

SEE YOU NEXT FALL, GOOD LUCK WITH EXAMS!

# THE NUGGET

Thursday, April 14, 2011  
Volume 48, Issue 26



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## ELECTION PRIMER

The federal leaders, the parties and their platforms – see page 6



Photo by Laura Dettling

### CHEERS!

NAITSA executives toast an extension of the times that alcohol is served at the Nest. As of this week, liquor service begins at 11 a.m. instead of the previous 3 p.m. start time. From 11 a.m. to 1 p.m., liquor will only be served with food. Celebrating are NAITSA Vice-President Campus Life Tyler Bernard, left, VP Academic Tessa Cocchio, President Timothy Jobs and VP External Govind Pillai.

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# NEWS & FEATURES

## NAITSA leaders shine

By LACE SENIO

Leadership is a quality that you develop over time and it comes with experience and the strong desire to stand up for the beliefs of others. Leaders are an important element in today's society. Heck, leaders have always been an important aspect of society. Those who go about being leaders need to be respected and admired. Being a leader is an honorable pursuit.

Timothy Jobs is a leader. Currently the NAITSA president, Jobs exemplifies the most desirable traits of a leader. He is smart, respectable and he is passionate. He truly cares about the student body at NAIT. Jobs recently received the Golden Torch Award, an award given to those who are leaders.

"It was a pleasant surprise," Jobs says. "Definitely a nice surprise."

It is a huge honour to win the Golden Torch Award, as it is one of the most prestigious awards presented by NAITSA. The award is given to members of the student

executive and the award does not have to be given out every year. Recipients of the award are judged on the following criteria: leadership, performance of contribution, achievements, co-operation, school spirit, sportsmanship and overall contribution to NAIT.

Jobs has been a great leader and has made a big impact on the school this year. Next year, he hopes for just the same, if not more. He has a lot of drive to make the school a better place for students.

"I think students' voices need to be heard. There are some important issues regarding students. I look forward to tackling those next year," Jobs says.

"I hope to lead the provincial students' lobby group in the coming year. I think we have some important discussions to be had."

Jobs has been elected VP External for next year and intends to lobby all levels of government for student benefits, such as EI insurance for apprentices. Going out of his

way to ensure that student satisfaction is guaranteed is something Jobs is committed to. He has a lot of experience as a student executive and has learned a lot from his time put in.

"It is great leadership experience and great for professional development," Jobs says on the benefits of student governance. "I want to be a good leader, not only in student governance, but to all of the students at NAIT."

Many awards were given out on April 1 and everyone who received an award deserved it. NAIT is full of people going

beyond expectations for the benefit of others. Jobs encourages everyone to run in elections, but advises students to do their homework and understand what their peers want, what is best for the students here at NAIT.

"The Students' Association works really hard to represent students. NAITSA does a lot for the student body, we are here to make school easier for students. The students association works very hard to engage with students. We have their best interests in mind," Jobs said.



Timothy Jobs

### NAITSA Awards 2011

#### EXECUTIVE COUNCIL Appreciation Certificates

Golden Torch Award – Timothy Jobs  
Certificates: Tessa Cocchio, Tyler Bernard, Govind Pillai.

#### VOLUNTEER AWARDS

Volunteer of the Year – Jeff Kearl;  
Most Hours – Adam Woods; Most Eager – Brandon Bard; Most Outgoing – Candice Taylor; Most Energetic – Sarah Samuelson

**THE NUGGET**  
**Appreciation Certificates**  
Rachel Jacques, Celeste Dul, Steven Dyer, Kyle Galliver, Matt DeBeurs, Lace

Senio, Natascha Bruhin, Laura Dettling

#### SENATE Appreciation Certificates

Golden Gavel awards – Kimpton Bradford, Kristen Richardson.

Certificates: Erin Arnston, Jordan Ferchoff, Adele Wakaruk, Melissa Mercer, Stanley Tsoumpas, Maya Atallah, Robbyn Bailer, Cillian Cross, Andrew Haskin, Curtis Guile, Chris Hyland, Dominic Carriere, Kira Hunt, Lonnie Hill, Alexander Sackiw.

**STREET TEAM**  
**Appreciation Certificates**  
Aaron Beard, Garret Prince, Suzanna Yu.



Photo by Jackson Wong

Guests at the NAITSA awards night enjoy the performance of one of the tribute artists featured.





Photo by Nathan Smith

Senate chairperson Becky Kallal addresses student senators during the meeting last Wednesday, April 6.

# U-Pass for practicum students?

By ANNA ESTANISLAO

Last Wednesday, April 6 marked the last student Senate meeting of the semester. Jon Hoffman, director of finance started off the meeting with a presentation of the 2011-2012 budget. Hoffman said he is “confident where the budget falls in.”

During the question period, several topics were brought up by the Senate. The NAITSA executive panel addressed the new athletics and recreational fee, which will take effect next semester, saying, they are still “waiting for the opportune time and is looking at it strategically” to negotiate the fee with NAIT. NAIT wants to increase the original athletics and recreational fee of \$43 to \$140. They want \$97 more from the students which will supposedly go to improving NAIT’s recreational facilities.

## Referendum to be held

NAITSA President Timothy Jobs also told the meeting that there were plans to hold a referendum for NAIT practicum students to decide whether they want to be included in the compulsory U-Pass program. The fee per semester for each student would stay the same.

*Editor’s Note: A decision was subsequently made to hold the referendum, which is now scheduled for April 21.*

After the question period, the Senate voted for their new student-at-large representative on the Board of Governors. The Senate elected Jobs and it will now be his third term running as NAIT Board of Governors representative along with Teagan Gahler. The Board of Governors representative is responsible for dealing with issues pertaining to the students.

## Awards handed out

The meeting concluded with a certificate being awarded to some of the members of the Senate by Becky Kallal, chairperson of the student Senate. One of the awards was the Golden Gavel Award, which was presented to Senator Bradford from the JR Shaw School of Business, “for the Senator who makes the most motions and approves

it”. In the end, Chairperson Kallal was surprised and moved to tears when the Senate honoured her with an iPad; a token of appreciation.

NAITSA President Jobs thanked the members of the Senate “for being here, being engaged and being involved.”

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Please contact Jenine Cerny – [jeninec@nait.ca](mailto:jeninec@nait.ca) (780-378-6168)

2011 Hatch Business Plan Competition Details, Eligibility, Bootcamps, and Rules Available at: [www.novaNAIT.ca/Hatch](http://www.novaNAIT.ca/Hatch)

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

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

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

# Letters

## We want your views

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

Get those thoughts into print.

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

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

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

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



# Some strange sea creatures



## FROM SPACE TO SEA

**CELESTE DUL**  
Issues Editor

This is our last issue for the semester and I want to take this opportunity to thank you guys for reading our paper and writing in. I've had a lot of fun writing and I hope you've enjoyed what I've written.

At the beginning of the semester I talked about my fear of the ocean and how even though I find it incredible, I'm scared by the fact that we don't know too much about it. What I want to talk about this week is some of the things we do know about the ocean ... or mainly the extremely cool creatures that inhabit it.

### Mr. Hermit Crab

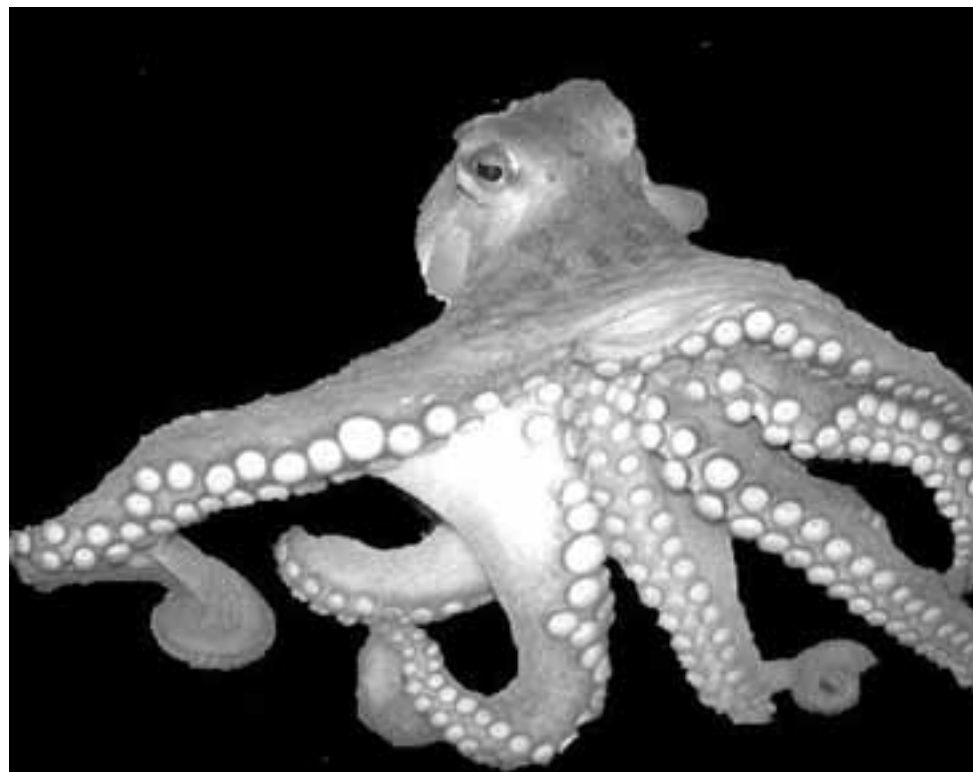
This week, two

of my friends bought pet hermit crabs to race. No, I'm not lying, they actually did buy hermit crabs to race them. Anyways, when they put their crabs to bed they heard something odd ... a cricket like sound that appeared to be coming from the cage. But crabs don't make noise, right?

Actually, hermit crabs do make a noise that has been described as a 'chirp.' This is usually made by rubbing their legs together, much like a cricket. I know what you're thinking, I've been to the beach, I've seen hermit crabs, and I have never heard that chirping noise. Those were my first thoughts as well, but after a bit of research I discovered that they only make this noise when they are unhappy or don't like the other crab they're around. So, if your crab's chirping, you might need to change something.

### The great octopus

Everyone knows about the octopus. Eight long tentacles, shoot ink; they're kind of funny looking. But there are some really cool facts about octopus that I bet a lot of you didn't know. First of all, octopus don't have any bones; they only have something like a beak. This allows them to squeeze through



ipkitten.blogspot.com

### Great octopus

spaces the size of a quarter ... pretty neat, hey? But what's even neater is that they can change their colour as well, much like a chameleon.

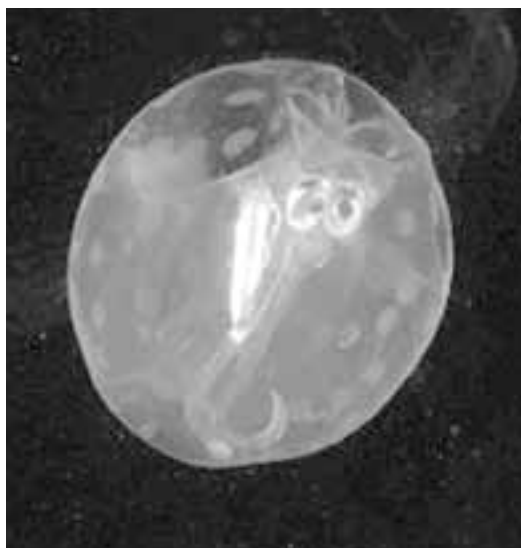
They are also one of the most intelligent creatures alive. They can open or break anything just to get what they want. In one incident, scientists put prey in a glass jar and without hesitation, the octopi opened the jar.

Although they are smart, they have baffled the science community with one of their characteristics. When they get stressed, they

eat themselves. I'm not talking about something similar to biting your finger nails, they actually will start by eating some of their arms and then their body. No one has ever figured out why they do this, though.

### Glass squid

Now this guy doesn't have the most interesting facts, but what he lacks in character, he makes up for in looks. This guy looks like you could've pulled him right out of a comic book. From wide-spread eyes, to a yellow polka-dot exterior, you can't help but smile at this unusual creature.



Glass squid

# LRT to NAIT – it's good news



## EDMONTON NOW

**STEVEN DYER**  
Assistant Issues Editor

Hey everyone, it's getting close to the end of the semester and sadly that means this will be the last *Nugget* of this school year. I hope all our readers have enjoyed the *Nugget* and will keep reading us when we come back in September.

For the last installment of *Edmonton Now*, I thought I'd talk about something that some of us might not get to use, but is still pretty cool either way. I'm talking about the LRT expansion.

Many of you have probably heard that the LRT is coming to NAIT. The route will start at Churchill Station, go to Grant MacEwan, Kingsway and then NAIT.

There have been some questions about funding for this project and when it will be completed. The federal government did give another \$25 mil-

lion for the project, adding to their earlier funding of \$75 million, totalling \$100 million. The overall project is estimated to cost around \$755 million.

The province recently announced that it will be spending \$497 million from its Green Trip program on the NAIT LRT. This is the first project in the Capital region to receive funding from the Green Trip program so far. Premier Ed Stelmach has pledged \$2 billion to the program, allowing \$800 to Edmonton, the same for Calgary and \$400 million for other Alberta municipalities.

The LRT will eventually be extended to St. Albert as well. The plans for how the NAIT LRT will expand to St. Albert are already made but it will still be quite some time, another decade or two, before that expansion will be made.

The work for the NAIT LRT has already begun. The city recently confirmed that the LRT will be complete in the year 2014. There has been quite a large sum of money put into this already, even though construction isn't yet underway. Due to this the province had granted an additional \$70 million to cover these expenses.

Many at NAIT feel that the LRT will bring nothing but good to the school and I have to agree with this.

"In my conversations with students I have heard nothing but positive things when it comes to the LRT," said Timothy Jobs, NAITSA President.

"I think it alleviates parking concerns we have on campus and it increases the accessibility we

have from the south side.

"On behalf of students at NAIT, I would like to thank the Province of Alberta for ensuring the LRT will be completed by April, 2014," says Vice President External Govind Pillai. "The NAIT Students' Association is focused on environmental projects like LRT and how they will positively impact our institution, our neighborhood, and our campus life. We also believe that North LRT exten-

sion will increase the value of the Universal Transit Pass or U-Pass."

I completely agree with Jobs and Pillai, this can only be a good thing. Being more accessible will increase the appeal of NAIT. It is a shame I won't be able to use it during my time as a student, but, others will be able to use it to their benefit and that is something we should all be glad for.

— More LRT, page 7



urbanrail.net

An Edmonton LRT train at University Station.



# NAIT chair a garlic judge

By **CHELSEA BIRD**

NAIT School of Hospitality Chair Vinod Varshney has a pretty smelly challenge coming up. Varshney will be judging the 20th annual Sorrentino's Garlic Stomp Festival.

The festival is a chance for chefs to showcase their talent by crafting the most original and delicious garlic-based dish they can muster. Sorrentino's hosts this charitable event, while proceeds from ticket sales and donations go to the University Hospital Foundation for prostate health. Sorrentino's also gives some of the money to the Royal Alexandra Foundation and the Alberta Cancer Foundation.

A recipient of countless awards worldwide, Varshney is certainly qualified to judge the event. Although he has been approached before, this will be his first time judging the Garlic Stomp, and he's very excited to be part of such a worthy cause.

Varshney explains that when judging one of these delicious creations, he looks for originality, presentation and whether the dish is nutritionally balanced. As the NAIT School of Hospitality Chair, one would imagine Varshney would be too busy to take much more on, however, he is con-

stantly entering (and winning) competitions and challenges in places close to home like Saskatoon and as far away as the upcoming Culinary World Classic at HOFEX 2011 in Hong Kong, which he will be competing in this upcoming May.

Of his many accomplishments and awards, Varshney says that his proudest moment was when he won the World Cup in the EXPO GAST competition in Luxembourg. The competition was one of four competitions put on by the WACS (World Association of Chefs Societies). Organized by the Luxembourg Chefs Association, its primary focus is on promoting culinary excellence, skills and abilities of chefs, cooks and apprentices from all over the world. It is definitely a top honour for a chef to win the World Cup.

Varshney will be judging the Sorrentino's Garlic Stomp on Saturday April 16. If you can afford \$300 for a ticket towards a great cause, then enjoy a night of fantastic, professionally crafted food.

If that's a little steep for one night of eating (hey, we're all students – KD anyone?) then head to any Sorrentino's location on April 27. They will be donating five per cent of all food sales towards prostate health.



NAIT School of Hospitality Chair Vinod Varshney

Photo by David Wiens

## NOTICE FROM THE OFFICE OF THE REGISTRAR ARE YOU ATTENDING CONVOCATION 2011?

### CONVOCATION 2011

Friday, May 6, 2011 and Saturday, May 7, 2011  
The Northern Alberta Jubilee Auditorium  
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Gowns and tickets can be picked up in the Naitrium at NAIT's Main Campus:

**Wednesday, May 4, 2011 between 10 a.m. and 7 p.m.**  
**Thursday, May 5, 2011 between 10 a.m. and 7 p.m.**

For more information regarding Convocation 2011, visit NAIT's website at [www.nait.ca/convocation](http://www.nait.ca/convocation)



## Federal Election 2011

## Who's who, what's what

By CHRISTINE VU

If you haven't heard yet, a motion of non-confidence in the Conservative government has resulted in yet another federal election on May 2. This will be the fourth election in seven years.

Since it was announced, there have been people on both sides of the fence. Some believe the election is a waste of money, especially because of our economic situation. Others have accepted it and see it as a fresh new start.

There are four main parties you may consider in your riding: Conservative, New Democrat (NDP), Liberal and the Green Party.

Each party also has a platform that can be found on its official website. The platform informs voters on the party's position on current political issues. Reading the platforms of the political parties is a vital way to make an educated vote.

**Conservative Party**

The Conservative Party of Canada is led by Prime Minister Stephen Harper. The "Here for Canada" platform focuses on families and little things that make a difference as well as tackling the main issues.

- Tax cuts that will boost the household budget such as tax cuts for caregivers of elderly or dependent family members as well as a tax credits for a healthy lifestyle.

- Recognizing foreign credentials by providing loans to new Canadians who seek skills training as well as accreditation.

- More support for the Canada Youth Business Foundation, which offers loans to young entrepreneurs.

- Continued support for BizPal, an online service that has information on licenses and permits that are required by all three levels of the government. With the help of the Conservative government, BizPal has made it easier for people to start small businesses and for existing ones to grow.

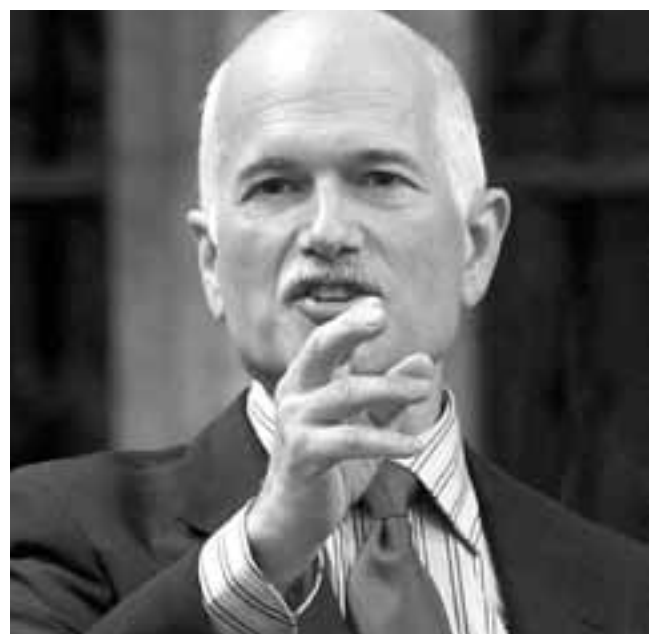
- Improvements in the Canada Student Loans Program, doubling the in-study income exemption and offering more support for part-time students. The Conservatives also promise to ease the student loans debt of doctors and nurses who agree to work in rural areas.

As it stands, the Conservatives are a minority government which means they require the support of the opposition parties. To re-instill the confidence of Canadians after a non confidence vote, Stephen Harper has covered just about everything in the Conservative platform. To read the well organized "Here For Canada" go to [www.conservative.ca](http://www.conservative.ca)

**NDP**

The New Democratic Party of Canada (NDP) was founded in June of 1961. NDP believes in social democracy and is led by Jack Layton. Canada has never had a Prime Minister from this centre-left wing party. They have included present day issues in their platform including gay rights as well as focusing on families.

- Promoting equality rights by ensuring gender equality and gender expression are included as prohibited grounds of discrimination in the Canadian Human Rights Act and extending the support for equality to the rest of the world.



Jack Layton

communities.canada.com

- Introduce a new Caregiver Benefit, which was modelled after the Child Tax Benefit in hopes to aid low and middle-class families with living costs while caring for dependent family members, including the elderly. Those eligible may receive up to \$1,500 per year.

- Lowering excessive credit card rates and bank card fees by giving new power to federal financial regulators in which they can ban excessive interest rates on credit cards and other forms of consumer credit.

- Post secondary tuition fees will be lowered through an \$800 million transfer to provinces.

- Increase funding for Canada Student Loans Program by \$200 million per year and granting more access to funds for Aboriginal, disabled and low-income students.

- The NDP will also strive to fix the shortage of health care workers by training 1,200 new doctors over the next ten years and 6,000 nurses over the next six years.

For more information on the NDP party and platform you can go to their official website, [www.ndp.ca](http://www.ndp.ca)

**Liberal Party**

Just over half of Canada's past prime ministers have been Liberal. The Liberal party is also Canada's longest running political party. Today, the Liberal party is led by Michael Ignatieff. Ignatieff and his team have created a five-point plan for Canadian youth.

- The proposed Learning Passport will be set up for young Canadians who plan to enter post-secondary education. It will also help students who struggle with tuition fees. The slogan for this specific campaign is "If you get the grades, you get to go." High school students will receive \$1,000 a year over four years for college or university. That is \$4,000 for every graduate who enrolls in post-secondary.

- The Liberal party also promises to focus on helping more Aboriginal students enter and graduate from post-secondary institutions by lifting the two per cent cap on Aboriginal post-secondary education funding. By doing so, they can increase funding by \$200 million over the next two years.

- Decrease youth unemployment by starting a Youth Hiring Incentive, which will reward companies with a 100 per cent rebate on EI premiums for every new young Canadian they hire.

- Ease student loan payments through the new Canada Service Corps. Young Canadians who donate at least 150 hours of their time to the Canada Service Corps in a year will have \$1,500 taken off their student loan debt.

- Increase the young vote by developing an online voting option. This will help students who live outside their riding. The Liberal party also vows to make more government information public online.

The Liberal party has also stated that people will be able to access Michael Ignatieff himself if he becomes Prime Minister. He will take part in a People's Question Period every month. Like every other party, the Liberal party has put families first in their platforms. You can read more about that and other issues addressed by Ignatieff and his centre to centre-left party, online at [www.liberal.ca](http://www.liberal.ca)

**Green Party**

The remaining underdog of the race is, you guessed it, the Green Party. Elizabeth May has been the leader of the centre-left party since 2006. The Green party holds sustainability, respect for diversity and social justice at the centre of their values. As for students, their platform targets the obvious issues.

- Increase post-secondary education bursaries, setting aside \$400 million in funding annually for three years. Allocating payments to provinces will offset the rising cost of tuition. The Green Party has also been seeking ways to forgive portions of student loan fees.

- Research grants will be given to post-secondary institutions that study new and innovative technologies that have an environmental approach regarding renewable energy and conservation.

- A new Youth Community and Environmental Service Corps will provide minimum wage employment for 40,000 people between the ages of 18 and 25. Youth will also be given a \$4,000 tuition credit at the end of the program.

- Provide support for farms who wish to make the switch to organic farming. The Greens also wish to make employment



argent.canoe.ca

Stephen Harper



zammerman.wordpress.com

Elizabeth May

insurance more accessible to those who paid for it, while keeping the pensions of retired Canadians in mind.

The Green Party may be the only party that does not have a families-first state of mind. Its focus is to promote an environmentally conscious Canada. To read more on the Green Party's initiatives, go to [www.greenparty.ca](http://www.greenparty.ca)

If you are a new voter, you can learn how to register and vote by going to [www.elections.ca](http://www.elections.ca). Canadians have the option of going to the polls in advance or mailing in their votes.

It is easier more than ever before to learn about politics. Every party can be found on social media websites such as Facebook and Twitter. You can access their information while checking out what your friends did on the weekend.

The youth vote is consistently the lowest in voter turnout. The reasons are endless but if you don't vote, you are letting someone else speak for you. Cast your ballot on May 2.



connect.in.com

Michael Ignatieff



# Calling all 'ideapreneurs'

By **BALJOT BHATTI**

"Are you an ideapreneur?" asks David Bayda, The Business Link's Edmonton service point co-ordinator.

"Innovative ideas drive business success," he explains. However, "whether you're designing a brand new product or considering how to market your existing one, learning how to commercialize your idea is essential."

On April 21, The Business Link will be playing host to potential entrepreneurs with an afternoon of free one hour presentations. The event is called "Innovation Day," in celebration of World Intellectual Property Day. People can attend any and all of the sessions via video con-

ference in Edmonton or Calgary, at the offices of The Business Link.

Innovation Day at The Business Link will take the "ideapreneur" through some of the fun-



damental steps to consider when getting started. This includes presentations on the basics of intellectual property protection, feasibility assess-

ments, connections to Alberta resources, and an introduction to pitching your business (presented by novaNAIT). There will also be an opportunity to network within a community of professionals involved with growing innovative products and services.

The Business Link is a non-profit organization funded by the Government of Canada, and

the Government of Alberta. It provides people with business information and advice, easy access to resources, small business training, and the ability to connect the business community.

Innovation Day is presented by novaNAIT, Alberta Innovates, MicroBusiness Training Centre and the Canadian Intellectual Property Office. They will all be presenting sessions during the day.

The sessions include topics like intellectual property basics, "How to Commercialize Your Idea", connecting to innovation resources, and pitching your business.

Lessons like the basics of intellectual property, patents, trademark, turning your idea into profit, connecting with programs and services and pitching ideas to potential investors.

These sessions will touch on topics such as, patents, trademarks, copyrights and indus-

trial designs. As well, students will learn how to breakdown their business plan or idea to see if it will work, and what to do next. Finally, students will get the opportunity to make connections and pitch their business plans to prospective partners. It is a great opportunity for those trying to break into the business industry.

NovaNAIT has been involved in several activities around Edmonton promoting self-made businesses and the inception of entrepreneurial ideas. The center supports and facilitates applied research and development, leading to commercially-relevant products and services.

If you're interested in attending Innovation Day at The Business Link, contact David Bayda at davidbayda@canadabusiness.ab.ca. RSVP by April 18 to ensure a spot. The Edmonton office for The Business Link is located at 100, 10237 104 St.

## Green funding provided 'green' for LRT

By **BART PADJASEK**

The city of Edmonton is finally bringing the LRT to NAIT, and it's all thanks to the province of Alberta's GreenTRIP funding. Mayor Stephen Mandel, at the annual mayors state of city address, announced that a total of \$497 million in funding would come from the green initiative.

The NAIT Students' Association is very pleased with the announcement.

"[We are] focused on environmental projects like LRT and how they will positively impact our institution, our neighborhood and our campus life," Vice President External Govind Pillai

said. "We also believe that the North LRT extension will increase the value of the Universal Transit Pass or U-Pass."

GreenTRIP is a provincial program that provides one-time capital funding for new and expanded public transit in Alberta. The gist of the program is to encourage the development and use of efficient and sustainable transit alternatives, while reducing the number of vehicles on Alberta roads as well as the amount of greenhouse gasses.

Started in 2008, the program has taken its time to be in contact and consult with groups

such as the Capital Region Board, and has done its best to create details and guidelines that suit both the stakeholders and government agencies involved in public transit initiatives.

Having a grand total of \$2 billion available, the provincial government has reserved 40 per cent for the capital area, 40 per cent for the Calgary municipal area and 20 per cent for other municipalities. The funding is to be "paid on progress," rather than being provided up front. The Edmonton LRT is only one of the first project approvals slated this spring and it's safe to assume that more are on the drawing board or in

the application process.

Planned for completion by April 2014, the LRT expansion is expected greatly benefit NAIT's expanding campus. Current parking conditions are less than ideal for most full time students and surrounding neighborhoods and businesses keep close eyes on students who take over their lots out of necessity.

Hopefully, with this LRT expansion, we will be able to ease the local traffic and to allow NAIT's rapid expansion with less fear of parking requirements and neighborhoods animosity.

**GRAPEVINES**

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## Virtually Speaking

# Music – the forgotten element



**GRAHAM McCANN**

Video games have come a long way since the blips and bleeps of pong and Pac Man's "waka-waka" sound effects as he chomps on those white pellets.

They now encompass massive worlds, characters and story lines – and must build an atmosphere to draw the player into their worlds. This is where music comes in and this is what Video Games Live celebrates, which once again comes to Edmonton through the Edmonton Symphony Orchestra on April 18.

Created by Tommy Tallarico, game musician and former co-host of Electric Playground, and co-created by Jack Wall, another musician, Video Games Live takes some of the best and most memorable pieces of music from games over the past 40 years and puts them in the hands of a live orchestra and choir.

A big part of what makes games memorable is the music. Who doesn't recognize the Mario theme?

Even with great gameplay and characters, a

great soundtrack is an incredibly important element to making a game.

There are great memorable scores created for the theme of the game, such as Mario, Sonic The Hedgehog, Mortal Kombat, Morrowind, Halo, Final Fantasy ... you name it.

Then, there is music made to build the atmosphere and ambience in the game.

I can't see, for example, *Metal Gear Solid* being the same without its incredible score. This particular one was done very well, and is featured in Video Games Live. The stealth game is about sneaking throughout a secluded Alaskan nuclear waste disposal facility in the dead of winter and the music is derived from its cold, steel and concrete echoey atmosphere.

There are so many examples like *Metal Gear Solid* including the *Resident Evil* series, *Silent Hill*, and *Medieval* for the Playstation.

One which I fondly remember and wish would be a part of VGL since Tallarico was a part of the music team for it is *The 7th Guest*. It was a PC game from 1992 and the first CD-ROM game. It played like a more advanced version of *Myst*, where you would go about in a haunted house and solve puzzles and figure out the mystery of who the seventh guest is. There is no combat nor any actual danger of being attacked and killed and losing the game – the ambience and horror was built up in great part by its excellent sound design and brilliant, unforgettable music.

However, Video Games Live's roster of music is updated and changed every year, so it



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

is definitely worth seeing every year.

Many people, especially parents, who don't like or understand video games are really enlightened by going to this show. It shows how games can be considered art and be mean-

ingful. These soundtracks rival and even surpass movies.

If you read this early enough – hurry, because there may be some tickets still left available if you want to go.

# An outsider says goodbye



## **VIEWS FROM AN OUTSIDER**

**CATHERINE YE**

This semester is going by pretty fast for me. This may be the last article I write in the *Nugget*. I really appreciate those of you who read the *Nugget*, especially my column, and I hope it has helped you one way or another.

In my first column, I promised you that I would do an interview with international students. But until today, I have not kept the promise. So in this last article, I decide to interview myself, being an international student myself.

The other day, Natascha Bruhin, who is also the assistant entertainment editor of the *Nugget*, asked me a question about my feelings as an international student at NAIT for

her story on international students' week.

My answer is simple. As you can imagine I have good feelings about NAIT. And this is the truth. Students are nice here and always ready to help.

But yes, the gap still exists in some ways. I found an interesting phenomenon in my Finance class. The Chinese students always sit in the front as a group and the Canadians usually sit at the back as another group. I cannot tell whether it's on purpose or for the other reasons, but peer effect seems to be reflected here. I hope in the future, different groups of people (I really don't like to classify groups) can have more chance to sit together and communicate with the others. In this way, we can force ourselves to know the other culture and develop the social skills as well.

And one more thing that I really think is important is participation. NAITSA offers a lot of events for fun every semester, but I don't see a lot of international students actually get involved. Take the NAITSA students' executive elections for example. Only five per cent of the students at NAIT vote for their ideal president and vice presidents. Getting involved is really a way for getting fun and both experience and friends can be had from this simple move. So why not? I mean

as a student, your major task is studying, that's true, but having fun is also part of the "must do" stuff in school life. Well, yes, no one wants to be a nerd ...

I don't know whether this column will be retained or cut for the next semester, but I do

hope there is still space for the international students to speak out and say whatever they want to say.

Time to say goodbye, folks. I wish you guys all the best in the finals and do have a fantastic summer vacation!

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# OPINION

— Editorial —

## Tips for writing exams



**RACHEL JACQUES**  
Editor-in-Chief

It's that time again. Exams. The time of the year when Tim Horton's coffee sales on campus double and students pull all-nighters just to do their best to pass their courses. Finals month is marked by half-awake students trying to make sense of an open textbook, countless pages of notes and all their professors' scrawl. In the months of December and

April, you can pick out the university and college students by the bags under their eyes and the coffee or energy drinks in their hands. It's a pandemic. The average college student will get about four to five hours of sleep a night. This is completely unhealthy. I know I'm one of them. But how do we get more sleep and still have enough time to study?

The biggest tip that I have found to improve exam success, is cut back on the caffeine. In my opinion, this is the worst tip. It may be in our best interests to not drink as much caffeine during exam time, but who doesn't love a good cup of coffee at two in the morning to keep you going? Unfortunately for us, caffeine is one of the major contributors to erratic sleep patterns. Too much caffeine can also lead to the over stimulation of your nervous system and an increased heart rate. So the key to still being able to have your caffeine without those negative side effects is moderation.

### Eat fish

My mother always used to tell me to eat fish before an exam. I never understood what she was talking about nor did I quite know why fish was referred to as "brain food." Well, seafood contains what are known as Omega 3 fats. These fats boost brainpower and are found in particularly oily fish such as salmon, herring, mackerel and sardines. A successful nutrition plan will improve your ability to focus and remember those key items for your exams. I guess moms do know what they're talking about!

The study tip that I hear the most from teachers and college professors is that we need to focus on understanding the material instead of just memorizing it. Some information in textbooks or notes requires the context around it or the explanation behind it. To answer specific questions, you might need to know more than just the one sentence or definition on a topic. The best way to understand the material is to not just read it, but to write it out as you read it. A popular quote is that the brain retains "10 per cent of what we read, 20 per cent of what we hear, 30 per cent of what we see, 50 per cent of what we see and hear, 70 per cent of what we discuss with others, 80 per cent of what we experience, and 95 per cent of what we teach to someone." While there is not much fact to support this, we can still take some tips from it. Instead of just simply reading through all of the course material before an exam, why not write down some of the key points? I always recommend studying in groups. Of course, make sure you study on your own as well, as people can be quite distracting. Studying in groups will help to keep everyone accountable and will also provide an opportunity to discuss and teach others what you have learned, in turn helping you to remember it more clearly.

### Lots of sleep

My last tip for everyone stressing about exams, is to get as much sleep as possible. This is by far the most difficult of all, since, as students, we need as many hours in the day as possible for projects and studying. But a good night's sleep will give your body and brain the time it needs to rest. During sleep, the experience of the day will optimally be transferred to neocortical networks via neural training and protein synthesis. Protein synthesis makes up the beginning of memories that will last for months and years. If we cut our sleep short, our body does not have the time it needs to process what was learned throughout the day.

Hopefully these tidbits of exam advice will help you in your studying. Good luck to everyone and I hope you all have the best summer possible!



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# SPORTS

## Looking to next year ...

By SEAN HARMAN

### Men's Hockey

**Finished last year:** 15-9-1-3, lost to Concordia in first round of playoffs

**Players lost:** Adam Ferrante (centre), Brad Sinclair (defence)

**Additions:** Jordan Draper is the only definite committed player as it is early on in the recruiting stages. Draper is a six-foot tall left-winger who is currently playing with the Alberta Junior Hockey League champion Spruce Grove Saints. This year with the Saints, Draper has totalled 22 goals and 30 assists.

**Expectations:** After a first-round exit against Concordia, the Oaks will definitely look to improve in the coming year. The men's squad will have their five leading scorers back, and with so many guys returning, they expect to get better and finish higher next year.



### Men's Basketball

**Finished last year:** 23-4, ACAC Champions, fifth place at nationals

**Players lost:** Juwauwn States, Gerard Mozwa, Shane Cox, Roderick Iyekekpolor and Bruno Silvestrin

**Additions:** No new players have committed to NAIT as of yet, but it is early on in the recruiting process. Look for coach Don Phillips to once again bring in more highly skilled recruits as he has done in the past.

**Expectations:** The men's basketball team has the same expectation every year and that is to compete at nationals. Over the past two years, the Oaks have improved from seventh place at the highest college stage, to fifth place, and next year with key players returning such as Bol Kong, Shane Reece, Clayton Crellin and Reece Gavin, the team should be favoured to win it all.

### Men's Volleyball

**Finished last year:** 17-6, fifth at ACAC Championships

**Players lost:** Greg Mann, Carsten Moeller, Ivan Saric and Bret Cole

**Additions:** The men's volleyball team has recently started a club program, which is sure to help with recruiting. Head coach Simon Fedun has a two middles coming in from Edson, which should prove crucial with the loss of Saric.

**Expectations:** The team takes a few big blows with the departures of Mann, Moeller, Saric and Cole that will be tough to replace. But with a good group of young talent coming up, the Oaks still have only one goal in mind and that is Nationals.

### Women's Basketball

**Finished last year:** 5-15 tied for 14th

**Players lost:** Dale-Marie Cumberbatch and Crystal Lamont

**Additions:** The women's basketball team has nine freshman committed to playing at NAIT. All of the recruits come from top five 4A high school recruits and a trans-

fer student from Concordia.

**Expectations:** With the departure of Cumberbatch, the Oaks lose their leader and top scorer. The team will be moving to a faster paced style of play that coach Todd Warnick is more comfortable with. Expect the girls to improve on their 5-15 season and compete with every team in the ACAC.

### Women's Volleyball

**Finished last year:** 11-10, 8th place in ACAC, first round lost to Mount Royal

**Players lost:** Jillian Irvine, Tayler Smith

**Additions:** NAIT has committed a setter, a left side and a middle blocker, and are still in the midst of recruiting another power and middle player

**Expectations:** With over 10 players returning for next season, coach Erminia Russo Thorpe is looking for the team to improve on their eighth place finish and become one of the top teams in the ACAC. But with Alison Warick and Jillie Janowsky's status being unknown for the next year, the women's volleyball team may have a few setbacks at the beginning of the year.

## Steady hand at the top

By PATRICK KNOWLES

Linda Henderson is the athletics director at NAIT and is the driving force behind the turnaround of the athletic teams here. Henderson deserves a lot of credit for NAIT becoming a powerhouse in ACAC athletics.

First, a little background on Linda Henderson. She played university volleyball at Lakehead University in Thunder Bay, Ontario where she spent seven years and finished with an honours Bachelor of Physical Health and Education degree, then went on to get her Masters in coaching. If that weren't enough, she also received her Bachelor of Education degree, all in just seven short years.

### Grande Prairie College

When she was finished school, she moved west and took a job at Grande Prairie College as the women's volleyball coach and an instructor in the Physical Education program at the college from 1986-1987. In 1987 she went to the University of British Columbia and worked in the Faculty of Education for just one year before hopping over to Vancouver Island and taking a job as Recreation Co-coordinator for the University of Victoria in 1988, a job that she held until 2006. During that same period, Henderson was also head coach of the men's volleyball team at Camosun College from 1993-2008.

In 2006, she left UVic and took a job with the government of B.C. as recreation co-ordinator for the entire province and was also a part of Volleyball B.C. as a coach, coaches mentor and talent scout from 1993-2007.

OK, so now that we know what she was

doing before she came to NAIT. In October 2007, a headhunter for NAIT, Maureen Geldart, found Henderson and told her that she should apply for the job as athletic director here. Henderson did and in less than a month was offered the position, but she was still head coach of the men's volleyball team at Camosun and wanted to finish out the year coaching the team.

She was able to take the team to the Christmas break and moved to Edmonton between Christmas and New Year's in 2007. Henderson has now been in charge of NAIT athletics for a year and a half and in that time she has drastically turned around the entire department.

"The first thing that I knew we needed to do if NAIT wanted to become a powerhouse in the ACAC was bring in full time coaches because before that, NAIT had only part-time coaches and it is hard to build championship calibre teams with part time coaches," said Henderson during a recent interview.

"So in 2009, we started hiring full time coaches for every sports team here at NAIT, and this was a huge undertaking. We did a nation wide search to find the right coaches to come in and fill in the positions here at NAIT."

Getting the full time head coaches in place was just one piece to the puzzle. Henderson knew that NAIT needed more than full time coaches to become the powerhouse that she envisioned. Henderson hired a full time athletic trainer, Scott Morris, and a few other part time trainers. Because they were not full time, they opened up a physiotherapy room where they can bring in clients and make some money at the

same time. Henderson also took control of the recreation side of things, hiring staff to look after the workout room because before there was zero supervision.

"The big thing was to make sure that every department at NAIT got looked after and changed for the better," explained Henderson.

"We knew that it needed to start from the ground up and every aspect needed to be tweaked and fixed to be better, and we knew that this wouldn't just happen overnight."

With all the steps taken, NAIT saw immediate results. This year NAIT sent four of its teams to Nationals. The badminton team, both men's and women's soccer teams and the men's basketball team all took part in national championships this past year, with the badminton team having eight players take home eight medals.

Henderson knew that in order to get the best athletes to come to NAIT she needed to be able to offer them something that other colleges or universities couldn't.

"Besides having the full time coaches in place, I knew that the athletes needed to be compensated in order for them to want to come to NAIT, so we went and reached out to the community, and, getting some good sponsors into the fold, we were able to start and offer more athletes full-time scholarships to come to NAIT," says Henderson.

"This has been key in being able to bring some top notch athletes to NAIT and being able to provide them with things that other schools simply can't."

### More to do

There are many other things Henderson wants to accomplish here at NAIT.

"I want to see us get more involved in our community, with doing things like hosting our own summer sports camps," explains Henderson.

"I want to see us get a new main gym here on campus so we could host volleyball and basketball nationals here at NAIT and this would also free up the existing gym for more intermural sports and would make it even more desirable for athletes thinking about coming to NAIT."

So, in less than two years as athletic director, Henderson has helped NAIT athletics do a complete 180 degrees and as it was her vision that has turned NAIT into the powerhouse that it is today and it is only going to keep getting better and better.



Linda Henderson



# Ducks will swim in the Cup



## WAY OFFSIDE

**KYLE GALLIVER**  
Sports Editor

As I write this, one single tear rolls down my cheek in sadness. This will be my last column as the Sports Editor. I will leave you with some parting thoughts on the NHL playoffs and the Oilers.

### And the winner is ...

So I finally had a chance to sit down and go through every series and make my picks and my Cup final and eventual Champions were a little surprising...even to me. This year's Stanley Cup final will be played between the Anaheim Ducks and the Tampa Bay Lightning. And the winner is...drum roll please.... the Anaheim Ducks!

Yes, the once mighty Ducks of Anaheim will be raising Lord Stanley's mug when all the smoke clears sometime in June. They are simply too hot at the right time not to win. Corey Perry ended the season on a Crosby-esque run and finished the season as

the only player in the league with 50 goals on route to his first Rocket Richard Trophy, and quite possibly his first Hart Trophy as MVP. The Ducks also have this guy named Lubomir Visnovsky; you might remember him from his days as an Oiler, who happen to lead all D-men in scoring with 68 points. Not to mention Teemu Selanne who, at 40, seems ageless, and put up some great numbers to finish eighth in league scoring with 80 points in just 73 games.

The Ducks' top line of Getzlaf, Perry, and Ryan has been unstoppable of late and was built for the playoffs. They are all big, skilled and tough. Their goaltending might not be the best, but the Flyers proved last year that you can go far with average goaltending.

The Stanley Cup better have brought some sunscreen, because it's going to be spending the summer in the Californian sun.

### From worst to first ... again.

It's official, the Oilers, who finished the season in last place in the NHL, will be making the first overall pick at the NHL entry draft for a second straight year. Now the challenge for the Oilers' brass of narrowing down the top five or six players into the first overall pick. There are lots to choose from this year.

There is no.1 ranked Ryan Nugent-Hopkins who led the WHL with 75 assists and would look great at centre between

Hall and Eberle. Then there is Swedish defenceman Adam Larsson, who would look great patrolling the blueline with the likes of Ryan Whitney, and rounding out, in my opinion, the three players likely to go first overall is winger Gabriel Landeskog.

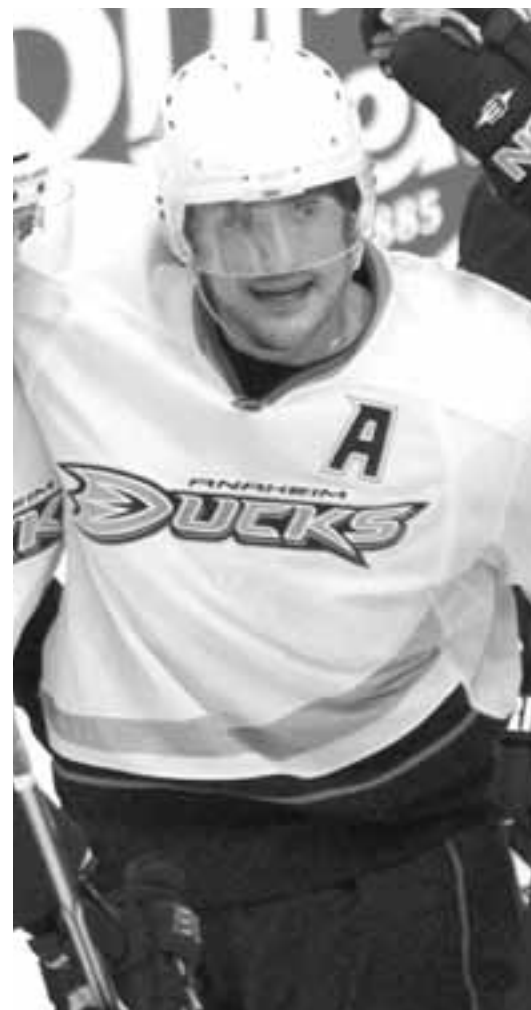
The Oilers should make the right move and finally draft the first line centre the team has been looking for and take Nugent-Hopkins with the pick. I know, I know, the Oilers' defence is a little weak and Larsson would be a great step toward improving it, but the Oilers have another first-round pick (acquired in the Penner deal) from the LA Kings and could draft a D-man with that pick, or wait until next year when there is supposed to be more high end defensive prospects.

### Final thoughts ...

I've really enjoyed being Sports Editor, but my time at NAIT is drawing to a close and I've got to go out and test free agency. But don't worry, my loyal five or six readers, I will, hopefully, one day be a sports broadcaster and you will be able to listen to/read/ or watch my offside comments again.

The *Nugget* has also done a great job of bringing in some highly regarded blue chip prospects to replace Matt and I as the new Sports editors. I leave you with one final comment:

The Stanley Cup Champions for 2015 are ... the Edmonton Oilers.



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# Too soon, before their time



## SAY WHAAAAT?

**MATT DeBEURS**  
Assistant Sports Editor

Well, it's finally here, the last *Nugget* of the semester, and for me, the last piece I will write for this fine paper. I just want to start by thanking everyone who has read, or even just glanced at, what I've written and to all of those who help get this wicked student paper out every week. What I've given you might not be much, but I hope that you enjoyed it, because I certainly enjoyed writing it. But don't you worry; you'll be in capable hands next semester. I can personally vouch for both the fellas that will be stepping into fill our spots. In fact, they rock. Hard.

Anyway, in true Matt fashion, I'm going to end my writing career with the *Nugget* with yet another list. Something near and dear to my heart, here's a compilation of athletes whose careers got cut short too soon. Just like my writing career, these guys were at the peak of their prospective sports, just to have it all taken away.

**Bo Jackson** – NFL running back, Major League Baseball player

Bo Jackson was a freak of nature. He was the first man ever to be named an all star in two different professional sports. At six-foot-one and 220 pounds, Jackson ran

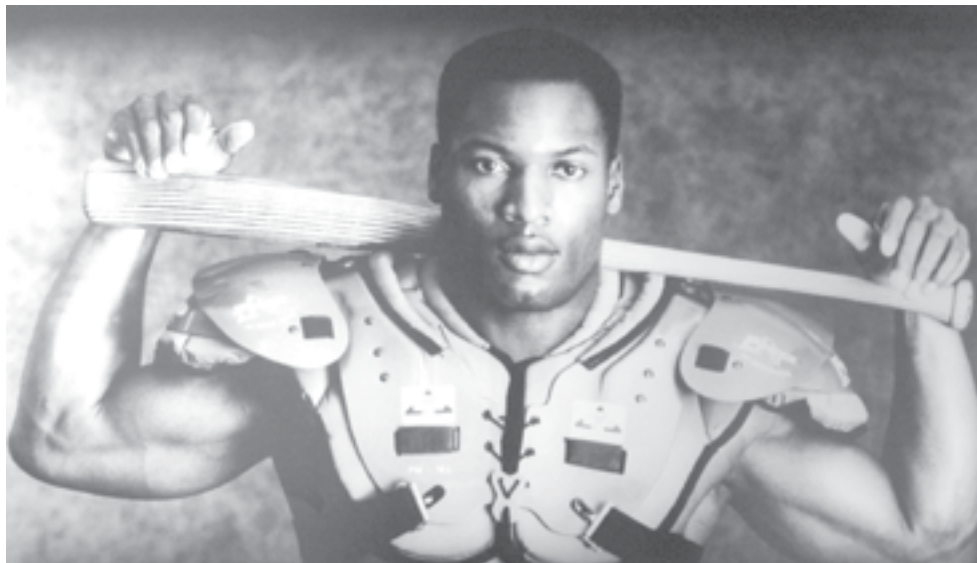
the 40-yard dash near four seconds (4.17) at the NFL combine. He also had four 20 home run seasons as a baseball player. But unfortunately he suffered a hip injury in an NFL playoff game that required his hip to be replaced entirely, causing him to retire as a football player. Jackson did, however, make it back to the MLB. After missing a whole season, Jackson came back and proved all his skeptics wrong, hitting a home run in his first at bat back in the big leagues. He went on to play two more seasons before his injury forced him to retire for good.

**Eric Lindros** – hockey player

Everyone who knows hockey knows Eric Lindros's story. A first overall pick, Lindros was a new breed of player in the NHL. He was big, fast and strong. And it showed on the ice almost immediately. In his first five years in the league, he recorded a point per game average slightly under fifth all time. And at the age of 25, he was ranked as one of the Top 50 players of all time. But a series of serious concussions later in his career slowed him down considerably. All told, Lindros suffered eight concussions throughout his playing career, forcing him to retire at the age of 34. Some say if he had stayed healthy, he could have been one of the greatest players of all time.

**Magic Johnson** – basketball player

Magic Johnson was probably the one most talented basketball players of all time. At six-foot-nine, he was almost impossible to defend as a point guard. He was picked first overall in 1979 NBA draft and in his rookie year he managed to lead the L.A. Lakers to an NBA title, picking up an MVP award and Rookie of the Year honours on the way. He went on to win four more championships, become a 12-time all star, a three time MVP and a Hall of Famer. Although



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**Bo Jackson**

he was extremely successful, he was forced to retire early due to HIV in 1991. He came back briefly after that four years later, but was forced once again to retire due to protest from other players in the league.

**Dale Earnhardt** – NASCAR driver

Dale Earnhardt, or the "intimidator" as other drivers called him due to his style, was one of the most successful stock car drivers ever to race. He was the second of only five others to ever follow up a Rookie Driver of the Year award with a Winston Cup Series Championship in the next year. He went on to win 76 times, register 428 Top 10s and 22 poles in his career. But in 2001 at the Day-

tona 500, in the same race his son Dale Jr. was running in, Earnhardt died in a crash late in the race. Earnhardt, who was only 49 at the time of his death, was the catalyst for change in NASCAR due to his accident. Many new safety standards became mandatory, changing the face of racing.

OK, maybe I'm not quite as good as those guys in the list. But, I had fun. Once again I want to thank everyone for reading my stuff, and to all those at the *Nugget*, you're awesome. Hope everyone has a great summer, and to those of you graduating, may much success smash you in the face. I'm out!



insidehoops.com

**Magic Johnson, left, takes on the great Michael Jordan.**



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# Athletes of the Year for 2011



**Player:** Leanne Kadatz, 21  
**Sport:** Soccer  
**Number:** 19  
**Hometown:** Edmonton

**Stories by PATRICK KNOWLES**

**Patrick:** When did you start playing the beautiful game?  
**Leanne:** When I was five.  
**P:** What was the last team that you played for before coming to NAIT?  
**L:** I played for the Edmonton Angles Premier club team.  
**P:** Who is your athlete idol?  
**L:** David Beckham  
**P:** How many years have you been at NAIT now?  
**L:** This is my second year at NAIT.  
**P:** What program are you taking here at NAIT?  
**L:** I am finishing up my first year of a two-year Animal Health Technology Diploma. Last year I upgraded so I could get into the program.  
**P:** Animal Health Technology hey, so what can you do with that when you are done your program?  
**L:** It is basically a nurse for animals.  
**P:** What is your plan for when you are done school?  
**L:** I really want to travel and see the world.  
**P:** What is the best advice that anyone has ever given you?  
**L:** Never give up.  
**P:** What is your favourite soccer moment?  
**L:** Last year's national championship game. We hosted nationals so it was at home in front of all our friends and family and I was a really great experience and something that I will never forget.  
**P:** What is the best part about playing soccer at NAIT?  
**L:** My teammates.  
**P:** What is your prediction for next year's team?  
**L:** We are going to Quebec and winning nationals!  
**P:** Last question, do you have any pre-game rituals that you do before every game?  
**L:** Not really, just listening to pump up music in the dressing room.  
**P:** All right, thanks anything else you would like me to add?  
**L:** What picture are you going to use for this profile?  
**P:** Probably just your team photo.  
**L:** OK, well I just want everyone to know that I don't normally wear my hair like that. My coach bet me that I wouldn't put my hair in a bump like I did and well, I wasn't going to back down from the bet, plus I got \$30 out of the bet.



**Player:** Thiago Silva, 26  
**Sport:** Soccer  
**Number:** 10  
**Hometown:** Brasilia

**Patrick:** When did you start playing the beautiful game?  
**Thiago:** When I was four or five years old  
**P:** What was the last team you played for before coming to NAIT?  
**T:** I attended Faulkner University, which is in Alabama for one year, and I also played for the Edmonton FC last summer.  
**P:** Who is your athlete idol?  
**T:** Pele.  
**P:** How many years having you now being going to NAIT?  
**T:** This is the second year for me at NAIT and I have two more after this.  
**P:** What program are you taking here at NAIT?  
**T:** I am in Business finance and am in the second year of my program.  
**P:** What is the plan for you once you are done here at NAIT?  
**T:** I would either like to stay in North America and coach soccer or go back to Brazil and start my own business.  
**P:** What kind of business would you want to open up back in Brazil?  
**T:** I would like to open up my own restaurant. I think that would be a lot of fun and something I would enjoy doing.  
**P:** What is the best advice a coach has ever given you?  
**T:** Always believe in yourself.  
**P:** Best advice that you have ever received?  
**T:** Treat everyone with respect and the way that you would want to be treated.  
**P:** What is your favourite soccer moment?  
**T:** Going to Maracana stadium in Rio de Janeiro, Brazil and going on to the field. It is probably the most famous soccer stadium in Brazil and every great Brazilian soccer player has played on that field, including my idol, Pele.  
**P:** That would have been a great experience.  
**T:** Yes, it was very cool to get a chance to do that.  
**P:** What is the best part about playing soccer at NAIT?  
**T:** Hanging out with my teammates and, of course, winning.  
**P:** What is your prediction for next year's soccer season?  
**T:** We are going to have a young team with a lot of new players, but with the new players and the returning players coming back next year, I still see us defending our ACAC Championship and going to nationals and finishing the job of becoming national champions.  
**P:** I like the confidence. OK, so do you have any pre-game rituals or superstitions that you do before a game?  
**T:** Sort of ... I wear speedo shorts underneath my soccer shorts and we always win when I wear them. The one game that I didn't wear them was the National Championship game and it was the only game that we lost all season.  
**P:** So it is safe to say that you won't forget to wear them ever again.  
**T:** Yeah, I won't make that mistake again.  
**P:** Last question, what was your reason for coming to North America and Edmonton at that?  
**T:** I wanted to experience a different culture, improve my English; see snow for the first time. I came to NAIT because it had the program I wanted to go into and they gave me the best offer when it came to what they had to offer me and I am very happy with the decision that I made.

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# It can only get better for Oilers

By SHAWN GRAY

Well, another disappointing season for the Oilers draws to a close and who knows how much longer Oiler fans have to wait for a winning team. Hopes were high in the City of Champions going into the 2010-2011 NHL season.

It was a chaotic summer for the Oilers organization, from having the first overall pick in the 2010 NHL Entry Draft, to having defenceman Sheldon Souray announce his displeasure with Edmonton and its management, and then demand a trade. Unable to find a buyer for the troubled D-man, new head coach Tom Renney claimed there was no room on the team for a negative influence like Souray and sent him packing to the minors.



Excitement was at an all-time high as the city was literally falling in love with the No. 1 draft pick Taylor Hall, treating him like the second coming of Wayne Gretzky. Joined by rookies Jordan Eberle, Magnus Paajarvi and Linus Omark, Hall looked to be leading one of the most talented group of rookies into battle ever assembled. Wanting a fresh start, General Manager Steve Tambellini cleared house by trading away key players like Lubomir Visnovsky, Steve Staios, Denis Grebeshkov, Fernando Pisani and a couple of others. In return, Tambellini picked up some more solid and affordable players like Ryan Jones, Kurtis Foster and Colin Fraser. As part of Tambellini's summer cleanup, Oilers captain Ethan Moreau was put on waivers and was picked

up by the Columbus Blue Jackets. In need of a captain, Renney turned to veteran Shawn Horcoff, who was entering his 10th season as an Edmonton Oiler.

With the team set, and Nikolai Khabibulin and Devin Dubnyk sharing the work load between the pipes, the Oilers were ready for the season opener against Calgary. Putting on a show for the ecstatic fans, the Oilers stomped Calgary 4-0 with Eberle proving his worth with a goal that is still one of the top highlights of the season.

Unfortunately, after a 3-2 win over Florida, it was all downhill from there as the team put together a six-game losing streak that exposed the obvious lack of experience on the young team. Picking up the odd win, the Oilers weren't the best in the league by a long shot but they were keeping up with the core of the NHL

until top minute cruncher, defenceman Ryan Whitney, got injured and was sidelined for the rest of the season with a blown ankle.

I don't know if there's something in the water in Edmonton or if the players don't drink enough milk, but the Oilers players began dropping like flies. Horcoff, Ales Hemsky, Eberle, Sam Gagner, Gilbert Brule and Hall all had their season cut short.

Despite the negatives, all three of the top rookies had promising seasons with Eberle leading the team with 43 points, Hall getting 42 and Paajarvi banking 33. Towards the end of the season the Oilers were forced to call upon their AHL players to step up and fill the lineup leading to a dead last finish once again. Despite a near disaster of a season the future looks brighter than ever because, really, well how could it get worse?

## FC Edmonton gets ready for season

By MARC MAJEAU

The city of Edmonton has another sports franchise to call its own. FC Edmonton begins plays in the North American Soccer League (NASL), starting this season.

The team spent the entire 2010 campaign playing exhibition matches against the Montreal Impact, as well as a few opponents from across the pond. They finished up the exhibition season of 2010 with a record of four wins and two losses.

FC Edmonton will be touting quite the impressive roster when the team kicks off the home portion of their schedule on Wednesday, April 27. There are 17 Canadians on the roster, including captain Chris Kooy.

A pair of brothers, Dave and Tom Fath, own the team; both have had long careers in business and they are determined to bring a champion to Edmonton.

This year will mark the first official competitive season for FC Edmonton, and they are lead by manager Harry Sinkgraven. This is Sinkgraven's first year at the helm of FC Edmonton, but the native of Assen, Netherlands bring an impressive resume with him to Edmonton, including stops with FC Emmen in Dutch soccer, as well as FC Zwolle. With the right man patrolling the sidelines for FC

Edmonton, soccer fans in Edmonton could be in for quite the little run.

The NASL is a breeding ground for the MLS, which is the highest level of professional soccer in North America and the MLS has been known to "test" markets by giving them a team in the NASL. If the team is successful, they may be granted expansion status. This happened to the city of Montreal (The Montreal Impact of the MLS are on track to begin starting in the 2012 campaign). If FC Edmonton is able to garner a fan base in the City of Champions, we could be seeing the likes of

the New York Red Bulls and because there is such a strong Spanish contingent of people in Utah, Real Salt Lake, roll through town sooner, rather than later.

The Toronto FC come to Edmonton on April 27 to take on "The Monties" (a nickname for FC Edmonton), and the game will take place at Commonwealth Stadium. The team normally plays at Foote Field on the University of Alberta campus, but Toronto FC is one of the premier markets in the MLS, so the game will take place at the largest permanent seating stadium in Canada, in front of soccer crazed Edmontonians.

For more information on FC Edmonton, visit FCEdmonton.com



Corina Ganton: Peace River  
Kevin Taron: Edmonton-St. Albert  
Zack Siezmagraff: Yellowhead  
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# Stanley Cup look-ahead



## WESTERN CONFERENCE

By KITA MURU

The NHL's Western Conference has been an absolute war this year. From beginning to end, it was an absolute battle among 15 teams for eight spots. Even at the turn of the New Year, every team except one (I'll let you figure that out) was in it, but as the days ticked away, team after team fell by the wayside. On the last day, the Dallas Stars had a chance to punch their ticket, but were thwarted by the Minnesota Wild, to the cheers of Chicago Blackhawks fans everywhere, and now the first round is set.

### Vancouver (1) vs. Chicago (8)

The Hawks and the Canucks are the marquee bout in the West as far as the first round goes. It's a battle between the team that won it all last year and the team expected to do it this year. Vancouver has been far and away the best team in the league this year in a multitude of categories (wins, points, goals for/against), but they face a Chicago side that has been their Kryptonite for the last two years. However, Chicago was pillaged during free agency (losing Dustin Byfuglien, Antti Niemi, etc.), and despite being in the top third of the league in shooting and out scoring their opponents, they've been on a roller coaster ride to make the playoffs. With the way offence has been clicking for Van city, it will be up to Chicago's defence (Duncan Keith and Brent Seabrook, unless they're split up) to neutralize the Sedin twins and Alex Burrows. Likewise for the Canucks defence when taking on the likes of Jonathan Toews, Marian Hossa and Patricks Kane and Sharp.

**Verdict – VAN in 5:** If Roberto Luongo plays like he has during the regular season (not facing Byfuglien helps), the 'Nucks should make it to the second round with their firepower. If he falters, the Hawks might be able to pull off the hat trick.

### San Jose (2) vs. Los Angeles (7)

In this northern and southern California battle, you have the San Jose Sharks hoping to put the past behind them towards winning the cup, while the Los Angeles Kings are trying to improve on making the playoffs last year. San Jose outplays their opponents at even strength, are tops in shots

and are only bested by Vancouver in PP conversion, but are weak on the PK, despite Antti Niemi being decent in net. LA have gotten results while being outshot, but they get the job done on defence, limiting shots while having a Top 5 PK. They're weak offensively, and losing Anze Kopitar, and Justin Williams will make it worse. Goaltending will be essential for the Kings to hold off the Sharks' offence and then someone will have to put the puck in the net.

**Verdict – SJ in 6:** San Jose should be too much for LA especially with the way their PP has been, but their PK might be worrisome, especially if LA finds some offensive punch besides Kopitar and Williams.

### Detroit (3) vs. Phoenix (6)

The other rematch of last year pits the Detroit Red Wings against the Phoenix Coyotes. The 'Yotes are third worst in the league in allowing shots but have Ilya Bryzgalov in net to turn them away. Shane Doan is the only 20-goal scorer on the Yotes, but they have nine others with 10 or more, including Keith Yandle. Phoenix has been middle of the road as far as scoring is concerned, which is an improvement over last year's numbers. Detroit, on the other hand, is dynamic offensively, but their defending has declined ever since they won the Cup back in 2008, while goalie Jimmy Howard hasn't improved on his rookie season. The Wings have been led by Nicklas Lidstrom and Henrik Zetterberg throughout most of the season, while Pavel Datsyuk, Dan Cleary and Johan Franzen have followed suit.

**Verdict – PHX in 7:** This is a coin toss. If the 'Yotes put the puck in the net, they have the defence and goaltending to take this series. If the Wings keep the puck in the offensive zone, they'll surely overwhelm Phoenix.



## EASTERN CONFERENCE

By MARC MAJEAU

The NHL's Eastern Conference had a race to the finish for the final couple playoff spots, and now that the matchups are set, we have four solid series.

### Washington (1) vs. New York (8)

Season Series: NYR 3 – WSH 1

The pressure is once again on Alex Ovechkin and the Washington Capitals. The boys from DC are not the Presidents Trophy champions this season, but they are heavy favourites against the Broadway Blueshirts. The Capitals have more offensive talent than the Rangers, but the Rangers are backstopped by Vezina contender Henrik Lundqvist. King Henrik is going to have to stand on his head, as well as score six or seven goals in the best-of-seven series.

**Verdict – WSH in 5**

### Philadelphia (2) vs. Buffalo (7)

Season Series: PHI 2 – BUF 2

**UPSET ALERT:** The Sabres are going into the post season on fire, winning eight of their last 10 and goaltender Ryan Miller has returned from injury and will be between the pipes. The Flyers are stumbling across the finish line, with just three wins in their last 10 games. Watch for the

upset here.

**Verdict – BUF in 6.**

### Boston (3) vs. Montreal (6)

Season Series: BOS 2 – MTL 4

So, this team has no prior history, right? No controversial incidents? Right on ...

Kidding aside, this is going to be an amazing series. Great goaltending, great fans and it's during the season that matters the most. The Habs won the season series, but the Bruins are the higher seed. All the Habs need to do is steal one of the games in Boston and home ice will take care of the rest.

**Verdict – MTL in 7**

### Pittsburgh (4) vs. Tampa Bay (5)

Season Series: PIT 2 – TB 2

This series rests on the shoulders of Sidney Patrick Crosby. If Sid comes back, this is hands down the Penguins series. Sid was playing on a different level before his concussion, and if that is a sign, the Lightning are in trouble. Tampa Bay has the colossal fossil, Dwayne Roloson, in the net, but I don't think Roloson can withstand the barrage that Pittsburgh will be sending the Lightning's way.

**Verdict – PIT in 5**



### Ahaheim (4) vs. Nashville (5)

Last, but not least, the Mighty Ducks of Anaheim take on the Nashville Predators in a possibly interesting matchup. On one hand, you have Anaheim, which has one of the league's top lineups in Ryan Getzlaf, Bobby Ryan and possible Hart candidate/50 goal scorer Corey Perry. They also have Teemu Selanne, who seems to have tapped into the fountain of youth for one more 80-point season. After those playefrs and rookie Cam Fowler and Lubomir Visnovsky, the Ducks are somewhat thin. They are in the bottom third in outshooting opponents and might not have a starting goalie since Jonas Hiller, and that will have to change against a defensively sound Nashville Team. The Preds, like the Coyotes, score by committee (they have eight players with over 10 goals), have a sound defence that's fifth in the penalty kill, and solid goaltending from Pekka Rinne who should be a nominee for the Vezina. This is going to be probably like the other series except Chicago and Vancouver.

**Verdict – NSH in 6:** Unless the Getzlaf/Ryan/Perry tandem get tired, it's hard to see them not running over Nashville, but if the Preds can score first, they have the ability to shut down teams, so it will be an advantage for them.



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# ENTERTAINMENT

## Ke\$ha to play Edmonton

By BART PADJASEK

Going from a girl who has a 140 IQ and getting 1,500 on her SATs, to singing ballads of teenage rebellion, drug use and general drunk-ness. I don't want to get ahead of myself, but Ke\$ha just may be the premier renaissance artist of our time.

So stand proud, Edmonton! Ke\$ha has added our fair city to her Get Sleazy tour. Ke\$ha, along with Spank Rock and LMFAO, will be visiting the City of Champions on Sept. 7 at Rexall Place.

The pop princess explained the new additions herself, saying: "My spring tour sold out so fast, which is amazing, but I want to get to party with errryone." Just a note to you readers, that's a direct quote from her press release, spelling and all.

"So I'm pulling out an ass-ton more glitter with blue lipstick to spare and I'm ready to party with all y'all all summer long. Shit's gonna be hot as a mofo."

It'll be hot as a mofo indeed, Ke\$ha.

Now I don't want people to think that this is just an article to bash Ke\$ha, it isn't. As easy

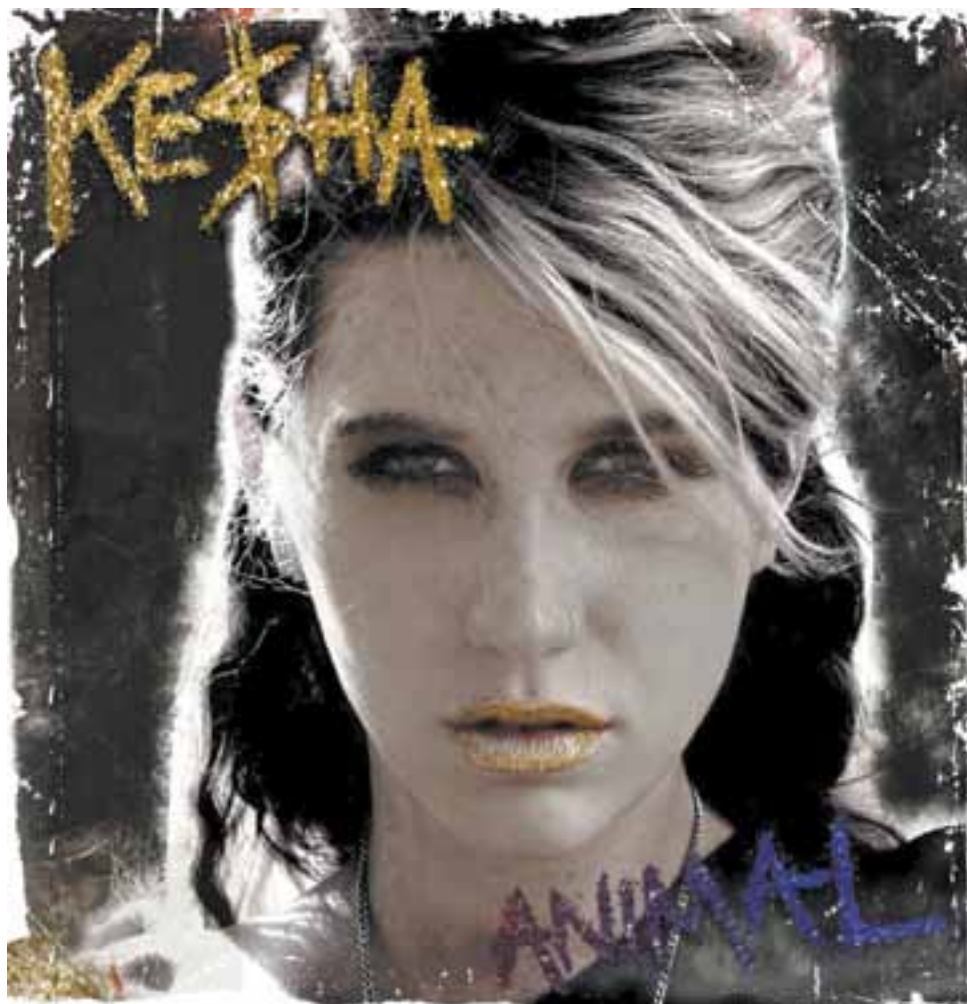
it would be to dismiss what I like to describe as the drunk version of Taylor Swift, her album *Animal* has gone platinum in both Canada and the U.S. She clearly has the fans and her stage style and presence is unique, to say the least. This girl just doesn't care what you think of her and in a weird kind of way you have to respect that.

Then again, when you describe your clothing style as "garbage chic" you probably should have a sit down and think about that again.

Her lyrics have never meant to be awe inspiring I suppose, but some just leave you with more questions than answers. To start off, I'm sure any dental professional will tell you brushing your teeth with a bottle of Jack is not a good idea. Let's leave Jack Daniels to the professionals at "Epic Meal Time" shall we, Ke\$sha?


And you kick them to the curb unless they look like Mick Jagger? I love the Stones as much as the next guy but Mick was never the prettiest rock star, even in his prime.

But if at the end of the day you want a good



Ke\$ha will come to Rexall Place on Sept. 7.

pop concert, there are a lot worse options out there. Ke\$ha probably describes it best: "Miss this and you be missing the biggest dance party of the year!!!!"



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THE NUGGET



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By KENDAL GUINEY

The beautiful weather is finally here, so that means it's time to roll down the windows of your car or grab your headphones and head outside for a refreshing walk. Here is a list of "feel-good, sing along and enjoy life" songs, new and old, that you can listen to while celebrating the end of what felt like the longest, coldest winter ever.

1. Palmdale – Afroman
2. Jerk – Eminem

3. I Feel Good – James Brown
4. California Gurls – Katy Perry  
Ft. Snoop Dogg
5. Maui Wowie – Kid Cudi
6. Young Forever – Jay-z
7. Hey Soul Sister – Train
8. Brass Monkey – Beastie Boys
9. Black and Yellow – Wiz Khalifa  
Ft. Snoop Dogg
10. We R who we R – Ke\$ha
11. I'm Yours – Jason Mraz
12. Walking On Sunshine – Katrina  
and the Waves



htbackdrops.com

Afroman

## VIRAL VIDEO OF THE WEEK

## Twice as cute ...

By LACE SENIO

What is double the fun, and double the cuteness? Twin babies, of course! This week's viral video is the "Talking Twin Babies, Part Two." Which is probably the most adorable video on the Internet right now. I mean, you have your cute animal videos, but I promise you this is even better. And slightly bizarre.

The thing is the video features two twin babies having a conversation, which is slightly fascinating, but also strange, in a way. The babies appear to be having a real conversation. The interactions of the twins are those of two people talking. If you were to watch this video, you would understand the eeriness of the toddlers talking.

Not that twins talking is a new phenomenon; scientists and psychologists have been studying twins for

years. The interactions of twins as children and toddlers are incredible. My old biology teacher used to call twins freaks of nature. Not saying that twins are literally freaks of nature, it is just that the aspect of twins is fascinating as far as scientific studies go.

The video is cute, though, the twins are having quite the conversation and it leaves all of us, viewers, wondering what they are talking about. Could it be world politics or how excited they are for the new Harry Potter film? Maybe it is just only baby babble. What ever it is though it is really interesting to watch, and doubly cute.

You can watch the video at [http://www.youtube.com/watch?v=\\_JmA2CIUvUY](http://www.youtube.com/watch?v=_JmA2CIUvUY). You will enjoy the giggles and hand gestures that are shared between these adorable twin toddlers.



# Five best of 2011 – so far

By KITA MURU

This year has had a pretty good start as far as video games are concerned. It's a far cry from the days of 2007 when it felt like I was wandering through a boneyard of bad games at this time of year. Developers seem to have caught on to the fact that putting out great games throughout the year is a better idea than waiting for the holiday season and there have been a bunch in these first four months. The games on this list for the most part don't explore anything new, nor are they perfect but they just do a lot of things right, enough to warrant special merit over others.

**Dead Space 2**

*Dead Space 2* makes this list

because it does what a survival horror game is supposed to do: be pants-filling scary, gruesome, gory, yet fun to play with the lights off. It has you stepping back into the shoes of Isaac Clark, after his girlfriend died, and having to hack and slash through a bunch of necromorphs on a spaceship, only to have to hack and slash through a bunch of new necromorphs, again while in a dilapidated metropolis known as the sprawl. *Dead Space 2* improves on the first while keeping some of what made the series so great like the mining tools, zero gravity and boss fights. And Isaac is pretty cool for an engineer who goes through changes as he struggles to fight off insanity eating

him from the inside out. It's pretty much like *Resident Evil 4* light and in space.

**Marvel vs. Capcom 3: Fate of Two Worlds**

*MVC 3* does what its predecessors did before it over a decade ago: offers a robust game with a bunch of awesome characters and has them go at it in a bunch of places. Although the game might be a bit broken, some fighters are missing (No Jin? WTF!?), and there aren't a great deal of modes, *MVC 3* is an incredibly fast-paced, well balanced fighter. Whether you play as series staples Ryu and Wolverine, or newcomers like Dante and Deadpool, there's a whole lot of chaos about to unfold whether you're a pro or a scrub. *MVC 3* is on this list because it's a nice reminder of those childhood days in the arcade where you've probably plunked quite a few quarters into a classic game.

**Pokemon Black/White**

It's kind of unfair to put both these games on the list since only one game should be put, but screw it. *Pokemon Black/White Version* are OK alone, yet awesome together. When I reviewed it, I didn't fully appreciate how incred-

ible both versions were, or that they could suck me back in after a decade. Black/White are essentially the same games as Red/Blue, Gold/Silver, Ruby/Sapphire, and Diamond/Pearl with the whole gym badges, Elite Four and team, etc. And yet, just adding new Pokemon, Rotation Battles, C-gear and reworking the level design manages to keep the series going on strong with this iteration. *Pokemon Black and White Version* make this list because sometimes keeping things mostly the same isn't a bad thing.

**Little Big Planet 2**

*LBP 2* is on this list because it's more than a game in which you jump through levels. It's a game and an engine for making games, whether it's a platformer, sports, or role-playing game, *LBP 2* can pull it off, but can you? This game is a burlap-infused canvas for your mind to paint all over. Make a soccer game or a level in *Metal Gear Solid*. If you can think it, you can make it happen, unless you're put off by all the sack boys or just the sheer depth of the entire game.

**Crysis 2**

*Crysis 2* makes this list because some in accordance with trends in



the-horror.com

**Marvel vs. Capcom 3**

video games today, there has to be at least one blockbuster first-person shooter in a game of the year column. *Crysis 2* is a pulse pounding, adrenalin pumping fire-fight through the city of New York. As Alcatraz, who's a dude in a ridiculous looking nano suit, you're trying to stop an alien invasion and a virus, alongside blasting off friends in the slick (if not usual) multiplayer. Although the game isn't open world, feels a bit too similar to *Call of Duty* and lacks a bit of PC support, it's still sweet to play a game in which you feel like a badass, and *Crysis 2* pulls that off for the most part.



cooldesktopbackgroundsx.com

Dead Space 2



# Lessons learned this semester



## WHAT'S "TASH-INING"

**NATASCHA BRUHIN**  
Assistant Entertainment Editor

Well, here we are at the end of another school semester. After four months of long nights, non-stop note taking and tiresome projects coming to an end, people, we are finally going to have social lives again! With the weather finally nice enough to bring out the peep toe heels (or sandals for you men), I couldn't be more excited. Four glorious months of summer lie ahead, and the possibilities of what can be done in that time are endless.

I, for one, will not do a single, responsible thing the first week off. Screw going for a run on the treadmill. Forget doing laundry. And taking the time to peruse kijiji for a well-paying job is out of the question. That time will be spent going for lunch with an old friend or planning a summer road trip. Basically, that first week of freedom will be a complete blur and I cannot wait.

Until then, however, there are exams to study for, and unfortunately, there's nothing we can do to speed that part along (however, espresso shots do help one get through exhausting study sessions ... just saying).

Being a television-broadcasting student myself, the end of the semester works slightly differently for me. As opposed to written exams, I, along with the team I am assigned to, have to produce one last 22-minute show by

the end of the week. Creating a show is extensive and time consuming and two months of producing weekly shows on top of completing other assignments is draining. At the end of the day, though, I can't deny how much I've learned about everything related to television production.

But have I learned anything outside of school? These past few months I've started calling NAIT my second home since I'm on campus practically 24/7.

After some thinking, I realized that the lessons learned in television production apply very closely in real life:

1. Don't swear or talk s\*\*\* on camera (or in real life, for that matter). Not only will everyone eventually find out about it but also once it's out in the open (or on freaking tape), it's an unattractive side of you that can never be deleted. With hours of awkwardness and goof-ups on tape, the television students' and my own f-bomb count has dropped significantly.

2. Watch where you're going. I'm a klutz to begin with, but when I'm lugging around three different bags of camera equipment, I become the freaking Tasmanian devil. I've learned that people love to watch others fall on ice (and laugh), and yes, it is possible to slip on a martini-dry hallway floor. It just happens, OK?

If you are ever a witness to such an embarrassing moment, please try to hold the laughter until the victim is out of sight. Your hysterical laughter haunts my dreams.

3. Don't waste a single, free moment. It's the No. 1 tip given to survive a semester in television, but funny enough, it also applies in real life. Don't waste a single moment of your life doing something that makes you miserable, because, let's face it, these few years of college are going to be one of the most carefree times of our lives. After that ... well, after that, we're not considered young adults anymore.

4. Pack a full lunch. This means bringing along enough food to feed you through lunch, the mid afternoon slump



abcteach.com

and dinner (if you're staying late after school).

I've learned that there's nothing worse than being hungry and trying to get your work done on time. You can't focus on the work that needs to get done while your stomach is grumbling away. So over pack your lunch bag if that means not having to shell out an extra seven bucks for a lunch at school. It'll save you a lot of cash in the long run!

5. Being actual friends with your classmates makes the days so much better. They know what you're going through, they can help you with projects and they don't blink an eye when you have a mid-day meltdown. They get it. No judgment is ever passed. So stop being anti-social and start opening up to people!



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## SHOOT FOR THE STARS

LACE SENIO  
Entertainment Editor

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."*

— Harriet Tubman

It seems like good advice and maybe it is, this advice that



Supplied photo

Spencer Jo

# Follow your dreams

Harriet Tubman so wisely gives us. The advice is that we can achieve our dreams with strength, patience and passion – we can change the world. I am wondering though, how many of us actually have the courage to follow our dreams? How many of us are actually ready to jump off the cliff of our dreams and plunge into the unknown and risk it all?

This year, so far, has been a year of growth and personal achievement, for me at least. It was a challenging year that tested my personal integrity and taught me many things about myself and also those around me. Looking back, I made a lot of important personal decisions and maybe some of the decisions I made were not the right ones, but maybe they were the best for me. I think in terms of dreams, that is OK, though.

I took this semester to study dreams and I learned a lot from the dreamers I interviewed. It is funny, because I remember at the beginning of the semester I wanted this column to be about making fun of people and the lame things they say, being all snarky and such but that evidently never happened. I fell in love with listening to people talk about their dreams, some bashful and some shy and some confident and cocky.

It became fascinating to me how the subjects of my dream journey became role models, people I started to build my dreams around. I talked to a lot of really interesting people and everyone had such great advice to give. Here are some highlights from my dream journey:

"Dreams are a reflection of your life, they change, but so do people. Every step of my life has had a part in the development of my dreams," Matt Murphy says in the Jan. 20 issue. He was my first dream case study, and had so many inspiring things to say.

"I had a lot of really inspiring role models. My auntie Josie was a hair dresser and my childhood friend's mom was also a hair dresser," explains Jessica Parchoma about the importance of role models, in the Jan. 27 issue. Role models set examples and build skeletons for us to create our dreams from.

In the Feb. 3 issue, Landon Barrowman talked about living life to the fullest.

"Life is more than just going to shows," Barrowman clearly states. "Life is trying to run your own business. Life is trying to get by at f\*\*\*ing Pizza Hut. Life is trying to find a place to rent. Life is trying to stay healthy and go out and do s\*\*t and just know what is what." Barrowman said it straight and is full of dreams and forever will be.

"I had a lot of dreams about who I imagined I would be. But

I really just wanted to have kids and be a good mom, like my mom was to me." Kim Senio said in the March 24 issue. My mom was the biggest inspiration in my life. Maybe that is just what moms do.

"The awards spotlight a wide variety of local talent nominated by the fans. I think it'll only get bigger each year and that it will reach deep into the hidden scenes that are strong in Edmonton, but more underground," says Pete Nguyen, of The Weekend Kids for the issue that came out March 31. The Edmonton Music Awards are going to do so much for local artists and their dreams.

My favourite quote, though, the one that I think best sums up the dream journey, was said by Spencer Jo in the April 7 issue.

"For people like me, it's a means to survival," Spencer Jo says about the importance of following your dreams. "If you've got a dream and you're following it, you've got something to live for, something to feel confident about, something that's your own. If, for no other reason, consider this: you'll never be bored if you're dreaming."

All of these people, and all of these quotes say something about dreams. How they change and develop, how we need positive role models, how important it is to live life to the fullest, about how support from your family is crucial to following your dreams, about how dreams are good for the community and mostly, about how dreams give us something to live for.

I always knew dreams were important. Everyone does. The reality is, though, many of us don't have the guts to follow our hearts. I can admit that I find it terrifying to follow my dreams. What if people make fun of my them, or what's worse, what if I fail?

It is thoughts like these that hinder us and why should we let negativity stand in the way of true happiness? I challenge every one of you to follow your dreams. Start now. Do it with me. Together, let us begin the most important journey of our lives – our dream journey.

So now, at the end of a long, hard year, it is time for us to reflect on our shortcomings and celebrate our achievements. I am going to follow my dreams, and unfortunately these dreams are leading me away from NAIT and overseas to do some volunteer work.

I wish all of you the best of luck over the summer and the years to come. I wish you happiness and I wish that you all listen to the voice in your heart and follow your dreams. Let's jump off this cliff together.

## Hanna – a movie not to be missed

By GRAHAM MOSIMANN

Saoirse Ronan (*Atonement*, *The Lovely Bones*) stars as Hanna, a girl raised in a forest in Finland secluded from society by her ex-CIA father Erik Heller (Eric Bana) to be raised as a killer. Now a teenager, Hanna longs to go out into the world on a mission.

Her mission is to kill a ruthless CIA agent named Marissa Wegler, played by Cate Blanchett. Blanchett is an actress that I don't follow, but realized that I rarely recognize her from one role to the next, which is the mark of a truly great performer and she gives a great performance in *Hanna*.

Ronan, being about 16 during the movie, is such a great young actress with a lot of capability for this physically demanding role. Much like in *The Lovely Bones*, despite how poorly that movie was received, Ronan makes an extremely sympathetic character to follow in her story.

So, Hanna is now out in a world she has meticulously learned about only from text books alongside her training.

Being hunted by dangerous psychopaths like Wegler and her assassins is what Hanna is expecting and trained for. She is a cold blooded killer who doesn't flinch. She tracks and hunts a deer with a bow and arrow; she walks up to the wounded animals and coldly says "I missed your heart" before shooting it with a pistol.

The real shock and challenge to her is being thrust into a different society. She has no actual experience with society nor any real social ability.

When asked who she is, she automatically and robotically goes over a memorized line about her growing up in Germany, loving sports and having two best friends and a dog.

She comes across a travelling family with two young children, including a daughter Hanna awkwardly befriends in her first real connection with another person other than her father. With this new friend, she discovers things that children do which she has been missing out in place of her obsessive training and is enthralled

by discovering all these things at once, including television and music.

Through following Hanna's journey of discovery and hunt for Wegler, the film exudes a fairy-tale and dream-like atmosphere which is wonderfully carried by a great soundtrack by The Chemical Brothers.

Wegler, who has a mysterious past with Erik Heller and bent on finding Hanna, is a cold and sleek villain who serves sort of like both a wicked step-mother and The Big Bad Wolf.

Being a movie about professional murderers, the violence shown is very restrained, which is still effective, and any more would probably be considered distasteful, which Ronan probably wouldn't want for a second time after *The Lovely Bones*.

The only thing is, being 100 minutes, it could have been longer.

With a subtle hint of the game *Metal Gear* in the story, I loved *Hanna*. It's a great movie and shouldn't be missed.





# Serenity — now!

By CATHERINE YE

Since the finals are approaching, the issue of how to be less stressed is becoming an important topic to every one of us. For the last week of this semester, NAITSA wants to help you beat the busy exam blues with free lunches, free massages and more during the Week of Less Stress.

The International Students Centre is also open to students who want to share their panic with others.

Here is some inside advice I got from the NAITSA Less Stress Week consultant that I just want to share with you to help you get rid of the panic and anxiety we'll likely all feel in the coming weeks. Surprisingly though, there are actually a lot of things that you can do to be less stressed:

**1. One thing at a time.** This is the simplest and best way to start reducing your stress – focus as much as possible on doing one thing at a time. Clear your desk of distractions. Pick something to work on. Need to write a report? Do only that.

Remove distractions, such as phones and e-mail notifications, while you're working on that report.

**2. Simplify your schedule.** A hectic schedule is a major cause of high stress. Simplify by reducing the number of commitments in your life to just the essential ones. Learn to say no to the rest – and slowly get out of commitments that aren't beneficial to you. Schedule only a few important things each day and put space between them. Get out of meetings when they aren't absolutely essential. Leave room for down time and fun.

**3. Get moving.** Do something each day to be active – walk, hike, play a sport, go for a run, do yoga. For this part, go to the gym and have fun with your friends there.

**4. Do something that calms you.** What do you enjoy that calms you down? For many people, it can be the "get moving" activity discussed above. But it could also be taking a nap, or a bath or reading or taking a nature walk. Find your calming activity and try to do it each day.



ba6alah.wordpress.com

**5. Be early.** There are still two weeks to go until the finals, so grab this limited time to start reviewing your notes. If you start studying

today, you will be less panicked if you can fit your studying schedule within the reviewing period.

Well, you want to know more?

NAITSA also offers free lunch and consultation for students who are under stress. For more information, come to NAITSA and ask for it!

6.25

Celebrate our two favourite seasons:  
**Hockey and Patio.**

**Hudson's**  
CANADIAN TAP HOUSE

DISCOVER CANADA'S PUB



# Stars united for cancer

By BALJOT BHATTI

A bevy of Hollywood stars and power players in the industry are coming together to produce a Lifetime original movie on breast cancer and the impact it has people's lives. Jennifer Aniston, Alicia Keys, Demi Moore and Patty Jenkins (*Monster*) will be directing the movie, which is called *Project Five*.

*Project Five* is an anthology of five short films which will use humour and drama to focus on the effect that breast cancer has had on women, from diagnosis to treatment to, hopefully, a cure. Throughout the five shorts will be an interconnected story arc, which ties everything together. The fifth director will be announced in the coming weeks.

"Our hope with *Project Five* is to entertain, inform and inspire dialogue, research and prevention. Otherwise, our goals are small," Aniston said in a statement.

We want these films to move people and empower those affected by breast cancer to stand tall through this challenge, which impacts all of our lives, no matter who we are," she said.

One in eight women in the world will be diagnosed with breast cancer in their lives, and one in 35 will die from the disease. Because of better medical technology and earlier detection, breast cancer rates have gone down, but the numbers are still high. A 2008 statistic states that nearly half a million women in the U.S. died of breast cancer, which is almost 14

per cent of all cancer related deaths in women.

Born out of the feminist and women's health movements of the 20th Century, the breast cancer movement attempted to rid the stigma associated with the disease and increase awareness of it and detection methods. In most countries, October is recognized as National Breast Cancer Awareness Month and the prominent pink ribbon is the symbol of awareness for the disease.

This is not the first time the Lifetime Network has covered an issue like breast cancer. Past original movies have included stars like Renee Zellweger, Angie Harmon and Sarah Chalke.

Lifetime is also a driving force for the breast cancer awareness movement. The network has collected more than 25 million petition signatures in an attempt to urge the United States Congress to

force better patient care for women who are recovering from mastectomies (a surgery to treat breast cancer). Often-times, women are forced to leave the hospital hours after this invasive

surgery.

Nancy Duboc, president and general manager of Lifetime Networks, said: "It's an awesome feeling to be able to give them such a strong platform to do what they do best – entertain and tell great stories – so that we all educate viewers about breast cancer through these five films of courage, love and hope."

*Lifetime*



skinz.org

Jennifer Aniston

# Party at the Nest

By ALI MAGEE

The Nest is celebrating the end of the school year with an exciting concert this Friday. Featuring local bands Radioflyer and Any Last Regrets, the concert has already generated student interest.

"I bought tickets as soon as I heard Radioflyer was performing," says NAIT student Megan Lemay.

"I've heard them before and I really like their sound." Of course, the fact that they're from Edmonton is appreciated, "I'm especially inclined to go, because I think it's important we support local talent. I always make a point to watch Edmonton's band perform, and this concert is going to be the perfect stress reliever before exams."

Radioflyer, a four-man alternative rock group formed in 2007, is currently working on their debut CD. This band has done shows all around Edmonton and with the most recent addition, lead guitarist Xander Borelli in 2010, their sound is complete.

Founded in just 2009, Any Last Regrets has

gained popularity fast. The band used to make hardcore music, but after a few member changes has more of a rock sound. Both bands are accessible on MySpace.

Drink specials just in time for celebrating summer will be available such as, \$3.25 cans of beer and highballs and \$4 pints.

Nest employee Sarah Buchacher says the concert will be an affordable party.

"We know that it's the end of the year, everyone's student loans are gone and money is tight," she explains, "so we really wanted to have a cheap night. Everyone can come out and enjoy a last get-together with their classmates before summer."

This will be the Nest's last party before the year-end, but the bar and restaurant will stay open until mid-June. Tickets for the concert are available for \$3 in advance from the Nest or NAISTA or \$5 at the Nest when doors open at 7:30 that night.

Rejoice that the semester is ending with friends and cheap drink specials while listening to awesome local talent at the Nest!



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THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## March 17-23

(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)**

Keep a tight rein on your money this week; overspending will be your downfall.

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

Try something new, maybe a sport. Perhaps curling, but stay away from any sort of contact sports.

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

Don't wear white near puddles.

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

Break out of your normal and boring musical selection. Check out new genres

like spacesynth and nintendocore.

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

The love of your life has just recently walked by you. Pursue!

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

You should get a pet moose. Then call him Greg.

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

Procrastination is the devil! Do it now!

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

Go buy a lottery ticket. Today is your lucky day.

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

If you make sure not to step on any cracks and re-check your locks 23 times daily, this year could bring you many psychiatric-flavoured medicines.

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

Cash in on any old coupons you have laying around.

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

You like grapes.

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

Try cultured food. It's delicious.

# The future for talk radio is now

By **MORGAN MODJESKI**  
**The Manitoban**  
 (University of Manitoba)

WINNIPEG (CUP) – When it comes to talk radio, some people feel that it's a genre that has gone the way of the compact disc, one that's listened to only while driving long distances.

But one show on CBC is redefining what it means to be on the radio – and its host is Jian Ghomeshi.

Ghomeshi hosts *Q*, one of the CBC's most popular talk radio shows. He says that the key to

the show's success is its valuable content and availability through a number of different mediums.

Speaking with Ghomeshi by phone, he said that when *Q* became a multi-platform package he wanted to do it right and that means doing more than just putting the radio show on the web.

"I still do believe that content is king," said Ghomeshi. "People still want strong content, so giving it to people on other platforms doesn't necessarily mean that it should be any less interesting, provocative or comprehensive."

Ghomeshi explained that every aspect of *Q* –

from the podcast, the website, video online or the TV show on CBC's *Bold* – is specifically fitted for each unique medium.

"I think there is a mistake to be made by just taking what one does [and] just throwing it up everywhere in a passive way and hoping that the other mediums are as successful," he said.

Ghomeshi and *Q* have been host to legendary interviews and have become known widely across Canada, especially with a younger demographic. Yet Ghomeshi reveals the show never really had a target demographic.

"To me, it's not really about catering to a younger demographic," Ghomeshi said. "We have never explicitly done anything with a demographic in mind. Part of it is in the tone and the story selection. I consciously do a smart show, and I think people still want and respect depth."

According to the show's website, the show is one of the highest ranking morning shows of all time and its YouTube channel has over 30 million views. What these numbers are really saying is that *Q* is undeniable truth that Canadians and Americans want smart radio.



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# Canadian to the core

By KENDAL GUINEY

Jackie O is the beauty and brains behind the radio show *Home Grown*, which can be heard on NR92 every Monday from 6:30-8:30. I asked her a few questions and found out where she gets her passion from and what made her decide what she wanted to play on her very own show.

**Kendal** – OK, so first of all what got you into radio in the first place?

**Jackie O** – Here's a passion that I have for this industry that I don't have for anything else. Really, there isn't anything else that could make me get up at 4 a.m. with a smile on my face ... except for an attractive male, but this isn't that kind of interview, so ...

**K** – Ha ha, OK, so your show is called *Home Grown*, why did you name it that?

**J** – *Home Grown* generally focuses on Canadian artists who are right in our own backyard. *The Backyard* has already been used before so I figured *Home Grown* was the next best thing.

**K** – What made you want to play songs only from Canadian artists?

**J** – I have such a crush on this country. Maybe because it's home? I don't know. I'll just say that there's a certain genuine passion that Canadians have for their country and it really comes through in the talent. I think I'm really lucky to have the opportunity showcase them on air every week.

**K** – Are there any other shows on NR92 that you listen to? Which ones, and why?

**J** – Aside from my show? Absolutely there are! I'm pretty proud and excited about the shows we have on NR92. But if I had to narrow it down, I'd suggest *Chinese Food For Breakfast* with Ray on Saturdays 9 a.m.-noon and *Madison's Avenue* on Sunday from 3 p.m.-5 p.m.

**K** – Growing up, what radio stations did you listen to most, such as top 40, classic rock, that kind of thing?

**J** – While it isn't my genre of choice, I grew up listening to Top 40 – it was what I had in my small town. After moving to Edmonton, I discovered other “cooler” alternative sta-

tions that play the music I love. The Sound would be a prime example of a station I looked to for inspiration (well, while it was around ... I'm still pretty heart-broken that it's gone).

**K** – Is there anyone on the radio that you grew up wanting to be like?

**J** – Kirk Davidson was my first real inspiration. He worked at my hometown station and would let me hang out during his show. He's the reason I'm in radio. Now, I look to people on-air who are in love with what they do and genuinely allow that to come across the airwaves. Ryan Bradley would be one of those people.

**K** – Are you planning to continue your show next semester? And will it be still Canadian artists only next year?

**J** – The show must go on!! Like I said earlier, I'm really, really lucky to have the opportunity to play/talk/learn about my favourite artists. Half the time I'm pinching myself because I feel like it's almost too good to be true. I'd like to stick to a heavy Canadian influence but I know there's some wicked international talent out there so I might open up those borders (you bet that pun's intended!).

**K** – Who would you say your top three favourite Canadian artists are, like who makes it onto your show most often would you say?

**J** – Joel Plaskett, 2. Joel Plaskett, 3. Joel Plaskett.

OH! Different artists?! Well, add Dan Mangan and David Myles and Hannah Georgas (I know that's a total of four but she's pretty wonderful as well).

**K** – Anything else you'd like to add about your love of radio or about your show?

**J** – Radio is an amazing industry, I think it really comes down to the people I've met ... I've met some really amazing people who are a part of my family now. Radio carries such a passion with it that when you meet people



Supplied photo

## Jackie O

who feel the same way, you can't help but be inspired ... it's what gets me out of bed and carries me through my day and I can't get enough.

Tune in and catch all your favourite Canadian artists with Jackie O, Monday 6:30 p.m.-8:30 p.m.!



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Photo by Angela Moberg

# ... and the livin' is easy

**By Lace Senio, David Adomako-Ansah, Ali Magee, Baljot Bhatti, Shawn Gray and Matthys Pischke**

*We here at the Nugget are just as excited as you for summer. If not more. Summer is amazing. We love it. The popsicles, the Bacardi, the green grass, the tans, oh geez, I could go on. Summer is especially exciting for students, uh, hello, no more homework! Summer provides us with a chance to relax and unwind and party. There is nothing better than a summer day. And too celebrate summer, our writers compiled lists of their favourite things about summer.*

...

Five reasons to love summer:

- 1) Sun. Duh.
- 2) Beaches!
- 3) No homework.
- 4) The crazy fun summer activities and festivals.
- 5) The excuse to party. Hey, it is summer, it is a great excuse.

...

Edmonton is known around the world as "Festival City" because of all the events that happen here in the summer. There are tons of things you can do this summer from hitting some local pools to trying some ethnic foods.

- 1) FC Edmonton Soccer Home Games – April 9 – Sept. 11
- 2) Edmonton Energy basketball home games – May 20 – June 26
- 3) Edmonton Pride Festival – June 10 to

June 19

- 4) The Works Art and Design Festival – June 23 – July 5
- 5) Edmonton International Track Classic – June 29
- 6) Edmonton International Street Performers Festival – July 8-July 17
- 7) A Taste of Edmonton – July 21-July 30
- 8) Edmonton Indy – July 22-July 24-
- 9) Capital Ex – July 22-July 31
- 10) Servus Heritage Festival – July 30-Aug. 1
- 11) Edmonton Latin Festival – Aug. 13-Aug. 14

For more information on all these events/festivals, you can check out [edmonton.ca](http://edmonton.ca)

...

Here are some modern trends to jazz up the classic styles of summer.

- 1) Fedora – Not only will this cute hat keep your face and eyes shaded from the harmful sun, but you can rock a fedora to hide any bad hair day!
- 2) Rompers – Just becoming popular this year, this super chic outfit involves no matching skills whatsoever.
- 3) Jean Jackets – This classic addition will never go out of style; it's prime to wear to the beach, to a fire, or on a walk.
- 4) Floral Material – A fun and fresh way to turn any fashion item feminine.
- 5) Nautical Accessories – Anchor earrings, blue and white stripes, and fish print are an easy way to make any outfit seem summery!

...

One of the best parts about summer is the

driving. Yes, even in this pothole riddled, construction-ridden city of ours. Here are five tunes that scream "summer driving" and make that glamorous drive down 118 Avenue all the more bearable.

- 1) "Scar Tissue" – Red Hot Chili Peppers
- 2) "Search and Destroy" – The Stooges
- 3) "Radar Love" – Golden Earring
- 4) "California Love" – Dr. Dre and Tupac
- 5) "Clint Eastwood" – Gorillaz

...

After a long dark winter the sun is finally out in full force, ready to grace us with its presence for the summer. So here's a list of five awesome free shenanigans your mates and you can get into for the summer.

- 1) Street Hockey. There's nothing better than getting a group of people together to share Canada's greatest pastime.
- 2) Frisbee. Yeah, it seems simple but can provide hours of entertainment. Allows for sweet conversation time, too.
- 3) Long boarding. One of the most chill activities possible and it's a health workout.
- 4) Epic ravine trek. Get some friends together and just head to the ravine of a good old fashion nature walk.
- 5) Hangout session. Honestly grab a blanket and just chill with your friends. Talk about life, maybe play some Pokémon.

...

With summer just around the corner, we have to start thinking about what we are going to need in our wardrobes to cope with the heat.

T-shirts, shorts, tube tops and sandals are all staples when it comes to summertime apparel. So I have made a list of my favourite clothes that only come out during the beautiful summer months. It's too bad it's not warm out all the time.

- 1) Short shorts – Call 'em daisy dukes or booty shorts, they are the perfect summer add on for women.
- 2) Thongs – No, not underwear, flip flops. I love me my flip flops.
- 3) Spaghetti straps – Those tiny little strings that look like they are barely holding the shirt up.
- 4) The Summer Dress – Floral prints that end before the knee. Oh, winter, why do you have to be so cruel as to eradicate these during your months?
- 5) Board Shorts – You can tell summer is on its way when a few diehards cut away the bottoms and wear these while there's still snow on the ground.
- 6) The Tube Top – You have to have the right assets to pull this one off.
- 7) Those stupid Roman-looking sandals – Those should stay in your closet but they still come out.
- 8) Beach wear – Sure, you can find swimsuits at the pool during the winter, but outside is a summer-only treat.
- 9) Sunglasses (all the time!) – Beware the aviator tan!
- 10) Tan lines – Unless you hit the tanning beds or never go outside, they're inevitable.





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THE NUGGET PRESENTS:

# CLUBS CORNER

## Upcoming events ...

### PGC

**What:** Beer Garden  
**When:** April 14, 3 p.m.  
**Where:** Annex Dock

### Business Connex/RT2013

**What:** Beer Garden

**When:** April 15, 3 p.m.

**Where:** Annex Dock

### Chemical Technology

**What:** Silent Auction

**When:** April 19, 10 a.m. – 2 p.m.

**Where:** Main Campus South Lobby

## Regular weekly events

### Gamers of Dungeons and Dragons

**What:** Weekly Games  
**When:** Fridays, 4:15-10 p.m.  
**Where:** Room WC-312

### Christian Club

**What:** Weekly Meetings  
**When:** Hang Out & Learn Wednesdays  
 12:15 p.m.-1:10 p.m. Room E-115  
 Prayer Meeting Wednesdays  
 7:30 a.m.-8:05 a.m. Room J-207  
 (Multi-faith prayer room)

### Latter Day Saints (LDSSA)

**What:** Weekly meetings  
**When:** Thursdays  
 11:15 a.m.-12:10 p.m.  
 and 12:15 p.m.-1:10 p.m.  
**Where:** Room E-221

### Karate at NAIT

**What:** Weekly sessions  
**When:** Mondays, Wednesdays  
 7 p.m.-9 p.m.  
 Saturdays 10 a.m.-Noon  
**Where:** Room S-112

## Clubs Centre News

### CONGRATULATIONS!

2010/11 GIV'ER Point Winners:

First Place .....	CLUB CULINAIRE.....	\$2,000
Second Place .....	FULL FRAME 47 .....	\$1,000
Third Place .....	BAKERS CLUB .....	\$500

## Clubs Centre Info

**Hours:** Monday-Friday, 8 a.m.-5 p.m.; **Phone:** (780) 471-8457

**E-mail:** campusclubs@nait.ca; **Website:** www.naitsa.ca

**Location:** Room E-133 – Main Campus

## Minute to Win It 2011 Pencil Challenge



Adam Jozwiak, winner



Jordan Ferchoff, left, and Adam Jozwiak

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Thanks

Dr. CONwisDOM!

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

THE NUGGET





CHRISTINE VU

# If you created a political party, what would you name it?



"Industrial Economics Party"

Scott Deeks  
HET



"Rodeo Rock Stars Party."

Cody Campbell  
HET



"People of Great Canada."

Tarun Chaudhery  
HET



"The Party-Hardy-Party"

Troy Leiren  
Electrical



"The Greatest Party."

Joanne Chien  
DMIT

THE NUGGET-PRESENTS:

# NUGGET COMICS

M  
I  
C  
E  
  
W  
I  
T  
H  
  
S  
P  
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C  
E

SKYSCRAPER CONSTRUCTION J.B.



# CROSSWORD

- Across
- 1- Head and shoulders sculpture

5- Milan's La

10- Hang-up

14- Draft classification

15- Histological stain

16- Abound

17- Sleep disorder

19- Pearl Mosque city

20- Computer availability

21- Half-pike

23- Science of bodies at rest

25- Muzzle

26- Absolute

28- More spine-tingling

31- Drinks (as a cat)

34- Part of Q.E.D.

36- Not o'er

37- Author Umberto

38- Apprised

40- kwon do

41- Palpitate

43- Biblical birthright seller

44- Second letter of the Greek alphabet

45- Foursome

47- Diamond flaw?

49- Aspect

51- One playing alone

55- Vision in dim light

58- Tin alloy

59- Anklebones

60- Fertilize an animal

62- Presidential battleground state

63- Silk cotton

64- Netman Nastase

65- Auth. unknown

66- Habituate

67- Seemingly forever

- Down
- 1- Additional pay

2- Not appropriate

3- Simmons rival

4- Roman historian

5- Chosen

6- Cedar Rapids college

7- Cairo cobras

8- Does a Daffy Duck impression

9- Whatever person

10- Height

11- Bargain

12- Dynamic beginning

13- Fed

18- Drop

22- Very much

24- Open a tennis match

27- Bluffer's ploy

29- Coup d'\_\_\_\_\_

30- Greek fertility goddess, flightless bird

31- Riga resident

32- Dull pain

33- Case

35- Autocratic Russian rulers

38- Bahamanian island

39- Continental inhabitant

42- Speech

44- Chocolate chewy cake

46- Portray

48- Designer Cassini

50- Stopwatch-holder

52- Author Calvino

53- Take hold

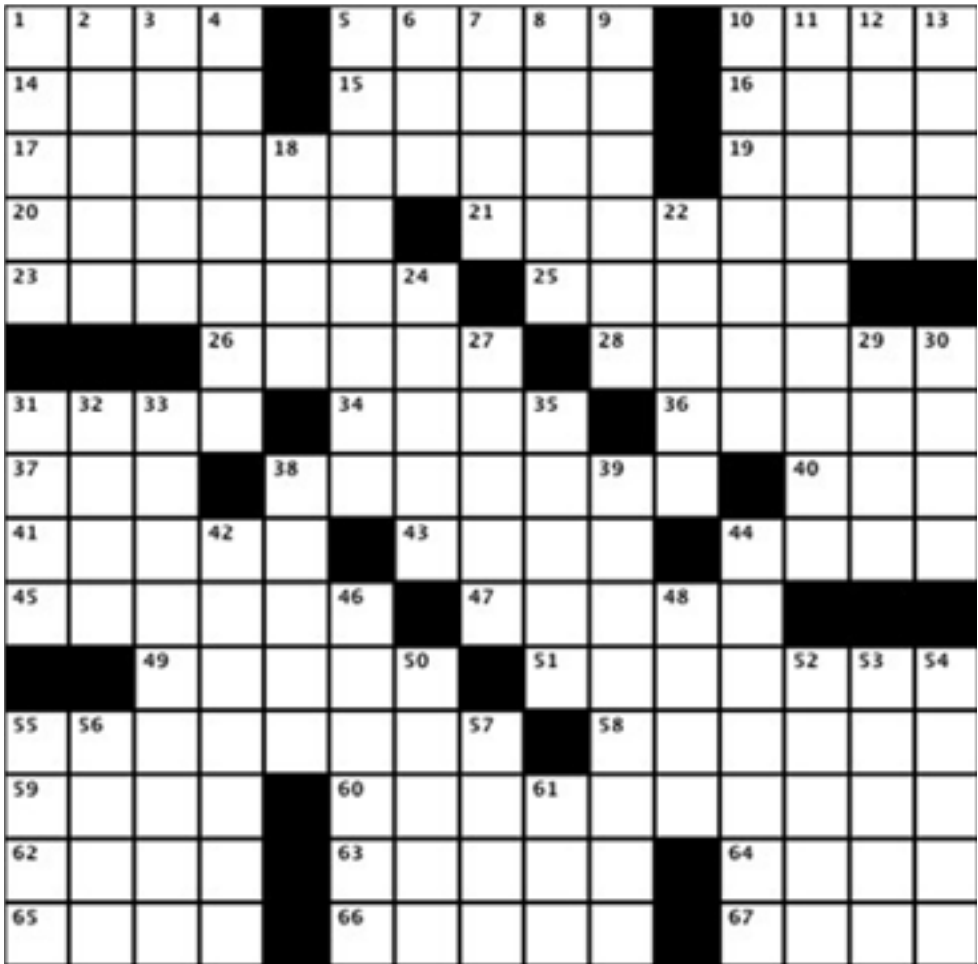
54- Forest makeup

55- Portico

56- "All the Way" lyricist Sammy

57- Capital city of Western Samoa

61- Baseball stat



Puzzles provided by BestCrosswords.  
com (<http://www.bestcrosswords.com>).  
Used with permission.

SOLUTION  
Page 31

## Good work, Chris

By DAVID ADOMAKO-ANSAH

Twenty-one-year-old Virginia native Christopher Maurice Brown, better known to many as just “Chris Brown”, released his fourth studio album last month, titled *F.A.M.E. (Forgiving All My Enemies)*, which he tried to explain recently on *Good Morning America*, but we won’t get into that, though.

The tracks on the CD reminded me of a younger Brown, with songs such as “Should’ve Kissed You”, “Next To You”

with Justin Bieber, “Beautiful People” featuring Benny Benassi and “All Back.” You also get to hear a more grown up Chris on “Wet The Bed” with Ludacris, “Deuces” featuring Tyga and Kevin McCall and “No B.S. I” can’t forget the many dance tracks like “Say It With Me,” “Yeah 3x” and my favourite, “Look At Me Now” featuring Busta Rhymes and Lil Wayne.

I was surprised by the album. I expected to not like it as much as I did. It has a

great mix of everything; slow songs, positive messages and most importantly, dance music. Yeah, I love to dance.

Being one who criticized Mr. Brown for his previous “actions,” I think that had something to do with my negative vibes. I have to admit though, the boy done good. I recommend you all pick it up this summer and blast it in your cars to wherever life takes you in the next four months.

Deuces! (Get it?)



### TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

# Security and your vehicle

Do you know where your car is? Are you sure? Did you know ...

- Every day more than 45 vehicles are stolen and nine are never seen again.
- Everybody’s vehicle is a target for thieves, including family sedans and trucks.
- Vehicles are stolen whenever the opportunity presents itself, but mostly between the hours of 1 a.m. and 5 a.m.
- Statistics Canada reports NO criminal charges are laid in more than 80 per cent of vehicle thefts in Alberta.

How do you keep your vehicle safe?

No vehicle or anti-theft device is 100 per cent theft-proof and discouraging thieves is not

an easy task. A thief’s greatest enemy is time. The more difficult your vehicle is to steal, the more time it takes to be stolen. Courtesy of the Edmonton Police Service and AMA, here are some tips to make that thief move to an easier vehicle:

- Always lock your vehicle, even when you are only going to be a ‘minute’.
- Never leave your vehicle running.
- Park in a well lit area unless you have a garage.
- If you have a garage, use it.
- Be careful with your keys; put them in your pocket.
- Secure your registration and insurance

documents; they have your home address.

- Completely close car windows, including sunroof, when parking.
- Install a car alarm or steering wheel locking device.
- Turn your stereo off before you get to the parking lot.
- Park with your wheels turned towards the curb.
- Back into your driveway if you have a rear-wheel drive or four-wheel drive vehicle.
- Never leave valuables where they can be seen and remove portable items.
- Engrave expensive accessories – join Operation Identification.

- Join the STOP THIEF program sponsored by AMA.
- Drop business cards, address labels, or other ID inside vehicle doors.
- Activate your vehicle’s security system.

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

Everybody benefits, except the criminal.

Visit our website for more tips and information: [www.nait.ca/security](http://www.nait.ca/security).



# Recipe

## Whoopie pies

By **CHRISTINE VU**

Holidays, thank yous, gifts, parties and just because, I always look for a reason to bake. If, like me, you are growing tired of turning to the same old cake or cookie recipe and want to try something new but not too difficult, the whoopie pie is for you. Don't let the name mislead you, it's not really a pie ... it's more like a cookie/cake hybrid. It has the shape and mild crumbly-ness of a cookie but the moistness, softness and flavour of a cake! The best part is the creamy filling. This whoopie pie is made with the traditional chocolate flavour with marshmallow filling. Try it out and after you see how easy and delicious it is, you'll exclaim "Whoopie!"

### Cookie ingredients:

- 3½ cups all-purpose flour
- 1 teaspoon salt
- 1½ cups unsweetened cocoa powder
- 1 tablespoon baking soda
- 1 teaspoon baking powder
- 2 sticks unsalted butter (room temperature)
- 2 cups sugar
- 2 large eggs (room temperature)
- 2 cups buttermilk (room temperature)
- 2 teaspoons vanilla extract

### Filling ingredients:

- 2 sticks unsalted butter (room temperature)
- 2 cups confectioners sugar
- 7½ oz. marshmallow fluff
- 2 teaspoons vanilla extract

Place wax paper on cookie sheets and heat the oven to 400 F

### Directions for the cookies:

1. Sift flour, salt, baking soda and baking powder into a large mixing bowl.
2. In another bowl, cream the butter and sugar together using an electric mixer.
3. After the butter and sugar have become fluffy, add the eggs, making sure to beat it well.
4. Add buttermilk and vanilla extract and beat until well blended.
5. Mix in the rest of the dry ingredients.

*\*Tip: put mixer on low so the dry ingredients don't fly all over the place!*

Use a spoon to drop the batter onto a cookie sheet, 2 inches apart to be safe. Bake for 10 minutes or until a toothpick poked into a cookie comes out clean. Repeat with remaining batter.

Cool the cookies completely before icing them.

### Directions for filling:

1. Using the electric mixer, beat the butter until it is smooth.
2. Add the confectioners' sugar and beat until well incorporated.
3. Add marshmallow fluff and vanilla and beat until light and fluffy.

After the cookies have cooled, pair them up by size. I usually just use a butter knife to spread the filling on one side of the cookie but you can get fancy and pipe it on in a circular motion. Sandwich the cookie and voila!

Makes about 25 whoopie pies.

# Wondrous waffles

## CAMPUS FOOD REVIEW

By **ALI MAGEE**

Eating food from the Fresh Express for the first time, I was skeptical of having my food made by students.

However, I was shocked to find out that the students possessed enough expertise to make any top chefs proud. My first experience eating from the little cafeteria restaurant was in the morning and their breakfast menu was incredible!

I decided to go with the waffles. It took less than 10 minutes for my delicious meal to be complete, and it looked like a masterpiece. A mango drizzle, sweet blueberry

sauce and coconut whipped cream accompanied the fluffy waffle. My taste buds surrendered to the scrumptious relative of the pancake and I devoured it in just a few minutes.

Although with all the sauces, the last few bites of waffle were soggy, the meal satisfied me in every way. I would absolutely recommend this delightful food from the Fresh Express to anyone who needs their morning brightened.

I am just as excited to try the next item on the menu!



Supplied photo

## Cowboy Joe, 24 RTA

**Hometown:** The Range

**What's your dream job?** Champion bullrider/country singer.

**What's your most prized possession?** My lasso.

**What kind of music do you like?** Country, especially the Country Music Minutes on NR92.

**Best concert you've ever gone to?** Corb Lund.

**Beverage of choice?** Frontier whiskey or sarsaparilla.

**Do you like to, can you, dance?** The odd Texas Two-Step ... mostly with my horse.

**What two qualities in someone do you respect the most?** Gumption and horse sense.

**Favourite kind of pie?** Dang sure ain't cow pie. Probably huckleberry.

**Can you cook?** Do you like beans and coffee?

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





THE NUGGET PRESENTS:

# GRAPEVINES

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

Dear Hot flashes:

I'm here waiting for you to come and get me. Meet me in the Common Market on April 15 at noon.

I look forward to seeing you.

– Your hottie

...

Dear Digital media and IT program administrator:

Thanks for posting dates and times for your info sessions online. I attended ... but where were you?

– Girl standing around with group of confused people outside X-111

...

Dear Avid Gym go-er,

You are very kind. Perhaps on Tuesday I will see you again. Just don't be disappointed if I don't have the body of Arnold Schwarzenegger, but I am working on it.

Sincerely,  
Mr. Insecure

...

Chances are that the only four hot girls in the Annex aren't replying, it's the rest of the dirt bags over there. So we are going to head over to the Business Tower bath houses and take our chances there.

– From the genetic jackhammers in Engineering Design and Drafting Tech

...

Dear Annex,

How the hell did Civil get dragged into this conversation about the IDT girls? You Construction guys aren't even real engineers. To the Architecture guys, does your mom put your pretty pictures on the fridge? To the Petroleum and Chemical rats ... nuff said.

P.S. The IDT girls aren't even hot.

– Your future bosses.

...

To gals with spring fever and not a guy around:

Come to W-224 in HP Centre.

P.S. Bring chairs

– The Wolf

...

What would make you ladies come out of your base upstairs? Though it's a good exercise to come up.

People around second floor would love to see more of you attractive ladies. Can you drag the Architecture women, too pls, if you can. It would be a pleasure if you join us Eng. Design & Drafting Techs. partyin'. Let's all meet half way.

And to that attractive, tall brunette carrying a sporty black Adidas bag gal in L-Building.

You are a goddess! You rock my world ... \m/

– EDDT

...

Dear ladies walking through the Spartan Centre:

When in your travels throughout the centre slow down, maybe do a twirl, smile and wave. You wouldn't dress like that if you didn't want us loot's. It's getting pretty warm out for pants, you think? Thanks.

– Fourth-year millwrights

...

To the Interior Design girls:

You girls deserve real men (period) Construction Engineering guys are the way to go.

– The only actual men in the building

...

Dear ladies in the Annex:

Thank you for stating the obvious in that the Petroleum guys are cooler, stronger and make more money. If only the bed-wetting Design and Drafting guys knew that, eh? No need to be jealous, guys.

– From the Petroleum first years.

P.S. We learned how to draw in play-school.

...

To the Annex/Petroleum/Chem losers ...

I can't believe I spent all that time planning and implementing the tree harvest that yielded the paper you are

wasting with your desperate and awkward sexual advances. The REAL men and women are in Forest Technology. Have fun with your calculators and slide rulers, we're going to go cut down trees and fight fires.

– xoxo NAIT FORESTRY 2011

...

I buried secret treasure in the middle of the empty lot where the buses turn around on the north side of campus.

– Jack Sparrow

...

Dear concerned citizen:  
You first!

– Squidge

...

To the girl in the Annex with the fake Burberry purse:

We aren't looking at you to check you out. We are looking at you cause we are wondering why you are bringing a Burberry purse to NAIT. Oh wait, read that first sentence. Time for a change to a new purse.

Signed,  
Annex guys

...

Dear couple in the Business Tower who are ALWAYS making out:

Your PDA makes myself, along with the other 98 per cent of the Business students want to vomit. Everyone knows who I'm talking about because almost everyone has seen you two smushing with your clothes on in the stairwells. Get a room.

Sincerely,  
Everyone

...

To Petro, Chem, & Engineering guys:

I am sorry to inform you that most of us IDTs do not know who has been replying to you, but a good amount of us are already taken. I assure you that there is not one mean girl in my class so you don't have to hesitate if you want to talk to us. Personally, I thought it was cute

that we make your day a little better ... as for the biting and bum darts, it would be great if you can keep that amongst yourselves.

<3 a REAL first year IDT.

P.S. Loving the message from the Archtech guys. Shout out for keeping it cute.

– xoxo :)

...

Hey, girl sitting in HP second floor lounge. I don't care what song is your aphrodisiac. You're wearing a turtle neck, you're not going to get laid wearing that.

...

Dearest Nicole in first year IDT:

You should wear that bright pink shirt more often, you looked so fine at the beer gardens ;) I would love to take a drive in your civic someday, maybe to the astronaut pants store, because your ass is out of this world.

– johnny depp look-alike ;)

...

Dear John, we see you sharing your "life-experiences" in every DMIT class, whether we want you to or not ... but the million questions you ask in class discredits everything you say ... so, if you plan to walk the walk & talk the talk. Stop your stories, because we aren't as stupid as you are ... please and thank you.

– HatesGimpWithHoleInTheHead

...

Yo, all the sexy ladies from Interior Design come to the third floor HP Centre. The 3 DMIT may be small in the pants but we're big at heart. Just look for the reverse Oreos!

Signed: Mark (White), Mike (Black),  
Ryan (White)

P.S.: Anyone in the Spartan Centre is gay.

...

Out of all the medical girls at NAIT, the ones wearing the dark navy blue are the most attractive.

– Some guy

THE NUGGET PRESENTS:

# Dr.CONwisDOM

Dear Dr. CONwisDOM

I have a problem. I have a crush on this girl and I think that she is awesome, but I am a chicken and I fear being rejected. I don't know what to do because I know if I don't say anything it is just a matter of time before some other guy takes her away before she even knows how I really feel. On one hand if I don't say anything then I don't have to worry about being rejected, but what if I could be really happy and I am passing that up with out even knowing how she feels. What should I do?

– Crush

Dear Crush:

Simple, grow a pair! If you like this girl, you

owe it to yourself to see if she feels the same way as you do. And what is the worst thing that could happen – she says she doesn't feel the same way. Who cares, because if she doesn't like you I am sure one of the other three billion girls in the world might like you, but you will never know unless to GROW A PAIR.

...

Dear Dr. CONwisDOM

OK, so I just started dating this girl and I we instantly hit it off. Everything was going great. We took things slow didn't want to rush it and just make it a physical relationship. What we have is so much more and I love it. But when we did

decide to take our relationship to the next level and add in the physical factor, things just got weird. You see, the only thing that really revs her engine is bananas, I know right like WTF! I don't know what to do. I really like her but like when we are doing the no pants dance she has to have dozens of bananas around and well it gets awkward for me because instead of moaning my name, she just yells BANANA! What's a guy to do?

– Going Bananas

Dear Going Bananas:

First off, hahahahaha, but on a serious note if you really like this girl and are willing to get past

her eccentricities, here is what you do. Go to a costume store and buy a banana costume and wear it to bed every night. It's a sure fire way to make sure you get some loving each and every night. If you really want to go all out for this girl, you should buy the complete series of *Bananas in Pajamas* on DVD and never take it out of your DVD player.

...

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



# Happiness – it’s your choice



**TIMELY TIPS**  
**MARGARET MAREAN**  
**NAIT Student Counselling**

The semester is almost over and many students think they will be happy when the semester is over. It is true that completing your courses/ goals and being free of the stress of finals will probably provide temporary elation. But for many, those feelings will be short-lived and you may start feeling empty or unfulfilled before too long. Everyone is born with a happiness set point – that is, some people are just naturally happier than others but the happiness set point can be increased.

- 1. Define what happiness means to you.** If you want something, it is important to be clear on what it is that you want. What factors make up happiness and how will you know when you get there? (keep in mind that old saying ‘happiness is a journey not a destination’). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? If so, you need to rework your definition so that you are in control of your own level of contentment.
- 2. Choose to be happy.** Once you recognize that happiness is a choice and that you can choose

to react to things positively or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self talk and change your language to be kind and forgiving to yourself. Look for silver linings in negative situations.

**3. Realize that everyone is different.** What makes you happy may be very different from what makes another person happy. Thinking about what you are grateful for, doing kind things for others and having some way to express your feelings (journaling, talking, drawing) are small things that help many people increase their level of happiness.

**4. Take care of yourself both physically and mentally.** Exercise, eat regular, nutritional meals and snacks, get adequate sleep, take time for relaxation, do things you enjoy and have things to look forward to. By prioritizing self-care (doing things that make you happy) you are automatically fostering happiness.

**5. Nurture relationships.** Too busy to get together with a friend? If so, chances are you always will be. Take the time to schedule coffee dates with people you have neglected. Do kind things for others. Not only will this make you feel better about yourself – you’ll probably get kindness in return.

**6. Take control of your environment.** Surround yourself with happy, nurturing people, things you love and an organized work space. Whenever possible avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you, and if not, what needs to change.

**7. Laugh.** Don’t take yourself too seriously. “Laughter is a marvellous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase

your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, blood pressure and boosts immunity function.” (From *Be Happy: Tips to Banish Bad Moods* by T. Sattiroglu).

**8. Achieve.** Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. Procrastination might feel good momentarily but overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However make sure your whole life is not about achieving goals. Balance is important. And make sure your goals are realistic and rewarding to you – perfectionists are rarely happy.

**9. Take risks.** Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.

**10. Don’t worry.** Worry and guilt use a lot of mental energy and foster negativity. Try to

stay focused in the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

**11. You are OK just the way you are.** Perfectionists are usually disappointed in themselves and this leads to self-criticism, which fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn’t perfect.

Many factors can contribute to happiness. If feeling good is a constant struggle for you, or if you have other personal or academic concerns, it may be helpful to seek help from a professional. Counselling is free to registered NAIT students and is completely confidential. Call 780-378-6133 or come by in person to book an appointment at Student Counselling, Room W111-PB in the HP Centre. Counsellors are available until the end of June.

## Student jobs Frosh Leaders for Welcome Week

NAIT Students’ Association is looking for Frosh Leaders for August and September 2011. Frosh Leaders are ambassadors for NAITSA, helping to welcome students and their families to NAIT during the start of the school year. This position is a very important part of a student’s experience when he or she arrives at NAIT for the first time. We’re looking for leaders who will remain motivated, enthusiastic, co-operative and outgoing while providing a welcoming campus experience.

It’ll help that you know about NAIT Students’ Association and programs offered at NAIT. It’ll also help that you are excited to meet new people, engage in hallway conversation and are energetic about trying new things.

Being a Frosh Leader will help you develop professional and personal skills and we’d look forward to seeing you at our working retreat from Aug. 19 to 21, a part of your training, paid for by NAITSA.

*Please apply in person at the NAITSA office in E-131 with a cover letter and resume, or via e-mail to [ShannonM@nait.ca](mailto:ShannonM@nait.ca)*

## CROSSWORD SOLUTION

1	B	U	S	T		5	S	C	A	L	A		10	S	N	A	G	
14	O	N	E	A		15	E	O	S	I	N		16	T	E	E	M	
17	N	A	R	C		18	O	L	E	P	S	Y		19	A	G	R	A
20	U	P	T	I	M	E		21	S	P	O	N	T	O	O	N		
23	S	T	A	T	I	C		24	S		25	S	N	O	U	T		
				26	U	T	T	E	R		28	E	E	R	I	E	R	
31	L	A	P	S		34	E	R	A	T		36	N	E	A	T	H	
37	E	C	O		38	A	D	V	I	S	E	D		40	T	A	E	
41	T	H	R	O	B		43	E	S	A	U		44	B	E	T	A	
45	T	E	T	R	A	D		47	E	R	R	O	R					
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55	S	C	O	T	O	P	I	A		58	P	E	W	T	E	R		
59	T	A	L	I		60	I	M	P	R	E	G	N	A	T	E		
62	O	H	I	O		63	C	E	I	B	A		64	I	L	I	E	
65	A	N	O	N		66	T	R	A	I	N		67	E	O	N	S	

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