

LAST PARTY, APRIL 20 AT THE NEST

THE NUGGET

Thursday, March 29, 2012
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Please recycle this newspaper when you are finished with it.

NAIT'S STUDENT NEWSPAPER, EDMONTON, ALBERTA, CANADA

BRONZE FOR WOMEN

NAIT's women curlers take third at Nationals, story page 10



Photo by Bryan Cooper

HOW MANY IN THE BOTTLE?

Misty Jacobsen tries to guess the number of beans for The Jelly Bean Jib Jab Contest held by NR92. Radio and Television student Jacob McKay was there to tell everyone about the great prizes the winner gets to choose from – two Oil Kings tickets, a dinner and movie package or the whole jar itself.



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NEWS & FEATURES

Signs of the times



BART PADJASEK
Issues Editor

"Signs, Signs, everywhere there's signs." The Five Man Electrical Bang lyric is the only thing on my mind as I drive down our city streets this week.

Big signs, little signs, colourful signs, signs with pictures – Edmonton is a figurative smorgasbord of sign genealogy. With the Alberta election being called Monday, our streets are littered with these pesky advertisements for local politicians.

The recently called election was an open secret for a while in Alberta, with hints being dropped by the ruling Progressive Conservative party with media shoots and light, feel-good political stories being common in the last weeks. This let all parties gather their armies of loyal followers and contract workers to constituency offices, to figure out how to best smack people over the head with their marketing.

The organizers of these constituencies know that the general public does not know, or really care, about politics. Voter apathy is a consistent factor in Canadian elections. The only way that they can really get the average citizen to get out to the polls is to give them a sense of familiarity with the candidate that they don't normally have during the rest of the political term.

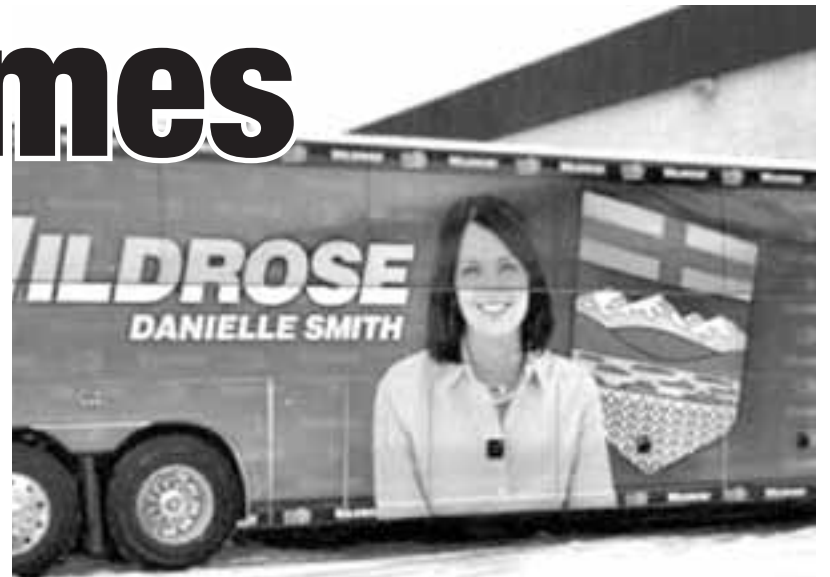
I know this first-hand. My first foray into politics was working with the re-elect Mayor Bill Smith campaign (which we lost at the end of the day).

Working alongside the men and women at the offices, I could tell it was a well-oiled machine. Every morning we would get in piles of campaign signs, get into groups of two or three and set up our logos in assigned neighbourhoods.

We were made sure to follow the bylaws in place on sign placement, specifically that they be a certain distance from the roads and from other campaign signs. Houses were off limits as well, unless the owners asked for one. General city construction sites were free reign as far as we were concerned.

We were known to have odd hours as well. As I drove to the International Airport last night, I passed three vans of workers setting up signs under the cover of night.

The issue I have is the clutter I see on the roads every day. It's even got to the point where the name on the sign doesn't even register anymore.



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ASEC works for students



By **ALLISON KARCH**

At the March 21 NAITSA Senate meeting, our student representatives welcomed Carol Neuman, executive director of the Alberta Students' Executive Council. Neuman gave the meeting attendees a rundown of ASEC's history and what it does for students.

The Alberta College and Technical Institute Students' Executive Council, the forerunner of ASEC, was created in 1982 to find solutions and a common voice for post-secondary students in the province. Today, ASEC represents over 170,000 students from 14 post-secondary institutions, including Red Deer College, Keyano College in Fort McMurray, Lethbridge College and Grant MacEwan University.

ASEC acts as a lobby group and as such it meets regularly with political leaders and civil service members to advocate on students' behalf. It is the organization that asks decision makers: "Have you thought about this from the students' perspective?"

The relationships ASEC builds with gov-

ernment members and the fact that it represents over half of all post-secondary students in Alberta helps it lobby more effectively than an individual school's student association could.

The work ASEC does is cyclical and iterative. Each year it holds four conferences. The leadership conference focuses on professional development, providing training and resources to its members. It's also when the executive committee and board members are elected.

The goal setting conference is where ASEC determines its priorities for the year, and the progress conference is a check-in to make sure things are on track. The final conference of the year is assessment, where members identify the year's successes and decide where to go from there.

Research is one of ASEC's important activities because it determines what recommendations it makes to government.

Last summer, the organization conducted a survey to assess barriers faced by students in

rural and northern areas. In the past few years, it has worked on tuition and non-academic fee regulation, fought for strong institutional funding and sought to improve student financial aid, just to give a few examples.

Student financial aid reform was one of its notable recent achievements. ASEC succeeded in making a number of small tweaks to the way financial aid is structured and meted out, resulting in an easier, more transparent process.

Serving Communities Internship Program, or SCIP, is another of ASEC's initiatives that has proven to be successful. SCIP connects post-secondary students with internship opportunities at nonprofit and volunteer organizations. This program benefits the organization by providing access to skilled assistance that meets its needs. The student benefits by complementing his or her education with relevant experience and also receives a \$1,000 bursary.

Tim Jobs, the NAIT Students' Association vice-president, is the current ASEC chair.



Leadership award given

By **JENNY OATWAY**

A NAIT staff member and student was named the Woman Leader of Tomorrow for Western Canada.

Twenty-eight-year-old Sandra Spencer is a highly accomplished student, enrolled in the Bachelor of Business in Accounting program, president of Students in Free Enterprise, founder of the Hatch initiative and also the business manager for novaNAIT.

The award is presented by Advancing Canadian Entrepreneurship (ACE), a national charitable organization that teaches young Canadians to create brighter futures for themselves and their communities.

Spencer, who was a Dental Assistant previously, returned to NAIT at age 25, intending to pursue management, and almost immediately, got involved in SIFE, which was just starting out. In its first semester alone, the fall semester of 2008, SIFE won a branding award while working with Edmonton City Police recruitment.

In the subsequent two semesters, SIFE was

awarded second place in recruiting events that were held around campus, which helped solidify SIFE as a valuable program to NAIT, and the Business faculty in particular.

Spencer, who is now the president of SIFE, then went on to launch the Hatch business program, which is a business plan competition, and awards \$20,000 to deserving students who can then put the grant towards implementing their award winning business plan.

This gives Business students graduating from NAIT that extra kick-start they need to get off the ground, and it is all thanks to Spencer.

Sandra, who obviously has her fingers in many pies, jokes that she is a "yes-man," and identifies very strongly with the Jim Carrey movie of

the same name.

"It kind of started out that way and then it just kind of tumble-weeded from there," says Spencer, relishing the fact that she no longer has to knock down doors to look for opportunities.

"Now, I've got tons of things going on, which is really good but I do find now I've got

tons of opportunities," Spencer said.

As for the HSBC Woman Leader of Tomorrow recognition, Spencer says it's really motivating to continue doing the things she is doing, especially on the days when she feels like she is in way over her head.

She submitted her application in February and received the good news at the Western Regional competition in Vancouver on March 2.

Spencer and her SIFE team will be heading to Calgary in May, along with the five other award winners from around Canada. There they will give a 24-minute presentation on everything they have achieved with SIFE in the past year.

The winning team will then carry on to Washington in October to represent Canada.

This is not the first award for Spencer, either. In 2010 she was awarded the Project Manager of the year in Canada, also for her work with SIFE.

"Getting any kind of recognition like this definitely gives you a confidence boost, as far as, you know, feeling like you're on the right track," says Spencer.

"You're actually doing something that's helping other people. The recognition proves that you're not just doing things for yourself."

As the president of SIFE, Spencer also says it has helped her to encourage other students to get involved, because they can see the benefits of the program right in front of them, with all the doors it has opened for her.

As for the future, Spencer says she is very happy with her job working with novaNAIT, and would like to continue with that while she finishes her degree part time. She does, however, have aspirations of broadening her horizons and taking on a management position someplace in Canada.

With all of the accomplishments she already has under her belt, Spencer will likely have no problem achieving anything she puts her mind to.



Sandra Spencer

Clarification

In Volume 49, Issue 22 of The Nugget, published on March 15, the article, "Three Promises: President," stated that:

"The promises help set a level for where NAIT wants to be as an institution by 2021 and were created after input from student sessions in the Tower Lounge in January. More than 700 students offered

input on everything from parking and fees to post graduation employment concerns."

To clarify, sessions were also held at the Souch and Patricia Campuses, with nearly 1,200 students in total participating in the survey.

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

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

Letters

We want your views

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

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Wind powers up eco-centre



By MIKE JONES

NAIT's Alternative Energy program is sending NAIT into an eco-friendly 21st Century with the \$6.2 million Alternative Energy Centre that opened last September. Instructors and students alike are excited about several ongoing projects, especially the installation of a three kilowatt power generating wind turbine.

The turbine, located at the Alternative Energy Centre behind the Business Tower, has generated 242 kilowatt hours since it was installed in September. The unit generates approximately 2.4-2.6 kilowatts at any given moment.

Technologist/Instructor Tim Matthews admits the turbine is mostly for educational purposes.

"We're in a poor location for actual production," Matthews said. The airport's height restrictions play a role.

Consumed here

"The cell or the rotor should be about 30 feet above any obstruction within about 300 feet. In Crowsnest Pass, they're producing as much power a night as we do in a month on a single turbine and they have several," Matthews said. "Wind energy lends itself better to mass production.

"All of the power we generate is consumed here inside the building. It doesn't make it to the main grid," he said.

Despite this, Matthews says the turbine has been an invaluable teaching tool for students.

The turbine, manufactured by Southwest Wind Power in Arizona, was installed in September by a three-man crew using a crane and a hinge system to lift it up. Matthews says extra precautions were necessary because of the surrounding buildings.

Replica inside

"Out in the field, two guys in a tractor could stand it up," Matthews said.

An almost identical replica of the rotor (minus the guts) sits in the classroom for students to assemble and disassemble. Matthews says the students are training to be technologists who would oversee installation and site selection but it's also "important they know how it's done."

"We're seeing wind energy becoming more and more popular,"

said Matthews. "It's hugely popular in Southern Alberta, particularly the Lethbridge area."

Matthews admits one of the major drawbacks for wind power is location.

"You need to be in a wind corridor or offshore in order for these things to be cost effective," Matthews said. "And they become useless if there's no demand."

In addition to wind energy, the 24 students in the current intake study hydrogen fuel cells, micro-hydro power and solar energy. The

alternative energy has a dozen photovoltaic (PV) solar panels on its roof.

Matthews says the panels are affected by the Business Tower in the winter when the sun dives behind it for approximately six hours a day. Right now, the program is working in tandem with the City of Edmonton on a research array with solar energy panels being installed on top of the X-Wing.

According to Matthews, the X-wing project is not the only association the program has with

the City, pointing to architectural concept drawings of the current City Centre Airport space.

"They envision deep geo thermal, grand scale wind turbines and solar thermal panels. They want this to be a carbon-neutral development," Matthews said. "We envision NAIT will have a huge part to play in that."

The grand scale project is expected to offer residential and commercial areas, as well as plenty of green space. NAIT is also looking to acquire a significant amount of the land for expansion purposes, including brand new sports facilities and NAIT's first on-campus student housing.

"It's a grand scale project. We've had meetings already with the city and the winning bid architects on this project," Matthews said. "There's still much to be done logistically and legally before that ground can be broken."

Carbon neutral?

Matthews believes the airport development will lend itself to NAIT becoming more environmentally friendly and sees a carbon-neutral NAIT as a possibility.

"There hasn't really been a discussion on it yet but we have designs on it and we walk around campus with that in mind but it's largely dependent on funding," Matthews said. It won't happen "until we see government involvement like they have in some European countries."

Does Matthews see the government getting involved in carbon-neutral funding anytime soon?

Optimistic

"Not yet. We're in oil country. Nothing against oil, it's what puts bread on everyone's table right now but eventually we're going to have to move from that," Matthews said. "It's not a bad thing as long as it's managed properly and we're careful with the environment."

Matthews is optimistic about NAIT's green future.

"Once you start getting all of these experts and technology involved with the airport, it's really going to spread," Matthews said. "The president (of NAIT, Dr. Glenn Feltham) is very excited about what we're doing here, so I see us going in those directions, even if by sheer will alone."



Photo by Bryan Cooper

This wind turbine, located at the Alternative Energy Centre behind the Business Tower, has generated 242 kilowatt hours since it was installed in September.



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Showdown in the downtown

By TAYLOR JACKSON

There is definitely a reason you do research before you go to an event. In my case, the research was smart on a professional level, but terrifying for a teenage girl who had heard about rallies but had never gone to one. I thought initially it would be a small and get the point across quietly kind of thing. Doing research changed that theory right around.

Anti-Racist Canada was set to rally on Whyte Avenue near Strathcona Farmers Market on Saturday afternoon. Getting their point across quickly, they decided to change locations and head downtown to Churchill Square, yelling, "Whose square? Our square!" when settled they settle comfortably. Googling "Anti-Racist Canada" made me feel pride and I enjoyed reading the blogs to see the overall point they wanted to get across.

Over 100 anti-racists marched and chanted in Churchill Square with police surrounding the area. I would have been confused about police being necessary if I hadn't done my research ... Blood and Honour, a white supremacists political group founded in 1987, came to Churchill Square to not only prove their point, but to disturb the anti-racists as well.

Reading articles and blogs online before the rally on this political group was the sketchy part. Words like murders, shootings and terms such as neo-Nazi were just a few of the terms

Blood and Honour used that had me shaking.

About 20 people with their faces half masked with bandanas, dressed in black and holding signs "Blood & Honour" held their chins high. Even though there were only about 20 people in the intimidating white pride group, I wanted to keep my distance and stick close to the anti-racists.

However, it ended up being quite unnecessary as their so-called "White Pride" demonstration ended very quickly. They basically were chased away by the hundreds of people fighting against their message, shouting things such as "Blood and Honour, go away!"

Cowardly, and I would say quite pathetically, the Blood and Honour individuals hopped on an LRT train to avoid being overwhelmed by the proud anti-racists.

The anti-racists didn't want to stop there. They were determined to keep sending

their message to them. Right then, the police were necessary, full out sprinting to all the entrances to the train station to barricade the entrances so no person was allowed entry.

Luckily the police got to the entrances first, and held their big, scary guns close to them. I was quite surprised when this guarding did not go un-argued by the anti-racists. A man claimed that the police would not let him on the train because Edmonton police were the real racists and were doing nothing about it to help them.



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A white pride demonstrator and an anti-racist protester face off in downtown Edmonton on March 24.

Calmly the police kept their stance until the man finally finished venting and eventually joined the other hundreds of people chanting and cheering about their victory in driving the so called "evil" force away.

These people of all shapes, sizes and colors stood strong for one message. A man dressed in sparkles and all the colours of the rainbow and calling himself Sister Sissy Fister, talked to me about the whole message with this rally and his bold outfit.

Saying that he came downtown to celebrate diversity and that his group came colourfully

dressed because colour is beauty!

We are all one people and we all need to work together for justice. We are one, and we all need to support each other, he said.

All in all, the people participating in the rally know of their success in driving their opponents away. These people are no strangers to standing up for what they think is right.

It taught me a valuable lesson. They are not standing up against racism because they are scared of it, there is no need to be scared of it. They believe deeply and have a fearless hope that one day racism will be demolished.

To shave or not

By RIANNE McDONALD-ZWICKER

To shave or not to shave, that is the question.

According to universities in New Zealand and Vancouver, shaving is the way to go, at least if men want to be more appealing to women and come off as less aggressive.

The study involved showing both men and women pictures of men pre-shave and post-shave. Women were more attracted to the clean-shaven pictures and the bearded men came off as more aggressive to others.

Of course, different countries have different views of facial hair. India, Greece, Rome, and others see beards as a social standing. The most dignified men have beards.

In history, beards were thought of as a weakness in battle. The attackers could easily grab the beard and pull the man down.

Now, beards are seen in a different light, since battles are no longer the solution to every disagreement. Beards are seen as representing authority, maturity and wisdom or, on the opposite end, as indicating laziness and uncleanness.

Beards display manliness, put men's testosterone on display. Stereotypically, bearded men are outdoorsmen, woodsmen, hard-labour men. Beards can also show loyalty to sports teams or

to a specific cause.

The study focused on only European and Polynesian women and the results were conclusive – the less hair you have on your face, the more attractive you were to those women.

NAIT students have mixed reviews on facial hair. Many male students believe that if you have a beard you have to be able to pull it off but few saw a beard as aggressive. Some guys saw a beard as an unknown, meaning that to women, they don't know what is under the bushy beard.

As a consideration to the females, they believed that they should keep it nicely trimmed or completely shaven.

For the girls opinion, most didn't like the idea of a big beard. If guys were going to have a sizable beard, they would have to be the type of guy to pull it off. However, most girls preferred the five o'clock shadow look, but it couldn't get too long.

It seems that, like most things, if you keep it looking nice and clean, then people don't mind that it's there. Generally, students seemed to agree that the opinion on the bearded look depended on personal preference.

The beard is looked at less as authority, or aggressiveness, and more as just another way to show personality or style.



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Sex – Sue tells it like it is

WINNIPEG (CUP) – Many Canadians of a variety of ages can associate late night sex-related programming with none other than the world-renowned sex educator Sue Johanson, host of the now-retired *The Sunday Night Sex Show*.

Johanson was awarded the Order of Canada for her work in the field of sex education, providing many young people with knowledge they wouldn't otherwise receive from schooling or home – all before the popularity of her television show.

Eventually, her show became a massive success and was broadcast nationally. But despite this, Johanson continues to travel, doing talks at universities, even appearing on *The Tonight Show* with Jay Leno and Conan O'Brien. But how did it all start?

The Manitoban was fortunate enough to interview Johanson last year and asked her a few questions about student sex lives and health.

In the early 1970s, Johanson opened a birth control clinic at Don Mills Collegiate in North York, Ont. – the very first of its kind in Canada. After managing the clinic for several years as a registered nurse, she realized that she had to do more.

Sex education lacking

“[I came to] the realization that kids were having sex and they weren't sure what they were doing [because] they weren't getting good sex education at school, and they certainly weren't getting much from home.”

So, after this revelation – for which thousands of us can be thankful – Johanson went back to school to study education.

“Once I got started, it was just ‘... ain't nobody gonna stop me now!’”

Johanson says that one of the biggest problems university students and young adults face is still a lack of sexual knowledge. Even with a variety of programs across Canada, young adults still ask very basic questions, demonstrating that even better sexual education is needed.

“It depends on where they come from, as some provinces have a much better sex education curriculum than other provinces. Some boys are still asking, ‘How do I make my penis bigger?’ And some girls are asking, ‘How do I reach orgasm?’” explained Johanson. “Whereas, [in] areas with good sex education, [young adults] are asking much more in-depth questions.”

When asked just how much bad sex is going on out there and what could people do to make their sexual experiences better, Johanson had several suggestions for this complex yet common issue.

The first rule, according to Johanson, is communication.

“[Communication] certainly keeps the doors open in the relationship ... My main message has always been: know what you're doing,

think ahead, plan ahead. Never let sex just happen and always practice safer sex. And that's primarily for women.”

Johanson went on to explain that, surprisingly – or perhaps it's no surprise at all – when it comes to sex, men are often the ones who plan every last detail leading up to the event and “females don't. They tend to just let it happen and that's what keeps them ‘sweet and innocent.’”

Elaborating on this message, Johanson really brought home the point to never let sex “just happen.”

“A lot of that is [because of] drinking ... You go to the bar with a bunch of girls and you meet some gorgeous hunk and you just get carried away [because] you've had too much to drink and you let it happen.”

The main reason for this being a dangerous thing to do, according to Johanson, is because however fun spontaneous sex may be with a stranger, you are much less likely to take preventative measures to ensure that the sex is safe or find out what your partner's health background is. This happens all too easily if two people have been drinking and meet somewhere public, be it a party or a bar.

Oral sex not so safe

“When you meet somebody at a bar, are you asking them: ‘Is there something I should know?’ [or] ‘Have you had herpes?’ and is he asking her, ‘Are you on birth control?’”

Last year, a BBC documentary questioned whether or not oral sex is as “safe” as many people believe, in response to recent studies that are beginning to show that an HPV infection in the gastrointestinal tract can lead to oral cancer. *The Manitoban* decided to bring this up with Johanson.

“You can get HPV orally and it is very, very difficult to treat because normally [it is] treated with surgical removal or burning it off or laser-ing it. So if it is in the middle of your gut it is kind of hard to get at and you don't know you have to worry about kissing your partner or giving oral to your partner.”

If you are looking for more information about sex, Johanson's website, www.talksex-withsue.com, answers a lot of common questions as well as many in-depth ones and is an excellent resource to people of all ages.



Photo by Miguel Yetman

STI stigma a persistent problem

By ALEX DAVIDSON
The Martlet (University of Victoria)

VICTORIA (CUP) – STIs, or sexually transmitted infections, have been a feared and stigmatized topic since biblical times. In contemporary times, we see a prominent stigma surrounding these infections. People are often labelled as “dirty” or “overly promiscuous” due to their affiliation with STIs. These people find themselves affected by a stigma that suggests all STIs are unmanageable problems that cause a person to be tainted for life. Though stigmas have been helped along by popular culture and old literature (for example, every Shakespeare comedy written), it is often taboos that prevent communication about STIs.

Sexual health educator Jennifer Gibson teaches the importance of communication in curbing the spread of STIs as well as the stig-

mas behind them.

“In my experience as a sexual health educator, when sexually transmitted infections are being passed between partners, it often is because of the lack of communication that's happened and it's not [the intention] to harm someone; it's that they haven't been able to talk about it or they have no idea they actually have it,” says Gibson.

According to Gibson, the age-old preconceived notion that promiscuity is the recipe for disease isn't necessarily true.

“People think that people who have multiple sexual partners have [an increased likelihood] of having a sexually transmitted infection than people who don't. Theoretically, they have more opportunity for exposure, but they may not [actually] be getting exposed to sexually transmitted infections,” she explains.

One might say that the obvious way to

avoid the spread of STIs is by frequent testing. Gibson recommends that people get checked at least once every three to six months or before every new partner depending on your frequency. However, getting checked isn't always foolproof.

“Not all clinics offer the same standard testing. Often people go in for testing but they may not be told – or they may not ask – what they've been tested for. They then make assumptions that they've been tested for everything, when in fact it's generally just those five that constitute a full STI screen [chlamydia, gonorrhea, hepatitis, syphilis and HIV].”

In some cases, according to Gibson, clinics might not even test for all of these; leaving syphilis out, for example. As uncommon as syphilis might be in comparison with say, chlamydia, lack of testing for the infection does

reveal a basic flaw in the system.

Even the evolution of the naming of these infections, from “sexually transmitted diseases” to “sexually transmitted infections” as they are now called shows a basic reason of why they are so widespread.

“We now refer to them as STIs because it refers to things that are asymptomatic,” says Gibson.

This means that just because everything seems in working order does not necessarily mean that they are. Many STIs can go undetected without testing. This does not mean the infections are untreatable, however.

“I think that's where your stigma comes in. It's that idea that they are these long-term major issues for people's health, which they can be, but they also can be very manageable if people are given proper care and testing,” says Gibson.

OPINION

— Editorial —

Persecution by pageant



CLAIRE THEOBALD
Editor-In-Chief

Jenna Talackova is the kind of woman that makes “average” girls like me want to curl up and die. Blond, beautiful, long-legged and if she were in the running for Miss Universe, probably smart, talented, graceful, driven, and yet somehow humble and selfless. Honestly, it’s enough to make a girl puke.

I, on the other hand, only look good in four-inch heels when I’m standing still, have hair that no matter how it’s styled looks like a mullet and get gas when I eat too much dairy. Suck on that.

Jenna Talackova was well on her way to stacking a crystal studded crown onto her flawless head, selected to be one of 65 finalists being flown to Toronto for the 2012 Miss Universe Canada competition, when she was suddenly disqualified because she “did not meet the requirements to compete.”

Born male

As it turns out, the lovely Talackova was born male.

Although Miss Universe is doing its best to convince everyone that the fact that she is transgendered played absolutely no role in their decision, there isn’t enough glitter and rhinestones in the world to dress that one up enough to fool me.

Critics of these competitions say they are shallow and superficial and I must admit they seem eerily similar to when farmers trot out their prized ponies at the county fair but the competitors know what they’re getting into.

Go ahead and look over the girl with too much weight or the prospect with crooked teeth, that’s in the nature of the competition but to discriminate against a contestant because of the way they crawled out of the womb? That’s going too far.

When I first saw the picture of Talackova, the first thing I thought was “Great! Another beautiful b*tch getting a crown for being perfect.” In no way did I stop to think to question her gender.

After hearing she was born male, I thought, “how could they disqualify such a beautiful b*tch just because she was born with a different set of anatomical parts?”

Lots of plastic

Newsflash! Half of those contestants have plastic boobs, glued on eyelashes, and penciled on eyebrows. If Donald Trump (who owns the pageant) is going to look past swapping parts for vanity, how can his franchise suddenly discriminate against someone who has changed their outward appearance to match their personal identity?

Transgendered and transsexual people face an everyday struggle to fit in with a society that does not understand them, as well as a struggle to fit in their own skin. I can’t imagine even for a moment what that must feel like.

On the Miss Universe website, it says, “the delegates ... compete with hope of advancing their careers, personal and humanitarian goals and as women who seek to improve the lives of others.”

Talackova was brave enough to put herself forward to be scrutinized by judges looking for the picture of modern femininity. If Talackova was to succeed, and be allowed to compete for the title of Miss Universe, she could have served as a role model for young transsexual individuals looking for encouragement, aka advancing her humanitarian goals and improving the lives of others.

Instead of using the pageant to demonstrate a progressive understanding and celebration of what it really means to be a modern woman, once again Miss Universe has shot itself in the foot, revealing it’s shallow and hypocritical underbelly.

Instead of hearing another contestant wishing for world peace ... again ... Talackova could have ushered in a new era of understanding of what it really means to be a woman. Who could understand what it truly means to be a successful female than someone who had to work to become one?

I firmly believe that the whole of a person is greater than

the sum of their parts. Just because Talackova wasn’t technically born a woman does not make her any less female.

My intense jealousy of how hot Talackova is has in no way changed just because she was born a man. Instead, it has been redirected and turned into a new found disdain for a competition that has once again missed what it means to be a real woman.

Smart, beautiful, talented, Talackova seems to possess the true qualities of a woman in every sense of the word. To say she is anything less is insulting.

I am a woman, and not just because I was born with ovaries



Jenna Talackova

vancouver.sun.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.

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SPORTS

MEN'S HOCKEY PLAYOFFS

Ooks come so close ...



EVAN DEGENHARDT
Assistant Sports Editor

After going down 2-0 in the series against Augustana last weekend, NAIT needed to win three games straight to take the series and win the ACAC championship.

On Thursday night, the Ooks were on the road and put together a thrilling 2-1 overtime win against the Vikings to send the series back to NAIT. Friday's game was a battle that will be remembered for a long time. Two extra overtime periods were needed before the Vikings finally found the back of the net to win the game 3-2 and take the ACAC Championship.

Ooks up 1-0

Thursday night's game saw Jiri Prochazka get things started, with a goal at the 4:43 mark. Liam Darragh and Blaine Bokenfohr got the assists as the Ooks went up 1-0.

The rest of the first period remained scoreless and NAIT headed into the locker room up by one goal and full of confidence.

Augustana pushed back hard in the second period and Richard Dupre of the Vikings tied things up at the 4:40 mark.

Both goalies played exceptionally well, stopping everything that was thrown at them in the last two periods.

An overtime period would be needed to decide this one. At the 7:29 mark in the first overtime, NAIT got the heroics they desperately needed.

Ook Trevor Conrad snuck one past red-hot Joel Danyluk, ending the game and keeping NAIT's championship hopes alive. Steele Boomer and Michael Westfall got

the helpers on the goal. Ook goalie Shannon Szabados nabbed the road win, stopping 29 out of 30 Viking shots.

NAIT's home crowd was rocking on Friday as they welcomed the Ooks back onto their home ice. However, there were almost an equal number of Augustana fans supporting their own team as well.

Szabados and Danyluk both got starts again. With both goalies seeing the puck extremely well, it was going to be another solid goaltender battle.

Friday's game started off with great energy.

Only one and a half minutes in, the Vikings put one past Szabados, but after some deliberation, the referees waved the goal off.

Augustana's Danyluk looked focused from the start, making two huge saves early, stifling any NAIT offence tossed his way.

At the 3:17 mark in the first period, the Ooks committed a defensive breakdown that allowed the Vikings to generate a two-on-one opportunity. Augustana capitalized and scored to make it 1-0.

Szabados was not rattled. She answered right back with a gigantic save, keeping the Ooks in the game.

The first power play went to the Ooks, but NAIT had a hard time containing the puck in the Vikings' end. The Ooks couldn't generate a lot of pressure on their first man advantage.

Great puck control

When Augustana got their odd-man chance, they executed great puck control down low and opened up a great scoring opportunity but Szabados made a sprawling stick save to shut the door on what would have been a sure goal.

Both teams traded scoring chances late in the first period, but Szabados came up big for the Ooks again, stopping a Viking breakaway cold.

The period ended with NAIT down 1-0.

NAIT came out in the second with some jump, killing off another penalty and getting a few good scoring chances.

The Vikings red-hot powerplay would get another opportunity to do



Photo by Kevin Tuong

NAIT Ooks Jordan Draper puts a deke on Augustana Vikings defenceman Tanner Korchinski during an ACAC championship playoff game Saturday at NAIT arena. The Ooks were eliminated in a heartbreaking 3-2 loss in double overtime.

some damage, but the Ooks did a great job of keeping guys to the outside and letting their goalie see the puck.

After both teams exchanged chances for most of the second period, the Ooks went on the man advantage.

NAIT controlled the puck from the point and made a nice little give-and-go pass to tie the game up. Colton Yaremovich put the Ooks on the board. Josh Lee and Jiri Prochazka got the helpers.

Tripped up

With less than two minutes to go, Szabados went to play the puck in the corner, but was tripped up by a Viking player. She went down on the play and lost her stick but there was no whistle. As the play continued to develop, Augustana took advantage of the scramble and put the puck in the back of the net with only 1:38 left in the second.

That period would end with the Ooks down by a goal and potentially only 20 minutes remaining in their season.

NAIT came out in the third with a sense of desperation and won battles, puck races and the momentum was definitely on their side.

It was great to see the Ooks control the pace and generating great puck movement in the offensive zone.

The Vikings were caught off guard. Hard work pays off big time!

A nicely played point shot by Kyle Johnson and a neat tip by Boomer beat Danyluk and tied the game.

The third period had some of the best hockey I have seen in a while. Both teams competed at a great pace and displayed

excellent fundamental hockey skills.

With seven minutes left in the game, Szabados made another incredible stop to keep the Ooks in it.

The last minutes in the third period were full of nerves, as both teams tried to score the game-winning goal. But neither team could break the stalemate and for the second time in as many nights, overtime would be needed.

From the start of overtime, NAIT put pressure on the Vikings hard, and mustered two giant scoring chances to end the game. But like Szabados, Danyluk came up big.

A second overtime period was going to be needed to decide this marathon.

Again, both teams found themselves within inches of ending the game multiple times. But with just 5:11 left in the second overtime period, there was a mad scramble in front of Szabados.

Augustana gets the goal

Augustana jumped on this break and scored the goal that gave them the ACAC championship, much to the heartbreak of the entire NAIT squad who had left everything they had on the ice.

Ook head coach Serge Lajoie showed nothing but class after his team's defeat.

"It was a great game, great series. It could've gone either way," Lajoie said. "There is no other team that I'd rather coach."

He said he has high expectations for next season.

"In our dressing room, there's a championship team. We've got a good group of guys moving forward. You've haven't seen the last of the Ooks, that's for sure," said Lajoie. "I'm very, very proud of what the guys have accomplished."



Photo by Kevin Tuong

NAIT winger Jiri Prochazka shows his disappointment at being eliminated from the ACAC championship series.

Happy Tiger days here again



PATRICK KNOWLES
Sports Editor

With the Masters just under two weeks away, I am happy to report that Tiger Woods looks to be rounding into form and poised to bring home another green jacket.

With his win at Bay Hill over the weekend he has now finally won a tournament on the PGA tour, his first in two and a half years.

Now if some of you who are reading this are thinking, 'didn't Tiger win a tournament back in November' you would be correct, but that tournament was not a PGA tour event.

Regardless of where he gets his tournament wins, it's just nice to have Tiger back in contention in tournaments on Sunday.

It has taken longer than I expected for Tiger to get back to the Tiger of old, but I think that it is finally safe to say that Tiger is back and ready to dominate the PGA tour again and it couldn't have happened at a better time.

With most sports fans unable to even tell you who the Top 5 ranked golfers in the world are, Tiger's return to form is just what the PGA tour needed to get people excited about golf again.

The thing that most people in the sports media were waiting for before they said Tiger was back to the Tiger of old, was to see him put together a complete four rounds of golf. He did just that at Bay Hill over the weekend.

Sunday was the first time Tiger held a lead going into the final round and everyone wanted to see what he would do with that lead. He kept the lead but stretching the lead from one stroke when the round started to five strokes when he tapped in his final putt on the 18th hole.



His reaction was exactly what I expected, with his trademark fist pump and yell you could sense the relief he was feeling just from the smile and facial expressions he had while walking off the green to hand in his score card.

This was Tiger's 72nd career PGA tour win and his first in 923 days, which is crazy to imagine when you think about it. Before all of the drama in his personal life, Tiger was winning an average of one out of four tournaments that he entered. So for him to go this long between PGA tour wins led some critics to think he might never win another tournament and just fade into obscurity.

If anything, Tiger had history on his side going into the final round on Sunday. Tiger

held a 5-0 record at Bay Hill when leading after three rounds, and a 48-4 overall record when leading after three rounds on the PGA tour.

Going from September 2009 to March 2012 with out a PGA Tour victory for Tiger is something that just wasn't healthy for Tiger, the PGA and all the golfers on tour. Without Tiger in the mix, the PGA Tour just didn't have the appeal for most sports fans and you can include me as one of those people.

The PGA Tour needs to have Tiger dominate again because when he does it makes the sport so much more entertaining to watch. The question was always Tiger versus the field, who

are you taking?

With a win at the Masters and another green jacket in his closet, Tiger will be just three majors behind Jack Nicklaus's total of 14 and if I were a betting man I would put money on Tiger passing Nicklaus before all is said and done because let's face it, that's all he really has left to play for.

I look forward to the Masters and seeing what Tiger will do on a course he has dominated in years past and with a victory at Augusta National the rest of the golfers on the PGA Tour should be put on notice that Tiger is back and ready to dominate like the good old days.



Tiger Woods

www.toptenz.net

Athlete Profile



Player: Clinton Senkow

Sport: Hockey

Position: Forward

Program: Business Management

Number: 23

By **RIANNE McDONALD-ZWICKER**

What has been the team's biggest accomplishment? – Overcoming all the adversity we were faced with. We had a lot of injuries and just kept going at it and then we made the finals.

Do you have any pre-game rituals? – Hang out then listen to some music then stretching alone. After that I go twenty minutes before the game to get ready.

What type of music pumps you up? – House music. Techno, mostly.

What is the hardest part of balancing school and hockey? – The energy factor. It's my third year and there are lots of days when you get home from practice and you are exhausted. You don't want to do any homework, so finding the energy sometimes, it's really tough.

Does hockey interfere with your social life? – Not really, no. I've become so used to it. You ban together with the guys on the team. There are some things you can't do, like go on trips and stuff. But no, I don't think it cuts it down because you can still go out, there are just certain things that you can't do.

Why did you choose hockey over other sports? – I have played other sports but I am the youngest of five brothers. I guess I chose hockey just because they were playing hockey. I have been playing since I was four.

What is your biggest hobby outside of hockey? – That's tough because we practise six days a week, but probably watching movies or playing video games.

What is your proudest moment in your hockey career? – When I was 19 and I won a league championship out in Ontario.

Is there anything special you do to avoid injuries? – Maintain myself during the year, I try to get to the gym two or three times a week, nothing too heavy, just enough to keep your body. Stretching is a huge thing as well.

Do you have a special diet? – It's a little tough when you are on a student budget but the day of and the day before a game is crucial. I won't put crappy food into my body.

Athletes of the week

March 19-25

Brittany Whittemore
Curling



Brittany skipped the NAIT women's curling team to a bronze medal at the CCAA Curling National Championships this past week hosted by Fleming College in Peterborough, Ontario. The Oaks posted a 5-2 record during the round-robin before falling to the GPRC Wolves in the semifinals, giving them a third-place finish. Whittemore was selected as the ACAC female Curler of the Year this season. "As a skip, the team relies on Brittany and she always seems to curl at a consistent level," said head coach Jules Owchar. "She had a terrific season and is deserving of her medal at the national championships". Brittany is a second-year student in the Animal Health Technology program at NAIT and is from Delburne, Alberta.

Shannon Szabados
Men's Hockey



Despite falling to the Augustana Vikings in four games in the ACAC men's hockey finals, Shannon played spectacularly for the NAIT Oaks in two appearances for the team. Game 3 saw Shannon make her first start of the series as she turned away 29 shots in the team's 2-1 overtime victory in Camrose last Thursday evening. The next night in Game 4, Shannon stopped 40 shots, despite losing 3-2 in double overtime. "Shannon provided our team with a spark when she got in the net for Game 4," said head coach Serge Lajoie. "She gave us a chance to win as she played spectacularly." Shannon is a fourth-year player in her first year of the Personal Fitness Training program at NAIT and is from Edmonton.

WOMEN'S CURLING NATIONALS

Women take bronze medal

By KEVIN MARTIN

Fleming College welcomed Canada's best college curlers as they hosted the CCAA National Championship this past weekend.

The NAIT women's curling team made the trip to Peterborough, Ontario with one goal, to claim the national title.

The women had a great season as they received a second place finish in Red Deer and a first place finish in the Winter Regional. The highlight of their year was the silver medal finish in the ACAC championship. The women had a lot to be proud of but they were determined to win the national championship.

The team played some of their best curling of the season to start the tournament.

NAIT took out the very skilled GPRC team in the first draw, winning 9-7. Getting the first win in the tournament was not the only reward in this victory. It was a sweet taste of revenge as it was GPRC that defeated NAIT in the ACAC championship.

The Oaks' second game resulted in a loss to Humber, 8-4.

With their record at 1-1, NAIT refocused and went on a four-game winning streak, taking care of Mohawk, Sault, Seneca and Fleming before dropping a close match with Fanshawe.

Their 5-2 record in the round robin meant that the Oaks were among the top four teams in the standings at nationals.

A semifinal match was set between the rivals, NAIT and GPRC.

Both teams knew the significance of this match, as the winner would get to play for

the national curling championship.

The game started in favour of the Grande Prairie Wolves. They used the hammer effectively in the first end and scored three points.

The Oaks fought back by tallying single points in both the second and third end.

With the Oaks only down by a single point, it looked as if the game would be a competitive match to the end.

However, the Wolves had a different plan.

The game started to slip away from the Oaks as Grande Prairie scored three points in the fourth and then stole two in the fifth end. If this weren't enough, only one end later GPRC stole four points.

At this point, the game was out of reach for the Oaks squad and handshakes took place during the eighth end.

NAIT would leave Ontario with a respectable bronze medal around their necks.

Athletic Co-ordinator Gregg Meropoulos was pleased with the results.

"It was a really nice event but it was a tough loss in the semifinal," Meropoulos said. "We've played [GPRC] multiple times this year, but this time, it didn't turn out for us. We are very happy to come home with a bronze medal."

When asked about the team for next year Meropoulos has high expectations.

"There are a couple of high school players with immense talent that have made commitments to NAIT."

It is safe to say that women's curling at NAIT is looking to strive to remain a dominant force in the ACAC for some time to come.

Medal Winners

Men

Gold – Fanshawe College

Silver – Red Deer College

Bronze – Augustana Campus, U of A

Women

Gold – Fanshawe College

Silver – Grande Prairie Regional College

Bronze – NAIT



CCAA photo

Coach Jules Owchar with the bronze medal Oaks team of skip Brittany Whitemore, third Dallas Luschyk, second Jennifer Davis, lead Allison Mack and spare Allison Routhier.



CCAA photo

Allison Mack and Jennifer Davis sweep for the rock of Dallas Luschyk during action in Peterborough, Ont.



CCAA photo

Skip Brittany Whitemore, above, and Jennifer Davis, right photo, gets ready to do the same.



CCAA photo

ACAC Playoffs

MEN'S HOCKEY PLAYOFFS

Semifinals (best of five)

Series A

March 2

Mount Royal 5, NAIT 2

(Mount Royal led series 1-0)

March 3

Mount Royal 3, NAIT 2 (2 OT)

(Mount Royal led series 2-0)

March 9

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

March 10

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

March 11

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

Series B

March 1

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

March 3

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

March 9

Augustana 4, SAIT 2

(Augustana led series 2-1)

March 10

Augustana 2, SAIT 1 (OT)

(Augustana won series 3-1)

ACAC CHAMPIONSHIP

Best-of-five

March 16

Augustana 3, NAIT 1

(Augustana led series 1-0)

March 17

Augustana 5, NAIT 2

(Augustana led series 2-0)

March 22

NAIT 2, Augustana 1 (OT)

(Augustana led series 2-1)

March 23

Augustana 3, NAIT 2 (2OT)

(Augustana won series 3-1)

WOMEN'S HOCKEY PLAYOFFS

Semifinals (best-of-five)

Series A

February 25

MRU 2, Red Deer 0 (MRU led series 1-0)

February 26

MRU 5, Red Deer 4 (OT)

(MRU led series 2-0)

March 2

MRU 3, Red Deer 2 (MRU won series 3-0)

Series B

February 24

NAIT 2, GMU 1 (OT) (NAIT led series 1-0)

February 25

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

March 2

GMU 3, NAIT 2 (GMU led series 2-1)

March 3

GMU 5, NAIT 3 (GMU won series 3-1)

ACAC CHAMPIONSHIP

Best-of-five series

March 9

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

March 10

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

March 16

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

March 17

MRU 3, MacEwan 0 (MRU won 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 (at MacEwan University)

March 2

MacEwan 68, Lethbridge 59

Mount Royal 72, SAIT 71

March 3

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 (at Briercrest)

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)

RDC 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)

RDC 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

Heartbreaking and thrilling

By KEVIN MARTIN

Brackets that started with such high hopes are now unrecognizable because of red pen.

March Madness is a heart-breaking ordeal, but maybe you still have a chance of winning your pool and only need a few more games to swing your way to end up with the cash.

For the majority, despite your bracket ending up in your recycle bin after the second round, there is no denying that this has been one of the most thrilling tournaments in recent memory. The underdogs made their mark in the first round.

Coming into the year, second-

ranked seeds won their first game 104 times and only lost four.

For the first time in NCAA history the 15th-seeded teams went 2-2. Lehigh took out (Duke) 75-70 and Norfolk State upset second-seeded Missouri and in doing so provided one of the biggest upsets in recent memory.

While these underdogs shocked the basketball world, it should be noted that both Lehigh and Norfolk State got destroyed in second-round games.

Final Four matchups

The beautiful thing about college basketball is that we are blessed with heart and soul basket-

ball. For the majority of these college players, this is their last chance to dance. Only a select few make it into the NBA and continue to play.

Not to put a bad light on the NBA but if your professional team doesn't win the championship, you get another chance next year. These kids don't, this is their final chance.

This weekend you can expect every loose ball to be dove for as teams give it their all to take home the championship.

(1) Kentucky vs. (4) Louisville
Saturday 6 p.m.

This is a highly anticipated Final Four matchup. Basketball fans cheered Louisville to victories in hopes that they would match up against Kentucky.

There is a lot of bad blood between these teams. These squads are from the same state and have seen each other dozens of times over the past few years. To add to the drama, Louisville coach Rick Pitino used to coach Kentucky.

Kentucky coach John Calipari is aware of the magnitude of this game and was not shy as he talked some early trash.



"It is in our state," said Calipari. "We're in two different leagues."

(2) Ohio State vs. (2) Kansas
Saturday 8:45 p.m.

This is a battle of the strangers. These two teams have only met twice in the past 12 years and nine times in all. Ohio State's road to the Final Four has been flawless, as they have outscored their teams by an average of 12 points.

Kansas has scratched and

clawed their way to this point. They got by (10) Purdue by three points in the second round and survived a third-round matchup with (11) NC State by three points.

People criticize but it doesn't matter how these teams got to the Final Four. All that matters is this next game.

These teams have each won four games and a fifth win means that they play for the U.S. national championship on Monday.

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— Opinion —

Men rule sports reporting roost

By AUTUMN McDOWELL
The Carillon (University of Regina)

REGINA (CUP) — Sports journalism: you might as well call it the He-Man Woman Haters' Club.

It's pretty obvious that I'm a girl trying to make it in a man's world. I want to talk about hockey for the rest of my life. But to do this, I have to "earn my way" into a gentlemen's club.

Sports journalists are mostly men, with the exception of a few females known mostly to the men of the industry as "bombshells." In order for these "bombshells" to gain any sort of respect or any smidgen of credibility, they have to work their ass off and deal with a lot of sexist crap along the way.

I know from experience.

Flashed

I highly doubt that, when a male reporter goes to cover his first NHL game, he gets flashed by an entire team and then has one of the players message him on Facebook later that week saying "Hey :)."

I also highly doubt that, if that male reporter is tall and skinny, the other reporters assume that he would rather cover volleyball than hockey and call him "honey" and "sweetie."

Maybe it's common for men, too, that every time someone asks them what they want to do when they "grow up" and they say they want to cover hockey, the person asking laughs and asks, "No seriously, what do you want to do?" But I doubt it. And I doubt they get as many questionable looks and eye rolls as I do.

Whenever I walk up to a player to do an interview, or when I am in the middle of a scrum, there is a skeptical energy projected toward me. It's as if everyone assumes that I know nothing about sports. People automatically assume that the opportunities I have been given are because of my looks. I would love to show those people the countless hours of work that I am putting in to get where I am going, but I can't.

A pretty face

When I talk to people about being a sports journalist, I'm told to think of myself in terms of being the next Erin Andrews or Sara Orlesky. But when people make these comparisons, they are saying it because I am a pretty face to have on the sidelines, not because of my sports knowledge.

Just once, I would like to be told to try to be the next Bob McKenzie, or Jay Onrait, although I won't be holding my breath on that last one. (Thank God no one has told me that I am headed toward being the next Pierre McGuire. I might as well switch careers now.)

The overwhelming assumption that I will be hired for my looks and not for

my knowledge is, to say the very least, annoying. I wish it was the other way around. I want to be the girl that knows her stuff first and foremost. If someone thinks that I am good-looking, so be it, but I shouldn't have to bank on that to secure myself a spot in the industry, and so I won't.

No matter what anyone thinks.

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What's Going on Around Campus...

WHO Anime/TCG

WHAT Weekly Meeting

WHEN Thursdays; 4:15pm - 6:10pm

WHERE WC316

WHO Christian Club

WHAT Weekly Meeting

WHEN Wednesdays; 12:15pm - 1:10pm

WHERE E201

WHO Gamers of Dungeons & Dragons

WHAT Weekly Meeting

WHEN Fridays; 4:30pm - 9:00pm

WHERE WC312

WHO CLXT

WHAT "My Kinda Party" Pub Night

WHEN March 31; 8:00pm

WHERE Ranch Roadhouse

WHO Latter-Day Saints Student Association

WHAT Weekly Meeting

WHEN Thursdays; 11:15am - 12:10pm and 12:15pm - 1:10pm

WHERE J006

WHO Muslim Students Association

WHAT Weekly Prayer

WHEN Fridays; 12:15pm - 1:10pm

WHERE J111

WHO Game Development Club

WHAT Information Session

WHEN March 30

WHERE Shaw Theatre

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ENTERTAINMENT

Shopaholics – what's the points?



CHRISTINE VU
Entertainment Editor

I confess that I am a shameless shopaholic as far as makeup goes. That's the first step to recovery, right? If so, that's as far as I have gotten. It's not my fault, the marketing geniuses have grown stronger. I easily fall for cute packaging and anything with a clever, punny name.

As for reward systems, I am not one of those people who eagerly collects Air Miles or anything. I don't care much for the points I would get if I were a card member at any grocery store. I never sign up for a membership card at any store even if it will give me 10 per cent off my next purchase.

Despite all this, there is one exception, as there usually is. I was in no hurry, so I did not

mind when the cashier at a cosmetics store, asked me to sign up for a beauty insider card. I broke one of my rules (it was a casual rule, anyway) and I let her sign me up and I left with my purchases and a black new card in my wallet.

That was a while ago and since then I have been collecting points mindlessly. I didn't pay any mind to how much I had unless it was enough for a free sample until one day the cashier said cheerily, "you are \$97 away from becoming a V.I.B."

She never told me what a V.I.B. was, just that I was pretty close to attaining some mysterious status. I googled it, and found nothing. My curiosity grew stronger. I got that weird feeling that I get when I feel the need to shop but I didn't know what for. I just wanted to know what a V.I.B. was!

I returned a few days later and purposely picked out random items that I would otherwise have no desire to buy, just to find out exactly what happens when one becomes a V.I.B.

I went to the register with my items and half expected confetti to pour down on me and for everyone to clap. No such thing happened.

The cashier handed me a piece of shiny



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pink paper and when I opened it up, I found a congratulatory message and a 10 per cent off coupon. That was it, the most anti-climactic moment of my life.

I had been fooled into spending more

money on things I didn't need just because of this smart little system. I find it so clever that I can't even be too mad about it. I do however, solemnly swear to eschew any kind of offer to join a points club from now on.

Command Sisters in command

By **ALLISON KARCH**

It was before 5 p.m. on a Friday afternoon and the Nest was nearly full for the latest from Live Music Night. I scooted into the last vacant table, right next to the speaker, just feet away from the two young ladies on stage with their acoustic guitars. It proved to be the perfect place to catch the Command Sisters' breathtaking harmonies and accomplished musicianship.

Judging by the raucous conversations around me, it seemed most of the crowd wasn't there for the music. But if the somewhat distracted audience bothered the sisters, they didn't let on. Charlotte and Sarah's unshakable stage presence and engagement with the more attentive members of the audience didn't flag during their hour-long set.

They seem entirely at home on stage, but then, they do have over five years' experience performing in public. It shows in their easy, conversational between-song patter, too – or what I could hear of it, anyway. I missed a number of song introductions because of the crowd noise.

It was clear throughout their performance that the sisters were genuinely enjoying themselves. They confirmed that fact in an interview after the show, saying, "we do this because we truly love it."

They played mostly original songs, but threw in a few covers as well – more than they usually do, they said. I'm glad they did, because the covers showed that not only do the sisters have a knack for adapting existing songs to suit their style but they're also willing to take some risks on stage.

They had never before performed two of the covers they did that night but to my ears, they nailed them both. Their version of Dallas Green's "Sensible Heart" was quite faithful to the original, but they tweaked "Pumped Up

Kicks" by Foster the People a bit.

The latter song diverges from The Command Sisters' style more than the former but they found a way to make it work – and work well – with only two acoustic guitars. The song was recognizable but different, thanks to the sisters' distinctive harmonies and subtle changes in vocal phrasing.

About halfway through their set, they performed a jaw-dropping version of "Look at Me Now" by Chris Brown ft. Lil Wayne and Busta Rhymes. Sarah prefaced the song by saying, "I cannot rap," and then proceeded to do so with aplomb and more than a little success. She did stumble at one point – but really, who can keep pace with Busta?

More striking is that they translated a straight-up rap song into something that sounded natural and even beautiful coming out of the mouths of two white girls with acoustic guitars.

Please don't get the impression that covers are their strength, because their talent for songwriting is considerable. Charlotte pens most of the songs, though they did play one that Sarah wrote.

Charlotte has an undeniable talent for melody writing, which she supports with sophisticated imagery in her lyrics. Sarah, for her part, seems to be the musical virtuoso of the pair. She pulled out a mandolin for one song, remarking, "If I had a piano, I'd do a Coldplay song!" When I asked which Coldplay song she would play, she replied, "Fix You." It's just such a beautiful song."

With all their poise, talent, creativity and enthusiasm, it came as no surprise to learn that this past winter Charlotte and Sarah wowed the crowds in Nashville – so much so that they ended up landing a publishing, production and management deal.

Oh, and they have a CD – their second – com-



Photo by Chelsey Shortman

The Command Sisters

ing out later this year. And they're playing the Artist Lounge at the MTV Awards in Los Angeles this June. They got that gig after playing a similar one at the Sundance Film Festival this past January, where they impressed the right people.

Did I mention they've achieved all of this by the ages of 16 and 13? Their musical aptitude and success would be impressive even if they were both a decade older but to have reached this level well before reaching legal age is nothing short of astounding.

The Command Sisters have a busy summer

ahead of them, with performances in and around Edmonton and trips to L.A. and Nashville planned. Check out their website, www.thecommandsisters.com or follow them on Twitter @commandsisisters to find out where they're playing, and if you get the chance to see them perform, jump on it.

Their upcoming trip to Nashville, which will be their fifth, may be an especially important one. I asked why they're headed there again this summer, and they looked at each other, giggled and said, "we can't talk about that yet."

Knowing these girls, it will be something big.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By BRETT PLAXTON

Well, since the snow is gone, that means summer is just around the corner. When it does come, these are some of my favourite songs to listen to when just cruising around or on a road trip. My friends and I always blare these songs when we hear them on the radio in the summer. Again, listen to this in whatever order you want, it doesn't matter. Be sure to keep this playlist for your summer drives, you'll thank me for it.

- 
aaeg.com

1. Southern Nights – Glen Campbell
2. Jumpin' Jack Flash – Rolling Stones
3. Eastbound and Down – Jerry Reed
4. Take It Easy – The Eagles
5. Born to Be Wild – Steppenwolf
6. The Boys Are Back in Town – Thin Lizzy
7. Low Rider – War
8. Never Let You Go – Third Eye Blind
9. The Boys of Summer
 – Don Henley or The Ataris

10. Slow Ride – Foghat
11. Highwayman – Highwaymen
12. Tiny Dancer – Elton John
13. Rebel Rouser – Duane Eddy
14. Running on Empty
 – Jackson Browne
15). Convoy – C.W. McCall

VIRAL VIDEO

Remembering, so you don't have to

By BRETT PLAXTON

I have recently been hooked on another web series. I know, this isn't a single video, but an entire web series. I thought, it doesn't get as many views like most of the popular web shows do these days but this one is always funny and leaves me satisfied. I'm talking about the Nostalgia Critic.

The Nostalgia Critic is a character played by Boston comedian Doug Walker. The show started in 2008 and revolves around the Nostalgia Critic reviewing nostalgic media in either a very negative or incredibly humorous way. He mostly reviews movies and TV shows from the 1980s and 1990s, but has made the rare exception with those from the 2000s.

He usually gets around 100,000-200,000 viewers per week. I know it's not in the mil-

lions like Epic Meal Time, but unlike them, the Nostalgia Critic is actually funny. He has also made specials highlighting his Top 11 major f*%#-ups of his recent videos.

Walker has been doing this since 2008 when he started on YouTube, but eventually started up his own site, That Guy with the Glasses. Walker recently made his 200th episode and is about to embark on his fourth anniversary on April 6. I'm excited to see what he does to celebrate.

I first found out about the Nostalgia Critic last semester when my friend Baljot brought him up in a conversation. Never hearing of this guy before, I asked who he was. Instead of telling me, Baljot showed me his review of the '90s remake of Godzilla. I thought this guy was hilarious and was immediately hooked.

I'm now in the process of watching all of the videos, which is 202 episodes and 40 specials. Yikes! Good thing I have my trusty laptop and I'm almost caught up now.

Some of my favourite reviews of his include his reviews of Batman and Robin, which he reserves special criticism for when they reveal that Batman has a Bat Credit Card. Let's just say things do not go well.

My other favourites are *The Room*, because that movie is the *Citizen Kane* of bad movies. And lastly, *We're Back: A Dinosaur's Story* (which he did in the style of my favourite movie, *Fear and Loathing in Las Vegas*).

There are so many videos he has made and you are bound to find something you remember, whether you liked it or not. He has a new



The Nostalgia Critic

video that comes out every Tuesday evening, so he is still going strong. If you're like me, you'll love these videos! To get started, go to <http://thatguywiththeglasses.com/videolinks/thatguywiththeglasses/nostalgia-critic>.

RESTAURANT REVIEW

La Poutine ... just like it should be

By KEVIN TUONG

I personally find it difficult to define "Canadian Cuisine" because the first thing that comes to mind is poutine and maple syrup (but that's just a syrup). Everything else is a bit too vague to call Canadian.

I've only been to Quebec once, when I was five years old, so I don't remember anything at all but I would love to try some truly Canadian poutine from its origins. The only problem is that I don't really have the means to travel across the country for some fries smothered in gravy and cheese.

Luckily though, that heavenly combination came here under the name of La Poutine. I've been meaning to try this place for a while now because – well, it's a place that specializes in poutine! It has to be good!

First off, they have a pretty fair selection of different poutines, all with different extra toppings, and two different types of gravy for you to choose from. There's traditional (vegan and Quebec-style) and beef gravy. I went for the beef gravy because it's thicker and more savoury in my mind.

After much staring and thinking about what kind of poutine I wanted to try, I decided to keep it simple but awesome with "The Canadian" poutine. It's essentially a regular poutine with bacon on it, which sounds pretty epic, and it was.

The fries are the basis of a poutine, which they claim to be freshly hand cut, but they look a bit too perfectly sized for hand cut. However, they are definitely freshly cut, it's noticeable in the taste and texture. Rarely will I find a fry that is so crispy on the outside but yet so tenderly soft on the inside – gee, that sounded almost emotional.

The beef gravy was thick and savoury like it should be and really rich in flavour. The best part is, the gravy was hot enough to melt the cheese, but not hot enough to burn my tongue. I guess that's due to the cheese more than the gravy.

Some really bad poutine places use this heavily processed cheese



"The Canadian" at La Poutine

that makes me feel like I'm chewing on a thick-smooth-cube of cotton. La Poutine uses fresh cheese curds from a local source, allowing the cheese curds to melt onto the fries and then further melt in your mouth as you devour the glorious combination of flavours.

The place is actually really small and there are enough chairs for about eight people, excluding the two tables outside. So it's not really a sit down type of place nor is it really a lunch kind of place. It's simply a comfort-food stop that you go to sometime in between lunch and dinner because your will power is weak. The

service is also pretty ... well, they didn't say hello (or anything else for that matter) and that should sum up their service for you.

But hey, their fries are amazing, their gravy is good, and their cheese is real, and at the end of the day, that's the main reason why I tried La Poutine, which should be reason enough for you, too.

La Poutine
8720 109 St.
★★★★☆

MOVIE REVIEW

Intrigue, beginning to end



ANIKA NOTTVEIT
Assistant Entertainment Editor

Wow. *Hunger Games* intrigued me 100 per cent. The filmmakers did a great job of making sure all our emotions were tapped. It was intense and had me at the edge of my seat, yet at some points I was covering my face with my hands shielding the tears. I cracked up a few times, but those were short lived. We were watching a fight to the death, after all.

"And so it was decreed that each year, each of the districts of Panem would offer up one young man and woman between the ages of 12 and 18, to be trained in the art of survival and to be prepared to fight to the death."

—Susanne Collins

This is the premise of the highly addictive book *The Hunger Games* that brought many viewers to theatres across the country last weekend. Its addictive quality had fans and readers flocking to the cinemas excited to finally see the words come to life on screen.

The box office gross of *The Hunger Games* is the third-highest opening weekend ever, behind *Harry Potter and The Deathly Hallows Part 2* and *The Dark Knight*. What makes this movie so good?

First off, the star of the show is Jennifer Lawrence, who, after her past Oscar nomination for *Winter's Bone*, had a lot of pressure on her shoulders. She surpasses all expectations by playing the main character, Katniss Everdeen, flawlessly.

"The girl who was on fire," the astute archer,

is a very challenging part to play. She has to be emotionally strong, yet compassionate and sassy. She sold the part of Katniss perfectly, training for six weeks before shooting began to not only get in shape for the role but to understand the complexity of her character.

Often the camera angle was from her perspective. It made it easy to see her point of view.

"This is the time to show them everything. Make sure they remember you."

—Haymitch Abernathy. (Woody Harrelson)

She was well played, we will remember.

The Capitol, (the capital city of Panem) was portrayed so well. The city was huge, majestic, and without a doubt wealthy. The citizens were dressed to the nines and flaunted their ridiculously styled outfits, just like we expected from reading the book.

The culture of the city was depicted perfectly. When Katniss and Peeta entered the train to take them to the Capitol, their shock was apparent. The contrast of the two worlds began.

The lifestyle of the districts reflects the 1920s, whereas the Capitol's lifestyle, with its unrealistic gizmos and gadgets, seems to be futuristic.

The contrast between the gory fighting to the death in the arena and the calm Capitol glamour is excellent. There was enough gore to portray the scenes right but not so much that you wanted to turn away. There was some controversy about the rating of the movie, but 14A works fine.

I only have two beefs with the movie. First, Peeta Mallark, (Josh Hutcherson) was the timid, thoughtful, star-crossed lover. His facial expression didn't change the whole time! Maybe that was how he was supposed to act but I thought it was unconvincing. Just throwing it out there, he wasn't the best suited for the part. Apologies to all you young, spry Hutcherson groupies.

The other thing that could be improved was the filming. There were a lot of close-up shots. The filmmakers probably did this on purpose. It was a little annoying to follow.



Setting the scene and giving viewers the big picture more often would have been nice.

The comic relief was left up to Effie Trinket (Elizabeth Banks) the escort for District 12. The way she walks, purses her heart-shaped lips and talks in a high-pitched voice makes you laugh. Also, she constantly delivers ridiculous overly-enthusiastic one-liners.

Cinna (Lenny Kravitz), needs to be mentioned. He played District 12's fashion consultant. A better actor couldn't have been chosen for this part. The audience can't help but immediately like him. He lives in the Capitol, yet the only nonsensical fashion he sports is gold eyeliner.

When he firsts meets Katniss, he's immediately personal and he doesn't congratulate her for being a contestant in the annual Hunger Games. He simply expresses his admiration towards her bravery for volunteering.

As all *Hunger Games* fans know, this is not the last we see of Cinna. His kindness is simply a foreshadowing of his involvement to come.

You may be asking yourself, if I didn't read the books, will I enjoy this movie?

Yes you will, because the story line is easy to follow. The plot isn't confusing and you'll be drawn into the characters' struggles in the arena.

You might think you wouldn't be able to identify with characters fighting to death but it is more than that, it is a fight against fear, willpower and a struggle to maintain personality in world where you have no control.

The movie did a great job of reflecting the book, though there were a few parts left out and one part added. The filmmakers didn't include how the creature dogs were the dead former contestants in the Hunger Games (called tributes). The war history wasn't explained, nor were the mockingjays and mutant wasps. The food riot in District 11 was not part of the book but happened in the movie.

Most of these changes were acceptable, except the mockingjay topic. This should be more explained because it becomes important in the next two books.

The ending was rushed and didn't match my expectations from the book. It left us wanting more. *Catching Fire* won't make an appearance until 2013.

What ultimately makes this movie worth seeing? Intrigue, from beginning to end.

I would go for Round 2. Anyone have an extra ticket? I will volunteer as tribute!

★★★★☆

BOOK REVIEW

Tarzan worth a read

By BRETT PLAXTON

The other day I was tinkering around on my iPhone and I realized something sweet. All the books that are listed as public domain can be downloaded for free! How sweet is that?

This has saved me money from having to either buy the books or the hassle of signing them out from the public library.

The best part is that these are all books that are considered literary classics. Bram Stoker, Mary Shelly, Robert Louis Stevenson, Jules Verne, the whole works. I immediately downloaded at least 35 books that I've been meaning to read. The first one I read will be very familiar to all of you Disney lovers, *Tarzan of the Apes*.

Written in 1912 by Edgar Rice Burroughs, *Tarzan of the Apes* was the first book in the Tarzan series. It was first published in the Pulp Magazine and the first book edition was published one year later. Tarzan was so

popular that Burroughs continued the series well into the 1940s.

There have also been several film and television adaptations, the most notable being the animated one made by Disney in 1999. I just also read that they are releasing a special edition hardcover copy of the book in April to celebrate the book's centennial.

I guess you're waiting for the synopsis of the book now. The story focuses on John Greystoke, born in Africa by a marooned couple. After his mother and father pass away, he is adopted by the ape Kala and taken into her tribe.

Over the years, he is given a new name, Tarzan, and is often rejected because of how different he is. He eventually finds the cabin he was born in and is able to slowly piece together his identity. He finds his father's hunting knife, learns to write English and develops a good command of the English language. Through many near-death experiences, he is eventually

crowned "King of the Apes."

After many years, the part that everyone remembers happens. Another marooned family find their way to Tarzan's location. Though they aren't aware of his existence, he helps them along the way. I don't want to give too much away, I'm afraid I may have already.

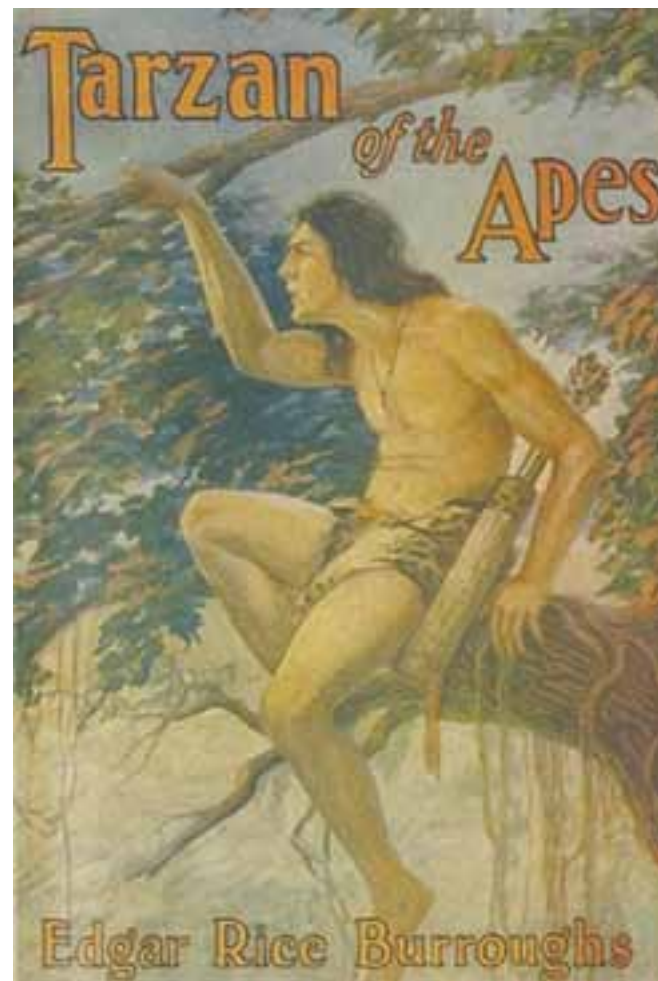
I highly recommend this book to everyone. It's an easy read and is not that long.

The first thing you'll notice when you read it is how different it is from the Disney movie. The best part is not having to hear that annoying soundtrack that Phil Collins did.

Check this book out. It's free on iBooks. Though I'm not sure how many of you will, with the *Hunger Games* series being the big phenomenon right now.

Don't worry, I'll be reading those soon.

★★★★☆





Many faces of obsession

By JENNY OATWAY

For so many of us, when we hear the word “obsession,” it brings to mind a slough of negative ideas and images – obsessive compulsive disorder, celebrity fixation and the neglect of other important things in our daily lives.

However, some Alberta artists are putting on an exhibition at the Alberta Craft Council Gallery to remind us that while obsession can be detrimental in some ways, it is also a very important part of creating art.

Calgary fibre artist Jill Knuckles is the woman responsible for curating the exhibit.

“[Obsession] has always been something I’m interested in,” says Knuckles, “because, as an artist, I think most of us are kind of obsessed.”

Obsession is defined as the domination of one’s thoughts or feelings by a persistent idea, image or desire. Knuckles has been wanting to do a show with the Craft Council for quite some time and finally landed on the idea of obsession after considering the work of many

of the craft artists she knows.

Knuckles would like people to leave with a more personal look into how an artist works, and an understanding about how you need to be obsessive to some degree in order to create or to keep working on something that requires a repetitive process. This, she believes, will help viewers to have a better understanding of what it is to be an artist.

As for how she feels about showing off her own pieces, Knuckles says: “It’s a bit of opening yourself up, so my pieces have a story behind them that people can’t necessarily see, [and] it’s letting a little bit of my own self.”

The exhibition will feature six artists, Knuckles included, who were able to identify with the theme, whether through process, narration, scale or the psychology behind obsession. One of those artists is Laura O’Conner, who also works with textiles.

“For my pieces, I definitely took a more clinical approach,” says O’Conner.

“And for me, obsession was sort of like a



magnifying glass in the mind that distorts and exaggerates beyond realistic measure.”

O’Conner agrees that while she chose to portray a more negative side of obsession, that is not all there is to consider.

“For a lot of artists in this show,” she says, “[obsession] is talking more about their practice, and just how, to be a craft artist, you have to have a certain level of dedication and obses-

sion to creating your art.”

Also included in the exhibit is Joan Irvin, a metal artist, Susan Thorpe, who creates ceramics and glass artists Barbara Rumberger and Natali Rodrigues.

You can catch the Obsession exhibit at the Alberta Craft Council Discovery Gallery on 101 Avenue and 108 Street from March 31 until May 5.

FAVA, 30, celebrates young artists

By RIANNE McDONALD-ZWICKER

Film And Video Arts of Alberta (FAVA) turned the big 30. To celebrate, FAVA threw a party, of sorts.

FAVA is a non-profit society that supports and assists young independent film, video and media art makers throughout North-



ern Alberta, it is also the only artist-run media arts centre in Northern Alberta.

From March 20-24, young artists showed off their work for all to see at FAVA Fest.

Melissa Thingelstad, director of communications, is enthusiastic about the anniversary.

“We have been here for 30 years we are still rolling and we want to make a splash about it,” said Thingelstad.

FAVA’s goal is to continue to be a creative resource for their filmmakers, but overall she said, “we’re still here, that says a lot.”

She feels that the society has made an impact in Alberta’s culture with “the history of our membership and how that, I think, has filtered out in so many aspects in the greater community,” Thingelstad said.

The films, she says, “have a certain Alberta sensibility.”

Members stretch across Alberta, and have diverse backgrounds that serve as artistic fuel. Peter Brown hosted the night gala event but for those who wanted something more relaxed, Thingelstad described the day’s events as a “film festival house party.”

FAVA started in 1982 with 16 members. Thirty years later, membership is up to over 400 and growing. The artists that are members of FAVA have access to the same cameras as Hollywood and the society is proud that it can “compete with the same artistic quality.”

The festival’s talent seems to be promising.

“Everyone seems to be really blown away by the quality of the work that they are seeing,” Thingelstad said.

Thingelstad is glad that the awards of excellence really will be given away to excellent work.

Some of FAVA’s previous members have moved on to Hollywood. Advice to young filmmakers is to just start doing it, don’t be intimidated, just get involved. It is important to remember not to step on too many toes on your way up, though. Thingelstad believes “people are your best resources.”

FAVA Fest showcases Alberta’s upcoming talent but it also encourages new talent to start. As one of the only film co-ops across Canada, it offers a great opportunity to those who want to stretch their creative muscles.

GAME REVIEW

Much to say for K of A: Reckoning

By JORDAN CHING
The Gateway
(University of Alberta)

EDMONTON (CUP) – Even before its release, *Kingdoms of Amalur: Reckoning* was being compared to other games. It’s frequently measured against *World of Warcraft* and similarities to *Skyrim* are nearly impossible to ignore. But the influences don’t matter if the game can’t stand on its own merits, which *Kingdoms of Amalur* has no problem doing.

Fate is the core plot device in the game and it’s established early on that all citizens of the world of Amalur are bound by whatever their fate holds for them. Certain people, called fate-weavers, can even read fate with pinpoint accuracy, up to and including death. Then, your character is introduced, promptly ruining this well-established order.

You wake up in a heap of rotting corpses, suffering from a typical case of protagonist’s amnesia. Having been resurrected by gnomes seeking to solve the mysteries of mortality, you soon discover that you’re now a blank slate not bound by destiny and can change the fates of those around you. *Kingdoms of Amalur* does a good job giving you enough reminders that your actions

are screwing up the natural order of things without getting so repetitive in the cut scenes.

After getting the story sorted out, the combat is easily the best part of *Kingdoms of Amalur*. Fast-paced and fluid, there’s always a sense of accomplishment when you manage to clear out a room of enemies without taking a single hit.

There are myriad different ways to approach a fight, from dodging around your enemies and landing quick strikes to stunning them with magic before moving in with a greatsword. If you’d rather opt for stealth, some confrontations can be avoided altogether with careful planning. But however you approach a fight, you always have a plethora of tools at your disposal to make your enemy’s day very unpleasant and using them to their maximum effect is incredibly satisfying.

“Reckoning mode” is particularly fantastic, as you basically get to be a wrecking ball on two legs. The biggest issue with the combat is that it’s easy to become stun-locked, basically meaning that if you take the first hit, you’ll take them all. It feels unfair, since enemies don’t seem to suffer from the same problem – they frequently break through your blows to give you a good wallop.

Outside of combat, the world of Amalur is also esthetically pleasing. Liberal doses of colour through a variety of regions, all with their own character, do a great deal to distract from the world’s relative small scope. The soundtrack and voice acting are also well done, though the silent protagonist and single-word conversation prompts make interactions feel a bit one-sided.

While it may draw comparisons to an endless number of titles on the market, *Kingdoms of Amalur: Reckoning* is still a solid game in itself. It has a couple flaws that hold it back from being amazing, but its clean, vibrant visuals and frenzied, engaging combat do a lot to make up for those blemishes. If you’re an RPG fan, there’s no reason pass over this title.



These guys keep on gongging

By BRETT PLAXTON

Let's face it, we have all had that Sunday where we just don't want to get out of bed. There's a show on NR92 that will give you the best in entertainment from the comfort of your bed. Where do you think I was when I wrote this article?

This show is called the *Gong Show*, not just a clever name. First semester radio students Damian Rudiak and Warren Barris host the *Gong Show* every Sunday from 2-4 p.m. Great hosts, good music and goofy shenanigans – the *Gong Show* has it all. I had a chance to sit down and chat with them about what the show is all about.

The Nugget (N): How long have you guys been doing the show?

Warren Barris (WB): January 29.

Damian Rudiak (DR): We've had six shows, or somewhere close to that.

N: What is it that you guys do on the show?

DR: We play music and talk about whatever we want to talk about. There is no format.

WB: A whole lot of ridiculousness. We do what we want.

N: Have you guys had any special guests on the show?

DR: We've had Captain Andy from *The Captain Andy Show*. The Wiz came in one time and our very own McLovin' comes in frequently. She's part of our trio.

N: What kind of music do you guys play?

WB: It's all over the place. It's just



Photo by Brett Plaxton

Warren Barris, left, and Damian Rudiak hold forth in the NR92 studio while broadcasting the *Gong Show*.

whatever we want to play. I play my own style, he will play his style. Every now and then, we take requests.

DR: There's metal on there sometimes, there's country, Top 40 and feel good music. It's all over the place.

N: What made you want to do the show together?

DR: Warren is funny.

WB: Yeah, we're funny. We are essentially the same person. So why not combine our talents?

DR: It's way easier to have a show when you have someone exactly the same as you to talk to the whole time.

N: Alright, any last words?

DR: We're sexy. Ladies, take us out on dates.

WB: Listen to us.

Be sure to listen to the *Gong Show*, Sundays from 2-4 p.m., only on www.nr92.com

Want a a job?

By EVAN DEGENHARDT
Assistant Sports Editor

We all come to NAIT to get the education we need so that we can get a job. It's pretty simple.

But most of the time, actually finding that job out of school can be a real pain in the ... well, you get where I'm going with this. Landing a job is hard and everyone can relate to this. We are constantly stressing about impressing employers, looking presentable and trying to write a killer resume.

It doesn't have to be like this. Here's where your campus radio station, NR92, comes in

From March 26 to April 4, the fine folks at NR92 are making your transition from school to career way easier!

NR92 is hosting a little thing called "Job Pong." Basically, all you have to do is show up and toss some ping pong balls into some cups. If you're up for the challenge and you manage to sink one of these balls, it could be very advantageous for you.

Right now, you're probably asking yourself how this actually gets me a job. Let me explain!

NR92's "Job Pong" is all part of a bigger picture. NAIT's campus radio station has teamed up with Astral and Paradox Access Solutions and these great people are presenting you with the Alberta Working job fair.

This job fair is specifically tailored to students at NAIT who are enrolled in the trades. Oil, gas, manufacturing, mechanics, engineering construction ... you name it, this job fair is definitely going to be a benefit for anyone in the trades who is looking to get a jump start on their career.

There is going to be a ton of high profile employers looking to hire immediately and they will be looking for summer and full-time positions.

If that isn't enough to entice you, the job fair is also throwing a contest exclusive to NAIT students who attend!

You could win prizes like Iron Maiden tickets, Van Halen tickets, movies for a year, \$100 Esso gas cards or Hudson's gift certificates!

Now, let's tie this all together and bring NR92 back into the picture.

I mentioned before about how NR92's street team will be playing "Job Pong." If you come down, play and sink a ball, NR92's Street Team will hook you up with exclusive ballots that you can take to the job fair and enter the contest to win all these wicked prizes.

The best part of the whole "Job Pong" game is that you could have the chance to win multiple ballots. Keep making great shots and we'll keep handing you ballots. It's so simple.

The Alberta is Working job fair is on April 4. It will be held at the Holiday Inn on Gateway Boulevard and Whitemud from 11 a.m. until 6 p.m.

NR92's Street Team will be at multiple locations from March 26 until April 4. Look for the fluorescent yellow T-shirts and hard hats at the Fresh Express, the South Lobby and the Spartan Centre in Building Y.

So come out, have some fun with your campus radio station and potentially land your dream job in the process. It's a win-win!



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THE NUGGET PRESENTS:

NUGGET COMICS

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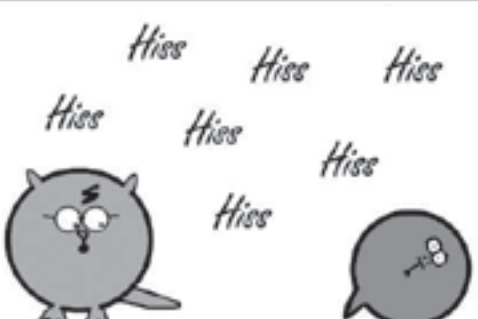

S
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SIR, I WOULD LIKE TO HAVE YOUR PERMISSION TO TAKE YOUR DAUGHTER'S HAND IN MARRIAGE.

I HATE TO DISAPPOINT YOU SON, BUT YOU GOTTA TAKE THE WHOLE THING!

J.B.


Cartoon by John Benesch

| | |
|--|--|
| <p>Hiss Hiss Hiss</p>  | <p>Sorry, I don't speak snake!</p>  |
| <p>Did someone say parseltongue?</p>  | <p>Hiss Hiss Hiss Hiss Hiss Hiss Hiss</p>  |
| <p>Hairy Oster meets the Cuddle Buddies</p> | <p>Avada Kedavra!</p>  |

Cartoon by Dean McLaren



Oh! I left it on the roof! That's embarrassing



NA

Andrew McLachlan — The Peak (Simon Fraser University)

GAME REVIEW

Mass Effect 3 worth the wait

By MATT INGLIS

The long anticipated *Mass Effect 3* was released earlier this month and gamers around the world glued themselves to their monitors to see if it was worth the wait. It was.

Mass Effect 3 (ME 3) is unlike any other shooter out there and differs from any action adventure game you may have seen.

Mass Effect sets itself apart from the competition as soon as you start it up. From the very beginning, you have the option to pick your experience, whether you're into a run and gun style of play, a classic role-playing adventure or an all-out journey through an in-depth story, ME 3 gives you the option to choose before you even start.

Anybody familiar with the *Mass Effect* series knows that although you have options, the best way to experience the game is through the role-playing setting, allowing the gamer to choose the story but still get all the action expected from a cross-platform shooter.

Canadian developers BioWare announced *Mass Effect 3* officially in late 2010, making the gaming world wait well over a year before they could play once again through the eyes of the game's main character, Commander Shepard. The diversity of *Mass Effect 3* makes it unique in many ways. BioWare has given gamers the option to upload a unique character from the second *Mass Effect* or to start from scratch and progress the story as they see fit.

Whether the player decides to be a Paragon or Renegade or something in between, *Mass Effect* has a storyline for that. Regardless how you play, this title can't be fully appreciated in just one play-through.

The main story of the sci-fi masterpiece revolves around Commander Shepard bringing the galaxy together to defend Earth from



gamingdebate.net

invading forces. Joined by characters from previous *Mass Effect* games and a few new ones, gamers get the chance to command Shepard's elite squad of soldiers through intense battles across the galaxy, making choices that affect the game's outcome throughout.

As expected with a BioWare title, the gameplay is flawless and simple, allowing rookies or seasoned vets to pick up a controller and feel comfortable. The simplicity of the

controls is accompanied by stunning high-definition graphics and seamless transitions into interactive cut-scenes.

Players have the option to crank up the difficulty for a real challenge or turn it down and sit back and enjoy the story. Playing through on Regular difficulty presents its challenges on the battlefield but Shepard's vast array of futuristic weaponry helps cut down anything in your path.

If you're looking for hours of adventure and fun or a creative take on a third-person shooter, *Mass Effect* is well worth checking out. An original story, combined with intense gameplay and beautiful graphics makes *Mass Effect 3* a serious game of the year competitor.

★★★★★

5 movies people loved, now hate

By COLIN GIBBINGS

The Sheaf
(University of Saskatchewan)

SASKATOON (CUP) – Ever liked a movie that most people seem to hate? Everyone has at least one. Some have several.

Ever hated a movie everyone else seems to love? Of course you do. Even *Star Wars* has its detractors – weird, mole-like detractors with acne who smell like bantha poodoo. Pity them.

Sometimes, for usually no good reason, popular movies lose support over a matter of a few years, leaving you to wonder where the fans, who used to be so vocal, disappeared to.

And who are these malicious detractors who have taken their place?

Here are five examples of movies that lost their fan base suddenly and unexpectedly.

Borat: Cultural Learns of America for Make Benefit Glorious Nation of Kazakhstan (2006)

OK, I know what you're thinking: you can sort of chalk this one up to the relentless over-

quoting of lines like, "Very nice!" and "Great success!" (I'm cringing as I type this). However, that doesn't take away the fact that this is one hell of a funny movie or that it was so freaking popular in its day that it actually won major awards and led to said over-quoting.

However, despite the tremendous popularity of it, I haven't encountered a single fan of

this movie in years. The fans have simply disappeared. On two occasions people have listed this as the worst movie they have ever seen and the usual response to Borat these days seems to be eye-rolling.

The Departed (2006)

This one really bugs me, in a unique way. The film has a great

and growing number of people who dislike it intensely. But it's not the detractors who bug me; you're free to dislike whatever you want, you strange, art-hating degenerates. What bugs me are the people I know who happen to like this movie. For one reason, even they seem to have gone out of their way to find fault with it. Whenever I mention this movie to someone who I know likes it, they almost always say,

"Oh yeah! That was, like, in my Top 10 favourite movies, it's so good." Then I always follow up with, "Yeah. Did you know Scorsese won the Oscar for that?" To which they always respond, "Oh really? Yeah, I hate career wins."

Why? You like the movie, so why is it that Scorsese's win has to be a career win? If he was really handed this award because of his career, he would have won for *The Aviator* or *Gangs of New York* when the chatter about him being overdue was just as loud. This time he actually earned it. Give him his due. You like the movie, so why are you putting his win down?

Shrek 2 (2004)

What a strange fate befell this movie. When it came out, people were calling it the funniest movie in a long time, a sequel that was even better than the original. I went to it in theatres and will never forget the laughter – it was deafening. Now, just mentioning it makes people groan and say, "Really?" What happened?

My theory is that it's been lumped in with the other sequels. They were failures and people have just decided to somehow forget all the fun they had with *Shrek 2* and assume it was just as bad. In fact, you might even be able to add the original *Shrek* to the mix as I haven't heard anything positive about that one in a while. Please give this movie another try. It really is beautifully funny and smartly written.

Knocked Up (2007)

Where did the love go? When this film came out the response was overwhelmingly positive: "It's so smart!" they said. "The dialogue is so natural and real," they cried. "It's the funniest movie in so long."

Judd Apatow's rom-com about a guy who knocks up a girl and, through a series of humorous self-discoveries, comes to better himself and grow up is without a doubt the best Apatow movie.

Once, people agreed and this movie seemed destined to be added to the list of comedy classics. Now, ask anyone and they'll tell you how much they hate it, how much they have always hated it. My theory? People developed Apatow fatigue and took it out on this movie.

Star Wars: Episode III — Revenge of the Sith (2005)

Admit it. When this came out, you liked it. Most everyone did. "It redeems the franchise!" and "Runner-up to *Empire Strikes Back*!" were both things I heard more than once. Now people lump it in with the other two prequels, hoping no one remembers their gushing over how dark and awesome it was – and is.

Well not me! I'm proudly stating that I liked it when it came out and that I like it now. Sure, it has its corny moments, but so do the original three movies. Especially *Return of the Jedi*, and no one craps on that.



Borat



Bachelorette, NAIT style!



By ALLISON KARCH

Fans of the television show *The Bachelorette*, take note! NAIT is holding its own rendition of the popular romance contest – with a few twists.

The first major difference is this is *The Anonymous Bachelorette*. Contestants won't get to see the woman whose rose they're vying for until their very first date. But don't fret too much, all you potential Mr. Rights. The charming form you see on this page is an actual, unaltered photo of our Bachelorette, in silhouette to conceal her identity.

To narrow down the field of contestants, short biographies of each man who throws his hat into the ring will be posted on the Anonymous Bachelorette Facebook page. The general public – folks just like you, dear reader – will then be able to vote for their favourite contestant by liking his bio. Everyone who votes will be entered to win a fantastic prize!

In keeping with the anonymous theme of the contest, the contest organizers are being coy about the prizes, but did give one example to whet your appetite. One of the prizes is a gift certificate for Highlands Kitchen, an award-winning restaurant in the historic Highlands neighbourhood. Its cosy charm is perfect for an intimate date.

The second way this contest differs from the televised version is that the Bachelorette will have just one date with each of the five contestants who

get the most Facebook votes. Those dates will be broadcast on NR92, NAIT's campus radio station.

To listen to the dates, all you need is an Internet connection and you can stream NR92's broadcast from its website, www.nr92.com. The Bachelorette dates will air from April 8 to April 13 on various shows.

Be sure to check the Anonymous Bachelorette Facebook page to get exact air times! The Bachelorette will announce her chosen suitor on April 16.

I have it on good authority that a date with the lovely lady is a monumental prize in itself. But to sweeten the deal, the winning bachelor will get not only the adoration of the Anonymous Bachelorette but also a "Date Night" prize.

NAIT students got their first glimpse of the Anonymous Bachelorette – in disguise, of course – at the contest launch on March 22. The seating area on the main floor of the HP Centre was awash in rose petals and the soulful sounds of Marvin Gaye emanated through the building.

The lovely Bachelorette was escorted in by her equally charming host and then the crowds of people were invited to ask her questions. Some of the queries got a little racy, which really got the crowd excited, but the lady handled herself with poise.

Remember to tune in to NR92 to hear the love – and perhaps awkwardness – unfold!

CD REVIEW

Pink Floyd shines on remasters

By MIKE JONES

Pink Floyd is in the midst of an exhaustive re-release campaign of their entire back catalogue entitled "Why Pink Floyd ... ?" In addition to huge expanded editions of classic albums *Dark Side of the Moon* and *The Wall* (just released last month), the band has also re-released all 14 of their studio albums and some of the highlights are listed below. But first, a note about the audio.

The audio sounds fantastic. As someone who was never around to hear the original vinyl versions, with the exception of a bargain bin find of a somewhat damaged copy of *The Final Cut*, I can't properly judge just how the transition is. The songs do sound much clearer and crisper than the earlier CD releases of the '90s and early '00s, yet still maintaining that classic Floyd sound.

In addition to the re-mastering supervised by *The Wall* co-producer James Guthrie, the albums have all been repackaged featuring new artwork from long time collaborator Storm Thorgerson.

Meddle (1971)

Meddle serves as a reminder of not only how ahead of their time Floyd was, but also how heavy they were.

Opening track "One of These Days" is largely instrumental but features a driving baseline from Roger Waters that could certainly compete with anything Geezer Butler was doing at the time.

Floyd's variety shines as they transition into one of the sweetest, mellowest songs in the band's illustrious catalogue, the acoustic love song "A Pillow of Wind."

The excellent "Fearless" features the Liverpool FC anthem, "You'll Never Walk

Alone" (originally from the Rodgers and Hammerstein musical *Carousel*.)

The band also experiments with a jazz influenced shuffle tempo pop song in "San Tropez" and novelty blues with "Seamus," the latter of which showcased the band's sense of humour.

The final track is the 23-minute epic "Echoes" which took the band almost six months to record. The song may be one of the most potent demonstrations of the band's transition from psychedelic rock to progressive rock.

Wish You Were Here (1975)

OK, so we are skipping an important part of history here, 1973's *Dark Side of the Moon*, but in fairness that album is a true classic and if it isn't already in your library you may want to check your head.

Wish You Were Here is another classic, and is widely considered the band's third best album but is still often forgotten behind *Dark Side* and *The Wall*. Nonetheless, the album launched one of classic rock's biggest singles in the title track, as well as the under-rated and often forgotten "Welcome to the Machine."

"Have A Cigar" is another staple for the band. Where they really shine (pun intended) is on the nine-part "Shine On You Crazy Diamond," which is split into two tracks, the opening and closing track. The epic is a tribute to former bandmate Syd Barrett who suffered a declining mental state, partly due to his heavy use of psychedelic drugs, including LSD although he may have also suffered from mental illness.

The Discovery collection includes all 12 other albums, including *The Wall* and *Dark*



Side of the Moon of course, although there are much more exhaustive versions of those albums out.

Also released within the collection is a brand new best of album entitled *A Foot In The Door* which features early Barrett mixes such as "See Emily Play" as well as Floyd staples "Another Brick In the Wall Part 2," "Money," "Brain Damage" and "The Great Gig In The Sky." This is a must for the starter Pink Floyd fan although I highly recommend experiencing *The Wall* and *Dark Side of the Moon* in their full album modes. And for heavens sakes, get a good set of speakers!

Another great compilation for the

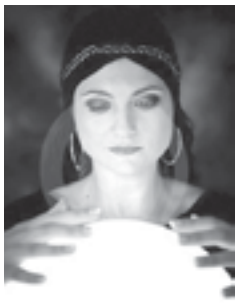
enthusiast who wants to delve deeper, although not technically a part of the compilation, is the 2010 release *An Introduction to Syd Barrett* which features songs from the Barrett era of Floyd (including "Arnold Layne") as well as his solo career in the late '60s. The album was executive produced in tribute to Barrett, who died in 2006, by Floyd bandmate David Gilmour.

Either way, the *Discovery* series is a worthwhile investment for any Floyd fan, new or old.

However you choose to do it, experience Floyd and experience it today!



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)
This is a great week for you to be outside. The weather is great, the people are kind and you really need to get out more. Go for a walk or a bike ride and try to see the beauty in the simple outdoors.

Taurus (April 20-May 20)
Well look at you, all sleek and handsome ... maybe you should quit showing off!

Gemini (May 21-June 21)
Take a Rubik's Cube to the library and set it down in front of someone studying and then just stare at the cube with as much concentration as possible. The outcome will be good, trust me.

Cancer (June 22-July 22)
I think you need a nap – a good nap.

Leo (July 23-Aug. 22)
I know you don't really like to gamble,

but I have this strong feeling that if you go out and buy yourself one lottery ticket, and just one lottery ticket, you'll win \$5.

Virgo (Aug. 23-Sept. 22)
This is a very crucial time in your life and you can't ignore your friends like this. You need them and they need you or else you won't make it through.

Libra (Sept. 23-Oct. 22)
If you wear a white shirt with black

underwear for this entire week, you'll stumble across a NAIT Food Services card with \$13.12 on it. The best part is, you get to keep it all to yourself!

Scorpio (Oct. 23-Nov. 21)
You know what you did was wrong, and you know that you have to do to make things right again. So, why aren't you? Fix it quick before you regret it for the rest of your life.

Sagittarius (Nov. 22-Dec. 21)
You've probably been dying to learn Italian lately because you think that it's a very romantic and beautiful language. Needless to say, learning German will be a lot more useful in the future.

Capricorn (Dec. 22-Jan. 19)
Just keep on being awesome.

Aquarius (Jan. 20-Feb. 18)
You drank way too much last weekend. Maybe you should give it a break this weekend.

Pisces (Feb. 19-March 20)
If you don't start planning your vacation now, it'll be too late. Then you'll end up being stuck at home for the entire summer. Is that what you want? Is it?

THE NUGGET PRESENTS:
Dr.CONwisDOM



**CODY MALBEUF
AKA Dr. CONwisDOM**

Dear Dr. CONwisDOM,
I started texting this friend of a friend a few months back and she just changed her Facebook status to indicate she's in a relationship with me. I have never actually met this girl, and she lives 200 km away. What should I do?
Sincerely,
Too-short-to-reach

Dear too-short-to-reach, if sitcoms have taught me anything it's that for a woman this is the perfect relationship. All talking, no sex. However, real life has shown me that women also enjoy sex. None of my ex-girlfriends have given proof of this, but I was told this by people who rarely lie to me, so I assume it's

true. Eventually she'll realize your fun parts won't stretch the 200 km between you and will move on to someone who is only a respectable five inches away.

Dear Dr. CONwisDOM,
I got my hair cut by a man who didn't speak English and now I look like Justin Bieber. I'm dating this super hot punk rocker chick who only looks at Bieber to have a spot to focus her hate. How do I keep my woman satisfied until I stop looking like someone she loathes?
Sincerely,
Bieber-gets-no-beaver

Dear Bieber-gets-no-beaver,
As a man who is still bitter that Justin Bieber stole his haircut, I have to say your sunk. If she wants a guy who looks like Bieber, your punk-rocking mistress could have me. As my only female companionship is found on the Internet, I'm assuming that's not what she wants. My advice is to fight off the 12-year-old girls so you don't end up in prison after you hair grows back.

Dear Dr. CONwisDOM,
My boobs are just massive. Guys like it but I don't. They keep me from being able to bike ride, skate or even jog. Should I get breast

reduction surgery?
Sincerely,
Funbags-mean-no-fun

Dear Funbags-mean-no-fun,
I understand your pain. Every small-breasted woman in the world just wanted to punch you in the face, though. But surgery is only ever the answer for serious medical problems, such as small boobs. My advice, same as to a heavy-set man, suck it in.

Dear Dr. CONwisDOM,
I find that I've fallen in love with a classmate of mine. Her boobs are just massive. I really like it. They keep her from being able to bike ride, skate, or even jog, so I wouldn't even have to do much stuff with her. Is it shallow to ask her out cause of that?
Signed,
I-dream-of-funbags

Dear I-dream-of-funbags,
Nothing is wrong with that. You're not a saint by any stretch, but we've all been there. But based on some advice I gave earlier, I'd suggest you get on top of this fast, or those funbags will soon have half the fun sucked deep inside.

Dear Dr. CONwisDOM,
When I took my pants off in front of my girlfriend she actually screamed because of all the hair. I'm afraid to approach that area with a blade, but just as scared to never have it approached by a girl. Should I manscape?
Sincerely,
No-rash-on-her-chin

Dear No-rash-on-her-chin,
Girls scream when I take my pants off and I'm all smooth down there. I say go for it, though. The Egyptians used to do it so they wouldn't get lice. If the Egyptians did it, you know it has to be good. Just make sure you don't use your own razor, that's gross for you. Use someone else's so it's gross for him. Just make sure you rinse all the hairs down the drain, or more than your vital area will be hurting after your roommate finds out you used his electric razor.

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!

Anger management skills



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Assignments and projects are due, finals are coming and you feel like you are just hanging on until the semester is over. This is a stressful time of year for most students and a time when emotions, including anger and stress, are more likely to surface. In addition to affecting relationships with friends, family and classmates, angry outbursts also affect your self-esteem and your overall health. While anger is usually a reaction to stress, losing your temper has the overall impact, ironically, of increasing your stress levels. Check off the tips you already use and see if there are others you could focus on to keep your cool for the rest of the semester.

☐ I know what triggers cause me to lose my temper.

Looking back and determining what factors have led to you getting angry in the past can help you either avoid these types of situations, circumstances or people or come up with a plan

to better handle them.

☐ I recognize the warning signs that indicate that my anger is escalating.

Be aware of the physical, mental and emotional signs that let you know that you are heading towards being out of control. Rapid breathing, feeling tearful, increased heart rate or muscles tightening in the upper body, neck and jaw are common physical signs. The earlier you catch your anger escalating, the easier it is to manage.

☐ I recognize that the way I respond to a situation is my choice and that there are many alternatives to losing my temper.

A person or situation does not cause you to get angry. It is how you respond (internally and externally) to that person or situation that causes stress and anger.

☐ I am aware of negative thinking patterns that lead to my anger and frustration.

Inner self talk has a major impact on how you respond to stressful people or situations in your life. Examples are self-criticism, over generalizing, all-or-nothing thinking, a need to always be right or building things out of proportion. When you are aware of your usual pattern of inner messages you can work on changing your self talk, with the goal of creating positive resolutions.

☐ I take a physical and/or a mental time out as soon as I start feeling angry.

If possible, I leave the situation until I can calm down. If this is not possible I use a distracting technique such as counting to 10 slowly or saying the alphabet backwards.

☐ I have found ways to express my feel-

ings in a calm way.

It is important not to hold anger in and stew on it. Stick to the current issues and do not bring up past problems, keep your focus on finding a solution rather than placing blame and practise empathy by trying to see things from the other person's perspective. If you cannot speak to the person that has triggered your anger try talking about it to a friend, family member or counsellor. For some people writing can help. However if you write something you want the person you are angry with to read you may not want to give them your first draft or fire off an e-mail or text message right away. Put it aside and reread it the next day.

☐ I exercise regularly as it is a great method for defusing overall stress.

Physical activity, such as a brisk walk, jumping jacks, pushups or jumping rope can quickly release pent up frustration.

☐ I have some quick relaxation techniques which I know are effective for me such as deep breathing, visualizing a relaxing place or thinking of something humorous.

Yoga, meditation, listening to music that is relaxing or doing a relaxing craft or hobby are other stress reducing techniques. And of course having a balance of school, personal time and social time is important too.

☐ I am able to talk myself down.

Anger can be defused with simple questions such as "How much will this matter in 5 years?", "Is this a reaction to the situation right now or to something from the past?", "Are my expectations realistic?" or "Is this person try-

ing to make me angry on purpose?" (e.g. if a stranger cuts you off while you are driving it is very unlikely that they are trying to annoy you personally). If your anger is justified then it is important to talk yourself down with messages such as "I need to wait until I can think about this rationally" or "I can stay calm and relaxed" before you respond with words or actions that you might regret.

☐ I keep a 'what to do' list of techniques that work for me when I am angry.

Practising deep breathing, brisk walks, humor, visualization, positive self talk, carrying your MP3 player with you and listening to calming music, having a hot bath or lighting candles are just a few of the things which may be calming. Carrying an object such as a smooth stone in your pocket and rubbing it when you feel stress rising works as a quick stress-reducing and grounding technique for many people. Once you have figured out what works best for you in most situations make a list that you can refer to when you feel yourself losing control.

☐ I get help when I am feeling really stressed, when I have situations that I can't deal with on my own or when I am having difficulty managing my anger.

Talking about stressful situations in your life can help you to see them in a new perspective. Individual counselling is free through Student Counselling while you are a NAIT student, so take the opportunity to try it out while you are here. All appointments are confidential and can be booked at Room W111-PB or by calling 780.378.6133.

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

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 trans-

portation 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.

Chicken chokes

CAMPUS FOOD REVIEW

By CLAIRE THEOBALD

After a long day of classroom cramming, and facing another seven hours of project work, the one excuse for a break I had was dinner.

I set out for Common Market, looking to satisfy my craving for something hearty and delicious without having to worry about saving for a future quadruple bypass.

As I scanned the menu board, looking for a hidden gem, I stumbled upon the healthy choice menu and was drawn to the chicken burger.

A seared chicken breast, topped with a fresh bruschetta and feta cheese. It sounded like something Martha Stewart or Oprah would recommend, so I jumped on it greedily.

Not to risk becoming too health conscious, I passed up the over-dressed Caesar salad and replaced it with an ample helping of yam fries.

This burger had all the makings for something beautiful but fell well short of expectations.

The whole wheat bun couldn't stand up to the sloppy dressings, making it feel like you were eating a cold sloppy joe covered in raw squid. Slimy, cold and oozing through the bottom, texture alone was this burger's first fatal flaw.

Also, when choosing from the healthy

choice menu, the state of your health should be the least of your concern. However, when I encountered the cold, pink, obviously undercooked centre of my chicken breast, I immediately dropped it back on my plate.

I wanted to like this dish so badly and the first bite was delicious. Unfortunately, the risk of being actually poisoned has turned me off of the Healthy Choice Chicken Burger for good.

The yam fries are still a Common Market staple and an easy recommended swap out for the usual fries option, especially with the garlic mayo dip you can pick up at the counter.

I support the push for healthy alternatives and replacing that greasy beef patty with chicken is a great way to make healthy choices accessible. However, if you're going to do anything, you'd better be prepared to do it right.

After that experience, I left the Common Market feeling like I had been robbed and a little bit queasy.

It looks like I can look forward to more long project nights fuelled by whatever falls out of the vending machines. At least that way I'm not charged the better part of ten bucks for the honour of having uncooked chicken juice run down my arm.

Tiger bars are great!

RECIPE

By BRETT PLAXTON

This is one of my all time favourite treats that my Mom used to make for me. I used to bring these in my lunch and all of my friends would want some, too. When I learned how to make them, let's just say we had them as a snack for a long time. I was once telling one of my friends about these on the bus and I had three different people ask me about them. If only they were reading this right now.

This is another very basic recipe that doesn't take long to cook. When you melt the chocolate chips, do it in the microwave one minute at a time until it's completely melted. This is one that you will love if you are a sucker for sweets. Did I mention how easy they are to make?

- Bring ¼ cup of each: butter or margarine, firmly packed brown sugar and corn syrup to a boil over medium heat.

- Remove from heat and stir in ½ cup of butterscotch chips. Stir until melted. Stir in two



cups of Rice Krispies cereal.

- Press into greased 8x8 pan. Melt one cup of chocolate chips and spread evenly over the surface of the bars. Melt ¼ cup of butterscotch chips with one teaspoon of oil over hot water. Drizzle over surface of bars. Chill and cut into bars.

Note: You could also use more butterscotch chips to make an entire third layer instead of just drizzling it on top.



Catch NAIT NewsWatch
Saturday at 6 pm on CTV2

HOT SINGLE OF THE WEEK



Photo by Rianne McDonald-Zwicker

Damian Rudiak, 20 Radio and Television Arts

What is your biggest turn-on? – Laughing at my jokes, but not the bad ones. Essentially, a good sense of humour.

What is your biggest turn-off? – Bad teeth.

What is your ideal woman? – My mom, but not my mom.

Where would you take a first date? – Depending on the weather, if it is summer time, I like going for a nighttime drive and talking. (I drive a yellow 1975 Ford Maverick ... Google it.)

What is the best quality a girl can have? – The ability to cook ... well.

What do you notice first about a girl? – Eyes.

What is the worst date you ever had? – One time, I was rubbing my eye because it was itchy. My girlfriend at the time said "Wow, you're really going to town on that eye." Then proceeded to hit me in said eye.

Is it OK for a girl to ask the guy out? – Absolutely! I encourage it.

What is your biggest flaw? – I'm sensitive.

Why are you still single? – Because the last girl I dated punched me in the eye.

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

TIP OF THE WEEK – FROM NAIT PROTECTIVE SERVICES



Crimes of hate and bias



The Edmonton Police Service Hate Crime Unit advocates for human rights, safety, security and inclusiveness for all identifiable communities in Edmonton. The Hate Crime Unit is committed to sustainable partnerships with our communities to build trust, prevent hate crimes and incidents from occurring and foster an atmosphere of mutual respect in our city.

What is a hate crime?
A hate crime is an offence committed against a person or property, which is motivated, in whole or in part, by the suspect’s hate, bias or prejudice towards an identifiable group based on, real or perceived, race, national or ethnic origin, language, color, religion, sex, age, mental or physical disability, sexual orientation or any other similar factor.

- Examples of hate crimes include:
- Violence, threats of violence,
 - Acts of mischief or vandalism
 - Distribution of hate literature, hate mail,
 - Threatening phone calls, and/or
 - Destruction of religious property or symbols.

If one of these criminal acts occurs, and the investigating officer feels it is motivated by hatred, the file could be classified as a hate crime.

What are hate incidents?
It is important to note that not all incidents of hate are criminal in nature. How-

ever, the impact on the individual or community is similar. For a variety of reasons, it is important to report these occurrences to Police.

- Some examples are:
- Intimidation against identifiable groups or individuals,
 - Distribution of prejudicial material, and/or
 - Use of racial slurs against individuals.
- Hate propaganda**

Hate propaganda is defined as any communication, poster and/or graffiti used by a person or group which promotes hatred based on race religion, nationality or ethnic origin.

There are three hate propaganda sections in the Criminal Code. These sections are separate from the Criminal Code occurrences.

1. Section 318, Advocating Genocide
 2. Section 319 (1), Public Incitement of Hatred
 3. Section 319 (2), Willful Promotion of Hatred
- Advocating Genocide – Section 318
Is to argue or urge people to kill others because on their colour, race, religion or ethnic origin. Genocide means any of the following acts committed with intent to destroy in whole or in part any identifiable group namely:
- Killing members of the group, or
 - Deliberately inflicting on the group

conditions of calculated to bring about its physical destruction.

Public Incitement of Hatred – Section 319 (1)

Everyone who, by communicating statements in any public place, incites hatred against any identifiable group where such incitement is likely to lead to a breach of the peace is guilty of an offence.

Willful Promotion of Hatred – Section 319 (2)

Everyone who by communicating statements other than in private conversation, willfully promotes hatred against any identifiable group is guilty of an offence

Are you a victim?
There are a number of indicators that may assist you in your assessment.

- Here are a few examples:
- Language of the offender,
 - Hate graffiti
 - No association between the offender and you, and/or
 - The victim and offender are from two

different groups

- What to do if you are a victim of a crime motivated by hatred?

If it is a crime in progress, call 911. If it is not a crime in progress, contact the Edmonton Police Service complaint line at (780) 423-4567.

Please make sure that the investigating officer understands that you perceive the crime as being motivated by hatred. The investigation will make its way to the Hate Crimes office for file review and followup.

– Information obtained from the Edmonton Police Service

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.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ab.ca/counselling

CROSSWORD

- Across**
- 1- I smell _ !
 - 5- Draft org.
 - 8- Glacial epoch
 - 14- Nonsense
 - 15- Choose
 - 16- Norwegian arctic explorer
 - 17- Good digestion
 - 19- Winter vehicle
 - 20- Conventional
 - 22- Part of ETA
 - 23- Belief
 - 24- Obscuration of light
 - 26- Warned
 - 29- Blue
 - 32- Come with
 - 33- Influential person
 - 37- Make a trade?
 - 40- Start of a Dickens title
 - 41- Anklebone
 - 42- _ the season...
 - 43- Kenyan, Nigerian, or Congolese
 - 45- Heavy napped woolen fabric
 - 48- Assembly rooms
 - 53- Nabokov novel
 - 54- Annoyance
 - 58- Distant
 - 60- Green visor for an accountant, perhaps
 - 61- Cricket team
 - 62- Convened
 - 63- Draft classification
 - 64- A place for vacationers
 - 65- Howe’er
 - 66- Subsided
- Down**
- 1- Bikini blast
 - 2- Path
 - 3- Colorado resort

- 4- Twice, a comforting comment
- 5- Fair
- 6- Roasting rod
- 7- Hang around
- 8- Invertebrate creature
- 9- Church festival of Feb. 2
- 10- Brian of Roxy Music
- 11- Songwriters’ org.
- 12- Toothed wheels
- 13- _ nous
- 18- Domestic animal
- 21- Arbor
- 25- Billy _ had hit song with “White Wedding”
- 26- Horace’s “ _ Poetica”
- 27- An item in a series
- 28- Early computer
- 29- Health haven
- 30- Gallery display
- 31- 1950 film noir classic
- 32- Yeoman of the guard
- 34- Obtain, slangily
- 35- Israeli submachine gun
- 36- Bandleader Brown
- 38- Planar
- 39- Convent dweller
- 44- Governor
- 45- Less common
- 46- “Die Fledermaus” maid
- 47- Domesticates
- 48- Gives birth to
- 49- A Musketeer
- 50- Woody vine
- 51- Water-repellent cloth
- 52- Move stealthily
- 55- Break
- 56- Indian nursemaid
- 57- Rejection power
- 59- Egg head?

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| 61 | | | | | | | 62 | | | | 63 | | | |
| 64 | | | | | | | 65 | | | | 66 | | | |



MEAGHAN WILLIS

What is your opinion of same-sex marriage?



"Not for it, not against it. I don't have an opinion because I'm not gay."

Matt S.
Business



"I'm all for same sex marriage. I have gay friends and we're all the same people, so why not? You can't help who you love."

Amber P.
Business



"They're just people. They can do whatever they want as long as they respect marriage."

Kyle E.
Electrical



"I think it's OK. People should be allowed to do whatever they want, as long as everybody loves everybody."

Kelsey S.
Business



"I don't really know. My religion says no and my personal preference is more do what you want to do if it makes you happy. Society's beliefs are conflicted."

Joshua J.
EET

CROSSWORD SOLUTION

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 14 | T | O | S | H | | 15 | O | P | T | | 16 | N | A | N | S | E | N | | | | | | | | | | |
| 17 | E | U | P | E | 18 | P | S | I | A | | 19 | S | N | O | C | A | T | | | | | | | | | | |
| 20 | S | T | E | R | E | O | T | Y | 21 | P | E | D | | 22 | A | R | R | | | | | | | | | | |
| 23 | T | E | N | E | T | | | | 24 | E | C | L | 25 | I | P | S | E | | | | | | | | | | |
| | | | | | | 26 | A | 27 | L | 28 | E | R | T | E | D | | | | | | | | | | | | |
| 29 | S | 30 | A | 31 | D | | 32 | B | R | I | N | G | | 33 | M | O | 34 | G | 35 | U | 36 | L | | | | | |
| 37 | P | R | O | 38 | F | E | S | S | I | O | N | A | L | I | Z | E | | | | | | | | | | | |
| 40 | A | T | A | L | E | | 41 | T | A | L | U | S | | 42 | T | I | S | | | | | | | | | | |
| | | | | 43 | A | 44 | F | R | I | C | A | N | | | | | | | | | | | | | | | |
| 45 | R | 46 | A | 47 | T | T | E | E | N | | | | 48 | H | 49 | A | 50 | L | 51 | L | 52 | S | | | | | |
| 53 | A | D | A | | 54 | A | G | G | 55 | R | 56 | A | 57 | V | A | T | I | O | N | | | | | | | | |
| 58 | R | E | M | 59 | O | T | E | | 60 | E | Y | E | S | H | A | D | E | | | | | | | | | | |
| 61 | E | L | E | V | E | N | | | 62 | S | A | T | | 63 | O | N | E | A | | | | | | | | | |
| 64 | R | E | S | O | R | T | | | 65 | T | H | O | | 66 | S | A | N | K | | | | | | | | | |

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

STUDENT PRICING!

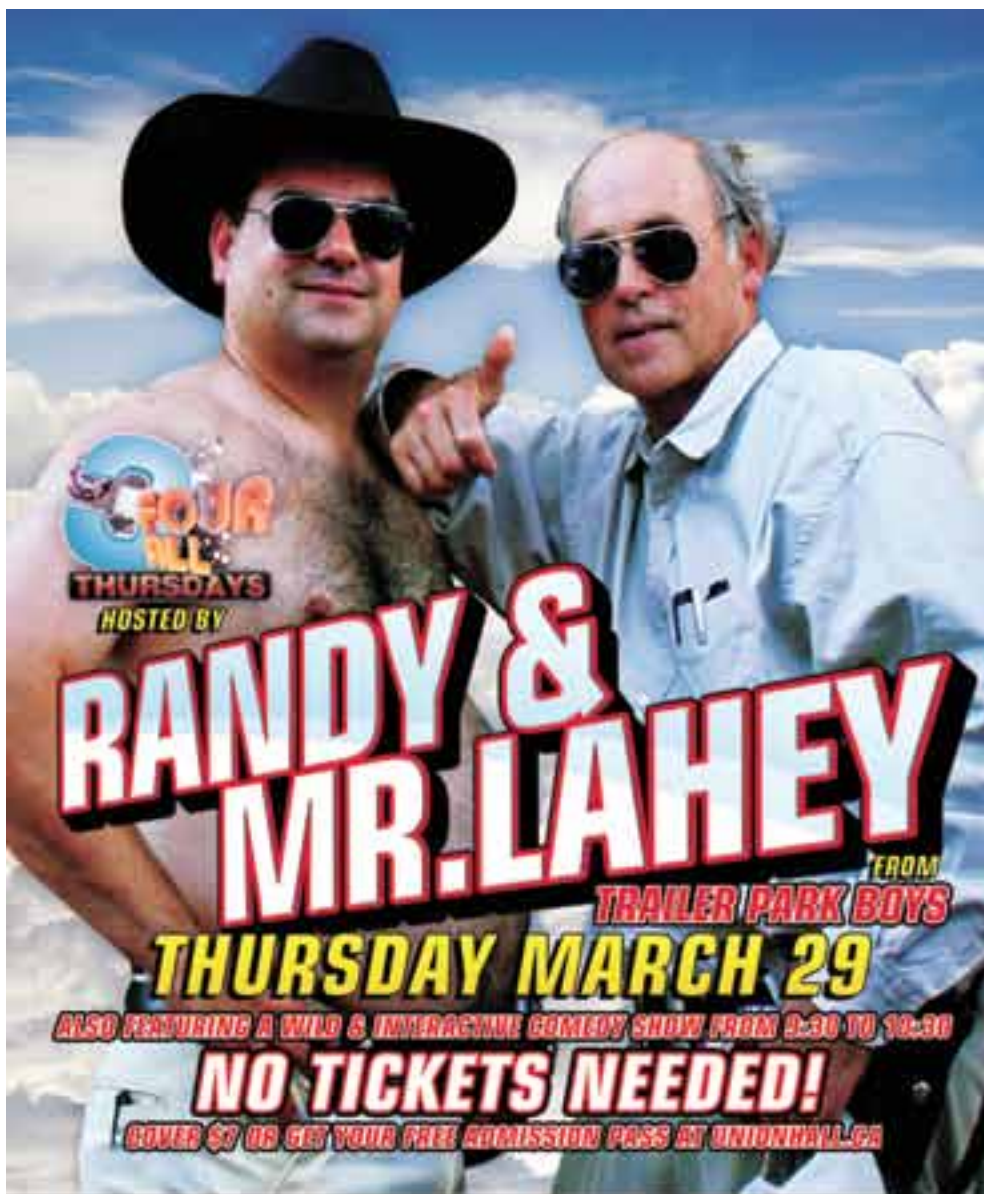
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PORNSTAR DJ

BRITTANY ANDREWS

DOORS 9PM | MALE ENTERTAINMENT 10-11PM
PORNSTAR DJ BRITTANY ANDREWS 12AM - CLOSE!

\$4 HIBALLS & TEQUILA



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\$500 TO BEST COSTUME
\$4 TEQUILA

ANYTHING IN THE STORE FOR ANYONE WHO MENTIONS THEY ARE GOING TO THE 12PM PARTY

Vantec



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B

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LAST PARTY



THE NEST
4.20.2012