

U-PASS, YEA OR NAY?

# THE NUGGET

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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



NAIT photo

## U-PASS VOTE SET

Students to decide whether  
to add a U-Pass to their fees,  
Story, Page 2

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### A QUIET MOMENT

One of 26 Forest Technology students who spent a week in the wilderness as part of the program writes an entry in his journal. Story, Page 2





# NEWS & FEATURES

## Survivor – NAIT style

By **NICOLE de CHAMPLAIN**

Being thrown into the bush and told to survive sounds crazy and far-fetched for most of us here at NAIT. But last week the scenario was very much a reality for some second-year Forest Technology students.

The group of 26 students spent the week at Kidney Lake to learn the skills needed to survive in the wilderness. Wildfire instructor Chris Klitbo wants students to be prepared not only when they begin working in the forestry business but in their every day lives. His goal is to teach students crucial skills that could help them in every aspect of their lives.

“There’s a chance you could get caught out there and the difference between living and dying is sometimes that ability to make a fire,” Klitbo says.

According to Travis Frank, a Forest Technology student, the instructors were successful. Even with Frank’s outdoors background he still learned some valuable skills. In addition to his previous knowledge, he learned more about the finer points of wilderness survival.

“It taught me more [about] the importance of being prepared for survival situations because if you’re not prepared for them, things could turn out not as good as they should be,” he says.

Throughout the week in the woods the students had structured classes as well. These included learning how to build signal fires, different methods of starting a fire, cooking classes and first aid. The students were evaluated on their efforts as the trip is one of their major labs this semester.

“Preparation is worth 20 per cent,” explains Klitbo. “Does their signal fire ignite fast? Does it produce a lot of smoke and does it produce the smoke long enough to be visible? Did they keep their survival fire going all the time? Students are also required to write daily journal entries. There’s attitude involved in there – they have to write a daily journal,” explains Klitbo.

The students were split into pairs and had to cut wood, build a fire and basically survive. The instructors attempted to make the circumstances as realistic as possible – the students were



NAIT photo

given basic tools and a winter sleeping bag, but were asked to bring the rest of their supplies themselves.

“You try to make it as real as possible, but that’s impossible in this situation because we do have to apply certain occupational health and safety rules,” says Forest Tech Program Chair Rodger DeChamplain.

The instructors try their best to prepare the students for what

may occur in the future because in their business there’s a great possibility of being stranded in the bush. They have been doing some form of this survival camp since 1965 and DeChamplain says they will continue in the foreseeable future.

Many students have come to this program loving the outdoors, and now thanks in part to their week in the woods, they will leave with the knowledge needed to take anything on.

## U-Pass referendum begins Friday

By **JEFF CUMMINGS**

An idea to bring in mandatory transit passes to every student is now back on the bus at NAIT, thanks to the Students’ Association.

NAIT students will be asked to vote in an online referendum for seven days beginning Fri-

day (March 19). The referendum asks students to vote yes or no to bringing in universal transit passes at NAIT. Polling stations for paper ballots will be open on March 25 from 10 a.m. to 2 p.m.

After students overwhelmingly voted against the idea four years ago, NAITSA’s advocacy direc-

tor says hundreds of students have called his office inquiring about U-Passes over the last two years.

“We’ve had students come up to us and say, ‘why don’t we have the U-Pass?’ ” said NAITSA’s Jason Roth.

“They’ve always been asking the same question. So we just decided to facilitate that option for them and let them decide through a referendum.”

Roth says NAIT students have “shifted their attitudes” towards the U-Pass since the last referendum because “half of the students who attend NAIT take transit.”

The U-Pass referendum requires two-thirds majority support to pass and if it doesn’t, NAITSA will have an option to hold another referendum next year, says Roth.

If students vote in favour of the plan, they will be able to access Edmonton Transit Services, Strathcona County Transit and St. Albert Transit just by showing a special sticker on their NAIT student ID cards.

But the stickers won’t come cheap. The average student can expect to pay an extra \$110 per semester in September to kick off the new school year, according to NAITSA.

That cost will grow to \$125 per semester in 2011-12, and \$140 in 2012-13.

“The U-Pass makes it cheaper for students to take public transit,” said Robin Hutchinson, a Power Engineering student who is heading up a “Yes” campaign during the referendum.

“Let’s say you ride public transit. First year it’s going to be \$110 per semester, but if you pay for (city) bus passes, that’s \$300 per semester. You save money there.”

Jackie Albert, a student who is heading up a “No” campaign during the referendum, could not be reached for comment.

But Roth says students who drive to campus from Spruce Grove, Beaumont or other areas that can’t be accessed by transit might have issues with the U-Pass idea.

Students can only opt out of the U-Pass program if they have practicums outside of the Edmonton area during a semester, or if they’re DATS and CNIB cardholders, according to NAITSA.

Students at Grant MacEwan University and the University of Alberta already have U-Passes.

All students enrolled in participating post-secondary institutions are automatically charged a U-Pass fee every semester.

For more information, or to vote, check out [www.nait.ca/upass](http://www.nait.ca/upass).



Photo by Raymond Ip



# Kidney Month

By KATHARINE HAY

March brings with it not only spring, but time to pay attention to your health, specifically that of your kidneys, as March is Kidney Month and March 11th was World Kidney Day.

Why dedicate a whole month to these fist-sized organs that sit below your ribs, behind your stomach and other fun organs? It's not like they do much, right?

Wrong. Kidneys keep the body in balance, removing waste particles you create doing anything from working out to sitting in class playing on Facebook. Without proper kidney function, the body will slowly fill with toxins.

## Blood pressure

Sometime kidney disease is caused by genetics, but more often people develop kidney disease later in their lives due to high blood pressure, or as a complication of diabetes. Sadly, people who start out with kidney disease are also at a high risk for diabetes as well. It's a never-ending cycle.

Luckily there are forms of treatment for people with kidney disease. One of these, dialysis, can be done in two different forms. The most common for adults is haemodialysis, where patients are hooked up to machines three times a week for four hours, and their blood is cleaned externally by the machine.

To ensure enough blood is cleaned, the machines run at levels close to 400 mL/minute, far faster than the heart would ever pump. In the machine, toxins and excess water are taken out of the blood. Little known fact: many patients on haemodialysis have lost the ability to urinate.

## Transplant

The other form of treatment is a kidney transplant. Along with the transplant come major risks and side effects after the procedure has been done. The immunosuppressant medications that keep the patient's body from "rejecting" the imposter kidney include a carcinogen and another that severely decreases bone strength over time.

Still, transplantation is preferred to haemodialysis as a treatment for kidney disease. Neither of

these procedures are considered cures for kidney disease; rather, they are ways of prolonging a patient's life.

Now before you go thinking it's all doom and gloom, most kidney patients live normal lives, even extra-normal lives. Some run marathons; others have made it through medical school despite their treatment schedules and are now helping other kidney patients through the process.

During kidney month, there are tons of opportunities for people to check their own kidney health. For more information on this, check out [www.kidney.ab.ca](http://www.kidney.ab.ca)



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### Submissions encouraged: [studenteditor@nait.ca](mailto:studenteditor@nait.ca)

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

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



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## Letters

### We want your views

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

Get those thoughts into print.

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

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

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

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



# Airport land design contest

## The Week That Was By KATHARINE HAY

Alright, I apologize for being all flu-like and failing to bring you last week's edition of "The Week That Was." Don't worry, all you really missed was the federal government's Throne Speech and budget, delivered on March 4 and 5, respectively. The budget might have an effect on you – it dedicates \$55 million towards research, whether it's by funding more collaboration between colleges and professionals, improving commercialisation of students' research or handing out cash to offset research costs. There is also \$135 million dedicated over two years towards Edmonton's nanotechnology cluster. Presumably, most of this will go to the University of Alberta, but with NAIT's new diploma in nanotechnology, the school might see some benefits as well.

But enough with what happened a couple weeks ago. Let's move on to what happened over the past week in and around Edmonton.

- The end of March will see the beginning of an international design competition to re-

develop the City Centre Airport lands around NAIT. The development will be based on a "walkable" community, with a potential 30,000 residents, multi-level shops and integration of the NAIT-North LRT line. Additionally, the city has set a goal of using 100 per cent renewable energy in the development.

- Former Edmonton Member of Parliament Rahim Jaffer was fined for careless driving after being arrested for drunk driving and possession of cocaine. The drunk driving and drug possession charges were dropped, with very little explanation given. Crown lawyers have said there could have been a number of reasons for the charges being dropped, and this isn't necessarily a case of Jaffer getting off because he is a former MP and his wife, Helena Guergis, is a

current MP and Minister of State for the Status of Women.

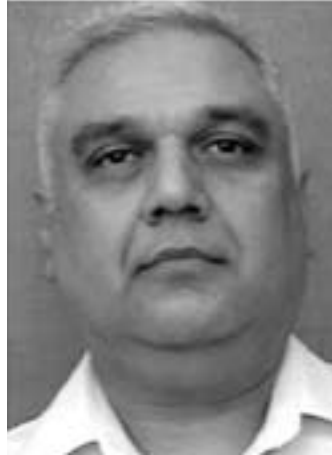
- The City of Edmonton is getting its very own iPhone application. Well, not yet, but it is opening the doors for now to local software designers in the Apps4Edmonton contest. In related news, Edmonton will be joining with other major cities and software manufacturers to create open software for the iPhone that will allow people to report problems, ask questions and engage on a personal basis with their city.

- The imminent closure of the Grant MacEwan pool has left many people – from seniors who use the pool for exercise to people rehabilitating from injuries – looking for somewhere new to go. The university has essentially decided to close the pool as a cost-cutting measure,

although the Students' Union at Grant MacEwan has promised to fight the "final" decision as much as possible. The decision must still be ratified by the school's Board of Governors. Grant MacEwan has promised to help its user groups find other pools for their needs. Meanwhile, Physical Education students may be walking over to the YMCA for their classes in the future.

- The Ministry of Advanced Education has handed out some prestigious awards and NAIT instructors and students took home some great hardware. A Top Instructor Award was handed out to Alind Dixit, Rig Technician Instructor at NAIT, for excellence in the classroom and dedication to apprentice students. As well, 61 top apprentice awards were handed out all over the province, with a few NAIT students being on the receiving end.

That's pretty much all that happened this week. A really awesome week, if you ask me. Check back next issue to find out what you might have missed in the under-or-not-reported news from around NAIT, Edmonton and Alberta.



**Alind Dixit**  
Excellence and dedication

## NAIT takes food awards

### By ALESSANDRA BRUNI

The members of NAIT's culinary team swept up several awards in Toronto this past week at the Escoffier Culinary Society competition. The team took home a total of four gold medals and three silver.

Chris Tom Kee brought home the most hardware, winning a gold for best individual plated entree and best individual dessert, and a silver for chocolate show piece. In addition, Kee also won the Best of the Show award. Among the other winners, Jeanne Wi and Andrew Newman had never competed in a culinary competition before; however, both won gold in the individual plated entrees category. Also recognized were Jake Pelletier, who won gold for best individual plated dessert, and Jack Lee, who was awarded a silver for best individual plated appetizer.

The Escoffier Society focuses specifically on promoting up and coming chefs. The Society brings together chefs with a variety of backgrounds and levels of experience to socialize and gain experience in the growing cooking industry.

Team manager and Culinary Arts Chair Vinod Varshney was very impressed with the way his team performed and adapted to the different environment in Toronto. Varshney says their success was an important stepping stone for all the team members, who will set out for Singapore this April to compete in the Hotel and Food Asia competition. "When they go to an exchange, not only are they learning food and

culture, but they are also networking so the graduating students have an opportunity to go to these countries and cook there," he explains.

The competition gave the group of students an opportunity to work as a team in a new environment. Unlike the large, roomy NAIT kitchens, the Toronto kitchens were noticeably smaller, and this forced the students to adapt and test new boundaries. For the team of NAIT students, this competition allowed them a taste of what Asia's most established culinary competition will be like. The culinary team will be cooking up recipes for success in order to prepare for this international event.



**Vinod Varshney**

# A parent's dream

## By RACHEL LEES

NAIT has taken home the title for Best Workplace for Working Parents at an event that recognizes the top employers in the province, while being runner-up in several other categories.

Judges at the event, which was sponsored by Alberta Venture, took into consideration how NAIT provides extended parental leave, flexible schedules and job sharing. In doing so, the school has made it easier for parents to manage their time around work and children.

"In faculty we can have two working part-time, instead of one full-time. We have a lot of job-sharing to accommodate [getting] kids to school and picking them up after school," says Terry Wald, NAIT's director of Human Resources.

With these kinds of accommodations NAIT is able to keep its strong employees on staff while allowing them more time with their families.

"We work really hard on our recruiting process to get good people, and we don't want to lose them when they start having challenges with family responsibilities," Wald said.

Kathryn Howden is the manager of the Food Ser-

vices Department, and is happy with NAIT and how they have accommodated her needs.

"I started working part time about nine years ago after my first child was born," Howden says.

"The Food Services Department has a very strong and talented leadership team that supports my part-time hours," she said.

"NAIT has even provided me with a Blackberry which allows me to be connected to my e-mail and phone even when I'm not in the office."

Parents like Kathryn are able to stay at NAIT and use their specific talents, even through parenthood.

"I am very happy to be at NAIT," Howden adds. "I am in my 12th year here!"

NAIT was runner-up in other categories like Best Workplace for Millennials, Best Workplace for Training and Development, Best Workplace for the Environmentally Conscious and Best Overall Workplace. NAIT is a strong and recognized institute for students, and is a highly-regarded employer.

"We were very pleased to win this award," says Wald. "It was very gratifying that the programs and support systems we have been offering our staff have been recognized."



Photo by Tami Paul

### SHRINERS COME TO TOWN

Linda the Elephant performs a trick during her appearance on Friday, March 12 at the Al Shamal Shriners Circus.

# Guru's green message

## Stories by DARYLANN HUTCHINGS

The green energy was spread through NAIT last Thursday. Dr. Avi Friedman, an internationally renowned green building guru, stopped by to give some presentations and host a question and answer period.

Friedman holds degrees in Architecture and Town Planning from the Israel Institute of Technology, McGill University and the University of Montreal.

The appearance was arranged by NAIT Bachelor of Technologies student Jen Harris.

I sat down with Dr. Friedman before his afternoon presentation.

**Darylann:** Where do you live?

*Montreal.*

**Darylann:** Do you live in what would be considered a green home?

*I live in an old home that was not completed along green principles. But what I try to do is build a green lifestyle, which means that I consume less, I don't have a car and live in a city where I can easily take the bus. I also recycle and compost. I do whatever I can to be green but I do not believe in a green home per se.*

**Darylann:** What do you feel has been the biggest accomplishment of your career?

*I feel that I was able to be an educator not only of my students but also on the larger scale and inspire people to build sustainable communities and affordable housing, and this visit is an example. I want to share my vision and ideas with others.*

**Darylann:** What do you hope people will take from your presentation?

*I hope that they will understand that there are always innovative solutions to problems and that you have to continuously think outside the box, that you need to think about alternative ways of doing things. Innovation is important.*

**Darylann:** How old were you when you decided you wanted to be an architect?

*I believe that somewhere in high school I recognized that I love to create and create ideas and create things. I said hmmm, this is something I would like to explore, and that led me to architecture.*

**Darylann:** Do you have plans for another book?

*I have another book that is being published in April. It is about places, it's about writing about places and how we connect to them and what makes them unique.*

**Darylann:** Are you going on any speaking tours?

*Yes, I am speaking extensively in North America about*

*my work, both [in] Canada and the United States. It became international. In the past few years I have spent time in the UK, England and Belgium, but my main focus is North America.*

**Darylann:** Anything else you would like to add?

*I would like to tell you that I am amazed at how students are at these lecture series. From the moment I landed in Edmonton*

*I have felt like I have been in a dream. People have been so nice and gracious and I am privileged to know them and this is something that comes from the bottom of my heart. When you see how nice people are you say "geez am I am ever lucky" – and I am lucky.*

Dr. Friedman's speaking tour continues across North America in the coming months.



Supplied photo

Bachelor of Technology students Tyler Mowbrey and organizer Jennifer Harris get together with Dr. Avi Friedman after his presentation.

# Lights out for climate change

On March 27, millions of people will be turning out their lights for one hour, all to show their support for the planet.

Earth Hour is a globally supported 'hour of darkness' event that has been held by the World Wildlife Fund for three years.

"Earth Hour 2010 will continue to be a global call to action to every individual, every business and every community. A call to stand up, to show leadership and be responsible for our future," says a WWF representative.

Over 4,000 cities in 88 countries officially switched off to pledge their support for the planet, making Earth Hour 2009 the world's largest global climate change initiative.

Canada will be in the spotlight this year, as Prime Minister Stephen Harper hosts the next meeting of the G20 countries in Huntsville, Ontario this June, where climate talks will continue. The WWF is hoping this will make an impact and show political leaders that they must step up and make changes.

NAIT has partnered with the University of Alberta, Grant MacEwan University and NorQuest College in a friendly Earth Hour challenge. The victor will be the school with the highest percentage of participants.

Participating in Earth Hour is a simple way for students to show that they want to be a part of the climate change solution and sends a powerful message to others that together a difference can be made.

Participants will be entered into a draw for prizes, including a \$50 gift certificate for Ernest's.

Around NAIT, students have a number of reasons to support Earth Hour.

"Earth Hour is a neat way for everyone around the world to be united together and it's really cool how dark everywhere gets," says Engineering student Josh Taken.

Television student Kyle Galliver adds, "I think Earth Hour is a good idea, it's bringing attention to the fact that we all only need to make small steps in order to conserve energy and make a difference."

For some, the significance is a bit more localized than that. "I think it's a great way to get women," says Radio student Dustin Stashko. "It gives you an excuse to turn all the lights off and light some candles. Only problem, it's an hour."

Earth Hour will be observed March 27 at 8:30 p.m. local time. Students and staff can sign up until midnight on March 28 at [www.nait.ca/earthhour](http://www.nait.ca/earthhour)

The City of Edmonton is also holding Earth Hour celebrations. People can join city officials and other Edmontonians at City Hall plaza between 7:30 and 9 p.m. on Saturday, March 27 to enjoy family entertainment and watch downtown go dark.



Photo by Darren Kirby

Downtown Edmonton and Low Level Bridge from 98 Ave.



*Linda's TechTalk*

# Fly like the Jetsons



**LINDA HOANG**  
Assistant Issues Editor

There was a time when the notion of traveling from point A to point B by air was an incredulous, fantasy-like idea.

Then airplanes were invented. Suddenly groups of people could be transported across thousands of kilometres in mere hours by an airborne shuttle.

Now, people have the option to travel independently across the skies as the world's very first commercial jetpack goes on sale.

It's like the real-life Jetsons. Created by Martin Aircraft based in New Zealand, the Martin Jetpack is a roughly \$86,000, black and white, 535-pound machine with two propellers and two steering handles.

It can fly at a speed of 100 km/h (maximum) for about 30 minutes of flight time. The official website also says the estimated hover height is 8,000 feet.

That's just scary to me.

How on earth is jetpack-flight going to be regulated?

I mean I've heard that hover cars have already been built (or are being developed), but one of the reasons why they haven't been put up for commercial sale is because there's just no system to regulate sky traffic. I feel this jetpack falls into the same category.

We're all used to seeing planes fly by overhead every once in awhile but how odd would it be to have people zipping back and forth above you while you drive down the Yellowhead.

Of course, at the price that it is, I don't think the Martin Jetpack

will become a common household item any time in the near future. It'll just be another neat toy some rich business type will be able to add to his collection.

And while you don't require a pilot's licence to fly the jetpack, you are required to complete Martin Aircraft's approved training program first. This would involve paying for a flight Down Under on top of the jetpack's costs.

Also one more thing, you can't weigh more than 240 pounds if you want to fly this new jetpack – safety precautions, you know.

As a NAIT student writing to other fellow NAIT students, I'm going to assume you don't have the money to afford the jetpack, but if you surprisingly can, then Martin Aircraft is accepting requests from customers interested in purchasing the jetpack on their website at <http://www.martinjetpack.com>.



[martinjetpack.com](http://martinjetpack.com)

**Only those weighing less than 240 pounds need apply.**

# Politicians misbehaving



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

As you may have heard, former Edmonton-Strathcona MP Rahim Jaffer has recently been in court facing a number of charges stemming from a traffic stop in Ontario last fall. Although Jaffer avoided prosecution for the most serious charges of drunk driving and cocaine possession, and wound up being slapped with a fine for careless driving instead, it is not the first time he has been in the spotlight for negative reasons. Nor will it be the last time we hear of a public official breaking the law, flouting the rules or simply exercising poor judgment. Though Jaffer is not a member of Parliament at the moment, these recent events won't help any future attempts to get back into the House of Commons. Jaffer's run-in with the law got me thinking about some of the more memorable political scandals of the past few years.

• Although stories of politicians with ties to organized crime are mostly the stuff of fiction, one Conservative MP found himself caught up in a case of life imitating art a couple of years ago. In May 2008 it was revealed that

Foreign Affairs Minister Maxime Bernier had recently ended a relationship with a woman who had connections to the Hells Angels. When the woman, Julie Couillard, announced that he had left sensitive NATO briefing notes at her place after breaking things off, Bernier was forced to try and save face by resigning his cabinet position, though he continues to sit in Parliament today.

• Speaking of stranger than fiction, there's the story of former Lethbridge city councillor Dar Heatherington, who in 2004 was convicted of public mischief in a case that can only be described as bizarre. It started a year earlier, when Heatherington was reported missing after disappearing from a conference in Montana. When Heatherington turned up three days later in Las Vegas claiming she had been abducted and raped, police investigated, but found that the evidence was inconsistent with her story, and she recanted. However, she said police had coerced her to do so, and pled guilty to the charge of filing a false police report. During the investigation it was uncovered that Heatherington had also previously filed reports with Lethbridge police that she had been receiving sexually explicit letters from an apparent stalker. Surveillance did not support her claims, and police determined that Heatherington had written the letters herself. Heatherington's conviction prompted her resignation from Lethbridge city council, a move which she fought, and a year later she and her husband each filed for bankruptcy.

• One of the longest-running political black marks is the Airbus affair, starring former Prime Minister Brian Mulroney and retired Newfoundland Premier Frank Moores. The two were accused of accepting kickbacks from a man named Karlheinz Schreiber in order to ensure that the federal government awarded a con-



[bcinto.blogspot.com](http://bcinto.blogspot.com)

**Maxime Bernier and former girlfriend Julie Couillard.**

tract for a new fleet of aircraft to Airbus instead of Boeing. If that weren't bad enough, soon afterward the German government began pursuing Schreiber's extradition on charges of fraud and bribery, among others.

Mulroney sued the Liberal government when the accusations became public in 1995. A series of inquiries followed, the most recent of which ended last July. The report, by Justice Jeffrey O'Leary, is expected by May 31.

In all honesty, I could probably fill a semester's worth of Nuggets with all sorts of juicy examples of political hijinx, both on and off the job. Although it can be aggravating to hear of yet another public servant doing something dumb or throwing away taxpayer dollars, at least they seem to keep things entertaining.



[chairmanoftheboard.wordpress.com](http://chairmanoftheboard.wordpress.com)

**Rahim Jaffer**



[cbc.ca](http://cbc.ca)

**Dar Heatherington**

# OPINION

— Editorial —

## Cellphone rules – phooey!



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

Every so often I find myself walking into a new business, building, or office only to find these businesses have signs posted telling me not to use my cell phone. This has to be one of my new pet peeves. When did it become customary for businesses to dictate to their customers what they can do? A business is generally formed to serve the public, not order them around. I understand it is considered rude to talk on the phone when dealing with a customer service agent, but hey, it's not my cross to bear. After all, they are the ones working, and I am the consumer. I thought the rule was "the customer's always right." When did that change, only to apply when customers are not on their cell phones?

Life as a student is busy – who am I kidding, life as anyone is busy. Sometimes fitting in that one phone call is necessary in co-ordinating your whole day, and I don't think people who receive a paycheck to serve me should even have the slightest inclination that talking to them while they are being paid is more important than dealing with my own issues, on my own time. I find it interesting that, generally, service staff have no problem talking with their co-workers when they are dealing with me, but god forbid I don't give them my undivided attention as I hand them \$5 to pay for a cheeseburger. That is clearly unacceptable.

### On my own time

Last time I checked, when I'm walking into a business establishment I'm on my own personal time. It's the service representatives who are working, not me. Shouldn't I be telling them what to do? This is also an issue I see echoed around campus. When I go to the cash office there are signs posted next to the cashiers dictating cell phone use while at the cash windows is prohibited. This does not make any sense whatsoever. I pay my tuition every semester, and chances are if I'm at the cash window I'm giving NAIT more money for some kind or another. When did it become OK for them to tell me what to do? As a student I only have a few minutes between classes, and if that is the case I should not have to avoid making or decline a phone call because I'm also trying to multi-task and pay some fees. In all honesty, it's not like the cash office hours are set up to benefit the student body. Their hours span from the time classes start until the time classes end. If they want to dictate the way I spend my free time perhaps it is time they re-evaluate their hours of operation, and tailor them to suit the needs of students. Every office in the city is open the same hours, eight to five, so if I only have 20 minutes available to make a call to essentially any business in the city within the hours of eight to five, the cash office better expect I'm going to make the call anytime I have the chance, which may just happen to be the same time I'm at the cash office. Boo-hoo cash office people, take my money and deal with it.

### Customer should be No. 1 concern

In reality the cash office is not that bad, the staff members working in the cash office are for the most part quite nice ... with the exception of a few. The real problem is secretaries; I'm sorry, I mean administrative assistants who post similar signs but treat people like garbage. As I'm sure there are some admin assistants reading this, please be well aware this does not apply to all of you. Nevertheless, I was in the HP Centre the other day in a third floor office which shall remain unnamed. The office not only thought they could tell me what was appropriate cell phone use, when I approached the reception desk I also read a sign stating I could not leave the office without notifying someone prior to leaving. As you can guess this clearly pissed me off. I'm a business student, and one of the first things we learn is that accommodating the customer is an organization's No. 1 concern. Telling me how to spend my personal time is not an accommodation, nor does it satisfy me as a customer in any way. Furthermore, the admin assistant was rude. I requested to speak with someone in the office and after she gave me a dirty look because I could not remember the last name of the person I was looking for, she let me aim-

lessly stand at the desk without informing me if the person I requested to see was available. Perhaps she needs someone to clarify her understanding of the word assist ... hence assistant. Maybe this lady could "continue" her "education," and take some pointers from some of the

admin assistants in the Business Tower or NAITSA. They treat students with respect. They also allow students to answer their phones and leave without permission. Which is a good thing, because NAIT is an educational institution, not a prison.



www.sanantonio.gov

## Your views are important

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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. We're a newspaper, not an encyclopedia. Give us a break!

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

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

Trust us on that. Write us.





# SPORTS

## MEN'S BASKETBALL

# A Nationals dream!



By DOUG YEARWOOD

The NAIT Ooks' men's basketball team is on the road to Calgary for a shot at a Canadian Colleges Athletic Association national title. The boys played in the Alberta Colleges Athletic Conference playoffs in Calgary this past weekend in a lose-and-leave style tournament, with the championship-winning team earning the right to play in nationals March 18-20 back in Calgary. Four teams qualified for the provincial Final Four; NAIT, SAIT, MacEwan and Mount Royal. With the NAIT Ooks winning the North division, and the SAIT Trojans placing second in the South, the two teams met Friday in Calgary for a contest that was tightly contested throughout.

NAIT won the first game in a close affair that came down to Gerard Mowza's brilliance in his own end, and his having the wherewithal to drive the lane with seconds ticking down to cash in on a layup for the win.

The ACAC Championship game saw NAIT take on the MacEwan Griffins. NAIT's eyes were wide as they hadn't won an ACAC Championship since 2004, but they dropped 34 points in the first quarter. Although they were outscored in every other quarter, they won the

game 73-69.

One huge goal of the season was accomplished for the Ooks this past week, while another is still a work in progress. You could equate the ACAC Championship to winning the Western or Eastern Conference in the NHL – it's a great thing to win, but to many it doesn't mean much unless you win the whole pie – preferably of the national championship flavour. NAIT will be ranked No. 3 going into Nationals and will play No. 6 Champlain St. Lambert on Friday. Coach Don Phillips will hopefully have his team raring to go and take it to the "underdog."

"Though I am very proud of my guys, we have to tighten a few loose screws and get ready to leave it all on the floor next week at SAIT," Phillips says.

"The games we have had since playoffs have started are called character wins."

At this point of the season, it's no longer a question of whether or not they have the ability to win, it's who makes the fewest mistakes and who can capitalize on opportunities. The Ooks have played in some tight games this year and more often than not came out on top. Let's hope this weekend is much the same.



Coach Don Phillips watches as his players practise this week at NAIT in preparation for the Nationals at SAIT Thursday March 18 to Saturday March 20.

Photo by Kat Hawn

## CCAA Championship – The Teams

### 1. UNBC Timberwolves

**Record:** 17-1 (British Columbia Colleges Athletic Association)

**Points for/against per game:** 92.9/73.8

**Head coach:** Mike Raimbault

**Team leaders:** Inderbir Gill – 19.19 points per game; Kevan Madsen – 6.75 rebounds per game; Inderbir Gill – 5.19 assists per game.

### 2. Humber Hawks

**Record:** 17-2 (Ontario Colleges Athletic Association- West)

**Points for/against per game:** 68.7/53.1

**Head coach:** Darrell Glenn

**Team leaders:** JR Bailey – 13.22 PPG; JR Bailey – 6.67 RPG; JR Bailey – 1.61 APG.

### 3. NAIT Ooks

**Record:** 25-4 (Alberta Colleges Athletic Conference- North)

**Points for/against per game:** 94.7/75.9

**Head coach:** Don Phillips

**Team leaders:** Shane Cox – 18.90 PPG; Chris Neptune – 7.00 RPG; Rodel Grenaway – 4.28 APG.

### 4. Sainte Foy Dynamiques

**Record:** 12-4 (Federation quebecoise du sport etudiant)

**Points for/against per game:** 74.9/63.3

**Head coach:** Eric Segal

**Team leaders:** Robinson Odoch Opong – 17.60 PPG; Robinson Odoch Opong – 9.90 RPG.

### 5. Mount Saint Vincent Mystics

**Record:** 22-2 (Atlantic Colleges Athletic Association)

**Points for/against per game:** 76.1/54.0

**Head coach:** Rick Plato

**Team leaders:** Adam Jewkes – 16.00 PPG; Luke Reynolds – 5.67 RPG; Steven Morris – 3.75 APG.

### 6. Champlain St. Lambert Cavaliers

**Record:** 23-4 (Federation quebecoise du sport etudiant)

**Points for/against per game:** 73.2/59.5

**Head coach:** John Dangelas

**Team leaders:** Simon Bibeau – 20.80 PPG; Bjorn Michaelson – 7.60 RPG; Adam Chmielewski – 3.80 APG.

### 7. SAIT Trojans

**Record:** 18-6 (Alberta Colleges Athletic Conference - South)

**Points for/against per game:** 82.9/71.3

**Head coach:** Mike Stevens

**Team leaders:** Emmanuel Chiek – 14.64 PPG; Emmanuel Chiek – 8.16 RPG; Stephen Oliver-Job – 3.14 APG.

### 8. Fanshawe Falcons

**Record:** 14-4 (Ontario Colleges Athletic Association- West)

**Points for/against per game:** 80.7/59.2

**Head coach:** Glenn Johnston

**Team leaders:** Chyro Blackwood – 15.00 PPG; Jordan Dixon – 4.71 RPG; Jordan Dixon – 2.14 APG.

**\$75 gets you:**

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**PLUS a Magical Mystery Tour** on the return trip (bus & tickets)

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**TAYLOR POLLMANN**  
Sports Editor

# What's hot, what's not

## HOT

**Alberta Curling:** Fresh off the province's celebration of Team Martin's gold medal performance in Vancouver, Alberta curling fans have another reason to cheer – Kevin Koe's first Brier. The 35-year-old Albertan from Edmonton gave it his all to qualify for the playoff round. After a pair of impressive wins, Koe went on to win against the powerhouse Ontario rink led by Glenn Howard. In the process, Koe's rink became the first to win after competing in the 3 vs. 4 playoff game, and the first rookie skip to win the Brier since 1992. Who says you need to learn how to lose before you can learn how to win?

**Paralympic Games:** With the Olympic Games finished, the city of Vancouver has another reason to celebrate. With over 40,000 spectators on hand, the 2010 Paralympics games started with a bang. From the torch carry by the parents of late Canadian legend Terry Fox, the entire world was reminded of what the word Canadian stands for. Good luck to all the

Canadian athletes participating in the next couple of weeks.

**Duke Blue Devils:** With the ACC regular season ending, the Blue Devils finished tied with Maryland in the standings. The legendary coach Mike Krzyzewski and his men went on to repeat as conference champions in tournament play. For their efforts, they were rewarded with the No. 1 seed in the NCAA tournament and arguably the easiest path to the Final Four. This may finally be the year we see the Blue Devils as tournament champions, since their win in 2000. This would surely be a sight to make North Carolina Tar Heel fans across the continent cry themselves to sleep!

**Ook Athletics:** The last few weeks have certainly shaped up in the Oaks' favour. With a pair of medals in the Badminton Nationals, a women's hockey final appearance and an ACAC banner and upcoming national appearance in men's basketball, NAIT is showing the rest of the province why we are No. 1. Congratulations

to everyone involved with all the Oaks teams for putting together squads that are not only winners on but also off the court.

## NOT

**Alexander Ovechkin:** First of all, I would like to congratulate Alex on being able to maintain a regular spot on this prestigious list week after week. Sadly, this time the winger from Moscow made it for all the wrong reasons. After a cowardly hit on an unsuspecting Brian Campbell, Ovie will serve a two-game suspension, his second of the year. Ovechkin is truly a one of kind player; he is probably the only one who can be mentioned with the league's worst thugs and the world's best players in the same sentence. The only thing is, he is currently serving a suspension like the thugs, but has no Stanley Cup ring on his finger like the hockey greats.

**NHL Disciplinary Committee:** NHL Senior Executive Vice President of Hockey Operations Colin Campbell and his men seri-

ously have to sit down and discuss the future of head-shots in the game. After the non-suspension of the hideous Matt Cooke hit and the two-game suspension of Alexander Ovechkin, the league has to write a new rule book where there is no room for discretionary punishments. If this action doesn't occur soon, the NHL will become as great a laughingstock as Major League Baseball.

**CTV:** While CTV achieved a great result in its coverage of the Olympic games, its presentation of the Paralympics games leaves much to be desired. While CTV has never broadcast the Paralympics games in their entirety, not even bothering to show the opening ceremonies nationwide shows a lack of class and disrespect. These athletes work as hard as the ones three weeks prior, and they deserve to be rewarded for their commitment. CTV: Learn your lesson now, and in two years show the ceremonies live everywhere, instead of the following weekend on tape reruns.

## WOMEN'S HOCKEY

# First ACAC hockey title for women?

By **ADAM KAMARA**

The NAIT Oaks' women's hockey team moved to within two wins of their first ACAC hockey championships after splitting games 1 and 2 of the best-of-five with the Mount Royal Cougars on the weekend. The Oaks lost their first game on Friday, March 12 to a score of

3-2. With this being the first time in the finals in team history, they got their championship series jitters out in the hard fought Game 1 loss.

Back on home ice, where they weren't very successful during the regular season against MRC, the Oaks fed off their teammates' enthusiastic cheering from the bench. Their resili-

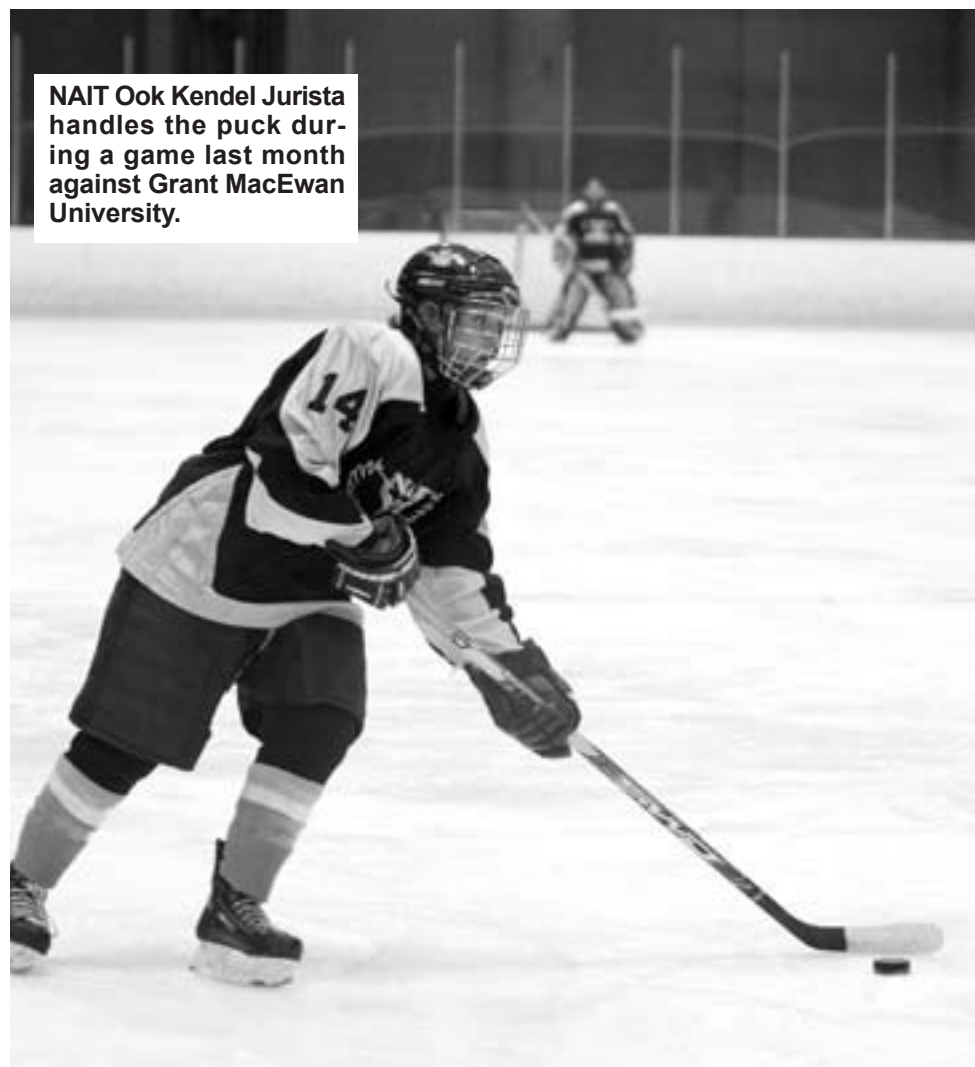
ence in coming back and tying the series on home ice gives them the confidence needed going back to Mount Royal this Friday March 19. The team isn't the most graceful or the fastest in the league, but their sheer determination and hard work made them successful in a 4-1 win Saturday.

Kendel Jurista, the assistant captain, was the spark plug that began the Oaks' onslaught, with a goal and two assists. Her five points in the series leads both teams in points scored, and she is quickly proving to be the MVP for her team. Rookie netminder Meghan Witt continued her stellar play after coming off the ACAC hockey Player of the Week honours for her outstanding series against the Red Deer College Queens. Her confidence showed even late in Saturday's game where she stopped a penalty shot. She

stopped 32 of 33 shots in the game to give the Oaks a much needed momentum boost going back to Calgary to face the Cougars and push them to their first championship.

Even coach Deanna Iwanicka was excited, stating: "We can do this! If each individual continues to do their best and play to their strength. As a team there is no concern that we have the right ingredients."

The Oaks play for their second victory in a row and one step closer to a championship at Centennial Arena in Calgary Friday March 19 at 7 p.m. The Oaks then host the Cougars on Saturday March 20, also at 7 p.m. Going into the series NAIT dropped five of six games to the Cougars but the playoffs are a whole different animal. Riding a hot goalie and getting timely scoring could prove to be the catalyst for the Oaks.



**NAIT Ouk Kendel Jurista handles the puck during a game last month against Grant MacEwan University.**

Photo by Jamie Anderson-Reid

## Athlete of the week

March 8-14

**Lacie Richard**  
Women's Hockey



Lacie has been a contributor all year, playing in almost every pressure situation along with powerplay and penalty kill. This weekend Lacie earned a point a game on the score sheet, but what is missing is the solid penalty kill she played along with the heart she showed every shift. The theme of Saturday's game was "Play like Richard" "Richard is doing the little things consistently. She gets the puck out, she blocks shots, she goes to the net, she back checks, and she positively encourages her teammates every shift," says head coach Deanna Iwanicka. "What more could a team or coach ask for? Nothing, in my opinion." Lacie has been a vital key to the Oaks success all year, but now, when it really counts, she has taken it to a new level! Richard, who hails from Ardrossan Alberta is a second-year player in the College Prep program.



# Koe seizes his opportunity



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

It's nice to see curlers give the slogan "City of Champions" legitimacy, as all the pro teams seem far from living up to that title. With the prior success and dominance of the Randy Ferbey rink, and, of course, the Kevin Martin rink, Kevin Koe and his Edmonton-based rink won the Brier on their very first trip to it. A large part as to why it's the Koe rink's first visit is due to their unfortunate location in having to get through the likes of the Ferbey and Martin rinks, just to come out of Alberta. Way to make it count Koe and company, as Martin won't be having the Olympic excuse for another four Briers, and

Alberta surely will remain the toughest province to come out of.

...

I have to say I am a little surprised it has taken a Canadian broadcaster until the year 2010 to deliver live coverage of the Paralympic Games and events (they had live sledge hockey coverage) in their entirety from beginning to end. Nevertheless, CTV, in partnership with Canada's Olympic Broadcast Media Consortium, will have provided a record 60 hours of coverage after the Closing Ceremony, which will be covered live as well. That is likely more than CBC's total coverage of all the years combined of the Paralympic Games!

...

Tiger Woods has decided when he's making his return to golf after his long absence due to being in rehab after a sex scandal. Woods announced that he will make his return on April 8 at the Masters. Finally, we don't have to hear about his off-the-course antics, and just get to watch one of the greatest athletes of our time, and to talk about golf when talking Tiger. British bookmakers have already made Woods a 4-1 favourite to win the Masters (not to mention a 25-1 favourite to win all four majors this year) despite not

competing since his November car crash.

...

Let the battle for the NHL's top-ranked prospect begin. Tyler Seguin of the Plymouth Whalers has recently moved past Windsor Spitfires' Taylor Hall for top-spot on the International Scouting Services list. All I question, is why was Seguin not on Team Canada for the World Junior Championships? Hall appears to be the more well-rounded player of the two, headlining Team Canada at the WJC, and leading a dominant Spitfires team. Oilers' fans undoubtedly have been following these two as the Oilers' look poised to make the No. 1 or 2 draft choice. There has been talk of late that the Oilers are doing everything in their power to obtain the

hit on Brian Campbell, if you look at it as a isolated incident. But if you compare Ovechkin's hit with Matt Cooke not being suspended a few days earlier, wouldn't the league have to not suspend Ovechkin in order to remain consistent? That's why no suspension on Matt Cooke's hit on Marc Savard makes no sense when you suspend one of the league's best. Cooke's an obvious cheap-shot artist and a repeat offender. It just reminds us how out of touch the people running the NHL are; where they suspend one of their best for finishing a check at the high speed he plays at, and they don't suspend a repeat-offender like Cooke with his deliberate hit. Seems like a double standard.

...

This is a view shared by many in the media, especially Don Cherry, who recently on his radio show Grapeline, told the story of actually meeting Matt Cooke – which seemed an unlikely meeting. Cherry explained on his show that after a meaningless game where Cooke took a run at Vincent Lecavalier with three minutes to go, injuring Lecavalier for five months (Lecavalier's game has never been the same). Cherry spotted Cooke out of the corner of his eye and Cooke approached Cherry, asking him: "I want to know if you have the guts, to say to my face what you have been saying about me on TV?" Cherry then stated on Grapeline that he proceeded to step within two inches of Cooke's nose and said: "You're a gutless, back-stabbing, little f\*ck!"

They continued to exchange pleasantries, with Penguins' head coach Dan Bylsma coming by at one point trying to break it up. Cherry gave him the response: "Get the f\*ck out of here, this started long before you, I ain't leaving!" Cherry ended his show with: "So yes you could say, I've met him before."



Matt Cooke

gettingpucksdeep.blogspot.com

# Real Madrid disappoints again

By KITA MURU

The first half of the UEFA Champions League Round of 16 happened last week, and served some interesting results to see who made the quarterfinals.

Down 2-1 going back to the Emirates Stadium, Arsenal thrashed Porto with five unanswered goals in the second leg. Andrei Arshavin was phenomenal in keeping the ball before setting up Nicolas Bendtner for his first goal; Bendtner would score another goal and convert a penalty kick for the hat-trick. It was an incredible performance by the Gunners, considering the absence of captain Cesc Fabregas.

Home-side Fiorentina defeated away-side Bayern Munich 3-2 in the second leg, but since they lost 2-1 against Bayern in the first leg,

Bayern goes through on the away goals margin 2-1. Munich winger Arjen Robben scored a clutch goal which denied Fiorentina what would have been its first quarter-final trip in approximately four decades. That occurred a minute after Stevan Jovetic scored for Fiorentina, giving them that hope of a quarter-final appearance, only to be shot down by Robben.

In David Beckham's first trip back to Old Trafford since his transfer to Real Madrid, AC Milan was hoping to come back against Manchester United after being down 3-2 in the San Siro. Unfortunately for Milan, Wayne Rooney had other ideas as he scored twice to lead United to a 4-0 victory and a quarter-final appearance. Ji-Sung Park and Antonio Valencia added the other two United goals.

In the most surprising matchup of the Round of 16 so far, Lyon edged out Real Madrid with a 1-1 draw (2-1 Lyon on aggregate) making it six straight times that Madrid has failed to reach the quarters. Cristiano Ronaldo scored early for Real Madrid and they appeared to be set, that is if Gonzalo Higuain had not hit the post on his wide-open chance after beating Lyon keeper Hugo Lloris. Then with 15 minutes left, Miralem Pjanić put the dagger in the heart of Madrid's hopes of playing in the final that they will be hosting. The big-spend-

ing Real Madrid has a disappointing end to their Champions League tournament once again.





# ACAC Standings

<b>MEN'S HOCKEY</b> <b>PLAYOFF RESULTS</b> <b>March 12</b> SAIT 7, Concordia 1 (SAIT leads series 1-0) <b>March 13</b> Concordia 5, SAIT 2 (Series tied 1-1)  <b>WOMEN'S HOCKEY</b> <b>PLAYOFF RESULTS</b> <b>March 12</b> MRU 3, NAIT 2 (MRU leads series 1-0) <b>March 13</b> NAIT 4, MRU 1 (Series tied 1-1)  <b>MEN'S BASKETBALL</b> <b>PLAYOFF RESULTS</b>	<b>March 5</b> NAIT 80, SAIT 78; MacEwan 81, MRU 64 <b>March 6</b> SAIT 90, MRU 71 (SAIT wins bronze medal) NAIT 73, MacEwan 69 (NAIT wins gold medal) <b>CCAA NATIONALS SCHEDULE</b> <b>AT SAIT</b> <b>Thursday March 18</b> <b>Game 1:</b> No. 8 Fanshawe College vs. No. 1 UNBC; 1 p.m. <b>Game 2:</b> No. 5 MSVU vs. No. 4 Sainte Foy; 3 p.m. <b>Game 3:</b> No. 6 Champlain St. Lambert vs. No. 3 NAIT; 6 p.m. <b>Game 4:</b> No. 7 SAIT vs. No. 2 Humber College; 8 p.m.	<b>Friday March 19</b> <b>Game 5:</b> Loser of Game 1 vs. loser of Game 2; 1 p.m. <b>Game 6:</b> Loser of game 3 vs. loser of Game 4; 3 p.m. <b>Game 7:</b> Winner of Game 1 vs. winner of Game 2; 6 p.m. <b>Game 8:</b> Winner of Game 3 vs. winner of Game 4; 8 p.m. <b>Saturday March 20</b> <b>Game 9:</b> Loser of Game 7 vs. winner of Game 6; 10 a.m. <b>Game 10:</b> Loser of Game 8 vs. winner of Game 5; Noon <b>Game 11:</b> Loser of Game 5 vs. loser of Game 6 (5th/6th place); 2 p.m.	<b>Game 12:</b> Winner of Game 9 vs. winner of Game 10 (Bronze); 6 p.m. <b>Game 13:</b> Winner of Game 8 vs. winner of Game 7 (Gold); 8 p.m. All games are to be played in the SAIT gym.  <b>WOMEN'S BASKETBALL</b> <b>PLAYOFF RESULTS</b> <b>March 5</b> Lethbridge 77, Concordia 69 SAIT 77, King's 45 <b>March 6</b> Concordia 82, King's 64 (Concordia wins bronze medal) SAIT 84, Lethbridge 72 (SAIT wins gold medal)
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# An offseason to remember

**By DOUG YEARWOOD**

How exciting has this NFL offseason been? Too exciting.

The Chicago Bears were the big winners on the opening day of free agency, signing defensive end Julius Peppers (who receives \$20 million in his first year) and running back Chester Taylor to multi-year contracts. This really helps bolster a developing Bears team, as the team is hoping that due to quarterback Jay Cutler's inconsistency, Chester Taylor can step in and be a nice complement to Matt Forte.

Tomlinson going to Minnesota, LT stayed the night in New York Saturday and was signed Sunday. It's a pretty interesting signing by the Jets, who released Thomas Jones after a career year in which he posted 1,200 yards and 14 TDs last season. Now, Shonn Greene (who coincidentally mocked LT in the end zone during a playoff game this year) combines with Tomlinson to form a pretty formidable run game (the O-line of the Jets can make your mouth water). But consider this, LT and Greene combined had 1,278 yards rushing and 14 TDs, which is pretty

much exactly what Thomas Jones had alone, acquired receiver Anquan Boldin for a sack of potatoes this offseason, after the disgruntled receiver made it obvious he was not happy with his lack of exposure in Arizona playing next to Larry Fitzgerald. Boldin, who has to be considered one of the most underappreciated receivers in football, adds grit, size, speed and scoring ability to a revitalized receiving core in Baltimore. Earlier this offseason the Ravens signed Donte Stallworth fresh out of prison, adding more toughness no doubt.

Karlos Dansby also left the Cardinals in search of work and more money elsewhere, and it panned out, as he signed with the Dolphins. Antrel Rolle signed a five-year, \$37

million contract with the New York Giants (Aaron Ross and Antrel provide for some pretty good ball-hawks).

Brady Quinn will be given another starting shot at quarterback, this time with the Broncos, because he was traded for a barbeque hosted by Tila Tequila. Not actually, but Shawne Merriman probably wouldn't be attending. The Browns filled Quinn's absence by signing former Panther QB Jake Delhomme (insert joke here).

It's been a hectic couple of weeks and there is tons more action ahead, including the NFL Draft, which takes place April 22-24.



Julius Peppers

After all the discussion of LaDanian Tomlinson going to Minnesota, LT stayed the night in New York Saturday and was signed Sunday. It's a pretty interesting signing by the Jets, who released Thomas Jones after a career year in which he posted 1,200 yards and 14 TDs last season. Now, Shonn Greene (who coincidentally mocked LT in the end zone during a playoff game this year) combines with Tomlinson to form a pretty formidable run game (the O-line of the Jets can make your mouth water). But consider this, LT and Greene combined had 1,278 yards rushing and 14 TDs, which is pretty much exactly what Thomas Jones had alone, so the jury is still out as to whether the overall moves made by the Jets were substantial enough to dub them a championship contender, especially with a second-year QB. But with Marty Schottenheimer's son Brian being a coach on the Jets, you have to think Rex Ryan may be calling the legendary coach for some tips as to what offence to run LT in, as Chargers coach Norv Turner clearly couldn't figure this out.

The Jets also took Antonio Cromartie from the Chargers, so I mean really, how do you throw the ball against the Jets this year? With Pro Bowl cornerback Darrelle Revis, safeties Kerry Rhodes and Jim Leonhard, and in pass situations linebacker Bart Scott, I dare you to throw a seam pass.

The Ravens

...need help?

learn how to

# SKI/SNOWBOARD

March 25 @ Snow Valley Hill

CLASSES FOR BEGINNERS/ADVANCED OR LIFT TICKETS FOR PROS

\$55	Snowboard equipment rental, lift tickets and lessons
\$45	Ski equipment rental, lift tickets and lessons
\$35	Rental and pass
\$20	Lift tickets only

Included: Snack, bus ride to and from NAIT. Bus will leave at 5:40PM and arrive at Snow Valley at 6:20PM. Lessons start at 7:00PM.

SIGN UP AT THE NAITSA OFFICE!

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# 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

### 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](http://www.naitsa.ca/upass) or stop by the NAITSA office.

### COULD THE PROPOSED U-PASS APPLY TO YOU?

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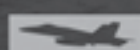




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# ENTERTAINMENT

## Hey, georgie has arrived!



**COLLEEN NUC**  
Entertainment Editor

Edmonton is home to some of the most creative artists in Canada, and NAIT Photography graduate Ashley Armstrong wants to keep it like that.

Teamed with mastermind Nathan Marshall, the two have created *georgie*, a local independent magazine that supports and nurtures local, national and international artistic talent. With its first issue launched only a few weeks ago, the quarterly magazine can already be picked up at countless independent businesses, clothing stores and boutiques around Edmonton and surrounding area.

However, the question remains: who is

*georgie*? The magazine's website, heygeorgie.com explains it perfectly, saying, "*Georgie* is not one single individual, but a creative community. A perpetual artistic voice that seeks to involve, inspire and encourage creativity in its readers."

"It's an awesome outlet for creative freedom for everyone involved," says Ashley Armstrong, one half of *georgie*'s creative directors and leading photographer.

"For me, it's also about creating opportunities for us to all do projects that are so different from our day to day work."

Different is an understatement. Fashion spreads that feature bearded women and circus acts are only a glimpse into *georgie*'s uniqueness, and it definitely differs from your daily magazine.

Armstrong says that she could never accomplish what she has without the help of her partner, Nathan Marshall.

"Nathan has such a great mind for ideas, he always wants to have a solid concept behind his work. Our styles are different and they mesh well and his work ethic is inspiring."

Graduating from NAIT in 2006, Armstrong says that Edmonton's market for photographers is strong, but you have to be willing to work for your success.

"The less you stray, the better. Obviously honing your talent is so important but having direction is huge. Be prepared to work really hard, and ask a ton of questions when you are in work experience."

So what's in store for *georgie* in the future? The magazine is hoping to eventually expand throughout Western Canada, but most importantly, promote local talent.

"[Right now] we are having fun. It's more work than we had anticipated and one day it would be a dream to have this be my job. We are learning from past experiences and are definitely looking forward to improving future issues!"



*georgie*, a local independent magazine, supports and nurtures local, national and international artistic talent.



Photos by Ashley Armstrong

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# \$3.99 mix-tape



By GRAHAM McCANN

Video Games are not usually something you would associate with triumphant, moving music. However, musical scores from video games rival triumphant scores made for Oscar-worthy films, and are perhaps better. Some are ambient, some are epic thematic scores and some are uplifting lyrical triumphs. Music is a large chunk of creating the ambience and atmosphere of the game. In no particular order, the following are only a random selection of worthy treats for the ear.

1. Metal Gear Solid – The Best is Yet to Come

2. Mirror's Edge – Still Alive
3. Shadow of Chernobyl – Dirge for the Planet
4. Metal Gear Solid 2 – Main Theme
5. Silent Hill – Main Theme
6. The 7th Guest – (various ambient pieces)
7. Resident Evil 5 – Pray (End Credits Theme)
8. Halo – Main Theme
9. Hitman 2 – Requiem
10. Silent Hill 2 – Theme of Laura
11. Final Fantasy VIII – Liberi Fatali
12. Diablo – Tristram Theme

VIRAL VIDEO

# College Humor strikes again

By ALI YUSUF

This one's for the boys. We've all wanted to relieve our stressful day with either a Superman dive onto the couch, a refreshing beer out of the deck, or whatever tickles your fancy. Well, the troupe at College Humor ... sorry, College HUMOR have a video you need to check out, or in this case, stick your fingers into.

Guys have urges. It's true. Sometimes our urges are things we can't explain, like how for breakfast we need to have our eggs over easy instead of scrambled or how we just need to put premium gas in our cars just to check if it makes a difference. It's in our nature to experiment with the unknown.

Enter College Humor. Their interpretation of guys wanting to test new waters is ... well, interesting.

Ever hear of a "pony-hole"? It sounds gross, right? Actually, it's just a hole created by the clump of hair wrapped around a hair elastic when the ladies sport a ponytail. Ever stick your finger in there? It's the strangest feeling ever. College Humor takes the strange feeling to new levels and extremes with their video titled Hardly Working: Pony-Hole.

The video starts out innocently, and then the not-so-subtle innuendos come charging in, which are ridiculous and endless. From the question that guys hate most (is it in yet?) to suggested threesomes, finger-

ing the pony-hole just makes people laugh.

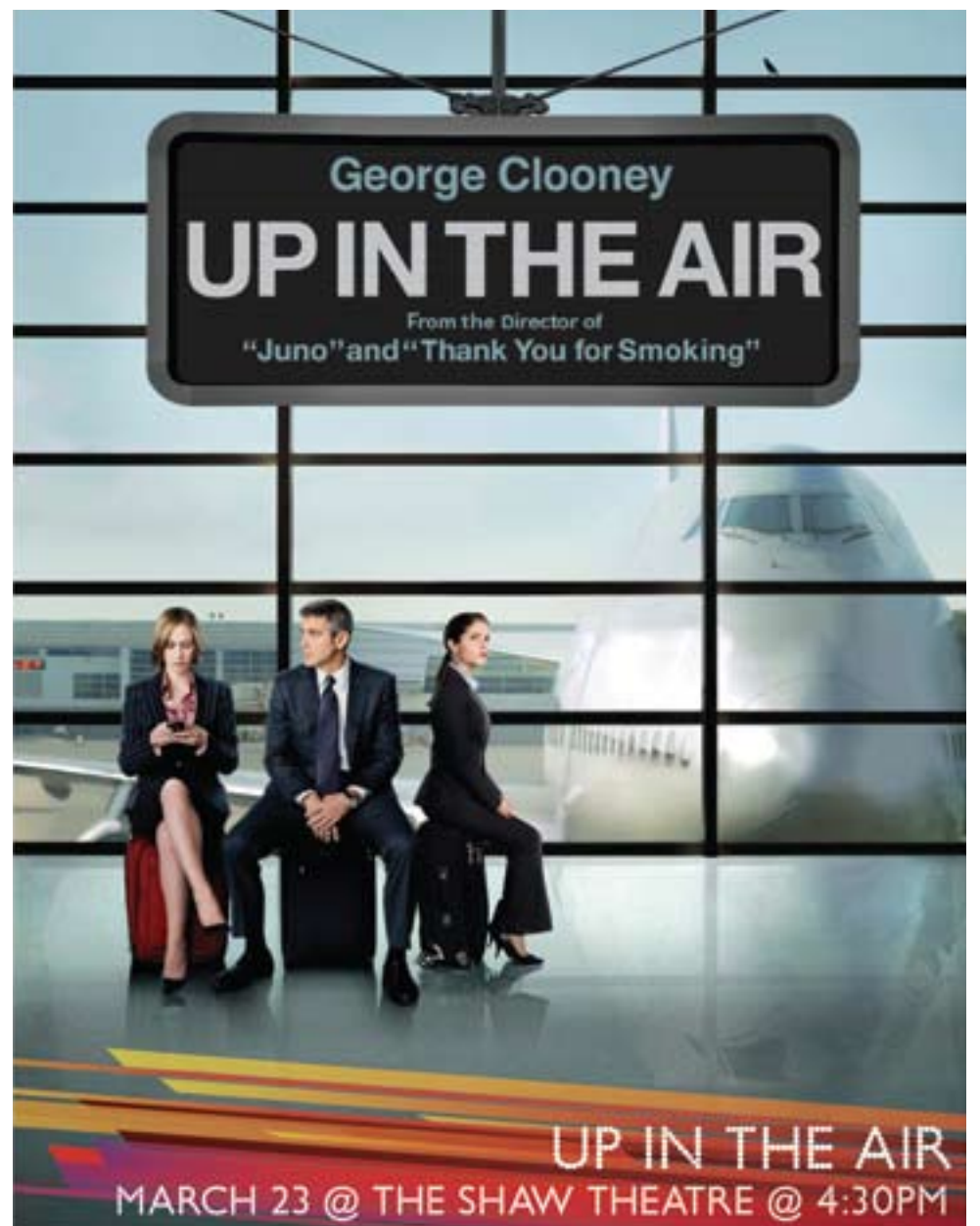
When I first heard of the term, I was busting my gut laughing, then again I do laugh at a lot of things that would augment one's concern for me. The video screams many silly sex scenarios and does so with flying colours.

I'll give some props to College Humor; I used to never like them, but they've won back my affection, more so with the parody they made of "I Got A Feelin'" by the Black Eyed Peas. This video isn't any differ-

ent; it might give you the feeling of hearing The Beatles for the first time (*Superbad* reference).

Collegehumor.com supplies us chaps with videos to show off to our friends in order to make ourselves seem funnier (right, like you've never quoted a YouTube video because it makes you look funnier to your friends since you remembered it first.) So check out Hardly Working: Pony-Hole at collegehumor.com and hurt your kidneys

with laughter.





# Marc is making his mark

By ADAM KAMARA

NR92 radio shows are being infiltrated by first semester Radio and TV students. Once hearing about a chance at letting his voice be heard, Marc Majeau let it be known he wanted the masses to hear what he has to say and play. Marc, in the Radio side of RTA (Radio and Television Arts) got his chance when he competed against the grand daddy of all events, the Super Bowl.

His bold move to go up against a juggernaut of an event has propelled him to take on any adversity thrown his way with shows on Valentine's Day and the Gold Medal Hockey game between Canada and USA. With an unprecedented number of fans on the Marc Majeau Show Facebook page, now at 243, it has become one of the more popular NR92 after-hours shows on campus.

I got a chance to ask him a few questions about his show.

**Why did you choose to host your own radio show?**

**Marc:** I always thought it'd be fun, and since I'm not stuck behind a format on NR92, I can talk about whatever I want to, and play whatever I want to. That's how Johnny Cash and Lady Gaga ended up in the same sentence. It's a lot of fun. I look forward to every Sunday night because I seriously have a lot of fun doing the show, and I hope you can hear it in my voice.

**What do you like about hosting your own radio show?**

**MM:** It's a fun way for me to express myself once a week. I'd like to think I have a



Marc Majeau holds forth from the NAIT studio during his popular after-hours show.

Photo by Adam Kamara

diverse style of music, and I like to share that with people. I also like telling people about the history of some artists like Johnny Cash, Death Cab For Cutie, and other artists that I consider my favourites.

**What is your show about? What do you talk about on your show?**

**MM:** My show doesn't have a format, so it really depends on what happens in the prior week. I do prep on either Wednesday night, or Thursday night. I have guest co-hosts from time to time, and I basically try to get people to laugh for 90 minutes, as well as listen to some good music. I'm

starting to get some regular segments going, such as "Can 'Duel of the Fates' make anything interesting?", as well as "Your Weekly Ben Gibbard (Death cab for Cutie/The Postal Service) Song".

**What kind of music do you play?**

**MM:** I'm from St. Albert, so I'm somewhat of a hipster. I play everything from Vampire Weekend, to Death Cab for Cutie, and I'm pretty sure Lady Gaga got her way into a show at one point. Also, I play some local bands like Greater than Giants, as well as some bands from Vancouver like The Februarys, bands that haven't quite blown up, but are close.

**Do you feel an hour and a half is enough for your show?**

**MM:** It is, and it isn't. Sometimes, I have so much material planned that 90 minutes isn't enough, but than other weeks, I'm fighting to fill the time.

**Do you think this program is beneficial to your career in the industry show?**

**MM:** I think it is. It's getting me comfortable behind

the microphone, and getting used to dealing with callers and live radio.

**When can your show be heard?**

**MM:** Sunday nights at 7 p.m. on NR92.com

**Anything you'd like to tell people who haven't listened to your show why they should listen?**

**MM:** All Seal. All the time (laughs). Just myself for an hour and a half.

**NR92 dot com NAIT Campus Radio**

## PB & J

By KATHY LE

### Blueberry Pancakes

This delicious, light and fluffy alternative to your mundane cold cereal and milk will perk up your mornings. The batter keeps for up to 24 hours in the fridge, so if you make it ahead of time you can whip up a hearty breakfast in a few minutes.

#### The Stuff:

- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 tbsp. granulated white sugar
- 1 large egg, lightly beaten
- 1 cup buttermilk
- 3 tbsp. unsalted butter, melted and cooled

Fresh or unfrozen frozen blueberries

#### The Magic:

1. In a large bowl, whisk together flour, baking powder, baking soda, salt and

sugar.

2. In a separate bowl, whisk together egg, buttermilk and melted butter.

3. Add the egg mixture to the flour mixture all at once and stir until just combined (Don't over mix).

4. Heat frying pan over medium heat.

5. Use a pastry brush to butter the pan.

6. Use a small ladle and pour about 1/4 or batter onto hot pan (fit as many pancakes the size of pan will allow).

7. Evenly sprinkle the uncooked tops of the pancakes with blueberries.

8. When the bottoms of the pancakes are golden brown and bubbles start to appear on the uncooked top surfaces of the pancakes (2-3 mins), turn pancake over.

9. Cook until golden brown (2-3 mins).

10. Serve immediately with butter and maple syrup.





## ADULT FILMS

# Accidental porn



**COLLEEN NUC**  
Entertainment Editor

Accidental porn, or unintentional porn, can be defined as something that is seemingly innocent, but ends up being one of the filthiest things you will ever see. At one point or another, everyone will come across accidental porn. Disney movies in the 1970s were notorious for airing pornographic images for a fraction of a second. For example, in the movie *The Little Mermaid*, if you look closely, Ariel and her charming Prince get married by an aroused priest in the concluding scene. Today, however, accidental porn has taken a more “in your face” approach. Websites that were set up for innocent human interactions have turned X-rated, proving it harder and harder for parents to control

what images little Johnny is consuming after hours.

One of these unfortunate sites that have gone to the dark side is Chatroulette. Developed in November of 2009 by a 17-year-old kid from Moscow named Andrey Ternovskiy, the site pairs random strangers from around the world in webcam-based conversations. Visitors to the website initiate an online and text based video chat with a random stranger, and at any time they may leave the current chat by “initiating another random connection.” The site quickly grew in popularity after being featured in *The New York Times* and *The Daily Show* with Jon Stewart.

Although the site was set up with the intention of connecting people around the world in awkward conversation, any idiot can see what this website was destined to become. When researching the site, I passed through a total of 10 people from around the world, and within those 10 people, I became acquainted with a total of five penises (on a side note, I conducted this scientific study at 9 a.m., which may indicate the high percentage of early morning “risers”). It’s no shocker that this webcam-based chat room is a

prime breeding ground for perverts, but what was surprising was the high percentage of pornographic behaviour on Chatroulette. At one point, there was a nude male throwing his legs behind his head, which would be an embarrassingly unflattering pose for any individual, prompting a friend of mine to say, “well, he must be transitioning.”

Chatroulette did, however, raise some important questions. What kind of person does it take to get aroused in front of a webcam for anyone to see? Why would they want hundreds of strangers seeing themselves in a very intimate moment? There’s no discrimination here; women expose themselves on webcams all the time. The difference, however, is that they get paid.

So, if you’re in the mood to see Joe Schmo answer his bone-a-phone, then this site is for you, and the best part is that it’s free. On the other hand, if the thought of doing the five-finger knuckle shuffle in front of strangers staring blankly off in the distance gets you all tingly inside, Chatroulette is also your perfect fit. Just keep in mind that you may traumatize a few people along the way, or run into your mother.



Colleen encounters the dark side of Chatroulette.

# Two bands, one interviewer

By KITA MURU

Indie night was going down at The Nest last Thursday night, and the two bands headlining the event were Stoning Mary and Mobadass. Instead of a review of the event, I was able to chat with both bands after the show.

## Stoning Mary

**Kita:** How many times have you played at the Nest?

**Angus:** As Stoning Mary, this is our second time now, and as a solo gig, I have played here a couple of times.

**K:** You guys have been here more than once, what do you enjoy about playing at the Nest?

**A:** That by the end of the show the floor seems to be moving around slightly, and every other person gets up and nods their head.

**Evan:** It’s just a good atmosphere, and to get out of Calgary and play a couple of shows in Edmonton is good.

**K:** How do you think the show went?

**A:** It was fun, it was a beach theme tonight, and it’s just cool to come in and have another aspect of the party going on while we provided music for it, so it was fun to be a part of, and have all that energy.

**E:** The beach theme fit so nicely because it was hot on stage; it felt like a beach.

**K:** Next gig?

**A:** The next gig we’re planning

is a release party for our new CD. It’s coming out in about a month, and we’re planning on doing the party in Calgary, and touring the CD throughout the summer. All the info will be up on our website at [www.stoningmary.com](http://www.stoningmary.com) or [www.myspace.com/stoningmary](http://www.myspace.com/stoningmary).

We like to dabble in different areas of rock music, even though we are rockers at heart. We like to explore, and my solo project is more acoustic like Jack Johnson. Who knows, there might be more side projects to come in the life of Stoning Mary, but for now we’re just focusing on the rock and bringing the party wherever we go.

## Mobadass

**K:** How many times have you played at the Nest?

**Earl Pereira:** I think our third or fourth, but it’s so great because it’s always a tiny aspect, they enjoy what we do and it was another fun one tonight.

**K:** How do you think the show went?

**E:** It felt really good. I think it’s always tougher on my guys to play at a time like 6 p.m., because we’re not quite warmed up yet. But I think we got into it, people were totally into it, and we had the dance floor going.

**K:** Previous gigs?

**E:** We headlined the Saskatchewan pavilion in the Olympic Village, right after the opening ceremonies and it was off the hook. It was jam

packed, and there were lineups about two hours long. It was an amazing time and I think we won over a lot of international people, which was great because we want to take our music internationally, so to see people dancing and vibing on it without ever hearing us before

was awesome.

**K:** Since you guys were at the Olympics, what was your favourite moment of it?

**E:** We played a set at the hockey house right before the gold medal game, and after the set, the game started. It was going so well, then everyone became nervous because it was tied and going into overtime, and then once “Sid the Kid” scored, the place just erupted and I was right in the middle of it, and it was something I’ll never forget.

**K:** What’s your next gig?

**E:** We’re going to Calgary tomorrow, then were hitting up Alberta, then to B.C., and then going into the studio to record our second studio album, which I’m super excited about. We tried some of the new songs tonight, and I think they went



Earl Pereira

over well even though we haven’t really practiced them a lot yet, so it’s going to get a lot better. Hopefully we’ll get that out sometime in the summer, and we got some festivals planned. My other band is called Wide Mouth Mason, and that was the band I started since I was a teenager and it’s still going. We got a good following and we still play. Sometimes people ask me to play with them or produce a song or two for them, so that’s what I do on the side; help

other artists out when I have time.

**K:** How’d you guys coin the name Mobadass?

**Jill:** Well, track 12 on the album is called MBA and the lyrics basically tell you how we come up with the name. It’s an invented place, which used to be my old apartment, and it’s a place where everyone would hang out. The buzzer of the person who lived there before me was Mobadass, so that’s why people called it Mobadass.

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# It's shades of perfection

By DARYLANN HUTCHINGS

Sunglasses are one of the most common accessories used during the daytime and it brings instant style to anyone's personality. The most important thing to keep in mind while buying sunglasses is to know the latest trends and understand which frames will look great on your face. Here are some really useful guidelines given in this that can prove to be very helpful when buying sunglasses.

1. One of the hottest trends these days is Ray-Ban Wayfarers. This style was really popular in the '50s and '60s and has now made a fantastic comeback. Many people are adopting this fashion once again.

2. The thicker kind of frames, popular in the '70s, have come back with almost the same style, and this fashion has a huge following. One thing about the frames is that they don't look perfect on every face type so you should see if the frames suit your face before buying them.

3. Another very hot trend this year are the tortoise shell shaped sunglasses. One thing about these glasses is that they are universal in nature. You can wear them with any kind of sunglasses. This trend that will be around for a while, so you can easily spend your money on them without any fear.

4. The sunglasses with a gradient look are very trendy these days. They carry the lenses that are half shaded from top to bottom and don't come with frames. By selecting different colors for such glasses, you will be able to get a fashionable and stylish look.

5. Oversized sunglasses are still the hottest trend. These glasses truly give an adorable style for just about any face shape and some of the most favorite celebrities always seem to be wearing them. So if you want to carry that glamorous look, then try to go for those styles.

6. White framed sunglasses really look hot during the daytime. They were common in the 1960s and now the style has come back with a really exciting new look. This style makes you



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**Oversized sunglasses are still the hottest trend this year.**

distinctive yet stylish and you have probably seen a few celebrities rocking this look.

These are some of the trends which are very common these

days and if you have decided to buy sunglasses then it is strongly suggested that you follow one of these trends. They look good on everyone and protect your eyes from dangerous UV rays.

## Over the top

By KITA MURU

*Green Zone* is the latest movie collaboration from director Paul Greengrass and actor Matt (god of ass kicking) Damon, and is an action movie that centres around three words: war in Iraq. By now you probably have an idea of what you're going to experience in this movie. Intervention by the CIA? Check. Poor political decisions? Check. Weapons of mass destruction? Check and mate.

U.S. Army operative Roy Miller (Damon) is given the task to go into Iraq and find some weapons of mass destruction at the beginning of operation. Sure enough, Miller soon finds out that the military is corrupt, and he questions the credibility of the invasion. Administration superiors like White House liaison

Clark Poundstone (Greg Kinnear) bitch slap him into line but Miller will not go down without a fight and goes all "Jason Bourne" on his ass in

search of the truth.

One thing easily noticed is the shaky-cam akin to the Bourne movies; it still looks as if the cameramen snorted some crack before every scene. Some of the themes alluded to are misinterpreted with what actually happened over the course of the war in the public eye, making the experience confusing. Damon definitely carries this movie and everyone else follows suit, and there's enough film grain in this movie to make a filter out of it.

Overall, in comparison to a movie like *The Hurt Locker*, which is more grounded in its delivery, *Green Zone* is fairly over the top compared to its promo trailers. In short, it's a decent action movie, but a bit too incoherent in trying to weave its message throughout the story to the point where it's confusing. *Green Zone* might be up your alley if you

like war movies, or if you're not a conservative.



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# My Home, indeed



**KATHY LE**  
Assistant Entertainment Editor

The remnants of cultural songs and dances from last week's My Home event still linger in the foyer and auditorium of the Shaw Theatre. In celebration of Multicultural Awareness week, dozens of students, staff and visiting performers came out to experience the many different traditions that represent the face of Edmonton and NAIT. Earlier on in the event, different ethnic foods, presented in a buffet style, rewarded the taste buds of curious individuals, while another table displayed photos of intricate patterns of Henna art with Henna artists on site to demonstrate the delicate drawings on volunteers.

The My Home theme stems from a photo contest featured during the event, which gives participating students the opportunity to display what My Home means to them. The winner was Jamie Anderson-Reid, a photography student at NAIT, who presented a serene, mountain snapshot she took near Banff. She chose this picture because she believes the mountains best represent Canada.

"The mountains are our playground and our backyard," she said. "I'm really proud to be Canadian and I think that same sense of pride can be felt by anyone no matter where their home country is."

The bulk of the festivities consisted of performers show-

ing off their ethnic costumes, dances and rituals. Traditional Aboriginal dancing by the Yellow Ribbon Dancers, Chinese Lion Dancing from Hong De Cultural and Athletic Association, and belly dancing from the Edmonton Belly Dance Ensemble were just a few performers in the impressive lineup. Maria Thomas, a belly dancer, feels it is important to celebrate the different cultures in order to create understanding amongst one another.

"By 2013, more than half the population in Alberta will be of foreign descent," she says.

Representatives from the International Student Centre (ISC) also took part in the event. The ISC along with the Encana Aboriginal Centre are two places NAIT students – especially students of ethnic minority can go to for information, counselling and support. Ritu Manocha, ISC administrative assistant, describes the centre as a second home at NAIT for international students. Since moving to a foreign country can be a trying experience in itself, having the centre available makes the transition easier. "It makes them feel welcome, and more at ease. We want them to feel important," she says.

With the population of different ethnic groups in Edmonton growing as the years pass, it's important to maintain a sense of harmony by being open to learning about where each is from. Celebration and education through colours, sights and sounds, like My Home, is an appealing and welcoming way.

## Black Facts

Mixing Cranium with Jeopardy and centring on facts relating to black culture and black history gives you Lillah Penddah's Black Facts event. Also part of Multicultural week, this



Photo by Kathy Le

**Jamie Anderson-Reid with her winning photograph.**

event's purpose was to tickle participant's brains and enrich their knowledge with cultural information. Five teams of four participated and were rewarded with some cool prizes for gaining the most points. The questions were presented in the form of cue cards, power points, songs and pictures. Jill Peterson, NAITSA event co-ordinator, was pleased with the turnout and the energy.

"Everyone had a great time. There was even a dance off to Beyonce's song from people you would never think would get up on stage," she said.

Lillah Penddah is an Edmontonian who started the game five years ago. This year is the first time the game has gone public and the first time NAITSA has hosted it. She is still ironing out the details to make it more campus friendly, but NAIT already hopes to bring the event back next year.



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# Isotopes scarce

By ALEXANDRIA ELDRIDGE  
CUP Alberta Bureau Chief

EDMONTON (CUP) — All five major reactors that produce medical isotopes worldwide will be shut down at the same time over the next few weeks, meaning the shortage of the chemicals used in medical diagnostics will affect Canadians even more.

Together, Canada's National Research Universal (NRU) reactor in Chalk River, Ont. and a reactor in the Netherlands produce between 60 to 80 per cent of the world's supply of medical isotopes — and both are now shut down simultaneously.

The primary isotope used in diagnostic medicine is technetium-99m, a daughter product of molybdenum-99. It's an isomer of the synthetic element technetium whose nuclear core is arranged to stable for a longer-than-usual period, making it suitable for nuclear medical diagnostics.

Dr. Douglas Abrams, a radiopharmacist at the University of Alberta Cross Cancer Institute and the president of the Canadian Society of Nuclear Medicine, said that the supply of technetium-99m will be sporadic for the next while.

"We will be down at some points in time to 10 to 15 per cent of our normal supply. So the effect on the patients will be such that we will be only 10 to 15 per cent of our normal patient load at that time."

The NRU in Chalk River was closed for repairs in May 2009 and will remain closed until April and the Dutch reactor has also been closed for scheduled maintenance since February. The other three major reactors — in Belgium, South Africa, and France — will also be shut down for scheduled maintenance beginning March 17.

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# Grapevines

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## GET IN THE VAN!!

...

No, I am not someone who thinks that women are just around for one thing or that I am "all that"; I am just an anxious, lonely person who just wants to be lifted out of the bullshit I feel. I am sorry if I give that idea.

– The Humble Introvert

...

You don't need a U-PASS, you need a job. Make some money and pay for stuff yourself like everyone else, you socialist.

– Uncle Sam

...

I have too much work and not enough time to do it and it's really starting to make my stomach hurt.

– Raped Up The Bum With Homework

...

I cracked two of my teeth biting into strawberries. I'm sad.

– Never Eating Strawberries Again

...

Dear creepy men in carpentry, have you ever seen a woman before? Don't be so awkward.

– Scared to Walk The Hallway With Creepy Men

– Class B

...

To the Forest Tech student who hit on me – I don't like you.

– Hates Coniferous Trees

...

Who got the latest Pokemon game with the cool pokeball walking trainer? We should connect!

– Gotta Catch 'Em All

...

Found hair in my food at Common last week, sick.

– Hairless

...

Super stoked to learn from Food Network's Chef David Adjey this week!

– Cookin' Up with Celeb Chef

...

I had an orgasm in class one time. I felt really guilty about it, so I'm glad I got this off my chest.

– Orgasm guilt

...

If I type in here, will it get published in the paper?

– Just wondering

...

I've got a bag of powder, but no nail. Anyone got the number for last week's Hot

## Single?

...

I am so sick of my boyfriend's bullshit right now ... this is why I don't get into relationships!!! FML!

– Losing Interest

...

I was so stressed I bit off three of my gel nails and now the middle finger on my right hand is bleeding.

– Bloody stressed

...

Never ending late nights at school, stress level to the max every day, irregular eating habits ... wow, is this really worth it?

– Wondering what's what

...

You really think I like staying up all night to finish an assignment that's only worth 2%? Shit, if I had the choice to sleep I'd take it.

– Dreaming of sleep

...

Sometimes I wish I could just marry a rich man. Don't call me a gold digger; you know you want that too.

– Like it is

...

Here's an idea! All those in favour of the U-Pass, why don't you take the proposed \$220.00 for both semesters next year and go buy a Daewoo? Don't sting the rest of us.

– Pay Up Sucka

...

I really hate group projects that have people who don't do their work

– Hating slackers

...

I love 5 for 5 after 5. BLT. I can eat one every day.

– Satisfied with BLT

...

I'm tired of opening the door for people who don't say thank you.

– Good Samaritan

...

I hate when people cut me off on the road.

– Hate being cut off

...

I'm going to vote no on the U-Pass because I drive and I'm not paying \$200 for people who take the bus.

– No to U-Pass



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**EARNandLEARN.ca**



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Linda Hoang  
and  
Kathy Le

# What's your favourite thing to eat at the Common Market?



"Whatever the lunch special is."

**George Kolakis**  
Electrical Apprenticeship



"Chicken tenders because the breading is delicious."

**Lee Fullerton**  
Pre-Technology



"Bacon cheddar burger because it's the only thing I've ever eaten at Common."

**Leevi Godfrey**  
Electrician



"Burgers."

**Barry Properzi**  
Electrician



"Pizza or cheese bread because it easy and tasty."

**Shawn Colleaux**  
Materials Engineering  
Technology

# Dr. CONwisDOM

Dear Dr CONwisDOM

I am dating this new girl and we hooked up for the first time the other night. There was definitely a connection there, but it was weirdly obvious that one of her boobs was much bigger than the other. I'm not talking just a little. It must have been at least two-cup sizes bigger. I was trying so hard to not focus on it, but for the rest of the romp session I couldn't stop thinking about it. I really like her, but I don't know if I can handle the severe asymmetry. Is it shallow of me to just dump her?

— Asymmetrical Blues

Dear Asymmetrical Blues,

Hmm ... this one is tricky. As the old saying goes, if you really like her than stick with her. However, if she's really part melon, part kiwi and it's too distracting when you're feeling her up, this could prove to be quite a challenge. I say stick it out for a little while. Don't be a douche right off the bat. Perhaps turning out the lights may help? Good luck with that!

...

Dear Dr CONwisDOM

The other day I walked in on my boyfriend watching porn. Now it normally doesn't bother me when he watches porn, but he was getting off while watching people screwing animals. What should I do???

— Horse porn is not cool

Dear Horse Porn,

Well, first of all, how do you know they were animals? Maybe it was just some perfectly innocent furry porn, or just some really ugly people. In any event, you should talk to him about it instead of just letting the issue fester. Perhaps it was just his way of suggesting you two need to get a bit wilder in the sack, or maybe he was just curious about how two different species can fit together in that way. What kind of animals were getting screwed? Was the

human in the film male or female? You know, there are really a lot of questions that this raises. I'm gonna stick with suggesting you confront him, and go from there.

...

Dear Dr CONwisDOM:

I'm all dried up and I'm only 22. is there something wrong with me? Could this be a medical condition? Any suggestions to up my libido? When my boyfriend tries to have sex with me we can't do it because I'm all dried up. We tried lube but lube doesn't last very long. Help me!

— Dried up well

Dear Dried Up,

Since you need lube anyway, try anal. Won't make much difference at this point.

...

Dear Dr CONwisDOM:

I've recently been contemplating getting a full Brazilian wax for the first time. I hear guys really like bald vaginas. Is this true and should I go through with it?

— Going Hairless

Dear Going Hairless:

Yes, Yes, YES! No guy should feel like he has to cut down a forest before getting to the prize. Plus, you'll feel and look sexier. Trim is always better.

...

Dear Dr CONwisDOM:

My boyfriend loves it when I go down on him with flavoured lubricant, but I've heard that eating flavoured lube will make you fat. Is this true?

— Fat Lube

Dear Fat Lube:

You're an idiot, no. If you're worried about getting fat, go

to the gym. Unless you're getting bucketfuls of it, I wouldn't be concerned; I would be more concerned about that McDonald's you had last night.

...

Dear Dr CONwisDOM:

I know that most people have seen two girls one cup, but I'm a little concerned because the video actually turns me on. Am I a freak?

— Fecal Freak

Dear Fecal Freak,

Yes you are a freak. Anyone who gets turned on by that is a freak. You're disgusting. But if you like two girls one cup, I suggest you sit down and watch two dogs and one water bowl.

...

Dear Dr CONwisDOM:

I've recently picked up the habit of quiffing during sex with my boyfriend. It's not a big deal to me, but my boyfriend goes limp the minute it happens. Is this my problem or my boyfriend's?

— V-jay-jay Noise

Dear V-jay-jay Noise

Well if it really bothers your boyfriend tell him to stop stuffing you so violently especially when you're that full of air, it's not really your fault. Maybe try to let it out silently next time. Though silent is still violent.

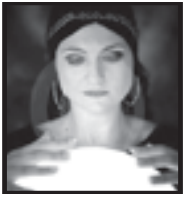
...

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





# 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)

You're going to have a pretty uneventful week. However, that doesn't translate into having a bad week. Just keep doing what you're doing. You got this.

## Taurus (April 20-May 20)

If I said you need to broaden your musical horizons, would that be an insult? No? What if I said you have a shitty sense in music? I hope I hit you in the 'feel bad' spot.

## Gemini (May 21-June 20)

You might hear different voices in your head telling you to ... wait, you're hearing voices in your head? Seriously, you're a nut case and even those voices in your head don't want to be friends with you.

## Cancer (June 21-July 22)

The only way people will accept you is if you grew a Tom Selleck moustache. This works for the ladies, too.

## Leo (July 23-Aug. 22)

Your adventurous side will come to flourish in the next week. Just make

sure you buckle up and remember, safety first.

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

Sharp thinking, charismatic and a charmer. These all describe your personality very accurately. It's too bad they all point to douche bag, know-it-all, f\*\*\* headed personality types.

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

Hey, you're going to have a great week! ... It may be your last. DUN DUN DUN. But for real, I think I've been nothing but mean to you this year.

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

This week people will credit you for your greatness. They will marvel at your prominence and treat you to more high-fives than you can possibly imagine.

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

Here's an idea for you. You ever

think about taking a major in personal hygiene? This is me telling you bluntly to take a shower.

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

New colleagues will understand that you are busy all the time and can't join them for a pint of glory. After all, they are awesome individuals.

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

You've been showing some good backbone there, kiddo. Now don't take it too far and bring an automatic to school.

## Pisces (Feb. 19-March 20)

Your accomplishments will come to rise this week. Just don't be a dick about it when people start complimenting you and run around the hallways yelling, "I'm the best, I'm the best! Holy shit, look at me, I'm the best!"



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

# Be smart when running



With spring fast approaching, many staff and students are already taking advantage of the warm weather outside for their daily run or jog.

The following tips are recommended to help keep you safe while you exercise.

- Carry identification or your name, phone number and blood type on the inside sole or laced to the outside of your running shoe. Be sure to include your medical information.
- Don't wear jewellery.
- Carry enough change for a phone call. If you carry a cell phone, always ensure that it is fully charged.
- Run with a partner.
- Write down or leave word of your running route. Inform your friends and family of your favourite routes.
- Run in familiar areas. Know the locations of telephones and open businesses and stores. Alter your route pattern.
- Always stay alert. The more aware you are, the less vulnerable you will be.

• Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars and bushes.

- Don't wear headphones. Use your hearing to be aware of your surroundings.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Run against traffic so you can observe approaching vehicles.
- Wear reflective material if you must run before dawn or after dark.
- Use your intuition about suspicious persons or areas. React on your intuition and avoid any person or area that feels unsafe to you.
- Carry a whistle or noisemaker.
- Call the police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary during your run.

*If you have information 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.*

## WANTED

### Poll clerks – \$14/hour

Need extra cash after the Christmas drain?

Poll Clerks needed for the NAITSA U-Pass referendum polling stations March 25, 2010. (10 a.m. – 2 p.m.)

Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

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.

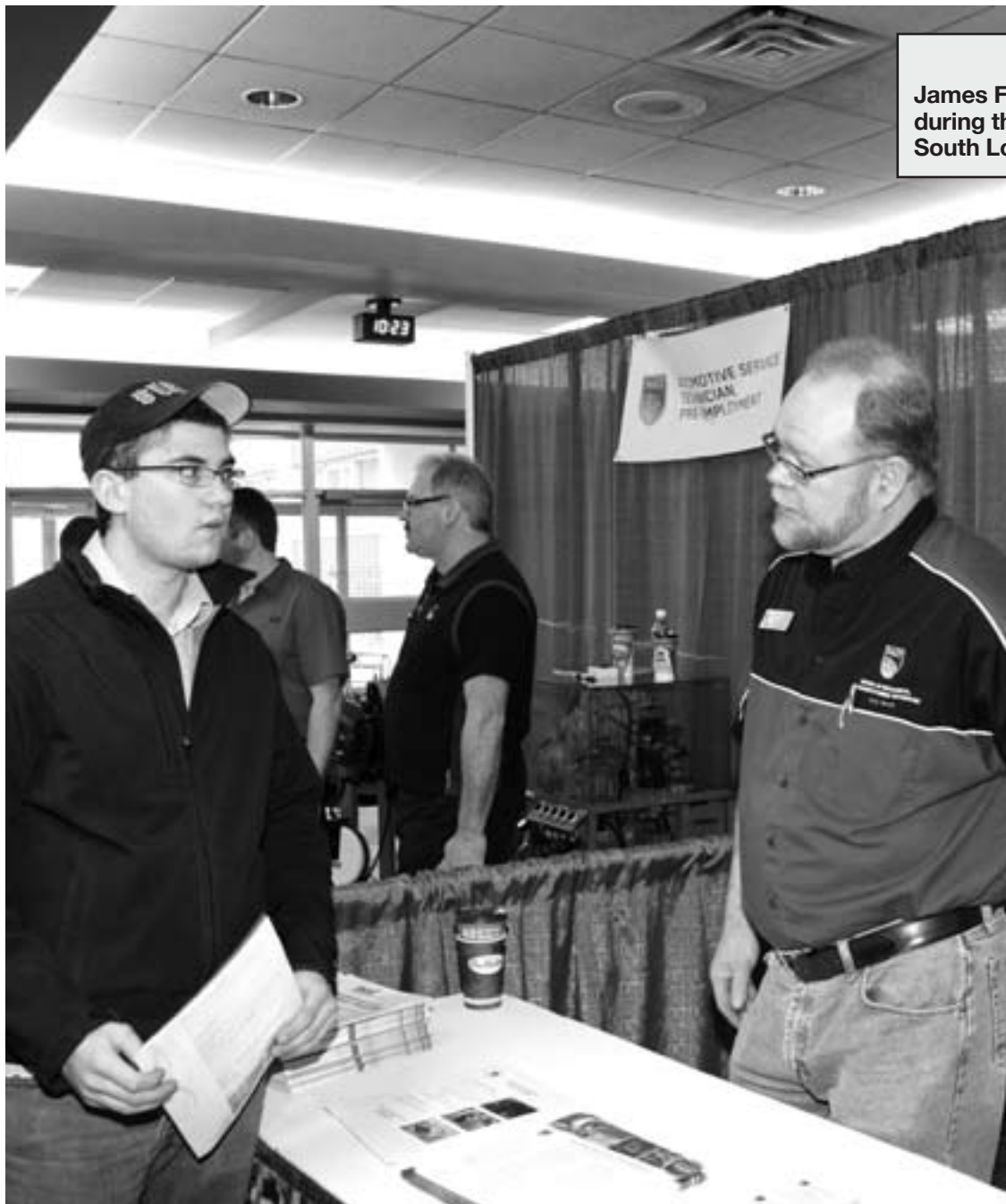
## TEXTBOOK SALES ARE NOW ONLINE!

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

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

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





## LOTS OF QUESTIONS

James Foss, right, answers questions about the Auto Body Program at NAIT during the Career-In-A-Year Expo that was held on Saturday, March 13 in the South Lobby.

## Robots wrestle like it's sumo

By ALI YUSUF

We can all admit to having a little bit of pent up rage, whether it's because your girl or boyfriend does something to annoy you, or you forgot to pick up the mayonnaise when you bought groceries from the supermarket. Certain things just don't sit right with you, and that's perfectly normal. People have different ways to relieve that rage and the NAIT Electronic Engineering Technology students have found the best way to extinguish that rage ... through robot sumo wrestling.

OK, so they might not be angry students with a grudge against each other. However, a class of fourth semester students in the Engineering Technology program built an array of sumo-wrestling robots to compete against each other last week. The official rules of the sport are simple: The robots must weigh less than 3 kg, and the ring in which they compete must be five feet in diameter. The object of the contest, just like in traditional sumo wrestling, is to push the opponent (or opponents,

in this case) out of the ring.

Sounds incredibly simple, right? Now, here's a fun fact about these robots. They aren't remote controlled at all. They are fully automated. I know what you're thinking, that's amazing. The robot designs are fully conceived by the students, but they must incorporate laser sensors. Through these sensors the robots recognize each other and attempt to push each other out of the ring, which has a white outer edge. The robots can distinguish the white and ... well, 'attack' is the best way to describe it. Case in point: while I was there checking out the scene, one of the robots recognized the whites of my Chuck Taylor shoes and started to push my foot. Quite amusing indeed.

The bottom line? Robotics is amazing. The fact that these students created nearly every part of their robots from scratch and had them compete in a crude round of King of the Hill leads me to say "wow," followed by "where can I get one?"

Photo by Calie Schwartz

## TIMELY TIPS

# Conquering exam anxiety



**MARGARET MAREAN**  
NAIT Student Counselling

Being anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know you've studied and are well prepared.

### HOW CAN YOU REDUCE EXAM ANXIETY?

While studying:

- Allow yourself plenty of time. Spread review over several days rather than cramming.
- Set study goals.
- Build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.
- Make sure you are "really" studying. Many students prepare for a test by reading their notes or textbooks. As you read along you

may feel that you know (understand) what the author is saying. Understanding what you are reading at the moment does NOT mean that you know it well enough to remember it for a test when the book isn't there to help you.

- Try to think like your instructor. What types of questions has she or he asked on previous exams? What would you ask if you were making up an exam on the material you are studying?
  - Study actively by thinking of potential exam questions and the correct answers, and by making sure you can recite or jot down key concepts with your textbook closed.
  - Devise a system for practising rapid problem solving as part of your review for the test. Being experienced at working under time pressure can help alleviate exam anxiety.
  - Take care of yourself by eating a balanced diet, getting enough rest and exercising.
  - Learn relaxation techniques to use while studying and while taking test, such as deep breathing, progressive muscle relaxation, visualization and positive self-talk. Counsellors at Student Counselling can work with you to improve stress reduction and relaxation techniques.
- Prior to the test:
- If you have problems with anxiety, avoid caffeine (coffee, dark colas). Caffeine mimics and escalates the symptoms of anxiety.
  - Try not to study the same day as the exam.

- It is often helpful to go for a brisk five- to 10-minute walk before the exam. This increases blood flow and gets you breathing deeply, thereby reducing stress.

- Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt your knowledge, but don't arrive so early that you have a lot of time to let your stress build up.

- Do not let yourself get into a negative mindset such as "I always panic on exams" or "I blanked out last time so I will blank out again." Instead, think thoughts such as "I know my material", "I can stay calm and relaxed", etc.

During the test:

- Look over the questions to familiarize yourself with the test. Underline key words or phrases in the test directions. Many students with exam anxiety make errors because they don't read the question thoroughly.
- Don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.
- If you go blank, skip the question and go on. Find some questions you can answer.
- Sipping water or chewing gum can relieve tension for some students
- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it

for a while and return to it later.

- Don't panic when you don't know an answer. On multiple choice questions eliminate options you know are incorrect and then make an educated guess. For other questions start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.

- Use positive self talk. Come up with positive statements which help to keep you calm, such as "I am familiar with this material," "I can do it", etc.

- Humour works to reduce stress, and to help with creative problem solving. If you are stuck, try thinking of the funniest thing that has happened to you in the last month. Another quick technique is to visualize a very relaxing place, such as a beach, and to imagine yourself being there. These techniques take less than 30 seconds.

- Last but not least, don't forget to breathe. Focusing on your breath and taking five to 10 very slow, deep breaths when you are feeling panicky doesn't take long but gets more oxygen to your brain and instantly reduces stress.

Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic or personal issue that may be affecting your success at NAIT. To book an appointment, call 378-6133 or come in person to Student Counselling, Room W111-PB, HP Centre.



## 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](mailto:naitsavolunteers@nait.ca)

### \$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](mailto:mike.colson@voipsummer.com)

### Canadian Tax Expert

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

Contact: 780-999-8157

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

## 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](http://www.bbbsedmonton.org)

## WANTED

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Need extra cash after the Christmas drain?

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Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

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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.

# HOT

# SINGLE OF THE WEEK



Photo by Raymond Ip

### Yamila Clark Radio and Television

**Best thing you like about your body?** – Definitely my ass ... like two scoops of ice cream.

**Three things you look for in a guy?** – Someone who is funny, confident and not afraid to make a fool of themselves.

**What turns you off about a guy?** – Steve Carell-type chest hair.

**What do you want to say to the men of NAIT?** – Come on, guys, say hi to the ladies, we don't bite :)

**What is your ideal date?** – Two snuggies, one couch and a box of strawberry pop tarts.

**Personality, money, or looks?** – Well, I'm broke and shallow ... you do the math.

Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)



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WWW.WHISKEYJACKS.COM ★ 780.481.JACK (5225)**



# CLUBS CORNER

## Upcoming events ...

### 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

### Chemistry Technology Student Council

**What:** Pub Night

**When:** April 2; Doors open 7 p.m.

**Where:** Canadian Brewhouse South,  
9538 Ellerslie Road

-----Tickets available at G-Wing-----

## CLUB NEWS

### New Club Centre Hours March 17-31:

Monday to Friday 9 a.m.-12:30 p.m.  
and 1:30 p.m.-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/>  
**Grant #5 Deadline:** May 3, 2010

## Hungry to help

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, its going to be all night at the school, 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.

Organize your club to get into action with a fundraising and poster competition! Get involved for one of the greatest causes there are, world hunger.

Let's have a first ever 30 Hour Famine at NAIT that will be talked about for years to come.

For more information and to register, contact:

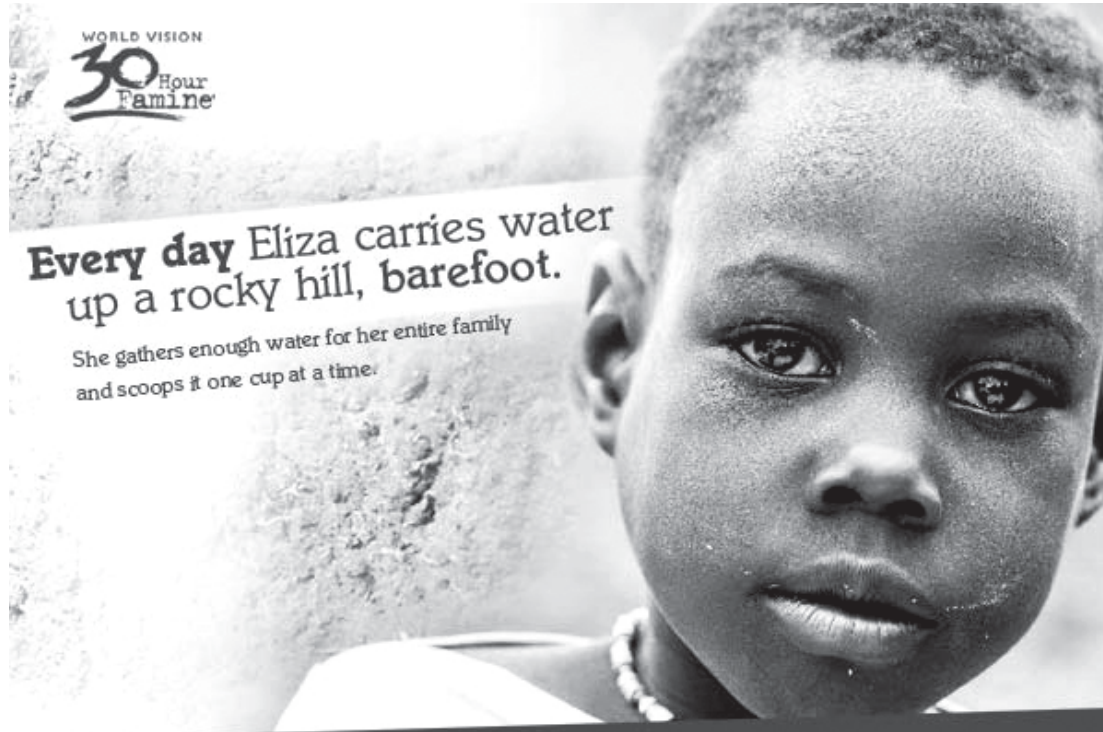
Tyler Bernard

Volunteer Co-ordinator  
NAIT Students' Association

Tel: 780.491.8617

Fax: 780.491.3989

[naitvolunteers@nait.ca](mailto:naitvolunteers@nait.ca)



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.

**ST-PIERRE vs HARDY**

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

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## The All Famous Weatherford Spice



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**Available at the PGC Office (room L223)**

or from

Larry Boisvert or John Hirschmiller



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Cadets receive a \$500/week allowance while in training >  
Les cadets reçoivent une allocation de 500 \$/semaine pendant la formation >

## Career Presentation

**Thursday, March 25**  
**11:30 am**

**NAIT, Room X205**  
**Edmonton, AB**

*For further times and locations, please visit  
our website [www.rcmp.ca](http://www.rcmp.ca)*

## Exposé sur les carrières

**Le jeudi 25 mars**  
**11 h 30**

**NAIT, Pièce X205**  
**Edmonton (AB)**

*Pour plus amples renseignements, veuillez  
consulter notre site [www.grc.ca](http://www.grc.ca)*

**Pre-Registration / Inscription : 1-877-RCMP-GRC (1-877-726-7472)**



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Canada