

U-PASS – YEA OR NAY?

THE NUGGET

Thursday, March 25, 2010
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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NANO IS NOW!

NAIT unveils new diploma program in nanotechnology – story, page 4



NAIT photo

THE ADJEY TOUCH

NAIT Culinary students have a little fun while they learn during a recent visit to campus by Chef David Adjei, right. Chef Adjei's time here was made possible by the institute's Chef-in-Residence program. Story, page 2.

THE GREAT
**UPASS
DEBATE**

Last Day to Vote on U-Pass –
referendum ends at 4:00pm today!
Vote online at www.naitsa.ca
You will need your Student ID to vote.



NEWS & FEATURES

Adjey adds his flavour

By **LINDA HOANG**
Assistant Issues Editor

Last week, NAIT Culinary Arts students received a recipe for success as a celebrity chef stopped into the school for a week of guest teaching.

Recognized from *Iron Chef* and *Restaurant Makeover*, Food Network celebrity chef David Adjey spent five days teaching Culinary Arts students, as part of NAIT's Hokanson Chef-in-Residence program.

Adjey was involved in various lecture sessions, discussing "Life as a Celebrity Chef" and how "Great Chefs are Great Communicators," as well as teaching students in cooking labs ranging from desserts to soup and vegetable labs, wine and food preparation and meat-cutting.

Students also prepared a lunch service for 120 special guests using Adjey's own recipes, cooking under his guidance.

Adjey said the chance for students to learn from a celebrity chef through the Chef-in-Residence program is a great experience for up-and-coming chefs.

"Sometimes it's a little bit easier to listen to it from someone that you recognize," he said. "You know an instructor is an instructor and I was a student too you know, an instructor's talking and you hear 'wah wah wah.' You're not even hearing the words. But there's certain credibility for me just because I've been on television."

The Chef-in-Residence program debuted last year and is meant to bring in the world's top chefs to NAIT.

The program offers a one-of-a-kind mentoring opportunity for culinary students.

"Mentors are important because you gravi-



NAIT photo

Chef-in-Residence participant David Adjey delivers some of his culinary wisdom to NAIT students during a recent lesson conducted by the nationally known chef.

tate towards them, because you like the product that they make," Adjey said. "Whether it's a product on the screen or a product on the plate and it's important that's how we learn."

Justine Kuelef, a first year Culinary Arts

student, says the chance to learn from Adjey has been great for her and her classmates.

"I think it's good for experience," Kuelef said. "[Celebrity chefs] have a lot of new ideas and I just think it's good to show the students

what they can do."

Adjey will be travelling to restaurants across North America to film for his upcoming show on the Food Network, *The Opener*, which premieres this summer.

NAITSA preps award dinner

By **DARYLANN HUTCHINGS**

NAIT's Students Association is holding their annual Gala Dinner and Awards Night next month. The awards honour the exceptional performance of individuals whose contributions have improved the quality of student life at NAIT.

NAITSA events coordinator Fe Maquinay helped answer a few common questions about NAITSA's Gala evening.

Darylann: What is the awards night all about?

Fe: This is a semi-formal event that is dedicated to students and their accomplishments throughout the school year. We also recognize NAIT staff that helped us make the year a fruitful one. The event is completely free and includes dinner, awards, theatre act and casino game show.

D: Why do you hold the event?

Fe: This is an annual event. We do this to thank the staff and recognize the students success, welcome the newly elected executives and thank the outgoing executives.

D: Who are some past winners?

Fe: Last year the Golden Torch Award [went] to Brent Constantin (NAITSA's past president), while the Golden Gavel for Excellence in Student Governance [went] to Tim Abbott (past senator).

D: Can anyone go to the gala?

Fe: All senators, incoming and outgoing executives, club rep-

resentatives, volunteers, SUDs (student security), NAITSA staff, and some NAIT staff and VIPs (sponsors of the awards night).

D: Why is it important to have an event like this?

F: It is important to recognize our students as they meet their goals and inspire them to strive for continued success.

D: How are the award recipients selected?

F: It depends on the award title. For example, for the Laurence Decore Award – the committee has selected the recipients based on their commitment in the areas of student government, student societies, clubs or organization.

D: What kind of things will be recognized and why?

We have the Campus Clubs awards: Highest Single Fundraiser, Most Active Fundraiser Club, Highest Income Statement Revenue for 2009/2010, the Giv'er Award, the Volunteer Award – Most Outgoing, Most Energetic, Most Hours, the Neil G. Hutton

Award – Volunteer of the Year Award and the NAIT Staff Award, which recognizes an outstanding NAIT staff member who contributes and assists NAITSA in achieving its vision.

As well, the Laurence Decore Award for Student Leadership is presented through the Alberta Heritage Scholarship Foundation to recognize post secondary students demonstrating outstanding dedication and leadership to fellow students and their community. The Golden Gavel for Excellence in Student Governance is presented by NAITSA to a Senate member and the Golden Torch Award is one of the most prestigious awards presented by NAITSA to an executive member.

The Gala Dinner and Awards Night will be held on Tuesday, April 6, in the NAIT gymnasium.

Cocktails are at 6 p.m.; with dinner and awards ceremony beginning at 7 p.m.

The evening wraps up with a show and casino games, starting at 8 p.m.



Fe Maquinay
Organizer



Dr. Roberta Bondar speaks to a large crowd at the Shaw Theatre on March 18.

NAIT photo

Dr. Bondar lands at NAIT

By DARYLANN HUTCHINGS

Many NAIT students left the Shaw Theatre last Thursday digesting a lot of stories and facts about space and more.

Dr. Roberta Bondar hosted two speaking engagements here at NAIT on March 18 as part of NAIT’s Women in Technology speaker series.

Bondar has chosen diverse careers in her lifetime from scientist, physician and astronaut to photographer, author and entrepreneur.

Everything Bondar has done, she has done with passion and drive and she’s reached high levels of success in all of her career choices.

During her afternoon keynote, Bondar shared her inspiring message with students from a num-

ber of programs. She talked about her own career, as well as women working in technology and how it’s a growing and ever-lasting industry.

“For women in technology, it’s one of the areas that they have not easily been able to access, for many, many reasons,” Bondar said.

“I think that having the opportunity for women is very important.”

Bondar said she’s faced many problems throughout her career because she is a woman trying to work in the technology industry, but has persevered through it all.

“There had certainly been a lot of gender issues that I had to face [in my career],” she said. “Whenever someone doesn’t hire me, it cannot be

because of not being qualified. I have that piece of paper. They would have to make another statement, something like my being a woman.”

Colin Gerke, the winner of the Dr. Roberta Bondar “what inspires you” photo contest, submitted his winning photo of his 106-year-old great grandmother hitting a baseball on her birthday. Gerke won the chance to have dinner with Bondar before her keynote speech. Gerke brought his grandmother along for the evening.

You can read about Bondar on her website www.robertabondar.com

You can also find out about The Roberta Bondar Foundation, which brings science and art together.

OPINION

U-Pass booster makes case

By JAMIE ANDERSON-REID

On this last day of voting, here’s a look at why the U-Pass can benefit a solid majority of NAIT students:

If you are not a transit user, the U-Pass presents the opportunity to affordably become one. The benefits of taking transit on a daily basis are numerous: it saves money on parking and gas and it also allows you to lower your insurance costs because you are not using your car for your daily commute. Instead of paying the “work” rate, you instead pay a “pleasure” rate, which, depending on your insurance provider, can result in significant savings.

If you are already a transit user, then paying \$110 for one term is cheaper than the \$297 dollars it takes to buy a bus pass every month for one term. The cost of the U-Pass will increase to \$125 per semester in 2011/2012 and to \$140 per semester in 2012/2013, still remaining well below the \$297 mark.

Whether or not the U-Pass is voted in, the LRT is coming to NAIT. According to all three proposed Northwest expansion routes, NAIT’s station will be the main hub of this area. The Northwest corridor will extend the current LRT route from downtown to NAIT and on to the northwest city limits and a planned park and ride facility.

The extension also allows for potential future collaboration with St. Albert. Voting “Yes” will also likely result in immediate increased bus service to NAIT, as it has for both the University of Alberta and Grant MacEwan University.

Take note that if you are an Apprentice or Continuing Education student, you will not be assessed the U-Pass fee. If you are a full-time

student who holds a DATS or CNIB card, have a practicum outside the service areas or work for one of the three participating transit services, you will have the opportunity to opt out of the U-Pass program.

Whether or not you believe in the benefits of the U-Pass, cast your vote at www.naitsa.ca/upass. Indifference doesn’t count.

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



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Submissions encouraged:
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.

Letters

We want your views

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

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

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

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

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



Photo by Amanda Luethi

Mark Archibald, chair of NAIT's Electronics Engineering Technology department, is preparing to roll out a new two-year diploma program in nanotechnology systems.

Nano gets big

By JEFF CUMMINGS

NAIT will soon train special technicians on how to work with microscopic devices that are only a fraction of the size to the period at the end of this sentence.

Beginning this September, Northern Alberta's technology school will offer a new two-year diploma in nanotechnology systems.

And graduates of NAIT's new program will have the skills to operate systems and equipment associated with a new and thriving industry in Alberta.

"The state of the science has advanced to the point where it is now possible to commercialize some of the advances in this technology," said Mark Archibald, chair of NAIT's Electronics Engineering Technology department.

"A lot of research in nanotechnology is done within Edmonton and those companies now need technologists in order to help the industry move forward," said Archibald.

"Those companies have enough engineers and scientists, but now they need the technologists – the hands-on people – to do something real."

Nanotechnology is a field of study that combines discoveries in physics, biology and chemistry. New discoveries in this field could mean computer enhancements in the tech sector, or at the most, cures to diseases and illnesses like cancer.

Archibald says tools and techniques are now available in the sector that let engineers, scientists and soon, technologists who graduated from NAIT explore and manipulate the amazingly small realm of atoms and molecules.

And there will be plenty of opportunities for graduates, even through tough economic times, says Archibald.

The Canadian nano sector is just starting to grow and most of it is happening in Wild Rose Country, thanks to a \$20 billion investment strategy by Alberta's government.

Alberta's nano sector is also among the largest in the country with roughly 48 companies – many located within the province's capital.

Ken Brizel, CEO with the Alberta Centre for Advanced Micro Nano Technology Products, says those companies, after nanotechnology is well established in the market, will be in dire need of NAIT-trained techs.

"They are going to need technicians and trained employees from a two-year college like NAIT," Brizel said. "It's a good opportunity to deliver students that have been trained on nanotechnology equipment."

Archibald says 24 admitted positions in the nano program need to be filled and it had received 12 applications as of Monday (March 21).

Chile fundraiser

By RACHEL LEES

The SalsAID fundraiser is a unique and exciting event happening to raise money for people affected by the devastating Earthquake in Chile.

On Saturday, March 27, Etown Salsa and the Red Cross will be teaming up to raise money and awareness for earthquake victims.

The fundraiser is basically an international gala where various international folkloric groups will come to perform, promising an entertaining show.

Romanian, Hungarian, Serbian, Polish, Ukrainian and Chilean dance groups will be there, including NAIT student Carlos Henriquez, who is heading up the fundraiser.

"We get the feeling of nations coming together to help one nation in need," Henriquez said.

Henriquez is personally connected to the events occurring in Chile and says he feels he needs to do his part to help.

"I'm worried about the Chilean people going through such a hardship, [because] my dad's family is also at the epicentre over there."

Unable to go to Chile to help, Henriquez developed the SalsAID fundraiser to provide any aid he possibly could.

"Being so far away, there is nothing I can directly do for Chile, so I created this event to help generate that help. It gives you a peace of mind that ... you

are doing something," he said.

One hundred per cent of proceeds from SalsAID will go directly to Canadian Red Cross, so people coming to enjoy themselves, can also know that their money is going to a worthy cause.

The show will include a silent auction, live performances, an artist showcase and live Latin band.

It is \$20 at the door and takes place at Serbian Hall 12920 112 St. or you can buy tickets online at www.ETOWNSALSA.COM. You can also call 1-888-337-3635 for more information.

"The energy is high, the music is fun, come out, have a great time, and help a nation," Henriquez said.

SALS+ID For Chile
 Saturday, March 27, 2010
 Sábado 27 de Marzo, 2010

100% Proceeds going to C.R.C.

Help earthquake victims rebuild

\$20
 TICKET DONATION
 (ENTRADA)

SERBIAN HALL
 12920 - 112 St.

Buy tickets online www.ETOWNSALSA.COM
 or call 1-888-337-3635

6 pm Doors open / Silent auction
 7 pm Performances / Artist Showcase
 10 pm Live Latin Band - Tumbao Vibe

Dances by various Folkloric groups, ETOWN SALSA and more...

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Linda's TechTalk



2D is just fine, thanks



LINDA HOANG
Assistant Issues Editor

More than 20 movies are set to be released in 3D in 2010 alone, with more on its way the year after.

On top of that, 3D TVs are now available for purchase at electronic stores.

3D this, 3D that.

I wrote a few issues ago about how there's potentially too much "tech" happening right now, but I think the real "too much" problem are all of these 3D movies.

Clash of the Titans, *Toy Story 3*, *Step Up 3D*, *Jackass 3D*,

Harry Potter in 3D.

The titles are endless.

I even saw a movie trailer that ended with "in theatres in 3D and 2D" last week.

In 2D? Isn't that just what we normally see anyway?

Are our theatres becoming so rampant with upcoming three-dimensional movies that it's now necessary for movie creators to tell us, 'oh, by the way, this movie will also be viewable normally'?

In all honesty, I barely notice the difference between regular movies and 3D movies anyway.

Critics might say such and such movie was "visually stunning" and the regular movie-goer might exclaim, "it really popped out at me" or "I felt like I was in the movie," but the truth is, the novelty wears out fast. And does 3D actually ever make you forget you're in a movie theatre? No.

Add in IMAX 3D, which costs a ridiculous \$17.50 for one ticket and it's like why wouldn't we just watch it regularly at a

cheaper cost? It's not like the movie will suck if it's viewed in 2D. And if a movie does suck in 2D then it's just a bad movie.

A movie should be great because of a strong story and great chemistry and interaction between characters, not because buildings pop out a little bit or there are flying film debris that comes towards your face.

Mostly everyone who saw *Avatar* in 3D commented on its impressive visuals, but the story was nothing special. Will this be the case for future 3D movies? Dumbed down scripts and story lines, but we won't care because we'll be in awe of the pretty pictures?

I guess that's just what we get with continually advancing technology.

Coming up next? Holographic movies and movie theatres, of course. It probably won't be out in the time that I'll still be at NAIT writing this technology column, but perfecting and commercializing holographic technology is definitely something that's being worked on.



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Nonpartisan? A myth for sure



POLITICALLY SPEAKING
RYAN FLAHERTY
Issues Editor

We've all heard it before. Whenever an important political issue is debated – whether it's within the walls of Parliament, the Legislature, city hall or even in the media – a familiar plea is inevitably made. Politicians and pundits alike sound the cry for a solution that will address the problem at hand while simultaneously appeasing all sides in the debate. It is the plea of non-partisanship, and for the most part, it is a hopeless pursuit.

Don't get me wrong. The concept of non-partisanship – ignoring personal politics in order to solve problems in ways which will have the greatest benefit to society as a whole – is a wonderful ideal

to which all people should aspire. The thought that politicians could step outside party lines in an effort to best serve the people that elected them gives me a warm, fuzzy feeling inside. Unfortunately, it is a feeling I almost never experience.

Sure, there are cases of representatives of a given party voting against the wishes of their leadership. We often hear of opposition members throwing their support behind bills introduced by the ruling party, for example. Or perhaps it's that same ruling party including amendments to those bills which, although mostly insignificant, do enough to appease the opposition.

But true, meaningful solutions to problems, created collaboratively on a large scale? Those are about as difficult to find as Stephen Harper's charisma.

So why do we keep hearing public servants crying out for their brethren to shed their political affiliation and just do what's best for the people?

Well, at the risk of stating the painfully obvious, it's a case of basic survival. The people who make these statements make them in a desperate attempt to convince the average person that although there are many to blame for political paralysis, they themselves are not. They just want to "put politics aside" and take care of business, but according to them it's nigh impossible to get anybody else to share their point

of view. They are still worthy of your vote, if only the others could be replaced with other like-minded idealists.

In fact, most of these "non-partisan crusaders" probably believed this at some point. Some likely still do. They got into politics with the admirable intention of making a difference (let's ignore the maddening vagueness of that statement for now, shall we?), and that's nothing to dismiss lightly. However, I believe that most who cry for compromise are at best trying to convince themselves that it's still possible, and at worst simply stalling for time until they can secure a few more years in office. Is this cynical? Absolutely. But how else does one explain the discrepancy between the number of people calling for non-partisanship and the apparent lack of that behaviour in meaningful doses?

Clearly, there are many of other factors at play here – far too many to discuss in this space, in fact. But as citizens we shouldn't be placated when a politician simply pays lip service to the crazy idea that they should be serving the interests of the people rather than themselves. That should be assumed. Have we really lowered the bar to the point where we're happy just hearing our representatives say they want to build bridges instead of just shutting up and building them?

It's high time to turn the nonpartisan myth into reality.

Well, at the risk of stating the painfully obvious, it's a case of basic survival.

Twitter a tool for NAIT alum

By **JEFF CUMMINGS**

A NAIT marketing and management graduate has found a way to lure celebrities to special events his company organizes within Canada, just by having savvy social media skills.

Mike Anderson, a NAIT marketing and business grad, says his company – Trixstar Productions, which specializes in event production – just started using Twitter after a six month study to gauge a social audience's interest in how they feel about a special event, festival or celebrity tour. The results, so far, have been staggering, said Anderson.

Chip Coffey, a psychic star in A&E's *Paranormal State* and a client of Trixstar Production's, fanned

out a tweet that read "If you want me to come to Canada, let @TrixstarMike (Trixstar Production's user name on Twitter) know where you want me to appear."

After being flooded with more than 1,000 tweets a month, Trixstar Productions is now planning a cross-country tour for Coffey for two weeks in May.

"It took us a while to get used to the idea of using Twitter, and at first, we really didn't know what retweeting meant," said Anderson. "Now we can communicate with the fans directly, rather than spending thousands of dollars trying to find all of these fans."

Anderson says the tweeters were able to help

him plan where Coffey's tour stops should be and his company is working with Duane Chapman – more famously known as Dog the Bounty Hunter – for a celebrity tour in June using Twitter.

"Everyone at NAIT should know how to use social media, not just Twitter exclusively," said Anderson.

"They should know the value of Facebook fan pages or engaging people, not just for business, but for personal use. Everybody has his or her own personal Facebook page. They have their own personal brand on the Internet.

"Social media is also a good way to meet potential employers."



Mike Anderson

OPINION

— Editorial —

Are we too sensitive?



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Recently a writer at the *Gateway*, the University of Alberta's student paper, has found himself in a little hot water because of a racial joke made about one of the candidates running in their student elections. Although the exact details of the jokes are unknown to me, I do know there was a reference made to Bollywood when discussing the East Indian candidate. The

Gateway's editor-in-chief defended the article, stating some people would not get the humour, but as it was not made in a derogatory manner, the paper would not be making a public apology. Wow, that is a bold public statement to make Mr. Editor-in-Chief. But guess what, I agree with him 100 per cent. In addition, if the same circumstance occurred at the *Nugget*, I would be sure to defend and support my staff as well.

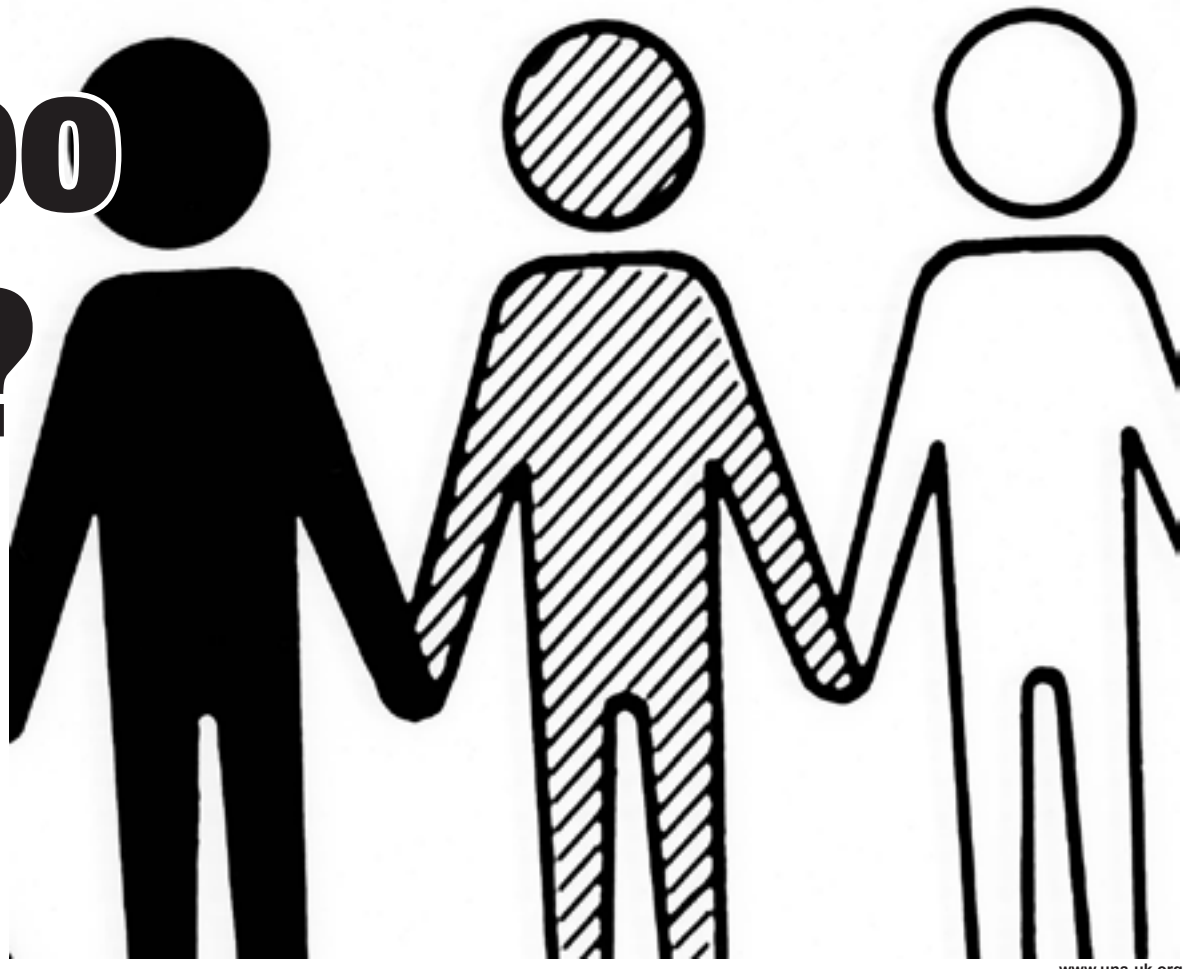
Only makes sense

As I previously mentioned, I'm not sure of the exact things that were said in the *Gateway*, so I can't be sure I agree with the statements. Frankly, I'm pretty sure I would not actually write content similar to what was printed myself and I don't personally condone racial humour, but I find it interesting that racial humour only seems to apply to races that are not white. Allow me to clarify; imagine for a minute the candidate were a Caucasian male and the writer made reference to Hollywood. Would people have freaked out then? I'm going to guess readers would have not have batted an eye at the statement. To be quite honest, it only makes sense to me that a reference to Bollywood was made when making a joke about an East Indian, because in India Bollywood is huge, and is one of the biggest film producers worldwide. How can that possibly be considered an insult? I would love to be a Bollywood star! Personally I think they have twice the talent of most Hollywood stars; not only can they act, they sing and dance, and damn, the people in the industry are good looking. The only way a Bollywood reference could be considered negative is if the people interpreting the Bollywood reference are doing so with a negative connotation. Makes you wonder who the racists are, the writers or the readers?

Overly sensitive

How many times are you watching a television program where black people are eating fried chicken or Sarah Palin is being portrayed as a hillbilly? All the time, and I've still yet to see the *Edmonton Journal* write a story about those racial stereotypes. How come the situation is considered racist when dealing with the *Gateway*? I think people are becoming overly sensitive when dealing with some aspects of racism. Am I saying racial slurs should be considered socially acceptable or derogatory jokes should be considered OK? No, of course not, but I am saying people need to take the content they read with a grain of salt, especially in a student paper. It is not like the *Gateway* is the *Globe and Mail*, and chances are if it were the *Globe in Mail* and the same references were depicted in a political cartoon, no one would have cared. I'm sure this debacle ended up providing a great deal of publicity for the candidate. All things considered, he should consider himself lucky. My guess is if he loses the election someone is going to play the race card, and as far as I'm concerned playing the race card is just going to make them look like a joker.

Being a victim of racism throughout my life, I know it exists. But I don't spend my days looking for it, nor do I consider it racist when people use my heritage to define me. I'm Jamaican; I eat jerk chicken, curried goat, ackee and saltfish, rice and peas, dumplings and love me some rum punch. And I'm not afraid to admit it.



LETTERS

Pizza lover disappointed

Dear Chris Carmichael-Powell,
I have some anger to vent ... I don't understand why the pizza's in the Common Market Pizza Hut are so chintzy! I order personal pan pizzas at other franchise locations all the time and never run into this problem.

I am wondering if they are just ripping students off. I am pretty sure that there is a quantity amount of sauce, cheese, toppings, etc., that they must add to be part of the franchise! At least there was where I worked at Pizza 73! Anyways, I filed a complaint with Pizza Hut and I

know nothing's going to be done. Also, they really need to get on selling dips already. It's low cost to buy and sell for like 75 cents. Maybe then they could stop ripping students off ...

Thank you
Pissed-off consumer

U-Pass an investment, not a charge

Dear Editor:

In response to your editorial of March 11, your "me-first" attitude is exactly what characterizes our generation, and your "I'm too good for public transit" outlook is disappointing. I think you misunderstand the point of the U-Pass: it isn't about asking you to subsidize my transit costs; it's about encouraging public transit use and making it more affordable for students.

Even though I own a car, by making transit my daily mode of transportation, I save over \$2,500 per year in insurance, gas and parking (and that's assuming I dodged the mall cop in the white van on a daily basis). Maybe it would be wise to call the U-Pass an investment.

Sincerely,
Jamie Anderson-Reid aka Sally Bus Rider
(and proud of it)

Your views are important

We want to hear from you!

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.

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 – NATIONAL CHAMPIONSHIPS

Lessons learned at Nats



GARIT BYINGTON
Assistant Sports Editor

The NAIT Oaks men's basketball team started the season with a win, and ended it with a win. Even though their last victory was the consolation final at the 2010 Canadian Colleges Athletic Association men's basketball national championships, it was more than enough for Oaks' head coach Don Phillips to stand proud behind his guys.

"Definitely something to build on," said Phillips. "My team's a young team. They look like men, but a lot of them are fresh out of high school. And for us as a group to come together with so many new faces ... I think it was about nine new faces ... and to be able to achieve what we did, it was a tremendous accomplishment. We have nothing to hang our heads about."

The Oaks defeated the CEGEP de Ste-Foy, Que. Dynamiques 93-79 in Saturday afternoon's seventh-place game at SAIT Polytechnic, ending their season on a positive note.

Both teams entered Saturday's game coming off of two straight losses at the CCAA Nationals, and were tied 60-60 after three quarters of play. The Oaks, however, ran away with the game in the final 10 minutes with 33 points to wrap up their season on a winning note.

NAIT shot 70.3 per cent in the second half. First-year guard Gerard Mozwa finished the afternoon with 32 points, including four from behind the arc. Meanwhile forward Daniel Perepeluk dropped 18 points for NAIT.

"We finally found our stroke," said Phillips with a laugh. "You know how it goes. We play like that earlier [in the weekend], probably a different story."

Coach Phillips is talking about the Oaks 69-63 loss earlier in the week to the hands of the Champlain College Cavaliers. The Cavaliers were riled

up and ready to play after losing their provincial championship earlier this month – causing them to enter the tournament in one of the wild card births. Ironically enough, the Cavaliers who beat the Oaks, upset the Dynamiques for the Federation Quebecoise du Sport Etudiant (FQSE) championship earlier in March, who in turn lost to the Oaks.

In the first-round action, which saw the Cavaliers, seeded No. 6 at this 2010 CCAA national championship, upset the No. 3 Oaks, the Cavaliers maintained a consistent seven-point cushion throughout almost the entire game – except for the final three minutes, when NAIT began clawing back. The Oaks made it 64-63 with 59.4 seconds remaining, but were unable to convert that big basket down the stretch as the Oaks missed about four makeable baskets in the final 90 seconds.

The Cavaliers shot 44.2 per cent from the field, compared to the Oaks' 37.5. St-Lambert's Adam Chmielewski led all players with 25 points. For NAIT, Shane Reece chalked up 20 points, while Shane Cox chipped in 15. St-Lambert's Ibrahim Appiah and Bjorn Michaelsen were the top rebounders, with 11 and 10 rebounds respectively.

"We lost the rebounding game. We gave up 14 offensive rebounds – and to work that hard on defence, only to give up an offensive rebound, is tiring," said coach Phillips.

"I also thought that they shot a lot of free throws. I'd prefer a little more consistency on some of those calls," he said. The Cavaliers had 28 free-

throw attempts to the Oaks' 13.

"At the same time, that doesn't do anything about the two missed layups that would have put us up one," added Phillips. "You've got to learn from it. At the end of the day, we're a young team, and it's too bad to learn a harsh lesson at this point in the season. But winning a national championship is tough, and you've got to be able to play defence and grab rebounds."

As the old cliché goes: "Defence wins championships."

"We're one of the [CCAA's] top eight, and we're the No. 7 team in the country. Last year we weren't even on the radar," said coach Phillips after his team's final game. No doubt the Oaks will be an even more dangerous team to play against next season, as you can never gain too much experience with a trip

to Nationals, and the young Oaks proved down in Calgary, and throughout their whole season, they'll be a force to reckon with in the near future.



Don Phillips
"Something to build on"



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Good kicking call by Goodell



Check Out My 9-Iron GARIT BYINGTON Assistant Sports Editor

I like the recent NFL overtime rule change commissioner Roger Goodell and the owners agreed to try out for the 2010 playoffs. It's mainly designed to ensure that a field goal on first possession won't win the ball game. Kickers have become a much more crucial part of a team since overtime play came to be, and their efficiency continues to grow beyond 80 per cent – nothing worse than a kicker deciding a game.

The vote for the rule change easily passed, with 28 owners in favour of the proposal (four were opposed). Judging by the stunning ease of victory, and the fact that the competition committee is able to present potential rule changes to the owners at the league's May meetings, it's very possible the same overtime rule change will be in place for the 2010 regular season. That would definitely help the league, as even the harshest CFL critic and NFL lover must agree that over the past few years the CFL has had the edge in the overtime rule format.

The new rule ensures that both teams will get at least one possession in overtime, unless a touchdown is scored on the first possession or the defence forces a safety. With no touchdown after the first possession, the game then goes



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into sudden death. This leaves quite a bit up to the coin-flip (which is the main reason they've come to this rule change – since 1994, 59.8 per cent of overtime games were won by the coin-flip winner) as the winning team can take posses-

sion and drive for a touchdown and the win.

Luckily only 1.2 overtime games per playoffs have been played in the past 15 years..

However, this is a significant rules change. It can definitely change who the coin-flip winner chooses to get first possession in overtime. If you had a strong defence you could choose to kick off, hold your opponent to a punt, then have good field-position for the potential (dreaded) game-winning field goal.

On the other hand, if the New Orleans Saints had still chosen to kick that 40-yard field goal in overtime of the NFC Championship game in New Orleans in January, Brett Favre and the Minnesota Vikings would have had another chance to drive for the winning touchdown. This is where I get a little confused though – what happens if the team with first possession kicks a field goal and the other team responds with a field goal themselves? Do they just start the overtime time format from the beginning again? I'd assume that's the logical solution.

Also, as much as the owners agreed to the change, there are many head coaches notably upset over the decision. Who cares! Was there a coach in the meetings? Nope. That's because it's the owners league/business – it's their call to make.



WOMEN'S BASKETBALL

Ooks look ahead

By TAYLOR POLLMANN
Sports Editor

The NAIT Ooks women's basketball team is on the rise from years past, after posting an impressive record while battling through a season of trying injuries and setbacks. With an injury to possibly the greatest women's college basketball player in the nation, Dale-Marie Cumberbatch, the Ooks still pressed forward and progressed with the passing of each game.

"It was an up and down season in a lot of ways but we had a lot of improvement," coach Curtis Nelson reflected.

The absence of a great player in a sport will affect a team's overall performance. The injury to Dale-Marie was no different. With the standout fourth-year player not in the lineup, the team experienced a 2-10 record. With Cumberbatch in the lineup however, an even .500 record of 9-9 was displayed during the Ooks' last half of the season, showing Ooks fans a glimpse of what could have been.

"When we got Dale-Marie back into our lineup, we probably ended up being one of the best teams in the league and we had a strong finish to the season," Nelson commented.

During the Ooks' late season tear, they went on to achieve an historic feat that has

never been achieved in the entire Ooks women's basketball history; defeating the league's seed in a back-to-back sweep. The two wins came in January against a potent Concordia Thunder team.

Next season will be Dale-Marie's last year of eligibility and will signify the end of the tandem of coach and daughter.

"She's done everything we asked her to do in this program and more. When she came here she wanted to play a big part in turning around this program and it has. We are ready and we are on the cusp of it," Nelson reflected. With Dale-Marie back next year and the huge improvements in the entire team, the Ooks are starting to look like one of the team's to beat in the upcoming years.

"Next year all the work we put in will be on display. We will have better rounded players in multiple positions," Nelson said.

A number of Ooks will rejoin the team next season, along with a bunch of fresh faces to NAIT's hallways. The team has currently signed four recruits, including two from British Columbia. If all goes to plan and injuries don't play a factor, Nelson believes his squad has the right makeup to experience the success achieved by the men's program earlier this year.

"Our goal next year it to be competitive at the National level."



Curtis Nelson
"We are ready"

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Look Profile of the Week

Darek Pierzchala Outside Swinger Men's Volleyball



By NICOLE de CHAMPLAIN

Nicole: Hometown?

Darek: Edmonton, Alberta

N: Position?

D: Outside Swinger

N: Height?

D: Six-foot-four

N: Parents?

D: Ursula And Jacek Pierzchala. My mom never played sports. My dad plays soccer and used to play in Poland when he was young.

N: Siblings?

D: I have an older sister. She is 21 and used

to play soccer and basketball but had to stop due to bad knees.

N: Jersey number?

D: Number 15, but 12 was my favourite. A soccer goalie was No. 12 when I was growing up and his name was close to mine Dudek, but 15 was forced upon me, being a rookie and all.

N: Why did you choose to play volleyball at NAIT?

D: They had a high school tournament last year and my coach talked to Simon. After, we had a little chat and kept in contact. Also the program I wanted to take is offered here.

N: What's your vertical?

D: 27 inches

N: When did you start playing volleyball?

D: I started in junior high, Grade 7. My dad was my soccer coach and he thought it would make my reflexes faster for soccer.

N: What are the main things you like about the sport?

D: I like the intensity of the sport. Also, hitting a ball as hard as you can at people is pretty fun.

N: Have you played any other sports?

D: I used to play soccer for a long time. I played with Team Alberta from age 12 to 14, then quit to focus mainly on volleyball.

N: Now that it's off season, what are you do-

ing to prepare for the next season?

D: Right now, I still am playing with a club team that hasn't lost a tournament yet and once that is over and whenever I can, I am now hitting the gym a lot and running for conditioning so I stay in shape.

N: What are your greatest accomplishments in volleyball?

D: So far it is representing my province and winning Western Elites with Team Alberta two years in a row.

N: If you could compare your playing style to an animal, which one would it be?

D: Hmmm, I'd have to say a bear. It's the first thing that came to mind, not really sure why though.

N: Do you have any other hobbies?

D: Sleeping. I go hard all the time with volleyball practice, working out, games and focusing on my classes. I don't have much else to do but sleep during any off time I get.

N: What program are you in?

D: Radio and Television, on the television side. I'm trying to become an editor for hopefully big films, possibly in Los Angeles.

N: Anything else interesting about yourself?

D: I have a very hairy chest. It's pretty impressive. It's not rough and curly, it's soft and smooth.



Darek Pierzchala

N: Can you pancake the ball and how do you do it?

D: Yes, but its not that practical. It's when you put your hand on the ground right before the ball does and I try and get a fist underneath it to get it up higher.

All eyes on junior playoffs

By ADAM KAMARA

Oilers' brass and Oilers' fans alike will be looking toward a possible matchup between the Windsor Spitfires and Plymouth Whalers. Those teams each have one of the top two prospects in this upcoming NHL Entry Draft. Taylor Hall of the Spitfires and Tyler Seguin of the Whalers are ranked No.1 or No. 2 depending on which draft rankings you look at. First, both teams have to beat their opponents in the first round to have the chance at facing off with each other.

Windsor finished first in the OHL Western Conference and faced off in the first round against the Erie Otters. The Whalers, led by Seguin, finished fourth in the same conference. If these two teams were to face off later in the playoffs, it'd be a draft eligible version of last season's NHL playoffs that pitted Sidney Crosby versus Alexander Ovechkin. Whoever has the best series between the two, if they meet, will probably garner the most attention as to who gets drafted first.

London shouldn't be overlooked in the OHL playoffs either as the Toronto Maple Leafs' seventh overall draft pick, Nazem Kadri, is leading a Knights team that is always a threat. They finished behind the Spitfires by five points with 101 points in regular season standings, but could be a key team on the road to the Memorial Cup.

Barrie is the overall best team in the regular season finishing with 116 points. With the WHL hosting the Memorial Cup in Brandon, Manitoba, Windsor or London or Plymouth will have to dig deep to surpass the Barrie Colts.

In a season marred by headshots, the Que-

bec Major Junior Hockey League playoffs will be exciting. The animosity built up during the regular season should make for new and old rivalries on the ice. The Saint John Ice Dogs led the QMJHL in points this past regular season with 109 points, followed by Drummondville Voltigeurs who were five points behind. The Rouyn-Noranda Huskies are going into the playoffs shorthanded after a Patrice Cormier elbow that injured Mikael Tam of the Quebec Remparts. Cormier was suspended for the rest of the regular season and playoffs, which consequently ended his junior career.



Taylor Hall
An Oiler?

Another huge head-shot incident happened two weeks ago when Moncton Wildcats forward Scott Trask head hunted an Ice Dogs player, Aidan Kelly. Trask only received 15 games.

Two of the top three point getters in the WHL are out of the playoffs. Canadian fans and Edmonton Oiler fans know one of them very well. Jordan Eberle, the second highest scorer, despite

not playing a full season because he attended the Oilers training camp and the World Junior Championships, couldn't will his Regina Pats to a playoff spot. Edmonton Oil Kings also weren't able to make the playoffs with a disappointing season after making the playoffs last year. Injuries and inexperienced 16-year-olds forced the Oil Kings to rebuild.

With the Memorial Cup in Brandon, the Wheat Kings get an automatic berth in the tournament, but being the best WHL team is in their sights. The Calgary Hitmen are one of the few teams that will give them a challenge. Calgary, with the WHL leader in points, Brandon Kozun, have taken the top

seed in the WHL again after taking the title last year. This time they hope to secure their

berth in the Memorial Cup final alongside Brandon.

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Looking ahead to



TAYLOR POLLMANN
Sports Editor

WEST

The Syracuse Orange are currently sitting in a bracket that favours their path to the Final Four, which will take place in Indianapolis. After a series of upsets in previous tournaments and a couple of NIT appearances in past years, coach Jim Boeheim is looking at winning his first National Championship in an otherwise historic career on the bench. Their path to another final appearance could be delayed by the resurgent Kansas State. Butler and Xavier will also be looking to take the upset route and punch a ticket to the stylish Elite Eight.

Syracuse vs. Butler

The Syracuse Orange are making themselves true title contenders as each day goes on. The New York squad has crushed its first two opponents this year by a total score of 166-121. This feat is no laughing matter considering they achieved the task without Arinze Onuaku, who sat out the first game of the Big East tournament with an injury. While the Orange are one of the country's best shooting teams from within the arc, they are also one of the softest. Their inner defence will have to be strengthened in order to reach the big dance.

Butler has managed to keep both of their opponents to fewer than 60 points in their first two tournament games, but will face a harder task this week against a potent Orange attack. The team's weapon of choice is its rebounding assets, but the squad has never faced a team of Syracuse's calibre. Trick plays will have to emerge from Brad Stevens' clipboard if the young team hopes to reach its goal of a Final Four appearance in its home city.

Verdict: The game may turn out to be closer than expected. While on paper the Orange seem overly dominant, in reality the chance for Butler to play for the National Championship in front of their hometown fans may inspire them to win. While this game will come down to the wire, Butler will squeak out the victory, causing the Orangemen nation to wait yet again for another season.

Xavier vs. Kansas State

Xavier is an interesting team, to say the least. The squad is tough on the boards and pretty sound with the ball. The only shining blemish on their resume is their disturbing history of letting teams back into the game. The good news for Xavier fans is that it is an easy blemish to control with only a little discipline and mental toughness. Xavier players should be looking forward to some intense workout sessions in the upcoming days as they prepare for their next game against the rising Kansas State Wildcats.

The Wildcats are sound as a whole and also have the side factor of a clutch player in Jacob Pullen. They are known to rule the offensive boards of their opponents, which causes an interesting matchup when considering that is Xavier's specialty as well. Kansas State also can cause a turnover in key situations, a skill that could come in handy in the waning seconds of a buzzer-beating game. They are also probably riding a personal high since they received the news that their arch rival (Kansas) has been knocked out of tournament play.

Verdict: The Wildcats will win in impressive fashion. They

are the kryptonite to Xavier's powers. Kansas State is too good a team, when facing Xavier's lack of lead protection, to be held off. The Wildcats should move ahead and rush their way forward to next weekend's play.

MIDWEST

It's pretty weird writing a Sweet 16 breakdown without the team that has been talked about as the possible champions for the entire season – the Kansas Jayhawks. Sadly (or not so much) they fell victim to over-confidence and lost a thriller to the upstarts from Northern Iowa. The loss leaves the bracket even more competitive, and with some interesting matchups that are sure to leave hoops fans on the edge of their seats.

Michigan State vs. Northern Iowa

Grit and determination probably most accurately define the Michigan State Spartans. The team fights with the same passion that any of coach Tom Izzo's previous squads have had – a quality that has produced the desired results in past years. The team has faced even more adversity than the normal grind of the tournament in recent days, with the probable season-ending injury of starting point guard Kalin Lucas.

Two formidable opponents, two victories – that's all that counts in the take all tournament that features each team playing six opponents in three weeks. With wins over UNLV and Kansas, Northern Iowa has become the talk of fans with their exciting brand of basketball. Their only weakness has been their generous brand of defence, which has been particularly giving in this year's tournament.

Verdict: The game would have been a lot closer if not for the devastating injury to the Spartans. Now Iowa should advance to the Elite Eight, causing more excitement in their area of the country, which wasn't expecting any action after the first weekend.

Ohio State vs. Tennessee

The Buckeyes are looking at advancing to their first Elite Eight since the tandem of Greg Oden and Michael Connelly Jr. played in 2008. Ironically enough, Ohio State has arguably the nation's best player in Evan Turner. Any team that can contain this outstanding player has an opportunity to finish any game on any given night. However, the Buckeyes' ability to handle the ball is causing Ohio State Nation to have nightmares of a short but sweet exit from the tournament. Turnovers of over 20 per cent are not acceptable at any level, unless you're a New Jersey Net.

Tennessee may not have amazing players, but they have depth that would make any coach drool. The team has seemingly meshed nicely after a rough start to the season, and are now keeping their eyes on the prize. Their depth may help them on defence but they certainly do not have an offence that will worry the mighty Buckeyes.

Verdict: The Buckeyes should win. While the team with the best player doesn't always win, recently it has occurred exactly like that; i.e. Kobe Bryant and Sidney Crosby. While some may argue with the previous statement, listen to these words of wisdom. Enter the Buckeyes into your Sports Select cards, and thank me later.

SOUTH

Ah, the Southern Conference of this year's edition of March Madness. The one true bracket in the office pool that is the non-sport fan's dream. A conference where almost everything goes according to plan. The Duke Blue Devils easily won their first two games and are now set to play the surprising squad from Purdue University. The Baylor Bears are positioning them-

selves for a deep run into April that could possibly see them end up as National Champions. What else could you want?

Duke vs. Purdue

The Duke Blue Devils are once again playing into the second week of March Madness, their 11th trip out of the last 13 tournaments. The squad, led by legendary coach Mike Krzyzewski, will try their best to erase recent history (first- and second-round knockouts) and emerge victorious against the Purdue Boilermakers.

The Blue Devils have a predominately top of the key game with deadly shooters in guards John Sheyer and Nolan Smith. The duo has combined for an average of 35.9 points per a game, over half the team's points on a per-game basis. The team, however, has some more depth down low than last year and has the skill and potential to score under the bucket with the versatile Kyle Singler, who was the team's leading point scorer last year. The Boilermakers, on the other hand, do not have the depth or skill necessary to pull off a victory against this historic team. While they do have a select few players with the ability to create opportunities on their own, the Blue Devils have the advantage in this game.

Verdict: Unless the Blue Devils fall flat on their faces and choke, they will advance and end the impressive season of a surprising Purdue. However, if the Boilermakers manage to keep the game close in the first half, the second is anyone's game. It's March Madness, for Pete's sake!

Baylor vs. St. Mary's

Baylor is a team with the potential to advance to the Final Four. They have the height needed for the gritty baskets, the outside shooting guards for key three-point baskets and the mental toughness to defend a lead. The Baylor Bears truly have the complete package to make a serious run at the National Championship – if the pieces fall into the right places, that is!

St. Mary's has both showcased and been supported by standout Omar Samhan. The man has been on a tear down low in the paint, causing opposing teams to focus on controlling him. The rest of the crew has the ability to make the shots that are needed to win the big games. Other than Samhan, the team is a little weak in the paint, which could cost them against a formidable opponent.

Verdict: It is safe to take this *Nugget* verdict to the bank. Mark my words, the Bears will win in dominating fashion and will probably present themselves as a true test of the Blue Devils' toughness in the upcoming round. As for St. Mary's, there is always next year ... right?



cjonline.com

Jacob Pullen
Clutch player



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Evan Turner
Best of the bunch?

Sweet 16 battles



EAST

On paper these Sweet 16 matchups may not look the strongest, but they are sure to produce some great basketball viewing experiences. While Kentucky may not become the next No. 1 seed to fall victim to the March Madness curse, Washington will certainly be eyeing West Virginia's claim to fame.

Kentucky vs. Cornell

Kentucky is truly the most complete team in the entire NCAA. How they have been overlooked as the tournament favourites is beyond my understanding, as they have the skill, heart and desire to win the National Championship. The team meshed with five all-star recruits from the off season, and has flourished as the season has moved along. Their play even has some experts saying they may be the most complete team to ever play in the tournament, besides the historic UCLA teams of the past. If there is one thing we have learned from the past, it's that John Calipari knows how to build a championship contender.

Cornell is certainly a team that cannot be taken lightly. In their first two games, they managed to penetrate two of the top 20 defences and now will face the powerhouse that is the Kentucky Wildcats. Cornell, which has the best three-point percentage, lives and dies by the three-point basket. This particular asset, while sometimes being key in tight second-half games, may be a hindrance when facing a tough perimeter defence (remember what happened to Duke last year). Cornell will also play Kentucky less than an hour away from their main campus.

Verdict: Kentucky is too good a team to fall victim to

Cornell's outside shooting. A zone-press defence is too easy to lay out when an NBA calibre team performs it. While Cornell will have the hometown support behind them, the Wildcats will put up a lead in the first five minutes that no team would be able to come back from. It's safe to say Kentucky should book their hotel rooms a couple nights longer.

Washington vs. West Virginia

West Virginia basketball certainly isn't pretty but it gets the job done. Their offensive setup may look like a scene out of a junior high playbook, but their hard work on the offensive glass and their bizarre low number of turnovers have managed to advance them to where they sit today. Their gleaming flaw is their atrocious performance on the three-point line. Some members of the team have seemingly forgotten proper shooting technique, which has led to their low money-shot percentage.

Washington is the best example of a team that is clicking at the right time of year. They have had the skill to run deep in the tournament all year long but have finally managed to match it with dedication and heart. The heart displayed on the court, however, seemingly gets the best of them sometimes, as almost every time you hear the referee blow his whistle, you can be certain he is sending the opposing team to the charity line.

Verdict: If Washington manages to lower their personal foul violations, they will move on to the Elite Eight. West Virginia's three-point shooting will hurt them in what's sure to be a close game, sending the Huskies to the drawing room to locate some decent shooting recruits for next year.



Kentucky coach John Calipari



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ENTERTAINMENT

Goodbye Beatdown

The five vibrant band members of Goodbye Beatdown (Brani Shibiley, James Kennedy, Mark Luongo, Dustin Overhill and Royce) rocked out hard during Indie Night last week. Their music exuded a level of intensity and heat that complemented the tropical themed décor of the Nest.

Only together for one year, this band has the talent to get very far in the music industry, especially with the CFOX Seeds Platinum award under their belt; an award that coveted bands such as Nickelback, State of Shock and Matthew Good have won. They displayed a level of professionalism and showmanship on stage only mature bands pull off. However, off the stage, these guys are just like regular boys who joke around and have a good time.

Kathy: What did you think of your performance?

Dustin: I actually feel like the Hand of God might have touched me in the middle of it.

James: It was weird playing in the afternoon, but it was a cool venue

D: We Rocked the F out.

J: Kicking ass and chewing bubble gum.

K: What do you like best about what you do?

D: Getting crunk ...

Mark: We all really enjoy the stage. We're doing everything that we can do, just so we can play for people.



KATHY LE
Assistant Entertainment Editor

released in October last year, featuring seven tracks. Goodbye Beatdown's momentum is driven by their sense of purpose, love of music and desire to make a career out of playing songs. Having collaborated with artists such as Bif Naked and Finger Eleven already, the band will keep climbing until their dream of sharing the stage with Jay-Z or The Red Hot Chili Peppers comes true. With the experience of playing alongside a strong cast of celebrity artists, it can easily be assumed that those previous performances have well prepared them for a show during Indie Night for a bunch of college students; however, these guys have fried bigger fish. Their most memorable moments to date is playing on stage for the biggest event of the year – the 2010 Vancouver Olympics.

Each member has important future plans to be established in life and have families one day, but for now, the only thing they think of and care about is their music.

K: What's in the future for you guys?

D: World domination.

M: We're going to start recording. We're going into studio soon to work on a full album

D: Two more western Canadian tours, one more Eastern Canadian tour. We still have festivals to play all summer and then we're moving to Ontario for three months.

The boys will be moving to Ontario to record their next album. Their debut record titled *Whatchagwando*, was



Photo by Amanda Matskiw

Goodbye Beatdown lead singer Dustin Overhill lets loose at the Nest last week.

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By RACHEL LEES

I'm all about songs that are upbeat and that make you smile while inspiring

and pumping you up for the day. I happen to be a huge sucker for over-produced pop, and I thoroughly enjoy those catchy beats that put me in a good mood. They also happen to be the same songs that are always stuck in your head all day long. On a side note, catchy songs don't always have to be meaningless and overplayed. I believe that some of them encourage and inspire, while entertaining and wowing the masses. There are other non-pop songs, however, that are fantastic lyrically and musically, that I must share with you. These songs are amaz-

ing and sometimes even "life-changing." This play list offers a wide variety of upbeat music that pretty much anyone can enjoy. Whether it's laughing hysterically and dancing with my friends, or feeling encouraged enough to try my best everyday, they all hold a special place in my heart. Here are just a few of the ones I enjoy the most, and although you may not have heard of them all, they never fail to pump me up and keep me going.

1. Dance or Die – Family Force Five
2. All the Right Moves – One Republic

3. Again – Flyleaf
4. Careful – Paramore
5. The Slam – Toby Mac
6. Meteor Shower – Owl City
7. Death and All of His Friends – Coldplay
8. Awake and Alive – Skillet
9. Fly with Me – Jonas Brothers
10. Syndicate – The Fray
11. The Lost Get Found – Brit Nicole
12. Gifts and Curses – Yellowcard
13. Lions – Lights
14. Dare You to Move – Switchfoot
15. Umbrella- Rihanna

VIRAL VIDEO

Academy Award winning trailer

By ALI YUSEF

After all of the buzz of the Oscars still lingering, I've wanted more out of the recent Academy Award season. Maybe it's my disdain for Ben Stiller (especially after dressing up as a Na'vi from Avatar at the Oscars) or the poorly executed hosting job by two well known and established actors. For any of you who agree with me on that notion, I have for you this week's Viral Video.

If you know funnyordie.com then you already know of all its merits such as Between Two Ferns with Zach Galifianakis or Pearl the Landlord. One of the newer videos called

Academy Award Winning Trailer is one for the movie buffs. It takes every over-used selling strategy in movie advertising with familiar scenes from various movies and whips it all into one clever as hell video.

We've all seen a movie trailer before, and to me most are very typical and modelled. Don't believe me? Go check out a few movie trailers of your favourite films. You'll see in this video how most real movie trailers are thought out in order to sell. However, funnyordie.com won't let it rest until, well, it's hilariously awesome. I have to say, this video is worth watching. It

may take a few tries to fully understand what the fake movie trailer is trying to communicate since the dialogue between the characters seems to be very abstract and ambiguous. Let's just say dialogue in the video feels very much like a fill-in-the-blank. Insert your own devices such as plot, names and interests of the characters and, hey, you've got your own Academy Award winning trailer.

With the use of different techniques in movie trailers such as the dying man's inspiring last words, the overly passionate whisper and, of course, who can forget the voice-over out-



lining the flaws of the main character, this was a well thought out project that we all need to enjoy. So take a gander at funnyordie.com and check out the Viral Video of the Week.

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the nest

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NAIT, Room X205
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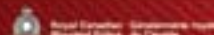
Exposé sur les carrières

Le jeudi 25 mars
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UFC comes to the Nest!

By PAUL FITZPATRICK

NAITSA, the Nest and the Girls of CCR bring you the pay-per view to end all pay-per views. On Saturday March 27, UFC 111 is expected to be the best show of the year. You can watch it live at the Nest for only \$10 a ticket or you can watch it by yourself, at home, for \$60. You do the math. Tickets can be bought at the Nest, the NAITSA office or from the lovely girls of CCR themselves in front of the Common Market today from 12:15 p.m. to 1 p.m.

There are plenty of tickets left but you better get your tickets now because this event is expected to sell out. This is the first of

hopefully many UFC events to be shown at the Nest. It's going to be a great atmosphere that you obviously can't get at home. Mixed martial arts is the fastest growing sport in Canada and the UFC is becoming a household name. The UFC is expanding into all corners of the globe, including the NAIT campus.

If you've never watched a UFC fight, make this your first one. The main event sees Canadian Georges "Rush" St. Pierre defend his welterweight title for the fourth time. "The Outlaw" Dan Hardy is looking to put an end to St. Pierre's six-fight win streak. GSP is the best welterweight fighter in the

world and is the highest ranked pound-for-pound fighter in the UFC, according to the new MMA Rankings. Dan Hardy is coming off a decision win against a very tough Mike "Quick" Swick and has nothing to lose in his first title fight.

The co-main event will see a clash of heavyweight titans. The fight is for the interim heavyweight title. Undefeated Shane Carwin will take on former heavyweight champion Frank Mir. Carwin has won all of his 11 fights in the first round (most by KO) but has not entered the octagon in over a year. Carwin was slated to fight Brock Lesnar back at UFC 106 but Lesnar withdrew from the bout due to illness.

Frank Mir is coming off a very impressive submission victory over Cheick Kongo back in December that thrust him back into title contention. The winner of this fight will take on Brock Lesnar, hopefully, in Vancouver.

UFC 111 at the Nest on Saturday, doors at 7, show at 8. Listen to Chillin With Fitz for fight predictions on www.nr92.com at 6:45 p.m. tonight.



Georges St. Pierre

weblogs.cw11.com



Dan Hardy

10thplanetwatch.com

Final Fantasy XIII delivers

By KITA MURU

Four years ago, Square Enix showed off Final Fantasy XIII for PS3, which amazed everyone with its graphical prowess. Then two years ago, they also decided to bring it to Xbox 360, which probably pissed a lot of people off in the process. Now through all the teasers and demos, FF XIII is finally here, showcasing one of gaming's major franchises on current generation technology.

FF XIII is a story of a utopian society, Cocoon, and the savage underworld, Pulse. Opposing rulers of both worlds are known as Fal'Cie, mechanized gods feared by humans on the opposite end because they turn ordinary humans into L'Cie. L'Cie are magic wielding servants, identified by a small mark on their bodies, and carrying out an unknown objective called Focus. If they complete it, they spend an eternity as a crystal, however, if they don't, they become mindless monsters called Cie'th. This is the task set before characters called

Lightning, Snow and company as they try to either save or destroy the world.

The presentation is ridiculous – in a good way. Sure the story's a simple "save the world" affair, but it's pulled off well by connecting the merry band to the issue at hand, and each of their motives behind banding together. This is also helped by the mind-blowing (even for a console) graphical design, and the solid (if not a bit cheesy) voice acting. Although legendary composer Nobuo Uematsu, or FF XII's composer Hitoshi Sakimoto aren't primarily composing XIII, Masashi Hamauzu



does a really great job mixing the usual orchestral style with some techno style specific to XIII.

As far as how FF XIII plays, it's a mixed bag. You're progressing down a fairly linear path until many hours into the game, without talking to anyone. The Active Time Battle system is still turn-based like the rest of the series, only you get to chain attack abilities and magic together. Chaining attacks will consistently stagger your enemies, giving you a chance to deal with huge damages. At its best, it can be complex and fairly solid, and at its worst,

it can be a repetitive exercise of the X/A buttons.

True to FF fashion are Eidolons, guardian monsters which fight alongside a specific member of the gang, and team up with them in Gestalt mode, to unleash massive attacks. Magic is limited to battles, since HP gets replenished after each one, while the Cystarium lets you upgrade abilities and Cie'th stones provide missions to aid the fallen Cie'th in completing their focus.

There's probably too much to explain about FF XIII in a few hundred word article, but Final Fantasy XIII is aesthetically pleasing, with game play choices that will either win you over or frustrate you, even if you love the FF series. It's quite slow at the beginning, and you're progressing throughout a linear path through half of the game, but it picks up the pace and opens up later on.



Metro 2033 the game a challenge

By ALEX TOSTOWARYK

Turning a video game into a movie is never a good idea, and they usually always fail. You walk the same line of risking total failure when you decide to turn a novel into a video game. However, video game developer 4A Games was up to the challenge, turning the book *Metro 2033* into the next 'it' game of the year.

Written by Dmitry Glukhovsky, the story revolves around the adventures of Artyom, a young man trying to survive in the Metro system, which is being viciously attacked by evil monsters called the Dark Ones. Armed with a couple of guns with limited ammo, the game takes a different approach to your normal everyday shooting game, because it forces you to venture away from the safety of the underground, making you fight outside. The ammo also takes a very different role.

The graphics are so unbelievable that I was actually scared at times. *Metro 2033* takes gaming into a whole new direction and redefines survival horror. You get totally immersed into this game. There are two types – dirty ammo and military grade ammo. Military grade ammo is also the currency for items. At first I didn't like the idea but it made sense in this post-apocalyptic world. The better ammo does more damage, but it also gives you the choice to save up your good ammo to buy better guns.

So If you are into multiplayer shoot 'em up games, don't bother with *Metro 2033*, but if you are looking for a great story, low chances of survival and a very unforgiving environment, then I encourage you to give this game a try.



ADULT FILMS

Look like a porn star?



COLLEEN NUC
Entertainment Editor

Have you ever met someone who looks exactly like someone else? Maybe that person you met is the spitting image of a relative or even a celebrity. What if that person looked exactly like a porn star, which in-turn forces you to watch this person's every move in a creepy, voyeuristic way. Simple, everyday activities like eating a banana, washing your face, rolling up the rim or putting on a pearl necklace leave you with only the sexiest of thoughts.

This happened to be my situation this past week. While on my internship, I've been blessed with the chance to meet Evan Stone's twin. I knew from the moment he walked into the room that he was special; his long, sandy blond hair, square, chiseled jaw, crinkly face made me wonder if he was "one of the best" in Edmonton.

This made me wonder, what are the pros and cons of being a porn-a-like? Do the pros outweigh the cons, or does a porn-a-like wish to separate themselves from their promiscuous other half?

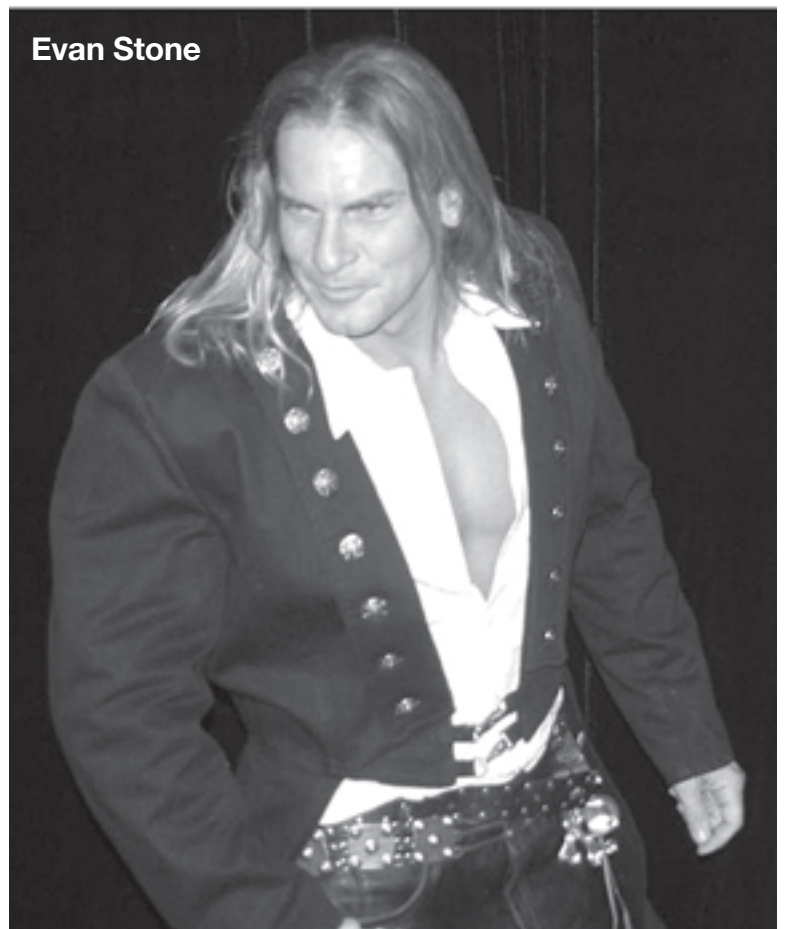
The advantages to looking like a porn star are seemingly obvious. However, these advantages can also be viewed as a disadvantage, depending on whose looking at it. First off, on the men's side, one potential advantage of looking like a porn star is that rarely would you have troubles finding a mating partner. Every time you walk into a room, any one who's familiar with the adult industry would automatically associate you with sex.

However, there's a lot to live "up" to when you look like a professional lover. What if you've been dealt the short end of the stick, and you end up disappointing every partner you have? If this isn't the case, and you pack some major heat, then perhaps you would reap some major rewards for looking like a porn star. Forget cuddling, every woman you pick up will want you for one thing only, and after they are satisfied, they'll be out the door. This will eliminate any unwanted canoodling after sex, because after all, you're a real man. But there are guys out there who are sensitive, caring and want nothing more than to cuddle with a partner while watching *The Notebook*. If this were the case, then you got the shaft, because rarely do women see porn stars as more than just a pleasure rod.

What about our big-breasted porn-a-likes from the fairer sex? One obvious advantage to looking like Jesse Jane is that you will forever be seen as a sex symbol. Little school boys will think about you at night, you'll most likely get deals on things like televisions and oil changes and you'll be the biggest hit at Oil City Roadhouse on a Friday night. These perks will clearly help your financial situation, but it may cost you in ways you may never imagine. You will never be taken seriously in important meetings and you'll be seen as a "ditz." Perhaps you won't get that much deserved promotion because of the "image" you portray. The biggest disadvantage for female porn-a-likes is being seen as a slut. This has to be one of the biggest fears for any sexually attractive woman.

So depending on who you are, being a porn-a-like can either be a blessing from the gods or an unfortunate curse, depending on who you talk to. If you're a sensitive, caring,

Evan Stone



insane-entertainment.com

conservative individual, chances are being a porn-a-like probably doesn't work in your favour. However, if you're a porn-a-like who just wants to get down and dirty with the opposite/same sex, then hats off to you, and I'll see you at Oil City Roadhouse.

One out of two

By ALI YUSEF

On St. Patrick's Day last Wednesday, the Nest decided to throw a free comedy show for all to enjoy. There was green beer, \$4 wings, good company and bowl full of laughs. Well, sort of anyway. Let me start by saying this:

Tyler Hawkins was about as funny as watching a blimp full of puppies pull off a Hindenburg. For those who didn't pass Social 30 in high school (if you haven't, how are you in post secondary?), it means he crashed and burned. Hawkins attempted to engage the audience with "Oh, hey guys. How's it going? Good? Yeah I'm not too bad. What-cha got there? Oh h green beer! Cool ... cool." Seriously? This is how you're going open up your act? This happened for about 20 abysmal minutes!

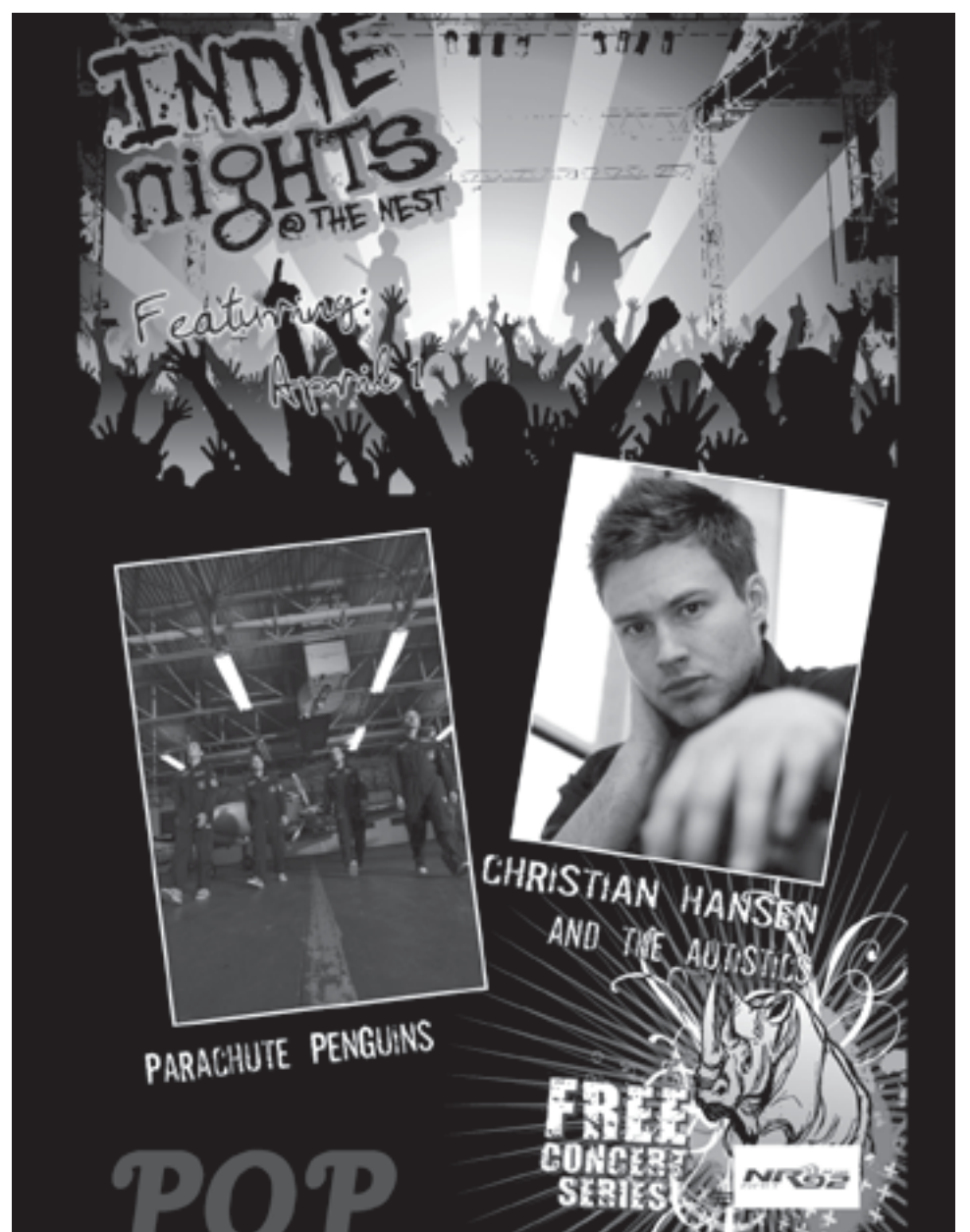
I've never done stand up comedy, but I say some pretty hilarious jargon that would at least have someone in the Nest laughing. I'll give him this, though ... he tried, and that's what counts right? Well, if you were a successful stand up comedian, I would assume you would have more material than the crap I pulled from YouTube. I mean, it was funny on YouTube when I first saw it! However it would have been a little more diverse if he hadn't recycled all of his routine. New jokes,

Hawkins. Look it up.

On the other hand, Trent McClellan stole the entire show. McClellan was oozing with great stand up talent, and his engagement with the audience was actually likeable, unlike Hawkins. I'm pretty damn sure that there was a point where I was physically hurting with tears collecting because I was laughing too damn much. There were some points where he was recycling jokes to a new audience, but really, only I knew. On top of that, he delivered them with such charisma and attitude that I didn't even care. It was one of those "YES, HE SAID IT! HA, HA!" type moments, at least for me it was. You know what I find the best aspect about a comedian?

All of the material in the routine just keeps you hooked. McClellan never lost anyone's attention throughout the busy night at the Nest, and people were actually listening! I think that's one of the challenges of being a comedian and Trent never showed any sign of weakness.

The free comedy show at the Nest was a great event to sit back, enjoy some green beer with a few laughs kicked into the mix. But hopefully they get a better opening act next time. Overall, what a great way to start your St. Patrick's Day shenanigans!



Star-studded birthday!



KATHY LE
Assist. Entertainment Editor

A very big birthday was celebrated this past Saturday at the Edmonton Event Centre and hundreds of Edmontonians and Canadian musicians were in attendance. Turning five years old this year, 91.7 The Bounce unfailingly delivered a party that was nothing less than exceptional. Being able to experience the festivities with a “crew” pass was very close to being a diehard fan’s dream come true. The day started at 10 in the morning, following with a full eight hours of interviews with the six invited artists performing in the show.

Justin Blais

Last year’s Bounce Showdown winner, Justin Blais, kick started the event. Still new to the scene, he is keeping busy with performing and taking part in writing and producing songs.

“I’m collaborating with a rapper for a new song,” he said. “This is the first time where I was right centre involved. It was split 50/50 where we both worked on it, which was awesome.”

With the opportunity to contribute his creative ideas to the table, Blais says, “Love, past experiences, growing up, and stuff around the world,” inspires him when writing songs. Before taking time to hit up Mexico with his family for a vacation, Blais is jetting off to Montreal next week to perform.

Marianas Trench

This popular quartet from Vancouver was the highlight of the show. Even after being around for many years and having fans bombarding them constantly, these guys are so down-to-earth you would never guess they were celebrities. One could only imagine how life could change after reaching stardom, but Matt, guitarist and vocalist, joked around saying, “I have four wheels now instead of three.”

Going back to the subject of the fan craze, Mike, bass and vocalist, explains, “It’s not so bad,” as their lead man, Josh, with the blue hair, has it the worst.

“The cool thing is that the people who recognize us are serious hard core fans,” Matt said.

After half an hour of chatting with Marianas Trench, their easygoing personalities made it seem like we were buddies hanging out. Had we not been there for business, my cameraman and I would have jumped at the opportunity to play laser tag with them.

Karl Wolf

His suave and cool demeanor on stage and his music videos may intimidate people, but this guy is all about giving

generously. Before stepping into the green room he smiled for the cameras and patiently spoke with visiting children and their parents. He’s involved with charity work and is appreciative of how, with his success, he can make a big difference in the lives of many people. Angelina Jolie was mentioned as a person he admires because of all the humanitarian work she’s done.

I have always been curious about why he went by the last name “Wolf.” It seems that when he was in high school he played point guard on the basketball team. He was the shortest, fastest guy and they nicknamed him Wolf from the movie *Teen Wolf* starring Michael J. Fox.

“When he turned into a wolf he was a great player and when he wasn’t he was just a nerd. When I’d be scoring points and stuff they would call me Wolf.”

Dragonette

Lead singer Martina Sorbara is absolutely adorable and has a pixie personality. The band is currently on tour with plans to travel to Eastern Canada after the birthday bash. If anyone’s ever watched her music videos, they’re nothing short of very artsy and creative. Creativity is one of the reasons why Sorbara loves what she does.

“It’s very rewarding and gruelling at the same time. It’s about having a job that allows me to make things.”

Formed in 2005, this group has endured a long road to get to where they are today. Sorbara says: “It’s been a real learning curve for us as a live band because the birth of Dragonette was

more studio and making the two make sense took a long time. I feel like the band has an existence on stage and the songs have their own life.”

The band has definitely come a long way as many people enjoy their hit songs such as “Liar” and “Pick up the phone.” The retro feel in their music also makes them unique.

Shiloh

For a girl who’s only 16, Shiloh carries herself with great professionalism and maturity, while still having fun. Since we missed out when she was doing her sound check, her interview was conducted in her hotel room with her family and friends sitting in the back. Instead of the normal sit-in-chair Q & A, we decided to switch it up and plopped into an empty hot tub. It was great fun! I felt like a big sister just chatting it up like it was any regular day. Shiloh was also a winner of the Bounce Showdown, making that a pivotal moment for her. Having had a number of great experiences in the limelight, she describes the MMVAs as one of her most memorable ones.

“It was crazy,” she says. “You get on the red carpet and you get an interview with this person and this person ... meet with Perez Hilton ... keep walking ... almost trip over my heels ...” Shiloh says that she’s still getting used to people

just stopping and staring at her when she’s out and about. She finishes the interview with a song, which was absolutely phenomenal; this girl can sing!

The Party

At about 8 in the evening the doors flooded with ticket holders and the place packed up to the brim. In addition to the performances, radio jocks from the Bounce were on site for pictures and autographs. There were tons of prize draws and five lucky winners walked away with diamonds from Premier Jewellers, a shopping spree from Moltisanti Clothing, a trip to Cancun from WestJet, a prize package from Rain Salon and Spa, or a 2009 Dodge Caliber from Cap-

ital Motors and Crosstown Auto Centers. About 1,300 people attended the event, leading Samara Beggs, Canadian content manager, to comment on how the evening was a success. As for next year’s birthday bash, she doesn’t really know what to expect.

“I always like to top the year before,” she said. “I can only hope people continue to support The Bounce and Canadian Music.”

For those who are dying to know more about what the music artists have to say during their interviews, check out next week’s article for the full version or (coming very soon) the video version at www.thenuggetonline.com



Photo by Chris Carmichael-Powell

Our own Kathy Le with two members of Marianas Trench.

NOTICE FROM THE OFFICE OF THE REGISTRAR ARE YOU GRADUATING IN THE SPRING OF 2010?

CONVOCATION 2010
Saturday, May 8, 2010
The Northern Alberta Jubilee Auditorium
11455 – 87 Avenue, Edmonton, Alberta

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

Deadline for ordering gowns:
THURSDAY, APRIL 1, 2010

Orders will be taken at:
NAIT Bookstore, Room X114 or by contacting 780-471-7717
Patricia Campus Bookstore, Room P135
or at South Campus – Room Z154

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

FASHION

Suggestions for summer

By ALI BRUNI

Spring is in the air! Soon it will be time to take those cute little wedges out of your closet, and put those parkas away until next winter. Ladies, this spring it's all about those sky high wedges. The more buckles and ties they have the better.

Check out Alessandro Dell'Acqua's spring collection for some ideas. If you like patterns and bright colours, this season is definitely the season to try them out. Hot pinks, bright blues and great greens are all in season, whether it be a cute little mini or a focal blouse with jeans. If you're not sure what one would wear with a printed blouse, try some boy shorts! The hemline has crept up shorter than short this summer and if you have long legs, why not show them off! However, if you haven't, hit the gym. In a while, you can always stick with some cute boyfriend shorts, and look just as fabulous.

Instead of the micro-mini, try a long dress with a big slit. The slit is a sultry way to show off some serious leg. If you think you're going to have to go out and buy an entire new summer wardrobe, don't worry, there are a few things from the winter collec-

tion that you can still work with. Vests and blazers will continue to leave their mark in the fashion world. Pair them with leggings

and some wedges, or even knee socks and boots. Another trend that seems to be sticking around is ripped denim. Whether it is the boyfriend style, straight leg or boot cut, destroyed denim is definitely going to be around all spring.

A style that was introduced this past winter was the jumpsuit. We haven't seen too much of it yet,

but this spring we will be seeing a lot more. Rompers are cute and casual, and can be worn with heels or flats. They are comfortable and versatile. Remember, even if it's in style, it may not be right for your body, and that's OK. In order to look your best you have to dress to fit your body. If you're not sure how something will look, TRY IT ON! Don't buy things online you have never tried before. Go to the store, try a few styles out, and then go buy one online with an idea.

There are only a few weeks left until warm weather hits! Get cracking ladies, read the latest magazine, or hit up the latest website, because fashion never waits!



HOT SINGLE OF THE WEEK



Photo by Raymond Ip

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

\$10,000 Summer Work Income Guaranteed!

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Contact Mike at mike.colson@voipsummer.com

FOOD DRIVE

The fourth semester NET students are doing a food drive, to feed the children of our fine city. If you can afford any spare food (I know this can be hard for us poor students), please help us out. We have donation boxes in the following locations: W-205, W-309, the NAITSA office, E-114, the Nest, the Electronics office and the Tech Store.

Thank you all for your help
Shawn Foisy
NET Student

Graham McCann Radio and Television

1. **What are three things to describe the person you are?**
 - a) I try to be as kind and genuine as possible
 - b) I want an enjoyable life, and nothing is worth enjoying if it isn't shared.
 - c) Ambitious life - make a noticeable and positive impact in the culture. Through books, TV, and movies; per se
2. **Would you foot the bill or go dutch on a first date?** – Well, if I asked someone out, of course; because I am inviting them. It would be rude to invite and make them pay. It should not be a gender issue. After the first date; split, treat each other at different times, whatever. Relationships are about mutual care and respect.
3. **Are you an ass or boob guy?** – Aha, I rarely think that way. I first notice girls hair, face and eyes. If I had to choose, definitely boobs! But too big is over-rated and no one should lose self-esteem over it.
4. **If a girl farted on your first date, what would you do?** – An odd question ... do I have to answer this one? Can we change it to something more interesting?
5. **What are three things you look for in a girl?** – a) Genuine intelligence and a positive, un-stuck-up personality who likes to dip into the realm of geeky fun on occasion.
 - b) Girls who respect their boyfriends as much as they want to be respected AND are not afraid to ask boys out.
 - c) Physically; pretty eyes, nice hair (short or long), at least a little athletic, and a sweet sense of fun style.
6. **What do you want to say to the ladies at NAIT?** – No one should be afraid to approach anyone they have a crush or are attracted to, we are all people and probably are all self-conscious.

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

Heavy metal alive and well

By **NICOLE de CHAMPLAIN**

The *Holy Headbang Hour* is adding a little bit of versatility to NAIT's student-run radio station called NR92. This music will get your head moving, literally. Ryan Busko and co-host Chris Andrichuck have joined together in hopes of bringing a little bit of heavy metal into everyone's lives. Their passion for heavy metal music shines through every time they go on air as they update you on new bands and upcoming concerts. I'm not really familiar with metal so I had a few questions for Ryan about his show.

Nicole: Who is Chris?

Ryan: We both work together and when he heard I was going to be doing a heavy metal show he asked if he could sit in on one of the shows. From there he never really left and has been a co-host ever since.

N: Why did you choose him for a co-host?

R: Since me and him both have a huge passion for heavy metal it seemed like a good fit.

N: What genre of music do you play?

R: Heavy metal, but every once in a while I will throw some country in just to mix it up.

N: Why did you choose to start this show?

R: Well, no heavy metal songs are played on any local radio station aside from the occasional Metallica song and, since Chris and I both love heavy metal, it seemed like a good idea.

N: When and what time is your show on?

R: Every Monday evening from 6-7 p.m.

N: What is your favourite part of having your own radio show?

R: The freedom to do things the way I want and follow my own format. It's also really great to be able to play the music I like to hear.

N: Would you ever consider having me as a guest?

R: Why certainly!

N: What kind of things can someone expect to hear you guys talk about?

R: Usually we talk about upcoming concerts, the bands we are playing and some weather and celebrity news just to mix it up. Mostly music related stuff though.

N: If you could compare your show to a chocolate bar which one would it be?

R: Probably a Wunderbar because every time anybody tells me they enjoy the show I find myself wondering why? I mean, we suck! Ha, ha, ha, just kidding, of course. No, I would honestly probably say a Crispy Crunch because they are super tasty, just like our show!

N: Anything else about your show you want to tell me about?

R: We take requests, even non-heavy metal related ones and that everybody should be listening even just once to try and expand their music preferences. Who knows, maybe they will actually hear something on the show they don't think is half bad.



Ryan Busko

Supplied photo

TIMELY TIPS

Don't put it off – manage it



MARGARET MAREAN
NAIT Student Counselling

Most people struggle with procrastination to some degree. It is one of the biggest factors in determining how students do at school and later in their careers and in other parts of their lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

1. Never label yourself as a procrastinator. Giving yourself the

procrastinator label just reinforces procrastination.

2. Get into a routine of studying and doing homework at the same time each day.

3. Make a daily to-do list and prioritize the items on the list.

4. Always work on your most important tasks first.

5. Define clear goals. Have reasonable expectations.

6. Recognize how you procrastinate (watching TV, talking, phone calls) and use these as rewards. Don't let yourself do other activities until you have completed the work you need to do.

7. If you are feeling overwhelmed, break tasks down into small chunks and work on one chunk at a time.

8. If you feel really unmotivated, use the five-minute method. Commit to doing something on the project or studying for five minutes. When the five minutes are up, decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)

9. Be aware of making excuses. Challenge faulty reasoning every time and get back on task.

10. Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or wash-

ing your car instead of working on your goal you are rewarding yourself for procrastinating.

11. Get enough rest. Fatigue is one of the biggest contributors to procrastination.

12. Recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

13. Take action now!! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.

14. See a counsellor. If you need help on this or any other personal, academic or career concern don't put it off!

Counsellors are available to help with any academic, personal or career choice concerns. Phone 378-6133 to book an appointment or come in person to Student Counselling, Room W111-PB, HP Centre.

PB & J

By **KATHY LE**

Cheese and Rice Casserole

1-2-3 and a delicious, and easy meal is ready and waiting for your hungry tummy. Use pre-cooked rice to save time and brown rice over white rice for nutrition. Enjoy.

The Stuff:

- 2 1/2 cups cooked brown rice
- 3 green onions, chopped

- 1 cup low fat cottage cheese
- 1 tsp. dried dill
- 1/4 cup grated parmesan cheese
- 1/2 cup 1% milk

The magic:

1. Combine all ingredients into a mixing bowl.
2. Pour into a casserole dish.
3. Bake for 15-20 mins at 350F.

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Master Corporal **BRUNO DUGUAY**

RECHERCHONS:
TECHNICIENS D'AÉRONEFS

« Avant de commencer ce métier, je me disais : la formation est payée, l'engagement minimum dure seulement trois ans. Je me voyais ouvrir mon propre atelier, réparer des petits moteurs. J'ai complètement changé d'idée. Je suis ici pour rester. »
Caporal-chef **BRUNO DUGUAY**

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Grapevines

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

To the teacher who freaked out on the entire class, take your ritalin and calm down. You're making a mockery of your profession.

— Traumatized Student

...

Carrying a camera bag, a lighting kit, a tripod, a dolly and three microphones across campus BY MYSELF was seriously the highlight of my day.

— fml

...

EVERY time I walk by the Health and Dental office I see men staring at the chick that works there. Get a rag and wipe your face so we don't slip on your drool.

— Safety first

...

NAIT needs a year-end beer gardens.

— Time to get rowdy

...

Screw roll up the rim to win. Sticking with my Van Houtte from my favourite cafe lady

— Loyal coffee drinker

...

You want to know why you're getting too stressed out? Because a) you don't drink enough, or b) you're trying too hard. A little slacking never hurt anyone. And stop com-

plaining while you're at it.

— Slacker

...

For the record, guys, it's really weird when you go in to a stall and lock the door to take a piss. What's the worst that happens? Someone might look at your dick?

— Grow some balls

...

To the instructor that teaches on the seventh floor on Fridays — you're one sexy guy. Oh, you know who you are.

— Teach me ... something naughty

...

To the lovely server working at the Nest, I have a huge crush on you. Be mine?

— Trouble

...

To the nursing cutie-pie who is always with the lanky blonde girl in the HP Centre: I am just dying inside to have a meaningful conversation with you. Would you like to go for a Coke sometime?

— Not Easily Deterred

...

I have a boyfriend but I'm still thinking of sleeping with you one day.

— Cheater

...

I spit in my teacher's coffee the other

day. He deserves it.

— Spitting Mad

...

To Mr. Photographer — you may still be young, but I know you're hung. As for me, I'll remain a mystery :)

— When in doubt, smile.

...

Vote NO for the U-Pass!

...

There is a BIG typo on a poster down the hall towards Common, what are big OPPORTUNITIES?

— Spell Checker

...

Dear Person in my Class, don't steal all of the freaking chocolate

— Hungry

...

I'm tired of people thinking that they're better because they're older.

— Anonymous

...

Dear Carpentry building, please turn up your heat, I'm so cold.

— Brrrrr

...

First semester students shouldn't hit on second semester students.

— Anonymous

...

Why does Purell hand sanitizer look like cum?

— Curious Student

...

What's with classes at 8? How am I supposed to learn out of blood-shot eyes?

— Red Eye

...

Is that peahen still on the loose terrorizing people? I sure hope so!

— Loves When the Animals Win

...

By the end of this semester I'll lose all my friends and my boyfriend.

— Hate my life

...

So you're saying you don't need to see my ID anymore because I'm here so often ... that is so sad.

— No ID

...

OMG. I worked with Cutco too!

— Knife girl

...

We're all busy, that's what being a student is about. Stop playing victim, it's pathetic!

— Annoyed



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Linda Hoang
and
Kathy Le

On a scale of 1-10, how drunk were you on St. Patrick's Day?



"8.5. It was because I was also celebrating my birthday that night."

Henry Bak
Personal Fitness Training



"2. I was at home. I don't have enough money to drink."

Shane Rakowski
Personal Fitness Training



"0. I didn't drink on St. Patrick's Day because I'm behind in school work and I needed to study."

Tom Dobie
Electrician



"0. I have a kid and I'm not allowed to go out anymore."

Ray Forget
Electrician



"9.5 I wasn't quite at blackout moment, but almost."

Ridge Watson
Power Engineering
Technology

Dr. CONwisDOM

Dear Dr CONwisDOM,

This girl and me are currently seeing each other and we were doing it "doggy style" the other day. Now, I like a girl who is nice and bare down there and this girl was ... until I turned her over! She definitely missed some back there and I was so turned off I just wanted to get it done and over with. I really like her but how do I tell her about her hairy butt hole?

— Likes it ALL bare

Dear Likes it ALL bare,

This is quite a challenge. Perhaps she forgot to tell her bikini waxer to finish the other side. I say either you tell her straight up to clean up, or you can just stick to positions where you don't have that angle. If all else fails, you can always turn out the lights! Good luck, dude.

...

Dear Dr CONwisDOM,

I just found out that my girlfriend is cheating on me ... with another girl. We've been dating for two years and this "affair" has been going on for about a year. She claims she's not a lesbian, but I'm not convinced. I'm not sure why this is bothering me so much. Should I be bothered?

— Girlfriend likes carpet

Dear Girlfriend likes carpet,

Hmmm ... I'd be suspicious. I think your girlfriend is a lesbian. It's one thing when she's having flings with the ladies every

now and then. If that were the case, I would let it fly and ask to join them. However, if she's been frolicking with this female friend for a year I'd say she's tired of your piece and straying to new territories. Just leave her and find a straight girl. Since you're the last boyfriend she's had, I'd worry about holding the reputation as the guy who converted her. Poor you.

...

Dear Dr CONwisDOM,

So I don't usually get off on sex unless the guy can last a good hour (which by that point im over it). The only thing that gets me going is when a guy goes down on me. Apparently my girlfriends are in the same boat. Should I start canoodling with them or do you have advice for me to tell the next man I sleep with? I NEED HELP!

— Marathon Lover

Dear Marathon Lover,

What intrigues me about this submission is not the fact that your boyfriend can't satisfy you, but the fact that your girlfriends are in the same boat and you are considering "canoodling with them." If you can only get off with your man's face between your legs, what do you imagine? Perhaps one of your girlfriends? I don't think that your problem is with the amount of time your man can get it up, but it's the fact that you may be, all around, allergic to cock. My sug-

gestion is that you have sex with one of your girlfriends. It'll be a gentle push out of the closet.

...

Dear Dr. CONwisDOM,

I recently started dating a girl who has some very odd bedroom habits. In fact, some of it is downright hazardous to my health. She does things like bite my nuts, yank on my treasure trail hairs — she's even grabbed my balls and shaken them like dice in a cup. I've tried to talk to her about it, but she insists that she read a bunch of sex tips from guys in Cosmo, and that she swears by them. How do I convince her that she's been misinformed?

— Hurtin' Junk

Dear Hurtin' Junk,

I'm afraid you're dating an idiot. Any woman who takes her cues in life from a rag such as Cosmo is quite simply too stupid to bother putting up with. Cut your losses and find someone who understands how the male anatomy works, instead of using tips from people who frequent S&M joints.

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

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Your horoscope



MADAME O

January 14-20

(Warning: These Nugget horoscopes are not written by an accredited astrologer; however, believe them if you like, as they are absolute and unquestionable.)

Aries (March 21-April 19)

You're stressed, but don't let small things bother you, especially things about your love life. A caution: Love is almost always incompatible with true happiness.

Taurus (April 20-May 20)

Don't take any candy from strangers. You can avoid tragedies that way. Also, you should not spend your money recklessly, there will be an item you might want that is more special.

Gemini (May 21-June 20)

You may get urges to hurt or steal out of fun. Do not and you will be rewarded by not going to jail. Jail is bad.

Cancer (June 21-July 22)

Perhaps it is time to put away those sad feelings and get out into the sun. Relax and listen to an Enya record, meditate and get out the spirit crystals. Stop caring about hygiene and come to school in pyjama bottoms and crocs.

Leo (July 23-Aug. 22)

You should avoid conflict this week. Stay away from Geminis. Also, drink a

lot of water, it's good for your health.

Virgo (Aug. 23-Sept. 22)

You really should learn to shut up, because people are tired of hearing you talk. You aren't interesting.

Libra (Sept. 23-Oct. 22)

If you get sick, don't go to a hospital or seek modern medical attention. Faith healing and psychics are the way to go. Science hasn't done anything, so listen to those voices instead. Listen to your astrological advice without question.

Scorpio (Oct. 23-Nov. 21)

You are being closely watched by the spirits. It all revolves around you. All messages you see, no matter how vague, are intended for you. The spirits are guiding you to your inner light.

Sagittarius (Nov. 22-Dec. 21)

You have to confront new people this week. Do not let this scare you because this is going to have a lasting impression for you. Your lucky number is 3.

Capricorn (Dec. 22-Jan. 19)

You seem to be at a crossroads, but don't let that get you down. Whichever road you take will lead you to fulfillment.

Aquarius (Jan. 20-Feb. 18)

Stay away from greasy foods and drink coffee when necessary because this is going to be a stressful week.

Pisces (Feb. 19-March 20)

You've been worrying a lot lately. Either take a chill pill and call it a day, or stop procrastinating and get back to work.



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

Locker security a must



Locker thefts tend to be in, but not limited to, remote areas of the school and / or in low traffic areas. In many of these thefts, specific items are targeted, leading security personnel to believe that the perpetrators monitor the area before they strike. Once the thief or thieves spot a likely target they wait until the area is clear then, by utilizing a small and easily hidden pair of bolt cutters, quickly cut the lock and remove the valuables. This crime can be committed and the thief or thieves can vacate the premises within a few seconds.

As lockers are used to store valuables while students attend class or perform job duties, it is important that the lockers be well secured. Following are a number of tips to decrease the likelihood that you will become a victim of locker theft.

To reduce the chance of becoming a locker theft victim follow these few tips:

- PURCHASE a high quality lock. The price of a quality lock is slightly higher, but its value is related to the value of the locker contents.
- ALWAYS fully engage the lock. For combination types spin the dial to ensure it is secured. Tug on the lock before leaving.
- DO NOT bring any large sums of money or unnecessary valuables to school and store

them in your locker. To do so is inviting unneeded risk.

- DO NOT record your locker combination on, or about, the locker or the lock. For a key lock, keep the extra key with you in a safe place.
- OBSERVE the people around you and know the people that have lockers around your locker area.
- IF you observe suspected criminal activity, DO NOT CHALLENGE THEM. But instead immediately proceed to the nearest telephone and inform Security.
- WHEN you observe someone, other than a NAIT Peace Officer, using bolt cutters to cut a lock from a locker, contact Security immediately.

If you see someone loitering near lockers or in the area, or taking an unusual interest in locker contents, be suspicious.

- Take note of their description, height, approximate age, and any identifying characteristics or markings.
- Report these to NAIT Campus Security Services.

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

Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Visit www.nait.ca/security for more Security Tips.

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CLUBS CORNER

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!

A 30-hour famine is coming to

NAITSA, and it's going to be all night

at the school, with fun games, interactive speakers, and giving back to the community.

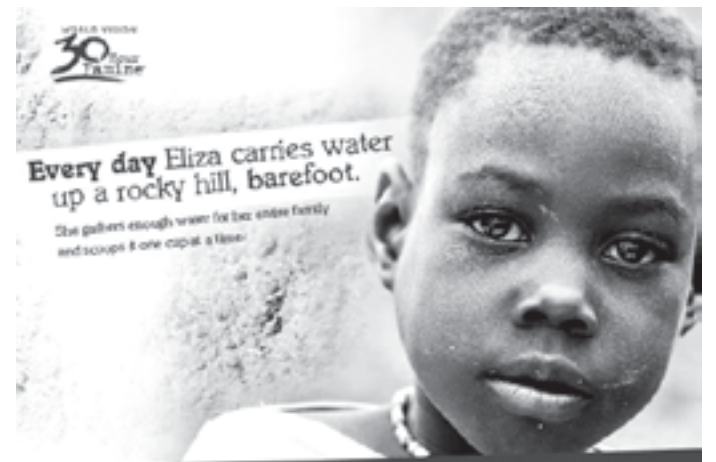
It's going to be exclusive, first come first served, and there's going to be a major club aspect associated with this event.

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
nait savolunteers@nait.



Upcoming events ...

NASS

What: Silent Auction

When: March 26 – 6 p.m.-Midnight

Where: Canadian Brewhouse South

DeFeYe Arts

What: Art Gallery Tour

When: Saturday March 27

Where: Alberta Art Gallery

100, 10230 Jasper Ave.

Business Connex

What: YES! We Can – Charity Fun Tournament

When: April 1 – 5 p.m. to 9 p.m.

Where: 8th floor Business Tower Lounge

Occupational Health & Safety

What: Bake Sale

When: April 1

Where: HP Centre Pedway 10:30 a.m.-1 p.m.

Chemistry Technology

What: Pub Night

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

Where: Canadian Brewhouse South, 9538 Ellerslie Road

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

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

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

The All Famous Weatherford Spice



Only \$5/Bottle

Fundraiser for PGC Student Club

Available at the PGC Office (room L223)

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Larry Boissvert or John Hirschmiller

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.

WORLD WELTERWEIGHT CHAMPIONSHIP
ST-PIERRE
vs **HARDY**

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Easter BBQ

Christian Club (NAIT)

Invites You To

Easter BBQ

Venue: Naitrium

Time: 12.00p.m – 1.00p.m

Date: Wednesday,

March 31, 2010.

Admission is Free

Catering is Provided By
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If you are a responsible, self-directed, determined person looking for an engaging career — explore the potential of an amazing, energizing and vivid life with Safeway — a Top 50 Employer where quality counts and what you do matters.

Management Trainee Minimum Qualifications

- A High School Diploma (or equivalent)
- A combination of four years post-secondary education and/or retail experience

Recommended Skills:

- Retail Grocery experience an asset
- Proficient customer service and supervisory skills
- Strong Leadership skills
- High degree of initiative and sense of urgency

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Send inquiries and resumes to: VividCareers@safeway.com

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