

IT'S FRAUD MONTH – GUARD YOUR PINs

# THE NUGGET

Thursday, March 24, 2011  
Volume 48, Issue 23



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## NAIT KNOWS APPS

New program provides instruction for creating iOS applications, page 2



Photo courtesy of the Durham College Chronicle

### PLAYING HARD

NAIT Ooks Clayton Crellin drives around a player for Humber College Hawks during their game last week at the national championships. NAIT went on to win the contest 83-76. The Ooks placed fifth in the tournament, which was won by Vanier College Cheetahs of Montreal.



Join us on April Fool's day for a stunning live performance by Michael Jackson & Lady Gaga...sort of... it's our BIGGEST, BEST and LAST party of the school year!

With special guests firefly theatre and the Shadow Twins

Friday April 1, 2011 @ 8PM  
City Center Airport Hangar

Tickets \$20.11 @ the NAITSA office  
[www.naitsa.ca/yearendshow](http://www.naitsa.ca/yearendshow)





# NEWS & FEATURES

## Ya gotta have HART

By ANNA ESTANISLAO

Helping out in your community can be quite a feat, even we have a good cause to donate to or help at. That is exactly what Matt Bell, a NAIT Business Administration student, is doing. Bell is involved with the Humane Animal Rescue Team (HART), a non-profit organization that rescues unwanted and abandoned stray dogs around Northern Alberta. HART rehabilitates and treats the rescued dogs and tries to place them in permanent homes.

"Funding is holding HART back," Bell said recently. HART is shelter-less, meaning, they fully rely on a network of foster homes that welcome rescued animals until a permanent home is found. Veterinary medical supplies and care are also quite costly, as every treatment costs approximately \$350 per dog.

HART joined The Pepsi Refresh Project, a contest that allows individuals, businesses, and non-profit organizations to generate ideas that will benefit and have a positive impact on communities. Pepsi will award grants from \$5,000 to \$100,000. The top two ideas will receive funding. Out of 256 ideas in the running, HART is currently ranked in fourth place and is applying for the \$25,000 grant. This is definitely a stepping stone to help HART reach its goals.

Some of HART's main goals are: to raise awareness about fostering and adopting dogs and development of "The Big Fix", a large scale spay and neuter clinic, which

would be free to the public.

When one fosters a dog, "HART provides food, equipment or anything the dog needs," Bell said. "You look (after) the dog temporarily until an adoption is found."

Many dogs are dying due to overpopulation and The Big Fix will help to humanely control this problem.

"They're going to make it more affordable for people up North so we could try to eliminate so many dogs from being born – that's the big issue," said Bell.

If HART gets the most votes and wins the grant, funds will be distributed to an Emergency Medical Fund, which can help this volunteer-based organization to react quickly to emergency cases and treatments. Funds will also be dispersed to their SNIP (Spays and Neuters in Partnership) Program with which will increase the number of surgical alterations that can be performed.

Help spread awareness and create a stable pet population, Bell says.

"You can vote every day for HART, once a day for each idea you want to support. Voting goes until April 30."

Every vote counts.

It is never too late to make a difference. Visit the Pepsi Refresh Project website ([refresheverything.ca/hart](http://refresheverything.ca/hart)) to vote for HART and help them succeed. If you are interested in fostering or adopting a dog, visit their website ([humaneanimalrescueteam.com](http://humaneanimalrescueteam.com)) for more information.



Supplied photo

This little guy could use a good home.

## NAIT offers program for apps

By BALJOT BHATTI

Beginning Monday, March 21, NAIT will begin offering a part time Apple iPhone and iPad Developer program, which offers a certificate in the development of applications for the iPhone, iPad and iPod Touch.

The program's main focus at the moment is iOS applications, meaning applications related to Apple's mobile devices. Students are expected to have previous knowledge of the programming.

With intense competition in the mobile phone market, NAIT's decision to run this pro-

gram is timely. Apple's operating system market share is currently hovering near 40 per cent, meaning that certificate recipients of this program will definitely have a market for their products. They just need to make the right app for the right time.

It's a brand new program that campus and faculty are both excited about. The mobile apps market is growing exponentially, especially in the gaming segment, and shows no signs of slowing down.

For example, Rovio Mobile of Finland, whose development team numbered less than a dozen, created the monster hit "Angry Birds" for Apple's mobile devices. To date, 12 million copies of the game have been sold (at 99 cents a piece), making it one of the biggest mobile sellers of all time.

Students will learn proper programming practices and develop an understanding of Apple's programming philosophy, as well as the rules and restrictions that govern their App Store.

Students will also develop their own applications within the program.

Interest in the program has been heating up too, despite minimal advertising. "We have a lot of interest from people," said Surinder Padam, program manager. "We had 10 seats available and it's nearly full now, with just a month of advertising."

As for other mobile operating systems, don't expect to be left out in the cold. Google's Android mobile operating system has made big gains in the last two years, and there will be changes to the program in the upcoming months to reflect that.

"In the future, we plan on increased mobile operating system coverage, including Android development," said Padam.

The iPhone/iPad Developer Program is another example of NAIT staying on the forefront of technology and high-tech trends. We hope the interest in the program remains high.



invokemedia.com



# The sky is not the limit

By CELESTE DUL  
Issues Editor

"Believe in yourself, focus on your dream, and never let go. Then, the rest is just up to you. Just start working on it one step at a time. It's one small step and it doesn't matter how long it takes, you'll get there, guaranteed," said Maj. (retired) Deanna Brasseur, one of the first two female CF-18 fighter pilots in the world.

This past week, NAIT hosted this inspirational woman who is using her life experiences to inspire people to chase their dreams. Accomplishing many firsts, like being one of the first two female CF-18 fighter pilots in the world, the first female flight instructor at Canadian Forces Flying Training School, the first female flight commander at CFB Cold Lake and Canada's first female aircraft accident investigator at National Defence Headquarters, Brasseur breaks the mold with her dedication and humility.

**"It just seemed like fighters were the fastest thing that you could do. That's why once I became a pilot that my goal was to become a fighter pilot."**

**- Deanna Brasseur**

She described her challenges through clever metaphors and uses the word "can't" strongly throughout her keynote, describing how no one can truly succeed unless they believe that they can. Brasseur says that you can be whatever you put your mind to, as long as you believe you can do it.

Every individual needs to set a goal for themselves and visualize what it will be like once they achieve it. She suggests that this will allow people to pull themselves towards their goal and have a stronger connection with the path they took to reach it.

Brasseur knew from a young age that she wanted to go into a non-traditional career.

"I guess I always enjoyed exciting stuff. So if I was riding little red wagon when I was a kid, I wanted to go fast downhill," said Brasseur. "It just seemed like fighters were the fastest thing that you could do. That's why once I became a pilot that my goal was to become a fighter pilot."

No matter what direction you want to take, Brasseur says that if you put your mind to it, you will succeed.



Photo by Nicole Emmelkamp

Maj. (retired) Deanna Brasseur makes a point during an address to a NAIT audience on March 17 in the Shaw Theatre.

## INVENTORY BLOWOUT SALE

### APRIL 4 - 15

Special promos & giveaways will be on  
Facebook & Twitter

Join us!

TECH STORE BOOKSTORE



#### The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 471-8866  
www.thenuggetonline.com

#### Editor-in-Chief

Rachel Jacques  
studenteditor@nait.ca

#### Issues Editor

Celeste Dul  
issues@nait.ca

#### Assistant Issues Editor

Steven Dyer  
issues@nait.ca

#### Sports Editor

Kyle Galliver  
sports@nait.ca

#### Assistant Sports Editor

Matt DeBeurs  
sports@nait.ca

#### Entertainment Editor

Lace Senio  
entertain@nait.ca

#### Assist. Entertainment Editor

Natascha Bruhin  
entertain@nait.ca

#### Photo Editor

Laura Dettling  
photo@nait.ca

#### Production Manager

Frank MacKay  
fmackay@nait.ca

For advertising, call 471-8866  
or e-mail: fmackay@nait.ca

**Submissions encouraged:**  
studenteditor@nait.ca

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

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

## Letters

### We want your views

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

Get those thoughts into print.

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

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

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

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

# Magical, mystical moon



## FROM SPACE TO SEA

**CELESTE DUL**  
Issues Editor

Think back to what you did on Saturday night – out with your friends, at the bar or even relaxing at home. Wherever you were, were people acting unusual in any respect? If you can answer yes to this, science and space have an explanation for you.

For those of you who got a chance to look at the sky this past weekend, you would have seen the biggest and brightest moon that we've witnessed since 1992. The "SuperMoon" is 14 per cent wider and 30 per cent brighter than an average full moon.

The name SuperMoon was coined by astrologer Richard Nolle in 1979, and defined as:

"A new or full moon which

occurs with the Moon at or near (within 90 per cent of) its closest approach to Earth in a given orbit (perigee). In short, Earth, Moon and Sun are all in a line, with Moon in its nearest approach to Earth."

Although no scientific evidence can support the claims, it has been suggested that the SuperMoon is related to natural disasters. Richard Nolle, certified professional astrologer, argued that within three days, plus or minus, of a SuperMoon, the Earth is more subject to natural disasters such as earthquakes and volcanic activity due to the Moon's increased gravitational force. Since 1990, the recent earthquake that hit Japan is the only earthquake to result with a 8.0 magnitude or higher within two weeks of the SuperMoon. The reason the link is suggested is due to the tidal force the moon has on the oceans. The tide is greatest when the Moon is either new or full. At lunar perigee, the tidal force is even stronger, resulting in larger high and low tides on average. However, even at its most powerful, this force is still weak.

As well, the SuperMoon has been linked to increased deviant behaviour in human beings. This is known in scholarly research as the Tran-



sethonsurvival.com

sylvanian hypothesis. This hypothesis suggests that the position of the moon has an effect on the humans, especially mentally. Previous studies showed that on days of the full moon, there was an increase in both murders and suicides. However, all of these studies have been unsupported by scientists and astronomers.

Recently, psychiatrists have made a connection to historical spikes in

uncommon human activities during the full moon. In the 1700s and 1800s, there was not the amount of electricity, and therefore light, that we have now. When the full moon came out, the extra light was noticeable to them and caused people to go out later at night. This, in turn, caused an increase in communication and interactions between strangers.

Although many of these stud-

ies have no claim in the scientific community, there are many that still believe in the power of the SuperMoon. Along with the fact that this belief has been evident in culture pre-dating written history, it is also linked to the most common legend, the werewolf.

Whichever side you take, one thing is for sure, there is something magical about the SuperMoon.

# Wonders of the ancient world



## EDMONTON NOW

**STEVEN DYER**  
Assistant Issues Editor

This week I decided to talk about something a little different. This is for all those history buffs out there as well as those who find beauty in ancient ruins. With summer approaching, people are looking to travel. There are places around the world that have many tourists each year, as they are historical sights that were extremely beautiful in their prime. That beauty still lives on in the ruins and in the history of those places.

As some of you may know, there are many wonders all over the globe, and they can be man-made or natural. For example, the seven wonders of Canada, as listed on Wikipedia.org, are: The Sleep-

ing Giant in Thunder Bay Ontario, Niagara Falls, the Bay of Fundy, Nahanni National Park Reserve in the Northwest Territories, the Rocky Mountains, the Northern Lights and finally, the Cabot Trail on Cape Breton Island, Nova Scotia.

You might be asking what this has to do with history, as none of these places have too much history, but they are not the only wonders of the world. There are many listed on the Internet, but the ones that I am most fascinated by are the Seven Wonders of the Ancient World.

### Vast and beautiful

The ancient world was vast and beautiful. The people of those eras did not have the technology we do now, but they still managed to create many beautiful things in their time. There is only one wonder left, but the ruins of others still remain and they are a sight that I wish to see someday, starting with the Lighthouse of Alexandria.

Also known as the Pharos of Alexandria, this magnificent tower was built between 280 BC and 247 BC in Egypt. The tower served as a beacon that would guide sailors

to safe harbour at night. The tower was estimated to be around 393 and 450 feet high, which is about a quarter of the height of the CN Tower (553 metres) and the light that shone from it was claimed to have been seen for up to 29 miles, which is about 341 times the height of the tower.

Sadly, now all that remains of the lighthouse is debris, as it was destroyed in the 15th Century.

Another of the ancient wonders was the Colossus of Rhodes. The statue was taller than a Blue Whale is long, it was said to stand over 107 feet. The statue was devoted to the Greek god Helios, god of light, and was built in celebration after a victorious campaign. Construction began in the year 292 BC and ended in 280 BC. The structure had only a brief life, though. During an earthquake in 226 BC, the statue snapped at the knees and toppled over.

It is unclear whatever happened to the pieces, but in 2008 plans to build a new Colossus were announced. The new structure will not be an exact duplicate, but it will share similarities with the original.

The next great wonder is the

Temple of Artemis. Artemis was the Greek goddess of the Hunt as well as the Moon. The temple was located in Ephesus, now known as Selcuk, in present-day Turkey. The ruins are still visible to this day.

The temple was rebuilt three times before its final destruction. The original was destroyed in a flood, the second was burned and the Goths, an East Germanic tribe, destroyed the third in a raid. The final temple was deconstructed by a mob and the blocks were used to build other structures, although parts of the temple remained.

### Hanging Gardens

The most beautiful of the wonders, in my opinion, would have been the Hanging Gardens of Babylon. Legend says that the gardens were built around 600 BC and that the Babylonian king at the time built it to please his wife, who longed for the plants of her homeland. The gardens were destroyed in an earthquake in the early Second Century BC.

It is unclear if the gardens actually ever existed, as there is very little documentation of them in Babylonian history.

The final wonder that I will

talk about is the Great Pyramid of Giza, the only wonder of the ancient world that remains to this day. Time has taken its toll on this great monument, but even time has failed to destroy this iconic structure. It is the oldest of the seven wonders and was thought to have been built around 2,560 BC over a 15-20 year period.

The pyramid was the tallest man-made structure for more than 3,800 years. It stood about 481 feet, taller than the Lighthouse of Alexandria. The pyramid stands in the Giza Necropolis, outside of what is now El Giza in Egypt. It was thought to have been built for the Fourth Dynasty Egyptian Pharaoh Khufu. There are three known chambers in the pyramid, although the lowest chamber appears to be incomplete. There are also chambers that appear to be for the king and queen. The pyramid is open to tourists, but they only have limited access to this marvel.

There are two more wonders that I have not discussed. They are the Mausoleum of Halicarnassus and the Statue of Zeus at Olympia if anyone is curious and wants to look them up.



# 'Embrace what you have'

By TIFFANY LIZEE

Bryan Mudryk, a successful TSN sportscaster, has not had the easiest run. At the early age of 19, his life was held in a dangle. He discovered he had a malignant lump in his neck and another biopsy revealed a tumor behind his lungs. Doctors confirmed it was Hodgkin's disease. Bryan was already registered for the winter semester at NAIT in Radio and Television, where he planned to pursue his dream as a sportscaster. Luckily, after numerous chemotherapy treatments, the Cross Cancer Institute successfully contained the cancer and shrunk the tumor. Unfortunately, they were not able to remove it due to its location. Bryan was then able to attend his classes and excel at the program.

## Devastating news

A year later, Bryan received the devastating news that he had relapsed. "That was the first time I was scared. Because I knew what I had gone through, and it was obviously going to be a lot worse now." Once again, the excruciating treatments began—the stem cell transplant, the chemotherapy, the trial drugs, the isolation—and his family put their lives on hold to try to save his. They spent countless hours and sleepless nights at his bedside, praying he'd make it through. Finally, things started to look up and were improving. He was eventually released from the Cross Cancer Institute. "I just can't say enough about the nurses and the doctors at the Cross Cancer Institute," he says. "They are phe-

nomenal, phenomenal people . . . They see families at their absolute lowest."

After graduating from NAIT, he worked in Lloydminster broadcasting news and weather. He then went to A-Channel in Winnipeg, where he scored his first sports gig. After two years there, he returned to Edmonton, cancer-free, and worked for CTV.

"Those were the times that drove me when I was healthy to enjoy every day, to embrace what you have, and to work really hard," he says. "I was really aggressive with my career after that—because you're not promised tomorrow, and I learned that the hard way."

During his dark days in the hospital, Bryan had an idea and later discussed it with his family. It wasn't until he moved back to Edmonton in 2002 that they got the ball rolling. The first year they held a dinner and live auction, raising 30 grand. It was the following year that Bryan decided to add a golf tournament to the mix. Now the weekend consists of a Friday night kickoff party, the best ball golf tournament, an evening dinner, dance, live and silent auction activity, and numerous other charitable activities. Just last year, Bryan had support from big names such as TSN, former Edmonton Eskimos Grey Cup winner Matt Dunigan, Olympic Gold Curling medallists John Morris and Ben Hebert, Miss Canada, TSN curling commentators Ray Turnbull and Cathy Gauthier, CTV's Rob Williams, Global's Kevin Karius, 100.3 The Bear's Gillian Foote, Sportsnet's Evanka



albertacancer.ca

Osmak and several other TV and radio personalities. Over the last eight years Bryan and his friends and family have raised nearly half a million dollars for the Alberta Cancer Foundation.

It was in 2005 that he received the phone call leading to his dreams. After interviewing for TSN a couple of months earlier, he had not yet heard back and figured he had lost his chance. To his surprise, Bryan had landed the job he had always wanted and at 27 would become the youngest anchor ever to be on TSN.

"I think his cancer scare did affect him," says Mark Milliere, Vice President of Production at TSN and the man who hired Bryan. "He looked at it as 'I know what I want to do with my life,' and it emboldened him to go after and get it."

## Inspired others

Bryan's generosity has also inspired others to step up and help raise money for the annual Bryan Mudryk Golf Classic in support of the Cross Cancer Institute. There is the third annual Battle of the Paddle Race, the fifth annual United Cycle to Boyle fundraiser and Mike Czaja racing laps for donations. Also being held is the Bryan's Angels fundraiser, where 10



Handout

determined and motivated ladies will be running 200 sets of the Glenora stairs on River Valley Road in Edmonton. If you would like to support this great cause, you can go to <http://albertacancer.ca/tiffany-lizee> and donate. Also go to <http://www.bryanmudrykgolfclassic.com/> for more information.

"It truly has been amazing to

see someone as young as Bryan step forward and dedicate so much effort into giving back," says Bobbi Wolbeck of the Alberta Cancer Foundation.

"He has pulled in his family, his friends, his entire network of people around him to stand behind his cause—to stand behind what's allowed him to be here today."

# Health inquiry urged

By BALJOT BHATTI

Alberta provincial opposition including Wildrose Alliance, New Democrat and Liberal parties, are calling for an independent public inquiry and debate over the state of health care in Alberta. The Alberta Medical Association (AMA) has said it would support an inquiry if one is called.

One aim of the opposition is to look into 322 cases of potentially mismanaged incidents at the emergency rooms of the University of Alberta Hospital. Also, there are allegations of intimidation against doctors, which the opposition believes should be investigated.

"We speak with one powerful voice, on behalf of all Albertans who care about public health care and financial accountability," said Liberal leader David Swann.

"We now demand, on behalf of the people of Alberta, a fully independent public inquiry, one completely free of government interference, control or intimidation."

It is alleged that the Conservative party forced a surgeon out of his position as head of thoracic surgery at Capital Health because he made public

his concerns about surgery wait times and poor resources for patients.

"There are concerns that, when speaking out, physicians may not feel they will be heard or may fear negative consequences," said Dr. Patrick White, president of the AMA.

Dr. White adds that the AMA supports the approach to the inquiry regarding issues of intimidation.

"We will not allow this government to escape the consequences of its mismanagement and possible corruption," added Swann.

"We will not allow public health care to be destroyed by incompetence and possible corruption."

The opposition wants any inquiry to be completely open to media and the public and overseen by a current or former justice of the Crown.

Stelmach's government is still hesitant on calling an inquiry.

However, many political observers say that, with the opposition's solidarity on the matter and continuous pressure, the government may not be able to hold out on creating the inquiry for much longer.



flickr.com

David Swann

## Virtually Speaking

# A champion of gaming



**GRAHAM McCANN**

Jane McGonigal is now a big name in the gaming world. She is a game designer but also is passionate about studying how games can affect people's emotions and how games can be utilized to improve the quality of life and social problems.

She had a book published this year called *Reality is Broken: Why games can make us better and how they can change the world* in which she talks about the positive effects that video (and other) games have on peoples' lives and the world.

I read an article on Gamespot.com about her speech as the keynote speaker at Penny Arcade Exposition 2011 and her enthusiastic and optimistic defence and promotion of interactive digital entertainment intrigued me.

Around three billion hours a week are devoted to gaming and that it is not at all a bad thing as many may assume while gasping at the number.

First of all, McGonigal says that the opposite of play or fun isn't work but depression.

When doing things like playing games, people

intentionally put themselves into a problem and situation of stress, but it's called 'eustress,' which is a positive version of anxiety stress. People experience positive emotions overcoming these welcomed obstacles.

She cites a study which says that people need a three to one ratio of good to bad emotions to be happy, and having better, happier lives is what this is all about.

These billions of hours of positive stress and accomplishment, she found, transfer over to productivity, as well as creating a happier and more positive individual who is more motivated to succeed.

Emotions are contagious, she says, and being happy around other people can turn people into "contagious vectors of positive emotion."

Her example of how games and her imagination helped her was a matter of life and death. She had a serious concussion which did not heal properly, and had to abstain from work, reading, video games and most other strenuous tasks in order for it to heal. This put her into a deep depression, where in 2009 she was on the verge of committing suicide.

She instead chose to find a way to battle her symptoms. She created a world in her mind with a different identity named Jane: The Concussion Slayer, and had other people, such as her husband and friends, recruited into this world to aid her quest. She said it had "blissful productivity, social fabric, urgent optimism and epic meaning," and it helped her through her depression and healing.

To listen to her speak at TED for more insight into her study, go to [http://www.ted.com/talks/jane\\_mcgonigal\\_gaming\\_can\\_make\\_a\\_better\\_world.html](http://www.ted.com/talks/jane_mcgonigal_gaming_can_make_a_better_world.html)



flickr.com

**Jane McGonigal**

# Annual quest for a summer job



## **VIEWS FROM AN OUTSIDER**

**CATHERINE YE**

Hey, my fellows! How was your St. Patrick's Day? Cool and fun? Good! In this article, I want to discuss how to find good summer jobs.

Summer jobs are a new idea for most international students. To be frank, I have no idea how to find a job in the first place. So, if you have the same problem as me, let's find out the answers together. I searched it on the Internet, and got several answers. So I will summarize them and try to give you an overall idea.

The basic steps towards getting a summer job or internship that you want are as follows:

- Choose a field of work that interests you.
- Research the field of work, company/networking and informational interviews.
- Create a resume and write a cover letter.

- Prepare for and schedule interviews.
- Send a "thank-you" letter following the interview.

I don't want to discuss how to write a resume in this article, because I think you probably have more experience than I do.

How about some tips for the process of finding a job? Laura T. Coffey from TODAY.com gives students 10 tips.

1. Start looking now. One way to beat out at least some of the competition is to start your job search early rather than waiting for the school year to end.

2. Get the word out about your job search. Begin actively telling people that you're looking for a job. Think about all the adults in your life: your teachers, guidance counselors and coaches, and so on. This approach could turn you on to job prospects.

3. Plan for a repeat performance. If you had a job last summer and you didn't absolutely hate it, consider reapplying again this year. Your past employer will be interested in you because you're already trained.

4. Be professional. Make sure that everything you include in your job application is spelled correctly and is free of grammatical errors. Don't use all lowercase or all uppercase letters. Be sure the e-mail address you put down isn't silly or distracting. The same holds true for the voice-mail prompt on your cell phone or home phone.

5. Do mock interviews in advance.  
6. Show some energy. Employers who bring teenagers on board say they appreciate their enthusiasm and eagerness to do whatever it takes to get a job done.

7. Get appropriately gussied up.  
8. Play up your strengths. Emphasize flattering details about yourself, such as being an honor-roll student, juggling extracurricular activities and volunteering in the community.

9. Know where to look.  
10. Consider working at a bank. If you're at least 18, you also may be able to land a job as a bank teller. Banks often need help over the summer

months when many of their employees go on vacation, and a bank job can look good on your resume.

Farnoosh Torabi, from moneywatch.com, also suggests six tips. Some of them are overlap with Laura's. So I'll just explain the new ones with you.

1. Play up your teen-specific skills. Combat competition from the grown-ups by playing up your teen-specific skills. The best ways to compete against the older crowd are to note that your hours are completely flexible.

2. Look into federal jobs.

3. Be your own boss

I do hope this article can help you find a job. So, good luck to everyone!



mediumonline.ca



# OPINION

— Editorial —

## Time to step up and give



**RACHEL JACQUES**  
Editor-In-Chief

are going through. It really makes me re-evaluate my outlook on life. I am so thankful for what we have here in Canada. And I am thankful that Edmonton, Alberta is landlocked.

**W**e are all shocked and horrified with the quake and ensuing tsunami in Japan. The absolute devastation is catastrophic. As if the earthquake and tsunami weren't enough, now Japan is dealing with the threat of a nuclear meltdown as well. I cannot begin to imagine what these people

### Forgetting others?

As I watch the news, Twitter feed and efforts going out to Japan, I can't help but wonder if we are forgetting about other countries along the way. Just over a year ago, on Jan. 12, 2010, a devastating 7.0 magnitude earthquake hit just outside of Port-au-Prince, Haiti's capital city. The chaos that followed included 52 aftershocks measuring 4.5 or greater. The government estimated that 316,000 people had died and many more had been injured or displaced due to this event.

Half a year later, in July 2010, as much as 98 per cent of the rubble from the quake still remained uncleared. Most of the capital was impassable and thousands of bodies remained in the rubble. The number of people living in the relief camps since the quake was reported at 1.6 million and almost no transitional housing had been built.

Now, over a year later, Haiti still has not recovered. No major reconstruction has started. Amnesty International stated that armed men prey with impunity on girls and women in displacement camps, worsening the trauma of having lost homes, livelihoods and loved ones. Many people have voiced their anger and frustration at the slow rate of aid delivery. Michaëlle Jean, who served as the Governor General of Canada at the time of quake, placed much of the blame on the international community for abandoning its commitments. In a public letter she said: "As time passes, what began as a natural disaster is becoming a disgraceful reflection on the international community." We have an obligation. Countries across the world need to help out in any way possible.

Haiti is not the only country still struggling to recover from disasters and tragic events. Cambodia is still in a state of recovery, 35 years after the Khmer Rouge scourged the nation. Thailand hasn't fully rebuilt since the tsunami hit in 2004. These Third World countries don't have the funds or the means to even begin to help themselves. They need the support of the more well-off to recover.

### Donate to a country in need

Japan has suffered a tragic loss, I'm not denying that. But we need to remember that they are a rich country. They have the support and money from within to rebuild themselves. I am not by any means saying that they don't deserve the help. Japan is also a world power in trade. Many products and services are created in Japan and we need that country for our economic success. So helping Japan back onto its feet is beneficial for the entire world. However, when we are donating to Japan, we need to keep in mind those other countries that don't have the money to rebuild. We need to remember that they are still suffering just as much as Japan.

So my challenge to everyone this week is to give up something small that you buy every week and donate the money to a country in need. How many of you buy your lunch every day? How many students do you see walking the hallways with coffees? My guess would be about four in every five. I know I have at least one, if not more, per day. By giving that two or three dollar item for seven days, each of us could save around \$20 for a donation.

Every little bit makes a difference.



MSNBC

Scenes in Japan following the recent massive earthquake there.

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

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

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

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

Trust us on that. Write us.



# SPORTS

The mixed curling team was one of three NAIT teams that received silver medals at the provincial championships, held recently at Olds Curling Club. They are, left to right, Jenn Davis, Dallas Luschyk, spare Graham Aitken, Matt Spetter and skip Brad Gibb.



Supplied photo

## NAIT curlers find silver lining

A tremendous performance by the NAIT curling teams enabled them to capture three silver medals and the ACAC curling title. Based on their performance in the regionals, 30 wins and four losses, there was a hint of disappointment when they failed to get gold.

The men, skipped by Shawn Donnelly, the ladies by Cori Dunbar and the mixed by Brad Gibb, came close to a sweep but had to settle for silver.

A total of 159 games involving nine colleges were played this year in ACAC play. The two regionals hosted by NAIT and Olds to determine the provincial qualifiers involved 126 games.

Another 33 games were played in the provincials, which were hosted by Lakeland College in Vermilion. When the pebble was gone the 2010-2011 curling champions were the men's rink from Red Deer College, the ladies rink from Grande Prairie Regional College and the mixed rink winners were from Augustana.

The NAIT men (with Donnelly as skip and with Jeffery Gauthier, Rob Kitagawa, Jarvis Jones and fifth Justin Burnett) finished first in regional play with an 11-1 record. They were 2-1 in the provincial round robin, won the page 1-1 game and then lost the final to Red Deer 8-3.

Cori Dunbar and team members Brittany Whittemore, Allison Mack and Allison Routhier finished first in the regionals with a 9-3 record. In the provincial round robin they went 3-0, won the page 1-1 game and lost a squeaker to Grande Prairie 6-5. This was the toughest division, with three teams at 9-3 and two teams at 8-4.

NAIT's mixed team, which totally dominated the regionals with a perfect 10-0 record, looked unstoppable. For skip Gibb and his teammates Dallas Luschyk, Justin Burnett, Jenna Davis and fifth Matt Spetter, the round robin saw them lose their first game and finish second at 2-1. They lost the page 1-1 game,

won the semis and then lost a heart breaker in an extra end to Augustana 6-5.

### In the hack

– NAIT has six players named to the All Conference teams – men's skip Shawn Donnelly, third Jeffrey Gauthier and second Rob Kitagawa; ladies skip Cori Dunbar, third Brittany Whittemore and mixed skip Brad Gibb.

– NAIT won the ACAC male and female curlers of the year awards, which will be announced at the annual Athletics Awards banquet.

– NAIT was the only college to qualify three teams and finished the season with a 40-10 record.

## Edmonton Energy unveil new coach

By DAVID ADOMAKO-ANSAH

Basketball fans in Edmonton can definitely feel the energy. General Manager Rick Stanley recently held a press conference announcing the Edmonton Energy's new coach, Skouson Harker.

Stanley couldn't be happier to have Harker, a former Energy player, leading the team into the 2011 season. At a press conference at Hudson's, Harker and Energy captains Andrew Parker and J.R. Patrick expressed their excitement going into the season, as well as their closeness and connec-

tion to the team.

"After our last game last year, coach Paul Sir mentioned that we won't remember the wins, we won't remember the losses but we will remember the relationships," said Harker.

"You know (we're) excited here to try and get things going and hopefully we can try and bring a championship to the City of Champions," said returning player and captain Patrick, who played in China last year.

"We've been playing at a championship level

for the past four years, every year we play. We're so excited for Mr. Rick Stanley to jump on board and help us. Skouson Harker is an incredible competitor in the locker rooms and now he's our coach. He's the best guy for the job," said co-captain Parker.

The Energy qualified for the International Basketball League playoffs last year, but did not go due to ownership not wanting to pay for their trip.

With new ownership and new sponsors, part owner David Dorward, a local accountant, prom-

ises the team will be in the playoff tournament this year in Portland, Oregon.

The Energy expects to bring back former players such as centre Lee Scruggs and forward William Funn, who made a difference both offensively and defensively in the 2009 campaign.

If you're interested in trying out for the Edmonton Energy, head to [www.edmontonnrg.com](http://www.edmontonnrg.com).

Open tryouts start March 26. The season kicks off in Albany, NY against the Albany Legends on May 13.



# 'The Utility Man' rocks



## WAY OFFSIDE

**KYLE GALLIVER**  
Sports Editor

The longer this painful Oilers season drags on, the more I'm realizing my favourite Oiler is winger Ryan Jones.

Not only has he been the Oilers' most consistent player throughout the season, he has also been the most durable. As the likes of Ales Hemsky, Ryan Whitney, Taylor Hall, Shawn Horcoff, Sam Gagner, Gilbert Brule ... etc., all go down with injury, Jones just keeps on playing and does whatever coach Tom Renney asks

him to do. He is a true team guy. Grind it out on the third or fourth line for a night? No problem. Go out there and kill that penalty? No problem. Hey, we have no one left to score goals, Jonesy, we need you to play on the first line. No problem. You're playing the power play tonight. No problem.

I like to call him, much to the annoyance of, well pretty much anyone who watches Oilers games with me, "The Utility Man." I usually shout it out anytime he makes a nice play, hit, and of course when he scores a goal, especially a really dirty garbage goal in front of the net. "The Utility Man!"

From episodes of *Oil Change*, the season long documentary on the Oilers done by TSN and Aquila Productions, I can tell that Jones would be a funny guy to be around. I also follow him on Twitter and have to say, he tweets some pretty hilarious stuff. Just one glance at his profile description will show you exactly what I mean.

"Member of the Edmonton Oilers of the NHL. Self-proclaimed best hair in the league! I'm open to shampoo endorsements but all the

good ones seem taken. Damn u Troy" What a guy.

The first period of last Saturday's game against the Avalanche was a great example of Ryan Jones at his finest. He starts off the game with a fight only 11 seconds in to the contest, then spends the rest of the period buzzing around the rink and driving the net hard. "The Utility Man!"

Oh, and did I mention he can score goals? He has 16 already this year, that's more than he has scored in any previous season ... combined. He could even hit 20 if he catches a little bit of fire in the remaining nine games.

Jones is the exact type of player the Oilers have been lacking for the last few seasons. You need character guys who will do whatever it takes for the team to have success and I would be shocked if Steve Tambellini doesn't sign Jones to a contract extension in the offseason. He's a player I'm hoping to see in Oilers' silks for many years to come. "The Utility Man!"

**Michael Grab-no?**

How is it possible that a player, in his

rookie season, that has 31 goals, is first in rookies scoring and sits 12th in the entire NHL in goals has been with three different organizations this year already?

Well, that is the case for New York Islander's rookie Michael Grabner. Grabner started the season as a member of the Florida Panthers after being acquired in a trade from Vancouver in the offseason. The Panthers then placed the 23-year-old winger on waivers with the intention of assigning him to their AHL Affiliate, but it looks like the Islanders had a different plan as they picked up Grabner and haven't looked back since. The former first-round pick (14th overall in 2006) has played 70 games this season with the team on Long Island and has scored an impressive 31 goals on a team full of young talent like Matt Moulson, John Tavares and Kyle Okposo.

Grabner bounced around the minors his first few years as a pro, but it looks like he has made the jump to becoming an NHL star.

I wonder why the Oilers didn't "grab" him while he was waivers?

# The NHL's history of violence



## SAY WHAAAAT?

**MATT DeBEURS**  
Assistant Sports Editor

Hockey is a physical game, heck maybe one of the most physical games in the world. With that being said, the number of concussions and other injuries this year in the NHL has people pondering just how safe the game really is. Players nowadays are so big, strong and fast that on-ice collisions, safe, or unsafe, are much more likely to result in injuries. And the unsafe ones seem to be happening more and more.

Just look at what recently happened between the Boston Bruins' Zedno Chara and Montreal's Max Pacioretty. I'm not going to put the whole thing on Chara's shoulders, because I feel that Pacioretty has to take some responsibility for it too. Both players knew where they were on the ice and both could have taken steps to avoid the contact. But it happened, and now the incident is being used as cannon fodder against the league.

Let's not forget that this type of thing isn't new to the NHL. There have been much dirtier plays before and there will be dirty plays in the future.

I put a list together to let everyone take into account how this type of thing has been going on for some time. So here is a list of some of the dirtiest plays hockey has ever seen.

**Bertuzzi sucker punches Steve Moore ...**

On March 8, 2004, Todd Bertuzzi came

from behind and sucker punched Steve Moore in an act of retribution for Moore's hit earlier in the season on the Canucks star player Marcus Naslund. After Moore was knocked unconscious from the punch, his head slammed into the ice, causing further damage. Moore suffered three broken vertebrae and a concussion, and hasn't played in the NHL since. Bertuzzi was suspended for 17 months and the incident was investigated by the police.

**Gary Suter cross checks Paul Kariya ...**

Paul Kariya was just about to celebrate a goal he had scored when Suter came from behind the net and cross checked Kariya right in the face. Kariya suffered a concussion that put him out for the rest of the 1998 season, as well as the Nagano Olympics that occurred that year. Suter, who didn't have a history of goonery, only received four games for the cross check.

**Chris Simon's two-hand swing on Ryan Hollweg in 2007 ...**

After being on the receiving end of a questionable check from Ryan Hollweg, Chris Simon two-handed Hollweg in the mouth. Simon was ejected from the game and was handed a 25-game suspension. It was pretty much the death sentence for Simon, who left the league a little while later.

**Marty McSorley slashes Donald Brashear in the head ...**

The two tough guys fought earlier in the 2000 Canucks Bruins matchup, with McSorley on the losing end. With only a few seconds left in the game, McSorley hit Brashear in the side of the head with his stick in retaliation, knocking him unconscious instantly. Brashear suffered a grade 3 concussion, both from the stick and from falling backwards and hitting his head on the ice. McSorley was suspended for 23 games and the remainder of the season and was also charged with one count of assault. He pleaded guilty and served 18 months probation. It was the last game he would play in the NHL.

Those are just some of the more modern

day examples of the violence in the league.

Personally, I think these kinds of things are going to happen. Hockey is emotional, and some players make a living skating that fine line, and sometimes they step over it. It happens.

Let's worry about the things we can con-

trol. Things like modifying equipment, stronger enforcing policies and a universal penalty for all head shots. No more double standards for players.

The game has changed, and the league is trying to catch up. Hopefully they can get there sooner than later.

## Eversley Invitational

### 3 on 3 Basketball Tournament

Date: May 14th and 15th

Location: NAIT Main Campus  
11762 - 106 Street Edmonton AB

3 Point Competition  
Dunk Competition  
Great Prizes  
Bake Sale

Visit [www.eversley.ca](http://www.eversley.ca) for more information and to register

Join the Eversley Invitational Notification Group on facebook for updates

**\*Deadline for entry is April 23\***

Limited space available so register right away!

\*The Eversley Invitational Basketball Tournament is a 3 on 3 tournament with all proceeds going towards the Scoffery Children's Hospital. The tournament is open to ages 16+

# NATIONALS



NAIT Ooks Shane Cox gets ready to go up with the ball during a game at the nationals last week in Oshawa, Ont. Shane Reece (12) looks on.

Photo courtesy of the Durham College Chronicle



Photo courtesy of the Durham College Chronicle

NAIT coach Don Phillips shouts encouragement to his players during a game.



Photo courtesy of the Durham College Chronicle

NAIT Ooks Bol Kong takes the ball up court at the nationals in Oshawa, Ont.



NATIONALS



Photo courtesy of the Durham College Chronicle

Ooks finish 5th

By KYLE GALLIVER  
Sports Editor

The Ooks men’s basketball team had an impressive run this season, which included hosting the ACAC North Division Final Four, winning its second ACAC provincial title in three years, and capping off with a fifth place finish at CCAA Nationals. Head coach Don Phillips set the goal of winning the CCAA championship all season, but says there is still positives the team can take away from the experience.

“Though I am a competitor and fully expected to win the 2011 CCAA men’s basketball championship, I have always understood the concept that within life, education is ongoing ... meaning that no one said that winning a national championship would be easy and obviously this program needs to continue to learn from its past experiences and meanwhile to move towards capturing a championship,” Phillips said after his return from Oshawa, Ont., where the tournament was hosted by Durham College.

The team’s fifth place finish is an improvement on their last trip to Nationals, when the Ooks came seventh, and Phillips believes his team should be proud of their efforts.

“I am proud of our success over the last three years that entails two ACAC Provincial Championships and seventh and fifth national placements, especially considering we came out of a conference that has boasted two consecutive CCAA silver medals,” explains Phillips.

Lethbridge College ended this year’s tournament with a second place finish. The winner was Vanier College in Montreal.

Now that the season is done, the coach can set his sights on getting returning players ready for next season, and recruiting new players to help the team towards the ultimate goal of a CCAA championship.

“I look forward to what the future can has in store for Ooks men’s basketball,” Phillips said.

NAIT Ooks coach Don Phillips gives instructions to his charges during a time out at the national championships at Durham College in Oshawa, Ont. The Ooks lost the first game they played by a 75-73 score to Vanier College.

Tournament at a glance	
THURSDAY, MARCH 17, 2011	
Opening Round	
Game	Score
1 .....	Vanier 75, NAIT 73
2 .....	Mount St. Vincent U. 65, Humber 56
3 .....	Lethbridge 81, U of Northern B.C. 66
4 .....	Vancouver Island U. 70, Durham College 61
FRIDAY, MARCH 18, 2011	
Consolation Round	
5 .....	NAIT 83, Humber 76
6 .....	UNBC 72, Durham College 67
Semifinals	
7 .....	Vanier 70 , Mount St. Vincent U. 65
8 .....	Lethbridge 82, Vancouver Island U. 73
SATURDAY, MARCH 19, 2011	
Bronze Qualifier Round	
9 .....	Mount St. Vincent U. 84, U of Northern B.C. 49
10 .....	Vancouver Island U. 87, NAIT 80
7th/8th Place Game	
11 .....	Humber 105, Durham College 79
Bronze Medal Game	
12 .....	Vancouver Island U. 73, Mount St. Vincent U. 71
Gold Medal Game	
13 .....	Vanier 102, Lethbridge 85

## Coach Profile

# High hopes for next year

By **PATRICK KNOWLES**

Todd Warnick is the first year head coach of the NAIT women's basketball team, and his coaching career started at a very young age – 18, to be precise, when he blew out the MCL in a knee playing the game he loved, basketball.

This was a low point for Warnick, who at the time was unsure of what to do with his future. After graduating from high school, his former head coach offered him the opportunity to come and help coach his daughter's community basketball team, where he fell in love with coaching.

His first head coaching job was at Ernest Manning High School in Calgary, where he was the head coach of the senior girls basketball team. After doing that for a year he moved from Calgary to Lethbridge to go to the University of Lethbridge to study Kinesiology with a BA in Human Kinetics. He was also the assistant coach of the university's women's basketball team. In his last year at the University of Lethbridge in 1999-2000, he became the assistant coach of the men's basketball program at Lethbridge College.

In 2001, Warnick was hired as the head coach at Malaspina College on Vancouver Island, becoming the youngest head coach in Canada at the time at just 25. This was his first head coaching job at the college/university level and he was taking over a team that was the worst in the league. His first year at Malaspina the team went 1-17, but by his fourth year his team finished fourth and qualified for Nationals as a seventh seed and ended up finishing third at Nationals in 2005. In 2006 he coached his last season at Malaspina. His wife was expecting the couple's first child so they wanted to come back home to Alberta to be closer to family.

So in 2006 Warnick, along with his wife Tracie, returned to Alberta where he took the head coaching job of the Concordia women's basketball program and was named ACAC women's basketball coach of the year after leading his team from a 5-9 record before Christmas to a 15-9 mark after ending the season on a 10-game winning streak. His next season in 2007-2008, Concordia won the ACAC Championships and finished fifth at Nationals. With only one returning player from the team a season before in 2008-2009, he took his team back to the ACAC Championships where they were unable to qualify for Nationals.



**Todd Warnick**

The following season he stepped away from coaching and took the position as Athletic Co-coordinator at Concordia, but this wasn't the job he wanted. Warnick still wanted to be on the bench as a head coach, so when the head coaching position became available at NAIT, he jumped at the opportunity to get back on the bench.

"I wanted to stay on the bench and NAIT has shown tremendous leadership in college athletics and the way that they deliver the programs. The level of support that is provided for athletics and for the student athletes here just made it a place that I really wanted to be," says Warnick.

With two young boys, Nelson, who is four, and nine-month-old Caleb, landing the job at NAIT was something that wife Tracie and Todd, who will be married for eight years this summer, thought would be best for the family.

Being hired in June last year meant that Warnick was not able to recruit any players to come to NAIT this year and the team finished 5-15.

"This season was very much a transition season for the program," he says. "We made a significant improvement to the way we competed night in and night out as a team and I like the direction that we are going in leading to next season," said Warnick when asked about how the season went.

"We are very optimistic for next season. We have a large recruiting class of nine freshmen coming into the fold for next season and all of the players coming in are a very high quality skill level and I am very excited about the young kids coming in next season," he said.

With that in mind, Warnick is very excited about the future of the NAIT women's basketball program.

### NOTICE FROM THE OFFICE OF THE REGISTRAR

## ARE YOU GRADUATING IN THE SPRING OF 2011?

### CONVOCATION 2011

Friday, May 6, 2011 &

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 South Campus – Room Z-154

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



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)										
March 12										
MRU 2, Augustana 1 (OT) (MRU wins series 3-1)										
March 18										
SAIT 5, MRU 2 (SAIT leads series 1-0)										
March 19										
MRU 4, SAIT 2 (Series tied 1-1)										

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)										
March 11										
SAIT 4, MRU 2 (SAIT leads series 1-0)										

March 12										
SAIT 5, MRU 4 (OT) (SAIT leads series 2-0)										
March 18										
SAIT 4, MRU 0 (SAIT 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	Totals
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

# It all started with 68 teams ...

By **PATRICK KNOWLES**

The NCAA March Madness Tournament kicked off this past weekend with arguably the most exciting weekend of basketball all season. We began the weekend with 68 teams, then, after four games played in schedule we were down to the familiar 64 teams. The official start to the tournament was Thursday morning with a handful of games and continued with non-stop basketball straight through till Sunday night.

The East Division bracket was home to Ohio State, the overall No. 1 seed for the entire tournament, and they managed to get through their first two games with little to no challenge from their opponents. The rest of the bracket went as most people expected, with the one surprise being when Marquette, the eleven seed in the bracket, upset the No. 6 seed Xavier in the first round, then went on and defeated the No. 3 seed Syracuse in the second round, to advance to the Sweet Six-

teen; something that no expert out there gave them a chance of doing. They will face the University of North Carolina in the Round of 16 and Ohio State will meet the No. 4 seed, Kentucky, in the Round of 16. I expect both games to be very competitive, but in the end, Marquette's run will end with the University of North Carolina advancing to the Elite Eight, where they will meet the No. 1 seed of the tournament, Ohio State, with Ohio State coming out on top advancing to the Final Four in Houston the following weekend.

The West Division bracket went down the way most people expected it to with a few surprises and some very questionable referee decisions impacting the fate of one team, the University of Texas. With zero upsets in the first round in the West Division bracket, the

No. 4 seed Texas matched up against the University of Arizona in the Round of 32. The game was very competitive from start to finish and with only a handful of seconds left in the game it really got interesting. Texas

had the lead and out of a time out had the ball out of bounds and all they needed to do was get the ball in bounds where Arizona would be forced to foul and Texas could seal the game from the foul line, simple

right? Except for the fact that Texas couldn't find anyone to get the ball in bounds to and when the Texas player went to call time out, the referee inexplicably called Texas for a five-second violation, turning the ball over to Arizona, who scored the go-ahead basket and ended up winning the game.

This was a much talked about call because all replays showed that the Texas

player clearly called a time out before any of the stopwatches showed five seconds on them.

The No. 1 seed from the West Bracket, and defending national champions, Duke, made it through the first two rounds of the tournament, but it wasn't easy; the team snuck out a 73-71 second-round win over Michigan and will face Arizona in the Sweet Sixteen. The other matchup will see No. 2 seed San Diego State against the No. 3 Connecticut.

I like Duke to advance past Arizona to face Connecticut in the Elite Eight, with Duke getting past Connecticut and advancing to meet Ohio State in Houston at the Final 4 but don't take my word for it because you just never know what will happen in the tournament called March Madness, because it can be just that – madness. Enjoy the games this upcoming weekend. Should be some great basketball to watch.



## National League baseball preview

By **MARC MAJEAU (MM)**  
and **MATT DeBEURS (MD)**  
**NL West**

### San Francisco Giants

**MM:** The Giants are lead by Tim Lincecum, who was absolutely brilliant in the post season last year. The Giants didn't add too much in the off-season, but lead by Lincecum, they will have the best rotation in the National League West.

**MD:** Sorry to say it Giants fans, but they're not going to repeat as champs. Despite having probably the strongest rotation in the NL, they just don't have the offence. They didn't pick up anyone in the off-season to help out with the "o" either. Who knows, maybe Brian Wilson's beard can help them make the push.

### San Diego Padres

**MM:** Well, any time you lose your best player in the off season (Adrian Gonzalez), and you don't replace him, you're clearly going to struggle. I don't see much coming from the Padres in 2011.

**MD:** Losing Adrian Gonzalez to free agency is a back breaker. It will be a long, hard road to recover the offense A-Gonz provided. Them and Arizona will battle it out for last in the division this year.

### Colorado Rockies

**MM:** Outside of a few studs, like Tulowitzki, Jimenez, Gonzalez, and Helton, the Rockies do not have a sexy roster at all. Tulowitzki had a great 2nd half to the season, and if he plays like that for an entire season, he could be pushing Albert Pujols and Joey Votto for NL MVP.

**MD:** If Ubaldo Jimenez, who was in the running for the NL Cy Young last season, stays healthy, the Rockies could make a push for the Wild Card. That's a big if though. They need Troy Tulowitzki to build off his strong second half of last year, and Carlos Gonzalez and old man Todd Helton to chip in offensively as well.

### Los Angeles Dodgers

**MM:** The Dodgers are no longer in "Manny-wood," as Manny Ramirez took his talents down to south beach, and joined the Tampa Bay Rays. First year manager Don Mattingly has his work cut out for him, in replacing a legend like Joe Torre.

**MD:** Lots of question marks on and off the field for the Dodgers. Ownership is in shambles, Matt Kemp is grumpy, and they lost two key parts in Russell Martin and Manny Ramirez in the off-season. Could be an ugly one for the Dodgers this year.

### Arizona Diamondbacks

**MM:** Justin Upton is the only ray of light D-Backs fans have. Led by new manager Kirk Gibson, the Diamondbacks are clearly in rebuild mode.

**MD:** I know nothing about this team. But I do know that they stink, and are going to be one of the worst in the league.

### NL Central Cincinnati Reds

**MM:** Reigning MVP Joey Votto will have to be more valuable somehow, as the Reds have no pitching whatsoever. They were NL Central champions last season, but I highly doubt they repeat.

**MD:** Bronson Arroyo is arguably the best starter in the Red's rotation. That's not a good thing. The big Cuban defect Aroldis Chapman better be ahead of schedule, cause they are going to need help in the pitching department.

### St. Louis Cardinals

**MM:** As long as Albert Pujols is a St. Louis Cardinal, they will compete for their division, as well as the World Series.

**MD:** Chris Carpenter is healthy again, which could be huge for the Cards. Not to mention they have the best bat in Albert Pujols. The big question is are they going to be able to keep him in a Cardinals uniform next year.

### Milwaukee Brewers

**MM:** The Brew Crew added Zach Greinke and former Blue Jay Shawn Marcum to their rotation in the off season, and they are led on offence by Prince Fielder, Corey Hart and Ryan Braun. The Brewers have a few big bats, and they look to improve on their 77-85 record last year.

**MD:** Look out for the Brewers this year. Greinke and Marcum add some serious depth

to the Brewers rotation. If Hart, Fielder and Braun can stay healthy and supply the load of the Brewers offence, they could make a run at the division. In other words, what Marc said.

### Houston Astros

**MM:** Things are pretty bad in the Lone Star State for the Astros. The Astros have a new manager, former Red Sox bench coach Brad Mills, but he will have to hit .400, get 70 home runs and hit 800 RBI, on top of managing, for the Astros to have a chance.

**MD:** They're going to need a whole bunch of players to play out of their minds just to compete in the division. My pick to be in the NL Central basement.

### Chicago Cubs

**MM:** The Cubbies appear to be in some type of sports "purgatory". They are by no stretch of the imagination a legit threat in the National League, but on the other hand, they aren't the Astros.

**MD:** People close to the Cub are saying that Carlos Zambrano has cooled his jets this year. Good, because they're going to need him to bounce back in a big way. Off season pick-up Carlos Pena should help offensively. Still, I don't think

there's enough there for the Cubby's to make a run at the playoffs for the next little while.

### Pittsburgh Pirates

**MM:** The more I write about the Pirates, the more ink I waste. It's not worth it.

**MD:** Pirates stink, and are going to stink for some time yet. But who knows, maybe Lyle Overbay and Garrett Atkins can pull them out of the division basement.

### NL East Philadelphia Phillies

**MM:** The Phillies won the "Cliff Lee Sweepstakes" this off season, and now, their rotation consists of Cliff Lee, Roy Halladay, Cole Hamels, Roy Oswalt and Joe Blanton. Winning.

**MD:** The Phillies have one of the best pitching staffs of all time in my mind. I

mean, Joe Blanton, their fifth starter, would be a No. 2 on any team. That, my friend, is depth. If the big horses, both in the staff and in their lineup can stay healthy, they are definitely the World Series favorites at this point.

### Atlanta Braves

**MM:** The Braves had a surprise 2010 season in manager Bobby Cox's final year. Chipper Jones continues to have a Hall of Fame career, as this is his 17th season.

**MD:** Watch out for the Braves this year. Could be a big sleeper if they can take the wild card. One thing this team will have to battle through is not having Bobby Cox on the bench anymore. The man was a legend, who knows what the transition between him and new bench boss Fredi Gonzalez will be like.

### Florida Marlins

**MM:** The Marlins either win the World Series, or miss the playoffs. Seriously. I think they'll miss the playoffs this season. It's a stretch, I know.

**MD:** They lost Dan Uggla to the Braves and their ace, Josh Johnson, is having arm issues. Could take a step back this year.

### New York Mets

**MM:** New York's ugly stepsister has all the talent in the world on paper, but all that talent translated to a 79-83 record last season. It's only March, but I have a feeling Jose Reyes will break his own record, and end up on the DL before opening day.

**MD:** If Carlos Beltran, Jason Bay and Jose Reyes can stay healthy for once they could have the offense to be in the wild card battle. Unfortunately Johan Santana still hasn't thrown from a mound since the middle of last year. They need his arm bad.

### Washington Nationals

**MM:** Writing a preview on the Nationals will be a lot easier in three seasons, when Steven Strasburg and Bryce Harper are MLB regulars. Until then ... they have Matt Stairs.

**MD:** Bryce Harper is will not play for the Nats this year. Lock it in. That being said, he's not far off, and if Stephen Strasburg's Tommy John goes well, they might have a shot in a year or two.





# Jones youngest UFC champ

By **PATRICK KNOWLES**

This past Saturday night Newark New Jersey played host to UFC 128: Shogun vs. Jones. This card had many intriguing fights and saw the long awaited debut to the UFC for the fighters who came over from World Extreme Cage Fighting. The UFC, which owned the WEC, decided to combine the two companies and bring in two new weight classes and a ton of great fighters to showcase on upcoming UFC pay per views.

The first fight of the night saw MMA legend Mirko Cro Cop vs. Brendan "The Hybrid" Schaub. Cro Cop, the 2006 Pride open weight champion, was looking to get back into the heavyweight title talk, but was up against ex-college football star Schaub, who was coming off of a win against MMA legend Gabriel Gonzaga. Schaub, a veteran of Season 10 of *The Ultimate Fighter* TV show, came out and tried to take the fight to Cro Cop and did just that. The second round went to Cro Cop because Schaub got a point taken away for strikes to the back of the head. In the third round, with just over a minute left in the fight, Cro Cop went to throw one of his famous leg kicks but when he did,

Schaub countered with a devastating overhand right, dropping Cro Cop and finishing the fight at 3:44 of the third round. With a second consecutive win against an MMA legend, this win shoots Schaub up to the top of the heavyweight division and with another win could be in title contention in his weight class.

Fight Number 2 on the card saw veteran Nate "The Great" Marquardt match up against New Jersey native Dan Miller in a middleweight bout. Miller who took this fight on just over a week's notice came in looking to take Nate down and try and submit him with his very good Jiu-Jitsu skills, but was unable to catch Marquardt in anything. Nate "The Great" was able to control the fight and won by unanimous decision 30-27.

The next fight on the card saw the brother of Dan Miller, Jim, match up against one of the WEC fighters to come over in the merger, Kamal Shalorus in the lightweight division matchup. Shalorus is a world-class wrestler, but his striking skills were outmatched by Jim Miller's superior boxing and the fight was controlled by this element. With 2:15 to go in the third round, Miller landed a vicious uppercut



communities.canada.com

## Jon "Bones" Jones

and followed that by a devastating knee to the head of Shalorus and then finished him off with a flurry of punches on the ground. Miller is the first person to beat Shalorus in his MMA career, and did so in very impressive fashion. This is Miller's seventh win in a row and puts him right at the top of lightweight division contenders for the belt.

The co-main event of the evening saw the UFC debut of two more fighters coming over from the WEC. Urijah Faber matched up against Eddie Wineland in a bantamweight bout. Faber, the "California Kid," is probably the biggest name to come over from the WEC to the UFC and he did not disappoint in his debut. He gave a great showcase of his crisp boxing skills, great take-downs and solid ground and pound when he managed to take Wineland to the mat. Wineland, a game opponent, put up a solid fight, but in the end Faber pulled out a unanimous decision victory 29-28.

Finally, it was time for the fight that everyone has been waiting for since it was announced six weeks ago. The main event had light heavyweight champion Mauricio Shogun Rua against probably the most unpredictable and dangerous fighter to come into the UFC in a very long time, Jon "Bones" Jones. Jones, who has only been fighting mixed martial arts for three years, came into this fight only having lost once in his entire career, and that was by disqualification against Matt Hamel due to illegal elbow strikes to the top of the head.

Shogun, who has not fought since winning the belt back in May 2010, came in a little rusty. He looked a lot slower than he did in his last fight and was just simply overmatched by the skills of Jones. Shogun battled for the first two rounds and in the third Jones took over and landed vicious strikes to Shogun's face and body, forcing the champ to crumble to the ground. The ref-

eree stepped in and stopped the fight at 2:37 of the third round, giving Jones the victory and making him the youngest ever champion in UFC history at 23.

Shogun was also 23 when he won his first major belt when he became the Pride middleweight GP back in 2005.

After watching this fight, it is clear that Jones is the future face of the UFC and will be very hard to knock off now that he is the champion of the light heavyweight division. Another question is the idea that maybe Shogun should drop down a weight class to 185 and fight in the middleweight division and set up a match down the road with middleweight champ Anderson "The Spider" Silva. Jones will defend his belt against teammate Rashad Evans at an upcoming pay-per-view event sometime down the road, but for now he can enjoy his victory and the title of youngest ever champion in UFC history.



openwalls.com

Mauricio Shogun Rua delivers a kick.

# Business as usual – really?

By **WILL HAMMER**

UFC has bought out its leading rival, Strikeforce. Speaking about the deal, UFC President Dana White told AOL Fighthouse's Ariel Helwani: "Business will continue as usual."

White clarified his statement by confirming that both companies, including the fighters, their contracts and their promotions, (like the Heavyweight Grand Prix tournament) will stay a separate entity outside of the UFC. Scott Coker will remain in charge of Strikeforce and Showtime, will keep production control of all the shows on Strikeforce. Everything will remain the same for now, except the change to the new parent company, UFC and Zuffa Entertainment. Despite White's assurances, in all honesty that's really doubtful. Why wouldn't it

change?

There is so much cash to gain out of this merger. There no longer needs to be debates when now the "two top guys" will have a chance to prove it in the cage. It's all going to lead to an eventual cross over. One need only to look back this past year to the now merged World Extreme Cagefighting (WEC).

In some ways this is the best thing that can happen to mixed martial arts. With the UFC and Strikeforce now unified, contracts preventing fighter transfers between organizations will no longer be an issue. Ideally, there could be some matchups in the future that would have been impossible to see happening a few months ago. Since the merger of WEC, more weight classes will be opening, meaning there will be more title fights. Also there will be a possi-

bility of more free fights. Many good things could come from this, but that doesn't mean that it's all sunshine here on out.

The UFC now monopolizes the entire mixed martial arts sport outside of North America. The lack of any competition outside the UFC could make MMA much more stagnant. Without the need to reinvent themselves, Strikeforce wouldn't have formed the heavy-weight tournament. Fighters have no choice but to fight for one company, lest the competition be outside North America. It may simply take months, or a year or two until eventually the two promotions are distinctly one. Any fighters looking for fame need only look to the UFC. But to those at Zuffa and White, this is just "business as usual."



Dana White



# ENTERTAINMENT

## Dine and Dash – eat my words

By **CHRISTINE VU**

On any ordinary Tuesday, I would go home right after a long day at school. This week was different. This week was International Week. NAITSA was hosting its third annual Dine and Dash Grub Crawl.

On Tuesday, March 22, NAITSA loaded a bus full of hungry students and took them on a unique dining experience to celebrate International Week. The Dine and Dash Grub Crawl took us to three restaurants that represented three different parts of the world. The first stop was The King and I, an award winning Thai restaurant. The second stop was Chianti, an authentic Italian eatery. The third and last stop on the “world tour” was Block 1912, a charming European café.

### Hard to resist

I had been to all three restaurants at least once before but I am one of those people who tend to find one dish that I particularly like and continue to order it, time and time again. International Week is all about learning about other cultures and trying new things. Even for a picky eater, it was hard to resist all the delectable dishes that were put on the table by the friendly staff at The King and I.

After a tasty tea and milk drink that satisfied my thirst, we were served som tum, a zesty papaya salad with prawns. The flavour of the shredded papaya was punched up by the lime dressing and the sprigs of mint. Atop the bed of papaya were giant prawns that complemented it well. The colorful salad was a perfect way to start the evening.

Before we finished devouring the salad, beef satay and spring rolls were being distributed among the diners. Beef satay and spring rolls are a popular Thai appetizer or side dish. At The King and I, they dressed up these simple appetizers with little details. A seaweed band delicately hugged each spring roll. After everyone had their share it wasn't long before we ventured on to Chianti.

Every Monday and Tuesday, Chianti has specials on their pasta so as you can imagine, the place was quite full when we arrived. Thankfully, we were led to a private dining room with plenty of space for our large group. As always at Chianti, we were promptly served warm bread. I had initially thought that the appetizers stopped after The King and I but, to our delight, we were served bruschetta and calamari, accompanied by three different types of sauces for us to try. I also thought that every serving was more than enough and just as I was starting to feel full, the servers entered with mountainous platters of pasta. Well, I didn't bring out my holiday fat pants for nothing.

It was impossible to pass these heaving platters of pasta around so a friend dished out fusilli giardiniera con pollo for me. The penne with garden veggies and diced chicken, served in a cream sauce, was one of my favourites. The cream-based sauce managed to stay flavourful, yet light. Penne alla campesino was a favourite of my friend's. This seafood curry penne was a vibrant sunshine yellow and definitely tasted as good as it looked. Lastly, there was the classic penne alla gigi with spicy Italian sausage and onions tossed in an even spicier tomato sauce. Even after everyone had seconds and thirds there were still enough leftovers for all to take home.

### Times flying by

Time was flying by fast and it was nearly 7:30 p.m. when we arrived at Block 1912 for dessert. I, as well as the others, had been eating non stop for over two hours. After being seated at tables at the previous two restaurants, it was nice to be able to lounge on the comfy couches and chairs in the café. Our last course of the evening was comprised of three desserts; a quaint slice of cake, a two-bite pecan pie dipped in chocolate and a serving of gelato in a flavour of our choice. I had been trying new dishes all night so this one time I had to diverge and go with my favourite flavour, hazelnut. Even though our food tour was running long



Photo by Christine Vu

we were not rushed. We were able to enjoy ourselves in the relaxed atmosphere that Block 1912 always provides. All good things must come to an end, though, and we all ambled back on the bus for the ride back to NAIT.

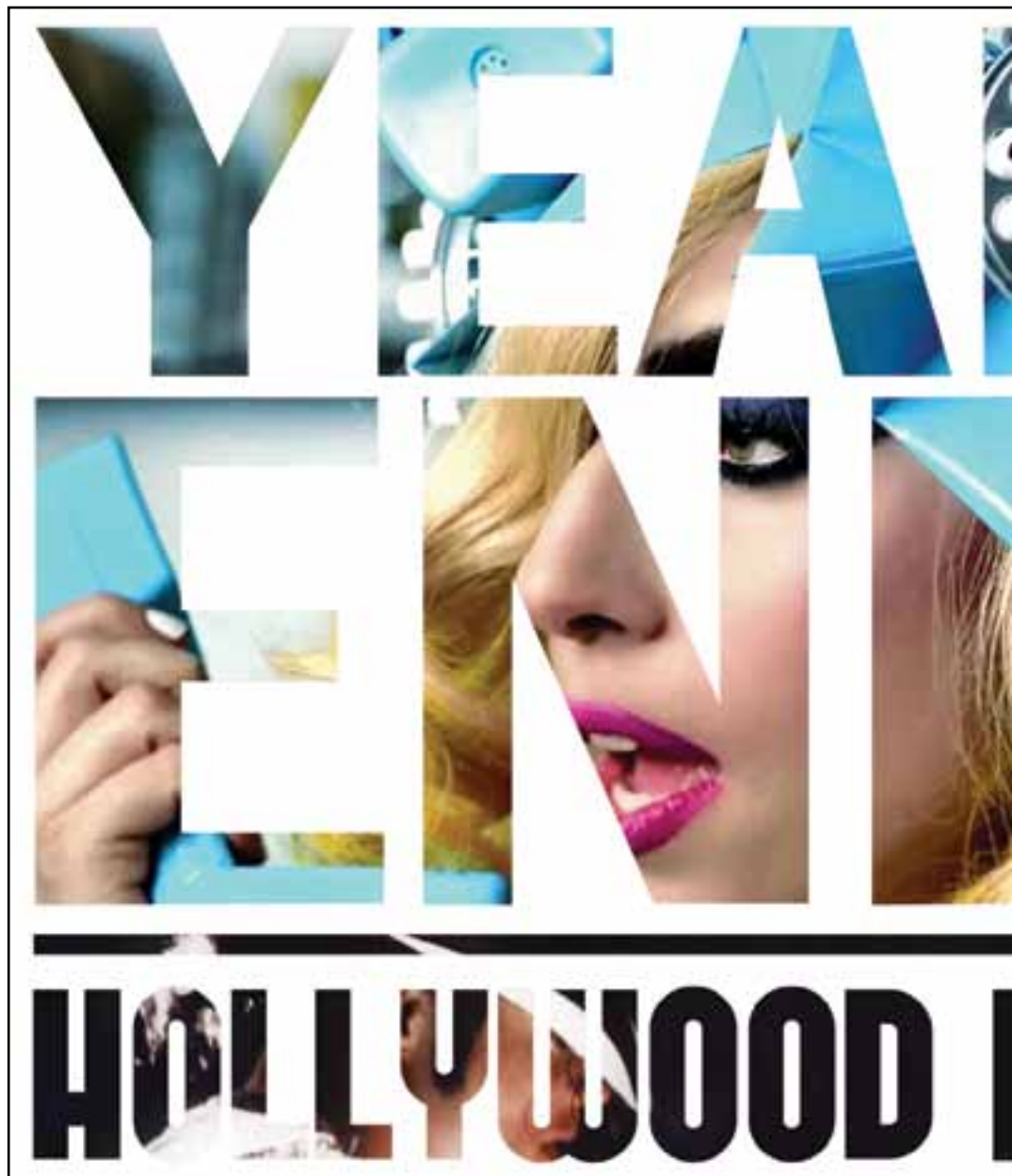
When I had first seen the posters of Dine and Dash, I knew immediately that I wanted to

go but I did not expect anything like this. Each restaurant had impeccable service, and the food was amazing. For the experience and all the food that I got to enjoy, it was well worth the \$20. NAITSA did a wonderful job putting on a great event that many, including I, will remember and look forward to next year.



Photo by Amanda Hitchen

David Vertesi plays at the Nest last Thursday night.





FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...

By **BALJOT BHATTI**

On March 15, 2011, the music world lost a long-standing titan. Nate Dogg had been

a mainstay of the hip-hop industry, and his death due to heart failure came as a blow to anyone who was a fan of rap music.

Born Nathaniel Hale (named after the famous American revolutionary), Nate Dogg became a fixture in the West Coast rap world after forming the group 213 with friends and future hip-hop stars Snoop Dogg and Warren G.

He made his official debut on Dr. Dre's seminal album *The Chronic*, and his signature style and voice were well received by critics and fans alike. From

there, Nate began a career of making appearances on tracks by other rap artists, bringing his style and in many cases making the song a whole lot better.

Nominated for four Grammys, appearing on over 40 chart singles, Nate Dogg was a true hip-hop legend.

1. Regulate – Nate Dogg, Warren G
2. 21 Questions – 50 Cent, feat. Nate Dogg
3. The Next Episode – Dr. Dre, feat. Snoop Dogg, Nate Dogg
4. Area Codes – Ludacris, feat. Nate Dogg
5. I'm Fly – 213 (Snoop Dogg, Nate

Dogg, Warren G)

6. Lay Low – Nate Dogg, Snoop Dogg
7. B\*\*\*\* Please Part II – Eminem, Dr. Dre, Snoop Dogg, Nate Dogg, Xzibit
8. G-Funk – Nate Dogg
9. Concrete Streets – Nate Dogg
10. Groupie Love – 213 (Snoop Dogg, Nate Dogg, Warren G)
11. Til I Collapse – Eminem, feat. Nate Dogg
12. Multiply – Xzibit, feat. Nate Dogg
13. Game Don't Wait – Warren G, Nate Dogg

## VIRAL VIDEO OF THE WEEK

## A lion's tale

By **RACHEL JACQUES**

The viral video this week will warm the cockles of your heart. While searching youtube.com for funny videos involving animals, I came across a not-so-funny one.

It was about a lion named Christian. The video starts out by giving the background story of how this lion was caged and being sold.

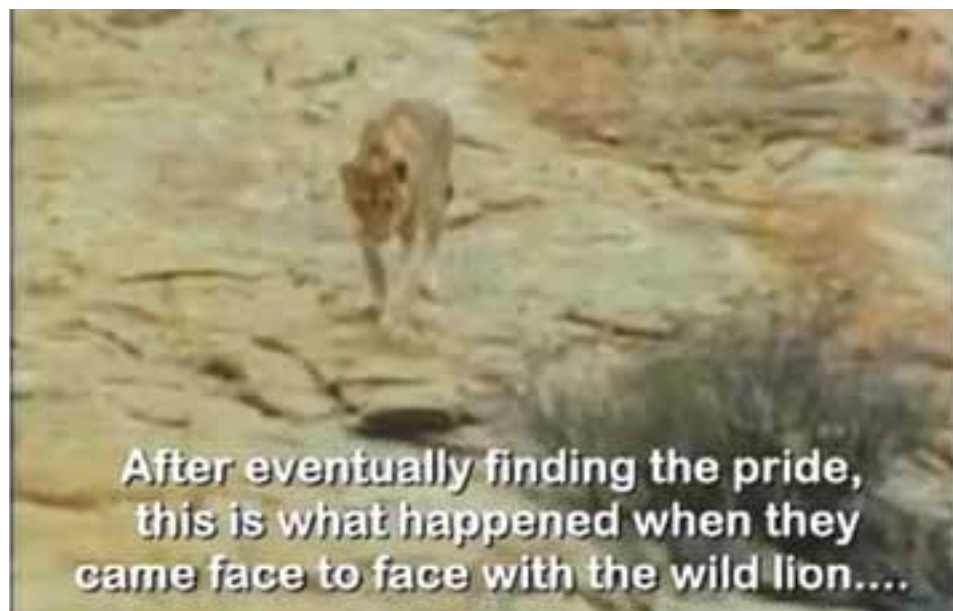
Two young men buy this lion and start to raise him. Unfortunately, the lion becomes too big for their apartment. So they re-introduce him to the wild.

This is where things get sticky. a year later they want to go visit him but are told that he is too wild and is now the alpha of his own pride.

But of course, they go anyway.

Now, I'm not going to ruin the video for you so you'll have to watch it. I will, however, tell you to watch with a box of kleenex handy.

And you will most likely end up wanting a pet lion. To watch the video search: Christian the lion. <http://www.youtube.com/watch?v=md2CW4qp9e8&feature=fvst>



Mikey Wong

Michael Jackson  
TRIBUTE ARTIST BISHOP SOUL

Join us on April Fool's day for a stunning live performance by Michael Jackson & Lady Gaga...sort of... it's our BIGGEST, BEST and LAST party of the school year!

Friday April 1, 2011 @ 8PM  
City Center Airport Hangar

Tickets \$20.11 @ the NAITSA office  
[www.naitsa.ca/yearendshow](http://www.naitsa.ca/yearendshow)

Lady Gaga  
TRIBUTE ARTIST

The Hangar



# Toy, Comic Show bigger



LeVar Burton

By MARC MAJEAU

The Edmonton Collectible Toy and Comic Show boldly went where no show has gone before this past weekend at the Shaw Conference Centre.

Thousands of science fiction fans packed the halls of the Shaw Conference Centre on Sunday afternoon to catch a glimpse of movie props, comic books and collectible toys from all over the world.

This was the ninth consecutive year that the event has been held and it's only getting bigger and better.

"This is so awesome, it's like finding every single toy you used to play with as a kid!" said Derek Gardner, an attendee of the event.

"And, you can actually afford to buy them yourself! I don't need to beg my parents."

Local Edmontonians set up many tables, as a lot of local art was showcased.

"It's so refreshing to see that there is a lot of local talent in our own backyard," said local artist Jimmy Greene.

"It's nice that people get to see that just because an artist isn't drawing for a bigger hero like Superman or Batman, they have their own personal heroes and concepts."

Some people shy away from shows like this, as they associate them with "nerds" and "costume-wearing adults

that live in their parents basement," but that surely wasn't the case. The science fiction and horror genres have fans from every walk of life. There were doctors and lawyers in attendance, and OK ... there were a few storm troopers walking around.

The ECTCS also had celebrity guests from across "geek culture" throughout the day. Former WWE and current TNA superstars, The Dudleyz, were in attendance, and no, they didn't put anybody through a table.

Ron Wagner, who has drawn such comics as "G.I. Joe: A Real American Hero", Daredevil, and Batman, stayed for the duration of the day, talking to fans, answering questions and signing autographs.

The real highlight of the day for many was the star of *Reading Rainbow*, *Star Trek: The Next Generation* and *Roots*: LeVar Burton.

Burton has been active in Holly-

wood since 1977, and recently, he has been very active in the Twitter community, with over 1.6 million followers.

The lineup for LeVar was long, but when I finally got a chance to speak to him, I was able to ask him whether or not he thought that science fiction was still a viable medium to showcase new ideas in the year 2011.

"I think science fiction will always be, because no matter what is going on in the world, science fiction allows us to block out everything else and say the most important words in the English language that we can ask as human beings."

Burton got quiet, and then leaned in, looked me in the eyes, and said "What if?"

"What if?" That's why science fiction will always be around. "What if?"



R2-D2

flickr.com

## Nate Dogg dead at 41

By DAVID ADOMAKO-ANSAH

The world of music lost a great performer recently. On March 15, Nathaniel Dwayne Hale, better known as Nate Dogg, died of congestive heart failure in his hometown of Long Beach, California.

At a young age, Nate Dogg started singing at his father's church. He was an artist not known for his solo career, but for his

catchy hooks and verses in songs such as "Shake That" with Eminem, "I Like That" with Houston, "Area Codes" with Ludacris, as well being one-third of the R&B group 213 with Snoop Dogg and Warren G.

Nate Dogg was born August 19, 1969 and died at the age of just 41. He had previously dealt with strokes in his past. May he rest in peace.



## Put Your Career In High Gear

ASET certification sets you apart, right from square one.

Representing more than 16,000 technicians and technologists across Alberta, ASET provides its members with the professional certification that top employers demand. ASET members play an integral role in driving the Alberta economy and enjoy an above average income. ASET members represent a wide range of industries such as civil, mechanical, electronics, construction, environmental, engineering design, oil and gas, chemical, information technology, electrical, geological, instrumentation, telecommunications, robotics, and avionics engineering technologies.

For more information about ASET, membership, and benefits, please call (780) 425-0626 or visit our website at [aset.ab.ca](http://aset.ab.ca)

**ASET** The Association of Science  
and Engineering Technology  
Professionals of Alberta



# Party the semester away!

By **GRAHAM MOSIMANN**

The power duo of Lady Gaga and Michael Jackson are coming to NAIT's Year End Show: Hollywood Edition ... sort of.

NAITSA's Year End Show will feature a pair of tribute artists to share the music of the King and Queen of Pop with students. This April Fool's Day will be a huge Hollywood-themed party located in the hangar of the Alberta Aviation Museum. The pair are tribute artists you will not believe, as they portray their celebrities with the right amount of stage presence and rhythmical accuracy that you would expect from both Gaga and Jackson.

While the headliners of this glitz and glamour filled night are sure to be a hit, the supporting acts for the Year End Show will be spectacular. DJ Mikey Wong will be spinning the tracks throughout the evening and he comes from an impressive musical background. He has played with such groups as Deadmau5, Satoshi Tomiie, Benny Benassi and is the resident DJ at The Bank Ultra-Lounge for Connected Fridays.

He carries a deep, soulful style, punctuated with deep

pounding club beats that will be keeping students dancing all night long.

Finally the aerial, acrobatic team of Firefly rounds off the set list. The Shadow Twins are an animation dance duo that combines crude, slapstick humour, with a constant desire to sabotage one another to entertain an audience. *Vue Theatre* and *See* magazine have described the high-flying troupe as "awe-inspiring" as well as "gorgeous and terrifying".

The Year End Show: Hollywood Edition is labelled as the biggest, best and last party of the school year and it is something that is sure not to be missed.

Joshua Semchuk, NAITSA's director of communications and PR, describes this event as something really special: "We all worked together to have the type of show that we think will be exciting and entertaining. A lot of people can go to a concert or a DJ party, so we

wanted to do something different."

Guests are encouraged to dress up and to embrace the glitzy theme. NAITSA provides a special Hollywood prize for anyone who purchases a ticket in advance. Buying a ticket early will give you entrance to the party, as well as a ballot to win a fantastic prize pack courtesy of NAITSA. The pack will contain a free night in the Hollywood Themed Room at the Fantasyland Hotel, a Cactus Club dinner, an evening for two and a limo ride from your house to the hotel and back.

April Fool's Night at the Alberta Aviation Museum hangar will be a show that you cannot miss! Tickets are available for \$20.11 at the NAITSA office before the event and will cost \$25 at the door.



# Christian rapper making a name

By **SHANAE HENRY**  
**Excalibur (York University)**

TORONTO (CUP) — There are few who choose to go against the grain when it comes to musical expression.

Popular hip-hop, in particular, is in a state that could be called cliché and gimmicky, lacking substance and obsessed with excess.

Ryan Daley's music is radical and rebellious, too, but not in the way you may think. Instead of rapping about the hip hop staples — exorbitant wealth and blatant disrespect for women — Daley, aka NevaHurd, fuses into his infectious melodies and banging beats parts of his Christian faith, like forgiveness, love and peace.

As a self-described "underground Christian hip-hop artist," NevaHurd has been making waves in the Canadian Christian hip-hop scene for quite a while. Many have described him as one of the top Christian hip-hop artists in Canada, though he has not yet released an official album. His first, *Unseen Proof*, is scheduled to drop around June 2011.

Although he prides himself on being a Christian, he admits he is not perfect and he uses his music to dismantle the happy-go-lucky Ned-Flanders Christian stereotype.

"Christians are real people — we go through some difficult things as well," said Daley. "I wanted to make music that appealed to non-Christians as well as Christians. I am not ashamed to talk about my faith, which is why I don't say my music is only for Christians."

His music's got a certain appeal, he believes.

"I offer something positive and uplifting to my community. I think it's pretentious and insincere to glorify a lifestyle that most people will never attain. I discuss issues like addiction, sexual promiscuity and abuse," he explained. "The overall message is that you can rise above your circumstances. I'm living proof that you can find peace. I'm not preachy; you either take it or leave it."

Daley's journey to his current place of peace, however, was not easy as he struggled to leave his lifestyle of casual sex and hard partying behind.

Daley discovered hip-hop at age 13 and the genre blew him away. At the time, hip-hop was refreshingly innovative and had just begun to become mainstream.

When Daley turned 25, an epiphany struck.

"For about three years, I lived the same things that I talked about in my music, like smoking weed,

going to the clubs to get drunk, sleeping with random women and disrespecting women because of my own immaturity," he said. "Then I realized I couldn't live like that anymore. It was physically and emotionally draining. I believe that God was speaking to my conscience at that time, and was telling me that I am more than that and have more to offer the world."

His decision to leave that world was scary at first, but Daley eventually found his calling in

Christian hip-hop, and made a commitment to the youth of his community.

"I just want to encourage kids who were just like me," Daley said. "It's very humbling when I see young black men and women who say my music has helped them through hard times. It's especially humbling because at one point in my life I was just like them, looking for someone to tell me there's hope and that my circumstance do not have to define who I am."

This space is

# Reserved

for your ad

Book your ad today and be seen.

Contact Shaun at : 1.866.867.0098  
thenugget@cu-ads.org

# Pokemon refined, enhanced

By KITA MURU

Pokemon Black and White are the latest installments in the extremely popular monster battling series on the Nintendo DS. Just in case you've never heard of it, Pokemon focuses on battling, collecting and training pocket monsters (hence: Pokemon) towards filling out a Pokedex and becoming a Pokemon master. Black and White takes place in the Unova region as you are given a choice of one of three Pokemon from professor Juniper to help you out on your quest.

The game hasn't really changed a whole lot from the original. You collect Pokemon, take on trainers/gym leaders in other cities and the elite four, while thwarting the plans of an evil organization. This time it's Team Plasma who are out to "liberate" Pokemon, albeit through pretty cruel actions. They kept addressing people on how Pokemon were slaves of their trainers; it was surprising to see that kind of story direction in a game that's generally viewed as family friendly.

As far as new stuff goes, if you're a fan of the series, then there are around 150 new Pokemon to find/battle with and some Pokemon are exclusive to either Black or White. However, new Pokemon alone don't keep the series fresh, so

now three-on-three battles are added to the fray in two different ways. One involves lining up three of your Pokemon against three of your opponent's Pokemon, or sending out one of your three Pokemon against your opponents and being able to switch in and out of the three. Also, you're able to battle/trade Pokemon and chat on the DS over its Wi-Fi capabilities.

As far as problems, the new Pokemon are overall a nice addition but look somewhat weak in design. I couldn't help but think that Reshiram (Black cover) and Zekrom (White cover), are a direct ripoff of *Blue Eyes White Dragon* and *Red Eyes Black Dragon* from Yu-Gi-Oh. Also the obvious problem (for some) is that there isn't much change from the previous versions.

If you're a fan of the Pokemon and you don't have Black or White, then what are you waiting for? It's essentially similar to the previous Pokemon titles only with a few refinements and enhancements. If you haven't experienced the series in a long time (say Gold/Silver like me) and are looking to embrace nostalgia, then by all means go out and try it.



pokemymon.com



University of Lethbridge  
**Edmonton Campus**



**EDMONTON CAMPUS**  
**780.424.0425**

## Earn a Degree While You Earn a Living



**Work toward a recognized Management degree while you hold a full-time job!**

- 4-year degree programs in Accounting, Finance, Human Resource Management, Marketing, General Management, International Management
- Study full-time or part-time (evening and weekend programs)
- Transfer previous courses or complete the full 4-year BMgt degree in Edmonton
- Already have a business diploma? Get your degree in as little as two years (2.5 if you have a professional diploma in another field)
- Aiming for a career in Accounting? Ask about our CA Bridging Program

Find more information (and life-changing opportunities) at

**EARNandLEARN.ca**





## SHOOT FOR THE STARS

LACEY SENIO  
Entertainment Editor

Last week I took a break from my dream journey to discuss the Charlie Sheen “situation.” I felt it was a rather important issue that needed to be discussed. This week I am back to contemplate the topic of dreams, goals and that ever burning human desire to succeed. Onward with the dream train of thought.

There is a saying that goes more or less like this: behind every great man, there is a great woman. I like to think there is another good saying that is quite similar. Behind every good dream, there is a good mom encouraging it to run its course.

# Ode to all our moms

Just think back to when you were a child and your mom was always there to love and protect you. She taught you many things and probably guided you to where you are today, studying hard to create a life of your own. Your mom never laughed at your dreams, not even when you told her crazy things like how you wanted to be a princess or a superhero. She was there to encourage you and guide you.

I come from a family of strong women and am proud of it. My grandma is one of my role models. Stubborn, like a bull, but one of the most generous and loving women in the world, my grandma is a force to be reckoned with. She is thoughtful and funny, but my grandma didn't receive positive feedback from her mother.

This taught her to be diligent and hard-working, it encouraged her to be the best mom she could be. My grandma is one hell of a woman, and she taught my mom loads about life.

“All I ever asked of my children was to

do their very best. And that if they ever fell down to pick themselves up again,” my grandma says. “Every mistake is a learning experience.”

My mom followed in my grandma's footsteps. She is another one of my role models and is one of the strongest women I know. She is the person I look up to most in the world. If I could be half the person my mom is, well, then that to me would be a dream come true. I aspire to be the same type of person as my mom, kind-hearted, imaginative, funny and strong. The trait that I admire most in my mom, though, the one I hope to grow into one day, is the unconditional love that she gives to me and my brother and sister.

“I always knew that my mom would be there for me without judgment, when I needed her,” my mom says of her mother.

“I had a lot of dreams about who I imagined I would be. But I really just wanted to have kids and be a good mom, like my mom was to me.”

Moms give their best advice to their children. A mother's dream is to see her kids grow up to be happy and successful. Imagine life without your mom. Who would be there to cheer you on and put band-aids on your knees when you scrape them?

“I am still a dreamer, and my mom still encourages me and believes that I could do anything if I want it bad enough,” my mom says. It is comforting to know that even though my mom is now grown up, that my grandma still believes in her.

My mom is the person that knows me the best. She can tell when something is wrong, just by looking at me, and she can tell when something really great happened too. I guess what I am truly trying to express is that moms are the most important people in the world, and deserve the utmost respect. My mom is my best friend. The best advice she ever gave me was to follow my heart, as it would lead me to my dreams. To this day I follow this advice.

# Important to keep us in dark

MONTREAL (CUP)—What differentiates the star-filled skies of cottage country from the night skies of downtown Montreal, where perhaps even on a clear night one can hope to find five or six stars at best?

Why do we have to escape the confines of the city to witness such awe-inspiring sights as Orion's Belt and the Milky Way?

It seems that we have made it our mission to undo all that once existed in our natural way of life. We are no longer confined to being active during the day and resting at night: Business as usual can continue in all 24 hours.

Night lighting has become a permanent feature of our lives, and this modification of the natural light environment has led to light pollution and the many unexpected complications, including sky glow, glare, urbanization of nocturnal landscapes and the uncoupling of ecosystems.

Sky glow is the most obvious and remarkable form of light pollution, disrupting the work of astronomers, depriving city dwellers of the night sky's delights, and reducing our night vision, which means that almost 97 per cent of all stars are not visible from major cities in the world.

Light pollution also has devastating effects on the environment, disrupting biological rhythms by resetting the internal clocks of animals and plants.

Many nocturnal animals attempt to escape light at night, and often the illumination of nocturnal environments will lead such organisms to retreat from otherwise suitable habitats. Millions of birds are killed each year as artificial lighting disorients their migratory flights and leads them to collide with large structures like bridges and skyscrapers. The billions of insects killed by their deadly attraction to illumination disrupt food chains from the bottom up.

In the late 1970s, astronomers began understanding the alarming effects of the pervasive use of artificial lighting, which served as catalyst for the Dark Sky Movement. In 1988, the movement gathered momentum with the establishment of the International Dark Sky Association, an American not-for-profit organization whose mission statement is “to preserve and protect the nighttime's environment and our heritage of dark skies through quality outdoor lighting.”

As Johanna Duffek, outreach and education manager of the International Dark Sky Association, explained, public awareness toward light pollution has grown immensely over the past decades. However, many seem to still be confused about its effects and solutions.

“Many people think a dark sky friendly lighting ordinance is going to require them to turn off lights or remove them,” said Duffek. “Nothing could be

further from the truth. Our position has always been: Use the light when you need, for as long as you need, and only use enough to complete the task.”

Similar developments have been taking place in Quebec, which has been criticized for being one of the most light-polluted regions in the world. The largest astronomical observatory in eastern North

America, the Mont Megantic Observatory near Sherbrooke was opened in 1978 in an effort to promote research in astronomy and public awareness. Covering 5,500 square kilometres, the observatory's dark sky preserve curbs almost all light pollution on its land, providing one of the few places where the full potential of the night sky can be seen.



## The Alberta Union of Provincial Employees:

The union that represents NAIT support staff, the people who keep your facilities running.

Alberta's largest union, representing more than 75,000 members province-wide, more than 9,000 Education Sector employees and more than 900 members of Local 038 at NAIT.

Alberta Union of Provincial Employees.  
Your working people.  
1-800-232-7284 www.aupe.org



## EDMONTON

### FIREFIGHTER

Join our team of dedicated and skilled firefighters. Applications will be accepted from *March 14 - April 8, 2011*. For full details, visit [www.edmonton.ca/firerecruitment](http://www.edmonton.ca/firerecruitment)



# How to scuba? Check it out

By CATHERINE YE

Are you interested in scuba diving? NAITSA offers a chance for everyone to learn how to scuba dive. The Discover Scuba session will be held on Wednesday, March 30. The presentation starts at 7:30 p.m. in Room J-111 and then in the pool from 8:30 p.m.-10 p.m. This is an introductory class to scuba diving, where participants will have a class session to learn where people dive, who can dive and how to get certified. There's also a pool session in which an instructor will teach students how to breathe under water, buoyancy control with BCD, reg recovery and clearing, mask clearing, ear equalization and how to kick with fins underwater.

"It is a one time orientation to scuba. Ocean Sports will supply everything you will need except for a swim suit, T-shirt and, of course, your toiletries. We will have you fill out any release liability forms and check to see if you are fit for diving," said Dianna, the instructor from Ocean Sports who is also in charge of the learning process.

"The instructor will have you join in the lecture portion of the class where they will discuss the principles of how pressure affects your body and some safety rules to apply in the pool. You will then head down to the pool to put what you have learned to practise. Your instructor will guide you through techniques to recover your regulator if you should drop it, how to clear it of water, how to equalize your ears and how to clear your mask of any water if you are smiling. Quite often students – when they are scuba diving for the first time – just can't get that smile off their faces when

they realize they can breathe underwater," Dianna added.

She also shared her own experience of scuba diving with me.

"The sport has come a long way in the last 40-50 years. PADI (the Professional Association of Diving Instructors) is the largest training agency in the world. They certify about 80 per cent of the divers who come into the sport, which has been many. With the equipment innovations, sizing and costs, many women and children have come into the sport, when once it used to be a male dominated sport. I have some 3,000 divers in many locations throughout the world, so to find one experience that beats them all is impossible!" Dianna adds.

"For cold water diving adventures, our West Coast is probably the most diversely abundant. I have dived with seals, a 16-foot octopus, on ship wrecks and have seen some incredibly colourful aquatic life.

"In Bali, I have had a giant manta bump into me and another go over the top of me by a mere two inches. I was getting tickled by the bubbles from my regulator. In Spain, I have found amphorae from the First Century before

Christ, and put my hands into the hand prints from the person who made the pot, absolutely fantastic. If I had never taken that first plunge in 1982, I would never have experienced these amazing things that so many people will never see and would never have met so many interesting people from all over the world. This is why I dive."

The Discover Scuba session will let you experience the peace of being underwater and the ability to be weightless like an astronaut in space. Unfortunately, there will be no fish or mantas in the NAIT pool, but do not miss this opportunity to try scuba diving. Student ticket prices are only \$21 and you can buy them at the NAITSA office.



reddunesdubai.com

**Save a tree.  
Down a Lumberjack.**

**Hudson's**  
CANADIAN TAP HOUSE

**ONLY AT CANADA'S PUB**



# Some celebs are just lucky



## WHAT'S ‘TASH-INING’

**NATASCHA BRUHIN**  
Assistant Entertainment Editor

According to freedictionary.com, the official definition of a comeback is: A return to formerly enjoyed status or prosperity.

It seems every celebrity out there is attempting to have some kind of a comeback. And sadly enough, a vast majority of these comebacks are required because of the celebrities' drug and alcohol problems, which have led them to the bottom of the Hollywood totem pole.

It's sad to see stars that started out so big and talented end up in rehab and at the bottom of the totem pole again. In the last few years, we've seen stars such as Britney Spears and Lind-

say Lohan break down in the public eye. We watch these people struggle, fall and fail miserably. The media scrutinizes Spears and Lohan, and seems to enjoy watching them fall from grace. Interestingly enough, the media also loves watching these very same individuals rise to the top of the A-list all over again.

When a celeb like Britney Spears is at the top of her game, the media adores her and affectionately call her “Brit-Brit” (as if they're close friends with the woman). However, if Spears steps one toe out of line, the press is on hand ready to pull her entirely off the straight and narrow. The name “Trashney” is then adopted as her nickname. It's a vicious, scary cycle.

For this reason, I have sympathy for Spears. Go on any entertainment site and you can see

daily, if not hourly, updates of Spears living her life. A lot of these updates are just of her picking up Starbucks, or hanging out with her kids, but there is never one day we don't know exactly what this very public figure does throughout her day.

You know those days when you feel like complete crap? When everything from your hair, to your skin, to your mood, absolutely sucks? Yeah, now picture the whole world seeing you in this state. Imagine everyone from your mom, to your ex, being able to check up on

you, simply by visiting one of the dozens of celebrity sites on the Internet. Horrifying, isn't it? I think I just shuddered internally.

With this kind of extreme exposure, it's hard for a person like Britney Spears to have a comeback. Having a sweatband and baseball cap kind of day will do nothing positive for Spears' image. Therefore, it's a tough road out there for troubled celebrities hoping to restart their careers.

However, there are some celebs that seem to gain more popularity the crazier their antics get. Of course I'm talking about Charlie Sheen. Although Sheen recently got fired from his starring role on the TV show *Two and a Half Men*, he has been in the media non-stop. With his numerous sit down interviews with various talk shows, he has revealed a “wilder” side to him (as if Sheen wasn't already wild enough). Yet, because of this intense media exposure, Sheen has become more popular than ever.

His recently announced one-man show, *Charlie Sheen LIVE: My Violent Torpedo of Truth*, is selling tickets like crazy; His show at New York's Radio City Music Hall sold out in under 30 minutes. What exactly will go on in this show no one knows for sure.

So, for those people who ran out and bought tickets, are you comfortable with the fact that you just shelled out money for a show that, as of today, still has no planned routine? What's more, Sheen is expected to bring in a staggering pay-check for this tour. Just how much you ask? Try a cool \$7 million. A lot of that will come from the expensive ticket costs, which range from \$79.50 to a whopping \$750 for a meet and greet with him.

In the end, I guess there is no real formula for having a comeback. Some stars try to revamp their careers for years with perfect public personas and always impeccably done makeup and still not get to the top spot on the Billboard 200 album chart. Others, like Sheen, have personal lives that are spiraling downwards... yet have careers that are only going higher into the A-list.

What's the secret? I guess you would have to ask Charlie Sheen: He seems to be on the “winning” side of things these days.



ladyobama.com

**Britney Spears**



india-server.com

**Charlie Sheen**

**Mainstreet**  
Apartments  
your off-campus housing resource

Semester is starting... where are you going to live?

deposit  
only  
**\$399**

act now, chill later



**CONTACT US,  
WE'LL FIND  
YOU AN  
APARTMENT**

**EDMONTON**  
(780) 242-8740  
[nait@mainst.biz](mailto:nait@mainst.biz)  
  
(780) 893-2304  
[edmontoncentral@mainst.biz](mailto:edmontoncentral@mainst.biz)

**MAINSTREET  
EQUITY CORP.**

[www.mainst.biz](http://www.mainst.biz)

**Matt Templeman, left and Matt Kupka relax before going on the air with their radio show Murder of Matt.**



Photo by Graham McCann

# A different kind of duo

By **GRAHAM McCANN**

Murder of Matt consists of Matt Kupka and Matt Templeman: An interesting duo filling the NR92 airwaves.

**Kupka:** In first semester, we realized there were a bunch of Matts in our class, and we decided that a group of “Matt” would be called a murder, like crows, because it’s badass.

**Templeman:** We were considering naming our show “Random Never Going to Happen Hypotheticals.”

**K:** We ramble on about stuff like conspiracy theories a lot.

**T:** There’s a lot of music info, too.

**Graham:** What kind of music?

**T:** Very eclectic.

**K:** Recently, we’ve been playing a lot of really unknown bands, not to sound like a hipster. We used to try having themes for our show, but we are too distracted and too lazy. We just put our playlist together on the fly.

**G:** Templeman, what do you think about

your lineup?

**T:** Our crowning achievement was playing Tool’s trippy 12-minute track with its two other tracks overlapping. (It’s a special Easter egg in their album.)

**K:** Our minds were blown for the rest of the show. It was nuts. We once narrated the entire 15-minute Michael Jackson *Thriller* video.

**G:** So, Templeman, what would you like to add?

**T:** I’m a man of few words.

**K:** Sometimes on air, he doesn’t even speak.

**T:** Because you don’t turn on my mic.

**K:** Oh, yeah.

**T:** We do a lot of fun stuff ... If we think it’s a good idea, we’ll judge it after.

**K:** We roll with our shit off safety ... That’s our new slogan.

Listen to *Murder of Matt* on NR92 on Sunday 8:30-10 p.m. and on Tuesday from 9-11 p.m.

# Bargain shopping to local tunes

By **CHRISTINE VU**

Whenever Monday rolls around, it is inevitable that someone will ask you what you did on the weekend. Some may say they went to the flea market and found an antique lamp. Others might talk about how they lost their shoes at a punk show. Neither of these are out of the ordinary (losing shoes is more common than you would think), so why not experience something extraordinary? Dead City has got you covered.

Dead City is the brainchild of Landon Barrowman. Over the years, this proud Edmontonian has gotten tired of people referring to his beloved city as “Deadmonton.” Barrowman believes that there is an underground voice that needs to be heard. Dead City podcast was born and now it has evolved into Dead City Press. More and more people are getting involved with the movement to prove

that Edmonton has more to offer.

This Saturday March 26, Dead City Punk Rawk Flea Market makes its debut at Mead Hall and it is exactly what it sounds like. The best of both worlds come together to give Edmontonians their first rummage rock fest. Tables will be set up around the bar and like any flea market, you can find an assortment of goods from local vendors but as Dead City founder Barrowman put it, “It isn’t your regular flea market. If someone’s selling you a record, you can bet it won’t be a Garth Brooks album.”

Another thing that differentiates this flea market is the “Punk Rawk” part. Live music will go on all throughout the night. Local bands such as Sneezing Wolf and the Bogus Robots will join more than six other groups as a part of the seemingly never ending lineup.

Barrowman is joined by Natasha Dawson,

also of Dead City, to put on this one of a kind event. There a lot of things to do in Edmonton and Barrowman and Dawson agree that the main goal of the Punk Rawk Flea Market is to showcase local talent.

“Why shouldn’t you be able to listen to rad music while shopping? And shopping local at that! I strongly believe in supporting my peers and community,” Dawson continues.

“The Flea Market provides an atmosphere and opportunity for local music and vendors to come together in a unique setting and allow people who may not otherwise know said music and vendors exist. This is a chance to discover some of the city’s hidden talents.”

Books, original art, hand-made jewelry are among some of the sure finds. You can even grab a slice of pizza from Crown Pizza Pub while perusing merchandise from Rowena

and Edmonton’s newest rockabilly retailer, 4 Stroke Custom Culture.

“Dead City Punk Rawk Flea Market is a reflection of Edmonton’s subculture,” says Barrowman, “If it goes well, we hope to do this four times a year.”

“There is going to be a wide range of people and products all together in one bar, creating a unique event that everyone will enjoy,” adds Dawson.

“It’s going to be loud and busy, but it’s also going to be a one of a kind event to happen in the city, which makes it something not to be missed!”

When that Monday does roll around, make sure you have an interesting anecdote to share. Check out the sights and sounds of Edmonton’s very first Dead City Punk Rawk Flea Market for free at Mead Hall this Saturday. The doors open at 6:30 p.m.



# Powerful lyrics, raging tempo

By GRAHAM MOSIMANN

Rise Against used to feature an old school punk sound that built them a loyal following before they took a strong left turn into the world of alt-rock that made them international sensations. Their new album *Endgame* is a blend of the best of both worlds. Prior to the album's release, three songs were made publicly available. They are a fantastic demonstration of the direction the Chicago-based group has turned.

You may have already heard "Help is on the Way", "Satellites" or "Architects" but much like their previous records, the gold of this album is in the songs not released. "This is Letting Go" and "Broken Mirrors" are two

of the best aside from the singles and they provide an anthem like quality to go along with a powerful message that is apparent throughout the album. "Help is on the Way" directly references the Hurricane Katrina disaster from a survivor's point of view and demonstrates the disparity the victims must have felt. "Satellites" also references the Deep Water Horizon oil spill and how greed can lead to such destruction.

Rise Against continues to speak out about the state of our world through powerful lyrics and a raging tempo. This album does not disappoint for any who love the genre.

★★★★☆

## Calling all nerds

By BALJOT BHATTI

Paul is a sarcastic, lazy, chain smoker and kind of a jerk. He is also a fugitive alien from Area 51 who has teamed up with nerds Graeme (Simon Pegg) and Clive (Nick Frost) to try and escape the men in black who are on his tail.

*Paul* the movie is an exercise in fanboyism. At times, it became a game for us watching the movie to catch as many nerd references as we could. Near the end, they were coming so fast you could barely catch them all (*Star Wars*, *Close Encounters*, *ET*, *Jaws*, *Aliens*, to name but a few).

This doesn't mean that it's just catering to the 10 per cent of the audience who got all those references. *Paul* is, at times, a genuinely funny and surprisingly sweet movie. Whether it's the relationship between Graeme and former Bible thumper Ruth (a hilariously crass Kristen Wiig), or between Paul and the little girl who pulled him out of the wreckage of his ship in 1947 (now an old woman, played by Blythe Danner), there is a surprising amount of sentiment in a movie aimed at sci-fi nerds.

The comedy team of Frost and Pegg is as strong as ever, though oddly enough it seems like they've reversed roles. Frost usually plays the

buffoon and Pegg plays the straight man in the sketch, but this time, it's the opposite. Clive is a kind of shy, reserved sci-fi writer, while Graeme is more open to taking risks and doing stupid things.

The alien himself is expertly crafted, and the CGI is believable enough, even during close up shots. Paul is voiced by funny man Seth Rogen, who does a good enough job selling the boisterous, lewd alien to the audience.

Playing against his usual characters is Jason Bateman, who plays a Secret Service agent pursuing Paul throughout the movie. I'll remember him best for his role as perennial good guy Michael Bluth on *Arrested Development*, so seeing him act like a real badass and threaten people is a real treat.

There's some additional comedic relief on the part of two bumbling FBI agents, Haggard (Bill Hader) and O'Reilly (Joe Lo Truglio) who stumble upon the conspiracy and become a stick in the mud for the escapees and the man hunting them.

There are some great cameos I don't want to spoil, but I think if you're just looking for a fun time at the theatre with some of your fellow nerds, go check out *Paul*.

★★★★☆



metrolinc.com



seahound.com

## 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

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

The 12<sup>th</sup> 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](http://www.runningroom.com) or call 780-439-3099

For more info, email [holly@wildlife-edm.ca](mailto:holly@wildlife-edm.ca)



THE NUGGET PRESENTS:

# CLUBS CORNER

## Upcoming events ...

### RT 2012

**What:** Bake Sale

**When:** March 24, 11 a.m.-1 p.m.

**Where:** HP Centre

### Music is a Weapon

**What:** Earth Hour Pledge Party

**When:** March 25, 7 p.m.

**Where:** U of A, Dinwoodie Lounge

### SORAD

**What:** Pub Night

**When:** March 25, 7 p.m.

**Where:** The Billiard Club

### Business Connex

**What:** Bake Sale

**When:** March 30, 10:30 a.m.-1 p.m.

**Where:** Outside NAITSA, Main Campus

### Outdoors Club

**What:** Ski/Snowboard Trip

**When:** April 2

**Where:** Marmot Basin,  
Jasper National Park

## 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

## Clubs Centre News

Clubs Appreciation Social: .....March 24

Culinary Class of 2011

Heart and Stroke Foundation and  
Mrs. Canada present:

A HEART HEALTHY  
WINE DINNER

April 2, 2011

Ernest's Dining Room at NAIT

5:30 PM Reception

6:00 PM Dinner

Five Courses paired with Wine



Silent Auction Benefitting  
The Heart and Stroke Foundation

AND THE

2011 Culinary Arts Graduating Class



For more information: [winedinner@hotmail.ca](mailto:winedinner@hotmail.ca)

Danielle Lehnert 587-989-8860

OR

Shereen at 780-491-3167

## STUDENT NETWORKING & INDUSTRY MINGLE

A formal networking event, with  
keynote speaker Vince Fowler from  
ActionCOACH, followed by an  
opportunity to meet with industry  
personnel and grow your network!

**When:** March 28<sup>th</sup> 2011

5:00pm – 8:00pm

**Where:** NAIT Shaw Theatre

Connecting Students With Students

**Tickets are \$20**

Available through Business Connex  
Or NAITSA

Are you connected?

How to contact Business Connex of NAIT

Facebook : Business Connex of NAIT  
Email: [businessconnexnait@gmail.com](mailto:businessconnexnait@gmail.com)

## TAX PREPARATION

Have your taxes done for free  
by qualified NAIT business students!

*Some restrictions apply, contact  
Business Connex of NAIT or check  
the Facebook Event for details*

*Tax Returns cannot be completed unless students have all their tax  
return slips, carry forward amounts and any receipts that they want  
to claim against their income tax.*

*If student would like the tax return deposited directly into their  
account, they must bring all their banking information including  
bank number, transit number, account number and sub number.*

**When:** March 19<sup>th</sup>, 26<sup>th</sup>, & April 2<sup>nd</sup>

10:00am – 3:00pm

**Where:** Room T516

Are you connected?

How to contact Business Connex of NAIT

Facebook : Business Connex of NAIT  
Email: [businessconnexnait@gmail.com](mailto:businessconnexnait@gmail.com)

## The Aboriginal Student Club supports ...

## ONE HOUR NO POWER CAMPUS CHALLENGE

On March 26, 2011 turn off your  
lights from 8:30 to 9:30 p.m.

Enter to win! Students, staff and faculty who  
participate will get a chance to win eco-prizes!

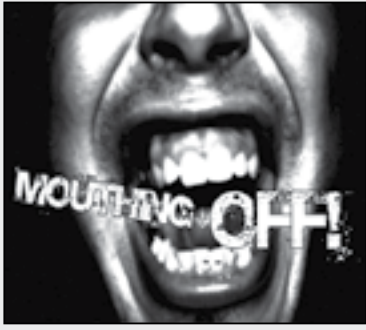


Join millions of people across  
the globe by pledging to  
participate in this global  
movement here:  
[nait.ca/sustainability](http://nait.ca/sustainability)

MacEwan







CHRISTINE VU

# What are you looking forward to most with spring coming?



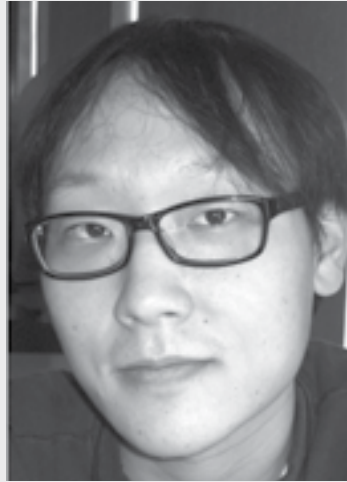
"Outdoor Rodeos."

Chance Hutchison  
HET



"I am looking forward to long-boarding in the River Valley."

Justin Reist  
BBA



"Travelling abroad."

Junyoung Lee  
Accounting



"Running on the River Valley trails again. It's a good time."

Joel Rivero  
Diagnostic Lab



"Travelling."

Yowen Tan  
ELT

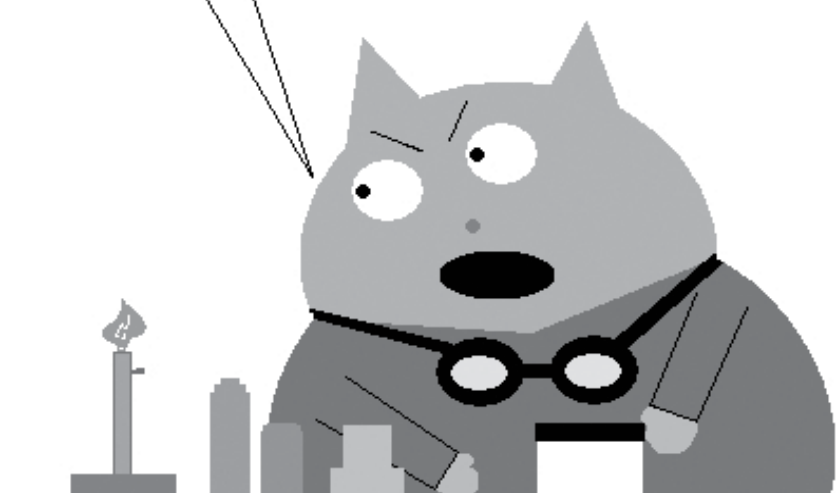
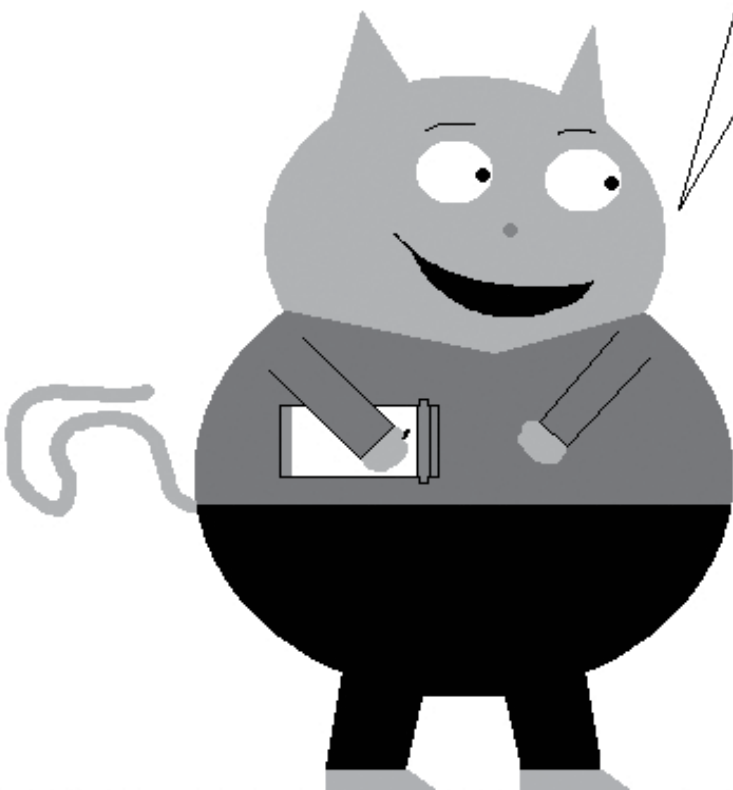
THE NUGGET-PRESENTS:

## NUGGET COMICS

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

HAVE YOU  
EVER TAKEN  
DRAMA CLASS?

HAVE YOU EVER  
TAKEN CYANIDE  
PILLS?!



# CROSSWORD

Across

1- Spanish river  
6- Gives up  
11- Besides  
14- Icon  
15- Bloodsucking worm  
16- It breaks daily  
17- Turkish title  
18- Metallic mixture  
19- Actress Balin  
20- Lean and sinewy  
22- Sudden impact  
24- Roast  
28- Dull  
30- Speaks publicly  
31- Staggering  
32- Favored  
33- Capable of being generated  
37- Bill's partner  
38- Band  
39- Black gold  
40- Revocation  
43- Abu \_\_\_\_  
45- Chairs  
46- Rubbed out  
47- Yellowish brown pigment  
49- Clattering noise  
50- Italian composer  
51- Mil. leaders  
52- Nabokov novel  
53- Large wave caused by tidal flow  
56- Earth  
61- Convened  
62- Low point  
63- Atoll unit  
64- Chemical ending  
65- Delicious  
66- Brahmin, e.g.

Down

1- Apex  
2- Doc bloc  
3- Beetle juice?  
4- Exclamation of disgust  
5- Kelp  
6- Strongly fragrant sage  
7- Hard to hold  
8- Singer Shannon  
9- Author Umberto  
10- Unprofessional lawyer  
11- "Farewell!"  
12- John Garner  
13- Aborigine of Borneo  
21- Conditions  
23- Hawaiian native dance  
24- Puccini heroine  
25- Betelgeuse's constellation  
26- Radioactive gas  
27- Hwy.  
28- Ready ...  
29- High-pitched tone  
31- Ages  
33- Actress Scacchi  
34- Brag  
35- Defamation  
36- Exclude, remove  
38- Counterfeiter catcher  
41- Not new  
42- Not strict  
43- Severe  
44- Covering for the head  
46- Directional ending  
47- Four-door  
48- Angry  
49- Drunken  
50- Flower holder  
51- Pluck  
54- Battery size  
55- Mdse.  
57- Conductor \_\_\_\_-Pekka Salonen  
58- "Treasure Island" monogram

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				


59- Emeritus: Abbr.  
60- Broke bread

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


SOLUTION

Page 31

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



# How to report a crime



Every year, thousands of crimes occur in Edmonton. Approximately half of all crimes are reported. It is likely that more than 50 per cent of all crimes that take place are witnessed by neighbours looking out of their windows, by a person walking a dog and hearing the sounds of breaking glass or by a driver observing a person swerving all over the road.

Why don't people report crime? In most cases it is because they don't want to get involved, they are afraid of being wrong or they are not sure what to do.

A five-minute delay in reporting crime reduces the chance of catching a criminal by 65 per cent.

When reporting calls to NAIT Protective Services.

- Stay calm – don't get excited; take a deep breath
- State the problem – "I want to report a crime ..."
- a break and enter
- a theft
- an injury
- a fire
- a suspicious vehicle or person
- State the address and who you are.
- give the full location, directions from nearest office or building
- give your name, office number, and

- phone number where you are calling from
- let the dispatcher control the conversation.
- answer all questions
- give your phone number so NAIT Protective Services can call back later if necessary
- don't hang up – stay on the line. Only hang up when told to do so by the dispatcher.
- In the event of an emergency, dial 911.

This information is vital to our peace officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (police, fire, ambulance, etc.).

**Major factors in describing suspects:**

1. description of crime
2. physical description
3. how suspects left area and direction of travel.
4. type of weapon
5. vehicle involved
6. vehicle description

Be aware and practise these precautions:

1. be alert to odd behavior of others.
2. be familiar with surroundings

3. be aware of strangers.
4. be on the lookout for the unusual, such as unfamiliar vehicles, strangers, and unusual phone calls.

**How to use 911:**

The 911 Emergency Line is used to report a life or death situation, a crime in progress, an injury accident, a fire, a call for medical aid and ambulance transport to hospital or any other emergency situation. When you dial 911 your call will be answered by an operator saying "911 Emergency. What service do you require?"

**At this point ask for:**

- police, ambulance, fire department, any other emergency service (e.g. hospital, gas company, etc.)

Do not hang up your phone. Your call will be put through to the emergency service that you requested.

**Use 911 to call the police if you are reporting:**

- a crime that is happening as you speak or a crime that just happened.
- a motor vehicle accident where people are injured.
- an impaired (drunk) driver.
- suspicious persons or vehicles.
- any incident that may result in loss of life or injury to any person.
- be prepared to give the police the follow-

ing information:

- your address and name
- the problem and where it is happening
- whether anybody is hurt
- stay on the line. Do not hang up your phone.
- keep talking with the police until they say it is OK to hang up the phone.

Newer telephones on NAIT Campuses will alert NAIT Protective Services of a 911 call coming from your area. However, we would ask that either you or someone with you also contact NAIT Protective Services at 780-471-7477 if possible and when safe to do so.

Reporting a crime is not a hard thing to do. The dispatcher will "walk" you through the complaint. Remember, a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help to make our community a safer place for everyone to enjoy.

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

Everybody benefits, except the criminal.



**HOT****SINGLE OF THE WEEK**

Photo by Tiffany Lizee

## Jonas Lopushinsky

### Diagnostic Medical Sonographer

**Hometown:** Vegreville.**Nickname:** No Bonus Jonas.**Turn ons?** Stacked women.**Turn offs?** Dental issues and short hair.**Do you prefer outgoing/flirty or conservative/shy?** Definitely outgoing and flirty.**Blonde/brunette/red head?** Blondes.**If you could plan a date and do whatever you want, what would it be?** It would be ideal to head straight to the rippers.**Family-man or Guys-guy?** Guys-guy! Buddies come first.**Tell me something I wouldn't know about you at first glance.** My mustache is the real deal.**Are you hot and single?** E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)

# More mocha!

## CAMPUS FOOD REVIEW

By LACE SENIO

It is that time again, "Spring Ahead." And everyone who knows me, knows that without that extra hour of sleep I become the crankiest thing since Principal Kraft, in the old *Sabrina the Teenage Witch* television series. That is where coffee comes in.

To get through these times of treachery and one hour less sleep, I take part in a daily ritual called Starbucks. And now, I know what you are thinking, this girl has good taste. And quite frankly, yes, yes I do.

The Starbucks on campus is located in the Common Market, where all of the tables are located. Quite a hidden gem, if you ask me. Where else on campus can you get frothy, foamy and over-priced lattes?

I highly recommend the white chocolate mocha, as it is rich and flavourful. There is nothing more enjoyable than a hot mocha to ease the pain of the time change. It is like comfort food that perks you up a little.

A grande white chocolate mocha is only \$4.99. Now, I can't think of

a better way to spend five bucks, go on, go for it. It is a saving grace, let me tell you.



flickr.com

## Recipe

# Noodles ... plus

By KENDAL GUINEY

For students on a budget we usually all go to the same staples, simple pasta's like spaghetti or macaroni, or possibly quick and easy to prepare soups like vegetable or chicken noodle. Well if you are wanting to try something a little bit different but still affordable why not combine the two and make this Asian recipe appropriately named "Chicken 'n' Noodles". Xiang shou! (Enjoy!)

**Asian Chicken 'n' Noodles Recipe**

**Serves:** 2**Prep Time:** 3 minutes**Total Time:** 10 minutes**Ingredients:**

- 1½ c. water

- 1 pkg (3 oz) ramen noodle soup mix
- 1 medium carrot
- thinly sliced
- 1 pkg. (6 oz) Oscar Mayer grilled chicken breast strips
- 2 T green onion slices

**Instructions:**

Bring water to boil in medium saucepan. Add noodles and carrots; cook three minutes. Add chicken breast strips and one t. of the seasoning (from ramen soup package); mix



well. Discard remaining seasoning. Cook until heated through, stirring occasionally. Sprinkle with onions.

Recipe and photo courtesy of - <http://www.squidoo.com/simple-recipes-for-college-students>

# Mainstream Ignorance

By GRAHAM McCANN

1. "Irregardless" is not a word. What people mean is "regardless"
2. The term "bemused" doesn't mean amused, but confused.
3. The idea that living by power lines can contribute to cancer has very little evidence to support it.
4. There has been no link yet found between cell phones and cancer either, and there is still research into the matter.
5. Water isn't clear, it is actually faintly blue, which is why the ocean is blue and not because of the reflection from the sky.



THE NUGGET PRESENTS:

# GRAPEVINES

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

Dear Medical Student in G-wings,  
Can you guy give Chem Tech a seat for study? We haven't got any spot to study and we have to sit on the floor. So, please give us our spot to study.  
— Chem Tech

Hey M.S. paint eater, is your head full of fat?  
— Curious George

To the AHT girls,  
With regards to Eric, the first year Paramedic: We called "dibs" in September. Lingerie tickle fight for his love and affection?  
— The RT Girls

To the track suit and glasses,  
Stop impersonating us Hayk. We would never say those things. And there's no "guys in the hot spot", Hayk's hot spot is in

those bathhouses in the business tower. To all the dime pieces in L, don't listen to that goof he trying to give us a bad name. If you need to talk to us you know where you can find us.  
— from the spot in L

To the Asian female community: I wish I had something clever to say, but since we are at the brink of spring, us boys at the hot spot would really like to see you wear some skanky clothes (school girl outfits). And avoid looking me straight in the eyes as you're climbing up or down the stairwell in the annex.  
— track suit and glasses.

To the guy who wears john deere from IHET. Go back to the farm and stop staring at me. I feel like u think I'm a piece of your farm equipment, old and used. I'm not a combine I'm a human being.

— From a concerned classmate.

Dear Girls in E027  
The Graph comm students wants to know what the \*BLEEP\* you do in there. Cause it sounds like you're playing horrible music while having a rave, murdering someone to bad music. We know you athletes feel like you are entitled to blare your music as loud a humanly possible, but please keep it down, or at the VERY least, play better music.  
— Most Sincere, The Graph Comm Students

To the V-wing Douche-Bags: Always remember to use soap and water when you wash your hands after you use the washroom. It would be so much better if everyone did this to prevent disease from spreading. And it will keep your fingernails just as fine as mine. Signed, Otherwise there will be an explosion!

Hey concerned citizen. I have ten thousand reasons to complian about the non-existent extended health plan here. You are obviously a mindless sheep that just follows whatever you are told without questioning. Scrape the fecal matter out of your cranium and try not to be such an imbecile. Just Saying.  
— Squidge

Dear Red head in architecture, i hope it doesn't rain. i would hate to see you drown because of how far your nose is in the air.  
— concerned gentleman

To the Petroleum and Chemical guys,  
Thanks for giving us something to look at. We don't bite you know.  
— Lots of LOVE from the First Year Interiors ;)

THE NUGGET PRESENTS:

# HOROSCOPES



MADAME O

## March 17-23

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

## Aries (March 21-April 19)

If a gypsy woman falls in love with you this month, check for a hump.

## Taurus (April 20-May 20)

If you like Buck Cherry, enough is enough, you have to stop.

## Gemini (May 21-June 20)

Gemini was an American Gladiator so I can only assume you're good with tennis balls and nerf guns.

## Cancer (June 21-July 22)

OK ... so your sign is a crab and you're named after a life-taking disease. But if it wasn't for cancer ... Lance Armstrong wouldn't be half as inspirational as he is. (Excuse the pun).

## Leo (July 23-Aug. 22)

OK Leo, if you see a Persian man walking a duck down 118 Avenue today, don't be scared. He is your guardian

angel.

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

Say "Virgo" like Elmer Fudd and all will be well.

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

When you Google image search "Libra body paint" and your safety is off (Which it should be, you're not eight years old) you'll see some boobs. If you're a girl Libra, I'm sorry, I couldn't find Libra body paint on a pair of testicles.

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

Hey, if you watched the show *Xena: Warrior Princess* and you thought Xena had a lesbian thing for Gabrielle, you're not the only one.

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

You're a hilarious, precarious, gregarious, nefarious Sagittarius.

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

If you have a Chinese symbol as a tattoo, double check what it means. Unless you're actually Chinese, for all you know it could say: "Onion lobster."

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

Let's see, your sign carries a jug of water, so maybe get a little more "in the now" and try carrying some Gatorade?

## Pisces (Feb. 19-March 20)

You look thirsty ... get some Kool-Aid. Just make sure you are at least five metres away from the nearest brick wall.

THE NUGGET PRESENTS:

# Dr.CONwisDOM

Dear Dr. CONwisDOM,  
My boyfriend is going to be away for awhile working, and I am wondering how I can stay sexual while he is away, but not cheat.  
— Long-Distance

Dear Long-Distance,  
Your situation is a common one and many couples make this work. However, if you think you might cheat, then maybe you should consider ending your relationship. Obviously there

are ways to engage in sexual activities by yourself and maybe you and your boyfriend could try phone sex, or even "sexting." Either way, it is up to you not to cheat.

Dear Dr. CONwisDOM,  
I have this issue, I am madly in love with Julia Roberts. I love her so much that I even went to India to be near her when she was filming 'Eat, Pray, Love' and I met her! Or so I

thought. It was one of her stunt doubles and we ended up hooking up before I realized it was't her. I think she might be pregnant, what should I do?

Dear Star Studied:  
My advice to you is to forget Julia. Stop chasing her too, you will be broke after the next two movies at this rate. As for the stunt double, just wait until you know if she is preg-

nant or not. If she is, then you get to deal with the consequences. If not then lucky you.

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



# Preparing for final exams



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

Don't wait until the week before finals to start studying. It may feel like you just finished mid-terms but the end of term is coming and this is a great time to make sure you are on track to do your best.

**Strategy No. 1** – Be diligent about ongoing review. Review the major points you took in class every day, and do a more thorough review at the end of the week.

**Strategy No. 2** – Prioritize what you need to learn. Look at the course objectives, at what the instructor emphasizes in class, and at the homework assignments. Focus on the subjects and topics that you are weakest in.

**Strategy No. 3** – Decide which study strategies best for you. Are your current strategies working (based on midterm marks and how you are coping overall)? If not what new strategies can you add? See the *Strategies for Success* manual available free of charge on line at [www.nait.ca/counselling](http://www.nait.ca/counselling) and/or make an appointment with a counsellor at NAIT Student Counselling.

**Strategy No. 4** – Ask for help. Instruc-

tors, classmates, the Tutorial Centre (Room A-133) or a hired peer tutor (Room A172B) may help you to understand areas you are weak in. Counsellors can help with personal issues, academic study tips or managing exam anxiety.

**Strategy No. 5** – Have a plan for your major review. Determine How, What, When, and Where you will study. Begin one to two weeks before the exam. (Ideally this should be a review and touching up weak areas rather than trying to learn all the material.

**Strategy No. 6** – Create Review Tools. Checklists, summaries, flash cards and mock exams will all help you learn the material thoroughly and feel more confident going into your exam.

- Study tips**
- Practise the tasks you will do on the test
  - Find at least one study partner in each class
  - Try teaching another person
  - Prepare for each class as if you were having a quiz
  - Make sure your notes are complete
  - Learn from past exams
  - Attend review classes
  - Identify your weaknesses and work on them

- Techniques for math and science**
- Review and keep up on basic skills
  - Keep up with assignments
  - Learn from your mistakes
  - Do as many questions/ problems as possible
  - Practise scientific attitude – accuracy, precision, fact
  - Master your calculator
  - Prepare for labs

• Learn the process, not just the answer  
**How to cram (if you absolutely have to!)**

- Cram as close to the exam as possible (but not overnight)
- Be realistic: prioritize and focus on the basics
- Get some sleep!

**Psychological preparation**

- Be realistic about your goals for finals. Setting your standards unrealistically high will add unnecessary stress.

- Look at the exam weighting
- Get yourself mentally ready by thinking positively and being as prepared as possible. Do not get stuck in negative thought patterns like “I should have studied more” or “I never do well on finals.” Don't compare yourself with others.

• Practise stress reduction techniques such as slow, deep breathing, muscle relaxation and visualizing a positive place.

- While it is important to pass, marks are not everything

**Days leading up to an exam**

- Take care of yourself. Prioritize eating

regularly, getting enough sleep and fitting in a bit of exercise and/or relaxation.

- Stick with your routine as much as possible.
- Be careful not to compare yourself with others

**Day before an exam**

- Be positive
- Keep the exam in perspective
- Eat, drink water, have a snack, relax
- Have all necessary items packed and ready to go the night before the exam

- If you experience exam anxiety, use stress reduction techniques before and after the exam. A brisk walk right before the exam can be helpful for many students. Do not study on the day of the exam and try to keep away from classmates who might add to your stress.

- Don't discuss the exam with peers before or after the exam

Counsellors are available to assist you with this or any other academic or personal concern. Call NAIT Student Counselling at 780-378-6133 or come to Room W111-PB in the HP Centre to book.

## Student jobs — Shinerama Co-ordinator

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

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

## Frosh Leaders for Welcome Week

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

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

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

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

CROSSWORD SOLUTION

1	T	A	G	U	S		6	C	E	D	E	S		11	A	N	D
14	I	M	A	G	E		15	L	E	E	C	H		16	D	A	Y
17	P	A	S	H	A		18	A	L	L	O	Y		19	I	N	A
				20	W		21	I	R	Y			22	S	H	O	C
24	T	O	R	R	E	F	Y		28	O	B	T	U	S	E		
30	O	R	A	T	E	S		31	A	R	E	E	L				
32	S	I	D	E	D		33	G	E	N	E	R	A	B	L	E	
37	C	O	O			38	T	R	O	O	P			39	O	I	L
40	A	N	N	U	L	M	E	N	T			43	D	H	A	B	I
				45	S	E	A	T	S			46	E	R	A	S	E
		47	S	I	E	N	N	A			49	B	R	A	T	T	L
50	V	E	R	D	I				51	G	E	N	S				
52	A	D	A			53	E	A	G	R	E			56	T	E	R
61	S	A	T			62	N	A	D	I	R			63	I	S	L
64	E	N	E			65	T	A	S	T	Y			66	C	A	S



# Getting around has never been easier\*



**\*Thanks to Southtown Kia**

2011 KIA RIO FROM

**\$39**

WEEKLY PAYMENTS

PAY OFF YOUR  
STUDENT LOANS WITH

**\$16,000**  
**CASH BACK**



UNTIL FALL

**No Credit? No Problem.**

Exclusive Go Finance will  
get you approved today!



Payment of \$39/wk based on brand new  
2011 Kia Rio (STK# 1R02443) \$14,500  
amortized over 84 months at 0% GST and fees extra.

☎ 1.888.241.7231

📱 TEXT 780.297.0108

✉ info@SouthtownKia.ca

🏠 9710 - 35 Avenue,  
Edmonton, Alberta

🌐 SouthtownKia.ca



**SOUTHTOWN KIA**