, personal opinions or just all out insanity. Check out Chris Crocker on YouTube for the insanity piece.

Meet Philip DeFranco. He's a YouTube celebrity with nearly one million subscribers and more than 460 videos to boot. Every week, DeFranco creates four new videos from Monday through Thursday under his YouTube username sxephil. The Philip DeFranco Show discusses many topics in a fast-paced style, which would make Robin Williams look like the slow kid in class. What separates DeFranco from the rest of the other hacks on YouTube is that his material never gets old. He is continually proving to the YouTube community his prowess in dishing out the information he

believes is important while keeping it fresh with his comedy.

With his sarcastic humour and short-cut video blog style, each video that DeFranco releases averages about 1.2 million hits. I bet you're thinking, "That's pretty damn impressive, Ali." Keep in mind that this is four friggin' times a week. The guy might as well have written the book on blogging! To top all that off, his smart-ass commentary and wit has inspired many others to follow in his footsteps and blog about their opinions and other current events. Who knows, maybe The Philip DeFranco Show is more popular than Scientology? Yeah, probably.

DeFranco also fronts his own Facebook page (then again who doesn't have a Facebook page in their own honour), has a very popular Twitter account, and two other video blogs called The Vloggity and LikeTotallyAwesome. You've already read about the craze that is Phil DeFranco, now be a good little kiddo and go check him out!



Philip DeFranco



The Mike Brown Show

By LINDA HOANG

Last week, The Nugget featured the *Mac, Blaze and Thunder* show on NR92 campus radio. That show is hosted by three NAIT first semester radio broadcasting students. While there are many first semester-run radio shows, there are just as many second semester shows, like Wednesday's *The Backyard* with Tyler Daignault and Justin Dervin from 7 p.m. to 9 p.m. and Sunday's *Useless Thoughts and UnRemarkable Opinions* with Jack Nemo, from 5 p.m. to 7 p.m.

This week's NR92 feature is *The Mike Brown Show*, hosted by second semester radio student Mike Brown. I got a chance to sit down with Mike this week and get a little more insight into his show.

Linda: What's *The Mike Brown Show* all about?

Mike: I just do what I want, when I want to and it's basically a show about me. I tell my life story, there are tears, laughter, joy, pain and music. But really just play music and talk about whatever is going on that day in between the tunes, or what's gone on the weekend before.

L: How did you come up with the name of your show?

M: Well basically I took the best name in the world and added "The" before it and "Show" after it.

L: What kind of music do you play on the show?

M: I play whatever I feel like, whatever gets the juices flowing, you know?

L: What else can listeners get from listening to your



Photo by Linda Hoang

Mike Brown at home in the studio where he broadcasts his radio show.

show?

M: Besides listening to the best jock on NR92, not much. Ha ha. But I do offer a variety of segments on my show to keep listeners enticed like a Facebook Application of the Week and a Game of the Week. I also get pretty sweet guests on the show from time to time as well.

L: Do you think you'll add other things of the week?

M: Maybe next semester when my time slot opens up.

L: Is an hour enough to fit in everything you want to broadcast?

M: No, definitely not enough time, I've just got so much

to say.

L: Why is student radio important for students at NAIT?

M: NR92 provides NAIT students with instant access to what's going on and they get to listen to some sweet music, so it's pretty important.

L: Any last words?

M: Not really, because you won't publish anything dirty that I say. But everyone should listen to the show.

Tune into *The Mike Brown Show* online at <http://nr92.com>, Mondays from 4 p.m. to 5 p.m.



Intense, unique album

By RACHEL LEES

This is War is an extremely intense and unique album. Musically, it's really awesome and different, but lyrically, it's a little unsettling. Simply listening to the intro "Escape" gives you shivers. In an MTV

interview, 30 Seconds to Mars lead singer Jared Leto said: "I think this record is about faith, about spiritual matters and that just happens to be what we're thinking about and talking about in our lives right now."

They talk about the wars we fight in

this world, physically and spiritually and the vocal tracks in the background emphasize that intensity. The lyrics are a little confusing but you really get the sense that they're searching for something and essentially come up with nothing. (Needless to say it isn't the most inspirational album I've ever listened to.)

They even took their album cover in a new direction! They are selling the CD with over 2,000 different covers at random. They asked fans to send in pictures of themselves and the best ones were selected to use on their cover. I think that's a very new and smart way to sell an album. The default cover, however, is a tiger.

As a new listener I had no idea what to expect, and frankly I was pretty impressed with the music. It was so different. I don't really have any other word for it. It was so fun to listen to and entertaining the whole way through. Lyrically though, it was quite pressing and unsettling. They are very blunt



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with their lyrics and ask pressing questions and make daring statements. I found it quite controversial.

Musically and artistically this album is incredible and beautiful. Lyrically they bring up hard-pressing questions about our daily lives and who we choose to be. They aren't afraid to point the finger and have really done well with sending a message to their fans. I would suggest getting this album and deciding for yourselves what you think of it.

PB & J

By KATHY LE

Key Lime Pie

St. Patrick's Day is coming up and I thought this recipe was fitting. There's no baking involved so you don't even need an oven. All you need is time.

The Stuff:

2/3 cup boiling water
1 pkg. No Sugar Added Lime Jelly Powder
Ice cubes
1/2 cup cold water
1 cup thawed Cool Whip Light Whipped Topping
Zest and juice from 1 lime
1 1/4 cups Honey Maid Graham Crumbs
2 tbsp. non-hydrogenated margarine,

melted.

The Magic:

1. Stir boiling water into jelly powder in a large bowl for two minutes until it's dissolved.
2. Add ice to cold water to measure one cup and add it to the jelly until it's melted.
3. Stir in whipped topping, zest, juice and whisk.
4. Refrigerate for 15 minutes or until it's thick enough to mound.
5. Combine graham crumbs and margarine in a nine-inch pie plate.
6. Press onto the bottom and up the sides of the plate.
7. Fill with jelly mixture.
8. Refrigerate at least four hours.

ADULT FILMS

The men of porn



COLLEEN NUC
Entertainment Editor

It's probably safe to say that a vast majority of males have fantasized about being a porn star at one point or another. Although there are the obvious perks for laying down pipe for a living, the job is a lot tougher than you may think. Male porn stars have to work a little harder than their female counterparts; they have to have the little guy high five the sky on command, because as one male porn star states, "there's nothing worse than not being able to perform once the cameras are rolling."

A few tricks male porn stars use are taking "supplements" such as Viagra to get the job done easier, and they also to eat lots of protein to replenish their seed storage on a regular basis. However, even with all the "hard work" male porn stars endure on set and behind the scenes on a daily basis, their wages are significantly lower than that of a female porn star. On the other hand, while the average career of a female porn star is about two years, males tend to stick it out

for up to 10 years, sometimes even more.

Here are a few of the most famous sharp shooters in the porn industry today.

Steven St. Croix

Steven St. Croix, a personal favourite, has over 600 adult films under his belt, and was inducted into the Adult Video News (AVN) Hall of Fame in 2005. The 46-year-old American has over 12 AVN awards, including Best Supporting Actor, Best Group Sex Scene and Best Actor (single performance) for popular films such as *Looking In*, *The Show* and *Improper Conduct*. On a side note, Steven St. Croix has got to be one of the most versatile porn stars, proving he's more than just a penis, with impressive comedic performances in high budget films such as *Pirates* and *Operation Desert Stormy*. Although St. Croix may be pushing 50, don't expect his career to go limp anytime soon.

Randy Spears

Randy Spears is one of those villainous looking guys that women go crazy for. The 48-year-old porn veteran has been in

over 720 adult films, and with starring roles in films such as *Star Trek: The Next Penetration* and *All Sex No Talk 2*, Spears has officially landed

himself the title for one of the highest paid porn stars in the industry. It's been rumoured that in her prime, porn star Asia Carrera commented that she "would like to have Spears under a personal services contract to her." In other words, apparently this guy is really good between the sheets.

Evan Stone

Evan Stone is one of those "Fabio" types that you only see on the cover of a cheesy Danielle Steele romance novel. Stone's masculine good looks, as well as other well endowed features, has earned him supporting roles in films such as *Pirates* and *This Ain't Star Trek*. Having been married and divorced to the likes of super star Jessica Drake, Stone is one of the most sought after porn stars of 2010, and will most likely carry this title for the next few years.



Steven St. Croix



Randy Spears



Evan Stone

Laughs for free

By **ALI YUSUF**

Let's look at the facts. You're going to be at school all day on March 17, probably stressed from schoolwork, and will probably already be at The Nest drinking with some pals to ease the day out. Lucky for you, The Nest is hosting a St. Patty's Day Free Comedy Show.

The St. Patty's Day Free Comedy Show features two stand up comedians: Trent McClellan and Tyler Hawkins. I know what you're thinking: "Who the hell are they?" Well sit tight and I'll tell you (didn't anyone ever tell you that patience is a virtue?)

Edgy, charismatic and Canadian. What else can you ask for in a comedian nowadays? Trent McClellan fits all of these profiles and does it with flying colours. His Newfoundland upbringing gives him an east coast allure that captivates audiences while providing him with a different mindset that will bust your hips in laughter. The guy is serious amounts of funny. His taste in comedy is honest with a hint of Canadian culture, but more importantly, he's a guy you can get along with. All the east coasters I've ever met have been nothing

but hospitable, and McClellan falls under that category while he charms his audiences with bits about the notorious NTV television station and how everyone mistakes him for being East Indian. Coming from one East Indian (ahem, me), he completely does look East Indian.



Trent McClellan

Tyler Hawkins, the other stand up act coming to the Nest, takes a tamed Dane Cook and calls it his own. Which, let's be honest, is great. I f***ing hate Dane Cock ... Cook! ... Sorry, my bad. Hawkins takes everyday situations and twists them into his own version of foolishness. Distorting the everyday-party-girl into a dude that just wants to dance. Oh, come on, we've all joked around about it. "Hey, guys. I just want to go dancing. Boys Night!" Anyway, the bottom line is that Hawkins dictates relatable comedy, which is a trait most comedians lack these days.

Two funny guys are coming to The Nest to treat you to a free comedy show. You know me, I wouldn't tell you to go do something if I didn't think it was worthwhile. Besides, there are drink specials that night as well. Why are you even debating this, come enjoy the show!

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Heavy Rain a must-have

By **GRAHAM McCANN**

Video games have evolved into what is best described as “interactive movies.” Players are immersed in worlds with intriguing story lines, characters and atmospheres. *Heavy Rain* takes this to heart.

In *Heavy Rain*, you jump into the roles of Ethan Mars, whose son is kidnapped; Norman Jayden, FBI profiler and drug addict;

Scott Shelby, a private investigator and Madison Paige, a journalist. Each face the question: “How far would you go to save someone you love?”

They enter the investigation into the Origami Serial Killer, who leaves victims with an origami figure in one hand and an orchid on the chest. The game alternates between these characters at different points in the story.

Announced in 2005, this was one of the most anticipated PlayStation 3 titles, and it was worth the wait. However, the biggest disappointment is that it is more rigid than originally anticipated. Every decision made in the game can have an effect on the story. If a character you play dies during the game, it still continues. This offers lots of replay value to see all the possibilities. The first half is rigid and the decisions you make do not have as



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many consequences as the latter half.

The graphics are outstanding, the surround audio is excellent and the voice acting is performed and written very well. However, a lot of the actors are British or French, trying to do accents from the United States, making some voices sound awkward.

Controls are unusual, but become second nature. The R2 button is held while directing the right analogue stick to walk. It also has lots of Quick-Time Events; quickly responding to

prompts when you're fighting for your life or making snap decisions. The prologue eases you in, with tasks like getting out of bed, showering and exploring. Also, it is cool to investigate as Jayden, with his slick high tech glasses and glove, which scan crime scenes for clues.

All in all, this is a really beautiful and gritty game, with good replay value. *Heavy Rain* is a must-have for PlayStation 3 owners.



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All poll clerks must attend a training session on Tuesday, March 23, 2010 at 4 p.m. in E-129.

All clerks will be paid to attend the training.

Apply in person at the NAITSA office, E-131 between 9 a.m. and 4:30 p.m.

Alice is wonderful

By RACHEL LEES

This weekend I watched Tim Burton's *Alice in Wonderland* twice! Once in IMAX 3D and once in digital 3D, and it was fantastic both times. I feel like I could watch it again and still find new things to love. It was so beautifully done and I enjoyed every second of it. Being a childhood fan of the original Disney movie, I had a lot of expectations, but it seems Tim Burton never fails to impress!

I thought Johnny Depp was tremendous in the movie. Even though there were a few parts where I saw a little bit of "Jack Sparrow," he definitely brought his portrayal of the Mad Hatter to life. You really began to feel for his character and worry about him, even through all his madness. Besides his fantastic acting, his costumes and make up were simply brilliant (but

that goes for all the characters). Helena Bonham Carter was the Red Queen and I found her hilarious. Anne Hathaway made a stunning White Queen. The rivalry and contrast between these two characters were so enjoyable to watch. Another one of my favourite characters was the Caterpillar, played by Alan Rickman (but most people know him as Severus Snape from *Harry Potter*). I found Alice very awkward but still beautiful and I thought that Mia Wasikowska's acting fit the character perfectly. In the end, her weird presence and awkward demeanour became what you loved about her.

Tim Burton made the movie beautiful and exciting, while not straying too far from his usual dark-themed style. The way he portrayed 'Wonderland' was simply stunning and I was enthralled in it the entire

time. There was so much detail and colour, and watching it in 3D made the experience even more amazing. The animals and random creatures throughout Wonderland were very well done as well, and you begin to forget they're fakes. Every inch of Wonderland was made with detail, and they definitely cut no corners in making Tim Burton's vision come to life.

The film made over \$200 million worldwide in the first weekend, and I expect it to continue on strongly. I found that the entire movie was a perfect balance of mystery, action and comedy and there was no part I didn't like. They did a tremendous job of portraying Wonderland, and I was captivated the entire time. *Alice in Wonderland* is definitely a movie I would recommend seeing (even twice in the same weekend).



www.slashfilm.com

Helena Bonham Carter as the Red Queen.

Mike Roste underwhelming

By COLLEEN NUC
Entertainment Editor

Roste is textbook pretty country-folk music. His musical performance is entirely formulaic. The standard 'rule-following' precision results in a numbing sensation, a kind of déjà vu that groans "haven't I been through this hell before and learnt my lesson?" After the boringness of the musician is firmly established, the outcome of the night really depends on the crowd's need

to pity versus the need to scapegoat.

There are two general audience groups; one comes across at the Nest and other local venues. The first group, the 'Supporters', live for live music because they want to be impressed; they want to be blown away by the fact that there is so much unrecognized talent in music today. They are desperate to bob their heads and tap their feet. The Supporters are also selfish because they expect to experience genius every time, and therefore, lower their expectations accordingly. They jump at the chance to pound a few beers and sway in a hazy comfort, even (or especially) when the band sucks.

The same case applies to people who love to hate on live music, or the 'Detractors'. This audience group lives for the chance to roll their eyes after every banter attempt, particularly when the banter is delivered by a defective Jack Johnson clone. The Detractors love to shoot knowing glares at one another. They live to share in the misery and the awkwardness of it all. If the band is actually good, they will never admit it nor will they ever join the dark side of the Supporters.

I guess the end result of Mike Roste at the Nest can be adequately summed up as follows: The Supporters managed

a few whistles while the Detractors kept their venom on the outskirts. I guess you could say

that they cancelled each other out in the end. I know, pretty boring right? So was he.



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Mike Roste



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Four hours wasted

By COLLEEN NUC
Entertainment Editor

Last Sunday (March 7) was that special time of year where you gather around the boob tube with a few of your closest friends to tune into one of the most sappy, drawn out events ever to be aired on television. It's that time of year where incredibly rich celebrities decorate themselves with the best designer duds accessorized with millions of dollars worth of diamonds, which screams, "Hey! Look at me! I have enough money draped around my body that could feed an entire developing country

for a year! Aren't I fabulous?"

If you hadn't already guessed, last Sunday marked the 82nd annual Academy Awards, an event filled with beautiful gowns, stunning tuxedos and painful speeches. Here are a few fashion highlights of the evening.

Sandra Bullock – Winning Best Actress in a leading role, Bullock rocked a metallic gold Marchesa gown on the red carpet. Although many thought the Oscar winner looked like an exact replica of the little golden statue, the 45-year-old actress still has the body to rock metallic fabric, and *The Nugget* gives her two thumbs up.

Elizabeth Banks – There's something about frills that are just obnoxious. However, Banks did manage to pull off the risky grey Versace gown without looking too desperate. By keeping the neckline and makeup simple and clean, Banks managed to stay clear from the whole '80s prom look.

Amanda Seyfried – Seyfried looked like a vampire prom queen on Sunday. The off-white Armani Prive gown drowned the thin actress, making her look like a kid playing dress up. The whole outfit was unfortunate because this girl is beautiful.

Gabourey Sidibe – Sidibe was quoted telling Ryan Seacrest, "If fashion is porn, then this is the money shot." Big girls deserve to look beautiful too, and Sidibe pulled it off. The blue embroidered Marchesa gown looked elegant, but not too over the top for the plus-sized actress.

Charlize Theron – Kudos to the woman who draws attention to her breasts by placing two giant roses in from of them, telling people to "stop and smell the roses, dammit!" It doesn't matter what everyone says about this dress, Theron can make a crotch-less lace bodysuit look sexy. Hold on a second ... that would be sexy

Nicole Richie – What exactly was Richie doing at the Oscars? Just a few years ago this chick looked like she was about to marry her cousin on *The Simple Life*, and know she's donning a

sequined Reem Arca gown on the Red Carpet. The bitch looked unreal, the whole '70s thing is hot, and the fact that it covered every inch of her body made it that much more appealing.

The men's side can be summed up in a four simple words: they all wore tuxedos. It must be frustrating for celebrity men to attend these award shows because they're never the focal point of the evening. Let's face it, men and women who watch the Oscars are only interested in what the women are wearing. In general, the Academy Awards were just as extravagantly boring this year as they are every year, and although they are filled with beautiful pretentious human beings, it's a waste of four hours.



www.huffingtonpost.com

Sandra Bullock



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SPIRITED SET

Domitian plays during the Last Band Standing event at the Nest on March 4.

Photo by Jasmine Monias

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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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Studying doesn't help. Tests always kick me right in the ass.

– Hates Tests

...

Promoting summer by wearing a skirt is sad when you fall and trip on ice.

– Stupid Skirt

...

Alice in Wonderland was tremendous and everyone should see it. I saw it twice in two days.

– The Female Mad Hatter

...

I need a new phone, I can't download cool applications on mine.

– Poor and Wants More

...

I wish I had a car, I don't like bussing to school all the way from Sherwood Park.

– Stuck In Transit

...

Teachers need to get their shit together.

– Bitter Student

...

To the NAIT employee, who commented nicely to my articles, thank you! You are too kind.

– Feels Good

...

No, they're not from my boyfriend. The bruises are from the stupid RTA equipment I had to carry around the school.

– Bruised from Bags

...

My eyes are always bigger than my stomach.

– Little Miss Piggy

...

This isn't Avatar we're making.

– Far from Avatar

...

I ate two Cinnzeo buns and had to leave the room to force myself to stop eating more.

– Cinnzeo Lover

...

That is an awesome radio station we have here at NAIT!!

– Avid Listener

...

What's with having stairs to a second floor that's just leading to a pedway? Why not actually have a two-storey building? Don't we teach how to build here at NAIT? – 'Think about it,' man

...

Thank you for shedding some light on

the situation and making me feel normal!

– Super Soaker 300

...

If you don't want to be the topic of conversation, I have an idea – STOP BEING A DOUCHE!

– Get Over Yourself

...

Whoever used the North Lobby microwaves to re-heat their stinky fish soup, I hope you get an extra-special brand of herpes.

– Stinked Off

...

Why do butt crack and cleavage have to look so similar? It's like a cruel joke of nature.

– No Laughing Matter

...

Girl sitting in the HP Centre last week. You were wearing a denim dress. I asked to borrow your pen. Want to go for coffee sometime?

– Crazy in Love

...

All I want is a weekend off, is that too much to ask?

– Overworked

...

Hot Tub Time Machine just might be the singular greatest achievement in the history of cinema. I'm talking better than *Citizen Kane*.

– Stoked to be Soaked

...

To the hottie I passed in the HP Centre hallway: It pains me to say this, but please wear a bra. Your sweater puppies were jiggling their way through my head all day, and made me fail a mid-term.

– Boobie Lover

...

Oh "Ms. Encana," sitting behind the desk does not make you better than me, but acting like it makes you a bitch. Learn some manners.

– Not pleased

...

The ladies at the Common Market are AWESOME. Food is great, but when it's served with a smile it's amazing. Keep it up!

– Yogurt Guy

...

To the attractive blonde girl in second semester: Your hot, I'm shy, Compromise?

– Your first semester admirer



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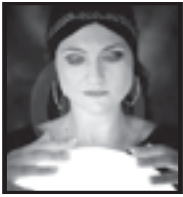


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Your horoscope



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)

Today might see a need for you to call attention to yourself. Try faxing semi-nude pictures of yourself to random numbers.

Taurus (April 20-May 20)

Having achieved a personal goal,

the future ought to look rosier for you. However, all your better ideas have already been stolen and used in the past. Perhaps you should prefix "crackpot" to your unofficial title.

Gemini (May 21-June 20)

Placing your mouth around the exhaust pipe of a car stuck in traffic is bound to cause more traffic problems. Please take into consideration the needs of others. Instead, express yourself by doing a back flip or the splits. Dance and the world will be yours.

Cancer (June 21-July 22)

Your appetite may increase today as the doctors finally removed the scissors they left inside you during your last operation.

Leo (July 23-Aug. 22)

Laughter will help you today, especially if you want to avoid crying. Be aware about your general demeanour,

as others will not take kindly to happy-clappy fools.

Virgo (Aug. 23-Sept. 22)

Your choice of reading material is starting to swerve dangerously into the "blue" section. In a world full of people like yourself, who cares if you want to behave like an orangutan?

Libra (Sept. 23-Oct. 22)

Spank yourself silly today because you're been VERY bad, but every reason you have for doing what you did is sound. Be grateful that you have a good network of friends and family.

Scorpio (Oct. 23-Nov. 21)

Your ability to perform open-heart surgery may be brought into question today as your attempt to help a struggling asthmatic in the local park failed miserably.

Sagittarius (Nov. 22-Dec. 21)

"Deliver us from evil," they said. Per-

haps this week would be a good time to start living as though this were possible. Until the time comes where you are able to do something about it, defer all your anger to the television shows you waste your life watching.

Capricorn (Dec. 22-Jan. 19)

This month is going to be extremely stressful for you. A bit of advice to keep your wits about you is to breathe and stay organized or you're screwed.

Aquarius (Jan. 20-Feb. 18)

Your computer is filled with spyware. Please find a way to clean it without forcing me to dole out solicitations to various websites and their software.

Pisces (Feb. 19-March 20)

Most of the things you're doing are going well, so there's no need to give up now. Any advice given to you today will seem like poppycock, and it probably is.



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

How to report a crime



Every year thousands of crimes occur in Edmonton. Approximately half of all crimes are reported. It is likely that more than 50 per cent of all crimes that take place are witnessed by neighbours looking out of their windows, by a person walking a dog and hearing the sounds of breaking glass or by a driver observing a person swerving all over the road.

Why don't people report crime? In most cases it is because they don't want to get involved, they are afraid of being wrong, or they are not sure what to do. A five-minute delay in reporting crime reduces the chance of catching a criminal by 65 per cent.

When reporting calls to Campus Security Services.

Stay Calm – don't get excited. Take a deep breath.

State the Problem – "I want to report a crime"

- > a break and enter
- > a theft
- > an injury
- > a fire

> a suspicious vehicle or person

State the address and who you are.

> Give the full location, directions from nearest office or building

> Give your name, office number, and phone number where you are calling from

Let the dispatcher control the conversation.

- > Answer all questions

> Give your phone number so Campus Security Services can call back later if necessary

> Don't hang up – stay on the line. Only hang up when told to do so by the dispatcher.

In the event of an emergency, dial 911.

This information is vital to our Peace Officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (Police, Fire, Ambulance, etc.).

Major factors in describing suspects:

1. Description of Crime
2. Physical Description
3. How suspects left area and direction of travel.
4. Type of weapon
5. Vehicle Involved
6. Vehicle description

Be aware and practise these precautions:

1. Be alert to odd behavior of others.
2. Be familiar with surroundings
3. Be aware of strangers.
4. Be on the lookout for the unusual, such as unfamiliar vehicles, strangers, and unusual phone calls.

How to use 911

The 911 Emergency Line is used to report a life or death situation, a crime in progress, an injury accident, a fire, a call for medical aid

and ambulance transport to hospital, or any other emergency situation. When you dial 911 your call will be answered by an Operator saying "911 Emergency. What service do you require?"

At this point, ask for:

- Police, Ambulance, Fire Department, Any other emergency service (e.g. Hospital, Gas Company, etc.)

Do not hang up your phone. Your call will be put through to the Emergency Service that you requested.

Use 911 to call the Police if you are reporting:

- A crime that is happening as you speak or a crime that just happened.
- A motor vehicle accident where people are injured.
- An impaired (drunk) driver.
- Suspicious persons or vehicles.
- Any incident that may result in loss of life or injury to any person.
- Be prepared to give the police the following information:
 - > Your address and name
 - > the problem and where it is happening
 - > whether anybody is hurt
- Stay on the line. Do not hang up your phone.
- Keep talking with the police until they say it is OK to hang up the phone.

Newer telephones on NAIT Campuses will alert Campus Security Services of a 911 call coming from your

area. However, we would ask that either you or someone with you also contact Campus Security Services at 780-471-7477 if possible and when safe to do so.

Reporting a crime is not a hard thing to do. The dispatcher will "walk" you through the complaint. Remember a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help make our community a safer place for every-

one to enjoy.

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

Everybody benefits, except the criminal.

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How private is private?

By **ANDREW BATES**
CUP Western Bureau Chief

KELOWNA, B.C. (CUP) — As we start the new decade, there is clearly one great difference from the last: we are on the Internet now more than we have ever been. We're also more connected than we have ever been.

More than 350 million users have joined Facebook since the site opened in 2004. Between Gmail, Google's retained search data, YouTube, and Google Image Search, huge amounts of our information is stored on the Internet with one company. Google's unofficial motto since its founding has been "Don't be evil." But is that true of the whole Internet?

Privacy issues to forefront

Issues of privacy on Facebook have recently come to the forefront thanks to Canada's privacy commissioner Jennifer Stoddart, who identified several concerns with Facebook's operation, including the sharing of personal information, the storage of personal information after Facebook accounts close and the confusing nature of the site's privacy information.

According to Richard Rosenberg, a professor of computer science at University of British Columbia, the fact that Canada takes a leadership role on this our privacy structure is unique in North America.

"When they operate in the States, they don't really have privacy laws they have to deal with except individual ones in states, which are quite weak," he said.

One of the big problems with social net-

working, according to Rosenberg, is that storage of information. "You get to post pictures, you get to tell your friends where you're travelling and who you've met recently, and so on. It's a social network, after all. That's exactly what you want to do," he said. "The long-term problem is, suppose you want to get off Facebook. What happens to all that information that's been gathered there?"

Some of the changes that were made after Stoddart's concerns were brought to light last year include the ability to change the privacy protection of each individual post you make on Facebook, a move away from using networks to share information, and clearer controls when it comes to third-party applications.

At the same time, however, Facebook made a user's name, profile picture, gender, current city, friends list, and pages publicly available, and drew ire for a privacy "transition tool" that rec-

ommended users to open up much of their content to "everyone," which now means the entire

Internet, with or without a Facebook account. New accounts, according to the *Globe and Mail*, also come on the most lax privacy setting.

The more information available to everyone on Facebook, the greater potential exists for advertising, and according to Rosenberg, that's how social networking sites make their money.

"They don't make money [from] their users unless they can get something that sells," he said. "What they had been doing ... [was] using information from their different clients and going through it all to try and find out themes and common interests that could then be marketed to companies to send these people advertisements."

The privacy issues that come to the forefront are no longer about whether or not Facebook uses information without consent, but whether

users are choosing to protect themselves.

"There's a lot of concern about whether or not people are aware of this, and there are a lot of privacy controls that people could take advantage of," Rosenberg said, "but most people don't really know about them — or, as it turns out, most people don't care about them, especially kids."

The foibles of privacy protection are not new around the Internet.

"If you look very carefully at a website, you'd see something at the end that says privacy guidelines," Rosenberg said. "For most people, I looked at these things, and I couldn't imagine most people would read this stuff." That puts the onus on users that may not be paying attention, according to him. "You can't say that you didn't have access to the rules of the game as described by the company whose products you're using."

Forced to resign

At the same time, stories about problems when social networking information becomes public are becoming more commonplace. In the 2009 British Columbia provincial election, NDP candidate Ray Lam was forced to resign after photos surfaced on Facebook where he was depicted groping a woman and being drunk in his underwear.

Additionally, the new privacy settings opened up 270 private photos starring Facebook founder Mark Zuckerberg, which may or may not have been his choice. Facebook did not return an interview request relating to this article.



Photos like this one of former NDP Candidate Ray Lam produced a furor that forced him to resign from the 2009 BC provincial election. (Facebook)



MARCH 24
@ THE Nest 4:30PM - 6PM

THIS BIZARRE & TWISTED SIDE SHOW PERFORMANCE WILL BLOW YOUR MIND!
VIEWER DISCRETION IS ADVISED

FREE SHOW

a live FIREBAK SHOW
FEATURING RYAN STOCK & AMBERLYNN FROM THE HIT T.V. SHOW **GUINEA PIG**

STUDENTS ASSOCIATION www.naitsa.ca **facebook**
Visit us on facebook

WORLD VISION 30 Hour Famine

Djelika gets through every day
even though her drinking water makes her sick.

What can you do on an empty stomach?

You can keep thousands of children like Djelika safe from dirty water and disease.

Get the full story at **famine.ca**
Contact your volunteer coordinator to find out how you can make a difference.

April 16-17 2010
eat nothing. do something.

Tyler Bernard Volunteer Coordinator
naitsevoluters@nait.ca | 780-491-8617

famine.ca
Get Famine updates on your mobile
— text FAMINE to 79999

STUDENTS ASSOCIATION www.naitsa.ca **facebook**
Visit us on facebook

STUDENT OPPORTUNITIES

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

The Canadian Cancer Society

Various openings

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

Big Brothers Big Sisters

Kids with great mentors are more likely to attend schools like NAIT immediately after graduating from high school. Volunteer today through one of the flexible mentorship programs with Big Brothers Big Sisters. You don't have to change your life to change theirs.

Call 780-424-8181 or apply online at www.bbbsedmonton.org

\$10,000 Summer Work Income Guaranteed!

- Average rep makes \$20,000 per summer
- Top rep made \$80,000 last summer!
- Help people save money, not cost them money
- Learn valuable resume building skills
- Training provided by a very experienced manager
- Do you have what it takes to make the team?

Contact Mike at mike.colson@voipsummer.com

Admin Person Wanted

We are a successful growing insurance MGA with three offices in Western Canada. Our Edmonton office currently requires a full-time admin person to handle reception, deal with mail/courier schedules and other computerized office functions. This is an entry level position, but the successful candidate will be capable of learning our business and growing into a full time primary support position. Computer skills are an asset but a positive attitude is a Must!

Contact: Kelly Smith – Tel. 780-442-0024; E-mail ksmith@sbslp.ca

Canadian Tax Expert

Offers tax filing services to all students and self-employed
\$25 flat rate, e-file service

Contact: 780-999-8157

info@canadiantaxexpert.com

www.canadiantaxexpert.com

WANTED

Poll clerks – \$14/hour

Need extra cash after the Christmas drain?

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Apply in person at the NAITSA office,
E-131 between 9 a.m. and 4:30 p.m.

HOT

SINGLE OF THE WEEK



Photo by Raymond Ip

Yuri Whyte, 21 Pre-Technology

What are your hobbies? – Playing video games, partying a lot and playing soccer.

What would you do on the first date with a girl? – It would be based off the girl, whatever she likes.

Do you use pick-up lines? – I don't actually; I just like to talk to girls. I think pick-up lines are weird.

What kind of music do you listen to? – I listen to dancehall and hip hop music.

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

CLUBS CORNER

Upcoming events ...

Forest Technology

What: Sno-Pitch Tournament

When: Saturday, March 20

Where: Airways Park, 113 Avenue and 111 Street.

NOTE: All teams must have 10-13 people including a minimum of two females. Pre-Registration fee is \$25 per team, due before March 8. Registration fee is \$75 per team, with prizes, BBQ and snack booth. If you are interested, please contact jklym1@ookmail.nait.ca or abarnhardt1@ookmail.nait.ca before March 8, 2010.

DeFeYe Arts

What: Studio Day

When: Saturday, March 13

Where: Harcourt House
10215 112 St.

DeFeYe Arts

What: Art Gallery Tour

When: Saturday March 27

Where: Alberta Art Gallery
100, 10230 Jasper Ave.

Business Connex

What: Business Etiquette Dinner

When: Thursday, April 8; 6 p.m. to 9 p.m.

Where: Fresh Express

*****Tickets are \$20*****

If you are interested, please contact
Govind Pillai at:
gpillai1@ookmail.nait.ca

Occupational Health and Safety Society (OHSS)

What: Bake Sale

When: Wednesday, March 17;
10:30 a.m. to 1:30 p.m.

Where: HP Centre Pedway

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



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://nait.ca/Forum/>

GIVER POINTS: Top 10 Clubs
(As of March 5)

Baking Club	1,709
NAST	1,570
Club 5 Star	1,243
Photo	774
Club Culinaire	443
CETSC	418
DeFeYe Arts	393
SIFE	331
International Club	314
Biological Sciences	311

Giver Point Deadline: Friday, March 12



BTECH STUDENT CLUB PRESENTS:

DR. AVI FRIEDMAN
WORLD-RENOWNED 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



MOWBREY GIL LLP
Chartered Accountants & Business Advisors



Architecture
Architects & Engineers

The girls of CCR present

UFC 111
Rush vs. The Outlaw
Saturday March 27 @ The Nest
Doors Open @ 7 p.m. Show Starts @ 8 p.m. \$10/ticket
Tickets at NAITSA, The Nest, in front of the Common Market
every Thursday @ 12:15-1 p.m. leading up to the show or at the
Spartan Centre March 9, 7 am.-9 a.m.

****Come for a chance to win a pair of Oilers tickets****

Brought to you in part by:



Bring pocket change and clothes to get dirty in South Lobby, March 11, 2010, 8 am to 4:00 pm

Get Dirty with Art Fundraiser
and Art Sale ft. Craig Talbot

CLUBS CORNER

30-hour famine at NAIT!

Hello, everyone!

Here is an amazing opportunity to win \$1,000, \$500 or \$250 for your club, give back to the community, contribute to change and have a blast at the same time!

There is a 30-hour famine coming to NAITSA. It's going to be all night at the school, with fun games, interactive speakers and giving back to the community. It's going to be exclusive, first-come, first-served and there's going to be a major club aspect associated with this event.

We are going to open up a little competition around this event. A gathering of club leaders will be held on Wednesday March 10 at 4:30 p.m. in Room X-203 where I will give everyone the rundown as to how this is all going to go down. Club Executives are preferred. If you can't send an executive, please send a delegate.

During this meeting were going to go over the parameters of the competition, how to motivate your team, the



WORLD VISION
30 HOUR FAMINE
Every day Eliza carries water up a rocky hill, barefoot. She gathers enough water for her entire family and scoops it one cup at a time.

prizes and the tentative agenda for the event. You'll be able to leave the meeting and organize your club to get into action with a three-week fundraising window and poster competition.

As club leaders I am calling on you to practise your leadership for one of the greatest causes there is, world hunger. Let's have a first ever 30-hour famine at NAIT that will be talked about for years to come.

I would like to thank you for your time,

— Your current volunteer co-ordinator and upcoming Vice President Campus Life,
Tyler Bernard

TIMELY TIPS

How to recognize depression



MARGARET MAREAN
NAIT Student Counselling

Depression is a mood disturbance in which feelings of sadness, loneliness, hopelessness, guilt or self-doubt predominate. It is estimated that 10 to 20 per cent of people experience a significant depression at some time during their life. While it is normal to feel sad or blue occasionally, it is not normal for sadness to last for more than a couple of weeks.

If you answer yes to several of the following, you may be experiencing depression:

- Do you feel sad most of the time?
- Do you have trouble falling asleep or do you sleep too much?
- Do you have an increased or decreased appetite?
- Do you cry more easily than usual?
- Do you have trouble concentrating, remembering and/or making decisions?
- Do you often feel tired and sluggish?
- Do you often feel irritable, anxious, or panicky?
- Do you have feelings of helplessness, hopelessness, worthlessness or guilt?
- Do you have a loss of interest in previously enjoyed activities, including sex?

- Do you think about death or suicide?

Depression in men is often unrecognized. Men are less likely to show their emotions and often more ashamed to admit weakness. Emotional numbness, compulsive overworking, alcohol or drug abuse, perfectionism and/or controlling behaviors may signal depression.

If you do have symptoms of depression it is important to know that you cannot just pull yourself together or snap out of it. Depression is not a sign of personal weakness or lack of willpower. Without treatment, symptoms can last for months or even years. For mild depression here are some things that can help:

- **Take Action.** Make some changes in your life. Set realistic goals and develop a routine that includes self-care and a sense of accomplishment.
- **Be good to yourself.** Think of things that bring you pleasure, or used to bring you pleasure, and do at least one of these things every day.
- **Exercise.** Strenuous aerobic exercise helps normalize chemicals in the brain. Try starting with a brisk 20-minute walk or bike ride.
- **Interrupt negative thoughts.** When you are depressed negative thoughts tend to spiral out of control and increase your feelings of helplessness. While there appears to be a genetic component to pessimism, you can change your thinking patterns. Practising stopping negative thoughts and replacing them with realistic positive thoughts can help. Thinking more optimistically will become more natural with practice. This is important as pessimists

are more prone to depression.

- **Eat a well balanced diet and make sure you are eating regularly.**
- **Get adequate sleep but don't let yourself oversleep.** Going to bed and waking up at the same time every day can also be helpful.
- **Have a medical checkup.** Medical conditions such as low iron levels or hypothyroidism can cause symptoms similar to those of depression.
- **Try to reduce your stress.**
- **Avoid alcohol or drugs.** They can make depression worse.
- **Talk – to friends, family, a counsellor ...**
- **Seek professional help.** Cognitive behav-

ioral therapy has proven to be very effective in overcoming depression. It often helps to talk to someone who doesn't know you and can be objective about your situation. Counselling sessions at NAIT Student Counselling are confidential and there is no charge.

Early intervention can modify the severity and length of your depression. For most people (80 to 90 per cent) depression can be successfully treated. Seek help as soon as you notice symptoms that may indicate depression.

Counsellors at the Student Counselling Centre are always available to discuss your concerns about depression or any other personal or academic issues. Contact us at 780-378-6133 or in person, Room W111-PB, HP Centre.

CLUB CULINAIRE

Presents:



& the crazy carnival
Wednesday March 17, 2010
5 pm @ the Nest

Tickets are \$5
includes: 1 free beer/hi-ball

Shamrocked, shot and beer specials
Karaoke

Carnival games include: quarters, plinko and a spinning wheel with prizes to be won!

HOPE TO SEE YOU ALL
THERE!

To buy tickets, see Dani in Club Culinaire
d_djob@telus.net/djob2@ookmail.nait.ca
780-915-9289

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E-131 between 9 a.m. and 4:30 p.m.

THE GREAT UPASS DEBATE

WHAT IS U-PASS?

- U-Pass stands for "Universal Transit Pass"
- It is a mandatory transit pass for full-time post-secondary students, granting access to ETS, Strathcona County Transit and St. Albert Transit.
- All students enrolled in participating post-secondary institutions are automatically charged a U-Pass fee every semester.
- These students display a U-Pass sticker on their student ID card, which will be issued by the institution only.

How Much Does U-Pass Cost?

- If NAIT joins for the new contract term, the cost will begin at \$110 per semester in 2010/11, grow to \$125 per semester in 2011/12, and end at \$140 per semester in 2012/13
- U-Pass offers significant savings for students who take transit, as the cost of four regular student monthly transit passes in 2009/10 totals \$270.

U-PASS RATES FOR PROPOSAL per semester

2010/2011 \$110.00	→	2011/2012 \$125.00	→	2012/2013 \$140.00
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Who Could the U-Pass Affect?

- Every full-time NAIT student, certificate or diploma student, taking 150 hours or more and degree students taking 3 classes or more
- Apprentices and con-ed students are not included in the program and therefore will not be assessed the fee and will not get a U-Pass sticker.
- Those students with a valid CNIB/DATS registration card, full-time students taking their practicum outside of the area serviced by ETS, St. Albert Transit and Strathcona County Transit, and students working for transit services will be able to get a refund when they show proof of their applicable circumstances.

How Will the U-Pass Decision Be Made?

- Students will have the opportunity to vote in a U-Pass referendum. This vote will take place in the week of March 19-25, 2010.
- The U-Pass referendum needs a 2/3 majority to pass. This means that at least 66.6% "yes" votes are needed to go ahead with the U-Pass agreement with ETS.
- If the U-Pass referendum finishes with a "no" vote this year, there will be the option to hold another referendum on the issue the following year

Who can I contact for more information on the issue?

For more information on the YES and NO campaigns, or to get involved, please visit www.naitsa.ca/upass or stop by the NAITSA office.

COULD THE PROPOSED U-PASS APPLY TO YOU?

YES

- Full time certificate/diploma students taking 150 hours or more per semester
- A degree student taking 3 classes or more

NO

- Apprentices
- Continuing Education Students

OPT OUT

Apply for refund

- CNIB card holders
- DATS card holders
- Practicum outside service area
- Working for ETS, St. Albert Transit or Strathcona County Transit

Referendum March 19-25
www.naitsa.ca/upass



www.naitsa.ca

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Visit us on facebook

