

INK NIGHT AT THE NEST, MARCH 29

THE NUGGET

Thursday, March 22, 2012
Volume 49, Issue 23



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

NAIT'S BEAUTY QUEEN?

RTA student to compete for Miss Universe Canada, story page 3

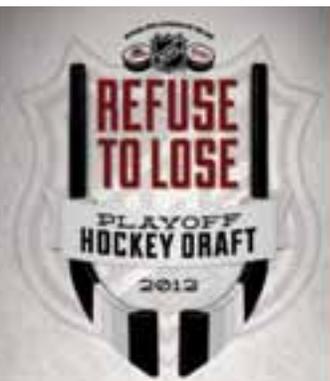
ACAC CHAMPIONSHIP SERIES



Photo by Chad Steeves

OOKS DOWN BUT NOT OUT

NAIT Ooks winger Josh Koper lets a pass go during an ACAC championship series game Saturday against Augustana Vikings at NAIT arena. NAIT lost the contest 5-2 to go down two games to none in the best-of-five matchup. See story on page 8.



\$5000 CASH
GRAND PRIZE OVERALL

SIGN UP
APRIL 2-12

AT ANY LOCATION OR ONLINE AT
WWW.HUDSONSTAPHOUSE.COM



NEWS & FEATURES

Networking not working



BART PADJASEK
Issues Editor

With less than two months left in the semester, many of you are looking to graduate and get out to the job market. Finally done with exams and homework, you are hoping your hard work and dedication will pay off with a rewarding job afterwards.

An exciting prospect for most, but there is an alarming trend in the job market of today that wasn't present just a few years ago – employer Facebook snooping.

Not new

Now this is not a new development. We've been hearing about this type of "research" being done by possible employers for a while now. Whether it be to check up on what habits their employees may have to watch out for or on what kind of people they associate with.

But according to the Associated Press, some employers have been going above and beyond that level of intrusiveness and have begun asking applicants for their Facebook login and passwords.

This move is to combat the fact that employees have gotten smarter with privacy settings to stop their bosses from seeing their interesting weekends out.

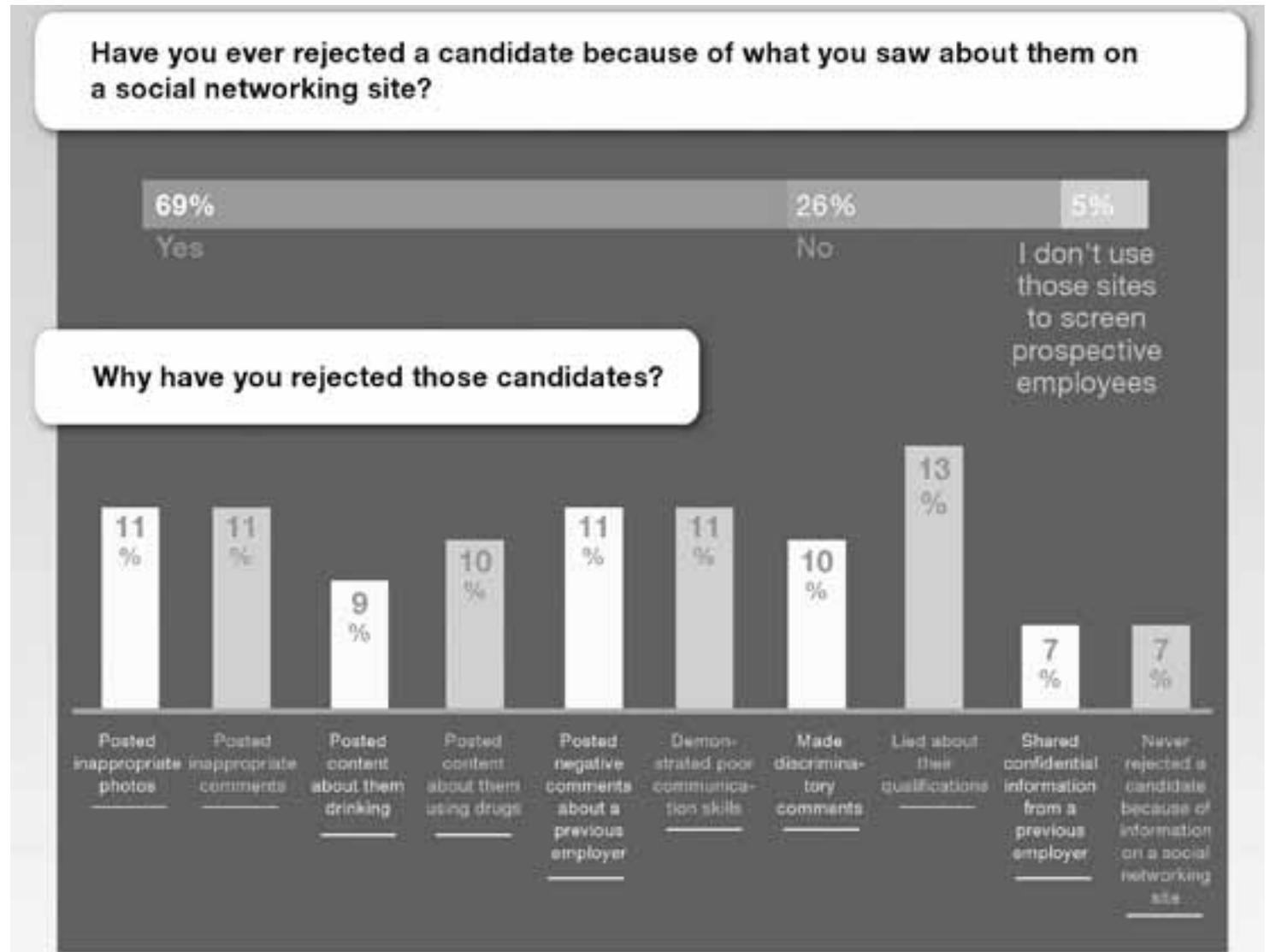
Like house keys

Orin Kerr, a George Washington University Law School professor, told the AP, "it's akin to requiring someone's house keys," when asked about the employer demands.

Public agencies are more likely to ask for login information, especially in law enforcement positions. This is in addition to criminal checks, as these organizations are looking to see if possible candidates have any criminal affiliations through their field of friends.

That being said, law enforcement is not the only field in which Facebook scouring is prevalent. There have been reports sent from accounting companies to retail services snooping through your old social media photos.

The law is very much iffy on the matter.



A poll of employers in the United States.

blogs.forbes.com

While giving out Facebook login information does violate the site's terms of use policy, it does not hold any legal weight.

Companies may ask for your login and information but you are not obligated to hand them over. It really turns into a question of whether you really need the job in question that much in the end.

This is unfortunately the world we live in, and one we created for ourselves a long time ago. Our creation and reliance on our various social media sites has turned us into a society where there are very few secrets anymore.

While stories of big brother watching over our shoulder are quite frightening, there are easy solutions to these problems.

Consider what teachers' associations have done – they've recommended two separate Facebook accounts. Think of one as your professional and dressed-up account (much like

a resume), while the other a place where you can let your party attitude for life shine. Just remember to change your last name and not add employers as friends.

Twitter is another story.

Most companies nowadays make you sign a non-disparaging agreement before you even get out on the job site, meaning you can't talk down about your company on any public social media.

While if you're smart you may be able to get away with comments like that on Facebook, using a public social media like Twitter would not fly.

Again, it comes down to being smart with what you tweet and re-tweet. You are expected to represent your brand, whether you like it or not. Maybe it's best to stick to tweeting about how your March Madness bracket sucks, rather than talk about how incompetent you think your boss is.

This is the exact reason that I was a late joiner

to the Facebook craze. I didn't want everyone to know exactly what I was doing or thinking at all times. Admittedly, I do lead incredibly dull existence most time, but sometimes I may want to say something that others would not agree with. I didn't want my future jobs to be affected.

To conclude, I don't think we should be raising our torches and pitchforks to drive this capitalistic beast away just yet. I think it's a stretch to think this will directly lead to a police state anytime soon.

But it is an interesting new development on the horizon and one that I'm sure we'll be hearing about for some time. It won't be long until the legality of this is brought up by the courts, where we can finally figure out where the line is.

Meanwhile, keep a lookout for bosses snooping through your wall posts. You never know when that week of debauchery when you were in college will come back to haunt you.



Alberta Union of Provincial Employees

Proudly representing NAIT support staff,
the people who keep your facilities running.

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



Chelsea off to Toronto

By MATT INGLIS

The next Miss Universe could be the girl next door. Beauties of Canada is the organization responsible for sending a young lady to the Miss Universe pageant to represent Canada, and this year, it could be a NAIT student.

Thousands of girls enter Miss Universe Canada each year for the chance to step out on stage and represent their country in the international beauty pageant. Of the many girls who entered, only 12 were chosen from Alberta to go on to the final 63 in Toronto on May 17. In the pageant, participants will be judged in a number of categories, including bathing suit, evening gown and interview, giving participants the chance to show off their personality, intelligence, elegance and beauty.

One of 12 from Alberta

Among those 12 is NAIT radio student Chelsea Bird. Bird got into the competition through a string of events that started with a modelling agency she was in touch with, and contacting another modelling agency that invited her down to Calgary to be considered as a candidate.

Bird decided to give it a shot, saying, "I went, not knowing what to expect, since I've never done a pageant or really ever expected to do one but after going to Calgary and finding out more, I was really interested, especially since I'm in broadcasting and something with this level of exposure is a huge opportunity."

Bird is more than happy with her choice to go through with the pageant, saying "this process has boosted my confidence tremendously. I'm a firm believer that we only live once and if an opportunity presents itself, why not take it?"

An event this big takes a lot of preparation and dedication, something that Chelsea has been getting herself ready for since October, with monthly trips down to Calgary for training. Along the way, Bird has been surprised, not only by the competition itself, but also by the other competitors.

'All of them are genuine'

"I've gotten to know the other Alberta delegates and honestly, they have completely surprised me," said Bird. "None of them are the stereotypical 'pageant diva' type. All of them are genuine and accomplished young women."

Now that she has gotten herself into the final 63 delegates, the real work begins for Bird. In order to fund her stay in Toronto for the finals, Bird needs to find sponsors to help with the finances required for this experience. Along with her own personal process, Bird is required to organize a charity event for the Miss Universe Canada official charity, SOS Children's Villages.

On May 19, the top 20 participants will be announced and will compete throughout the evening until the victor is crowned Miss Universe Canada. To help Chelsea get an automatic entrance into the top 20, anyone can go to <http://www.beautiesofcanada.com/muc/> and vote for her up to four times a day, for the people's choice award.

— Chelsea co-hosts a show on NR92, see page 20



Photo by Cindy Moleski

Chelsea Bird
Miss Universe Canada contestant

Android app-ortunity

By KEVIN ALLES

As the race between the feature-phone operating systems heats up (RIM's Blackberry OS, Microsoft's Windows Phone 7, Google's Android OS and Apple's iOS), the amount of phone applications available for consumers is higher than ever.

From enterprise solutions to calculating tips and flinging a variety of birds at rickety-looking buildings that house pigs, app developers are always looking ways to enhance people's lives or provide entertainment.

Due to the simple nature of mobile phone applications and relatively easy-to-access ecosystem of most of the app market places, the barrier to entry of becoming an app-developer is easier than traditional application-building.

To make it easier than ever for aspiring programmers to develop phone-specific applications, NAIT is offering an opportunity for interested individuals with some basic knowledge in programming to obtain their Android Development Certificate.

Surinder Pandem, Program Manager of NAIT's Computer Training Centre, gave a quick run-down of the course.

"The program starts April 1," Pandem said. You should have some sort of interest in programming. We will start with an introductory, logical problem solving course."

The program runs to sometime in mid-July, and is split up over eight courses. To accommodate a vast variety of students, the course will be delivered on a part-time basis.

"If someone is working out there, and they want to come and take the program, they don't have to take two or three weeks away from work. It's set up so people can go back to work," Pandem said.

Pandem anticipates a lot of corporate employees looking to use the android platform to develop enterprise-based applications for their companies to enrol in the program.

"They [corporate businesses] are beginning to develop applications for their enterprise solutions," Pandem said. "Enbridge, one of the big corporations, actually sent their employees to take the

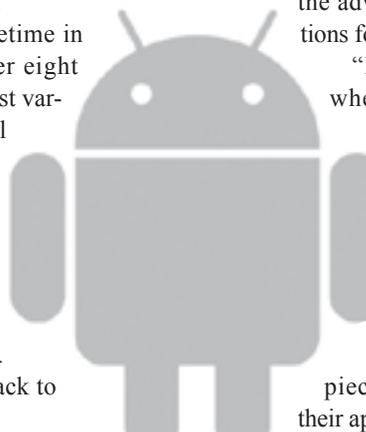
entire iPhone and iPad development certificate."

Pandem, the program manager of NAIT's Computer Training Centre went on to list some of the advantages of developing applications for the Android App market.

"Blackberry is very restrictive when it comes to enterprise solution development," he said. "Android is open source, there no real licence agreements. There are certain regulations and stuff like that, so you can actually sell your product on the marketplace. With Apple, they want a share – they want a piece of the pie when you develop their applications."

With the Android platform projected to completely overtake its competitors and dominate the mobile scene by the year 2015, it's a wise decision for aspiring developers to hop on the Google-powered bandwagon as early as possible.

For more information on the course, or to enrol, visit www.nait.ca



The Nugget

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

Editor-in-Chief

Claire Theobald
studenteditor@nait.ca

Issues Editor

Bart Padjasek
issues@nait.ca

Assistant Issues Editor

Pending
issues@nait.ca

Sports Editor

Patrick Knowles
sports@nait.ca

Assistant Sports Editor

Evan Degenhardt
sports@nait.ca

Entertainment Editor

Christine Vu
entertain@nait.ca

Assist. Entertainment Editor

Anika Nottveit
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.



Dr. Krista Uggerslev

Photo by Laura Dettling

Tech careers for women

By JENNY OATWAY

NAIT played host to the Women in Technology and Trades symposium on March 15. The initiative began as simply a Women in Technology speaker series. Just last year the trades were added.

"The program was put in place to support women and encourage girls coming into the field to look at those programs that are low in enrolment," says event facilitator Stephenie Fuhrer. These include "non-traditional roles, basically like the trades, some of the engineering programs, and the IT programs," she said.

Included in the program were two keynote speakers, new dean of the J.R. Shaw School of Business, Dr. Neil Fassina, and Dr. Krista Uggerslev, applied research fellow at J.R. Shaw, speaking to the audience about negotiating skills. The keynote speakers were followed by break out sessions.

The three different sessions included one for women in technology, one for information, and one for women in trades. Each session had a panel with four or five women from the industry on each panel. Some of the panel members were NAIT alumni, some are women working in the industry.

"It's a good mix, and hopefully we will get a discussion going," says Fuhrer.

Entrepreneur and VP of Operations for Cam-

eron Homes, Rose Naqvi-Parasynchuk, provided closing comments.

"We've changed it up a bit this year, so we'll see how it works," says Fuhrer.

This year's event was set up as symposium instead of a speaker series. In previous years the event focused around one main speaker who spoke for about an hour.

Such speakers included the first female astronaut Roberta Bondar, Deanna Brasserie, Canada's first female fighter pilot and in the first year it was Arlene Dickinson, a judge from the CBC show *Dragon's Den*.

"I'm hoping that they'll take away a good feeling about the path they're going to take," says Fuhrer.

"So if they're starting a trade, or already in a trade, there's different ways they can go. They can go back to school and get their degree or they can use their trade and get the Red Seal and be an entrepreneur. There [are] many paths you can take when you get into the field."

Fuhrer says she wants the event to help women get out there and be successful and to continue to grow and learn.

As for the future of the event, Fuhrer says she hopes that it will get bigger, and organizers want to look at the possibility of holding more events during the year.

Graduating?

Looking for a new car for your new career?

At Northgate Chevrolet your education is your credit!

- Graduating from a 2 year program?
- Have a job in your field?
- Would you like to win an iPad?

- YES
- YES
- YES

Simply email ryanl@northgategm.com with your name, phone number and year of graduation for your chance to win!



Northgate
CHEVROLET BUICK GMC

Country!

For more inquiries please call 780-476-3371

Like us on  @ Northgate Chevrolet
www.northgategm.com

* Based on Credit Approval

Make a video, make a change

By ALLISON KARCH

If you had only two minutes to address the world's leaders, what would you say?

That is the question posed to 13- to 30-year-olds by Climate Nexus and Tckctck, the public arm of the Global Campaign for Climate Action. These two non-profit organizations are holding Win A Date With History, a worldwide video contest looking for young people's best answers to that question.

The winner will go to Rio de Janeiro, Brazil, in June for the United Nations Rio+20 Conference on Sustainable Development, also known as the Earth Summit, where he or she will present the winning speech to political leaders from around the world.

This year's conference marks the 20th anniversary of the United Nations Conference on

Environment and Development, which was also held in Rio de Janeiro. Twenty years ago, the focus was on the environment, whereas this year the focus will be on sustainability, which implies a more far-sighted and holistic approach.

According to its website, the conference will address "a green economy in the context of sustainable development and poverty eradication." This suggests that the past 20 years have shown

that the environment, the global economy and the well-being of all humanity are inextricably linked and any solutions to the problems our planet faces must take this interconnectedness into account.



RIO+20
United Nations
Conference on
Sustainable
Development

The conference has three primary goals. First, to evaluate the progress and implementation problems of decisions that were made at previous international summits on sustainability. Second, to ensure that the governments of attending countries renew their commitment to sustainable development practices. Third, to address new challenges in this area.

The Date With History contest exists to ensure that the new generation has a voice at the Earth Summit. The decisions made there will set the course for the youth of the world, so it is important that those youth have the chance to tell the decision-makers what kind of future they want.

The Date With History contest exists to ensure that the new generation has a voice at the Earth Summit. The decisions made there will set the course for the youth of the world, so it is important that those youth have the chance to tell the decision-makers what kind of future they want.

The Date With History contest exists to ensure that the new generation has a voice at the Earth Summit. The decisions made there will set the course for the youth of the world, so it is important that those youth have the chance to tell the decision-makers what kind of future they want.

The contest was inspired in part by the speech that Severn Cullis-Suzuki made 20 years ago at the first Earth Summit in Rio de Janeiro. Though she was just 12 years old at the time, the daughter of Canadian icon David Suzuki made an eloquent and impassioned plea for world leaders to "stop breaking what you can't fix."

You can enter the contest by uploading the two to three minute video of your speech to the contest website, www.datewithhistory.com. You can also use your smartphone to upload your video, with free Mobli app. The videos are then posted on the Date With History website so that the public can vote on them.

Online voting will determine the shortlist of videos, from which a jury of internationally prominent individuals, including Cullis-Suzuki, will choose the winner.

— Opinion —

Is Robocall Canada's Watergate?

By STEPHEN SHAW

The Robocall scandal has dominated the Canadian media for a number of weeks and will continue to grow as the government is pressured into letting Elections Canada investigate the incident. However, the government continues to stall the process of having this matter investigated.

Protests have happened across the country, with the most recent in Edmonton – demonstrators gathered with signs blazing with the

thick, black lettering of "Election crime, election time" and are calling for a full, independent probe into allegations that misleading phone calls were placed to voters in numerous ridings during the last federal election campaign.

But would calling an election solve the current scandal rocking the grounds of Canadian democracy?

Instead, the Canadian public (MPs and MLAs included) needs to reach out to the grey area of citizens, the next generation.

Those who are currently or who have been trained to have bi-partisan views of political and social events that happen every hour, on the hour of any given day, must understand that this is something that affects us as Canadians, regardless of age, sex and social status.

This is an issue that could happen again when those who are younger become legal voters in this country and this could have dramatic change in the way an election is called in Canada. These allegations against the Conservative government

are serious and are against federal law.

With so many differing political views in this country, it is a part of who we are as Canadians to nurture and grow the future academics, scholars and world leaders of tomorrow, but there is something to be said for staying silent, and as we continue to hear breaking news about the scandal, we, as Canadians, will feel compelled to reach out to the younger generation of voters and help ensure that a scandal such as this never happens again.

University of Lethbridge

Edmonton Campus

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

EDMONTON CAMPUS

780.424.0425

Cash mobs boost local biz

By MIKE JONES

Supporting local business is an important and gratifying way to get things you want and need, but sometimes it's hard to know about these places, as many of them can't afford to advertise and rely solely on word of mouth. One way to support these businesses, and have fun

doing so, is something called a cash mob.

So what is a cash mob? It involves a group of people, who may or may not be participating in traditional flash-mob activity (anything from a silent disco to a pillow fight), going to a locally owned business and spending \$20 each.

For the organizers of Edmonton's Cash Mob,

supporting local business is a priority.

"Taking people to obscure places in the city that they otherwise wouldn't know of is a goal," says facilitator Monika Czuprynski.

"It's our goal to not have any barriers as to who we pick in terms of locally owned and operated business; but we do find there is an importance in choosing ones that don't have money for advertising and rely on word of mouth."

The first local cash mob, held earlier this month, was a success, with nearly 30 participants who ranged from friends of the organizers to strangers who found out via social media.

Although the official venue was environmentally friendly retail store Carbon Environmental Boutique, participants also visited Dauphine Bakery and Bistro and Lit Wine Bar. All three are locally owned and operated within the same area on 104 Street north of Jasper Avenue.

"[We want to] show people that there are hidden gems in their city," says organizer Cassandra Harper.

Kalita was impressed by the atmosphere.

"We had a couple people at Carbon who I can safely say would never have walked through the door, even if they had known about it. But once they went inside, they were pleasantly surprised," Kalita said.

Czuprynski sees long-term benefits.

"It allows people to take initiative," Czuprynski said. "They almost have a sense of responsibility to take their friends out to local places."

The organizers are already planning a second event for sometime in April. The date and location will be announced via the group's Facebook page (Facebook.com/CashMobEdmontonAB). Czuprynski sees the movement growing.

"I think because of the positive energy, we're able to carry huge momentum," she said. "Human beings have a tendency to share things and ideas. If this grows organically into something big, that's great!"

As for students who might not be able to afford \$20, "Bring ten bucks!" Czuprynski says. "Or just come out!"

Kalita concurs. "The money is a part of it for sure, but I think the biggest value that this creates for the business is putting a spotlight on them."

Cash Mobs are occurring all over the country, but according to Czuprynski, "there's no real organization. It's just an idea and you take it as far as you'd like."

To suggest a deserving local business, or for information on the next cash mob, subscribe to the group's Facebook page at www.facebook.com/CashMobEdmontonAB



edmontonjournal.com

Cash mob files into Carbon Environmental Boutique.

GMU students rough it for homeless

By MIKE JONES

Four Grant MacEwan students took part in the national 5 Days for the Homeless campaign last week and according to participant and External Executive Pierce Brindza, it was a great success

The four students – Brindza, Brett Farquharson, Sarah Hoekstra and Elisha Sharma attended classes during the day and slept outside each night from March 11-16 with only a sleeping bag, a pillow and the clothes on their backs.

They were not allowed to use facilities such as washrooms that would only be open to them because of their student privileges.

"Denny's across the street were really good to us when we had to use the bathroom," Brindza said with a laugh. "Or holding it – holding it was a popular option," he said.

\$11,500

"We had a goal of raising \$10,000 for the Youth Emergency Shelter Society of Edmonton (YESS)," said Brindza. "Unofficially, you can put us around \$11,500, so that's a huge momentum booster going into next year."

Brindza also said the student body really stepped up.

"They were honestly inspiring," said Brindza. "I figured we lived in a pretty selfish world, but as soon as people heard what we were representing and the kids we were trying to help, the support was overwhelming. We had some really good donations, even though I don't think any of us, as students, are in the position to donate readily."

Brindza also commended Grant Mac's faculty. "They were incredible. I think all of our professors were willing to chip in," Brindza said. "It's really remarkable what you can accomplish when everyone comes together for a common cause."

This was the second year for event chair Brett Farquharson, who did it the year prior at the University of Alberta.

Asked if he would do it a second year,

Brindza was confident.

"It's hard to say you want to do it again because it is challenging," Brindza said. "But the inspiration is still there and (homelessness) is still a problem."

Brindza says he and Hoekstra will be co-chairing the event together in 2013, "as long as there's kids out there that don't have a place to go and need YESS's help, then I'm in."

Brindza commended YESS for all of their great work.

"There's a lot of gaps in the social system, particularly for kids between the ages of 14 and 18 who might find themselves homeless or needing to run away from abusive homes," Brindza said. "YESS gives them a place to stay and the support they need."

The national campaign took place across the country on the same dates and Brindza says karma may have been on the team's side.

"We got pretty lucky with the weather," Brindza said. "It could have just as well been the weekend prior. Sarah's family was nice enough to get us a tarp to stay dry; otherwise we just had to huddle up close and stay warm."

The students were also forbidden from using technology except for school-related purposes during the day, unless it was 5-Day related.

Communication limited

Brindza explains that communication was only if they "had to send out an e-mail to get donations or to talk to the media."

One call was to "co-ordinate with our sponsor Keith from Trailblazer RV, who put in a \$5,000 sponsorship for us."

One problem to overcome is "this stigma people still have around the homeless, and a lot of (those misconceptions) can't be farther from the truth."

Brindza understands the skepticism and recommends a trip down to YESS's headquarters at 10310 85 Ave.

"You can go down to YESS and hear the kids' stories for yourself," said Brindza. "YESS

helps 3,000 kids a year and gives tours to anyone who wants to stop by."

The Grant MacEwan team raised \$11,790.33 for YESS, while the University of Alberta group

raised \$25,884.70 during the five-day period.

To learn about the 5 Days program and to donate, visit www.5days.ca To learn more about YESS or to donate, visit www.yess.org

NEW!

Google ebooks

Explore & buy
Google eBooks!

onlinestore.nait.ca




BOOKSTORE

OPINION

— Editorial —

Ode to an old friend lost



CLAIRE THEOBALD
Editor-in-Chief

Physically, she is still there, but the light in her eyes has gone. As she moves through this world to the other side, I feel as if a part of me was taken with her to the grave. I'm lost, cast adrift in a foreign world without her there to help me navigate.

For those of you who don't know what I'm talking about, my computer has died.

I assure you, I had written an editorial that was timely and relevant, exploring the shootings in Afghanistan. But alas, with my computer, my editorial has also been lost, and I find myself overcome with grief.

While I caught up on some of my weekend work, my lover, a sweet boy, brought me a glass of wine. Then, with one fateful slip of the wrist, my laptop was drenched.

I cried out, panic stricken and tipped it upside down.

'Get a towel'

"Get a towel!" I ordered. I scrubbed her keys, desperately trying to right the wrong that had been committed. At first, it looked like she was going to pull through. After all, in the last two years she had been through a lot.

She flickered back to life, and at first it seemed like she was back to normal. But as I continued to work, a sudden shorting out caused her to lose power. Like a champ, she restarted and again flickered to life. But it was not to be.

I left her alone that night. Out in the cold alone on a desk, all the while that poisonous boozy elixir ravaged her insides. By morning, she was gone.

They say you never really appreciate something until it's gone. In this case, that couldn't be farther from the truth. I loved that little metal box of wires, she was everything to me. Since I picked her out from all of the other MacBooks. We've never been a day apart.

She did it all

Without her, my career wouldn't be possible. She helped me with all of my schoolwork, coached me through all of my articles as a budding young journalist and even helped me find time to stay connected with my friends and family despite my hectic schedule.

Wherever I went, she was sure to follow. In a purse picked especially for her, I kept her safely tucked under my arm, never left unattended. In my eyes, everyone was a potential thief, shooting covetous glances at her, waiting for me to look away for just a moment so they could swoop in and claim her. I was never going to let that happen to her, never.

Little did I know that it was one so close to me that would take her life.

She was my medium, a tool which I used to express my thoughts and feelings and share them with the world. Like an artist's brush, without her I would not have been able to create my personal literary works of art.

Even now, typing on a lab computer, it feels wrong. I was at home at her keys, her board an extension of my fingers. Now, I struggle to locate the letters, the keys are cold and strange to the touch. Trollop! Who knows how many have used these keys to write their "LOLs" and "OMFGs."

My keys were pure, virginal. Only my fingers danced across her.

But that was then. Now, she lies lifeless, soaked in red wine and tears. It may seem strange to some, feeling so emotionally attached to any object. In truth, yes, I agree. But in a world increasingly cold and technological, many live their entire lives facilitated by a computer.

It's an almost ideal relationship. It likes the same music you do and can even suggest new bands for you. It's ready when you are, up with you at the crack of dawn and burning the midnight oil with you on project nights. With a push of a button, it opens your world, connecting you to a vast network of other computers, almost like mutual friends.

If my computer had been a six-foot-tall blond firefighter with rippling abs, I would have married it. Maybe I would have married it based on personality alone.

And maybe it says something about our world. Maybe our

world has become too cold and we have become too attached and dependent on our technology.

Like a concerned mother taking their child to the doctor, I will cradle her corpse in my arms and bring her to the Apple store. Whatever it takes, whatever technical medicine they can provide, I'll pull out all the stops for that little box.

Maybe they will be able to recover some of the documents, let me transplant her soul into another shell. Even then, it will never be the same.

For me, this might just be a painful lesson. Maybe fate is telling me to slow down, step away from the virtual and reconnect with the physical world around me.

Learn from my mistakes and treat your computers kindly, because you don't know what you've got till it's gone. Cherish each small moment and back up your hard drives. Whatever you do, as romantic as it sounds, if a lovely gentleman delivers a fine beverage to you as you work on your laptop, keep him at an arm's length.



kenokel.com



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

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

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

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

Trust us on that. Write us.

SPORTS

MEN'S HOCKEY PLAYOFFS

Down 2-0 in final series ...



EVAN DEGENHARDT
Assistant Sports Editor

It was a weekend filled with much anticipation and emotion for the NAIT men's hockey team.

After their huge come-from-behind victory against the ACAC's best, Mount Royal, the Oaks had their sights set on their championship series versus the Augustana Vikings.

Despite coming off three straight wins in the Mount Royal series and having some momentum on their side, the Oaks quickly found themselves in another hole, losing 3-1 on Friday on the road and 5-2 at home on Saturday.

There are some interesting facts that need to be mentioned to set the stage for this ACAC championship best-of-five series.

The Augustana Vikings have not won a gold medal since their 1974-75 season. Although NAIT's lack of gold streak isn't as long as the Vikings, the Oaks haven't claimed a championship since their 1995-96 season.

Another point that needs to be mentioned is the fact that NAIT and Augustana have not met in a championship series since 1976.

Needless to say, both teams have waited quite a while for their shot at another ACAC championship banner. This could only mean

one thing – pure grit and intensity from both squads and a determination to win that would create one great series.

The Oaks started the series off on the road, playing the second-seeded Vikings in Camrose.

The series was definitely going to be a battle fought between the pipes as both teams started with the goalies that got them into the finals. Graeme Harrington got the nod for the Oaks after three straight wins and boasting a .905 save percentage. The Vikings' red-hot goaltender, Joel Danyluk, took the crease opposite Harrington.

Friday night's game started with intensity, as expected. The Oaks were able to get on the score sheet first as Andy Willigar opened the scoring at the 17:09 mark in the first period. This would be the period's only goal and NAIT headed into the first intermission up by one.

In the second period, the Oaks found themselves in some penalty trouble. This was a tough spot to be in, considering Augustana had the ACAC's top-ranked powerplay, at 33.1 per cent efficiency rate.

The Vikings struck back on the ensuing man advantage and tied the game at one with a goal by Mathew Foster halfway through the second period. Foster scored another goal for Augustana less than two minutes later and put the Vikings up by one at the second intermission.

Down by one, the Oaks took to the ice in the third, hoping to tie the game up. Although an entire team effort was there, NAIT fell behind by two goals at the 17:53 mark, as Augustana's Dane Bonish put the Vikings up by two.

That score proved to be the final, as the

Vikings got their first win of the series with a final score of 3-1.

Heading back home and down by one game, NAIT was looking to tie things back up on Saturday night.

Saturday night's game had excitement and physicality right from the start.

Off the opening draw, NAIT took control of the puck and Josh Koper was set up with a beautiful pass alone in the slot. He made no mistake and scored the game's first goal with an assist from Steele Boomer just 17 seconds in the first period.

This was highly advantageous for the Oaks squad, as the early goal got NAIT's home crowd into the game fast.

However, only a couple minutes later Oaks defence-man Michael Westfall took a checking-from-behind penalty and was ejected from the game. This would leave a gaping hole in NAIT's blue-line and the team struggled to find a balance for the rest of the first period.

The Oaks maintained their lead for the better part of the first period, but then found themselves in the penalty box again.

Augustana's red-hot powerplay went on the attack and the Vikings tied the game with a goal from Kenny Bradley at the 3:06 mark of the first period. The Vikings struck again with only six seconds remaining in the first to go up 2-1.

In the second period, the Oaks came out with renewed vigour, working the body down low and generating multiple scoring chances.

Vike's goaltender Joel Danyluk steered all of the Oaks chances aside, but the Oaks were relentless.



The look says it all as the Oaks leave the ice Saturday night down 2-0 to the Augustana Vikings in the ACAC championship series.



Photo by Chad Steeves

NAIT's efforts paid off as Jordan Draper scored his fifth goal of the post-season and continued his hot streak. The goal came at the 16:11 mark in the second period and Boomer picked up his second assist of the game.

Tied after two periods

The second period ended in a 2-2 tie.

As the third period started, there was an immediate pickup in intensity.

Both teams were leaving everything out on the ice in an effort to get the go-ahead goal, but the Vikings found the back of the net first.

Adam Johnson scored a laser, top-shelf, to put Augustana up by one just 1:48 in.

It was at this point where the game got a lot more physical as a multiple players from each side exchanged roughing penalties.

However, Augustana capitalized on their chances yet again. Team captain Torrie Dyck put them up by two goals at the 15-minute mark in the third.

It was now desperation mode for an Oaks team that desperately needed to pull off a win to avoid going down 2-0 in another playoff series.

With just under two minutes left to play in the game, head coach Serge Lajoie pulled Harrington in one last effort to get the Oaks back in the game.

In a mad scramble in front of the net, the Oaks eventually put the puck past a sprawling Danyluk but the play went immediately under review. After some deliberation, the referees deemed that the goal did not count and claimed that one of the Oaks forwards pushed the puck in with his arm.

Hard pill to swallow

This call was a brutal pill to swallow for a desperate Oaks team that had put everything on the line to win.

As tempers flared, both teams went at it and Oaks forward Jiri Prochazka took an unsportsmanlike penalty and earned a game misconduct with just 11 seconds left in the game.

The Vikings scored on the empty net, winning the game by a final score of 5-2. After the game, coach Lajoie spoke about his team's position heading into Game 3.

"We've been in this situation before, so if anything, we can draw on that experience," Lajoie said.

"It's just a matter of regrouping and coming into practice on Monday with the right frame of mind. We're a resilient bunch. I have a lot of confidence in our guys."

When asked about his team's grit, Lajoie has nothing but praise for his team.

"The bottom line is the guys are sticking up for each other," said Lajoie.

"Nobody on the ice is going to stick up for us, so we've got to stick up for ourselves. We're going to do our best to maintain our composure and bring our best game for Thursday."

Down 2-0 in the series against Augustana, NAIT needs to win the remaining three games in the series to take the championship. Game 3 takes place March 22 in the Encana Arena in Camrose.

Manning rides with Broncos



PATRICK KNOWLES
Sports Editor

With the NFL season still over six months away, you would think that it would be the last thing sports talk shows would be talking about. But with Peyton Manning being released by the Indianapolis Colts just over two weeks ago, where he will continue his career has been the hot topic that everyone has had an opinion on.

Five front-runners

With over 10 NFL teams showing interest in arguably the greatest quarterback of this generation, five teams seemed to emerge as the front-runners to secure Manning's talents.

First you had the Miami Dolphins, seemingly one of the best fits for Manning who already owned a home in the area but with Miami trading away receiver Brandon Marshall, Manning wouldn't have any offensive weapons at his disposal. Once again making Miami the team in the nicest climate, unable to attract anyone's talents to come down to south beach.

Then you had Arizona, who seemed like one of the best fits. They play in a stadium with a retractable roof and have one of the top five receivers in the league in Larry Fitzgerald. But the Cardinals were unable

to entice Manning to come to the desert.

The Tennessee Titans were also in the Manning sweepstakes. This seemed like the sentimental pick for Manning, who played his college ball at the University of Tennessee, and if he came back to the state and could lead their pro team back to glory, he would be a god.

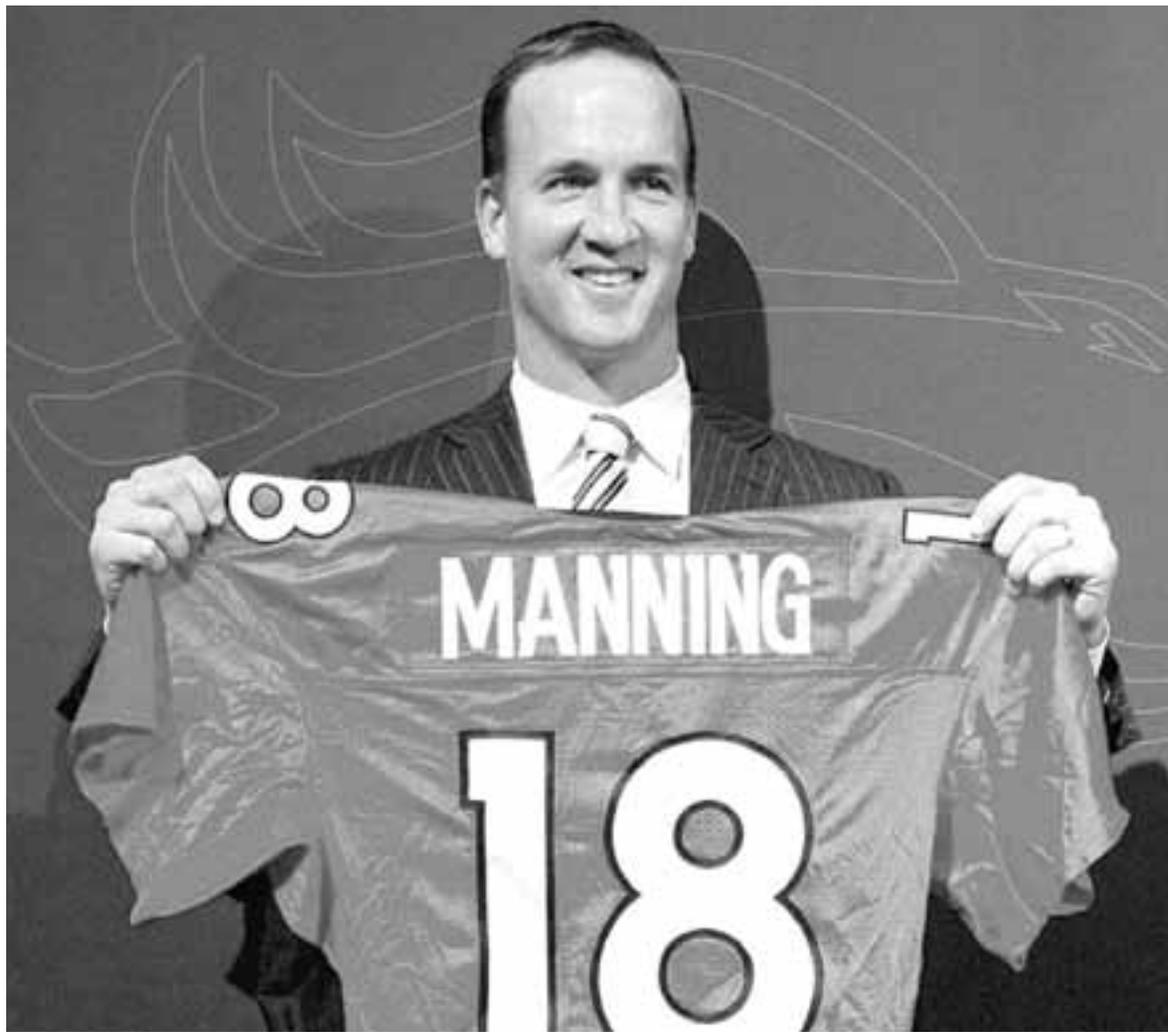
The team that I thought made the most sense for Manning to join was the San Francisco 49ers. They have a championship calibre defence already in place, and with one of the top five tight ends in the league and good young receivers and the addition of Randy Moss as a deep threat, this seemed like the best fit for Manning to win a championship right away.

Then there was the Denver Broncos, the team that Manning visited first on his tour of teams. This just didn't seem like a logical fit because the Broncos had Tebow mania last year and looked to have their quarterback of the future in place for years to come. And most people in the sporting world thought that Manning was only going to Denver to get more teams interested in acquiring his services.

Broncos ... really?

So who would Manning pick as his next team to continue his career with ... the Denver Broncos ... really?

This was a real head scratcher if you ask me. I mean Manning had a much better chance of winning right away with the 49ers. He could have gone home and been a god in the state of Tennessee or joined the Arizona Cardinals and stayed away from



Peyton Manning shows off his new Denver Broncos jersey.

dealing with playing out doors for the better part of the season.

But I guess the idea of playing for John Elway was just too much to pass up because on Monday he informed his agent that he needed to start drawing up the papers to make him the newest member of the Broncos.

What does this all mean? Well apparently the Tim Tebow era in Denver is over. Instead of having a

quarterback in place for the next decade, the Broncos are going with a quarterback who is coming off four neck surgeries and hasn't played a down of football in the NFL since the 2010-2011 season.

The Broncos are now looking to trade Tebow and, from what the experts say, will probably only get a fourth or fifth round draft pick in return. A big loss if you consider the Broncos traded up to get Tebow in

the first round of his draft.

On Tuesday, the Broncos held a news conference to introduce their five-year, \$96-million acquisition. Manning told the assembled media he can't wait to start the next chapter of his career.

I wish Manning the best of luck with his new team and hope that he is able to stay healthy so we can enjoy his talents for however long he is able to keep playing.

CCAA award for badminton coach

By **MATT INGLIS**

NAIT's badminton team had an outstanding season, not just on the court, but also on the sidelines. Ooks badminton head coach Jordan Richey was this year's recipient of the Canadian Colleges Athletic Association (CCAA) badminton Coach of the Year award.

Coach Richey led the team to success not only at the provincial level, but the national one as well. After being recognized in 2007 as the coach of the year, Richey was surprised to learn he had won again in 2012.

"I was shocked to win this award, as I was up against several great coaches that have not won this award and I was lucky enough to have won it in 2007, so I did not think I would get it again," he told the *Nugget*.

Headed into nationals, NAIT was ranked first in the Alberta Colleges Athletic Conference (ACAC) and second overall in the CCAA.

The Ooks coach has a history and education in badminton, the perfect combination for success in a coaching position.

"I played high school and college badmin-

ton in Grande Prairie for several years before moving to Edmonton to finish my Education degree at the University of Alberta," he said.

As for how the prestigious coach got to where he is now, Richey says "I became an assistant coach with Concordia my first year in Edmonton," he said.

The following year, the NAIT coach was stepping down and asked if I would be interested. I enjoyed college badminton and thought it would be a great opportunity so I accepted and have been here ever since."

The time at NAIT has treated him well and Richey intends to stay put behind the bench, stating: "I love working for the NAIT Athletics program as their communications and marketing officer. As for coaching badminton, I take it one year at a time and plan on coaching as long as I continue to have a passion for college badminton."

Richey has a lot of bright moments to look back on this season, including coaching eight Ooks to nationals. NAIT phenom Dan Kai's winning of gold in men's singles at the CCAA nationals and being named CCAA male player

of the year speaks worlds to coach Richey's ability to mentor and mold top-tier national athletes.

While Kai stood in the spotlight most of the year, Richey was behind the scenes preparing the rest of NAIT's team for Nationals. Jessica Yu and Sinead Cheah, two more of NAIT's badminton squad, also won gold medals in women's doubles at nationals, while Weslee Cheah and Quinn Conway walked away with silver in mixed doubles.

Coach Richey was modest when it came to the strategy behind the team's success.

"The majority of our players all have a high level of skill, so our coaching strategy over the past few years has been to ensure that the players are mentally focused, and prepared to play every match," he said..

"Complacency can set in with a team that has had the successes that our program has had and it was our job to ensure that this didn't happen and that our players were constantly challenged."

Richey doesn't believe that winning the award will translate directly to success on the court, but he says it feels good for him, and the team all the same.

"I think that our players were happy for me winning the award, but as badminton is an individual game, once the players hit the court they are on their own."

Considering the impressive season put together by the NAIT team and coach Richey's positive, team-oriented attitude, the CCAA Coach of the Year Award seems to have found its way back into deserving hands.



Jordan Richey

Athlete Profile



Player: Lindsey Brouwer
Sport: Hockey
Position: Defence
Program: Personal Fitness
Age: 20

By JENNY OATWAY

How long have you been playing hockey? – I played ringette for eight years and this is my sixth year, going into my seventh year in hockey. I started ringette probably when I was six or seven, and hockey when I was 14.

What is your jersey number? – Number six.

What is your favourite thing about playing hockey? – Just the fun it brings and the new friends you get to meet.

What are your strengths on the ice? – Probably my skating, my agility and lateral movement.

What areas you would like to improve? – I would like to work on a quicker release shot from the point, and motion.

What do you do in the off season to keep busy? – I usually work in the summer, and then I train starting in April until the season rolls around. Train and work I guess, that's all I have time for.

Any pre-game rituals? – I like to have a good laugh, and just have a nice dance-off with someone.

What are your plans for after school? – I'd like to travel to Europe and play hockey for a year, and after probably work as a personal fitness trainer, and see where that takes me.

What's your favourite NHL team? – Pittsburgh Penguins.

Athlete Profile



Player: Chantal Froehler
Sport: Hockey
Position: Centre
Program: Millwork and Carpentry
Age: 21

By JENNY OATWAY

Do you have any pre-game rituals? – Usually a nap, and then Subway.

How long have you been playing hockey? – I think it's been 17 years. I started playing when I was five.



to be serious, I guess.

Favourite NHL team? – The Oilers, for sure.

Why did you choose NAIT? – The program that I wanted to get into wasn't offered at Red Deer College.

You're from Red Deer originally? – Yes.

What are your plans after NAIT? – To be a personal trainer, actually. I took it at RDC.

What would you say are your strengths on the ice? – My positivity.

Any weaknesses? – Knowing when



Final four teams set



By MATT INGLIS

The Alberta Junior Hockey league, or AJHL, recently wrapped up its 60-game regular season and got rolling into playoffs. The Spruce Grove Saints finished the season in first place in the North Division, while Brooks Bandits took the No. 1 spot in the South.

The 16-team league is a Junior 'A' league, meaning teams generally consists of highly skilled players usually between the ages of 16 and 20 years old.

The playoffs got under way in late February, starting with a best-of-five preliminary round that saw the Fort McMurray Oil Barons

sweep the Grande Prairie Storm in three straight to advance to the second round. The Drayton Valley Thunder also rolled over the Lloydminster Bobcats in three games. The Sherwood Park Crusaders played a tight series against the Bonnyville Pontiacs, coming away with a 3-2 series victory.

In the South, we saw the Okotoks Oilers take on the Drumheller Dragons, with the Oilers sweeping that series in three. The Camrose Kodiaks lost in four games to the Calgary Canucks, while the other Calgary team, The Mustangs, lost their series versus the Olds Grizzlies.

As with many playoff hockey formats, the top seeded teams each got a bye, meaning the Spruce Grove Saints and Brooks Bandits headed into their respective best-of-seven quarter finals well rested. The Saints faced off against the D.V. Thunder, taking the series with a four-game sweep.

The Bandits also swept their series, against the Canucks out of Calgary. In other series, the Fort Mac Oil Barons in five games downed the Sherwood Park Crusaders and Olds took their series against Okotoks in six.

The South division finals will see Olds going head-to-head against Brooks, with the North narrowed down to Spruce Grove and Fort McMurray. Head coach and general manager for the Spruce Grove Saints, Jason McKee, spoke of the keys needed to be successful in the playoffs.

"Stay sharp in the days off," McKee said. "When you get that first round bye, you get over two weeks off before your post-season begins."

The biggest challenge for the Saints this season has been using those extra days off effectively. McKee is confident that his team can make a strong push for the AJHL Finals.

"It's been a long, hard road to get here," said McKee. "We've got a great group of kids that are eager and willing to push themselves and learn."

Those games kick off on Friday, March 23, with the winners of the two best-of-seven series facing off against one another for the AJHL championship.

It's not over there, though, as the AJHL champs will play the winners from the British Columbia Hockey League for the Doyle Cup. The winner of the Doyle competes in the Junior 'A' championship for the Royal Bank Cup.

The 13th Annual   
Run WILD for Wildlife
The April Fools Edition

2.5 km walk or 5 km run

William Hawrelak Park

11am, Sunday 1 April 2012



Register at 

www.runningroom.com

For info email

volunteer@wildlife-edm.ca

Or call 780-960-1497

\$500 NAIT CED certificate for top pledge earners

ACAC Playoffs

MEN'S HOCKEY PLAYOFFS

Semifinals (best of five)

Series A

March 2

Mount Royal 5, NAIT 2

(Mount Royal leads series 1-0)

March 3

Mount Royal 3, NAIT 2 (2 OT)

(Mount Royal leads series 2-0)

March 9

NAIT 5, MRU 3 (MRC leads series 2-1)

March 10

NAIT 2, MRU 1 (Series tied 2-2)

March 11

NAIT 3, MRU 1 (NAIT wins series 3-2)

Series B

March 1

SAIT 6, Augustana 5 (SAIT leads series 1-0)

March 3

Augustana 8, SAIT 3 (Series tied 1-1)

March 9

Augustana 4, SAIT 2

(Augustana leads series 2-1)

March 10

Augustana 2, SAIT 1 (OT)

(Augustana wins series 3-1)

ACAC CHAMPIONSHIP

Best of five series

March 16

Augustana 3, NAIT 1

(Augustana leads series 1-0)

March 17

Augustana 5, NAIT 2

(Augustana leads series 2-0)

WOMEN'S HOCKEY

PLAYOFFS

Semifinals (best-of-five)

Series A

February 25

Mount Royal 2, Red Deer 0

(MRU leads series 1-0)

February 26

Mount Royal 5, Red Deer 4 (OT)

(MRU leads series 2-0)

March 2

Mount Royal 3, Red Deer 2

(MRU wins series 3-0)

Series B

February 24

NAIT 2, MacEwan 1 (OT)

(NAIT leads series 1-0)

February 25

MacEwan 5, NAIT 2 (Series tied 1-1)

March 2

MacEwan 3, NAIT 2

(GMU leads series 2-1)

March 3

MacEwan 5, NAIT 3

(MacEwan wins series 3-1)

ACAC CHAMPIONSHIP

Best of five series

March 9

MRU 2, MacEwan 1 (MRU leads series 1-0)

March 10

MRU 3, MacEwan 2 (MRU leads series 2-0)

March 16

MacEwan 3, MRU 2 (MRU leads series 2-1)

March 17

MRU 3, MacEwan 0 (MRU wins series 3-1)

MEN'S BASKETBALL

FINAL FOUR TOURNAMENT

Hosted by Mount Royal University

March 2

MRU 88, NAIT 74

Red Deer 93, MacEwan 77

March 3

Bronze Medal Game

NAIT Ooks 97, MacEwan 67

Gold Medal Game

Mount Royal 101, Red Deer 72

Gold - Mount Royal Cougars

Silver - Red Deer Kings

Bronze - NAIT Ooks

WOMEN'S BASKETBALL

FINAL FOUR TOURNAMENT

Hosted by MacEwan University

March 2

MacEwan 68, Lethbridge 59

Mount Royal 72, SAIT 71

Saturday, March 3, 2012

Bronze Medal Game

Lethbridge 68, SAIT 60

Gold Medal Game

MacEwan 89, Mount Royal 57

Gold - MacEwan Griffins

Silver - Mount Royal Cougars

Bronze - Lethbridge College Kodiaks

MEN'S VOLLEYBALL

Provincial Division

PLAYOFFS

Hosted by Briercrest College

February 23

MRU 3, NAIT 0 (22-25, 18-25, 18-25)

Keyano 3, Lethbridge 2

(25-27, 21-25, 25-15, 25-22, 10-15)

Red Deer 3, SAIT 1

(25-14, 18-25, 14-25, 18-25)

Briercrest 3, MacEwan 1

(16-25, 17-25, 25-23, 20-25)

February 24

MacEwan 3, NAIT 1

(28-26, 17-25, 23-25, 24-26)

Lethbridge 3, SAIT 1

(22-25, 25-21, 28-26, 25-22)

Red Deer 3, Keyano 0 (25-10, 26-24, 25-11)

MRU 3, Briercrest 2

(20-25, 25-14, 20-25, 13-25, 15-12)

February 25

SAIT 3, NAIT 1

Lethbridge 3, MacEwan 0

Bronze Medal game

Briercrest 3, Keyano 0

Gold Medal game

MRU 3, Red Deer 0

Gold: Mount Royal

Silver: Red Deer

Bronze: Briercrest

WOMEN'S VOLLEYBALL

Provincial Division

PLAYOFFS

Hosted by Medicine Hat College

February 24

Red Deer 3, NAIT 0

(25-23, 25-18, 25-20)

MRU 3, Lakeland 0

(26-24, 25-13, 25-21)

Grande Prairie 3, Grant MacEwan 1

(25-19, 25-20, 20-25, 25-16)

Medicine Hat 3, SAIT 0

(25-22, 25-18, 25-21)

February 25

Lakeland 3, NAIT 2

(18-25, 23-25, 27-25, 25-21, 15-13)

SAIT 3, Grant MacEwan 2

(17-25, 19-25, 25-22, 25-22, 15-11)

MRU 3, Red Deer 2

(25-22, 24-26, 20-25, 25-22, 15-7)

Medicine Hat 3, Grande Prairie 2

(21-25, 20-25, 25-23, 25-21, 15-10)

February 26

Grant MacEwan 3, NAIT 2

(19-25, 19-25, 30-28, 25-19, 15-12)

Lakeland 3, SAIT 0

(25-15, 25-18, 25-19)

Bronze Medal Game

Red Deer 3, Grande Prairie 2

(25-12, 23-25, 25-19, 23-25, 18-16)

Mount Royal 3, Medicine Hat 1

(21-25, 25-13, 25-22, 25-21)

Gold: Mount Royal Cougars

Silver: Medicine Hat Rattlers

Bronze: Red Deer Queens



Shawn Williams
189 straight games

edmontonrush.com

Rush need a victory

By **AVRY LEWIS-McDOUGALL**

The Edmonton Rush need wins and they need them in a big way.

The team is currently in the basement of the National Lacrosse League with a 2-7 record and on Saturday night, the Rush lost a close 16-15 game to the Philadelphia Wings.

Getting shots on net has really been an issue for the Rush this season.

But on the bright side, they have had solid goaltending in the form of Aaron Bold, who was acquired in the offseason from the Rochester Knighthawks.

It hasn't helped the Rush that their two stars in the league have refused to play for them.

The Rush acquired the all-time leader in goals scored in a season, Athan Iannucci, but Iannucci held out for more money until the Rush traded him to the Washington Stealth for another star, Paul Rabil.

Rabil, unfortunately for the Rush, also held out, stating that playing in Edmonton would not work for him due to the fact that he lives on the East Coast and Edmonton has limited direct flights to the area.

However, the Rush has had guys who have been playing well for the club. One name that stands out for the Rush is their veteran Shawn Williams. On Saturday, Williams became the NLL's all-time leading ironman, playing in his 189th straight game.

Williams' career started back in 1998 with the Ontario

Raiders who are now the Toronto Rock. Williams leads the Rush in points with 41 on the season, eight goals and 33 assists. Another bright spot on the team is Scott Evans, who is leading the club in goals with 19.

Edmonton is in need of a win next week to stay in the playoff hunt.

The Rush's next opponent is a team that is directly above them in the standings, the Washington Stealth, who sit with a record of 3-7 on the season.

And guess who their player to watch for is? You guessed it. Athan Iannucci. Things don't get easier for the Rush as after their game against the Stealth, they take on the Minnesota Swarm and the Toronto Rock, who both sit considerably higher than the Rush in the NLL standings.

Derek Kennan's crew has had issues finishing games this season. The Rush continues to blow leads in the fourth quarter and have only scored 98 goals on the season. This is an alarming stat that is a factor in why the Rush are sitting dead last in the league. Yet, the Rush are still second in the league when it comes to goals allowed, giving up only 106 goals on the season and trailing only the Swarm, who have allowed 105 goals.

The playoffs are still a high possibility for the Rush, but they have to start stringing wins together very soon.

Next up, the Rush takes on Washington at Rexall Place on March 24 at 7 p.m.



CURLING NATIONALS

Women split first two games

The NAIT women's curling team has a 1-1 record after the first day of the four-day Canadian Colleges Athletic Association championships in Peterborough, Ont.

Skipped by Brittany Whittemore, the women, who qualified for the eight-team round robin nationals with a silver finish in the ACAC finals, started the day with a 9-7 win over fellow conference competitors Grande Prairie, but later lost 9-4 to Ontario's Humber College.

The rest of the NAIT team that travelled to Ontario are third Dallas Luschyk, second Jennifer Davis and lead Allison Mack.

The men, who were an ACAC power all year, finished fourth and missed a trip to the nationals. The mixed team missed the qualifier. NAIT finished the year with a 24-19 overall record and a chance for the women's team to earn a CCAA medal.

A total of 187 games were played by ACAC curlers this year. The two regionals, hosted by Red Deer and GMU to determine the provincial qualifiers, involved 154 games. Another 33 were played in the provincials, which were hosted by Augustana.

The 2012 champions were Red Deer College, who won the men's

title; Grande Prairie Regional College, who took the ladies' title and Concordia University who won with its mixed team.

The NAIT women tied for first in the Alberta regionals with a 9-5 record. In the provincial round, they were 3-0 and then lost the final to GPRC with a 1-2 record, but qualified for the nationals.

Shawn Donnelly and his men's team of Kenton Maschmeyer, Matt Brown and spare Nick Morrill, played like the favourites in the regionals, finishing first with a 10-2 record. They failed to regain their form in the playoffs, finishing 1-2 in the round robin and then losing in the bronze medal game.

The mixed team, skipped by Graham Aitken, with Allison Routhier, Justin Burnett and Kirstein Szcudner, battled hard but failed to qualify with a 4-10 record.

This year was one of the most competitive ever. With two draws left in the Alberta regional, 17 of 23 teams were still alive. The ladies had two tie-breakers and the mixed one.

Holding a national championship was part of the college scene from 1983-1990. In that span, NAIT captured two golds and four silvers.

This year, two NAIT curlers were recognized for their ability. Shawn Donnelly was named

to the all-conference team as the men's skip and Brittany Whittemore was named female curler of

the year. She also skipped her junior ladies team to a silver in the provincials.



Supplied photos

NAIT's women curlers pose with coach Jules Owchar before leaving for the CCAA national championships at Fleming College in Peterborough, Ont. They are, left to right, third Dallas Luschyk, lead Allison Mack, Owchar, second Jennifer Davis and skip Brittany Whittemore.



Men's team: Skip Shawn Donnelly, third Kenton Maschmeyer, second Matt Brown and lead Travis Jones.



Mixed team, rear: coaches Karl Myziuk and Jules Owchar. Front row: Skip Graham Aitken, third Allison Routhier, second Justin Burnett, lead Kirstein Szcudner and spare Nick Morrill.

LOL--LOOK WHAT I RENTED FOR THE WEEKEND!!! :-P

SWDYT???

LOCATIONS ACROSS CANADA
Call 1-800-327-0116
or visit: PractiCar.ca
or visit: Rent-A-Wreck.ca

SINCE 1976, PRACTICAR® AND RENT-A-WRECK® HAVE RENTED, LEASED AND SOLD CLEAN, DEPENDABLE USED CARS, TRUCK AND VANS FOR LESS.

DRIVE A GOOD BARGAIN.

SPC STUDENT PRICE CARD
HOLDERS CALL FOR SPECIAL RATE.

PractiCar® Car & Truck Rentals
RentA Wreck® Car & Truck Rentals

LAST PARTY

THE NEST
4.20.2012

ENTERTAINMENT



The cast of *Community*

buddytv.com

Giving back to the Community



CHRISTINE VU
Entertainment Editor

March 15 marked the return of the NBC sitcom, *Community*. The show revolves around a study group at a community college and stars veteran comedy actor Chevy Chase with newcomers Donald Glover, Danny Pudi and *The Soup*'s Joel McHale.

The show often takes on a theme that reflects Danny Pudi's character's obsession with pop culture. *Community* has poked fun

and celebrated iconic movies like *Pulp Fiction* and even the popular game *Dungeons and Dragons*.

Despite delivering funny episodes one after another, the sitcom received less than desirable ratings, which is believed to be the reason for the mid-season hiatus that the show just came back from.

I have an unfortunate history with television, my favourite TV shows always get cancelled. *Arrested Development* was a big blow and then there was *Veronica Mars* ... at least I knew people who actually watched *Arrested Development* but I never did find a soul who watched *Veronica Mars* as religiously as I did until I con-

verted them into believers.

Even with the experience of saying goodbye to favourites before, saying see you later to *Community* was still hard.

Fans reacted to the hiatus by taking to social media. The topic spanned Facebook, Twitter and Tumblr to show that people actually watched the show and wanted it back.

Collegehumor.com released a video titled "Save Greendale," Greendale being the name of the fictional community college. The video features members of the cast in character as they talk about why the school should stay open after the dean addresses the "attendance problem," aka low ratings.

Now that *Community* is back, fans still

can't relax, as the show's future is still unclear. *Community*'s return drew in 4.9 million viewers, according to TVline.com and was the No. 1 program among the 18-31 age group.

It looks promising but the only flaw (if you can call it that), is that the show might be a little confusing to a new or casual viewer. I would disagree and would think that anyone could appreciate the humour without having to start from episode one and even if it were true, why is that a problem?

Television, in my opinion, is so superficial. Countless shows are about good-looking people doing mindless things. *Community* is a show with heart and its fans have become invested in the characters and their stories. That, to me, proves it is a show that is worth having on the air, despite what the numbers might say.

Even with the experience of saying goodbye to favourites before, saying see you later to *Community* was still hard.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By KEVIN MARTIN

It's March Madness time. Competition is something everyone has experienced. Competitiveness can range from your grandparent's annual crib tournament to your hockey beer league. Everyone enjoys a pump up song. From rap to rock, here are 10 songs that will get you ready to own the competition.

1. Till I Collapse – Eminem
2. Not Your Fault – AWOLNATION

3. Undead – Hollywood Undead
4. Forever – Drake
5. Remember the Name – Fort Minor
6. Ladies and Gentlemen – Saliva
7. You're Gonna Go Far, Kid – The Offspring
8. Ready to Fall – Rise Against
9. Devour – Shinedown
10. A Boy Brushed Red ... Living In Black and White – Underoath



maniacmattersreviews.wordpress.com

Eminem

VIRAL VIDEO

Have a laugh at others' expense

By EMILY FITZPATRICK

As a budding journalist there is one thing that scares me. You may have seen some examples on YouTube.

If you go on the website you'll see various TV reporters or anchors falling victim to Freudian slips. Some of the most popular have been "Reporter goes ghetto" and confusing the name Obama with Osama when announcing his death.

The latest slip and this week's viral video comes from Global Saskatoon.

Reporter Lisa Dutton was describing her job as a judge in the King of Kielbasa competition. When plugging the competitions website instead of saying GetTicks.com she said a slightly more PG-13 version of GetDick.com.

Her co-host pointed out the fact that Lisa was in fact talking about a sausage competition so the slip made sense. However, it was all

downhill from there when Lisa got the giggles and made the error twice more.

So, if you're looking for a laugh today pop on over to YouTube and check out this week's viral video. Or better yet, just type in reporter bloopers and watch a montage of the best ones for another laugh or, as I like to call it, a look into my future.

<http://www.youtube.com/watch?v=qd2Imxg-t84>



Making a statement with hats



ANIKA NOTTVEIT
Assistant Entertainment Editor

"What's a Girl to Do?? – less is less" is an exhibition put on by Virginia Stephen, an accomplished artist in many mediums. This display specifically shows her story through felt hat creations.

These are not the kind of hats you would find in the store but specially designed hats to portray a certain message.

Virginia Stephen is not only a fibre artist but an executive director for Liberal Studies at the University of Alberta as well.

Stephen didn't get into working with fibre as an art medium until a few years ago.

"I was an art teacher and when you're a teacher you have to learn how to work with a lot of different mediums," explained Stephen.

"I was doing a lot of tie-dyeing and weaving with my students. So that's where I started."

Fibre art can be defined by many things such as basketry, braiding, crocheting, embroidery, beadwork and felting.

She started by making scarves and then one day at Red Deer College she began thinking about how this medium could be expanded.

"I started doing some three dimensional pieces, like bowls," she said. "One of the bowls, one day, turned into a beret. It's basically the same shape, you just turn it over and it becomes a hat!"

Stephen didn't stop there. She continued to make and sell wearable fashion hats.

Stephen made a proposal to show some of her work in the Red Group Exhibition at the Alberta Craft Council Gallery and they accepted.

Recently, the Alberta Craft Council had a call about cut-



WHAT'S A
GIRL?
TO DO?

FELTED HATS BY VIRGINIA STEPHEN

FEBRUARY 18 - MARCH 24, 2012
ALBERTA CRAFT COUNCIL DISCOVERY GALLERY

backs in arts funding from the Provincial Government. Art organizations had funding cut about 16 per cent. Stephen decided to incorporate this idea into her exhibition.

"I thought, I can make an un-wearable hat," she said.

"It's going to be 16 per cent less than full size. It will tell the story about the effect of budget cuts of individual artists," Stephen said.

This is how the series started for Stephen at the exhibition. She tells this story but through a hat form. Stephen's selection of hats is very unique as they are all sculptures. She really enjoys the medium. There aren't a lot of 'felters' but it is a growing interest.

Pieces of felt material (usually wool) are taken, cut, sewn and put together to make various items. Wall hangings, jewelry, pins and wallets are common. Stephen's choice to make hats makes a good point.

"When you think what a hat means, it covers your head," Stephens said. "It's head space, it covers your brain, your thinker."

It became a memoir as well, as Stephen was dealing with a year of medical leave. This story will be uniquely unfolded through her exhibition at the Craft Council Gallery.

The exhibition runs until March 24. The Craft Gallery is downtown at 10186 106 St.

X-treme night at the Nest

By KEVIN MARTIN

The world of extreme sports is well known to some and a mystery to others. No matter what level of understanding you're at, there's no denying the entertainment associated with the X-Games.

The X-Games are the Olympics' rebellious little brother. It's a mesmerizing event, watching snowboarders perform absurd amounts of flips, grabs and spins. The combination of skill and risk of death captivates the audience.

Anyone can sit on a couch and contemplate shooting free throws or being on a breakaway. No sane person can dream of doing a front flip on their Ski-Doo 20 feet above the ground. That's why the X-Games are unique, it's an event that very few people can truly relate to.

Cody Borchers was at the Nest on March 15 for the Xtreme Sports Slednecks Edition to shed a little light on the sport that he has dedicated his life to. Students began filing into the Nest around 5:30 p.m. to learn from an experienced professional.

Borchers was born in Edmonton and now resides in Calgary. The Albertan lives for extreme sports. The 31-year-old has been riding for over 18 years. Competitiveness flows in this man's veins and apart from doing well at extreme sports, Borchers is a dedicated spokesperson for his sport.

It was a diverse group. There were the obvious enthusiasts, the extreme sports fanatics that could list every rider and their results from the last five X-games. This was a glorious

opportunity for these NAIT fans to lay eyes on Edmonton's own professional.

Then there were the obvious rookies, the individuals who could not explain the difference between a "superman" and a "bar-hop." These people left the session informed and more appreciative of the sport.

The night was a great combination of extreme sports video with direct communication from Borchers. He was welcomed onto the stage with an excited crowd ready to learn.

There was detailed instruction on ways to improve as a rider as well as a summary of his career. High Energy sledding videos were shown, courtesy of Slednecks.

The professional was crowd friendly and quick to answer any question. Autographs and photos were common as Borchers was eager to talk to his fans.

Vice-President Student Services, Miranda Holman, was glad that NAITSA was able to appeal to this demographic.

"There are so many males here at NAIT," Holman said. "There is a big following for this kind of sport. We're happy that we could serve them by bringing Cody in."

It was a beautiful display of how an athlete should treat his following. Thanks to Borchers for giving back to his community through a great informational event.

With a newfound understanding of tricks and the ever-present danger, we count down to the X-games. Only 10 months till we can watch Borchers risk his life doing what he loves.



Photo by Bethany Duane

Cody Borchers

Make some time for the Guru

By KEVIN TUONG

I used to browse Urbanspoon quite heavily when the app was first released and at that time, I found a few restaurants that would write fake one-line reviews to boost the rating.

I thought that it was a disgraceful act, because if you can't be honest about your restaurant reviews, then how could you possibly cook genuinely good food?

One pattern that I found was that some of the restaurants who did this were Indian restaurants and this made me avoid Edmonton's Indian restaurants for a while. But it was my father's birthday this past week, and we all fig-

ured that we should try something new.

We ended up at Guru Restaurant and Bar with a party of eight and had a spectacular evening. First off, the décor is very contemporary and well done. It feels new, fresh and exciting.

I had made reservations the day before and, although I didn't request it, they gave us a VIP room that had its own music, a lot of space and tinted sliding doors for privacy.

So their service is good, but then we met our waitress and it got better. She was very friendly and attentive in making sure our drinks were topped off and that we were happy with our food. But then the manager appeared and

he too, was very friendly and attentive to our experience. But then came the chef, who became the third person to make sure our food was good, and it was.

Now, I think it's great that the restaurant gave us so much service, and even had the head chef come in to say hello. However, there is such a thing as too much service and they were borderlining "good service" and "pestering," but I won't mark them negatively for that, it just seems wrong, in a way.

Guru markets itself as a "fine dining Indian restaurant," and I would have to agree with that statement. But when any cuisine takes the turn

to "fine dining," it can lose some authenticity. But, seeing as I'm not an expert on Indian cuisine by any means, I can't comment on that.

What I can comment on, though, is that I found the food to be absolutely delicious. We had some butter chicken samosas which had a very tasty spice to the butter chicken, but I wasn't completely sold by the outer shell, it felt too firm and not really crispy.

I forget the name of our second appetizer, but it was similar to a croquette. Either way, it was delicious, and for our third appetizer, we had some Chicken Pakora, which was absolutely addicting. I wanted more of it even though I was full!

That's how you know if your food is truly good or not. If your patrons want to keep eating even though they physically can't, then you've done a spectacular job.

For our entrees, we tried five different curries (I won't go through all of them) with some coconut basmati rice, a small selection of difference naan breads and a sizzling Tandoori Chicken that filled our private room with smoke (which was cool but suffocating at the same time).

In summary, everything tasted good. There was a hint of heat, but my mouth wasn't a flaming volcano.

When you go out for a family dinner to celebrate, the most important thing isn't the food or drinks or the cake or the presents. It's about having a good time and Guru made that happen with amazing food and spectacular service.

Guru Restaurant & Bar
17021 100 Ave. 780-484-5656



Photo by Kevin Tuong

Chicken Tandoori from the Guru Restaurant

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU COMPLETING YOUR PROGRAM BEFORE JUNE 30, 2012?**IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2012**

Friday, May 4, 2012 and Saturday, May 5, 2012

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

Gown orders are currently being taken at the following locations:

NAIT Bookstore, Room X114 or by contacting 780-471-7717

Patricia Campus Bookstore, Room P135

or at Souch Campus – Room Z154

Deadline for ordering gowns: FRIDAY, MARCH 30, 2012For more information regarding Convocation 2012, visit NAIT's website at www.nait.ca/convocation**Friday Evening Ceremony
May 4th, 2012 – 6:30 p.m.****JR Shaw School of Business**

Baking
Cooking
Culinary Arts
Hospitality Management
Retail Meatcutting
Apprentice Baker
Apprentice Cook
Accelerated Accounting

Applied Banking and Business
Business Administration – Accounting
Business Administration – Finance
Business Administration – Human Resource Mgmt.
Business Administration – Management
Business Administration – Marketing
Records Management and Business Operations
Bachelor of Applied Business Admin. – Accounting
Bachelor of Applied Business Admin. – Finance

School of Information Communication and Engineering Technologies

Bachelor of Applied Information Systems Technology

Faculty of Undergraduate Studies

Bachelor of Business Administration
Bachelor of Technology in Technology Management

**Saturday Morning Ceremony
May 5th, 2012 – 8:30 a.m.****School of Health Sciences**

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

School of Information Communication and Engineering Technology

Captioning and Court Reporting
Computer Systems Technology
Digital Media & IT
Graphic Communications
Photographic Technology
Radio and Television (Radio)
Radio and Television (Television)

School of Trades

Auto Body Pre-Employment
Automotive Pre-Employment
Building Environmental Systems
CNC Machinist Technician
HVAC Specialist
Industrial Heavy Equipment Tech.
Millwork & Carpentry

Apprenticeship Certificates

- Auto Body Technician
- Automotive Service Technician
- Boilermaker
- Cabinetmaker
- Carpenter
- Crane and Hoisting Equipment Operator – Boom Truck
- Crane and Hoisting Equipment Operator – Mobile Crane
- Floorcovering Installer
- Gasfitter
- Heavy Equipment Technician
- Insulator
- Ironworker
- Lather – Interior Systems Mechanic
- Machinist
- Millwright

- Outdoor Power Equipment Technician
- Painter and Decorator
- Parts Technician
- Plumber
- Refrigeration & Air Conditioning Mechanic
- Rig Technician
- Roofer
- Sheet Metal Worker
- Steamfitter-Pipefitter
- Structural Steel and Plate Fitter
- Welder

**Saturday Afternoon Ceremony
May 5th, 2012 – 1:30 p.m.****School of Information Communication and Engineering Technologies**

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

Apprenticeship Certificates

- Communication Technician
- Electrician
- Instrument Technician
- Powerline Technician
- Power Systems Electrician

School of Sustainable Building and Environmental Management

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

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

Sonic the Hedgehog 2 great

By **BRETT PLAXTON**

You're probably thinking since *Mass Effect 3* recently came out, I'd be reviewing that game. Nope! I don't have a Playstation 3 or an X-Box 360 so I can't even play it. The last new game I played was *The Legend of Zelda: Skyward Sword*, and I already reviewed that.

I figured why not review a classic game this week, so that's what I'm doing. So sit back and enjoy my review of *Sonic the Hedgehog 2!*

Let's face it, if you had a Sega Genesis, you had this game. It was like the *Frampton Comes Alive* of Sega Genesis games. From the time you turn on the console and hear the legendary "SEGA" chant, to starting at Emerald Hill Zone 1, you fell in love with this game.

In my opinion, this is the best game in the series. The levels were a lot of fun, the bosses were quite a challenge and the music was awesome to listen to. I think the "Chemical Plant Zone" is still one of the best level themes made for a video game.

Many may not know, but if you had the game *Sonic & Knuckles*, you could put this game on top of the *Sonic & Knuckles* lock-on cartridge and a special thing would happen. You would be able to play the game as Knuckles the Echidna, hence revealing some new game secrets.

This game was released on Nov. 24, 1992. The premise of this game is almost identical to its predecessor. The main villain, Dr. Robotnik (or Dr. Eggman as he is called now) is plotting to take over the world with his army of creatures that he has turned into robots, as well as with the power of the Chaos Emeralds and his new machine, the Death Egg.

This time around, Sonic has an ally with



him, the infamous Miles "Tails" Prower, whom I think is one of the most annoying characters in video game history. Honestly, all he was good for was being the other character to play in two-player mode.

In the main game, all he does is fly around and get hit by the death traps. That's why I just went to options and chose to play as Sonic alone. You must go through all the levels, collect all seven chaos emeralds and defeat Dr. Robotnik.

If you still own this game on the Sega Genesis, I'm going to let you know about two spe-

cial cheats. The first one is the level select code.

What you do is go to Options, go to Sound Select and listen to the sounds 19, 65, 09, 17 and then push C. Press start and this should take you back to the main menu. Once Sonic and Tails appear, hold A and press Start.

Now that you have the level select cheat, I'll tell you how to play as Super Sonic. Once you're in the level select menu, listen to the sounds 4, 1, 2, 6. You should hear the music you get when you obtain a chaos emerald. Now you can go to any level and once you collect

50 rings, jump and you'll become Super Sonic!

I still play this game whenever I can. I love it so much that I have it on three different consoles: Sega Genesis, Gamecube and my iPhone. The problem with the iPhone version of the game is that you cannot access the options menu, so the cheats above will not work. Regardless, it is still a great game and it will go down as one of the best games made for years to come.



Chasing Manhood

By **CHRISTINE VU**
Entertainment Editor

You've seen him on Much Music's *Video on Trial*, CBC's *Mr. D*, and *Just for Laughs*, now you have the chance to see comedian/actor Darrin Rose on the Zeidler Hall stage at the Citadel on March 31. Darrin Rose is currently on tour with his stand-up comedy show titled *Chasing Manhood*.

Rose and his older brother were raised by their father. Growing up in a household bursting with testosterone had some adverse effects on Rose. The differences between him and his father and brother made for a sometimes awkward upbringing but has mostly given him some comedic material to work with.

"The show is about me pursuing their notion of what manhood is," Rose said during a recent interview.

"They know a lot about sports and how to re-shingle a roof, and when I grew up I knew a lot about the schematics of anti-gravity boots."

Back then, he learned a lot of lessons from his father, ("punch first and never drink from a straw,") but it was from his brother that he learned the most valuable lesson of all.

"My brother taught me how to be funny but I was the only one for the desperate need for attention so much to go on stage and try to be a comic."

Other comedic influences he had when he was young were Bill Cosby and Eddie Murphy. Now he looks to the likes of Dane Cook (comedian turned actor) and Dave Chapelle (comedian turned actor,

turned comedian) as career role models but the list doesn't stop there.

"Anyone who's wildly successful, I'd like to duplicate their career."

Although he did admit that he recently lost roles to John Stamos, John Leguizamo and even Dane Cook himself, Rose is one of those comedians that you can see finding great success in Hollywood.

Right now, you can see the Best Canadian Comic nominee playing the character of Bill on the new CBC sitcom, *Mr. D*. Having finished filming the first season in the summer, Rose focuses on what he loves best.

"Stand-up is my real love," says Rose. "So I try to do as much stand-up as I can."

Chasing Manhood never gets serious but Rose does say that it gets personal.

"The more personal you are, the more universal it becomes. Rose explains, "People might not have a dad exactly like mine but the overlap is interesting when people go "Oh! My dad was emotionally distant!" or "I always felt like my dad liked my brother better."

"Hopefully people can watch my show and connect it to their own lives in a way."

Above all, Rose hopes that the audience has a good time. *Chasing Manhood* received four stars at the Edinburgh Comedy festival in 2010 and was even named Best of the Fest.

He stops in Edmonton on March 31, and you can buy tickets through the Citadel box office.



Darrin Rose

parentmanagementinc.com

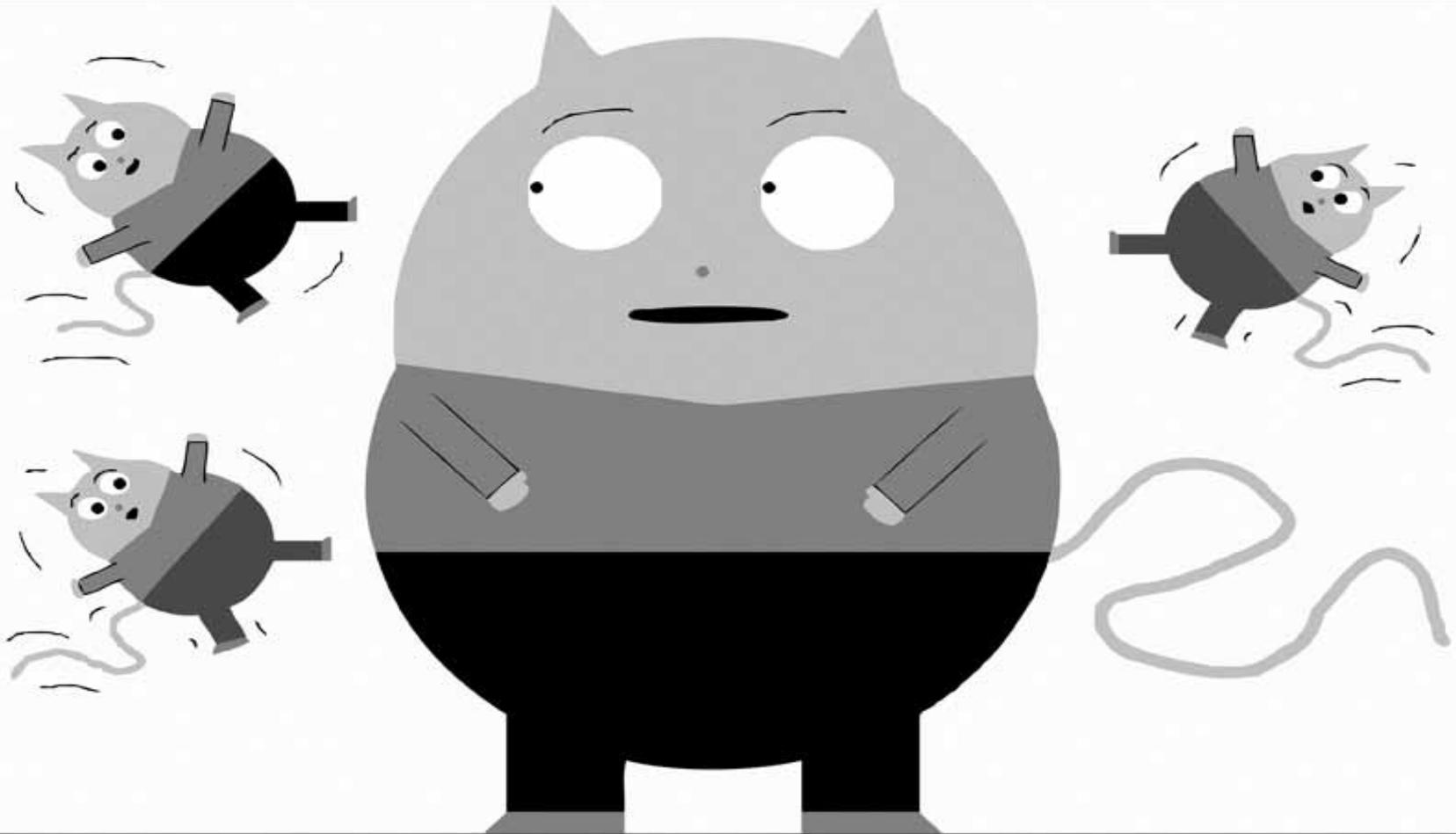
THE NUGGET PRESENTS:

NUGGET COMICS

M
I
C
E

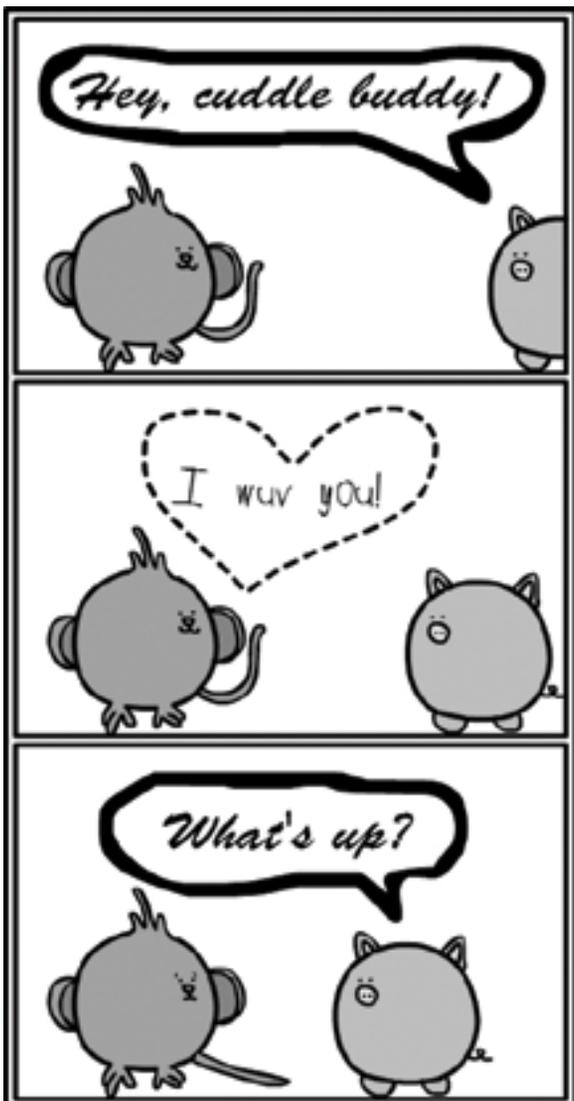
W
I
T
H

S
P
I
C
E

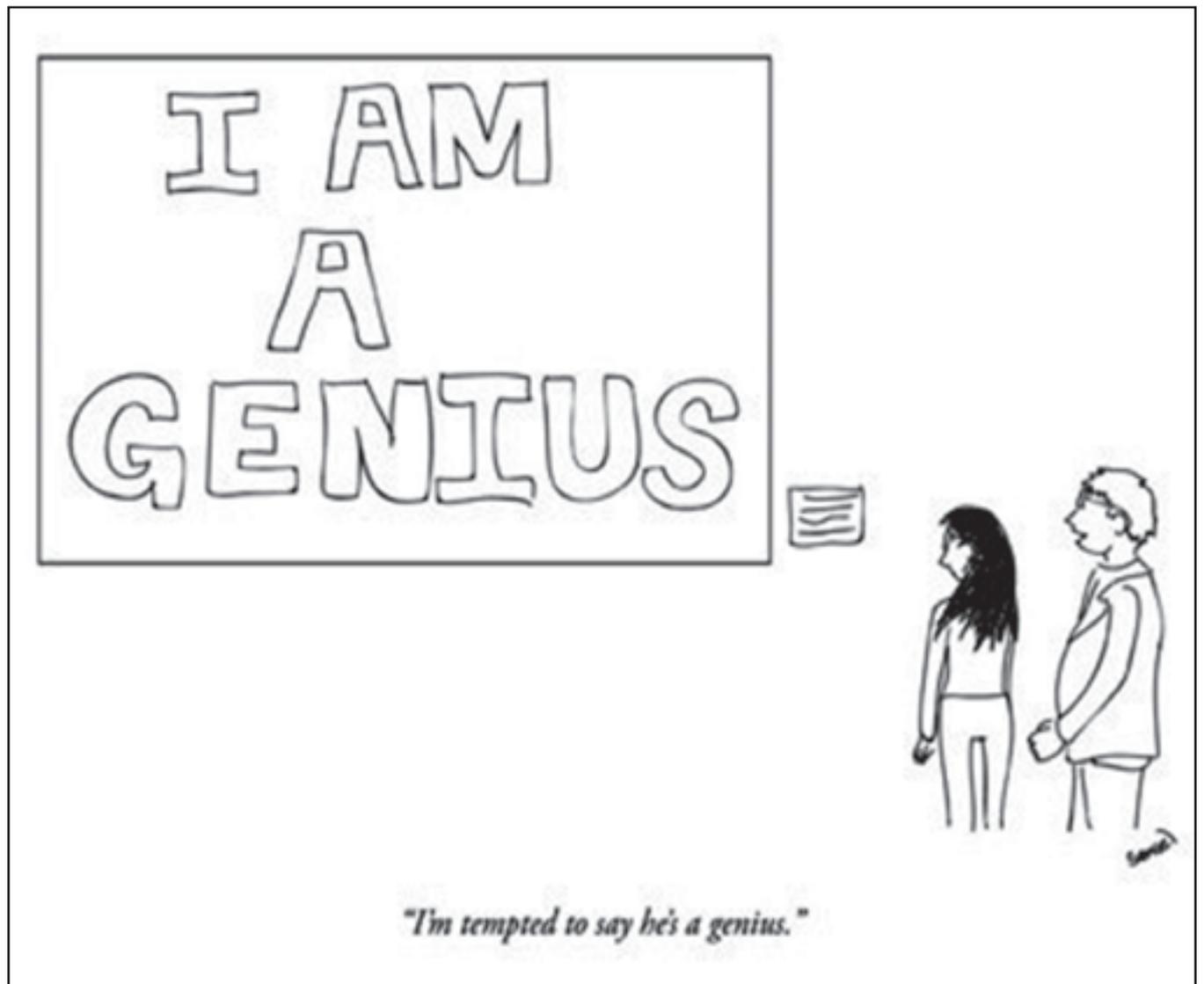


GRAVITATIONAL FORCES J.E.

Cartoon by John Benesch



Cartoon by Dean McLaren



Make it Skinny and Mean

By ALI MAGEE

Skinny and Mean, the name of the show says it all. This duo features the comedic acts of Matt VanBoeyen and Chelsea Bird as they leave no hilarious topic uncovered. I was lucky enough to score a one-on-one interview with the show's very own star, Matt.

The Nugget (N): What brought this duo together?

Matt (M): Chelsea and I came together through a love of making fun of people. We feast on the shame of others and a feast is always more enjoyable with company. Together we're meaner than we could possibly be apart.

N: Who is Mean and who is Skinny? Or are you both, both?

M: We are both skinny as well as mean. That's what makes the show work. If one of us is feeling a little nicer than usual, or ate a huge lunch, the other can pick up the slack.

N: What's your favourite part about Chelsea?

M: I love how Chelsea's looks are deceiving. People look at me and automatically assume I'm a jerk but Chelsea is like a jerk in disguise. Her meanness sneaks up on people and catches them by surprise. I dig that.

N: Least favourite?

M: One thing I don't like is when Chelsea gets mad at me for no reason. Last week she wouldn't talk to me because I asked if

she drew on her eyebrows with a Sharpie. And apparently I'm the bad guy in this situation. Whatever.

N: What kind of music does the *Skinny and Mean* show play?

M: *Skinny and Mean* has a slight focus on hip hop and R&B. We try not to make the show about the music but we have a few songs we usually go to every week. "Dedication to my Ex" and "Paris" are some of our favourites.

N: Why do listeners tune in?

M: Listeners tune in because they're thinking the same things we're saying, they just don't share it. *Skinny and Mean* may have a bitter exterior, but the show is really all about helping people and solving their problems. We're NR92's only advice show. We genuinely do help people but if you ask our advice, be prepared to be made fun of a little in the process.

N: Most memorable moment on the show so far?

M: We once answered a question from a young man who kept farting around his crush, because he thought girls liked "nasty guys." We told him that he's absolutely doing it right and to do it as often as possible.

N: Do you ever have guests on the show?

M: We don't have any regular guests but last week we were joined by CISN radio professional Scott Hackman. We've got friends in high places.

N: Thanks so much for your time, I look forward to your show every week at 5:30 p.m. on Thursday!



Supplied photo

Matt VanBoeyen and Chelsea Bird, co-hosts of *Skinny and Mean*.

Come up to the Elevation Room

By AMANDA SCHULTZ

Edmonton is gearing up for an awesome spring and that's going to be helped along with the opening of a new live music venue called The Elevation Room.

Opening under the Transcend Café on 104 Street and Jasper Avenue, it is a perfect place for an intimate live music venue. Joe Gurba, who was working for Wunderbar, noticed that The Transcend Café had a great room for a venue and so he inquired to the owners of Transcend, but at the time they were just opening, so they said to come back and he forgot for a bit until one day he went in and they hired him on the spot. So he got to work starting The Elevation Room.

Gurba is hoping to turn The Elevation Room into a very intimate venue, in the fact that it is going to be a relaxed place for all lovers of music to come and enjoy. There is a spot upstairs where people can go and talk and have a beverage but the downstairs is for the music, "almost like a sanctuary," Gurba says.

With the doors opening on April 13, Gurba already has their lineup for that evening. Keeping the music very local, Gurba is bringing in a show with Scenic Route to Alaska, Baby Driver and Sugar Glider, for the first night.

The Elevation Room is having shows every Friday and Saturday night and they

want things to run smoothly and keep everything on time. Doors open at 8 p.m., the show starts at 8:30 p.m. Being on time means a lot to Gurba, as well as keeping the music as local as possible, from Calgary to Red Deer to Edmonton.

Opening April 13 in downtown Edmonton, this new venue is going to be a huge hit.

To check out the lineup and see what is new and happening at The Elevation Room, you can always go to www.elevationroom.com.

So April 13 come to 104 Street and Jasper Avenue to check out some great music and a great new music venue that is keeping things local and keeping music close to the heart.

Elevation Room

MOVIE REVIEW

21 Jump Street the best yet

By **CHRISTINE VU**
Entertainment Editor

21 Jump Street opened last weekend with a \$35-million debut. To say that this new comedy starring Jonah Hill (*Superbad*) and Channing Tatum (*The Vow*) is a movie version or a remake of the television series that jump started Johnny Depp's career is not a true statement whatsoever.

The series that ran from 1987 to 1991 was a crime drama and the only thing that the new *Jump Street* borrows from the original series is the theme of young looking cops (Hill and Tatum) going undercover as teenagers and even a cameo from the original star, Johnny Depp, himself.

Hill and Tatum's characters go back to high school after the death of a teenager who overdoses from a new drug that is circulating at one school. What would be a serious matter in real life becomes comedy gold in Hollywood.

The movie doesn't depend on the usual cheap laughs. I was impressed with how clever the writing was. It pokes fun of today's conventions and uses the culture that surrounds social media to keep the movie going.

The teenager that died made a Youtube video of himself taking the drug and shows the various stages that a person goes through once they take it. They use these stages to show other characters on the drug and it is something reminiscent of *Scott Pilgrim vs. the World* when the characters go into battle mode. The connection isn't too far off as writer Michael Bacall had a heavy hand in both screen plays.

Jump Street even pokes fun at itself numerous times and does it so well. What might have fallen flat as another typical buddy cop movie comes off as a fresh new movie even though it admits it isn't an original idea.



collider.com

Jonah Hill, left, and Channing Tatum in *21 Jump Street*.

The casting was perfect. Tatum and Hill make a hilarious duo and every other character in the movie has so much to add to the story. Among the supporting cast is Dave Franco, who happens to be, you guessed it, James Franco's younger brother. He plays an environmentally conscious, popular kid who deals the new drug. Although he has had roles in *Scrubs* and

big screen movies, I would consider this his break out role as really shines and holds his own among the lead funnymen.

Every line, every character and every action

has its purpose. *21 Jump Street* really was the best movie I've seen so far this year.



BOOK REVIEW

Sinatra up close

By **STEPHEN SHAW**

Recording artists of this generation have many influences, but some are few and far between, with one name that rings out in particular.

That name is Frank Sinatra.

Sinatra, or as those close to him would say, Ol' Blue Eyes, or the Chairman of the Board, is the subject of James Kaplan's book *The Voice*, which gives the reader 800 pages of the rich history and celebrity that was America's most beloved crooner.

The story of Frank Sinatra, and his meteoric climb to global superstardom, his career demise and subsequent comeback, are all mere hiccups in the life of an entertainer.

Kaplan writes with emotional detail and a compelling narrative. The reader is taken on a journey of Sinatra's brilliant career. Kaplan has written about him as a global superstar, his career and many adoring fans, and the ruthlessness of the paparazzi.

Beginning with the first chapter, we are drawn into the world of Francis Albert "Frank" Sinatra, born the only son of two Italian immigrants in Hoboken, New Jersey, Dec. 12, 1915.

His father, Marty, was captain of the Hoboken Fire Department, and his mother, Dolly, was well known in social circles and campaigned for the local Democratic Party office (Frank would later

resign these Democratic beliefs for the Republican Party in 1970), but Dolly was also arrested numerous times for operating an illegal abortion clinic from the family home.

With that, little Frank grew and developed his musical talent in the era of prohibition, war and scandal, and became a sex symbol for many "bobby soxers," as teenage girls of the time were called.

The book also chronicles his rise and fall, and by the end of 1952, he declared to a friend that his failure was so complete, suicide wasn't an option.

It wasn't until the end of 1952 that Sinatra found his way back with a series of concerts at the Desert Inn in Las Vegas. Bringing Frank brought the people and Las Vegas became an icon itself. Frank, against what many thought would be a difficult transition, took a role in the 1953 war drama *From Here To Eternity*, which saw him win the Academy Award for Best Supporting Actor.

In a career that has seen personal highs, lows, accusations of Mob connections, the infamous Rat Pack friendships and through being a family man to his children, the reader is given an intimate look into the life of a man who redefined American music.



elements
MUSIC FESTIVAL

APRIL 27 & 28 2012
EDMONTON EXPO CENTRE

THE BIGGEST END OF CLASSES EVENT IN WESTERN CANADA.
OVER 24,000 PEOPLE OVER 2 DAYS WITH THE WORLDS TOP ELECTRONIC ARTISTS & YOUR CLOSEST FRIENDS.

CALVIN HARRIS | SEBASTIAN INGROSSO

ATB | A-TRAK | BORGORE | CHASE AND STATUS | COONE | COSMICGATE w/ EMMA HEWITT (LIVE) | DATSIK | MARCO V | MARKUS SCHULZ | PENDULUM | SUNNERY JAMES & RYAN MARCIANO | SHOWTEK | THOMAS GOLD | WOLFGANG GARTNER

ANDY'S ILL | CAZZETTE | DEZZA | BLAKE JARRELL | BURNS | LISA LASHES | LUCKY DATE | MARCEL WOODS | MICHAEL WOODS | MORD FUSTANG | OTTO KNOWS | SPENCER & HILL | VARIEN | WIPPENBERG | ZOMBOY

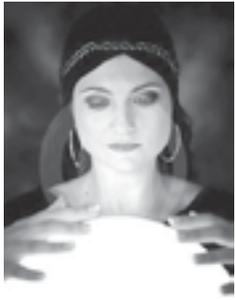
ANDY EFF | BIG DADDY | BHAVESH | DAVID STONE | DEEJAY DANG | DJ CAIN | ERUPSHYNN | FEZ | GRIMEY TECH | THE GRUMPBOIZ | JENN LOSHINSKY | JERICHO | MAZIK | MIKE SCIENCE | MIKEY DA ROZA | NEAL KJ NESTOR DELANO | PARTY DROPPERS | PHATCAT | PHIL LAM | RANDOM HERD | SEELD MUNDO | SERGE PRAUS | STERLING KID | TRAVIS LYDIATT | VAN DAMAGE | MIKEY WONG

FOR EVENT DETAILS AND TICKETS - VISIT
WWW.ELEMENTSFEST.COM

facebook.com/elementsmusicfestival | elementsfestca

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

March 15-21

(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)

When you butt heads with someone important this week, don't get immediately defensive – they have a valid point. Digging in your heels without trying to understand their point of view will only end up hurting both of you (likely mostly you).

Taurus (April 20-May 20)

Think about your long-range plans and why they hold so much appeal for you. Have you made these decisions because they're easy and familiar or because they're worthwhile? Do you have a good idea of what worthwhile means to you? It's not too late to revamp your plan.

Gemini (May 21-June 21)

When you're engaged in a conversation with that person you don't like much, try to make sure you're actually engaged. Practise active listening and use all your senses to perceive what they're trying to communicate to you. It may help you see some truths about that person that you were oblivious to before.

Cancer (June 22-July 22)

Sometimes you have to do things you don't really want to do because it's important to the people that you love. Remember that you do love them deeply and then show it in your actions. Being just a little more selfless at times will end up making you less vulnerable, not more.

Leo (July 23-Aug. 22)

You've fallen into a rut in some important aspect of your life, which does not bode well for a fire sign like you. Work on doing and saying what needs to be done or said in order to get yourself out (even if you're just saying those things to yourself). But don't assume you need to abandon all familiarity – just those routines that are holding you down.

Virgo (Aug. 23-Sept. 22)

Your outer poise is admirable, but remember to acknowledge what's going on in your inner world and let it out every once in a while, if only to

a trusted few. Sometimes the easiest way to really let something go is to say it out loud. See what it does for your stamina.

Libra (Sept. 23-Oct. 22)

The doubts you have about yourself – in your career, your relationships or your place in the world in general – may be getting blown out of proportion. Work on putting those fears and anxieties in their rightful place and give yourself more credit. Our brains trick us all the time but it's never as bad as you think.

Scorpio (Oct. 23-Nov. 21)

Take some time this week to examine your past. What beliefs do you hold about events in your personal history? Are those beliefs still valid? Turn your incisive observational skills on yourself and look at how your past informs your present.

Sagittarius (Nov. 22-Dec. 21)

You know all those lovely things about yourself that, deep down, you know to be true, yet you still self-indulgently agonize over? This week should give you all the proof you need, so you can stop fretting. Just don't let that proof go to your head.

Capricorn (Dec. 22-Jan. 19)

Remember that old adage about holding onto water – an open hand will do more good than a tight,

grasping fist. Don't try quite so hard and you will be able to keep all of what you need and most of what you want if you can relinquish some control.

Aquarius (Jan. 20-Feb. 18)

You don't generally shy away from paradoxes, so here's one to meditate on: everyone is unique but we are all fundamentally the same. You're already aware of how you're special (and that's great!), now spend some time identifying what you have in common with every person you meet.

Pisces (Feb. 19-March 20)

Be careful of how much time you spend inside your head this week. Yes, self-reflection is essential but you'll find yourself overwhelmed and bogged down if you dwell on your own thoughts too much. Balance your mental activity with some enjoyable physical activity.

Catch NAIT NewsWatch
Saturday at 6 pm on CTV2

THE NUGGET PRESENTS:

Dr. CONwisDOM



MIKE MARSHALL
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,
My boyfriend is a worthless beer-drinker. All he does when he's at home is pop a top and sit on the couch watching hockey or football. He wears ratty plaids and drives a dirty old Dodge truck. He writes this stupid advice column in his college paper. On the weekends, he takes off to the country for three-day parties. I want him back. How can I do it?

Signed,
"Want his suds in my mouth"

Dear "Want his suds in my mouth,"
Well, the beer drinking is fine (it's a way of Canadian life). Same goes with sports. Plaids are an excellent choice in clothing, fashionable and warm. Hey, I have an old Dodge truck too...and...I write...I...Damn it, Sarah, this isn't funny. I told you I'd see you next week!

Dear Dr. CONwisDOM,
My boyfriend recently moved in with me and his diet consists of nothing but Kraft Dinner. He eats it three times a day and I'm worried about his health. Should I end his KD habit?

Signed,
"On his way to one macaroni coronary"

Dear "On his way to one macaroni coronary,"

My god, I'm a lover of the blue and yellow box myself, but like the cookie monster would say "it's a sometimes food". Just be real wary of any sex for a while. That much cheese is

sure to cause a colon blockage that could erupt like Pompeii on the new silk sheets.

Dear Dr. CONwisDOM,
My girlfriend was raised in one of the nicest areas in the city, and yet she dresses as if she's from the "hood." Her vocabulary is interesting and her choice in clothing is ... well, interesting too. How can I bring her back to her W.A.S.P roots?

Signed,
"Seen Training day one too many times"

Dear "Seen Training day one too many times,"
I recommend taking her to the heart of an urban environment and introducing her to some of the people there. Nothing will snap her back into place like meeting a guy who raps about killing because he's actually done it.

Dear Dr. CONwisDOM,
Every time I take my chick to the movies, she never shuts up about what movie I pick or

the plot. It's getting to the point where I want to hit her in the face with my large popcorn. What should I do to make her respect my film choices?

Signed,
"She's gettin' two thumbs up her a** if she doesn't shut up"

Dear "She's gettin' two thumbs up her a** if she doesn't shut up,"

Females can be a strange breed when it comes to the cinema. If it doesn't have a teenage vampire in it, they probably won't see it. I figure you take her to a skin flick at a dirty theatre downtown. Might scare her off, but hey, at least you've got the skin flick.

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

Communicating assertively



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Do you have trouble saying no? Find yourself trying to please others and/or putting others' needs above your own? Think it is important not to make waves? Get irritable or lose your temper when you feel unheard? These can be signs that you could benefit from communicating more assertively.

Assertive communication is the ability to express your feelings and needs openly and honestly without being aggressive. Check off techniques that you already use and then choose at least one that you could improve on to make your communication more assertive.

My body language indicates that I am confident and mean what I say.

Body language sends a message, not

only to others, but to you. If you are hunched over, avoiding eye contact and talking quietly you are sending a completely different message than if your body posture is erect, you are facing the person directly and you are making eye contact – and that is before you even say anything!

I use a calm, steady tone of voice.

Whining and talking softly or yelling and arguing send the message that you might not really mean what you say or that you will back down easily.

I communicate with 'I' messages.

Rather than "You never listen to me" you might say "I feel hurt when you don't pay attention to what I am saying".

I send direct messages. I don't expect the other person to read between the lines or hear what I really want to say. Suggestions for sending direct statements include:

- Eliminating "should" and "have to" statements and substituting them with "choose to" or "want to" statements.

- Avoiding qualifying statements such as "This probably sounds silly" or tag questions such as "Is that OK?"

- Being non-judgmental. Statements that blame or insinuate will only get the other person into a defensive mode.

I focus on behaviours, not personal attributes.

Rather than "You are such a slob" you

might say "Please help to keep the bathroom clean and tidy by wiping the sink and hanging the towels after you use them". Stick to factual information.

I stick to the present.

Bringing up past behaviour or old arguments will likely get right back to old patterns of communication. Focus on the behaviour you are concerned about now.

I am prepared to repeat my message if I don't feel heard or understood. I don't get sucked into arguing, having to explain myself or giving up.

A good strategy is the "broken record technique" which means repeating your point in a calm, even manner.

I deal with criticism without taking it personally or buying into it.

Making excuses or feeling like you have to explain your performance can lower your self-esteem. Instead, leave it at statements such as "You are right, I did not do my best work on that assignment." Evaluate criticism to see if it is justified. If the criticism is valid look at how you can use it to improve; if it is not valid or important, ignore it.

I am comfortable saying "No."

Don't feel you need to elaborate or justify. If you are unsure whether you want to do something don't commit right away. (e.g. "I'll check my calendar and get back to you" or "I'm not sure. I'll let you know

later"). Take some time to think about where your boundaries are in various areas of your life and then stick to them. If you find yourself becoming irritable or angry it is often a sign that you have been too passive or that you are pushing yourself too far from your comfort zone.

I make a conscious effort to learn from each experience.

Communication patterns don't change overnight. Be patient and keep practicing. Evaluate how you feel after an interaction. If you don't feel good about yourself think about what you could have said or done differently, and then mentally rehearse a more assertive response. And if you know an uncomfortable interaction is coming up rehearse your assertive response beforehand, either mentally or, ideally, out loud in front of a mirror.

It isn't always appropriate to use assertive communication. And it doesn't always work to get you what you want. But practice becoming aware of when you are feeling unheard, mistreated or unsatisfied with results, and gradually take steps to increase appropriate assertive communication.

For help with assertiveness or any other personal or academic concern contact Student Counselling.

Appointments can be booked in person at W-111PB in the HP Centre or by phone at 780.378.6133.

Shinerama co-ordinator job

NAIT Students' Association (NAITSA) is now hiring for the position of Shinerama Campaign Director, a contract position to run from May 7-Sept. 30, 2012

As Canada's largest fundraising event for post-secondary students, Shinerama now raises over \$1 million annually towards finding a cure or treatment for cystic fibrosis, the most common, fatal, inherited disease affecting young Canadians today. Every year, over 60 NAIT students join thousands of students from across Canada to volunteer with Shinerama: Students Fighting Cystic Fibrosis.

NAITSA is committed to helping NAIT students be exceptional during their college career. We participate in a number of volunteer activities during the school year, including our yearly campaign to raise awareness and funds to fight cystic fibrosis. Since 1968, NAIT students have contributed over \$518,000 to the cystic fibrosis cause. Last year, NAIT students raised just over \$9,000 for Shinerama and this year our goal is to raise \$20,000.

This exciting and fun position is a great opportunity to apply or learn skills in project management, volunteer co-ordination, marketing and communications, sponsor and donor relations, supervision and networking, while working directly with professionals and student executives and volunteers. The successful campaign director will co-ordinate all aspects of the Shinerama campaign for the NAIT Main Campus for 40 hours a week, in co-operation with Cystic Fibrosis Canada, while reporting to the Director of Campus Culture at NAITSA.

Responsibilities include:

- attending the National Shinerama Conference from May 18-21, 2012 with an opportunity to meet fellow directors and volunteers while learning about campaign management
- developing the campaign master plan
- developing and implementing fundraising initiatives for both on and off campus along with NAITSA staff and executives
- supervising Shinerama co-ordinators and volunteers
- managing all communication between the Shinerama campaign and NAITSA
- working with NAITSA developing creative and marketing communications tools
- leading the team to success, creating common goals and ensuring that milestones are met

Qualifications:

- 1) must be a NAIT student during 2011/2012 academic year (being a student during 2012/2013 academic year an asset);
- 2) highly organized both in duties and schedule management;
- 3) project management, sponsorship and fundraising experience an asset;
- 4) past supervisory experience with strong leadership skills;
- 5) able to work individually and as part of a team;
- 6) strong communication skills;
- 7) Class 5 drivers licence with reliable transportation and an ability to travel within Canada.

Please apply with a cover letter and resume

via e-mail to Jennifer Grundke, jgrundke@nait.ca. Closing date Friday March 30, 2012. NAITSA thanks you for your interest but will

contact only those applicants required for an interview.

No calls, please.

Who ya gonna call?

Academic and personal concerns – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 30 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – NAITSA, 780-491-3966, Room E-131.

Program-related concerns – Contact Program Chair or Program Adviser.

Scholarships and bursaries – Student Awards Office, 780-491-3056, Room O-101.

Special needs students – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

Student loan/grant assistance – Financial Aid Office, 780-491-3056, Room O-111.

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. Cost is approximately \$15/hour.

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ab.ca/counselling

Donair calzone

CAMPUS FOOD REVIEW

By BRETT PLAXTON

For helping partake in a study research, I was rewarded a \$10 NAIT food card that can be reloaded. I was really happy, because I forgot to pack a lunch that day.

I rushed over to the Fresh Express and saw they had a cool thing as their special that day, a donair calzone. This was combining my love of donairs with something I've only had about once or twice. I'm glad I got to the Fresh Express when I did, because I got the last one made that day.

Let's start off by saying that this was really good. I was actually amazed by how good it was. I wasn't too sure how it would taste when I first ordered it. It was like a typical donair you would order, only folded up in a calzone form.

The calzone was uniform in size, it wasn't too big or small and it was folded in a nice way. The filling was the donair meat obviously, tomato sauce, onions and tomatoes.

I will say I have had better meat, but I live by a good donair shop and they usually get the best meat they can, and I've also had way worse meat. Regardless, the meat was still good.

There was the right amount of tomato sauce. I always like when you're eating something and it isn't drowning in sauce.

I will say there could have been more onions, because I personally love extra onions on certain foods.

The sauce was some of the best sweet sauce I've ever had for a donair. It came in a separate little container, which I liked. I think if it was in the calzone, there would have been too many flavours for my taste buds to comprehend.

It had the right amount of sweetness and what I think was a hint of horseradish. There have been times where the sweet sauce is very runny and too sweet. It made for the perfect dipping sauce for the crust.

This is probably the best thing I have eaten at the Fresh Express and even on the NAIT campus, and I didn't have to wait long for it to be prepared, which I really liked.

Kudos to NAIT's culinary program for making something so tasty. I hope this makes a return to the Fresh Express before the end of the semester!

★★★★☆

Cupcakes for Easter

RECIPE

By ALI MAGEE

With having the first day of spring this week I got extremely excited about Easter, one of my favourite events to bake for! These cupcakes are a perfect tradition to get into making but I do have a couple of tricks to make them more festive. Separate the icing into three containers and die them blue, pink and yellow. Once you've put the coconut on top, add three mini eggs to the centre of each cupcake. The result is cute Easter egg nest cupcakes that are twice as delicious as they look. Enjoy!

Ingredients

- ¾ pound (3 sticks) unsalted butter, room temperature
 - 2 cups sugar
 - 5 extra-large eggs at room temperature
 - 1½ teaspoons pure vanilla extract
 - 1½ teaspoons pure almond extract
 - 3 cups flour
 - 1 teaspoon baking powder
 - ½ teaspoon baking soda
 - ½ teaspoon kosher salt
 - 1 cup buttermilk
 - 14 ounces sweetened, shredded coconut
- For the frosting:
- 1 pound cream cheese at room temperature
 - ¾ pound (3 sticks) unsalted butter, room temperature
 - 1 teaspoon pure vanilla extract

- ½ teaspoon pure almond extract
- 1½ pounds confectioners' sugar, sifted

Directions

Preheat the oven to 325 degrees F.

In an electric mixer bowl, fitted with the paddle attachment, cream the butter and sugar on high speed until light and fluffy, about 5 minutes. With the mixer on low speed, add the eggs, one at a time, scraping down the bowl after each addition. Add the vanilla and almond extracts and mix well.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. In 3 parts, alternately add the dry ingredients and the buttermilk to the batter, beginning and ending with the dry. Mix until just combined. Fold in 7 ounces of coconut.

Line a muffin pan with paper liners. Fill each liner to the top with batter. Bake for 25-35 minutes, until the tops are brown and a toothpick comes out clean. Allow to cool in the pan for 15 minutes. Remove to a baking rack and cool completely.

Meanwhile, make the frosting. In the bowl of an electric mixer fitted with the paddle attachment, on low speed, cream together the cream cheese, butter, and vanilla and almond extracts. Add the confectioners' sugar and mix until smooth.

Frost the cupcakes and sprinkle with the remaining coconut.

HOT SINGLE OF THE WEEK



Photo by Mike Jones

Will Cortez Television

Ideal date – Something competitive and fun. Go-karting.

Turn-ons – A girl who's fit.

Turn-offs – Arrogance.

Favourite movie – Tron – the new one.

Favourite food – Pizza.

Hobbies – Boxing.

Summer plans – Hopefully a road trip somewhere.

If you could fly anywhere, where would you go? – Greece.

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

NAIT
NEWS
WATCH

Catch NAIT NewsWatch
Saturday at 6 pm on CTV2

TIP OF THE WEEK – FROM NAIT PROTECTIVE SERVICES



Travelling and your identity



When you travel abroad, the odds are you will have a safe and incident-free trip. Travelers can, however, become victims of crime and violence, or experience unexpected difficulties.

Protecting yourself against identity theft is just as important when you travel. Here are a few simple tips to help you have a safe and enjoyable trip.

Don't post holiday plans!

Don't post holiday plans, activities status or holiday photos on your social media page while away because this may lead a criminal to your home.

Luggage tags

Use covered luggage tags to keep your information away from prying eyes.

Using GPS

Phone applications using GPS can send promotional material to your phone. The applications can be enhanced to collect, use and share your personal information without your knowledge. Turn this feature OFF on your phone.

Using geo-tags

Geo-tags give the latitude and longitude of where your photo was taken. Turn this feature off on your phone or digital camera.

Shield your PIN and passwords

• Shoulder surfing is an easy way for thieves to get your personal information.

• Be sure to use ATMs located inside a bank for further protection.

Credit cards

Use credit cards while traveling – they offer additional protection against criminal activity. Keep an eye on your card to avoid cloning and

watch for the use of a skimmer.

Laptops

• Use your own laptop/tablet in public places.

• Delete your computer's temporary Internet files, cookies and history often.

Protect your passport

Keep your passport, wallet and personal papers in a travel pouch under your clothes and not in a backpack.

Lock up your valuables

Lock your valuables, including your laptop, in a secure place or keep them with you.

Passwords

Add passwords to each of your electronic devices.

Scams/pickpockets

Watch for scams on the street. Chil-

dren working with adults are notorious as pickpockets.

Note: Some information provided by Service Alberta.

If you are travelling outside of Canada, be sure to visit www.voyage.gc.ca for information regarding travel to your destination and embassy contact information.

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 eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information.

Everybody benefits, except the criminal.

Clark Duke finally grows up

By KEVIN ALLES

This March, significant titles like found-footage party flick *Project X* and opening weekend juggernaut *The Lorax* have kicked off the May/June popcorn flick season earlier than ever.

Even movies with an arguably traditional summer blockbuster-ey feel like *John Carter*, *Wrath of the Titans* and massively hyped *The Hunger Games* are sharing the month with St. Patrick's Day this year.

Among the films vying for March movie-goers' money is Paramount Pictures' comedy *A Thousand Words*, starring Eddie Murphy and Clark Duke. With Brian Robbins (*Hardball*, *Smallville*, *One Tree Hill*) as the film's director and producer, and Steve Koren (*SNL*, *Bruce Almighty*) having penned the script, the film's acting talent is backed by a production team with some serious experience.

Compulsive liar

The movie follows literary agent and compulsive liar Jack McCall (Murphy). After Jack seemingly lies to a spiritual guru, a tree grows in his backyard. Whenever Murphy's character utters anything the tree sheds a leaf for every word said. The kicker? If the tree loses all its leaves, Murphy loses his life.

There to help along the way is Jack's assistant, Aaron Wiseberger, played by Duke.

Duke graduated in 2006 from Loyola Marymount University and kick-started his career in film by writing, producing and starring in his own web series with his buddy Michael Cera.

"I started out doing this kind of work, called Clark and Michael, which is my thesis film in school," Duke said.

Following graduation, Clark Duke went on to star in ABC Family's television series *Greek* for a four-season run. After his role in 2008's *Sex Drive*, he finally broke through with *Kick-Ass* and *Hot Tub Time Machine*, both of which were released in 2010.

Post-student role

The Arkansas native has gained a reputation for being cast as a college or high school student, one that he was happy to see possibly changing in his latest film.

"It's interesting because this one was sort of the first post-collegiate role I got to play because [Aaron] is a very conscious guy, new on the workforce in *A Thousand Words*," Duke said, later adding, "there is kind of this weird movie reality, of you being a high school or college dude. So, I feel like now, at 26, I'm kind of finally getting out of that a little bit, which is nice."

Although starring as a non-college or high school student was a new experience for Duke, working alongside a comedic legend was something that he had the opportunity to do before. Despite that, working with Eddie Murphy wasn't at all dulled by Duke's previous endeavours.

"It was pretty surreal. You know, it's a guy that you grow up watching your whole life and it's was one of those things I never quite got used to, to be honest. Like you never quite forgot it. "Holy

Smokes, this is Eddie Murphy, standing right here!" Duke exclaimed, adding "The only thing that I keep comparing it to is for *Hot Tub Time Machine*, getting to work with Chevy Chase. He's my hero."

Working on a film with Eddie Murphy, most would argue that there would be plenty of memorable moments while filming.

"There's a scene where Eddie is at dinner – this business dinner – and Eddie can't talk," Duke said. "So I'm having to say what I think he would say and it's sort of like me doing a bad Eddie Murphy impression, which is really a nightmare to shoot because I was just like 'I can't!'"

Duke added: "I mean, I don't know if it's my favourite [moment], but definitely the most memorable for me as far as making a movie. I had to drink about four beers at lunch to get through it."

Virtually all of Clark Duke's roles up until now have been in comedy, but he can see himself acting in a more serious role.

"I think that I could do it, because I think comedy is harder than absolutely anything. And it's always too weird to me that it doesn't get the recognition and respect that it kind of deserves, because to me you can teach someone almost to be a good dramatic actor, but you can never teach someone to be funny," Duke said. "My preference is to do comedy just because I like comedies [and] I watch comedies, but we'll see ... we'll see."

Duke graduated from film school a mere six years ago. To aspiring actors and film makers in post secondary education and looking to follow in his footsteps, he offers some advice.

"The main thing I would say is you kind of get to play whatever your strengths are and don't fall into this trap of trying to be like a serious artist or something you're not," Duke said.

A Thousand Words, starring Clark Duke, is now playing in theatres everywhere.



Clark Duke xsubs.tv



Photo by Kevin Tuong

How to ...
Guitar instructor Stanley Gallant conducts the first of three sessions of *How to Guitar* on March 19.



RIANNE
McDONALD-ZWICKER

What makes St. Patrick's Day great?



"Last year, I went on a pub crawl and had green beer."

Gino Coccimiglio
Academic Upgrading



"The alcohol and partying."

Matt Baigent
Biological Sciences



"Dressing up in green and green beer."

Shanna Gordon
BBA



"The leprechauns!"

Mahnoor Ali
BBA Finance



"Getting to pinch my sister."

Steven Cresswell
Radio and Television Arts

CD REVIEW

Just plain bad

By ALI MAGEE

After falling in love with "Hey There Delilah" in 2007 when the song became a hit, I set my expectations high for what was to come from Tom Higgenson, lead singer of the Plain White T's.

After no new hits in years, he and the band slipped to the back of my mind until I recently got a copy of their newest album *Wonders of the Younger*.

I had no reason to doubt the band's artistic capabilities and was more than excited to pop the new disc into my car stereo and be serenaded by another one of Higgenson's beautiful love ballads.

I should have set my expectations lower. It should have come into my mind that although I did adore their first single – that was five years ago! My tastes have changed and music has developed. Upon listening to the first few tracks of the album, I heard no development from this particular band.

The first song, "Irrational Anthem" is a bubbly pop-punk song whose lyrics are neither in-depth nor interesting, although after hearing it a few times, I'll admit it was at least catchy. Most of the album follows in that similar direction, catchy, but not overwhelmingly interest-

ing or deep. I picture the 13 year-old age group thoroughly enjoying this music.

The first hit off the album, "Rhythm of Love," was a pleasant addition to the album. I may be slightly biased towards the track because of its familiarity, but I find my reason to like it, is because it has the same acoustic, personal effect that "Hey There, Delilah" did.



The only other standout song on the album is "Cirque Dans La Rue." This song still follows the same format as the others, but its lyrics are curious and clever which is a nice touch on this over bubbly album.

What I would be looking for in the Plain White T's would be a shown maturity in their music. NeverShoutN-

ever began in a similar style, but as their fans matured, so did their music. The Plain White T's would be wise to follow their direction.

Overall, if you're interested in bubbly feel-good music, give the disc a listen, it may be just what you're looking for. I, however, will only be bringing this album out in dire situations



CLASSIFIED ADS

LANDSCAPING JOBS

Grasshopper Landscaping is hiring hard working men and women for our landscaping and maintenance crews.

We offer lots of hours and a great team culture. To apply, please e-mail your resume to landscapejob@hotmail.ca

APPRENTICE COOKS/CHEFS

The Beer Hunter Bar & Grills, located in St Albert, Edmonton and Spruce Grove, are currently hiring apprentice cooks. All levels of experience will be considered.

If you're an energetic and hard working person, we would be very interested in speaking to you. We offer competitive wages and growth opportunities working with our Red Seal Chef!

For more information, check out our website at www.thebeerhunter.ca
Please e-mail resume to shannon.mellott@hotmail.ca

STUDENT PRICING!

Quick Chip & Crack windshield repair by Dakota Labrentz. Lifetime guarantee on repairs. Contact me at dax.quickchiprepair@gmail.com or 780-919-5719 to set up an appointment.

NOW HIRING!

Join a fun and exciting team with rewards (No experience required)
hr@canadaprimemarketing.com
780-908-0748 to book interviews

HARRISON SALON SPA

AVEDA
30% off all hair services
Book with Monica today
13412 Stony Plain Rd. 780-453-2368

MARCH MADNESS AT UNION HALL

THE MEN OF CUFFS & COLLARS

FEATURING CAST MEMBERS FROM
THE 2010 CHIPPENDALE U.S. TOUR

MARCH 23, 2012

SHOWTIME 9:30PM SHARP! ~ DOORS AT 8PM

\$10 FOR ADVANCED TICKETS AVAILABLE AT:
unionhall.ca, Union Hall Box Office 780.702.2582
or During Club Hours Nightly at Coat Check Group
Packages Available - Call 780.318.5153



AMERICAN FIGHTER

CELEBRITY SATURDAYS
SATURDAY MARCH 24

HOSTED BY
**UFC LEGEND
RICH ACE
FRANKLIN**

PRESENTED BY **HYMNETZ MANAGEMENT**

MS

HALF WAY TO HALLOWEEN
SATURDAY MARCH 31

FEATURING A
PERFORMANCE BY
DESTINEAK

\$500 TO SEXIEST COSTUME

\$500 TO BEST COSTUME

\$4 TEQUILA

Show off your ink.

Thursday, March 29

4PM at the Nest



visit naitsa.ca/ink for more info

Submit a photo of your tattoo online at naitsa.ca/ink, or watch for our photographer in the South Lobby kiosk March 22 & 23 and get your ink photographed for your chance to win one of two grand prizes. Then join us at the Nest to vote for the best and worst tattoos - we have two 3 hour inking sessions to give away to the winners. Participants must be at the Nest when the winners are announced to claim their prize.