

SPRING HAS SPRUNG!

# THE **NUGGET**

Thursday, April 7, 2011  
Volume 48, Issue 25



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## BIZ STUDENTS WIN

Team of four takes first place in competition at Red Deer College, story page 5



Photo by Laura Detting

### NAIT'S BEST ATHLETES

NAIT President Dr. Glenn Feltham, right, and Athletics Director Linda Henderson, left, flank Thiago Silva and Leanne Kadatz Friday after the two won the President's Award for male and female athlete of the year. See story, page 13.

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# NEWS & FEATURES

## Flower power fights cancer

By ANNA ESTANISLAO

April is officially Daffodil Month! To others, the daffodil is simply a flower; however, to the Canadian Cancer Society it is a sign of hope against cancer. These yellow, cheerful flowers are used to symbolize hope and instill faith that cancer can be defeated.

Last Wednesday, March 30, the Canadian Cancer Society dropped by the NAIT South Lobby and sold these cheerful flowers for a good cause. This was part of the Daffodil Days campaign. Some NAIT students also volunteered to help sell the daffodils to help raise money in support of the fight against cancer.

Most of the students thought this was a great idea.

"The proceeds will not only go to cancer research and funding but buying the plant will also save the ozone layer against global warming," said Jameel Waniwan, a NAIT Business Administration student.

As the ozone layers continue to deplete, harmful UV rays turn out to be more damaging to the skin, which can lead to increased rates of skin cancer. All the funds will go to the best cancer research available and to programs or services for those affected with cancer.

Daffodil Days began in Toronto in the 1950s. A group of Canadian Cancer Society volunteers organized a fundraising tea and decided to decorate the tables with daffodils. This soon came to be known as Daffodil Teas. Different volunteers encouraged the idea of Daffodil Teas which garnered a great deal of support. The Canadian Cancer Society raised over a \$1,000 the first year. This idea was embraced by other provinces across Canada as well as the American Cancer Society.

There are many different ways to raise awareness about cancer. One of the events that the Canadian Cancer Society established is the Relay for Life. It is an overnight non-competitive relay that involves teams of 10 people who take turns walking, running, or wheeling around a track. In 2009, over 207,000 Canadians participated in Relay for Life events, making up 21,135 teams.

Last Saturday, April 2, Edmonton City Coun. Karen Leibovici, along with Stephanie Walchuk (Relay for Life Leadership – Co-Chair), and Tracy Dryden (Honorary Survivor for the 2011 Relay for Life) led the event at Southgate Centre. The annual



Photo by Sam Zielsdorf

**NAIT Ooks volleyball player Kate Bilodeau buys a daffodil pin from volunteer Stephanie Evans in the South Lobby during the Canadian Cancer Society's annual fundraiser.**

fundraiser brought together friends and families in communities across Alberta and the Northwest Territories to raise money, celebrate cancer survivors and pay tribute to loved ones touched by cancer.

The Canadian Cancer Society is also excited to announce its first Canada wide campaign – the Daffodil pin. This April,

you have the opportunity to join the fight against cancer. If every Canadian donated \$1 for a daffodil pin, the Canadian Cancer Society could raise \$34 million and help save countless lives.

Help eliminate cancer and raise awareness. Check out the Canadian Cancer Society website ([www.cancer.ca](http://www.cancer.ca)) for more information.

## Canora a place for the homeless

By BALJOT BHATTI

On Thursday, March 24, government officials and prominent members of the community gathered to officiate the opening of Canora Place, an apartment complex on the west side of Edmonton. The main aim of Canora Place is to provide housing for previously homeless Edmontonians.

Developed by the Jasper Place Health and Wellness Centre, Canora Place was a project funded by both the provincial government and Homeward Trust Edmonton.



cormode.com

Canora Place

Homeward Trust is a not for profit organization based in Edmonton. By co-ordinating the needs of the community and working with government and local agencies, they are working towards the goal of ending homelessness in Edmonton.

The Hon. Minister of Housing and Urban Affairs Jonathan Denis was in attendance for the grand opening. "The new units will provide homeless people with a permanent home and the supports they need to address their individual issues in order to build healthier and independent lives – which strengthen both them and the community," he remarked.

The Homeward Trust, through government programs and grants, was able to donate 1.8 million in funds to the project, while the Government of Alberta contributed nearly \$4.2 million.

The apartment complex is three-floors tall, with 30 units which are self contained. Fifteen of those units are bachelor suites, 14 are one bedroom suites and there is one two-bedroom unit. The hope is to get people who are considered "chronically homeless" and may have addictions or mental illness that prevent them from gainful employment. At least 60 per cent of the residents will have aboriginal ancestry.

Homelessness and affordable housing are serious

problems in Edmonton. According to the Edmonton Homeless Commission, homelessness has increased in Edmonton nearly 125 per cent in the last 11 years. Over 38,000 families/people in Edmonton are in need of affordable housing. Forty thousand households in Edmonton earning less than \$30,000 per year put over 30 per cent of their income towards housing.

Conditions like these have created a class known as "the working poor" – individuals and families who maintain regular employment but remain in relative poverty due to low levels of pay and high housing costs.

It is the hope of the community, the organizations involved, and the Government of Alberta that Canora place will go a long way to helping reduce homelessness in the city, and help people truly in need get back on their feet.

"The support of the Government of Alberta and Government of Canada is essential for new developments like this to go ahead," said Susan McGee, Executive Director of Homeward Trust.

"With that support, and the participation of the partner organizations, we're confident that Canora Place will make a positive impact in the lives of its residents and the community as a whole."



Photo by Megan Hein

# Rivers need protection

By CELESTE DUL  
Issues Editor

In the last 10 years, sustainability has been a popular topic of concern among all walks of life. Water supply, greenhouse gases, oil and the environment are a few of the common words that cause debate and deliberation in the government.

Only one per cent of the world's fresh water is accessible for direct usage by humans. This water comes from lakes, rivers, reservoirs and those underground sources that are shallow enough to be tapped at an affordable cost.

According to research done by the University of Michigan, it is suggested that the growing populations are putting pressure on water supply. Currently the planet is consuming 30 per cent of

accessible fresh water sources, but by 2025 it's expected this number will jump to 70 per cent.

Even though there is an acknowledged concern for fresh water supply there are still developments being planned that can affect natural fresh water. On March 25, the Alberta Liberal Caucus noted that the South Saskatchewan Regional Advisory Council is planning development in the South Saskatchewan watershed. This would put the region at further risk of drought.

The Liberal Caucus noted that the Minister of Sustainable Resource Development, Mel Knight, suggested that up to 89 per cent of the South Saskatchewan could be open to development. This would put the fresh water of the South Saskatchewan River at risk.

"Any plan emerging from these recommendations needs to protect water. Without a consistent supply of clean water, everything grinds to a halt. Public consultation on this issue is about to begin, and Albertans should make sure the government knows we value our water," said Laurie Blakeman, Alberta Liberal Environment Critic, as quoted by the Alberta Liberal Caucus.

Public consultation of the development is expected to begin later this year. If Albertans want to balance development and environmental stewardship, Blakeman says they need to show the government how they feel.

In order to practise conservation Albertans need to find a balance between development and environmental protection.

# Vote timing bad for students

WATERLOO, Ont. (CUP) – Many are wondering if students will even be able to vote in the upcoming federal election with polling days scheduled at such an inconvenient time.

With the election slated for May 2 and advanced polls announced for the Easter weekend, there has been growing concern about how student voter turnout will fare, considering the inconvenience of such a time for post-secondary students.

Chris Hyde, policy researcher and advocacy coordinator for Wilfrid Laurier University's students' union, described the current situation as a "perfect storm," which could hinder voter turnout on campuses across the country.

It's also a concern for Elections Canada, said Diane Benson of media relations.

"Voting at the time of the year that's a very busy time for students certainly presents a challenge for them," said Benson. "But what Elections Canada tries to do is offer as many options as possible."

These options include voting by advanced ballot, by mail and by taking advantage of advanced polls.

"It does require students to plan ahead and go through a process depending on what voting process they choose, if they want to avoid the end of exam

time period right when the election day happens," Benson said.

Hyde is currently drafting a letter to the chief electoral officer of Canada regarding the issue in hopes that it will receive more attention.

"It really is almost a national issue and it's a national issue that it receives a lot of attention because a lot of people are out there saying this isn't fair to students," he said. "But there aren't a lot of people at the national level saying, 'Here's an alternative.'"

Hyde added that an advanced poll on the April 20 or 21 would help student voter turnout.

He also mentioned how difficult it will be for students to vote in the ridings they live in while at school because most students go home for the Easter holiday, which will impede the use of advanced polls.

These sentiments were echoed by Elizabeth Dubois, a University of Ottawa fourth-year currently planning a youth rally.

"I really do think that it's going to cause some big problems," Dubois. "Without the significant conversations going on and some significant information getting out to students, we're going to have a big problem with the youth turnout."

Hyde stressed the importance of post-secondary students being able to vote in the ridings where they attend school. However, many will no longer be residents of these ridings once the semester ends and they return to their parents' homes for the summer.

"It affects [students] because they're not allowed to vote in a riding that may mean something to them," Hyde said.

Although the dates of the election are inconvenient for students, Dubois remained confident that post-secondary students will remain engaged in the election, though it will take some effort on the part of other students.

"It's a really hard time for students right now, we're in the middle of exams, we're writing final papers," Dubois said. "It's not easy, but I think that youth are really getting behind this and using the tools we know how to use best like social media to really make sure that our voice is heard."

Citing YouTube videos of rallies at the University of Guelph and the ongoing national coverage of two London youth who were kicked out of a Conservative rally, Dubois agreed students are gearing up to be a large part of this year's election.



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

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

# Letters

## We want your views

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

Get those thoughts into print.

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

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# Looking for life ... out there



## FROM SPACE TO SEA

**CELESTE DUL**  
Issues Editor

I constantly find myself gazing at the sky and asking the eternal question: What is life, really? In the past, people were able to answer without doubt that there was life on other planets but, they couldn't prove it. The funny thing is, the more we've learned about biology and DNA, the farther we're actually getting from answering that question.

How do we know that our biochemistry is the only possibility for harbouring life? And how many planets out there could actually sustain life?

Well, in the next few years we could be getting a few of these answers, and the results might surprise you. If you look straight up and put your palm to the sky, you'll be covering the area that the Kepler telescope will be searching for the next two years.

The Kepler telescope is similar to the Hubble telescope, but, it has an extra white field lens. It's searching other solar systems within

the Milky Way, specifically to find other planets that orbit stars, like Earth. Using a method called the transit method, it records mini-eclipses that occur when a planet passes in front of the star it's orbiting. By doing this, Kepler can measure the size and orbit of the planet, telling us the distribution of planets around the universe by size.

Before the scientific revolution, there was thought to be only four Earth-like planets and two large planets. As the years passed, more technology was able to help us discover over 500 planets using different methods, but the only problem was our technology. Bigger celestial bodies were easier to discover and we were getting an inaccurate representation of the distribution of planet sizes. We didn't have any evidence about where other planets like Earth were.

In the last year, Kepler has helped us discover over 1,160 planets, with small planets like Earth dominating the picture. Close to 700 planets that have the size qualities of our world have been discovered. This statistic shows that there are in fact Earth-like planets out there.

What's next? When Kepler returns, scientists can study the new planets (now that we know where they are), and find the ones that would be considered habitable. A celestial body is considered habitable if it has similar living conditions to Earth, where a lot of complex chemistry can happen. Because of Kep-



ler, astronomers now predict that in the Milky Way galaxy alone, there is around 100 million planets that have habitable potential. In the next few years, we can find out what they're made of, their type of atmosphere and if they have carbon dioxide and water. Essentially, it can help us discover another suitable planet for us to live on.

But that brings us back to the eternal question: What if all life isn't the same? If there is

life on other planets, will it be similar to that on Earth? I'm not talking about human existence, rather the biochemical process in general. The discoveries that we make through Kepler can get us closer to finding the answer of what life is. Although we don't have all the answers yet, we do know that life needs a smaller planet with a complex atmosphere and that leaves millions of possibilities for existence.

# Our Edmonton, then and now



## EDMONTON NOW

**STEVEN DYER**  
Assistant Issues Editor

So here we are with the second last issue of the *Nugget* for this semester. This week I thought that a general discussion of Edmonton as a city would be a good idea.

### History of Edmonton

The original town of Edmonton was built around 1870 by the Hudson's Bay Company. The company didn't want to subdivide the land, so the original town was some distance from Fort Edmonton. What is now Jasper Avenue emerged as the main street of the small town. There was another small settlement south of the town that was known as South Edmonton. Both settlements grew prosperous in the years before the First World War and South Edmonton was incorporated as the town of Strathcona in 1899.

Edmonton became a city in 1904. A year later, it was named the provisional capital of Alberta and it became the official capital in

1906. The University of Alberta was actually built in Strathcona in 1907, but five years later the cities merged as Edmonton.

### Present day Edmonton

Edmonton has grown a lot since the 1800s. It is home to one of the world's largest entertainment and shopping centres, West Edmonton Mall. The mall also houses the world's largest indoor amusement park, Galaxyland, as well as the West Edmonton Mall Water Park.

The city is home to the Edmonton Oilers, and even though they might not be doing very well right now they have won five Stanley Cup trophies in the past. There are also many other sports to enjoy in Edmonton such as soccer, baseball, rugby, roller derby, the list goes on. The city also has a football team known as the Edmonton Eskimos, which did pretty well in the CFL last season (in my opinion, at least).

The population of Edmonton is currently over one million, but with a larger number of people come larger problems. In 2005, Edmonton was declared "the murder capital of Canada" by Statistics Canada. Ever since then Edmonton has had above average annual murder rates, but the number has gone down since 2005. Or at least it was going down until the start of the New Year.

Only 38 days into this year, there had been seven homicides, a rate that is quite alarming since last year the number of murders didn't reach seven until May 21. By Feb. 7, 2010, there had only been two. The homicide rate is already at half of last year's total after only three months. With this

record, the city is back on its way to becoming the murder capital of Canada once again.

However, Edmonton isn't all about death and despair. It is also a cultural centre.

### The entertainment scene

Edmonton is home to the Art Gallery of Alberta, which opened on Jan. 31 this year. It is already making its mark on Edmonton with many events such as Art on the Block. Art on the Block is an auction where you can bid on

many beautiful pieces of art.

Edmonton also has an abundance of performances that can be found all over the city, whether it's a performance by the Theatre Arts students, at the Grant MacEwan Centre for the Arts or a professional performance at the Citadel Theatre, Edmonton has you covered.

All in all, Edmonton is a pretty nice place to live, as long as you don't mind the cold weather for most of the year.



Jasper Avenue, 1912

leighsmithdesign.com



NAIT photo

NAIT's winning team of Business students pose proudly after taking the gold medal at the recent Alberta Deans of Business Competition at Red Deer College. The team members are Graeme Harrington, left, Olivia McGhan, Loryn Marcellus and team captain Hussein Alibhai.

# NAIT biz students excel

By CATHERINE YE

On March 24-26, a team of NAIT Business students competed in the Alberta Deans of Business Competition held at Red Deer College and won gold. The team, consisting of Hussein Alibhai (team captain), Graeme Harrington, Loryn Marcellus and Olivia McGhan, were judged ahead of 12 other competitive teams and won \$4,000.

This is the Alberta Business Dean's Case Competition, held every year in March. It is an Alberta regional case competition with 12 post-secondary institutions competing for the top three places. This year, the participants included NAIT, SAIT, Grant MacEwen University, Mount Royal University and eight regional colleges.

## WestJet case

Student teams were given a case based around WestJet and how to best grow the business. During the competition they had to prepare PowerPoint slides to present the following day to a panel of judges that included senior executives from WestJet, Servus Credit Union and Travel Alberta. They were only given nine hours to do this in order to simulate industry conditions, where issues must be evaluated under time pressures. The judges ranked only the top three teams.

"In 2009 and 2010, NAIT placed second and third respectively," said Don Ausman, chair of the Capstone and Community Projects. "This

year, the NAIT student team won first place. In the past three years, NAIT is the only post-secondary institution to place in the top three positions in three consecutive years."

Ausman said the Bachelor of Business Administration student teams placed second in the Edge competition in January, competing against 17 teams from universities across Canada, competed in the Royal Roads University International Case Competition in March, and placed first in the Certified Management Accountants competition in March.

He feels these achievements provided the School of Business with an opportunity to benchmark itself against other institutions in order to gauge the excellence of its courses and programs. Placing well, and/or winning case competitions clearly demonstrates to any potential students that NAIT's degree is competitive with degrees offered at other post-secondary institutions and universities.

"As successful as the team was in the competition, I was probably most proud of seeing how professionally and respectfully they conducted themselves in their interactions with other students, faculty advisers, Red Deer College staff and hotel staff," said Tad Drinkwater, Acting Dean of JR Shaw School of Business.

Members of the winning team, Loryn Marcellus and Olivia McGhan, had a lot to say

about their experience with JRSB.

"The only qualification to be a part of the team is that everyone brings something unique to the table, I bring unique strategy ideas and PowerPoint skills to the group," said Marcellus.

"To become a member of this team, you generally must be a part of JRSB 410 (Business and Competitive Analysis). This course focuses on analysis, recommendations and implementations in regard to business cases. Essentially, this course prepares you for real world problems and how to solve them. Third- and fourth-year business students, as well as the occasional second-year student, can take this course. Now, for this specific competition, there needed to be two second-year students. There was already a fourth, third and second year, from accounting and management, on the team from the JRSB 410 class, so they needed another second year, preferably in marketing. I was recruited for this team because I fit the criteria of a second-year marketing student," said McGhan.

"To prepare for the competition, we did five cases that imitated the case competition, so each case preparation is roughly eight hours in length and then presented to a panel of instructors who gave us feedback on our content and presentation. During the whole process, we also encounter some difficulties. Initially, when our team first started meeting, we didn't know what each others strengths were and weren't able to

divide the work up accordingly. We also didn't know what to expect going into the competition. The case we got to do during the case competition was unknown to us, so it was difficult to know how to approach it or how to prepare for it," said Marcellus.

When it comes to the things they learned from this competition, there is one word they both mentioned, which was teamwork.

## Imitates real world

"The competition really imitates how a functional organization would work. In school, we are divided into sections based upon what our major is, whereas in the real world, if you were taking on a project you would likely have members from many departments meeting. The interdisciplinary nature of the competition really helped me learn how to look at an issue from not just a management standpoint, but an accounting or marketing standpoint as well," Marcellus said.

"This competition has taught me many things. I have learned that working with different disciplines is very enlightening. We all had different opinions, but were able to work well together. Because we are a cross-functional group (management, accounting and marketing), we all brought different perspectives to the table. The more we practised, the more we excelled together," McGhan said.



## *Virtually Speaking*

# Crysis 2 lets PC users down



**GRAHAM McCANN**

The first *Crysis*, a first-person shooter released in 2007 for PC, is a technical benchmark for many PC gamers. The graphics were phenomenal and the system requirements to run it were very steep. Back then, you may have thought you had an awesome computer, but the real test was whether it could run *Crysis*.

So, *Crysis 2*, released on March 22, has a lot to live up to. The sequel is built with a more advanced graphics engine, but this time it is for the Xbox 360 and PS3 as well as PC. This makes hardcore PC gamers nervous and a lot of the time, angry.

Making a game for the PC gives developers a lot more freedom when it comes to creating a technical marvel. PCs are always moving forward, while the individual consoles are static with their system specifications.

I rented *Crysis 2* for 360, and am going to buy it for PC. I am definitely impressed with the game – it is probably the best looking console game yet.

However, for PC fanatics, it might not be as technically pleasing as it could have been if the development was focused on a PC version. Unfortunately, it seems that the game was developed for the 360 and then ported over to the PC.

The PC version seems to be plagued with



thereviewcrew.com

technical problems for now. On PC, you can usually tweak graphical options in the game's menu but this was extremely limited in this game and it apparently lacks the ability to be able to choose texture quality options and anti-aliasing levels. There have been patches released to fix some issues, and it's said that there will be a patch to eventually allow for DirectX 11.

There are other issues when PC and console games mix.

One is that the console version of a first person shooter usually doesn't allow you to save your progress in the game anywhere you want in a save menu; it relies on checkpoint auto-saves. Especially, it seems, if the FPS was made solely for the console.

Another is that the PC uses mouse/keyboard combo controls, while the console uses a console controller. Perhaps it might not matter much for a single-player campaign, but in the competitive multi-player, death match world,

the mass of key functions with a keyboard and the precision and swift aiming with the mouse leaps ahead of the console controller.

And, of course, PC gaming has its large mod community that creates its own maps, modes and patches for games.

Ultimately, *Crysis 2* is a great game. Unfortunately, PC gamers didn't get the benchmark they were hoping for but this is a great example to illustrate the schism between console and PC gaming.

# Take a break before finals begin



## **VIEWS FROM AN OUTSIDER**

**CATHERINE YE**

Did you attend the year-end show on April Fool's Day? It was a big party that NAITSA planned to ring in the school year's end. Did you miss it? Well, don't worry. This week I've decided to share with you some places I know that will have even bigger parties.

April is the beginning of spring for Edmonton, but in the other corners of the world, par-

ties have already begun. In April, where can you go to have a big party?

If you want to have a carnival, you can go to St. Thomas, one of the islands in the U.S. Virgin Islands. Carnival comes every April to the island and with it all the sights and sounds that comprise the Super Bowl of Caribbean culture. The beginning of April starts slowly and builds with heated anticipation of the upcoming events that culminate in the last week of the month.

The fireworks display on the final night of Carnival appropriately ends the festival with a bang. Calypso music abounds and reverberates as troops practise their craft in anticipation of the VI Calypso Competition.

This year the first Latin Music Festival will be featured, complete with artists from Puerto Rico, South America and the United States. The musical arena, Lionel Roberts Stadium, thumps every night and appears to dance and sway to the tropical sounds just as do those who come to listen.

Want to experience a European festival? Go to Amsterdam in the Netherlands. Amsterdam's streets and canals come alive in a sea of orange (the colour of the county's royal family) each April 30 for Queens Day or, as it is known in Amsterdam, Koninginnedag. Drinking and shaking your money maker with friends is the order of the day (and the night before). Wearing orange is more than preferable, it's almost mandatory (the event is also known, justifiably, as the Amsterdam Orange Festival). If that isn't enough, the whole city becomes a huge, car boot sale for the day whilst street trading rules are relaxed. Sounds like fun, hey?

Want some beer? That's OK, too! Go to Finland to enjoy the Helsinki Beer Festival. This year will mark the 14th time the festival, has been held. It brings together all friends of beer at the Cable Factory. The people at the Helsinki Beer Festival wish to offer their audience many enjoyable moments with different kinds of beers, ciders and whiskeys. This



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## **St. Thomas Carnival**

year's special theme is wheat beer. Wheat beer has been brewed for a very long time. However, its popularity, which waned over the years, now has been growing for several decades.

Too far away? Then maybe you can stay in Edmonton and enjoy Easter fun.

No matter where you decide to go, make sure you grab this last chance to have fun because finals are just around the corner ... Good luck, buddies!

# OPINION

— Editorial —

## Planning for potholes



**RACHEL JACQUES**  
Editor-in-Chief

While driving in my residential neighbourhood this past weekend, I noticed how bumpy a ride my drive turned out to be. I can't even count the number of potholes and cracks I managed to find within a few kilometres. And to make matters worse, the majority of them were hidden under large puddles of

water. I'm sure a lot of you have run into the same problem. Literally. These potholes are prevalent across the city.

I only just recently learned how a pothole is formed. Cracks and fatigue that are already present in the road surface typically form in a pattern known as "alligator cracking." The pavement between the cracks is eventually worked loose by continued travel of vehicles and heavy loads. The formation of potholes is accelerated by rising and lowering of outside temperatures, such as those Edmonton has seen in the past few weeks.

As the temperature rises, the snow melts and water seeps into the small cracks and holes in the road. When the temperature drops below freezing overnight, the water freezes and expands, creating the large holes our car tires find in the road. The majority of potholes are formed in the spring months because the road surfaces have a high moisture content.

### Should have thought ahead

The city would have a much easier job this spring if they had thought ahead a month ago when Edmonton saw a massive dump of snow. While clearing the main and residential roads of snow, the city failed to keep in mind most of its sewer drains. Yes, the city did a pretty good job of clearing the main portion of the streets of this snow, but in doing so, created massive windrows that covered the drainage system. At the time, this was a minor problem since the temperatures were still below freezing. However, since the warm weather and sun starting teasing us with the promise of spring, some city streets have seen minor flooding as well. Perhaps if the crews had thought about leaving spaces along the street for the run-off come spring time, we wouldn't be facing such major problems.

An article in the *Edmonton Journal* a few weeks ago highlighted the many problems these potholes are creating. Al Cepas, pavement management engineer with the city's roadway maintenance department, estimated that there are anywhere between 450,000 and 500,000 potholes scattered across Edmonton's 4,800 kilometres of paved roads. That's quite a jump from last year's 410,000, but still a ways away from the 600,000 we saw in 2007. The city is estimating this year's pothole repair budget at \$5.9 million, a \$100,000 increase from last year.

### 24 hours a day

The crews are now out on the streets 24 hours a day filling the potholes with temporary patches until full construction can take place. These temporary patches can last anywhere between eight months and a couple of years. But the work they do and how fast it gets done depends on the weather. If this year turns out to be a fast melt, that could cause some major problems for the road crews and delay much needed repairs to city streets.

On the other hand, are these temporary fixes or "patches" an acceptable solution to these problems? Or is finding the root cause and fixing it in a correct manner a better form of management?

The next time we are given a road tax or gasoline tax by the provincial government, perhaps it should be targeted for road maintenance and budgets for individual cities and highways and not for the province's general budget.

So be prepared for a few more bumpy rides and make sure those lids on your double-doubles are closed tightly.



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Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

Trust us on that. Write us.





# SPORTS

## Coach Profile



Photo by Laurra Dettling

NAIT women's coach Deanna Iwanicka has been involved with hockey since she was seven years old.

# Hockey – a lifetime passion

By **KYLE GALLIVER**  
Sports Editor

NAIT's women's hockey coach has been involved in Canada's pastime for almost as long as she can remember. Deanna Iwanicka grew up in Calmar and starting playing ringette at about seven years old. She then began playing hockey when the local minor hockey association in Calmar started a girl's team.

"My aunt was a major influence in getting me started," says Iwanicka.

"She is still involved, in fact. She worked the door at our games this season. She is a great supporter!"

Like every hockey-crazy Canadian kid, Iwanicka would lace them up on the outdoor rink and play against her friends and family.

"My brothers and cousins all played hockey as well," explains Iwanicka. "We had an outdoor rink down the highway from us, so it was natural for us to get out and play."

Iwanicka also started coaching at an early

age. At just 14 years old she began helping out with a local atom boys team.

"I just wanted to be at the rink as much as I could."

She continued to help coach minor hockey teams until college when she began coaching her first girl's team.

"Things just went on from there," answered Iwanicka when asked about her coaching start. "I was involved with Hockey Alberta and their programs, like the student leadership program and so on."

Iwanicka then ended up in her first paid coaching position here at NAIT. In fact, there are only four paid women's hockey coaching positions in Alberta and only eight across the whole country, so Iwanicka knows she is very fortunate to be in such a position.

"It would be unlikely that a college or uni-

versity position would be your first head coach experience," says explains Iwanicka. She previously coached the Sherwood Park Midget AAA girls team –The Fury – and believes this was a great position because it allowed her to recruit some excellent players that now play for the

Ooks.

"We have had great success recruiting from this program. Lacie Richard, Lindsey Brouwer and current recruits Krysten Pattison and Ashley Rossi are all from this program."

Iwanicka has had a successful first two years at the helm of the lady Oaks, including leading them to a silver medal in her first year after losing to the Mount Royal Cougars in the ACAC final. The end result this year was a little different. The Oaks made the playoffs, but were swept by the eventual ACAC Champion SAIT Trojans in the first round. Despite

not reaching their goal of winning the ACAC, Iwanicka says there were still some bright spots to the season, including almost beating the University of Alberta Pandas in preseason action and the team's trip to Europe over the Christmas break.

"This past season is difficult to describe. There was a lot of ups and downs," says Iwanicka. "Overall though, I think everyone would agree the end result of the season was disappointing."

The head coach has put the 2010-2011 ACAC season behind her, is looking forward to next season and has high hopes for the team.

"I am excited," answered Iwanicka. "We expect to have great goaltending with Diachuk and first-year Pattison, our defensive core will remain strong and up front, we should have some new players that can add to the offence of Sherri Bowles."

With a great attitude and a crop of new talented players to work with, the sky is the limit for Iwanicka and the Oaks.





# So ... there's still a chance



## WAY OFFSIDE

**KYLE GALLIVER**  
Sports Editor

Despite how the season has gone so far and the fact that the team is six games below .500 at 4-10, the Edmonton Rush still have a very good chance at making it to the lacrosse postseason dance. The Rush currently sit fourth in the West Division, ahead of only the Colorado Mammoth (3-9), who sit last. Four out of the five teams in each division make the playoffs, so all the Rush have to do is finish ahead of the Mammoth.

This past weekend the Rush and Mammoth played a home-and-home series that could have gone a long way in determining who made the playoffs, but the teams split the series, with each winning their home game. The score was 14-10 for the Rush at Rexall Place on Friday, followed by an extremely defensive battle in Colorado on Saturday that resulted in a 7-6 Mammoth win, which ties a season low for goals in a game. The Toronto Rock beat the Buffalo Bandits in a 8-5 game on Jan. 29.

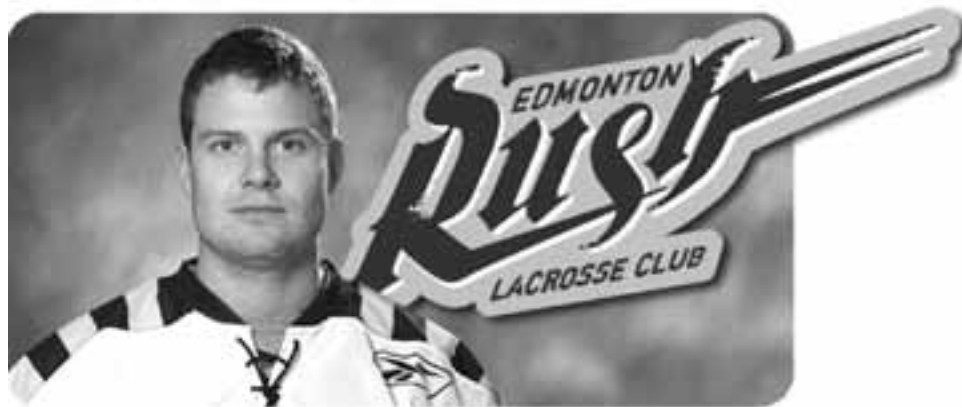
Luckily for the Rush, they get a chance at redemption against the Mammoth when the two teams play again this weekend in Edmon-

ton. The Rush will host the Mammoth on Saturday night in a game that should be the determining matchup to decide who gets that final playoff spot. The Rush are going to need some help from their southern rivals if they are going to make it to the postseason. If Colorado loses the night before in Calgary, which is likely considering the Roughnecks are the top team in the West and are tied for the best record in the NLL at 10-4, a Rush win on Saturday would guarantee them a playoff spot.

I am confident that the Rush will be seeing postseason action this spring. The Rush are a way different team than the one that started off the season with five straight losses. A variety of trades and signings throughout the season have turned the Rush into a more offensive and exciting team.

There are a few trades that have had a significant impact on the club. At the beginning of March, the Rush sent their first round pick in the 2013 NLL Entry Draft to the Minnesota Swarm in exchange for forward Zack Greer. Greer has been an offensive sparkplug for Edmonton since arriving and has nine goals and five assists for 14 points in just five games, highlighted by a five-goal, two-assist performance against his former club on March 25. The Rush beat the Swarm 14-13 in a thriller that saw Greer score the winner with just 3.5 seconds left in the game.

Another trade made earlier in the season saw Edmonton send defender Rory Glaves to the Rochester Knighthawks for Scott Evans. I would describe Evans as a loose cannon. He's exactly the kind of player every good lacrosse team needs on their roster. He hits, he fights, he likes to muck it up more than most and he can



**Zach Greer**

score goals. Evans has an excellent shot and has put it to good use in Edmonton. He leads the team in goals with 23, which ranks him 16th in the league and has only played 11 games, three less than the team has.

All of these offensive additions have also given a little extra jump to Rush forward Corey Small, who has taken over as the team's leading point getter after the Rush traded leading scorer Gavin Prout back to the Mammoth at the deadline. Small currently sits 21st in league scoring with 52 points in 14 games and is coming off an impressive weekend that saw him put up four goals and six assists for 10 points in the two game home-and-home set against the Mammoth.

Inconsistent goaltending from starter Matt Disher was another concern earlier in the season, but Disher seems to be finding his game and it couldn't come at a better

time for the Rush. Disher was outstanding in Edmonton's 14-10 win over Colorado on Friday, making high quality save after high quality save and finishing the night with 47 stops.

"He's been a streaky goalie his whole career and at this time last year he got hot again. We certainly hope that's going to happen again," said Rush head coach Derek Keenan after Friday's win. "When he gets hot he's really, really good and I thought he was good tonight."

Disher was just as good in Saturday's 7-6 loss, stopping 43 of the 50 shots he faced in the close game.

The Oilers aren't anywhere close to the playoffs and the Oil Kings were swept in the first round of their WHL playoff series against Red Deer, but don't worry, there is more playoff action still to come for the City of Champions.

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# Blue Jays, 2011



## SAY WHAAAAT?

**MATT DeBEURS**  
Assistant Sports Editor

Like many Canadians, I'm a huge Blue Jays fan, and this season brings a sense of hope (unlike other years of fighting it out for third place in the AL East). After the owners gave GM J.P. Ricciardi the boot, new GM Alex Anthopoulos has given this franchise new life. He was able to somehow deal away the massive Vernon Wells contract, made trading Roy Halladay seem like it wasn't a big deal and infused a notoriously bad farm system with top-notch prospects. Not a bad start, I must say. But there are questions to be asked about this year's Blue Jays team, and for that matter, what we

can expect from the team in the future.

But let's just take it just one year at a time. Here's my breakdown of this year's Toronto Blue Jays squad.

### Starting Lineup

**Adam Lind, 1B** – Much like teammate Aaron Hill last season, Lind took a step back offensively. This season I think we'll see the real Adam Lind, with numbers somewhere between the 2009 and 2010 seasons. He'll play a whole bunch of first base too, which isn't necessarily a good thing.

**Aaron Hill, 2B** – Hill had some major struggles at the plate early last season after having a huge year in 2009. He's in the same boat as Lind and should have the type of year that really shows what kind of player he is. Key guy if the Jays want to make a run at the post season.

**Yunel Escobar, SS** – Escobar should slot in at the top of the order this year, which means plenty of at bats. Hopefully he can bump his OPS numbers to where they were when he played with Atlanta. Strong defensively, which is a bonus. One of the guys who needs to step up in the absence of Vernon Wells.

**Edwin Encarnacion, 3B** – I'm not a huge

fan of Encarnacion's bat. He plays a key power position, without solid power numbers. If he hits around 20 homers and has a batting average of .250, it will be a successful year for him. Jays have had trouble since Troy Glaus was around in finding reliable third basemen.

**J.P. Arencibia, C** – Arencibia saw some time in the bigs last year, but this season will be his first full time gig as an everyday catcher in the MLB, and I'm not on the Arencibia bandwagon just yet. Being an everyday catcher that can put up offensive numbers is hard to do. There might only be three or four guys in the whole league that can do it. Look for him to have long stretches where he slumps big time.

**Travis Snider, OF** – He's the great hope for all Toronto Blue Jays fans. At only 23, this kid has shown he has the ability to be a star in this league. The word phenom comes to mind. It's not a matter of if this kid will live up to expectations, it's a matter of when.

**Rajai Davis, OF** – Davis isn't the player that former Jays centerfielder Vernon Wells is, but he does bring some much needed speed to the top of the order. Let's just hope he can get on base enough to steal those bags.

**Jose Bautista, OF** – After having an out of body experience last year when he led the majors with 54 long balls, Bautista got rewarded with a huge contract. Unlike the majority of folks out there, I think he might be able to put up somewhat similar numbers to those he produced last year (remember, I said somewhat). Well, for the first couple years of the deal at least...

### Starting Rotation

**Kyle Drabek, RHP** – Drabek was the prize piece the Jays got in the Halladay deal. He's got all the stuff to be the ace of the staff. Unfortunately, not too many guys can put it all

together in their first few years. Should have a winning record this year, but don't expect anything too spectacular this early in his career.

**Ricky Romero, LHP** – Ricky is going to be the workhorse of the staff this year. I could see him winning around 17 games and throwing around 200 innings if he stays healthy. One of the best curveballs I've seen in a while.

**Brett Cecil, LHP** – It will be interesting to see what happens with Cecil this year. He's lost a considerable amount of velocity on his fastball, something the coaching staff is downplaying pretty hard. He also hasn't thrown as many quality strikes as in years past. Jays need him to step up with Dustin McGowan back on the DL.

**Jesse Litsch, RHP** – I'm not a Jesse Litsch fan. He gets by keeping hitters off balance with a variety of different pitches, none of which really stand out. When this team is ready to compete for the division, Litsch shouldn't be starting games.

**Jo-Jo Reyes, RHP** – I know very little about him other than he has a great name, and he beat out Marc Rzepczynski for the fifth spot in the rotation. Oh, and he's right handed.

### Outcome...

It should be a good growth year for the Jays, one in which they'll get to see where they are with their young talent. That said, I don't see them making the post season. They're definitely not strong enough to run with the likes of the Boston Red Sox and the New York Yankees, and one of those teams will probably end up winning the wild card, too. I do see a jump to third in the division passing over the Rays, though. Who knows, maybe we'll see a Jays team in a Wild Card race longer than we are used to normally seeing. This isn't the year, Jay's fans, but their time is coming soon.



rocketsports-ent.com

Kyle Drabek



en.wikipedia.org

Jose Bautista



# UConn wrecks Butler's dream of a title

By PATRICK KNOWLES

The third and final week of March Madness happened this past weekend with the last three games of the tournament being played in Houston, Texas at Reliant Stadium. Seventy five thousand crazy basketball fans packed into the football stadium for the two final four games on Saturday.

The first game saw this year's Cinderella story Virginia Commonwealth University, an 11th-seed and one of four teams to get into the tournament through first-round play-in games, matched up against last year's Cinderella squad, the Butler Bulldogs. This game was also a matchup of two young and very talented coaches, Shaka Smart from VCU (only 33), and from Butler's Brad Stevens, who is just one year older at 34. The game was a back and forth affair with both teams going on scoring runs and the lead changing hands throughout the game. In the end Butler was the team who went on a run last and ended VCU's Cinderella story one game before the ball was supposed to be over, with a 70-62 victory.

Matchup No. 2 of the night saw two basketball powerhouses square off for the final spot in the championship game. Probably the hottest team coming into the tournament was University of Connecticut, who came into the game on a nine game winning streak. They faced off against Kentucky University who had just come off beating the No. 1 overall seed in the tournament, Ohio State. This game remained close throughout both

halves, with it coming down to the last shot where Kentucky was not able to capitalize, and UConn squeaked out the victory 56-55.

So with the matchup finally set and only one game left to play, Butler and Connecticut took the court at Reliant Stadium in Houston. It would be interesting to see if Butler could finally break through and be the first Mid Major University to win the national championship, a feat that they were within a half court shot of going in, in last years championship game, of doing.

Coming out of the Horizon Valley Conference, Butler held claim to the best record in the past two March Madness tournaments with an overall record of 10-1. And then you have Connecticut team that before the Big East Tournament was in danger of not even making the Madness, but thanks to the five game winning streak in the Big East and five game winning streak in March Madness, had ten consecutive victories coming into the Championship game. Who knew that with both of these teams being on such a streak that the Championship game would be one of the worst statistically in History. At halftime Butler was up on Connecticut 22-19 and that's when it just got downright awful. At one point in the second half, Butler went over 13 minutes with only scoring two points and Connecticut outscored Butler 34-19 in the second half. Butler set records for a championship game, but the records were in futility. Scoring only two, yes that's right, two



Butler University forward Matt Howard (54) gets some rough treatment under the basket during the NCAA final game against University of Connecticut. UConn's Alex Oriakhi (34) dishes out the punishment. UConn won the game 53-41.

points in the paint the entire game and shooting a horrendous field goal percentage of 18.8 per cent. This game ended up with Connecticut winning its third National Championship in school history and all of them coming between 1999 to present. The

53-41 victory makes it 11 consecutive wins and probably one of the most impressive runs in history for a team finishing off a season.

This is the second straight year that Butler fell short of a national championship and with

superstar Shelvin Mack graduating the chances that they make it back to the championship game for a third straight year would be virtually impossible. But never say never, it is called March Madness after all.

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# West Coast pro teams go green

BRANTFORD, Ont. (CUP) – Last week, six professional sports teams from six pro sports leagues launched the Green Sports Alliance.

The alliance is a group dedicated to identifying and adopting environmental initiatives to measure and reduce their impact on the environment.

The six teams, all based in the north-west, include the Portland Trail Blazers (NBA), Seattle Mariners (MLB), Seattle Seahawks (NFL), Seattle Sounders FC (MLS), Seattle Storm (WNBA) and Vancouver Canucks (NHL).

Each club will work alongside the National Defense Resource Council, the United States' EPA and Portland State University in this push to become more green.

"[We] take pride in our commitment to our community," Canucks Sports and Entertainment COO Victor de Bonis wrote in a release. "As a responsible community leader we also must do our best for environmental sustainability – for current and future generations."

"It became imperative for [the Canucks] to be a founding member of the Green Sports Alliance. We believe that by exchan-

ging ideas and through open dialogue, we can have a positive impact in our community and can also effect change in the entire Pacific Northwest through the newly formed alliance."

While the newly formed alliance is taking a massive step in greening professional sports, it's hardly a new idea.

A 2009 survey conducted by ProGreenSports, a Massachusetts-based business specializing in sustainability strategy and services for pro sports teams, showed that half of the teams surveyed either had or were

developing a sustainability plan.

Mark McSherry, the founder and president of ProGreenSports, believes that a couple of factors are responsible for the shift in sports teams going green. The first, he says, is the green consumerism and green corporate trends, as well as a competition among teams in mega markets to try to become green first.

"For example, in our area, the Red Sox compete with the Patriots, the Bruins and the Celtics for fans and sponsorship attention," McSherry said. "So as one team goes green, the others respond and are competitive so they tend to ratchet up their

programs.

"They try to, just like on the field, beat out their competition."

Currently, this green initiative in sports has taken off primarily in four geographical areas: California, Colorado, the metro-Philadelphia area and the Pacific Northwest.

The steps they are taking to help become "greener" are quite impressive as well.

"They are measuring their energy and carbon footprint, implementing plans to reduce energy usage, put in more efficient equipment, and in certain instances, they are aiming to reduce their waste streams," McSherry said.

While much of the focus on going green in sports is taking place in the U.S. — most likely due to the sheer number

of pro sports franchises operating in comparison to Canada — steps are being taken here, as well.

The National Hockey League and its players' association, for instance, teamed up with the Canadian-based David Suzuki Foundation in 2007 to create the NHLPA Carbon Neutral Challenge, whereby players bought clean air credits to offset the footprint left by travel associated with playing. All money from those credits went to Mont-

real-based Planetair, who used it to fund clean-air projects around the world.

Also, in the progressively green centre of Vancouver, the University of British Columbia established a sports and sustainability research centre in honour of hosting the Olympics.

While these initiatives obviously benefit the environment, McSherry also points out how going green can help the teams themselves from a business standpoint.

"There's a whole business dynamic: As sports teams can garner sponsorships and green advertising revenue, to the degree that as they green their brand, they become more attractive to the increasing green corporate trend, and avail themselves to the

sponsorship money and green advertising revenue," he explained.

"So it becomes not only a good environmental decision, and a good decision for fan base and local image, but also it becomes a good business decision, too."

Regardless of what the motivation actually is for these pro sports teams, it's obvious that going green in the world of sports is a definite step in the right direction for the environment.

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# NAIT salutes its athletes

By **PATRICK KNOWLES**

The 47th annual NAIT Athletic Awards took place this past Friday in the Shaw Theatre here on the NAIT campus. NAIT's teams all had a great season with 11 out of the 12 programs participating in ACAC Provincial Championships, a record for NAIT. NAIT also won the 109 Street Challenge Cup for a seventh consecutive season over Grant MacEwan University.

The team awards kicked off with the NAIT cross-country team receiving their awards. The Golden Shoe Award for the teams Most Improved Runner went to Teaghan Gahler and the Silver Torch Award, which is given to team MVP, went to Andrea Von Engelhardt.

Golf was next with the Titleist Award, which is given to the team member who best displays sportsmanship and leadership, went to Jared Donnelly, with the Silver Torch award going to team rookie Carlin Spink.

The curling team's awards included the Dennis Chrenek Memorial award, which went to Shawn Donnelly and the team's Silver Torch Award that went to Cori Dunbar, with both curlers receiving the ACAC male and female curler of the year awards as well.

The badminton team had an exceptional year, cleaning up at the ACAC provincial championships and coming second at CCAA Nationals as a team, and Dan Kai took home gold in men's singles at nationals. Natalie Neumann received the Eileen Harle Award as the teams most improved

player, Jason Chou won the Team Recognition award and the Silver Torch Award was shared by teammates Dan Kai and Sun Yang.

Men's soccer awards went to Jordan Stewart, who won the Kevin Jones Award for Leadership. The Stuart Brown Rookie of the Year Award went to Dustin Wiebe and The Concordia Master-Gerry Neumann Most Improved Award was

awarded to Austin Berry. The Graham Wood Coach's Award went to Kyle Saban and the Silver Torch Award for team MVP was given to Thiago Silva. The women's soccer team handed out their awards to Tara Evans, who won The I.M.C Stanley Engineering Award for the team member who works the hardest and gets the least recognition, the Price Waterhouse Team Building Development Award went to Lisa Martin and the team's Silver Torch award went to Leanne Kadatz. Head coach Sergio Teixeira was awarded the ACAC Women's Soccer Coach of the Year Award as well.

Basketball awards were next with the men's team awards; the Ian Pinnell Memorial Award for hard work went to Shane Reece and The Sixth Man Award was given to Clayton Crellin. The Frank Ainsworth Award, for being a leader on and off the court, was given to Corey Saban and the team's Silver Torch Award went to Bol Kong.

The women's team gave the Marci Cooper Rookie of the Year Award to Janice Phung; the North Star Sporting Goods Award for most con-

tribution to the team with the lease recognition went to Rosalina Hicks. The Lois Bredo Memorial Award for the teams most improved player went to Frankie Veenbaas and the Silver Torch Award went for the fifth consecutive season to Dale Marie Cumberbatch.

Men's volleyball gave the Derek Mittlestadt Memorial Award to Justin Vincent, with the Elite Sportswear Most Improved Award going to Bret Cole and the teams Silver Torch Award being given to Carsten Moeller. Women's volleyball Team-mates Award went to Ashlyn Skaley, with the Ooks Award for character and leadership going to Jillian Irvine and the Silver Torch Award was handed out to Tayler Smith.

Men's hockey handed out a handful of awards to players on the team with the R.G. Meadus Rookie of the Year Award going to Kjell Reid; the Dennis Silzer Award went to the team's athletic trainer Matt Yaworski. The United Cycle Coaches Award was handed out to Ryan Smith and the Garnet Pawsey Award went to team captain Kyle Johnson. Steven Pratt took home two awards on the night, winning the Bert Carriere Award for playoff MVP and the Dr. Stan Souch MVP Award for overall season MVP. The final two awards for the team went to Jiri Prochazka, who won the Ron Hodgson Top Scorer Award and the team's Silver Torch Award.

The women's hockey team also had multiple awards, seven to be exact, to hand out

to players on the team. The first was the Elite Sportswear Ooks Pride Award and that went to Nicole Dunlop, with the Ooks Defensive Player of the Year award going to Danielle Brown. Sherri Bowles took home the Ooks Rookie of the Year and Top Scorer Award, with the United Cycle Most Improved Player Award going to Emma Sommerfeld. The

Coach's Award for the team's hardest worker went to Lindsay Ferguson and the team's Silver Torch Award was given to Nicole Gregoire.

ACAC Player of the Year Awards went to Thiago Silva, men's soccer; Leanne Kadatz, women's soccer; Shawn Donnelly, men's curling; Cori Dunbar, women's curling and Sun Yang, women's badminton.

CCAA All-Canadian Awards for NAIT were Sun Yang, badminton, Bol Kong, men's basketball, Thiago Silva, men's soccer and Leanne Kadatz, women's soccer.

SIRC-CCAA Academic All-Canadian Awards went to Joey Vandervet, badminton;

Natalie Neumann, badminton; Leanne Kadatz, women's soccer; Laura Kautz, women's soccer; Jordan Stewart, men's soccer and Carsten Moller, men's volleyball.

Finally the last two awards handed out on the night were the President's Award for male and female athletes of the year and these awards went to Thiago Silva from the men's soccer team and Leanne Kadatz from the women's soccer team.



**Leanne Kadatz**  
Women's Athlete  
of the Year



**Thiago Silva**  
Men's Athlete  
of the Year

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# ENTERTAINMENT

## DC Comics rule!

By MARC MAJEAU

DC Comics has been publishing since 1934, and since then, has created countless characters, books and films.

Batman, Superman, Green Lantern, Wonder Woman and the Flash are some of the most iconic heroes from the DC Universe, and those are only just some of the “good guys.” The villains for DC are the pound for pound champions of the literary world. Villains like The Joker, Lex Luthor, The Riddler, and General Zod have been terrorizing the civilians since the '40s.

### COMICS

Since the beginning, DC has been introducing new titles on a monthly basis. In their first year of operation, DC Comics published eight titles. In 2007, the number was well over 1,400. Talk about growth.

### FILM

DC has dabbled in the film industry as well. From 1978-1997, they periodically would release a movie based on one of their heroes, to mild or no fanfare. But, in 2005, DC Comics hit one out of the park with the 2005 release of *Batman Begins*. *Begins* would lead to the eventual release of *Superman Returns* in 2006, as well as *The Dark Knight* in 2008. Coming up from DC Comics on the silver screen, they have *Green Lantern* starring Canadian actor Ryan Reynolds in 2011, as well as the final chapter in director Christopher

Nolan's Batman saga, *The Dark Knight Rises* in 2012.

### TV

The world of television has also been infiltrated by DC Comics, as the brand has had multiple television series over the last 30 years, with the most notable being *Smallville*. Since 2001, *Smallville* has shown the progression of Clark Kent, AKA, Superman, as he graduates high school, and learns to control his powers. The show has won multiple Emmy Awards, and will end its tremendous 10 season run in May of this year.

The debate about “which brand is better?” has been around forever, and will be around forever. There will always be competition in the comic universe, or any type of universe for that matter. For me, it comes down to content and characters.

DC Comics has the greatest superhero ever created, in Superman, as well as one of the most mainstream characters, in Batman. Those two characters have been around for years, and have withstood the test of time.



digitalart.org

## Marvel forever!

By KITA MURU

Both Marvel and DC began in the mid 1930s, copied some superheroes off each other, and have pumped out an almost endless supply of awesome comic books that spanned a vast length of alternate universes.

They also had some awesome cartoon shows back in the day. This article is on the differences between the two comic franchises (and specifically why Marvel is better).

Essentially, DC conformed to the will of its fans, while Marvel stayed consistent and gave the fans its pimp cane.

As far as the characters shortcomings are concerned, Superman is nearly invincible until you shine a rock in his eye and Batman can't kill a freaking clown. Trading blows with Wonder Woman isn't a good idea, but she's vulnerable to piercing weapons, so she's screwed if she ever comes across a gangster. The Green Lantern's powers are reliant on a promise ring, and he's weak against the colour yellow, so he'll be fine as long as he doesn't have to face a Brazilian soccer player. And the Flash may be fast, but he can be tripped, so a sur-

face of ice, a banana peel or sticking your foot out is good enough to stop him.

There's one huge difference between Marvel and DC in the modern era; It's the way they've approached media other than comics.

In this aspect, Marvel wins against DC. Other than *Batman Begins* and *The Dark Knight* (and *The Watchmen* to a lesser extent), it's hard to say anything noteworthy

has come out of DC movie wise. *Superman Returns*

was crappy, *Catwoman* was worse and do we really have to mention *Jonah Hex*?

How about *Steel*? Whose bright idea was it to make Shaq a superhero? And do we have to mention *Batman and Robin*? That movie almost single-handedly ruined almost anything good about the caped crusader. At least Marvel has been able to put some decent movies out, although it's just the first two *X-Men*/*Spiderman* movies alongside *Ironman*.

As far as games go, other than *Batman Arkham Asylum*, it's hard to remember a decent DC game in recent memory. Also, one of possibly the worst games of the PS2/X-Box/GC generation was *Aquaman: Battle for Atlantis*, which gave any gamer who experienced it fears of anything water. Also, as far as crossovers are concerned, would you rather play *Mortal Kombat vs. DC Universe*, or *Marvel vs. Capcom*? Let's face it; Marvel is Crosby, Messi and Tiger combined (before the scandal). DC is the other guy.



steamgamers.com



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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By KENDAL GUINEY

I've never really been much of a concert-goer. I like singing along at the top of my lungs in my car better than going to a concert and having a bunch of sweaty strangers rubbing against me. However, when I heard that Ice Cube was coming to town in April, I knew I was going to have to make an exception. This \$3.99 mixtape is a tribute to Ice Cube's career, enjoy!

1. Hood Mentality – Ice Cube
2. Real Thugs (Remix)

- Tupac, Eazy-E, Ice Cube
3. A B\*tch is a B\*tch – NWA
4. No Vaseline – Ice Cube
5. Go To Church
- Snoop Dogg, Lil Jon, Ice Cube
6. I Rep That West – Ice Cube
7. Straight Outta Compton – NWA
8. Child Support – Ice Cube
9. Chin Check – NWA
10. It Was A Good Day – Ice Cube
11. Hello – NWA
12. Gangsta Rap Made Me Do It
- Ice Cube



Ice Cube

wooha.com

## VIRAL VIDEO OF THE WEEK

## Just shoot it!

By GRAHAM McCANN

My brother, being a fanatical firearms enthusiast, brought to my attention a YouTube channel called FPSRussia, which is done by a guy who seems to be an equally big enthusiast, however, with the means to do crazy stuff.

FPSRussia, or Dmitry, as his name says on his profile, seems to be very wealthy and owns a big portion of land somewhere in the United States where he is allowed to do what he does with his abundant collection of pistols, assault rifles and explosives.

I've seen other videos posted about people showing off and shooting their collection of firearms and they are pretty boring, but what this guy does is very amusing – and what looks to be very, very danger-

ous things for his videos, and as he goes on he seems to try to up the ante.

The one that I found most amusing is where he figures out that his Xbox 360 is broken, with that notorious red ring of death. So he shows it who's boss: <http://www.youtube.com/watch?v=RWtxs5rl7jk>

I am surprised that a lot of the stuff he does is legal, but I am even more surprised that he hasn't yet accidentally shot or blown himself up.

He has quite the fan base, with each video nearing a million views. He always seems to promise something crazier for the next videos as soon as the "likes" on his latest videos reach a certain number.



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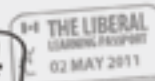
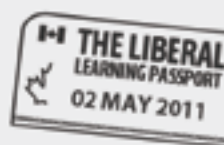
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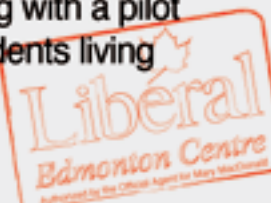
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- An online voting option, starting with a pilot project for post-secondary students living outside their home ridings





# In search of a normal life

Stories by KATRINA TAYLOR

For most people, we can go through life making mistakes and forgetting about them. We can walk to the nearest Starbucks in sweatpants and get a latte without being disturbed. We can walk down the street alone. For most people, this is normal. Keyword: most.

Britney Spears is not most people. Imagine this – it's 1999 and you're 17 years old. You've just launched your debut album, No. 1 on the Billboard charts, sold 22 million copies worldwide and you've just made music history. For most people, that situation is unimaginable, but for Britney Spears, that situation was her teenage years and only just the beginning of an amazing career and an amazing struggle.

The princess of pop started singing at seven years old. Spears landed a spot on the hit TV show, *The New Mickey Mouse Club*, when she was just 11 years old, launching her to stardom. It was here that she performed with Christina Aguilera, Jessica Simpson and future boyfriend Justin Timberlake. When the show was cancelled, she began working on her own music after landing a record deal with Jive Records (whom she's still with). The teen sensation was idolized by young girls around the world, however let's not forget her sexy image had begun with the video for ... "Baby One More Time."

Her sophomore album *Oops!...I did It Again*, was released in 2000, sending red leather body suits down in history. The album sold one million copies in its first week and was followed by her third album in 2001, the self-titled *Britney*. The *Britney* album was a whirlwind of sexy videos and dance numbers, putting anyone who still thought of her as the "sweet, young 17-year-old girl" in their place. It was with the release of this album that Spears ditched the "virgin" label, and came clean to the world that she really was not that innocent.

Right about now is when the story starts to get a little naughty. In 2002, after the release of her

acting debut (yes, I'm talking about *Crossroads*), it was announced that Spears and boyfriend Justin Timberlake had broken up. The following year at the 2003 MTV Movie Awards, Brit shared a kiss with Christina Aguilera and Madonna during a performance of *Like a Virgin*, causing a tornado of lesbian, unethical and inappropriate slurs in the tabloids.

So, we're at Britney's fourth album now, released in late 2003, called *In The Zone*. This album featured the single *Toxic*, which nabbed Spears her first Grammy. Despite the Grammy, this is when things start to go down hill. The beginning of 2004 featured a Vegas wedding to a childhood friend. Later that year, Spears became involved with backup dancer Kevin Federline, and the two married by September (insert ominous music here).

Spears experienced declining sales with the release of her greatest hits album in 2004, and by September 2005, Spears and Federline welcomed their first son, Sean Preston. The birth of Sean was followed closely by a reality show, Spears caught driving with Sean in her lap, a second child, a divorce from K-Fed, a brief club-hopping stint with Paris Hilton, a public display of head-shaving and a few trips to rehab. Everything I've mentioned so far, let's not forget, has been documented, filmed and printed by paparazzi and tabloids worldwide.

By 2007, Spears was scrutinized for her very public custody battle with now-ex Federline, and even after the release of her fifth album *Blackout*, Spears was clearly still struggling. A month after an infamously terrible performance of the song *Gimme More* at the MTV Video Music Awards, Spears was charged with a hit-and-run incident. In January 2008, she was hospitalized after a breakdown resulting in Federline taking full custody of the their two children. In December of that same year, her sixth album *Circus* was released.

Following the sixth album release was a North-American tour, a guest appearance on *Glee*



brightstarlights.wordpress.com

Britney Spears

and *How I Met Your Mother*, numerous magazine covers, and even a fashion line. Let's fast-forward to 2011, present day. Spears' seventh studio album *Femme Fatale* was released on March 29 and the pop sensation is planning a North-American summer tour.

A day in the life of Britney Spears, now 29 years old, is one that no one will ever be able to understand or experience. In a documentary made

in 2008, Spears compared her life to being in jail saying "even when you go to jail, you know there's the time when you're gonna get out".

From the outside it seems Britney Spears has gotten her life back together, established her Queen of Pop status and perfected her sexy image. But with paparazzi watching your every move, waiting for the next scandal, how normal can your life really be?

## A different side?

By 2011, Britney Spears has had more scandal, struggle and success than most people have in a lifetime. With her latest album released just last week called *Femme Fatale*, Britney shows a different side of herself with more of a techno/dub-step/edgy feel. The hard-working pop star has been through a lot, but shows the world she can still pull through and release a smash-hit album that makes anyone want to get up and dance.

Produced by Dr. Luke and Max Martin with Jive Records, *Femme Fatale* features songs like the already-made hits "Hold It Against Me" and "Till The World Ends." The beat of every song is full of bass and up-tempo sounds, with a whole lot of auto-tune thrown in. Those who criticize the auto-tune fetish in the music industry today will notice that every song features a "perfect" tone from Spears. Those who could care less will enjoy the poppy tunes and the club beats. In the song titled *Criminal*, Spears' true voice can be heard in the verses and it sounds great.



Flipping through the booklet accompanying the CD, it consists of various pictures of Brit and no lyrics. A little disappointing. It's a well-known fact the Spears doesn't write any of her own music (except "Everytime" back in 2003). By looking at the credits, it seems that Max Martin wrote most, and an up-and-coming songstress Bonnie McKee also took a turn in the writing. That being said, people don't listen to Spears to hear the beautifully written and inspiring lyrics. People will make the trip to HMV to buy a Spears album to be entertained and to listen to a contagiously catchy pop tune that will brighten up their mood.

Spears' seventh album, *Femme Fatale*, is exactly what we expect from the princess of pop. It features suggestive and witty lyrics, a catchy beat that gets you moving, and the legend that is Britney Spears. If you feel like dancing and singing "Hold it against me" at the top of your lungs, then I strongly recommend *Femme Fatale*.



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## SHOOT FOR THE STARS

LACE SENIO  
Entertainment Editor

"Dreams change. It can be a good thing. Be open to it. There's big a difference between failing and changing direction," says Spencer Jo Burgess.

# A special musician

"When I first picked up a guitar, I wanted to be a rock and roll legend. Cover of the *Rolling Stone* and shit. As I grew, I became disillusioned with celebrity culture to the point where I resent it. I don't wanna be a star anymore. In fact, I can't believe I ever did. I just wanna make music for people who wanna listen, tour around, cut records, be happy. I took a turn at the crossroads and I love the path I've chosen."

I knew about Spencer Jo before I actually met him. I heard that he was an amazing musician and a really cool guy. Turns out, the

rumours are true. Spencer Jo is not your regular rock star. He is more than that, he is a person, a down-to-earth, good natured person. He has a kind heart and a worthwhile sense of humour.

Spencer Jo grew up in Calgary and for his 13th birthday, he received a \$60 guitar from his dad. The rest of the story is more or less history, as after his 13th birthday, Spencer Jo began the transition into the man he is today. Spencer Jo's first guitar changed his life. It proved to be a gateway drug into the world of music and Spencer Jo was hooked.

When he was 16, he began to play shows with the band, The Falling Pianos. In 2006, Spencer Jo became a member of the folk/punk band, Rum Runner. With Rum Runner, Spencer Jo recorded the album *What's the Music Mean To You?* Spencer Jo has also recorded his own solo album, *My Old Home*. Spencer Jo is obviously a vital part of the Calgary music scene.

"This year, the City of Calgary asked me to do a youth song writing workshop in July. I'm going to be teaching kids who are clinging just as tightly to music as I was at their age," says Spencer Jo.

"I see it as a chance to give back and to share the knowledge that gave me direction and purpose. If I pull it off, it'll be my proudest moment."

It is obvious that Spencer Jo has a heart of gold. He is giving back to his community and is stoked on it. Spencer Jo is a perfect role model for youth hoping to become musicians. Youth have the chance to really learn a lot from him. The song writing workshop will

allow Spencer Jo to encourage youth to take the initiative to follow their dreams.

"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."

A lot of other cool things are going on for Spencer Jo. He just wrapped up a tour with The Mandrill (an accordion player from Spencer Jo's youth) along with Rusty and Kyle Mattson. Spencer Jo will also be releasing another album soon that will consist mostly of folk inspired songs. The new album will come complete with lyrics and chords, because as Spencer Jo likes to believe, music is for sharing.

"Dreams sometimes seem to break down, fall apart and fail. It's during these times that our true strength can be measured. Having a dream is one thing. Following it means you need to fight for it. You need to wipe the dust off your clothes, the blood off your face, get up and continue on," says Spencer Jo.

I heard about Spencer Jo before I met him and I can honestly say that he is one of the most genuine people I know. He is type of person that youth can really look up to, and he is the kind of person that everyone wants to hang out with, because he is just a regular, down-to-earth dude. He knows what it is like to follow his dreams. Heck, he is someone we can all look up to.



Spencer Jo Burgess



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# Not for the faint of heart

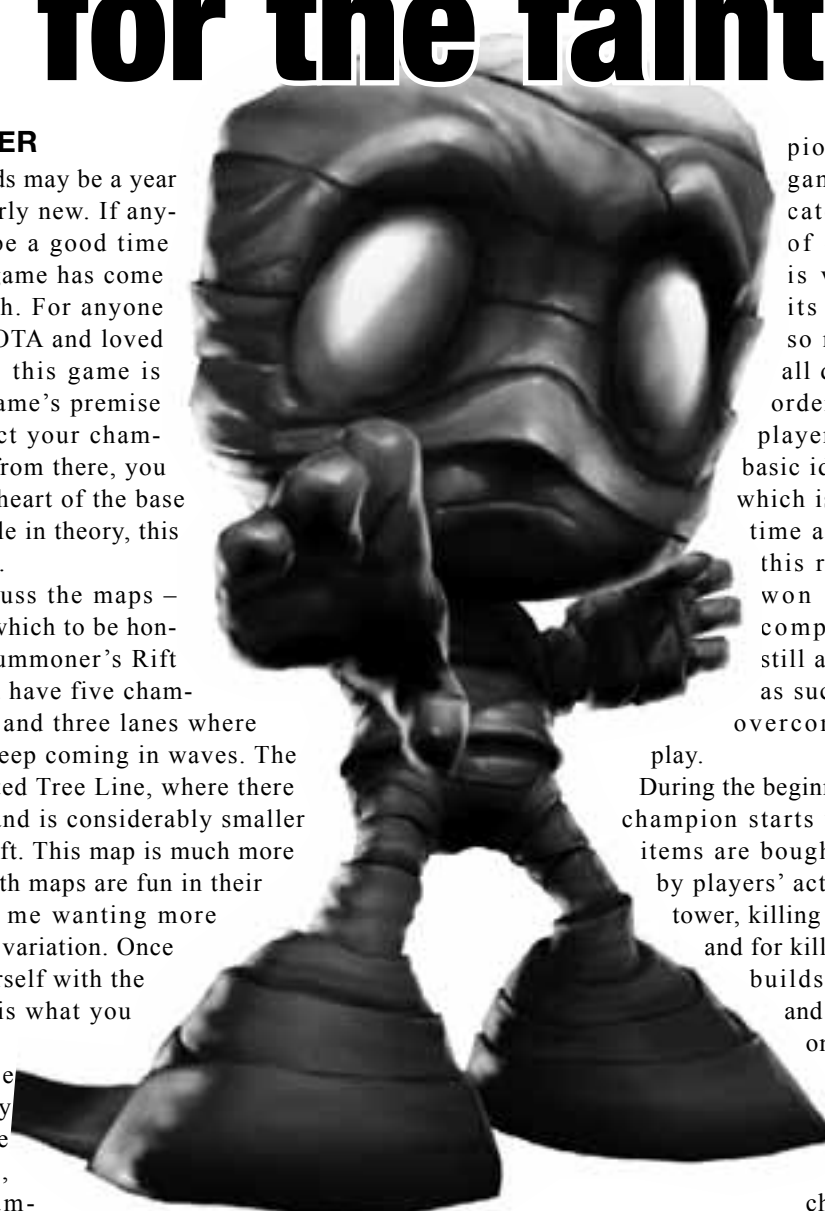


By WILL HAMMER

League of Legends may be a year old but it is still fairly new. If anything, now would be a good time to see how far the game has come since its beta launch. For anyone that used to play DOTA and loved it, look no further, this game is very similar. The game's premise is simple: you select your champion of choice and from there, you have to push to the heart of the base and destroy it. Simple in theory, this game is anything but.

First, we'll discuss the maps – there are only two, which to be honest is a bit plain. Summoner's Rift is a map, where you have five champions on each team and three lanes where your minions will keep coming in waves. The second map is Twisted Tree Line, where there are only two lanes and is considerably smaller than Summoner's Rift. This map is much more rushed. Although both maps are fun in their own way, they left me wanting more maps and a lot more variation. Once you familiarize yourself with the map, what you see is what you get.

Next up are the champions. Every two weeks Riot, the LoL developers, release a new cham-



pion. This is where the game gets a bit complicated. Though the pool of champions Riot has is very large, it's also its downfall. You have so many champions that all do different things. In order to be a "good" LoL player, you have to have a basic idea of all their moves, which is fair, but at the same time a little confusing. For this reason, games can be won purely due to team composition. But this is still a skill based game and as such, advantages can be overcome based on skilled play.

During the beginning of each game your champion starts with zero items. The items are bought with gold acquired by players' actions like destroying a tower, killing minions in every wave and for killing other players. Your builds are always dynamic and they change depending on many factors, such as what the other team is like, for example. A little confusing? Relax, because each champ has items that are

suggested to them. This only gives you a basic idea of how to build your champion, however. All this of course takes time to figure out and before you do, you will find it very frustrating. This is why this game can be hard to recommend. On the one hand, there are lots of variability in play styles, but all these things take time to learn. Every game is different and there are new things to learn from each one. The learning curve is quite high if you are completely new.

This is also a team-based game though and that can come with its own set of problems. I have found myself swearing at my teammates and feeling frustrated at times. It leaves you feeling at the mercy of your teammates and, for most of us, that's a bother, which leads us to the biggest downfall of this game. It is plagued by quitters. People may start the game, get mad and leave. This results in games that are played four versus five. Nothing is more frustrating than having a whole match lost because someone decided they had to go or leave. Also, matches feel drawn out. I felt myself playing a match for more than an hour only to lose it because of someone else's stupidity.

The learning curve is extremely hard at times. Trial and error should be the motto of this game, because most of the times you will fail before you learn the weakness and strengths of certain champions. It's not all frustrating. Once I understood the game, it was fun. I found myself enjoying learning the abilities of champions and just destroying people.

The whole game overall is solid. It's fun, the champions are well thought out with a bit of a back story and the number of skins you can have per champions is pretty cool. But the problems it does have really drive it down and can make it a frustrating experience.



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# Wedding of the century?



## WHAT'S ‘TASH-INING’

**NATASCHA BRUHIN**  
Assistant Entertainment Editor

The divorce rate may be higher than it's ever been, but that doesn't seem to stop thousands of people from tying the knot every year. It seems the world is in a wedding craze right now. Nearly every celebrity in Hollywood is either engaged or coming home from a honeymoon and the general public is eating up every detail of every celebrity couple's nuptials.

No upcoming wedding however, is as anticipated as that of Prince William and Kate Middleton. Since announcing their engagement back in November of last year, the world has been waiting with baited breath to see the final spectacle that will be the couple's wedding on April 29 in London, England.

What is the reason for the enormous interest that the world seems to have for the famous couple?

People get married every day and it's not like we haven't read about the dozens of other

celebrity weddings in the past. At this very second, if I wanted to, I could find out every detail of Reese Witherspoon's recent wedding just by typing in her name online. I could find out the type of wedding ring she got, the kind of flowers she held in her hands as she walked down the aisle, heck, even the kind of cake she had at her reception. These days, it really is too easy. But why has such a typically private affair become so public? And why do we care so much?

I did some extensive research (OK, so I asked my circle of friends), and discovered one similarity all of their answers: Their interest in celebrity weddings all comes down to the fact that, at the end of the day, they get to read about two people being truly happy and in love with each other.

"It's marriage! It's better than hearing about some tragedy or someone dying. I don't actually care about these people, but how can you not smile when you hear about someone tying the knot?" one of my friends (who did not want to be named) said.

Some of you may be shaking your heads right now, but there is pretty significant evidence that backs up this statement and proves that my friend is not the only Royal Wedding watcher out there.

Did you know that the royal wedding has an actual website dedicated to posting anything and everything related to the special day? On the website, you can find out the details of the wedding (location, service, reception,

etc.), "Sites and Attractions" Britain is offering visitors leading up to the wedding and announcements such as the Royal Mail releasing a special sheet of stamps featuring engagement pictures of the couple to commemorate the upcoming wedding.

Not to be outdone, *People* magazine has an entire section of its online website dedicated to the royal wedding, with features such as daily photo updates of the couple and online voting for the tiara Kate should wear on the big day.

As well, a huge array of royal wedding memorabilia has hit the shelves. If you go online right now, you can find kitschy merchandise such as "Royal Wedding sick bags", which you can use if you think you're going to "throne up" from all this ridiculousness. I am not making this up.

Other crazy products available right now are William and Kate knitted dolls, garden gnomes, ashtrays, condoms and "Kiss me Kate" real ale beer.

Still don't believe my theory that people are in love with love?

Well, an estimated two billion people will be watching all or part of the wedding on TV. That doesn't

include the 400 million that will be watching online, and the 800,000 that will be observing from outside Buckingham Palace. Take that, pessimists!

So whether you're gagging after hearing all of this information or booking time off work so you can catch all of the glorious wedding footage live, don't judge those who feel differently about it. Accept it, embrace it and move on! We're unlikely to experience such a spectacular royal affair ever again, so relish in the fact that you get to be a witness for such a historic media event.



<http://infoglobi.com/images/uploads>

Prince William and Kate Middleton

# Source Code a cinematic gem

By EVE KOESTER

*Source Code* is an original fast-paced action thriller directed by Duncan Jones. It opens by throwing the audience into the heart of the action and hooks you immediately. Helicopter pilot Capt. Colter Stevens (Jake Gyllenhaal), wakes up to find himself on a train facing a lovely young woman named Christina (Michelle Monaghan) who calls him Sean and seems to know him. He is confused and disoriented and manages to make his way to the bathroom of the train where he realizes the reflection in the mirror is not his own.

There is an explosion and Capt. Stevens wakes up in a dark capsule with a video feed of a woman instructing him to locate the bomb on the train — a train that actually exploded earlier that morning. He discovers he is part of a government project that can put you into the body of someone eight minutes before they've died.

His mission is to find the bomb on the train and track down the terrorist before the next strike. The catch — he only has eight minutes to do it, and must relive the same scenario over and over until he uncovers the information they need.

The four main actors driving *Source Code*, Gyllenhaal, Monaghan, Vera Farmiga and Jeffrey Wright, don't fail to deliver brilliant and dynamic performances. With Duncan Jones at the helm, this film may be the one that marks him as one of Hollywood's bigwig directors. Jones doesn't waste a single moment of the film's 93 minutes. Each scene has a purpose. Each character interaction is intentional and the conclusion

was perfectly constructed.

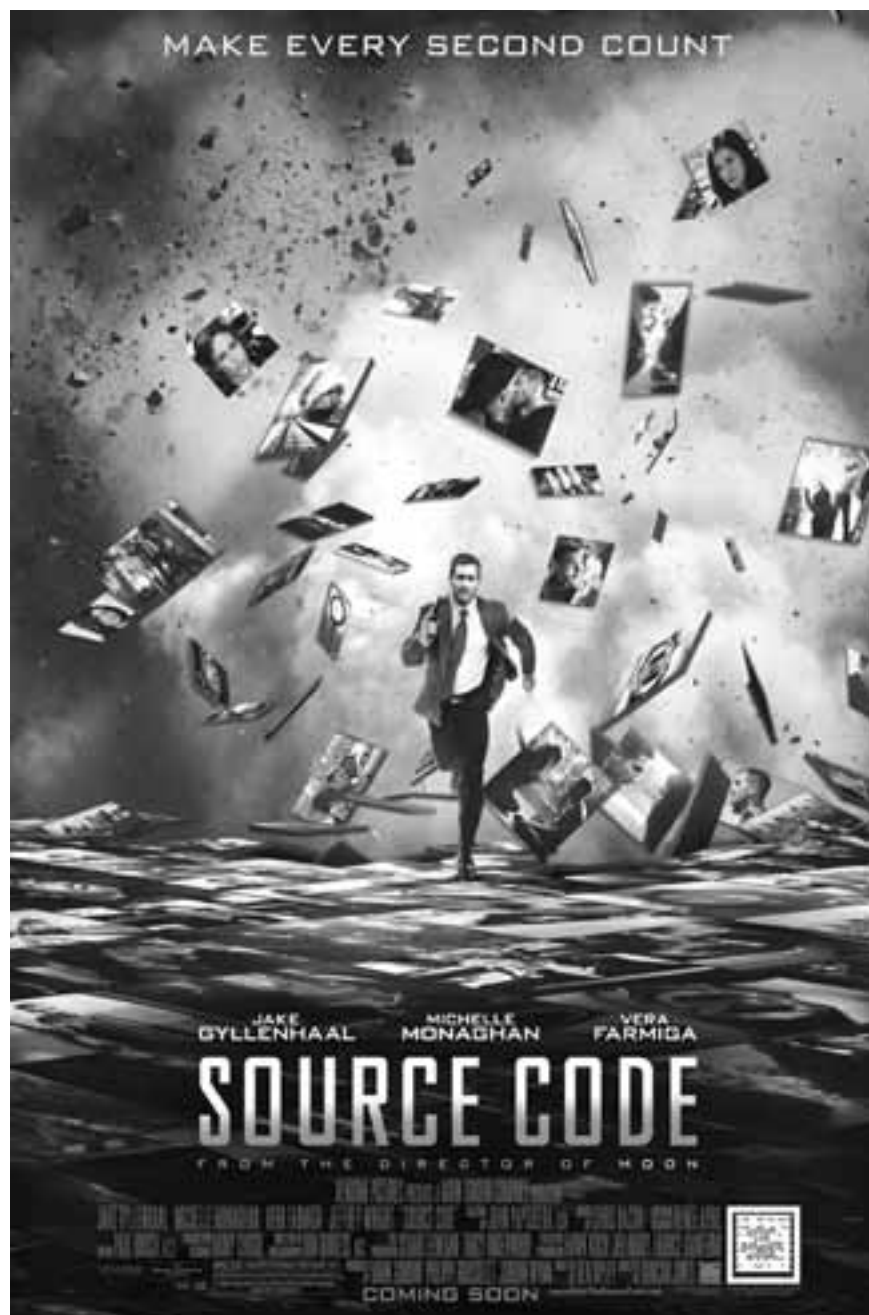
The sci-fi premise of the film holds weight in the leagues of movies such as *Inception*. With the concept of quantum physics and, for all intents and purposes, time travel, the storyline is complicated yet told in an understandable way.

The growth and realizations of Capt. Stevens are monumental as he overcomes the most difficult of tasks. Dying over and over again while trying to find the terrorist in time becomes an exhausting feat. His new personal mission becomes trying to save Christina. He knows the event he is living is one of the past and anything he does within the eight minutes won't change her outcome but he doesn't give up.

*Source Code* is a dream for sci-fi lovers and movie goers. There's a buffet of elements that turn this would-be typical action flop into a cinematic work of art. Filled with great acting, an intriguing story and tasteful special effects, it also dishes out shocking twist after twist. There is even a romantic aspect that unfolds gracefully, without being too distracting or in-your-face.

The film is surprisingly deep. The main theme begs the questions: What would you do differently if you had the chance? What would you do if you knew you only had a few minutes to live? It is very moving and I am betting you won't be dry-eyed by the end of it. It wasn't spoiled by over-marketing, so be sure to see it before too many secrets are given away. Be prepared to be thrust into a mind-bending action adventure.

★★★★★





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)

Be nice to people at retail stores.

Seriously. They fold those shirts a lot.

## Taurus (April 20-May 20)

Quit your job. You've been taken advantage of there for far too long, and it's about time you leave, because you've grown enough as a human.

## Gemini (May 21-June 20)

Change your underwear. It's starting to smell.

## Cancer (June 21-July 22)

I see a trip in your future. Maybe after the school year is done. You've been working incredibly hard this year, and you deserve to blow off some steam.

## Leo (July 23-Aug. 22)

Watch "Wizard of Oz" synced up with "Dark Side of the Moon." It totally works.

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

This is a good week to wear your disguise.

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

Your love is like Bad Medicine, Bad Medicine is what I need.

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

Hank Scorpio was a character in ONE episode of "The Simpsons." Try living your life more like Hank Scorpio.

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

Some celebrities that are also Sagittarius include Taylor Swift, Scarlett Johansson, Miley Cyrus, and Jojo. You're in good company.

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

What is a Capricorn? Is there a Capricorn sock? Is anyone listening to me?

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

This is the dawning of the age of Aquarius, the age of Aquarius, Aquarius, Aquarius!

## Pisces (Feb. 19-March 20)

You've worked your tail off this season, and you're going to get what's coming to you very soon... In a good way, that is.

# Insults a recurring theme

By GRAHAM McCANN

Kate Tober is a third semester NAIT Radio student and Sarah Komadina is a third semester NAIT Television student, and together they have been hosting *Verses* on NR92 for the past two semesters.

**Graham:** What is *Verses* about, and why is it called *Verses*?

**Kate:** It's essentially me and Sarah picking songs based on different themes every show and how we 'battle' them out and ask our listeners to pick their favourites, if me or Sarah chose the better songs.

There are different rounds containing two songs, one from Sarah and one from me and each round the listeners choose a winner. At the end of the show, we would be competing to see who won more rounds. We don't win anything, it's essentially me and Sarah trying to be better than each other, because I like better music and Sarah's jealous.

**G:** When did you decide to make the show?

**Sarah:** We thought about it first semester, and essentially it was because we liked different music and we like to compete and compare it.

**G:** What kinds of themes do you have?

**K:** All kinds of themes, essentially just whatever strikes our fancy.

**S:** We went from cowboys one show, to monsters on another show.

**K:** We had marijuana-themed songs and '80s-themed shows.

**G:** So, who usually wins with better songs?

**K:** Well, I have better taste.

**S:** Kate cheats. She finds loopholes in the song and plays some even though they have nothing to do with the theme. She would find something in the song that is just sort of like the theme we have, but not really.

**K:** My songs are better, that's why I win.

**S:** No, I win morally.

**G:** So?

**G:** So, what kind of songs and bands do you usually like playing?

**K:** Essentially, every show has ACDC and Aqua and secretly the show is an excuse to play ACDC and Aqua.

**G:** Oh yeah, Sarah, you seem to really like



Sarah Komadina, left, and Kate Tober get in the mood before their show on NR92.

Photo by Graham McCann

Disney.

**S:** Yeah, of course, I play Disney movie songs a lot, too.

**G:** I saw Kate bought you a floor mat with *The Little Mermaid*, so I guess she doesn't hate your taste that much.

**G:** What kind of themes do you have coming up?

**S:** Our next theme is going to be about alcohol songs.

**G:** What other things do you want your lis-

teners to know about your show?

**K:** It's really quirky and people listening should know that Sarah and I don't hate each other despite how mean we are.

**G:** What do you like about doing the show?

**S:** I like hanging out with Kate and essentially telling her how the songs she likes suck.

**K:** I like being able to play the music I like to play. I also like insulting Sarah, essentially.

**S:** We also want people to call in, we'll give you candy if you do, I have a bag of candy in

my locker.

**K:** Isn't it from before Halloween? Yeah, we'll give you seven month old candy from Sarah's locker.

So, yeah, call in or look us up on Facebook, *Verses*, to request songs based on the theme of the week.

**S:** But Sarah and Kate have to like the requests, or we don't play them.

Listen to *Verses* on NR92 Wednesdays from 9 to 11 p.m.



# A special show at Wunderbar

By **LACE SENIO**  
Entertainment Editor

On Saturday, April 2, a band formerly from Alberta played a show at The Starlite Room. And I heard it was really great. What most people don't know, however, was that the next afternoon, the same band played a free, all ages show at another local venue. It was nothing short of epic.

I am talking, of course, about the Rural Alberta Advantage (RAA), and the monumental show that took place at Wunderbar. This show was a once in a life time opportunity, first because it was a free RAA show, and second, it took place at Wunderbar.

Yes, it is true, Wunderbar, for the first time in the history of its new management, opened its doors to a younger crowd. No alcoholic beverages were served and no cover was charged. It was quite a change to look around and see faces of a different generation enjoying the bands that played that afternoon.

The lineup was amazing and consisted of audio/rocketry, Hooded Fang, Fire Next Time and the Rural Alberta Advantage. RAA specifically requested that the show be all ages, and that they would play for free if this request was met. It is really nice when bands do this because all-ages shows allow for music fans of every age to participate in the magic that usually goes on.

"There is no way to explain in words how special the entire show was. Everyone kind of shared something, and for a few hours we were all best friends," says Craig Martelli, one of the three owners of Wunderbar. "There wasn't a drop of negative energy in the room."

It is true, the show was special. Everyone was singing together and bobbing they're heads in time to the music. Feet were stomped and hands were clapped. The afternoon show at Wunderbar was one of those types of shows that you can only describe as, well, magical. Everyone felt it.

"It was a lot of work, the little behind the scenes shit nearly killed us but it was so worth it. It just felt really special for all of us," Martelli says.

"I found myself running around to different areas of the room

at certain times, trying to be with everyone all at once, to share a moment."

The Rural Alberta Advantage were amazing, as were all of the bands that played. It was a truly unique opportunity and I sincerely

hope there will be more of them in the future. So if you saw The Rural Alberta Advantage on Saturday night, good on you, but you missed out big time, because the show on Sunday was by far one of the best shows I have ever been to. It was just that good.



shorefire.com

**Rural Alberta Advantage**

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

**Hudson's**  
CANADIAN TAP HOUSE

DISCOVER CANADA'S PUB

THE NUGGET PRESENTS:

## CLUBS CORNER

## Upcoming events ...

**PFT2011**

**What:** Bake Sale  
**When:** April 7  
**Where:** Outside NAITSA (main campus)

**CLXT**

**What:** Pub Night  
**When:** April 8, 9 p.m.  
**Where:** Oil City Roadhouse

**EDSS**

**What:** Beer Garden  
**When:** April 8 3 p.m.  
**Where:** Annex Dock

**PGC**

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

## 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

APRIL 8 **EDSS** APRIL 8  
 PRESENTS  
**UNICOLLEGE: THE FINAL ROUND**  
 FRIDAY, APRIL 8  
 @ THE DOCKS  
 STARRING  
**DJ TYCO**



IF YOU'RE DRINKING, WHO'S DRIVING? DOORS OPEN @ 3:00 PM ENGINEERING TECHNOLOGIES ANNEX, NAIT

## Indie darling still dreaming

WATERLOO, Ont. (CUP) — Dan Mangan didn't always have his hopes set on being a musician.

"When I was a kid I thought I was going to be a vet," he reminisced. "I kind of realized



CUP photo

Dan Mangan

how many years of school were involved and I lost interest, right around the time I really gained an interest in playing guitar."

His high school band dissolved when its members headed off to separate universities, but Mangan stuck with music.

"I recorded some painfully awful songs and terrible demos when I was 19 or 20 and started playing around Vancouver," he said. "I was filled with all these grandiose ideas of what it meant to be a musician."

Despite years of experience and his increasingly realistic approach to the job, Mangan acknowledged the importance of dreaming big.

"There's so many reasons why becoming a career musician is so nearly impossible," he stated. "You need that optimism and that fantastical view of it all in order to get yourself through the steps along the way."

More recently, Mangan was shortlisted for the prestigious Polaris Music Prize for 2009's

Nice, Nice, Very Nice — an experience he described as a milestone in his career.

Admitting that he has "a rich history of going a little bit crazy" whenever he makes a record, Mangan could not have been more appreciative of the nomination. After the personal investment and dedication that was poured into crafting the album, he claimed, "getting that critical feedback was really amazing and not something that I will forget or take lightly."

But Mangan's rise to a Canadian indie darling hasn't been all about recording studios and awards galas. Currently at home for the longest time in years — though, only a couple months — Mangan has spent the majority of his adult life on the road.

From "formative" solo tours across Europe to travelling across North America to performing at Glastonbury, one of the biggest music festivals in the world, he's learned the ups and downs of working as a touring

musician.

One of the most frustrating facets of touring is the quick pace of a "day in, day out, new city" schedule.

"You go to all these amazing places, but you hardly get to see them," said Mangan. "But it still excites me, we've got to do some amazing things."

He recalled one of his favourite tour memories, sharing a story about getting the chance to play at the Fillmore in San Francisco alongside the Walkmen and fellow Vancouverites Japandroids.

"There's so much history in that venue and we had our own little green room up on the balcony," he said, fondly recalling "sitting up on our little perch" enjoying the show.

Regardless of the at times less than ideal lifestyle, Mangan declared, "The tiring nature of touring will never, for me — at least, I hope — eclipse the awesomeness of it."





KENDAL GUINEY

# What summer activity are you most looking forward to?



"Camping!"

Brandy Black Baker



"Hiking in the mountains."

Ezra Gomien  
Electrical Apprenticeship Program



"Boxing ... training."

Cory Derocher  
Electrical Apprenticeship Program



"Probably biking."

Tristan West  
DMIT



"Getting a summer job."

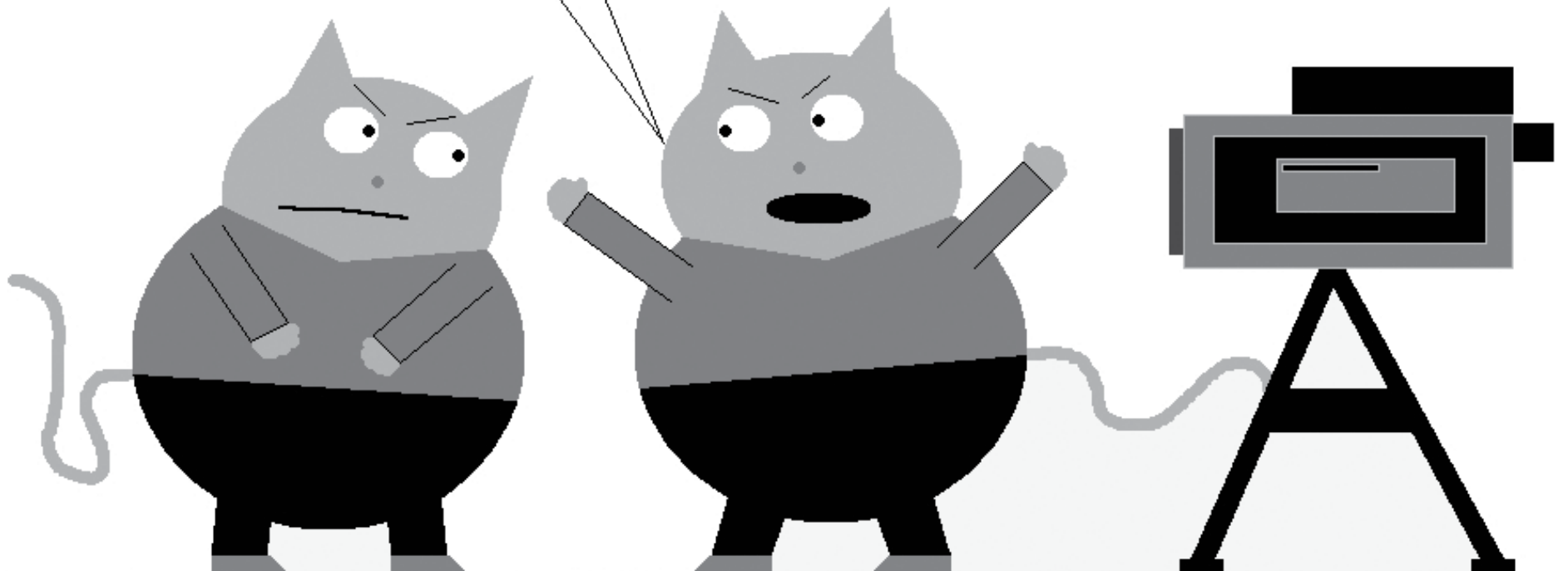
Jackie Kell  
Animal Health Tech.

THE NUGGET PRESENTS:

## NUGGET COMICS

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OH, WILL YOU JUST QUIT MAKING SUCH A PRODUCTION ABOUT IT ALREADY!



MOVIE DIRECTORS J.B.  
Cartoon by John Benesch



# CROSSWORD

- Across
- 1- Mardi

5- Leers at

10- Attention-getter

14- Priest of the East

15- Check endorser

16- Biblical verb

17- Auth. unknown

18- Blender setting

19- Pulitzer winner James

20- Inform

22- Repudiate

24- Chuck

25- Broadway opening

26- Literary ridicule

29- Biased attitude

33- Crazy as

34- Capital of Tibet

35- Eye infection, pig house

36- Beethoven's birthplace

37- Stare angrily

38- Boris Godunov, for one

39- Chemical ending

40- Render weaponless

41- is human

42- Resounding

44- Female demon in Semitic myth

45- Bandleader Puente

46- Diving position

47- Visible spirit

50- Desiring

54- Architect Saarinen

55- Inactive

57- With the bow, in music

58- Citrus coolers

59- Fluff, as bangs

60- Work the soil

61- Ascended, flower

62- Conger catcher

63- Mild oath

- Down
- 1- Delighted

2- Hindu princess

3- Old Testament book

4- Authorization

5- Resist

6- Unit of magnetic field strength

7- Harp relative

8- Shoebox letters

9- Pericarp

10- Aspect

11- Starch used in puddings

12- Bouillabaisse, e.g.

13- At that time

21- Bereft

23- boy!

25- Fright

26- Cavalry sword

27- Home \_\_\_\_, Culkin movie

28- Shades

29- Graph

30- Japanese immigrant

31- Begin

32- Incense gum

34- Grassy plain

37- Mouthpart of arthropods

38- Put up with

40- Single entity

41- Polynesian carved image

43- Idle

44- Assessor

46- Intrinsically

47- Don

48- Fix up

49- Ancient Athens's Temple of

50- Distribute cards

51- Not a dup.

52- Arthur Ashe's alma mater

|    |    |    |    |  |    |    |    |    |    |    |    |    |    |    |
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| 47 | 48 | 49 |    |  |    |    | 50 |    |    |    | 51 | 52 | 53 |    |
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| 58 |    |    |    |  |    | 59 |    |    |    |    | 60 |    |    |    |
| 61 |    |    |    |  |    | 62 |    |    |    |    | 63 |    |    |    |

53- Auctioneer's cry

56- Born

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

SOLUTION

Page 27

# Food shows leave a bad taste

VICTORIA (CUP) — I hate these cake shows.

I can appreciate cooking shows. I love the Food Channel. There is an art and an esthetic quality to food, even if it's something off of *Diners, Drive-Ins & Dives*.

Food varies from sour to savory, from warm to cold. But cake is just ... cake. It's sweet. It's usually served room temperature. There are exceptions, but no one likes flambé and ice cream cake screams Grade 3 birthday party. The Cake Boss and Ace of Cakes have made

some sort of media spectacle out of nothing, and people are eating it up.

What makes this whole gateau-fully sinful situation worse is that TLC had to take these shows to the next level by making a reality show out of them.

The creation and consequent explosion of *Survivor* at the beginning of the new millennia acted as the metaphorical Big Bang for the reality TV revolution. Scripted television wasn't nearly enough to satisfy our culture's entertainment blood lust. We needed real people, in real

— read: fake — situations, doing really crazy shit for our viewing pleasure.

Fast forward a decade and we've got less than amazing people racing around the world and some guy named Bear Grylls biting the heads of snakes and drinking yak blood from its severed jugular. What has TV come to?

It's taken us to not only these mysteriously loved cake shows, but also to their reality counterpart. *The Next Great Baker* is TLC's answer to reality TV — as if *I Didn't Know I Was Pregnant* and *19 Kids and Counting* weren't

enough. The winner is promised \$50,000, a 2011 Chevy Cruise and a job at Carlo's Bake Shop in Hoboken, New Jersey.

While it's all fine and dandy that the victor will be the baker of choice for the Soprano family and their associates, we all know how it ended for past winners of the show that this rips off: *Hell's Kitchen*. I'm not talking about the one who lost her prize because she couldn't obtain a work visa to work at Gordon Ramsay's Savory Grill in London. I'm talking about the real winners.

## TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



# Harassing phone calls



It's the middle of the night. Your phone rings, and after you answer it:

- The caller shouts obscenities into the phone,
- You hear the caller suggest some sexual act, or
- You hear nothing at all.

What should you do?

Hang up.

A suspicious phone call that scares or threatens you is a serious offence and should be reported to the police.

If you have a suspicious phone call:

- Never entertain the caller.

- Do not talk to the caller. Do not beg, plead or threaten the caller.
- After you hang up, get out a notebook or pad of paper and record the time and date of the call.
- Write down the sex of the caller and anything he or she said.

Remember: The caller wants to scare or upset you. Anything you say to the caller will confirm the reaction the caller is looking for.

Say nothing. Hang up.

- If the caller phones many times or at all hours or threatens you or your property, call the police.

- After the call is reported to the police, a phone trace may be placed on your line.

Here are some precautions to take if you are receiving suspicious phone calls:

- It may be someone you know. An ex-spouse, boy/girlfriend, co-worker, or total stranger. You will have to try to recall any details of a past relationship or a suspicious person you met.
- At the same time, you must keep in mind your personal safety.
- Watch the people around you — at work, at the bus stop, anywhere — just in case the caller knows you and may be following you.

- Advise NAIT Protective Services. We can offer assistance while you are on campus.

A suspicious phone call is very unnerving. A threatening phone call is a crime.

For more tips and information, visit [www.nait.ca/security](http://www.nait.ca/security).

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.



# Year-ender

By LACIE SENIO  
Entertainment Editor

The last NAITSA party of the year took place on Friday April 1. The City Centre Airport Hanger was decked out in Hollywood Glam, and it was obvious a lot of work went into the event. The tables were beautiful and the centrepieces were a nice complement to the whole thing. Everyone looked really good, what can I say, NAITSA staff and students clean up well.

It was nice to reflect back on the year that was and watch everyone receive awards and thanks. There was a red carpet that award recipients walked up to collect their awards, while the “paparazzi” took photos of the whole thing. It was really cute.

The dinner that was served after the awards was delicious. Literally drool worthy. Everything from shrimp skewers to spring rolls and seasonal vegetables to tender roast beef, was served. The dinner was put on by staff at the Nest, and they truly outdid themselves.

The entertainment fell short, however. It is hard to plan for entertainment that every-

one will enjoy, but attendees were slightly let down by the performances of the evening.

“The basis for an awesome night was there. But the follow-through wasn’t,” said *Nugget* Editor-In-Chief Rachel Jacques. “Tribute artists may not have been the best idea.”

Maybe for next year NAITSA will try out some new ideas, perhaps they will get some more DJs to spin some tunes or maybe some new cool bands to come out and play. The thing with tribute artists is that sometimes they are really good, and other times, they are not.

“Lady Gaga was not a great performer,” Jacques says, about the performances. “On the other hand, Michael Jackson was amazing! He did his own vocals and was really good.”

Either way, the night was fun and a great chance to mingle and see everyone all dressed up. NAITSA really does go above and beyond to make campus life enjoyable for students. Look forward to next year’s NAITSA parties, I have a feeling they are really going to rock.

## For pizza lovers

### CAMPUS FOOD REVIEW

By STEVEN DYER

So every week we have pizza at the Nugget, and I just have to say I love it!

We get our pizza from the Nest, it’s just as good as the pizza from Panago, and there are more flavors, and I mean WAY more. There’s ham and pineapple, pepperoni and bacon, mushroom, and one of my favorites, cheeseburger. You wouldn’t think that cheeseburger would be a good

flavor for pizza, but it is so good! If you’ve ever had a craving for a mouthwatering burger and pizza at the same time then this is the answer.

One of my friends looked right at it and she had her doubts, but after a few minutes I convinced her to try it, and she was glad she did. So if you want more variety with your pizza then head on down to the Nest for plenty of delicious flavours!



Photo by Joline Ylioja

Bucky Driedger of the The Liptonians sings at the Nest’s Indie Night on March 31.

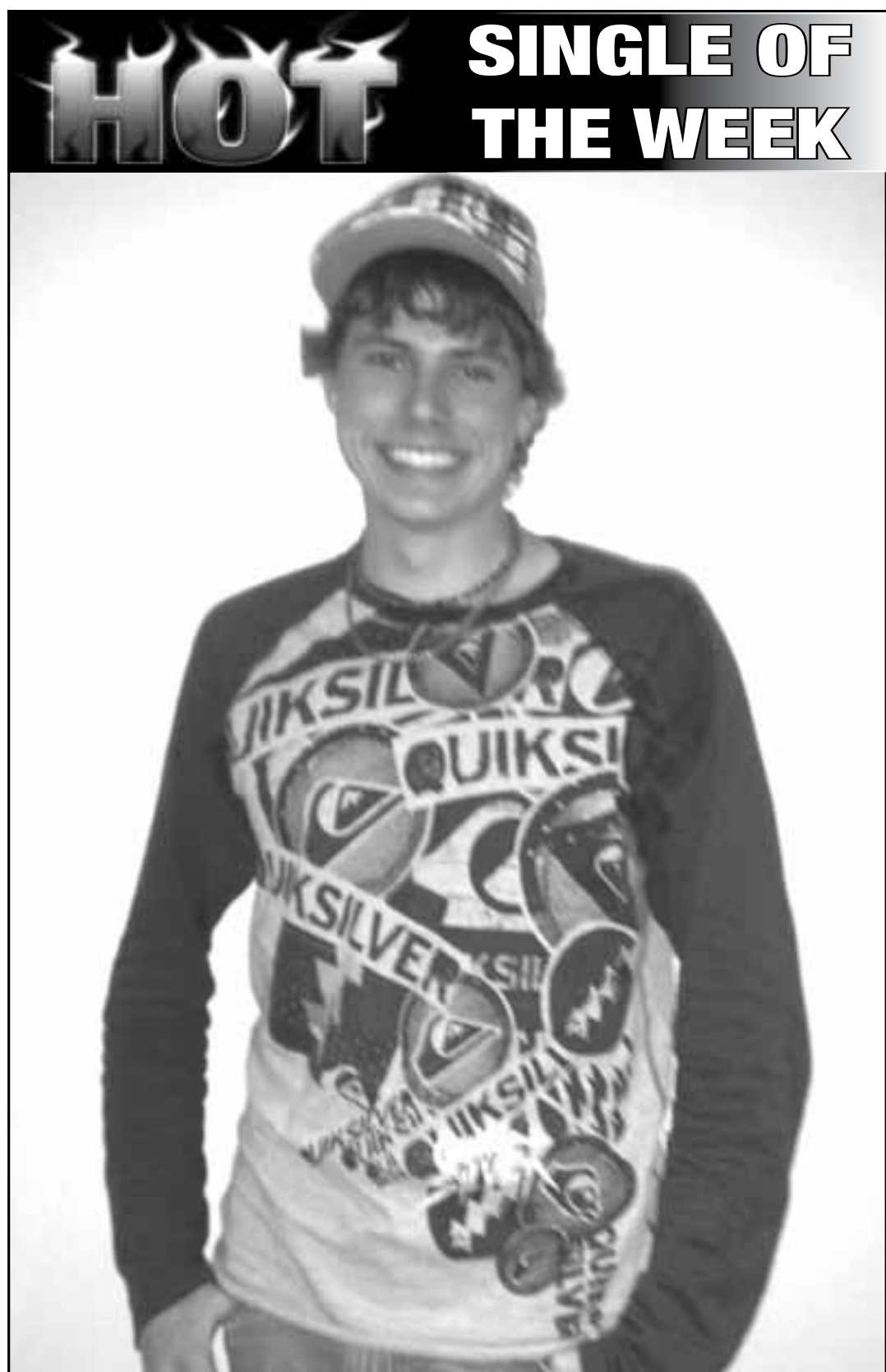


Photo by Tiffany Lizée

### Chance Hutchinson, 22 HET

**Hometown?** New Sarepta

**Pick one: Attractive, rich or famous?** Attractive

**What do you think about public displays of affection?** I’m not into it, but I don’t mind seeing it.

**Do you think there is a difference between sexuality and sensuality?** Yes, sexuality is more fun.

**What’s the background image on your cellphone?** Just a calendar, nothing exciting.

**Favourite Summer Activity?** Rodeoing.

**What are your feelings towards girls wearing rubber boots in the spring?** Looks good ... on the farm.

**How do you feel about girls wearing team jerseys?** Looks hot, usually. It has to be fitted and depends on the girl ... and the team.

**Morning or night person?** Night person

**First car?** 1983 Chev ½ ton

**High school nickname?** Hutch.

**Have you ever skinny dipped or gone streaking?** Too many times.

**What body part do you first look at on a girl?** Hands and eyes.

**Friends say he’s a macho cowboy who is also generous, soft and kind.**

**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)

To hot single of the week Baby girl:  
ur always on my mind I see you in my  
dreams Let's party shartyy ji  
-ur secret admirer

...

Patricia campus should be renamed to  
"slum campus" because it's overcrowded,  
it's smelly, the food gives you cramps and  
the toilets either don't work or there's no  
TP. Maybe I will start a petition.

...

To the girls at NAIT:  
Why do you always skip our table with  
girls at it when selling or promoting stuff in  
the Spartan? You scared of us?  
- Sincerely, hot trades girls

...

Dear white girls, black girls, brown  
girls, etc.

I think we'd make a pretty good inter-racial  
couple. I mean, you'd think I'm cute. And I'd  
think you're exotic. And together, we'd make  
some pretty cute babies. :) So lets mix it up  
and see where the day takes us!

- Asian persuasion

...

To the guy in the brown pull-over  
ufcw383 hoodie, stop writing lies about me  
just because I'm hittin your mom!

- guy in black zip-up

...

Hey squidge, maybe if life is so hard  
you can participate in a new euthanasia  
program that im offering. Obviously you  
live a miserable existence and may not  
want to continue life. Just saying.

- Concerned citizen

...

Hey Petroleum Engineers,  
Why is it everytime I go to the bath-  
room you're all sharing a urinal singing  
"we are the titans"?

- Concerned Drafter

...

Dear engineering design guys,  
Find your own girls. we were there first!  
- Your friends in petroleum and chem

...

To The Boys In Engineer Design And  
Drafting,  
LMAO. You guys seem so much more  
fun! We'd love to hangout. We don't bite  
you know :)

P.S. Sorry Chemical and Petroleum  
Engineers, we don't like biters  
- 1st Year Interior Design

...

To the lady in red,  
I want to throw a table cloth over you  
and love you like a pig.

- Truly, Charsk-E

...

Dear Engineering design and drafting  
guys,  
We'd love to party! Don't be shy ... Just  
say HI!

Sorry petroleum and chem boys.

Maybe you can keep each other  
company?

...

To the Girls in Interior Design,  
If you'd like to be partially satisfied by  
guys in matching oiler hats, contact the pet-  
roleum and chemical "engineers". They bite  
alright. Each others' weiners. True story. When  
you're ready for real stallions, contact us.

- From the genetic jackhammers in  
Engineering Design and Drafting Tech

...

To the little witch in the A/B Parkade  
during the afternoon: Your laughing is like  
cackling, you are rude to parkers and you  
can't seem to figure out how to perform  
simple math when giving us change! Time  
for a new career!

- Signed, NAIT parkers!

...

To the concerned gentlemen regarding  
the red head. After some careful delibera-  
tion a conclusion has ben reached. Her  
walk is not snobby but rather sloppy.

- From the True Gentlemen

...

To the guys in the design and drafting  
program, the guys in petroleum tech are  
cooler, stronger and make more money.

So I'll have to pass on the offer.

- ladies in the annex

...

Dear women of NAIT,  
Contrary to popular opinion, Ugg boots  
and sweatpants are NOT an acceptable  
combination.

- signed, The Fashion Police.

...

Dear Mr. Insecure,  
I think it was me that you saw in the Fit-  
ness Centre on Tuesday at 8:30 a.m., see-  
ing that I was the only girl in there.

You don't have to be as 'awesome as  
me', just come say hi =) , I'm a friendly girl!  
See you around and happy pumping  
the iron.

- Avid gym go-er

...

Dear Annex Girls,  
Forget the rest of the guys in the  
annex. Petroleum and Chemical guys ...  
don't make me laugh. Architecture "men"  
a.k.a pencil pushers, only work with paper  
all day and those Civil boys just play in  
the dirt. Us Construction Engineers will  
answer your wildest dreams. We can build  
you a house, a hospital, infrastructure or a  
sky scraper - bring it on.

Sincerely,  
Your Go-To-Guys

...

Dear Redhead in Annex.  
Your friend driving the black  
toyota is so \*\*\*\*\* HOT!!!!!!  
ps. petroleum guys r GAY!!!

- yours truly, Mrs. Pedro

...

To the gorgeous blonde girl who is  
sometimes in room U101, we so totally  
want you to come out for coffee ...

- The DP Guys.

...

Dear Petro and Chem guys ...  
Second years do bite ... it only gets  
better with experience ... ;)

Yours truly,

The real designers of NAIT's annex

...

Here's a tip for all the annex "grapevine  
creepers":

Try growing a pair and actually talk-  
ing to these women you won't stop talking  
about in the nugget.

- REAL Men (MEC TECH)

...

To all you spring fever gals and any  
other ladies out there that want to party,  
my buddies and i are throwing a huge  
year end house bash! anybody interested  
RSVP to [partynait@hotmail.com](mailto:partynait@hotmail.com)! every-  
one is welcome! signed, party animals...

...

To the interior girls:  
The drafting guys only know how to put  
their hands on small pencils. If you want  
real hands on experience come down to C  
building.

- Power Engineers E-H

...

To Gals with spring fever,  
When are you usually around? I'll show  
up whenever ;)

- Guy in the Tower

...

If you really need to play Farmville  
to the point of taking up a computer in  
the computer common, you need a life.  
- Needs a computer to print REAL  
work.

...

To the girl who was in the nugget going  
out for miss Canada. What rock did you  
crawl out from? The world really is ending.

- From the women connoisseurs.

...

To the IDT girls,  
Originally we were feeling a little left  
out, having all these chemical, petrol-  
eum and civil tech guys messaging you  
while we aren't. Then we realized that  
we not only have classes with you, we  
actually talk to you face to face (and  
know your names)! Imagine that, men  
with balls.

- The Archtech guys. <3 xoxo

THE NUGGET PRESENTS:

# Dr.CONwisDOM

Dear Dr. CONwisDOM

I need help. I'm dating this girl that I  
am crazy about, fits all of the things I want  
in a girl; smart, funny, hot as hell and  
can drink like a fish. The problem is that  
she braids her pubes. That's right, braids  
her pubes. First off, who does that? Sec-  
ondly, who the hell grows their pubes long  
enough to braid!? No matter how many  
times I go down there, I can't get over it.  
I'm going down there expecting smooth  
sailing, and instead I'm face-to-face with  
a Vikings beard. What should I do? I like  
this girl and want to tell her, but I don't

want to upset her and ruin things.

- Rope-a-Dope

Dear Rope-a-Dope,

Well, I would just tell her. Be nice and easy  
about it because you aren't only helping your-  
self out, and helping her out ... you are helping  
out every guy who has a girlfriend that braids her  
pubes. Take a stand, my friend! But keep in mind,  
your "manscaping" better be pristine if you are  
expecting her to keeps things all geezy down low.

...

Dear Dr. CONwisDOM,

I come off as a really outgoing lady-

killer. I have a lot of girls that would love  
to go out with me but the problem is, I don't  
live up to my reputation because I'm shy  
when it comes to down-there business.  
The only way I can have sex is if I poke  
my penis out of the front of my underwear.  
I'm worried girls will be turned off. What  
do I do?

- Looking for a Front Gate Keeper

Dear Looking for a Front Gate Keeper,  
You can buy her crotch-less panties  
and it could be a fun thing for the both  
of you. That way you can ease into it and

eventually get used to going completely  
commando. That solves your problem of  
finding a Gate Keeper, now you just need  
to find a girl who will be that kinky on  
the first date. You're welcome.

...

Do you have any personal ques-  
tions 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 "pre-  
scription" ready for you the following  
week!



# Do you have an eating disorder?



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

An eating disorder is a set of eating habits, weight management practices and attitudes about weight and body shape that are caused by emotional problems. Eating disorders result in loss of control or over control around food, and often lead to obsession, anxiety and guilt, alienation from yourself or others and/or physiological imbalances that are potentially life-threatening.

Eating disorders are experienced by both males and females and include anorexia nervosa, bulimia nervosa and compulsive overeating. All are serious emotional problems that can have life-threatening consequences.

People with anorexia have an intense and irrational fear of body fat and weight gain, an incredibly strong determination to become thinner and thinner and a misperception of body weight and shape. Thoughts about food, calories, weight and weight management dominate the person's life.

Bulimia is characterized by self-perpetuating and self-defeating cycles of binge-eating and vomiting. During a binge, the person consumes a large amount of food in a rapid, automatic and helpless fashion. The food may act like an emotional anesthetic but the person usually experiences physical discomfort and anxiety about weight gain.

Therefore, the person makes her or himself vomit or uses a combination of restrictive dieting, excessive exercising, laxatives and/or diuretics.

Compulsive overeating is characterized by periods of impulsive gorging or continuous eating. Sporadic fasts or repetitive diets are common with compulsive overeaters and body weight may vary significantly.

**What causes an eating disorder?**

Eating disorders arise from a combination of long standing psychological, interpersonal and social conditions. Feelings of inadequacy, depression, anxiety and loneliness, as well as troubled family and personal relationships, may contribute to the development of an eating disorder. Our culture, with its unrelenting idealization of thinness and the "perfect body," is often a contributing factor.

Dieting, bingeing and purging help some people cope with painful emotions and, initially, to feel more in control of their lives. At the same time, these behaviours undermine physical health, self-esteem and a sense of competence and control.

**Assessing Your Risk** (*this is not meant to replace a discussion with a qualified professional*)

1. \_\_\_ My eating habits are different from those of my family and friends
2. \_\_\_ I have become obsessed with food to the point that I cannot go through a day without worrying about what I will or will not eat. A high percentage of my time is spent thinking about food, weight, body fat, hunger and/or exercise.
3. \_\_\_ I would panic if I got on the scale tomorrow and found out I had gained two pounds.
4. \_\_\_ I find myself going on uncontrollable eating binges during which I consume large amounts of food to the point that I feel sick and make myself vomit or I find myself compulsively eating more than I want to while feeling out of control and/or unaware of what I am doing or I have lost weight and am currently below the minimum recommended weight for my height.

5. \_\_\_ I have felt more depressed and irritable recently than I used to and/or have been spending an increasing amount of time alone.
6. \_\_\_ The most powerful fear in my life is the fear of gaining weight or becoming fat.
7. \_\_\_ I exercise a lot (more than five times per week and/or more than five hours per week) as a means of weight control.
8. \_\_\_ I tend to be a perfectionist and am not satisfied with myself unless I do things perfectly.
9. \_\_\_ Even though people tell me I look good, I think they are being polite and I still believe I need to go on a diet because I am not satisfied with my body.
10. \_\_\_ I spend, or have spent, a substantial amount of time reading books, websites or magazines about dieting, exercising and calorie counting.

If you checked two or more of the above questions consider seeing a counsellor or family physician to determine whether you may have an eating disorder or a tendency toward developing an eating disorder. Seeking help early on makes it easier to overcome a disorder.

**If you think you might have an eating disorder ...**

- Get help as soon as possible. It is much easier to recover from an eating disorder if you catch it early on. Counsellors are available at NAIT Student Counselling.
- Learn as much as you can. Books like *When Food Is Love* by Geneen Roth or *It's Not*

*About Food* by Jane Hirschmann and Carol Munter are helpful for many people.

- You may want to contact the Eating Disorder Clinic at the University of Alberta Hospital.

**How to help a friend you think may have an eating disorder**

- Approach your friend in a private place when there is time to talk. Be caring but straightforward and tell your friend what you have observed and what your concerns are. Let him or her know that you are worried and want to help.
- Give the person time to talk and encourage them to verbalize feelings. Ask clarifying questions. Listen carefully and be non-judgmental.
- Try not to get into a power struggle about whether there is a problem or not. Just let your friend know that you are concerned.
- Offer to help the person make an appointment with a counsellor. If they are resistant, encourage them to consider going for one appointment before they make a decision about ongoing treatment.
- If the person denies the problem, recognize that this is often part of the illness. Unless the person's life is in immediate danger they have the right to refuse treatment.
- Do not continually bring the subject up or the person will resent you and may start avoiding you. By talking with the person and offering help you have done all that is reasonably expected and have, hopefully, planted a seed that may lead the person to seek help in the future.

If you think you have a problem with eating or body image, see a counsellor at NAIT Student Counselling. Book in person at Room W111- PB or call 780-378-6133. Counsellors are available until the end of June.

CROSSWORD SOLUTION

|    |   |   |   |   |   |    |   |   |    |   |    |   |   |   |    |   |   |    |    |    |   |    |   |    |   |    |   |
|----|---|---|---|---|---|----|---|---|----|---|----|---|---|---|----|---|---|----|----|----|---|----|---|----|---|----|---|
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| 14 | L | A | M | A |   |    |   |   | 15 | P | A  | Y | E | E |    |   |   |    |    | 16 | H | A  | T | H  |   |    |   |
| 17 | A | N | O | N |   |    |   |   | 18 | P | U  | R | E | E |    |   |   |    |    | 19 | A | G  | E | E  |   |    |   |
| 20 | D | I | S | C |   | 21 | L | O | S  | E |    |   |   |   | 22 | D | I | S  | O  | W  | N |    |   |    |   |    |   |
|    |   |   |   |   |   | 24 | T | O | S  | S |    |   |   |   | 25 | A | C | T  | I  |    |   |    |   |    |   |    |   |
| 26 | S | A | T | I | R | E  |   |   |    |   | 29 | C | L | A | S  | S |   |    | 30 | I  | S | M  |   |    |   |    |   |
| 33 | A | L | O | O | N |    |   |   |    |   | 34 | L | H | A | S  | A |   |    | 35 | S  | T | Y  |   |    |   |    |   |
| 36 | B | O | N | N |   |    |   |   |    |   | 37 | G | L | A | R  | E |   |    | 38 | T  | S | A  | R |    |   |    |   |
| 39 | E | N | E |   |   | 40 | U | N | A  | R | M  |   |   |   |    |   |   | 41 | T  | O  | E | R  | R |    |   |    |   |
| 42 | R | E | S | O | N | A  | N | T |    |   |    |   |   |   | 44 | L | I | L  | I  | T  | H |    |   |    |   |    |   |
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| 47 | W | R | A | I | T | H  |   |   |    |   | 50 | D | E | S | I  | R |   |    | 51 | O  | U | S  |   |    |   |    |   |
| 54 | E | E | R | O |   |    |   |   |    |   | 55 | I | N | E | R  | T |   |    | 57 | A  | R | C  | O |    |   |    |   |
| 58 | A | D | E | S |   |    |   |   |    |   | 59 | T | E | A | S  | E |   |    | 60 | T  | I | L  | L |    |   |    |   |
| 61 | R | O | S | E |   |    |   |   |    |   | 62 | E | E | L | E  | R |   |    | 63 | E  | G | A  | D |    |   |    |   |

Student jobs

Shinerama Co-ordinator

This fun, engaging, outgoing position will co-ordinate all aspects of the Shinerama campaign for the NAIT campus from May, 2011 until the end of September, 2011. Shinerama is a yearly event hosted by the NAIT Students' Association in co-operation with Cystic Fibrosis Canada.

We're looking for someone who can manage Special Event planning and create sponsorship packages but who also has some volunteer management experience, strong leadership skills, is highly organized and can communicate well with the community, students and staff. Don't be afraid to take risks and be ready to think way outside whatever box you're used to thinking in. Shinerama is an important, historical event for NAITSA, and will be a great learning experience.

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



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