

NAITSA's GRUB CRAWL – MARCH 22

THE NUGGET

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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NAIT LOOKS WIN!

Men's basketball team takes provincials, off to nationals – story page 8



Photo by Jacqueline Burvill

NEW STUDENTS' ASSOCIATION EXECUTIVES

NAITSA's newly elected executives get together for a photo this week. President Govind Pillai, front left, sits with VP Campus Life Tyler Bernard, front right, VP External Timothy Jobs, back left and VP Academic Teagan Gahler.



COME CELEBRATE ST. PATRICKS DAY ON
MARCH 17TH AT THE NEST WITH GREEN BEER!



NEWS & FEATURES

Evening of inspiration

By EVE KOESTER

More and more women are taking the trades by storm. Many other non-traditional fields of study are also in popular pursuit among women, and the Women in Technology group is the glue that holds them all together – figuratively speaking, that is.

The group holds monthly seminars at NAIT especially for the ladies in these types of fields. From construction to business and everything in between, the keynote speakers are sure to deliver inspirational advice.

The next anticipated guest speaker has quite a successful record to show for herself. Maj. (retired) Deanna Brasseur is one of the first female fighter pilots in the world. She has flown in Canada and Europe with the CF-18 jets, which are the most powerful in Canada. After studying in England she also became Canada's first female Aircraft Accident Investigator. Among many other accomplishments Brasseur has been a member of the Order of Canada for over a decade.

Fears often accompany the pursuit of dreams and unknown territory. Overcoming those fears are some of the things Brasseur has given talks about. She will be sharing her story with insight and inspiration. There's nothing more encouraging than listening to someone who is living proof of the fact that

hard work really does pay off.

The Women in Technology sessions are meant to motivate the women of NAIT.

"Ultimately we hope students will recognize their own possibilities regarding their future dreams," says Michele Parker, Co-ordinator of Student Engagement, on what can be expected. Women who work in industries that are dominated by men are encouraged to enjoy the presentations and the company of others.

There are many exciting careers out there starving for female presence. NAIT offers numerous programs designed to get you started (or the motivation to finish) on the career path of your dreams.

Parker shares some advice on choosing the right profession.

"[Spending] some time researching your interests and identifying what you want your life to look like in regards to your career is important in determining what type of program you need to pursue."

Maj. Brasseur will give two presentations at the NAIT Shaw Theatre on March 17. The first, free to all NAIT students, will be at 2:30 p.m. The second will be at 6:30 that evening for the general public. Tickets for the evening event are \$21.50.

For more information, check out the NAIT website at www.nait.ca.



airportjournals.com

Deanna Brasseur

Chef Susur Lee coming to NAIT

By BALJOT BHATTI

On March 14-18, NAIT will play host to world renowned Master Chef Susur Lee.

Chef Lee will be NAIT's new Hokanson Chef in Residence. On March 16, the Master Chef will be preparing a three-course luncheon

cheon with some help from NAIT's Culinary Arts students. The luncheon will take place at Ernest's, for the lucky people who managed to grab tickets in time.

Master Chef Susur Lee has had a varied and distinct career. Starting at the age of 15 in Hong Kong, Chef Lee began experimenting with different culinary styles at an early age, fusing traditional Chinese cuisine with a French flair. In 1987, he opened the doors to his first restaurant, Lotus, in Toronto. Zagat proclaimed him to be "a culinary genius," and Lotus was called the finest restaurant in the country by *Courvoisier's Book of the Best*.

After three years of re-energizing and study back in Asia, Chef Lee returned to Toronto in 2000 and opened a restaurant after his namesake. Susur's bold style and fresh menu earned Chef Lee accolades and praise, such as *Food & Wine* magazine calling him one of the "Ten Chefs of the Millennium". Other restaurants under his purview include Lee (Toronto), Shang (New York), Zentan (Washington, DC) and Chinols by Susur Lee (Singapore).

Chef Lee also published a book called *Susur: A Culinary Life* in 2005, which is both a telling of his life story, and a book of some choice recipes. He was also a finalist in the second season of the Bravo television series *Top Chef Masters*. He frequently appears on the Food Network, and does lectures all around the world on the culinary arts.

The Hokanson Chef in Residence program, started in 2009, is an opportunity for NAIT Hospitality and Culinary Arts students to learn directly from some of the best and most well known chefs in the world. The goal is so that the students diversify their cooking styles and are exposed to new culinary trends.

Tickets for the March 16 luncheon hosted by Chef Lee at Ernest's went very fast, but if you didn't get a ticket, don't despair. There are four pair of tickets up for grabs, so enter the contest at www.nait.ca/59471.htm and you could win a ticket to see Chef Lee work in person, as well as a copy of his book, *Susur: A Culinary Life*.



ajummaspad.blogspot.com

Chef Susur Lee



As part of his project to get to know NAIT, new president Dr. Glenn Feltham, centre, works with two paramedic students last Friday in a simulated medical emergency.

Photo by Jason Ness

New prez fitting in

By: STEVEN DYER

The new president of NAIT, Glenn Feltham, officially took his post last week.

Before coming to NAIT, Dr. Feltham was Dean at the I.H. Asper School of Business at the University of Manitoba for six years. He has a master's degree in Business Administration, a law degree from Queen's University and a doctoral degree in accounting, specializing in taxation, from the University of Waterloo.

"You always have butterflies, if you don't have butterflies then that's probably an indication that you're a bit to secure," said Dr. Feltham of his feelings when he first arrived at NAIT. "It's like the first day of school, you wander in and wonder what it is you've gotten yourself into."

He has been here for almost two weeks now and so far he seems to be enjoying himself.

"I'm just having the time of my life, this is just a really incredible experience."

In order to familiarize himself more with the staff and what the students do in the various programs, he has organized something called "Project President".

In the project, Dr. Feltham will be going around to various programs and participating in what they do. Last Friday he was at the Nest with the Paramedics and yesterday the project was with the Forest Technology students. Some other programs that are part of the project are Hospitality and Culinary Arts, Animal Health Technology and the Radio and Television program.

Dr. Feltham has been to many different schools and seen thousands of different people in his career, so how is NAIT any different?

"You know, one of the first strong impressions I had as I was wondering around NAIT is the amount of smiles and the amount of laughter and I think this is a very collegial environment where people both respect each other and

have fun with each other.

Dr. Feltham is also a man who enjoys his sports and will be cheering the Oaks on for many years to come.

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The biggest inventory blowout sale ever!
Details coming soon...

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

How small we all are!



FROM SPACE TO SEA

CELESTE DUL
Issues Editor

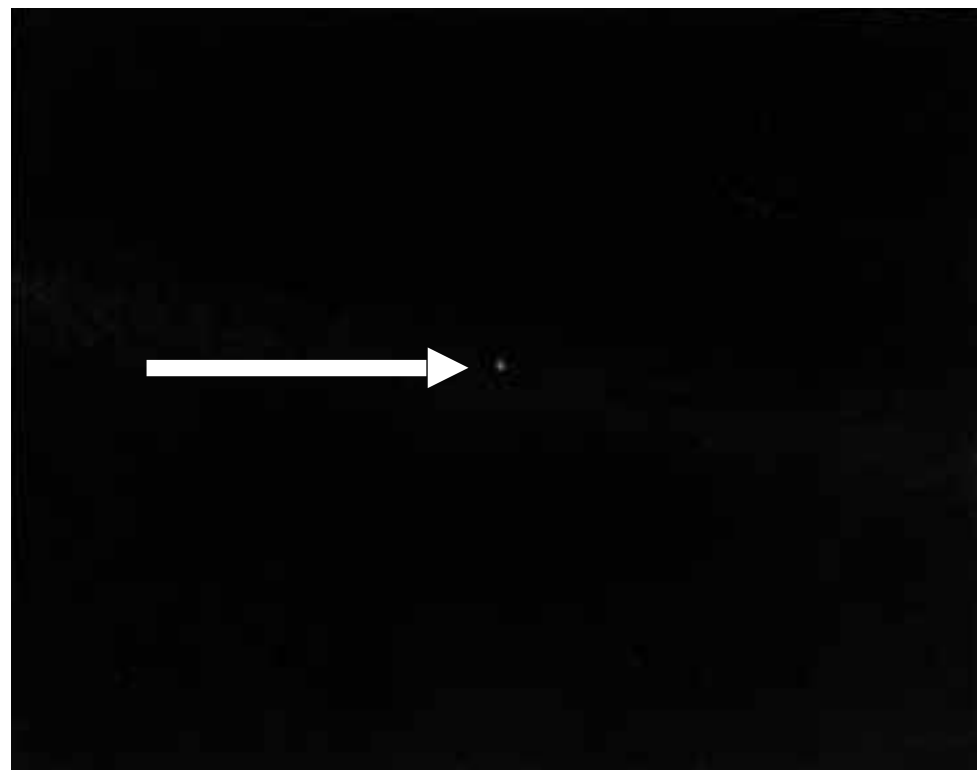
Over the reading break I travelled to California and fell in love with everything about Hollywood. I was mesmerized by the walk of fame, the Hollywood sign, the people and the environment. It captivated me, but it was also extremely humbling. As I looked at the familiar names in the pavement I couldn't help but wish I could some day amount to reaching as many people as 'the stars' had.

For the rest of my trip I found myself analyzing the idea of what it meant to 'be somebody,' and I came to the realization that life is a lot more than that. Yes, I would love to one day say that I've made a difference in people's lives or know that I'll be remembered. However, I have never been more humbled than to come across a famous picture known as the 'pale blue dot.'

The Pale Blue Dot is a picture taken by Voyager 1 in the great expanse of space. At first glance you see what appears to be a rainbow against a vast black background, but, when you take a closer glance you notice a small blue dot in a ribbon of red light. This small spec, that seems insignificant at first, holds everything that we have ever known. It's a picture of earth, taken at a record distance.

After looking at this picture I find it hard to justify a lot of the things we do or expect as people. Sometimes we forget about how small we actually are. Wars, Hollywood gossip and relationships seem so insignificant compared to everything else. I can't help but wonder if anyone takes time to consider who we are and what we come from, when everything we are and everything we know is a speck of dust in the bigger picture.

A fraction of a quote by Carl Sagan in 1994 really put things into perspective: "Look at the pale blue dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals,



The earth, as seen by Voyager 1.

every corrupt politician, every 'superstar,' every 'supreme leader,' every saint and sinner in the history of our species lived there – on a mote of dust suspended in a sun beam."

When you take time to think about the universe, the planets, the stars, and life, you have

to think just how lucky we are to exist. Out of everything in the universe we have a planet that provides us with what we need to survive. If you ever feel like things are too hard just look at the pale blue dot, and remember just how lucky we are.

City joins world snowball stage



thespyinedmonton.blogspot.com

A snowball fight contestant takes a direct hit.



EDMONTON NOW

STEVEN DYER
Assistant Issues Editor

This winter, something new and exciting came to Edmonton all the way from Japan.

Just last week, Edmonton hosted the first ever-official snowball-fight tournament in Alberta.

The game consists of seven players per team and a captain. The players gather on a court for three rounds that are three minutes each. Each team gets 45 snowballs per round and they can win a round by either scoring points, which are gained by hitting your opponents, or by capturing the other teams flag. If you win at least two of the three rounds then you win the match.

The sport is actually called Yukigassen, which comes from the Japanese words yuki(snow) and kassen(battle). Roughly translated, yukigassen means snowball fight.

The sport originated in Japan when the people of Sobetsu Town wanted to increase tourism to Mt. Showa-Shinzan during the winter. In order to revitalize their economy,

they organized the first Yukigassen Tournament, which was held on Feb. 25, 1989. This year marks the 23rd Yukigassen.

Over the past decade or so, the sport expanded into European countries such as Sweden, Norway and Finland. The 16th European Championship Yukigassen was held in Finland from April 1-3.

Back over in Edmonton, the planning for this event had started way back in July. People are hoping to make this an annual event.

There were about 1,000 people and around 100 teams in attendance at the Fort Edmonton Park. Most teams were made up of Edmontonians, but some teams came from Saskatchewan and British Columbia to compete.

It is estimated that around 250,000 snowballs were fired last weekend.

Something like this is nice to see. People are always complaining about the cold weather, but this just shows that the winter can also be fun. Who wouldn't want to spend the day throwing snowballs around at people?

Edmonton is a winter city, we have snow for most of the year and our other seasons are very short, so why not appreciate what we have? The winter offers a stark beauty; it transforms Edmonton into a winter wonderland. The snow gives birth to many events such as the Yukigassen. Winter is a time for sun in the snow, not pouting indoors.

Also, the winners of this year's competition are eligible to go to Japan next year and compete in the world championships in Sobetsu Town.

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU GRADUATING IN THE SPRING OF 2011?**CONVOCATION 2011**

Friday, May 6, 2011 and Saturday, May 7, 2011

The Northern Alberta Jubilee Auditorium, 11455 – 87 Avenue, Edmonton, Alberta

If you expect to complete program requirements by **Thursday, June 30, 2011**, you are eligible to attend Convocation. If you plan on attending the Convocation ceremonies in May, you **must order your gown**.

Deadline for ordering gowns: FRIDAY, APRIL 1, 2011

Orders will be taken at: NAIT Bookstore, Room X-114 or by contacting 780-471-7717;
Patricia Campus Bookstore, Room P-135 or at Souch Campus – Room Z-154

For more information regarding Convocation 2011, visit NAIT's website at www.nait.ca/convocation

Friday Evening Ceremony May 6, 2011 – 6:30 p.m.

Faculty of Undergraduate Studies

Bachelor of Business Administration
Bachelor of Technology in Technology Management

Hospitality and Culinary Arts

Apprentice Baker
Apprentice Cook
Baking
Culinary Arts
Hospitality Management

JR Shaw School of Business

Retail Meatcutting
Accelerated Accounting
Applied Banking and Business
Business Administration – Accounting
Business Administration – Finance
Business Administration – Human Resource Management
Business Administration – Management

Business Administration – Marketing
Records Management and Business Operations
Bachelor of Applied Business Administration
– Accounting
Bachelor of Applied Business Administration
– Finance

School of Information Communication and Engineering Technologies

Bachelor of Applied Information Systems Technology

Saturday Morning Ceremony May 7, 2011 – 8:30 a.m.

School of Health Sciences

Animal Health Tech.
Combined Lab and X-Ray Tech.
Cytotechnology
Dental Assisting
Dental Technology
Denturist Technology
Diagnostic Medical Sonography
Emergency Management
Emergency Medical Tech. – Paramedic
Magnetic Resonance
Medical Laboratory Assisting
Medical Laboratory Technology
Medical Radiologic Technology
Optical Sciences – Contact Lenses
Optical Sciences – Eye Glasses
Personal Fitness Trainer
Respiratory Therapy
Veterinary Administrative Assistant

School of Information Communication and Engineering Technologies

Captioning and Court Reporting
Digital Media & IT
Graphic Communications
Graphic Sign Arts
Medical Transcription
Photographic Technology
Radio and Television (Radio)
Radio and Television (Television)

School of Trades

Aircraft Skin and Structure Repair
– July 15/11 graduates
Auto Body Pre-Employment
Automotive Pre-Employment
Building Environmental Systems
CNC Machinist Technician

HVAC Specialist
Industrial Heavy Equipment Tech.
Marine Service Technician
Millwork & Carpentry
Apprenticeship Certificates
• Auto Body Technician
• Automotive Service Technician
• Boilermaker
• Cabinetmaker
• Carpenter
• Crane and Hoisting Equipment Operator – Boom Truck
• Crane and Hoisting Equipment Operator – Mobile Crane
• Floorcovering Installer
• Gasfitter
• Heavy Equipment Technician
• Insulator

• Ironworker
• Lather – Interior Systems Mechanic
• Machinist
• Millwright
• Outdoor Power Equipment Technician
• Painter and Decorator
• Parts Technician
• Plumber
• Refrigeration & Air Conditioning Mechanic
• Rig Technician
• Roofer
• Sheet Metal Worker
• Steamfitter-Pipefitter
• Structural Steel and Plate Fitter
• Welder

Saturday Afternoon Ceremony May 7, 2011 – 1:30 p.m.

School of Information Communication and Engineering Technologies

Avionics Engineering Technology
Biomedical Engineering Technology
Computer Engineering Technology
Computer Network Administrator
Electrical Engineering Technology
Electronics Engineering Technology
Instrumentation Engineering Technology
Materials Engineering Technology
Mechanical Engineering Technology
Network Engineering Technology
Telecommunications Engineering Technology

Apprenticeship Certificates
• Communication Technician
• Electrician
• Instrument Technician
• Powerline Technician
• Power System Electrician

School of Sustainable Building and Environmental Management

Architectural Technology
Biological Sciences Technology
– Environmental Sciences
Biological Sciences Technology
– Laboratory and Research
Biological Sciences Technology
– Renewable Resources

Chemical Engineering Technology
Chemical Technology
Civil Engineering Technology
Construction Engineering Technology
Engineering Design & Drafting Technology
Forest Technology
Geological Technology
Geomatics Engineering Technology
Interior Design Technology
Landscape Architectural Technology
Occupational Health & Safety
Petroleum Engineering Technology
Power Engineering – 4th Class
Power Engineering – 3rd Class
Power Engineering Technology
Water and Wastewater Technology

Virtually Speaking

Video games misunderstood



GRAHAM McCANN

Recently, video games have been back in the mainstream media as the go-to villain for sensationalist news.

The incident was when Fox News touted a new game being released in late February called *Bulletstorm* might be the 'worst game ever made'.

Bulletstorm, for PC, 360, and PS3, is a fast-action first person shooter meant to be played co-operatively with friends online. The graphics are somewhat on the cartoonish side and the violence is completely embellished with a lot of tongue-in-cheek humour.

Previously, Fox News has come under fire by gamers and Edmonton's Bioware because Fox said that Bioware's *Mass Effect* depicted a scene of gratuitous sex. It didn't. Fox's "experts" didn't even seem to play the game as they spouted off how horrible the effects will be on children.

With *Bulletstorm*, Fox's "experts" said that the violence in games like it have contributed to the increase of rapes and violence committed.

The thing is, there is no scientific evidence supporting this claim. Also, violent crime is down and the U.S. Department of Justice says that rape has decreased by 40 per cent in 2009.

And just recently, a study by Ryerson University has found that long-term play of violent games might not actually desensitize players to violence.

Anyway, as Marvel Comics' Stan Lee points out, it seems that video games are the modern comic books. People, including those in American Congress, had outrage against comic books in the 1950s as something that would corrupt the youth.

Ironically, many of those that were opposed to comic books' corruption of youth in the '50s helped send more than 58,000 kids off to die and kill hundreds of thousands of Vietnamese in the next decade.

Yes, this is anecdotal and non-scientific, but I have been playing violent video games since *Wolfenstein 3D* when I was six, and still feel strongly against murder, those who'd use those kids' lives as war tools and generally respect most people's right to live.

On a side note, *Bulletstorm* isn't really the most elegant example that the video game world has to offer. Its over the top violence, continuous use of foul language and general obnoxious presentation just asks for this controversy. It probably revels in it.

The game isn't meant to be taken seriously, it is mindless fun. This is an example of how the mainstream media is still completely ignorant and apathetic about getting to understand this entire medium.

But, for the people outraged on the news, they are only bringing more publicity to the title.



personalgaming.blogspot.com

How students can stay in Canada



VIEWS FROM AN OUTSIDER

CATHERINE YE

Here is a question international students often ask: What can I do to become a permanent resident of Canada?

There was a free webinar on March 3 that talked about the Alberta Immigrant Nominee Program (AINP), International Graduate Category. Since midterms were during that time, I feel that there's a possibility international students didn't get to attend. So in this article, I want to talk about some immigration issues.

I am not an expert in this area, so, most of the information I give you is based on information I got from the Internet. If you have more detailed questions, please contact the officers.

As international students, we came to Canada to study and discover a new culture. In this case, we hold a study permit. After we graduate, some of us may want to find a job here. At that time, we will need a work permit. There are some jobs that don't require a work permit and you can find them at <http://www.cic.gc.ca/english/work/apply-who-nopermit.asp.sp>.

However, if you want to immigrate, these are the steps you need to follow.

First, you need to know there are generally six categories of people who can apply for immigration to Canada. They are, skilled workers and professionals (this category is the most common one and for people who want to settle and work in Canada outside of Quebec), Quebec-selected skilled workers (for people selected by the Quebec government to settle and work in Quebec), Canadian Experience Class (for people who have recent Canadian work experience or have graduated and recently worked in Canada), investors, entrepreneurs and self-employed people (for people who want to start a business in Canada), provincial nominees (One of Canada's provinces or territories can nominate you to settle and work there) and sponsoring your family.

Next, you have to find out what the requirements are for the category you fall into. Let me use skilled workers and professionals as an example. In this case you would visit <http://www.cic.gc.ca/english/immigrate/skilled/index.asp>. There you will be able to find information such as if you can apply and, if you qualify, how to do so.

Finally, you can start your application. Just fill in some forms and pay the fees, it should be easy. Above is general information which applies for every province in Canada. But let's take a look at the Alberta Immigrant Nominee Program (AINP), International Graduate Category, which I mentioned at the beginning of this article.

The AINP is designed to support Alberta's economic growth by attracting work-ready

immigrants to the province. The AINP is an immigration program operated by the Government of Alberta's Ministry of Employment and Immigration in conjunction with the Government of Canada's Department of Citizenship and Immigration Canada (CIC).

Individuals nominated by the Government of Alberta, together with their spouse/common-law partner and dependent children, can apply for a permanent resident visa through CIC as a provincial nominee. CIC makes final decisions on all provincial nominee permanent resident applications.

The eligibility criteria and process for applying to the AINP varies depending on the stream and category. For the detail criteria, visit <http://albertacanada.com/immigration/immigrating/ainp.html>.

Not every international student wants to immigrate to Canada; our own countries are nice, too. But I hope this article will be helpful for the students who are concerned about this issue. Well, good luck, my international fellows!

Alternative Energy program gets chief

By **BALJOT BHATTI**

Starting this fall, the Alternative Energy Program diploma program (ALT) at NAIT will be welcoming a new chair, in the School of Sustainable Building and Environmental Management.

Dr. Jim Sandercock is the new chair of the Alternative Energy Program and has been a faculty member since 2008. He worked in the Instrumentation Engineering Technician/Technology program, as well as the Nanotechnology program.

Dr. Sandercock's official start date is Feb. 28. From then until fall, he will be working on transitioning from his teaching duties with SICET to his new

position. He will also be building a new program team to work with him in the upcoming semester.

Dr. Sandercock will also be designing the Alternative Energy Program curriculum and getting ready for the September launch of his first semester as program chair.

The Alternative Energy Program aims to provide solid technical knowledge of solar, geothermal, wind, bio fuel, fuel cell, carbon capture, small hydro and hybrid energy system applications. Students are expected to learn communication and project management skills, so as to integrate them into real world applications.

The program uses cutting edge technology and current day economic and management theory to prepare students for work. Graduates can work in private or public sectors related to the alternative energy industry.

With new advancements and business in this industry this program is a great addition to NAIT. Not only does it allow NAIT to go in a green direction but it also pushes to make Alberta truly the energy province.

We welcome Dr. Jim Sandercock to his new role as chair of the Alternative Energy program and wish him well in the future.



Dr. Jim Sandercock

OPINION

— Editorial —

How young is too young?



RACHEL JACQUES
Editor-in-Chief

If I were to conduct a survey of NAIT students and asked if you frequented the bars in Edmonton, the answer would probably be a resounding “Yes”. What if I changed that question to ask if you went to bars while underage? The answer would change drastically. Guaranteed the number of “yes’s” received would change from the vast majority to slim to none. So why should this rule, or law, be changed for performers?

An article in the *Edmonton Journal* last week stated that a band of 13-year-old boys

called DRT, are trying their best to get the current ban on underage performers in bars overturned. The ban, which was put into effect in 2007, does not exist in other provinces such as B.C., Saskatchewan and Ontario. The ban was first put into effect when the AGLC (Alberta Gaming and Liquor Commission) board wanted to loosen its rules to allow 16- and 17-year-olds to work in the kitchens of bars to help cope with a labour shortage. This caused some controversy over fears of child exploitation and violence that happens in bars, which prompted the commission to meet and amend its policy to state that no one under the age of 18 would be allowed to work in licensed establishments, period. This was extended to those such as dishwashers as well as performers.

When I read that the parents of these 13-year-olds were petitioning to have this ban removed, I couldn’t help but think, “Why in the world would you want your 13-year-old child to be around drunk and rowdy adults?” I can understand some of the

arguments of the parents as written in the *Journal*; however, I can’t help but have a few concerns as well.

The parents and artists are arguing that this ban is stunting their growth as musicians; it is making it tough for them to find gigs and ultimately is leading to young musicians leaving the province. A parent of one of the members of DRT, Terry Evans, said in the *Journal* that the band just wants the experience of these venues. “They want an opportunity to learn about the light system, to learn about the sound system, what they have to do to make things work onstage,” he said.

I would have to disagree with his logic here. There are plenty of all-ages venues located around Edmonton for these types of performers. Places such as Edmonton International Airport, Edmonton Event Centre, Edmonton Folk Music Festival and Expressionz Café. The reason people go to bars is not to watch a 13-year-old boy band play. A bar is an adult environment, not meant for

younger performers, no matter the supervision they do or don’t have.

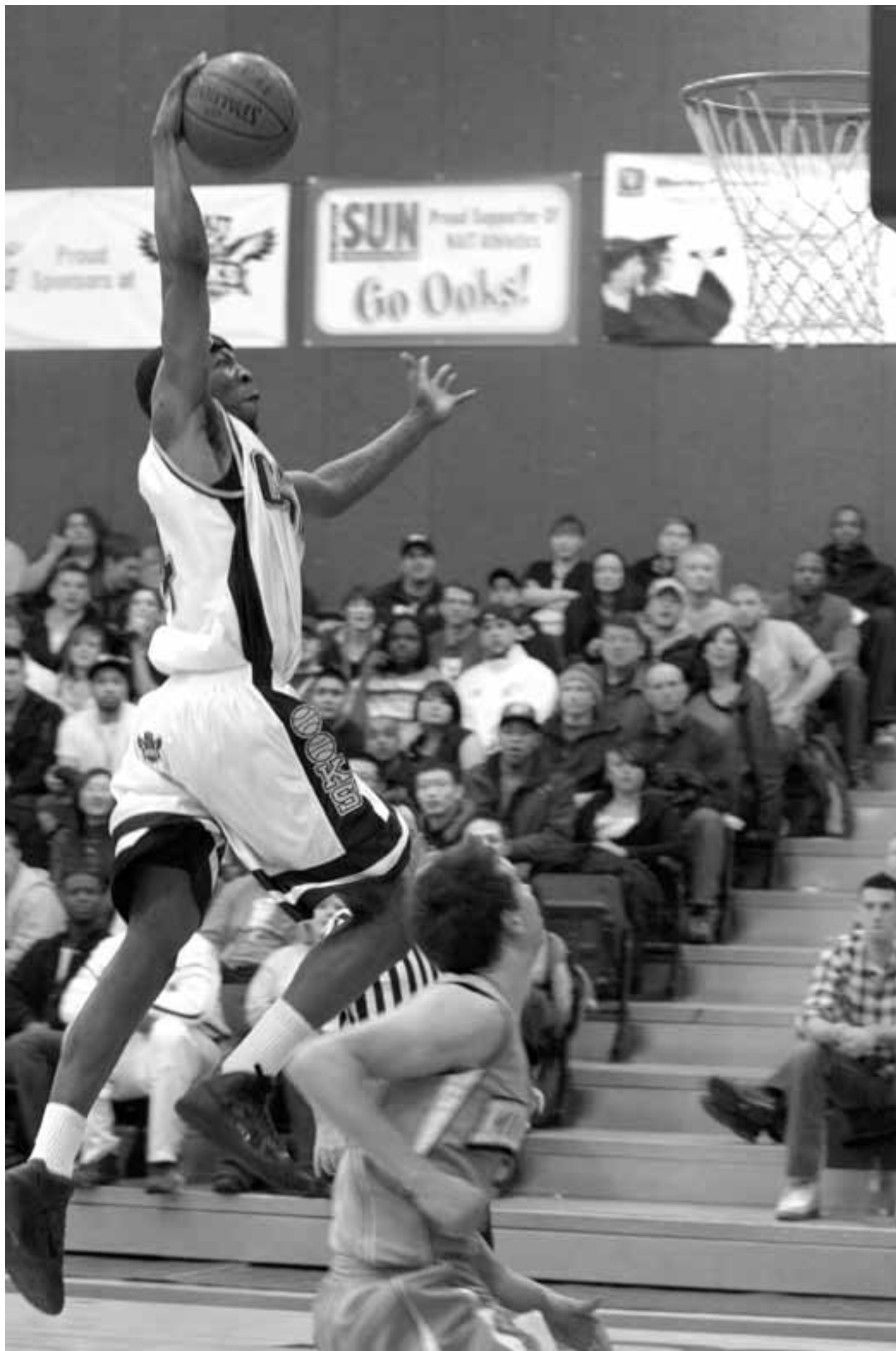
There are alternative solutions to this ongoing debate of underage performers in bars. While I do agree that isn’t much in the way of opportunity for these musicians, there are many festivals and events that are suitable for their age group. They can spend the extra few years honing their talent and finishing school before getting more serious about the music industry. These parents need to set an example for their kids and help them to realize that their education is still important. Why do these young bands need to play in venues with an older crowd?

Musicians are getting noticed and becoming famous younger and younger each year. This does not warrant allowing underage age artists into licensed venues where the atmosphere is less than suitable. Shows in bars are not rated PG-13 for a reason. They are intended to provide entertainment to an older, more mature crowd. It is not the place for a 13-year-old boy band.



SPORTS

Ooks win provincial title



By SEAN HARMAN

The gold medal is what everyone in the Alberta Colleges Athletic Conference wanted to see as the Lethbridge College Kodiaks, ranked No. 1 in the country, took on the No. 6 ranked NAIT Ooks. Both teams had already secured a spot in Nationals the previous day when Lethbridge defeated Lakeland and NAIT beat previous ACAC powerhouse Mount Royal. The last time the Ooks and Kodiaks faced off was way back in October and the Kodiaks came out with a huge 94-77 win.

Huge early lead

The gold medal game at NAIT, however, was a totally different story as the Ooks raced out to a huge 36-14 lead at the end of the first quarter thanks in part to a barrage of three pointers from ACAC Final Four MVP Bol Kong and player of the game Shane Cox. The Kodiaks struggled throughout the game trying to get anything going, and with all-conference forward Dominyc Coward in foul trouble, Lethbridge had no real inside presence. With Coward on the bench, Lethbridge struggled to keep NAIT off the glass as they were out-rebounded 52-33. Twenty five of the Ooks' rebounds came on the offensive end, giving NAIT second chance after second chance. Lethbridge outscored the Ooks in the second quarter, but because of the late start, the Kodiaks could never get back into the game, ultimately losing by a final score of 93-66.

After the game the head coach of the Ooks, Don Phillips, explained the reason for NAIT's quick start.

"No one gave us any respect all year long. There were never any articles written on us whatsoever," said Phillips. "It was always about Lethbridge and not only Lethbridge, but the top five, Algonquin and these other teams, and so they did nothing but give us bulletin board material, which worked out well for us."

Ultimate goal a national title

As great as an ACAC championship is for NAIT, their ultimate goal is to win Nationals.

"We'll celebrate this win tonight and tomorrow night, but come Monday we're back to work," added coach Phillips.

For the Kodiaks, it's right back to the drawing board and head coach Mike Hansen put some of the blame for the loss on himself.

"We just weren't prepared. I spent the week focusing on beating Lakeland and securing a berth to Nationals and I didn't prepare these guys for tonight at all," said Hansen.

"As a coach, it falls on me to prepare these guys and make sure that they were ready to play and they weren't ready to play."

Both teams advance to Canadian Colleges Athletics Association National Championship, which runs March 17-19 at Durham College in Oshawa, Ont.

Key notes – NAIT starting forward Clayton Crelin saw limited action as he suffered a hip injury, but is expected to be healthy in time for Nationals.

Top contributors

NAIT- Shane Cox – 22 points, four assists

NAIT- Bol Kong – 19 points, 10 rebounds

Lethbridge- Logan Reiter – 12 points, eight rebounds

Lethbridge- Jordan Reiter – 15 points

NAIT Ooks guard Shane Cox gets some air as he drives to the basket during the team's ACAC championship game against the Lethbridge Kodiaks last weekend. NAIT won the game and the ACAC title with a 93-66 score.

Photo by Laura Dettling



Photo by Laura Dettling

ENJOYING THE MOMENT

NAIT's men's basketball team and a couple of young fans share the happiness last weekend after the Ooks defeated Lethbridge Kodiaks 93-66 to win the ACAC championship. Next stop is the Canadian Colleges Athletics Association national championship March 17-19 at Durham College in Oshawa, Ont.

Athletes of the week

February 14-20

Laura Williams Hockey



Laura was the Ooks' best player in the hockey team's final weekend set versus the SAIT Trojans. Williams tallied a short-handed assist in the team's loss Friday and scored the lone goal in Saturday's 1-1 tie. "She is a positive player who possesses a win at all costs team attitude," said head coach Deana Iwanicka. "She goes hard and makes her teammates better with encouragement and belief." Laura is in her second year of the Cytotechnology program and his from Souris, Manitoba.

Kate Bilodeau and Tayler Smith Volleyball



Bilodeau



Smith

Kate and Tayler teamed up this past weekend to lead their NAIT women's volleyball team to a 2-1 qualifying series victory and a place in the ACAC Championships this upcoming weekend. Bilodeau had 24 kills, four service aces, 35 digs and three stuff blocks in the three-game set, while Smith chipped in with 22 kills, seven service aces, 41 digs and two stuff blocks. "It is tough to separate these two as they have provided consistent play on the left side position," said head coach Erminia Russo Thorpe. "They are playing with a confidence and aggression that has boosted the level of play of their team." Bilodeau is a third-year Business Administration student from Grande Prairie and Smith is a second-year Respiratory Therapy student from Edmonton.

Athletes of the week

February 28-March 6

Dan Kai Badminton



Dan Kai won the 2011 CCAA badminton Men's Singles National Championship this past weekend in Sackville, N.B. This was Kai's third straight national championship for the Ooks. After posting a 4-1 record in the round-robin, Kai defeated Peter Huang of B.C. in the final in straight sets, 21-13, 21-14. Sick early in the week, Kai lost to Huang in the round-robin and struggled during a hard fought semifinal match with eventual bronze medallist Tim Yu from Ontario. Kai regained his form in time for the final and played a nearly flawless match. "Dan's performance this week was incredible. To play badminton at the level that he needed to win the championship and be sick in the process is mind blowing," said head coach Jordan Richey. Kai is in his third year and is a first-year Business Administration student from China.

Bol Kong Basketball



Kong was named the tournament MVP at this past weekend's ACAC Men's Basketball Final Four hosted at NAIT. Kong helped lead the Ooks to their second consecutive ACAC title. In Friday's 95-82 semifinal victory against Mount Royal University, Bol had 27 points and seven rebounds. He followed that up with 19 points, 10 rebounds and four assists Saturday in the team's 93-66 victory over the Lethbridge Kodiaks. "Bol showed true championship experience and maturity over the weekend," said head coach Don Phillips. "For us to be successful in bringing home the CCAA title, we will need more of this and then some from everyone on the roster". Bol, from Vancouver, is a third-year player in the Telecommunications program.

WOMEN'S HOCKEY

Women bow out

By PATRICK KNOWLES

The NAIT women's hockey team season wrapped up this past weekend with a loss in the semifinal play-off series against SAIT from Calgary losing the best of five series three games to one. This was not the outcome that the women Ooks were hoping for after finishing second last season in the ACAC, so not being able to get back to the finals is a disappointment for the team.

NAIT battled hard in this playoff series against the SAIT Trojans, losing the first game of the series in Calgary 4-3, then coming home and pulling out the win 2-1. Then the series returned to Calgary where SAIT totally dominated the game, winning 5-0. It was do or die this past Friday for the NAIT Ooks and they came out ready to battle, opening the scoring in the first period to take a 1-0 lead into the



Deanna Iwanicka

first intermission. Then the wheels fell off in the second and despite their best efforts in the third period, NAIT was not able to overcome the hole they had dug in the second, losing the game 6-3 and bringing to a close its 2010-2011 season.

"This is not how we wanted the season to end for our team and to be honest it's a little disappointing to be finished and not have a chance to be playing for the ACAC championship," said coach Deanna Iwanicka.

"Losing Sherri (Bowles), the teams leading scorer, I think played a bigger role than we had anticipated and I think the lack of depth on the bench ended up hurting us when it came down to our first round matchup against SAIT."

The team is looking to rebound next season. With only three players not returning and at least seven



Photo by Laura Dettling

Ooks captain Lacie Richard shoots the puck past a prone SAIT Trojan player during an ACAC playoff game at the NAIT arena. NAIT lost the series 3-1.

confirmed new recruits coming into the fold next season, Iwanicka thinks that the problems that they ran into in the playoffs with lack of depth on the bench should be alleviated thanks to the strong recruit-

ing class coming to NAIT next fall.

The Ooks women's hockey team had a few players who received individual awards by being selected to Conference All-Star teams. Nicole Gregoire on

defence and forward Sherri Bowles both received first team honours, while Meghan Witt was selected to the Second All Conference Team as goaltender for her solid play this year.

Trade deadline a quiet time

By MATT BUGG

Although only 16 deals materialized during the 2011 NHL trade deadline – the lowest total since the 1999-2000 season – a steady series of trades kept analysts busy in the days leading up to Feb. 28. Here is a summary of the most notable:

Feb. 19 – D Erik Johnson, C Jay McClement, conditional first-round pick to Colorado for RW Chris Stewart, D Kevin Shattenkirk and conditional second-round pick.

During a time of year when most trades tend to focus on the now, the St. Louis Blues and Colorado Avalanche completed a deal very much predicated on the future. Having lost patience with former first overall pick Erik Johnson, the Blues traded the 22-year-old for Shattenkirk, a first-year offensive defenceman and Stewart, a robust power winger.

Feb. 19 – D Eric Brewer to Tampa Bay for D Brock Boesl, 2011 third-round selection.

Despite one major shakeup on defence, Blues GM Doug Armstrong continued to revamp his team's blue line with a more tra-

ditional deadline deal. Brewer, a veteran of over 700 games, will see his contract expire at year's end and was unlikely to re-sign in St. Louis. In exchange, the Blues acquired a third-round pick in 2011 and 2010 third rounder Brock Boesl, the six-foot-two, 200-pound son of former NHLer Jeff Boesl.

Feb. 21 – LW James Neal, D Matt Niskanen to Pittsburgh for D Alex Goligoski.

In another trade geared towards long-term assets, the Dallas Stars utilized their depth at left wing to improve a glaring weakness on defence. Power forward James Neal has struggled with consistency since breaking in with Dallas and had been pushed down the depth chart with the play of Jamie Benn and Brendan Morrow. In Goligoski, the Stars added a premier young puck-mover who has broken 30 points in each of the last two seasons.

Feb. 24 – LW Cory Stillman to Carolina for RW Ryan Carter, 2011 fifth-round pick

In the words of the Blues Brothers, the Carolina Hurricanes looked to get the band

back together with a near deadline deal that smacked of déjà vu. Stillman, 37, had previously won the Stanley Cup with Carolina during the 2005-06 season. Traded to Ottawa in February 2008, Stillman's return to Raleigh has seemed to reinvigorate both the veteran and his new team.

Feb. 26 – D Bryan McCabe to New York Rangers for RW Tim Kennedy, 2011 third rounder.

In his first of five deals over a 72-hour period, GM Dale Tallon shipped impending free agent Bryan McCabe to the Rangers for a draft choice and Kennedy, a 24-year-old bubble forward. Although McCabe has yet to make a significant impact for New York, Rangers GM Glen Sather gave up so little in assets that the risk was minimal.

Feb. 28 – D Dennis Wideman to Washington for LW Jake Hauswirth, 2011 third rounder.

Speaking of minimal risk, the Washington Capitals arguably traded even less for another cornerstone of the Florida Panthers blue line in the form of Dennis Wideman. With 33 points to date – his fourth season breaking the 30-point mark – Wideman was acquired in the hopes of adding some punch to a powerplay that is currently sixth worst in the NHL.

Feb. 28 – C Maxim Lapierre and C MacGregor Sharp to Vancouver for C Joel Perreault, 2011 third-round selection and LW Chris Higgins to Vancouver for D Evan Oberg, third rounder.

In acquiring a pair of former teammates with the Montreal Canadiens, the Vancouver Canucks have added the depth required to make a run for the Stanley Cup. The Canucks acquired Higgins, a former three-time 20-goal scorer for the Habs, and Lapierre, a gritty bottom-nine centre. With Higgins' speed and Lapierre's tenacious fore-checking, Vancouver has constructed a formidable fourth line that can make an impact in limited minutes.

Feb. 28 – C Jason Arnott to Washington for C Dave Steckel, 2011 second-round selection.

With their second deal of the deadline, the Washington Capitals fixed another area of concern by acquiring Arnott, a Cup champion with New Jersey in 2000, for fellow six-foot-five centre Dave Steckel and a pick. No player has made as big an impact for his new club as Arnott – after setting up the tying goal with 48 seconds remaining in a 2-1 OT win over the Isles, the hulking pivot tallied the game-winner over St. Louis in his second game as a Capital.



BADMINTON

Five national medals won

By MARC MAJEAU

The NAIT Ooks put their stamp on the CCAA Badminton world this past weekend, taking home five medals, including one gold, at the 2011 CCAA Badminton National Championships last weekend.

The tournament took place in beautiful Sackville, New Brunswick at Mount Allison University, and the Ooks sent eight players. Sun Yang, Dan Kai, Jonathan Chang, Jason Chou, Sinead Cheah, Joey Vandervet, Natalie Neumann, Jessica Yu, as well as head coach Jordan Richey all

made the cross country trek to New Brunswick.

Dan Kai won gold in the men's singles competition, and that will stand as NAIT's only gold medal from the National Championships. Sun Yang captured silver in the women's singles, falling to RuiLin Huang from Douglas College in New Westminster, BC. Over on the doubles side of things, Jonathan Chang and Jason Chou were able to claim bronze in Mens doubles, and acting as the ACAC Wild-card, Natalie Neumann and Jessica Yu lost to the team from Douglas College, and return

back to Edmonton with a silver medal. Finally, in mixed doubles, Joey Vandervet and Sinead Cheah were able to bring NAIT's medal count up to five, as they brought home a silver medal in mixed doubles, falling to Ashley Jang and Jensen Ly from Kwantlen Polytechnic University in BC.

This wraps up hands down the best badminton that has ever happened at NAIT. Head Coach Jordan Richey and his team have been looking forward to the National Championships all season, and even though they didn't

come home with the amount of gold medals they were hoping for, the Ooks are still happy with the medal count from Nationals.

The entire team will enjoy the rest of the school year, remembering the success they had this season, and get right back at it for the beginning of the 2011/12 ACAC badminton season.



Dan Kai

MEN'S HOCKEY

Positive thoughts for next year

By PATRICK KNOWLES

The NAIT Ooks men's hockey season came to a sudden end with a first round playoff loss to cross-town rivals from Concordia. After going on a five-game winning streak to end the season starting with a 3-2 overtime win against the Thunder from Concordia, the Ooks were unable to keep that streak rolling in the playoffs.

NAIT had home advantage going into the best out of three series against Concordia. Losing at home on Thursday Feb. 17 by a 4-3 score meant the Saturday night game was do or die for the men's hockey team from NAIT. Going into an arena where they have not won all season the Ooks were going to need to play a complete 60 minutes of hockey

in order to bring the series back to the NAIT arena for game three of the best of three series.

NAIT did not play a complete 60 minutes and fell apart in the second period, allowing four goals on eight shots. Despite dominating the third period and controlling the play for the majority of the time, they were only able to muster one goal, making the final 4-2 for the Concordia Thunder.

This was not how the team had envisioned their season ending, especially riding a five-game winning streak going into the playoffs, but looking back on the season first year head coach Serge Lajoie said that there are a lot of positives to take from this season and build on for the future. With only three players con-

firmed to not return next season, the team looks to build on this season moving forward.

"We are disappointed in how this season finished up and did not expect to be finished this early in the season," said Lajoie. "I hope that this leaves a sour taste in the mouths of the players that will be returning to the team next year, so that they will all be disciplined this summer in their off season training so we can hit the ground running next season and hopefully pick up where we left off last season."

"No player on this year's team has a guaranteed spot on next season's roster and with a handful of very strong recruits coming into the fold next year, we expect tryouts to be very competitive, which will only help to make the team better prepared for the season," added Lajoie.

This year was about bringing in a system and getting everyone familiar with it. Lajoie is happy

with the team and how it was able to adopt the style of play that he wants his teams to be known for.

When asked about this season and what he can take out of it, Lajoie said: "As a coaching staff we like to see our athletes grow as both athlete and person and we take more pride in seeing these kids come in and grow as athletes but more so on a person level," answered Lajoie when asked what he can take away from this season.

"Growing up as positive members of our community here at NAIT and taking skills and applying them to their lives and teaching them life skills that they can use for the rest of their lives."

With a head coach with this outlook on building a team, the future looks bright for the NAIT men's hockey program. I expect them to challenge for a provincial championship next season and for many years to come.



Serge Lajoie



Teams make moves in NBA

By MARC MAJEAU

Although the NHL trade deadline is hands down the most covered deadline in Canada, the final date for NBA general managers to improve their squads via trades has come and gone, and on Feb. 24, the final third of the NBA season got even more interesting than the first two.

Blue and Melo

The biggest deal of the day actually wasn't on the 24th. Two days before, the Denver Nuggets finally put a stop to all the "Melo-Drama" that has plagued the team since the summer and dealt superstar Carmelo Anthony, along with Chauncey Billups to the New York Knicks, in a three-way deal with the Minnesota Timberwolves. Although there are many pieces in this trade, Anthony is clearly the biggest one.

With all this talk of another potential "Big 3" making it's way to Madison Square Garden, the Knicks already have two of the players in place. Chris Paul is rumored to want out of New Orleans, and Amar'e Stoudemire has been holding it down in Knick blue since October. Now with Melo in the picture, another "Big 3" could happen sooner rather than later. Let's also not forget Chauncey Billups. The wily old veteran has fit in nicely, and will give the Knicks some valued experience as they head towards the playoffs.

Green Goes Green

In one of the most shocking deals of the day, the Boston Celtics sent big man Kendrick Perkins and little man Nate

Robinson to the Oklahoma City Thunder in exchange for forward Jeff Green, centre Nenad Krstic and a draft pick.

Last season during the NBA Finals, Perkins was injured for Game 7 between the Lakers and Celtics. Many people (much smarter than me, I add) said that had Perkins played in the seventh and deciding game, the Celtics would have been 2010 NBA champs.

That's why this deal is so shocking to me.

They added Jeff Green, who can play, but now, the Celtics are lacking a "big man" and if they go up against Orlando in the playoffs, Dwight Howard is going to eat Shaquille O'Neal for breakfast and then finish up Jermaine O'Neal for lunch.

The Celtics' loss is the Thunders' gain, and now, Oklahoma has a big man. The West is so strong this season, from No.1 to 8, and the Thunder improved. For Oklahoma to make any sort of run in the playoffs this season, they are going to have to go through Los Angeles, Dallas or San Antonio. Perkins only helps those odds.

Deron Williams Joins the Cast of Jersey Shore

Things in Utah went from mediocre to "What the hell

just happened?" in a span of two weeks.

Former Jazz head coach Jerry Sloan had been coaching the Jazz since Ronald Regan was president and suddenly, in early February 2011, he stepped down as head coach. At first, it was unclear exactly what had happened, but after a few days, reports began to surface that Utah Jazz star Deron Williams "forced" Sloan out.

After "Sloan-Gate", Utah Jazz general manager Kevin O'Connor thought of quite possibly the worst punishment for Williams for forcing Sloan out: He traded him to New Jersey in exchange for Derrick Favors, Devin Harris and two first-round picks.

New Jersey Nets majority owner Mikhail Prokhorov, who hails from Russia, looks like a James Bond villain, sounds like a James Bond villain and acts like one. He wanted to get his

superstar and he landed one in Williams. When the Nets move to Brooklyn for the start of the 2012 season, watch for the Nets to add another superstar.

What does it all mean?

The NBA Trade Deadline had everything we asked for: Superstars, drama and a Russian James Bond villain. What more could you ask for?



bopmyspace.com

Deron Williams

What's in a name? Plenty



SAY WHAAAAT?

MATT DeBEURS
Assistant Sports Editor

Some people are born to play professional sports. Once in a while, an individual is born with that right mix of genetics, skill, and mental toughness that others just don't have. You can tell right who these players are. They're stronger, bigger and faster than everyone else. Players like LeBron James, Sidney Crosby, Albert Pujols are names that come to mind. They have that "it" factor.

Then there are those players that are born to play pro for a different reason. They have the perfect name. Sure, they can play too, but it almost seems like it was destiny for someone with a great name to make the big leagues. Personally, I love a great sports name, it makes that person easier to root for. Plus, hey, they are fun to say too.

In honour of that, here's a list of some of the greatest names in sports.

Dick Trickle – NASCAR Driver

Richard "Dick" Trickle never won a NASCAR race, but did manage to win tons of short track events throughout his career. Some say he is even the best short track driver of all time. Although his name might not sound that cool, but you can't argue that it isn't original. Even in my young age I knew about Dick Trickle, and I

am in no way a NASCAR fan. Dick Trickle, a name so bold it draws its own fans.

Gaylord Perry – Major League pitcher

Gaylord Perry isn't just another great name, the dude could play. He is on a short list of pitchers to win a Cy Young in both leagues, won over 300 games and recorded over 3,000 strikeouts. And he was one of the last guys to throw a spitball in the modern era. He even went so far to name his autobiography, *Me and the Spitter*. One of his former managers even said that his picture in the Hall of Fame should have a bottle of K-Y Jelly next to it because he doctored the ball so much.

Picabo Street – Alpine skier

I bet you've never met another Picabo before. The name sounds more like a place at an amusement park for toddlers than anything.

But don't judge a book by its cover. Street is a two time Olympic medalist. She won a silver medal in 1994 and gold in 1998.

Kaka – Soccer player

Ricardo Izecson dos Santos Leite or otherwise known as Kaka, is another person in a fairly long line of Brazilian soccer players that is only referred to with one name. But none of them are on the same level as Kaka. He makes names like Ronaldo and Ron-

aldinho sound like Jim and Frank.

Evel Knievel – Daredevil

Evel Knievel was one of the baddest, most gnarly people around in his time. Over his 15-year career, Knievel attempted 75 ramp to ramp jumps on his motorcycle, and in many of those attempts, he crashed and burned. As a reward for his crashes, he is in the record books holding the title of the most broken bones ever survived by a human with

37, including both legs and his pelvis. Pretty badass.

Dick Butkus – Football player

Most of the time, a name like Dick Butkus would have schoolyard bullies licking their chops for a chance to make fun. But Butkus probably would have knocked them out. He was a NFL Hall of Fame linebacker and is still regarded as one of the best play-

ers of all time. He even has an award named after him, which is given out to the best linebacker in college and at the professional level as well.

Those are just a few of some of the greatest sports names out there. Drop me a line at sports@nait.ca and let me know what your favorite sports name of all time is.



starcasm.net

Dick Trickle



marksweetwood.blogspot.com

Dick Butkus



vintageculture.net

Evel Knievel

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ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT	28	23	21	2	0	3	136	56	49	
Mount Royal	28	19	19	6	0	3	101	53	41	
Augustana	28	14	14	7	2	5	130	91	35	
NAIT	28	15	14	9	1	3	78	69	34	
Concordia	28	10	9	12	2	4	108	113	26	
Portage	28	9	8	17	0	2	85	108	20	
Briercrest	28	5	5	17	0	6	74	131	16	
MacEwan	28	3	3	23	0	2	60	151	8	
PLAYOFF RESULTS										
March 4										
SAIT 6, Concordia 3 (SAIT wins series 3-0)										
MRU 5, Augustana 2 (MRU leads series 1-0)										
March 5										
Augustana 4, MRU 2 (Series tied 1-1)										
March 6										
MRU 7, Augustana 4 (MRU leads series 2-1)										

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal	24	21	17	1	0	2	96	34	44	
SAIT	24	12	11	8	2	2	65	57	28	
NAIT	24	11	11	8	1	3	56	52	26	
MacEwan	24	5	5	12	0	7	41	65	17	
Red Deer	24	3	3	17	2	2	36	81	10	
PLAYOFF RESULTS										
March 2										
MRU 3, MacEwan 0 (MRU leads series 2-0)										
March 3										
SAIT 5, NAIT 0 (SAIT leads series 2-1)										
March 4										
SAIT 6, NAIT 3 (SAIT wins series 3-1)										
MRU 4, MacEwan 2 (MRU wins series 3-0)										

MEN'S BASKETBALL							
North Division							
Team	G	W	L	Pts	PF	PA	
NAIT	20	18	2	36	2005	1538	

Lakeland	20	17	3	34	1831	1497
MacEwan	20	10	10	20	1515	1502
Concordia	20	10	10	20	1597	1465
Keyano	20	7	13	14	1409	1575
Augustana	20	4	16	8	1553	1884
Grande Prairie	20	3	17	6	1533	1992
King's	20	0	20	0	1237	1786
South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge	18	17	1	34	1701	1250
Mount Royal	18	15	3	30	1544	1307
SAIT	18	10	8	20	1447	1438
Briercrest	18	9	9	18	1550	1560
Red Deer	18	8	10	16	1449	1447
Medicine Hat	18	6	12	12	1443	1573
PLAYOFF RESULTS						
March 4						
NAIT 95, MRU 82						
Lethbridge 87, Lakeland 80						
March 5						
MRU 91, Lakeland 81						
NAIT 93, Lethbridge 66 (NAIT wins ACAC)						

WOMEN'S BASKETBALL							
North Division							
Team	G	W	L	Pts	PF	PA	
MacEwan	20	17	3	34	1460	1127	
Grande Prairie	20	17	3	34	1428	1174	
Concordia	20	16	4	32	1515	1090	
Augustana	20	10	10	20	1538	1537	
King's	20	9	11	18	1226	1246	
Lakeland	20	6	14	12	1261	1434	
NAIT	20	5	15	10	1082	1285	
Keyano	20	2	18	4	1059	1625	
South Division							
Team	G	W	L	Pts	PF	PA	
SAIT	18	17	1	34	1426	1008	
Mount Royal	18	13	5	26	1227	1072	
Medicine Hat	18	10	8	20	1253	1185	
Lethbridge	18	6	12	12	1164	1264	

Red Deer	18	5	13	10	963	1160
Briercrest	18	1	17	2	908	1302
PLAYOFF RESULTS						
March 4						
GPRC 71, SAIT 52						
MacEwan 55, MRU 52						
March 5						
MRU 69, SAIT 65						
GPRC 63, MacEwan 59 (GPRC wins ACAC)						

MEN'S VOLLEYBALL							
Provincial Division							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	Briercrest	20	17	3	55	16	34
N	NAIT	20	16	4	52	23	32
S	Red Deer	20	15	5	51	24	30
N	King's	20	14	6	47	29	28
S	SAIT	20	13	7	44	34	26
N	MacEwan	20	12	8	45	34	24
S	Lethbridge	20	11	9	43	35	22
S	Medicine Hat	20	10	10	38	36	20
N	Grande Prairie	20	9	11	34	36	18
N	Keyano	20	9	11	36	37	18
S	Mount Royal	20	8	12	33	40	16
S	Augustana	20	3	17	13	52	6
N	Lakeland	20	3	17	13	52	6
N	Concordia	20	0	20	5	60	0

WOMEN'S VOLLEYBALL							
Provincial Division							
DIV	Team	MP	MW	ML	GW	GL	Pts
S	Mount Royal	20	19	1	58	9	38
N	Grande Prairie	20	16	4	53	20	32
N	Lakeland	20	14	6	50	30	28
S	Red Deer	20	13	7	44	29	26
N	King's	20	12	8	42	36	24
N	MacEwan	20	11	9	37	32	22
S	Medicine Hat	20	11	9	39	32	22

N	NAIT	20	11	9	42	35	22
S	SAIT	20	9	11	36	39	18
S	Lethbridge	20	9	11	34	39	18
S	Briercrest	20	6	14	31	47	12
N	Keyano	20	5	15	24	49	10
N	Concordia	20	4	16	15	51	8
S	Augustana	20	0	20	3	60	0

CURLING			
MEN			
Team	Fall	Winter	Final Results
NAIT	5-1	6-0	11-1
Augustana	5-1	4-2	9-3
Olds College	3-3	4-2	7-5
Red Deer College	2-4	4-2	6-6
GPRC	4-2	1-5	5-7
Grant MacEwan U.	2-4	1-5	3-9
Lakeland College	0-6	1-5	1-11
WOMEN			
Team	Fall	Winter	Final Results
NAIT	4-2	5-1	9-3
GPRC	4-2	5-1	9-3
Grant MacEwan U.	5-1	4-2	9-3
Concordia	4-2	4-2	8-4
Red Deer College	4-2	4-2	8-4
Lakeland College	5-1	2-5	7-5
Augustana	0-6	2-4	2-10
Portage College	1-5	0-6	1-11
Olds College	0-6	1-5	1-11
MIXED			
Team	Fall	Winter	Final Results
NAIT	5-0	5-0	10-0
Grant MacEwan U.	4-1	3-2	7-3
Augustana	3-2	4-1	7-3
Red Deer College	2-3	1-4	3-7
Lakeland College	0-5	2-3	2-8
GPRC	1-4	0-5	1-9

Just thinking ...



WAY OFFSIDE

KYLE GALLIVER
Sports Editor

This week was another one of those weeks where I couldn't pick one topic I wanted to cover in depth so I decided I would share my random sports thoughts of the week with you all.

That's Weir-d

What has happened to Mike Weir? The other day I was watching Sportscentre and they were talking about Mike Weir's performance at the Honda Classic over the weekend. He shot a career-worst round of 85 and was plus-22 for the events. Yes, plus-22. Weir missed the cut at the event, and has missed the cut four out of the last five events he's played in. It resulted in Weir losing his full-time PGA card.

The 2003 Master's champ has almost fallen off the golfing map. Granted a major injury (torn ligament in his right elbow) forced him to start the 2011 season with a major medical exception, but he just hasn't seemed to regain

his touch. Losing his full-time PGA status is a big deal and he gives up his title as the best Canadian in golf to Trinidad and Tobago native and Calgary resident Stephen Ames.

Weir still plans on playing the majority of the golf season and figures he can get into about 25 tournaments. Here's hoping the 40-year-old lefty can hit his stride and get back into form for the remainder of the season.

Good luck, Mike.

Can't Take the Heat?

I was watching the last quarter of the game between the Miami Heat and the Chicago Bulls earlier in the week and boy, was I happy when the Heat weren't able to hit the winning shot. The Heat lost a one-point game to the Bulls and were obviously upset as they left the court and I was loving it.

What made the whole thing even better was when Miami head coach Erik Spoelstra came out in the post-game conference and said that some of the players in the locker room were crying ... crying.

I wonder if the Heat knew when LeBron James was "taking his talents to South Beach" that he would also be bringing his tears along with him. That's just ridiculous. Professional athletes crying over a four-game losing streak is absurd. It's not like the Heat are last in the league or anything, they are still holding down a playoff spot and have two of the three best players in the league on their team.

Give me a break, Miami. I can only imagine what's going to happen when you

lose a playoff series ...

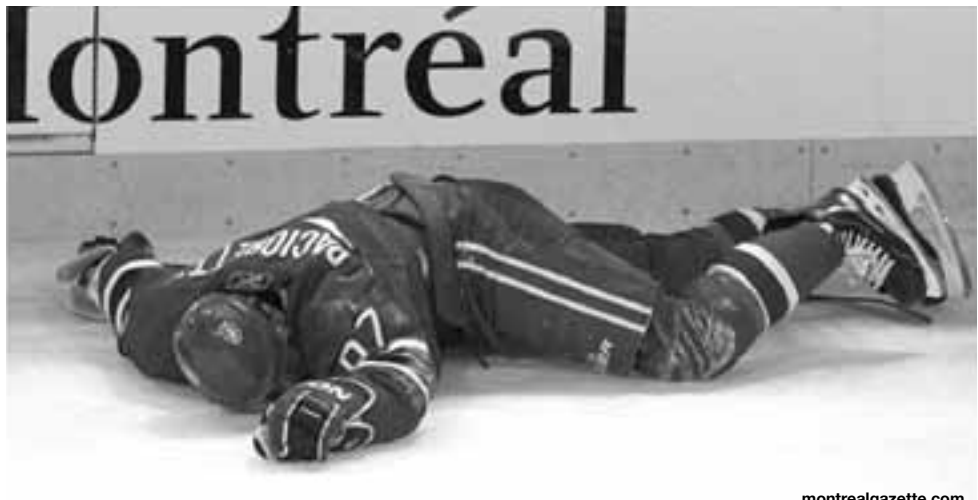
Head Hunting

I was watching highlights from the Tuesday night game between the Boston Bruins and the Montreal Canadiens and all I have to say is wow. For those of you who don't know what I'm talking about let me explain. Zdeno Chara almost took off Max Pacioretty's head, literally. There was a play during the game where Chara rubs out Pacioretty and ends up running him into the stanchion headfirst and knocking him out cold. I am a fan of big hits in hockey, but what happened Tuesday night was scary. Seeing someone's head bounce off something like that is un-nerving and brought

a sickening feeling to my stomach.

Watching Chara's post-game interview made me even madder. Chara plays it off like it was some sort of accident going for the puck. Are you kidding me? It is every player's job to know exactly who is on the ice, what is going on at all times and what their surroundings are. Chara knew what he was doing. No doubt in my mind. It is too much of a coincidence that the player Chara severely injures is the same player that he has had a run in with in almost every previous game between these two teams.

Be ready for a vacation, Zdeno, I can see the league giving you a few games off pretty soon.



Montreal Canadiens Max Pacioretty lies unconscious on the ice in Montreal after he was checked by Boston defenceman Zdeno Chara.

ENTERTAINMENT

This Aussie's awesome!



Kim Churchill plays at the Nest.

Photo by Megan Stoneman



LACE SENIO
Entertainment Editor

Kim Churchill, Kim Churchill, Kim Churchill, with the Aussie voice of an angel and the classic cherub baby good looks, it is really no wonder he is making his mark on the music. Despite the good looks, and smooth singing voice, however, it is the hard work and dedication Churchill displays towards his soulful music that is allowing him to be so successful.

Churchill was in town on Thursday, March 3, for Indie Night. Crowds gathered for his live performance. As usual with Churchill, the crowd was left in awe. Also, audience members suddenly had a strong urge to visit Australia.

Born and raised in South Coast of Australia, Churchill developed a relaxed and laid-back attitude towards life right away. How can you not, though, when you grow up along side the surf?

The music that Churchill writes reflects his life on the coast. It's music to listen to as you relax on the beach. It is very folk inspired, complete with gut-wrenching vocals and intricate music.

In 2009, Churchill won the Australian Folk Artist of the Year award. He is developing quite a tour record as well, sharing stages with names like Ash Grunwald, Jeff Lang, The Fumes, Lloyd Spiegel and Xavier Rudd. Churchill has also been a part of some of the best festivals in Australia.

"As a young artist, now's the time for me to be busy. You just have to tour your arse off, record heaps and keep pushing every way you can. It's been a hectic couple of years, but it's also been lots of fun," Churchill says on his website.

With Sword and Shield, his debut album, has been doing extremely well, with regular radio play with songs such as, "Loving Home" to satisfy the ears of Australians and keep listeners wanting more. Churchill has plans to put out a new album by the end of 2011. This only seems natural, as he will be touring the rest of Canada, the U.S.A. and Japan. Someone such as Churchill has no choice but to keep rolling with the success he has developed.

It is really cool to have international musical guests such as Churchill at the Nest. Churchill rocked the Nest and will continue to wow audiences on the rest of his tour. Those of you who were not at Indie Night sure missed out on some sexy Aussie flare and some really good music!

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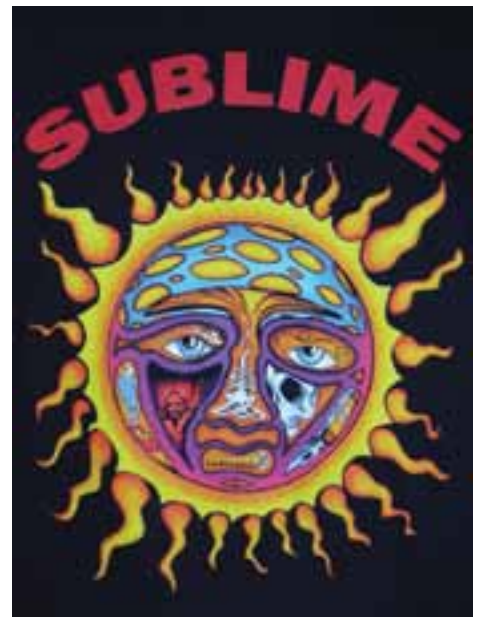


By FRED PAPIRNIK

After a cold winter, spring is just around the corner and we have all been patiently waiting for its arrival. So for this weeks' mixtape, I have decided to feature a more laid back style of music that you can put on and relax to.

1. Sublime – Summertime
2. The Dirty Heads ft. Rome – Lay me down
3. B.O.B. – The Kids
4. Bob Marley – Jammin

5. The Clash – Bank Robber
6. Classified – Things are Looking Up
7. The Dirty Heads – Stand Tall
8. Ice Cube – It Was a Good Day
9. K-os – 4,3,2,1
10. K.O. – This Life (punches)
11. Mac Miller – Senior Skip Day
12. Moka Only Ft. Madchild – Sitting On The Porch



VIRAL VIDEO OF THE WEEK

Knock, knock

By CHRIS THOMPSON

Neg's Urban Sports is a series of videos that feature Neg (Neg Dupree), Competing against himself in a series of random events that he has invented. Originally featured on the British program "Balls of Steel" the series of videos have since gained a worldwide cult following. Every week, Neg takes to the streets of London and films strangers unknowingly being screwed with. "Knock and Don't Run" is one of the more popular clips from the series. The object is to knock on a stranger's door and keep them there as

long as possible. The clock starts as soon as the door is opened and stops when the door is closed. If the stranger opens the door a second time the clock continues from where it was stopped. The longer the clock runs for the higher the score. While I wouldn't recommend anyone trying this at home, it is a funny clip. Putting people in awkward situations and seeing their reactions is always funny. If you are looking for some mostly harmless fun I would definitely recommend checking this video out. <http://www.youtube.com/watch?v=uoxcZiWK79c>



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Alley Kat howling success

By BALJOT BAHATTI

Alley Kat has been a fixture in Canadian microbreweries and Edmonton businesses. Started in 1994, Alley Kat is Alberta's fourth largest brewery, and Edmonton's longest running microbrewery. Starting out small, the brewery has grown to become a large producer of alternative beers, with the modest factory off 99th Street capable of bottling nearly 2.4 million bottles of beer in a single year, though they'll usually average around one million bottles. They ship all over Alberta, as well as to some special customers in Seoul, South Korea. Eleven people work at the Alley Kat brewery, and most people working there agree that it's a tightly knit crew. The owner's dog, a shy little puppy named Jake, roams around the office while everyone is busy at work.

After celebrating their 15th anniversary last year with some new flavours, Alley Kat has begun production on a new beer, called Oatmeal Stout, which will roll out on March 3. A big part of Alley Kat philosophy is reuse, so

materials are often reused rather than being wasted, making the brewing and fermenting process more efficient than other, larger breweries.

The tour of the facility was informative, as we saw the entire process of creating beer, from mashing grains to fermenting to bottling, and everything in between. The size of the building is deceptive and the company has managed to cram everything they need into their headquarters.

We met with the staff who were friendly and open to questions and at the end of the tour, we tried some of their beers, including a sneak peak of their beer that was launching that day, Oatmeal Stout.

The first we tried was the Charlie Flint, a craft beer. It had a malty taste, with a nice bitter finish. After that, we tried the Aprikat, which might be their most recognized product. It had a fresh taste, light finish, and you could definitely taste the apricot.

The Full Moon was next, which was a

slightly bitter pale ale with a strong finish and citrus overtones. The Amber was malty, with a recognizable chocolate tinge. We tried the new Oatmeal Stout, part of Alley Kat's "Big Bottle" series, which was smooth and strong. And last we had the seasonal offering, which was the Coffee Porter. Like the name suggests, it tasted strongly of black coffee, bitter and headstrong. Keeping in line with their local business image, all the beans used in creating the Coffee Porter are purchased from Edmonton-based Java Jive.

The Big Bottle series and the Oatmeal Stout are a limited time offer only, as they are only making one batch for Alberta and will be available in retail stores (or at the brewery itself) until supplies run out.

Alley Kat offers public, walk-in tours of their facilities between 2 and 4 p.m. on week-



ciceronito.wordpress.com

days, so you can go in and see for yourself how Alley Kat has grown from self-assured startup to Edmonton success story.

Thumbs up for Depp's Rango



ramascreen.com

By MATTHYS PISCHKE

Johnny Depp takes the starring role in *Rango*, as a computer animated chameleon that is thrown from his modern American surroundings into the Mojave Desert. The desperate need to find water takes the hero on a journey to a small town called Dirt. A few mishaps and lies later, *Rango* ends up as the town's sheriff, not knowing that the sheriffs before him did not last very long.

As the plot progresses, this city slicker stand-in sheriff is thrown into many adventures that will eventually lead to him figuring out who he truly is and introduce him to the love of his life (a desert iguana named Beans who tends to have nervous fits that cause her to freeze in the most unfortunate places).

The entire movie is fantastically animated and generally hilarious. Johnny Depp does a fantastic voicing and the entire cast of the movie was well chosen for their roles.

While *Rango* is an animated movie, it is definitely not a children's

movie. Many sexual innuendos and hinted at foul language add to the overall comedic feel to the movie, as well as references to famous films such as *Fear and Loathing in Las Vegas*, and *The Good, the Bad and the Ugly*. The constant interjection of a mariachi band of desert owls rounds off the movie perfectly.

The whole movie is a fantastic experience that had me and my friends laughing the entire way through. Add in the fantastic AVX seats that we had and this was a perfect movie to start out the night. *Rango* gets the thumbs up and a go see from me!

★★★★☆

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Talkative trio tears it up on air

By CHRIS THOMPSON

Mac, Blaze and Thunder have been on the air for almost a year and a half now. Their unique combination of three distinctive personalities all comes together for two hours a week on Wednesday nights, starting at seven. Every week features a different theme, with past shows focusing on everything from baby-making music, to Canadian indie acts, even Black History Month and anti-Valentine's Day. I sat down with them this week and between all the squabbles, this is what they had to say.

How would you describe your show?

Mac: Awesome, we kind of are really eclectic about the things we do.

Blaze: Amazing in every sense of the word, no don't put

that. We are funny, we try to let the music speak for itself, we have a good time and that's what it's all about. And we try to be as modest

as possible but it doesn't always work.

Thunder: Three guys all hopped up on tiger blood, but seriously we just have fun and play all different kinds of music.

What demographic do you most appeal to?

M: Anyone who likes good music.

B: Attractive people.

T: That's a pretty bland question don't you think? Nobody, we do it to satisfy our own vanity.

Best part of hosting a show?

M: Knowing that somebody is listening and finds what you are saying enjoyable.

B: Being free to play whatever music we want to play.

T: The music and the people, oh yeah, and don't forget the fame (laughs like an evil tyrant).

Worst?

M: Dealing with Blaze.

B: Dealing with two other douche bags (claims he is joking).

T: Changing Mac's diapers.

What kind of music do you play?

M: We play everything, I don't mean to sound generic, but we really do.

B: We play a lot of different stuff, anything from punk to classic rock. If we are feeling adventurous we will step out of our element and even throw in a hip hop track.

What do you want to do once you're done the program?

M: At some point I want to end up talking on air in Vancouver.

B: Run my own radio station, eventually, 20 years from now

when I have a million dollars. How much does it cost to do that?

T: Get a job and make lots of money, but clearly, that's not going to happen.

Any last words?

M: Dude, I don't have any cool last words, use that "Wow I wish I had some last words". Check us out every Wednesday from 7-9 on NR92.com.

B: When I'm dead and gone there will be one child born and this world can carry on. Blood, sweat and tears, bitches.

T: I'm like a fighter jet. I will attack you from the sky and then drop my ordinance on you.



Photo by Chris Thompson

Thunder, left, Blaze and Mac ham it up before their NR92 show.

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Beautiful opportunity for NAIT student

By **GRAHAM McCANN**

A NAIT student has been selected as a contestant for Miss Canada.

Elisha Berk, a 20-year-old NAIT Radio and Television student, now has the chance to go to Toronto to compete against the 99 other contestants.

"I had this girl approach me and tell me that I should apply. I didn't take it very seriously at first," Berk said. "I found out it was in Toronto and my mom told me, 'what the hell, why not apply?'"

Berk says that it made her nervous at first, but now it feels surreal. From Aug. 14-22, she gets to go with the other contestants to Toronto and spend the first few days going to photo shoots and special events where they establish themselves. They get to meet people such as choreographers and vocal trainers. The last two days consists of an evening gown, bathing suit, and talent segment.

They are judged on personality and how well they represent Canada and portray themselves as role models.

If Berk wins the ultimate title of Miss Canada, she would get to participate in international pag-

eants, go throughout Canada supporting a cause of her choice, and receive \$4,000 for a one-year reign.

"As lame as it may sound, I am looking forward to representing Canada and my home town," said Berk, who comes from Campbell River, B.C. on Vancouver Island.

However, to get there, she needs sponsors and to raise \$3,000 by August.

Berk says that there are many businesses in her town that could sponsor her.

With skills gained from the Radio and Television program, she may have a leg up on some contestants, and this will give her the experience she needs for a career in media.

"I would be fine with not winning. I don't expect to win it at all. I am hop-

ing to meet cool people and make some contacts I wouldn't have been able to make before," Berk added.

Berk is currently finishing up her busy third semester in the Television program, and then will spend the summer gearing up for the competition.

Elisha Berk, right, sees the experience of competing for Miss Canada as an opportunity to advance her career.

"I would be fine with not winning. I don't expect to win it at all. I am hoping to meet cool people and make some contacts I wouldn't have been able to make before."

**– Miss Canada contestant
Elisha Berk**



Photo by Jonathan Liaw



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Dreams for kids of all ages



SHOOT FOR THE STARS

LACEY SENIO
Entertainment Editor

When I was a young girl, a tiny little girl, I had this dream that I was going to be a ballerina when I grew up. When company would come over, my little pink tutu was instantly on and the “Lacy Show” would begin. Such a silly memory it is, my childhood self, dancing and stomping around the house. I actually thought I was going to be a ballerina; I never understood the complexity of dreams, but I truly believed in myself. And maybe, in regard to dreams, that is all that really matters.

I never ended up taking ballet lessons. I did however, have a brief encounter with Ukrainian dancing. That dream killed itself pretty quickly. I just never understood the whole co-ordination aspect of it. Dancing was just not a strength of mine. Instead, I pursued other activities that led to other dreams: singing lessons, junior high band practice and other ventures such as 4-H.

Being a ballerina was my first dream and since then I have had many other dreams, not all of them quite as graceful as ballet and I think that the stages of dreaming will never be made up of pirouettes and jetes. Dreams don’t dance, they evolve. I think that is what dreaming is all about, learning the difference between the people we were as children and the people we are now.

According to urbandictionary.com, dreams are described as being “a shedding of the subconscious control that humanity has placed on you. In dreams nobody but yourself can impose limitation on you and that which can be imagined, can be so.”

No one else can limit our dreams.



It is one of the only things we truly have control over. Dreams empower us, they force us to achieve. And it is silly to think that your dreams will never change. Looking back, I wanted to be a ballerina, but these days, I have not even the slightest desire to put on ballet slippers. Instead, I find myself yearning to be over seas, volunteering. The dream of making a difference has surpassed the dream of dancing and that is probably for the best.

I can pinpoint the exact day I realized that my dream to volunteer abroad became my most prominent dream. I was 16 and looking for something more fulfilling than being the president of the students’ union.

I was slightly pretentious in high school and didn’t listen to the people that said that I was crazy. I followed that little voice and soon enough I was working on an international development project in Belize. I feel like this is the place where I found myself, the little dancer in me was actually a volunteer.

Being in Belize only fuelled my ego. I was on a volunteer high, and this is only because I believed in myself. It goes back to me dreaming of being a ballerina when I was a child. The strange desire to follow our dreams just leads us to happiness and contentment. I cannot forget that I once wanted to be a ballerina because it is part of who I am, and

honestly, it makes me laugh a little.

Dreams change. Within each of us there is a dream that is ever changing and ever evolving. At the end of the day, however, it is the dreams of our childhood that will put smiles on our faces in our later lives. It is the memories of being young and free to dream big that we will hold onto as we slouch in our rockers, smiling. I am not a ballerina, I never will be. All of the desire to be a ballerina that I had as a child, well, it is gone and has been replaced with new dreams. When I lie in bed at night, I remember though, what fun I had in my little tutu. It is the spirit of our childhood dreams that allow our current dreams to evolve.

Back to the Future a game to buy

By BALJOT BHATTI

“When this baby hits 88 miles per hour, you’re gonna see some serious ****!”

I can’t tell you how awesome it was to hear that line in a video game. The Back to the Future movie series was a fixture of my

childhood. I think I’ve seen the first film at least two dozen times. So when it was announced that Telltale Games (*Sam & Max*, *Puzzle Agent*) would be creating a point and click adventure game set in the Back to the Future universe, I was overjoyed.

Back to the Future is an episodic release, meaning they’ll release portions of the game every few months. The first episode, which I’m reviewing here, was released in December 2010, and the second episode came out last month. You can play BTTF on a multitude of devices. The new episodes will be released on Windows and Mac OS X first, and then slowly make their way onto the Sony Play Station 3 and the Apple iPad. Each episode is approximately three hours long and the total cost of five episodes is \$24.99.

You play as Marty McFly, a few months after the events of *Back to the Future 3* took place. Doc Brown has gone missing, and the bank is getting ready to auction off his estate. While at the estate sale, the time travelling DeLorean appears, completely empty. Marty finds a recording inside, explaining that Doc Brown is in trouble and needs help. Marty jumps in and travels back to the year 1931.

The game play is reminiscent of other adventure games. You point and click on items in the environment to interact with them, or if it’s a person, you go up and talk to them. You have dialogue choices you

can make when talking to people; the right choice can open new options, but the wrong choice can get you in trouble.

The game can be overly simplistic at times, eschewing difficulty in favour of plot progression and snappy writing. The story is enjoyable, and I found myself genuinely laughing at most of the jokes.

Much of the credit for how well the game works must go to voice actor A.J. Locascio, who does such an accurate Michael J. Fox/Marty McFly impression, that it almost borders on eerie. No one other than Michael J. Fox could sell this any better.

This being Back to the Future, there are going to be a lot of callbacks and jokes related to the movies, so of course there’ll be a high speed chase involving an unconventional vehicle (this time a rocket-powered bike), a Tannen will end up having a mishap with manure and Doc Brown is going to say “Great Scott!” a lot. At times, the game almost borders on fan boy comfort food, but there’s enough fun and good times that I’d say you should probably make like a tree and go buy this game.



Find a way to kick back



WHAT'S ‘TASH-INING’

NATASCHA BRUHIN
Assistant Entertainment Editor

The past weekend, I went to play laser tag for the first time in over 10 years and can I just say how cutthroat laser tag is? Back then, my friends and I would really get into the game, but I figured this time around, we'd grown up a bit and would ease up on the intensity.

I was seriously mistaken. As soon as the doors opened, and our close-knit group scattered across the expansive maze, the gloves came off. Alliances were broken. Egos were bruised. Calories were lost.

I found myself darting around corners, trying to avoid getting “shot” by my supposed friends. People were still as intense during the game as back in the day! I witnessed dirty sneak attacks. I caught a person doing the side-to-side stealth walk that I'd seen millions of times before in war movies. I myself even performed a successful kill shot attack and left the enemy uttering profanities as I delightedly ran after them to strike again.

As expected, as soon as the game was over and we all walked back into the bright, fluorescent lighting, people shed their hardened veteran soldier acts and went back to being best friends. I, however, was left a little shaken by the ruthlessness of the game.

It was later that I realized how great a stress-reliever laser tag is. Where else can you shoot at people, and not have anyone get hurt, both physically and emotionally? You can release all that pent-up emotion you carry with you throughout the week, and just ... shoot! It's fantastic!



dvdsetshop.com

Those *Sex in the City* gals are always good for a little relaxed watching.

Of course, we can't go play laser tag every time we have a rough week, but we all have our own ways of forgetting a bad week. I, for one, like nothing better than to curl on the couch with a bowl of honey nut Cheerios (no milk, just the dry Cheerios) and watch my favourite *Sex and the City* episodes. Sometimes, I substitute *Say Yes to the Dress* for *Sex and the City*. I am well aware of how embarrassing this is, but what do I care? It's my thing. It's the one time during the week that I can just unwind and watch people who don't exist deal with problems that don't exist. How much more relaxing can you get?

I mean, everyone has their “thing.” I know someone who

goes to a shooting range to release his weekly stress. Another person I know runs on the treadmill for 40 minutes and then promptly buys herself a venti frappuccino afterwards.

It doesn't have to make sense and it doesn't have to be cool, but we all have a routine that we do to make ourselves survive the week. You don't have to admit to it, but just know that whatever it is you do, it's perfectly normal. It's Survival 101.

So the next time you walk by someone in the halls who has that crazy, wild look in their eyes, give them a break; they just haven't gotten the chance to laser tag someone yet this week, alright?

A dandy debut

By **SHAWN GRAY**

Craig Owens is back with a vengeance. After being kicked out of his old band, Chiodos, for drug abuse, Craig was at his breaking point, facing depression and suicide. Performing self therapy, he created a post-hardcore super group with members from Story of the Year, From First to Last, Matchbook Romance and Undermined, poetically named Destroy Rebuild Until God Shows whose acronym is D.R.U.G.S., which is coincidentally the name of their debut album.

Right from the get go, Craig proves why he's one of the most talented and charismatic vocalists of the generation with the song “If You Think This Song Is About You, It Probably Is.” This song is fast-paced and gets straight to the point, with lyrics that create a vividly emotional image of betrayal that demands your attention, and a catchy rhyme throughout the song that will get any hardcore fan itching to throw down. This song sets the bar high for the rest of the album.

The band set out to differentiate themselves from other post-hardcore bands by adding hints of electronic into their songs, even going as far as a dub step breakdown in the song “Mr. Owl Ate

My Metal Worm”. It is a palindrome, one of two on the album, with the other being “Laminated E.T. Animal”, a song that is powered by one of the better choruses on the album.

Craig's combination of beautiful clean vocals and high pitched screams makes your ears fall in love. His vocal range is best demonstrated on arguably the best song on the album “I'm the Rehab, You're the Drugs.” If you don't go out and buy D.R.U.G.S., I strongly recommend you download this song.

On an album filled with hate and desperation, the band shows a more blissful side with the song “I'm Here to Take the Sky,” as Craig belts out “If the sky is the limit, Than I'll build a bridge up to it.” This is a song that could even find its way onto mainstream radio.

But D.R.U.G.S. is not without its faults. The drumming throughout the album is mediocre and gets kind of repetitive towards the end. Overall, however, this album is a powerhouse in the post-hardcore world, and it blows Chiodos' new album out of the water. It is an inspiring debut for a band with a bright future in the music industry.



decaydance.com

Alt-punk rockers at EMA

By GRAHAM MOSIMANN

Take some early Against Me, mix in a dash of 3 Inches of Blood, then mix it all with the wholesome folk tunes of Billy Bragg and Blind Melon! Therein you have the influences that helped make the sound of Edmonton alt-folk-rockers Micelli [MISS-elly]. The group is up in the "Artist to Watch" category at the upcoming Edmonton Music Awards (EMA).

The group started with Jeremy Townsend and Cody Hughes back in 2007.

"We started just from jamming together, just around the living room and stuff. We played our first show in 2008 and we have been playing regularly since then," says front man Hughes.

Nolan Bossert and Dustin S. also joined the group from their band, The Party Mongers, to round out Micelli into a foursome.

The nomination was a complete surprise says Hughes. "We just got this thing on Facebook and we decided to put our name down. After that, we got the word that someone had nominated us, and we have really pushed for that vote from fans."

Edmonton Music Awards will be held at Haven on March 27 and 28 and Micelli will be waiting anxiously for the announcement.

"We are always telling people that we are a band to watch. It lends some credibility to your name when you have someone to vouch for you (the nomination). There are so many bands out there right now, so it's really hard to get noticed!" Hughes said.

It's their extreme alternative sound that they hope will give them the nod for "Artist to Watch" category.

"It honestly just came from me

and Jeremy just jamming together. It just kinda happened, and it's really nice to see where it goes," Hughes said.

And the natural flow of the music is gaining some serious popularity in the local Edmonton music scene. "We are really, really happy with the way everything turned out. I don't think we had a weekend off last year."

Micelli has been building a devoted fan base and they regularly play at Wunderbar on Whyte, if you want to check them out. They also have released their CD online with a "pay what you can" feature.

"We just wrote these songs for personal enjoyment. In all honesty, we have never been comfortable with taking peoples' money."

You can check out Micelli's Facebook page or visit their website: www.micelli.bandcamp.com



100 days, 100 songs

By CHARLOTTE BAILEY
The Fulcrum (University of Ottawa)

OTTAWA (CUP) — Musician Pascal Huot is challenging himself to write a song per day over the course of 100 days.

As each day begins, the Hotshotcasino member composes a song from beginning to end, writing about whatever inspires him that morning. Huot is currently on Day 26 of his challenge, and he finds that so far, he's living up to the challenge.

"I'm tired," Huot joked. "It's pretty hard to keep up with it."

Huot says the idea came to him while his band stopped making music and performing temporarily in November during exam time.

"I was kind of bored," he said. "I'm taking a break from the band right now, and I needed something to pour myself into."

Huot explains that his reasons for setting this challenge for himself aren't fuelled by anything other than his desire to improve his

songwriting skills.

"It's not some sort of weird bet. It's just to find things that I otherwise would never have found," he said.

All of Huot's creations have been posted online, free to download.

"I just figured that I might as well let people enjoy them," he explained. "What I'd like to do — if I actually pull this off — is to take a step back and look at what I liked in there, and what I disliked, and actually work on them. [Currently], I don't have any time to second-guess what I do, which is pretty essential in writing a strong piece of music."

His band, Hotshotcasino has started to rehearse for their upcoming show in March, which will end their six-month hiatus. Huot's looking forward to getting back to the band, but is also anxiously anticipating May 2 — the final day of his 100-day challenge.

"It's three days before my birthday, which is awesome," he said.

The 12th Annual
Run WILD for Wildlife
The Spring Baby Edition

2.5 km walk or 5 km run
William Hawrelak Park
11am, Sunday 3 April 2011

Register at www.runningroom.com or
call 780-439-3099

For more info, email holly@wildlife-edm.ca

Wildlife Rehabilitation Society of Edmonton

CTV Running Room up!

break FREE | TOBACCO REDUCTION PROGRAM

- Free counseling
- Free nicotine replacement products
- Individual treatment plans

For more information contact Evelyn Gorecki, Tobacco Reduction Coordinator, 780.471.8733 or egorecki@nait.ca

NAIT

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

CROSSWORD

- Across
- 1- A long time
5- Grows in Brooklyn
10- Sleeps briefly
14- German sausage
15- Burlap
16- Brio
17- Roseanne, once
18- Delight
19- New Rochelle college
20- Apportions
22- Use lavishly
24- Fuji rival
26- Breathe in
27- Sister of Venus
30- Bert's buddy
32- Corpulent
33- Corner
34- Monetary unit of South Africa
38- de mer
39- Name given to the fox
42- Plaything
43- "Orinoco Flow" singer
45- Timetable, for short
46- Oscar de la
48- Swiss city on the Rhine
50- Resembling a cyma
51- Former French colony of North America
54- Leash
56- Foul-smelling, poisonous oil
58- Pertaining to the love of sensation
62- Egg
63- Ancient region of Asia Minor
65- Baylor's city
66- Bog
67- Begin
68- Biblical garden
69- King of comedy
70- Name
71- Describes a gently cooked steak

- Down
- 1- "Dancing Queen" group
2- Mardi
3- "... countrymen, lend me your _"
4- Hits
5- Plan
6- Oklahoma city
7- Genetic material
8- Tolkien tree creatures
9- Cosmetic applied on the lids
10- Nor's partner
11- Hawaiian greeting
12- Cartoon part
13- Animal trap
21- Dead duck
23- Black bird
25- Edible seed parts
27- A bit
28- Abba of Israel
29- Bank (on)
31- Interpret
33- Little one
35- extra cost
36- Words of denial
37- Group of two
40- Editorial writer
41- Wood nymph
44- Belly
47- Enable
49- Help
50- Bring into being
51- Pueblo Indian village
52- Trivial objection
53- Legend maker
55- Pierce
57- Monetary unit of Lesotho
59- Zilch
60- Bakery worker
61- Circle at bottom, point at top
64- Writer Hentoff


1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21				22		23				
			24				25		26					
27	28	29					30	31						
32						33					34	35	36	37
38				39	40					41		42		
43			44		45					46	47			
			48	49					50					
51	52	53					54	55						
56							57		58			59	60	61
62						63		64			65			
66						67					68			
69						70					71			

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

SOLUTION
Page 27

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

February 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.)

Pisces (Feb. 19-March 20)

Take a vacation. You look stressed.

Aries (March 21-April 19)

The significant other in your life is amazing. Make sure to let them know that.

Taurus (April 20-May 20)

If you actually drove a Ford Taurus, you're life would improve 110 per cent.

Gemini (May 21-June 20)

Before you do any action, ask yourself, "Would Charlie Sheen do this?" If

the answer is "yes", do it. If the answer is "no", it's clearly messed up and you have some major issues.

Cancer (June 21-July 22)

Next time you go into a retail store, do not unfold the shirts. The staff work really hard to keep folding them, and when you walk in and do this, they actually hate you, and make fun of you when you leave the store.

Leo (July 23-Aug. 22)

Hey! Be happy for once! Things are bound to pick up!

Virgo (Aug. 23-Sept. 22)

Charlie Sheen is a Virgo. Act more like him.

Libra (Sept. 23-Oct. 22)

You're going to make a new friend this week. If not, that's not my problem.

Scorpio (Oct. 23-Nov. 21)

Try watching *Spider-Man 3* again. I know the last time you saw it, it wasn't that good, but maybe time will heal all wounds.

Sagittarius (Nov. 22-Dec. 21)

Time to man up, and stop acting like a child. You are responsible for your own actions, so stop blaming others.

Capricorn (Dec. 22-Jan. 19)

I can't tell you how I know this ... but

that mixed berry yogurt you're about to eat has expired.

Aquarius (Jan. 20-Feb. 18)

You have just made a life altering decision, but trust me – it's for the best.

MARCH 15 & 16

SILENT AUCTION

IN FRONT OF L137 (MAIN STAIRS)

STOP BY & SEE WHAT'S ON THE TABLES
YOU NEVER KNOW WHAT KIND OF DEAL YOU MAY COME ACROSS

IT ONLY TAKES A MOMENT TO GET A SWEET DEAL!

TUESDAY, MARCH 15 @ 10am - 1pm
WEDNESDAY, MARCH 16 @ 10am - 1pm

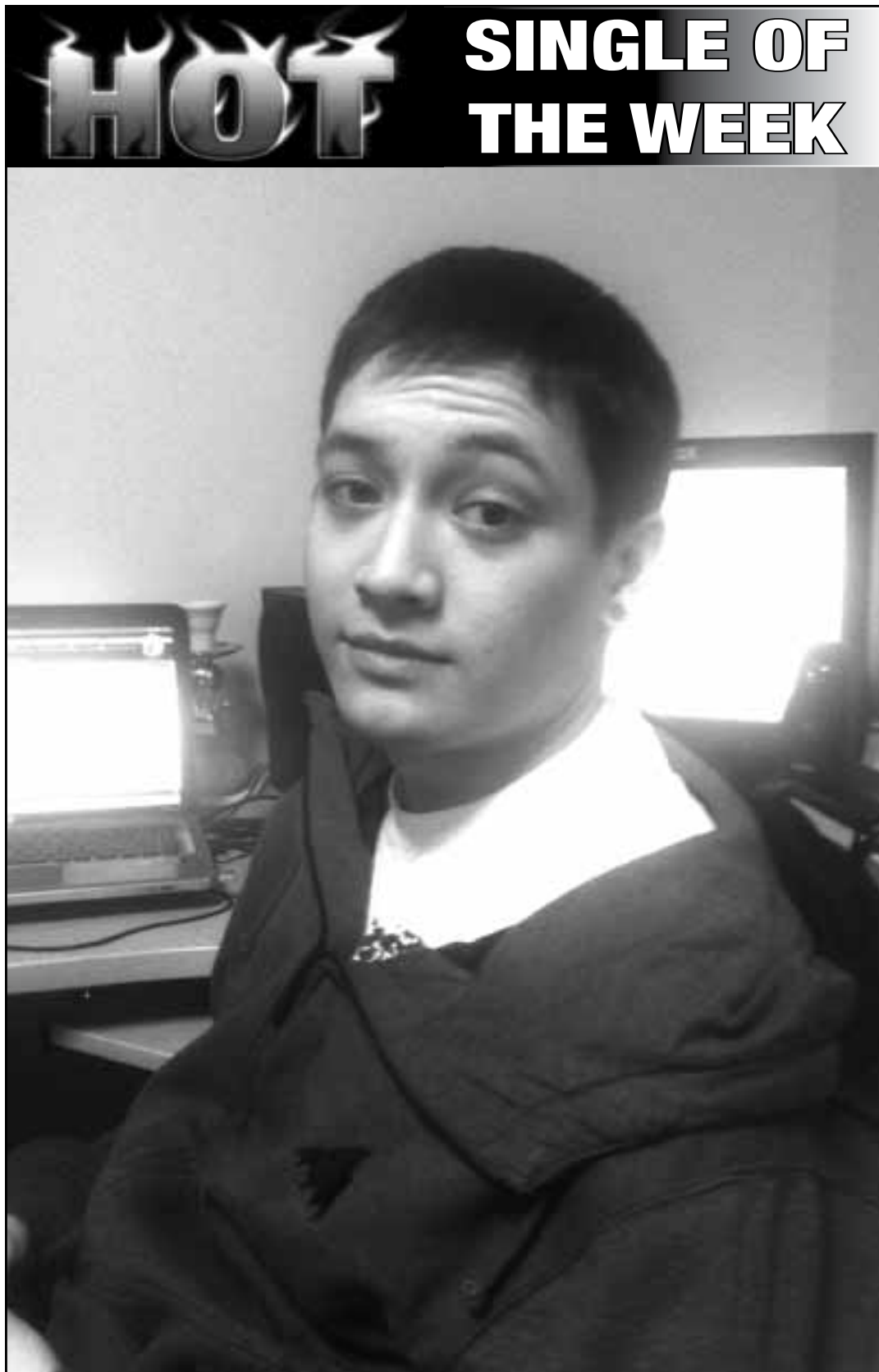


Photo by Ali Magee

Denton Louis, 19 Business Administration

Nickname: Tin-Tin.

Hometown: Wetaskiwin

Favourite season: The time of transition between summer and fall, because the flowers are still in bloom, and the leaves have started to change colour as well.

Turn ons: Skinny jeans with high heels, tattoos, nice smiles, eyes, and nice bellies, outgoing, spontaneous.

Turn offs: Smoking, boring people, not outgoing people.

Ideal vacation: A snowboard trip with all my friends.

Goals: To create my own snowboard clothing company, and to experience as much as humanly possible.

Hobbies: Snowboarding, guitar, footbag (hacky sack), deejaying, drawing, and bartending.

Thoughts on tattoos/piercings: Yes. Greatest way to express oneself.

You're on death row – your last meal choice would be: An endless buffet.

Most played song on iTunes: Animal - Mike Snow.

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

Ginger beef!

CAMPUS FOOD REVIEW

By GRAHAM MOSIMANN

If your NAIT travels ever take you down into the HP Centre, I would advise you to walk past the normal stop that is Tim Horton's and move a little farther down the Bytes cafeteria lines for a change.

For about \$3 more you can instead partake of Byte's ginger beef. For the cost of \$7.50 you receive a bowl of ginger beef on a bed of rice with veggies that is surprisingly filling for its size! The beef I had was rather enjoyable, with a nice oriental spice. It was a bit on the over cooked side, as the beef was almost stringy, as opposed too crunchy, but it wasn't enough to distract me from what was a tastefully prepared meal. With all the spices and gar-

nishing you could tell that this was a well planned meal.

But the few issues I had with the meal were not enough to keep me from going back. I talked to a student who ordered the same dish as well and he had nothing but glowing things to say about the food. The ginger beef dish is a great alternative to the normal short order fare available at the cafeteria. Next time you have a little more change in your pocket than the normal lunch fare, take the trip down to Bytes.

If you are one of the lucky students who study in the HP Centre, you already know about Bytes. But for the rest that never make the trip down that way, I strongly advise you to head down and enjoy a good lunch.

Recipe

3-egg omelette

By KENDAL GUINEY

Ever since we were young we were taught that "breakfast is the most important meal of the day", but now that we are in college and possibly living on our own for the first time, it usually proves to be even more difficult to make time for it. Fuel up in the morning with this quick and easy recipe that will give you the energy you need to get through the school day.

Ingredients:

- 3 eggs
- salt and pepper
- butter
- grated cheese (optional)
- mixed herbs (optional)

Process:

- 1) Mix the eggs in a bowl with salt, pepper and herbs if desired.
- 2) Heat the butter (or oil) in a frying pan.
- 3) Pour in the egg mixture slowly and swirl the pan to even

it out.

4) After 30-45 seconds the top should firm up. At this point, add grated cheese if you like.

5) Continue cooking until the cheese begins to melt, and then fold the omelette in half with a spatula.

6) If it's nice and cooked on the bottom already then serve, otherwise, continue cooking on each side a little more!



Mainstream Ignorance

By GRAHAM McCANN

1. Helium is not just used in balloons. It has many uses in science and manufacturing, and unfortunately, the supply is running low.
2. Clean water is also running short. It may be all around us, but clean, usable water is a very precious commodity that may be very scarce soon.
3. The fourth dimension is often referred to as time, but it is also an idea beyond three-dimensional space which we can see (3-D). A 3-D square is a 'cube,' a theoretical 4-D cube is called a tesseract.
4. Frankenstein was not the monster, but the name of the doctor. The monster is named 'Adam' in the book, but is unnamed in the movie.
5. Energy drinks claim to have an incredible amount of caffeine, but a 20 oz. "Venti" coffee has 400 mg of caffeine while a 16 oz. energy drink has around 150 mg.

THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming events ...

BioSci Year One**What:** Pub Night**When:** March 11; 8 p.m.-2 a.m.**Where:** The Druid downtown**PFT 2012****What:** Bake Sale**When:** March 16, 10:30 a.m.-2 p.m.**Where:** Outside NAITSA**Club Culinaire****What:** Bake Sale**When:** March 17, 18; Noon to 1 p.m.**Where:** HP Centre and outside NAITSA**RT 2012****What:** Bake Sale**When:** March 24, 11 a.m.-1 p.m.**Where:** HP Centre**Business Connex****What:** Mix and Mingle**When:** March 28, 3 p.m.-8 p.m.**Where:** Shaw Theatre**Outdoors Club****What:** Ski/Snowboard Trip**When:** April 2**Where:** Marmot Basin, Jasper

Clubs Appreciation Social: March 24
 Giv'er Point Deadline: March 18 (5 p.m.)
 Presidents' Connection: March 21 (4:30 p.m.)

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 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

GIV'ER point totals

Here are the second semester standings as of Feb. 14. These are points that have been collected from Nov. 30 to present.

Second Semester points

Club Culinaire.....1,500 points
 (Donation to CHED Santas Anonymous)
 Bakers Club.....1,348 points
 (Food bank drive, donations to Christmas Bureau of Edmonton, United Way and The Heart and Stroke Foundation)

Full Frame.....1,057 points
 (Donation to Edmonton Food Bank, NAITSA Volunteering-Grant Review Committee)

Bio Science 1st year.....117 points
 (NAITSA Volunteering –Hope Mission and Mustard Seed)

Bio Science 2nd year75 points
 (Food bank drive)
 B-Tech.....18 points
 (NAITSA Volunteering-Grant Review Committee)

Just a reminder that the cutoff for all documentation for GIV'ER points is March 18. The final tally of second semester points will be announced at our club appreciation social on March 24.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Protecting your laptop



Laptop theft does occur. This information can provide users with an overview on how laptop theft can be prevented.

The main reason why laptops are so sought after by thieves is the same reason people like to use them. They are small, easily carried, powerful mobile computers that provide the user with the means to work outside of the office easily.

Of course, not all laptop thefts are committed in an attempt to grab valuable property but to gain the proprietary information stored on the laptop itself. According to some research, approximately 10 per cent to 15 per cent of laptops stolen are taken with the intent on selling the data.

Given the risk of laptop theft and the potential losses that laptop theft can cause, what are some of the steps that individuals and organiza-

tions can implement to prevent it?

NON TECHNICAL SOLUTIONS

- Keep the laptop out of sight. When not in use, the laptop should be safely tucked away in a locked desk drawer or cabinet. Never leave a laptop in a locker. Always take it with you or put it in the trunk of your vehicle ... out of sight, out of mind.

- If you work in an office, keep your office space locked when you are not in it. Everyone is busy working, so relying on coworkers to watch your office while you are out is taking a significant risk. It is amazing how fast items can grow legs when left unattended.

- Communicate employee responsibility of owning a laptop. Extra care must be taken to ensure it is safe and secure.

- Be aware of your environment and report suspicious people or events to Protective Ser-

vices at 780-471-7477.

CABLES

One of the cheapest and most cost effective solutions to deter thieves is to attach a security cable to your laptop. In most cases, the very fact that you have made the effort to physically secure the laptop to an immobile object will be enough to cause a potential thief to look for easier prey.

SECURE STORAGE CABINETS

Don't leave laptops unsecured in general areas. If your work group has "common use" laptops, lock them in a storage area or cabinet. Do not leave them in the general work area for everyone to see and potentially steal.

LABEL AND TAG THE LAPTOP AND ALL ACCESSORIES

Make sure that everything that can be labeled

is labelled with the name of the individual or organization it belongs to and ensure that these labels are conspicuous. Record the serial number of the laptop and have that information accessible if you need it.

Laptop theft will always be a possibility. Do your part to ensure that it doesn't happen to you. For more tips and information visit www.nait.ca/security.

If you have information regarding a crime, contact Protective Services at 780-471-7477. If you see a crime in progress, call 911, then Protective Services. 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 be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

THE NUGGET PRESENTS:



GRAPEVINES

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

To the classy ladies; keep it up. To all the rest, like the girl who wears nothing but a bra, and the girl who didn't wear pants; stop acting and dressing like harlots.

— Keep it classy

...

Dear NAIT Ook,

You and the drunken group in the front at Friday's hockey game were beyond entertaining. Next time please stay the whole game ... we will cheer with you.

— Hockey fan

...

You would think a school that over charges on food could at least provide their employees with gloves. I think its so nasty that when I order my food I have to witness someone's dirty fingernails touch what I am about to eat. Disgusting!!!

— Clean Freak

...

To the ice cap/morning library girl, the guys in the hall think your damn cute, even in hoodies and sweats.

...

Dear orange backpack, nait backpack, and friend. You boys are funny ;)

Sincerely,

The hotties in the annex

...

Dear Mice with Spice ... or cats with spice ... what are they? Your comics are not funny. Maybe I have a different kind of humour than you but I don't think they're funny ... Puns are not funny, MS Paint is not a proper medium for art ... I would rather see these comics in crayon because at least that entails some kind of

talent. Also, If you think ANYONE would think of stealing your "ART" then you were dropped on your head. As an artist with a bit of a following, I'm insulted. If you think I'm wrong ... prove it. I double dog dare you to post your comics on deviantart and see if A) you get ANY views whatsoever and B) people say anything good and post a link in the Grapevine so I can see. That is your test. If you see yourself as a real cartoonist, you'll learn to deal with this kind of ridicule. It happens to the best of us and you'll try to prove me wrong. If you win, I'll leave you alone ... If I win ... I'm out for your job.

— Someone who grew out of MS Paint

...

To Starbucks tattoo boy,

We really appreciated the thought of giving us free samplers of that pink whipped cream drink but ... samplers, really? You're a cheese ball. Be a real man, grow a pair and get us some full sized drinks!

— The brunette girls <3

...

To the A/B Parkade parkers who dearly miss their good looking, polite, classy and very friendly parkade attendant from Fall 2010: If you want to blame anyone for getting your favourite parkade attendant pulled away from there, look no further than the pathetically useless and lazy peace officers who have nothing better to do but watch YouTube and FaceBook while I did actual work! What's worse, one of them complained that I took 20 minutes to use the washroom in the V-Building after being in the A/B Parkade

office for 5 1/2 hours! But not to worry. I will visit the campus once in a while.

— Signed, The One REAL MAN.

...

Why does the sexy single 99.9 per cent of the time come from Radio and Television. Also why is there always Grapevines having something to do with Radio Television?

— Tired of hearing from Radio and Television

...

The guy who writes Mainstream Ignorance sounds like a serious D-bag. What's wrong with people living with a little ignorance? Just because you think reality sucks or whatever, doesn't mean everyone else has to be miserable too.

— Let us live a bit of a dream.

...

Dear student body:

I ask you to join force and retaliate against the sheer stupidity of the \$0.11 cost of spoons in the cafeteria. A piece of plastic is worth nothing, and if it's really an expense, include it in our tuition.

Sincerely,

Out of money

...

To the 3 DMITS,

No one cares what time you guys troll the hallways looking for girls to creep on. If you guys are that "good looking," maybe try out for the hot single of the week.

— Tiring of reading your crap

...

The men of the Petro Program enjoy every opportunity we get to walk the halls

of J, X and H wings for the occasional classes we have away from the dungeon called the "Annex". We don't bite and have noticed many of you in the medical wings through every floor. We don't gawk like parasites or creeps from other programs, but enjoy the beauty, so take it as a compliment, ladies. If we approach, and when we approach, treat us with the same respect we give you!

— Tx Richelle... from one PENerd ;)

...

To the ice cap girl in the morning, you're damn cute even in sweat pants. Don't be afraid to say hi.

— The guys in the hall

...

Dear people both sides to the comic argument:

Get over it ... you all look like babies bitching. I don't like them, I don't care. Shut up and find something new to complain about. Stop feeding the fire, please ... Thank you

...

To the AHT girls,

His name is Eric. He's well-travelled, speaks several languages and he's a vegetarian.

— The First Year Paramedic Class

...

Dear PFTs:

There are specifically two hot ones in the first year, never see them apart. Who are you??

P.S. — Also, my friend (jill) wants the steroided up hot slab of meat, I want you now. I think your name is Merlin or something.

THE NUGGET PRESENTS:



Dr.CONwisDOM

Dear Dr. CONwisDOM,

I have recently been employed at a dog grooming place. Everything is great at my job — the hours, the pay and my boss is really friendly. The only trouble is, since I've been employed here, I have discovered that the yelping, whining and barking of the dogs I groom is a huge turn on for me. The panting, oh the panting, it gets me so hot, it is unbearable. This new self discovery has left me in an awkward place at work. I am not sure what I should do.

— Dog-Gone-Crazy

Dear Dog-Gone-Crazy,

That is twisted, but I won't judge you for your fetish. I suggest that you get a new job. You just won't be able to get the job done, or stay focused. Why don't you try cat grooming instead?

...

Dr. CONwisDOM:

I think I might have a problem. Whenever me

and my boyfriend have sex, he insists on wearing a Halloween costume. It was weird at first, but lately I've been enjoying it a lot. Last time he was dressed as *Scream* and it was awesome! Is this wrong?

— Loving the Mask

Dear Mask,

That is just creepy, how can you enjoy it when you're doing *Scream*? Seriously, a guy in a black dress and a mask turns you on? You may be enjoying it, but the thought just makes me cringe. You have a problem about as big as Alberta, in my opinion.

...

Dr.CONwisDOM,

I have an issue with my downstairs portion. Straight up, its like a WOOLY MAMMOTH! Every time I shave it in the shower, and get out it serious takes two minutes and its AFROTastic once again. I need help, what should i do!!!

— Thanks, Manfred Mammoth

Dear Manfred Mammoth

First off I just want to say, excellent name, an Ice Age reference is always appreciated. I hear what you are saying my friend, it is a problem that plagues a lot more of us than you would think.

There are a few options for you. 1) Wax on, wax off. That's a good way to get you down to the wood. 2) Fire the laser. This is a more permanent option, but will leave you a little sore afterwards. 3) Just embrace it. You never know when the Afro will make a comeback. Being afro-tastic could come in handy one day, and if not, I'm sorry, you are going to grow old, bitter, alone and hairy. Better invest in some cats and start buying those dragon fiction novels early.

...

Dear Dr. Conwisdom,

HELP. I'm in bit of a dating slump. Well, actually, it's more like a 30-year slump. I'm 30 year-old NAIT student, and I have zero dating experience. How do I get

laid/a date!?

— 30-year-old Virgin

Dear Virgin,

First off, can I just say ... wow?! And how?! There are plenty of girls in this town, it can't be that hard to get a little action! First off, you need to sign up for a dating site PRONTO. Only after you've been on a few terrible dates, can you really start to look for a serious date. If you want a good girl, go to E-Harmony. If you want a wilder woman, try match.com Good luck on your devirginization!

...

...

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



KENDAL GUINEY

What comes to mind when you think of Charlie Sheen?



"He's probably still on drugs – that's for sure."

Eric Crockett
Chem Tech



"Duh ... winning."

Richard Parent
Chem Tech



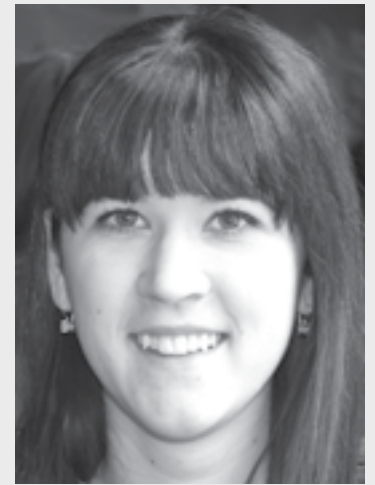
"I like him."

Randy Russell
Electrician



"What would Charlie Sheen do?"

Steven Lam
Mechanical
Engineering Tech



"I couldn't care less about Charlie Sheen."

Jessica French
Dental Assisting

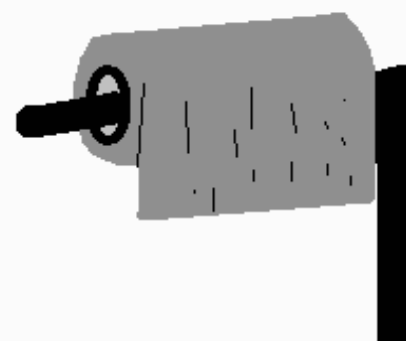
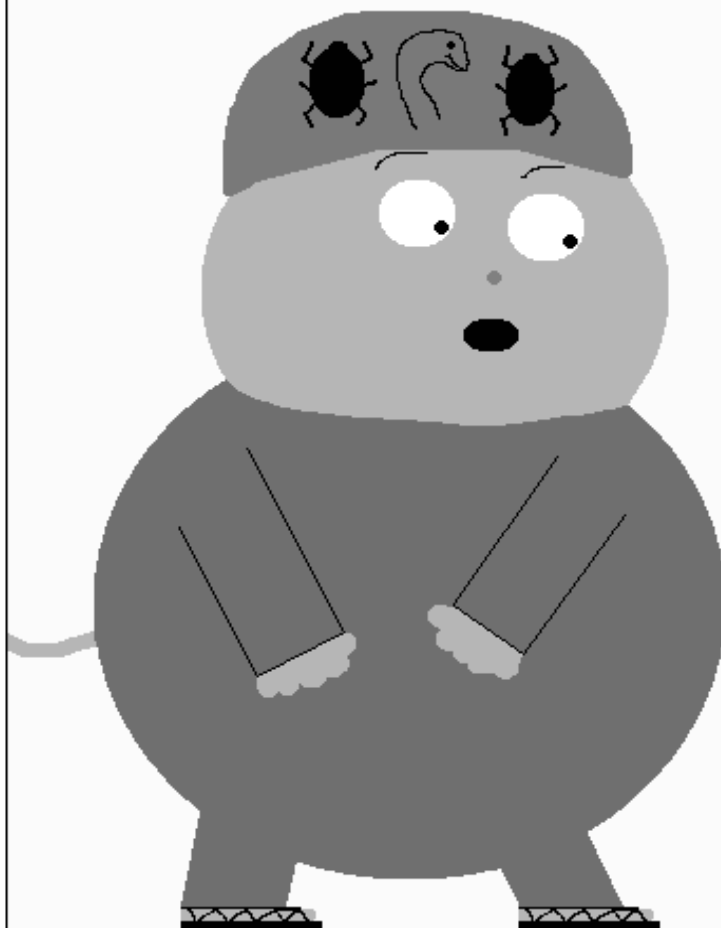
THE NUGGET PRESENTS:

NUGGET COMICS

M
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WHERE ANCIENT
EGYPTIANS GOT THEIR
MATERIALS FOR
MUMMIFICATION

J.B.

Cartoon by John Benesch

Managing your anger



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

In addition to affecting relationships with friends, family and coworkers, angry outbursts also affect your self-esteem and your overall health. While anger is usually a reaction to stress, losing your temper has the overall impact, ironically, of increasing your stress levels.

- Know your triggers and your warning signs. Look back and determine what types of things cause you to explode. Be aware of the physical, mental and emotional signs that let you know that you are getting out of control. Rapid breathing, increased heart rate or muscles tightening in the upper body, neck and jaw are common physical signs.
- Recognize that how you respond to a situation is your choice. There are many alternatives to losing your temper.
- Take a physical and/or mental time out. If possible, leave the situation until you can calm down. If this is not possible, count to 10 slowly or say the alphabet backwards.
- Find ways to express your feelings in a calm way. It is important not to hold anger in and stew on it. Stick to the current issues

and do not bring up past problems. Keep your focus on finding a solution rather than placing blame. Practise empathy by trying to see things from the other person’s perspective. If you cannot speak to the person who has triggered your anger, try talking about it to a friend, family member or counsellor. For some people, writing can help. However if you write something you want the person you are angry with to read you may not want to give them your first draft or fire off an e-mail right away.

- Regular exercise is a great method for defusing overall stress. Physical activity, such as a brisk walk, pushups or jumping rope can quickly release pent up frustration.
- Quick relaxation techniques include deep breathing, visualizing a relaxing place or thinking of something humorous. Yoga, meditation, listening to music that relaxes you or doing a relaxing craft or hobby are other stress reducing techniques. And of course having a balance of school, personal time and social time is important, too.
- Identify the negative thinking that leads up to angry outbursts. Your inner self talk has a major impact on how you respond to stressful people or situations in your life. It often helps to keep a journal of what triggers your anger and of what self-talk goes on when you are triggered. Examples are self-criticism, over generalizing, all-or-nothing thinking, a need to always be right or building things out of proportion. When you are aware of your usual pattern of inner messages, you can work on changing your self talk with the goal of creating positive resolutions.
- Learn to talk yourself down. You can

defuse anger with simple questions such as “How much will this matter in five years?”, “Is this a reaction to the situation right now or to something from the past?”, “Are my expectations realistic?” or “Is this person trying to make me angry on purpose?” (e.g., if a stranger cuts you off while you are driving, it is very unlikely that they are trying to annoy you personally). If your anger is justified, then it is important to talk yourself down with messages such as “I need to wait until I can think about this rationally” or “I can stay calm and relaxed” before you respond with words or actions that you might regret.

- Keep a “what to do” list of techniques that work for you when you are angry. Practise deep breathing, brisk walks, humour, visualization, positive self talk, carrying your MP3 player with you and listening to calming music, and other things which

may be calming for you. Carrying an object such as a smooth stone in your pocket and rubbing it when you feel your stress rising works as a quick calming technique for many people. Once you have figured out what works best for you in most situations make a list that you can refer to when you feel yourself losing control. Having a list of options will also help you deal with a variety of stressful situations.

- Get help. Talking about stressful situations in your life can help you put them into a new perspective. Relationship counselling can help couples develop more effective communication techniques. Individual counselling is free through Student Counselling while you are a NAIT student, so take the opportunity to try it out while you are here. All appointments are confidential and can be booked at Room W111-PB or by calling 780-378-6133.

Who You Gonna Call? NAIT Services for Students

Academic & Personal Concerns – Student Counselling: 780-378-6133, Room W-111-PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan: 780-471-7730, Room E-125. (Note that you must opt out by Sept. 24 if you have alternate coverage.)

Housing – on-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury or minor medical concerns – Health and Safety Services: 780-471-8733, Room O-119

NAIT Security – 7477

Part-time campus jobs/ Volunteering – NAITSA: 780-491-3966, Room E-131

Program-related concerns – Contact Program Chair or Program Advisor

Scholarships & Awards – Student Awards Office: 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities: 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office: 471-6248 (option 2); Room O-111

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A)

Peer Tutors – sign up in Room A-172. The cost is approximately \$15/hour

Violence or potentially violent behaviour, or extreme medical emergency – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 378-6133
Website: www.nait.ab.ca/counselling

.. facilitating student success

CROSSWORD SOLUTION

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20	A	S	S	I	21	G	N	S		22	S	L	23	A	T	H	E	R
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38	M	A	L		39	R	E	Y	N	A	R	D		42	T	O	Y	
43	E	N	Y	A		45	S	K	E	D		46	R	E	N	T	A	
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66	M	I	R	E		67	S	T	A	R	T		68	E	D	E	N	
69	A	L	A	N		70	T	I	T	L	E		71	R	A	R	E	

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Visit us next week **March 14-18** from 8:30-4pm at the NAITSA kiosk located in the south lobby, close to the common market.

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